

# ARDEN-CARMICHAEL NEWS

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## EFFIE YEAW TO HOLD 'BIRD AND BREAKFAST' OUTDOOR ADVENTURE

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Eskaton Village  
Carmichael resident  
never turns down an  
opportunity to learn

■ See page 4



'The Last Days of  
the Domes'

Arden videographer creates  
heart-wrenching homage  
to the domes

■ See page 11



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# ARTS

## 'Black Love: It Feels So Good' A Fine Art Exhibition with Keith Mikell

What is "Black Love?" It is the spirit that has kept Black families together in the United States for the past 500 years. Black Love was present when the enslaved Africans arrived on the shores of the Americas. It is the thread that connects the Great Migration of Blacks to the Northern and Western states of the US during the illegal practices of the Black Codes and Jim Crow of the South. Black Love is the March for Justice during the Civil Rights Movement to the March for Righteousness in the Black Lives Matter era. Black Love is everything from Soul Food to Soul Music. GOS" Art Gallery Studio is celebrating Black History Month by presenting, BLACK LOVE: It Feels So Good, A Fine Art Exhibition with Keith Mikell, which goes until April 2.

Born and raised an only child in the heart of Los Angeles, Keith Mikell's introduction and fascination with art began as a child at the age of eight. Keith would watch and emulate his neighbor drawing sports figures out of magazines as they sat at the kitchen table. Keith would go on to study fine art at San Diego State University and Otis Parsons College of Art and Design in Los Angeles. His art is a reflection of life and its many emotions that can be felt and shared by us all. Keith has a distinctively individual style; a style that is easily recognized as his own.

After numerous group exhibitions and many creative endeavors, Keith had his first one man show ("Addiction and Vices") in the Helen Wurderman Gallery in Los Angeles, which was an extremely successful show. That opening had the largest turnout to that date of any other solo exhibition at that gallery. As abstract / figurative and mixed me-

dia artist, Keith's art is a reflection of life love, sex, depression, anger, fear and humor. Keith has been influenced by the works of Picasso, Bearden, Schiele, Basquiat and Baselitz. His paintings are immediately striking with heavy colors and strong powerfully structured images with allegorical depictions of culture, human needs and desires. His work has garnered invitations from the Montserrat Gallery and the Agora Gallery in New York, plus solo exhibitions in Long Beach. Mikell has a six year relationship with the Lucy Florence Gallery of Los Angeles, where he was the artist in residence. His work has also been featured at the Muhammad Ali Center in Louisville, Kentucky, the Simplicity Gallery in Lancaster, Pennsylvania, The Art on 5 Gallery in Atlanta and Evolve the Gallery in Sacramento.

Keith Mikell also has a successful work affiliation with the Los Angeles County Museum of Arts rental and sales gallery, which has sold several of Keith's original works. Keith's work has also been showcased on the former NBC television series "Seaquest," the Disney television pilot "30", Warner Bros. television show "Roswell", CBS's "Judging Amy", ABC's "I'm With Her", UPN's sitcom "All of us" and the WB's "All About the Andersons".

### If you go:

What: Black Love: It Feels So Good, A Fine Art Exhibition with Keith Mikell

Where: GOS" Art Gallery Studio, 1825 Del Paso Blvd.

When: The exhibition will be on display until April 2.

For more information: Call 245-0711 or email: gosart54@gmail.com.



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# Effie Yeaw to hold Bird and Breakfast outdoor adventure

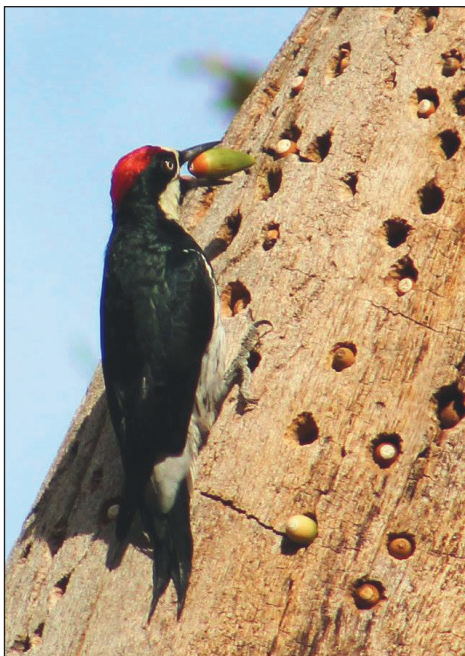
By PAMELA BAKER

Whether you're new to bird watching or an expert birder, the annual Bird and Breakfast event at Effie Yeaw Nature Center promises to be a fun and fantastic outdoor adventure. The annual event, the Center's largest fundraiser of the year, will be held on March 19th and 20th. The American River Natural History Association (ARNHA), a non-profit volunteer organization, and the Sacramento Audubon Society join forces to host this special weekend of morning bird walks, followed by a hot, home-cooked breakfast.

To prepare for the event, some of the region's best birders scout the Nature Study Area, weeks in advance, to locate nests and rare, local birds. The Saturday, March 19th event is for adults only and starts at 8 am. The bird walks, approximately 90 minutes long, are conducted in small groups of 20. Following the walk, participants return to the visitor center for a traditional casserole breakfast cooked and hosted by ARNHA and Nature Center volunteers. Participants can bid on silent auction items that include give nature and bird-themed baskets and a Cocktails & Cranes evening birdwatching trip with expert guides, beverages and appetizers.

On Saturday, Mendocino-based Out of This World Optics, a Bird and Breakfast sponsor, will be available to show spotting scopes and a wide range of binoculars, made especially for birding. Staff will be onsite Saturday from 9 a.m. to 2 pm.

Out of This World Optics offers the widest range of birdwatching and viewing optics in northern California. Their presence at Bird & Breakfast does not require purchasing a ticket to the event. Out of This World Optics will be stationed on the Assembly Building porch and access is free. This is the



Woodpecker (left), Snowy Egret (right).

Photos courtesy

only time in our area when you can try out a variety of binoculars and spotting scopes with the assistance of extremely knowledgeable sales people.

The Center will also raffle off a spotting scope, donated by the event's sponsor, at Saturday's event. Tickets will be available for purchase before and during the event and the raffle will take place immediately following breakfast.

On Sunday, March 20th, the family friendly event begins at 8 a.m. Choose a family bird walk, a 1-hour trek with children 6 and over, or a longer, approximately 90-minute, adult bird walk open to ages 12

and over. Following the walk, participants are served a delicious pancake breakfast prepared and served by the Carmichael Kiwanis. A nature themed craft activity will also be available for children.

General admission tickets for ages 12 to adult are \$40 per person, general admission, or \$35 per person for ARNHA and Audubon members. Ages 6 to 11 pay \$10 per person for general admission, or \$8 per person for ARNHA and Audubon members.

To register, visit [sacnaturecenter.net](http://sacnaturecenter.net) or call 489-4918. Tickets sell out for this special event each year, so don't miss out, register early.



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## Eskaton Village Carmichael resident never turns down an opportunity to learn

By NOAH DOLCE  
Victory High School Advanced Placement Student

Dr. Gordon Marshall is a very accomplished man with multiple PhDs in Education and Psychology as well as a degree playing the clarinet. He grew up in a blue collar family in Baltimore, Maryland. By the young age of 15, he was showing off his musical talent. At 19, he was accepted to three prestigious schools: Oberlin, Eastman School of Music and Julliard. Gordon is a composer and musician. He wrote pieces for many jazz bands and musicians, as well as performed for Presidents Truman and Eisenhower. Gordon also taught music at American University and Mills College.

Having accomplished so much in his life, and now living at Eskaton Village Carmichael, Gordon is still doing what he loves. He is able to write music in his apartment with his wife of 7 years, whom he met at Eskaton. Eskaton gives individuals the opportunity to do what they love while accommodating their needs and providing food, cleaning services, and activities for all the residents. "My favorite part about living here is the staff accommodation," says Gordon, age 87. "They make you feel worthwhile."

Gordon also loves to learn. "If I could teach you one thing, it would be to never turn down an opportunity to learn." It is that determination that helped and is helping Gordon be so successful in life. Thank you Gordon, for your positive influence in this world, for teaching so many people, and for furthering the success of and inspiring future generations.

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If you're a student interested in writing, I would be happy to guide you through the process of writing news and feature stories. Just give me a call at **429-9901** or send me an email at [editor@valcomnews.com](mailto:editor@valcomnews.com)



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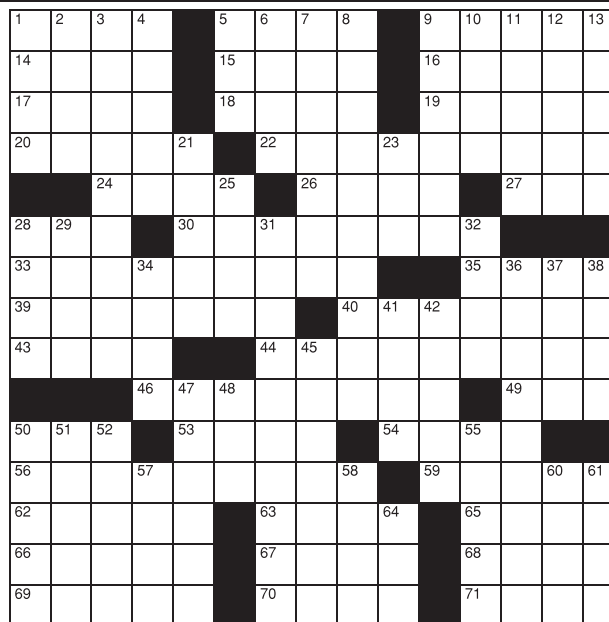
To participate on this page, call (916) 429-9901 for information

## The Crossword

by Margie E. Burke

### ACROSS

- 1 Bridge feature  
5 Stringed instrument  
9 Jane Fonda film, "Monster \_\_\_\_"  
14 Make a bundle  
15 Arabian bigwig  
16 Green  
17 Cybercafe patron  
18 Take for a bride  
19 Not bold  
20 Beat  
22 Gym tote  
24 Itsy-bitsy biter  
26 Ogler's look  
27 Formula \_\_\_\_  
28 Chester White's home  
30 Understandable  
33 Kind of photograph  
35 Folklore fiend  
39 Part of MADD  
40 It may be flared  
43 Carry on  
44 Energy drinks, perhaps  
46 "Carmen" highlight  
49 Drone, e.g.  
50 Cleopatra biter  
53 Shipping hazard  
54 Donations  
56 What a slow runner may need  
59 "Ciao!"  
62 Arise  
63 Armoire feature



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- 65 Bat's home  
66 Bloodless  
67 Coin since 2002  
68 Analogous  
69 Gave out  
70 Erupt  
71 Lash mark
- DOWN**
- 1 Adjoin  
2 Itch cause  
3 Religious leader  
4 Graceful bird  
5 Cut down  
6 During  
7 Small stream  
8 First choice  
9 Apprentice doc
- 10 Catch  
11 Pole-lowering dance  
12 Winged  
13 Golf club  
21 Breakfast sizzler  
23 Charge  
25 Get rid of  
28 Identifying mark  
29 Forum wear  
31 Top 40 lists  
32 \_\_\_\_ bag  
34 Core  
36 Prospector's funding  
37 Opportune  
38 "If all \_\_\_\_ fails..."
- 41 Gumbo pod  
42 Like some talk  
45 Clique  
47 Out  
48 "Wanna \_\_\_\_?"  
50 Coming up  
51 Taste, e.g.  
52 Ottoman title  
55 Avian chatterbox  
57 Face-off  
58 Dashed  
60 Dastardly doings  
61 It may be due on a duplex  
64 Propel a boat

See Solution, page 10

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# United Way honors Carmichael residents, Arden business

Richard Bojé and Stirling Price, both of Carmichael, were honored by United Way California Capital Region along with five others for their commitment to making a collective impact on the Sacramento region's education, health and financial stability.

At the recognition event in December, United Way California Capital Region President and CEO Stephanie Bray told the honorees, "Your hard work, dedication and dollars have changed thousands of lives. Because of you, more children at risk of falling behind are learning to read at grade level. Because of

you, more children have access to meals through our Healthy Meals program, which removes the barrier of hunger for those children. And, because of you, foster youth and families are connected with education and coaching to achieve their financial and life goals and dreams."

Bojé and Price were the first recipients of the Bojé & Price Award for Outstanding Volunteerism, which will be presented annually to a volunteer who exemplifies the work of United Way as an individual volunteer and champion for volunteerism in the community. Price first became involved

with United Way in 1958. In 1985, he became treasurer of the local organization, and has served on the finance and administration committee and the Capital Region Foundation. He also is a dedicated volunteer with several other local nonprofits. Bojé also began his relationship with United Way in 1958 and has served as the local campaign chair, board chair, and on the executive committee. He currently sits on the finance and administration committee and on the Capital Region Foundation Board, among other local nonprofits.

Other honorees included Ruth Miller of Woodland, Lorrie Wilson of Granite Bay, Lindsey Smith of Sacramento and Pam Stewart of Natomas. The company Nationwide, based in the Arden area, also was honored.

"Think about the power we have to change generations and break the cycle of poverty that too many families in our region face," Bray said. "By bringing together companies, schools, government and individuals across the region we know that we can bring about that change. We can and will go even bigger to reach thousands more children and families."

## Arden-based company received United Way's Cornerstone Award

Nationwide Insurance, based in the Arden area, was honored by United Way California Capital Region along with six individuals for their commit-



Richard Bojé and Stirling Price.

ment to making a collective impact on the Sacramento region's education, health and financial stability.

At the recognition event in December, United Way California Capital Region President and CEO Stephanie Bray told the honorees, "Your hard work, dedication and dollars have changed thousands of lives. Because of you, more children at risk of falling behind are learning to read at grade level. Because of you, more children have access to meals through our Healthy Meals program, which removes the barrier of hunger for those children. And, because of you, foster youth and families are connected with education and coaching to achieve their financial and life goals and dreams."

Nationwide received United Way's annual Corner-

stone Award for achieving outstanding results in the company's United Way campaign and making volunteerism and community engagement part of its company culture. Eighty-four percent of Nationwide employees participated in last year's United Way campaign, raising more than \$247,000. The company has sponsored United Way's last three Day of Caring events, lending 125 volunteers to the event each year.

"Think about the power we have to change generations and break the cycle of poverty that too many families in our region face," Bray said. "By bringing together companies, schools, government and individuals across the region we know that we can bring about that change. We can and will go even bigger to reach thousands more children and families."



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# Events at the Arcade and Carmichael libraries

## Arcade Library

The hours for the Arcade Library, located at 2443 Marconi Ave., are as follows: Sunday and Monday: closed; Tuesday and Wednesday: 10 a.m. - 8 p.m.; Thursday: 10 a.m. - 6 p.m.; Friday: 1 - 6 p.m.; Saturday: 10 a.m. - 5 p.m. For details, telephone the Sacramento Public Library at (916) 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

### Adults Learn English (Adult)

**Friday, Feb. at 1 p.m.:** Learn and practice English with a group of fellow adults! This group will have a female conversation leader.

### You Aren't Too Old For This Party (Teen)

**Friday, Feb. 26 at 4 p.m.:** Enjoy being a kid again with snacks, crafts and maybe even nap time!

### Families Learn English (Family/All Ages)

**Saturday, Feb. 27 at 11 a.m.:** Learn and practice English with a group of fellow families! This group will have a female conversation leader.

### Computer Help

**Saturday, Feb. 27 at 1 p.m.:** Learn to: Use social media, sell and buy stuff on craigslist, format your resume, create a website or just navigate your computer! Please include a brief description of the issue you are experiencing so we may better serve you.

Registration is required.

### Drop In eReader Help

**Saturday, Feb. 27 at 2 p.m.:** Drop in for one-on-one help learning how to download books to any eReader. Since the library offers free ebooks, this can be a real money saver. Half-hour sessions are available on a first-come first-served basis.

### Writers' Gathering (Adult)

**Saturday, Feb. 27 at 2 p.m.:** Gather at the library with other writers and hone your craft. Bring samples of your writing to share, offer ideas and feedback on others' projects, and participate in freewriting exercises to jumpstart your creativity. Open to adults and older teens of all writing levels.

### Baby Lapsit (Early Childhood (0-5))

**Tuesday, March 1 at 10:30 a.m.:** Come to this program designed for you and your baby (0-18 months). We will encourage early literacy development and parent/child interaction through stories, songs, rhymes, fingerplays and more. Stay afterward (until 11:20 a.m.) for play time with age-appropriate toys and a chance for caregivers to socialize.

### Toddler Storytime (Early Childhood (0-5))

**Tuesday, March 1 at 11:20 a.m.:** Enjoy stories, songs, rhymes and fingerplays, designed for children ages 18 months to 3 years. Join us for play time before the program (at 10:50 am), which gives toddlers a chance to play with age-appropriate toys and caregivers a chance to socialize.

### No Reservations Travel Club (Adult)

**Tuesday, March 1 at 7 p.m.:** Started as a club for budget and independent travelers, No Reservations Travel Club has been in existence since July, 2001. The club meets at 7:00 pm the first Tuesday of each month, February to December, at the Arcade Library. Most meetings feature a speaker, plus time for exchanging information within the group. For more information, go to <http://www.noreservationstravelclub.blogspot.com/>.

### Computer Help

**Wednesday, March 2 at 1 p.m.:** Learn to: Use social media, sell and buy stuff on craigslist, format your resume, create a website or just navigate your computer! Please include a brief description of the issue you are experiencing so we may better serve you. Registration is required.

### Middle School Makers Club (Teen)

**Wednesday, March 2 at 4 p.m.:** Join us for a different wild, gross, outrageous or awesome STEM-related activity for kids aged 10 and up every Wednesday! Every participant gets a unique 3D-printed item from the Design Spot.

### Preschool Storytime (Early Childhood (0-5))

**Thursday, March 3 at 10 a.m.:** Children ages 3-5, along with their favorite adults, will enjoy stories, fingerplays, songs and crafts in these free programs. Join us every week for a different theme!

### STeP: Skills for Teen Parents - Thursday Series (Teen)

**Thursday, March 3 at 4 p.m. THURSDAY WORKSHOPS AT ARCADE COMMUNITY CENTER, 2427 MARCONI AVENUE, SACRAMENTO, CA 95821.** This weekly workshop for pregnant and parenting teens will provide tips and tricks on life skills topics to help you and your child get the best out of life and feel prepared to move up and on! Refreshments and on-site childcare will be provided, as well as free RT passes for the subsequent workshop. This week's workshop is Family Planning. This project is supported in whole or in part by the U.S. Institute of Museum and Library Sciences under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. Registration is required.

## Carmichael Library

Hours for the Carmichael Library, located at 5605 Marconi Ave., Carmichael, are as follows: Sunday: Noon to 5 p.m.; Monday: Closed; Tuesday and Wednesday: 10 a.m. to 8 p.m.; Thursday: 10 a.m. to 6 p.m.; Friday: 1 to 6 p.m.; Saturday: 10 a.m. to 5 p.m. For details, telephone the Sacramento Public Library at (916) 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

### Knitwits (Adult)

**Friday, Feb. 26 at 11 a.m.:** Do you knit? Crochet? Do needlework? Want to learn? Are you an expert who can help others? Bring a project to work on and a snack to share as we learn together!

### Carmichael Teen Book Club (Teen)

**Friday, Feb. 26 at 3:30 p.m.:** Love to read. Join other teens discussing their favorite books. Pick one of our suggestions or read your own

choice. Please bring a snack and share your insights.

### Coffee & Crime Book Club Saturday, Feb. 27 at 10 a.m.

How about a good mystery with a cup of Joe (or tea)? Bring a snack to share as we become judge and jury for each case.

### Tech & eReader Help Saturday, Feb. 27 at 2 p.m.

Need help with your computer, tablet or other mobile device? Want to learn how to read or listen to books & magazines on your device? Come and get help from our Tech Assistant Walk-ins welcome! No appointment required. \*\*Please come with any account information & passwords related to your device (library card, email, etc).

### Tech & eReader Help

**Tuesday, March 1 at 11 a.m.:** Need help with your computer, tablet or other mobile device? Want to learn how to read or listen to books & magazines on your device? Come and get help from our Tech Assistant! Walk-ins welcome! No appointment required. \*\*Please come with any account information & passwords related to your device (library card, email, etc).

### Read to a Dog (School Age (6-12))

**Tuesday, March 1 at 3:30 p.m.:** Specially trained therapy dogs are waiting for children to come read to them. For school age children that can read. We supply the books or you may bring your own book to read to the dogs. The books should be able to be read in 5 - 10 minutes. After 10 sessions, the reader is awarded a free book.

### Tech & eReader Help

**Wednesday, March 2 at 5 p.m.:** Need help with your computer, tablet or other mobile device? Want to learn how to read or listen to books & magazines on your device? Come and get help from our Tech Assistant! Walk-ins welcome! No appointment required. \*\*Please come with any account information & passwords related to your device (library card, email, etc).

**History Book Club Wednesday, March 2 at 6:30 p.m.:** The Carmichael Library

History Book Club meets monthly to discuss a non-fiction or historical fiction book. Help us decide which is truer: fact or fiction! Please bring a snack to share and join us as we dive into history books. This month's title is The Boys in the Boat: Nine Americans and their Epic Quest for Gold at the 1936 Berlin Olympics by Daniel James Brown.

### Toddler Storytime (Early Childhood (0-5))

**Thursday, March 3 at 11:15 a.m.:** Join Miss Kathy for stories, songs and just plain fun!

### Carmichael Movie Matinee (Family/All Ages)

**Thursday, March 3 at 3 p.m.:** Bring your friends and enjoy a movie - Free! Visit Carmichael Library for a list of up-coming movie titles Today's movie is Mission Impossible Rogue Nation PG13 © Paramount Pictures.

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# Former Sacramento musician returns home for a show

By CORKY OAKES

The soul of a full life, complete with lessons learned, successes and setbacks, downfalls and social conscience, is expressed in the music of singer-songwriter Bob Cheevers.

Raised by his mother in Memphis, he attended Memphis State University. He and a friend used to "sit around the student center and sing along to music on the juke box." In his third year as a psychology major his friend suggested they start a band. They rounded up a couple of their fellow fraternity brothers and began playing at fraternity parties. After one show, a member of the audience complimented Cheevers on his stage presence. "He said, 'you sure do handle yourself well on stage.' Well, this was a compliment. I was insecure at this point in my life and didn't feel like I had anything to offer the world."

In the late 1960s while in his last semester of college, Cheevers met "the girl" on

the beach in Long Beach. She went back to Memphis to visit him in his final semester at Memphis State. After she returned to California, Cheevers decided to pull up stakes, go West and get married. He had already "fallen in love" with California by way of the "Beach Boys, Route 66 and Dragnet." He also wanted to get to know his father who lived in Long Beach, absent most of Cheevers' life.

The early days in California were marked by the tragedy of losing their 4-month old son to crib death. "It was rough, but we stayed together," says Cheevers. While working as a stockroom supervisor for Capitol Records 1967-68, he shared a tape of original songs with a co-worker who was the head of the publishing department. The last song on the tape was by The Association. The co-worker played the tape on a day an independent producer happened to be visiting the office. "The producer heard it and liked my voice, partic-

ularly the song by The Association. In a few weeks I was recording songs, and a few weeks later I had a major label contract. A few weeks after that, while driving to work down Sunset Boulevard, I heard my song on the radio. I pulled over to the side of the road and said, 'WOW!'"

During his time in southern California, Cheevers experienced an epiphany by way of the then popular LSD. "It's pretty much responsible for changing my life. I had been a young Southern Baptist Republican taught to believe everything I was told. There was no allowing for questions." The experience allowed him to "find the truth, at least for me." The couple decided to move to Santa Cruz but were unable to find housing. Someone suggested going to the "gold country." They found an old house on 40 acres, tore it down and built a new one. They lived there for a number of years as Cheevers continued writing songs for a major publishing contract with MCA. He was fired by MCA after moving to Placerville because he was writing songs "about living in the country" rather than



Bob Cheevers

the current trend of "urban concrete songs." Cheevers became well-known in the Sacramento music scene and remained connected to the music business in Los Angeles. Neil Young became his hero. Young gave Cheevers a tape of songs he was playing on the road to see how they would work. Cheevers performed several of them including Heart of Gold and Old Man before Young's "Harvest" album featuring these songs was even released.

Following a brief move to Indiana in a failed attempt to save his marriage, Cheevers moved back to California in the 1980s, settling in Sacramento on 48th Street.

"I had made lots of friends and fans in Sacramento. The music scene was great in the 1970s." Cheevers experienced a creative burst resulting in earning Emmys for music videos "Compelled to Confess" (1984) followed by "Big City Gambler" (1986).

The approach to "Big City Gambler" was to shoot it in two parts. "We juxtaposed the old time gambler, like 1800s, with a rock and roll gunslinger." Cheevers says he rented the town of Fiddletown. "There was one hotel, half a dozen RVs and a crew of 60 people shooting 35mm film for nearly 10 days." The second part was filmed at a Sacramento rock and roll club called "C Street". The completed video was submitted to the Emmy competition in the historical category. Not only did the video win Best Historical Musical Composition of 1986, it won a total of six Emmys, including Best Lighting and Best Set Design. "It was amazing!"

While the first half of the 1980s was prolific, Cheevers refers to most of the '80s as the cocaine years. "What is educational about this is that these years robbed me of my confidence and my voice. The good news is I never stopped writing." He quit cocaine. Wanting to make a comeback singing and writing, he created and hosted the "Sacramento Songwriters Showcase" (1989-90). "It was thrilling. Each month there was a dif-

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See Cheevers, page 9



# Cheevers:

Continued from page 8

ferent theme. We would get national headliners to perform. We did skits. It was a variety show and tremendously successful."

In the early 1990s, while witnessing his best friend dying, Cheevers "stumbled upon" Joseph Campbell. "I knew I had bottomed out due to so much cocaine. I heard Campbell talking and that guy changed my life. LSD changed me in one way and Joseph Campbell brought me back." Over the six weeks watching his friend die, Cheevers and the attending hospice nurse fell in love. "While we were watching him die, he was watching us fall in love." The Campbell experience made Cheevers realize that 15 years had passed without his really being aware of it. He still wanted to be in the music business but his publisher counseled him to move to Nashville because that was where Cheevers was being actively promoted as an artist and a writer.

Cheevers refers to the Nashville years as "extraordinary." It would be a time of highs and lows, a time when he acquired many writing tools he still uses today; a time that marked the end of his second marriage; a time when he found his artistic niche. He was told to follow what was known as the "five-year plan"

which meant to "forget about music, get a life, go to the store and the gas station, meet people and connect the dots and in about five years you'll notice things will start to happen." Cheevers diligently tried to write for country but didn't like it. "My songs aren't country, never were. Other than Johnny Cash and Waylon Jennings, no one ever recorded them." Cash recorded Cheevers' River of Jordan and Waylon Jennings recorded The Soul of Savannah for an album but both were cut. "It was very disappointing, but you hear that every day in Nashville."

At this point, Cheever's publisher said, "I want you to stop trying to write for country and write Bob Cheevers songs because that's where your strength is and that's what I hired you for." Over the next year-and-a-half Cheevers had to "retool" his emotional approach to writing. He wrote 15 songs relating to the Deep South. He landed a contract resulting in the CD, "Gettysburg to Graceland", a combination of historical, philosophical and social commentary on the Civil War period and its impact beyond. "Gettysburg to Graceland" was among the Gavin Americana top 20 CDs and was considered for nomination for the Grammy's Best Contemporary Folk CD of 1998.

Another great high during the Nashville years was Cash asking

Cheevers to open what would be Cash's final tour. Unfortunately Cash was struck ill early in the tour and the tour was canceled. Although a blow for Cheevers, the fact that he had grown up in Memphis surrounded by Cash, Elvis, Jerry Lee Lewis and Roy Orbison, and now "40 years later, having Cash record a song of mine and ask me to open a tour was beyond imagination."

In 2008, Cheevers closed the Nashville chapter having produced four CDs and gained a great deal of experience. He moved to Austin and married his "last" wife, a true rock and roller who helps Cheever with the business side of his music. Of all the awards Cheever has received, the "great capper" has been earned in Austin. He was awarded the 2011 Texas Singer Song Writer of the Year by the Texas Music Awards. "I actually got an award for what I've been doing for 50 years! This is the biggest honor, the most personally uplifting. In Texas, football, music and barbecue are the three most important things. The fact that I got this award after living only three years in Austin speaks volumes to me. I'm just grateful."

When asked what his favorite songs have been, Cheevers responded, "There have been several masterpieces I've written but my favorite is the Ballad of Caleb

Leedy. That would be followed by Old Soul, Plans to Meet in Paris and One More Nail (on his latest CD "On Earth as it is in Austin"). Of the creative process he says, "So many times in a day I'll hear somebody say something.... I'll say that's a song title. I pay attention to people around me because their stories may be interesting to write about."

The life journey of Bob Cheevers is beautifully captured in these lyrics: "What I thought I heard was the sound of a door closin'... I was thinkin' how many times before I'd been mistaken...when in fact it was swinging open...sometimes I get confused by the sound of a door." (Sound of a Door, "On Earth as it is in Austin")

Cheevers will soon be touring California, Colorado and New Mexico. He is performing in Sacramento on Feb. 26 at 8 p.m. and 28 at 5 p.m. at Luna's Café at 1414 16th St. in Sacramento. The Feb. 26 show will include his friends Brent Bourgeois, David Houston, Lance Taber, Mike Roe and Shelly Burns. The Feb. 28 show will include Pat Minor, Chris Ivey and Roger Thomsen. Tickets are \$10.00 and are available at the door. Reservations can be made by contacting Bob directly at [cheeversongs@earthlink.net](mailto:cheeversongs@earthlink.net). For more information about Bob Cheevers visit [www.bobcheevers.com](http://www.bobcheevers.com).

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Man with dog—Clipart © Microsoft Media



# POLICE LOG

Compiled by: Monica Stark

The news items below are collected from police dispatchers' notes and arrest reports. The information in them has often not been verified beyond the initial reports. All suspects are presumed innocent until proven guilty.

**Wednesday, Feb. 10**  
**(Pursuit): West El Camino Avenue and East Levee Road at 3:29 p.m.**

Officers were patrolling in the above area when they observed a man riding a bicycle in violation of an infraction. When officers attempted to stop the man, he fled. A foot pursuit ensued and a perimeter was established by responding officers. After an extensive search, the suspect evaded officers.

**Thursday, Feb. 11**  
**(Robbery): 1500 block of West El Camino Avenue at 11:47 a.m.**

Officers responded to the call of a burglary incident at a business. The unknown female sus-

pect entered the business, selected miscellaneous store items and began to exit without attempting to pay when an employee intervened. The suspect assaulted the employee and fled in a vehicle. No major injuries were reported. Officers checked the area for the suspect. A report was generated.

**Friday, Feb. 12**  
**(Robbery): El Camino Avenue at Empress Street at 7:37 p.m.**

Officers responded to the call of a robbery incident. The victim was inside her residence when a known suspect arrived armed with a handgun. The suspect stole the victim's cell phone and fled. No injuries were reported. The investigation is on-going.

**(Robbery): 1700 block of El Monte Avenue at 8:15 p.m.**

The victim was sitting in her parked vehicle when an unknown male suspect approached her. The suspect as-

saulted the victim, stole her property and fled in a vehicle. Officers arrived on scene and checked the area for the suspect vehicle. The investigation remains active.

**(Assault): 2800 block of Plover Street at 12:28 a.m.**

The victim was reportedly in an argument with an unknown suspect when a fight ensued. The suspect armed himself with a metal object and struck the victim causing a non-life threatening injury. The suspect fled prior to officers arriving on scene. The investigation is on-going.

**(Vehicle Accident): 600 block of Arden Way at 6:40 p.m.**

Officers responded to the location regarding a report of vehicle accident with serious injuries. Officers learned that a 59-year-old man had attempted to cross the roadway in the area, was struck by a vehicle, and sustained life-threatening injuries. Due to the circumstances, the man was transported to a local hospital for medical treatment, and SPD's Major Collision Investigators responded to the scene. Traffic detectives made contact with the driv-

er and determined that drugs and alcohol were not factors. A report was generated and the pedestrian is reportedly in stable condition.

**(Attempted Robbery): 1500 block of West El Camino Avenue at 8:10 p.m.**

Officers responded to the location regarding a report of an attempted robbery. An unknown man confronted the victim and attempted to take her property without success. The suspect fled in a vehicle and a report was generated.

**Tuesday, Feb. 16**  
**(Bait Bike Arrest): 1600 block of Arden Way at 8:26 a.m.**

Officers responded to the area for a bait bike activation. Officers quickly located the suspect and took him into custody without incident. The suspect was booked for theft related charges.

**Wednesday, Feb. 17**  
**(Vehicle Stop): 2400 block of Del Paso Boulevard at 1:19 a.m.**

Officers stopped a vehicle in the area and made contact with two occupants. During a search of the car, a firearm and burglary tools were dis-

covered. Both subjects were arrested as a result.

**Thursday, Feb. 18**  
**(Missing Person): 700 block of Haggin Avenue at 9:35 a.m.**

Officers responded to the report of a missing person. The missing person reportedly left her residence following an argument with a family member. Officers checked the area for the missing person and a report was generated.

**Friday, Feb. 19**  
**(Shooting): 3600 block of Clay Street at 7:07 p.m.**

The victim was inside the above residence when gunfire was reportedly heard. No injuries were reported. Officers arrived on scene and canvassed the area. One home sustained damage from the gunfire. A report was generated.

**(Suspicious Subject): 1500 block of West El Camino Avenue at 7:49 p.m.**

Officers responded to the call regarding a suspicious subject loitering in the area. Officers located the man who had outstanding warrants. He was booked into the Sacramento County Main Jail.

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## National Fix A Leak Week, March 14-20

### Take Some Time to Check and Fix This Week

It's that time of year again when our nation's attention turns to fixing that leaky faucet, stopping that running toilet, and searching for leaks wherever they may be.

"We're asking all of our customers to take some time this week to be a leak detective," said Greg Bundesen, Water Conservation Supervisor for Sacramento Suburban Water District. "That leaky faucet may not seem like a big deal, but over time it can waste thousands of gallons of water."

It's estimated that the average household's leaks can account for more than 10,000 gallons of water wasted, more than enough to do 270 loads of laundry, and that household leaks waste more than 1 trillion gallons of water annually nationwide, that's equal to the amount of water used by more than 11 million homes each year.

Some of the most common culprits inside the home are worn toilet flappers, old and worn out faucet washers and gaskets, and loose showerhead connections. Outside, sources of leaks can be broken sprinkler heads, cracked pipes or leaky spigots and garden hoses.

#### How to Check for Leaks

- Make sure no water is being used inside or outside of your home.
- Check your water meter and record the reading. Wait 15 minutes and check it again.

If the meter shows usage, you probably have a leak. The meter also has a blue or red flow indicator that turns when water is used. If all water is off, this flow indicator should not move.

- Visually examine all of your faucets and showerheads. Even a slow dripping faucet can waste more than 1,000 gallons a year.
  - Check your toilet with a simple dye test. Place dye tablets or a couple of drops of food coloring into the tank. If the colored water appears in the bowl within 15 minutes, there is a leak in the flapper valve. SSWD has dye tablets available to customers at its Administration Office.
  - Turn on your sprinklers one zone at a time and visually inspect each sprinkler for leaks
  - Set up a Water-Wise house call by contacting the SSWD office online or by calling the Customer Service Team at 916-972-7171. One of their water-efficiency professionals will help you check for leaks, evaluate the water use on your property and make recommendations on how you can use water more efficiently.
- And remember, fixing leaks shouldn't be confined to only one week a year. Check your faucets, toilets, sprinklers and other water using appliances on a regular basis to make sure there aren't any problems, and fix them as soon as you find them.

#### Solution to Crossword:

A	R	C	H		H	A	R	P		I	N	L	A	W			
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U	S	E	R		W	I	V	E		T	I	M	I	D			
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D	E	A	L	T					S	P	E	W		W	E	L	T



# 'The Last Days of The Domes'

Arden videographer creates heart-wrenching homage of the domes

*Editor's Note: What follows is a question and answer with Arden-based videographer Chad Williams who created a short film titled "The Last Days of the Domes." You can watch the short at <www.mabhollywood.com>, under the section "VAULT" in the "NOVELTY" category, by visiting YouTube and searching for "The Last Days of the Domes - MAB Telepictures Special" or by visiting the Matias Bombal's Hollywood YouTube page. As written about before, Chad Williams is the man behind the camera at Matias Bombal's Hollywood.*

**Monica: What most about the destruction of the domes encouraged you to make the homage?**

**Chad:** In my work as a freelance editor (Williams Etc. Productions) and with Matias Bombal on our reviews and other projects (Matias Bombal's Hollywood), I don't often get a chance to do something completely on my own. Although I do have a certain amount of creative freedom there are usually parameters in which things need to fit. Matias had been taking photos of the Domes for several weeks in anticipation of their demise and was there on closing night. Quite often images and video we shoot disappear into a folder never to be seen again for one reason or another. I didn't want that to happen this time. I asked if I could create something from my heart and my experiences as a way to honor as well as let go of the Century Domes. With that in mind Matias left me alone to produce what I wanted.

Over the years many theatres that I spent hour upon hour at in my youth and young adulthood are now gone - The Showcase Theatre, The Sacramento Inn Theatre, The Birdcage Walk Theatre, among others. What I wouldn't give to have photos or video of those places now! So, I didn't want the Century Domes to disappear without some sort of documentation as I felt they deserved that. Something that showed that they not only once existed but had importance in people's lives. If time, energy, and finances would have allowed I would have done a much longer, more in-depth production. Ultimately I decided to just focus on the last days using what information and materials were available to me.



Photo by Williams Etc. Productions/MAB Studios  
Arden videographer Chad Williams created a sentimental short film titled "The Last Days of The Domes" that can be seen online at mabhollywood.com.

**Monica: What are some of your favorite memories of the domes?**

**Chad:** Like many people in my age group (40's) who were living in Sacramento in the 1970's, seeing the original "Star Wars" at the Domes is one of my favorite and most powerful memories. It may be difficult for some to imagine how huge of an event that was in 1977, especially for a six year old, unless you were there. This was before they split the big domes down the middle and the room was HUGE with gigantic screens! I'd never experienced anything like that before. After that any film at the Domes was an event! I remember seeing the other two "Star Wars" films there as well, waiting in long lines in the heat of summer with our pre-paid BASS Tickets (unheard of for a movie!). Over the years I saw so many movies there I can't even begin to remember them all, many of them featured in the sound collage you hear in the short. I never had a bad night at the Century Domes.

**Monica: What will you miss most about the domes?**

**Chad:** I already miss seeing them when I drive by where they used to be...they were beautiful to me. They were obviously so different from everything else around them. They had a feel unlike any other theatre, one that I will likely never experience again. They made for a unique landscape in Sacramento that now is just boxy and ugly and forgettable.

**Monica: What were some of your favorite films that you saw at the domes?**

**Chad:** There are so many! I did find it very fitting that the last movie I saw there was "Star Wars: The Force Awakens", closing a very huge circle in my life,

as the original "Star Wars" had been the first film I ever saw there in 1977.

**Monica: Tell me about the production of the video. How long did it take to make?**

**Chad:** Matias Bombal shot video and stills for several days of the exteriors and eventual demolition. Earlier, I shot some photos inside the last day I was there in January. I did some research, brainstorming and kept my fingers crossed that I'd figure out a way to say A LOT of things in a short amount of time. I shut myself into my studio for about three days working non-stop. Once I found the direction I wanted to go it was a matter of finding the right photos and video to tell the story. One goal was to give the viewer an idea of some of the movies that audiences may have thought played there over the years (some actually did) so the movie preview sound collage seemed like a good way to do that. For so many years there was constant activity, this never ending masquerade, that suddenly went silent and is left to the winds of memory. Watching it over and over, especially the long shots of the demolition, really took an emotional and physical toll on me.

**Monica: Why did you choose "Sound of Music" as a prominent piece of music in the film?**

**Chad:** There are many sound clips from movies that played the Domes between 1967 and 2016. Some were first run there, others shown in re-release and other special occasions, like the recent "Fathom Events" movie classic screenings. "Sound of Music" is just one of many.

**Monica: Can you tell me what sound clips you used for it?**

**Chad:** The complete list of audio clips you hear can be seen in the end credits. Many, many more were intended to be used but...it just became chaos. Nothing was random, everything was put where it was for a reason. I used natural location sound mixed with some howling wind sound effects as well.

**Monica: Is there anything else you'd like to add about the making of the film and the domes?**

**Chad:** Remembering the past is important. Documenting that past when its crumbling down around your feet - even more so. To some, the Century Domes were just some weird old theatres from a forgotten time - an eyesore. To others they were a beautiful representation of their youth, their dreams, their memories. You can't let a place like that just disappear forever. These buildings and the events that occurred within are a part of all of us who were there and enjoyed them. In seeing the sadness (and beauty) of the loss of the Century Domes perhaps people will appreciate the older theatres they still have like The Tower or any other historic place in Sacramento. It is my hope that long after I am gone people who care will still somehow be able to see this short and remember...

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# CALENDAR

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

## Matsuyama Elementary School will have a Mobile Clothing Drive Fundraiser

There will be a Mobile Drop Box on campus at 7680 Windbridge Drive, Sacramento from March 8-21. Donations can be dropped off 24/7. This fundraiser promotes recycling, gives back to the local community AND raises money for our school. ACCEPTING DONATIONS OF: Usable clothing (all sizes), shoes, jewelry, belts, purses, backpacks, bedding and linens, toys, DVDs, and other small non-breakable items.

## Sutter's Fort looking for volunteers

Do you have an interest in early Sacramento to history? Do you get excited at the idea

of dressing up in Pioneer clothing, churning butter, or making barrels? If so, volunteering at the birthplace of the city of Sacramento may be just for you! Sutter's Fort will soon begin Docent training classes for those interested in interpreting pioneer California history to the public. For more information about training dates and requirements, please contact volunteer coordinator Llonel Onsurez at (916) 323-2015 or [lloanel.onsurez@parks.ca.gov](mailto:lloanel.onsurez@parks.ca.gov).

## Free trees

Sacramento Tree Foundation, in partnership with SMUD, provides free expert tree selection advice and energy saving shade trees to SMUD customers. Call the Sacramento Tree Foundation at (916) 924-8733 or email [shadetrees@sactree.com](mailto:shadetrees@sactree.com) to make your appointment to receive up to 10 free shade trees.

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eties to plant that will provide the most shade for your home. About two weeks after your appointment, once you agree to the planting plan, your trees, stakes and ties will be delivered to you. This is a free service provided in partnership by SMUD and Sacramento Tree Foundation to help SMUD customers save energy. For more information, call Sacramento Tree Foundation at (916) 924-8733 or visit [www.sactree.com](http://www.sactree.com). Properly planted trees can save help you save up to 40 percent on summer cooling costs, increase your property value, clean the air, reduce stormwater flooding, and make your neighborhood a better place to live. Call Sacramento Tree Foundation at (916) 924-8733 or visit [www.sactree.com](http://www.sactree.com) for your free trees.

## Sons In Retirement (SIR) Branch #93 Luncheon programs

are held on the third Monday of each month at 11:30 a.m. at Elks Lodge No.6. SIR is a luncheon club with 141 branches and a membership of 18,000 men who are retired from full-time employment. Activities included weekly golf tournaments and bowling league teams. For more information or an application call Chairman Dick West at 919-3858.

Calendar continued, page 14



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# CALENDAR

Continued from page 13

## FEBRUARY

### 3rd Annual Rachel Anne Gray Memorial Spaghetti Dinner Fundraiser

**Feb. 26:** One-hundred percent of the funds raised go to the Rachel Anne Gray Memorial Scholarship Program. Funds raised at Spaghetti Feed Fundraiser helped the Fair Oaks Recreation & Park District and the Fair Oaks Youth Advisory Board to award three scholarships in the amounts of \$1,500, \$1,000, & \$500. The Scholarship was established in honor of Rachel Anne Gray who passed away September 2nd, 2012 at the age of 21. Rachel was a resident of Fair Oaks

and a member of the Fair Oaks Youth Advisory Board from 2006 through 2008. Rachel graduated from Bella Vista High School (Fair Oaks) in 2008 and received her degree in International Business from California State University, Sacramento. Rachel was a valued member of the Fair Oaks community, who made a huge impact on young leaders, the community and the Fair Oaks Recreation and Park District staff. The event, which will be a dinner and silent auction, will be held at the St. Mel Parish Center from 6 to 9 p.m. St. Mel Parish Center is located at 4745 Pennsylvania Avenue, Fair Oaks. For additional questions please contact Katy Coss at [kcoss@fairoakspark.org](mailto:kcoss@fairoakspark.org) or 916-966-1036.

## Beer Week 5K

**Feb. 28:** Have fun and get a workout too. There will be a run starting at 11 a.m. at New Helvetia Brewing Co., 1730 Broadway. Register at [www.timeyourrace.com](http://www.timeyourrace.com). \$35 pre-registered/\$40 day-of registration. Race fee includes: dry-fit tech t-shirt, swag bag and fresh craft beer at the finish line. More details at [facebook.com/sacbeerweek5k](http://facebook.com/sacbeerweek5k). Any questions, contact [sloppymooserrunningclub@gmail.com](mailto:sloppymooserrunningclub@gmail.com).

## MARCH

### Music at noon

**March 2:** Free music programs, offered at Westminster Presbyterian Church at noon on Wednesdays. This week enjoy music by Pacific Arts Trio: Alice Lenaghan, flute; Natalie Cox, harp; Dan Reiter, cello.

### Sacramento County History Day

**March 5:** National History Day (NHD) is a premier competition that engages more than half a million students nationally. As part of NHD, Sacramento County History Day (SCHD) allows students to participate in authentic, challenging, project-based learning that lasts an entire school year. Students select topics and research them

as historians would – by using libraries, archives, museums and oral history interviews. Their analysis and interpretations come together with the facts and evidence they've gathered to become their final projects. Sacramento County History Day will be held at Inderkum High School in Natomas, 2500 New Market Drive. Students may participate in one of three divisions which are based on their grade level. The divisions are: Elementary, grades 4-5; Junior, grades 6-8; and senior, grades 9-12.

### Cal Spring Thing

**March 5:** To help Cal, continue on its path of excellence for the students and community, friends of Cal are getting ready for the 7th annual Cal Spring Thing on March 5. The Annual Cal Spring Thing raises much needed funds for the school and has become a neighborhood celebration as the community rallies behind its only middle school. The community's involvement has been pivotal in the growing successes of Cal. The Spring Thing will feature small plates served by local restaurants, beer and wine tastings, a live & silent auction, Wall of Wine and Cal student art will be for sale. Also, featured this year will be Cal Culinary program. The community is invited and encouraged to attend the event, starting at 6:30 p.m. at the Congregation B'Nai Israel at 3600 Riverside Blvd. For more information on the event and to purchase tickets visit [www.calspringthing.com](http://www.calspringthing.com). Tickets will also be available at the door.

### Music at noon

**March 9:** Free music programs, offered at Westminster Presbyterian Church at noon on Wednesdays. This week enjoy music by singers/songwriters Gayle Anderson and Bob Gram.

### Root Cellar Sacramento Genealogical Society General Meeting

**March 10:** From 7 to 8:30 p.m., the program: "Features and Tools of The New Ancestry" presented by Tamara Noe will be held at Christ Community Church, 5025 Manzanita Ave. in Carmichael from 6:15 to 7 p.m. There will be a pre-meeting with informal dis-

cussions. Folks can ask questions, share brick walls, find others searching your surnames or locations. Visitors always welcome! For more information, go to [info@rootcellar.org](mailto:info@rootcellar.org)

### Music at noon

**March 16:** Free music programs, offered at Westminster Presbyterian Church at noon on Wednesdays. This week enjoy music by Random Harps.

### Fresh, Hot Crab at West Campus Crab Feed!

**March 19:** Support one of our premier local high schools by attending the West Campus Crab Feed and Silent Auction coming up Saturday, March 19 from 5:30-10 p.m. at Giovanni Hall of St. Mary's Church. Tickets are \$60/person, available at [www.west-campus.scusd.edu](http://www.west-campus.scusd.edu) or in the school office at 3022 58th St. The evening will feature: fresh, hot crab or rib eye steak cooked right on the premises; "Aloha" Hawaiian theme with special tropical cocktail; live music from West Campus' award-winning band; as well as a raffle and silent auction. All proceeds go to support West Campus students programs including the classes of 2016-2019, WCHS marching band and the West Campus Foundation for Excellence. Donations for our raffle and auction are also very much appreciated! West Campus High School is recognized as a California Distinguished School, rated the top high school in Northern California by Newsweek magazine, and has one of the highest CAASPP scores in ELA and math in the state. In addition to high academic expectations and a strong commitment to the arts and athletics, West Campus High School is devoted to developing future leaders and building strong ties within our neighborhood and community. Commitment to diversity and civic responsibility are central to West Campus' educational mission and goals for student development. Your donation to West Campus High School helps support the development of tomorrow's leaders. Many school programs at West Campus are only made possible with the assistance we receive from our family, friends, and community business partners.



# For the love of dance: Contra dancing brings local families together

By MONICA STARK  
editor@valcomnews.com

With a Valentine's Day theme, a family contra dance for the ages brought children, parents and grandparents to the Coloma Community Center, 4623 T St., for clean old-fashioned fun. With live fiddle music and easy, friendly dances called by Erik Hoffman, the event called, "For the Love of Dance" encouraged all to attend.

Akin to square-dancing, only to better music (Riverdance and bluegrass), the community dances stem from British and French country dances brought to the United States by immigrants. And today, a large community of contra dances spread all across the country; and locally, the Sacramento Country Dance Society, [sactocds.wordpress.com](http://sactocds.wordpress.com), sponsors the regularly held dances at the Coloma Community Center.

One of the dancers, Amanda Schmidt, a Fair Oaks mom of two children, helped organize the Valentine family dance and spoke with Valley Community Newspapers about her love of contra dances and how the events bring families together. Dancing since she was in her early 20s, about 15 years ago, Amanda said when she met her husband she invited him to a contra dance, and he loved it even more than she did. Then, when they had their two daughters, they brought them along. "It is a huge part of our family's life. It has helped bond our family and build our girls' dance skills, social graces, confidence, flexibility and musicality," she said.

In an alcohol-free, family-friendly, safe environment "full of nice people," Amanda said in contra dancing you're part of a pattern that is woven together by the dancers. "Contra dances teach you to laugh at yourself... When you get confused or make mistakes, the best reaction is to crack up. Mistakes are not only OK, they're hilarious!"

Everyone working together as a team to help each other get back on track, the best thing about contra dancing, Amanda said, is that it makes her crack her smile muscles and laugh much more and harder than she usually does. "Being able to laugh at yourself is good. Come ready to have fun and not take yourself too seriously. Just laugh when you mess up, and keep trying. Soon it'll just start to flow naturally and you won't have to concentrate as hard," she said.

So, with those folks with two left feet, they'll be glad to know no special skills are necessary. If you don't have rhythm, contra dancing



can help you develop it. The music is infectious, and seeing live musicians going at it while the crowd stomps and hollers is a great way to develop a love for music and rhythm! If you have young kids, dancing with them in an Ergo carrier from babyhood is a great idea, Amanda says. "Dancing with a kid on your back is tiring for the parent, but it really helps a child absorb the flow and rhythm of contra dancing. Our younger daughter, now age 8, caught on to contra dancing very young (age 5) after dancing on our backs for several years."

There is a beginner's lesson before every contra dance, in which the caller walks you through some of the basics. If you listen well and pay attention, it's pretty easy to pick up, even for kids as young as 6-8 years old, Amanda explained. People with experience in other kinds of dance will find it a cinch to learn.

But even if you struggle at first, Amanda assures the contra dancing community is very friendly and encouraging, and supports your growth as you figure it out. "It's a very positive and emotionally safe environment," she said.

Moreover, no dance partner is necessary. In contra dancing, everyone dances with a different partner for each dance, and you and your partner dance with everyone in the line of couples by the end of the song. After each dance, everyone wanders around and just asks anyone they come across – both women and men. "If you're out there on



Photos by Stephen Crowley  
[stephen@valcomnews.com](mailto:stephen@valcomnews.com)  
Shown here is a collection of photos from last Saturday's contra dance event held at the Coloma Community Center. With a Valentine's Day theme, "For the Love of Dance," the event brought families together and featured live fiddle music and lots of fun and laughter.

the dance floor after a dance, it's hard NOT to get asked to dance!" Amanda said.

Just wear comfortable clothes that breathe — you could get pretty hot and sweaty — and most women (and some men!) love to wear twirly skirts, for the love of twirling and because they are much cooler than pants, Amanda said. Also, shoes that can slide, instead of gripping the floor, really help with being able to turn a lot. "Avid contra dancers love to turn... and turn!"

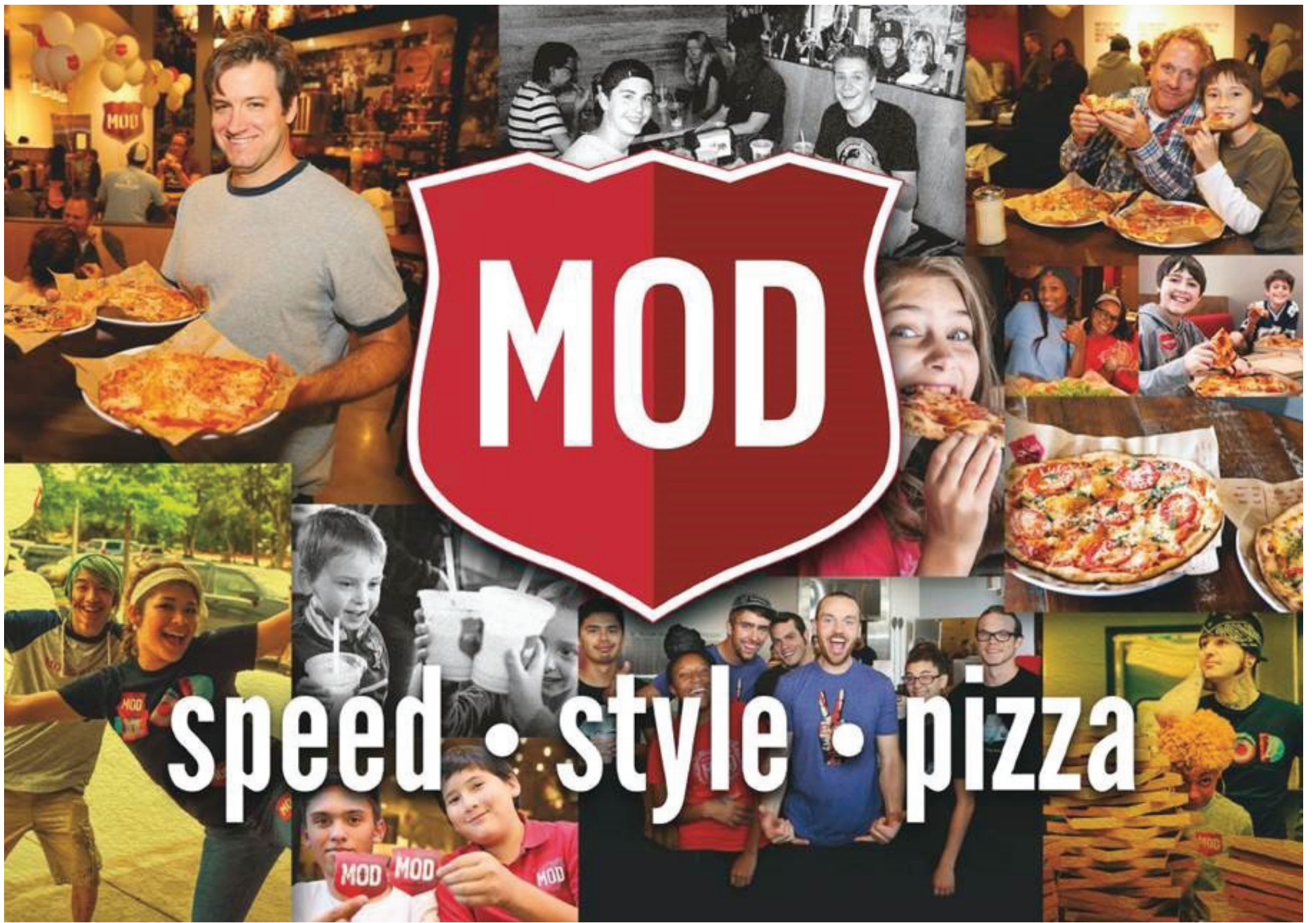
Dances are held on the second and fourth Saturdays of each month with a more advanced "zesty" dance on the fifth Saturdays – all at the Coloma

Community Center. "It's a great hall with a nice wood floor and plenty of space and bathrooms. It even has a play structure out back, which kids can play on after the family dances," Amanda said.

You can see the full schedule, including special family dances, at <https://sactocds.wordpress.com>.

In case you're curious to see what contra dancing looks like, here's one of Amanda's favorite bands playing at their contra dance weekend in upstate New York: [www.youtube.com/watch?v=MsE8lWhib10](https://www.youtube.com/watch?v=MsE8lWhib10). "Their music is not traditional contra dance music – more avant-garde and like a rock band at times – and they are so fun to dance to!"





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