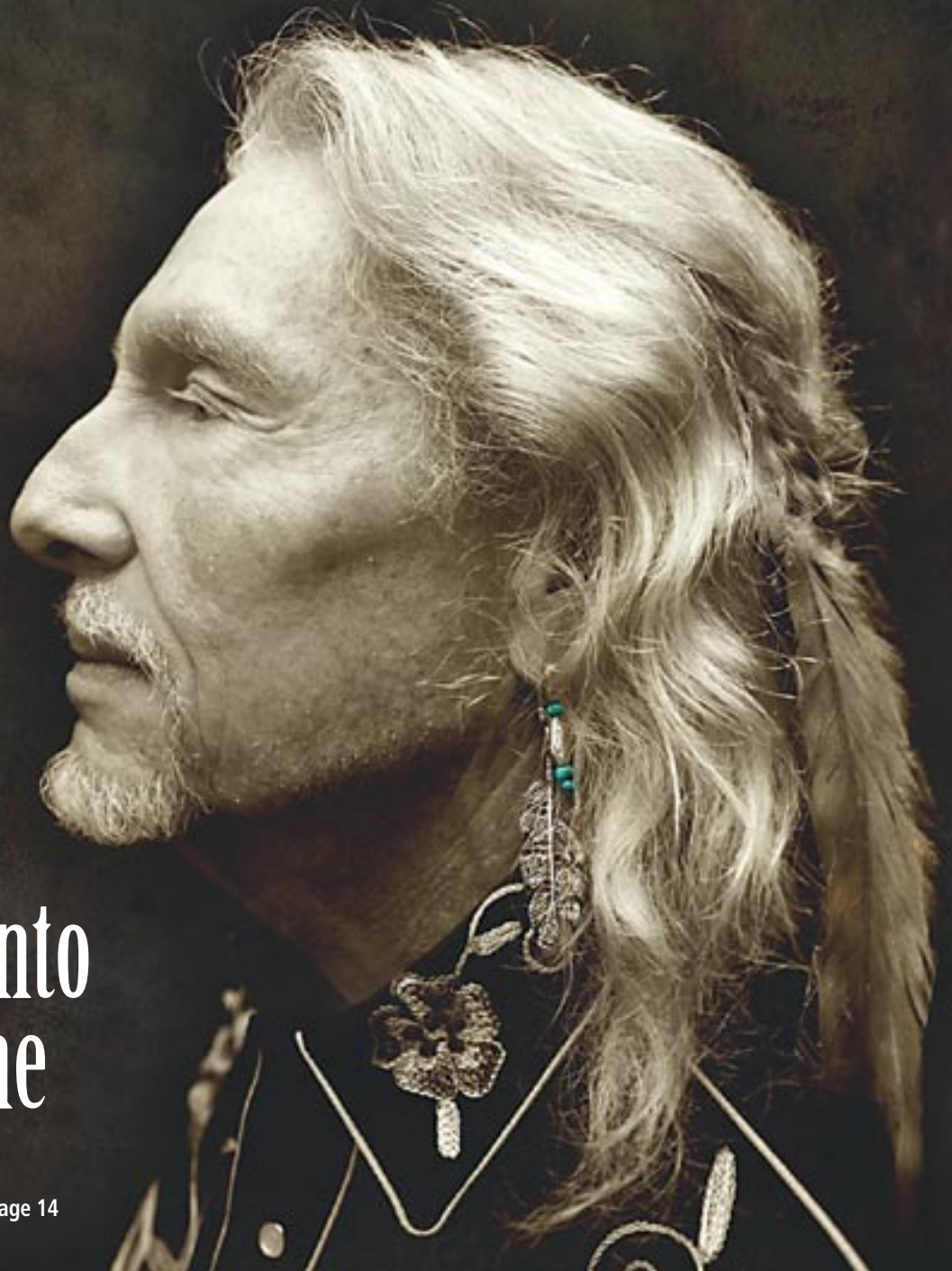


# EAST SACRAMENTO NEWS

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## Former East Sacramento musician returns home for show at Luna's

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For the love of dance: Contra dancing held regularly at the Coloma Community Center

■ See pages 8-9



Crab feed to benefit West Campus

■ See page 7

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**Janey Way Memories:**

**A mixed-up neighborhood**



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

When I grew up on Janey Way in the 1950s and '60s, many Italian families with names like Costamagna, Puccetti, Viani, Thomasetti, Relles and Petrocchi lived in our neighborhood.

However, at second glance, our neighborhood really was pretty ethnically and racially diverse. Two African-American families, the Morgans and the Burks, made their homes on Janey Way. The Ducrays (a French family) lived across the street, one house down from the Thomsons. The Rosenblatts (a German family) lived two houses down from our house.

Finally, the Roas, with mother Tomasina and son Mike (a Mexican-American family), lived right next door to us. Mike and Dan Rosenblatt were my brother Terry's best friends.

The fact is that, in spite of our diversity, all the kids on Janey Way got along well. We played touch football in the street and basketball at St. Mary's School. We roller-skated in the halls of Phoebe Hearst School and swam at Glenn Hall Pool in the summer. We were the Janey Way gang.

I remember two stories which best demonstrate how close we all were.

One summer, a bunch of us played tackle football at the little league field. After the game, as we walked across the pit (the vacated sand and gravel site behind our homes on Janey way), my cousin said to me, "Who is that black guy?" referring to Brad Morgan. I re-



plied, that's Brad; he is in our gang. That ended that conversation. Nothing more was said.

Then, in the 1960s, after I graduated from St. Mary's School and began studying at Christian Brothers School, I took Spanish as my foreign language class. About that time, Tomasina Roa moved her elderly mother from Mexico to Janey Way. She even built a grandmother's cottage for her.

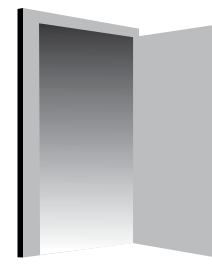
The first time I encountered Mike's grandma, she was sweeping off the sidewalk in front of the Roas' house. I said, "Hola Señora. ¿Como esta usted? (Hello ma'am. How are you?" She replied, "Muy bien, y tú, (very well, and you). ¿Como se llama?" (What is your name?) I said, "Martin." Her eyes brightened as she realized I could speak to her in her language. We became good friends after that.

Sometime after I moved off Janey Way, she passed away, but I will always remember her bright smile and high energy.

I feel blessed by the diversity I experienced on Janey Way. It prepared me what I would ultimately experience when I grew up. The kids were different, but they were the same.

We played the same games, and wore the same kind of clothes, but we were culturally different. In the end, we stood up for each other because we were "the Janey Way gang."

Now my days growing up in that "mixed-up neighborhood" is just another inspirational Janey Way memory.



**Door to Door**  
with PAT LYNCH

**Trigger Warnings**

A neighbor who has returned from a lengthy cruise asked, "What are trigger warnings?" I told him. By now you've likely heard of them and of course heard various outraged sorts denounce them and the younger generation that promotes them. But in case you've been walking the Appalachian Trail or sailing solo down the Euphrates (not recommended), trigger warning are vocal alerts issued by college professors when they are about to discuss topics that may offend, alarm or traumatize certain students. I know,--you're thinking, I come home from the Appalachian Trail to find out college kids have to be warned about their lectures? What a bunch of quivering, over-indulged,

pampered special-needs cry-baby losers. My neighbor had a similar reaction.

He's not alone. Greg Lukianoff and Jonathon Haidt write in the Atlantic Monthly that trigger warnings coddle millennials and are "part of a movement to scrub campuses clean of words, ideas, and subjects that might cause discontent or give offense." But Kate Mann, assistant professor of Philosophy at Cornell says "I see a willingness to use trigger warnings as part of pedagogical best practices," and says they are "not unlike the advisory notices given before film and TV shows." She says students are sensitive and mentions students with PTSD who may have panic attacks when certain subjects arise, and says

a trigger warning might give them a chance to take a pill or otherwise prepare themselves for the material.

It's almost too easy to scoff at this. Baby Boomers especially go into tizzies and claim that youth can't have PTSD unless they've been assaulted or done two tours in Iraq. But not all Boomers fit into the demographic scientists call Grumpus Americanus. Some of us are having panic attacks at his very moment and think trigger warnings in the classroom might make as much sense as trigger warnings on the Internet and movies.

And don't worry about coddled youth missing out on information. Very few college kids will get up and run out of class when they hear a trigger warning that shocking or lurid facts may soon be revealed. In fact, more will run toward the trigger-warned lecture. I know when I was in school if somebody had said, 'they just gave a trigger warning in History 4B, I would have scurried across the campus to hear every bit of the shocking revelation.

In fact, I wish they had had trigger warnings when I was in Sacred Heart Elemen-

tary School. For example, I wish Sister Jerome had said, "Trigger warning. The coming lesson in the exports of Paraguay and Uruguay will make you very sleepy and it will be hard for you to remember which of the two countries I am talking about, and you may forget to write down what I say, and may even doze off because you stayed up till one a.m. using a flashlight to read "The Man in the Iron Mask."

And what if Mr. Andrews in college had said: "Trigger warning. I am going to talk about the Electoral College with absolutely no inflection in tone or manner. I will drone so perseveringly that my voice will become white noise indistinguishable from the slow ticks of the clock on the wall. I will take no questions. On and on I will go, flat, mechanical, relentless." If he had given this warning half of us could have cut the class and gotten notes later from our smart friends. But Mr. Andrews never gave a word of warning and some of us slept sitting up and missed important information about the antiquated political mechanism that gave us the admin-

istration that gave us the invasion of Iraq.

Wouldn't it be nice if we had Trigger Warnings at City Council meetings? We don't need them for the public who are given only two minutes to speak and are often in an interesting snit. But the councilmembers have unlimited time and microphones, and microphones do not make an individual's utterances more fascinating. So what if they announced, "Trigger warning, I am about to repeat myself ten or eleven times while I make and then belabor my points. I will talk slowly because I savor the sound of my voice. I even savor my thoughtful pauses." If we had this warning we could discretely ditch and meet in the foyer and roll our eyes with our activist pals.

I binge-watched The Tudors. Here, by hard experience, I developed my own trigger warnings. The executions in that series were so graphic and grisly that I learned to recognize the execution music. It started with a rumble of voices that you knew were at-

See Door-to-Door, page 7

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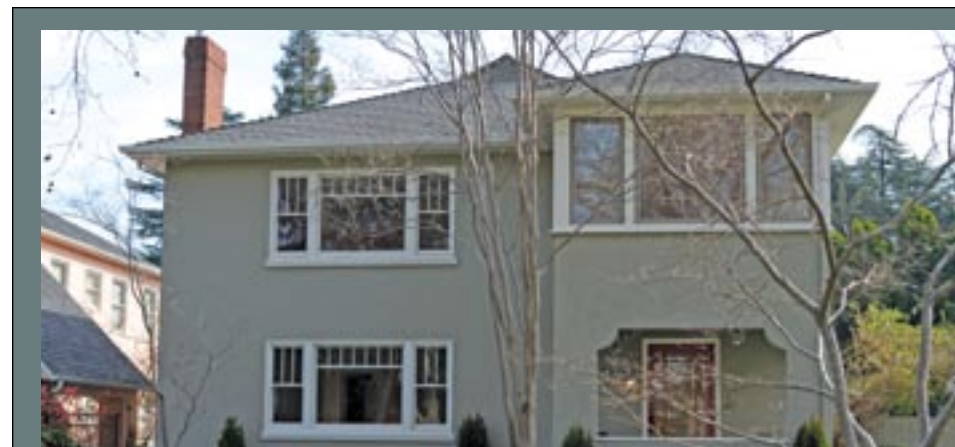
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**SOLD**

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# POLICE LOG

Compiled by: MONICA STARK

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

**Reporting date: Friday, Jan. 29**

Officers responded to the 3800 block of McKinley Boulevard at 3:40 a.m. regarding the call of a burglary. Officers arrived on scene and began canvassing the area. Two suspects were located and detained. After further investi-

gation, the male suspect was arrested for burglary. The female suspect was arrested for a parole violation and burglary.

**Reporting date: Saturday, Jan. 30**

Officers responded to the intersection of 19 and J streets regarding a report of a vehicle accident with serious, but non-life-threatening injuries. A pedestrian had been struck by a vehicle. The driver was contacted, evaluated, and arrested for suspicion of DUI. The pedestrian was treated at an area hospital and a report was generated.

The victim of a robbery incident arrived at a local hospital on the 2300 block of Stockton Boulevard with a non-life-threatening injury at 12:42 a.m. Officers contacted the victim and it was determined a female suspect reportedly asked for money from the victim. The victim gave the suspect money and was then assaulted by the suspect. The investigation is on-going.

**Reporting date: Sunday, Jan. 31**

Officers responded to the 5300 block of Stockton Boulevard at 10:12 a.m. regarding a report of a vehicle accident. One party of the collision was contacted, evaluated, and arrested for suspicion of DUI.

**Reporting date: Wednesday, Feb. 3**

Officers responded to a ringing burglary alarm on the 4600 block of T Street at 2:09 a.m. Upon arrival, officers located an open window and cleared the building with K9. The investigation revealed that the location had been burglarized and the suspect had fled prior to officer's arrival. A report was generated and the investigation remains active and on-going.

Officers responded to the 5200 block of Cabrillo Way at 9:49 a.m. after receiving a call from CPS to check the welfare of 10 children living at the residence. Officers arrived and found the residence to be substandard. Six children were removed from the residence and placed in CPS custody. Dangerous Buildings responded to board up the residence. A report was generated and CPS took over the investigation.

Officers responded to a multi-unit assisted living fa-

cility located at the 3000 block of Capitol Avenue and 8:34 a.m. for and intoxicated subject who was mentally unstable and trying to fight people at the location. Upon arrival, officers contacted the subject who tried to fight them and was resistive. In order to safely apprehend the subject, officers deployed a less than lethal device and gained control of the subject. He was placed on a mental hold evaluation.

**Reporting date: Saturday, Feb. 6**

A resident reported seeing three males flee the side yard area of his home located on the 6000 block of 71st Street at 4:22 a.m.. Upon inspection of the area, there was obvious evidence that the subjects had attempted to kick the door open. During the initial investigation, officers believe that this was not a random incident and that it may be narcotics related. A report was generated and this remains an active investigation.

Officers responded to the area regarding a report of a casualty on Highway 50 near 65th Street. Two vehicles had been involved in a road rage incident and accident on the freeway. After coming to a stop, a passenger in one of the cars confronted the occupants of the other vehicle as they attempted to flee. The subject clung to the car, subsequently being dragged a short distance and he sustained minor road rash injuries. A report was generated and no arrests were made.

**Reporting date: Sunday, Feb. 7**

Officers responded to the residence regarding a report of a weapons disturbance at the 5700 block of 64th Street

at 10:57 a.m. Two subjects reportedly arrived at the location, damaged property, and pointed a handgun at the victim in a threatening manner. Officers were able to find both suspects, as well as an additional subject with an outstanding warrant, at another location. All three subjects were arrested for various charges.

An officer was working around the 5100 block of Stockton Boulevard at 2:24 p.m. when she was hailed by a security employee regarding an uncooperative subject. The subject was detained by officers after becoming combative. He was arrested for a violation of probation and obstruction.

**Reporting date: Monday, Feb. 8**

Officers responded to the location regarding a report of hit and run with minor injuries on the 3300 block of 12th Avenue at 1:36 a.m. One party reportedly fled the scene prior to police arrival leaving a vehicle on scene. A report was generated and following was conducted.

An officer attempted to stop a stolen vehicle at the intersection of Stockton Boulevard and 11th Avenue following a POD alert at 9:46 a.m., but the car fled and the occupants abandoned the vehicle. Officers eventually detained two subjects believed to be associated with the incident. One subject, identified as the driver, was arrested for vehicle theft.

An officer stopped a stolen vehicle in the area of Great Falls Way and Julliard Drive and made contact with the occupants at 7:24 p.m. The driver was arrested for vehicle theft.



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# PUZZLE PLUS

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## The Crossword

by Margie E. Burke

### ACROSS

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

1	2	3	4	5	6	7	8	9	10	11	12	13	
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69						70				71			

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- 65 Bat's home
- 66 Bloodless
- 67 Coin since 2002
- 68 Analogous
- 69 Gave out
- 70 Erupt
- 71 Lash mark

- 10 Catch
- 11 Pole-lowering dance
- 12 Winged
- 13 Golf club
- 21 Breakfast sizzler
- 23 Charge
- 25 Get rid of
- 28 Identifying mark
- 29 Forum wear
- 31 Top 40 lists
- 32 \_\_\_ bag
- 34 Core
- 36 Prospector's funding
- 37 Opportune
- 38 "If all \_\_\_ fails..."

- 41 Gumbo pod
- 42 Like some talk
- 45 Clique
- 47 Out
- 48 "Wanna \_\_\_?"
- 50 Coming up
- 51 Taste, e.g.
- 52 Ottoman title
- 55 Avian chatterbox
- 57 Face-off
- 58 Dashed
- 60 Dastardly doings
- 61 It may be due on a duplex
- 64 Propel a boat

See Solution, page 14

## EAST SACRAMENTO BUSINESSES

**EAST SACRAMENTO Chamber of Commerce**

### March Luncheon

Wednesday, March 9th, 12-1:30pm  
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# ARTS

## Art listings

### The Darkside

The music of Pink Floyd's Dark Side of the Moon propels Sacramento State's Darkside, by Tom Stoppard. Professor Roberto Pomo directs this theatre of images production that contains elements of dance, comedy, absurdism, realism, and fantasy, in Playwrights' Theatre on campus, 6000 J St. Performances are at 8 p.m. March 2-5, 11, and 12; 6:30 p.m. March 9 and 10, and 2 p.m. March 6 and 13. Tickets: \$5-\$12, at [www.csus.edu/hornettickets](http://www.csus.edu/hornettickets) or (916) 278-4323. Contact: (916) 278-6368.

### American Watercolor Society traveling exhibition comes to Sacramento Fine Arts

Sacramento Fine Arts is one of only seven galleries in the United States to be

chosen to exhibit the elite and prestigious American Watercolor Society traveling exhibition. The opening gala will be held on Feb. 20. The show runs through April 9 every day from 10 a.m. to 4 p.m. The Sacramento Fine Arts center is located at 5330B Gibbons Drive in Carmichael. The American Watercolor Society is a nonprofit membership organization that began in 1866 to promote the art of watercolor painting in America. Each year the Society holds a juried exhibition of watercolors from artists throughout the world.

The Jury of Selection has met and chosen entries for the 149th Annual International Exhibition. Nearly 1,200 artists entered and selected 149 artists to be shown.

### Come to the Cabaret!

The River City Chorale presents its ever-popular Cabaret on Saturday and Sunday, March 5 and 6, with two shows each day: 4 and 6:30 p.m. It's conveniently located at the Serbian Church Hall, 7777 Sun-

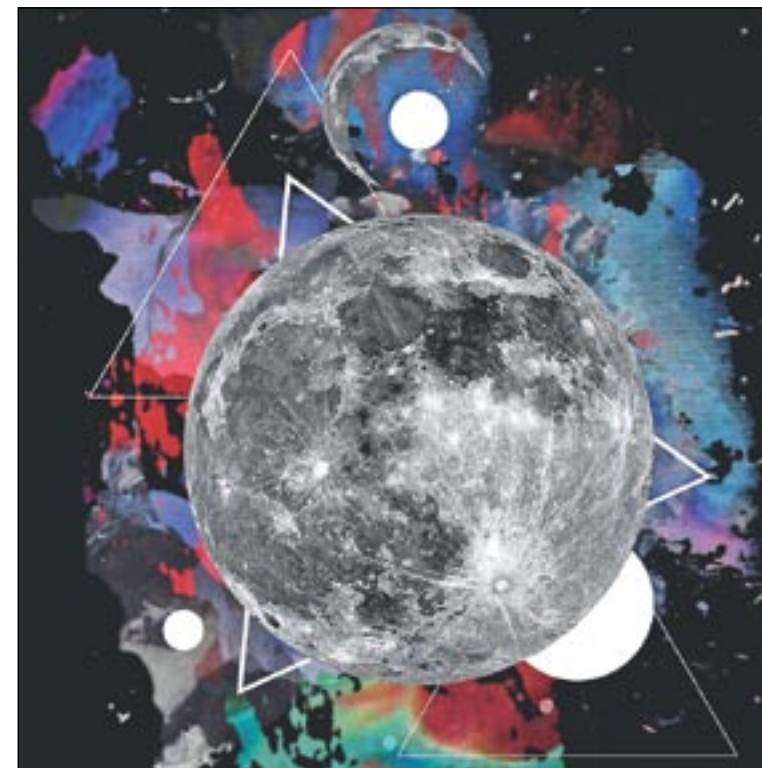
set Ave. (between Sunrise and San Juan).

With the theme of Sentimental Journeys you will be transported back to the era of such songs as "Chattanooga Choo Choo," "Meet Me in St. Louis," "Route 66," and "On the Sunny Side of the Street."

Upon entering the hall you will be greeted by the sounds of a traditional jazz combo and escorted to your reserved place at decorated round tables seating up to eight people. Hors d'oeuvres will be served at your table by the singers and you can partake of libations at an open bar. You'll also have the opportunity to purchase raffle tickets for one of four fun prizes, with winners to be announced at the end of the concert.

Then the show begins! In keeping with the tradition of the cabaret you will be entertained by small groups, soloists, a chamber choir as well as the whole ensemble who will be perched—cabaret style—on stools on-stage. A combo led by Richard Morrissey, the Director of the Chorale, with piano by the very talented Kathy Earl Midgley, will provide the accompaniment.

The River City Chorale, 60 voices strong, has been presenting the Cabaret for



The Darkside by Tom Stoppard.

many years and it is by far its most popular concert. So get your tickets early by going online at [www.RiverCityChorale.org](http://www.RiverCityChorale.org) or call 331-3810.

### Sac State choral concert

Sac State's choirs present the popular Choralfest spring concert at 8 p.m. Saturday, March 12, at Sacred Heart Church, 39th and J streets. The men's and women's choruses will welcome guest choirs from Antelope and Folsom high

schools, and John Adams Academy. Tickets are \$10 general, \$7 for seniors and \$5 students, available at (916) 278-4323 or [www.csus.edu/hornettickets](http://www.csus.edu/hornettickets). Contact: 278-5191.

### Fe Gallery upcoming show and workshop

Fe Gallery's February features the talented artists: Chris K Foster, Marlene Kidd, Jim Marxen, Camille Singer, Madelyne Templeton, and Stephen Ward.

## Door-to-Door

Continued from page 3

tached to a leering mob of peasants greedy for gore and sadism. Then came the heavy drumbeat and screaming trumpets that said the condemned was being led up the steps. At this point I trigger-warned myself to close my eyes. Burning, disemboweling, being slowly dipped into boiling oil—these were some of the torments of the Tudor era, and we have ancestors who lived in that time. No doubt they, excepting the blood-thirsty voyeurs, had hefty cases of PTSD. I watched The Tudors with two other people. During the boiling oil episode, I asked, "Is it over?" and one said, "My eyes are closed," and the other said, "I'm afraid to look." So millennials aren't the only sensitive citizens stressed by the brutality of humankind.

Televized political debates. Here trigger warnings should be mandatory. Suppose Senator or Governor or Citizen So-and-so an-

nounced: "Trigger warning. I am now going to say something so fatuous that your blood pressure will skyrocket and you'll have to take another Lisinopril." This trigger warning could save Boomers many trips to Urgent Care.

And how about a trigger warning taped outside the dressing rooms at Macy's? Trigger Warning: you are about to view yourself in a three-way mirror. A very terrible surprise awaits you. This warning may prevent shattering distress because the three-way mirror, as you know, is cold and pitiless, and has caused shoppers to flee the store in despair. This is bad for the economy.

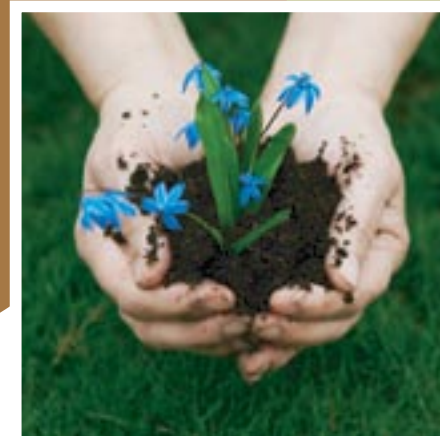
Really, maybe we should have trigger warnings for everyone—for garrulous wonks, TV preachers, salespersons, people who tell long stories about other people you've never met, geeks who use language that compels you to ask, What's a nanoreticulator gark?—thereby forcing you to listen to their complex and deadly answer. Experiences like this can be

insufferable. Vocalizers who jabber away at us should have to issue trigger warnings for any monologue lasting over five minutes. Example: Talker—"Hi there. Trigger Warning. I want to talk, for a long time and with unflagging zeal, about my new phone and all its properties and miracles." You—"I just got a text that that my house is on fire." Then you hurry away. Later when the blabber sees you breezily chatting with others you can say, False Alarm. But keep moving. There is mountainous heap of verbiage he wants to unload on you; you are prey, and you've been warned.

You ask, what would compel everyone to issue the trigger warnings? Tiny electrical jolts under the skin is one answer. But I know, we can't do that. We're America, where everyone gets his or her unimpeded say. So we'll have to endure the blabbing. Meanwhile we should go easy on the college kids and their trends, and remember that we were young and excited once too, and came up with our own daft notions.

**Do you have a story?  
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E-mail [Monica Stark](mailto:Monica.Stark@valcomnews.com) at, [editor@valcomnews.com](mailto:editor@valcomnews.com)



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## Study shows East Sac sold home prices increased 6 percent since 2014

The average sold price of an East Sacramento home has increased 6 percent since 2014 according to The East Sac Report, an in-depth analysis of real estate trends in East Sacramento. "The East Sac real estate market continues to appreciate," said Pettit Gilwee, executive associate of Lyon Real Estate and producer of The East Sac Report. "The average sold price of an East Sac home in 2014 was \$500,000. In 2015, it increased to \$533,000."

"Six percent is a good solid number, but it's still a gradual one that feels comfortable in keeping with the economy. It doesn't feel in-

flated," Gilwee told the East Sacramento News.

An interesting time to be in real estate, she said a lack of inventory in East Sac continues to be a challenge, even though the economy is in year two of the 7-year uptick.

"We always see a decline in inventory in the fall and winter but this year has seen a significant decrease than last year. Homes that are marketed and that are in good condition are selling and selling."

Most of Gilwee's listings in the neighborhood sold in a week and her market-

See Real Estate, page 15

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Faces and Places:  
**'For the Love of Dance' contra dance event held at the Coloma Community Center**

Photos by STEPHEN CROWLEY  
 stephen@valcomnews.com

Shown here is a collection of photos from last Saturday's contra dance event held at the Coloma Community Center. With a Valentine's Day theme, "For the Love of Dance," the event brought families together and featured live fiddle music and lots of fun and laughter.



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

By MONICA STARK  
 editor@valcomnews.com

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

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

One of the dancers, Amanda Schmidt, a Fair Oaks mom of two children, helped organize the Valentine family dance and spoke with Valley Community Newspapers about her love of contra dances and how the events bring families together. Dancing since she was in her early 20s, about 15

years ago, Amanda said when she met her husband she invited him to a contra dance, and he loved it even more than she did. Then, when they had their two daughters, they brought them along. "It is a huge part of our family's life. It has helped bond our family and build our girls' dance skills, social graces, confidence, flexibility and musicality," she said.

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

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

naturally and you won't have to concentrate as hard," she said.

So, with those folks with two left feet, they'll be glad to know no special skills are necessary. If you don't have rhythm, contra dancing can help you develop it. The music is infectious, and seeing live musicians going at it while the crowd stomps and hollers is a great way to develop a love for music and rhythm! If you have young kids, dancing with them in an Ergo carrier from babyhood is a great idea, Amanda says. "Dancing with a kid on your back is tiring for the parent, but it really helps a child absorb the flow and rhythm of contra dancing. Our younger daughter, now age 8, caught on to contra dancing very young (age 5) after dancing on our backs for several years."

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

But even if you struggle at first, Amanda assures the con-

tra dancing community is very friendly and encouraging, and supports your growth as you figure it out. "It's a very positive and emotionally safe environment," she said.

Moreover, no dance partner is necessary. In contra dancing, everyone dances with a different partner for each dance, and you and your partner dance with everyone in the line of couples by the end of the song. After each dance, everyone wanders around and just asks anyone they come across - both women and men. "If you're out there on the dance floor after a dance, it's hard NOT to get asked to dance!" Amanda said.

Just wear comfortable clothes that breathe - you could get pretty hot and sweaty - and

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

Dances are held on the second and fourth Saturdays of each month with a more advanced "zesty" dance on the fifth Saturdays - all at the Coloma Community Center. "It's a great hall with a nice wood floor and plenty of space and bathrooms. It even has a play structure out back, which kids can play on after the family dances," Amanda said.

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



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# McKinley Library events

The hours for McKinley Library, 601 Alhambra Blvd. are as follows: Sunday and Monday: Closed; Tuesday: Noon to 8 p.m.; Wednesday and Thursday from 10 a.m. to 6 p.m.; Friday: 1 to 6 p.m.; and Saturday 10 a.m. - 5 p.m. For details, telephone the Sacramento Public Library at 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

**Lego Mania! (School Age (6-12))**  
**Friday, Feb. 19 at 3:30 p.m.:** Like building with Legos? Join us for our monthly Lego free play afternoon. Legos and Lego building books will be provided.

**One-on-One Technology Help Saturday, Feb. 20 at 10 a.m.:** Are you curious about ebooks but not sure how to get started? Is your tablet or ereader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the McKinley Library and meet with a Technology Assistant! Sessions are first-come first-served and last 30 minutes.

**Knitting Circle (Adult) Wednesday, Feb. 24 at 10 a.m.:** Anyone interested in knitting—even an absolute beginner—is invited to join the McKinley Library Knitting Circle. Participants can learn to

knit, get help on current projects or general advice from expert knitters. There might even be some great conversations too. Don't forget to bring your knitting needles and yarn!

**Baby Storytime (Early Childhood (0-5)) Wednesday, Feb. 24 at 10:30 a.m.:** Babies from birth to 18 months old and their parents/caregivers can enjoy great books, lively songs and rhymes and meet other babies in the neighborhood.

**Toddler/PreSchool Storytime (Early Childhood (0-5)) Thursday, Feb. 25 at 10:30 a.m.:** Songs, fingerplays and stories especially for ages 18 months to 5 years, followed by playtime! Make new friends and play with toys.

**One-on-One Technology Help Thursday, Feb. 25 at 3 p.m.:** Are you curious about ebooks but not sure how to get started? Is your tablet or ereader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the McKinley Library and meet with a Technology Assistant! Sessions are first-come first-served and last 30 minutes.

**Minecraft Gaming (Teen) Friday, Feb. 26 at 3:30 p.m.:** Like building and creating new worlds in Minecraft? Come join us for an afternoon of Minecraft gaming! Each player will be given their own computer to build new creations and in creative, survival or hardcore mode. Players of any level of experience are welcome to join.

**One-on-One Technology Help Saturday, Feb. 27 at 10 a.m.:** Are you curious about

ebooks but not sure how to get started? Is your tablet or ereader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the McKinley Library and meet with a Technology Assistant! Sessions are first-come first-served and last 30 minutes.

**SF Squared Book Club (Adult) Saturday, Feb. 27 at 1 p.m.:** Join us for a discussion on the book of the month.

**Read to a Dog (School Age (6-12)) Tuesday, March 1 at 3:30 p.m.:** Read to a Dog is a fun and proven method for boosting a child's reading skills by reading to a trained therapy dog and adult volunteer. Children may bring their own books to read to a furry friend, or they may borrow a book from the library's collection.

# The Write Place: California Writers Club

By LEIGH STEPHENS

*"You can't wait for inspiration. You have to go after it with a club."*  
 -Jack London

In October 2015, the Sacramento California Writers Branch celebrated its 90th anniversary. The branch has 150 members of the approximate 1,800 members and 21 branches of California Writers Club (CWC) throughout the state.

The club, founded in the early twentieth century, is one of the oldest writers' organizations in continuous operation in the nation. Its members are poets, journalists, essayists, technical writers and creators of genre and literary fiction. Members are also editors, booksellers and others involved in related fields. They form a community based on the craft of writing and the realities of getting work published.

Call of the Wild author Jack London (1876-1916) is considered the CWC founder. Its beginnings date to the early 1900s when London and his literary pals gathered at the home of poet Joaquin Miller in the Oakland hills for picnics and conversation. About the same time, the Alameda Press Club led by California poet laureate, Ina Coolbrith was holding meetings in Berkeley. These literary groups merged and in 1909, formed the California Writers Club.

Sacramento CWC Branch President Margie Yee Webb says, "It's exciting to see our members and other writers networking and energized from what they learn at our meetings and the connections they form."

The branch serves the greater Sacramento region and has monthly luncheon meetings, the Writers Network and Open Mic. Other events include an annual Writing Contest and a Meet to Write group. Members also participate in local author events with the public libraries in the community.

Webb is the author of *Cat Mulan's Mindful Musings* based on her cat Mulan.

She says the kitty inspired her to write. Mulan was ad-

opted from the Front Street Animal Shelter at six weeks of age.

She says, "I stalked her with my camera and captured some amazing images. Her expressive, philosophical nature inspired me to create words of wisdom to accompany each photo."

Webb is also the co-creator of *Not Your Mother's Book... on Cats* and co-producer of a video titled *FEMME: Women Healing the World*. The film is an inspirational voyage about women around the world who actively transform and heal the global community. *FEMME* was screened at the Crest Theater in 2013.

Margie Webb says, "I strive to make a difference in what I do. The cat books support and empower women. I am now working on another gift book that features quotes about empowering women."

Another club member is international crime fiction writer Michael Brandt who uses the pen name of Brandon Michaels. Brandt is a retired LAPD homicide detective, who lives in the Sacramento area with his wife and daughter. In addition to writing, Brandt has run in more than 100 marathons and describes himself as an extreme adventurer who has traveled the four-corners of the world.

His crime thrillers feature historical and archeological facts and fiction.

One example is *Echoes from the Grave* (2010) that highlights the genocide under Zimbabwe President Robert Mugabe.

As an accomplished athlete, Brandt has also written *Women's Fitness, Figure, and Bodybuilding*.

CWC member Shirley Parenteau, a successful children's book author, lives in the Elk Grove community with husband Bill and near her three children and six grandchildren.

And where does her writing inspiration come from? As a child, she says she helped her mother gather neighborhood social news for her mother's weekly column for a small Oregon newspaper.

Her father was a logger, which caused the family to move around a lot. She says

her mother always took this in stride and managed to write feature articles for a number of Oregon newspapers.

Parenteau says she began writing travel articles for outdoor magazines, and her successful children's books come from her experiences with her own children and grandchildren.

Her picture book series began with *Bears on Chairs* and has become a big hit in Japan, Germany, and in four Scandinavian countries. Recently Thailand joined the list. The *Bears* series has birthed collateral bear products such as plush teddy bears, bears on notebook covers, bears on stationary, and bears on backpacks. The ongoing books continue the *Bears* romp through beds, the bath, and through birthday parties. The sixth book in the series is *Bears in the Snow* scheduled to be published in October 2016 by Candlewick Press.

In a feature story in the *Elk Grove Citizen* in 2015, Shirley says, "I was in a bookstore with my granddaughter who was three at the time and seemed to be fascinated with the chairs. I thought to myself, *Bears on chairs...what would you do if you had more bears on chairs. It all started there.*"

In 2014, Shirley began another series of middle-grade novels telling the story of the Friendship Doll Project of 1926. *Dolls of Hope* follows Ship of Dolls from the viewpoint of a Japanese girl who became a protector of one of the dolls sent to her country.

The project was a peace movement in 1926 between children in the United States and Japan. The exchange was a goodwill plan after the Immigration Act of 1924 was enacted to prohibit East Asians from immigrating to the United States.

*Dolls of War*, the third in the series, is set against the background of World War II when in both the United States and Japan, the dolls became symbols of the enemy.

Parenteau says she has just sent Candlewick the first of two middle-grade historical novels set in San Francisco in 1905, before and after the devastating earthquake. Her books can be located at Gifts

from the Heart in Elk Grove, where she has launched a number of book parties.

Her advice to beginning writers is, "Read current published books. Styles change over the years."

CWC member Dr. Amy Rogers is an MD as well as a Harvard-educated PhD writer, scientist, editor and critic. Her writing includes thrilling science-themed novels in the style of Michael Crichton such as *Reversion*, *The Big Thrill*, and *Petroplague*.

*Reversion* is a novel that asks can rabies cure as well as kill. The book introduces Dr. Tessa Price who knows what it's like to lose a child to a genetic disease. In her work she invents a radical new gene therapy that she takes to clinical trials in Palacio Centro Medico. It is a resort-like hospital on a Mexican peninsula where rich medical tourists get experimental treatments that aren't available anywhere else. While at the Palacio rabies-like infection is spread from research chimpanzees to humans. Dr. Price investigates and finds a shocking

connection to her gene therapy experiment.

Steve Liddick who is on the Sacramento CWC Board of Directors is a print and broadcast journalist who started writing for *Playboy Magazine* gags. He has written articles for *TV Guide*, *L.A. Times* and other publications. His extensive radio experience includes his work as news director for stations KRTH and KDAY in Los Angeles. He also served the Associated Press for six years as the Pennsylvania legislative radio news correspondent.

A fulltime writer and editor, Liddick writes adventure novels that include, *All That Time*, *Sky Warriors*, and *Old Heroes*. He lives on a horse ranch east of Sacramento.

Writers need contact and encouragement from other writers, and Sacramento provides such a rich and creative community. For more information about Sacramento California Writers Club and membership, contact President Margie Yee Webb at [webb@sbglobal.net](mailto:webb@sbglobal.net).

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# Former East Sacramento musician returns home for a show at Luna's

By CORKY OAKES

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

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

In the late 1960s while in his last semester of college, Cheevers met "the girl" on the beach in Long Beach. She went back to Memphis to visit him in his final semester at Memphis State. After she returned to California, Cheevers decided to pull up stakes, go West and get married. He had already "fallen in love" with California by way of the "Beach Boys, Route 66 and

Dragnet." He also wanted to get to know his father who lived in Long Beach, absent most of Cheevers' life.

The early days in California were marked by the tragedy of losing their 4-month old son to crib death. "It was rough, but we stayed together," says Cheevers. While working as a stockroom supervisor for Capitol Records 1967-68, he shared a tape of original songs with a coworker who was the head of the publishing department. The last song on the tape was by The Association. The coworker played the tape on a day an independent producer happened to be visiting the office. "The producer heard it and liked my voice, particularly the song by The Association. In a few weeks I was recording songs, and a few weeks later I had a major label contract. A few weeks after that, while driving to work down Sunset Boulevard, I heard my song on the radio. I pulled over to the side of the road and said, 'WOW!'"

During his time in southern California, Cheevers experienced an epiphany by way of the then popular LSD. "It's pretty much responsible for changing my life. I had been a young Southern Baptist Republican taught to believe everything I was told. There



Bob Cheevers

was no allowing for questions." The experience allowed him to "find the truth, at least for me." The couple decided to move to Santa Cruz but were unable to find housing. Someone suggested going to the "gold country." They found an old house on 40 acres, tore it down and built a new one. They lived there for a number of years as Cheevers continued writing songs for a major publishing contract with MCA. He was fired by MCA after moving to Placerville because he was writing songs "about living in the country" rather than the current trend of "urban concrete songs." Cheevers became well-known in the Sacramento music scene and remained connected to the music business in Los Angeles. Neil Young became his hero. Young gave Cheevers a tape of songs he was playing on the road to see how they would work. Cheevers per-

formed several of them including Heart of Gold and Old Man before Young's "Harvest" album featuring these songs was even released.

Following a brief move to Indiana in a failed attempt to save his marriage, Cheevers moved back to California in the 1980s, settling in Sacramento on 48th Street. "I had made lots of friends and fans in Sacramento. The music scene was great in the 1970s." Cheevers experienced a creative burst resulting in earning Emmys for music videos "Compelled to Confess" (1984) followed by "Big City Gambler" (1986).

The approach to "Big City Gambler" was to shoot it in two parts. "We juxtaposed the old time gambler, like 1800s, with a rock and roll gunslinger." Cheevers says he rented the town of Fiddletown. "There was one hotel, half a dozen RVs and a crew of 60 people shooting 35mm film

for nearly 10 days." The second part was filmed at a Sacramento rock and roll club called "C Street." The completed video was submitted to the Emmy competition in the historical category. Not only did the video win Best Historical Musical Composition of 1986, it won a total of six Emmys, including Best Lighting and Best Set Design. "It was amazing!"

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

See Cheevers, page 15

## Cheevers:

Continued from page 14

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

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

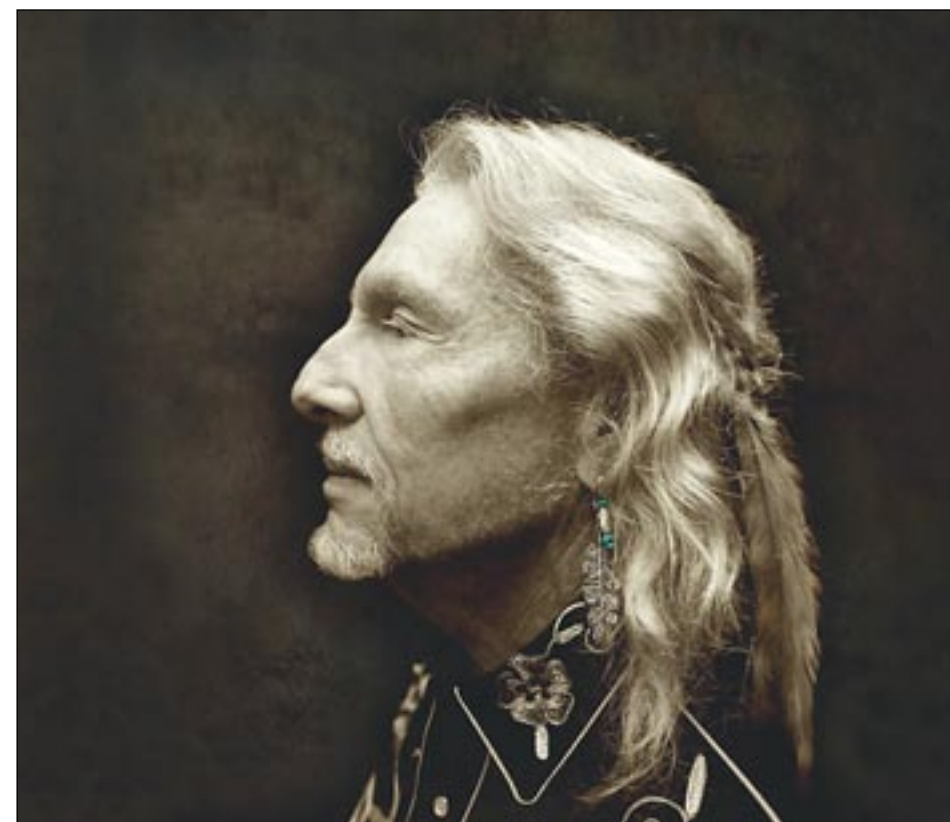
Cheevers refers to the Nashville years as "extraordinary." It would be a time of highs and lows, a time when he acquired many writing tools he still uses today; a time that marked the end of his second marriage; a time when he found his artistic niche. He was told to follow what was known as the "five-year plan" which meant to "forget about music, get a life, go to the store and the gas station, meet people and connect the dots and in about five years you'll notice things will start to happen." Cheevers diligently tried to write for country but didn't like it. "My songs aren't country, never were. Other than Johnny Cash and Waylon Jennings, no one ever recorded them." Cash recorded Cheevers' River of Jordan and Waylon Jennings recorded The Soul of Savannah for an al-

bum but both were cut. "It was very disappointing, but you hear that every day in Nashville."

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

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

In 2008, Cheevers closed the Nashville chapter having produced four CDs and gained a great deal of experience. He moved to Austin and married his "last" wife, a true rock and roller who helps Cheever with the business side of his music. Of all the awards Cheever has received, the "great capper" has been earned in Austin. He was awarded the 2011 Texas Singer Song Writer of the Year by the Texas Music Awards. "I actually got an award for what I've been doing for 50 years! This is the big-



gest honor, the most personally uplifting. In Texas, football, music and barbecue are the three most important things. The fact that I got this award after living only three years in Austin speaks volumes to me. I'm just grateful."

When asked what his favorite songs have been, Cheevers responded, "There have been several masterpieces I've written but my favorite is the Ballad of Caleb Leedy. That would be followed by Old Soul, Plans to Meet in Paris and One More Nail (on his latest CD "On Earth as it is in Austin"). Of the creative process he says, "So many times in a day I'll hear somebody say something... I'll say that's a song title. I pay attention to people around me because their stories may be interesting to write about."

The life journey of Bob Cheevers is beautifully captured in these lyr-

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

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

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## Real Estate:

Continued from page 6

ing goal is to create buzz in both social and traditional media.

While some agents, she said, think of Facebook as the end-all in social networking sites, she's also on Twitter and Google-plus. "If you think about the buyer pool, not everybody receives material the same way." In the morning, she's on Twitter, at lunch on Facebook and on Instagram in the evening.

According to Gilwee, East Sac real estate numbers have gone up across the board with 260 homes

sold in the area during 2014 and 301 in 2015. Price per square foot also had gains from \$318 to \$344. Additionally, sellers are getting closer to their original list price - 96 percent (2014) and 98 percent (2015).

"The only decrease was combined days on market," said Gilwee. "Average days on market in 2014 was 39, while 2015 was 31 - this is a good thing."

She said East Sac agents are very good at preparing homes for selling at top dollar. "East Sac is East Sac and people desire to live here."

Gilwee moved with her family three years ago to

McKinley Park from a house right on Lake Tahoe that was about twice as large as her home now. She wanted her kids to be able to walk to Theodore Judah and she and her husband enjoy walking to Starbucks for a cup of coffee.

Gilwee believes the East Sac real estate market will continue to gradually increase in average sold prices throughout 2016 and homes will continue to sell quickly and for top dollar as long as the properties are properly prepared for sale and are marketed

to enhance the largest buyer pools.

For more information about The East Sac Report and a complete market analysis of your property, contact Executive Associate Pettit Gilwee of Lyon Real Estate at 330-0490 or via email at pgilwee@golyon.com.

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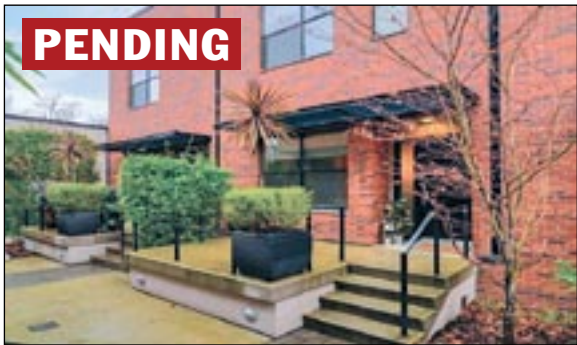


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