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Cover photo:
Monica Stark

Other photos by:
Monica Stark

San Juan High School senior honored for peacemaking efforts

Nelson Perez, a San Juan High School senior, was awarded \$900 from Northminster Presbyterian Church for his efforts to further peace and reconciliation. Northminster, each year, has awarded outstanding high school students who encourage peacemaking among local youths in the school, church and community.

Nelson has held numerous voluntary positions, including: senior class president; a leader in the Peer Judicial Panel, a body of students who adjudicate behavior issues for their peers; Restorative Justice Advocacy, a conflict mediation program that seeks to restore

relationships where harm has been done; and he's chaired the Leadership Committee for Restorative Justice. He has shown an exceptional ability to build relationships between students of diverse backgrounds.

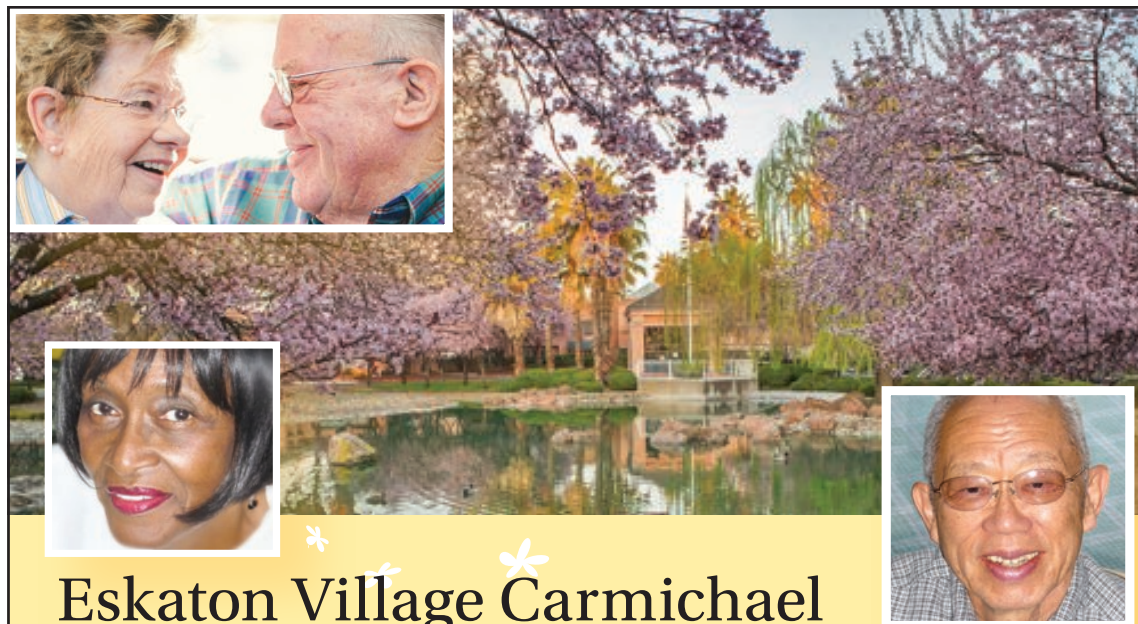
Nelson's mentors stress that "he has demonstrated the ability to lead others in the pursuit of establishing a campus governed by peace, collaboration and empathy. He has proven time and time again that he is a change agent, promoting positive change amongst others. He is selfless as well as compassionate and possesses incredible energy." Nelson notes "I continue to always pursue



Nelson Perez

my dreams of an ever so peaceful world and passionately create positive contagious feelings that may touch every person I meet no matter what religious affiliation, ethnicity, or appearance one may have."

Nelson plans to attend Sacramento State University this fall. Congratulations Nelson!



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Birding and music at Effie Yeaw

Photos by MONICA STARK

It was a lovely Saturday morning at the Effie Yeaw Nature Center as children and their families were led down to the river ever so slowly as birds flew across the sky and chirped catching the attention of a captive audience. With binoculars in hand, even the youngest birders saw migratory songbirds and a hawk above head. Effie Yeaw is located on the American River Parkway in Carmichael. The Nature Center is currently operated by the American River Natural History Association. Trails are open daily from dawn to dusk. The Nature Center building with exhibits, information, live animals and the book and gift store is open from February through October from 9 a.m. to 5 p.m.

On July 12, Effie Yeaw hosts a night of great music under the oaks with Laurie Lewis and the Right Hands. Over the past three decades, Laurie has established herself as one of the leading lights of American acoustic music, a genuine national treasure. Though best known for the bluegrass she's performed with her various bands over the years (Grant Street, the Bluegrass Pals, the Right Hands) as well as on solo projects, she's also branched out into country, swing, blues and anything else that highlights her sweet-yet-earthly voice and elemental fiddle playing. It's not too much of a stretch to suggest that if the "Americana" format wasn't invented for her, it should have been. Laurie Lewis was awarded the 2011 Performer Award from the Folk-Alliance Far West. Creatively ambitious and utterly unpretentious, steeped in tradition but doggedly progressive, Lewis is a gifted fiddler, deft guitarist, inspired songwriter and powerfully evocative singer. So bring your blankets, lawn chairs and picnic, and join us for a delightful evening of music in a splendid natural setting. Gates open at 6 p.m. Show is from 7 to 9 p.m.



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Photo courtesy of Riverview II

(above left) Riverview club members gather together along the American River. (above right) The old Riverview clubhouse is shown in the background of this early Riverview club photograph.

Riverview II social club has rich history in Carmichael

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is the first article in a series about the Riverview and Riverview II social clubs. The third story on Steve Masone will appear in the next issue.

Riverview II, a social club, which has always maintained its main objective of having fun among friends, was founded in Carmichael in 1953.

Its roots, however, date back to the 1920s, with the establishment of the original Riverview social club.

In memoirs written in 1959 by Glenn W. Bowen, one of the earlier groups founding members, Bowen explained how the original Riverview club was organized.

Bowen, a real estate man who resided at 1032 37th St., recalled a time, in 1925, when he and another real estate man named Carl Klein were asked to sell a house at 1716 7th Street, near the old Sacramento Bee building.

"George (Hammond) said, 'If you boys (Bowen and Klein) sell this house, I'll give you a cash bonus and the best dinner in Sacramento,'" Bowen wrote. "I sold the house. We never got the dinner, but I kept reminding George of the same.

"One day, he came to the office and invited us to a 6:00 o'clock dinner at the yacht club – just a boat house (sic) on the Sacramento River. We didn't know any of the members and they couldn't see us – after the first half hour. We didn't swim – had a good liquid dinner and steak, I think, at least so they told us.

"Carl and I went home early, when the card game began. On the way home, we decided the evening was wasted, except that we did get an idea. Why not find

a place on the river and form a family club for ourselves and friends."

After discussing their idea to form such a club, Bowen and Klein, who was a resident of North Sacramento, called a few of their friends to invite them to join them in that endeavor.

With a few of their recruits, Bowen and Klein began meeting to discuss their intentions of forming a club.

During one of those meetings, a suggestion was made that Bowen and a new group member, Byrl Babcock, who lived at 1235 ½ V St., begin searching for a club site along the American River.

Bowen recalled that venture in his aforementioned memoirs, as follows:

"We spent several days walking the river bank between Fair Oaks and Sacramento. Late one evening, tired and discouraged, we climbed the hill at the end of Stanley Avenue and came to a bluff on the American River. Below us was a natural park. Beautiful oaks, green grass and the river, with a beach. All this and a view, too. Best of all, we met Mary Deterding, the (property's) owner, and one of the best known and most respected women in Sacramento County.

"Byrl painted a picture of our group of outstanding young couples, most of who (sic) didn't even have a yard nor a dollar, but with big ideas and the best intentions. Mrs. Deterding liked the idea – mostly she liked Byrl – and finally agreed to consider our proposition."

The group's next move was to visit the site, and after arriving to the area with their children and dogs, they left with a grand vision of establishing club grounds complete with a hotel, golf links, boating and swimming.

But the group soon realized they needed to downsize their plans due to financial reasons.

Although the group, which then consisted of 10 men and 10 women, would face various challenges in establishing their club grounds, they would not be discouraged.

It was quickly understood by the group that they would need to create a road on the hill and steps down to the site.

Additionally, Deterding told the group that they had selected a location that was situated in a flood zone.

Nonetheless, the group made an arrangement with Deterding to lease the site for five years at a cost of \$10 per year.

The lease, which was drawn by Deterding's attorney Evan Hughes, included the stipulation that the group was not to possess or serve liquor on the premises.

In May 1926, the group was officially established and named Riverview, due to the selection of its meeting place along the river.

Klein was named as the club's first president, and many other men followed him in that role.

Other original officers included Babcock, vice president; Arthur S. Hackett, treasurer; Gordon Lilly, secretary; and directors, Bowen, Jack H. Leam, John H. McMahon and Emil N. Ott.

Although the club did not allow women to serve as presidents, women could hold the position of social chairman. Mildred Leam was the first person to hold that position in the club.

The club established its own constitution and by-laws.

An excerpt from the club's original by-laws describes the organization's purpose, as follows: "To encourage and cement friendship to the mutual benefit of all its members, to the end that each member and his family shall have a place to meet his friends, rest and enjoy himself and the outdoors at its best."

With the founding of Riverview, work began on the construction of the group's clubhouse.

The clubhouse was certainly completed in a short time, considering that Bowen's memoirs included the following words:

"Next came the flood of 1926-27. Most everything along the river ended up in the ocean. Two noble oaks saved our beautiful clubhouse from floating away. Of course, we did not know this was the first of many floods to come. This was not serious. We worked out a system – 1) Levee an assessment; 2) Spend all spare time working on club; 3) Get new members with money and strong backs."

Bowen also commented that following every flood, the clubhouse and its furnishings would be improved.

He also noted that the Depression nearly caused the club's existence to come to an end.

According to Riverview's records, at one point during that period of misfortune, 21 of the club's 32 members had failed to pay their dues.

As for Riverview's membership, the club was solely opened to married couples.

Efforts to increase Riverview's membership total was a three-fold project, which featured random calls using numbers from a telephone book, door-to-door inquiries and on-street contacts.

Eventual improvements to the club's grounds included a kitchen and croquet court.

In 1953, with their desire to have Riverview activities continue for many more years, senior members of the club met with some of the members' children. That meeting led to the establishment of the "Junior Riverview" club, which is known today as Riverview II.

Matias Bombal's Hollywood

"Obvious Child"

The MPAA has rated this R

From A24 comes a small indie comedy, "Obvious Child", with actress Jenny Slate as Donna Stern, a 20-something angst ridden young woman of exceptional quickness who, in similarity to Asperger Syndrome symptom behaviors, has an ongoing non-stop, self-focused monologue with no threshold, through the entire 84-minute feature. Donna is a stand-up comic of low humor of a very direct and picaresque nature. We first see her in a New York City comedy club making jokes about female body functions. Her boyfriend decides to break up and admits he's been seeing someone else, which makes her even more maudlin and whiny to her friends, family and us in the audience.

This movie has the most contemporary sounding dialogue, which makes it hip for the moment, but will date this movie very quickly

as popular catch phrases change in the vernacular.

She finds a nice man named Max (played by actor Jake Lacy) from the Midwest by chance one night, and takes him to bed, only to find that she is pregnant with his child shortly after. Ms. Slate is a very capable and bright actress, able to deliver fast dialogue, but I found her role without merit as written. She never seemed to care for anyone beyond herself. It's hard to relate to an unlikable character, and without that concern or engagement from the viewer, you will likely dismiss what happens in the narrative. "Obvious Child" is a real stinkeroo!

"Earth To Echo"

The MPAA has rated this PG

Relativity Media offers a story of wonder for children of all ages and perhaps the E.T. of this generation of the smart phone, "Earth to Echo". A bizarre series of smart phone transmissions are seen

by a trio of boys in one neighborhood who have determined that they are a map leading them to adventure.

They cycle out to an area of the Nevada desert at night, and encounter a tiny projectile imbedded in the ground, which starts to beep. They try to figure out just what's in it, and presto! It's a cute little armored alien. The boys side with trying to assist the alien in the projectile and encounter all sorts of challenges from agents trying to track the little guy down to destroying him.

The photography is all from the perspective of the kids themselves though the medium of their electronic devices— the way most kids relate to each other in this modern age.

We see this story through Skype-like calls, small strap on cameras, glasses with cameras in them and more. Many of the shots are from the low angle of a kid's perspective, or are from the handlebars on their BMX bikes. Anticipate the image on the screen to suddenly turn sideways when their bikes are set on the ground, or shaky quick movements in tandem with the rapid fire quick exchanges that are the way kids really talk.

The choice of the director, Dave Green, to have almost the entire story told through the eyes of the kids' electronic devices is at first a neat idea, but becomes tiresome very quickly, and ultimately is distracting.

It's like a kinder, gentler kid's version of "The Blair Witch Project" with a cute alien instead of horror. The young actors are Reese Hartwig, Astro (He goes by just that one name.) and the fellow destined to become the next "tween" heartthrob, Teo Halm.

This is a delightful movie for everyone, in spite of the less than traditional cinematic photography.

Until next time, this is your pal, Matías Bombal, bidding you a fond farewell.

For more in-depth, complete reviews of these same movies and many more in theatres now, with scenes shown from the movie reviewed, you may see and hear "Matías Bombal's Hollywood" at: www.mabhollywood.com. Find us on Facebook or follow us on Twitter: @MABHollywood

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Arden nonprofits benefit from United Way's Toilet Paper Drive

Cal Expo was filled with 161,058 rolls of toilet paper on June 12 as the community stepped up to support local nonprofits through United Way California Capital Region's 6th Annual Toilet Paper Drive. The annual drive helps local nonprofits offset the cost for this staple item, including two Arden-area nonprofits. Local nonprofits spend anywhere from a few hundred to thousands of dollars a year on toilet paper – money that could be invested in programs changing lives.

Atkinson Family Services, based in Arden, spends \$7,000 a year on toilet paper, but through the Toilet Paper Drive can instead provide toilet paper to 12 foster families and provide extra activities at their six group homes and school.

Area 4 Agency on Aging's Senior Safe House spends \$936 a year on toilet paper. Thanks to the Toilet Paper Drive, the organization will instead be able to provide 10 safe overnight stays for abused and neglected seniors.

"We all take toilet paper for granted, but our nonprofit partners sure don't," said Stephanie McLemore Bray, United Way president and CEO. "At a dollar a roll, this drive helps more than a hundred local nonprofits save \$161,000. Together, we are making sure nonprofits have the resources to do what they do best – change people lives."

Nationwide Insurance, based in the Arden area, was the fourth largest donor, contributing 18,900 rolls of toilet paper this year.

Senior Gleaners, a Sacramento nonprofit, stored the toilet paper and helped distribute it to many of United Way's 160 certified nonprofit partners in Amador, El Dorado, Placer, Sacramento and Yolo counties on June 19.

Partners in United Way's Toilet Paper Drive include FOX40, Sac-Val Janitorial Supply, Clear Channel Media & Entertainment, Clear Channel Outdoor, The Sacramento Bee, Senior Gleaners, Cal Expo and River City Printers.

For 90 years, United Way California Capital Region has actively worked to address the community's most pressing issues, now focusing on innovative solutions related to high school graduation rates, household financial stability and obesity. United Way's team of nonprofits, businesses, donors and volunteers have formed the Live United Movement to provide positive, measurable results on these issues through United Way projects: STAR Readers, \$en\$e-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org.

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Know your neighbors:

Camp Pollock's caretakers

By MONICA STARK
editor@valcomnews.com

A wooden sign along Northgate Boulevard welcomes visitors to a woodland paradise as turkeys romp through the grounds, pecking at a lone trailer and as the cry of peacocks symbolically herald the reincarnation of the 1924 lodge, Camp Pollock.

Traveling under Highway 160 from its Northgate exit, all one needs to do is look for a sign at the second left and follow a paved road to a trailer park. As the paved road turns to dirt, signs ask drivers to slow down for the dust. The mystery continues until the historic lodge reveals itself to you. With the only free parking on the American River Parkway, visitors can enjoy the leisure of the bike trail about 200 yards westward.

Children and their families are seen watching a free concert one day, and on another, a bride and groom say their "I dos" as barbecue steaks are cooking nearby for the reception.

Just last Saturday at Camp Pollock, Friends of the River Banks, a group that meets regularly at the American River for nature events, learned about the rich lives of the Nisenan Maidu, who thrived in the area until the Gold Rush.

Inside the lodge, Chuck Kritzon, primitive education expert, laid out reproductions of Maidu artifacts on several tables for families to examine. As he described them, the group learned that the Maidu used every part of the local plants and animals for tools, hunting and fishing equip-

ment, clothing, musical instruments, games and toys, and currency.

On the afternoon of Friday, June 6, then-bride-to-be Amanda Christiansen was preparing for the wedding rehearsal for the following day's exchange of vows to Josh Van Valen. With five bridesmaids, two groomsmen and direct family members, the guest list was for nearly 80 people, who on Saturday, June 7 to enjoy barbecue and roasted marshmallows. Amanda said she found out about the possibility of using Camp Pollock as a wedding venue when her brother was a boy scout three years ago, shortly before Sacramento Valley Conservancy took it over. "I wanted something more intimate and something that really reflected me and my fiancé's joy of the outdoors and historical buildings. We found out (SVC) bought it and was fixing it up and making it as beautiful as it once was, so we went for it."

Much can be said about the now public use of the camp, since the Sacramento Valley Conservancy bought it from the Boys Scouts over a year ago, but this story is about the camp's keepers, Matt Gaylord and his wife Liz Gaylord and their adventurous spirit to live amongst the wildlife, though rarely in complete seclusion from other humans.

Tucked back from the excitement of the campgrounds – where groups gather to stargaze, tell campfire stories and roast marshmallows, and away from the lodge, where a wed-



Photos by Monica Stark

Matt, Liz and Mia reside at Camp Pollock.

See Camp Pollock, page 11

New Spay/Neuter Clinic Fights Pet-overpopulation, Open House at the Sacramento County's Bradshaw Shelter

You're invited! On Saturday June 28th from 1p.m.-4p.m. the Sacramento County Bradshaw Animal Shelter, 3839 Bradshaw Road, is hosting an open house with Sacramento Animal Spay and Neuter (ASN).

"Sacramento ASN is our new spay/neuter services partner occupying the spay/neuter facility here on the grounds of the Bradshaw Shelter. We invite the community to come out, tour the clinic, talk to staff, and register for some excellent prizes," said Dave Dickinson, Director of the Bradshaw Shelter.

The event will feature a free rabies vaccination clinic, food,

and giveaways. Attendees can register for a Super Prize that includes a free spay/neuter, microchip, wellness and rabies vaccines, a Sacramento County pet license, I.D. tag and a collar. Other prizes include, a year supply of Heart Guard heartworm preventative, with heartworm test, free single doses of FRONTLINE Plus flea treatment to be given away every half hour, and free pet microchips for the first 30 attendees. Dave's Dawgs and Luciano's Scoop from SactoMoFo will also be on site.

Modeling ASN's original Auburn clinic, Sacramento ASN offers low cost spay/neuter services, vaccinations

and wellness services without income or residence restrictions. "We're excited to be aligning our animal wellness efforts with the Bradshaw Animal Shelter, making this our second successful location," said Maria Nauermann, ASN Practice Manager.

"Sacramento ASN's reputation and performance are outstanding," said Dickinson. "Together we will continue efforts to reduce the number of unwanted animals filling area shelters by providing additional proactive resources to fight pet overpopulation."

Attendees will also be invited to tour the Bradshaw Shelter's newly redesigned community outreach trail-

er, which later this summer, will make low-cost spay/neuter and other veterinary services more accessible to communities in need, as well as allow the Bradshaw Shelter to increase mobile adoption efforts throughout our area.

Beginning June 25 and through July 6, the Bradshaw Shelter will have a special promotion: "Paws for Independence!" where new pets can be adopted for just \$17.76. Adoption includes spay/neuter, license, wellness vaccines, and micro chipping.

To find out about adoptable pets, volunteering and other ways to help, visit the County Bradshaw Shelter website.



This sign tells drivers to keep their speed down.



Congratulations to Amanda Christainsen, shown here, and Josh Van Valen who got married at Camp Pollock on June 7.

Camp Pollock:

Continued from page 10

ding is taking place, Matt and Liz hear the pecking of crows at the side of their trailer.

Located along a calm spot in the river where the flow sometimes reverts upstream, one of Camp Pollock's biggest attractions is the lake-like water source.

"Matt and I go kayaking. One day we saw a sea lion. We went down to take (our dog) Mia swimming and it was right there, playing with a fish, swimming around," Liz said.

"We've seen river otters running around on the property. There was the sea lion. We have seen coyotes," Matt said.

There are Swainson's hawks that take refuge there. "There's one that's living in the cottonwood tree," Matt said. Peacocks, meanwhile, hang out on top of the lodge in the morning and then go back home to the neighboring trailer park where residents say the peacocks have lived since the 1960s.

While taking in the beauty of the nature that surrounds him is the obvious perk to his occupation as groundskeeper, Matt usually has some kind of work that needs to get done. "If it's cleaning up after some kind of group, mowing the lawn, watering, planting, talking with people who happen to stop by during the day who have questions about it or answering phone calls, emails, (working on) the website, (communicating with) renters and getting volunteers set up, I'm the only one working the grounds," he said. "But, we do have volunteer work days every Saturday from 9 a.m. to 1 p.m. and I have a couple of awesome

volunteers who come out separately, and they'll show up on Tuesday if I ask them. Occasionally we'll get a church group for a volunteer day. We worked with the Sacramento Tree Foundation who planted some of the native plant garden and moved a lot of mulch around."

Working during the days when the Boy Scouts operated Camp Pollock, a long-time volunteer told Matt about the planting of an orchard right near the trailer. There are plums, peaches, apples, berry bushes and most of the trees on site were planted, as prior to the lodge's construction, the area was all just farmland.

Matt has worked for SVC for two years prior to obtaining his "residency" at Camp Pollock, he said. "I used to do their kids' program at one of their other sites and I was also an Eagle Scout, so I think they figured I'd be a good fit to do more of the kids' stuff here," Matt said.

Asked if they ever feel lonely living out secluded from the hustle and bustle of downtown apartment living, Liz said quite the contrary. "We've had our fill of neighbors. We have our animals here and there are a lot of events that go on; there's also the day-use people that come visit."

The couple has discussed the longevity of their plans to continue living at Camp Pollock. "We don't know. We've talked about it before. We don't really have an exact time line. We get a lot out of being here, but I think once it stops feeling the way it does now, we may look into other options. It sounds pretty cheesy, but one of the reasons we moved out here is because someone had to and keep an eye on the place and the animals, and we enjoy doing it," she said.

A glorious feature to Camp Pollock is the historic 1924 lodge that can be rented by the general public for special events, office retreats or other private occasions. The Lodge can hold up to 250 guests. Only pre-prepared food and cold food can be served from the kitchen at this time. Outdoor barbecue pit and lawn area available when renting the historic lodge. Unique to Sacramento, one of the few locations to camp along the American River Parkway is a campground which can host up to 200 campers on its vast property.

PRIMITIVE YOUTH GROUP CAMPGROUND FEATURES:

Primitive Youth Group Campsites are offered at Camp Pollock for a variety of group sizes. Sites can accommodate up to 200 youth campers! Simply reserve primitive campsites to accommodate your group size; 25, 87, 163 or 200 campers! Wide-open grassy fields provide level, primitive campsites at historic Camp Pollock. Don't forget, youth groups can rent the Lodge when camping at Camp Pollock, creating an ideal experience to an outing or special event. Simply rent the historic Lodge and reserve Group Campsites to make your event a success. Rates are very affordable and serves as a great meeting place for your event! Remember to rent and pay for the historic Lodge separately.

Rates are \$3 per camper, per day for a minimum of five campers and

a maximum of 200 campers. Additional port-a-let charges may apply, depending upon the size of your youth group.

LODGE RENTAL:

Camp Pollock Lodge is available to rent, by both the general public and youth organizations. The Lodge can accommodate up to 250 people for special events. Rates are \$3 per person, per event with a minimum of five people and a maximum 250 people. Simply select a 2-hour block of time for your special event, networking meeting, family gathering or neighborhood get-together. Youth groups can rent the lodge when camping at Camp Pollock, creating an ideal experience to an outing or special event. Only pre-prepared food and cold food can be served from the kitchen at this time. Central heat and ceiling fans available.

LODGE RULES & COURT YARD RULES:

If alcohol is being served in the Lodge, you must speak to Camp Pollock Caretaker, Matt Gaylord. A \$250 deposit is required and additional insurance may be required for serving alcohol. Deposit refunds will be credited within 2 weeks after the event.

Contact:

Matt Gaylord, SVC Program Assistant and Camp Pollock Caretaker at 530-321-2063 or email matthew.gaylord.951@gmail.com

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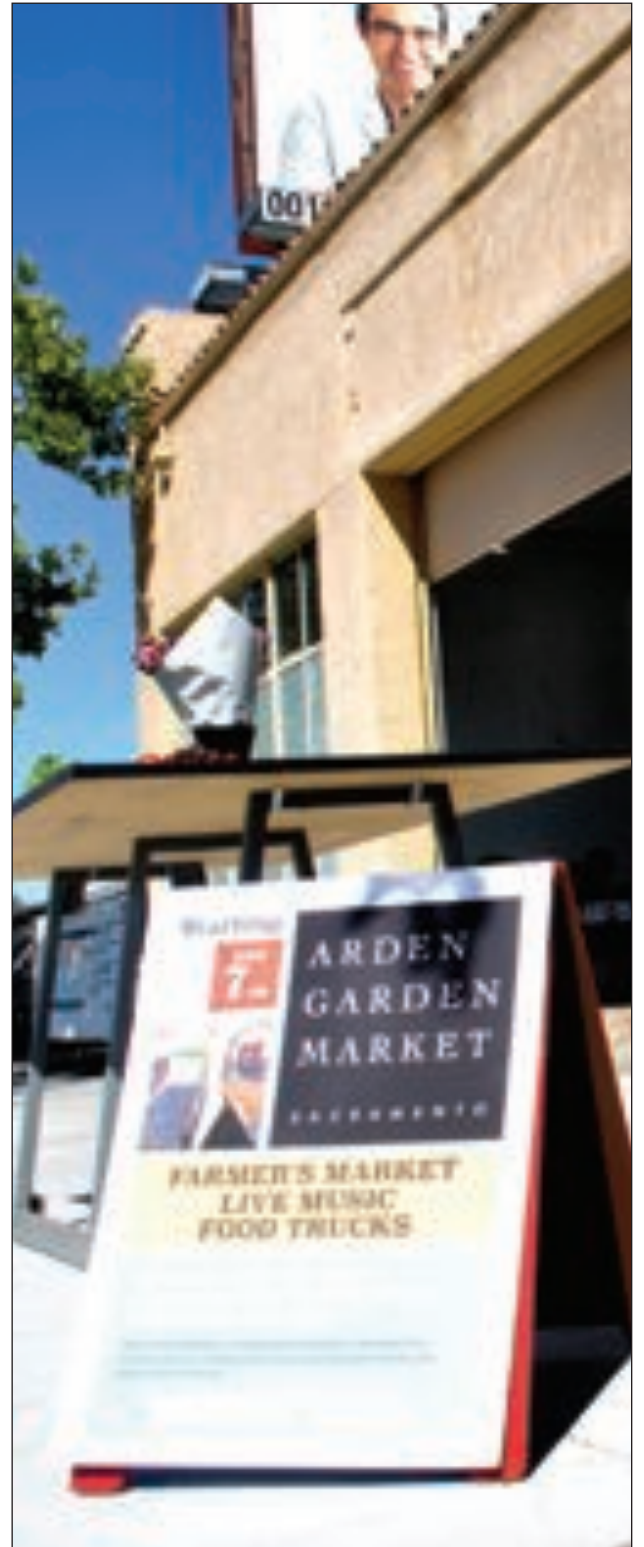
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Faces and Places:
Arden Garden Market

Photos by MONICA STARK

Arden Garden Market debuted in the neighborhood on Saturday, June 21. The now weekly farmers' market is carrying out an ambitious mission of feeding the body as much as the soul.

Sacramento sits within one of the richest farming regions in the world, yet has less than 50 percent of farmers markets per capita, compared to the rest of the State of California. Arden Garden Market is located at 1409 Del Paso Blvd. across from Iceland.



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S	M	T	W	T	F	S
JUNE						
1	2	3	4	5	6	7
FRES	FRES	FRES		SLC	SLC	SLC
8	9	10	11	12	13	14
SLC	7:05 OMA	7:05 OMA	7:05 OMA	7:05 OMA	7:05 IOWA	7:05 IOWA
15	16	17	18	19	20	21
1:05 IOWA	12:05 IOWA	RR	RR	RR	RR	NEW
22	23	24	25	26	27	28
NEW	NEW	NEW		7:05 LAS	7:05 LAS	7:05 LAS
29	30					
5:05 LAS	7:05 FRES					
S	M	T	W	T	F	S
JULY						
		1	2	3	4	5
		7:05 FRES	7:05 FRES	7:05 FRES	RENO	RENO
6	7	8	9	10	11	12
RENO	FRES	FRES	FRES	FRES	7:05 RENO	7:05 RENO
13	14	15	16	17	18	19
1:05 RENO		ALL-STAR BREAK		ALB	ALB	ALB
20	21	22	23	24	25	26
ALB	ELP	ELP	ELP	ELP	TAC	TAC
27	28	29	30	31		
TAC	TAC	7:05 ALE	12:05 ALE	7:05 ALE		

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CALENDAR

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ONGOING

Sacramento Zoo needs wheelchairs
The Sacramento Zoo is looking for a few "gently used" wheelchairs. As the weather gets warmer, more families want to visit the zoo. The Sacramento Zoo generally has wheelchairs to loan at no charge. However, at this time, we have none. If you would like to donate a "near new" wheelchair that you no longer need, please call 808-5888. Your wheelchair can be a tax deductible donation, and we'll give you four zoo tickets as well for your generosity.

Free summer meal program returning at four Arden-Carmichael locations

The San Juan Unified School District is once again offering all children 18 and younger a free meal this summer as part of its popular Summer Fun Café. The café will be found at four locations throughout the community. There are no qualifications to receive the free meal. Students do not have to be enrolled in the San Juan Unified School District, there are no income requirements, and there is no paperwork to complete. All locations will serve lunch from 11:30 a.m.-12:30 p.m. Monday-Thursday. Below are the locations for this year's program, which goes from June 9-July 31:

SJUSD Admissions & Family Services: 3700 Garfield Ave. in Carmichael

Coyle Avenue Elementary: 6330 Coyle Ave. in Carmichael
Howe Avenue Elementary: 2404 Howe Ave. in Sacramento: Howe Avenue will also serve breakfast from 7:45 a.m. - 8:45 a.m.
Carriage Drive Elementary: 7519 Carriage Dr. in Citrus Heights
Parents can eat with their children by purchasing a meal for \$3. Call 979-8966 for more information.

Tai Chi at Hart Senior Center

Focuses on low impact form of ancient Chinese exercise, combining slow movements with relaxation. Classes are ongoing and always open to newcomers age 50 and above. Classes are held Mondays, 10:30 - 11:30 a.m. at the Ethel MacLeod Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Try it once for free! For more information or to register, stop by the Hart

Senior Center front desk or contact (916) 808-5462. Cost: \$18 for 4 classes.

Zumba for Seniors at Hart Senior Center

Zumba for Seniors incorporates physical exercise and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba, and much more. It's an easy and fun way to lose weight, get in shape, and live healthier. No dance experience required. Classes are held Tuesdays 9:30-10:30am and Fridays 3:45-4:45 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Try it once for free! For more information or to register, stop by the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$16 for 4 classes.

Singers with Hart

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ders to become involved in an ongoing older adult singing group. Ongoing sessions are offered as part of the Hart Choral Initiative presented by the Ethel MacLeod Hart Senior Center and the Sacramento Metropolitan Arts Commission. New sessions start every nine weeks and are held at the Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Pre-registration is required. For more information, visit the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$15.

Free summer meal program returning at four San Juan Unified District locations

The San Juan Unified School District is once again offering all children 18 and younger a free meal this summer as part of its popular Summer Fun Café. The café will be found at four locations throughout the community. There are no qualifications to receive the free

See more Calendar, page 18

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Home Improvement Guide: a "Keeper" by our readers

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Faces and Places: Hart in the Park

Photo by MONICA STARK

The Ethel MacLeod Hart Senior Center and the Sacramento Metropolitan Arts Commission presented its first "Hart in the Park" concert series June 6 at Marshall Park in midtown Sacramento showcasing the singing talents of the newly-formed older adult choral group, Singers with Hart. The concert kicked-off with a solo performance by professional music director, Christiana Quick-Cleveland (a Carmichael resident), followed by a performance of "Frere Jacques" by the Hart Senior Center's uku-

lele group and Spanish folk songs by the center's Manitos group. With guest performer Isaac Smith accompanying on the tuba, Singers with Hart ended the mini-concert on a high note by performing "Now I Walk in Beauty" (Navajo prayer song), "Sansa Kroma" (African folk song), and "The Lord Bless You and Keep You." For more information about upcoming Singers with Hart sessions or "Hart in the Park" concert dates, visit the Hart Senior Center front desk, 915 27th St., Sacramento or call 808-5462.



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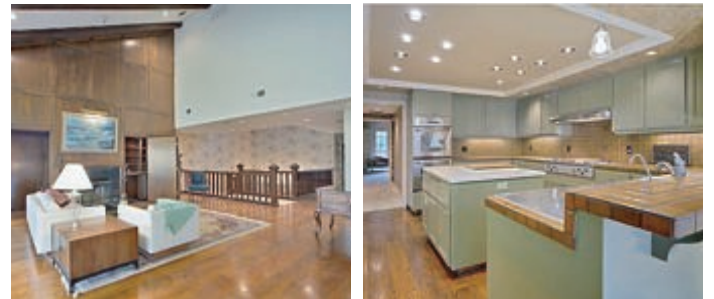
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CALENDAR

meal. Students do not have to be enrolled in the San Juan Unified School District, there are no income requirements, and there is no paperwork to complete. Parents can eat with their children by purchasing a meal for \$3. Call 979-8966 for more information. All locations will serve lunch from 11:30 a.m.-12:30 p.m. Monday-Thursday. Below are the dates and locations for this year's program:

June 9-July 31:

SJUSD Admissions & Family Services: 3700 Garfield Ave. in Carmichael
Coyle Avenue Elementary: 6330 Coyle Ave. in Carmichael
Howe Avenue Elementary: 2404 Howe Ave. in Sacramento: Howe Avenue will also serve breakfast from 7:45 a.m. - 8:45 a.m.
Carriage Drive Elementary: 7519 Carriage Dr. in Citrus Heights

Emotions Anonymous

Meets regularly Tuesdays, Thursdays, and Saturdays. Meeting information is available at www.emotionsanonymous.org. Free 12-step program/support group for those who desire to become well emotionally healthy. Acquire a new way of life, sharing experiences, and learning to live with unsolved emotional problems. Meets Tuesday 6:30 - 7:30 p.m. Parkside Community Church 5700 South Land Park Dr.;

Tuesday 6:30 - 7:30 p.m., Sierra Arden Church of Christ, 890 Morse Ave (at Northrup), Room F-4. Thursday 7 - 8:30 p.m. at Church of the Good Shepherd, 1615 Morse Ave. (at Arden Way) left of choir room. Saturday 1 to 1:30 p.m. at the Wellness Recovery Center, 3851 Marconi Ave. (at La Paz), Suite #1. Saturday 1:30- 2:30 p.m., 3851 Marconi Ave (at La Paz).

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 Freeport 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 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 Polard, 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.davisartcenter.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.

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 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. Meeting/Membership info: 916-761-0984, volunteers always welcome!

Food trucks at Carmichael Park

Every first Thursday of the month from 5 to 8 p.m. (July will be held on July 10) food trucks hit Carmichael Park, 5750 Grant Road.

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.capitolaires.org, call 888-0877-9806, or email info@capitolaires.org

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 Freeport 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.

JUNE

Tips For Choosing Cell Phone Service

June 26: Soojin Yoo, MSW, Program Assistant, will cover what questions to ask when choosing a service, what you should know before signing a contract, and how to cut your cell phone costs. Also, learn about unauthorized third party charges and what you can do to prevent them. 2:30-3:30pm at ACC Senior Services Center, 7375 Park City Dr. Free of Charge. Pre-registration required. Call 393-9026 x330, www.accsv.org.

30 Minutes That Can Change Your Life!

June 26: Tom Nakashima along with Deborah Short, Planning for Seniors, LLC, will provide information for Boomers with Aging Parents. Eddie Fong will be providing appetizers. 7 p.m. at ACC Senior Services Center, 7375 Park City Dr. Free of Charge. Pre-registration required. Call 393-9026 x330, www.accsv.org.

Open House: Lifelong learning computer classes

June 27: Join us for an open house, check out the classroom, and try the computers. Our friendly computer instructors will be available to answer questions about upcoming classes. You can discuss which classes are best for you. You may also ask questions about your own computer and any specific problems or issues you are having. Refreshments will be available outside the computer lab. 10:30 a.m. to 12:30 p.m. Free of charge. Call 393-9026 x330, www.accsv.org.

Food truck festival at Tahoe Park

June 27: From 5 to 8 p.m. enjoy food from food truck vendors, 3501 59th St. 95820.

Pops in the Park (McKinley Park)

June 28: Beaches, boats, bars and tropical drinks with little umbrellas. That's what you think of while listening Garratt Wilkin & the Parrotheads performing "A Celebration of Jimmy Buffett's Music." The band will be bringing their best to McKinley Park starting at 6 p.m. 601 Alhambra Blvd., Sacramento.

Midsummer Night's Dream and Crystal Ice Cream Fantasy

June 28: From 5 to 9 p.m., celebrate William Shakespeare's popular fairy-themed play while enjoying all-you-can-eat Crystal ice cream! This magical midsummer's evening features multiple ice cream tasting stations, live entertainment, hands-on activities, an olde worlde marketplace and more. Costumes for the whole family are encouraged. No host food and bar. Tickets go on sale May 1 at www.fairytaletown.org. Advance tickets are \$15 for adults and \$5 for children ages 2-12. Day-of tickets are \$20 for adults and \$10 for children ages 2-12. For more information, visit www.fairytaletown.org or call (916) 808-7462.

Summer Concerts in Carmichael Park

June 28: MANIA (formerly BECAUSE), a Beatles tribute band from 6:30 to 8:30 p.m., 5750 Grant Ave.

Summer Concerts in Carmichael Park

June 29: Lincoln Highway, 50s to 90s, country and rockabilly, from 6:30 to 8:30 p.m., 5750 Grant Ave.

TPA WALK AUDIT/ Addressing long standing issues with traffic and pedestrian safety

June 28: Starting at 11 a.m., there is going to be a walk audit on June 28 to address the dangerous corridors of Tahoe Park for children, seniors, disabled, elderly and residents. This issue has been an issue that has gone unaddressed for some time now despite repeated calls to get change. This walk is a family oriented walk tackling two major corridors and how they interact with feeder streets. Broadway is one street and 59th is the other street. Come out and voice your concerns we will mark down areas of major concern on our walk identify problems and how they can be improved to encourage the livability and safety of Tahoe Park as a community. Visible bike lanes, safer pedestrian crossings should bring people together in a more meaningful way in keeping with Sacramento's historical past as a walkable/biking community. For more information, contact tpa-comm@gmail.com.

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.

Neighborhood Park Day at Southside Park

July 5: Enjoy a day full of fun activities. (TBA). 2115 6th St.

Summer Concerts in Carmichael Park

July 6: Metro Swing, from 6:30 to 8:30 p.m., 5750 Grant Ave.



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