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Entrepreneur Makes His Living "Saving Memories" And on the journey, has brushes with, Al Capone, Tom Hanks...and Senator Feinstein

By STEVE LAROSA
Special to the Arden-Carmichael News



Photos by Steve LaRosa

After a varied and colorful career spanning everything from environmental activism to running a passport photo business, Marty Nelson opened Video Lab Multimedia, now located at 2630 Arden Way. Since 1985, as he tells it, he's been in the business of saving memories.

In fact, Nelson is confident that Video Lab provides the most comprehensive source for saving memories in Sacramento and possibly Northern California.

In short, customers bring in everything from VHS tapes, audiotapes, vinyl records, old photos and negatives, professional format video, 8 and 16mm film and just about everything else out there and Nelson transfers, duplicates or even edits them into a more contemporary, durable, longer lasting digital format, including DVDs and hard drives. Memories saved!

And what sorts of memories is Nelson saving? Everything from irreplaceable home movies to slides of precious family vacations to old ¼ inch audiotape reels. Simply put, if it exists on video, audio, photographs or film, they can handle it.

"How many times have you watched the news where people stricken by fire or flood say the same thing...the most important possessions to save are the family movies and photo albums?" asked Nelson.

People flock to Video Lab to have Nelson restore old photos, transfer photo albums and even salvage pictures that are permanently stuck to glass. They can even rewrite history. "We can digitally remove unwanted individuals in a group shot or after the fact, even add people who were late to the event," said Nelson.

In addition to the aforementioned services, besides transferring and saving just about any format of moving and still images a customer brings in, Video Lab also offers full production services to clients. They videotape, edit and produce videos commissioned by their clients, like memorial videos, anniversary videos, retirement parties and corporate events requiring a quick turn-around.

Business portraits are a specialty here, and they provide a wide range of media services to the legal community.

Just some of Nelson's brushes with greatness: There was the college student/future Oscar winner Tom Hanks, who, like Senator Diane Feinstein, were pleased with their passport photos.

Or the fragile 16mm film transfer showing Al Capone arriving at a wedding in Chicago.

Or actor Ned Beatty, starring as Governor Brown, Senior, needing a quick turn-

See Video lab, page 3

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Overweight Women Needed for a Weight Loss Study

USDA, ARS, Western Human Nutrition Research Center (on the UC Davis campus) is seeking healthy overweight women to participate in a research study about dietary glutamate and body weight. The study will be conducted over 26 weeks and some Sacramento visits are available.

Eligibility:

- Healthy women, age 19-50 years, 15-90lbs over weight
- Not taking meds for depression, anxiety, weight loss or other conditions
- Not pregnant or planning to become pregnant
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Video Lab: All work is done in-house

Continued from page 2

around portrait for a film being shot in Sacramento.

Video Lab also contracts wholesale services with photo labs, frame shops and camera shops all over Northern California.

"What I think sets our business apart from the big box chains is that when you come here, you're talking to a real human being, who'll give you the confidence that we'll take great care of your irreplaceable family treasures. All of our work is

done in-house, never sent out," said Nelson.

And Nelson offers this surprising caveat. "8mm Kodachrome movies from the 40's are in better viewing condition now than VHS videotapes from the 80's. Video loses a bit of magnetism every day and the playback decks are becoming harder to get and maintain. Transfer the family memories of the kids growing up ASAP or risk losing them forever."

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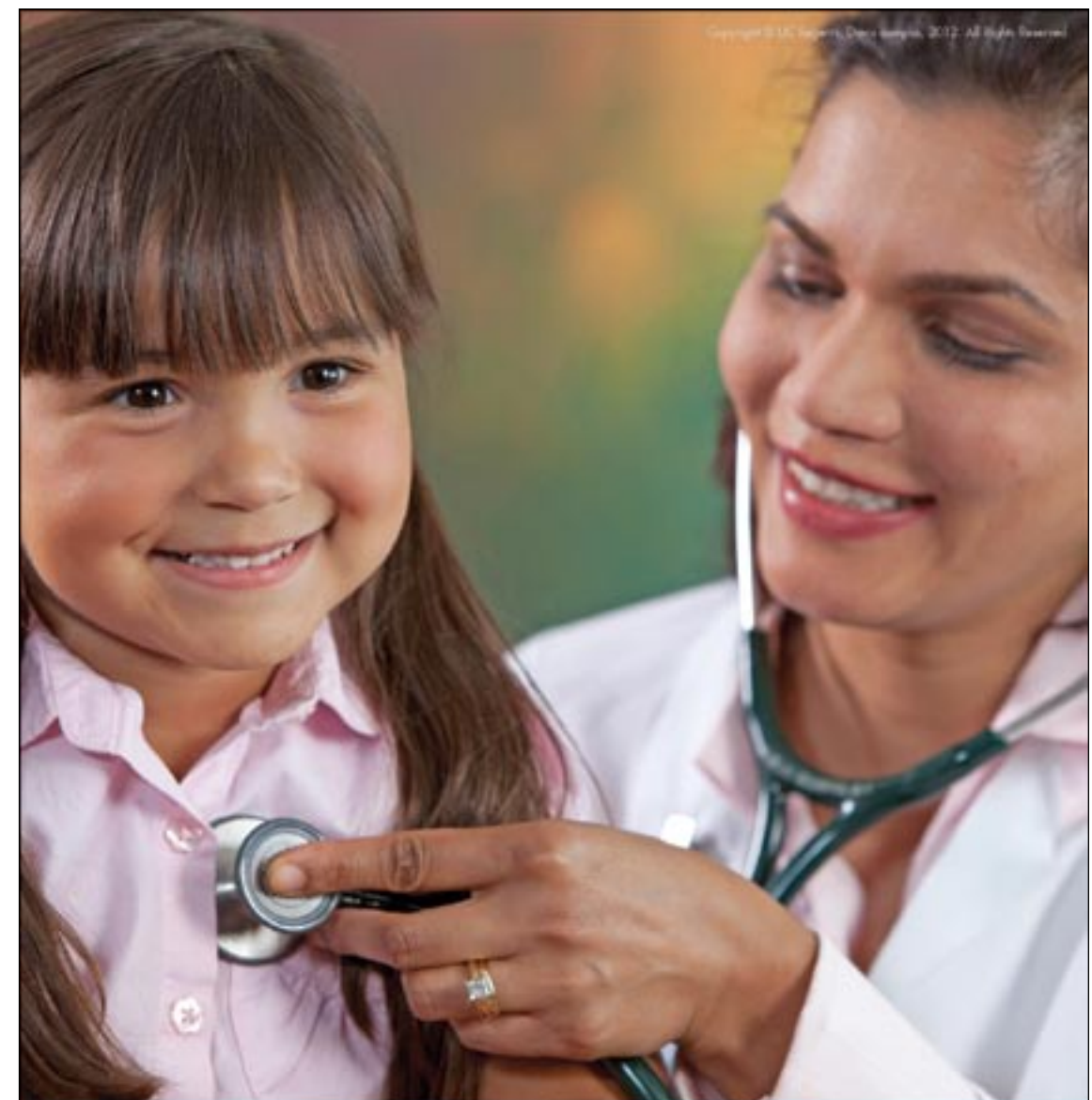
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The Sacramento Chrysanthemum Society will be holding their annual spring Chrysanthemum rooted cutting sale on Saturday June 1 from 9 a.m. to 4 p.m. and Sunday June 2 from 9 a.m. to 3 p.m. or until earlier sell out at the Fair Oaks Nursery, 4681 Fair Oaks Blvd between Arden and Eastern.

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National History Day

California draws 1,056 students to Sacramento

By LANCE ARMSTRONG
Lance@valcomnews.com

A sea of students — 1,056 to be precise — recently showcased the results of their year-long involvement in preparing for the National History Day state competition at the Red Lion Hotel — Woodlake Conference Center (formerly the Radisson Hotel), off Highway 160.

This year's edition of NHD-CA was held on April 26-28 and drew a total of about 3,000 people, including students, teachers, parents and volunteers.

One hundred and ninety schools from 21 counties participated in the state competition, and Sacramento County was represented by 94 student participants.

The annual educational program, which has most recently been sponsored by the Orange County Department of Education, is designed to encourage students to "explore local, state, national and world history."

In discussing details about the program, NHD-CA con-



Photo by Lance Armstrong
Left to right, Emily Moreno, Robert Fernandez and Rhianna Esparza of La Habra, Calif. pose together in front of the Red Lion Hotel — Woodlake Conference Center after competing in this year's National History Day state competition.

sultant Julie Hull said, "History Day is the premier social science academic competition.

The national program was recognized last year by President Obama and it received the (National Humanities Medal), so just recently it's gained much more notoriety, because it was recognized by the White House. And it's a year-long educational program where (4th

through 12th grade) students engage in research and analysis to come up with a product."

Every year, a new theme is selected, and this year's theme was "Turning Points in History: People, Ideas, Events."

Through the program, students analyze their resources, interpret their findings and

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History: Projects empower students 'to think like historians'

Continued from page 5

draw conclusions regarding their topic's significance in history.

The students worked on their projects individually or in groups of two to five students.

Fourth and 5th graders could make a poster, and 6th through 12th graders had a choice of making a documentary, a Web site, an exhibit or a historical paper, or participating in a performance.

Students generally begin working on their projects in June and participate in their school competitions, which are typically held around February, and county competitions, which are typically held around March.

Each year, more than a half a million students participate in the NHD program, which allows students to improve upon their critical thinking, problem-solving, research, reading, oral and written communication and presentation skills.

In speaking about the students' participation in NHD, Hull said, "The exciting thing about this (program) is it really empowers them to think like a historian and



Photo by Lance Armstrong

The NHD-CA team dedicated many hours to assuring the successful operation of this year's state competition. They are, from left to right: Josh Barton, Vivian Goldschmidt, Rhonda Cameron, Imelda Cavazos, Melissa Alvarado, Julie Hull, Christine Olmstead, Julie Escala and Rob Vicario.

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History: Sacramento Country Day sophomore was recognized as the runner-up in individual documentary category

Continued from page 6

view things in history from a different lens."

Hull also noted that 60 percent of the students' projects were evaluated on the quality of their research.

"It's not just a showcase of pretty projects," Hull said. "They're really doing extensive research and they use libraries and archives and museums and do oral histories. Whether they win or lose, they're doing college-level research, college-level writing, and they're learning skills that are helping them in science and math and English and all across the curriculum. The national office did a study that showed that History Day students outperformed non-History Day students in all subject areas and in all standardized tests. So, it's an exciting program that really feeds into teaching them the skills and the rigor required for college and careers."

After the students presented their projects at this year's NHD-CA event, they awaited their results. The top two projects in each category were selected to be entered into the national competition, which will be held June 9-13 at the University of Maryland.

Altogether, California will be represented in the national competition by 36 entries, 65 students and 37 teachers.

Although no representatives from Sacramento County were selected to make the trip to Maryland, Aishwarya Nadgauda, a 16-year-old sophomore at Sacramento Country Day School at 2636 Latham Drive, was recognized as the runner-up in the individual documentary category. There were 34 entrants in the state level in her category.



Photo courtesy of the Nadgauda family. Aishwarya Nadgauda, a sophomore at Sacramento Country Day School, was recognized as the runner-up in the individual documentary category.



Photo by Lance Armstrong. Olivia Ghosh of San Diego shows off her NHD-CA champion medal. Altogether, California will be represented in the national competition by 36 entries, 65 students and 37 teachers.



Photo by Lance Armstrong. San Francisco students, Christie Lum (left) and Elizabeth Leong, were among the more successful participants in the state competition.

In discussing how she selected the topic for her 10-minute documentary, Nadgauda said, "The title of my project was 'Setting off a Reaction that Changed the World Forever,' and it was about the first controlled, sustained nuclear chain reaction (which occurred at the University of Chicago on Dec. 2, 1942, and led to the Manhattan Project to develop the atomic bomb). I was trying to find a topic that fit (this year's theme). So, I was reading this book called 'Nuclear Weapons Pose a Grave Threat,' and I came across all these instances where the world had come so close to a nuclear war, and it really interested me. So, I started going back from there, trying to see how

was it that the world came to know about nuclear power, and kind of backpedaling from there, I came across the first controlled, sustained nuclear chain reaction." Nadgauda, who was participating in NHD for the fifth consecutive year, said that while seeking information related to her topic, she enjoyed the process of learning about many things that she would have otherwise never investigated. And in commenting about her project-related trip to Rancho Seco, Nadgauda said, "Radioactivity is a major concern when it comes to nuclear power plants and (one of the plant's decommissioning officers) showed me this chart of all the radioactivity in the area

surrounding Rancho Seco, just in the soil. I would have expected that Rancho Seco had more radioactivity, but it was actually one of the least radioactive soils in the area even though there had been a nuclear power plant there at one point." While sharing details about her overall experience at the state competition, Nadgauda said, "What I really took away from it was just really being able to communicate. Communication skills are just really important and that's one of the best things that I learned from this is how to analyze information and pick and choose what's reliable and what you want to get across to

See History, page 8

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History: Judges were amazed by students' projects

Continued from page 7

the person who is watching your documentary."

Several other students from different parts of the state participated in interviews with this publication.

Among these students were Emily Moreno, Robert Fernandez and Rhianne Esparza, who are each 17-year-old students at La Habra High School in La Habra, Calif.

Moreno, whose group was a runner-up in the "Group Web site" category, said, "History is not my favorite thing, but (the History Day program) actually made it interesting."

One of the student participants who was in high spirits at the event was Olivia Ghosh. Along with her schoolmate, Soren Hansen, she was selected to compete in the national competition.

Ghosh, who attends Francis Park School in San Diego and participated in the national competition when she was in the eighth grade, noted that her senior group exhibit was both a time-consuming and interesting project.

"We got up to (spending) six to 10 hours a week (on their project, 'Fall of the Berlin Wall')." Ghosh said. "One of

the interesting things we learned is we interviewed a man who lived in West Berlin when the wall fell. Obviously, he was excited about the fact that they were reunifying and Germany was coming together again, but he also mentioned, just from a logistical standpoint - he lived near the wall - he still thought about daily needs, like traffic and pollution and lots of every day needs."

Thirteen-year-old Elizabeth Leong of Zion Lutheran School in San Francisco was also in a joyful mood while she was speaking about an award that she had won at the state competition.

"I won a special award for county," said Leong, who also won an excellence award for her project about the history of the Golden Gate Bridge. "The (special award recipients) are people who have done a lot and have competed in NHD for three years. So, I was lucky enough to win this award and I'm very happy about it."

Standing alongside Leong was one of her schoolmates, 11-year-old Christie Lum, who participated in a runner-up project in the junior division.

Francis Parker students, Avi Waldman, 13, Amanda Wasserman, 12, and Ellie Hanson, 12, who were also interviewed by this publication, noted that although they did not win awards, they enjoyed their time participating in this year's state competition.

Rob Vicario, NHD-CA state director, referred to the state competition participants as inspiring.

And while discussing the diversity and creativity of the competition's projects, Vicario said, "We have one exhibit on the (history of) the toilet. The girls, I happened to be walking by and they were there taking questions from many folks that were visiting during the public viewing. They explained how they were inspired to look into this topic and how it became a turning point in history because of its impact on health issues, sanitation, etc. One of (the students) said, 'I got so fascinated by the research behind this (project) that I'm now considering a career in sanitation when I get older.'"

Leslie Smith, one of the state competition judges and the history-social

studies curriculum coordinator for San Bernardino County, noted that she was very impressed by those who participated in NHD competitions.

"It is amazing what these kids can accomplish," Smith said. "(They conduct) authentic research using primary and secondary sources, personal interviews. They have no fear. They will e-mail, write, seek out congressmen, university professors to get the information that they need to improve their projects."

Sacramento County NHA coordinator Craig Irish, who ran the state competition judging room with two other coordinators, expressed his own impressions of NHD.

"I'm amazed every year at the types of projects we see and the amount of work that is put into this competition," Irish said. "They do a great deal of research and analyzing to put their projects together. It's a great learning opportunity for these students."

Next year's NHD-CA competition will have the theme of "Rights and Responsibilities in History."

Big Band Society Bids Farewell

The most popular and decade-old dance society holds its final dance Sunday May 19 at the Sacramento Elks Lodge No. 6 from 1-5 p.m. Bog Fry's Swing Masters conclude the final dance in May.



"We've had a great, enjoyable 11 years presenting the truly live 15-piece Big Band preserving the era and hits from America's Songbook," said Lou Coppola, executive director of the Nor Cal Big Bands Preservation Society speaking for current and past supporters.

Formed in spring 2001 by professional bandleaders, Bill Rase, Buddy Harpham, George Bruno and Coppola, the NCBBS has welcomed dancers of all ages 19-95 from Sacramento and ten surrounding counties.

Socially, the Gold Card Members and hundreds of seniors have formed many lasting friendships.

Coppola added "Our monthly dances held in the Main Ballroom of the Elks No. 6, 6446 Riverside Blvd and Florin has also showcased high school and pri-

vate youth bands playing dance hits of the 30's, 40's and 50's."

The society greatly appreciated the decade-long sponsorship by Michael and Betty Voster-Kemp of Avalon Hearing Aid Centers, Senior Magazine, KCTC Am 1320 Radio, Ray Stone Properties, Sacramento Bee, Valley Community, Newspapers and many area publications.

In closing Coppola shared this hope: "Watch for some possible announcement from the Elks No. 6 officers as they review the possible continuation of the popular Big Bands Sunday dances."

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Sunday Funday provides 'ole fashion fun

Friends and family came out to Carmichael Park for some good 'ole fashioned outdoor fun on Sunday, May 5, as the Carmichael Recreation and Park District launched its newest program: Sunday Funday, which will continue through the summer on the Vets Hall Lawn. Sunday Funday includes: super-sized lawn games such as Connect 4 and Jenga, arts/crafts for kids, a raffle and more with a great price tag: free.

And when they describe the games as giant, they mean it. They have a Connect 4 set that is about 4-feet-tall and 4-feet-wide. Pickup sticks that are 36 inches long and look like the standard games just a lot bigger.

They have a total of five Giant Games, Connect 4, Jenga, Dominos, Pickup Sticks and Kerplunk. But that's not all! They also have a volleyball net, which can be used for multiple games, hula hoops, football, playground balls, tug a war rope and more.

Lindsey Smith of the park district said Sunday Funday is a growing trend in pop culture and that the district thought it would be a great opportunity to offer an event with good old fashion recreation fun that capitalizes on the Sunday Funday theme.

"We decided to add this program this summer because we wanted to add another element of fun for families at the park," Lindsey Smith of the park district said.

The games chosen are simply timeless. "My supervisor and I sat down and were discussing game we played when we were younger and picked ones we thought were still popular to play," she said.

The park district purchased some of the games and the others were donated/made by a volunteer.

On May 5, children were able to color coloring pages and make maracas. For the Sundays to follow: popsicle stick crafts, we are going to make puppets, foam stickers, paints and more.

California Children's Choir celebrates 20 years with a performing tour to China

The Sacramento Children's Chorus announces it will travel to China this summer as part of a performing tour to celebrate its 20th anniversary season. The touring choir (approximately 30 singers) will begin their journey in the capital city of Beijing, then train to historic Xi'an, fly to the country's cultural center of Hangzhou, and bus to the international metropolis of Shanghai.

Throughout the tour, the choir will sing in some extraordinary concert halls, including a joint performance with a Chinese children's choir at the Concert Hall of the Hangzhou Grand Theater.

The group will also visit numerous educational and artistic sites along the way: the Imperial Palace, Tiananmen Square, the Great Wall, Olympic Stadiums, the Terra Cotta Workshop & Museum, a gondola ride in the water town of Xi Tang, an acrobatic show, a jade factory, and other significant venues.

The SCC is comprised of five choirs with over 150 children. Singers vary in age from elementary and middle school, to high school and the first year of college.

A free concert will highlight some of the music that will be sung in the People's Republic. The repertoire includes songs in at least seven languages. This send-off concert will be held on Wednesday, June 12 from 6:30-8 p.m. at the Lutheran Church of the Good Shepherd located at 1615 Morse Ave., Sacramento 95864.

For more information, visit: www.sacramentochildrenchorus.org or call 646-1141.



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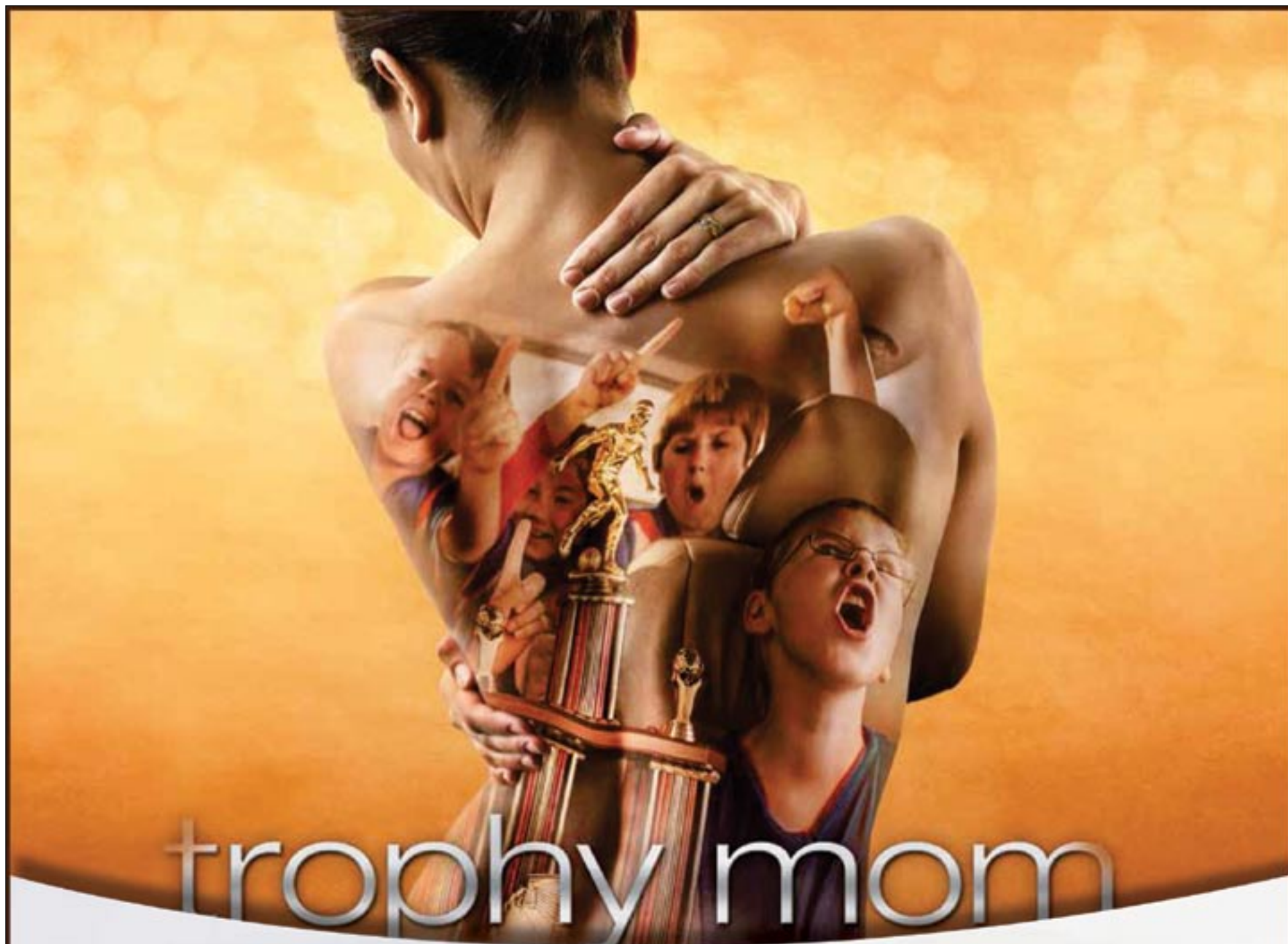
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Swabbies on the River:

Roots Music Festival to be held June 2 from noon to 8 p.m.

Lovers of roots Americana music; June 2nd is something special. Swabbies on the river is hosting an Americana/Country music festival with some of the best regional talent. Rockabilly, Americana and traditional country music are featured on this all day/all ages music event.

Acclaimed honky tonkers Red Meat head up the show. Red Meat brings wry and a modern perspective to traditional honky tonk. Red Meat has worked with legendary artists such as Buck Owens, Wanda Jackson and Dave Alvin. Red Meat is internationally known and having them on the bill makes this an event not to miss!

Mike "2x Sammy Award winner" Blanchard and his lovely wife Laurie Ann lead the Californios through sweet, mostly acoustic, Americana music familiar and unexpected, with grace and charm.

The Hazy Valley Boys band leader Michael Ray Strauch and is all star band of veteran musicians play Hank Williams and Bob Wills songs that will make you want to swing yer partner. The Hazy Valley Boys are an outgrowth of longtime local honky tonk band The Fortunate Few.

The Cash Prophets singer Bobby Dickson with his thunderous bari-

tone embodies the darker side of Johnny Cash. Bobby's sons back him in this family band.

Dry Country Drinkers, singer songwriter Jon Emery plays wry original honky tonk with a sense of humor. Jon is one of the hardest working guys in local music.

Singer KB, channels Patsy Cline and Loretta with her band the Slingstones, filling dance floors whenever they play, rock in the country classics.

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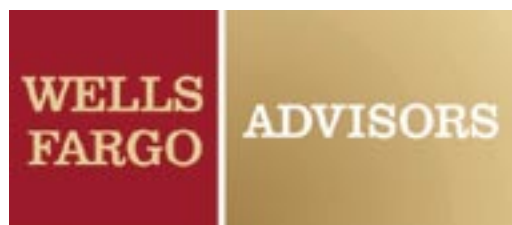
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WW2 aircraft to be on display at McClellan Air Force Base

From May 31 to June 2, the Collings Foundation will be bringing their authentic WWII era B-17 and B-24 aircraft for display, tours, and flights to McClellan Air Force Base. According to the website, www.collingsfoundation.org/, The Collings Foundation is a non-profit, Educational Foundation (501c-3), founded in 1979. The purpose of the Foundation is to organize and support "living history" events that enable Americans to learn more about their heritage through direct participation.



Photos by Mike Hazlip
These are photos from Collings Foundation's 2012 event at McClellan.

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Rio Americano High School senior won scholarship essay

PSR/Sacramento announces the winners of the 2013 High School Scholarship Essay Contest

The prompt for this year's contest was a position statement by the American Academy of Pediatrics (April 2000): "Firearm regulations, to include bans of handguns and assault weapons, are the most effective way to reduce firearm-related injuries." The ten finalists presented their essays on April 28 at a dinner attended by 170 people at the Dante Club in Sacramento.

First Place Finalist: Divya Bhaskar, Rio Americano High School, Sacramento

Second Place Finalist: Kyle Thielen, C.K. McClatchy High School, Sacramento

Third Place Finalist: Lucas Brown, C.K. McClatchy High School, Sacramento

Other Finalists

Ella Beckman, C.K. McClatchy High School, Sacramento

Amber Conness, C.K. McClatchy High School, Sacramento

Faith Lemire-Baeten, Liberty Ranch High School, Galt
Molly Parsons, Davis Senior High School, Davis
Casey Stockel, Granite Bay High School, Granite Bay
Jeffrey Williams, Granite Bay High School, Roseville
Angela Yoder, Folsom High School, Folsom

The first, second, and third place finalists were chosen by a panel of distinguished judges from the community. Read their essays by clicking on their names. The first place finalist won a \$3000 scholarship, second place a \$2500 scholarship, and third place a \$2000 scholarship. The other seven finalists each won \$1000 scholarships and two alternate finalists \$250 each. The judges were: former Sacramento Police Chief Rick Braziel, Sacramento County Public Health Officer

Dr. Olivia Kasirye, Julie Leftwich, former Sacramento mayor Anne Rudin, and Amanda Wilcox.

Between now and May 31, scholarship fund donations will be matched, dollar for dollar, up to a total of \$5,000. To ensure that organizers are able to offer at least \$15,000 in scholarship awards again next year, consider making a tax-deductible donation now toward next year's scholarship fund via the PSR/Sacramento website: <http://www.sacpsr.org/join.asp>

Editor's note: Following is Bhaskar's winning essay, written in its entirety and is the opinion of the writer.



Divya Bhaskar.

The Convictions of an Anti-Gun Activist

By DIVYA BHASKAR
Rio Americano High School, Sacramento

Almost as appalling as the deaths of 26 innocent victims of the Connecticut shooting is the fact that in its aftermath, we still have no legislation banning handguns and assault weapons to prevent further uncalled for deaths. Congress has well surpassed the point in time for "debate" and contemplation regarding these bans; we need to implement them.

The statistics supporting legislative action for stricter gun control are overwhelming. According to the U.S. C.D.C., 5,740 children and teenagers were killed by firearms in 2008 and 2009. A gun within a household results in a higher likelihood of a death of a family member than the death of an intruder. Globally, the United States has the highest number of firearm-related deaths compared to other high-income countries. In the United States, children are thirteen times more likely to be killed by firearms than children of other developed countries, such as Italy. Statistically speaking, stricter firearm regulations are necessary to ensure a safer environment for the general public.

The National Rifle Association wields the Second Amendment as its major counterargument against these rising numbers. Though the Supreme Court upheld the Second Amendment, historical evidence renders this Amendment obsolete. The Second Amendment originated when colonies depended on every-day citizens to form local militia. Today, the United States has a well-established military, so citizens need not carry these weapons. This

Amendment also allowed state militia and plantation owners to prevent slave rebellions.

To argue that the Second Amendment establishes the right to bear arms in today's context would be ridiculous. After all, America is a leader in progressivism, not a country that clings onto archaic, unreasonable practices. Other proponents of gun ownership argue that citizens may possess firearms in case the government abuses its authority. This seems like a valid point, but only because Americans have adopted a romanticized mentality about guns. We think that the only solution is "to fight fire with fire." Naturally, this only results in more violence. There are other ways to "fight back" without resorting to firearms.

While the media and video industries glorify the use of firearms, our society largely underestimates the power of peaceful protest. In the past, writers have mitigated social injustices and completely revolutionized the standards of industries through works like *The Jungle*. Women and African Americans battled for suffrage utilizing the power of speech as their strongest weapon. Gandhi liberated a nation without the use of a single firearm. As a society, we need to change our perception of security and safety. For if we take no action regarding gun control, then we will continue to hear about the deaths of innocent people and children. Frankly, the next time I turn on the news I would like to hear Congress initiating bans on firearms, instead of uncalled for deaths. If we can learn anything from the past and statistics, it is that strong determination triumphs over firearms in the struggle to attain peace.

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May 11 at 7 p.m.
May 12 at 2 p.m.

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PUBLIC NOTICE

SMUD INVITES PUBLIC INPUT ON PROPOSED RATE ACTIONS

The Sacramento Municipal Utility District (SMUD) is holding two public workshops and a public hearing to discuss proposed rate changes to begin in January 2014.

The General Manager's Report and Recommendations (Report) includes a proposed two-step rate increase of 2.5 percent in both 2014 and 2015 to meet projected shortfalls resulting from higher costs of renewable power required by the state, the increase in the number of participants in the low-income energy assistance program, and debt service obligations. Even with the proposed rate increase, SMUD rates remain among the lowest in California and would be approximately 24 percent below PG&E.

The Report also recommends a restructuring of the residential rates that will be phased in gradually over four years to better align rates with SMUD's cost to serve customers. This restructure will help residential customers make better informed choices about their energy consumption and utilizes new smart technology. SMUD's goal is to transition from tiered pricing to time-based pricing by 2018.

During the residential rate transition, SMUD proposes a new approach to the Energy Assistance Program Rate (EAPR) for low-income customers to help neutralize bill impacts.

The Report also addresses the following items:

- Modifications to street lighting rates making efficient LED lighting more cost beneficial.
- New Combined Heat and Power (CHP) rate for non-renewable generators.
- Revised late fees for public entity commercial customers.
- Reduce bill impacts to small commercial customers by combining demand and energy criteria for the small commercial rate.
- Revisions and modifications to the Rates, Rules and Regulations to enhance clarity and consistency.

Public Workshop Tuesday, May 28 - 6 p.m. **Public Workshop** Tuesday, June 18 - 10 a.m. **Public Hearing** Thursday, July 18 - 9 a.m.

All three meetings will be held at:
SMUD Headquarters, 6201 S Street, Sacramento, 95817

Information on the proposed rate action and a copy of the General Manager's Report and Recommendation can be found on smud.org/rates. Copies of the report are also available at all Sacramento County Public Libraries.

Accommodations are available for the disabled individuals. If you need a hearing assistance device or other aid, or have specific rates questions, contact SMUD's Rates Administrator at (916) 732-6222. Written comments can be sent to rates@smud.org or MS A451, SMUD, P.O. Box 15830, Sacramento, CA 95852-0830.



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ARTS

Artistic Edge Gallery features the female form theme show

By ALICIA O'HARA

Locally owned and family operated, Artistic Edge Gallery will be featuring a unique theme show of The Female Form. The show opened May 1 and will be showing until June 30. The opening ceremony for this theme show will be held during the Second Saturday Art Walk Reception, May 11 from 4 to 7 p.m.

About The Female Form Theme Show

The beauty of the female body has been a popular subject for artists for centuries and Artistic Edge Gallery has brought together several of Sacramento's established local artists to offer Sacramento residents unique perspectives of the female form.

The featured artists will present a wide variety of mediums in modern and classical styles that include contemporary paintings, sculptures and traditional wood carvings. Local participating artists include; Claudia Hiles, Lakan Ilaw (ilaw), Renne Lohofener, Joan Marie, Jim Marxen, Linda Nunes, Kim Page, Michael Bookout and Robin Tomlinson.

Featured artist Joan Marie will move you with her expressions of beauty and healing energies in soft flows of color drawing their audience into a sacred feminine silence.

Featured artist Linda Nunes returns to Artistic Edge Gallery to inspire her audience once again. Linda connects a traditional past with a modern present as she combines the classic encaustic medium with contemporary vintage elegance.

Featured artist Jim Marxen's contemporary style created a perfect balance of masculine and feminine with his use of bold lines and strong color that soften into the natural positions and movements of the female body.

Join Artistic Edge Gallery for their Second Saturday Reception for the unique opportunity to meet the local featured artists.

To learn more about the Artistic Edge Gallery, Second Saturday Reception, contact Kathy Caitano at 482-2787 or artistic.edge@hotmail.com

Artistic Edge is located at 1880 Fulton Ave., Sacramento, www.artisticedgeframing.com



Faces and Places: Electric Run at Cal Expo

Photos by BILL CONDRAY
Bill@valcomnews.com

An electric night-time 5-kilometer race whizzed through Cal Expo on Saturday, April 20. While it was a run, it was also quite a show with beautiful art and light. Some people wore costumes that glowed in the dark. The event benefited Best Buddies, a 501(c)(3) nonprofit "dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and development disabilities."



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CALENDAR

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

MAY

Rotary Club of Pocket/Greenhaven
May 9: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Bi-Polar Anonymous
May 10: 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.

Kiwanis Club of East Sacramento-Midtown meeting
May 10: 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!

Food of Love Concerts Honor RSVP's Artistic Director
May 10 and 11: The Food of Love — two concerts honoring Julie Adams, artistic director, in her final performance with the 16-member vocal ensemble she founded 13 years ago. These free concerts present songs that celebrate love in its many forms, including Shed a Little Light by James Taylor, Scarborough Fair and Where I Belong arranged by Kerry Marsh, an RSVP arrangement of Stephen Sondheim's Children Will Listen, the Welsh lullaby Suo Gan and Sydney Guillaume's Haitian Dominus Vobiscum. Performances take place in Lincoln and midtown Sacramento on May 10 and 11 at 7:30 p.m. Julie Adams founded the Reconciliation Singers Voices of Peace based on her dream to form a choir that nourishes the community with song and raises funds for those in need. RSVP's performances have raised donations for organizations such as Courage Worldwide, Music Partners in Healthcare, Home Start, Children's Receiving Home of Sacramento, Mustard Seed School, WEAVE, InAlliance and Sacramento Food Bank. The May 10 show will be held at Granite Springs Church, 1170 E. Joiner Parkway, Lincoln and the May 11 show will be held at St. John's Lutheran Church, 1701 L Street, Sacramento. www.rsvpchoir.org (916) 624-4933

Trains & Tripods Photo Opportunity & Lighting Seminar
May 10 and 11: Lights, Camera, Action! Back by popular demand, the California State Railroad Museum is proud to host a unique "Trains & Tripods Photo Opportunity & Lighting Seminar." Friday - 5:30 p.m. to 8:30 p.m. (Photography Seminar) Saturday - 7 a.m. to 9:30 a.m. (Shooting Workshop) \$35 per person Friday night seminar, \$35 per person shooting workshop or \$60 per person for both. 445-7373 or www.californiastateairrroadmuseum.org

California Middle School First Multi-Cultural Fair
May 11: From noon to 5 p.m., California Middle School will hold a multicultural fair, celebrating a wide variety of cultures in our diverse community. In addition to promoting cultural sensitivity and increasing an awareness and appreciation of other cultures, the Fair extends education beyond classroom walls by exposing students, faculty and staff to a multi-ethnic experience where students take the lead in teaching others. The event will feature multi-cultural entertainment, mobile food trucks with Mexican, Mediterranean, Vietnamese, Cajun, and Indian fare. Also, there

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will be booths representing many countries, demonstrations by multicultural acts, raffle items so that you can take a little bit of our diversity home with you, and other fun events.

Spring tree tour at River Park Community
May 11: 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 River Park Community, Carlson Drive, 95819. Meet at the shopping center on Carlson near Lovella. Tour is free, but to ensure that you're included, RSVP to www.sactree.com/events

Sacramento Geranium Club Plant Sale
May 11: From 9 a.m. to 4 p.m., a large assortment of old and new plant varieties will be on sale at the Shepard Garden & Arts Center, 3330 McKinley Blvd. Sacramento, CA 95816, 808-8800. Members will be on hand to answer questions, assist in plant selection and offer advice.

Plein Air Day at the State Indian Museum
May 11: As part of an ongoing "Arts in the Parks" effort, Northern California artists - of all ages and skill levels - are invited to participate in a special "open air" painting event on the grounds of Sutter's Fort State Historic Park from 10 a.m. to 2 p.m. The cost of the event is free with the cost of entry into the museum. Museum entrance: \$3 for adults (18 years & older); \$2 for youths (ages 6 to 17) and free for children five and under. The State Indian Museum is located at 2618 K St., Sacramento. 324-0971 or www.parks.ca.gov/indianmuseum

The Recycling & Solid Waste Division host Free Composting Seminar
May 11: 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 MLK Jr. Community Garden, 3669 Martin Luther King Jr. Blvd.

Concerto Concert with Sacramento Youth Symphony
May 11: Sacramento Youth Symphony, Premier Orchestra, Michael Neumann conductor and Artistic Director present the Spring Concerto Concert Featuring Killian Kelly, Cellist and Samuel Primack, Flutist at 3 p.m. at Hiram Johnson High School, 6879 14th Avenue, Sacramento. The Premier Orchestra of the Sacramento Youth Symphony under the direction of Michael Neumann perform works including Concerto for Cello by Saint Saens, Concertino for Flute by Chaminade, Finlandia by Sibelius and Star Wars by Williams. For tickets visit www.sacramento-youthsymphony.org or call 731-5777.

Curtis Park home plant sale
May 9-12: Plants discounted 20 percent for Mother's Day. 3072 24th St. 10a.m. to 3 p.m. Huge selection of perennials.

Crockett-Deane Ballet Company and The Deane Dance Center present 'Sleeping Beauty'
May 11-12: Directed by Alison Deane and Don Schwennesen, dancers will perform "Sleeping Beauty" with music by Tchaikovsky in this family-friendly production. 2300 Sierra Blvd., Sacramento. The May 11 shows start at 2 and 7 p.m.; the May 12 show starts at 2 p.m. Tickets on sale at the door: \$15 general; \$12 students/seniors; \$10 children. DeaneDanceCenter.com or call 453-0226

The Sacramento Suburban Writers Club meeting
May 13: The meeting will be held at a local restaurant. Members will read from their own works. For more information call Mary Lou Anderson, 459-0888 or visit www.sactowriters.com.

Rotary Clubs of Arden-Arcade, Carmichael
May 14: 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
May 14: 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.

'Evening of Yoga' to benefit CKM Class of 2015
May 14: C.K. McClatchy High School sophomores are hosting "An Evening of Yoga" from 5:30 p.m. to 6:30 p.m. to benefit the Class of 2015. Suggested donation for participation is \$10 or \$15. Please bring a yoga mat or beach towel. Beginners welcome. Admission includes tickets to a raffle that will follow the class. Contact teacher Julie Goldman at julie-goldman@scusd.edu.

East Sac Rotary
May 15: Meets at noon, Evan's Kirchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Orange Grove Graduates:

Arcade area adult school to close after 38 years and hold graduation for everyone

By MONICA STARK
editor@valcomnews.com

"Don't cry because it's over. Smile because it happened." Those were the words posted on the office door of Orange Grove Adult School Principal Paige Ashley. Due to budget cuts, as of June 5, Orange Grove will no longer be a school to the adults with disabilities it served for 38 years.

The sentiment on the door -- "That has become my mantra," Ashley said in a phone interview on Tuesday, May 7.

"We have benefited so much from those students. We have more to learn from our students than they have to learn from us. They see joy in everything. They are completely open. If we were all like that, this world would be a whole better place.

"It's easy to get into a pity party, but what I want to do is remember all the gifts we have enjoyed together and be grateful for that time. We all would have continued working but the powers to be have decided differently. My thing is let's not cry because it's over. Let's smile because we were lucky to be here," Ashley said.

To that end, Orange Grove will hold a graduation for everyone on Tuesday, June 4 because everyone who is a part of the school will graduate from it. As Ashley said: "Everyone graduates because we are all done."

Graduation will be followed by a barbecue, and families, who have been very much a part of the community atmosphere, will talk of all the good times and memories their students have had over the years. Then on the last day, there will be a yearbook signing and dance with photo booths.

"We are focusing this year on having the best year we can and having as many fun events as we can. We are try-

ing to generate many great memories," Ashley said.

Serving 170 students with varying disabilities from age 25 to 77, the Orange Grove Adult School has been funded by the California Department of Education, similarly to how it funds the K-12 program, but when the state decided to allow local school districts to use categorical funding more liberally, San Juan Unified decided to use the funds for the K-12 program instead, Ashley said.

Over the years, many of the students have had the option to take six classes a day, be it journalism, performing arts, computers, PE, math and even cooking. The school is home to a 4-acre nature area. Eighty percent of the students live in family homes and 20 percent in care homes.

Starting July 1, three programs - Futures Explored (a vocational program), United Cerebral Palsy and Aim

Higher - under the regional center Alta will lease the school property from the district and offer programs to these students. But how the students' days will be spent, is not entirely known yet.

Some students have been at the school for 35 years. During the last month of school, students have enjoyed a Mariachi Festival, a family barbecue, prom, talent shows, and even Folklorico dancing by students from a nearby elementary school.

At the talent show held April 25-26, students remembered their lines, sang beautifully and high-fived each other for a job well done. One student performed Lionel Richie's "Three Times a Lady," another did an Elvis remix, one impersonated Rhianna. "It was lots of fun," Ashley said. "This year we wanted to go all out."

"It was just adorable. The families come. Some of them brought flowers ... Every



Students Danielle M. and Dawn H. performed 'Let Me Be There' by Olivia Newton John at a recent talent show. Photos courtesy

year we do a jazz festival, but this year we did it differently. We celebrated dos de Mayo. We had a Mariachi band and had snacks in the nature area and spent the day out there," Ashley said.

Out in the four-acre garden, students have been growing vegetables and flowers. "There's a labyrinth, pond, bocce court. We always do our fall walk wheel-a-thon out there. It's a third of a mile path that goes over the pond and through the woods. We have turkeys nesting," Ashley said.

The stories seem endless and parents are crushed the school is closing. "It's been a big family," Ashley said, explaining how par-

ents have been a fantastic group. They've held fundraisers, spearheaded special projects, helped with garden beds, raised money for iPads, and etcetera.

The students at Orange Grove run the gamut of disorders out there. A third have down syndrome, some are autistic. "We are just a little of everything," Ashley said. "But everyone gets out there. It's a third of a mile path that goes over the pond and through the woods. We have turkeys nesting," Ashley said. "This is their home away from home. This is where they choose to be ... This is their place. It belongs to them. Parents are always welcome ... It's a community. Parents feel lucky to have a place that's safe and valued. Challenged. And loved."



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