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Hundreds of volunteers perform service at East Lawn

By JOHN HARTMAN and MARGARET SNIDER

On Saturday, April 27, the annual program of Mormon Helping Hands performed cleanup, painting and gardening at the City of Sacramento's East Lawn Children's Park, as well as at the East Lawn Memorial Park cemetery. Hundreds of volunteers from The Church of Jesus Christ of Latter-day Saints joined with other community members in an effort that began the Wednesday before when dozens of church youth showed up to do prep work, cleaning and scraping of fences and other structures in preparation for the painting that took place on Saturday.

"They had about 200 feet of wrought iron fence that they cleaned and prepped for the paint job (Wednesday)," said Igor Kalenyuk, East Lawn's facilities superintendent and project manager.

Saturday's activity began at 6:30 a.m. with set-up for the work, and volunteers began arriving at around 8:30 p.m. The work was completed from 9-11:30 a.m., after which the lunch crew served hamburgers and hotdogs to the workers.

The volunteers paid special attention to the children's park at the corner of 42nd and Folsom Boulevard. This property was donated a few years ago by East Lawn Memorial Park to the City of Sacramento to create the East Lawn Children's Park. Workers cleaned up the ivy and debris, raked leaves, and repainted the iron fence.

The fence was a big job and at mid-morning the supervisor for that area, Wanda Yañez of Sacramento, called for help. About 100 of the volunteers descended on the children's park with paint and brushes in hand, and finished the job within the hour.

In the cemetery itself, the volunteers painted benches, curbs, and hose spigots, and cleaned the area.



R Leach Photography
Volunteers of all ages help with cleanup and painting at East Lawn Children's Park and East Lawn Cemetery on Mormon Helping Hands day.

"We all appreciate it," Kalenyuk said. "It was a very organized group."

Blythe Passanando of Rancho Cordova was stationed with her crew throughout the morning at the Alzheimer's Memorial at the cemetery. With computers set up, they provided help to any who wanted to seek out records of their ancestors, creating colorful family ancestral fan charts.

Toward the conclusion of the day's work, event organizer Christina Barnett presented East Lawn Cemetery Manager Craig Peterson with a terra cotta pot with painted hand prints of the dozens of children who participated in the activities.

"I think probably the best thing that this day does for people, and for families and children," Peterson said, "is it allows children to learn respect for the dead and respect for the cemetery, as well as allows them the chance to learn not to be afraid of being in a cemetery."

John Hartman and Margaret Snider are members of The Church of Jesus Christ of Latter-day Saints.

JANEY WAY MEMORIES:

Memories of My Mother

By MARTY RELLES
marty@valcomnews.com

Last Sunday I celebrated Mother's Day with my lovely wife Barbara. It brought back wonderful memories of my own mother—Mary Relles.

The first memory I have of Mom dates back to 1952. We had just moved to Janey Way then, so mom had to walk with me nearly one mile daily to Tahoe School where I attended kindergarten. Needless to say, those walks were unforgettable.

Another thing I recall vividly about Mom is her friendship with Rose Hart. Those two ladies gathered almost every morning in our kitchen, drinking coffee, smoking cigarettes, gossiping, and recalling stories from their youths. Their experiences could not have been more different. Mom grew up in Santa Cruz, California, and Rosie grew up in the back woods of West Virginia. I often sat at the kitchen table with them, drinking coffee and hanging on every word. Their experiences, so different from my own, fascinated me.

I remember too, the wonderful meals mom cooked for our family. She told me that she never cooked as a child. Her mother took care of that chore and was more concerned about Mary's education, than in teaching her how to cook.

However, when my mother married my father in 1941, she had no choice but to learn how to cook. So, she bought a copy of the "Better Homes, New Cook Book", and taught herself how to cook. My grandma Petta taught mom how to make spaghetti with meatballs, but everything else, she learned on her own.

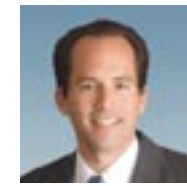
Mom taught me how to cook, and to this day I still use many of her recipes.

Finally, the thing I remember most about my Mother is her love of literature. When I was little, she read to me daily from a collection of children's stories including: Tom Thumb, Jack and the Bean Stalk, and Puss N Boots.

I loved those stories so well, I knew them by heart. A neighbor once told my mother, "Your son (age four) can read. Today he read 'Tom Thumb' to my little boy." Mom laughed and said, "Oh no, Marty can't read yet, but he knows that story by heart."

Mom loved poetry too, and often recited Longfellow poems like "The Village Smithy" and "The Children's Hour" to us. She clearly loved these poems, and shared this love of literature with me. Her influence is a big reason why I took up writing.

Now, these stories about my Mother are just another inspirational Janey Way Memory.



Andy Thielen
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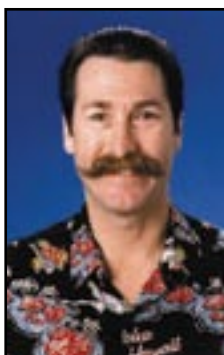
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Elmhurst martial arts school teaches more than punching and kicking

"The last thing we need in the world is more punching and kicking. We could use more respect." – Sensei Mike Oliver of Zen Martial Arts

By **MONICA STARK**
editor@valcomnews.com

Bullied as a child, Zen Martial Arts sensei Mike Oliver wanted nothing more than to take up karate in order to defend himself, but his parents couldn't afford classes and he continued to get picked on. It wasn't until he grew up that he took it up on his own.

In an interview with this publication, Oliver said karate would have made life easier for him as a kid. "I would have been stronger and had more confidence," he said.

He said bullying usually starts verbally and if dealt with immediately, can also end verbally. This is a form of verbal judo, where anger is controlled and threats are addressed. For example, he tells his

students to politely threaten their attacker like so: "If you keep calling me names, you'll get in trouble." This, verbal judo gives the bully a choice in the matter.

As he said one evening during class: "The last thing we need in the world is more punching and kicking. We could use more respect."

And now, the double black belt sensei (also a new father to daughter Lilliana), Oliver promotes anti-bullying education as much as he can. He offered a local child who suffered from bullying to come to classes for free.

"It changed this kid's life," said student Susan Bitar, who witnessed the improvement in the child's spirit.

For three years, Bitar has taken karate with her son Aaron Davis, 13, at Zen. Both have earned their brown belts and since they are at the same level, they help each other out, Bitar says. "It's a great thing in our lives," she said.

So to teachers and students at the Elmhurst school, Zen stands for some-



See Karate, page 5

Adult class at Zen.

Photo by Monica Stark

Karate: Local Karate school teaches anti-bullying techniques

Continued from page 4

thing far beyond the kick, the punch, and the throw.

The school helps parents instill valuable character traits, beliefs, and habits in their children, such as: self-discipline, the ability to stay calm under pressure, the appreciation of teachers, parents, and other mentors, and the value of proper diet, exercise, and education in a happy and fulfilling life.

Outside of the dojo, or the place they train, Bitar and Davis were required to set personal goals to earn their brown belts. Bitar wanted to try a new food a week for six months, but she ended up doing it for a whole year and Davis wanted to run a 5-K race without stopping, which he did.

Moreover, Bitar says she's learned a lot about self-defense and self-awareness. "I've learned a lot to be effective if I were to be attacked ... I look at things with a more concerned eye. I don't want to be paranoid, but I look at things differently. I am a runner. If I run by myself, I run with mace or cell phone," she says.



Photo by Monica Stark

A lot of changes have happened in a short amount of time at Zen. The room has been painted and is now fully matted and the school has grown from just a few students to 100 varying in age from four to adult.

Classes are held at Coloma Community Center, 4623 T St., Sacramento 95819. For more information, call Zen Martial Arts Center at 678-0565 or email info@zenmartial.com

3 tips for dealing with bullies

1. Document. Bullying is NOT Ok. Write down / record the incident. Note the date, time, location, and people involved.

2. Report. Go to your parents, your teachers, and other adults-in-charge and let them know what's going on.

3. Ask for help. Don't hesitate to ask for help. You may not have the tools or authority to put a stop to bullying, but someone you know does.

www.ZenMartialArts.com

PUBLIC NOTICE

SMUD INVITES PUBLIC INPUT ON PROPOSED RATE ACTIONS

The Sacramento Municipal Utility District (SMUD) is holding two public workshops and a public hearing to discuss proposed rate changes to begin in January 2014.

The General Manager's Report and Recommendations (Report) includes a proposed two-step rate increase of 2.5 percent in both 2014 and 2015 to meet projected shortfalls resulting from higher costs of renewable power required by the state, the increase in the number of participants in the low-income energy assistance program, and debt service obligations. Even with the proposed rate increase, SMUD rates remain among the lowest in California and would be approximately 24 percent below PG&E.

The Report also recommends a restructuring of the residential rates that will be phased in gradually over four years to better align rates with SMUD's cost to serve customers. This restructure will help residential customers make better informed choices about their energy consumption and utilizes new smart technology. SMUD's goal is to transition from tiered pricing to time-based pricing by 2018.

During the residential rate transition, SMUD proposes a new approach to the Energy Assistance Program Rate (EAPR) for low-income customers to help neutralize bill impacts.

The Report also addresses the following items:

- Modifications to street lighting rates making efficient LED lighting more cost beneficial.
- New Combined Heat and Power (CHP) rate for non-renewable generators.
- Revised late fees for public entity commercial customers.
- Reduce bill impacts to small commercial customers by combining demand and energy criteria for the small commercial rate.
- Revisions and modifications to the Rates, Rules and Regulations to enhance clarity and consistency.

Public Workshop Tuesday, May 28 - 6 p.m.	Public Workshop Tuesday, June 18 - 10 a.m.	Public Hearing Thursday, July 18 - 9 a.m.
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All three meetings will be held at:
SMUD Headquarters, 6201 S Street, Sacramento, 95817

Information on the proposed rate action and a copy of the General Manager's Report and Recommendation can be found on smud.org/rates. Copies of the report are also available at all Sacramento County Public Libraries.

Accommodations are available for the disabled individuals. If you need a hearing assistance device or other aid, or have specific rates questions, contact SMUD's Rates Administrator at (916) 732-6222. Written comments can be sent to rates@smud.org or MS A451, SMUD, P.O. Box 15830, Sacramento, CA 95852-0830.



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East Lawn Memorial Park is home to notables of the past

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part 11 in a series about the rich history of and associated with East Sacramento's award-winning East Lawn Memorial Park.

East Lawn Memorial Park serves as the resting place for many notable Sacramentans of the past.

In addition to those who have been featured in previous articles of this series, there are many others who were interred at East Lawn who have stories worth being retold.

One of the more notable people who made their post mortem home at East Lawn was movie and television actor Neville Brand (1920-1992), who was interred in the two-story mausoleum at East Lawn.

Brand, who was born in Griswold, Iowa and raised in Kewanee, Ill., served in the Army as a platoon sergeant in Europe during World War II.



Photo courtesy of East Lawn Memorial Park
Robert T. Matsui (1941-2005) was one of the most notable Sacramento-born politicians.

His many Army decorations included a Purple Heart, as he was struck by a bullet in his right arm.

After residing in New York's famed Greenwich Village, working in off-Broadway shows and attending drama school in Los Angeles, Brand began

his film career in Hollywood in 1949.

Among the films Brand appeared in were "Stalag 17" (1953) with William Holden, "Love Me Tender" (1956) with Elvis Presley, and "Bird Man of Alcatraz" (1962) with Burt Lancaster.

On television, Brand was seen playing roles in episodes of such series as "Bonanza," "Gunsmoke," "Rawhide," "Tarzan" and "Kojak." Brand, who resided in Sacramento for about the last decade of his life, passed away at Sutter General Hospital on April 16, 1992, three days shy of his 72nd birthday.

When it comes to music, East Lawn is well represented through Dick Jurgens (1910-1995), who gained his fame as a prominent composer and big-band leader during the 1930s and 1940s.



Photo by Lance Armstrong
An American flag adorns the gravesite of Robert T. Matsui at East Lawn Memorial Park.

Jurgens, who was a 1933 graduate of Sacramento Junior College (now Sacramento City College), wrote his theme song, "Day Dreams Come True at Night," in the college's instrumentation class of music, which was led by its director David Burnham.

While attending the college, Jurgens and his orchestra performed at school events, including a Halloween dance on Oct. 30, 1931 and the Art Ball on Nov. 7, 1931.

Jurgens signed with Decca Records in the 1930s and performed at various sized venues in Sacramento, San Francisco, Berkeley, Catalina Island, Chicago, Denver and elsewhere.

Today, there are many people who grew up in Sacramento during the big-band era who recall the music of Dick Jurgens.

The marker on Jurgens' grave appropriately includes a G clef musical symbol and the words, "Day Dreams Come True at Night."

Also interred at East Lawn was Democrat Robert Takeo "Bob" Matsui (1941-2005), one of the most notable Sacramento-born politicians.

After graduating from the University of California, Berkeley in 1963 and the Hastings College of Law three years later, Matsui founded his own law practice at 1214 F St. in 1967.

During the 1970s, he served as a member of the city council, including his time as the city's vice mayor in 1977.

A year later, Matsui was elected to Congress, following the retirement of Rep. John E. Moss, and he represented Sacramento in

See Cemetery, page 7

Cemetery: Many notable people buried at East Lawn

Continued from page 6

the U. S. House of Representatives for a quarter century.

Matsui, who was interred at the Tule Lake, Calif. relocation center with his family following the Japanese attack on Pearl Harbor, co-sponsored a 1988 law that preceded the federal government dispersing \$1.6 billion to Japanese-Americans, who had been interned and their heirs.

His activities also included leading the congressional effort to preserve Social Security and serving as regent of the Smithsonian Institution.

Locally, Matsui was a leader in the efforts to ensure federal assistance for flood control, light rail, parks and housing projects.

In response to the news of Matsui's passing, former President Bill Clinton and his wife, U. S. Sen. Hillary Rodham Clinton, issued a statement, which, in part, read: "Bob Matsui leaves behind a rich legacy of service that improved the lives of his own constituents,



Photo by Lance Armstrong
Dick Jurgens gained his fame as a prominent composer and big-band leader during the 1930s and 1940s.

all Americans and people throughout the world. He also leaves a loving family and a legions (sic) of friends who were touched by his grace and goodness."

Another notable Sacramentan who was interred at East Lawn was Frank Fat (1904-1997), the founder of Frank Fat's restaurant at 806 L St.

Today, this business has the notoriety of being Sacramento's oldest eatery that has been operated by one family in the same location.

An early advertisement for Fat's restaurant reads:

"Most beautiful Chinese café, regular Chinese and American dinners served daily, featuring charcoal-broiled steer steaks, private banquet room for parties, clubs, lodges, etc., finest mixed drinks served in our cocktail lounge."

As the popularity of Fat's restaurant grew, so did the number of the Fat family's restaurants. The first of these non-L Street restaurants was located at 2312 Watt Ave. in Country Club Plaza, accompanying the Stop-N-Shop grocery store in the Gourmet Lane food court.

Fat, a Canton, China immigrant who interacted with many notable political figures at his L Street restaurant, would eventually become involved in politics himself. This involvement included his work as a lobbyist for the interests of Chinese-Americans.

He later assisted in the founding of the Chinese-American Council of Sacramento.

Fat retired from his many years in the restaurant industry in 1971 and passed away on April 5, 1997, about a month prior to his 93rd birthday.



Photo by Lance Armstrong
Movie and television actor Neville Brand was interred in the two-story mausoleum at East Lawn Memorial Park in 1992.

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Congratulations St. Francis Class of 2013!

Editor's Note: St. Francis will hold a farewell mass and celebration on Wednesday, May 15 from 12:30 p.m. to 3 p.m. Parents and grandparents are welcome to celebrate Mass with the school community. To get in the graduation spirit, the Valedictorians and Salutatorian provided The East Sacramento News a taste of what St. Francis has meant to them. Also included below are statements from students selected to be speakers at graduation and baccalaureate.

Valedictorians:

Ashley Jones and Jasmine Florentino



Ashley Jones:

My name is Ashley Jones and I am a graduating senior from St. Francis High School. At St. Francis, I developed a love of performing, participating in four different singing and dancing groups, including A Cap-

PELLA, Hawaiian Hula, Hip-Hop, and Show Choir. In the fall, I will be attending UC Davis with an undecided major in Life Sciences. My future plans are not set in stone, but I want to go into the medical field in order to use my education and my passion for learning to give back to my community and help others. St. Francis has instilled in me a love of service, helping me to get involved with various programs such as St. John's Shelter, Vacation Bible School, and Therapeutic Recreation Services (TRS) over the past four years, which has influenced me to choose a career path in which I can serve and benefit the community. I also believe that the rigorous and challenging college-prep curriculum of St. Francis has well-prepared me for all of the challenges that come with pursuing a career in the medical field, helping me to develop the leadership skills, motivation, and dedication necessary to succeed.



Jasmine Florentino:

My name is Jasmine Florentino and I attended St. Ignatius Parish School for ten years prior to attending St. Francis. In my four years at St. Francis, I have played soccer, basketball, and diving and have been the Co-President of the Patriots Club, on student council, and a Christian Service and Retreat Team Leader. Outside of school, I am actively involved at my Church, Presentation. I love going to Mass and youth group! Also, one of my favorite things to do is to babysit because I love playing with children and babies! Next year I will be off to the University of Notre Dame, where I intend to pursue my passion for language and continue to deepen my Catholic faith. I plan to major in Theology and Spanish, and hopefully also study Italian. Not only has SF prepared me academically, but it has also been a great journey to find and grow in my Catholic identity. Although it

will be hard to leave my home here, I hold fast to my faith, knowing that this is God's plan for me.



Salutatorian: Ashley Rose

During my four years at St. Francis I have been involved in the arts and have performed in almost every play and musical. I have also been an ambassador each year and served as a senior big sister this past year. I currently volunteer at Eskaton Monroe Lodge and am in charge of the club I created this year, the Brit'-Lovin' Troubies (an anglophile club)!

I will attend Folsom Lake College and plan to transfer to UCLA. I intend to major in Theater and minor in communications because I want to pursue a career in acting.

My St. Francis education has definitely prepared me to handle the college workload and curriculum.

The following are students selected to be speakers at Graduation and Baccalaureate:



Class of 2013 Graduates' Prayer: Victoria Quiniola

I am incredibly grateful to have spent the past 4 years at St. Francis High School, and am now headed for the University of San Francisco. Several involvements at St. Francis have helped me construct a path for the future, including leading underclassmen retreats, campaigning for political figures, and attending a weekly SFHS bible-study group. At USF, I look forward to joining the Army ROTC program and accepting a commission upon completion as I incorporate my Christian faith into military leadership and service. I thank my family and the faculty, staff, and fellow students at St. Francis for their never-ending love, instruction, guidance, and support.



Baccalaureate Welcome: Maia Evrigenis

Maia Evrigenis has greatly enjoyed her years at St. Francis. She spends most of her time on campus in the music department jamming on her saxophone with the Jazz Ensemble. Maia also enjoys studying American History and is the president of the SF Patriots Club. As a member of the St. Francis retreat team, Maia helps underclassmen strengthen their relationships with God. Maia is attending New York University in the fall and plans to become a Hospital School Teacher, a teacher for students suffering from life threatening illness.



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SPORTS

Sac State wrestling club reaches great success

By BENN HODAPP
benn@valcomnews.com

After dropping its wrestling team in 1983, Sac State took a 28-year hiatus before returning as a club sports team in 2011. Just two years later, the team is making noise on a national level.

The 2012-13 version of the team competed in more than 20 competitions between August 2012 and March 2013, a grueling task for athletes already balancing classes, work, practices and social lives. It's one thing to compete, it's another to excel.

After finishing third in the 10-team West Coast Conference at the 2013 conference finals, excelling is just what the team is doing. Many of those other nine schools have established wrestling teams that were competing long before Sac State wrestling made its comeback. In the past two years the team has qualified six wrestlers for the national championships.

Coach August Wesley outlined just how the team has achieved that success in such a short period of time.

"There aren't many other places around here where student athletes can wrestle," said Wesley. "You can go to San Francisco State, but can you afford to live in San Francisco? You can go to Stanford, but can you get into Stanford? Sac State is a great place for local wrestlers to go and compete because they can stay close to home if they choose to and still wrestle in a competitive environment."

Last year's team fielded a total of 38 wrestlers at different points in the year, according to Wesley. Only 10 wrestlers compete at a given meet, but injuries, eligibility issues, graduations, and other roadblocks made it difficult to field the same 10 at all times, but the team made due.

"Life sometimes gets in the way of sports and I understand that," said Wesley. "Everybody contributes in different ways when they are available."

The wrestling team is funded by club sports at Sac State, and costs are very



Photo courtesy

minimal (\$20-25). There are two tiers of the team and no one who wishes to join is turned away. The first tier is for students who want to come in and have some fun and learn wrestling recreationally. The competitive tier is for the more serious wrestlers who want to travel and compete.

Since its inception in 2011, the team has gotten the word out about the wrestling team largely from word of mouth. Wesley also sets up a booth during Club Rush in the Student

Union with information about the team.

"Not many people know that we have a wrestling team," Wesley said. "We want people to know that we're here and we're good."

Good may be an understatement, as in 2012 the team was awarded with the Most Successful Team award as well as the Sac State Coach of the Year award for Wesley at the Sac State All Sports Banquet last May. Not to men-

See Wrestling, page 11



Photo courtesy

Wrestling: Club won many awards this year

Continued from page 10

tion the National Collegiate Wrestling Association (NCWA) University State Championship that the team currently holds.

The most recent team won several awards at this year's banquet, which was held May 4. Wesley won "Coach of the Year," Caleb Mack won "Male Athlete of the Year" and Stacy Gizzo won "Team Officer of the Year."

"We were all very shocked and honored," wrote Wesley via email. "Sacramento State University's teams and sport clubs are all very active being competitive on campus and at regional and national competitions."

"It's very humbling to be selected as award recipients in these areas because I feel we work just

as hard as every other team. In two competitive seasons we received five awards. Wow, we set high expectations for our team and continuously work towards individual goals along the way."

Things are looking pretty good for the future of the team as well. Wesley has recruited two high school state champions to grapple for his squad in 2013. Practices are held in the wellness center (called The Well) at Sac State on Mondays, Thursdays and Saturdays from 8-10 p.m. Practices are open for anyone with a OneCard.

The 2013 season begins in August. For more information on how to join the 2013 squad, students are urged to visit The Well on the Sac State campus.



Photo courtesy

Members of the wrestling club at Nationals.

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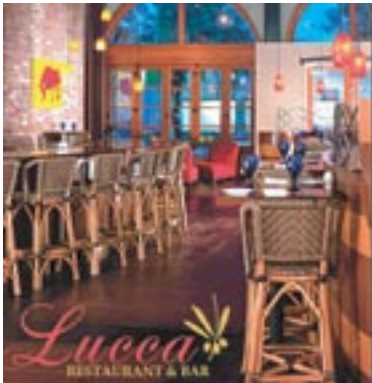
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Chef Rick Mahan, who built his stellar reputation at The Waterboy in midtown, has branched out with a more casual concept at his East Sac eatery. The most arresting feature of the open, airy bistro is a tiled pizza oven that cranks out chewy, flavorful pizzas. Don't miss the Rick's pizza, made with new potatoes, sopressata, mortadella and leeks, or the housemade Italian sausage pizza, with mozzarella cheese, peperonata and broccoli rabe. But OneSpeed offers more than just pizza: Dig into the lovely frito misto, one of the delectable salads or a housemade pasta. 4818 Folsom Blvd. (916) 706-1748; onespeedpizza.com B-L-D Pizza \$\$

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Local preschool teacher builds community through early childhood education

By ELIZABETH PENNEY

As many East Sacramento parents can attest, community is a crucial component in the development of a child. From the first day of preschool, children and parents become part of a school community, so finding the right one can often be a difficult challenge.

One preschool that nurtures a true community spirit among students, parents and staff is Discovery Montessori, a non-profit parent participation co-op at 56th and G streets. The school has been building partnerships among families for nearly 40 years, and hundreds of little ones have "graduated" from its program with the skills necessary to tackle their next greatest challenge: kindergarten.

Leading the effort in the classroom is head teacher Denise Halfacre, who said watching preschoolers blossom and grow is one of the greatest highlights of her career.

"Children at this age want to be independent, they want to be on their own, and this type of environment helps them to exercise that natural desire," she said.

Discovery Montessori follows the principles established by Dr. Maria Montessori, who believed that a child's natural ability to learn must be cultivated at an early age in a warm and supportive environment, with touchable, entertaining educational materials.

"Maria Montessori learned that through observing children, you could really learn where they are developmentally," Halfacre said. "You get to know their personality, and you know what they're ready for next."

Halfacre, who came to Discovery in 2010, began her teaching career in 1988 as a teaching assistant. While she knew little of the Montessori philosophy when she began her training program, she soon discovered that it was extremely beneficial to young children. Children "work" independently on specific activities throughout the day, depending on their age, ability and interest. One child may excel at drawing or pretend play, while another chooses blocks or puzzles. Halfacre calls this a "structured freedom" environment.

Hands-on learning presented in Montessori schools aids in learning by allowing children to touch, feel and manipulate ideas. The tactile experience of sorting beads or balls, for example, helps children master counting and addition.

"Some materials incorporate physical movement, and some also encourage children to sit quietly and focus," Halfacre said.

Halfacre describes her teaching style as firm yet loving. She sets boundaries with her students but strives to ensure they have the resources and support they need to excel and grow.

"I have high expectations because I know they can do it," she said. "If you have high expectations, a child will meet them and even go beyond them. You have to set up children to be successful. You have to model it."

Halfacre said she also leads by example when it comes to her colleagues.

"I hold everyone accountable in creating an environment the children can be successful in," she said.



Photo by Claire Mills
Head teacher at Discovery Montessori, Denise Halfacre

Halfacre credits the school's growth and success to its director, Joan Stults. She said Stults has set the standard for a healthy, positive environment for both staff and students. Under her leadership, attendance has more than doubled – with a waiting list.

"Joan taught me a lot," Halfacre said. "She believes all children have natural development. Joan has made me a better teacher. Every child who has left the program was well prepared for kindergarten."

But the job does have its downside. Halfacre said it can be painful to say goodbye to the older children each year as they go off to kindergarten.

"Sometimes I feel like a hypocrite, because I tell them they will have fun in kindergarten when really I want them to stay here," she said.

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Phoebe Hearst students learn with the help of the school garden

This year, teachers at Phoebe Hearst Elementary School have developed units of study tying together language arts, math, science and social studies standards at each grade level under a particular theme.

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For example, our fourth graders will be studying the native plants that were commonly found at California Missions. Students will grow native crops, mathematically plot the garden growing space, and argue and write opinion pieces about which crops were most needed and integral to missionary life.

All students will showcase their new learning at Open House on May 29. Says Principal Andrea Egan: "The faculty is so excited to be building meaningful and exciting opportunities for students."

California Children's Choir celebrates 20 years with a performing tour to China

The Sacramento Children's Chorus announces it will travel to China this summer as part of a performing tour to celebrate its 20th anniversary season. The touring choir (approximately 30 singers) will begin their journey in the capital city of Beijing, then train to historic Xian, fly to the country's cultural center of Hangzhou, and bus to the international metropolis of Shanghai.

Throughout the tour, the choir will sing in some extraordinary concert halls, including a joint performance with a Chinese children's choir at the Concert Hall of the Hangzhou Grand Theater.

The group will also visit numerous educational and artistic sites along the way: the Imperial Palace, Tiananmen Square, the Great Wall, Olympic Stadiums, the Terra Cotta Workshop & Museum, a gondola ride in the water town of Xi Tang, an acrobatic show, a jade factory, and other significant venues.

The SCC is comprised of five choirs with over 150 children. Singers vary in age from elementary and middle school, to high school and the first year of college.

The SCC collaborates with other choirs and musicians to present concerts that enrich each performer's music experience and to inspire audiences. SCC choirs showcase music from diverse cultures and historical periods – performing

not only classical and contemporary choral music, but jazz, folksongs and spirituals – in many different languages.

Last month, the Children's Chorus performed to a sold-out audience at its spring concert, *For the Joy of Singing*, at the historic Crest Theatre in downtown Sacramento. Highlights from the concert included a wonderful film-themed medley to recognize the Crest's 100th Anniversary and a showcase ensemble featuring over 40 SCC alumni who traveled from across the country to be a part of this special concert.

SCC Artistic Director Lynn Stevens states, "Over the past 20 seasons we have served as ambassadors of music, traveling to such places as England, France, Hungary, the Czech Republic, British Columbia, Hawaii, Norway and Sweden. In addition, the SCC has hosted choirs from as far away as Denmark and Korea. Our mission is to provide music education that creates a lifelong love of music in young singers and inspires audiences through beautiful music. Learning and sharing diverse music enriches children beyond measure."

A free concert will highlight some of the music that will be sung in the People's Republic. The repertoire includes songs in at least seven languages. This send-off concert will be held on Wednesday, June 12

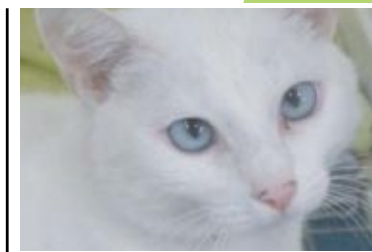
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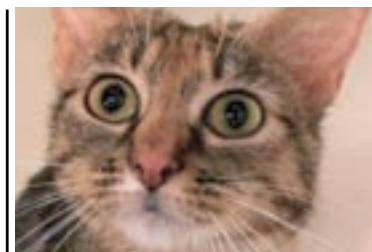
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'DRAWING THE LINE':

SMUD exhibition features drawings by 22 Sacramento area artists

Drawing the Line: An exhibition of drawings by 22 Sacramento Area Artists is now open at the SMUD Art Gallery, 6301 S St. The drawings in the exhibition illustrate vastly different techniques, drawing media, and subject matter by emerging and established Sacramento area artists: Roma Devanbu, Ianna Frisby, Mahsan Ghazianzad, Chelsea Greninger, Phyllis Haye, Jeff King, Sarma Karsiers, Linda Katzdorn, Jeffrey Kimbler, S.S. Solis, Cherilyn Naughton, Phoenix O'Shaughnessy, Patris Noel Sandino, Susan J. Silvester, Florence Skiadas, Victoria Smith, Craig N. Smith, Jennifer Tachera, S.Z. Taylor, Bob Thompson, Tedd Vallance.

American River College professor Craig N. Smith's 2012 charcoal drawing, "Study for Bay Area (Walnut Creek)" is the preparatory work for several of his paintings. Like many of his drawings, it is based on observational studies made while

traveling in a car – a method he's been practicing his entire adult life. Smith's method is in stark contrast with IT supervisor and self-taught artist Tedd Vallance who creates intricate drawings of trees with a ball point pen.

Jeff King, a graduate student in the UC Davis Master of Fine Art program, created his graphite drawing, "Dirmaawgiensg #2", by layering his photographs, projection images and previously drawn graphite drawings. The result is imagery that shifts between the figure and flattened webs of disparate shapes.

Linda Katzdorn explores different types of surface imagery by combining fragments of her intaglio prints into a series of new abstract graphite drawings.

The Art in Public Places Program was established by the City and County of Sacramento to provide visual art experiences in public locations. The SMUD Art



One of the pieces that is now on display at SMUD.

Photo courtesy

Gallery is a partnership between the Sacramento Municipal Utility District and the Sacramento Metropolitan Arts Commission. The Sacramento Metropolitan Arts Commission is devoted to supporting, promoting and advocating

for the arts in the region. For further information on programs and opportunities through the Sacramento Metropolitan Arts Commission go to: www.sacmetroarts.org. SMAC is funded by the City and County of Sacramento.

If you go:

What: 22 artists showing their work
Where: SMUD, 6301 S St. (near 65th Street)
When: May 10 to July 10 ... Gallery hours: Monday – Friday, 8 a.m. to 6 p.m.
Cost: Free

The Brickhouse Gallery presents Life in Collage: Picture stories pieced together

By MONICA STARK
editor@valcomnews.com

Carrisa Rolfe is a young woman with layered disabilities, unable to move from the waist down. This former Land Park resident can move her arms but unable to use the small motor muscles of the hands and fingers in ways that most people take for granted.

And yet with the help of creative arts therapist, Patricia Ehnisz, she layers images into whimsical collages, many of which are on display now at the Brickhouse Gallery.

Living now in a long-term care facility in Woodland, Ehnisz described Rolfe as having a genius IQ, though she suffers from schizophrenia.

"Carrisa is strong and determined when instructing in the choice, design and arrangement of color, shape and pictures to create her collages," Ehnisz said.

Ehnisz becomes Rolfe's hands and her scribe, giving voice to the visual expression. These combined expressions become the therapeutic process, which acknowledges her frustrations, compassion and inner beauty.

The two of them go through magazines together, many of them old copies of National Geographic Magazine and Ehnisz provides different textured papers for layering.

"As I flip through the magazines for her, she'll say that one, and that one and I'll tear one right after another until she has a stack and she'll say, 'that's not

too many' and I say, 'OK.' No matter what it is she wants a whole stack of those pictures. Whether she knows what she wants or not when I glue them on, I don't know."

"She will have me cut out around the edges and around some of the pictures. Cutting around a person's arm and etc - it's not easy. But, I do whatever she wants. I will give her suggestions, but not always and not too often. She definitely has her own ideas and it turns out some of them are quite amazing."

Ehnisz said she started framing ones that held a lot of meaning to the artist. One of them, which will be on display at the Brickhouse, shows a picture of a woman wearing a top hat. "She (the cut out woman) was a model. And the piece has a lot of other images around it. (Rolfe) put a goat in the place of a crucifix ... and nursing babe at the breast."

The image of the baby is of particular interest to the therapist. "This is telling of who she is and what she will never have," said Ehnisz.

Ehnisz said she began working with Rolfe in 2008 after a referral from a psychologist. "He couldn't get her feelings out of her. But she does through this. He knows I am a creative arts therapist and he suggested I meet with her. So we started with just the collages. I thought this is enjoyable to her, which is important -- for her to express her condition. She was having



temper tantrums with people who were taking care of her. Since she's been doing this process, she's much easier to work with."

Ehnisz had to take some time off over the years after suffering from a debilitating leg problem, but she has been back to work with the artist and is excited about the upcoming show.

If you go:

What: Life in Collage art show

When: Closing reception on Saturday, May 25 from 2 to 5 p.m. The Brickhouse is open weekly, Thursdays and Fridays noon to 6 p.m. and Saturday noon to 7 p.m.

Where: Brickhouse, 2837 36th St.

Contact: 475-1240

– EVENT LISTING SECTION –

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

Annual Fundraising Dinner for South Sacramento Interfaith Food Closet
Friday, May 24
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Adults \$25-Children (12 & under) \$10
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Honoring George Miles, Band Director JFK

George Miles, Band Director is retiring at John F. Kennedy High School
May 16, 7 p.m., 6715 Gloria Drive
Mr. Miles has brought music to JFK & the community for 25 years. Let's fill the auditorium for his last concert. Reception following.
Info: jfkennedyband.com

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CALENDAR

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

MAY

Rotary Club of Pocket/Greenhaven
May 16: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Fairy Tale Town presents 'Mad Hatter Meets Mad Men' fundraiser
May 16: Fairy Tale Town mixes the zany of the Mad Hatter with the allure of "Mad Men" in its first ever off-site fundraising event. Held at the elegant Masonic Temple in Downtown, the Mad Hatter Party will feature chocolate delicacies, wine and food pairings, live music, a live auction and raffle. Proceeds benefit nonprofit Fairy Tale Town's programs and park improvements. Tickets are \$50 and will be available for purchase at www.fairytaletown.org beginning April 1. Cocktail or business attire. 808-7462.

Bi-Polar Anonymous

May 17: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Crocker/Riverside PTA Spring Jubilee

May 17: The PTA's biggest fundraiser of the year. Funds go toward education programs at the school. www.crockeriverside.org.

Kiwanis Club of East Sacramento-Midtown meeting

May 17: Visitors welcome, weekly breakfast meeting on first, second and third Fridays at 7 a.m. and dinner meeting on fourth Thursday at 6 p.m. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, 761-0984, volunteers always welcome!

Fairy Tale Town Farms & Friends Go Green

May 18: From 11 a.m. to 3 p.m., there will be a fun-filled celebration of agriculture and the environment! Arrive early to watch Fairy Tale Town's twin Babydoll sheep get

sheared, then watch as the wool is spun into thread using an old fashioned spinning wheel. Learn about conservation and easy ways to go green, participate in agriculture-themed hands-on activities, shop the mini farmer's market, and visit with local area farms and organizations. This program is free with paid park admission. Weekend admission is \$5 for adults and children ages 2 and older and free for children ages 1 and under. 3901 Land Park Dr. www.fairytaletown.org or 808-7462.

Third Annual Community Art Show at Sierra 2 Center

May 18: One day show, featuring local artists from 6 to 9 p.m. at Sierra 2 Center, 2791 24th St, Sacramento, 95818, 452-3005. Tickets are \$25 in advance, \$30 day of, http://www.brownpapertickets.com/event/368395. The event will be catered by Hannibals, will feature live music by Jon Merriman. Participating artists include: Patris Miller, Andrew Patterson-Tutschka, Abigail VanCannon, Karen Dukes, Jeff Muser, Drew McSherry, Nathan Myhre, Juan Pena, Bob Miller, Diana Jahns, Rudy Calpo, David Peterson, Stephanie Taylor

Genealogy - overlooked military sources

May 19: This presentation will focus on how to find records of military service in libraries and other sources that are too often overlooked. At 1 p.m., genealogist Martha Whitaker is the retired senior librarian of the Suro Genealogy Library in San Francisco. 264-2920, www.saclibrary.org, Central Library, 828 I St.

The 21st Annual Pacific Rim Street Festival in old Sacramento

May 19: The 21st Annual Pacific Rim Street Festival theme is shoes of the Asian Pacific Rim. 10 a.m. to 5 p.m. Old Sacramento and Westfield Downtown Plaza. See Pacificrim-streetfest.com for more information.

Family Sundays at Central Library - Concert with Music Matt

May 19: Families are invited to monthly entertainments programs in the Central Library Galleria at 2 p.m. May's program features a concert with Music Matt. His passion is introducing kids to the wonderful world of music and that they have a blast learning about music and different musical instruments. Matt's performance is full of dancing and singing. The concert will include original songs from his CD "Good Day". It's a lively, fun musical journey perfect for the whole family.

The Embroiderers' Guild of America, Camellia Chapter, meeting

May 20: The guild will meet at 7 p.m. at SMUD, 6301 S St. The program will be a colonial blue and white project. Guests welcome. Free. 916-223-2751.

Retired CSUS professor to address Sacramento United Nations Association

May 20: Duane C. Campbell, director of the Institute for Democracy and Education, will address the Sacramento United Nations Association meeting May 20th, 7 PM, at the SMUD headquarters, 6201 S Street. Campbell is an advocate for federal legislation to provide basic rights for immigrant workers and to establish permanent resident status for undocumented workers. Campbell is also Director of the Chicano/Mexican American Digital history project, and a retired CSUS professor. The meeting is open to the public and there is no charge. For further information contact Fred Hansen at 916-988-0028.

Soroptimist International of Sacramento North meeting

May 21: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

'Spring and Summer Fashions' by Coldwater Creek

May 21: Seetings at 11:15 a.m. and 1:15 p.m. at Casa Garden, 2760 Sutterville Rd. Penne pasta with garlic chicken or marinated beef and pepper salad, warm chocolate cobbler, \$22. Proceeds benefit children's home. 452-2809.

Rotary Clubs of Arden-Arcade, Carmichael

May 21: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Capital Decades: 1940s Fashion Show

May 21: Starting at 6 p.m., the Sacramento Art Deco Society will direct a fashion show, featuring vintage clothes and accessories of the 1940s. Central Library, 828 I Street, Sacramento. 264-2920, www.saclibrary.org.

East Sac Rotary

May 22: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Rotary Club of Pocket/Greenhaven

May 23: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Kiwanis Club of East Sacramento-Midtown meeting

May 23: Visitors welcome, weekly breakfast meeting on first, second and third Fridays at 7 a.m. and dinner meeting on fourth Thursday at 6 p.m. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, 761-0984, volunteers always welcome!

Taking Care of the Caregiver at Belle Cooledge

May 24: Open discussion deals with strategies to open communication, learn about advocacy and ways to deal with the stress of caregiving from 2 to 3:30 p.m. Belle Cooledge Library, 264-2920 5600 S Land Park Dr, Sacramento.

Bi-Polar Anonymous

May 24: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Centennial Methodist Church yard sale

May 25: Yard sale and car wash from 8 a.m. to 1 p.m. 5401 Freepoint Blvd. 452-4477.

Wine, Tunes and Classic

May 25: Lake County Winegrape Commission to Host Wine Tasting in Sacramento Wines, Tunes, & Classics from 3 to 7 p.m. at the California Automobile Museum, a Lake County wine, music, and classic car event. \$40. For information about the California Automobile Museum and its upcoming events, visit www.calautomuseum.org.

Free golf lessons offered at Bing Maloney Golf Complex

May 26: Are you interested in starting to play golf, but not sure where to begin? Bing Maloney is offering Free Family Clinics for 2013. These clinics are family oriented for any level of golfer. Each clinic will be held on Sundays from 1 to 2:15 p.m. at the Bing Maloney Golf Course: 6801 Freepoint Blvd. in Sacramento. Call 808-2283 for more information.

Rotary Clubs of Arden-Arcade, Carmichael

May 28: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Capital Decades: 1940s motion pictures

May 28: Local film historian Matias Bombal will share film clips and discuss the movie-going experience of the 1940s, starting at 6 p.m. Central Library, 828 I St., Sacramento. 264-2920, www.saclibrary.org.

East Sac Rotary

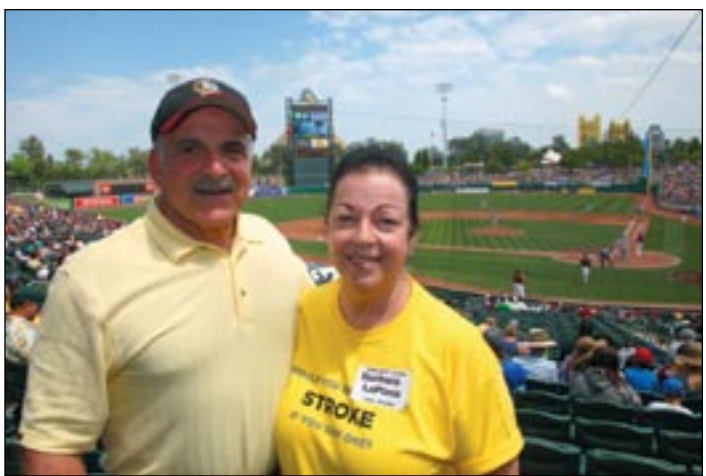
May 29: Meets at 6 p.m., Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.



Faces and Places: Strike Out Stroke with the River Cats

Photos by STEPHEN CROWLEY
 Stephen@valcomnews.com

May is Stroke Awareness Month and proceeds from the May 5 River Cats game benefited stroke camp, which will be held this year from Sept. 27-30 in Silver Spur Camp near Sonora and includes: activities, arts, tie dyeing, music, guest speakers and even music therapy, some of which are led by stroke survivors. At the game, a singing group of stroke survivors known as the Miracle Minstrels sang the National Anthem and stroke survivor Nancy Jordan threw the first pitch.





A SLICE OF HISTORY

The "Didion House" in Poverty Ridge! 4 bedrooms 2 full baths and 2 half baths with 3rd floor media room that features state-of-the art equipment. Turn of the century woodwork and detailing; new kitchen and full basement. Nicely updated while preserving original style! \$1,650,000

SHEILA VAN NOY 505-5395



CONTEMPORARY

Built in 1978, this unique contemporary styled home features 3 bedrooms 2 baths, a large open space providing views of beautiful, mature gardens. Living room, dining room, kitchen, family room and master bedroom all have views and access to the gardens. \$729,000

RICHARD KITOWSKI 261-0811



GRAND EAST SACRAMENTO

4 bedrooms 4½ baths, nearly 5000 square feet, this home has it all. Inside you will see a gourmet kitchen, a formal dining room, a large living room and an open breakfast room. The home also features a family room, a sauna/steam room, a full gym, and a workshop. \$1,895,000

TIM COLLOM 247-8048



FABULOUS HOME

This beautiful home has been remodeled to the last detail. Every room's a showpiece: detailed custom moldings, hardwood floors with inlays, recessed lighting, whole house speaker systems, imported Italian tile throughout. 4 bedrooms, 3½ baths. Spacious master with 13' ceilings, fireplace & dual 90sqft closets. \$1,499,500

DAVID KIRRENE 531-7495



NEW IN THE FABULOS 40'S

Completely remodeled 2-story 5 bedroom 4½ bath home is very spacious with over 3400 square feet on a large lot. An amazing kitchen with large island; master suite with his and hers walk-in closets; great room with fireplace and hand scrapped hickory floors. Large porches and Juliet balcony! \$1,299,000

NATHAN SHERMAN 969-7379



MEDITERRANEAN MASTERPIECE

One of East Sacramento's finest homes! Wake up to the tree tops filtering the morning sun or entertain in rooms that invite the outdoors in. Unique features, a spacious artist's studio, guest wing complete with kitchen and an apartment over the 3 car garage. \$1,375,000

CHRIS BRIGGS 834-6483 • PAULA SWAYNE 425-9715



HEART OF EAST SACRAMENTO

Fantastic 2 bedroom on a large lot. Add your finishing touches to this meticulously maintained home. Notice the large rooms, the fireplace, the small office, and the 2 car garage. The backyard is perfect for summer bbq's and family entertaining. Simply a must see! \$389,000

TIM COLLOM 247-8048



CUTE EAST SACRAMENTO

Great location and opportunity to own in East Sacramento! Cute bungalow style home has many charming features including hardwood floors, glass door knobs, built-in dining hutch and more! 2 bedrooms with spacious kitchen and indoor laundry. A little TLC will make this your own adorable place to call home. \$359,900

JAMIE RICH 612-4000



HIGHWATER BUNGALOW

Darling family home has 2 bedrooms and 2 full baths. The living room has a high coved ceiling and flows into the dining area featuring a large built-in hutch. The kitchen has a garden window, tiled counters and plenty of storage space. The master bedroom has a walk-in closet, master bath and access to backyard. \$325,000

TIM COLLOM 247-8048

for current home listings, please visit:

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