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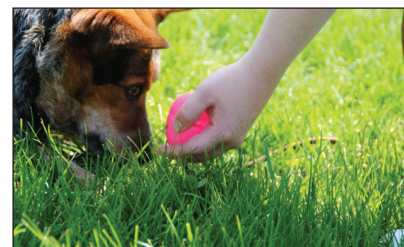
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Former KXTV news anchor Dick Cable speaks about successful career

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Faces and Places: Doggy egg hunt in Carmichael Park

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# ARTS

## About the Arden-Arcade based artist

Stuart Ratcliff, a graduate of Arden Middle School and Folsom High School, the budding artist has established himself in the Arden area. At the Sunday Carmichael Park Farmers' Market, Ratcliff displayed his beautiful illustrations. In a description of the artist by writer, William Hugel, Stuart has an inherent love of philosophy of life, which superposes his love of art. Hugel writes, "As one of the many brilliant thinkers we discussed that rainy afternoon points out, a true art-



Photo by Monica Stark

ist isn't preoccupied with Art. A true artist is preoccupied by Life, inspired by Life to the point of bursting." You can see a video

UC Davis students made on the artist at <http://www.ratcliffdrawings.com/>

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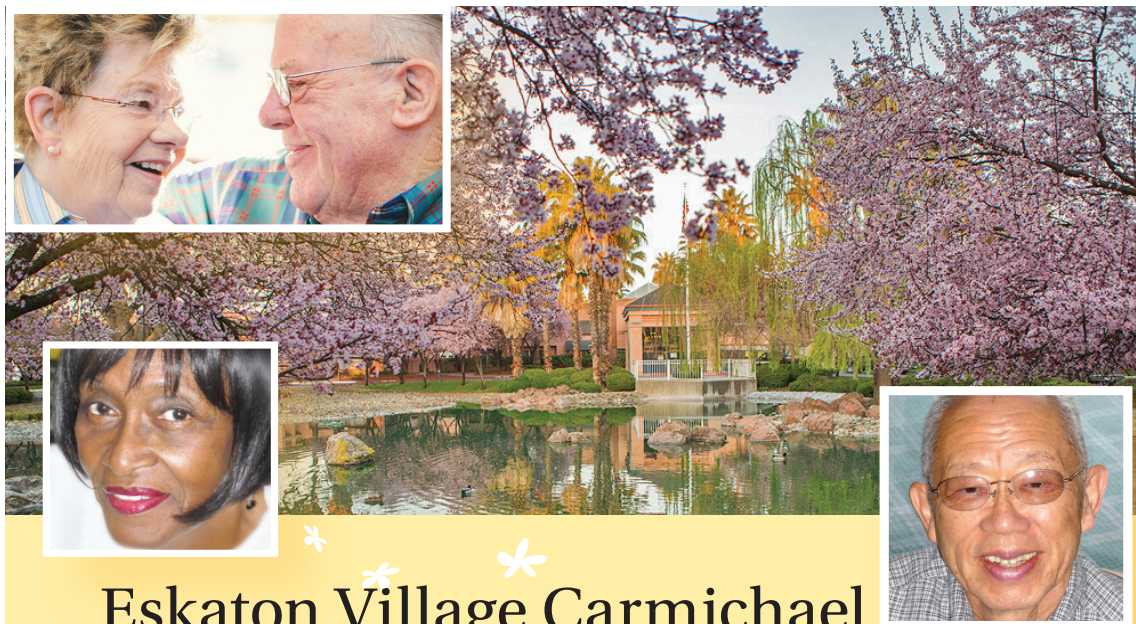
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# Arcade Library events

The following are upcoming events at the Arcade Library, 2443 Marconi Ave. The library is closed Sunday and Monday and open Tuesday and Wednesday, 10 a.m. - 8 p.m.; Thursday: 10 a.m. - 6 p.m.; Friday: 1 p.m. - 6 p.m.; Saturday: 10 a.m. - 5 p.m. For details, telephone the Sacramento Public Library at 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

## Book to Art for Youth

May 2: Starting at 4 p.m., Book to Art for Youth is a new series of programs that pairs books about art with an art activity for young people. This month, we will read the teen graphic novel "The Plain Janes" by Cecil Castellucci and Jim Rugg and, like the characters in the novel, take art to the public. In our case, we will be decorating our fingernails and bobby pins to show that art can be both personal and shared with our community.

## Technology instruction

May 3: Starting 1 p.m., use social media, sell and buy stuff on Craigslist, format your resume, create a website, or just navigate your computer! Please include a brief description of the issue you are experiencing so we may better serve you. May 7, 10, 14, 17, 21, 24, 28, 31

## Drop-in e-Reader help

May 3: Starting at 2 p.m., drop in for one-on-one help learning how to download books to an eReader. Since the library offers free ebooks, this can be a real money saver. Half hour sessions are available on a first come first served basis. Other dates are Saturdays May 10, 17, 24, 31

## Baby lapsit

May 6, 13, 20, 27: Starting at 10:30 a.m., come to this new program designed for you and your baby (0-18 months). We will encourage early literacy development and parent/child interaction through stories, songs, rhymes, finger plays, and more. Stay afterwards (until 11:20 a.m.) for play time with age-appropriate toys and a chance for caregivers to socialize.

## Toddler storytime

May 6, 13, 20, 27: Starting at 11:20 a.m., enjoy stories, songs, rhymes and fingerplays, designed for children ages 18 months to 3 years. Join us for play time before the program (at 10:50 a.m.), which gives toddlers a chance to play with age-appropriate toys and caregivers a chance to socialize.

## No reservations travel club (recurring)

May 6: Starting at 7 p.m., started as a club for budget and independent travelers, No Reservations Travel Club has been in existence since July, 2001. The club meets at 7 p.m. the first Tuesday of each month, February to December, at the Arcade Library. Most meetings feature a speaker, plus time for exchanging information within the group.

For more information, go to <http://www.noreservationstravelclub.blogspot.com/>.

## One-on-one job coaching

May 7, 14, 21, 28: Starting at 11 a.m., the Job Coach will help you look for jobs and create and upload a resume, along with teaching you to use JobNow, a powerful online tool for job hunt-

ers. Please bring a current resume on a flash drive to get started. If you do not have a flash drive, please bring a hard copy of your current resume. Session lasts for an hour. A second session starts at noon.



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Xavier and other children like him inspire the UC Davis team to push the boundaries of health care every day. To learn more about Xavier's story, and the specialty services offered at this region's one nationally ranked comprehensive hospital for children, visit [children.ucdavis.edu](http://children.ucdavis.edu)

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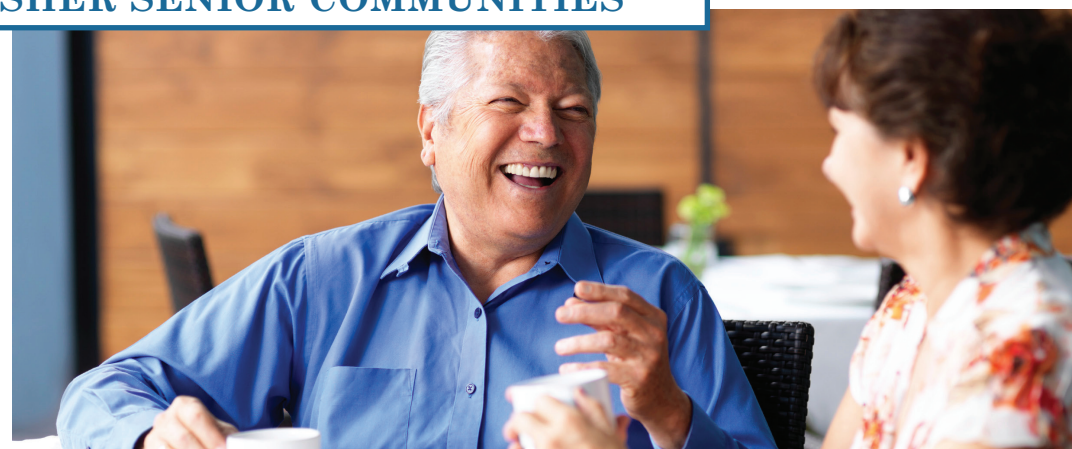


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# Former KXTV news anchor Dick Cable speaks about his successful, lengthy career

By LANCE ARMSTRONG  
Lance@valcomnews.com

*Editor's Note: This is part eight in a series about local people connected to the early days of television.*

Sacramento resident Dick Cable recently sat down with this publication to share details about his successful career, which included becoming a notable personality and familiar face to local television viewers through his 29-year tenure as a KXTV Channel 10 news anchor.

As a prelude to discussing his career, Dick spoke about his early years of life.

Dick noted that he was born 78 years ago in New Rochelle, N.Y., and that he eventually moved to New Mexico.

"My grandfather owned this 308-acre ranch in (the village of) Pecos, N.M., and it was divided by the Pecos River," Dick said. "They grew some crops there, but the land itself is not profitable. During the Second World War, my mother (Margaret) and I went back to the ranch and lived there and I went to the third (grade) to the fifth grade there. And I remember often having to walk two miles or more to school, and sometimes barefoot. I didn't have shoes. We were very poor. But it was a wonderful place and I enjoyed it very much. I had good friends there. Spanish was the principal language of every other child in town. I learned Spanish myself while I was there. I was the only gringo. There was a chiropractor there who was a gringo, but no other children."

Dick attended two high schools, the second of which was Baldwin High School in Baldwin, Long Island, N.Y. He graduated from that school in 1954.

Although his father worked in the media for about a half-century, Dick said that he is not certain that his father's employment directly influenced his own career path.

In recounting his father's career, Dick said, "My dad was named Homer Cable and he was a professional journalist. He worked for Look magazine, he worked for News-

week, and in the last years of his life, he moved to Germany to become an editor with The Stars and Stripes newspaper, which was published for American forces overseas. And he died there. I think he passed (away) in 1972."

Dick, who worked in radio before becoming a television news anchor, explained that his decision to begin a career in media "started on a lark."

"I was serving (in the Army) in Fort Devens, Mass., where I had been assigned," Dick said. "That was 1956 to 1958. I guess in 1957, a fellow soldier and I drove in to Boston about three nights a week to attend the Northeast (Broadcasting) School. When I graduated from that school, I went down and spent all the money I had, which was like \$20, to make six radio audition tapes. That's all I could afford. I sent them out to six stations and the amazing story is I got four job offers right out of school. I took the least sensible (job) probably, but it was the one that wanted me first, and I needed some money to get by. I had a wife, and children already born. So, I took the job (at radio station KCOL 1410 AM) in Fort Collins, Colo.

It was a very nice place. I enjoyed it there."

Dick said that he had a variety of roles at KCOL.

"My work (at KCOL), I was a deejay, I was a newscaster, I was a weather reporter, and I'm sure I mopped the floor," Dick said. "So, I got exposure to everything in broadcasting there."

Dick added that through his job at KCOL, from 1958 to 1960, he acquired other job offers.

"I got job offers from people who heard me, and one of them was from (radio station KCHY), just 13 miles away in Cheyenne, Wyo., just across the border," Dick said. "And they offered me \$90 a week or something, and I was making about \$70. The owners of the station I was working for, they heard I was leaving, and I said, 'Well, they offered me \$90 (per week).' And they said, 'We would have given you \$90 (per week), if you would have stayed.' Oh, damn. So, I was nearly a couple of years in Cheyenne, and then, (in 1962), I got a job offer to start a network (of) radio stations, but the station

See Dick Cable, page 6



Photo by Dick Cable

Dick Cable, left, and Chris Harris anchored the news together at KXTV during the station's early years at its Broadway studios in Land Park.

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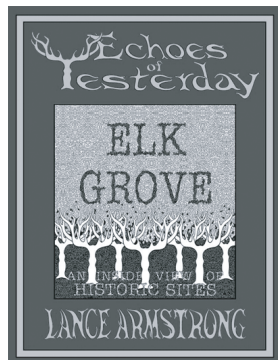
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**Dick Cable:**

Continued from page 5

that I worked for (KEST 790 AM) was in Boise, Idaho. That's where I made the transition (in 1965), after seven years (in radio), into television (with KTVB Channel 7 in Boise). The news director at KTVB-TV used to come down to KEST and have me record some audio for programs that he was doing. Then when somebody left (KTVB-TV), he offered me to take their job. I just kind of made an instantaneous transition from radio to TV."

Dick said that in addition to gaining immediate attention as a news anchor at KTVB, he had other responsibilities at that station.

"I was not only there as a newscaster, I (hosted) a game show (called 'Wheel and Deal')," Dick said. "People had to phone in and answer questions. I'd say I did that for just about a year.

"(Also), when they finished going out and shooting a story, I had to go back and process the film, and splice it. It's unbelievable, and I remember one awful time. The TV station was up on a hill and there was a basement where all the editing stuff was and the film developing. And then you had to go up the stairs to get to where the

studio was where you were actually on the air. And one day, I went out and shot film, came up, developed it, and 6 o'clock, time for the news. I was still splicing this stuff together and they just held a single image on the screen. And it took me four minutes to get upstairs and give them the film to put on their thing and get out and sit in my chair. Meanwhile, people at home, if they're still watching, they're just watching a frozen screen. That happened once. It's either change channels or 'I wonder what's going on here.' They had only two channel choices."

In discussing his introduction to Sacramento television, Dick said, "The program director (Dave Fox) here (at KXTV) in Sacramento had a brother and he lived in Boise, and he went up to visit his brother in Boise, and he saw me on the air and said, 'Hey, our anchor (Charles Rowe) is leaving. Would you be interested in applying for the job?' And I said, 'Yeah, sure.' And that's how the transition happened."

When Dick joined the KXTV news team in January 1969, the station was occupying new studios at 400 Broadway.

Among the other members of that news team at

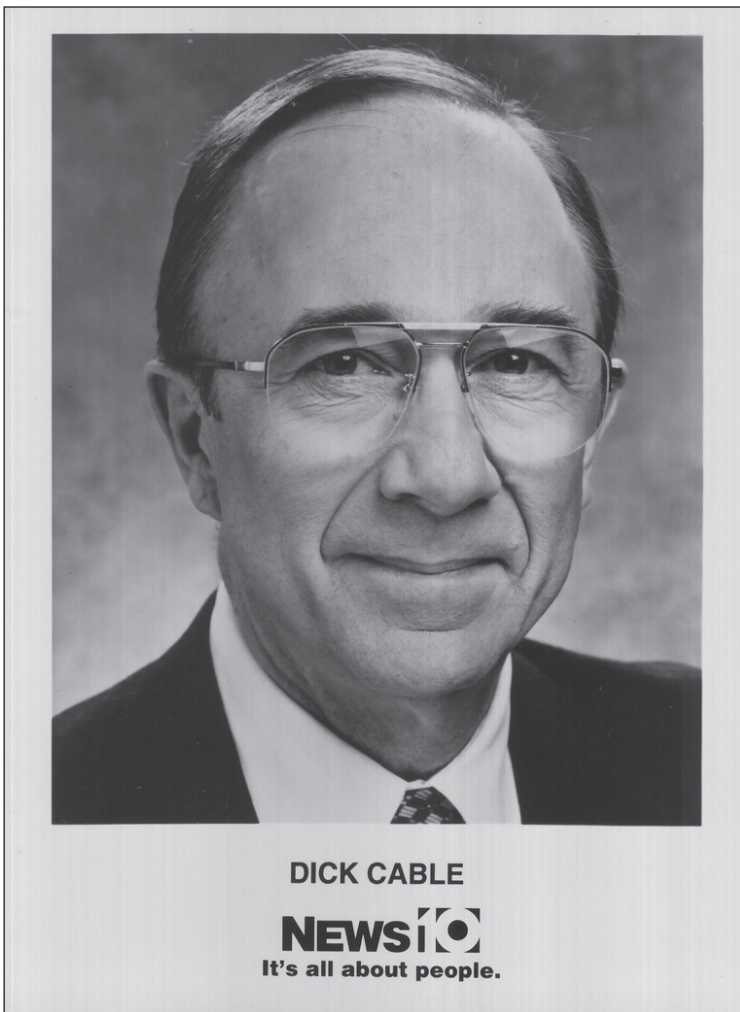


Photo by Dick Cable

This promotional photograph shows Dick Cable during the latter part of his 29 years with KXTV Channel 10.

that time were Tom Capra, news director; Creighton Sanders, sports director; and Bill Windsor, political reporter.

Dick said that in addition to his work as an anchorman, he had a segment known as "Cable's Comment."

In speaking about that segment, Dick said, "Every week or so and sometimes every week, I did a commentary, which was my political or otherwise view of what was going on in the news. I wasn't

See KXTV, page 7

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## KXTV:

Continued from page 6

allowed to do it in a news-cast that I was anchoring. I started out getting two minutes and 15 seconds and then they cut it down eventually to a minute and 15 (seconds). I did that from 1978 to 1996.”

Dick’s successful career, which included winning several awards, among which was an Emmy, ended in 1998, when he retired due to health issues.

Toward the end of his lengthy interview for this article, Dick, who resides with his wife, Berta, participates in yoga classes twice per week and jogs a mile and a half every morning, reminisced about his time as a television anchorman.

“If you get to sit in front of the camera, if you get to write the news, if you get to decide what’s important, if you get to tell people what essentially are the important happenings of the day, what else do you need in life?” Dick asked. “It’s a pretty good thing to be a part of. I enjoyed it and generally felt I did pretty well in it.”



Former KXTV Channel 10 news anchor Dick Cable is enjoying his retirement years, which he spends with his wife, Berta, and his three dogs in his Sacramento home. At 78 years old, Dick remains active, as he participates in twice-weekly yoga classes and jogs 1.6 miles per day.

Photo by Lance Armstrong

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# The New Child Care

WILLIAM R. LAWS  
and CASSANDRA SHAHANI

Hilary Coy, Child Care Supervisor at the day care center run by California Family Fitness in Carmichael steps out of her office to get some sun and exercise with a fitness ball.

Kristi Jones, Operations Manager for the health club near the intersection of Marconi Avenue and Fair Oaks Blvd. (seen with the iron exercise bar) stresses that fitness is one reason parents (mostly women) find it convenient to access the privately operated day care center.

"Club members and gym employees with little kids can use the center," explains Jones.

Care for children at the workplace can be a tremendous asset for parents. Families with infants and older preschoolers, in most cases, have a complex and often confusing set of options for day care. More affluent families can hire private assistance. Others with enough resources, especially in large cities, can arrange for baby sitters through online services

such as urbansitter.com. Urbansitter, which describes itself as an automated referral system, requires an annual membership fee and, as part of its service, runs background checks on the baby sitters it sends out to customers.

According to Julie Ball, a childhood specialist for Child Action, Inc., a referral agency for families seeking child care, "an educational setting is one of the strongest requirements for families seeking a place for their preschooler." In fact, says Ball, "many of the better child care centers are licensed as preschools by the State of California."

A nonscientific survey of 30 parents who use day care facilities in the Arden-Carmichael area shows that Ball's assessment may have some validity.

As shown in the accompanying graph developed from a 10-item questionnaire, pre-academic services such as instruction in letter and number skills are in high demand. These school-related services can be almost as important as safety concerns which, as seen above, parents rate with nearly a perfect score of 10 points.

Moreover, for many parents, having their boy or girl in a pre-academic setting may be even more significant than the convenience of a private day care such as offered by California Family Fitness. These facilities, which operate at places where parents attend class or exercise, offer the convenience of a good location but may not provide academic services.

As explained by Ball, however, pre-academic or readiness teaching can be tricky to identify or assess. "Parents inspecting a preschool should look for schedules on the wall which show when certain activities take place," she says. Structured play, including structured outdoor recess, teach very young children social skills which can pay dividends when the child gets to kindergarten.

Ball also says that excellent preschools install flexibility in their programs. "A child that gets overloaded or tired of an outdoor activity," she says, "should be guided into another activity, such as leafing through a picture book, where they are comfortable and productive."

The best resource for evaluating a pre-academic program, explains Ball, might well be Community Care Li-

censing, a State of California program that licenses all preschools. This agency periodically reviews all licensed facilities, including preschool programs such as Head Start which is usually held at public school sites. At this Department of Social Services Agency, complaints and praises by parents are recorded and are available for review by members of the public.

Even for children who have had their fourth birthday (care of infants is subject to special regulations), staff-to-child ratios during the educational programs should be at the ratio one trained preschool professional to no more than six children. "Teacher contact with the child," Ball explains, "is the most crucial factor in successful teaching at either preschool or grade school." In addition, she adds, "parent volunteers should be encouraged and given important roles in the pre-academic program."

At the California Family Fitness child care center, the importance of pre-academic instruction has not gone unnoticed. A "child's club" program has been structured so that parents can be assured that their young-

See Child Care, page 9

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## Child Care:

Continued from page 8

ster is learning vital social skills that are key to success at kindergarten or first grade. Activity schedules hang from the walls of the large day care area in order to alert parents of learning opportunities.

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Child care programs, both specialized efforts such as California Family Fitness and full-service agencies, are keenly aware of the significance of school-related services. Some states, moreover, have man-

dated that extended preschool services be made available to parents of all social and economic levels. "Right now," says Ball, "Head Start programs are means tested and the three hours of preschool offered are available to only some families." Private programs, she says, which can range from \$300 to \$900 a month are ramping up their pre-academic serves as they begin to realize that preschool is of growing importance to families.

In the future, everyone seems to agree, childcare will extend far beyond baby sitting services. In many ways, a classroom setting, which provides social and academic opportunities, will be one of the critical models for good day cares.



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# 2014 Masters Club Annual Awards Luncheon





# From Slovenia to Banjo-Rama, meet girl-band Navihanke

It took some complex negotiations, but Navihanke, the award-winning Slovenian women's folk music group, has just been cleared for a national U.S. tour during which they will perform several times at the annual Sacramento Banjo-Rama on May 1-4 at the Clarion Inn, 1401 Arden Way.

Slovenia is a tiny nation of slightly more than 2 million people that borders Italy, Austria, Hungary and Croatia. Slovenia once was the northwestern corner Yugoslavia, a former Soviet satellite country, and the girls from Navihanke are excited to visit the United States, as they consider it important to build relations and cultural exchanges with the West.

The resulting mix of Slovenian folk music and America's top jazz banjo players' sounds is hoped to produce a musical experience that has never been heard before. Interestingly, the banjo player of Navihanke isn't in the band anymore due to personal reasons.

If you want to be part of this experiment you are welcome to bring a banjo, guitar, ukulele, balalaika, or other fretted instrument and join in the unstructured jam sessions. There will also be workshops and formal concerts at various times during this year's Banjo-Rama. While a mainstay of American music, Sacramento Banjo Band's Jim Matthews traces the banjo's pre-African roots along the Silk Road through China, Mongolia, and central Asia. Matthews, who is writing a book on the history of the banjo, will be presenting his findings at the first workshop of the four-day event on Friday, May 2, starting at 9:30 a.m.

The Arden-Carmichael News got the pleasure of speaking with Sacramento Banjo Band's Bonnie Harris, Rex Inglis, and Jim Matthews about their involvement with the organization of this year's Banjo-Rama.

Asked about how Navihanke was recruited to play at this year's Banjo-Rama, Inglis first described how he came across their music to begin with.

"I was listening to my iPod. I had some old rock and roll and stuff I like. I downloaded videos. Jamaican steel band. Mariachi music. Then up pops two little girls. They were maybe 12 or 13 at the time. They had on inline skates. One played a Steirische Harmonika, another a diatonic accordion. Then I searched. Then the song played Banjotastic played. These girls – they were making fun of the banjo player. We had more YouTube videos. I liked them. I figured they were from Slovenia. I went on the website. I tried to buy their CDs. That was a week or two before Christmas in 2001 and there was nothing but crickets.

"Then I got a message from them. I talked to the manager. They said it would be 89 euros. And I said it would be nice

if they autographed them. Six days later, here comes the CDs, signed by Sonja. She put a heart instead of dot over the 'j'. I asked her if there was any chance they might be in the U.S. She said, 'sorry.' In the meantime, I wrote a formal proposal and sent it off to the manager (performer Marjan Hercog's father). Days later, I received a thank you. They said, 'give us more information.' And I asked them, 'If we could raise the money, could you come?' I went to Slovenia in 2012. I got lost and I went to the police department where I met all the girls. Then they asked to see if (we) could put a tour together. Maybe there are people across the country like us that have shows that could do it."

The girls were able to fundraise their way to a full blown U.S. tour, which began in Cleveland on Wednesday. Other stops include: Pittsburgh, Lemont, Milwaukee, Duluth, Twin Cities, Sacramento for Banjo-Rama, and Palo Alto.

While none of the band mates play the banjo, Navihanke is sure to add a bit of *je ne sais quoi* to Banjo-Rama. As Bonnie said, "I love banjo players and they are so good. But I get bored of them. This will be a refresher to spice up the banjo again."

What follows are biographies of the members of Navihanke. To see a complete schedule for Banjo-Rama, visit [banjo-rama.com](http://banjo-rama.com).

## Sonja Hercog

Her role with Navihanke is to blow into the saxophone, she is also learning to play drums, and she is the one to connect the program and animate the audience. She adores dancing and whenever possible goes on the dance floor instead of the stage. She spends her free time on nature walks and studying and gathering medicinal and wild plants. She doesn't use her fingers only for playing saxophone, but also loves gardening, storing old seeds, making natural cleaners, creams, and cooking syrups. She is eager to learn and loves reading books about farming, spirituality, etcetera. She never runs out of questions and that is why her profession, which is ethnology and cultural anthropology, is a perfect fit for her. The majority of her work in the field includes interviewing people about various topics and learning about different ways of life currently and in the past. She is currently finishing her studies of nature conservancy and is advocating for a balanced relationship between nature, clean environment, and humans. She likes to be surrounded by funny people and loves to make people laugh by being cynical about herself, since, there comes a day when the motto holds: Why not make things more complicated, if there is a possibility for this? She is very responsible, detailed and flexible. She likes to sleep in, and before going to bed, she is happy to join a good de-

bate with a glass of wine, and discovering the culinary specialties.

## Tamara Gobec

I play guitar and sing for Navihanke. I've completed my Slovenian and English language studies and am soon to graduate. I plan to be a teacher and am therefore learning to be patient within a group with four other girls. Based on my "professional deformation" I like to annoy the other girls from time to time and correct their grammar, and they are of course happy to return the favor. As I'm in the process of taking my last few exams, I have very little free time. But when I do, I like to have a cup of coffee with my friends, see a movie, or go for a walk. I love animals and because I currently don't have much space, I envy other Navihanke girls who already have almost real "farms" full of kittens, dogs, and horses. But I'm even happier when I visit them. My weakest point is definitely chocolate; this is something that anyone can bribe me with. But otherwise I adore sweets of all shapes and tastes. Luckily all the jumping on the stage during our performances is helping me out so that I can have some sweets every now and then. I'm good-hearted and kind, although very stubborn and sometimes moody. It's likely that many would also say that my words precede my thoughts and that I can unintentionally offend them, but in my four years with Navihanke I learned to control this and be disciplined.

## Maša Uranjek

I'm Maša Uranjek and I've been with Navihanke from the very beginning. Our 12 years have been truly magical as we went through many things together and experienced a lot. We had many beautiful and happy moments together on the stage and there is no end in sight, which pleases me tremendously, as music means almost everything to me. I'm the lead singer with Navihanke and also a flutist. I also play a guitar and a piano. On the stage we are bouncy and full of energy. People attending our performances are often wondering if the stage will be able to hold us or break down. I love nature, trees, sun, birds, streams, and farm animals. I also handle horses and have two beautiful horses at home. Jasmina and I often ride horses together around the countryside. I like to read spiritual books and evolve my thinking. I really like the books by Dobra vila Maja, Doreen Virtue, Louise L. Hay, Savine Atai, and others. My motto is: Spread love and peace around the world and be good to each other.

## Tanja Čretnik

Tanja is at the best age for a woman and this is also how she feels. She has everything she needs to be happy and is only troubled by free time,



Photo courtesy of Navihanke

Navihanke, a Slovenian girl band, will be performing at this year's Banjo-Rama at the Clarion Inn on Arden Way.

which she never has enough. If she had more time available, she could probably do some things better, and she could take more time for other things out of pure pleasure. Cars are her weak point – and she always likes to turn around to check them out. If pop-folk music in Slovenia were more respected and better rewarded, she would have bought a brand new car and that would be a BMW 1-Series convertible in golden-sand color, 135i. But since there would not be enough space in the car for all the RUTAR accordions and all the keyboards, she would probably right now choose a bigger car. She goes to work, but she enjoys music much more. In Navihanke, she plays everything that has white buttons and white and black keys. She is the only one in the group that does not sing, as she is loud enough with everything else.

She adores her cat and the summer. No matter how hot it is, she would never trade the summer for the winter. In her life she regrets only the things that she hasn't done yet and wishes that she grew four inches taller. Since this wish will be hard to fulfill, she is a big fan of high heels in all color combinations. She wishes that Navihanke would visit the United States and present their music and Slovenia in the best possible way – with positive energy and lots of cheerfulness!

## Jasmina Šmarčan

I'm Jasmina Šmarčan. In the group I play bass guitar, guitar, and sing. When we are performing with Navihanke I usually spend more time in the air than on the ground. The rhythms of our music simply take over and re-

See *Girl Band*, page 19



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## Faces and Places: **Doggie egg hunt at Carmichael Park**

Photos by Monica Stark  
editor@valcomnews.com

On Easter Sunday, dogs dressed up for a special occasion – a doggie egg hunt at Carmichael Park. They sniffed; they ate; they had a good time visiting with friends. A fluffy cream-colored Pomeranian sniffed out a winning egg. Instead of a treat, there was a golden ticket, which led to a big basket full of goodies. After the hunt, the dogs strutted their stuff with agility tests. Visit [carmichaelpark.com](http://carmichaelpark.com) for a schedule of doggie agility classes.







Photo by Monica Stark

## Canine Corral update

The Canine Corral at Carmichael Park is now CLOSED for grading, drainage, and turf renovations from April 7 through September. The District Advisory Board of Directors approved a new master plan to renovate the dog park. Along with district funds and volunteer fundraising efforts the first phase of construction is going on now. Help support your local canine community by making a tax-deductible donation to the Carmichael Dog Park. Send a check made out to CRPD Foundation (501c3) and mail to 5750 Grant Ave, Carmichael.



Photo by Monica Stark

Runners from last year's race.

## Race for the STARS on April 27: Even more fun after the race!

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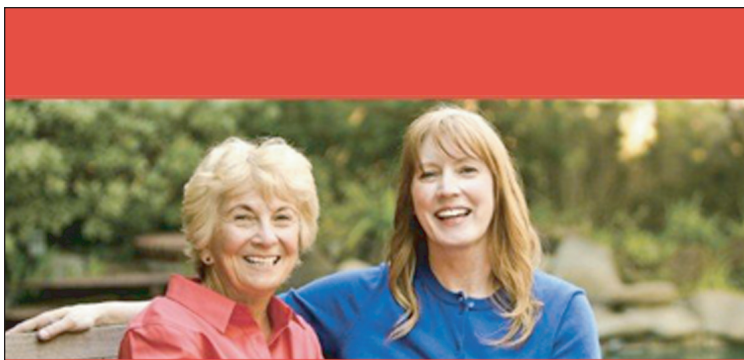
All schools can directly receive \$10 for every adult registration and \$5 for every student and child registration.

The annual 5K run/walk and kids race will take place on Sunday, April 27 at Rio Americano High School. The kids' races will start at 8 a.m., and the 5K run and walk will start at 8:30 a.m.

After the race, join the fun at a family festival featuring face painting, a climbing wall, art, karate demonstrations, a jump house, dance, music and health and fitness booths. The Sacramento County Sheriff's Department will again hold a raffle for bicycles, lead interactive activities and introduce their K-9 teams.

San Juan Education Foundation raises money for direct to teacher grants for all SJUSD schools in the focus areas of Science, Technology, Arts, & Reading (STARS). All proceeds from this event provide enhanced learning opportunities for San Juan Unified students.

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Call 429-9901



# CALENDAR

Send your event announcement for consideration to: [editor@valcomnews.com](mailto:editor@valcomnews.com) at least two weeks prior to publication.

## ONGOING

### AARP tax aide seeks volunteers for 2014

The nation's largest free, volunteer-run tax assistance and preparation service is seeking volunteers for tax assistance/preparation and leadership coordinators. Volunteers of all ages and backgrounds are welcome. Each year from Feb. 1 through April 15, AARP Tax-Aide volunteers prepare federal, state, and local tax returns for low and middle income taxpayers, with special attention to those age 60 and older. Volunteers are especially needed to assist with electronic filing of tax returns. You do not need to be an AARP member or retiree to volunteer. For more information on how you can join the AARP Tax-Aide team in Northern California, contact Ron Byrd at [NoCalTaxAide@Outlook.com](mailto:NoCalTaxAide@Outlook.com) or visit website at: [www.aarp.org/taxaide](http://www.aarp.org/taxaide)

### Mahogany Urban Poetry Series - Queen Sheba - poetry readings

Each Wednesday from 8-11 p.m. at Queen Sheba in Sacramento, local talent makes it way to the restaurant for weekly open-mic events. \$3-\$5. 1704 Broadway.

### Brain Gymnasium

Exercise your mind and have some fun at this on-going Brain Gymnasium class! Inviting all seniors to Eskaton Monroe Lodge, 3225 Free-

port Boulevard, 9:20 a.m. Thursdays. \$6 per class. Call 441-1015 for more information.

### Women with Good Spirits monthly meeting

Women With Good Spirits is a networking group that engages women in the Sacramento community with non-profit organizations that make contributions to our quality of life and care for our fellow residents. Each month, Women With Good Spirits invites a community non-profit to present on its mission work. The meeting is held at Revolution Wines on the second Tuesday of each month and starts at 6:30 p.m. The presenter will start their presentation promptly at 7:15 p.m. and will last 15-20 minutes with an open question and answer forum after. RSVP is appreciated as well as a \$5+ donation per person that will go directly to the non-profit presenting that month. Revolution Wines is located at 2831 S St. Visit [www.womenwithgoodspirits.com](http://www.womenwithgoodspirits.com) or find the group on Facebook.

### Davis Art Center invites teen girls to write and publish

The Davis Art Center is offering a six-week creative writing class for girls ages 13-18 from 4 to 6 p.m. Tuesdays starting February 11. The class will offer a positive, supportive space for girls who love reading and writing and are interested in discovering and developing their individual voices. Participants will use short stories by a diverse range of contemporary women writers as jumping off points for their own writing sessions. Each student will pick her best writing to include in a class-produced literary magazine.

The class will be taught by Elise Winn Pollard, who earned her M.A. in creative writing from UC Davis. The fee is \$95 for Art Center members and \$105 for the general public. To enroll, stop by the Art Center at 1919 F St., call (530) 756-4100 or register online at [www.davisart-center.org](http://www.davisart-center.org). Students must be registered at least two weeks before the first class session.

### Gentle Qi Gong

Learn powerful relaxation techniques reduce stress, reduce physical pain and emotional suffering, lower blood pressure, increase immune response and improve balance. Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 3 to 4 p.m., Wednesdays. \$7 per class. Call 441-1015 for more information.

### Attn. students: Submit now for water efficiency video contest

High school students can win cash prizes and the chance to view their video on the Raley Field Jumbotron by entering the 2014 Water Spots Video Contest. The contest, sponsored by the Regional Water Authority (RWA) and the Sacramento Bee Media in Education (MIE) program, challenges teens to create compelling and original 25-second Public Service Announcement (PSA) videos on a select water efficiency topic. The 2014 water efficiency theme is: Don't be a gutter flooder: Prevent overspray and runoff. Judging will be based on creativity, entertainment value, accuracy, originality and incorporation of the water efficiency topic. Finalist videos will be displayed on the Raley Field Jumbotron screen and winners announced at a Sacramento River Cats game in April 2014. Winning students and their teachers will also get cash prizes. The grand prize winner's spot may become part of RWA's 2014 television ad campaign. Submissions due Feb. 28. Visit [www.BeWaterSmart.info](http://www.BeWaterSmart.info) for more information and tips on using water more efficiently and to submit entries or get more information about contest rules, judging and prizes, visit [www.sacbee.com/water-spots](http://www.sacbee.com/water-spots)

# Got News?

e-mail [editor@valcomnews.com](mailto:editor@valcomnews.com) or call 429-9901.

*Seventeenth Annual*

## LAND PARK GARDEN TOUR & TEA



**SATURDAY, MAY 3, 2014**  
TOUR ONLY: \$25 | \$20 IN ADVANCE | TOUR AND TEA: \$45  
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The Four Points by Sheraton, 4900 Duckhorn Dr.

## Sacramento Valley Coin Club Spring Coin Show

Public Invited

Friday May 2, 10am-6pm - Saturday May 3, 10am-4pm

**COINS BOUGHT AND SOLD!** Free appraisals, free parking, free hourly door prizes! Gold and Silver Coin Raffle! Youth activities!

[www.sacvalcc.org](http://www.sacvalcc.org) \$3.00; under age 18 free

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## 16th Annual



### East Sac Garden Tour

**Mother's Day Weekend**

Treat Mom to a tour of seven beautiful East Sac Gardens, shop at the Garden Boutique and enjoy a delicious Luncheon catered by Curtis Catering at the Historic Sutter Lawn Tennis Club.

May 10th & 11th  
Saturday & Sunday, 10am-4pm

Tour: \$20 thru 5/9 • Weekend of Event: \$25  
Luncheon: \$15

[www.eastsacgardentour.com](http://www.eastsacgardentour.com)  
All proceeds benefit David Lubin Elementary School.

## Banjo-Rama 2014

How Versatile Can a Banjo Really Be?



Find out how many banjo players it takes to play one chorus of Bye Bye Blues.

- Hear concerts from the world masters.
- Have an introductory lesson.
- Learn where the banjo really came from (African and Asian origins).

**May 1st - 4th**

Starting at 9:00 am each day.  
Jamming until the bar closes on May 2nd and 3rd.

**Headliners & Special Guests:**  
**Buddy Wachter**  
regarded as the world's greatest on four string banjo.

Also starring Bill Lowrey, Steve Peterson, Charlie Tagawa, Jack Convery, Navihanke (Slovenian folk band), and banjo bands from near and far.

**Clarion Inn at Arden Fair • 1401 Arden Way**  
Ticket prices start at \$25 • <http://www.sacramentobanjoband.com/banjo-rama/2014/>  
Proceeds over and above expenses will go to children's charities in the Sacramento area.



# CALENDAR

## California Youth Basketball League taking applications

CYBL is a non-profit year round league for ages 4 through 18 that prides itself on being well organized that aims to develop basketball skills, sportsmanship and self-esteem through coaches, gym official and organizers. Visit [www.cybhoops.com](http://www.cybhoops.com) or call 391-3900.

## Kiwanis Club of East Sacramento-Midtown

Visitors Welcome, weekly breakfast meeting on Fridays at 7 a.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](http://www.eastsacmidtownkiwanis.com). Meeting/Membership info: 916-761-0984, volunteers always welcome!

## The Sacramento Capitolaire meeting

A men's Barbershop Harmony group, meets every Tuesday night at 7 p.m. at Pilgrim Hall (Sierra Arden United Church of Christ), 890 Morse Ave., Sacramento. Info: [www.capitolaire.org](http://www.capitolaire.org), call 888-0877-9806, or email [info@capitolaire.org](mailto:info@capitolaire.org)

## Artisan holds Food Drive

Artisan Salon is participating in the Spirit of Giving Food Drive. Over the last 17 years, the Spirit of Giving (SOG) drive has helped Sacramento Food Bank collect and distribute over 4.6 million pounds of canned and non-perishable food items for local families in need. Help support families in need by participating in this year's drive! Artisan Salon is located at 3198 Riverside Blvd.

## Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group meets at Aviator's Restaurant, 6151 Freepoint Blvd. for lunch and to discuss the day's topic. Meets

the second and fourth Tuesday of each month at 12:15 p.m. The meetings discuss our fund raising Projects and Community Service, often with speakers from our community.

## APRIL

### Garage Sale benefiting nonprofit daycare, Forever Young

April 26: Large multi-family sale featuring items from pre-school closure. From 8 a.m. to 1 p.m., small furniture, clothes, sporting goods, books, toys, office equipment, tools, camping gear, seasonal and holiday decorations will all be out in the play yard, 1209 P St., Sacramento.

### Sacramento Community Concert Association performance

April 27: SCCA presents talented, young, local classical chamber musicians and The Mondavi Center/SF JAZZ High School All Stars at 3 p.m. at Westminster Presbyterian, 1300 N St. Coordinated by Susan Lamb Cook, these seven gifted students will play great works from the chamber music repertoire. Directed by Mike McMullen, the Mondavi Center/SFJAZZ High School All Stars are an elite high-school-age jazz performance ensemble selected by audition. As the premier jazz group for Mondavi Arts educational outreach, they perform an eclectic repertoire drawn from the giants of the jazz legacy, and original material composed and arranged by group members. In addition to the core ensemble, this concert will feature other notable young talent from the area. Regular subscription: \$90, Group discount (8 or more people): \$75, Students subscription: \$45, Single Ticket: \$25. For more information, contact Sacramento Community Concert Association [www.sccaconcerts.org](http://www.sccaconcerts.org); [info@sccaconcerts.org](mailto:info@sccaconcerts.org); 400-4634

## Pocket News, Nextdoor Pocket, JFK HS to host political forum

April 28: Meet the candidates for city council district 7 and assembly district 9 at this community event, moderated by Sacramento City College instructor Jared Anderson. Candidates will have the opportunity to provide their bios and you, dear reader, are welcome to ask questions afterward. 6:30 to 8:30 p.m. in the large theater at John F. Kennedy High School, 6715 Gloria Dr, Sacramento. For more information, call Monica 429-9901. Email questions for candidates to [editor@valcomnews.com](mailto:editor@valcomnews.com)

## SCUSD workshops help parents understand new online tests

April 29: Students across California are getting ready to participate in a trial run of the state's new online assessment program which will eventually replace paper-and-pencil testing. The new Smarter Balanced Assessments will be field tested in SCUSD schools beginning April 7. To help parents learn about the new tests, SCUSD is sponsoring a series of parent workshops that focus on the assessments and the learning standards to which they are tied. Workshops are scheduled for 6 p.m. to 7:30 p.m. on Tuesday, April 29 from 6 to 7:30 p.m. at Nicholas Elementary, Will C. Wood Middle School, Hiram Johnson Middle School, Matsuyama Elementary, California Middle School and Luther Burbank High School.

## MAY

### May is Bike Month

May 1-31: May is Bike Month. 10th Annual Sacramento Region monthly challenge. Nicely complements Fix 50 vehicular traffic jams. Events run all month long.

### Mental Illness Walk

May 3: Northern California National Alliance on Mental Illness Walk. 8 to noon, Village Green.

### Derby Day 2014: Hats On For the Kids Benefiting Lilliput Children's Services

May 3: From 1 to 5 p.m. at Mulvaney's B&L, 1215 19th St., the "Derby Day 2014: Hats On For the Kids" fundraiser will be celebrating the 140th Kentucky Derby, while raising awareness and resources for vulnerable children and their families. For more than 30 years, Lilliput Children's Services has been helped abused and neglected children by connecting them with a safe, loving and permanent family. Lilliput com-

pletes more than 500 foster adoptions each year, the most of any private agency in California. Event features: Live broadcast of the Derby races on multiple big screen TVs, delicious authentic Southern food by Mulvaney's, hosted wine and beer, ladies' hat contest, live jazz band featuring Frankie Sorci, unique and exciting live auction items and convenient valet parking, \$5 per vehicle. This is the one signature event that Lilliput has to raise unrestricted program dollars and to promote community awareness. All net proceeds will be used to augment community services that are otherwise unfunded or underfunded through our government contracts. Ticket cost is \$60 per person.

### Carmichael community yard sale

May 3: Clean out your office, household items, collectibles, toys, and other items. Location is La Sierra Community Center, 5325 Engle Road, Carmichael. Booth space is 10 feet by 10 feet and the cost is \$20 per booth or two for the price of \$30. Can't buy a booth, but want to donate stuff? The Carmichael Chamber will have a booth. All proceeds to benefit the Carmichael Community Beautification Program. The Salvation Army truck will be available after the event. For booth space, call 485-5322, extension 23.

### 16th Annual East Sac Garden Tour

May 10 and 11: Tour seven beautiful East Sacramento gardens. Enjoy a delicious catered luncheon at the historic Sutter Lawn & Tennis Club, Shop at the unique artisan boutique with 25 vendors. And take a break at the Sweet Stop and Sactotomatoes food truck. Tickets for the tour are \$20 through May 9 and \$25 for the weekend. The luncheon is \$15. Visit [HYPERLINK "http://www.eastsacgardentour.com/"](http://www.eastsacgardentour.com/) [www.eastsacgardentour.com](http://www.eastsacgardentour.com/). All proceeds benefit the students of David Lubin School.

### Scottish Music Workshop and Concert

May 10: Learn to play in the Scottish style from a world-famous master musician; Trinity Episcopal Cathedral, Assembly Room (upstairs in the annex building); 2620 Capitol Ave. Workshop 9:30 a.m. to 4:30 p.m. Concert at 7 p.m. Space is limited so register early to secure your place! Advance registration required. Contact Janet Kurnick at 446-4404 or [jkurnick@pacbell.net](mailto:jkurnick@pacbell.net) for more information. Workshop Only: \$20. Concert Only: \$20. Workshop and Concert: \$35. (discount!)

## Libertarian Party of Sacramento County presents State Assembly District 9 Candidate Forum

May 15: Meet the candidates: Manuel Martin, Tim Gorsulowsky, Jim Cooper, Darrell Fong, Diana Rodriguez and enjoy some pizza and beer. Round Table Pizza, 1307 Florin Rd. Sacramento; 6-9 p.m.

## Sacramento Community Concert Association performance

May 17: Starting at 7:30 p.m., this will be a FREE (non-ticketed) Bonus Concert at Westminster Presbyterian, 1300 N St.

## Angelman Syndrome Walkathon

May 17: 7:30 a.m. to 3:30 p.m., Village Green

## Deane Dance Center presents "The Story of Noah's Ark"

May 17-18: Deane Dance Center's spring production is coming up on Saturday, May 17 at 7 p.m. and Sunday, May 18 at 2 p.m. The center is located at 2300 Sierra Blvd., 95825. The ballet is entitled, "The Story of Noah's Ark." Original music by Henrik Jul Hansen. Adults \$15, Seniors and Students \$12 and children \$10. Tickets are available at the door or by calling 453-0226. Visit [deanedancecenter.com](http://deanedancecenter.com) for more information.

## Buzz Oates No Excuses 5K,

May 24: Buzz Oates No Excuses 5K, 7 to 11 a.m., Village Green.

## International Kids Festival

May 24: International Kids Festival, 8 a.m. to 5 p.m., Land Park Amphitheater

## JUNE

### Doggy Dash

June 7: Doggy Dash, 7:00 am - 1:00 pm, Village Green.

### Women of Life Picnic and Songs,

June 7: Women of Life Picnic and Songs, 5:00 pm - 8:00 pm. Land Park Amphitheater.

### A Taste of Land Park

June 8: VIP Member Hour, 3 to 4 p.m.; general 4 to 7 p.m., 14th Street between Vallejo and Markham ways. Neighborhood eateries, live music, wall of wine, regional wineries and breweries, artist's corner. 21 & Over only. Check [LandPark.org](http://LandPark.org) for tickets.

### Juneteenth Festival

June 20-21: Juneteenth Festival, 7:00 pm - 9:00 pm Friday; 8:00 am - 6:00 pm Saturday. Village Green, Expect 3,000 in attendance.

### Sacramento Shakespeare Festival

June 23-August 8: Sacramento Shakespeare Festival, Land Park Amphitheater.

## JULY

### Matsuyama 4th of July Fun Run

July 4: This event, which takes place immediately before the annual Pocket Parade, helps raise money for incoming 6th graders at Matsuyama Elementary School to attend Sly Park Environmental education camp the following spring. It's also a terrific community event and a way to promote family-friendly fitness. Registration costs \$15 between now and May 30, and \$20 for on-site registrants. Runners/ walkers can register by visiting the Matsuyama Elementary School office (7680 Windbridge Dr.) or printing out a form at <http://matsuyama.scusd.edu/> and mailing it to the school with payment. On-site registration will take place July 4th at Matsuyama starting at 7 a.m. The race begins at 8 a.m.



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# Sacramento March for Babies set for April 26

Denise Miller's March of Dimes crab feed fundraiser held in the Arden-Arcade area at American River College raised \$15,000 for the organization she feels so passionately about.

In 2004, Denise and her husband Dusty welcomed Kaitlyn, their first child, into the world. In 2007, after 10 weeks of hospital bed rest, Denise delivered her son Matthew seven weeks early. After spending 26 days in the NICU, Matthew went home with his parents. When Matthew was 10 weeks old, he passed away from SIDS.

In 2009, after three miscarriages, Denise had their second daughter, Samantha Anne. And in 2012, Denise had her third daughter, Charlotte Grace. Today, Denise passionately supports the March of Dimes and raises money every year to support the March for Babies, often holding the position as Top Family Team Fundraiser. She is grateful for the work March of Dimes does to protect the health of babies and mothers around the country and for their research advances that have helped to allow her to have three beautiful daughters.

March for Babies is the biggest fundraising event of the year for March of Dimes. The money raised supports programs in the Sacramento community that help moms have healthy, full-term pregnancies. It also funds research to find answers to the problems that threaten the health of babies. More than 50,000 people

are expected to participate in this year's March of Babies events throughout California with the aim of raising more than \$9 million.

Participants meet on the West Steps of the State Capitol for an inspirational launch by March for Babies 2014 Chair Alex Gonzalez, President of Sac State. The walk leaves from Capitol Mall and continues through Old Sacramento onto Front Street. The 3-mile route concludes on 10th Street, back at the West Steps of State Capitol. This is the festival zone where participants can celebrate with music and an annual t-shirt contest.

If you go:

**Sacramento March for Babies**  
Date: Saturday, April 26; registration at 7:30 a.m., start time, 9 a.m.

**Where:** State Capitol, 1301 10th St.

**Cost:** Participation is free but participants are encouraged to pledge a donation.



## Girl Band:

Continued from page 11

lease a burst of energy in me, which results in jumping and all the action on the stage.

In my free time, I enjoy being with the horses. Whenever I find time I love going on long rides with my young mare. This is a real therapy for me and it recharges my energy so that I'm ready for new performances and gatherings. I also spend a lot of time educating myself about healthy living, which includes everything from spirituality to healthy eating. My motto and a verse that I follow in life is "You are in this world to see the sun. You are in this world

to follow the sun. You are in this world to be the sun and to drive away – the shadows."

**SOURCES:** www.navihankeusa2014.com and www.banjo-rama.com

**IF YOU GO:**

**What:** The Sacramento Banjo Band Banjo-Rama 2014

**When:** May 1-4

**Where:** The Clarion Inn, 1401 Arden Way, Sacramento, 922-8041 (Formerly Red Lion)

**Contact:** Bonnie Harris 412-3020 or Rex Inglis at 209-955-2452

**On the web:** www.banjo-rama.com; sacramentoanjoband.com



S	M	T	W	T	F	S
<b>APRIL</b>				3	4	5
6	7	8	9	10	11	12
SLC	LAS	LAS	LAS	LAS	7:05 SLC	7:05 SLC
13	14	15	16	17	18	19
1:05 SLC		7:05 FRES	12:05 FRES	7:05 FRES	7:05 FRES	TAC
20	21	22	23	24	25	26
TAC	TAC	TAC		7:05 ELP	7:05 ELP	7:05 ELP
27	28	29	30			
1:05 ELP	7:05 TAC	7:05 TAC	7:05 TAC			

S	M	T	W	T	F	S
<b>MAY</b>				1	2	3
4	5	6	7	8	9	10
ELP	ELP	ALB	ALB	ALB	ALB	7:05 SLC
11	12	13	14	15	16	17
1:05 SLC	7:05 SLC	12:05 SLC		7:05 TAC	7:05 TAC	7:05 TAC
18	19	20	21	22	23	24
1:05 TAC	7:05 ELP	7:05 ELP	12:05 ELP	7:05 ELP	LAS	LAS
25	26	27	28	29	30	31
LAS	LAS	7:05 ALB	7:05 ALB	7:05 ALB	7:05 ALB	FRES

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# – EVENT LISTING SECTION –

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.

Call (916) 429-9901 for rates.

**50 - YEAR REUNION**  
FOR THE CLASS OF 1964 – FROM LUTHER BURBANK

September 20, 2014

2 to 7 p.m.

\$35.00 includes catered food/beverages/music

Casual Attire

The event will be held at a private residence. For more information contact:  
Janis (Chapman) LaBella (916) 704-9464 or [janis.labela@att.net](mailto:janis.labela@att.net)  
Dennis Baer (916) 393-7839 or [dbaer1@pacbell.com](mailto:dbaer1@pacbell.com)

Crockett-Deane Ballet & Deane Dance Center present...

"The Story of Noah's Ark"

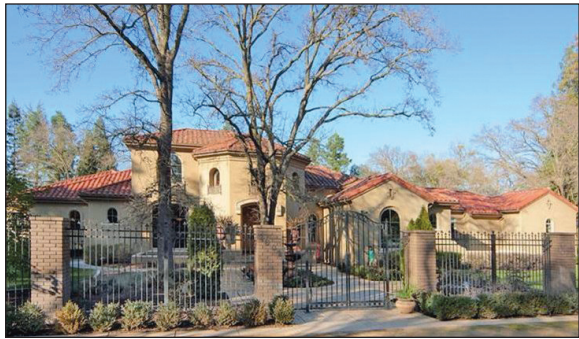
Saturday, May 17th at 7 p.m.  
Sunday, May 18th at 2 p.m.

The Center @ 2300 Sierra Boulevard, Sacramento 95825

Adults \$15, Seniors/Students \$12, Kids \$10  
Tickets – at the door or (916) 453-0226  
[DeaneDanceCenter.com](http://DeaneDanceCenter.com)

**CALL AND PLACE YOUR EVENT TODAY!**  
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**PATTY BAETA 806-7761**



**SIERRA OAKS CUSTOM**

Beautifully built Ken Dyer Construction custom home located on a private .3 acre lot with gorgeous pool! A very spacious floor plan of 4 or 5 bedrooms and 4 full baths, over 4300 sf plus a 4-car tandem garage. High ceilings, hickory oak floors, custom cabinets with built-in buffets, granite counter tops and more! \$1,745,000

**CHRISTINE BALESTRERI 996-2244**



**SPACIOUS HOUSE AND YARD**

Mariemont Avenue home, over 8400 square feet with 5 or 6 bedrooms 6 1/2 baths located on a 1 1/2 acre parcel. Spacious rooms, an amazing master bedroom suite, custom wood work, box beamed ceilings, an attached maid's quarters, RV access and a 4-car garage. \$1,999,900

**ERIN STUMPF 342-1372**



**CROCKER ROAD**

Wonderful Old Sierra Oaks location. Classic white brick Tudor. 5 bedrooms, office, 3 car garage, and media room are some of the special features. Beautiful back gardens feature pool, spa, waterfall and outdoor BBQ kitchen. Flagstone paver patio. Security gate. Pool and pool deck \$1,945,000

**PATTY BAETA 806-7761**



**SHELFIELD ESTATES**

High ceilings and grand spaces define this one-owner custom home. Separate large family room has beamed ceiling, fireplace and wet bar. Handsome maple wood floor in kitchen & service areas. Walls of glass overlook huge backyard with pool and spa. 5 bedrooms 3 1/2 baths. \$875,000

**JAY FEAGLES 204-7756**

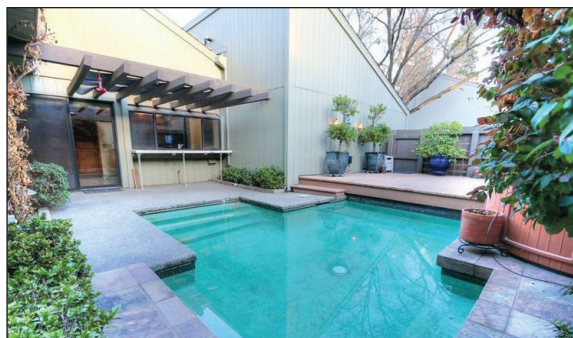


**DEL DAYO CONTEMPORARY**

Spacious open floor plan, 4 bedroom 3 bath ranch one story. Private master retreat adjoins spa-like bath with jetted tub and multiple spray shower. Fine wood cabinetry, granite counters and oak wood floors. Entertaining backyard with pool and gazebo. \$749,900

**CHRIS BALESTRERI 996-2244**

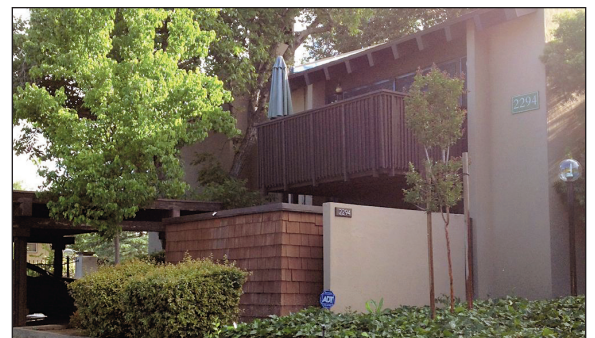
**COLLEEN WIFVAT 719-2324**



**CAMPUS COMMONS & POOL**

Great location for this 5500A plan with 2 or 3 bedrooms 2 1/2 baths ... two very large bedrooms upstairs. Master has sitting area plus fireplace and walk-in closet. Enjoy your own private pool and hot tub in backyard. Walk to shopping, coffee shops, and American River Parkway. \$365,000

**LEIGH RUTLEDGE 612-6911**



**REMODELED WOODSIDE**

Lovely 1 bedroom upstairs unit, completely remodeled in 2012 by Jeff Dax construction. Features include new kitchen and bath with granite counter tops, new texture and lighting in the vaulted ceiling. Conveniently located close to the clubhouse, pool, exercise room and tennis courts. \$110,000

**BETH HARNEY 995-4120**

*for current home listings, please visit:*

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