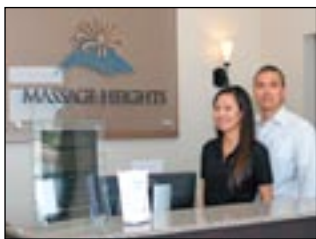




ARTIST SPEAKS ABOUT GREAT WALL of Carmichael

See page 4



Local business brief:
Massage Heights
 See page 17

Willhagin/Del Dayo
 neighborhood crime update
 See page 3

Carmichael residents
 'Strike Out Stroke'
 See page 16

School News: page 6
 ■ Longtime Del Day teacher name
 Mariemont principal page 6
 ■ Race for the Stars page 7
 ■ Dyer-Kelly page 8

Local History feature..... See page 4
 Arts See page 12
 Creek Week..... See page 15
 Arden residents at the Scottish Games
 See page 20
 Calendar See page 22

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Wilhaggin Del Dayo Crime Update

By **BENN HODAPP**
benn@valcomnews.com

When The Sacramento Sheriff's Department began patrolling the Wilhaggin/Del Dayo area of Carmichael in December, local residents hoped that it would put a stop to a recent uptick in vehicular and home thefts in the area.

The patrols, which were set up thanks to the newly formed Wilhaggin Del Dayo Neighborhood Association (WDDNA), has centered on preventing these petty crimes. When the association (then called the Wilhaggin Neighborhood Association) was founded in 2005, Wilhaggin neighborhood crime went "basically to zero" after the sheriff patrols were put in place, according to WDDNA president Paul Blaise.

The sheriff's patrols of the expanded area began in December, and the hope is that the presence of the sheriff will curb the crimes. The area consists of 1600-1700 homes, and membership has climbed to more than 630 households, according to Blaise. The membership numbers have allowed for the expansion of sheriff patrols, which now run seven days a week.

Membership to the WDDNA costs \$275 per year, which Blaise equated to "low-cost security for less than \$23 a month." Members receive a monthly newsletter outlining what happened the previous month, as well as describing what's to come within the organization.

The sheriff's department also provides members with weekly crime bulletins. One such bulletin was sent out when it was reported that a 16-year old Rio Americano student was accosted by two young men on April 2.

"The subjects reportedly pulled a knife on him and slashed the tires of his bicycle," read the report.

The perpetrators of much of the local crimes appear to be "teens and unemployed young adults living with their parents," said Blaise. "Some recent arrests give proof of that speculation."

When asked if the sheriff patrols have interrupted any crimes in progress, Blaise said that they had, though it's not quite like TV dramas would have you believe.

"It's more preventative. Typically, it's a case where our officer sees a suspicious car or someone on foot or on bicycle (parked in Ashton Park at night, driving through the neighborhood without an apparent destination, drivers appearing out of place from the typical Wilhaggin Del Dayo resident, vehicle driving erratically, etc). So they stop those vehicles, run checks, and often discover ex-felons with break-in tools in the back seat or trunk. Some actually have electronics and tools stolen from a neighborhood garage," he said.

An arrest was recently made of a youth who was stealing copper pipes from a nearby home. A suspicious vehicle was found to house a large quantity of illegal drugs on a delivery as well, said Blaise.

The WDDNA will hold its second town hall meeting at Del Dayo Elementary School on Monday, May 6 at 7 p.m. Some of the alternating sheriff patrollers will be in attendance to answer questions and concerns of members. The first town hall meeting was a standing room only affair on Jan. 14.

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Artist speaks about 'The Great Wall of Carmichael,' other works

By LANCE ARMSTRONG
Lance@valcomnews.com

Many Carmichael residents are undoubtedly familiar with "The Great Wall of Carmichael," with its colorful, 100-foot-long mural, which sits near a portion of the Fair Oaks Boulevard side of Carmichael Park.

But a far greater number of these people are unaware of many details about the wall and its artwork.

In an interview with this publication last week, 71-year-old Fair Oaks resident Hugh Gorman, the artist

who painted this notable mural, explained details about this wall and other highlights of his life.

In reflecting upon being hired to create the Carmichael Park mural, which was officially dedicated in 2003, Hugh said, "There was an ad in the paper, (which read): 'Wanted: Mural design for SMAC - Sacramento Metropolitan Arts Commission.' I applied for it, and it was to be a retaining wall in front of Denny's (restaurant), which is where Fair Oaks (Boulevard) T's into Manzanita (Avenue) and Fair Oaks (Boulevard).

So, I really wanted that job.



One of Hugh Gorman's most notable works is his 100-foot-long mural at Carmichael Park.

Photo by Lance Armstrong

I'd already done this mural here (at the Fair Oaks Veterans Memorial Amphitheater

in Village Park in Fair Oaks) and I'd done some other murals. I like trying to explain a community on a wall. So, I tried really hard to get (the job), and I did. And I guess there were 13 people who applied."

Although he was excited to begin his mural project in front of Denny's, Hugh recalled how his work at that site was suddenly halted.

Hugh said that he received a call from the locally renowned developer George Tsakopoulos (1927-2009), who told him that he did not want a mural in front of his property, which is presently owned by Carmichael Village, LLC.

Following this phone call, Tsakopoulos, Hugh noted, took further action with the matter, and the project was eventually abandoned at that site.

In the process of attempting to relocate the project, the Sacramento County Board of Supervisors, according to the recollections of Hugh, agreed to keep the project moving forward at a new site.

Hugh noted that, with its delays, the project took five years to complete. But he added that he was required to finish the wall in one season.

And overall, he remembers the project as being 90 to 95

Wall: Muralist describes images he painted and says he always saw himself as a painter

Continued from page 4

percent well received by the community.

After the mural was completed at the park in 2002, a dedication for the wall was held that year. A much better attended, second dedication was held in non-rainy weather during the following spring.

After being asked to describe the details of his mural, Hugh said, "I tried to do the period of human existence, which is probably 10,000 years, more or less. And I tried to do that from the American River, because I think Carmichael has forgotten it even has the American River as one of its boundaries."

The largest detail of the entire mural at Carmichael Park is the word, "Carmichael," which stretches across the upper, mid-section of this grand artwork.

This bas-relief mural, which was created with an acrylic polymer on formed concrete, is divided into five panels, with the first panel showing the flow of the river as it makes its way toward the San Francisco Bay.

In continuing his explanation of the mural, Hugh said, "It's all about how do you paint something 100 feet long and 7 feet high and not have it look like a big old line. (Avoiding making the mural appear as a straight line) was the best part about what I did, I think, or one of the best things."

And in speaking further about the mural, Hugh said, "This is that (pedestrian and bicycle) bridge at (River Bend) Park. And we're going through time, and if you look at the people in the rafts, you'll see this is earlier and this is later. And that's me. I'm in there in an inner tube with a beer bottle tied to a string. And you'll see that everybody (in the rafts) is white at first and then pretty soon, they start sprinkling different colors as the population changes."

And while pointing to different areas of the mural, Hugh said, "Here's the Indians right here, and even right here. And here's the Gold Rush right here. Well, here's a Jeep from 1945 that marks the end of World War II. And right here are people fishing for salmon, and the way they

used to fish for salmon was they just used a pitch fork. And then here you'll see a family sitting around and the kids playing in the water. They've got their little picnic out. And then you go over to the Indian times, and there they are. There are families sitting around and the kids are playing in the water. So, nothing has changed, except for the color of their skin."

Images of animals, including fish and turtles, are also present in the mural.

Although the area's well-known Deterding family had permission to use dredgers, they never did dredge the river.

Another feature of the mural, which Hugh spoke about was an image of a historic river vessel.

"I was reading about all these different things and I read about this boat, called the Dixie, which ran the river from Folsom and back (during the 19th century)," Hugh said. "It would go up to the Negro Bar and bring rocks and wood back."

A feature of the wall that often goes unnoticed is a heart-shaped rock that sits on top of the wall.

Hugh said that he found the rock in his backyard while he was building his art studio.

"Phil Evans, whose a sculptor, drilled holes (in the rock) for me and put (metal) rods in there and then I just set it in the concrete (to secure it)," Hugh said.

Because the Sacramento County Historical Society thought so highly about Hugh's mural at Carmichael Park, the organization created a new award category, called "Heritage through Art," and awarded him the first award in that category.

Anyone who has had the opportunity to visit Hugh's studio can view his variety of paintings.

One of these paintings is of Ishi, who was the last surviving member of the Yahi Native American tribe. Hugh refers to this painting as "My Mona Lisa."

During his interview for this article, Hugh also mentioned Donor Plaza, the area near the Fair Oaks Bridge that he designed in commemoration of those who contributed to the project to purchase bluffs over the American River.

"That land was being threatened to be taken over, so I had been fighting that for a long time, this way and that way," Hugh said. "Eventually, it turned into, 'Let's just buy those lots and then the deal is done. And that's what happened. I designed a thing that included three benches, and we used bricks for steps. We had 350 bricks. So, that's an environmental art piece that's

well worth looking at, and it's real neat."

He also noted that he enjoys carving artistic creations, playing a keyboard, swinging on his backyard rope swing, swimming in cold water in various places in California and collecting vintage automobiles.

Hugh, who was born in St. Helena, Calif. and was one of the five children of Clyde and Grace Gorman, said that he developed a very early interest in art.

"As a little kid, they gave me clay and building blocks and I'd make little faces out of the clay," said Hugh, who moved to Folsom in 1945 and to the area around today's American River College in 1946. "I sort of knew how to draw real early on. Everybody always said, 'Oh, you're so lucky, because you know what you're going to do. You're going to be an artist.' And that was implanted early on, and people hired me to do portraits at 6, 7 years old. Some people are born with different things and I was born as (an artist). My dad was a writer, so he was a creative guy."

Hugh, who attended elementary school in Carmichael, later took art classes at the old La Sierra High School before making his way

to the University of California, Berkeley.

In deciding upon a career choice, Hugh initially began studying architecture in college, then he opted to become a sculptor, and lastly, he studied landscape architecture.

Despite receiving his degree at UC Berkeley in landscape architecture in 1967, Hugh said that he still always saw himself as a painter.

He began his post-college working years as a landscape architect in Santa Barbara.

Today, Hugh resides in a century-old house in Fair Oaks with his wife, Teri.

In explaining his passion for art, Hugh said, "Basically, you've got a story to tell. You've got something that you think is going to make the world a better place or at least make some understanding or describe what's beautiful here that maybe you don't know about. Whatever your point is, you're telling a story. I'm self driven pretty much. My imagination works real quick."

And in demonstrating his sense of humor at the end of the interview, Hugh, after being asked how he would like to be remembered in the future, responded, "Well, what's the difference?"

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SCHOOL NEWS

Longtime Del Dayo teacher named next Mariemont Elementary principal

Longtime San Juan Unified teacher and recent vice principal Elizabeth Wahl has been unanimously confirmed by the Board of Education as Mariemont Elementary School's next principal. Her appointment is effective July 1. Current principal Linda Dismukes will retire at the end of the year.

Wahl has served as the vice principal at Gold River Discovery Center K-8 since January of this year and will remain there through the end of the school year. During her time as a vice principal, she has helped guide the school's revision of its strategic plan, helped train staff for implementation of Common Core State Standards and built positive relationships with students, parents, community and staff.

Prior to becoming a vice principal, Wahl was a fifth and sixth grade teacher for 15 years at Del Dayo Elementary School. She has a track record of supporting professional growth demonstrated by her extensive training in

Balanced Literacy and Writer's Workshop, mentoring of new professionals as a Beginning Teacher Support and Assessment (BTSA) teacher, and completing San Juan Unified's Leadership Training Program.

Wahl holds her Master of Arts in Education from Chapman University where she also obtained her administrative, multiple subject, and cross-cultural language and academic development (CLAD) credentials. She earned her Bachelor of Arts in Sociology from CSU Sacramento.

Students, parents, staff and community can contact Wahl via e-mail at ewahl@sanjuan.edu or by calling her at (916) 867-2109.

Girls eligible for free, acclaimed computer science program

Did you know that 74 percent of middle school girls express interest in science, technology, engineering and math – but when choosing a college major, just 0.3 percent of high school girls select computer science?

Girls Who Code is a national nonprofit organization working to close the gender gap in the technology and engineering sectors. The group

will host its acclaimed summer immersion program at UC Davis this summer, an eight-week program free to all selected participants.

For the summer program, 20 high school girls will be selected to dig deep into computer science, robotics, web design, and mobile development.

Visit <http://www.girlswhocode.com/applynow/> for more information and applications. The deadline to apply is April 15.

Churchill Science Olympiad team earns spot in national finals

Winston Churchill Middle School will compete in the Science Olympiad national championship after finishing first in the Northern California finals.

Churchill also earned gold medals in 10 of 23 events during the April 13 competition in Tulare. The team now heads to the national tournament May 17-18 at Wright State University in Dayton, Ohio.

Team members include Claire Burch, Muskaan Aggarwal, Sarah Gurev, Manu Prakasham, Ella Treiterer, Patrick Chen, Adrienne Cloeter, Marigot Fackenthal, Owen Frazier, Jeffrey Pimenta, Pooja Senthil-Kumar, Ravina Sidhu, Vijay Srinivasan, Christina Wong, Sindhu Vaidhyathan, Nikhil Gupta, Helen Burch and Mrunal Wakode.

The team is coached by Jeff Jungk, Jeff Darrow, Theresa Hollenbeck, Dena Kauer and Anit Horton. Last year, Churchill placed fourth at the national tournament. Mira Loma High School - the reigning NorCal champ for the past decade - was upset by longtime rival Palo Alto High School by one point.

Barrett Middle School and Bella Vista High School both competed at the NorCal competition and finished in the top 10. Science Olympiad is in its 29th year. Schools form a team of 15 students and then study and practice for 23 different events that cover the areas of biology, chemistry, physics and engineering. More information: sacramentosciencelympiad.com

2014 Teacher of the Year nominees honored at reception

One by one, 44 names were called out, recognizing outstanding teachers who have made an impact in the classroom. The San Juan Unified School District Board Room was full of supporters – including family members, administrators and Board members – all there to express how special their teachers are to them.

The April 4 reception kicked off with the recognition of each nominated teacher, followed by inspiring speeches from past winners and other District leaders.

Peers, students, parents or anyone else in the San Juan Unified community can nominate a teacher for the honor. The District will select two winners later this year, and their names will be forwarded to the Sacramento County Office of Education for this fall's countywide Teacher of the Year program.

It's never too early to be thinking of who you might nominate next year: Stay tuned in March 2014 for another chance to honor a special teacher.

Here are all of this year's nominees:

Brenda Aarons, Cowan Elementary
John Agostinelli, Rio Americano High
Glenn Alejandrino, Cowan Elementary
Julio Alvarez, Mariemont Elementary
Janet Bennett, Encina Preparatory High
Mary Bisquera, Coyle Avenue Elementary
Linda Blausler, Arlington Heights
Diane Boyd, Del Campo High
Lesla Broadman, Sylvan Middle
Cindi Carino, Sylvan Middle
Kimberly Carty, Green Oaks Fundamental
Marie Cornu, Arlington Heights
Brenda Danzinger, Barrett Middle
Marsa Decker, Lichen K-8
Karina Gutierrez, Edison Language Institute
Rashelle Haak, Del Campo High
Kathryn Hagen, Cambridge Heights
Michelle Henrie, Grand Oaks Elementary
Debora Houghtby, Arlington Heights
Stephanie Jones, Edison Language Institute
Karen Lack, Lichen/Woodside
Heather Ludwig, Rio Americano High
Donna Marshall, Mesa Verde High School

Katherine Milan, Pershing Elementary
Matthew Mills, Pasteur Middle School
Julia Neuhauser, ECE
Larry Patterson, Howe Avenue Elementary
Tyler Pierce, Mesa Verde High
Lori Rushford, Schweitzer Elementary
Lynne Sharpe, Arlington Heights
Julie Steiger, Cottage Elementary
Lynda Stuart, Arlington Heights
Phuong Tran, Del Campo High
Brett Tujague, Mesa Verde High
Cherie Valdez, Cowan Elementary
Laura Valencia, Edison Language Institute
Deanna Victor, Mariemont Elementary
Bradley Ward, Mesa Verde High
Jennifer Warner, Arlington Heights
Christopher Watson, Arden Middle
Alicia Webb, Encina Preparatory High
Christie Wheeler, Bella Vista High
Debbie Yamamoto-Smith, Ottomon Elementary
Ralph Young, Green Oaks Fundamental

Mia Funk named director of college career & K-12 counseling and principal of El Sereno High School

The San Juan Unified Board of Education has unanimously confirmed Mia Funk as the District's new director of college and career & K-12 counseling where she'll also serve as the principal of El Sereno High School, an alternative program providing independent study options for students. In her director role, Funk will be responsible for the District's adult education, career technical education, and academic counseling programs.

Her appointment is effective immediately. She fills the position left vacant by Dr. Amy Slavensky who was named the District's director of early elementary education in March.

Funk has spent her professional career with San Juan Unified having joined the District in 1999 as a special day class teacher. From 2006 through 2011 she served as a vice principal in the adult education program where she supervised career technical education, English as a second language, adult basic education, adult high school completion, community interest and apprenticeship programs. Since 2012 she has served as a principal in the adult education program.

-San Juan Unified School District



Fun was had at this year's Race for the STARS

Photos by MONICA STARK

The community came together to raise money for San Juan Schools at this year's Race for the STARS on Sunday, April 21, which included a 10k, 5k and kids race. The run began and ended on the Rio Americano High School track and led runners through

the neighborhood and along the levee near the school. The Family Festival following the race featured live music, food, raffle of a boys and girls bike courtesy of Sacramento County Sheriff's Department, and activities for all ages, including a jump house, climbing wall, art projects, fitness activities by the Sheriff's Department and SJUSD

high schools, water safety games from CSUS Aquatic Center, activities by RAFT, a fire truck and demos, Canine Companions, health checks and information by Western Health Advantage, Mercy Foundation - Dignity Health, and Kaiser Permanente, and more. Fun was had and funds were raised for San Juan classrooms!

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SCHOOL NEWS

Dyer-Kelly teacher's pen pal project culminates in memorable meeting

When the 31 students of Dyer-Kelly Elementary third-grade teacher Erin Sims' class began writing to their new pen pal this year, they never thought they'd actually get a chance to meet her in person. For months, the kids had been trading letters with their new fourth-grade friend in Oregon named Lindsey - whose little note just happened to find its way into their Sacramento teacher's Christmas tree, sparking a memorable project that has taught them lasting literacy and life lessons.

But on Friday, April 12, the students were in for an unforgettable treat: Their longtime pen pal paid them a

visit, giving students the chance to ask her questions in person and play together on the playground.

During the visit, an interesting thing happened: Lindsey's father told the class that her grandparents attended Dyer-Kelly in the 1950s. He brought along old photographs of Dyer-Kelly students, showing off his in-laws.

Back in December, as Sims lugged a tree out of the lot for the holiday season, an attendant ran after her with a note that fell behind. Lindsey had written a poem, and just in case Sims wished to write her back, the student provided a mailing address for her elementary school miles away in Oregon.



Students at Dyer-Kelly Elementary hosted Oregon pen-pal Lindsey on Friday, April 12. Photos by Monica Stark

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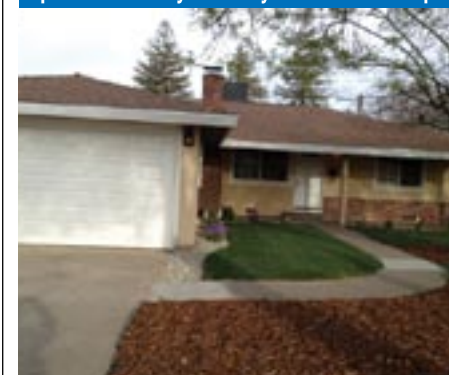
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ARTS

Arden fabric collage artist has two shows going on now

By MONICA STARK
editor@valcomnews.com

Retired elementary school teacher Carol Brown has always loved the texture of fabric and how colors within can be so vibrant.

And for the last 10 years, Brown has dedicated much of her free time to stitching pieces of fabric together to make what often looks like landscape paintings. Inspired by the natural beauty around her, she uses

She explains: "Many of my pieces are a form of an art quilt using just fabric and thread; creating a piece of work that looks much like a painting. Other pieces are a mixed media of tissue paper, fabric, and paint. Both processes capture my creative soul."

"I am not a seamstress. A quilter would look at my work and say, 'Oh my God.' ... The machine is my tool. It's not perfection," she said.

She said sometimes art collectors ask for reproduced copies of her work, but she said while she tries to do her best to meet their request, it's impossible.

"Nothing is ever exactly the same. I can never find exactly the same fabric. I try to do it if they want ... if they aren't happy with it I sell it to someone else," she said.



Chirp 10x10 by Carol Brown.

Brown said often her work captures the feeling of the moment. "Some days are real cheerful and then everything is really colorful, while another day is a blue day ... (the process of making art) is a time warp of how you feel," she said.

You wouldn't quite realize that upon a quick look at her pieces, however, as most of them are just simply beautifully done and cheerful in nature.

Asked to further explain, Brown said: "I like the world we are in. There are so many gorgeous things. Life is full of wonders. I am not a gloom and doom type of person."

Prices of her pieces vary from the hundreds up to \$1,000, she said.

Brown's work is now on show at Casa Garden Restaurant located at 2760 Sutterville Rd. as well as in Old Sacramento at the Artists' Collaborative Gallery located at 129 K St. In June, she will have a booth at the 55th Annual Kiwanis Art Fiesta on June 1 and 2 at the Pavilions Shopping Center, located on Fair Oaks Boulevard near Fulton Ave.

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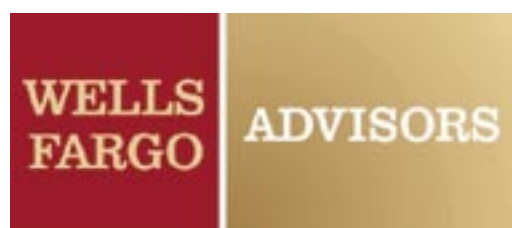
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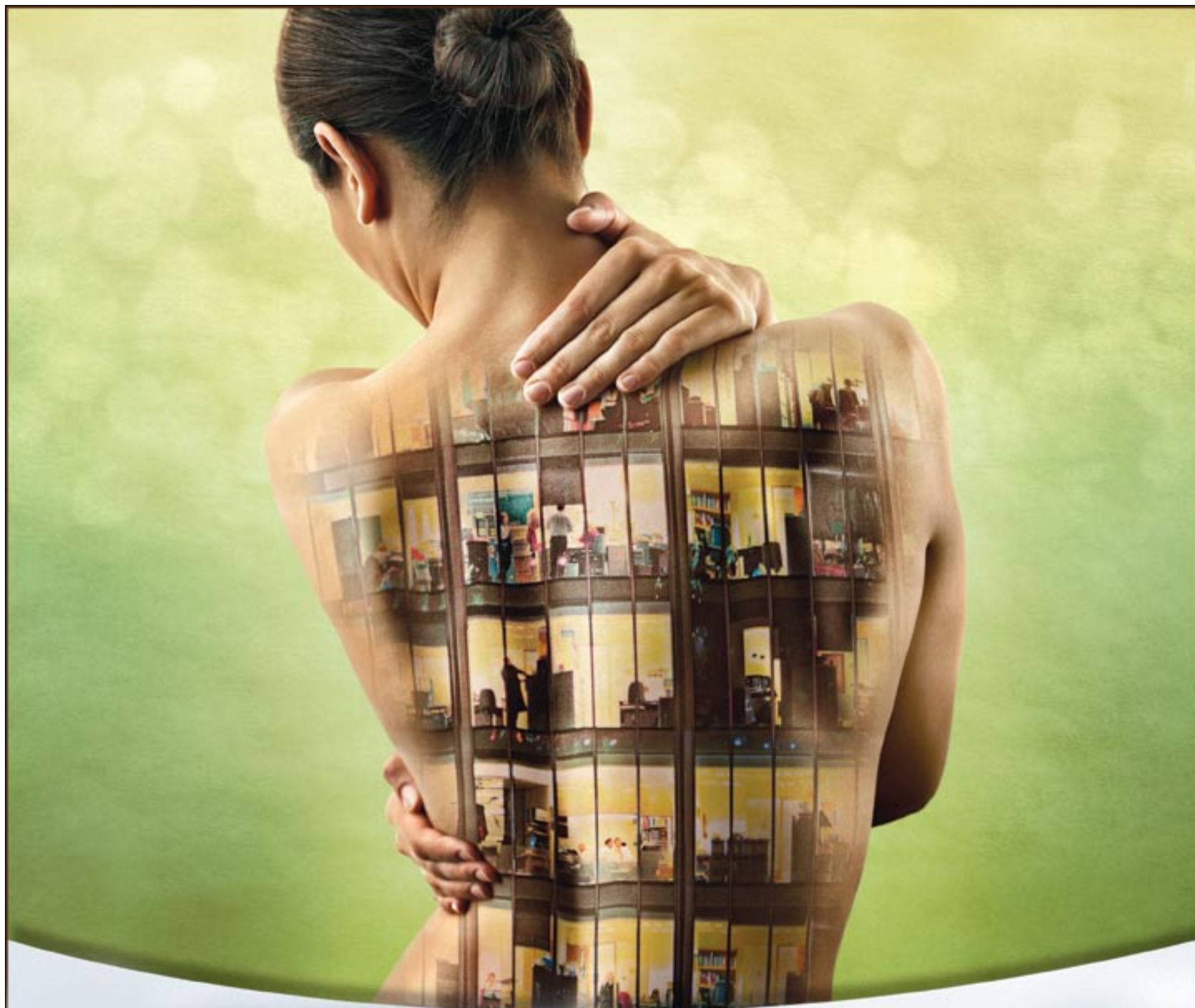
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Faces and Places:

Volunteers clean up Arcade Creek



Photos by **BILL CONDRAY**
 bill@valcomnews.com

Volunteers cleaned up Arcade Creek, filling bags with trash on Saturday, April 13. Some even made art sculptures out of some of the garbage that was found. They were welcome to enjoy a barbecue afterward at Carmichael Park.

The following were locations where volunteers worked:

- American River College**
Arcade Creek.
- Horsemen's Association**
Arcade Creek
- Rosebud Lane**
Arcade Creek
- Pasadena Blvd and Winding Way**
Arcade Creek
- Arcade Creek Park**
Arcade and Verde Cruz Creeks
- Mission North Park**
Chicken Ranch Slough
- Howe Community Park**
Chicken Ranch Slough
- Creekside Park**
Chicken Ranch Slough
- Cottage Park**
Strong Ranch Slough
- Cal Expo Floodplain at Chicken Ranch Slough**
Renfree Field
Arcade Creek
- Del Paso Regional Park**
Arcade Creek
- Palm Avenue**
Arcade Creek
- Carmichael Park** (This was a good place for people who wanted to pick up litter but could not negotiate creek banks.)
American River at Sailor Bar

Also, the Sacramento Area Sewer District (SASD) partnered with the Sacramento Area Creeks Council (SACC) to implement protective measures and activities targeted towards keeping area local waterways clean. A volunteer team was needed to work with SASD employee volunteers to label sewer manholes and pipelines that are near the American River to make them easily identifiable.

Source:
<http://www.creekweek.net/portal/vcarmichael.html>

STRIKE OUT STROKE:

Stroke survivors and River Cats come together to strike out stroke

Carmichael speech therapist says stroke support group and even singing for some helps people regain confidence

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

Many of their stories resemble one another. They didn't know they were having a stroke at the time and then after going to the hospital the trials of recovery really began. Some had a difficult time speaking. Others couldn't move around nearly as much as before. And yet, a group of them has come together to strike out stroke with the River Cats.

Every Thursday at Sutter Hospital around lunchtime a stroke support group gathers to talk about and listen to problems that they may have.

On Thursday, April 18, Tony Asaro, community relations director for the River Cats paid the stroke support group a special visit and reminded the group that on May 5 when the River Cats take on the Las Vegas 51s a portion of the pro-

ceeds benefit stroke camp, a place that can further facilitate bringing back some autonomy that may have been taken away after stroke. Held this year from Sept. 27-30 in Silver Spur Camp near Sonoma, stroke camp includes: activities, arts, tie dying, music, guest speakers and even music therapy, some of which are led by stroke survivors.

At that April 18 meeting at Sutter, the group of nearly 100 survivors not only heard encouragement from Asaro, they were also treated to silly skits and songs performed by their fellow group members, as well as enjoyed hot dogs, popcorn, Cracker Jacks, lemonade and cookies. And one of the survivors, who used to play softball, practiced pitching a ball against Asaro to gear up for the May 5 game.

The singers, led by Pocket resident Barbara LaPlaca and known as the Miracle Minstrels, are miracles to those



Sutter stroke survivor group on April 18.

who know them. Some of them had trouble speaking after their strokes, but they have joined the Miracle Minstrels to regain confidence and practice singing. A retired music teacher from Elk Grove, LaPlaca is a stroke survivor herself and said that even she can't do what she used to musically. But the support group is powerful as are the minstrels who will sing the National Anthem at the May 5 game. The April 18 meeting was one more time to practice before the big day. Rounds of applause echoed through the room because many of them know from experience that just the act of speaking may seem like an impossible feat.

Speech therapist Renee Garner said the support group and even singing for some helps people regain confidence.

"I think what (the group) provides is that if their speech and language have been affected, which is at least half of the people, they get to be with people who are patient listeners. So it minimizes anxiety when having to talk," Garner said.

Garner said some refrain from speaking with family or friends, but if they come into an environment that's patient, with time, they will open up, talk more and realize it's OK to struggle. "I think it can regain confidence," Garner said. "I think there's a tendency for one to isolate themselves if they have disabilities. For those who have strokes, there's a tendency to become reclusive, to stay home and even isolate themselves from activities they have participated in years, so the social support is remarkable," she said.

Barbara Ammiro has been her husband's caregiver after his stroke 13 years ago. She now leads the Carmichael Stroke Support Group, which is held every Wednesday from 11:30 a.m. to 12:30 p.m. at Atria El Camino Gardens, located at 2426 Garfield Ave.



Photos by Stephen Crowley

Ammiro said the Carmichael group varies in size on average between 12 to 14 people. Like the Sutter Stroke Support Group, the Carmichael group has seen people who could barely talk make great progress. "There is a lady who could barely talk 13 years ago, now she just jumps in and takes over," Ammiro said.

"We get new people. They have questions. One woman had her stroke 32 years ago and the group gives her an opportunity to ask questions, but all we can do is speak through what we've gone through."

Ammiro's husband has been doing well. His speech therapist was the one who originally suggested the group. "It was so refreshing for my husband to talk to people who are going through the same thing ... First thing was that he was feeling isolated ... But he just worked like a mad man. It took him about a year to get speech back and feel comfortable speaking with others. And he joined the group — that was really helpful."

The River Cats started a new program this year called the 2013 Non-

See Stroke, page 17

Stroke: River Cats game to benefit stroke camp

Continued from page 16

Profit Partner of the Night Program, said Land Park resident Stephen Caselli who is the group events account executive for the team.

Caselli said last season the River Cats only had a few days where nonprofit groups could sell tickets as a fundraiser and they realized having everyone here on the same day was not very effective, so this season they decided they would make every game this season available to nonprofit partners and let them pick the date that best fits their schedule.

"For those partners who commit to at least 500 tickets, they become our 'Nonprofit Partner of the Night,'" he said. "This gives them the opportunity to raise over \$2,000 in funds, participate in a pre-game check presentation, throw out the first pitch and set up a table on the concourse. This allows them to share information with all of our fans about their organization and how fans can get involved. They are also recognized throughout the game on the scoreboard," Caselli said.

Last season the Sutter Stroke Support Group brought about 40 people out to a game as a fundraiser and had a good experience and everyone involved this year is all very excited about this game.

STROKE TIPS

Stroke signs and symptoms:

Tess Carter, stroke coordinator at Sutter Roseville began Stroke Camp 10 years ago. She said some include: weakness on one side of the body, crooked face, sudden loss of vision.

Risk factors include:

Hypertension, high cholesterol, heart rhythm problems, smoking, obesity, lack of activity and heart disease.

Prevention measures:

Take blood pressure medicine, heart medication, eat healthy foods, exercise.

What to do if you think you are experiencing a stroke:

Call 9-1-1. Do not have someone take you to the emergency room. An ambulance would take you to the correct hospital as not all hospitals are primary stroke centers. Carter describes stroke centers, like Sutter, as those that are held to a higher level of accountability. It ensures they give you a medication called tpa, which Carter describes as "Draino for the brain" as it breaks up clots that would prevent blood flow to the brain tissue.



Barbara LaPlaca leads the Miracle Minstrels singing the National Anthem.

If you go

What: Strike Out Stroke with the River Cats
When: May 5, game starts at 1:05 p.m., gates open at noon.
Where: Raley Field, 400 Ballpark Dr., West Sacramento
Why: May is Stroke Awareness Month and proceeds benefit stroke camp
Order tickets online: www.rivercats.com/fundraisers and select Stroke Awareness Night; the offer code is "support"
For more information: Call Spencer and Arleen Ellis at 455-4821, Tess Carter at 801-5213 or Sue Coleman at 422-4537.

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Arden residents gear up for 137th Sacramento Valley Scottish Games and Festival

By MONICA STARK
editor@valcomnews.com

To Arden Arcade resident Sandy Welsh the music and dancing at the Sacramento Valley Scottish Games and Festival energizes one's soul.

One of the oldest and largest festivals in California, the Sacramento Valley Scottish Games & Festival, held in Woodland at the Yolo County Fairgrounds, is April 27-28.

The Sacramento Valley Scottish Games and Festival is the main yearly event the Caledonian Club of Sacramento hosts, which draws up to 20,000 people each year. This fun, family event includes Scottish clans, competitions, music, dance, live history, children's activities, animals, vendors and more.

Blessed with talented dancers and musicians who work hard to hone their craft to bring joy to others, Welsh who sells advance tickets and mans the gates at the fairgrounds said, the festival is a showcase of a diverse and magical culture.

"I love the people, their values and the music of this diverse and magical culture that is showcased in the Scottish Games. I love that it is a family-friendly event where you'll find something for every age to enjoy - from the children's area and youth caber to Celtic fiddles and harps - to Celtic rock - to bagpipes - Celtic animals - to learning *Celidh* (pronounced kaylee) dancing - to historical re-enactors," she said.

Locally Welsh belongs to the Caledonian Club of Sacramento where she serves as Vice Chief, which means she planned the Tartan Ball last year. She sells pre-sale tickets and recruits volunteers. She also belongs to the Daughters of Scotia and she makes scones for the tea-room at the Games.

To her neighbor, Gordon Scott, whose involvement with the games go back to about 1985, "taking tickets and most things in between," he said he's a "sucker" for the games. "Once you get roped in (as a volunteer), you stay in," he said.

In 1973, Scott went traveled to Ireland, where he decided to buy a kilt. But it wasn't until years later when he and his

wife partook in Scottish country-dance after her coworker who was the chief of the Gaelic club said 'you have to do this.' "We went there and enjoyed that," he said, meeting some fun people along the way.

Like Scott, it was through Scottish Country dancing that Welsh learned so much about Celtic music and became friends with some amazingly dancers and musicians.

"What a huge blessing," Welsh said, adding that one of her best friends is from Dunblane, Scotland. "She generously shared so much of her culture not only with me, but with everyone," she said.

Because Welsh loved the music so much, she published a newsletter called "Celtic is Happening" for about five years. The publication promoted Celtic Musicians who performed up and down the coast and in the Central Valley. "I never pretended to know anything...but I sure knew who to refer anyone to who wanted to know more. It was actually through my subscribers that I knew people in Sacramento before we moved here," she said. One of those subscribers is the editor of an online Celtic Calendar found on the Caledonian Club website, www.saccallie.org.

When Welsh and her husband Rich came to Sacramento in 2006, she joined the Caledonian Club right way. Rich is a genealogist and works every year at the games in Woodland at the genealogy desk. Through genealogy, he discovered that he, too, is Scottish.

"However, I don't expect to see him in a kilt anytime soon," Welsh jokes.

Scott loves how the games have been shared through generations. "I am now seeing young adults with children. I saw them competing in piping and dance and their kids now are competing in those events," he said.

"I probably get a get kick out of youngest highland dancers. They don't have the steps down, but they're out there doing their thing. Seeing them progress each year -- it's always a thrill," Scott said.

Welsh loves sharing the passion and dedication of everyone involved, whether you're a piper, highland dancer, athlete, Scottish

Country Dancer, fiddler, "Clannie", organizer, vendor, re-enactor or volunteer. "It takes every talent and skill-set to make this event...this 'Brigadoon' happen.

And everyone is a volunteer. No one is taken for granted.

"We are blessed with talented dancers and musicians who work hard to hone their craft to bring joy whatever performance venue where they appear," said Welsh.

Working on a Scottish Games committee is a supreme learning and personal growth experience, said Welsh.

"I love working and forging relationships with people who didn't know they could move that mountain until after it was moved. I love that we bring, in modern times, an event that has gone on for much longer than 137 years to this generation. I love when they (the youth) carry some element of it forward. Although we are 'Brigadoon' for three days, we bring these same values with us to our jobs and community," said Welsh.

Welsh's father (USAF, Ret) and mother (the Irish side) introduced Welsh to her Scottish heritage in 1986 at the Caledonian Club of San Francisco Games and Gathering, Santa Rosa. (That event currently takes place in Pleasanton, CA on Labor Day week end). Both of her dad's parents came from Old Cumnock (Ayreshire), Scotland in the late 1880s. They settled in Birch Run, Michigan. She was Sara Kerr; he was Robert Arthur. Welsh joined Clan MacArthur at the games in 1986.

In 1993, Welsh joined the Campbell Highland Games committee (San Jose). For that organization she did sponsorships, publicity, program advertising sales, coordinated volunteers for the entire event and wrapped her 10-year tenure on the Campbell Highland Games Committee as Chieftain (Executive Director). In 1993 Welsh also started Scottish Country Dancing and joined the Royal Scottish Country Dance Society - SF Branch. Concurrently she served as Secretary of the South Bay Scottish Society, ultimately becoming the Chief of SBSS.



Gordon Scott.

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What: Scottish Games and Festival

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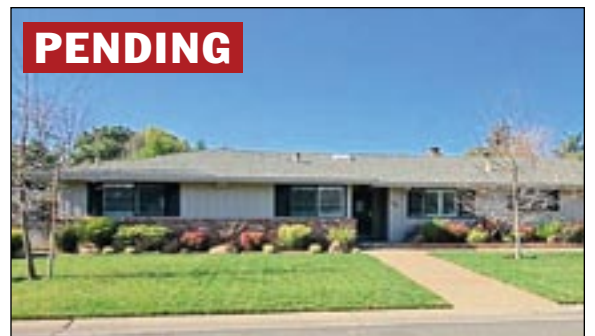
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