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Sacramento State calls on campus community including alumni, to wear green and gold on Thursdays

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Self defense for everyday living in the Arden area

By NORA FINCH

I think many of us have experienced some sort of confrontation that has made us feel uneasy. Be it with a family member, a friend, a boyfriend, husband or authority figure. Some of us may look back and wished we reacted a different way, and feel that maybe the outcome would have changed. Maybe, maybe not. But I think learning some basic physical defense skills for these situations can help us prepare ourselves before and even during the confrontations.

As confrontations do occur in the world around us on a daily basis, it seems to be just a part of life and living in a world with others in it. While many would like to resolve things peacefully, that doesn't always happen; and that's why I think learning the self defense mentality is so important not just for unsafe situations but also in everyday living.

So what do the words self defense mean? This is what I have gathered that I feel most accurately defines it.

"Anything we think, say, or do to increase our physical, mental, and emotional safety."

It is the thinking and behavior of self defense to be assertive, and in my opinion is a great way of looking at the one of the biggest reasons to enforce limits and boundaries with others. And that is, to protect oneself, by looking out for oneself.

So as far as our community goes, I've seen a couple businesses in the Sacramento area in regards to offering self defense but nothing like I've seen at the gym located off Exposition Boulevard. It's called King Krav Maga. It's a fight-fit based training school that teaches its students about the Israeli Close Combat System that has been taught to the Israeli military since the 1930s. While the techniques can be complex, the basics can still be learned in a short amount of time (as little as a month), giving the student enough confidence to learn a basic "groin kick." While some students enjoy perfecting techniques and combinations for long term fitness goals, Krav can be viewed as a martial arts and not self defense. But with that being said, the overall goal and intent of the classes is to help empower others as well as feel safe in their daily lives.

The most recent development in the school is the launch of their all women's classes taught by lead female instructor Roxanne Matthews. Roxanne grew up in a very dysfunctional home she admits, with all sorts of abuse; so becoming a Self Defense Instructor was something she could completely relate to. Growing up she knew she was meant to do big things, but she really didn't know what. She skimmed over ideas of being a lawyer and a doctor, and neither clicked until she discovered Krav Maga.

In the past, she has had many confrontations with people she has known, and when asked what she would have known then, she says "I wish I knew it was okay to defend myself no matter who it is. Learning Krav Maga has helped me feel like I can stand up for myself because I feel more confident I can actually, physically defend myself.

Being able to defend oneself goes beyond just learning the physical moves, we know this.

Awareness, verbal assertiveness training, and channeling your fear are just a few of the components that are also integrated into the classes. Roxanne and the King Krav Maga team promise that you will leave their classes fit and more confident with new found abilities in defining your personal space mentally, verbally, as well as physically. Beneficial traits for life, I think.

Here are three ways to make yourself an ultimate weapon in everyday living:

- 1) Stay aware
- 2) Assert your space through voice, body language
- 3) React

Classes are Mondays at 10 a.m., Thursdays at 9:30 a.m. and Fridays at 6:30 p.m. Ten class cards are available as well as drop ins.

Nora Finch is an Empowerment Educator at King Krav Maga. She is Instructor Assist to Roxanne in the All Women's Class. She specializes in teaching women and teens how to speak their mind assertively with kindness first, as well as teaching them how to physically defend themselves.

King Krav Maga and Fitness is located at 1805 Tribute Road.



"I hate the IRS! Why can't they make filing taxes easier, just once!?"

Dear Procrastinator,

I know you've got enough stuff going on in your life that it's a real pain to have to deal with filing your taxes right now. Your job...your kids...where you live...even your car can give you unwanted problems this time of year.

And the pressure of worrying about the IRS and filing your tax return due in a few days can take its toll...causing ulcers, eating at your stomach, day after day. Heck, dealing with Uncle Sam can be much worse than a "pain in your gut" or a broken down car. Financial misfortune can suck the life out of all the fun things you like to do. Having that "Black Tax Cloud" over you can really put a damper on life.

Did you know Congress has passed 441 new (and very confusing) tax laws for this year alone?

Yes, filling out an ACCURATE tax return is harder than ever these days. Sure, some people will try and just "do it themselves" no matter how complicated their taxes get...then send the forms to the IRS and hope for the best.

Can You Say IRS Audit?

You might consider taking a similar approach-something like an ostrich might do...a big bird putting its head in the sand, hoping no one will see it- or in your case, "being a taxpayer mailing in a questionable form, hoping the IRS doesn't look at YOUR tax return"... or worse, having one of these pesky IRS agents actually call you up for a face-to-face meeting so he can go over your tax return personally with you- line by line. Ugh...

Well, a friend of mine named Lisa had this happen to her ALREADY this year. The IRS agent called and asked to meet within a week to review the documentation behind 16 different line items on her families' tax return. Initially, she was scared... but then realized, "I've got nothing to worry about."

Fast Tax Services and A "PEACE OF MIND ACCURACY GUARANTEE"

Hi... My name is Mike Ornelas, Manager at Ornelas & Ornelas- and my friend Lisa (in the story above) filed her taxes with us. So why do Lisa and over 500 other people each year trust Ornelas & Ornelas to help them deal with the IRS?

Simple. At Ornelas & Ornelas,, not only do we promise to give you the Biggest and Fastest Tax Refund On The Planet...we offer GUARANTEED PEACE OF MIND when filing your taxes with the IRS, so you can sleep like a baby this, and every year, never worrying about Uncle Sam!

Special Offer: PROCRASTINATORS ONLY!

Because I know what it's like to "procrastinate" (we all procrastinate the stuff we don't want to deal with from time to time), I want to extend a special offer for all those folks sitting here reading this flier who have NOT yet filed their taxes this year!

WARNING!!!

If You STILL Have Not Filed Your Taxes, Read This Now!

If you have waited 'til the "Last Minute" to file your taxes, chances are very good you need help dealing with the IRS. And at Ornelas & Ornelas, we just want to say it's OK.

Just bring in all your tax info to our office and if you do so by Wednesday April 1st, I'll give you an unheard of \$29 DISCOUNT off any tax service!

Now let me just say right now. No other professional tax firm in the area will offer you, the taxpayer who has waited until now to file their tax return, a discount. Truth be told (and I'm not going to name any names here), but some national tax franchises actually raise their tax preparation prices in April to penalize those of you who have waited to the end of tax season to file with the IRS!

So why are we at Ornelas & Ornelas giving out a special discount on any tax service? Again this is simple. We want to give all those folks who have been "sitting on the fence" so to speak, not sure if they should use a professional tax practitioner to help them with the IRS-and offer them the experience of putting the "tax monkey" on our back for a change...getting a professional to get YOU all of YOUR hard-earned money back from Uncle Sam- in your hands where it belongs- AND DO SO FASTER THAN ANY OTHER TAX FIRM IN THE AREA-GUARANTEED!

DON'T PAY WITH HARD-EARNED MONEY UP FRONT!

If you don't have the money in your pocket to cover the cost of any of our quick refund and tax services-that's OK. We can take all the fees that will apply to the service you get and automatically take them out of your refund check- SO YOU DON'T HAVE TO PAY ANY MONEY UP FRONT FOR OUR SERVICES! This is obviously great news for you since I know money is tight this time of year. So don't worry about how you'll have to pay for what you want.

What Other Ornelas & Ornelas Clients Are Saying:
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2. "Worry -Free, Peace Of Mind ACCURACY GUARANTEE"
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4. "No-Money-Paid-Up-Front Electronic Filing Services"
5. CASH Rewards For Referring Your Friends
6. "No -Wait-Express-Drop-Off" Services (48 hour turn around)
7. FREE Professional Online Tax Advice (www.Sacramento-Tax.com)

"You have been my tax adviser almost as long as I have been in Sacramento and of course I stay with you because I trust your services. You always remind me of possibilities for deductions. I feel well taken care of."
Vibeke Hansen

Jim has done my taxes for around 20 years. He is very knowledgeable and easy to work with. I appreciate being able to trust him with my taxes. I have always been happy with his work and have not had any problems with the IRS. It is very convenient having someone who is familiar with my financial situation. Thanks for all the good work."
Louie Yaw

Do This Right Now!

Pick up the phone and call our office (see phone number on coupon) so we can answer any questions you might have. Or, if you want to come on down now, that's fine. No appointment is necessary. We're open from 9am to 7pm. Since 1995, we have been helping people like you sleep better after filing their taxes with Uncle Sam. This year, you can join The Ornelas & Ornelas Family, too. (Our "Last Minute Tax Filing Procrastinator" Discount Coupon is waiting for you below.) See you before Wednesday April 1st!

Sincerely,

Mike Ornelas
Manager, Ornelas & Ornelas

P.S. **FREE MONEY For Talking?** Oh, yes! Tell your friends, neighbors and family about us using our "We Send You Cash" Refer -A-Friend Program and getting FREE MONEY is like a dream come true. Getting handed CASH for Free has never been so simple!

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An Evening of Comedy!: Arden area event to benefit numerous nonprofit organizations

On Tuesday, April 7 at 7 p.m., Paul Mitchell School Sacramento presents: "An Evening of Comedy" with comedian Johnny Taylor and friends at the Punchline Sacramento (2100 Arden Way).

Johnny Taylor is one of the fastest rising stand-up comics in Sacramento and has opened up for greats like Robin Williams and Bob Goldthwait. He released his first comedy album, "Tangled Up in Plaid," on September 2014 to rave reviews. Taylor will perform with fellow comedians, Emma Haney, Daniel Humbarger, and Alfonso Portela.

One hundred percent of the proceeds will benefit the Paul Mitchell FUNRaising 2015 Campaign. Paul Mitchell Schools kicked off their 12th Annual FUNraising Campaign and Schools will spend the months of February through April raising money for charitable organizations. Their goal: \$2.5 million.

In 2014, the schools raised a \$2.1 million, bringing their 11-year total to over \$13.4 million. This year, they've set their sights on the \$2.5 million mark, to benefit 11 organizations: Children's Miracle Network Hospitals, (Donny and Marie Osmond), Morris Animal Foundation (Betty White), Fran Drescher's Cancer Schmancer Foundation, Magic Johnson Foundation, Gary Sinise Foundation, No Limits, Food 4 Africa (John Paul DeJoria), Habitat for Humanity, TheThirst Project, CAST (Coalition to Abolish Slavery and Trafficking), and Andrew Gomez Dream Foundation.

Tickets are \$20. For more information, call 646-3523.



Johnny Taylor

Photo courtesy



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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>

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Annual Wildlife Care classes open for volunteers to assist mother nature

The Wildlife Care Association provides an essential service in Sacramento & Yolo Counties helping recover, heal and release small animals and birds injured in our human world. Based at 5211 Patrol Road, McClellan Park, the local non-profit depends on private donation and is powered by volunteers who care.

Orientation for facility volunteers takes place every Saturday through April from 1-3pm. This class is free to new volunteers. These volunteers will help with animal intake, first aid, and animal feeding, maintain and operate the non-profit facility. Email - wca_volunteers@yahoo.com to register.

Classes for home rehabilitation volunteers and wildlife care begin Sunday, April 19 from 1-3 p.m. with Microscopes! 'Rehab' classes continue each month thru August.

Upcoming classes include: zoonotics, opossums, raccoons, raptors and reptiles. Learn the care and feeding of wildlife! If you are not a current volunteer or not a current member of the WCA, classes are \$20 and are a tax-deductible donation to Wildlife Care. Register online at wcarehabilitation@yahoo.com Space



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The Crossword

by Margie E. Burke

1	2	3	4	5	6	7	8	9	10	11	12	13	14
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64									65				

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- ACROSS**
- Old-style road covering
 - Rile up
 - Reach, as a goal
 - 1 is one
 - Flipped (through)
 - Snack bar?
 - Pants feature
 - Platinumlike metal
 - Rehab candidate
 - Secure
 - Chromosome component
 - Messy one
 - Hypnotic state
 - Klutz's cry
 - Buck's partner
 - Pincered bug
 - Climbing plant
 - Throne, so to speak
 - Shepherd sitter?
 - Action movie prop
 - Geometric measure
 - Workout target
 - Within reach
 - Social outing
 - Unabridged
 - "Days of ___ Lives"
 - Pull a ___ (cheat)
 - Used to be
 - News article
 - Word before "shop" or "gun"
 - Fill beyond full
- DOWN**
- School subj.
 - Tylenol target
 - Pal
 - Ultimate goal
 - Ledger entry
 - Sidestep
 - Go-between
 - Chest pain
 - Wise advisor
 - Mosque leader
 - Decimal base
 - Came up
 - Prey grabber
 - Make merry
 - Very serious
 - Failure to appear
 - Apropos
 - Puppet material
 - Folk wisdom
 - Ready for business
 - Night sight
 - Smartphone feature, briefly
 - Big name in PC's
 - Became frayed
 - Notion
 - Toothed wheel
 - Fairytale legume
 - Purchasing person
 - Lady's man
 - Evening prayer
 - Divine for water
 - Hearing-related
 - Overused
 - Pointless
 - Verso's opposite
 - Accomplishment
 - Sedan or coupe
 - Flag waver?
 - Pot starter
 - Soothsayer
 - Facial twitch
 - That girl

See Solution, page 17

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Fulton-El Camino Park Police partners with Nextdoor

Fulton-El Camino Recreation and Park District Park Police (Fulton-El Camino Park Police) announced today a partnership with Nextdoor (www.nextdoor.com), the free and private social network for neighborhoods, to build stronger, safer communities with the help of residents.

This integration with Nextdoor will enable the Fulton-El Camino Park Police to communicate online with Sacramento City and County neighborhoods. Residents and Fulton-El Camino Park Police will be able to work together to increase safety and strengthen virtual park watch.

"With Nextdoor, we can help empower neighbors to keep their neighborhoods safe and connected and give them the ability to collaborate on virtual park watch efforts. Having the ability to easily communicate with residents is extremely vital to not only maintaining, but also increasing safety and reducing crime within our communities." Said Chief of Police Bob Erickson. "This partnership with Nextdoor gives neighbors an easy way to not only get to know each other, but develop stronger relationships with their local Park Police. We believe that building trust and constant communication channels will lead to stronger and safer neighborhoods," said Mike Grace, General Manager for Fulton-El Camino Recreation and Park District.

Nextdoor has proven to be an essential and well-adopted tool, both locally in Sacramento City and County as well as nationally, with

one-in-four neighborhoods using Nextdoor across the country.

With Nextdoor, Sacramento residents can create private neighborhood websites to share information, including neighborhood public safety issues, community events and activities, local services, and even lost pets.

The Fulton-El Camino Park Police will be able to share helpful information with Nextdoor members, such as important crime alerts, emergency notifications, safety precautions and tips, details for events and crime watch meetings, and updates on activity affecting the local area to Nextdoor websites within Sacramento. However, the Fulton-El Camino Park Police will not be able to access residents' websites, contact information, or content.

Nextdoor is free for residents and the Fulton-El Camino Park Police. Each Sacramento neighborhood has its own private Nextdoor neighborhood website, accessible only to residents of that neighborhood. Neighborhoods establish and self-manage their own Nextdoor website. All members must verify that they live within the neighborhood before joining Nextdoor. Information shared on Nextdoor is password-protected and cannot be accessed by Google or other search engines.

Those interested in joining their neighborhood's Nextdoor website can visit www.nextdoor.com and enter their address. If residents have questions about their Nextdoor website, please visit help.nextdoor.com.

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...especially if you host monthly events!
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Singing for joy, community and musical excellence

The Sacramento Women's Chorus (SWC) is making a difference, one song at a time. They are committed to creating an entertaining and enjoyable experience for their audience. Please plan to attend their spring concert and join in the fun!

The SWC spring concert, "We Can Do It" is scheduled for Saturday, April 25 at 7p.m. at St. Mark's United Methodist Church, 2391 St. Mark's Way. The concert will feature songs with messages of empowerment for all people and a guest appearance by "Sister Swing", a local swing vocal group. Adults and children are invited to attend.

The SWC is a singing sisterhood of members from all walks of life. They share a love of singing together, pushing boundaries to achieve musical excellence and a commitment to social justice through their songs and in their personal lives. SWC has been an active community chorus since 1989. They impact the Sacramento community in a positive way through their vibrant joy and a desire to encourage and uplift everyone who hears their music. Over the past 25 years, they have grown from 12 singers to more than 60. As a nonprofit organization, the SWC contributes to the community and benefits local charities through concerts and events. Their annual 2014 Holiday Concert was dedicated to assisting Maryhouse, which provides services for women and children. They collected warm clothing and donated a portion of the concert earnings to Maryhouse.

SWC offers a unique voice to the Sacramento area arts community through its spring and fall concerts, a winter holiday concert, and numerous appearances through the year. They welcome invitations to perform for events, from charity galas to private celebrations. Their performances are animated and they like to have fun! They encourage laughter and the engagement of their audiences. Contact the SWC through their website at www.sacramentowomenschorus.com to book them for an event.



The Sacramento Women's Chorus is shown here singing at the Harris Center.

Photo by Mike Fortunato

Throughout the year, new members are invited to special open house orientations where they can take the first step toward learning about the SWC. Women of all ethnicities, cultures, stages of life, physical abilities, and sexual orientations are welcomed and invited to join the chorus. They create a welcoming, supportive and fun environment for their members. If you are an adult woman who loves to sing and are looking for a place to share the joy of music, go to the SWC website to learn more. Browse through the website, listen to a

few of their songs, read about their mission and music, and check out the Calendar for upcoming events.

Concert details: "We Can Do It" is scheduled for Saturday, April 25 at 7 p.m. at St. Mark's United Methodist Church, located off Watt Avenue and Butano behind the Country Club Shopping Center. Tickets are \$20 general admission and \$15 senior/under 12. Tickets are available online or at the door. To learn more about the SWC or to buy tickets, go to www.sacramentowomenschorus.com.



Sacramento State calls on campus community – including alumni – to wear green and gold on Thursdays

By MONICA STARK
editor@valcomnews.com

Students in Professor Tim Howard's public relations planning and management classes are launching a "spirit campaign" to encourage students, faculty, staff, administration, alumni and university supporters to wear green and gold every Thursday to demonstrate school pride. Students are hoping that by increasing Sacramento State pride, there will be a boost in the school's visibility locally and nationally. Additionally, they hope a little more school spirit will help add value to the degrees the students earn.

In an interview with this publication, student Kristy Collins said the idea of the campaign was introduced

to her class by Mr. Howard. She described more in depth about this campaign, as follows: "A majority of the students in this class are graduating seniors. Every semester this particular class takes on a new campaign. The idea for the campaigns is introduced by Professor Howard and then is up to the entire class to run it."

"Our class is divided into five groups – traditional media, social media, internal outreach, external outreach, and research. Although we are in separate groups we coordinate with one another. This class really allows students to have a hands on experience to what it is like to work on a real public relations campaign."

Describing the current level of Hornet buzz, Kristy said, "school spirit has been more than I have seen this semester. I think people on campus have

shown more spirit because our men and women's basketball teams have been doing very well."

In Kristi's opinion, school spirit is needed in order for everyone to feel included and part of a community. "I think that showing spirit shows pride for your school. I personally am proud to attend Sacramento State and want to show that pride," she said.

So, go Hornets! Wear green and gold every Thursday, and help CSUS build the campus they deserve. Remember, their vision is not just for students on campus to participate, but for alumni, faculty, and the surrounding community; so, share your picture on Instagram and Twitter with the name @sacstatement to help spread the word. Students have been using #sacstatement as the hashtag of choice.

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Farmers Market supermarkets experienced much success

By LANCE ARMSTRONG
Lance@valcomnews.com

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

Among the most successful supermarket chains to have had a presence in the north area of the city was the Farmers Market chain, which was founded by the late Chinese immigrant Walter Fong.

As mentioned in the previous article of this two-part series, Fong, who immigrated to the United States in the early 1900s, began operating a grocery store in downtown Sacramento in the late 1930s.

The first Farmers Market opened at 3810 Marysville Road (now Marysville Boulevard), at Grand Avenue in Del Paso Heights in 1949.

That store, as well as the next four Farmers Market locations, was briefly summarized in the first article of this series.

Details about several other Farmers Market stores are presented, as follows:

Farmers Market No. 6

Farmers Market No. 6 opened at 6015 Watt Ave. in North Highlands in about 1961 and remained in operation until about 1982.

The first manager of the store was Albert C. Lew. Jimmy Yee was another one of the store's managers.

Presently, the North Highlands Community Health Center operates in the old grocery store building.

Farmers Market No. 7

The seventh store of the Farmers Market chain opened at 4911 47th Ave. in about 1961.

James Lim was an early manager of this store, which remained in business until about 1982. Johnny Fong and Stanley Yee were also among the store's managers.

Today, the site is home to the Calvary Evangelism Center, which began its history as the Emmanuel Pentecostal Church at 1418 8th Ave. in 1940.

Farmers Market No. 8

A Farmers Market at 4200 Arden Way, at Eastern Avenue, first opened its doors to the public in 1961.

An early manager of the store was George Yee, who resided with his wife, Virginia, at 915 U St.

Farmers Market No. 8 remained in business until about 1965, when it was replaced by a store of the Holiday Market grocery store chain. The first manager of that Holiday Market store site was Kenneth G. Derryberry.

The Holiday Market on Arden Way was replaced by Pantry Market, and its accompanying Slim Trim Bakery, in about 1979.

Presently, the site is home to Walgreens Store #4170.

Farmers Market No. 9

The ninth store of the Farmers Market chain opened at 5920 Madison Ave., one block north of Marconi Avenue, in Carmichael in about 1963.

The first manager of that store was Leon A. Quinn. He was succeeded in that position about a year later by Paul Lee.

Earl Joe later served as the store's manager.

Farmers Market Store No. 9 closed in about 1977, and the site has been home to Beck's Furniture since 1978.



The original Farmers Market building at 3810 Marysville Blvd. has housed Rainbow Market since about 1964.

Photo by Lance Armstrong

Farmers Market No. 11

Rancho Cordova received its own Farmers Market with the opening of Store No. 11 at 10665 Coloma Road in about 1966.

That store remained open until about 1982, and the site was home to the Rancho Cordova Neighborhood Center for many years.

Farmers Market No. 12

It was also in about 1966 when a Farmers Market opened at 1601 West Capitol Ave. in West Sacramento. The store remained in business until 1984.

Among that store's managers were Ed Jong and James G. Louie.

The Sacramento Bee, in its Nov. 5, 1984 edition, notes: "Raley's has opened a new superstore at 1601 West Capitol Ave. The 53,000-square-foot store represents a \$1 million investment, the company said."

That Raley's store remains in business today, and its present store director is Sue Nelson.

Farmers Market No. 14

A Farmers Market was located at 2500 Meadowview Road from about 1970 to about 1981.

Albert C. Lew was that store's first manager. The site is presently home to the Sam and Bonnie Pannell Community Center.

Farmers Market No. 15

A Farmers Market opened at 10175 Folsom Blvd. in about 1970, and the store remained in business until about 1982.

On Oct. 7, 1984, The Bee reported: "Mike and Elaine Jackson have opened Canned Foods Grocery Outlet at 10175 Folsom Blvd. in Rancho Cordova. The Jacksons previously operated the Canned Foods Warehouse at 3015 W. Capitol Ave. in West Sacramento."

In 2000, at the same site, Sang Chang and Yong Choe opened Total Outlet, which was once described in The Bee as a "small Kmart."

A Hancock Fabrics store has also operated at the same address.

Farmers Market No. 19

It was also in about 1970 when Store No. 19 opened at 2730 Broadway.

Managers of that store included Benjamin Hom and Wing Chinn.

The store closed in about 1979.

Farmers Market No. 23

The 23rd store of the Farmers Market chain opened at 6645 Auburn Blvd. in Citrus Heights in the 1970s. The site was previously home to the grocery business, Food World.

This Farmers Market store remained in business until about 1982.

In its Aug. 14, 1988 edition, The Bee, under the heading of "leasing activity," notes that Cal-State Investments was attempting to have a bingo parlor constructed inside the 13,000-square-foot retail space at 6645 Auburn Blvd.

An update on those efforts was mentioned in the Nov. 4, 1993 edition of The Bee, as follows: "Plans to put a bingo parlor in a dilapidated former shopping center at 6645 Auburn Blvd. in Citrus Heights have been dropped."

2000 Howe Ave.

In 1971, a Kmart discount store was under construction at 2000 Howe Ave., at Cottage Way. The store, which during research for this article was not found to have received a store number, was in operation by the following year.

Suburban directories for the years 1974 through 1976 recognize the simultaneous existence of a Kmart store and a Farmers Market at 2000 Howe Ave.

Those directories also mention Frank Pence as the supermarket's manager.

Farmers Warehouse Liquors made its debut with the opening of its first store in mid-1978.

Eventually, six of those stores were in operation, including a store at the Howe Avenue location.

The Howe Avenue store and three other Farmers Warehouse Liquors were sold to the Sacramento discount liquor chain, Liquor Mart, in April 1984.

In its June 12, 1985 edition, The Bee notes: "The independent super market (sic) chain, (Farmers Markets), grew to 35 stores before Fong sold it in 1977."

The Farmers Markets chain entered into Chapter 11 reorganization proceedings in 1983, and the last of the stores were sold in the mid-1980s.

Mission Avenue Open Elementary's jazz band a rarity

Grace Eastlick launched into a trumpet solo, bending and growling notes before returning to the melody of "When You're Smiling."

The 11-year-old musician is a member of Mission Avenue Open's jazz band. The program, which started six years ago, is a rare opportunity at the elementary level.

"As far as I know we are the only elementary program doing what we do here, in traditional jazz. And that's pretty special," instructor Mica Dugan said. "That's pretty awesome for the school and for the kids to get such an early start at this music."

Students start learning instruments in fourth grade and can try out for jazz or big band the following year. Jazz introduces unique challenges, most notably improvisation.

"It's actually really fun," said fifth grader Lucas Saylor. "I like to slur a lot, change it up a little."

Pianist "Critical thinking and listening skills are very big in jazz. Because while there's a few notes on the page, a lot of what they have to do is off the page," Dugan said. "It's also a lot easier at this age level because they don't have a lot of experience working with written music as much, so they're a little freer to improvise."



They learn music theory gradually, starting with the Pentatonic scale and moving into constructing chords.

Sixth grader Faye Joelson and her twin brother, Dylan, are both members of the jazz band – he is a pianist, she a vocalist.

"I always wanted to be a vocalist," she said.

The group travels to several jazz festivals throughout the year, including planned performances at the Santa Cruz Jazz Festival on March 20 and 21 and the Kid's Art event on April 25 (click here for more upcoming performances). They work with a variety of clinicians, from older students

to professionals. Recently, students had the opportunity to sit in on a sound check for the nationally renowned Preservation Hall Jazz Band.

The Mission musicians released their first CD last year, and have plans for a sophomore effort this spring.

"I have some kids now where the parents tell me 'All they listen to is '20s and '30s jazz,'" Dugan said. "I think that is amazing, considering what sometimes you hear on the radio today, and that kids this age learn an appreciation for all styles of music."

-Courtesy of the San Juan Unified School District

Rummage sale at Rio Americano to be held April 18

A rummage sale will be held at Rio Americano High School on Saturday, April 18 from 7:30 a.m. to 2 p.m. Proceeds will benefit the school's various programs.

Parent volunteer Suzie Moebs spoke with the Arden-Carmichael News about the rummage sale and let us in on some details in regard to the need to fundraise. "With direct donations being down this year, it is even more important that we raise money. We (members of the Parent Teacher Association) help out with teacher requests. This covers all departments, including P.E. We've had requests for technology upgrades, to books in Spanish. We just decided last night (March 11) on a few of these items. So, it really continues all school year. Our art students will be selling some of their projects on the rummage sale day. The money they raise will stay in that department for them to use."

It does not cost any money to sell the items. Donations will be dropped after school the day before, on Friday, April 17. There will be parent volunteers to help sort and organize along with students from the school's Interact Club and student government students who will be selling coffee in the morning.

Suzie is hopeful this turns into an annual event. "I will be there for another six years with my boys, so who know? I'm sure I won't mind doing it again."

In organics we trust? Do you know who grows your food?

By ANTHONY CATAFI

Farm to Fork...Slow Food...Organic... Ask an old school farmer and they'll most likely cringe. It's nothing new...they've simply been doing it their whole lives. Many of us have forgotten how our food used to be. A rich food culture existed where we didn't need to certify and market food as organic or conjure up month long festivals. In our acceptance of processed foods, we've slowly seemed to de-evolve. Today, everything has a label. Farmers are forced to spend hundreds, even thousands of dollars to call their crops organic. Is all organic created equal? It is not. While better than most modern, commercialized farmed fruits and vegetables, even certified organic crops are allowed to be sprayed with organic pesticides. Is anything pure anymore? Who can we trust?

A few months back a neighbor emailed us asking if everything at our market was certified organic. I told her that "No, not every farmer is certified organic...and I have yet to attend a farmers market where that was the case." In short, I expressed the importance of knowing who grows your food. I introduced her to Fredrick Blum, owner of Flowerstone Farms in West Sacramento.

Fred came aboard The Arden Garden Market in November of last year as the seasonal markets had closed. Being a small, more intimate market, our guests are able to interact with our farmers and producers without all the hustle and bustle. In the months Fred was with us, I've never met anyone so passionate and in-tune with nature. Not long ago a joke was made about whether or not he talks to his vegetables. He's the real deal.

On a lot smaller than a half-acre, Fred farms 100 percent pesticide free. Whereas most fruit and vegetable varieties grown commercially are selected based on their potential for long storage and durability in mechanical harvesting, Fred simply chooses varieties that taste good. From seedlings, he lets his plants grow naturally encountering stresses such as lack of nutrients, competition from other plants (weeds), and attack from bugs, fungus, and disease. He believes these adversities help contribute to the



Fredrick Blum

best taste and nutrition possible. Soil is also important. To preserve the populations of beneficial organisms, such as earthworms which enrich and naturally till the soil, Fred does not use mechanical methods to till the earth. When crops have been harvested, he covers the remaining plants instead of pulling them out of the ground. Doing so adds organic matter and fertility to the soil, in addition to providing food for organisms.

Farming has not been a life's work for Fred, his first farming job back in 2008. When asked what motivated him to pursue the life of a farmer, he responded "I wanted to do something to help people, and feeding people is one of the most basic ways to do so."

While a dime a dozen, farmers like Fred are out there. Farmers like Michael Wong of Loving Nature Farm who posts how many days his farm has been pesticide free. Come to the mar-

ket and meet olive oil producers Mike and Diane Mitchell of Big Red Farms. She brings her photo album every week, proud and excited to share her farm with those who stop to taste her oil. None of these farms are certified organic...they are, however, ran by people that care.

IF YOU GO: The Arden Garden Market is a weekly, indoor Certified Farmers' Market Saturdays from 9 a.m. to 1p.m. at 1409 Del Paso Blvd. Market goes can expect to find a variety of local fruits and vegetables, bread, honey, eggs, gourmet teas, olive oil, as well as arts and crafts and live music. To celebrate Easter, we are hosting an Easter Egg Hunt Saturday, April 4th at 11am. For details, visit us at www.facebook.com/ardengardenmarket. The AGM accepts EBT and currently is only one of two Sacramento farmers' markets with a Market Match program.

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Faces and Places:
American Heritage Festival

Photos by MONICA STARK
editor@valcomnews.com

People enjoyed the annual American Heritage Day Celebration at Mount Vernon Memorial Park on Monday, Feb. 16. There were musket firings; some were dressed in Colonial time period costumes, some were in Native American wear. There were many vintage cars on display too.



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Matías Bombal's Hollywood

The Divergent Series: Insurgent

The MPAA has rated this PG-13

From Lionsgate comes the second in the Divergent series, "Insurgent" in 3-D and IMAX and standard presentations in other theatres. In the first movie, set in the ruins of Chicago, the action thriller of an oppressive future divided the population into four districts based on the resident's virtues. We pick up where the last one left off as Tris Prior, who is played by Shailene Woodley, is the one "Divergent", a person in possession of all virtues not merely one. Thus, she must be captured by the power hungry Jeanine played by Kate Winslet, who wishes to control all factions. This movie is louder, bigger and faster than the first, and the chase for Tris is on! Theo James is Four, her love interest. Kate Winslet as Jeanine is always fun to watch, and Ashley Judd returns in the role of Tris' mother. Also returning are Miles Teller, Ansel Elgort, and a lady that seem not to be able to give anything less than a good performance no matter what the script: Octavia Spencer. As impressive as this was, I was not consumed by it personally. I thought that the first movie was much better. This movie seemed more action packed, and violent for



that matter, than the first. If you are going to see it at all, see it at the Esquire IMAX, where the sheer size and 3-D of the experience will be a thrill you can't find with home viewing.

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

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CALENDAR

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

story, children will make their own butterfly art. Ella K. McClatchy Library is located at 2112 22nd St.

rector. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org. Westminster Presbyterian Church is located at 1300 N St.

Fairytales 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 fairytalestown.org or call 808-7462.

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 challenging 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.

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 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 nonmembers in addition to park admission, and \$1 for members. For more information, visit fairytale-town.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 Karmere 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.

Chamber renews focus with Matisse tribute

April 11: Starting at 7:30 p.m. at The Sacramento Contemporary Dance Conservatory (213 26th St.), the Capital Contemporary Chamber Orchestra Strings, Sacramento Contemporary Dance Company and the jazz-based ensemble Riverrun will pay tribute to French painter Henri-Émile-Benoît Matisse, whose noted paper cutouts recently were displayed in London and New York. The Chamber will perform string pieces by Felix Mendelssohn and Richard Strauss. Riverrun will play original songs. Art displays and dance accompaniment will mirror Matisse's works. Tickets are \$25 for adults, \$20 for seniors and \$10 for students. Henrik Jul Hansen directs the Capital Contemporary Chamber Orchestra, formerly known as the Gold Country Chamber Orchestra. Hansen, who serves as conductor of the Sacramento Ballet and led the Merced Symphony for 16 years, is renewing the Chamber's focus to include contemporary music and art. Lena Logan directs the dance company. Riverrun members are Dyne Eiferssen, trombone;

Steve Lishman, saxophone; Paul Relvas, bass; and Scott Gordon, drums.

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

Baby/Toddler Stay & Play (No Storytimes in April) at Pocket Library (Early Childhood (0-5))

April 14: Fun starts at 10:15 a.m. and is located at the Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr.

Books at Lunch: Middle School Book Group at Pocket Library (Teen)

April 14: Seventh and eighth graders are invited to talk about books over lunch. Group meets at 11:25 a.m. at the Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr.

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.

Friends of Sacramento Public Library warehouse sale

April 11: With new merchandise constantly added to the inventory, more than 100,000 "gently used" books, videos, and audio books will be offered for prices from fifty cents to \$2 at the Saturday, April 11 warehouse sale of the Friends of the Sacramento Public Library. The warehouse is at the rear of the Friends' Book Den store at Suite E, 8250 Belvedere Ave., just south of 14th Avenue between Power Inn and Florin-Perkins roads. Plenty of parking is available, but be careful not to park between the "No Parking" signs on the south side of Belvedere. Sale hours will be from 9 a.m. to 4 p.m. There will also be a preview for Friends members only on Friday April 10 from 5 p.m. to 8 p.m. (You can join at the door for \$15.) Income from the sale helps pay for programs, equipment, and materials local libraries need but can't afford. In conjunction with National Poetry Month, poets and poetry books will be highlighted and sold for a 30 percent discount at the book store, where most items are priced from \$3 up. There's also a large dollar-a-book section for fiction. The

store will be open during the warehouse sale as well as weekly on Thursdays from 9 a.m. to 2 p.m. and Fridays and Saturdays from 10 a.m. to 5 p.m. For more information, call 731-8493 or go to bookden@saclibfriends.org

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 Menebrocker (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.

Books at Lunch: High School Book Group at Pocket Library (Teen)

April 14: Ninth through 12th graders are invited to talk about books over lunch at 12:30 p.m. at the Robbie Waters Pocket-Greenhaven Library, which is located at 7335 Gloria Dr.

Music at noon free concert at Westminster Presbyterian Church

April 15: Bring your lunch and enjoy fine music. This week there will be music featuring violinist Anita Felix; harpist Bev Wesner-Hoehn; and pianist John Cozza. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org. Westminster Presbyterian Church is located at 1300 N St.

Baby/Toddler Stay & Play (No Storytimes in April) at Pocket Library (Early Childhood (0-5))

April 16: Fun starts at 10:15 a.m. Robbie Waters Pocket-Greenhaven Library is located at 7335 Gloria Dr.

Knit Together! - Pocket Library (Adult)

April 17: Knitting with Pocket resident Carrie Parker starts at 1 p.m. Remember your knitting needles and yarn. Robbie Waters Pocket-Greenhaven Library is located at 7335 Gloria Dr.

Read to a Dog at Pocket Library (School Age (6-12))

April 18: Looking for a way to boost school-age reading skills? Join us for our Read to a Dog program and practice reading out loud to a registered therapy dog, starting at 2 p.m. at the Robbie Waters Pocket-Greenhaven Library, located at 7335 Gloria Dr.

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

March 28: Celebrate Women's History Month with Art Butler! 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

APRIL

April is Poetry Month

AARP Tax Aide by appointment at Pocket Library (Adult) **April 1:** AARP is providing tax help to senior citizens by appointment only. Please call 2-1-1 to make an appointment, starting at 9 a.m. The Robbie Waters Pocket-Greenhaven Library is located at 7335 Gloria Dr.

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, di-

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4 bedrooms, 3 full baths, updated ranch style home with open floor plan, updated kitchen featuring cherry cabinets, stainless steel appliances, tile counters and hardwood floors. Spacious family room with large stone fireplace. Private master with walk-in closet, jetted tub, dual sinks and shower. \$589,000

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