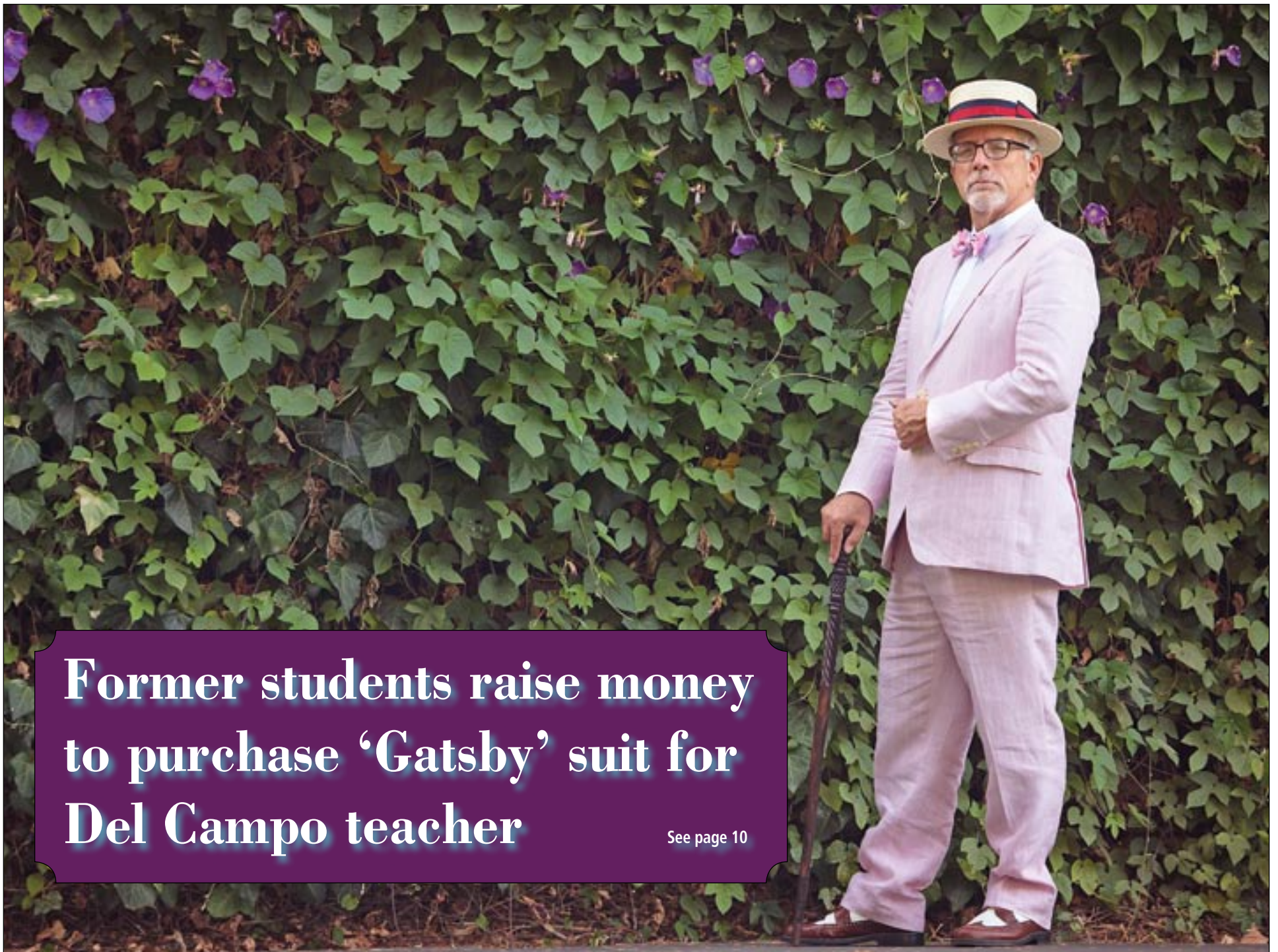


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Farmers Market supermarket chain had north area presence

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Sacramento's SPCA performed its 150,000th alteration surgery on World Spay Day

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"Library of Things" to launch at Arcade Library on March 14

Library patrons have voted and the "things" are here. Come celebrate—and check something out—on March 14. When Sacramento Public Library began planning the Library of Things last year, a key aspect of the concept was to ask patrons what "things" they wanted to be able to check out.

Library patrons have spoken. After several rounds of voting, they've tallied up the results in February and started purchasing items. Beginning March 14, you'll be

able to check out "things" including: musical instruments, both stringed and percussion instruments; games, both board games and video games; and sewing machines, one of the most popular items. To see some of the items and celebrate this new course for the library, join the Library of Things launch event, starting at 1 p.m. at the Arcade Library, which is located at 2443 Marconi Ave.

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Public invited to March 19 free program on endangered Tricolored Blackbird

The public is invited to a free program on the tricolored blackbird, one of California's most imperiled species, at the March 19 meeting of the Sacramento Audubon Society.

Dr. Robert Meese of UC Davis will explore the tricolored's field identification, natural history, and conservation status with a multimedia presentation that includes still images, videos, and digital sound files.

Drawing on 10 years of intensive research and monitoring, he'll illustrate the bird's extraordinary foraging and breeding habits, and will give recommendations for sustaining the species in the long run.

The glossy black birds with the red-and-white shoulder patches are found almost exclusively in California. With their numbers declining by 44 percent just since 2011, the State Fish & Wildlife Commission last December approved their emergency listing as an endangered species.

Audubon California recently received a \$1.1 million federal grant to try to increase their population.

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.

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Carmichael Kiwanis awards visual and performing arts grants

The Carmichael Kiwanis, in their ongoing efforts to support the Arts in the San Juan Unified School District, have awarded nearly \$10,000 in mini-grants to San Juan's Visual and Performing Arts teachers. These funds are the product of nearly 1,000 hours of local Kiwanis members' time selling See's Candies.

Awards are \$250 for a single teacher, \$500 for a grade level (multiple teachers), and \$1,000 for a school. Projects reflect creativity, innovation, and imaginative teaching and learning as they relate to the VAPA and school district initiatives, including: student voice, common core state standards, arts integration and interdisciplinary projects, 21st century learning competencies and the "Strategic Plan."

Sixteen teachers from 13 schools won the grants that included an Environmental Awareness project through the Arts Fusion program at UC Davis, arts integration in both English and mathematics, a stage curtain for Barrett Middle School and other essentials for performance and display of student work. Grant recipient schools included Oakview Elementary, Cottage Elementary, Ottomon Elementary, El Camino High School, Greer Elementary, Mira Loma High School, Bella Vista High School, Barrett Middle School, Mesa Verde High School, Del Campo High School, Del Paso Manor Elementary, Deterding Elementary, and Howe Avenue Elementary.

Grant-funded teachers will be invited to share details of their projects at an upcoming Kiwanis breakfast meeting. Congratulations to San Juan schools for prioritizing artful learning and for providing such rich experiences for students, and thank you to the many members of the local Carmichael Kiwanis Club for supporting these initiatives! For more information contact Michael Koerner at mkoerner247@aol.com or Craig Faniani at cfaniani@sanjuan.edu.

Children's bereavement art group celebrates 30 years of service

The Children's Bereavement Art Group is celebrating its 30th anniversary, providing children between the ages of 4 and 17 a safe and creative place in which to express their grief over the death of a loved one. Through this group, which is facilitated by art therapists with extensive backgrounds in childhood grief, children express their thoughts and feelings through a variety of art activities, including drawing and painting.

"We've been able to touch so many lives in the past 30 years," said Peggy Gulshen, board-certified art therapist/marriage and family therapist, CBAG program founder and coordinator. "These children, some of whom are now adults, represent the ability not only to survive a significant loss but to thrive as they reinvest in life."

To date, CBAG has provided support to more than 11,500 children and teens, and their families. The program, which began at Sutter Memorial Hospital in 1985, has a rich history of collaborative partners. The program currently is supported through community donations to Sutter Health Philanthropy. CBAG is offered at the Sutter Cancer Center and Sutter Care at Home Roseville Hospice office. CBAG also broadened its scope in 2005 to include school outreach, offering grief education to school staff and grief sessions on campus to elementary, middle and high schools in the greater Sacramento area.

CBAG will host a private celebration in April where current staff, volunteers, program donors/supporters and CBAG participants and their families will have the chance to reconnect, reminisce and reflect. For more information about the program, call 454-6555. Registration for the anniversary celebration on April 4 is available online, <http://www.checksutterfirst.org/CBAG30>

Farmers Market supermarket chain had north area presence

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part one of a two-part series about the history of the Farmers Market independent supermarket chain.

Among the early supermarket chains of the Sacramento area was Farmers Markets, which was founded by Walter Fong 65 years ago. Those markets included locations in the north area of the city.

Prior to opening the first of his Farmers Market, Walter (1903-1990) had already gained experience working in the local grocery industry.

Walter, who immigrated to the United States from China in the early 1900s, was residing in Sacramento by the early 1930s.

The 1932 city directory lists Walter as then working as a clerk at Chris' Confectionary at 620 K St.

By the following year, Walter was managing the Capital Poultry Co. at 518 I St. in Sacramento's Chinatown.

Walter spent at least two years managing that store, and, in about 1938, he began operating his own grocery store at 1600 F St.

Also assisting in that store was Stephen Fong,

who was residing with Walter above that store at 1600 1/2 F St.

The 1940 U.S. Census lists Walter as a 37-year-old grocery store manager.

Additionally, that census lists Walter's then-27-year-old cousin, David Fong, as a grocery store cashier, and recognizes his then-36-year-old wife, Yee Shee Fong, and his then-13-year-old son, Ying Fong. Walter and Yee Shee were married in China in 1927 and their son was born in that country.

It was also in 1940 when Walter became the proprietor of a second grocery store at 1400 I St. That site was vacant two years later.

Among the other workers at the F Street market were William Jang of the fruit department, and Frank Yue of the meat department.

It was also in the 1940s when Walter Fong was an owner of the North 12th Street Market at 300 N. 12th St., with Kay Fong.

During the same era, Walter also owned the Del Paso Heights Market at Park and Grand avenues in Del Paso Heights. That market, which was managed by James Lai,

See Farmer's Market, page 6



Photo by Lance Armstrong

The former Farmers Market No. 5 building still stands at the southwest corner of El Camino and Howe avenues.

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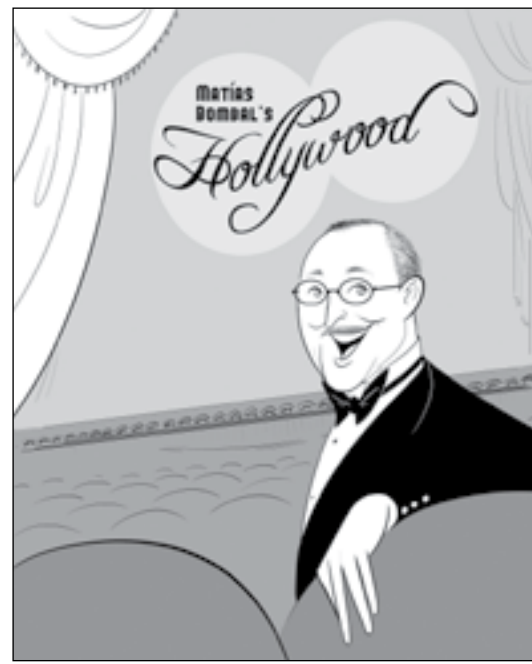
The MPAA has rated this PG

Warner Bros. brings bigger-than-life space adventure with "Jupiter Ascending", which is playing in standard presentations. It's the story of a Russian-English girl on Earth (Mila Kunis) who is targeted by a powerful intergalactic family in need of an heir.

They send a legion out to kill her, which would benefit their situation of galactic dominance, however opposing factions send a renegade warrior (Channing Tatum) to save her and bring her to her true inheritance.

This movie is a visual wow and the production design of Hugh Bateup who is famous for his work in the Matrix movies, pays tribute to many early cinema masters and styles. The mixture of spaceships and art-nouveau make for a fascinating setting for the mayhem that takes place.

Douglas Booth, Sean Bean and Eddie Redmayne also appear in the movie. Overall I was fascinated by the look of this movie, in



"This is Hollywood" illustrated by Underwood Typewriter

spite of the convoluted and rather silly plot. I remind you that film is very much a visual medium and the look and sheer size of this movie actually fascinated me and kept my attention throughout, even though there were laughable plot elements. This was eye candy and for me and great deal of fun.

Farmers Market:

Continued from page 5

was destroyed by fire on April 18, 1954.

Farmers Market No. 1

Walter, whose leadership roles also included serving as president of the California Food Dealers Association and the Sacramento Chinese Food Dealers Association, opened his first Farmers Market at 3810 Marysville Road (now Marysville Boulevard), at Grand Avenue in Del Paso Heights in 1949.

Managers at the first Farmers Market store, at separate times, included Chew Fong and Kenneth Wong.

The 1952 city directory recognizes Suey Ying as Walter's business partner in the market.

Although Farmers Market may seem like a logical name for a grocery store, one can speculate that the store took its name from a hardware store - Farmers Hardware, which was located at 3736 Marysville Road, at Grand Avenue, prior to the opening of the neighboring Farmers Market.

In about 1964, Farmers Market No. 1 was replaced by Rainbow Market, which continues to operate in the original Farmers Market building.

The Farmers Market operations would eventually grow to include many stores, some of which are summarized, as follows:

Farmers Market No. 2

A second Farmers Market store opened at 1271 West Capitol Ave. in West Sacramento on July 9, 1953.

The officials for Farmers Markets during that era were Walter Fong, president; James Y. Lau, vice president; Mark Chin, secretary; and Jack B. Fong, treasurer.

A 1959 advertisement for Farmers Market Store No. 2 recognizes the store's offerings

as groceries, meats, vegetables, frozen foods and drugs.

This store remained in business until about 1966.

Farmers Market No. 3

The third Farmers Market made its debut at 5040 Franklin Blvd., at 26th Avenue, on March 28, 1957, and remained in business until as late as 1982.

Among the people who served as managers at this store, at separate times, were Jack B. Fong, Reven G. Louie and L.A. Amnigoni.

This market continued to operate until 1981, and was replaced by Century Market No. 1 by the following year.

Today, Harvest Foods grocery store is located at the old Farmers Market No. 3 site in the Century Shopping Center.

Farmers Market No. 4

A Farmers Market store opened in the former location of a Sav-A-Lot Market at 3022 Stockton Blvd., at Broadway, in 1958. But by 1961, the site was home to Karl's Shoe Store.

Also located at this site during its post-Farmers Market years were the Disabled American Veterans, Chapter 6; Mung Sing Market; APNA Insurance Agency; and Boon Boon Café.

Farmers Market No. 5

Another Farmers Market made its debut in 1958, with the opening of Store No. 5 at 2120 El Camino Ave., at the southwest corner of El Camino and Howe avenues.

Among the managers to serve this store at different times were Kay Fong, Howie Wong, Peter Broumas and Ben Horn.

The store remained in business until about 1974.

In more recent years, the former El Camino Avenue market site was home to Sierra Copy and the present day Copier Clearance Center.

Race for the Stars to be held April 26 at Rio Americano High School

Get ready for some serious fun with the fifth annual Race for the STARS. This is your opportunity to support our children and raise money for direct-to-teacher grants funded for high quality educational projects in the San Juan schools.

The SJUSD school of your choice will receive \$10 from every adult entry fee and \$5 from every student or child entry fee. School name must be provided during registration for a donation to be given to the school.

Commemorative shirt will be given to pre-registered partici-

pants. Awards will be given to top boy and girl kids race participant. Finisher medals will be available to all kids race participants. The event also includes an awards ceremony, kids activities, refreshments, entertainers, vendors, and give-aways! Chip timing will be provided for the 5K using ChronoTrack timing courtesy of Capital Road Race Management.

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with an excellent education that enables them to be competitive in the challenging workplace of the future. Providing a child with the tools for success not only develops a strong workforce, it contributes to the strength and safety of our community. Please support education by running, walking, and collecting pledges for this day of family fun and fitness.

Rio Americano High School is located at 4540 American River Dr.

To register for the race, visit: www.raceforthestars.com/.



File photo by Monica Stark. This is a photo taken from the 2013 Race for the Stars. This year's event will take place at Rio Americano High School on Sunday, April 26.

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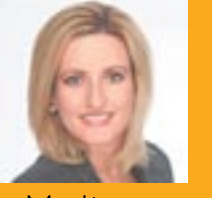
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SCHOOL NEWS

Former students raise money to purchase 'Gatsby' suit for Del Campo teacher

I hadn't gone twenty yards when I heard my name and Gatsby stepped from between two bushes into the path. [...] I could think of nothing except the luminosity of his pink suit under the moon.

F. Scott Fitzgerald's "The Great Gatsby"

It started as a joke that Jim Jordan repeated year after year in his English class at Del Campo High School.

"When you get rich, I want you to buy me a (Gatsby) suit so I can teach the book wearing it."

Jordan has worked in the San Juan Unified School District since 1978, and estimates that he has taught "The Great Gatsby" "no fewer than 50 times."

"It's the book that I've taught over and over again in my career," he said. "It's so deep; it's so rich. I learn something new every time I open those pages."

In 2013, when Baz Luhrmann's "Gatsby" film starring Leonardo DiCaprio was released, Brooks Brothers launched a Gatsby-themed clothing line. Months later, while visiting Los Angeles, Jordan ran across the suit at a Brooks Brothers store. The jacket alone was over \$700; the pants and shirt were hundreds more.

Jim Jordan in suit Even so, he was charmed, and posted the photo on Facebook. Initially, he didn't get much of a response. But when he reposted it a few months later, a handful of former students took notice.

Amy Diemer and James Chou, both 1992 Del Campo graduates who had been in Jordan's English class and on his yearbook staff, messaged one another and decided to launch a crowdfunding campaign.

"Unfortunately a teacher's salary is not enough to afford him the same duds as a bootlegging millionaire, so he needs our help," read the "Jim 'Gatsby' Jordan Endeavor" page. "The more we fund, the pinker Mr. Jordan gets."

Diemer, now a social worker who owns a geriatric care management business, said she's never forgotten Jordan's class, or his love for F. Scott Fitzgerald, and wanted to give back.

"It was not lost on any of us what a favorite of his it was - his own passion for the book," she said. "All the books we read in his classes, we got so immersed."

Chou, now a doctor of internal medicine, agreed.

"This was a teacher that's done so much for so many students," he said.

In a few weeks, the campaign raised \$1389 from more than 40 donors - former students, friends and colleagues.

"To have 40 people in your life talking about what you're doing in the classroom and celebrating it - it doesn't get any better than that," Jordan said.

He debuted the suit at a luncheon last spring, and wore it during AP testing. He took professional portraits, accessorizing with a bowtie, straw hat and cane. And now, Jordan will wear the suit each year while teaching "The Great Gatsby."

Diemer said she'll never forget seeing the first photo of him wearing the suit.

"He was so giddy. It was very sweet," she said. "What I loved about it most - there are so many people in your life that have such a profound impact that you never really thank. This was a concrete way to thank him."

And while Jay Gatsby's clothing in the novel betrays his decadence and showiness, Jordan's suit has a different meaning.

"He can physically wear our gratitude," Diemer said.



Family Night Out to feature outspoken tobacco insider

San Juan Unified is hosting a free Family Night for all ages on Thursday, March 12. The featured speaker will be Victor J. DeNoble, Ph.D.

Dr. DeNoble was recruited to develop a safer cigarette for Phillip Morris in the 1980s. Eventually, he became the first whistle-blower to testify before congress and a key witness in the federal government's investigation into the tobacco industry's research practices.

Learn firsthand from Dr. DeNoble about the new emerging products that tobacco companies are marketing to minors and participate in a discussion about marijuana and other drugs and how they affect the brain. According to the Center for Disease Control, nearly a quarter of a million youth who never had an interest in cigarettes used electronic cigarettes in 2013. Studies also show that youth who use e-cigarettes are twice as likely to become addicted and use conventional cigarettes at some point.

Light refreshments and a prize drawing for students will be provided.

When: 6:30-8 p.m. Thursday, March 12

Where: Deterding Elementary, 6000 Stanley Ave, Carmichael

Cost: Free



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Baby Boomer Dance Party to be held in Carmichael

A "Baby Boomer Dance Party" will be held at the Mission Oaks Community Center on Friday, March 13 from 7 to 9 p.m. Come dance for fun. No partners are needed. Mission Oaks Community Center is located at 4701 Gibbons Dr. For more information, call 972-0336. Tickets are \$5 online or \$6 at the door. The dance party will feature live music by the 59er Band.



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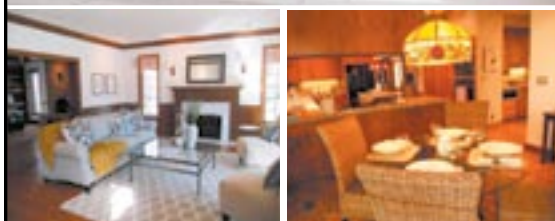


Classic Beauty in Carmichael



This custom designed home offers large living, and family rooms, with gas fireplaces. The spacious master suite has 2 large walk-in closets, & also has a gas fireplace. The updated kitchen has terra cotta tile floors, quartz counters, eat-in dining area & natural landscape view. Spacious formal dining room has a hidden wine cabinet, custom molding & wanes coating. Hardwood floors throughout. This home has 3 large bedrooms and 3 full baths with study /office. .54 acre property with spacious side/front yard and relaxing backyard.

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Sacramento's SPCA performed its 150,000th alteration surgery on World Spay Day

On Tuesday, Feb. 24, (also World Spay Day 2015) the SPCA altered its 150,000th animal through its successful spay/neuter clinic located at 6201 Florin Perkins Road.

Since the SPCA opened its clinic in 2007, SPCA surgeons have been performing these lifesaving surgeries seven days each week, sometimes altering as many as 138 animals in a day. Their work has prevented the birth of hundreds of thousands of unwanted dogs, cats and rabbits – animals that would more than likely have ended up in overburdened local animal shelters.

"Spaying and neutering dogs and cats is the simplest and most effective way of reducing pet overpopulation," says Sacramento SPCA CEO, Rick Johnson. "The goal was simple: stop the influx by expanding spay/neuter options, or the problem of homeless cats and dogs flooding local shelters would continue."

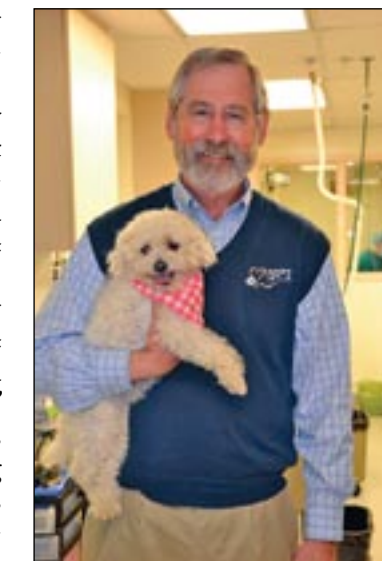
The SPCA's clinic is Northern California's largest high-quality, high-volume spay/neuter clinic. In 2014, more than 20,000 animals were altered through the clinic, including

3,226 feral cats and more than 900 pit bulls, both of which historically have appeared in high numbers in local shelters.

The 4,000-square-foot clinic has space for five spay or neuter procedures that can be done at one time. Two can be performed in each suite and one in the prep area; however, the clinic generally does two at a time. The clinic has two operating suites, a large prep area, three holding areas, plus a long hallway that is used to house feral cats in their capture cages, two welcoming rooms in the lobby, an exam room, an xray room, four office areas, a laundry room and a pharmacy.

The need for a special spay and neuter clinic is significant since cats and dogs can produce from eight to 16 babies a year, and six months later, the babies can do the same.

Aside from the relatively new spay and neuter clinic, the SSPCA has recently added a columbarium (a place for pets' cremated remains) and has plans to build a new receiving area for housing incoming cats and dogs and a full service veterinary clinic for those that financially need assistance.



Photos courtesy

Shown here is a collection of photos from World Spay Day at the SPCA.

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Faces and Places: Sacramento Steampunk Society emporium and swap meet at Great Escape Games

Photos by STEPHEN CROWLEY

The Sacramento Steampunk Society held an emporium and swap meet on Saturday, Feb. 21, at Great Escape Games on Howe Avenue. People got a chance to see what steampunk is all about and visit with an estimated dozens of vendors. The emporium was an artists' bazaar with a steampunk flair, featuring artisans selling items they have made, including costumes, jewelry, leatherwork, books, and hats.



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CALENDAR

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

MARCH

Get the facts about Medi-Cal estate recovery

March 14: The Older Women's League (OWL) Sacramento Capitol will present a special program at 11 a.m. on the Medi-Cal Estate Recovery process and low-income Californians aged 55 years and older. Special Guest Speaker Linda Nguy, a Legislative Advocate working with Western Center on Law and Poverty (WCLP) will discuss Medi-Cal Recovery in California, the ramifications for Californians aged 55 years and older who recently qualified for Medi-Cal subsidies as part of health care reform, and review SB 33 authored by Senator Ed Hernandez, O.D. (D-West Covina) that seeks to limit estate recovery. This free educational program will be located at the E.M. Hart Senior Center, 915 27th St. The State may seek to be reimbursed for benefits paid after a Medi-Cal beneficiary's death by filing a claim against the estate of an individual who was 55 years of age or older at the time he or she received Medi-Cal benefits. Although there are exceptions, it is important for Medi-Cal beneficiaries (aged 55 years and older) to have an understanding about estate claims of this type. For more information on this issue, you can attend the program on March 14th, or visit California Advocates for Nursing Home Reform (CANHR) at www.canhr.org, or call the CANHR hotline (800) 474-1116. A fact sheet developed by WCLP and CANHR is available on OWL's website at http://www.owlca.org/uploads. The program is open to all and refreshments will be served. Call OWL Cap at 832-6863 for more information, or email us at owlcap@gmail.com, or visit www.owlca.org. Like us Facebook and Follow us on Twitter.

Sacramento Library Foundation presents Authors on the Move! 2015

March 14: Join other literature - literacy-lovers at the 13th Annual Authors on the Move, Sacramento's premier literacy event presented by the Sacramento Public Library Foundation. Keynote speaker will be Daniel Handler, a.k.a. Lemony Snicket. There will be witty entertainment, a 4-course gourmet meal paired with complementary wine, and engaging table conversations with 45 California authors. There will be book sales and singings. The event will be held at the Sacramento Hyatt Regency from 5 to 9 p.m. Tickets are \$225 per person or \$1,700 for a table of eight. For ticket purchases and additional information, visit http://sacbraryfoundation.org/authors-on-the-move/

"Green For No Green Bird Outing" at beautiful Deer Creek Hills

March 14: The Sacramento Valley Conservancy celebrates Saint Patrick's Day with "Green For No Green Bird Outing" at beautiful Deer Creek Hills from 7 to 11 a.m. Explore and celebrate the color green with the Irish spirit at Deer Creek Hills for no green! This Free Bird Outing is a docent led hikes which will roam the gently rolling grassy green hills, to take in the beauty of what gifts spring will bring. The Bird outing will explore and witness the Lewis' Woodpecker activity. To celebrate this free outing cele-

brating St. Patrick's Day, the SVC asks participants to keep an eye open for the lucky four leaf clover! The outing is all ages. Register online: www.sacramentovalleyconservancy.org/calendar.asp

European Design Style Floral Bouquet Class St. Patrick's Day Theme

March 14: The class includes variety of St. Patrick's Day themed flowers, container and greens. Learn about floral design and flower care. We will provide tools. Bring your own apron. Limited class size. Need to register in advance. Class goes from 10 a.m. to 11:30 a.m. The cost is \$35-plus tax., 2400 J St. 441-1478. www.rellesflorist.com

Young guitar artists performance

March 15: The Sacramento Guitar Society presents some of northern California's talented young guitarists at California State University, Sacramento (6000 J St.), Capistrano Hall, Room 151 at 3 p.m. Donations accepted.

Embroiderers' Guild meeting

March 17: Join the Camellia Chapter, Embroiderers' Guild of America at their monthly meeting at 7 p.m. at the Arcade Library, 2443 Marconi Ave. Guests welcome. Free. 223-2751.

Music at noon free concert at Westminster Presbyterian Church

March 18: Bring your lunch and enjoy fine music. This week there will be music featuring singer/pianist/composer Lee Hoffman and Friends. Westminster Presbyterian Church is located at 1300 N St.

Clay art with Maggie Jimenez at Ella K. McClatchy Library (School Age 6-12)

March 21: Clay face mask workshop with noted artist Maggie Jimenez. Maggie will help kids make the masks and will fire them and bring them back to the branch for each child when they are finished. Registration is required for the 10 slots. Children should be between the age of 7-12. The fun starts at 2 p.m. Ella K. McClatchy Library is located at 2112 22nd St.

Woodland bird watching at Deer Creek

March 21: The beauty of Spring-time can be both seen and heard through the many bird species that call Deer Creek Hills home. Join Sacramento Valley Conservancy's Volunteer Docents for Woodland Bird watching from 7 to 11 a.m. A 4 1/2 mile walk overland on non-

trail surfaces to key birding locations can be expected. Frequent stops to observe the busy activity of foragers and soaring bird species is a part of this guided outing. White-breasted Nut Hatch will be busy as it gleans the limbs and trunks of the trees for insects under the Blue Oak canopy. Wood Peckers, Loggerhead Shrike and Red-tailed Hawk's nest can be spotted on this outing. Hushed tones, walking and stopping are the best ways to bird watch in the Oak Woodland. Wear "quiet" warm, muted earth-tone colors, sturdy boots for uneven surfaces. Cotton or wool fabrics are considered "quiet" and work great! Birding scopes, binoculars and/or cameras, are highly recommended for any birding outing. What: Blue Oak Woodland Birding
 Where: Deer Creek Hills Preserve; Who: All ages; Cost: \$10. Register online: www.sacramentovalleyconservancy.org/calendar.asp

Music at noon free concert at Westminster Presbyterian Church

March 25: Bring your lunch and enjoy fine music. This week there will be music featuring classical Guitarist Gordon Rowland and Friends. Westminster Presbyterian Church is located at 1300 N St.

Join the Food Literacy Center and Sacramento Public Library for "Terra Firma"

March 25: Celebrate Women's History Month and women's roles in the food movement this March at a free community screening of "Terra Firma." Doors open 5 p.m. at the Central branch of the library inside the Tsakopoulos Library Galleria, 828 I St. This event is free, but requires RSVP. Event is subject to capacity and availability. The film follows three female veterans as they transition back into civilian life, finding solace in farming, which also gives them a new way to serve their country by growing food for their communities. The event is part of the Food Literacy Center's Sacramento Food Film Festival, which runs March 18 to 29 at a variety of locations around Sacramento. This pioneering nonprofit has partnered with Sacramento Public Library, Farm to Fork, U.C. Davis, The World Food Center, and the Sacramento Food System Collaborative to celebrate female veterans and farmers with a night of camaraderie and discussion. The event will feature: 5 p.m.: Reception featuring appetizers made by female chefs with beverages provided by female brewers, wine-makers and coffee roasters. 6:15 p.m.: Film screening, 7:45 p.m.: Panel discussion with Sonia Kendrick, one of the stars of the film, and others.

Dusty Baker named Person of the Year 2015 event in Carmichael

March 27: The Carmichael Chamber of Commerce proudly presents "Rooting for the Home Team," honoring Carmichael Baseball Gi-

ant Dusty Baker as Person of the Year 2015 at the La Sierra Community Center, 5325 Engle Road. No host cocktails will be served at 6 p.m., followed by a three course dinner at 7 p.m. Table and event sponsorships are available. Admission is \$65 per person if reserved by March 13 or \$85 at the door. For more information, contact Linda Melody at 481-1002 or visit www.carmichaelchamber.com. A portion of proceeds to benefit the Effie Yeaw Nature Center.

Art Beast -Summer Birds- Butterfly Discoveries at McClatchy (Family/All Ages)

March 28: Celebrate Women's History Month with Art Beast! Starting at 2 p.m., there will be a reading of "Summer Birds: The Butterflies of Maria Meridian," which tells the story of one of the earliest and most influential naturalists. After listening to this story, children will make their own butterfly art. Ella K. McClatchy Library is located at 2112 22nd St.

Free Mock ACT Test at Carmichael Library

March 28: From noon to 4 p.m. take Kaplan's free Mock ACT exam at the Carmichael Library, 5605 Marconi Ave. Open to all high school students. Registration required. Come back for the follow-up test strategies seminar on Tuesday night, April 7, at 6 p.m. for your results and valuable test-taking tips. Registration is required to attend.

The Romance of Ruins Presented by Ed Sherman, CSUS Renaissance Society

March 30: A survey of those ruins that still inspire students of Western Civilization: poets, artists, philosophers, historians, etc. Fully illustrated with art and archaeological artifacts. Call 441-1015 or email scott.okamoto@eskaton.org to reserve your space today! The presentation goes from 1 to 3 p.m. at Eskaton Monroe Lodge, 3225 Freepoint Blvd.

Fall Prevention Workshop & Refresher Balance Training Class with The Fall Prevention Lady

March 30: From 10 a.m. to noon, class will concentrate on proper form, good posture, flexibility or range of motion training, strength training, and progressively challeng-

ing balance techniques. All program concepts are evidence-based. This is a great refresher for those who have taken classes with Kelly however ANYONE who is concerned about falls is welcome to attend. This class is appropriate for older adults who have experienced falls and have trouble with balance. Although some segments of the class are done while seated, participants will practice walking and stopping variations. Wear comfortable clothes and tennis shoes. Pre-registration is preferred to identify special needs or medical conditions. It is up to instructor discretion to require physician approval prior to participation in exercise class. Kelly Ward, M.S., Therapeutic Aging, Certified Fall-Proof Balance and Mobility Instructor. Class will be held at Parkside Community Church, 5700 South Land Park Dr. Preregistration and info: 821-5715. Fee \$10.

APRIL

April is Poetry Month Music at noon free concert at Westminster Presbyterian Church

April 1: Bring your lunch and enjoy fine music. This week there will be music featuring Vocal Art Ensemble; Tracia Barbieri, director. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org. Westminster Presbyterian Church is located at 1300 N St.

4th Annual Bertha Henschel Easter Egg Hunt

April 4: Starting at 10 a.m., this is a low key, neighborhood hunt put on by mamas in this group- last year we had some awesome businesses step up and help us cover the minimal expenses- if anyone wants to help sponsor or help on the committee let me know! Its is super easy and super fun!! Event features include: coffee, egg hunts for 3 and under and 4 and up, Firefly Art table, Early Engineers Lego table, Easter Bunny and face painting provided by Fancy Feet, (hopefully) Music Matt, and byo mimosa table. Nut free filled eggs donated by the sweet mamas that attend the hunt.

Calendar continued, page 18

Mission Oaks Community Center
Evening TRAVEL SHOW
Wednesday April 15, 5:30pm
 Looking for Adventure? Join us!
 EASY Group Travel
 Designed for Adventurers who are newly retired or "still working but ready to travel."
6041 Sunrise Mall
CITRUS HEIGHTS, CA
INSIDE SUNRISE MALL NEXT TO MACY'S MEN'S STORE
4701 Gibbons Dr., Carmichael * 972-0336

ANNUAL SPRING USED BOOK SALE

THOUSANDS OF GENTLY USED BOOKS IN OVER 40 CATEGORIES! FIND A GOOD READ AND HELP ANIMALS IN NEED!

MARCH 21-29, 2015

MONDAY-SATURDAY 10:00 AM TO 6:00 PM
 SUNDAY 11:00AM TO 5:00PM

REDUCE, REUSE, RECYCLE.
 GO GREEN. BRING YOUR OWN BAG.

SUNRISE MALL 6041 SUNRISE MALL
 CITRUS HEIGHTS, CA
 INSIDE SUNRISE MALL NEXT TO MACY'S MEN'S STORE
 SACRAMENTO AREA'S LONGEST RUNNING CHARITY USED BOOK SALE

CALENDAR

Continued from page 17

Fairytale Town to hold a 'Spring Eggstravaganza'

April 4 and 5: From 10 a.m. to 3 p.m. on Saturday and Sunday, this fun-filled family weekend features egg hunts, prizes, spring-themed hands-on activities and visits with Peter Cottontail. Daily egg hunts are held promptly at noon, 1 and 2 p.m. Hunt areas are separated by age group: 0-3 years, 4-6 years, and 7-12 years. Magical Moonshine Theatre will perform "Tales of Br'er Rabbit" in the Children's Theater at 12:30, 1:30 and 2:30 p.m. Theater tickets are \$2 for non-members and \$1 for members. Spring Eggstravaganza is free with paid park admission. Weekend admission is \$5.50 for adults and children ages 2 and older. Children ages 1 and under are free. For more information, visit fairytaletown.org or call 808-7462. Sponsored by Extra Self Storage. Fairytale Town is located at 3901 Land Park Dr.

Theater Performance: "Tales of Br'er Rabbit"

April 4 and 5: Magical Moonshine Theatre brings the traditional African American tales of Br'er Rabbit to life with humor, large table-top puppets, a live banjo and singing during three afternoon shows, 12:30, 1:30 and at 2:30 p.m. Br'er Rabbit may be small, but he has his wits. That doesn't keep him out of trouble, but does tend to get him out of it, once he gets into it. When he comes up against the likes of Br'er Fox and Br'er Bear, it turns out they are no match for the clever rabbit. Tickets are \$2 for non-members in addition to park admission, and \$1 for members. For more information, visit fairytaletown.org or call 808-7462. Sponsored by ScholarShare College Savings Plan. Fairytale Town is located at 3901 Land Park Dr.

Lunch and wine social at Casa Garden Restaurant

April 7: Lunch and "Wine Social" with red and white wine sips offered by Kar-

mere Vineyards and Winery from Plymouth paired with Casa hors d'oeuvres at 11:30 a.m. (one seating only). Casa Garden Restaurant, 2760 Sutterville Road. Entree choices: Three-Cheese Garden Lasagne or Tortellini and Spinach Salad; dessert: Almond Cake Framboise -- \$24 per person, includes tax and gratuity. Reservations a must, open seating -- call 452-2809. Proceeds benefit the Sacramento Children's Home.

Music at noon free concert at Westminster Presbyterian Church

April 8: Bring your lunch and enjoy fine music. This week there will be music featuring Camellia City Flute Choir; Marty Melicharek, director. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org. Westminster Presbyterian Church is located at 1300 N St.

Root Cellar Genealogical Society membership meeting

April 9: From 7 to 8:30 p.m., the Christ Community Church, 5025 Manzanita Ave., will present a program, presented by Melinda Herzog Landrith, titled "Cemeteries in the Mother Lode." There will be a pre-meeting from 6:15 to 7 p.m.

Deadline for scholarships for Sacramento Youth Symphony

April 10: Attention all oboe, bassoon, string bass, and brass players! The award-winning Sacramento Youth Symphony is now offering several merit-based scholarships to new SYS members who audition on select instruments and are placed in the Premier Orchestra or the Symphonic Winds Ensemble. Deadline to apply for a scholarship is April 10. Visit us online at www.sacramento-youthsymphony.org or call Robert at 731-5777 for details.

Sutterville Elementary School rummage sale

April 11: Sutterville Elementary School is in need of your help. They are looking for gently used items to sell at their annual rummage sale. You can drop off items at the school on Friday, April 10 from 2 to 8 p.m. Sutterville Elementary is located at 4967 Monterey Way. The rummage sale is set for Saturday, April 11 from 8 a.m. to 2 p.m. Proceeds will go towards the school's music program.

MEGA Family Expo

April 11: Don't miss out on the largest free mega family event of the year from 11 a.m. to 4 p.m. at the Elks Lodge, 6446 Riverside Blvd. The event will include a bounce house, face painting, games, vendors, free prizes, talent show, shopping, resource, entertainment and food. There will be appearances from Disney characters and super heroes.

E-Waste Fundraising Event for JFK Class of 2016 and 2017

April 11: An e-waste fundraising event for the John F. Kennedy High School Class of 2016 and 2017 will be held at the high school, 6715 Gloria Dr. from 9 a.m. to 1 p.m.

Guided Sunset Equestrian Ride (must provide your own horse)

April 11: The Sacramento Valley Conservancy invites you to saddle up for a sunset guided Equestrian ride at Deer Creek Hills from 4 to 8 p.m. Riders and horses alike, will explore the preserves 4400+ acres of open space in the late afternoon light. Views of the sun setting from eastern Sacramento County foothills will be enjoyed by those attending. This is suitable for only intermediate and advanced riders and not suggested for novice riders. All public outings are Docent led, traveling this working cattle ranch. Approximate ride time, two and a half hours. Ride through open country over a variety of terrain, including water crossings, climbing and descending hills. Horses should be accustomed to riding in groups and in open fields. Most groups are from ten to twenty people in size, and travel at a walk. Deep shadows and rich colors will embrace those traveling the Blue Oak Woodland hills. The sun is scheduled to set at 7:39pm and arriving back to truck and trailer will be in complete darkness - don't forget to pack a headlamp or flashlight! Take in the evening's stillness to Sacramento's largest open space preserve is a very unique experience attend. The outing is good for ages 16 years old and older. Cost for the ride is \$20. Register online: www.sacramentovalleyconservancy.org/calendar.asp

Free SAT class at the Central Library

April 11: Practice for the SAT with a real SAT test under real test conditions - just as if you were taking the actual SAT. Kaplan Test Prep will administer the practice test. The SAT practice test is open to all high school students. Registration is required to attend., 8:30 a.m. to 1 p.m. 828 I St.

Sacramento Guitar Society to hold fundraising concert

April 12: The Sacramento Guitar Society presents Eliot Fisk, a true icon in classical guitar. Fisk is known worldwide as a charismatic performer famed for his adventurous and virtuosic repertoire. The concert will be on Sunday, April 12, at 3 p.m. at the First United Methodist Church at 21st and J streets. Tickets are available on BrownPaperTickets.com. See www.SacramentoGuitarSociety.org for details. Cost for students is \$10, general seating is \$20, premium seating is \$30.

Library Week during Poetry Month

celebrated with reads at McClatchy Library April 12-18 is Library Week, one week during Poetry Month that is dedicated to libraries. In conjunction with both, the Ella K. McClatchy Library is scheduling a poetry reading on April 18 from 2 to 4 p.m. with poets: Victoria Dalkey and Ann Menebroker (both local, notable published authors, and friends) who will read selections from their respective work. Ella K. McClatchy Library is located at 2112 22nd St.

Exciting New World of Implant Supported Dentures

• Has the Security Of a Fixed Bridge!



• Easier to Maintain Good Oral Hygiene

There are millions of people in the US who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or ill-fitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue, and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off, and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an ill fitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing tooth.



Now there is a solution to these issues: Implants with "Snap On" Dentures!

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

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COLDWELL BANKER

Spring Craft Fair

Saturday,
March 21, 2015
9am - 3pm

Mission Oaks Community Center
4701 Gibbons Drive,
Carmichael, CA 95608
972-0336 MORPD.com

Parks Make Life Better!

- EVENT LISTING SECTION -

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.
Call (916) 429-9901 for rates.

Spring Arts & Crafts Fling
Artists & Crafters Welcome!

Saturday, March 28, 2015
9 a.m. to 3 p.m.

Elks Lodge No. 6
6446 Riverside Blvd.
Sacramento, CA 95831

Save the Date!!!
SPRING CRAFT FAIRE

Saturday, March 21, 2015
9 a.m. to 3 p.m.

Mission Oaks Community Center
4701 Gibbons Drive
Carmichael

972-0336

Lunch & "Wine Social"
Tuesday, April 7- 11:30 a.m.

Entree choices:
Three-Cheese Garden Lasagne,
Tortellini or Spinach Salad
Dessert: Almond Cake Framboise

Casa Garden Restaurant
2760 Sutterville Rd. Sacto
\$24 per person, includes tax & gratuity.
Reservations a must, (916) 452-2809
Proceeds benefit the
Sacramento Children's Home.

CALL AND PLACE YOUR EVENT TODAY!

(916) 429-9901



STUNNING GOLD RIVER

Spacious rooms, lots of windows, very open and bright. 3 bedrooms downstairs, each with its own bath, and private master suite with loft (ideal for office). Large open family room and kitchen provides great space for gatherings! 4-car garage, well landscaped backyard. \$719,000

PATTI PRIESS 801-0579



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

PATTY BAETA 806-7761



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



NORTHRIDGE 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. \$579,000

LINDA EISENMAN 838-4338



PENDING

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



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

BEAUTIFUL MODERN HOME

Strenuous style home on American River Drive. Open concept with large dining area, living room, and built-in entertainment center, and gas fireplace. Private master suite, and 2 additional bedrooms with a full bath and laundry room. The private backyard, large patio and BBQ center. \$585,000

CHRIS BALESTRERI 996-2244



SOLD

SIERRA OAKS AT ITS BEST

Ideal court location in desirable Sierra Oaks! Enjoy views of lush outdoor spaces through wonderful custom windows. Luxurious master suite with remodeled bathroom, large walk-in closet with organizers. Remote 4th bedroom and bath, could be home office, gym, guest suite. Lovely pool. \$969,000

JAY FEAGLES 204-7756



PENDING

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

CARMAH HATCH 765-6210

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