

EAST SACRAMENTO NEWS

— BRINGING YOU COMMUNITY NEWS FOR 24 YEARS —



AREA CHILDREN'S MUSICIAN RELEASES BEST ALBUM YET

Colonial Heights neighbors raise funds to keep Mister Cooper's music program at the library

See page 18

- Janey Way Memories3
- Lance Armstrong Feature6
- Matías Bombal's Hollywood12
- Calendar.....14
- Home Improvement Guide.....15

Former East Sacramento resident shares his early memories

See page 6



Classy Hippie Cafe is born out of the experiences of a world traveler who has settled in Elmhurst

See page 8

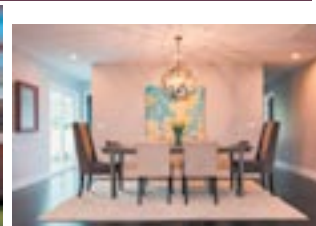


PEDRO GOMEZ

916-873-0218
pedro@interosacramento.com
CalBRE #01965295

Open House March 7 & 8
10 a.m. – 5 p.m.

www.ILoveEastSacramento.com



INTERO
REAL ESTATE SERVICES

71 51st Street, Sacramento 95819
4 Bedrooms - 3 Bathrooms, 1,838 Square Feet | \$649,900

E-mail stories & photos to: editor@valcomnews.com

Vol. XXIV • No. 5

East Sacramento News is published on the first and third Thursday of the month in the area bounded by Business 80 on the west, the American River on the north and east and Highway 50 on the south.

Publisher George Macko
General Manager Kathleen Egan
Editor Monica Stark
Art Director John Ochoa
Advertising Executives: Linda Pohl, Melissa Andrews
Distribution/Subscriptions George Macko

2709 Riverside Blvd.
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover photos:
Lance Armstrong
Monica Stark

Other photos:
Lance Armstrong
Monica Stark

Copyright 2015 by Valley Community Newspapers Inc. All rights reserved.
Reproduction in whole or in part without written permission is prohibited.

Tahoe Park neighbors to walk in prayer

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

Tahoe Park neighbors will be holding a prayer walk through the neighborhood on Friday, March 6 starting at 6:30 p.m. The walk will begin and end at Winners Church in Tallac Village. The idea is simple -- walk and pray peacefully on various streets.

Organized by neighbor Joy Manoharan, prayer, she believes, is integral to any thriving community.

Speaking with the East Sacramento News about the walk, Joy said: "Personally, I hope to meet more neighbors and that I hear positive reports of how the prayer walk seemed to be helpful and instrumental in peoples' lives, whether or not they attend the walk. For the community, I hope that people are encouraged knowing that their neighbors care about them and spend time praying for them regardless of their beliefs or their walk in life and that they see answers and solutions to frustrations or fears they may have in this time."

The walk will last for approximately one and a half hours from beginning to end, including organizing prayer groups and instruction on the forefront. It will start with a group prayer at Winners and then walkers will go out in groups of three to five people, depending on how many people show up. Prayer will be done in small groups along the walk.

There are multiple routes, which will be explained at the prayer walk. The significance of the routes is sort of random. "The idea is that Tahoe Park as a whole is prayed over so we used the Tahoe Park map as a basis for making the decisions. Groups will walk in many different (organized) directions," Joy said.

"My husband and I have lived in Tahoe Park since September 2014. We understand that our community has been recognized as one of the top communities in Sacramento to live in and so we see this as an opportunity to (connect with neighbors)."

Another walk is currently scheduled for May 22. Winners Church Sacramento is located at 3940 60th St.

WWW.VALCOMNEWS.COM

CARING CONNECTION
Full & Part Time Available
Preschool & Infant/Toddler Care

Midtown Campus: 916-261-0796
West Sac Campus: 916-371-3301

NOW OPEN! Elk Grove Campus: 916-686-5029

caringconnectionchildrenscenter.com

GET 50% OFF

WHEN YOU

SWITCH TO BLOCK.

OFFER GOOD FEB. 15-MARCH 15.

Pay us half what you paid someone else last year.

YOUR LOCAL OFFICE:

5730 Folsom Blvd. Sacramento, CA 95819 | 916-452-5845

H&R BLOCK

800-HRBLOCK | HRBLOCK.COM

For personal income tax return preparation fees at participating offices. Offer valid for new clients only. A new client is an individual who did not use H&R Block office services to prepare his or her 2013 tax return. Valid receipt for 2013 tax preparation fees from tax preparer other than H&R Block must be presented prior to completion of initial tax office interview. Subject to \$75 minimum charge. May not be combined with other offers. No cash value. Offer period: Feb. 15-March 15, 2015. OBTP#13696 © 2015 HRB Tax Group, Inc.

The Classic's are always in demand...
Call Kurt for classic service!




KURT CAMPBELL
PROFESSIONAL REAL ESTATE CONSULTANT
956-5878

LYON REAL ESTATE
www.GoLyon.com

Enjoy Life at Pioneer Tower
A 55+ Community



Come tour our newly remodeled, downtown facility featuring:
Spacious 1-bedroom apartments with complete kitchens, new appliances, walk-in showers, large closets, balconies, lovely views

We pay utilities, offer free transportation to shopping, medical appointments, and fun excursions to local area points of interest

- Active residents association with a variety of social activities
- On-site Service Coordinator
- 24-hour maintenance, compassionate, caring staff
- Small pets welcome
- Rental Assistance Programs for income-qualified applicants

We Pay Utilities!
Active Senior Living Retirement Community

515 P St., Sacramento
(916) 442-2907
www.rhf.org

Janey Way Memories:

The Dalton Children Revisited



By **MARTY RELLES**
marty@valcomnews.com

Earlier this week, while perusing my Facebook messages, I discovered an eye-opening note. It came from a man named Ray Dalton. Those of you who have followed my column since its inception may remember a story titled: "The Dalton Children."

That column tells the story of five children, Carolyn, Wayne, Donna, Bonnie and Wiley Dalton, abandoned by their parents and raised by their grandmother.

Unfortunately, their grandmother died suddenly in the early 1960s. When that happened, the Sacramento Department of Social Services looked for foster care for the children and placed the five oldest Dalton kids with their Aunt Mary Kinzel on Janey Way. The two youngest children, Ray and Patrick, went to live with a foster family in Southern California.

Ray is the one who sent me the Facebook message. He said that the story touched him and that he has been trying to reconnect with his siblings. His message made me feel good because I, too, would like to reconnect with the Dalton children.

When I wrote the story about how the kid's aunt Mary took them into her house on Janey

Way and raised them to adulthood, one of my Janey Way friends said that he felt that the Dalton children had a tough time of it in the Kinzel home.

You know, that does not surprise me. It had to be hard in that household. Mary had two children of her own: Richard and Nancy. Then, having five new children thrust into her world could not have been easy.

However, you would never have known it. The children were always neatly dressed and well behaved. They never complained, even though they had to do chores, some of us never had to do.

I think living on Janey Way really made their difficult transition a lot easier.

We accepted them into our gang without question. They became a part of the fabric of our neighborhood.

The one sad thing is, that they each, in turn left the Kinzel house when they turned eighteen years of age. This did not surprise them. Mary had told them well in advance, that it would happen.

However, once they left Janey Way, we lost track of them. The oldest girl, Carolyn, found work and moved on to who knows where. Her brother Wayne went on to study at U.C. Davis, married, and took a job outside of Sacramento. Unfortunately, he died of cancer in his early thirties.

The other kids went their separate ways. I heard that they moved to Oregon to re-unite with their parents.

I would love to see them again someday. They were nice kids.

However, now their story is just another mysterious Janey Way Memory.



TANYA CURRY
(916) 698-9970
CalBRE# 01375328
LYON REAL ESTATE
www.GoLyon.com

MOVE-IN READY!



701 45th St. Sacramento | \$1,150,000

Beautiful home was rebuilt in 2004 with custom upgrades and features. Great floor plan with two bedrooms located downstairs and two bedrooms upstairs. Hardwood floors, spacious family room, top of the line appliances with granite counter tops in the kitchen. Detached garage. Beautifully landscaped yard with an entertaining back yard.




STEPHEN'S SERVICE CENTER

The Best Dealer Alternative!

- Serving the Sacramento community for 25 years
- Shuttle service available

Neighborhood Shop Built on Honesty & Integrity.




916-452-5067

5600 Elvas Ave., Sacramento, 95819

"DEMENTIA CARE AT ITS BEST"

REVERE COURT

MEMORY CARE

IF SOMEONE YOU LOVE HAS MEMORY LOSS, WE CAN HELP!

WE PROVIDE...

- Free Support Groups and Education
- Day Club — Fun and Friends
- Respite — Giving Family Caregivers Much Needed Breaks
- Specialized Residential Care
- Warm feeling of home
- Caring, loving staff
- Delicious homemade meals
- Special programs

QUALITY THEY DESERVE... AND THE HELP YOU NEED.



Find us on Facebook
Search for Revere Court



7707 Rush River Drive, Sacramento, CA 95831
Lic. #347001338/342

(916) 392-3510
www.reverecourt.com

TEAM BLACK



Annette Black
826-6902
Lic# 00802727



Kathy Pardun
247-7030
Lic# 01000106



Diane Berry
698-7288
Lic# 00794641



Wanda Noack
761-6748
Lic# 00946526



Rene'e Liddie
613-9885
Lic# 01152399



John Woodall
421-5421
Lic# 01232653

Top Producing Agent for Sacramento's #1 Real Estate Company

HIGHRISE LIVING IN THE HEART OF EAST SAC

There is no comparable unit. Seller spent \$300K to move walls and replace every inch of this home. Top of the line cabinetry in every room. State of the Art kitchen. The very best sound system and speakers throughout. Beautiful floors. Entirely new baths. Too much to list. No expense spared as they remodeled for themselves not thinking of moving! Their loss is your gain. Must see.

4100 Folsom Blvd #4D - \$599,000



SIERRA OAKS

Spectacular new custom construction, approximately 4100 square feet of luxury home. 4 bedrooms, 3.5 baths with open floor plan. Incredible gourmet kitchen. Hidden 'Safe Room'. State-of-the-art outdoor kitchen. Approximately 2/3 acre with pool & spa. Beautiful wood floors and one of a kind wine cellar!

2991 Joseph - \$1,149,000



Beautiful Fair Oaks

This sophisticated home rests sprawling park like grounds offering privacy and special lake views. Featuring an elegant staircase, vaulted wood beam ceiling, hand scraped wood floors & windows peering out to the pool. With eye catching fireplaces, open living spaces and a gourmet kitchen boasting high end appliances.

8414 Lakehaven Ct. - \$1,349,000



PRESTIGIOUS LOS LAGOS

This serene, spa-like home w/ disappearing doors that allow for indoor-outdoor entertaining. This stunning beauty is situated on one of the most prestigious streets in Los Lagos. The resort like backyard has a pool, spa, granite outcroppings, putting, and basketball area. Separate fitness room & an outdoor bath. Walk-in 2,000 bottle wine room.

8965 Vista De Lago Court - \$1,975,000



Casa De Los Gobernadores

Rare available lot to build your dream house. Nearly 1/2 acre inside Carmichael's most prestigious gated community.

\$525,000



MOVE-IN READY

You really must see this well cared for 3 bedroom, 2 bath home in a nice neighborhood. It features tiled floors, dual pane windows (w/quality window coverings too!), cedar closet floors + a newer gas stove and A/C unit. Plus a big back yard perfect for a growing family or for entertaining! Close to American River access.

2183 Pantages Circle - \$209,900

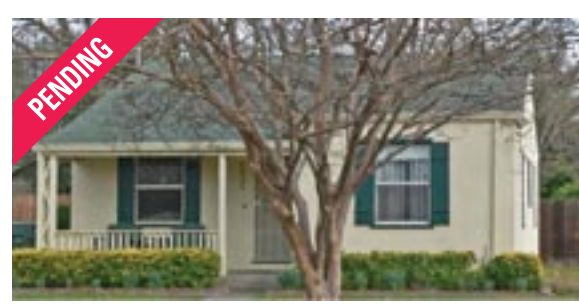


John Woodall: 916-421-5421

DESIRABLE ELMHURST

Featuring 2 bedrooms & 1 newly remodeled bath. Original hardwood flooring & dual pane windows throughout. The spacious guest house has 1 bedroom, a wheelchair accessible full bath, kitchenette, large walk-in closet & 2 skylights. The over-sized backyard area is perfect for entertaining.

2635 57th St. \$310,000



PENDING

A RARE FIND

An awesome opportunity awaits! Perfect for a multigenerational family or live in one home and rent out the other! Two homes on .83 fabulous, wooded acres. A former Montessori School, this beautiful property has been completely renovated. The main home is +/- 3,600 SF with 4 bedrooms and 3 full baths. The detached cottage is +/- 1,000 SF.

7416 Norhtlea Way - \$569,900



John Woodall: 916-421-5421

GREAT DEL DAYO

Just blocks from Jesuit or Rio Americano High School. Open floorplan with 4 bed 2 baths. Lots of updates. Wall of windows to great backyard with patio, fenced pool and lots of glass space, plus raised bed garden.

Chancery Way - \$624,900



PENDING

STARTER HOME

Need a serene place to call your own? You've found it at this partially updated home! From the welcoming, landscaped front courtyard to the home's open floor plan and cozy fireplace, this home is special. Then there's the newly installed flooring, fresh paint and a backyard ideal for entertaining in a Great neighborhood! Close to parks and river boat launch. Buy now before prices shoot up!

7283 Rivergate Way - \$289,000



John Woodall: 916-421-5421

East Sacramento/Downtown Office • TeamBlack.GoLyon.com

Sacramento's Premier Youth Symphony presented its Winter Concerto Concert

On Saturday, Feb. 7, 80 young musicians performed under the direction of Michael Neumann, Artistic Director and Premier Orchestra Conductor. Works presented included: Lalo's Symphonie Espagnole with violin soloist, Sophie Zhang, Reinecke Flute Concerto with Samuel Primack as flute soloist, Mendelssohn's Scottish Symphony No. 3, Prokofiev's Lieutenant Kijé Suite.

Sophie and Samuel wrote into Valley Community Newspapers describing the experience of the concert and about their love for SYS.

At just 12 years old, Sophie enjoys SYS because in her words, "you get to play with friends and in an orchestra." Sophie, who has been playing violin for six years and piano for four years, said the most challenging piece she's played included the Lalo Symphonie Espagnole or Mendelssohn Violin Concerto in E minor and Bach Preludio in E major. "Kind of nervous" about the concert, Sophie said she got through Lalo Symphonie Espagnole 1st movement "pretty good."

Samuel, also an extremely talented musician plays the flute, piccolo, double bass, and piano. He has been playing the flute and piccolo for 6 and a half years, the double bass for 4 and a half years, and the piano for six years. He plays the flute and piccolo in the SYS

Premier Orchestra and double bass in the Folsom Symphony.

Speaking generally about his love of music, Samuel said, "I love music so I like everything about playing. I like to practice. I like the challenge of learning a new piece, memorizing it, performing it with and an accompanist, and then performing it for an audience. I love that I can convey the beauty and emotion in a piece of music for others to enjoy."

"I love being part of this orchestra and getting the chance to play classical symphonic music. Everyone is part of the team and every instrument is important. It is a very powerful feeling when you play in a group like SYS. Maestro Neumann is a very supportive conductor. He picks challenging music for us and has high expectations for us. He really cares that kids have a chance to learn and play classical music. He cares about our experience at SYS and is always positive and listens to us. I have loved being a part of this organization. I like spending time with other kids who love classical music. I always look forward to our rehearsals and our performances. I have had the opportunity twice to perform as a soloist with the Premier Orchestra and that was a thrilling experience. I got the chance to

See Symphony, page 13



Photo courtesy

Samuel Primack, flute soloist and Sophie Zhang, violin soloist

5 Year FIXED RATE Home Equity Line of Credit Loan

4.25%
Initial APR



CHECK THE EL DORADO ADVANTAGE:

- ✓ FIXED RATE for 5 Years
- ✓ Local Processing & Servicing
- ✓ No Closing Costs on Qualifying Transactions
- ✓ Flexibility and Convenience
- ✓ Have Funds Available for Current and Future Needs
- ✓ Home Improvement, Debt Consolidation, College Tuition
- ✓ Interest May be Tax Deductible (Please consult your tax advisor)



EL DORADO SAVINGS BANK

Serving our local communities since 1958

www.eldoradosavingsbank.com

Member
FDIC

5500 Folsom Blvd. • 452-2613
4768 J Street • 454-4800
Se Habla Espanol • 800-874-9779



The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.50%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

MEDIATE YOUR DIVORCE & OTHER FAMILY DISPUTES

BENEFITS of MEDIATION

- Save Time & Money
- Focus on Your Children
- Maintain Control
- Avoid Stressful Court Battles

BetterSolutionsMediation.com
(916) 944-1554



Kimberly Strand
Attorney/Mediator

Better Solutions Mediation
BETTER PROCESS, BETTER OUTCOME

Former East Sacramento resident shares his early memories

By LANCE ARMSTRONG
Lance@valcomnews.com

At 90 years old, Jim McFall, who grew up in East Sacramento, enjoys reminiscing about the early years of his life. And it is because of that fact that he did not hesitate in accepting an offer to share some of those memories with readers of this publication.

Last week, while sitting alongside his wife, Patricia "Pat" (Lyons) McFall, who he married on Sept. 4, 1947, Jim flipped through his copy of Sacramento High School's 1941 Review yearbook, as well as newspaper clippings and other mementos from his high school years.

He quickly became engrossed in the contents of those items, as he pointed to photographs of his former classmates and told stories about their activities during and after high school.

A few of his comments during that portion of his meeting with this paper were:

"Patty O'Connor, she was a pretty girl and pretty popular, too."

"There's the Manana Club. That was the rich girls in East Sacramento. Martha Harr-old (the daughter of automobile dealer Ellsworth Harr-old). There was a heck of a lot of them. Well, the Breuners (of Breuner's home furnishing store at 6th and K streets) had four girls. But it was that class of people who all formed the Del Paso Country Club."

"Phaedo was one of the boys' clubs. They thought they were the best and were wrong."

Kerry Cutter was one of the officers in their boys' club. The Cutter family (who resided in Curtis Park) was in (insurance) and real estate.

"The Butlers were pretty prominent in town, too. They lived on 41st Street, between J and L (streets). And they had a couple of kids, (including) Jean, who married Fred Carnie."

The Carnies, they opened up an awning, (tent and venetian blinds business at 515 L St.)"

After pointing to a photograph of a group of boys, Jim said, "This is the track team. Dr. Sutan wouldn't pass me, because I had a fluttering



Jim McFall, who grew up in East Sacramento, holds a copy of his senior year portrait. He graduated from Sacramento High School in February 1942.

heart and he wouldn't give me the physical pass, and I couldn't run in most of the events. I had been grounded, but I ran the 880 (yard)/half-mile on the same unit as (the future prominent California landscape artist) Greg Kondos."

In speaking about his family, Jim said, "My father was (Winters, Calif. native) Walter Wyatt McFall and my

mother was (Volcano, Calif. native) Vera Marie (Gilmore) McFall.

Connie Lou (who was four years older than Jim) was my sister and my brother was Bill. He was so much younger than me. When I went in the service, he was in the 5th grade or so."

As far as his own schooling, Jim, prior to becoming a student at Sacramento High, attended David Lubin School at 3575 K St., Kit Carson Junior High School at 1300 54th St., and Sutter Junior High School at 1820 K St.

Although Jim was born in East Sacramento at the old Sutter Maternity Hospital – the original name of Sutter Memorial Hospital – he said that his first home was in Red Bluff.

"My father and two other men owned a (bus) stage line and lived in Red Bluff and had (stops in) Redding, Red Bluff, Marysville and Yuba City and Sacramento. Now when my

mother was pregnant, she came down to Sacramento to stay with her sister-in-law, and the baby (Jim) was born in the old, wooden hospital. So, I was born in (East) Sacramento, but my parents' actual residence was in Red Bluff."

Jim mentioned that he has an early childhood recollection of his father driving a Packard automobile.

"My father's car had the little vases in the windows and just about every weekend, we would go for a ride and pick flowers, and my job was to put them in the little vases of the car," Jim recalled. "He never really took to cars, except the Packard. That to him was the car. Every (owner) of the bus line drove a Packard."

Jim also shared a fond memory related to the other owner of the bus line.

"The other owner of the bus line was Wert Irwin, who had an ice creamery (called

See Jim McFall, page 7

Jim McFall:

Continued from page 6

the Shasta Ice Cream Co.) on what would now be Broadway (and 28th Street). It had the best in the world ice cream. And as kids, with my dad, we would go in there on making of ice cream days when (Irwin) was whipping it up, and get whipped ice cream. It was the best thing you ever tasted. And he would take it out of the freezer and you would eat it. And I never will forget Wert's ice cream."

The McFalls, as Jim recalled, were living in Oakland in about 1928 and were residing in East Sacramento by the following year, when the family moved to 3921 N St.

Jim fondly spoke about a special feature of his former N Street home.

"That was one of the first places I ever remember my folks having a record player with flat records, and my mother had quite a few Enrico Caruso records," Jim said.

It was also at that time that Walter was operating his own hardware store at 910 J St. He had previously run a hardware store in Oakland.

Regarding that business, Jim said, "His hardware store made what money they did off of contractors and he (provided supplies for) quite a few things for a contractor named Walter Campbell. And he and Walt Campbell got to be quite good friends, so much to the point that my sister and I went to swim in the Campbells' swimming pool, which was really one of the few (swimming pools) around."

From at least mid-April 1930 to about 1935, the McFalls resided at 1034 40th St.

And while living in that house, in about 1932, Walter closed his hardware store, and then spent many years working for the Diamond Match Co. at 2826 Q St.

Jim said that "the bank eventually took over the hardware store." The store was replaced by the dental office of Dr. Paul Ehorn.

The McFalls resided at 2018 M St. (now Capitol Avenue) from about 1935 to 1938, but returned to live in East Sacramento in a home at 1035 40th St., across the street from their previous home in that area. Walter continued to own that home until the mid-1940s.



Jim McFall served his country in both the Navy and the Army Air Corps during World War II.

Research for this article revealed that Walter and Vera's longtime residency in Sacramento dates back to before their time living in East Sacramento.

The 1920 U.S. Census recognizes Walter and Vera as residing in the capital city and notes that Walter was then a merchant in a hardware store.

Walter was residing in Sacramento by at least 1919 and operating Oakley's hardware store at the aforementioned address of 910 J St., with Charles E. Trowse.

That store was established by Horace Lewis in about 1902, and named Oakley's about four years later, when it was purchased by Paul Oakley.

Walter acquired his portion of the business directly from Oakley, who had partnered with Trowse, a former clerk and salesman with the Emigh-Winchell Hardware Co., in about 1918.

About six years later, Oakley's became Trowse & Son hardware store and Walter began working as a clerk at Motor Carrier Terminals at 5th and I streets. And by April 1924, he was a resident of Red Bluff.

In returning to the topic of his schooling, Jim, who graduated from Sacramento High School in February 1942, spoke about one of his favorite topics – serving as the student body president of that school.

Among Jim's old newspaper articles from his high school days is one, which, in part, reads: "By a sweeping majority, Jim Fall was elected president of the student body for the fall term (of the 1941-42 school year), last Friday. Jim McFall totaled 1,148 votes, winning from Nina Giordano and Don Yost."

"Other student body officers are Jac (sic) Stack, boys' vice president; Janeth Calvert, girls' vice president; Patty O'Connor, student body secretary; and Joe Goodwin, yell leader."

Although it has been 73 years since he served as the school's student body president, Jim said that position proved to be his greatest legacy.

"There are more people that remember me, not as a hero, but as the president of the (student body of the high) school than anything else I did," Jim said.

Following high school years, Jim served his country during World War II.

Jim initially began serving in the Navy as a pilot, but he was eventually told by a doctor that he had an equilibrium issue that would permit him from flying at night.

Because of that situation, Jim made arrangements to join the Army Air Corps, and he began working on a bomber, but not as a pilot. His base was in the Galapagos Islands.

After the war ended, Jim returned to Sacramento, where he would eventually spend 35 years working for The Pacific Telephone and Telegraph Co./later known as AT&T California.

And with his wife, Pat, he began a family, and has two sons, Scott and Robert.

In concluding his meeting with this publication, Jim mentioned that he feels fortunate to have grown up as one of the kids of East Sacramento during the 1930s and 1940s.

"Everybody knew each other, and (the kids) didn't really basically notice who you were and what you had or who your father was. It was fun."

east sac | river park | elmhurst | tahoe park



"The only, source of knowledge is experience"

- Albert Einstein

When in the past year 355 homes sold in your neighborhood and...

- One home sold every 1.02 days
- The prices ranged from \$195,000 to \$1,900,000 and
- The price per square foot ranged from \$178.61 to \$519.00... an expert in clearly, needed

Choose Knowledge Choose Experience Choose Janet Gatejen

30 years of experience and a priceless amount of knowledge about the neighborhoods, the homes and what it takes to get the most value from your house.



On The Market | East Sacramento | Reese Terrace

This custom 1940's ranch home offers all the original character it was meant to have! This home includes three bedrooms, a formal living room, fireplace with tiled hearth, formal dining and breakfast nook. The yard lot is spacious with beautiful trees. Priced at **\$439,000**



Brighton Terrace

This home not only sits in the best area of Tahoe Park, it sits on one of the largest lots! 2 bedrooms plus family room, 4 car garage and workshop. Priced at **\$295,000**

for knowledge on your area you live or want to live...

janet gatejen

916.420.8418 | urbanhoundproperties.com

remember... janet has committed to donate 5% of her commission to the SSPCA



Know Your Neighbor:

World traveler discusses experiences that led to opening a cafe in Elmhurst

By MONICA STARK
editor@valcomnews.com

A former biomedical engineer, a post 9/11 soldier, an athlete, and a world traveler, Leo Hickman has created the Classy Hippy Cafe – what he calls a traditional tea room with an urban vibe— out of experience. Now located in Elmhurst inside The Grange Performing Arts Center near Stockton Boulevard at 3823 V St., the Classy Hippy Cafe is a bit hidden from the bustle of traffic, but Leo is making his presence known with outdoor seating and an ongoing gathering called tai chi and tea. With a few tables set out on the grass space around the grange, Leo invites tea drinkers to enjoy the good weather while they sip a cuppa or if they stop by around 9 a.m., Friday through Sunday, they can participate in a drop-in tai chi lesson.

And because of its location inside the theater building, he offers theater patrons the opportunity to purchase tea from the tea room and has invited friends to “VIP Nights” at the theater on Saturdays. Showing now is the sold out Green Valley Theatre Company production of “In the Heights”, a 2008 Tony Award winning musical, which chronicles the lives of the resi-

dents of New York City’s Washington Heights neighborhood.

In a Jan. 28 interview with the East Sacramento News, Leo said the cafe is representative of himself and his eclectic love of the world’s cultures. “Before the classy hippie came about, I would brand myself as the culture bandit because I love taking the best out of every culture. I’m huge into ayurvedic medicine, which comes from India. I lived in China. A lot of the teas are from China. We also have some macha which comes from Japan. A little bit of everywhere. Also to get back to my roots, there’s also rooibos, a member of the legume family of plants growing in South Africa and yerba mate, which is native to South America. The tea will take you all over the world.”

Quite the world traveler himself, Leo, originally from New Jersey, left his hometown which he describes as having a lot of “culture, a lot of b-bop, a lot of music” at the early age of 19 and hasn’t looked back. “I’ve been traveling ever since.”

Hitting 27 countries in 2 and a half years, Leo financed his trip around the world in an unconventional way.



Leo Hickman, the owner of The Classy Hippy Cafe, is a world traveler and has moved his business from midtown to the Grange in Elmhurst.

See Classy Hippy Cafe

Classy Hippy Café:

Continued from page 8

“A lot of people get jobs at hotels and things like that so they can speak English, but I taught salsa dancing. And that was my way around.”

With the philosophy of making “your job fun,” Leo is making his job fun today after years of finding himself and eventually landing in Sacramento.

Sacramento was not part of it of his plan. He came to the West Coast racing motorcycles. You see, he fell a few of times without insurance, so he went back to school and became a medical engineer. “I got hired on in Vegas. Well, 2008 hit and a lot of people got laid off. I was pretty good at what I did so they said we don’t want to fire you, but we don’t have a position for you anymore. Do you want to go to California or Colorado? I had no idea what Sacramento was. I cannot lie. When (General Electric) said California, I thought palm trees, beach. Aww. I guess they do most the filming in L.A. and San Diego. When they said, “The City of Parks and Trees” I thought, what part of California is that?”

But still a little restless and “too young for settling” down, Leo decided to quit his stable job for more excitement. He thought his wife was on board, but after losing about \$8,000 on a month long poetry competition held at the Elks Tower, she left. Speaking highly of the event, however,

Leo said, “It was really cool. It had everything I wanted. People got to speak and open themselves up, but I lost a lot on that event and I lost my wife. She left three weeks later and it was a very difficult time when it happened.”

But what came out of it was the birth of three companies: the Classy Hippy Cafe, Hidden House (which is Leo’s tai chi and wellness business), and Leo Sensations, his event planning company.

Established within the borders of midtown in January 2014; the Hidden House and Classy Hippy Cafe held its first incarnation within the rustic brick of an early 1900s fire house, before moving to the Midtown Collective, which currently houses Firefly, Moonrise Boutique, and Trash Boutique.

When Leo and his ex wife lived inside the old fire house, they resided on the second floor and beneath them was a recording studio, Sound Cap Audio. “They would bring recording artists up and I would send talent down. Because I was open late, I would make food and different things for the artists. So we played off of each other. So that’s where I was when the wife left and I wondered what am I going to do. I went in, I started painting and remodeled the place and turned it into a wellness center where we did tai chi and Asian yoga.”

In that transition from a life of drugs to tea, Leo said it really came down to his roots – his parents. “The thought of letting them down and knowing



my own self worth. I mean I finished engineering school. I raced motorcycles. I went to war. And to die from doing too many drugs, really? You’re not Jimi Hendrix, you will die and no one will remember you. So, it really it home that there’s so much more to do with your life.

“Everything I’m doing now, we did growing up. It was mainly my mom. My dad was the quiet guy. Our home – they called us the Huxtables in our neighborhood. We were one of the only Black families with a huge house, but it wasn’t like we were rich. My parents both worked. My grandfather lived with us. We had family chippin’ in. We just had a home that anyone and everyone came to. There were kids that didn’t have a place to go, a coat for the winter. (His parents would tell those children): ‘You have a coat now.

You have food. You stay with us.’ So all that flowed over to the business. My father, on the other hand, was the guy who didn’t say a lot, but he had that wisdom about him. And when he spoke, you did listen. So, I picked up a lot from him. My mother is an assembly line worker for General Motors and my father is the manager for the night shift.”

Unfortunately for Leo, he lost the house and had to rewrite the business plan for his future. Hopefully for Leo, the current location – the Grange on V Street off Stockton Boulevard – is able to fulfill the needs for this creative venture.

The Classy Hippy Cafe is located at 3823 V St. The cafe is open Friday, Saturday and Sunday from 10 a.m. to 4 p.m. For more information, call 235-3243 or visit <http://classyhippicafe.com/>.

Senior Services & Connections

Call Melissa (916) 429-9901

DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL
Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

Couples \$495 Singles \$450
Lynda K. Knight (916) 214-1215
1337 Howe Ave., Ste. 103
Sacto 95825

IN-HOME SAFETY ASSESSMENT

Keeping Independent Seniors Safe at Home

Offering personalized in-home safety assessment, education, resources and follow-up.

Free phone consultation.

Dory Berke, RN
916-428-4051

Age Safely. Age well.
www.KeepingIndependentSeniorsSafe.com



LEGAL SERVICES

WILLS AND TRUSTS

Services: Wills and Trusts, Special Needs Trusts, Trust Administration

Experience: Medi-Cal - 8 Years, Franchise Tax Board - 10 Years, Private Practices - 13 Years

Free In-Home Consultation
Tim Tyler, Ph.D., Attorney at Law 916-432-0624

SPECIAL ALZHEIMER'S LIVING

REVERE COURT
MEMORY CARE Lic. #3470133/342

Day Club, Respite, Residential, Support Groups & Educational Classes

casey@chancellorhealthcare.com
www.reverecourt.com
(916) 392-3510
7707 Rush River Dr. Sacto, CA 95831

YOUR SERVICES ARE NEEDED
CALL Melissa TODAY
TO PLACE YOUR AD
(916) 429-9901

SACRAMENTO'S PREMIER ANTIQUE DESTINATION

OVER 120 DEALERS
45,000 SQ. FT.

4 STAR DINING

IN BUSINESS SINCE 1977

57th St. Antiques

FREE PARKING

Amorini Antiques 455-1509	The Lighting Palace Sales and Repair 817-9625	The Ruralist 956-0776
Cross Fit East Sacramento 207-7500	Evan's Kitchen 452-3896	Picket Fence Antiques 455-6524
Fifty-Seventh Street Antique Mall 451-3110	Mike & Greg The Pottery Guys 731-4556	Sekula's 712-8303
Capitol Folk Gallery 996-8411	Sassi Salon 739-0878	Alchemy 999-1409
		Dance "10" 769-4857

855 57TH STREET (BETWEEN J & H STREETS)

ASSEMBLING TO SAVE THE UNIVERSE

MARVEL UNIVERSE LIVE!
Produced by Feld Entertainment

SEE IT LIVE!

Opening Night Tickets Start at \$15
Restrictions, exclusions and additional charges may apply for double discounts. Subject to availability.

MAR. 12 - 15 SLEEP TRAIN ARENA

Buy Tickets: Ticketmaster.com • 800-745-3000 • Venue Box Office

[Facebook](https://www.facebook.com/MarvelOnTour) [Instagram](https://www.instagram.com/MarvelOnTour) [Twitter](https://www.twitter.com/MarvelOnTour) [MarvelOnTour](https://www.marvel.com)

MarvelUniverseLive.com

Arts & Activities

Healing Arts Festival *Conscious living at its best!*

Largest metaphysical & holistic event in Sacramento

Exhibits! Resources & Products! Presentations!

NEW LOCATION:
Scottish Rite Center, 6151 H Street, East Sacramento

FREE admission Sunday, March 8th
FREE parking 10 a.m. - 5 p.m.

More information at HealingArtsFestival.com
Food Service provided by Evans Kitchen

Festival to benefit the Sacramento SPCA. Bring a donation and receive \$5.00 coupon to use at participating exhibitors.

GUNTHER'S ICE CREAM

March: Bailey's Irish Cream

Come See Our Murals!

- Malts, Floats, Sundaes & Shakes
- Sandwiches/Soups
- Real Fruit Freezes
- Ice Cream Cakes & Pies
- Ice Cream Socials

We Make Our Own Ice Cream

Open Daily: Sun-Thur: 10am - 9:30pm • Fri-Sat: 10am - 10pm

70 years of business

2801 Franklin Blvd. (Corner of Franklin & 3rd Ave.)
457-6646 • www.gunthersicecream.com

International Women's Day
Sunday, March 8th



Recognize the women in your life!

Relles Florist & Gifts
68 years in Sacramento with Service & Quality

2400 J St.
916-441-1478
FREE PARKING
RELLESFLORIST.COM

SACRAMENTO SYMPHONIC WINDS

Dr. Les Lehr, Music Director

2014-2015 Concert Series *Musical Portraits*

Suite Of Broadway!



- My Fair Lady
- The Music Man
- Show Boat
- The King & I
- American & Scottish Dances... and a Broadway Sing-Along!

Sunday, March 15 @ 2:30 pm
Doors open @ 2:00pm
Crowne Plaza Sacramento Northeast

General Admission - \$15
Student / Senior - \$10
Tickets at the door
-Free Parking-

5321 Date Ave, Sacramento 95841
www.sacwinds.org for map
(916) 489-2576

Fe Gallery 2nd Saturday Artist Reception



Jim Marzen's acrylic paintings



Beverly Burris' acrylics on wood & canvas

Also Featuring:
Brett Lawson's Leather masks
Davis Wollner's Mixed media

Exhibit runs through April 2, 2015

1100 65th St. • (916) 456-4455
www.FeGallery.com

Spring Craft Fair

Saturday, March 21, 2015
9am - 3pm

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

Great coffee & food
Open Mic Nights
Second Saturday Receptions & Craft Faires 6-11pm
Live Music • Rewards! • Art
Second Saturday 12-4pm

2900 & 2904 Franklin Blvd.
www.thecoffeegarden.com
457-5507

Join us at Camellia Waldorf! Saturday, March 7th

EARLY CHILDHOOD OPEN HOUSE
9:30 TO 11 A.M.
A MORNING OF MAGIC & PLAY! DISCOVER WHAT OUR EARLY CHILDHOOD PROGRAMS HAVE TO OFFER YOUR CHILD. VISIT THE PRESCHOOL OR KINDERGARTEN, MEET THE TEACHERS, ASK QUESTIONS & PLAY.

ELEMENTARY & MIDDLE SCHOOL OPEN HOUSE
10:30 A.M. TO 12 NOON
DISCOVER THE WALDORF DIFFERENCE! OUR CURRICULUM HELPS BOTH INTELLECTUAL & CREATIVE DEVELOPMENT & GENERATES AN INNER ENTHUSIASM FOR LEARNING.

OPEN TO ALL FAMILIES AND THEIR CHILDREN.
RSVP ONLINE OR BY PHONE AT (916)427-5022 EXT. 13

Camellia Waldorf School
5701 FREEPORT BLVD. SACRAMENTO
WWW.CAMELLIAWALDORF.ORG

Coffee Garden & Coffee Garden Gallery

Great coffee & food
Open Mic Nights
Second Saturday Receptions & Craft Faires 6-11pm
Live Music • Rewards! • Art
Second Saturday 12-4pm

2900 & 2904 Franklin Blvd.
www.thecoffeegarden.com
457-5507

62nd Season
Sacramento Community Concert Association

Sunday, February 8th, 3 p.m.

Part I: The Camellia City Flute Choir
Described as "orchestral and haunting" because of its unique instrumentation which includes the rare contrabass, bass, & alto flutes.

Single Ticket \$12
Mention the East Sac News!

Westminster Presbyterian Church
1300 N Street (FREE PARKING)
TICKETS: 916-400-4634
www.sccaconcerts.org

Part II: Hot Club Faux Gitane
An acoustic Gypsy Jazz style swing band playing traditional Gypsy tunes, jazz standards, & original compositions. Features rhythm and lead guitars, acoustic bass, mandolin, and bassoon, plus clarinet, melodica, & saxophone.

May the road rise up to meet you...

Celebrate St. Patrick's Day!

Relles Florist & Gifts
68 years in Sacramento with Service & Quality

2400 J St.
916-441-1478
FREE PARKING
RELLESFLORIST.COM

SACRAMENTO ANTIQUE FAIRE
AN OVERSIZED MARKETPLACE

EVERY SECOND SUNDAY
MARCH 8TH

300 VENDORS
6:30 AM TO 3 PM
21ST & X STREETS

WWW.SACANTIQUFAIRE.COM
916.600.9770

IN THE MOOD
a 1940's musical revue
America's Greatest Big Band Show

"A meticulously researched recreation of the Swing Era"
—Peter Donnelly, Australia

"A toe-tapping nostalgic ride to yesteryear"
—Brad Downall

COMMUNITY CENTER THEATER
Thursday, March 12
2 pm Matinee & 7:30 pm
1301 L St, Sacramento
916-808-5181 tickets.com & sacramentoconventioncenter.com

I WANT YOU
To See
IN THE MOOD

Sacramento Region

PROPERTY LISTINGS

CHARMING EAST SACRAMENTO



Photography by: Jennifer Patrick
Perfect family home on one of Sacramento's greatest streets! Great floor plan with formal dining and living rooms facing the street with kitchen, laundry and a GIANT family room in the back. 4 Bed, 3 Bath, 2 car garage on 2927 square feet. Spacious backyard, back patio and trellis for dinners under the stars. A perfect home for entertaining and/or relaxing! | **\$949,000**



Tim Comstock
916-548-7102
www.timcomstock.com
CalBRE#01879462



OPEN HOUSE
1447 38TH ST.
MARCH 7TH & 14TH
11AM - 2PM

WALK TO EVERYTHING!



ELISE IVES
916-715-0213
www.PollySandersTeam.com
CalBRE# 01781942

Move right in to this beauty, located perfectly in East Sacramento's convenient Alhambra Corridor! Charming and fresh, this home has East Sac quiet and Midtown convenience, with the Fabulous 40's flanking the neighborhood on the East side and Midtown to the West. With its 3 bedrooms and 1.5 bath, this home has a charming, original kitchen.

3331 M Street • \$479,000

GREAT NEIGHBORHOOD



ANDY THIELEN
916-454-3778
AThielen@GoLyon.com
CalBRE# 01227077

First time on the market! Built in 1954, this home offers 3 bedrooms, plus an office, 2 baths, original hardwood floors, central heat and air, and some dual pane windows. Best of all, it's a large .20 acre lot (per seller) with detached 2 car garage and huge workshop. Plenty of room out back for any type of storage: RV, boat, etc.

912 56th Street • \$395,000

TAHOE PARK/TALLAC VILLAGE



PHYLLIS HAYASHI
(916) 284-7304
phayashi@GoLyon.com
CalBRE# 01726140

Incredible and rare find 4 bdrm, 2 bath property in Tahoe Park/Tallac Village. This spacious home offers 1611 sf w/ one car detached garage. Well-maintained with original hardwood flooring, separate dining room w/ built in china cabinet. New stove and hood, lots of custom made cabinets, fresh paint interior and exterior, cozy living room w/ wood burning fireplace.

\$268,000

Matías Bombal's Hollywood

McFarland, USA
The MPPA has rated this PG



Disney brings us Kevin Costner in "McFarland, USA". He plays a coach recently dismissed from a major college football team. He forms a cross-country team at a small non-descript school and makes state champions of them. Set in 1986, Costner, his wife and daughter arrive in small McFarland, California, populated mostly by Mexican-American farm workers. In his early days at the new high school, he manages to irritate the head football coach, and gets a small demotion. Urged by his wife to keep struggling on, he has an inspiration to start a cross-country team.

The students aren't very impressed with him. From this unlikely beginning, he makes them much better, little by little, but multiple challenges present themselves as they do in life. Will they make it to the state championships? The cultural differences and learning to adapt is much at the basis of this movie all summed up and packaged in a way that is not like life, but more like Disney. The last time they gave us this type of a movie was "Million Dollar Arm" with John Hamm released in April of last year, not even a year from the time of this movie release. For many it will be perfectly entertaining, and there are no examples of bad performances. The production values too, are competent. It all seems familiar and predictable, however. You'll not have a bad time seeing this, but you may have a sense of Déjà vu.

On the search for reptiles at Sutter's Landing

All his life Mike Cardwell has been interested in creatures others unreasonably fear. He majored in biology right out of high school, then worked as a law enforcement administrator in southern California until he retired. Despite his law enforcement career, Mike became a recognized authority on rattlesnakes and their bites long ago, and has spoken to hundreds of audiences throughout the US and Canada. From 2001-2004, Mike used radiotelemetry to study the behavior of wild Mohave rattlesnakes, a species well known for its highly toxic venom, yet about which little was known. This study was prominently featured in Animal Planet's "Venom ER" TV series.

On Saturday, March 14 at 10 a.m., Mike will lead the Friends of the River Banks at Sutter's Landing parking lot at the very end of 28th Street. Bring your curiosity and questions. This will be the first FORB walk to focus on reptiles, but it's sure to be amazing, as usual.

FORB events are designed for all ages. Bring your binoculars, water, sunblock, and a change of clothes for young children (who will certainly get wet and dirty). Please leave your dogs at home and carpool, bike, walk if possible.

Sac City Rollers coming to Sacramento State

Sacramento State's The University Union UNIQUE Programs and Women's Resource Center are pleased to announce a hard-hitting roller derby bout featuring Sac City Rollers on Thursday, March 12, 2015 starting 7:30 pm in The University Union Ballroom.

The Sac City Rollers is Sacramento's first all-women's flat track roller derby team, established in 2006 and is made up of more than 100 active skaters dedicated to the sport of roller derby. In 2012, they proudly joined the Women's Flat Track Derby Association (WFTDA) and has grown to three competing teams- the Capitol Punishers, the Folsom Prison Bruisers and a junior derby league for girls 10- 17 years old, the Jailhouse Brats.

Operating as a non-profit, self-governed organization, the Sac City Rollers strive to promote roller derby, but also serve the community by providing unparalleled competition and entertainment. In addition to community outreach, Sac City Rollers mem-



Photo by Mike Ko at Silicon ValleyDesigns.com

bers volunteer their time and raise money for local and national charities. Some charities include: Sacramento Children's Home, the Sacramento Food Bank and the Saint Baldrick's Foundation. Their mission statement: "We acknowledge the support that we receive from our surrounding communities and strive to reciprocate that support by being involved in local charities through do-

nations and volunteer work. Sac City Rollers is an enthusiastic supporter of roller derby leagues locally, nationally and internationally."

Competing in this year's event at Sacramento State will be members from the Capitol Punishers and the Folsom Prison Bruisers. For more information, visit www.SacStateUNIQUE.com or call the University Union Info Desk at 278-6997.

Symphony:

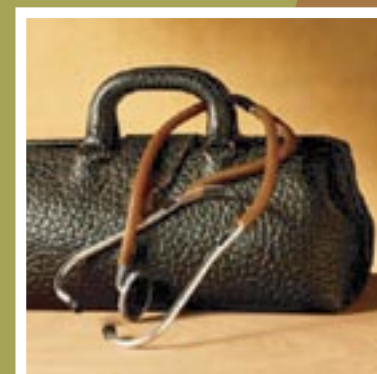
Continued from page 5

go on tour to the UK with the Premier Orchestra two years ago and that was an amazing trip. We got to play with other youth symphonies and perform in England and Scotland. It was a great experience to meet people you didn't know from different backgrounds but be able to immediately sit down and make music together. I will never forget that trip. I have been in the Premier Orchestra of SYS for three years now. Mr. Neumann also gave me the chance to play the double bass in the Folsom Symphony. I have been in the Folsom Symphony for two years and I love performing in that as well.

Playing as a soloist with the SYS Premier Orchestra on Feb. 7 was a thrilling experience, Samuel explained. "Playing a concerto with a symphony is one of my favorite things to do as a performer. It is like a duet or a dance between two people. Both partners need to know their individual parts but then you have to know how to dance together. The soloist has to know when to come in and out and the orchestra has to know how to follow the soloist. It is really thrilling to have an or-

chestra as your accompanist. It is a wonderful feeling to make beautiful music together for an audience to enjoy and to be able to convey the beauty in the particular piece of music. I played the first movement of the Reinecke Flute Concerto. This concerto is a beautiful Romantic Era piece. I have been working on this piece for several months with my teacher Isabelle Chapuis. I had to learn how to play it, then how to play it with piano accompaniment, and then with orchestral accompaniment. My accompanist Sabine Klein has been wonderful to work with and has helped me tremendously in learning to perform this piece. The orchestra and I practiced together as a group for a little over a month before our performance on Saturday night. I personally practiced this piece hundreds of times in order to play it with the orchestra. The job of the soloist is to make it look easy to play a piece because it was rehearsed so many times. I hope I made it look easy and I hope that people thought that it was a beautiful piece of music. I was very excited to perform this concerto and I would like to thank Mr. Neumann and the entire SYS staff for the opportunity to be a member of this organization and to be able to perform (on Feb. 7)."

We Make House Calls



GREENHAVEN ESTATES
Assisted Living & Memory Care

Our nurses make house calls right to your apartment door!

Our residents said they needed more nursing support and we listened. Please stop by, take a tour and we'll introduce you to our amazing nurses. Our professional nursing and caregiving staff is here 24/7 to answer questions and assist with your health needs. We also have nurse leadership in our community and available daily to assist.

7548 Greenhaven Drive
Sacramento, CA 95831
Lic# 347005239

greenhavenassistedliving.com
(916) 427-8887

Medication Management • Diabetic Care • Respite • Hospice

Councilmember Jeff Harris Presents:

FOOD TRUCK MANIA!

Friday, March 13

Every Second Friday Until October

McKinley Park
601 Alhambra Blvd.
5pm - 8pm

Live Music By:
Jimmy Ashley

Bike Parking By: SABA

Beer Garden Benefiting:

SACRAMENTO
Front Street Animal Shelter

Krush Burger
BaconMania
Gameday Grill
Drewski's Hot Rod
Smokers Wild
Cruzin' Crustacean
La Mex
Green Papaya
Smoking Hot Pizza
Happy Cow
Sweet Spot
Frenchy's Waffles

HARRIS
CITY COUNCILMEMBER, 2009-11

CALENDAR

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

ONGOING

Low Impact Fitness at Tahoe Park: Enjoy a low impact workout outdoors at Tahoe Park. Neighbors come together for fun and exercise every Monday and

Wednesday at 10:30 a.m. Examples include: Jogging-in-place, jumping jacks, Fingertip-to-toe jacks. Donations of \$1-\$2 are requested to pay for the online service, Meetup.org, which this group is a part of. This is a meet-up for neighbors to provide guidance and encouragement for each other. There is no professional trainers and all injury is at your own risk. Meet by the pool house, 3501 59th St., 95820.

Free Hawaiian language workgroup Every Monday at 5:30 p.m., a free Hawaiian language workgroup meets at 6235 Belleau Wood Lane Suite 1B in South Land Park to learn about the Hawaiian language. Everyone is welcome. Call 808-782-2483 to sign up.

Zumba for Seniors at Hart Senior Center Zumba for Seniors incorporates physical exercise and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba, and much more. Tuesdays 9:30-10:30am and Fridays 3 to 4 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th St. Sacramento (27th and J streets). Try it once for free! For more information or to register, stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$20 for five classes; \$40 for 10 classes.

Active Yoga at Hart Senior Center Increase your strength and flexibility, improve balance, and enhance the ability to relax and release stress. Classes are Mondays and Wednesdays, 2:30 p.m. - 3:30 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th St. For more information or to register, stop by the Hart Senior Center front desk or call 808-5462. Cost: \$35 for five classes or \$70 for 10 classes. Try the class once for free and see if Active Yoga is right for you.

Singers with Hart Experienced and beginning singers age 50 and above are welcome. New sessions start every nine weeks and are held at the Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Pre-registration is required. For more information, visit the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$15.

David Lubin Elementary tours David Lubin Elementary School, located in East Sacramento, is hosting Kindergarten tours every Tuesday and Friday at 9 a.m. David Lubin is located at 3535 M St. A highly committed and caring staff, a strong emphasis on acad-

emic rigor and a warm family environment allows David Lubin Elementary School to provide the high quality educational experience for which we are known. For more information, call 277-6271 or visit www.davidlubin.scusd.edu

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

Your social security questions answered at Hart Senior Center Meet with a Social Security Administration representative every third Thursday of each month at the Hart Senior Center and learn general information about Social Security, Supplemental Security Income (S.S.I) as well as retirement, disability, and survivors benefits. Make an appointment at the Hart Senior Center, 915 27th Street (J and 27th streets) or call 808-5462. Cost: Free.

MARCH
Fairytale Town announces the start of its spring, summer fall hours
March 1 - Oct. 31: Beginning March 1, Fairytale Town will be open daily from 9 a.m. to 4 p.m. for the spring, summer and fall sea-

sons, weather permitting. Weekday admission is \$4.50 for adults and children ages 2 and older. Weekend admission is \$5.50 for adults and children ages 2 and older. Children ages 1 and under are free. For more information, visit www.fairytaletoen.org or call 808-7462. Fairytale Town is located at 3901 Land Park Dr.

Planning your garden for the present and next season
March 6: This workshop will cover what you are going to plant for now and for next season, what can and can't be planted together and what areas that you are going to need to plant certain fruits and vegetables. \$7 registration fee; class will be held from 1 to 3 p.m. at ACC Senior Services, 7334 Park City Dr. Pre-registration is required. For detail, call 393-9026 ext. 330, www.accs.org.

Dr. Seuss birthday celebration at McKinley Library
March 6: Even more than two decades after he left us, Theodore Geisel—aka Dr. Seuss—is still perhaps the most-loved children's author of all time. Join in a birthday celebration at 3:30 p.m. at McKinley Library, 601 Alhambra Blvd.

Friends of Sacramento Public Library Warehouse Sale
March 7: More than 100,000 "gently used" books, videos, and audio books will be offered for prices from 50 cents to \$2 at the March 7 warehouse sale of the Friends of the Sacramento Public Library. The warehouse is at the rear of the Friends' Book Den at Suite E, 8250 Belvedere Ave., just south of 14th Ave. between Power Inn and Florin-Perkins roads. Plenty of parking is available, but be careful not to park between the "No Parking" signs on the south side of Belvedere. Sale hours will be from 9 a.m. to 4

Calendar continued on page 17

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

Home Improvement Guide: a "Keeper" by our readers

Great exposure in these four upscale neighborhoods:
Arden-Carmichael, East Sacramento, Land Park & Pocket/Greenhaven.

Contact Melissa at 916-429-9901

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
Remodeling and Design
LIC# 480492
Certified Kitchen & Bath Remodeler

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

www.lytleconstruction.com

YOUR AD SHOULD BE HERE!

Call today!
Your services are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

CLEANING

Prime Quality Maintenance
Free Estimates Licensed & Insured

- Window Cleaning (inside/out/screens washed)
- Pressure Washing (all surface areas)
- Rain Gutter Cleaning
- Hard Water Stain Removal
- Landscape Maintenance

Call Jesse: 916-428-2940

CREATURE CATCHERS/REMOVAL

Creature Catchers Wildlife Management
"If it walks or flies, we'll remove it"

Humane and non-toxic solutions for both animals & man
Dead Animal Location/Removal • Exclusion Work
Live Trapping • Humane Removal • Repair
Skunks • Fox • Raccoon • Opossum • Squirrels
Mice/Rats • Birds/Bats (bat elimination)

CreatureCatchers.org 530 885-PEST(7378)
California State Trapping License #7791 - Insured by Lloyd's of London

FENCING

Bob Grove (916) 425-7435 License #: 927602

GATEWAY FENCE CO.
Commercial & Residential

Gateway-Fence.com
bob@gateway-fence.com Fax (916) 429-1905

10% OFF VCN Special

Your services are needed!
Call (916) 429-9901 and reserve your space on the *East Sacramento News*

HANDYMAN

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement!
Quality work the first time, guaranteed!

Carpentry - Electrical - Plumbing - Demolition
Sprinklers - Sheetrock

Accepts All Major Credit Cards
"Senior Discount"

NO JOB TOO SMALL!
Licensed and Insured #152902 Call Eric (916) 470-3488

HANDYMAN

GET READY FOR SPRING!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING
- PRESSURE WASHING

Call LESTER (916) 838-1247
Lic#128758/Ref

Pressure wash your driveways clean! your decks, too!
Clean out your garage! Replace that old lawn!

Hard work --not a problem!
SPECIALS FOR SENIORS*/SERVING THE AREA FOR OVER 18 YRS*

HARDWOOD FLOORS

Restore Your Floor

Hardwood Flooring
Installation - Repair - Refinishing
Sanding - Custom Staining

(916) 235-3557 - FREE Estimates
www.SacramentoHardwood.com

A family tradition since 1957
Lic # 794448

HARDWOOD FLOORING

Hardwood Flooring
Specializing in installing, sanding, and finishing hardwood flooring or repair and refurbish your current floors.

Call Michael - (916) 383-8742
Lic # 544159/References Available

HOUSE CLEANING

Allaway's House Cleaning
• Owner Operated • Reasonable Rates
• Satisfaction Guaranteed

Excellent References of 20 Years or More
Call Rick: (916) 832-4199
(916) 600-0172
for FREE Estimate • Licensed & Bonded

Attention Realtors!

Advertise Your Property Listings in California Kids!

California Kids is an events and activities guide for active families and is published once a month by Valley Community Newspapers, publishers of the Arden Carmichael News, East Sacramento News, Land Park News and the Pocket News. View at: www.valcomnews.com

California Kids targets active families who get out and enjoy all the community has to offer. It also serves as a guide to families that are thinking of relocating to a new area. A perfect publication for real estate listings.

Some of the drops include: schools, restaurants, doctors and dentists, libraries, museums, grocery stores, attorney offices, visitor centers, chamber of commerces, real estate offices, parks and recreation offices, coffee shops, book stores, churches, child care centers, pizza parlors, gymnastic centers, reaching those parents most likely to purchase products, use services, and search real estate listings.

It is distributed to:

Broderick • Cameron Park • Carmichael • Citrus Heights • Davis • Diamond Springs
Dixon • El Dorado Hills • Elk Grove • Fair Oaks • Folsom • Granite Bay • North Highlands
Orangevale • Rio Linda • Rocklin • Roseville • Sacramento • West Sacramento

For more information, call Linda Pohl at (916) 429-9901



Our Readers Need Your Service!
It Pays to Advertise!
Contact Melissa at 916-429-9901

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

Home Improvement Guide: a "Keeper" by our readers

Great exposure in these four upscale neighborhoods:
Arden-Carmichael, East Sacramento, Land Park & Pocket/Greenhaven.

Contact Melissa at 916-429-9901



PAINTING

GARY'S PAINTING

CUSTOM RESIDENTIAL
INTERIOR & EXTERIOR OVER 20
YEARS EXPERIENCE WITH PRIDE

EXCELLENT REFERENCES

725-8781

Contractors Lic. # 734323
McClatchy '67
"Member BBB"

PAINTING

SOVEREIGN PAINTING

Quality craftsmanship 3rd Generation Painter
with over 30-years experience

(916) 422-4416

sovereignpaintingco.com
sovereignpaint@yahoo.com

Dan Sovereign, Interior & Exterior Painting
Lic.# 484215
Better Business Bureau Member

PAINTING

Special Exterior/Interior Painting

Power Wash,
2 Coat,
Spray Back Roll,

Material & Labor:
Single Story \$1,350
2 Story \$1,650 UP

(916)-665-2671
LIC #550840

PAINTING

COOK PAINTING

Full Service Company - Start to Finish

Freshen up for
Spring!
VCN Special

• Custom Painting • Super clean, neat & fast
• Interior/Exterior • Cabinets

Specializing in custom trim & moulding!
Color Consultants • Free Estimates

In business since 1982
CSL# 432951

(916) 591-5056

YOUR AD SHOULD BE HERE!

Call today!
Your services
are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

PLUMBING

**EXPRESS ROOTER
& PLUMBING CO.**

DRAIN & SEWER SERVICE
PLUMBING REPAIR & REPLACE

916 927-9537

Lic # 998904

PLUMBING

**ROONEY'S
PLUMBING**

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com
License #683668

REMODELS

Litell Cabinet Outlet

Kitchen Remodels • Bathroom Remodels
• Replacement/New Windows • Flooring
• Granite/Quartz Fabrication
• General Contractor/no subs

Free Consultation!
1020 Del Paso Rd., Sacramento, CA 95834
916-285-6022

ROOFING/SIDING

**ZIMMERMAN
REROOFING**

3675 R Street
Sacramento, California 95816
East Sac Specialists
454-3667
zimroof.com
License #763169 Dave Zimmerman

ROOF/GUTTER CLEANING

STAN THE MAN

GUTTER CLEANING
ROOF CLEANING
WINDOW WASHING
PRESSURE WASHING
SENIOR DISCOUNTS AVAILABLE

916-601-1030

TREE & GARDENING SERVICES

Terra Bella Tree & Gardening Service
"Not your typical mow, blow & go company!"

• One Time Clean-Ups • Tree, Bush & Hedge Removal
• Full Yard Maintenance
Family Owned • 25 years experience!

Call Randy (916) 454-3430 or 802-9897
www.terrabellagarden.com • Lic# 152584

TREE SERVICE

**DON'S TREE
SERVICE**
ISA CERTIFIED ARBORIST WE4590A

Trimming, thinning, shaping & stump removal

Family Owned & Operated since 1967

#1 in customer satisfaction
(916) 428-4882
(916) 689-5244
www.donandsonstreeservice.com
Lic# 331196

CALENDAR

Continued from page 14

p.m. There will also be a preview for Friends members only on Friday March 6 from 5 p.m. to 8 p.m. (You can join at the door for \$15.) Income from the sale helps pay for programs, equipment, and materials local libraries need but can't afford. Women's studies are being spotlighted this month at the Book Den, where most items are priced from \$3 up, and new merchandise is constantly being added to the inventory. The den will be open throughout the sale as well as weekly on Thursdays from 9 a.m. to 2 p.m. and Fridays and Saturdays from 10 a.m. to 5 p.m. For more information, call 731-8493 or go to bookden@saclibfriends.org

from the film "Freedom Summer" at the Central Library, 828 I St. The event is part of a nationwide, multi-year "Created Equal" program sponsored by the National Endowment for the Humanities. This year's series also marks the 150th Anniversary of the 13th Amendment, which ended slavery in the United States.

Music at noon free concert at Westminster Presbyterian Church
March 11: Bring your lunch and enjoy fine music. This week there will be music featuring cellist Jia-mo and Friends. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org. Westminster Presbyterian Church is located at 1300 N St.

Writing with the Great 19th Century American Poets (featuring Walt Whitman: The American Romanticist)
March 11: In this module-based class, participants will hear a brief lecture about Walt Whitman. They will read works by Whitman together in class and write their own poems. Critiques are offered by the instructor and fellow classmates in a friendly and supportive workshop style environment. This is the last of six sessions. Writers at any level are welcome. The classes are free and held in the lovely Reagan room of the Clunie Community Center at 601 Alhambra Blvd. All sessions are taught by editor and published poet Frank Dixon Graham and sponsored by the McKinley Library. Class will be held from 7 to 8:30 p.m. Contact Frank at Frank.Graham@Goddard.edu for more information.

St. Pat's luncheon with music by The Irish Eyes
March 12: There will be a special St. Pat's luncheon with music by The Irish Eyes at 11:15 a.m. and 1:15 p.m. seatings at the Casa Garden Restaurant, 2760 Sutterville Road. Entree choices: Slow-roasted Corn Beef Brisket with Colcannon Potatoes and

'Wings and Wine' benefits wildlife care in Sacramento valley
March 7: From 5:30 to 8:30 p.m. at High Hand Nursery (3750 Taylor Road, Loomis), enjoy an evening with magnificent birds of prey: Mingle with owls, hawks, falcons, and one beautiful eagle. Also, enjoy one complimentary glass of wine and light hors d'oeuvres. (Other beverages will be available for purchase.) Enter to win raffle prizes with the proceeds to go to Wildlife Care Association. The association provides an essential service, offers a unique assist to Mother Nature and does it all through private donations. The Wildlife Care Association helps heal the birds that fall from nests, critters hit by cars or wildlife that needs a little human help to survive in our world. Help keep the mission active and wildlife alive by attending this special benefit event at the High Hand Nursery. The 'Wings and Wine 2015' event offers a taste of the 'wild life' in wineglasses and keeps 'wildlife' alive by assisting the non-profit organization. Tickets are \$25 in advance only. No tickets will be sold at the door. Purchase online at highhand.com or in person at High Hand Nursery. For more information, call 652-2065.

Fairytale Town's Theater presents "The Frog Prince"
March 7 and 8: With shows starting at 12:30, 1:30 and 2:30 p.m., The Grimm Brothers' classic fairytale "The Frog Prince" comes to life on the Children's Theater stage. In this production by the Fratello Marionettes, a wicked witch has transformed a handsome prince into a frog, and he is destined to live out his life in the wishing well. While playing in the meadow, the Princess Ofelia accidentally drops her new golden ball into the well. The Princess promises to grant the frog three wishes if he will retrieve her ball. Will the Princess follow through on her promises, and will the frog turn back into the handsome Prince? Tickets are \$2 for nonmembers in addition to park admission, and \$1 for members. For more information, visit www.fairytaleto.org or call 808-7462. Sponsored in part by ScholarShare College Savings Plan. Fairytale Town is located at 3901 Land Park Dr.

Discover Chinese Medicine
March 8: Starting at 2 p.m. at the central branch of the Sacramento Public Library, located at 828 I St., join Mi Kuen Wong, a third-generation Chinese medicine practitioner, for a special presentation on acupuncture, acupressure and herbal medicine.

"Freedom Summer" movie clip to be shown at Central Library
March 10: From 6 to 7:30 p.m., poet, social worker and social justice advocate Abe Sass will share his poetry and his personal experiences from the March on Washington, and show clips

Roasted Vegetable Medley or Asian Noodle Salad with Chicken and Vegetables; dessert: An Irish Themed Delight -- \$24 per person includes tax and gratuity. First-come, first-served group reservations by one person, one check. Reservations a must. Call 452-2809 for more information. Proceeds benefit the Sacramento Children's Home.

Dr. Suess Party at Ella K. McClatchy Library (Family/All Ages)
March 14: Come celebrate Dr. Suess' birthday the this Dr. Suess-themed party at the Ella K. McClatchy Library, located at 2112 22nd St. Starting at 2 p.m., there will be a reading of a Dr. Seuss story. Make slimy oobleck, create our own Dr. Seuss craft and creations, and enjoy Dr. Seuss-themed snacks.

Sacramento Library Foundation presents Authors on the Move! 2015
March 14: Join other literature - literacy-lovers at the 13th Annual Authors on the Move, Sacramento's premier literary event presented by the Sacramento Public Library Foundation. Keynote speaker will be Daniel Handler, a.k.a. Lemony Snicket. There will be witty entertainment, a 4-course gourmet meal paired with complementary wine, and engaging table conversations with 45 California authors. There will be book sales and singings. The event will be held at the Sacramento Hyatt Regency from 5 to 9 p.m. Tickets are \$225 per person or \$1,700 for a table of eight. For ticket purchases and additional information, visit <http://saclibraryfoundation.org/authors-on-the-move/>

William Curtis Park Clean up Day
March 14: From 9 a.m. to noon, The Sierra Curtis Neighborhood Association has adopted William Curtis Park through the City of Sacramento's Partners in Parks Adopt-a-Park program. On March 14, we are asking for neighborhood volunteers to help us clean up around the tennis courts and children's playground. We will rake leaves, pick up fallen branches and clean the flower beds. Please bring your own gloves and wear hard shoes. Please contact NCC@sierra2.org to let us know you will be there or if you have any questions.

Don Puliz Annual Elks 6 Crab and Shrimp Feast
March 14: The feast will include crab, shrimp, antipasto, pasta, green salad and garlic bread. There will be no-host cocktails served at 6 p.m., followed by dinner at 7 p.m. There will be a huge raffle to follow. This event is for Elks members and their guests. Tickets are available in lodge office. Call 422-6666. Credit cards are accepted. The lodge is located at 6446 Riverside Blvd. All proceeds go to the general fund.

West Campus graduation crab feed fundraiser
March 14: Starting at 7:10 p.m. inside Giovanni's Hall at St. Mary's Church, 1333 58th St., support the West Campus High School students. Proceeds will make their senior year and graduation worthy of their hard work. Tickets are on sale online at <https://squareup.com/market/wccrabfeed>, or through the West Campus High School front office at 5022 58th St. Cost is \$55 each. Make checks payable to: "West Campus or WCMB". On the message line you can put which class it is for. Donations also accepted. Adults only please! There will be entertainment, a raffle, silent auction, fun activities, photographers, great food, beverages: everything to make your experience one to remember. Proceeds will go towards the Freshman, Sophomore, Junior and Senior classes to support graduation and costs of other graduation activities. A portion of the proceeds will also support the West Campus Band Boosters. The Menu will consist of Dungeness crab. Salad. Bread. Pasta. and more. Specifics coming soon. But you know it will be good even if you don't like crab.

Memory Problems: Could it be Alzheimer's?
March 15: Parkside Community Church, United Church of Christ located at 5700 South Land Park Dr. will present a workshop at 12:15 p.m. Milani Wagner, RN, CNRN will present the Alzheimer's Disease process, warning signs, importance of early diagnosis, impact on families and resources. Light lunch included, donation accepted. Call 421-0492 for reservations. Child care will be provided upon request.

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

Poison proof your home for your pets
March 16: Pets are worse than toddlers: they will get their paws, noses, or claws into anything with reach. Few people realize how many household plants, foods, and chemicals are poisonous to pets, and how many of these things pets will eat. Get to know the poisoning hazards that could be dwelling in your home and learn what to do in case your pet is poisoned. Free of charge; class will be held from 11 a.m. to noon at ACC Senior Services, 7334 Park City Dr. Pre-registration is required. For detail, call 393-9026 ext. 330, www.accs.org.

witness the Lewis' Woodpecker activity. To celebrate this free outing celebrating St. Patrick's Day, the SVC asks participants to keep an eye open for the lucky four leaf clover! The outing is all ages. Register online: www.sacramentovalleyconservancy.org/calendar.asp

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

Call (916) 429-9901 for information about the ALL ABOUT YOUR BUSINESS newspaper insert offer

The Exclusive

4-page or 8-page insert in your community newspapers

Arden Carmichael News • East Sacramento News
Land Park News • Pocket News

Senior Homecare By Angels

916.971.9333
www.VisitingAngels.com/Sacramento

Errands • Shopping
Light Housekeeping • Meal Preparation
Friendly Companionship • Flexible Hourly Care
Respite Care for Families • Live-in Care

America's Choice in Homecare.
VisitingAngels
LIVING ASSISTANCE SERVICES

Each Visiting Angels agency is independently owned and operated.

- EVENT LISTING SECTION -

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

Spring Arts & Crafts Fling
Artists & Crafters Welcome!

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

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

Save the Date!!!
SPRING CRAFT FAIRE

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

Mission Oaks Community Center
4701 Gibbons Drive
Carmichael
972-0336

Cabrillo Civic Club #5 ANNUAL CRAB FEED MARCH 7, 2015

\$45 per Person - Dinner 7 p.m.

Cabrillo Clubhouse
4605 Karbet Way, Sacramento

*Advance Ticket Sales Only
NO tickets will be sold at the door
RESERVATIONS: DeAnna Gesdahl
916-760-7474

CALL AND PLACE YOUR EVENT TODAY!

(916) 429-9901

Sacramento children's musician releases best album yet

Colonial Heights neighbors raise funds to keep Mister Cooper's music program alive at the library

By MONICA STARK
editor@valcomnews.com

Hailed by children at Colonial Heights Library's sing along, "Pirate Ship", the new album by Sacramento children's musician Mister Cooper, includes eight Mother Goose rhymes, the title track, and a song about the adventures of a doodle bug.

With many songs kids already know, Mister Cooper mixes in a lot of fun little lines here and there, adding in what he calls, "some new information." What happens to Humpty Dumpty after he fell off the wall? Well, he says, that's for the children to find out.

Mister Cooper created a catchy version of "Hey, Diddle Diddle" that is set to the tune of Hank Williams Sr.'s "Hey, Good Lookin'." With a steel guitar and a pedal, Mister Cooper's adaptation of the song invites audience participation with a call back of "Hey, Diddle Diddle," something, of course children really enjoy.

Playing for little ones at Tiny Tots, Leonardo da Vinci Elementary School, a daycare in the Pocket area and three libraries, Mister Cooper has built up a fan base among kids, their parents and teachers who appreciate that his songs enhance their curricula.

The story behind the song, The More You Read (a song that encourages reading), has a deep Sacramento community connection. "A librarian at (C.K.) McClatchy High School taught (second grade) for one year (2012-13) at Sutterville Elementary, where I sang with the kids. Her name is Donna Vann. And on the door of her room, she put the poster of that song. 'So the more you read, the more you know.' It had two lines. I started humming it right as soon as I read it. I didn't get halfway down before I knew what it was going to be. But it recorded well. I'd sing it at the libraries and with the kids. They seem to go for it and it's positive."

Asked to describe what they like about Mister Cooper and his new album, children discussed their love for the musician's storytelling and invitations to dance along.

Declan, Faylinn, Kate and Molly reported back saying they like the freeze dancing that Mister Cooper



Photo by Sarah Mertyris

Shown here, is a crowded Colonial Heights Library Community Room on Thursday, Feb. 26. Everyone was there to participate in the Mister Cooper sing along, which is a weekly event at the local branch. Parents have gathered together to raise funds to keep Mister Cooper's program in the neighborhood.

per incorporates into his program. Aleah loves "pirateship"; Santi likes "Mister Cooper's guitar"; and Payton likes "his songs."

While children love the pirate sounds, adults have come to enjoy the line: "My mother's name is Margaret and the captain called her Peg."

"Hardly any kids are called Margaret anymore and almost no one is called Peggy, so I have adults come up to me and say, I had an aunt Peggy. Her name is Margaret. That's hysterical. I love it."

In an interview with this publication, Ken Cooper, the name behind the moniker, discussed the making of "Pirate Ship" and his long term involvement singing at local libraries and schools.

To Ken, singing children's songs conjures up memories of his own youth, specifically memories of his mother singing "This Little Piggy."

"I remember the bathtub, the little portable bathtub she'd pull into the tub - that's one of the first memories that I have of her singing that song. So then I started working on that song and after I heard it I was telling a couple of my friends that I'm starting to work up songs for Mother Goose rhymes and then people started giving me books and (saying): 'Here, look at this website or check this out. I had never known that 'Twinkle Twinkle Little Star' had five verses in it.' But it's the adaptation of the songs,

See Mister Cooper, page 19

Mister Cooper:

Continued from page 18

that makes his music so inviting as he often uses the same melody but different chords, as he does in "Twinkle Twinkle Little Star."

And, in the album's title track, his voice carries like a scary pirate singing to the tunes of a sea shanty.

After 25 drafts and critiques from his most critical listeners - children at his sing-alongs - Ken is proud to say he's happy with the results. "I just could not get it right. I had all kinds of weird stuff and the kids were going: 'No, the captains on a ship don't have dogs. Pirates have parrots. You got to put a parrot in. You got to take the dog out.' So the dog was out and the parrot was in." And, in the end,

as far as the recordings go, he said Pirate Ship is the Matilda of his latest album. Those die-hard Mister Cooper fans would recall Matilda is a singing gorilla from the CD Mister Cooper is for the Birds, which was released in 2011. Suffice to say, children love Matilda and they also love Pirate Ship.

Shortly before the interview with this publication, Mister Cooper said kids came up to him, holding their tongues, singing one of the repetitive lines: "I was born on a pirate ship."

Mister Cooper started recording the CD at the end of June and by August the album was mixed and fixed. In November, it was sent to the manufacturer and he had copies for sale the week before Christmas.

Pirate Ship lists the following musicians as the album's "singers and players": Leo and Max Adams, vocal; Marisa Atha, vocals; Eric Bianchi, bass and vocal; Ethan Bianchi, vocal; Keith Cary, steel guitar;

Richie Lawrence, piano, accordion and vocal; Michelle Lewis, vocal; Scott McChane, drums and vocals; John O'Kennedy, dobro; and Mister Cooper, everything else.

In order of release date Mister Cooper's albums include: Mister Cooper, which was released in 2006;

This World, on Jan. 1, 2009; Mister Cooper's for the Birds, April 2011; I Like Your Hat, March or April 2013; and Pirate Ship on Jan. 6, 2015.

Asked what he has learned over the last nine years making CDs of his music, Mister Cooper said he learned patience, as it was difficult for him to wait a month between recording sessions. He wanted to say, "Let's go! But there was scheduling. (He learned to) just let it go and not have an agenda."

The Friends of the Pocket-Greenhaven Library and the Friends of the Belle Cooleedge Library pay for the music program with Mister Cooper, but, for the Colonial Heights Public Library, Mister Cooper said despite best efforts by that branch's Friends of the Library, there was not enough money from book sales and other fundraisers, so parents formed the Facebook group: "Mr Cooper Funding: Maintain the Weekly Music Program at Colonial Heights!" The following announcement was posted on the page on Feb. 26: "We are funded through May!! I'm so encouraged by how we are doing this together, and how so many parents and loved ones are using their talents to be generous!"

Beaming with gratitude, Mister Cooper said the following regarding parents' ongoing efforts: "They're chipping in wherever they can and it seems to be working out alright. So, I'm very thankful."

One of the mothers, Sarah Mertyris, explained more about the group in a message to the East Sacramento News stating that the entire year of 2014 was covered by a single anonymous donor and there this group of parents came together and are doing all they can to stay ahead of the game and keep Mister Cooper at Colonial Heights. Heather Lavezzo Downey, has stepped up as the group's leader, organizer, and treasurer.



Photos by Monica Stark

Children's musician Mister Cooper with his fans from Tiny Tots preschool in Land Park. The group of pirates got together to sing some tunes from Pirate Ship, Mister Cooper's latest album.

The group has collected the necessary money, through individual donations, to fund Mister Cooper's weekly shows through the end of May 2015. The group has shared the PayPal information with friends and families and made the suggestion for donations in lieu of Christmas and birthday presents for their little ones.

Sara Jacobsen is another mom that makes gift tags from recycled materials and has been selling them as a fundraising effort and donating all the sales to Mister Cooper's fund and Sarah started a fundraising project by making crochet totes out of recycled plastic bags. The group has also done research on possible grants available in the community, but have not found a good match yet, Sarah explained.

Sarah jokes that her 22-month-old daughter is a Super Coopie or a Mister Cooper groupie. "She absolutely loves him and his music. We started going to the weekly shows sporadically when she was 16 months old, but as her interest grew and I could see how much she enjoyed the shows we have been weekly attendants for the past six months. We have four of his CDs for the car and that is pretty much all we listen to if she's in the car with us.

"She is in that language stage that she is gaining multiple words each day and can mimic like a parrot; the radio no longer felt like an option in the car due to inappropriate lyrics. Mister Cooper's music is catchy, easy to listen to and enjoy, and teaches her the days of the week, months of the year, colors of the rainbow, good morals to live by, recycling and caring for the Earth, nursery rhymes, and a whole host of great vocabulary. We also play the Mister Cooper Pandora station when we are in the house. She is thrilled to go to the shows and proudly wears her Mister Cooper t-shirt. He has taken the time to learn her name and greets her individually each week. So, as you can see, Mister Cooper is a part of her day, every day in some way or another.

"I think it speaks for itself how much Mister Cooper's music has become a part of our daily lives. I value his talent and that he shares it with children in such a responsible and enriching way. His music teaches not only content, but also appreciation of music itself. My daughter is very attentive to all kinds of music now and loves dancing to different beats and tempos. She listens to lyrics and learns them very quickly. She has fun! I value above all else the pure joy and excitement I see on her face every Thursday when she knows it's a Mister Cooper Day."

It is hard to say for certain what is in store for the future for Mister Cooper's sing alongs at Colonial Heights, Sara Jacobsen explained. "We have looked into other sources of funding to get a larger sum, but so far we don't qualify. Our eyes and ears are still peeled for something that will keep him around even longer. I know myself and other parents are trying to come up with different fundraising ideas (enter shameless plug for my handmade gift tags that I sell to try and raise some money). I can only hope that the momentum continues and Mr. Cooper receives enough to keep the program running."

Heather keeps track of all the books, making sure the group accomplishes is completed according to the library's rules. "We want to support Mister Cooper to be here. I was thinking in the next couple of weeks, I'll put it out on Facebook that we'll have a more formal fundraiser, like a multi-family spring cleaning. We might organize a concert in the park and charge for people to listen to him. We're hoping in the next few weeks to talk strategy. I'm just facilitating the group."

Go online:

At mistercooper.com, you can find a complete calendar listing of upcoming events and you can also buy any of Mister Cooper's albums.

CLASSIFIED ADS

Call a sales representative today for great advertising rates: 429-9901

CAR WANTED

Editor in search of used car. Low mileage pref. Give me your bid. (916) 477-9094.

HANDYMAN

Handyman Services
No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock, Plaster, Stucco, Repairs and Remodeling, you name it! Lic# 908942. Call Steven at 230-2114.

WINTER CLEAN UP SPECIALS

Rain gutter's cleaned, concrete removal, sod placement, rototilling, pressure washing/power spray, yard work, hauling, painting, tree & shrub removal, general labor, fence repair, odd jobs & more. References available. In business for 18 years. Licensed. Call Les at 838-1247.

Classified ads work

HARDWOOD FLOORS

REFINISH OR INSTALL
Install, sand & finish hardwood flooring or refurbish your existing hardwood floors. Call Michael at (916) 383-8742. Lic#544159 Ref available

HELP WANTED

CUSTOMER SERVICE REPRESENTATIVE
Serve candidates via phone with use of a computer, meeting or exceeding management's goals, work well as part of a team, maintain a professional demeanor, trustworthy, excellent verbal/communication skills & good written skills, good active listening skills, able to work independently, dependable, solve problems & ability to deal patiently with problems. Cover letter/resume should be sent to (Kylemillerhr@gmail.com) for consideration.

Place your ad!
Call 429-9901

TAX PREPARER

#1 TAX PREPARER
32 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820, Nevada (775) 410-3422. Same low 1990 rates. www.taxirene.info • taxireneinfo@gmail.com

Advertise in California Kids!
Serving Greater Sacramento
For more information, call
at (916) 429-9901
Published by Valley Community Newspapers, Inc.
A monthly publication full of activities, mazes, word search, party ideas, travel, book reports, and a lot more!

HELP WANTED/DRIVERS

Drivers (CDL-B): Great Pay,
Hometime!
No-Forced Dispatch!
New Singles from Sacramento
to surrounding states.
APPLY: TruckMovers.com
1-855-730-1084



Sell your car! 429-9901

BOOKKEEPING

#1 BOOKKEEPER
32 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropactors, Non-Profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info • taxireneinfo@gmail.com

Check out the
Home Improvement Guide
in the East Sacramento News.
To place an ad,
call Melissa at 429-9901.



BEAUTIFUL ENGLISH TUDOR

Fabulous 44th Street! 1920's charm has been preserved while adding many modern upgrades including remodeled bathrooms, kitchen and den. Loaded with charm, 4 or 5 bedrooms 2½ baths, breakfast nook, living room window seat. Large 1/4 basement and garage 1/2 bath. \$995,000

DAVID KIRRENE 531-7495



WALK TO EAST PORTAL PARK

Built from the bottom up in 2006! Custom courtyard with water feature, backyard putting green, fabulous outdoor lighting, this fantastic 3 bedroom 2½ bath home makes you feel relaxed-like you are on a permanent vacation. Granite kitchen and wonderful balconies! \$519,000

TIM COLLOM 247-8048



WONDERFUL RIVER PARK

Lovely 3 bedroom home with remodeled bath, recently painted exterior! Kitchen has been remodeled with granite and the cabinets were replaced. Huge backyard features a beautiful swimming pool and great shade trees. 2-car garage. \$399,500

**LEIGH RUTLEDGE 612-6911
BILL HAMBRICK 600-6528**



LIFE ON THE GRID

Beautifully renovated from head to toe - The Didion House - Rich wood, fine detailing and spacious rooms. Historical in both style, heritage and culture. 4 bedrooms 2 full baths and 2 half baths with new kitchen, three floors, including media room, and a full basement. \$1,395,000

SHEILA VAN NOY 505-5395



ADORABLE EAST SACRAMENTO

You'll love the updated kitchen, tile counters and stainless appliances. 2 bedrooms, wood floors, gas fireplace insert, updated bathroom with tub/shower combo, whole house fan, dual pane windows and central heat and air. Lovely brick patio and 216sf professionally installed sunroom! \$389,500

ERIN STUMPF



PENDING

FANTASTIC EAST SACRAMENTO

This remodeled house has it all - separate living and family room with double French doors to the patio; custom concrete and butcher block counter top in kitchen. 4 bedrooms, 2 baths; spacious master suite. Outside is a large concrete patio and built-in pool! \$529,500

TIM COLLOM 247-8048



WONDERFUL EAST SACRAMENTO

Great layout and a warm cozy feel in this 3 bedroom home. Updates include dual pane windows, custom lighting, newer paint inside and out and spacious kitchen. Plenty of old world charm with good floors and a fireplace in the living room. Larger than average back yard too! \$389,900

NATHAN SHERMAN 969-7379



OPPORTUNITY KNOCKS

Opportunity to live in East Sacramento and walk to all the great restaurants. Right off 51st Street, this 2 bedroom home sits on a quiet dead-end street. Large lot provides for a great yard. A comfortable sweet starter home or investment property. \$249,900

JAMIE RICH 612-4000



EAST SACRAMENTO DUPLEX

Adorable East Sacramento Spanish style duplex with one bedroom one bath units. Hardwood floors, leaded windows and beautiful fireplace in each unit. Each unit also has separate yard space. \$455,000

PAM VANDERFORD 799-7234

for current home listings, please visit:

DUNNIGANREALTORS.COM

916.484.2030

916.454.5753



Dunnigan is a different kind of Realtor.®

DUNNIGAN,
Realtors