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Mark Spitz, Debbie Meyer (shown here) brought fame to Arden Hills

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Q&A with foreign service officer and Bella Vista alumna Rosalyn Adams

By SAN JUAN UNIFIED SCHOOL DISTRICT

Rosalyn Adams, a foreign service officer at the U.S. Department of State and Bella Vista alumna, recently visited several San Juan Unified schools and sat down with the district to talk about her successes since leaving the district, including tours in China and Afghanistan. She currently works in Shanghai. The 1999 graduate opened up about her time overseas, how she figured out her path in life and why more U.S. students should travel the world.



der to go to a place like Afghanistan, Pakistan or Iraq, it's a very different process. They want people who are motivated to go there. No one is ever sent there.

SJU: You've had the chance to meet and provide services for a few important people, including President Barack Obama and Vice President Joe Biden. Can you talk about some of those experiences?

RA: Usually, the roles I have taken on for these "VIP" visits are support roles, so I don't really get to interact with senior officials. Although with the vice president's visit I was helping with his accompanying party – his granddaughter and daughter-in-law. When he left, I was actually in the motorcade when he went to the airport. When we were at the airport he personally thanked me. It was very exciting, because he had heard a lot about what I had been doing with his family while they were in Chengdu. Moments like that are very exciting.

But what I think is the most exciting thing about those visits is when they're there giving some sort of speech or they're at a public event and you get to see their interactions up close. It makes you feel so proud of your country. When I heard Biden speak at a university in Chengdu I was feeling so incredibly proud to be an American citizen and to have him as my vice president.

SJU: Who are some of the foreign officials or celebrities you've met or gotten to work with?

RA: When I was in Afghanistan and I was working for the ambassador there he would often receive a lot of people and they would come and visit him. I met the current president of Afghanistan, Ashraf Ghani. He came to the embassy one time. When Secretary (Hillary) Clinton visited Afghanistan she held an event at the Presidential Palace. I didn't get to actually meet then-President Hamid Karzai, but I was there when they held a press conference together. I was on the side. So I've definitely had a lot of moments like that, which are very fun.

SJU: What is something the average high school student wouldn't know about visiting or living in another country?

RA: One thing I would say is that the State Department provides a lot of foreign information about countries that you can look at before

San Juan Unified: You were 26 years old when you realized you wanted to go into the Foreign Service. Did you have any idea of what you wanted to be in high school?

Rosalyn Adams: I think if you would've asked me I would have told you I wanted to be a psychologist. I actually studied psychology and women's studies when I was in college. After I graduated from (University of California, Santa Cruz), I ended up going to Japan and living there for several years.

SJU: How did it feel when you found out you had been accepted?

RA: When I was finally asked to join one of the orientation classes, I was beyond excited. I was just thrilled, because it was like embarking on adventure. I didn't know where I would go for my first tour, but I knew I would be doing something that I found to be meaningful. I would get to do public service, which really meant a lot to me. I was very, very excited.

SJU: Did you have any expectations of what it would be like, and how have those expectations been realized?

RA: I'm probably an unusual case because I grew up in the Foreign Service, so I had a pretty good sense of what to expect. I would say for my orientation class there were only two people – myself and another person – that had grown up in the Foreign Service. No one else knew what it was going to be like, and I think there were a lot of surprises for them when they got overseas - learning how to live overseas and getting their kids adapted to that lifestyle.

Also, making sure their spouses are taken care of as well, because everyone wants to make sure their families are happy. The Foreign Service does a really good job making sure there are jobs for spouses and good schooling for children, and that they're provided with adequate housing.

SJU: Was there any point – particularly when you were in Afghanistan – when you felt in danger?

RA: No, definitely not. Afghanistan is a dangerous country, but I knew that the State Department was taking every sort of precaution they could to make sure we were safe. I went there knowing it was a dangerous place, but I went there voluntarily. I signed up for it. In or-

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Broadway in the Burbs with the River City Chorale

You don't have to travel downtown or pay high parking fees to hear hits from some of your favorite Broadway shows. On the March 7 and 8, the River City Chorale will present its Cabaret, *Steppin' Out on Broadway*, with songs from *My Fair Lady*, *Wicked*, *Les Mis*, and others, in a beautiful new venue: the Serbian Church Hall, located conveniently just off Sunrise Boulevard in Fair Oaks.

You will be greeted at the door by sounds of a traditional jazz band and seated, cabaret style, at decorated round tables and served lovely hors d'oeuvres by the singers themselves, with a no-host bar for liquid refreshments. You will also have the opportunity to participate in a raffle for some pretty nifty prizes.

Then comes the show: accompanied by a live music, the Chorale will offer individual acts as well as full ensemble pieces, which will send you home humming your favorite tunes. Parking is ample and free.

The Cabaret has long been the most popular presentation of the River City Chorale. Audiences have always left happy and we're sure you will, too. But, hurry; tickets go fast. Seating is reserved and the earlier you order, the better your table location. *Steppin' Out on Broadway* will be presented Saturday, March 7 and Sunday, March 8, with two shows each day: 2 p.m. and 4:30 p.m. The Serbian Hall is located at 7777 Sunset Ave., Fair Oaks, between Sunrise Boulevard and San Juan Avenue. Tickets are \$25. Order tickets at www.rivercitychorale.org or call 331-5810.

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San Francisco Giants president, CEO entertains local Rotary Club

By LANCE ARMSTRONG
Lance@valcomnews.com

San Francisco Giants President and CEO Larry Baer was the guest speaker at last week's Rotary Club of Sacramento luncheon at the Red Lion Hotel in the historic Woodlake area.

In speaking to about 300 people in a packed room of the hotel on Feb. 3, Larry mainly shared details about the Giants' marketing success, and the organization's drive to maintain a "culture of stability and professionalism."

Early in his speech, Larry commented about the move to have the Sacramento River Cats become a Triple-A affiliate of the Giants.

"(River Cats CEO and majority owner) Susan Savage put out the interest in bringing the Giants to Sacramento," Larry said. "It was a very easy call for us to come to an area that has been so supportive of the Giants over the years. We're starting year one with the River Cats (in April) and we couldn't be more thrilled."

Larry said that he has a special connection to the capital city that predates the Giants' association with the River Cats.

"My father (Vernon B. Baer) was actually raised in Sacra-

mento (by Walter H. and Estelle Mae Baer) and was in the (February 1941) graduating class of McClatchy High School," Larry said. "My dad would talk about going to Pacific Coast League (baseball) games. It was (teams such as) the San Francisco Seals and the Oakland Oaks, and it was the Sacramento Solons. So, those were great days."

Larry mentioned that his experiences with the Giants organization began in the 1980s when he began working with then-Giants owner Bob Lurie as the franchise's marketing director.

After leaving the Giants to attend Harvard Business School, Larry returned to the organization and became involved with Larry McGowan in the establishment of the ownership group that kept the team from moving to Tampa, Fla. in 1992.

Larry said that with the construction of Pacific Bell Park – today's AT&T Park – eight years later, the Giants are secure in San Francisco for "a long, long time."

Among the most important moves for the Giants was the hiring of former Major League Baseball All-Star outfielder Dusty Baker to serve as the team's manager, Larry explained.



Photo by Lance Armstrong
San Francisco Giants President and CEO Larry Baer shows off his 2014 World Series ring.

"We wanted to get somebody that could really provide leadership for the organization, as well as be somebody that could resurrect the franchise, because in 1992, the team had lost 90 games," Larry said. "And all roads seemed to lead to the individual who was the Giants batting coach at the time, in 1992. And that was Sacramento's own, Dusty Baker."

"I think that the beauty and magic of Dusty was he really knew how to manage those 25 guys. He was our manager for 10 years. We could not have done better with anybody (else) during the first



During a light-hearted moment at the event, it was mentioned that Brian Srabian, who has worked with the Giants as the director of marketing and entertainment, should not be confused with Giants' General Manager Brian Sabean.

decade of our ownership as a team (than with Baker)."

Larry, who replaced Bill Neukom as the Giants' CEO on Jan. 1, 2012, said that the Giants organization emphasizes keeping its ball-

park "100 percent customer friendly," having a vibrant surrounding neighborhood around the park, and winning baseball games.

And in regard to the latter point, the Giants are certainly doing extremely well in that category, as they won three World Series in five years, including last year's series against the Kansas City Royals.



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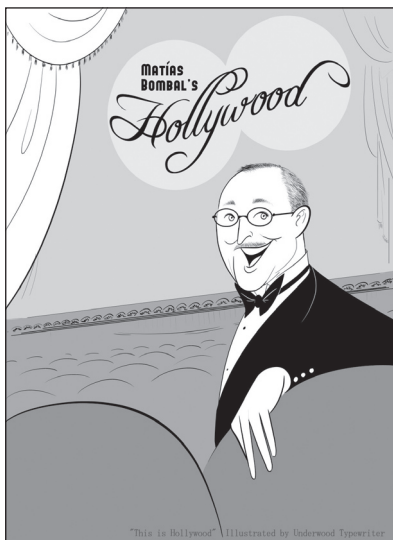


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Matias Bombal's Hollywood Mortdecai

The MPAA has rated this R Lionsgate brings us "Mortdecai", featuring Johnny Depp as Lord Mortdecai, a British Lord and fop who is many things: art expert, rouge, bounder, and lover of women, mostly his wife, who is played in the picture by Gweneth Paltrow.



A Goya painting with connections to the Nazi's hidden treasures is lost in a swirling mist of intrigue. The British intelligence, Mi5, enlists Mortdecai to find the stolen painting which drifts between violent Russian collectors, an international terrorist and a wealthy California art collector played by Jeff Goldblum.

His Lordship fancies his new mustache, much to the displeasure of this wife who finds it the cherry-on-the-cake of ridiculousness. What ensues is an attempt by director David Koepf to recreate the magic and plastic lighter than air world of Blake Edwards comedies of the 1960s or the nutty "Carry On" series. Johnny Depp is clearly channeling the famous British actor Terry Thomas here. Paul Bettany as Mortdecai's man and Gweneth Paltrow are the best in the picture and the unusual casting of Ewan McGregor as the Mi5 agent who has a passion for Paltrow has moments of humor. This is not a very good movie overall, but I found it amusing and without any expectation for greatness, enjoyed the screen shenanigans and the parody of the stiff upper lip British world that only exists in satirical movies. Absent something to do, this is an acceptable way to pass a carefree afternoon.

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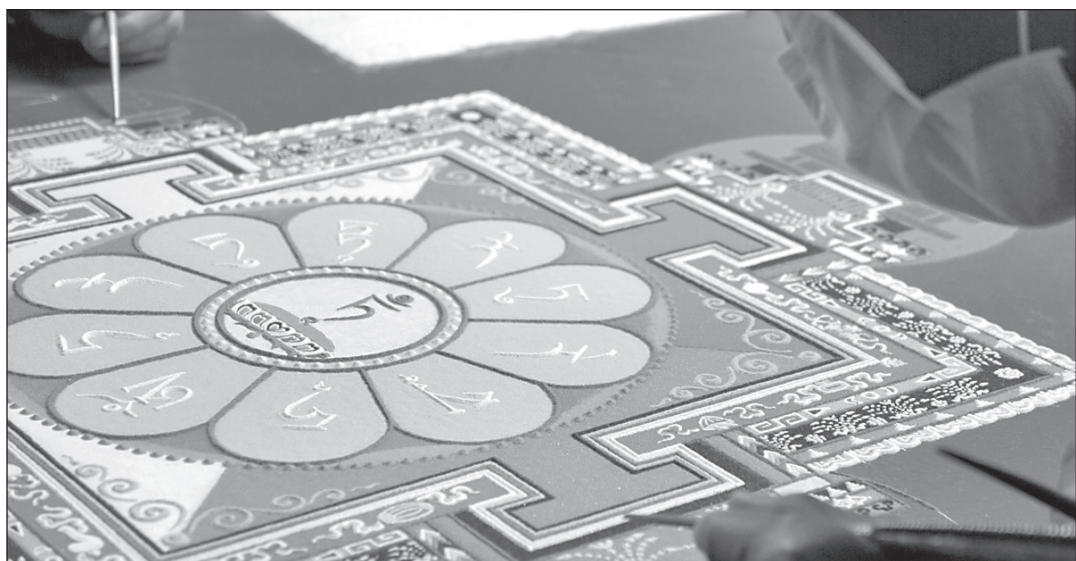
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Tibetan Buddhist Monks are creating a sand mandala at CSUS

Photo courtesy Sierra Friends of Tibet

Sacramento State welcomes Tibetan Buddhist Monks who are currently creating a sand mandala in the campus Library Gallery Annex, 6000 J St. The work is created by moving a few grains of sand at a time. From 1 to 3 p.m. on Saturday, Feb. 14, the sand will be placed in little bags to give to those present, the rest will be taken to the American River. Gallery hours are 10 a.m. to 5 p.m. Contact: 278-7373.

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14-1

Know Your Neighbor Leo McElroy, 'I Tell Stories'

by LEIGH STEPHENS

I met Leo in the 1970s while teaching at CSUS in the Journalism/Communications Department. Through the years, Leo spoke to my writing and public relations classes a number of times. What stands out in my mind is the student response to his talks. They loved his true-to-life experiences. Here was a man who had lived their future aspirations as journalists. That guy knows what he's talking about...much better than dry textbooks.

I remember sitting with Leo on the back steps of one of my student's squatty rental, eating Top Ramen, and celebrating her coming graduation. Here was a man, whose every minute was filled with high-powered political tangles, taking the time to

celebrate with a student and her classmates. He is a giver.

Astute political consultant, prolific playwright, songwriter, athlete; creative, affable, funny – a string of words that lack description of Leo F. McElroy. He is a renaissance man. He has lived several lives in the eighty plus years of his time. And...he is your Sacramento neighbor, living in Campus Commons with his wife Judy.

Leo says, "I tell stories. That's what I've done most of my life."

Throughout his school life he says he drew cartoons. Finally in high school, he realized he needed to direct his career toward more earth bound dreams... probably a relief to his family.

In high school and college he ran student body campaigns for friends and they won. This gave Leo an interest in and taste for politics, marketing and public relations.

On finishing high school and with a friend's recommendation, he applied to *The Los Angeles Herald-Express*. He says he was stand-

ing in the hallway waiting for the sports editor to get off the phone.

Wearing his only sports coat and with sweat forming on his forehead, he noticed an older woman coming toward him. It was famed city editor, Agness Underwood, the first woman in the country to hold a city editorship on a major metropolitan daily.

Underwood asked Leo why he was standing in the hall. He answered he was waiting for an interview with the sports editor. She handed him an info sheet and told him to write it as a news article. When he gave it back to her she said, "Well, I guess it's as good as most of the crap I get." So she hired him as a writer but paid him a copy boy's wages. Throughout his career, Leo has worked for the advancement of women and minorities in journalism. He attributes this to being hired by Underwood.

In the mid-fifties and enrolled at Loyola University in Los Angeles, Leo contin-

See McElroy, page 7



Leo McElroy

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McElroy:

Continued from page 6

ued in the field of journalism. He studied Communications Arts for two years but had to switch to an English major when the CA program was discontinued. At Loyola, they sent him straight to the school radio station.

A college friend asked him to act in a play. Leo asked, "Why would I do that?" The friend said, "Girls." While in college he hitched a ride to classes with Michael Wayne, John Wayne's oldest son, and in L.A. met many celebrities and also infamous people who gave him material for news stories and scripts plus connections in the future.

After a number of years writing, editing and news directing in the Apple Valley, Lancaster and Fresno, Leo got his big break. CBS Radio offered him a job.

He says, "I had two weeks to get my minor-league butt down to Columbia Square in Hollywood."

From 1960 to 1981, Leo McElroy became one of Los Angeles' best-known radio and television newsmen, anchoring and reporting for KABC-TV, KCET-TV, and radio stations KNX, KFI, KRLA, KABC, KFWB, and KROQ.

Among the hundreds of stories he reported, he says the chilling Hillside Strangler case stands out. Because of his meticulous research for KABC-TV, McElroy was asked to be on the L.A. law enforcement task force. While reporting this story, he was threatened, disbelieved, and finally exalted for his work.

Although the L.A. Police Chief Ed Davis believed there was one strangler, Leo because of his interviews and data timeline believed there were two stranglers. And time proved him right. Cousins Angelo Buono and Kenneth Bianchi were eventually convicted of kidnapping, raping, torturing, and killing girls and women during a four-month period from 1977 to 1978. Buono died of a heart attack in 2002, and Bianchi is serving a life sentence in the Calipatria State Prison.

Leo talks about some of his celebrity interviews with Lucille Ball, Joan Crawford and others. When the Lucy interview aired coast-to-coast, a program director who had fired him called him and said, "Okay, you got your revenge!"

In addition to plays, Leo writes music. He wrote "The Wandering Song," for the Christy Minstrels, which tells about an Irish farmer

who goes to sea, leaving his wife and child to work the farm.

After working with various state and national politicians, he came to Sacramento in 1981, and founded McElroy Communications, a public relations/public affairs firm. He consulted in a non-partisan capacity helping clients define issues and develop coalitions in politics and the environment.

From 1983-84, he worked for California Lt. Governor Leo McCarthy as his director, speechwriter, and spokesperson. He also provided consulting services to the California Air Resources Board, the Planning and Conservation League, GWF Power Systems, and numerous others. He is still on call as an on-air political commentator for several broadcast stations.

When he retired in 2003, McElroy came into

his life as a playwright although he says all through the years he has created fiction as well as reporting news. While in the Air Force he wrote his first play, "Mermaid Tavern." Since, he has written 32 plays. He writes, produces and directs. In 2011, McElroy wrote an autobiography, ...*But You Can't Report That!* The book covers the Los Angeles years as a newsman.

In December 2014, Leo joined the Mission Avenue Players at a readers' theater and directed "Spittin' Image" at Harlow's on J Street. He says his play is about sex, drugs, and rock 'n roll.

One of his actors, Betsy Reifsneider, former Director of Friends of the River and lobbyist says, "He's a nice guy. He's always volunteering his time and expertise to non-profit agencies that can't afford it."

Betsy's husband, Bob Schlichting, a long-time friend who also acts in McElroy's plays says, "He's just fun to work with."

One memorable community play that ran night after night in 2013 at the Sacramento Geery Theater was "Echoes in the Heart." He co-wrote and co-produced the play with Susanne Sommer whose book, based on letters from 1938-41, chronicled her Jewish family's fleeing Nazi Germany, living in the Philippines, and after many struggles, coming to America.

Susanne is a Sacramento writer and retired vocational counselor. She says,

"Leo did a really creative job with the play. He read my book, and we met through a mutual friend. We worked well together. It was an exciting time."

Who knows what comes next for the storyteller... Break a leg, Leo.



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Erlyne Osburn, teacher

Karen Cassady

High School Secretary II, Rio Americano

"Karen Cassady is one of the hardest working people that I know. She provides the foundation and the stability for our school. Her nickname on campus is 'our rock.'"

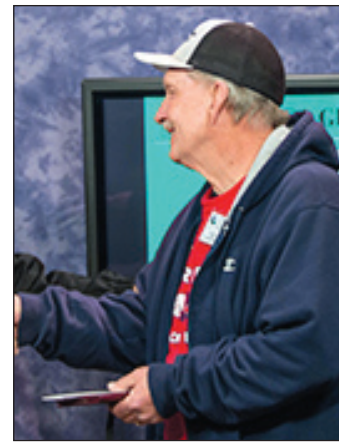
Alicia Murray, teacher



Julie Archer, Instructional Assistant II, Cottage Elementary School



Karen Cassady, High School Secretary II, Rio Americano



George Matthews, Middle School Head Custodian, Andrew Carnegie Middle School



Natalie O'Halloran, Research Analyst, District Office

"She is the one person without whom our campus would suffer the most. She adeptly manages the needs of our administrators, teachers, classified staff, parents and students, while maintaining a positive attitude, and being the face of our school to the public. She interacts with students very well, and it is clear to them that she genuinely cares about their well-being."

Joshua Murray, teacher

George Matthews

Middle School Head Custodian, Andrew Carnegie Middle School

"A box moved here, a table moved there, leaves swept because they make the campus look sloppy, or the concrete washed because the spills from the day

before tarnish the appearance of where our students will eat and gather during lunch later that day. Opening doors and lights for the cook, the secretary and my office...not because we ask but because that is George."

Mark Siewart, principal

"George is not only the person who makes sure Carnegie runs without a glitch day in and day out, he really is the 'Dad/Grandpa' of our campus."

Dana Smith, teacher

Natalie O'Halloran

Research Analyst, District Office

"If I was to use one phrase to describe Natalie, it would be 'the

conscience of the San Juan Unified School District.' While providing accurate data may be a part of Natalie's job, her standard of preciseness and meticulousness is what makes her an exemplary employee."

Linda Sundman, Administrative Assistant

"She understands the district and believes strongly in the mission of San Juan Unified School District. Her beliefs are clearly evident in everything she does. Natalie is a true team player who will do whatever it takes to get the job done."

Susan Green, Director, Assessment, Evaluation & Planning

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Tips for families from Sacramento County's first African-American female superintendent

By SAN JUAN SCHOOL DISTRICT

Dr. H. Mahone, the first African-American female superintendent in Sacramento County, recently spoke at a meeting of the San Juan Unified School District's Equity Focus Group. She offered valuable tips for parents who want to better advocate for their children and need help navigating the complex educational system.

San Juan Unified: Tell me about your background as an educator.

Dr. H. Mahone: I started off teaching because of a fourth-grade teacher. She said "One day, you're going to be up doing what I am doing." And I felt I could never let her down. I did exactly what she said.

That's how I got started, and then I went on and taught first (grade), second — all the way through to university. Now, I have a math and reading academy at Sac State. I work with the (school) districts; we pick the kids up and take them to the university because we want to instill at an early age that they are going to

go to college. If we're going to break the cycle of poverty, it's going to be through education.

SJ: How did your experience as a parent inform the work that you do?

HM: I know how important education is. When my child was in San Juan (Unified), I was in the workforce full-time. I worked for the California School Board Association, and in that job I had to travel all over the state. So I had to navigate, as a single parent, how am I going to keep this child fully engaged and still earn a living so I can give her a better life? I was at the school as often as I could be. She was a good student, so I didn't have to go because she wasn't doing what she was supposed to do — but I just needed to be there. One of the things I discovered was that in the library there were no books of color, so that's why I wrote (my book, "Legacies"). Everything that I could do to enhance her education, I did, and where I saw a need I fulfilled it myself.



Dr. H. Mahone

SJ: If you had one piece of advice for parents, what would it be?

HM: My advice would be never give up. And, your children don't need you just in elementary school, they need you all the way through. A lot of people think when (their child gets) to high school, "I can take a breather!" But they need you more than ever.



Linda Pohl

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DANCING STEAMPUNK STYLE

ARDEN AREA DANCE CLASSES TEACH WALTZES, POLKA AND MORE

By TIFFANY REVELLE

Not everyone knows what steampunk is, but the look is easy to spot: Victorian- or Edwardian-era ruffles, feathers, corsets, top hats, embellished mustaches and monocles meet the bold colors, patterns and general edginess of modern-day punk, accented generously with gears, timepieces, and accessories inspired by steam engines, the American Wild West and Jules Vernian time machines.

Now take that look and set it in motion to the one-two-three time of a Victorian-era waltz. A good-sized portion of Sacramento's own steampunk community has taken to the dance floor to bring back to life the dance styles from the turn of the century – an era of nobility, high morality and ingenuity that inspires much of today's steampunk culture, both for costume and for everyday life.

Sound interesting? Such dance classes – which teach historical dance styles including traditional waltzes, Congress of Vienna and Polka, among others – aren't offered to just anyone who walks into the VIP Dance Academy, across the street from the Society's annual bazaar and swap meet. But they are available, starting in January, to members of the Sacramento Steampunk Society.

"A lot of our members go to events – balls and conventions," explained Society member Gina von Damm-Bogart, who partnered with dance instructor and studio owner Barnaly Pande to make roughly semi-monthly ballroom dance classes happen for Society members.

The events she's talking about include the annual Edwardian Ball in San Francisco, which captured the interest of several local members and spurred local demand for instruction in the historical dances, much like the Period Events & Entertainment Re-

creation Society provides in the Bay Area. For those who don't know, the Edwardian Ball is described on its website, <http://edwardianball.com>, as "An elegant and whimsical extravaganza of costumery, carnival, music, acrobatics, ballroom dancing and fashion; an outrageous celebration of an unforgettable era while honoring Edward Gorey, the prolific master of ominous storytelling."

It's walking, dancing, breathing artistry, in other words.

"So I thought this would be a good thing for members who don't know how to dance, or for members to brush up on their skills," von Damm-Bogart said.

The period dance classes are available only to Sacramento Steampunk Society members and for a \$10 fee, but it's easy enough to get sucked in and join, she said.

"When I first started going to the club, it was like I found my tribe," according to von Damm-Bogart.

Anyone can join, and membership is free. The interested, the dubious and the indifferent alike can see what the local steampunk community is all about at the Society's third annual Steampunk Emporium between 11 a.m. and 5 p.m. Feb. 21, inside Great Escape Games on Howe Avenue. The greater arts and crafts community has also been invited to attend, and more than 40 vendors will have clothing, costumes, art, books and gadgets for sale.

"It's the idea of crossing the Victorian time frame with science fiction," with a "twist of moving forward," said Society member Jennifer Brown, describing the steampunk culture in general and what an attendee might find on display at the swap meet. "So you might not have a ray gun, but you might have a steam-powered ray gun."



Photos by Art Koch Studios; <https://www.flickr.com/photos/allaboutlight/>

Costumed revelers showcase their turn-of-the-century dance steps and period attire with a modern twist at the 2015 Edwardian Ball, held in San Francisco last month.



Photo by Jennifer Brown

The VIP Dance Academy in Arden hosted the first period ballroom dance class for members of the Sacramento Steampunk Society in January. The group hopes to make the lesson/social a more regular event.

One man brings a time machine he made of parts, pieces and controls from all kinds of erstwhile machinery, according to Brown. The four-foot-wide gadget will be available for photo ops with attendees at the machine's controls.

"We like to take used things and things that would otherwise be considered junk and turn them into something that can be used," she said.

While Brown admits "steampunk can be a little overwhelming for people to jump into right away," she and von Damm-Bogart are confident the

welcoming steampunk community will draw more interest. And if that doesn't do it, the hand-made-to-order pizza will, according to Brown.

Of the Sacramento Steampunk Society's roughly 2,500 Northern California members, about 100 members are active locally in events, according to von Damm-Bogart. She said of those, about 30 members attended the first dance lesson in January.

They were treated not only to instruction in dancing traditional waltzes, the

See *Steampunk*, page 12

Steampunk:

Continued from page 11

Peabody (a foxtrot-like ballroom dance to ragtime music) and East Coast Swing, but to a spread of hand-made finger sandwiches, truffles and cakes reminiscent of a “vintage society” tea service that turned the lesson into a social, according to von Damm-Bogart.

The Society is hoping to generate enough interest in the dance classes to make them a more regular event. The next dance class and social is expected in March, where members will learn the Viennese waltz and work on their swing steps. Members who attend can wear street clothes or “steampunk-lite” attire – including long skirts, hats and the like, to get an

idea of how their costumes will move on the dance floor.

The Sacramento Steampunk Society’s monthly meetings are open to the public. They include time for planning upcoming events and time set aside for makers to teach each other how to do anything from taking sepia-tone photographs to costume design to sword play.

For more information on the group and its upcoming events, find its Facebook page by searching “Sacramento Steampunk Society.”

If You Go:

What: Steampunk Emporium and Swap Meet, bazaar and craft fair

When: Feb. 21, 11 a.m. to 5 p.m.

Where: Great Escape Games, 1250 Howe Avenue, Suite 3A



Photo by Jennifer Brown

Members of the Sacramento Steampunk Society learned waltz steps, East Coast Swing and the Peabody at the first period dance class – for club members only – held in January at the VIP Dance Academy in Arden.

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New study shows 39 percent of California Capital region households are financially vulnerable

Two out of five households in the California Capital Region do not have enough savings to live above the poverty line for three months if they lose a job, face a medical crisis or suffer an income disruption, according to new data released today through the national Family Assets Count initiative, a project of CFED in collaboration with Citi. The announcement came during a press conference yesterday at Sacramento City Hall that included Sacramento Mayor Kevin Johnson, Assemblymember Ken Cooley, Vicki Joseph of Citi Community Development, Solana Rice from CFED and Stephanie Bray from the newly launched California Capital Region Assets & Opportunity Network.

“We know that 12 percent of local households are living in income poverty,” said Stephanie Bray, president and CEO of United Way California Capital Region, lead agency for the local Assets & Opportunity Network. “But to learn that two in five households – nearly 40 percent of households in our region – could easily fall below the poverty line at any given time is a wake-up call for this community. We must bring together service providers, financial institutions and elected officials at all levels to make our community more secure.”

This financial vulnerability, known as liquid asset poverty, takes the conversation beyond income poverty to show that lack of savings and liquid assets also can lead to financial instability for households. The numbers are even more staggering in the City of Sacramento, where 47 percent of households – and 66 percent of African American and Hispanic households – are liquid asset poor.

“These statistics are eye-opening and prove that we need to do more to help our neighbors become more financially secure both in our city and across our region,” said Sacramento Mayor Kevin Johnson. “As one of 10

cities across the country selected by the Family Assets Count Project, we believe we are a region capable of finding tangible and effective solutions and will be a model for others tackling the same challenge in other places.”

Sacramento was chosen in part because of its strong network of partners working to address financial insecurity issues. The local branch of Citi Community Development is making a contribution of \$175,000 to United Way California Capital Region this year to support a network of community-based organizations to provide financial capability programs and services to 400 low- and moderate-income people in our region. The California Capital Region Assets & Opportunity Network is working to increase the number of capital region households that are asset-secure through innovative partnerships, programs and policies that reduce economic insecurity by building financial stability and success. With the data profile showing that many Sacramento families, especially low-income families and families of color, are living on the brink of financial catastrophe, the network is addressing geographic, racial and ethnic disparities to pave pathways to prosperity for all local households. For a list of network members, to join the network or to see the full regional data profile, visit www.yourlocalunitedway.org/assets.

Citi Community Development leads Citi’s commitment to achieving financial inclusion and economic empowerment for underserved individuals, families and communities by working with nonprofit and public agencies across the country to expand access to financial products and services, build sustainable business solutions and forge innovative partnerships. For more information, visit www.citigroup.com/citi/citizen/community/.

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County animal shelter offers \$14 animal adoptions

Photo by SHANNON SKALISKY

During this lovely month, Sacramento County Animal Care is offering \$14 adoptions for all pets because, after all, love is a four-legged word. The shelter's mission is to provide public safety and protect the health and welfare of animals in our communities through education, responsibility and compassion. The shelter is located at 3839 Bradshaw Road. The shelter is open Wednesday through Friday, 12:30 to 5:30 p.m.; Saturday and Sunday, noon to 4:30 p.m. The shelter is closed Mondays, Tuesdays and most holidays.



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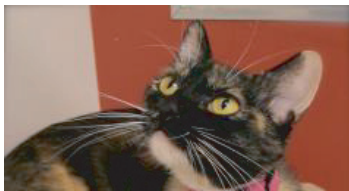
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Alumna:

Continued from page 2

you go – it's all on travel.state.gov – including country warnings. So you can see if there are any areas you should stay away from. Also there is information on what visas you should get, what laws you should be aware of. You want to make sure you know that basic information before you get somewhere. You don't want to accidentally break a law because you didn't know, because every country has different laws.

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SJU: What is something about another country that the average person wouldn't know?

RA: I think, for China, people see it as a very homogenous country and society. It's really not. It's just like the United States in that each area has its

own distinctive flavor, food, accents and different pace of lifestyle. There's something for every type of traveler, from the person who likes a really urban environment (that's Shanghai) to the person who likes historical artifacts (Beijing) to someone who likes to go into nature. All of southwest China is incredibly beautiful. There are hiking trails you can go on and you can go camping in some parts. China is a very diverse place, and I don't think people really know that.

It would be great if we could encourage more people to travel to China. In fact, Hillary Clinton launched a campaign: the "100,000 Strong" campaign. She was hoping to encourage more students to go and study in China. China sends the highest number of students per country to the United States, but we don't send as many students to China. So we really need to increase that cross-cultural understanding. ... We need to encourage more U.S. students to go to China, to go pretty much anywhere in the world, to experience what it's like to live in another country.

SJU: A lot of high school students may not have an idea of what they want to do in life, and that if they don't figure it out before college or in college, they're in trouble. What advice do you have for those students?

RA: I think it's very common for students to not know what they want to do



Rosalyn Adams

when they're 18 years old, or even when they're 22 and they're graduating. A lot of people who join the Foreign Service do so in their 30s and it's their second or third career for them. They didn't necessarily study international relations or politics or economics, but they still manage to have these successful careers.

I think what's most important is to have hard skills that can be applied in any sort of workplace setting. That's what you really need to focus on when you're in college: developing good writing skills, good oral communication skills. Can you be a good presenter? Can you deliver information effectively and efficiently? Developing your analytical skills, developing your critical

thinking skills and really developing your interpersonal skills so you can interact with a wide variety of people who have different backgrounds and communication styles - those are the types of skills you need to develop.

Your choice of major will have somewhat of an impact on your future career. But I don't know in this day and age if it's as important as it was several generations ago. You find a lot of people who end up pursuing careers that don't have anything to do with their majors. I wouldn't worry too much about that. Like I said, it's focusing on developing those skills that are going to be valuable to any employer.

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CALENDAR

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

ONGOING

Monthly tours of Sacramento Children's Home

Find out about the Sacramento Children's Home mission, programs, and how you can get involved on the fourth Thursday of each month, starting at 10:30 a.m., 2750 Sutterville Road. For more information and to RSVP, visit www.kidshome.org/tour-sch.

Wanted: Grand Jurors

Sacramento County Superior Courts are currently recruiting individuals to serve on the 2015-16 Grand Jury (GJ) for a one year term, starting on July 1, 2015. To qualify, you must be at least 18 years of age, a citizen of the United States, and a resident of Sacramento County for at least one full year. Grand jurors must be able to communicate in English, both verbally and in writing. Your name will be entered into a pool of screened and qualified applicants from which 19 residents' names will be picked, at random, in the late spring. Here is an opportunity to make a difference in your community. As a Grand Juror, you are part of a system of independent citizen oversight of county and city government and related agencies.

Grand Jury duties include:

- Investigating citizen complaints against county and city public agencies and officials
- Touring the prisons (six total) within the county, (and investigating them, if necessary)
- Participating in indictments of criminal matters when requested by the District Attorney, and
- Producing a report to the county's citizens each June that summarizes the grand jury investigations, and includes recommendations to any problems found. This independent entity is one of the last bastions of citizen involvement in local government. Be part of a team that shines a spotlight on good and bad government processes and actions. Your Grand Jury involvement will result in better, more effective government, a more involved community, and a more educated populace. For further information and an application go to: <http://www.sacgrandjury.org/>

Free Young Adult Bereavement Counseling:

The UC Davis Hospice Program and UC Davis Children's Hospital Bereavement Program will offer an eight-week Young Adult Bereavement Art Group for individuals 17 to 24 who

are coping with the recent loss of a loved one. The sessions will be held on eight consecutive Monday evenings from Sept. 29 through Nov. 17. Each session will be held from 6 p.m. to 7:30 p.m. at the UC Davis Home Care Services Building, 3630 Business Dr., Suite F.

Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs, 808-5888. Your wheelchair can be a tax deductible donation, and four zoo tickets will be offered as a thank you.

Support group for alienated grandparents

Meeting is the last Friday of each month at 2717 Cottage Way, suite 4. Meeting is at noon. 761-9121.

Register for city of Sacramento's technology program for adults age 50-plus

The winter/spring 2015 session of TechConnections, a comprehensive technology literacy program designed specifically for Sacramento's residents age 50-plus, will begin at the Hart Senior Center and selected community centers in late January. Class descriptions, dates, times, and locations will be included in the "TechConnections Winter/Spring 2015 Class Catalog" on the city of Sacramento's Older Adult Services website. Offerings range from one-on-one assistance sessions to six-part classes, with start dates through late April. Registration day for all offerings is at 1 p.m. on Jan. 16 at the Hart Senior Center, 915 27th St. Continuing registrations will be taken weekdays at Hart Senior Center until all classes are full. For inquiries, call 808-5462 or visit: <http://portal.cityofsacramento.org/ParksandRec/Recreation/older-adult-services/Programs/TechConnections>

Youth Connections Unlimited announces fundraising campaign

Did you know that one Sacramento organization can reduce recidivism for crimes committed by youths by up to 70 percent? Youth Connections Unlimited has been providing mentoring and other services to incarcerated and probationary youth for over ten years that gives youth tools for staying outside the juvenile justice system. YCU works with the Sacramento County Probation Department with a focus on re-entry mentoring and preventative programming with a commitment to the principles of Restorative Justice. The support youth get from YCU and its volunteers gives hope to Sacramento County youth, make communities safer and save taxpayers money. For more information, call David Taft at 835-1147 or visit <http://www.sacycu.com>

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.

The Community Housing and Services Coalition monthly meetings

Originally created by the Sacramento Community Services Planning Council, the Community Housing Coalition (CHC) was created as a vehicle to provide information and educate community leaders and decision makers regarding housing for low income, disabled and older adults. CHSC monthly meetings are free and open to the public; they are held from 9:30 to 11 a.m. on the last Tuesday of each month (except December) at the Sacramento Sheriff's South Area Office Community Room at 7000 65th Street, Sacramento (the Sacramento County Voters Registrar Building). At each meeting a guest speaker is invited to attend and give a 30-minute presentation with 10 minutes for Q&A. Speakers are selected for their expertise and knowledge in their respective fields, and agencies/organizations. The speakers are encouraged to provide handouts, fliers, and other informational materials to the 15 to 30 attendees.

If you have any questions, please contact either: Alex Eng at 424-1374; email xeng916@sbcglobal.net; or Cindy Gabriel at 916/732-6189; email cynthia.gabriel@smud.org.

Audition applications for Sacramento Youth Symphony's 2015-2016 season:

If you play brass, woodwinds, percussion, or strings then we invite you to join the award-winning Sacramento Youth Symphony, the Sacramento area's premier youth organization for musicians (ages 6-21)! We have orchestras and ensembles for every level, from beginning through advanced. Online applications are available at www.sacramentoyouthsymphony.org. Full merit-based scholarships available for select instruments! Call Robert at 916-731-5777 for details.

FEBRUARY

Valentine's Craft for Kids at McKinley Library

Feb. 13: Come celebrate Valentine's Day by making your own play dough hearts! We will roll out large blocks of play dough in Valentine's colors, then use cookie cutters to make Valentine hearts. We will then decorate our creations with sequins, glitter, and other art supplies. Come make your own Valentine masterpiece or other artistic play dough creation to give to your special Valentine. Crafts start at 3:30 p.m. at McKinley Library 601 Alhambra Blvd.

Community PTSD awareness event

Feb. 13: The invisible wounds of trauma survivors affect not only the individual but their fami-

lies and their communities. Whereas Sacramento County is home to more than 90,000 veterans, approximately 30 percent of women experience domestic violence, 1-in-3 women and 1-in-5 men have been sexually abused prior to age 18, and whereas heart attack and cancer survivors are at an increased risk for PTSD. Hear from guest speakers, Ben Palcios a U.S. Marine Corps Viet Nam veteran and Bill Hart a community chaplain for the U.S. Army. The event takes place inside the large fellowship hall at First Baptist Church Fair Oaks, 4401 San Juan Ave., Fair Oaks. Everyone is welcome to gather information and resources at this free-admission event. For more information email John Holmes, LMFT and Jan Sharp, LMFT at 2counselors@att.net.

Sacramento Guitar Society presents Michael Chapdelaine and Motoshi Kosako

Feb. 14 - Sacramento Guitar Society presents Michael Chapdelaine and Motoshi Ko-

sako at the Harris Center, Folsom at Folsom Lake College 8 p.m. Chapdelaine is a National Fingerpicking Champion guitarist and Kosako is a Jazz harpist. For more information, visit www.SacramentoGuitarSociety.org, www.HarrisCenter.net or call 608-6888.

Saturday Sleuths Book Club


Feb. 14: Join Belle Cooledge Library, 5600 South Land Park Dr., each month as popular and classic mysteries are discussed, starting at 2 p.m. The February selection is The Bookman's Tale by Charlie Lovett.

One-on-One Technology Help McKinley Library

Feb. 14: Are you curious about ebooks but not sure how to get started? Is your tablet or ereader a mystery? Do you need basic computer help such as creating e-mail

Calendar continued, page 18

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Spring Craft Fair

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9 a.m. to 3 p.m.

Elks Lodge No. 6
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Sacramento, CA 95831

CALENDAR

Continued from page 17

accounts and using the internet? Come by the McKinley Library and meet with a Technology Assistant! Sessions are first come, first served and last 30 minutes. Tech help starts at 10 a.m. 601 Alhambra Blvd.

PERS Fizz Brunch at the Elks

Feb. 15: Enjoy fizzes at 10:30 a.m., followed by brunch at 11:15 a.m. for a cost of \$18. There will be a beef and ham carving station, fresh fruit, platter with fruit bouquet, pastries, croissants and, muffins, eggs and omelets to order, country potatoes and hash browns, sausage and bacon, French toast, waffles with berry compote and whipped cream. Tickets are on sale in Lodge Office, 6446 Riverside Blvd.

Celebrate Chinese New Year with the River City Chinese Music Ensemble

Feb. 15: Starting at 2 p.m., join the Sacramento Public Library, central branch, located at 828 I St., for a musical performance by the River City Chinese Music Ensemble, a local group that specializes in traditional Chinese musical instruments. The River City Chinese Music Ensemble was established by a combination of local residents and overseas Chinese artists in 2009. The musical group is considered one of the premiere Chinese music groups in the region. Making up the group are Chinese musicians specializing in flute, erhu, pipa, guzheng, ruan, yangqin. The group has played at several events and locations spanning the Sacramento area to the Bay Area. This musical performance is the first of a four part series emphasizing the cultural contributions of Chinese and Chinese Americans in the Sacramento region.

13th annual American Heritage Day

Feb. 16: Come and see history come alive at Mount Vernon Memorial Park, FD 1154, 8201 Greenback Lane, Fair Oaks. Some event highlights include: Classic cars on display; Wells Fargo Stage Coach on display; the Delaware Regiment will set up camp, display and fire muskets; there will be the Red Circle Organization, featuring Percy Edwards; Old Time High Wheel Bicycle, Gold Rush Puppet Show, Consolidated Drum Band will march and play patriotic songs, there will be a walk through a "Gold Rush City" Red Barons R.C. Model Airplane Club will display and fly ware planes; there will be a U.S. Army Huey Vietnam Helicopter on display; there will also be an opportunity to pan for gold at a price of \$3 to cover the cost of gold; visitors can meet with George and Martha Washington, Abe Lincoln, Amelia Earhart, Rosie the Riveter and others. It's a free public event.

Camellia Embroiderers' Guild meeting

Feb. 17: The Camellia Chapter, Embroiderers' Guild of America will hold a meeting at 7 p.m. at the Arcade Library, 2443 Marconi Ave. Guests welcome. Free. For more information, call 223-2751.

Locke and the Sacramento Delta Chinatowns

Feb. 17: Starting at 6:30 p.m., local historian Lawrence Tom will talk about his recent book, "Locke and the Sacramento Delta Chinatowns," and offer copies for sale at the central branch of the Sacramento Public Library, 828 I St. Learn about the Chinese pioneers of the Sacramento River Delta.

Baby Storytime

Feb. 17: Starting at 12:30 p.m., join the Belle Cooledge Library (5600 Land Park Dr.) for nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. This program is for children up to about 18 months old or until they are ready for toddler storytime. Each child must be accompanied by a participating adult. Following the program babies and their caregivers are invited to stay and play with activity learning toys.

Noni's Knit-Wits @ Belle Cooledge (Adult)

Feb. 17: Starting at 1:30 p.m., enjoy a relaxing afternoon of knitting with fellow yarn enthusiasts at Belle Cooledge Library, 5600 Land Park Dr. Anyone interested in knitting and crocheting, even beginners, are welcome to join in. This is not an instructional class, but assistance is available. Bring your own supplies and a project to work on.

Why Mosquitos Buzz with The Puppet Company

Feb. 17: The African drums begin to pound as the jungle awakens our storytellers – the stone idols of Kwaku, Aleka, and Mammo to a new day. These stone carvings tell the tale of poor Mosquito and how he commits a terrible crime in the jungle - without even knowing it! With the use of authentic African music and stunning jungle scenery, the puppets come to life and cast their magical spell. This program, held at Belle Cooledge Library is for all ages, starting at 4 p.m. 5600 South Land Park Dr.

Open House at Sacramento Youth Symphony:

Feb. 17, 19: Come learn about the Sacramento area's premier youth organization for musicians (ages 6-21)! Sit in on a rehearsal, talk to our conductors and orchestra members, enjoy refreshments, and see what all the buzz is about. Founded in 1956 as a 55-member youth orchestra, the Sacramento Youth Symphony will be celebrating its 60th anniversary in 2016! Under the artistic direction of Michael Neumann, SYS now has a membership of 400-plus talented young musicians from all over the Sacramento Valley region. SYS offers beginning through advanced orchestral ensembles and presents 20-plus concerts per year under the baton of some of the best music educators and conductors in the region. Learn how you can be a part of this award-winning organization, which recently produced Symphony of 1000! on Tuesday, Feb. 17, and Thursday, Feb. 19, at Rosemont High School. Visit the website at www.sacramentoyouthsymphony.org or call Robert at 731-5777 for details.

Mister Cooper at the library

Feb. 18: Join neighborhood favorite Mr. Cooper for 30 minutes of music time and freeze dancing for ages 3 to 7 years, starting at 4 p.m. at Belle Cooledge Library, 5600 South Land Park Dr.

Baby storytime at McKinley Library

Feb. 18: Babies from birth to 18 months old and their parents/caregivers can enjoy great books, lively songs, and rhymes, and meet other babies in the neighborhood. Fun starts at 10:30 a.m. Suitable for ages 0-5; 601 Alhambra Blvd.

Storytime at Colonial Heights Library (Early Childhood (ages 0-5))

Feb. 18: Join us at the library for Wednesday morning storytimes for toddlers, preschoolers, and their caregivers! Each week we'll read three different stories, sing songs, do some activities, and meet afterward to play. Get ready to celebrate reading from your fingers to your toes! Fun starts at 10:30 a.m. at the Colonial Heights Library, 4799 Stockton Blvd.

Music at noon free concert at Westminster Presbyterian Church

Feb. 18: Bring your lunch and enjoy fine music. This week there will be music and poetry featuring: Fauré, Schumann, Sibelius, and more; George Hayes, violin; Susan Lamb Cook, cello; John Cozza, piano. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org. Westminster Presbyterian Church is located at 1300 N St.

Explore & More! at Colonial Heights Library (School Age (6-12))

Feb. 19: Looking for something fun to do after school? Join us for some homework help and fun with the Explore & More program, presented by the Colonial Heights Neighborhood Association! Each Thursday afternoon we'll have an hour of arts, crafts, board games, Lego building, science experiments, and more! The program starts at 3:30 p.m. at Colonial Heights Library 4799 Stockton Blvd.

Toddler Storytime

Feb. 19: Starting at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Dr., toddlers and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group or a simple craft. To ensure that storytime is a positive experience for all, attendance is limited to 40 children (they can bring as many adults as they want!).

Jumping Spiders topic of free Sacramento Audubon Program

Feb. 19: The public is invited to a free program on jumping spiders at the meeting of the Sacramento Audubon Society. The tiny creatures, some found in our own backyards, don't lie in wait like others of their kind, but stalk their prey like cats, speaker Tim Manolis says. And they're remarkable mimics of ants, bees, and wasps, Male jumpers can also be brilliantly colored, with courtship displays rivaling those of birds of paradise, notes Dr. Manolis, illustrator of the recently published Spiders of California and the Pacific Coast States. Manolis will also touch on spider biology and the types of spiders found in Central Valley homes and yards. The 7 p.m. meeting will be at Effie Yeaw Nature Center in Ancil Hoffman Park (For directions, see sacnaturecenter.com). There will be no charge for the program or parking, and no park-entry fee.

Toddler/ Pre-School Storytime at McKinley Library

Feb. 19: Song, fingerplays and stories especially for ages 18 months to 5 years followed by playtime! Make new friends and play with toys. Storytime starts at 10:30 a.m. 601 Alhambra Blvd.

Preschool Storytime @ Belle Cooledge (Early Childhood (0-5))

Feb. 19: Starting at 11 a.m., preschoolers ages three and older and their caregivers are invited to join the Belle Cooledge Library, 5600 South Land Park Dr., for fun songs, stories, fingerplays and a craft or play activity—all designed to build early literacy skills.

One-on-One Technology Help

Feb. 19: Starting at 2 p.m., get some help navigating email, the internet, various applications, tablets or eReader at Belle Cooledge Library, 5600 South Land Park Dr. Registration is required.

Homework Zone

Feb. 19: Starting at 3:30 p.m., free drop-in homework help is available for students in grades 1-8 with trained teen volunteers at Belle Cooledge Library, 5600 South Land Park Dr. Help is available in all subject areas, including support to develop reading skills.

Arden-Dimick Library presents: "The Runaway Wok," a paper fan making workshop

Feb. 19: Starting at 4 p.m., come celebrate Chinese New Year with ArtBeast! The Runaway Wok, by Ying Chang Compestine is a fun twist on a classic Chinese New Year tale, featuring a young Chinese boy who encounters a strange and mischievous character. Join us for a reading of the book and decorate a paper fan of your very own! (Ages 3-12). This program is funded by the Arden-Dimick Friends of the Library. Arden-Dimick Library is located at 891 Watt Ave.

Teen/Tween Gaming: Minecraft and Wii

Feb. 20: Join the fun of our monthly Wii and Minecraft Teen/Tween Gaming Program! Snacks will be provided! This program is designed for ages 9 to 17. Fun starts at 2:30 p.m. at the Belle Cooledge Library, 5600 South Land Park Dr.

Drum and Dance for Joy with Fenix Drum & Dance Company at McKinley Library

Feb. 20: Celebrate Black History Month with the Fenix Drum and Dance Company as they tell stories and teach traditional African dances around a drum circle. All members of the audience are encouraged to join in the drum circle, use one of the percussion instruments provided and participate in learning dances! Celebration starts at 3:30 p.m. at the McKinley Library, 601 Alhambra Blvd.

River City Bee

Feb. 21: Starting at 10 a.m., join the Belle Cooledge Library, 5600 South Land Park Dr., for an open sewing time for quilters, sewers, and embroiderers. Get together with fellow needlework enthusiasts to sew, work on any project you choose, meet some new people, and share ideas. Bring your own equipment and supplies and work on your own projects. We provide irons and ironing boards and extension cords. This program is offered in collaboration with the River City Quilters Guild.

Ila Neb Fashion Show: Annual fundraiser for Shriners Hospital for Children

Feb. 21: The Northern California Court of the Ladies Oriental Shrine, Ila NEB Court #51 (Ben Ali backwards) will be holding a fashion show with the theme, "Fashion Memories" at Shriners Hospital, 2425 Stockton Blvd. The show will feature vintage clothing modeled by ladies of St. Marks United Methodist Church. The social begins at 11:30 a.m. The luncheon prepared by Shrine Hospital staff will consist of chicken salad, croissant, salad, cheese-cake dessert, tea, coffee, and lemonade. This will begin at noon, followed by the fashion show. There will be an opportunity table available for purchase of tickets for a drawing of donated items. All donations are appreciated. The cost of the luncheon is \$25. All profits go to Shriners Hospital. Reservations are sent to Dorothy "Dot" Duggan, 1200 Gary Way, Carmichael or by calling 359-4273 or e-mailing lduggan151@

surewest.net. Make checks payable to Ila Neb Court #51. Your check will be your reservation and receipt. There is parking available behind the hospital. The location of the fashion show is on the first floor near the entrance lobby.

U R America the Beautiful Carmichael Emblems Annual fundraiser fashion show

Feb. 21: The fashion show which is \$20 and includes a lunch and gift drawing will be held at the Carmichael Elks Lodge, 5621 Cypress Ave. Fashion are by the Dress Barn and Karol's Gift Shop (The Red Hat Specialty Shop of Old Sacramento). All guests and members are invited to wear their Red Hats and join in the festivities. There will be two special money cake drawings for the ladies wearing "Red Hats." Doors open at 11 a.m. for cocktails and shopping. There will be a variety of vendors present featuring clothing and miscellaneous items for the members of the "Red Hat" organization, as well as vendors with an assortment of jewelry, home décor items, handmade scarves, etc. Proceeds go to help support the club's many charities, including Loaves and Fishes, Mustard Seed School, and the Ronald McDonald House. Tables may be reserved for you and your guests. Contact chairman Judy at 715-3119.

Library LEGO Party (School Age (6-12))

Feb. 21: The library provides the LEGOs; you provide the imagination! And participants (ages 5-12) can register for a chance to win a LEGO Tow Truck set! Fun starts at 11 a.m. at the Colonial Heights Library, 4799 Stockton Blvd.

Sutter's Fort to Present "Hands on History: By Land and By Sea"

Feb. 21: Continuing a popular series of interactive and fun "Hands on History" activities each month, Sutter's Fort State Historic Park (SHP) will present a special "Hands on History: By Land and By Sea" event from 10 a.m. to 5 p.m. Through special presentations, exciting demonstrations and hands-on activities, docents will help Fort visitors understand the two different ways emigrants originally came to California -- by land or by sea -- while sharing the unique challenges they faced and what daily life was like during their journeys. A special station will be set up with pioneer clothes where visitors can select outfits and have their pictures taken with the wagon or with another pioneer setting (using their own cameras). More hands-on activities also await Fort visitors as they will help pack a wagon or trunk, make choices about what to bring along for their "journey of a lifetime," learn how to use a nautical compass, hoist a laden barrel, weave rope, learn simple knots, create maps with available resources and even join the Navy and receive pay in Stonington Bank \$2 bills. As a highlight, guest speaker Dr. Richard Kaufman, a professor emeritus from CSUS and author of Saving the Donner Party -- a new book that uses modern geographic techniques to identify specific routes used by the parties sent to rescue the people trapped in the mountains -- will give special presentations at 11:15 a.m. and 1:15 p.m. His presentation is focused on reconstructing the routes of the "Forlorn Hope Party" -- a group of young adults from the Donner Party that tried to break through the snow to get help. Dr. Kaufman's satellite research identifies the crucial landmarks from testimony of the survivors and perhaps alters previous interpretation as to precisely what happened. Also, Dr. Kaufman will be available to sign books available for purchase at the Fort Trade Store. Admission to Sutter's Fort SHP costs \$7 per adult (18 and older), \$5 per youth (ages 6 to 17) and is free for children 5 and under. For more information, call 916-445-4422 or visit www.suttersfort.org

Mark Spitz, Debbie Meyer brought fame to Arden Hills

By LANCE ARMSTRONG
Lance@valcomnews.com

Note: This is the fourth article in a series about the Arden Hills wellness resort.

Mark Spitz and Debbie Meyer will forever be remembered as the swimmers who brought international recognition to Arden Hills through their success as record breaking, gold medal winning Olympic athletes.

A United Press International article, dated Dec. 2, 1968, notes that the then-17-year-old Spitz was credited with 10 world swimming records and 28 Amateur Athletic Union swimming championship records in 1967.

Spitz, who turned 65 years old earlier this week, would eventually set more than 30 world records, and win eight NCAA titles, five Pan American Games gold medals and 11 Olympic gold medals – nine gold, one silver and one bronze.

His greatest achievement in swimming occurred at the 1972 Summer Olympics in Munich, West Germany, where he won seven gold medals, and at the same time set seven world records.

Spitz's then-record of seven individual medals in a single Olympics was held until 2008, when swimmer Michael Phelps won eight individual medals at the Summer Olympics in Beijing, China.

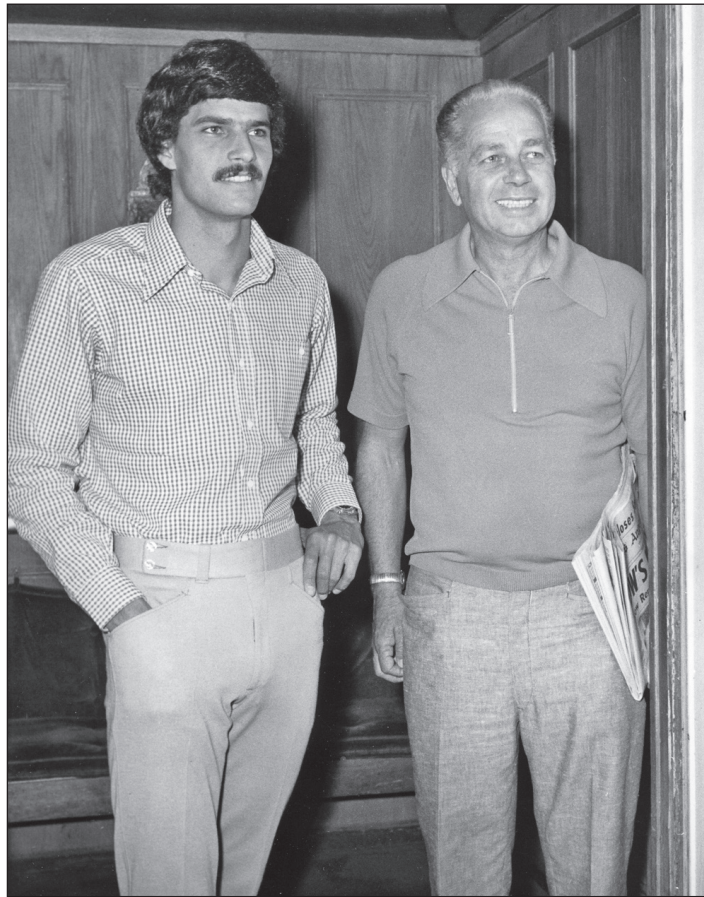
In speaking about Spitz's success in the Olympics, Brett Favero, co-owner of Arden Hills, said, "Mark was so famous not only because of his accomplishments, but because when he accomplished what he did, it was the first time that the Olympics were completely televised. Bits and pieces (of the Olympics) were previously (televised), but that was the first time it was completely televised.

"So, when (Spitz) got home, he had no idea what had happened. He certainly knew what he had accomplished, but he had no idea, because that hadn't been that big of a deal before. And it wasn't until he actually got here (to Sacramento) and got off the plane that he realized how big it was.

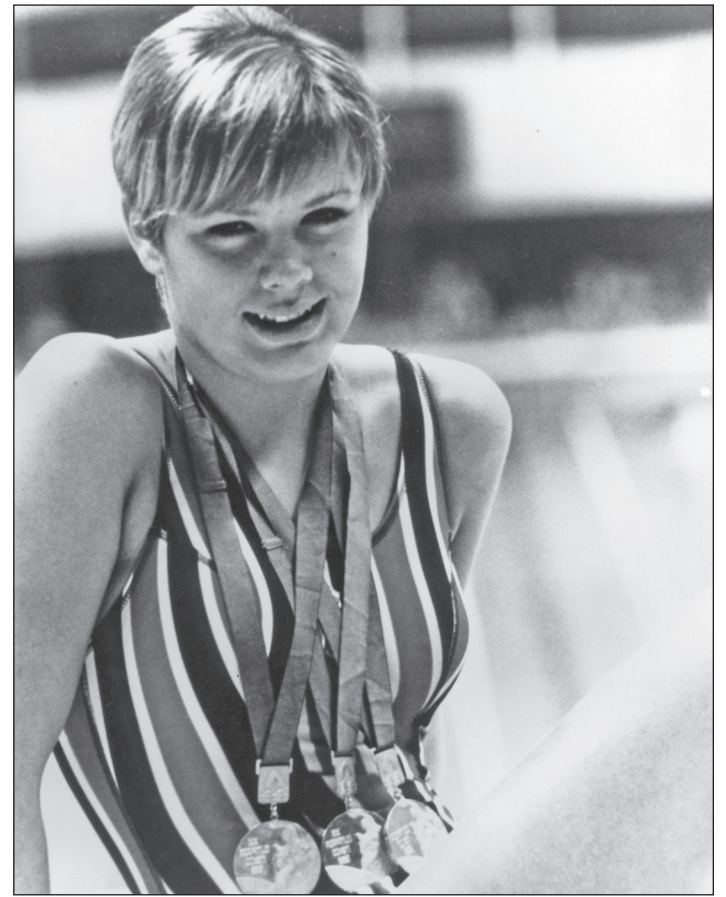
"In fact, his poster, his big poster, you know they took a picture of him and his seven gold medals was somewhat taken in such a way that he didn't really get anything out of that, because he had no idea, and it was done right there while he was still in Munich."

The aforementioned UPI article also mentions that in 1967, Meyer, as a 15-year-old swimmer, set 10 world records and 25 other American marks.

Meyer's success in 1967 included winning two gold medals in the Pan American Games.



(above left) Mark Spitz (left), who won seven gold medals at the 1972 Summer Olympics in Munich, West Germany, stands alongside his Arden Hills swimming coach, Sherman Chavoor.



(above right) Debbie Meyer is shown with her three gold medals that she won at the 1968 Summer Olympics in Mexico City.

"What the bigger impact is not only what (Spitz and Meyer) did then, which is truly phenomenal, but how a place like this can affect people's lives ongoing."

—Brett Favero

A year later, during the Summer Olympics in Mexico City, Meyer won three gold medals through her performances in the 200, 400 and 800-meter freestyle events. That feat marked the first time that a female athlete had won three individual gold medals at one Olympics.

The 5-foot-4-inch Meyer, who graduated from Rio Americano High School in 1970, also broke 24 national and 20 world records, and won 19 national championships.

Additionally, Meyer, who is now 62, once held five world records – 200, 400, 800 and 1,500-meter and 800-yard freestyle events – at the same time.

Many yellowed newspaper clippings from Spitz and Meyer's years as popular and successful swimmers were observed during research for this chapter.

In an attempt to further celebrate these glory days of Arden Hills, the following details from those clippings are presented:

The Sacramento Bee, Jan. 21, 1967: Meyer broke the American women's record in the 1,650-yard freestyle event at a meet in the Sacramento YMCA's pool at 2228 21st St. during the previous night.

The Sacramento Union, July 28, 1967: In its following day coverage of the Pan-American Games, which were being held in Winnipeg, Canada, The Union reported that Meyer had smashed the world record for the women's 400-meter freestyle event.

The Union, Aug. 21, 1967: The Associated Press reported that during the previous day, Meyer shattered the 1,500-meter world mark at the National Women's AAU Swimming Championships in Philadelphia.

The Union, April 20, 1968: Meyer, while competing in the AAU Women's Short Course Competition in Pittsburgh, broke the national records in the 200-yard (April 19) and 500-yard freestyle (April 18) events.

The Union, Aug. 21, 1968: While participating in the National AAU Swimming Championships, Spitz broke the men's 200-meter butterfly mark for the second time. And during the same meet, he bested his own world record in the 100-meter butterfly.

At that time, Spitz also held world records in the 100 and 200-meter freestyle.

The Bee, Aug. 29, 1971: During the previous evening at the National AAU Swimming Championships in Houston, Spitz won a gold medal in the 100-meter freestyle, and set world records in the 100 and 200-meter butterfly.

The Bee, Sept. 5, 1971: In a meet in Leipzig, East Germany during the previous day, Spitz broke a world record in the 200-meter freestyle event.

The meet was also a historical event, as the article notes that the competition "marked the first time an American athletic squad competed inside East Germany."

The U.S. team dominated the event, winning 24 of 28 events.

Spitz was also part of a world record breaking relay performance on the same day.

Certainly, Spitz and Meyer are best known for their Olympic achievements.

In addition to their Olympic successes and many world and national record breaking performances, Spitz and Meyer also won the prestigious Sullivan Award.

Meyer won the award in 1968 and Spitz achieved the same honor in 1972.

Brett Favero commented about the impression that Arden Hills has had on the lives of Spitz and Meyer, saying, "What the bigger impact is not only what (Spitz and Meyer) did then, which is truly phenomenal, but how a place like this can affect people's lives ongoing."



PENDING

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Mid-century character home - established location; very close to American River Parkway access and bike trail. 4 bedrooms, 3 baths, great floor plan and excellent schools. Open kitchen with island, and family room. Private backyard with gazebo and sparkling pool. \$759,000

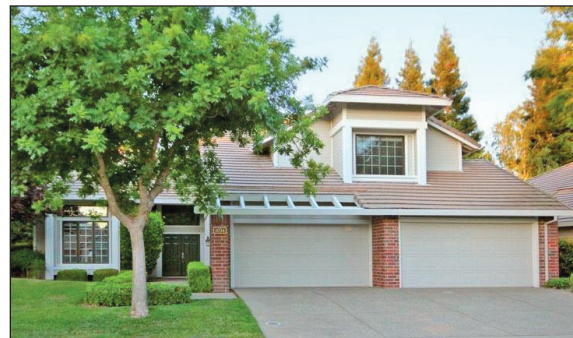
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PARS OAK CUSTOM HOME

Here is an exciting opportunity to own a quality custom built new home (built in 2014) in a gated subdivision of 15 custom homes!! High beamed ceilings, hardwood floors, fabulous gourmet kitchen, open floor plan, 3 car attached garage, .35ac lot plus every bedroom has its own bathroom!! \$1,350,000

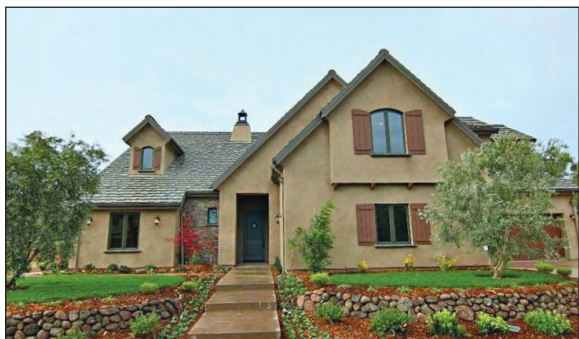
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IMMACULATE UPDATED GOLD RIVER

This home shines with fresh paint, new carpet, remodeled kitchen, master and downstairs baths. The kitchen is a cook's delight with 6-burner Dacor gas cook top, new cabinetry, quartz counters, wine refrigerator; warming oven. Remote den with adjoining bed and bath and 4-car garage! \$595,000

PATTI PRIESS 801-0579



STUNNING NEW HOME

Wow! Open floor plan 4 bedrooms, 4½ baths, hardwood floors, kitchen and family room combo, 14'-16' ceilings, plus 3 car garage. 2 suites plus office downstairs, 2 beds, 2 baths plus loft up. 2 homes have already sold in subdivision for over \$1,500,000, and 2 more lots are reserved. \$1,235,000

CARMAH HATCH 765-6210



CUSTOM BUILT FAIR OAKS

Wonderful Custom Tudor-like home with large formal living room and dining room. Very spacious open kitchen, nook and family room. 4 bedrooms (one remote with bath) and 3 full baths. 2nd floor bonus room; private yard with pool/spa and brick patio. \$725,000

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NORTHTRIDGE COUNTRY CLUB

Amazing 5 bedroom 3 bath home backs to Northridge Country Club golf course. Remodeled from the studs up. New electric, new HVAC, Acacia wood flooring, imperfect smooth walls, quartz counters in the kitchen, and imported granite in the baths. Drive your cart to the 15th fairway. \$599,000

LINDA EISENMAN 838-4338



PENDING

HUNTINGTON OAKS

Fantastic 4 bedroom home on a tree lined street. This home has a spacious floor plan with a charming fireplace, a large kitchen, a 2 car garage; and a sweet backyard that is perfect for entertaining. Located on a very quiet street and just minutes from the freeway. Simply a must see! \$275,000

TIM COLLOM 247-8048



CURRAGH DOWNS ESTATES

4 bedroom 3 bath home, 3000 square feet, among large, well-maintained homes in a quiet neighborhood. Borders American River Parkway. Spotless home with updated kitchen, lots of storage, spacious game room with full bath and access to pool. \$565,000

DAVID KIRRENE 531-7495
JERRY KIRRENE 455-1001



PENDING

CAMPUS COMMONS

Darling Campus Commons Condo, 3 bedrooms 2½ baths, great wood like flooring throughout plus new carpeting. Remodeled kitchen and baths with granite counters. Downstairs laundry area plus additional laundry upstairs. Home sits on lovely greenbelt in a wonderful location! \$295,000

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