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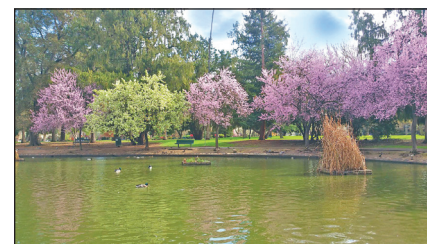
RIVER PARK TEEN DRUMMER ROCKS OUT WITH THE BIG BOYS

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Angelique Ashby

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Springtime
blossoms in
McKinley Park

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Drummer Nick Pesely.

River Park teen drummer rocks out with the big boys

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

Seventeen-year-old drummer Nick Pesely of River Park loves to rock out to classic rock, and the louder, the better. The music is crazy, heavy and awesome.

Neighbors love it.

Drum covers of Black Sabbath, Iron Maiden, Van Halen, and his favorite band of all time – Rush – can be heard from outside the house and online where Nick adds to his YouTube and Facebook regularly. Fans and friends praise his style. Skylar Martin from Wisconsin calls him a beast and encourages him to “keep rocking on them drums!”

Wearing all black, Nick’s got the image of an ‘80s rock star, as his hair, tousled, moves as his whole body gets into the drum playing. “I want to get famous and make this my full time job. I want to do music for a living. That’s what I want to do. Playing in bands, touring the world. My parents are very supportive.”

A full drum set, guitars and Rush memorabilia decorate the walls inside the Peselys’ bright red music room. In the car, classic rock keeps him company. “I’ve gone to concerts ... My first concert was with my dad (Steve Pesely) at Arco Arena. We saw Kiss in 2010. It was great.”

A junior at Rosemont, most his peers don’t understand rock ‘n roll these days. “Most just walk around with earbuds in their ears and don’t communicate. It’s the way of the world. They do have a good music program at Rosemont and there are a few kids that come out and rock out,” says Steve. “The majority don’t get it; they don’t listen to music at least with instruments, they don’t. Hopefully that will change someday and Nick is trying to make that change.”

Nick’s just a young guy keeping metal music alive.

Expressing his extreme dislike of pop music, Nick calls it the worst music invented. “I get so annoyed today. Pop music killed rock ‘n roll. I don’t like stuff that was created on the computer,” he says, adding that no one at his school likes the same music as he does. “Occasionally, I find a few people though.”

And, occasionally a few people find him, though sometimes many years his senior.

Fifty-year-old James Cundiff, the front man of local rock band Anarchy Lace, came across a YouTube video that Nick made of himself, a clip like many online, that shows his intensely intricate drum playing. Last November, James

See Drummer, page 17

Free weekly Yoga in the Park schedules

The Sacramento region will soon have five parks participating in free weekly community yoga classes. Local nonprofit, Yoga Moves Us, holds regular free yoga classes at three of the Sacramento area's largest parks-- McKinley Park, Tahoe Park and Maidu Park in Roseville. Beginning April 2, Folsom and Davis parks will add weekly free classes.

A recent survey conducted by the Yoga Journal and Yoga Alliance found that yoga's popularity is growing exponentially. The survey found that the number of Americans practicing yoga has grown by over 50 percent over the last four years to over 36 million as of 2016, up from 20.4 million in 2012.

However, the survey also found that many people feel like the practice is not accessible and is exclusive to individuals who are already flexible and spiritual. Yoga Moves Us defies that misconception by providing regular free yoga classes open to anyone who is willing to try. Additionally, classes are taught by some of the best yoga teachers from studios across the region.

"The mission of our open-hearted community is to make yoga accessible for everyone. It's been amazing to see neighborhoods connect in our existing parks and it is exciting for Yoga Moves Us to expand to new

parts of Northern California," said Zach Stahlecker, President of Yoga Moves Us.

No yoga experience is required for the all levels classes. A limited number of yoga mats are available for participants who do not have their own mat. Participants are encouraged, but not required, to donate to Yoga Moves Us to help defray expenses, such as facility rentals during colder months and insurance.

Yoga in the Park's weekly schedule is as follows:

Saturdays at 9 a.m.:

McKinley Park: 601 Alhambra Blvd., Sacramento (Near the rose garden)

Maidu Park: 1550 Maidu Dr., Roseville (Near the library)

Lions Park: 403 Stafford St., Folsom (Near the community center)

Community Park: 1405 F St., Davis (Between the library and the baseball diamond)

Sundays at 9 a.m.:

Tahoe Park: Corner of 59th St. & 11th Ave., Sacramento (Near the pool)

Find more information at www.YogaMovesUs.org.

All donations to Yoga Moves Us will be used to support and grow the Yoga in the Park programs. Yoga Moves Us is a 501(c)(3) nonprofit, so your gift may qualify as a charitable deduction for federal income tax

purposes. Please consult your tax adviser or the IRS to determine whether a contribution is deductible for you. Our nonprofit tax ID# is: 47-4189002



File photo by Monica Stark

These folks from the Sacramento group, Handstand Nation, love being upside down. They are ready for you to join them as they flip their perspectives, have fun, and continue to learn empowering arm balances. Here, they are shown working out and having fun in the McKinley Rose Garden.

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Elmhurst neighbors question city's tree ordinance

(Editor's note: Amreet Sandhu, J.D., president of the Elmhurst Neighborhood Association sent the following letter to members of the city council who sit on the Law and Legislation Committee. The letter discusses the health of the neighborhood's trees and how they must be treated. Rather than eliminating protection, the neighborhood association asks that the city consider increasing protection for living trees, and investing in their preservation so that our urban forest is healthy and vibrant.)

Dear City of Sacramento's Law & Legislation Committee Members:

It was Charles Dickens who once described old elm trees as bent into one another, "like

giants who were whispering secrets." This is what comes to mind when picturing Elmhurst's magnificently grand tree canopy.

The historic Elmhurst Neighborhood of Sacramento is defined by U.S. Highway 50 to the north, Stockton Boulevard to the west, 57th Street to the east, and V Street and Second Avenue to the south. The main thoroughfare through Elmhurst is T Street, a charming, beautiful, and functional tree-lined corridor that provides car, bicycle, and pedestrian access. Our neighborhood newsletter is circulated quarterly to approximate-

ly 1,300 households. Our neighborhood is known for its large elm, ash, and oak trees that provide a shady canopy for its residents, businesses, and visitors.

Our stunning, leafy neighborhood is home to one of the largest urban elm groves in the U.S. In fact, our historic tree canopy was featured on the recent cover of Inside Magazine, which highlights Sacramento's best features. Given the drought, and the last round of revisions presented to the City of Sacramento amending Sacramento City Code sections 2.62.030, 8.04.100, repealing and adding chapter 12.54, and repealing chapters 12.60, 12.64 relating to trees (hereinafter "tree ordinances"), our neighborhood is very concerned about the future of Elmhurst as we know it. It is for that reason our Elmhurst Neighborhood Association (hereinafter "ENA") Board of Directors has voted to oppose the current set of revisions to the tree ordinance, and has committed to working with other neighborhood associations to advocate on behalf of Sacramento's tree canopy.

Regarding the revisions, ENA is most concerned about any proposed elimi-

nation for protection against Dutch elm disease. Our trees simply cannot withstand such a shift and must be treated, not only for the benefit of any at-risk tree, but for the health of all trees around it. Rather than eliminating protection, we ask that the City consider increasing protection for living trees, and investing in their preservation so that our urban forest is healthy and vibrant.

Regarding the tree removal process, ENA has concerns about the possible use of biased factors such as age and ground space available in favor of tree removal; the absence of any factor that would consider a tree's benefit such as the larger tree canopy, streetscape, scenic view, aesthetics, air quality, and energy reduction; and the absence of an arborist's report showing that structural damage.

Regarding mitigation, ENA is worried that the revisions eliminate the requirement for replacement trees. Furthermore, even if new trees were used to replace historic ones, Elmhurst fear the adverse impact this would have in the short-term, given that new trees would need several decades to grow as large as historic ones to provide the same level of sun protection during scorching hot summers, reduced temperatures, habitat to native and migratory birds along the Pacific Flyway, and scenic view.

Lastly, in terms of fairness, our neighborhood association is alarmed by the fact that there is no requirement that a Hearing Officer be independent, rather than city staff, and a certified arborist. Similarly, we worry that the revisions create neither a clear process nor a meaningful appeals process for residents who disagree with any determination that

a tree shall be demolished. Our City of Trees deserves much better.

We share the City of Sacramento's goal to promote a safe, sustainable and healthy urban forest for Sacramento communities, and commend the City's impressive work to maintain an urban forest that provides multiple environmental, economic and aesthetic benefits for residents, businesses and visitors. They improve air and water quality, provide habitat value, attract tourists, businesses and customers, and impart a distinct character to our city. Sacramento is designated as a Sterling Tree City USA and is rated one of the top ten urban forests in the country, and Elmhurst is certainly part of that effort.

For the above reasons, we respectfully request that any decision to remove trees or alter the tree ordinances be made in the context of evaluating the tree canopy in its entirety. For the health of our city and county, impacts must be considered regionally, rather than in isolation. We ask that the Law & Legislation Committee reject any tree ordinance revisions that do not address these concerns. The Elmhurst Neighborhood Association will be meeting with fellow neighborhood associations in the upcoming weeks to discuss this issue, and hope that members of the Law & Legislation Committee will do the same. For questions or concerns, please contact Elmhurst Neighborhood Association Vice President Bonnie Hansen via email at: vintagenouveau@sbcglobal.net.

Sincerely,
Amreet Sandhu, J.D.
President
Elmhurst Neighborhood Association

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Janey Way Memories:

Learning about my family history



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

Back in the 1950s when I was growing up on Janey Way, every Father's Day my family attended an Italian Picnic in McKinley Park. In fact, all of my extended family attended.

It was a big deal. People filled the entire area of the park between the baseball diamond and the tennis courts.

Italian songs like "That's Amore" and "Arividerchi Roma" blared from a loud speaker. The smell of grilled Italian sausage wafted up from a gigantic barbecue. Grizzled men served beer and soda. And families sat together along long paper-covered picnic tables.

At some point in the festivities, my father always took me around and introduced me to long-time friends. "Hey Jake, this is my oldest son Marty." I shook Jake's hand and said, "Glad to meet you." And so it went, as we worked our way around the crowd.

Afterward, we returned to our table where all my cousins sat eating sausage, potato salad and grandma's homemade pizza.

One year, I asked my dad, "Who are these people?" He answered, "They are the Arberesh, the people who migrated from our village in Sicily, a town called Piana."

Dad was second generation Italian, born in Chicago Illinois, but his mother and father had migrated from Piana in 1912. Virtually all the people at the picnic either came directly from "the village" or were sons or daughters of those migrants. Now, I understood why this picnic was so important to my father.

Flash forward to today. Now, I am the Secretary of the Arberesh Club of Sacramento. Our board of directors meets about four times annually to plan events for the club. We still have our annual picnic and a Christmas dinner.

We also host an annual genealogy luncheon. This year that event will take place April 17 at the Dante Club. It features a speaker on Arberesh history, and a presentation on the genealogy of our families. It's an important event for our club.

Sadly though, the days of the big Arberesh family picnic in McKinley Park are long gone along with my father and mother. Now those great times are just another unforgettable Janey Way memory.



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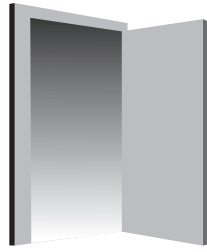
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Angelique Ashby meets with East Sacramentans



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Ashby with Boxer at the DC signing of the Water Resources Reform Development Act (WRDA) 2014, the bill unfroze the Natomas building moratorium.

City Councilmember Angelique Ashby studied a heat map. Red sections indicated high crime, and on this particular Natomas map, several giant 400 unit, low-rent apartment buildings glowed red. This is where the poor lived, and the poor are prey. Theft, addiction, assault, isolation—these are the symptoms that lure predators to converge on the vulnerable. Ashby didn't want to use an amped-up police presence to merely treat symptoms; she wanted to tackle the causes. "I wanted to help," she says, and

adds, "I like to see issues all the way through."

She reached into the Natomas community and forged partnerships between apartment residents and kids clubs, the local library, reading groups, rehab groups, parenting classes and police—she found people willing to work with the beleaguered tenants. "This was key," she said. Nothing's ever easy but bringing the right people together with well-conceived plan works. Much later she looked at another heat map. The colors around the mega-apartment buildings? Green.

Ashby is pleased with another overarching fact. On her watch as councilwoman crime in Natomas plunged by 48 percent. She also worked successfully to get flood protection and levee repairs, improved first responder emergency response times, protected library and youth program funds, improved basic city services.

She is running for Mayor of Sacramento. Her opponent is Darrell Steinberg. On February 14th a group of Sacramentans gathered in Janet Maira's house on H. Street in East Sacramento to meet Ashby and hear her make her case. "I was very favorably impressed," Land Park resident Ray Brankline said. "She's a self-made per-

son. And she makes things happen." He was forcibly struck by Ashby's biography. A Sacramento High School graduate and single mother, she was on food stamps for a while, worked full time, put herself through UCD and then McGeorge School of Law. Smiling, she described this trajectory as "a tough go." Brankline said, "That kind of grit and energy will show up whatever she does. Plus she's smart."

Ashby first got involved in local politics in Natomas. "It started with a stop sign," she said. She became a community organizer, battled drugs, traffic, crime, blight, and neglect. "It was a 'take back our neighborhood' movement," she said. Urged to run for City Council, she faced a three-term incumbent. She won, in part, she said, because her reach extended to all avenues of the community; she'd formed those working partnerships with schools, police, unions, churches, clubs and businesses—anybody and everybody who wanted to solve problems.

"When I got on the Council it was filled with people who'd been there for years," she said. She had kind words for former councilmember Steve Cohn from East Sacramento who she said was generous with his time and

helped her navigate the municipal bureaucracy. But she didn't socialize with her Council colleagues after work. "I went home to my new husband and family," she said. "I didn't go golfing with the boys."

Nevertheless she maintained collegial relationships and got things done for her district. She became Vice Mayor of the Council and in that position stepped in for other members when they needed her. She got to know their districts, learned about differing needs and potential of each. That education increased when she served a second Vice Mayor term. Her family increased as well. "I ran a meeting on Tuesday, she said, "and had a baby on Thursday." Next she was chosen Mayor Pro Tem, the first such position on the Council, and one where she could define the role. This further deepened her breadth of city experience, her personal 'reach' into all districts.

Proud of the things she was able to accomplish for her own district, she said in addition to significantly reducing crime, she was able to "make major improvements in every park, and kept jobs in the black." Also, she said, because she was "good at

See Ashby, page 7

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Ashby:

Continued from page 6

finding money” she found 1.7 million dollars in an already paid apartment tax. So she was able to mail a one hundred dollar check to every Natomas resident.

The assembled voters listened closely. Could she achieve for them the many successes she’d had for Natomas? Most thought so, especially since as Mayor Pro Tem she had familiarized herself with every district. To be sure, most people in this room had opposed the Kings arena development that both Ashby and Steinberg supported. But the East Sacramentans present strongly agreed with Ashby on another issue. A woman asked, “What inspired you to vote against the McKinley Village project?”

Ashby answered that many East Sacramento residents had approached her to explain the harmful aspects of the development. “A guy named Rob Finley, in particular, made a good case that the local school, Theodore Judah, would be badly impacted,” she said. Also, the entrance and exit plans didn’t look to her to be workable. She said she knew the city would never allocate money to build a tunnel to divert the development’s heavy traffic from East Sacramento, and knew the developer was unwilling to pay to ameliorate traffic problems caused by his project. Finally, “all the neighborhood groups opposed it,” she said. She listened to the neighborhood. She knew it would hurt her relationship with the developer, Phil Angelides, but she voted no. “He hasn’t spoken to me since,” she said.

Declaring that she wanted to replicate and expand her success in Natomas to the whole city, she prioritized her goals for Sacramento. “First, public safety.” She explained that this included issues like monitoring drinking water (no Flint should happen here), and improve police and fire protection. “Employment and education” come next. She said we have to ask ourselves, “Do our young stay?” Are we creating and preserving a city where they can build a future? Finally, “Quality of life.” This is all encompassing issue, she asserted, and should inform all the land use decisions the city makes.

She told a story that showed attendee Barbara Ruona how Ashby might resolve disputes and solve problems citywide. Ashby said that at a meeting a young woman,

a spokesperson from Black Lives Matter, screamed at her in rage. One of the issues being discussed was police behavior. After the meeting Ashby sought out the young woman; conversations began. She also talked with police. One officer, disturbed by accusations of bias, told her, “I don’t have a racist bone in my body.” Ashby put both sides together. “Her pain was real,” Ashby said. “His feeling of being misjudged was real.” Ruona said, “I liked the way she put that. She knows what’s real and what’s rhetoric. She puts the right people together.” The outcome of the story also pleased the audience. Ashby has been invited and will attend the Black Lives Matter advocate’s baby shower; her candidacy has been endorsed by the Sacramento Police Officers Association.

Listeners also liked her insights into homelessness (wrap around model housing paid with redevelopment funds and stepped up County efforts with mental health and child protective services). “The problem will be solved when the only people left on the streets are the “chronic homeless”—people who simply can’t live inside,” she said. That population is estimated to be very small.

For all her persuasive skill, Ashby seemed at heart a policy wonk who went to the root causes of tangled issues and worked her way up and out. She listed achievements (after extensive study she wrote a “best practices” Police Oversight Review as part of an ethics reform process) without grandstanding, and educated without lecturing. One audience member said she was surprised to learn that sexual trafficking of young females occurred here, but felt confidence Ashby would find the best way to halt it. Janet Maira, who hosted the event, said through Ashby she learned more about the way the city worked, and learned that with the right leadership it could work better, and for everyone.

When the question period ended Ashby thanked people for attending. “This is a beautiful home,” she said. “Yesterday I walked over needles and litter to another home in Del Paso Heights.” Some issues differed, she said, but the goals were the same: safety, opportunity and quality of life.

After Ashby left her associate, Lynn Lenzi, gathered up flyers. Someone said Ashby had made a great impression. Lenzi looked up. “I’m not political,” she said. “And I know when I’m getting a political answer. I’ve never gotten a political answer from her.”

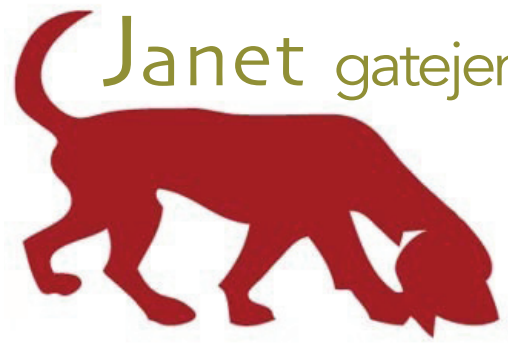
Faces and Places: Egg hunt at Bertha Henschel Park

Photo by PAIGE SCHULTE

Shown here is a photo from the annual Easter egg hunt at Bertha Henschel Park. This year’s event, which was held on March 26, featured a free concert by The Hoots.



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POLICE LOG

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 and time:
March 15 at 9:52 p.m.
Location of incident: 2100 block of J Street.

Officers received a call that a female had come to a nearby church with a gun. Officers responded and found that the report was false. After speaking with staff, it is believed that the caller most likely called in a false report because he was kicked out of the church which had been opened as a homeless shelter. Officers checked the area for the subjects but were unable to locate them. A report was generated.

Reporting date and time:
March 15 at 11:51 a.m.
Location of incident: 4700 block of J Street.

A driver thought she put her vehicle in park while delivering mail at the post office. The vehicle ended

up going forward through the main entry doors of the business. There were no injuries or structural damage to the building. An accident report was generated.

Reporting date and time:
March 16 at 9:58 p.m.
(Vehicle Pursuit) at 19th and H streets

Officers were patrolling in the above area when they attempted to stop a motorcyclist for an infraction. The rider fled from officers and a pursuit ensued. After a short distance, the rider stopped and was arrested for multiple charges.

Reporting date and time:
March 16 at 9:56 p.m.
(Vehicle Collision): 4600 block of 14th Avenue

Officers responded to the call of a vehicle collision. When officers arrived on scene, the Sacramento Fire Department was administering aid to the driver who had struck a parked vehicle. The driver was transported to a local hospital for a non-life threatening injury. The investigation is on-going.

Reporting date and time:
March 18 at 3:42 a.m.
(Missing Person): 5300 block of Cabrillo Way

Officers responded to the report of a missing 64-year-old female. Per family members, the missing person left her residence in a black Honda Accord. Multiple locations were checked for the missing person and a report was generated.

Reporting date and time:
March 19 at 5:18 p.m.
(Firearm Possession / Threats): 5200 block of 14th Avenue

Officers responded to reports of a disturbance between two brothers where one had threatened to shoot the other. Once on scene, officers conducted a search which revealed a firearm. The adult suspect was arrested for unlawful possession of a firearm and ammunition.

Reporting date and time:
March 20 at 12:45 a.m.
Location of incident: 12th Avenue

Officers responded to an area hospital after a shooting victim arrived there with multiple gunshot wounds. The victim provided limited information to officers about the shooting. Officers canvassed the described location of the shooting. A report was generated and follow-up will be ongoing.

Reporting date and time:
March 22 at 1:37 p.m.
(Stolen Vehicle): 29th and E streets

A subject stole a car from the above address. The car was spotted by a parole agent pulling into the Chevron at 29th and E streets. The subject later fled out the back of Chevron and was detained without incident. He was booked on auto theft related charges.

Reporting date and time:
March 23 at 10:57 p.m.
(Hit & Run): 2400 block of Y Street

Officers responded to the call of a vehicle accident with shots fired. When of-

ficers arrived on scene, they located two vehicles that had been involved in a collision and that sustained damage from gunfire. No injuries from gunfire were reported. Officers canvassed the area for evidence. The investigation is on-going.

Reporting date and time:
March 24 at 5:17 p.m.
(Pursuit): 38th Street and 19th Avenue

Officers were patrolling in the above area when they located a stolen vehicle. When officers attempted to stop the vehicle, a pursuit ensued. After a short distance, the suspect vehicle struck another vehicle and stopped. No major injuries were reported. The suspect driver was detained and ultimately arrested for possession of a stolen vehicle.

Reporting date and time:
March 24 at 10:19 p.m.
(Shooting): 5600 block of 53rd Street

Officers responded to the report of shots fired in the above area with no injuries reported. When officers arrived on scene, they canvassed the area for evidence. One apartment building sustained minor damage from gunfire. A report was generated.

Reporting date and time:
March 25 at 1:01 p.m.
(Stolen Vehicle): 33rd and H streets

Officers were patrolling in the above area when they located a stolen vehicle. Officers stopped the vehicle and contacted the driver who was safely detained and arrested for multiple charges.

Reporting date and time:
March 25 at 5:49 p.m.
(Medical Aid Assist): 60th St / 40th Ave at 1749 hours.

Officers along with the Sacramento Fire Department responded to the call of a welfare check of a man inside a truck. When units arrived on scene, they located an unresponsive male. Fire personnel transported the male to an area hospital where he was pronounced deceased. After further investigation, it appears no foul play was a factor in this incident. A report was generated.

Reporting date and time:
March 25 at 11:45 p.m.
(DUI): 3700 block of Mod-dison Avenue

Officers responded to the call of a vehicle collision. When officers arrived on scene, it was determined a solo driver struck a pole and then four parked vehicles. No injuries were reported. The driver was arrested for suspicion of driving under the influence.

Reporting date and time:
March 26 at 7:38 a.m.
(Shooting): 3800 block of 36th Street at 7:38 a.m.

The victim contacted officers reporting her vehicle was struck by gunfire. Officers arrived on scene and Crime Scene Investigators responded to the scene to begin collecting evidence. After further investigation, officers contacted a family member who is on probation inside the residence. The suspect was arrested for illegal possession of ammunition. The investigation is on-going.

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Help Identify

Attempted Kidnapping

The Sacramento Police Department is asking for the community's help in identifying a suspect involved in an attempted kidnapping.

On Wednesday, March 16, 2016, at 7:21 a.m. a 13-year-old female was walking to school when a dark colored, 4-door sedan pulled up next to her near the intersection of M and 45th streets. The rear passenger exited the vehicle, displayed a firearm, and demanded that the victim get into the car. The victim resisted the suspect's efforts which drew the attention of a passing witness. Once noticed, the suspect got back into the sedan and fled the area westbound on M Street.



Suspect #1 (depicted below in composite sketch) is described as a mixed race (Black/Asian) male of light complexion, in his 20s, with acne scars on his face and a faint mustache. He is approximately 5 feet 6 inches tall with a thin build. He was last seen wearing a dark gray beanie and a burgundy hooded sweatshirt.

At this time, there is no description of the driver of the dark colored sedan.

The Sacramento Police Department encourages any witnesses with information regarding this attempted kidnapping to contact the dispatch center at (916) 264-5471 or Crime Alert at (916) 443-HELP (4357) or submit an anonymous tip using the free "P3 Tips" smartphone app. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.

Sac State's rowing's varsity eight named the American Boat of the Week

Sacramento State's varsity eight was named the American Athletic Conference Boat of the Week on March 16 after its performance in the prior weekend's season-opening Sacramento State Rowing Invitational on Lake Natoma.

With crosswinds ranging from 5-10 miles per hour, and rowing with a fast current of 16,000-18,000 CFS, Sacramento State posted a 2,000-meter winning time of 6:15.0. That time was easily the fastest in school history, and no other crew in the six-boat field was within seven seconds of that winning time.

Sacramento State was followed by Saint Mary's (6:22.5) and Orange Coast College (6:28.5) to round out the top three in the six-boat field.



The lineup featured Alexa Cantley at coxswain, Courtney Owen at stroke, Nika Szyrnski in the seven seat, Shannon Rauls at six, Carli Preston at five, Jill Modean at four, Sarah Buchter at three, Anne Smolenski at two, and Callie Senna at bow.

This marks the Hornets' second-ever American Athletic Conference Boat of the Week award as the pro-

gram joined the conference for the first time last season. Last year's varsity eight received the honor on March 31, 2015, after winning a bronze medal at the San Diego Crew Classic.

Sacramento State returns to the water on Saturday when the team hosts San Diego State, Alabama and Saint Mary's.

Source: hornetsports.com

WWW.VALCOMNEWS.COM

Please RSVP 916-392-3510

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MONTHLY EDUCATIONAL SEMINAR

Tuesday, April 19th At 2pm

"Caregiver Concerns:
How Much Longer Can I Do This?"

Presented by: Stefani Wilson

Whether you are just beginning this chapter in your life or have been caring for a family member for years, this presentation will speak to that nagging question that oftentimes takes the backseat in our minds and hearts. Caring for a family member has many benefits yet we may wonder what is around the next corner while trying to focus on the blessings of the present situation. This constant back-and-forth contributes to compassion fatigue which drains your physical, mental and emotional energy. Let's explore where you are at today and how asking the right question will open doors to a strategy that activates self-awareness, identifies options to relieve today's challenges, and reduces worry about what may be around the next corner.

Refreshments & goodies will be served

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MONTHLY FINANCIAL EDUCATIONAL SEMINAR

Thursday, April 28th At 5:30pm

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Retirement Outlook Seminar"

Presented by: Michael DePhillippis and Edward Jones

This is a women focused seminar discussing retirement income, social security, withdrawal rates, preparing for the unexpected, inflation risks, and costs of health care and long term care.

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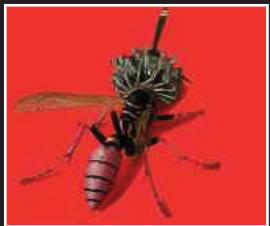


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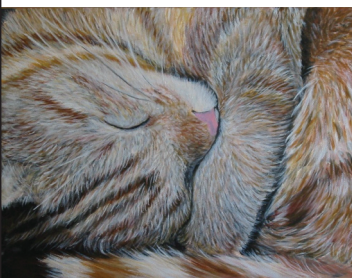
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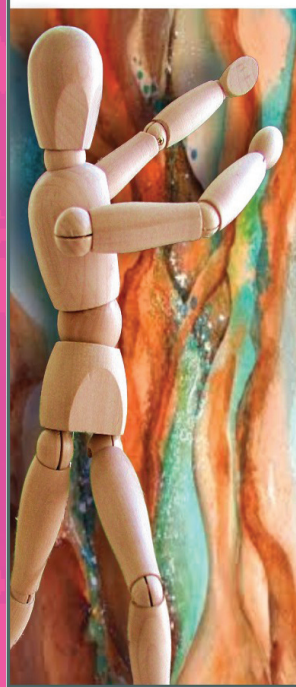
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Shimo Center for the Arts is pleased to announce our upcoming exhibition, "Intersections", by Chuck Owens

Chuck Owens' ceramic sculptures are created through the utilization of press molds referring to spatial templates, forming a right angle in three dimensions. The construct of these templates defines the X, Y, and Z-axis. Scientifically and mathematically, this spatial diagram can express ideas of a virtual reality or define terms of three-dimensional shape. As he works, many ceramic modules are constructed, arranged and rearranged in compositions that display investigations of space, structure, bal-

ance, and volume. These expressions deal with light and dark, positive and negative, often exhibiting a tension in the combination of these formalities. The works most often display Chuck's evolving personal narrative of self-development, but can evoke multiple interpretations by the viewer.

Chuck Owens received a BFA from Northern Arizona University, and a MFA from Bowling Green State University under the tutelage of John Balistreri. He has exhibited his work nationally including Leedy Voukos

Gallery, Kansas City, MO, Contemporary Craft Museum and Gallery, Portland, OR, and Robert Else Gallery in Sacramento. He has lectured in many venues nationally, most recently the University of Kansas. Chuck has worked in education since 2003 and is currently an adjunct professor at CSU Sacramento.

WHAT: Chuck Owens

WHEN: April 9-May 7 - 2nd Saturday reception: April 9, 2016, 6-8:30 p.m.

WHERE: Shimo Center for the Arts, 2117 28th St., 706-1162

Arts & Activities

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A Class Apart

By BRYON MALPERT
Special to the East Sacramento News

It was September 1970 at David Lubin Elementary in Sacramento, California and I was sitting at my little wooden desk, silently deciding if this 6th grade teacher was a monster or not. I had heard the older kids talking last year about how mean and nasty he was. "Homework every night", they complained. His methods of detention and the "rules" they whined about. It all instilled the fear that this final year in grade school was going to be the end of me. The class clown would be no more.

He stood at the front of the class, my first male teacher, Mr. Hal McKellips. Not as tall as I expected. He was suffering from male pattern baldness that had left his head glinting brightly with sweat, with a strip of gray hair wrapping around it like a visor. Horned rimmed glasses set low on his nose, centered on a face resembling a leprechaun. A mischievous look in his eyes gave you a sort of odd but comfortable

feeling, all business but little playful too.

He claimed to be 33 years old, but I had never seen someone look so much older than my dad and I knew he was 52. It became one of our year long quests to find out his true age. But much like the Holy Grail, it eluded us until it didn't matter anymore.

His desk, quite a formidable wooden structure, was raised about six inches above the floor on a platform. When he sat, it was like a king lording over his subjects. We often joked that it was to make up for his lack of height. But if you were called to it, you knew you were about ready to meet your maker.

"Can I go to the restroom?" Kevin Haw asked. He was one of the class troublemakers. A child of privilege, who thought no rules applied to him.

"I don't know, can you?" Mr. McKellips stated. It came out so simply that Kevin started to get up and walk toward the door.

"Sit DOWN Mr. Haw" The words shot through the



class with the report of a 50-caliber caliber gun.

Kevin froze in his tracks. The girls gasped. The guys, I included, giggled. This was the first time any teacher had put Kevin in his place. Kevin was a scrawny kid whose dad was an orthodontist, which explained the rich kid attitude. He was the only kid who ever got under Mr. McKellips' skin. So much so, Mr. McKellips, his face so red we thought we could see steam seeping around round his collar, marched Kevin, by the neck, to the principal's office for a major outburst of words none of us would have dared to utter. Remember this was before lawyers got involved with your education.

As Kevin walked back to his seat with this look on his face, a cross between shocked, "did he really just yell at me", and anger, "how dare he yell at me", Mr. McKellips explained that Mr. Haw didn't ask if he "may" go, only if he "can". Wow, our first true grammar lesson. Mr. McKellips was an "old school" teacher. He believed in teaching the basics, reading, writing, and arithmetic. His ideal of detention, and how to get out of it, instilled a set of values that I carry with me 37 years later. But I am getting ahead of myself.

His class was split into courses. Same subjects.

Same time. Everyday. Beside the aforementioned, he included basic Art and Music. He was the first teacher that allowed me to play piano for the class and encouraged me to keep at it. To use the word 'firm' in describing how he kept order in the class would be an understatement. Any infraction of the rules afforded you 15 minutes of detention. The time spent after class with him, where you did the homework assigned or worksheets he provided.

Oh you could get out of it by standing and reciting a multiplication table in class, something every 12 year old enjoyed doing about as much as going to Aunt Betsy's. You all know her, the relative with the funny smelling house who would pinch your cheeks and try to feed you some foul smelling concoction with a name you couldn't pronounce. You couldn't repeat the same times tables over and over. I liked the fives myself, as he kept track of each one you had done before.

Did I mention that Mr. McKellips was a south paw? I had never seen that before. With his 3 by 5 card under his left wrist, he would write everything down, then go back and add the loops and swirls below the line to all the letters that required them. His writing was perfect.

Mr. McKellips required, no, make that demanded, a

quiet classroom. I was so impressed by his saying "Help stop noise pollution, close your mouth", that I painted a sign of it for him. Ok, I was a teacher's pet, whatever. It was a lesson some kids never learned. Mona Frûge was the only kid who spent every day in detention for this infraction. I ran a close third.

She was tall and slender, with an air of sadness about her. But that mouth on her. She would have made a great gossip reporter. Sadly we will never know. She was my first encounter with suicide, several years later.

Was Mr. McKellips the monster I had so nervously anticipated? Was detention in his class the stuff of legends that circulated around the school like a bad case of head lice? Well for me it was the time I learned the most about life, respect, and, well ok, how to be a teacher's pet.

I stopped in at David Lubin a couple years ago to see if he had retired only to learn that I had missed his passing by a year. I felt a deep sadness within me and it was hard to walk away from that institution without the well of emotion leaking out around my eyes.

I learned many lessons about life and how to treat my fellow man from Mr. McKellips, all of which I carry with me to this day. Do I follow them all? No. But then who does.

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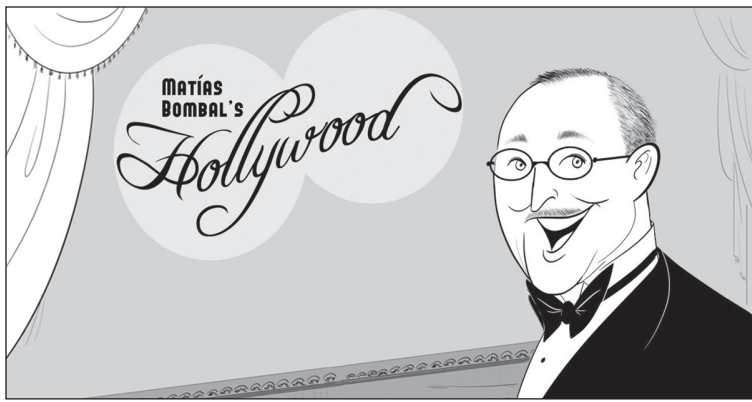


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Matias Bombal's Hollywood

By MATÍAS BOMAL

I Saw the Light

The MPAA has rated this R

Sony Pictures Classics offers "I Saw the Light" a screen visualization of the life of singer-songwriter Hank Williams, who in his tragically short career, made an indelible mark in country music in the USA with 33 hit song singles, 30 of which were in the Top Ten, including eight number one hits. This is the first of three movies to come out this month about music personalities of the past which coincidentally had substance abuse problems. The other two movies are about jazz legends Chet Baker and Miles Davis. Based on the book "Hank Williams: The Biography" by Colin Escott with George Merritt and William MacEwen, this movie's screen play was adapted and written by the director, Marc Abraham.

Tom Hiddleston stars as Williams, bringing the clearly defined music personality back to life for this movie. His somewhat domineering mother, Jessie Lillybelle Skipper Williams Stone, who

was also his early manager, is played by Cherry Jones, who you may remember from the "Horse Whisperer" or "Erin Brockovich". The movie begins with a faux documentary approach, with men integral to Williams' career being interviewed about the singer in black and white and in a nice touch, the classic academy ratio of 1.37:1, a rather square screen shape. The production returns to this shape later in the feature for the clever recreations of Kodachrome home movies of Williams' family, a nice element in a movie in which Tom Hiddleston is completely believable in the part he is playing.

Williams' life of wandering, drug and alcohol abuse destroyed much around him but he had moments of joy with one of his wives, Audrey, who was the mother of Hank Williams, Jr. Audrey fancied herself a singer and wanted much to be teamed with her husband in records and radio, but lacked the ability to hold a tune. She's played in the movie by Elizabeth Olsen.



Tom Hiddleston as Hank Williams with the Drifting Cowboys - Photo: Sam Emerson/Sony Pictures Classics

During Williams' marriage to Audrey, what started as a little pain in his back would eventually be Hank's undoing. Suffering with Spina bifida occulta, Hank began to self-medicate, combining alcohol, morphine and chloral hydrate, eventually leading to a heart attack which took him at just 29 years of age in 1953, when en route to a performance.

We see the years 1944 to 1953 covered during the course of this movie, and it well establishes the feel of the period, recreating the mood and times from which Williams' singular voice became an indelible part of the passing parade. Hiddleston's own voice is used in the picture, rather than the ac-

tual Hank Williams recordings, and he does quite well, making you believe he is the genuine article.

Though there are uncomfortable moments to watch, Hiddleston really gives a great performance here and proves yet again what a great talent he is in the worlds of cinema. I hope you see this picture and enjoy his performance as much as I did. In Sacramento at the Tower Theatre.

Other theaters in Northern California: San Francis-

co: Landmark Clay, Century 9, AMC Van Ness, Stonetown Twin, Berkeley: Rialto Cinemas Elmwood, Pleasant Hill: Century 16, Menlo Park: Landmark Guild, San Jose: CineArts at Santana Row, San Rafael: Regency Cinemas 6, Monterey: Monterey Cinemas 16 and Santa Cruz: Nickelodeon.

For more information about "Matias Bombal's Hollywood", please visit: www.mabhollywood.com for exclusive content. #MABHollywood.



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McKinley Library events

Toddler/Preschool Storytime (Early Childhood (0-5))

Thursday, April 7 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.

The Carnival Mask with Magical Moonshine Theater (Family/All Ages)

Friday, April 8 at 3:30 p.m.: Come celebrate Dia de los Niños with us as Magical Moonshine Theater will present the puppet show, The Carnival Mask. This Mexican folktale told in both Spanish and English tells the story of townspeople, robbers and heroes in a Mexican village. This family-friendly interactive show will even let the audience join the puppeteers and assist in the puppet show!

One-on-One Technology Help

Saturday, April 9 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, April 13 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 ex-

pert 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, April 13 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.

One-on-One Technology Help (Adult)

Wednesday, April 13 at 3 p.m.: Are you curious about E-books but not sure how to get started? Is your tablet or E-reader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by McKinley Library and meet with a Technology Assistant! Sessions are first-come, first-served and last around 30 minutes.

Toddler/Preschool Storytime (Early Childhood (0-5))

Thursday, April 14 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.

Book a Genealogist (Adult)

Thursday, April 14 at noon: Do you need help with researching your family's history? McKinley Library's volunteer genealogist, Bernard Marks, is available to assist you with a free, 45-minute session. Mr. Marks is available on 2nd and 4th Thursdays at noon, 1, 2, and 3 p.m. Please make an appointment at the

branch. Walk up patrons are also welcome if time allows.

Lego Mania! (School Age (6-12))

Friday, April 15 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, April 16 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, April 20 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!

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Wednesday, April 20 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.

One-on-One Technology Help (Adult)

Wednesday, April 20 at 3 p.m.: Are you curious about E-books but not sure how to get

started? Is your tablet or E-reader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by McKinley Library and meet with a Technology Assistant! Sessions are first-come, first-served and last around 30 minutes.

Writing Across Continent: International Forms and Styles of Poetry (Adult)

Wednesday, April 20 at 7 p.m.: From 7 to 8:30 p.m., on first and third Wednesdays in April, join Frank Dixon Graham for an intriguing adventure in international poetry. This week's session: The Sounds of Southeast Asia - We will review some of the more modern Vietnamese styles of poetry adopted during the French colonial period, including new poetry. Translations from the ancient Thai syllabic verses of khlóng, kap, klón, chan, and rai poems will be read and discussed.

Toddler/Preschool Storytime (Early Childhood (0-5))

Thursday, April 21 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.

Google CS-First Coding Club (School Age (6-12))

Thursday, April 21 at 3:30 p.m.: Do you want to learn how to create your own digital animation or video games? Then come join the Coding Club! We will use Google CS-First to learn how to make basic animated videos and games with a different topic for each session. Recommended for ages 9-16. Sessions #1-8: Introduction to Storytelling. This week is Session #1.

Peer into backyards with the East Sacramento Garden Tour

The 18th Annual East Sacramento Garden Tour is Mother's Day Weekend -- Saturday, May 7 and Sunday, May 8 from 10 a.m. to 4 p.m. Seven gardens are featured on the tour along with other attractions such as a Chalk-Top featuring David Lubin Elementary student's chalk art, a Tea Garden Luncheon at Sutter Lawn, food trucks, the Sweet Stop for refreshment and an artisan boutique.

Whether you are a gardening enthusiast, are looking for ideas for your own garden or just want a peek in someone else's backyard, the East Sac Garden Tour is a choice that will benefit local children and their education. It is also a great Mother's Day outing for the whole family (children under 12 years attend free).


Eighteen years ago, David Lubin Elementary teachers saw the need for more educational enrichment at the school. To raise funds, they created the East Sacramento Garden Tour—an effort that has been a tremendous success for students and the entire school community. The Garden Tour today is a combined effort of the David Lubin Parent Teacher Group, teachers, staff, and community partners. The Garden Tour funds the STEAM curriculum and individual opportunities for the children including the After School Academy and additional teachers' aids for small group learning.

Tickets are available online: www.davidlubingardentour.com/tickets. Tickets are also available at participating East Sacramento businesses. Visit the website for locations: www.davidlubingardentour.com. Tickets purchased through May 6th are \$20, \$25 after that date (children 12 years and younger are free).

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Drummer:

Continued from page 2

asked Nick to be in the band. A cross between Social Distortion and the Ramones, Anarchy Lace does mostly original music though they'll throw in a couple of covers. On Saturday, April 16, they'll be playing at Ace of Spades, opening for 1980s metal band Dokken, a show that comes on the heels of a successful performance at the Boardwalk on Jan. 22, where the band played in front of 500 people and sold more than 120 tickets for a show with headliner Saving Abel. (For the April 16 show, you can get tickets at www.aceofspades.com.)

"I am surprised I'm in a band and am this successful. I never thought I'd be playing Ace of Spades at 17 or the Boardwalk, but I'm doing it," Nick says.

Joining the frontman and drummer is bassist and backup singer James Mansfield, who band members call "Little James", Lena Campbell on vocals and percussion, and lead guitarist George Bogues. Coincidentally, both "Little James" and Nick attended Caleb Greenwood Elementary, but don't know it as the bassist left the school to attend elsewhere. They reunited via Craigslist and realized later they both attended the same elementary school. Then they started playing together frequently.

Relaying the story of how his son got into Anarchy Lace, Steve said, "What really happened was that Nick was getting together with these two young guys. They were just messing around, then the leader of Anarchy Lace contacted them and said you want to try out, and he said, 'But my two buddies: Can they play, too?' And (James) said, 'Sure, let's see if it works out.' And, so far, so good."

Just recently, Nick rocked out on a Wednesday night at the Powerhouse Pub in Folsom. "It was lots of fun. Great crowd," he said of the show. "They liked my drum solo (for the song) Deeper and Deeper."

A hired drum gun, Nick says playing with Anarchy Lace is a lot of work with two practice days a week



Members of Anarchy Lace.

at House of Hits, where he has a second drum set.

Ever since Nick was a baby, he's banged on his dad's drum set. Sitting in the Peselys' living room, Nick showed a photograph of himself rocking out with members of Rash Rush, a locally-based Rush tribute band. It was his father's 46th birthday. Coming up in July, it will be two years since that show. Reminiscing on the time that had transpired, Nick said, "That's when I had short hair, Dad." And now as he grows out his hair, Nick's been experimenting with flat irons, creating a classic rocker look.

Idolizing Rush drummer Neil Peart, who is recognized widely for his technical style and his stamina, Nick says what he loves most about the famed musician (who, by the way, was inducted into Modern Drummer Hall of Fame in 1983) is absolutely everything. "He's the best. It's hard to say. I like everything he does. I like everything, the time signature changes in his songs."

Spoken like a true fan, when asked what his favorite Rush song to play is, he said he likes them all. But after a minute or so of pondering the question, he stated Cygnus X-1, which is a two-part esoteric series. Book I clocks in at 10 minutes and 25 seconds, and Book II at 18:08. "They are meant to be played together," he says, despite being on two different albums.

And it feels "good to get it right" when he plays. "I just feel great when I play a song all the way through."

In the future, he plans on focusing on music in college, expressing some interest in a music school in Los Angeles. "Music has always been my favorite thing in school. I've had great music teachers. My teacher now, Mr. Boettner, he's just a fun teacher. He likes lots of the classic rock that I like. And he's very helpful. He came to the one with Saving Abel. It was nice to see him there. There were probably like 500 people there. The place was packed."

Not really nervous about the performance, he was just excited. "I was cool as a cucumber going up there," he said.

A family full of drummers, Steve said he has several cousins that have been in bands throughout his life. "A cousin got me into drums when I was in junior high school. I got out of drums through college, and then like 20 years ago, a friend had a drum set and wanted to give it away cheap. It's a Pearl drum set. Nick has added to it over the years. He constantly wants to buy things for it." Adds Nick:

"My Christmas money; my report card money – that's all I spend it on. Music is just in me. Music is in my family. Music is just in my blood, I guess."

If you go:

DOKKEN & ANARCHY LACE
When: April 16 at 7 p.m.
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CALENDAR

APRIL

Sacramento SPCA's 23rd Annual Doggy Dash

April 9: Join the Sacramento SPCA for the 23rd Annual Doggy Dash and Bark at the Park Festival, where an estimated 5,000 animal enthusiasts will gather both with and without their canine companions to raise funds for animals sheltered at the Sacramento SPCA. Come for the 2k or 5k walk, and stay for the SPCA's Bark at the Park Festival, where you can enter your canine pal in the Pup Show, high-flying disc contest, or the ever-popular pug races! Watch canine demonstrations, participate in a variety of canine contests, visit with pet-friendly businesses, learn about Sacramento-area animal rescue organizations, or sit back and just enjoy all of the action. Walk registration begins at 8:30 a.m.;

Bark at the Park Festival, from 9 a.m. until approximately 1 p.m. Walk begins at 10 a.m. Where: William Land Park, Village Green Area in Sacramento; Why: Proceeds from the Doggy Dash will help the Sacramento SPCA care for more than 7,000 homeless animals in 2016. Whether you choose to bring a canine companion or invite a two-legged friend, mark your calendar and join

us for Doggy Dash and the Bark at the Park Festival. Register as a solo participant, start a team or join an existing team. Registration fees start at \$30 per person. For additional information or to register, visit www.sspca.org/Dash. For questions about Doggy Dash, please call (916) 504-2802 or email speialevents@sspca.org.

Overview of senior legal hotline services

April 12: For over 20 years, the Senior Legal Hotline has provided advice and counsel at no cost to Sacramento area residents over age 60. Learn about the Hotline and its various programs, including pension counseling, mediation service and the most common legal issues for seniors. Also, learn about other services available from Legal Services of Northern California for low income seniors. Free of charge. Pre-registration required. Class will be held on Tuesday, April 12 from 10 to 11 a.m. at ACC Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, www.accsv.org

Common changes of condition in the elderly

April 13: This presentation will discuss why it is important to recognize chang-

ings in symptoms of conditions in the elderly and the types of symptoms home care aides should report. Different scenarios and possible outcomes will be discussed with tips provided to caregivers. Free of charge. Pre-registration required. Class will be held on Wednesday, April 13 from 11 a.m. to noon at ACC Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, www.accsv.org

Music at noon

April 13: Free music programs, offered at Westminster Presbyterian Church at noon on Wednesdays. This week enjoy music by The Black Cedar Trio (flute, cello, guitar).

Root Cellar Sacramento Genealogical Society

April 14: The general meeting will be held at Christ Community Church, 5025 Manzanita Ave., Carmichael. From 6:15 to 7 p.m., there will be a pre-meeting with informal discussions. Folks can ask questions, share brick walls, find others who are researching in your geographical areas. Then, from 7 to 8:30 p.m. Dr. Bob LaPerriere will present on the following topic: "Gold Rush Medicine." Dr. Bob is a retired physician and well-known local historian. His fascinating presentation describes the devastating diseases that were prevalent in the mid-19th century and the "advanced" medical treatments of the time which included bleeding, cupping, and the use of arsenic and mercury. Visitors always welcome! For more information, go to info@rootcellar.org

Kaiser Permanente to offer eye screenings for free cataract surgeries

April 16: Kaiser Permanente physicians and staff in Sacramento will offer screen-

ings for area residents who may be eligible for free cataract surgeries that will be performed this spring.

The screenings, by appointment only, will be on Saturday, April 16 at the Kaiser Permanente Point West Medical Offices, 1650 Response Road. The surgeries are part of Mission Cataract USA, an annual program in which participating doctors provide the sight-restoring procedure to hundreds of people across the nation who have no health insurance and can't afford the operation. This is Kaiser Permanente's 21th year in the program. Kaiser Permanente physicians and staff will perform as many as 20 free cataract surgeries on eligible individuals in early May. Annual service is for Sacramento-area residents who are uninsured. Screening appointments can be made until the available slots fill up. To sign up for the screening, or to request more information, call: (916) 973-7159.

Music at noon

April 20: Free music programs, offered at Westminster Presbyterian Church at noon on Wednesdays. This week enjoy music by Men of Worth with James Keigher and Donnie Macdonald; Irish.

Birding in Alaska to be topic at Audubon meeting

April 21: Planning a birding trip to Alaska? Ed Harper, an expert birder who has made many trips to the 49th state, will present a program on the more accessible hot spots and the birds and other creatures you're likely to see there at the April 21 meeting of the Sacramento Audubon Society. In addition to learning about the Spectacled Eider, Northern Wheatear, and Arctic Warbler, be prepared for Moose, Musk Ox, and Grizzly Bear! He'll cover visits to Seward, Homer, and Denali National Park, a boat excursion to Kenai Fjords National Park,

and trips to other good birding places. The public is invited to the 7 p.m. meeting at the Effie Yeaw Nature Center in Ancil Hoffman Park (For directions, see sacnaturecenter.com.) There will be no charge for the program, and no park entry fee.

Diabetes academy educational series

April 22: Diabetes 101 is a series of three classes dealing with diabetes. The first class to be held on April 22 from 10 to 11:30 a.m. will be an overview of diabetes and its management. The second class to be held on May 19 from 6 to 7:30 p.m. will be on checking, managing and coping with your blood sugar and diabetes. The third class to be held on June 7 from 2 to 3:30 p.m. will be on meal planning and carb counting. Free of charge. Pre-registration required. Class will be held at ACC Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, www.accsv.org

SacSings! Sacramento choral festival

April 23-24: Nine hundred singers in 20 regional choruses will be assembling in Sacramento City College's Performing Arts Center on April 23 and 24 to celebrate the third annual SacSings Sacramento choral festival. Seven of the 20 choruses will be participating in SacSings for the first time, and besides Sacramento-based groups, singers will be coming from Woodland, Grass Valley, Auburn, Placerville, and even Calaveras County. New this year will be the appearance of 3 college choirs. Participating choruses include some of the biggest names on the Sacramento choral scene, such as the Voices of California, the Sacramento Gay Men's Chorus, and the Sacramento Master Singers. But one of the purposes of SacSings is to showcase the many choruses that are not so well known. For a full list of participating organizations, visit the www.SacSings.org. This third year of SacSings represents two important changes. First, the festival is taking place before the heart of the spring choral season, instead of after it. Now when someone hears a chorus that appeals to them, they will be able to attend its full concert in late April, May and June. Second, SacSings has been moved from Folsom to the heart of Sacramento to give prospective audiences a shorter drive. Tickets will be available starting March 1. For details, visit the SacSings! Website (www.SacSings.org/Tickets), Facebook page (<http://www.facebook.com/sacsings>), and on Twitter @SacSings. General Event Website: <http://sacsings.org> Sacramento City College Performing Arts Center, 3835 Freeport Blvd. Saturday April 23 at 2 and 7:30 p.m.; and shows on Sunday, April 24 at 2 and 7:30 p.m. The Sacramento Valley Choral Coalition, a non-profit organization, empowers the joy of singing with sustaining resources for vocal arts organizations. General seating tickets are \$20 for premium seating tickets \$25 (front rows) www.SacSings.org/Tickets or call 916-905-2467.

Understanding the real estate process and role of title/escrow company

April 26: Learn what a Title/Escrow company does, understand the importance of documents generated by them and what to do with the documents. Free of charge. Pre-registration required. Class will be held on Tuesday, April 26, from 10 a.m. to noon at ACC Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, www.accsv.org

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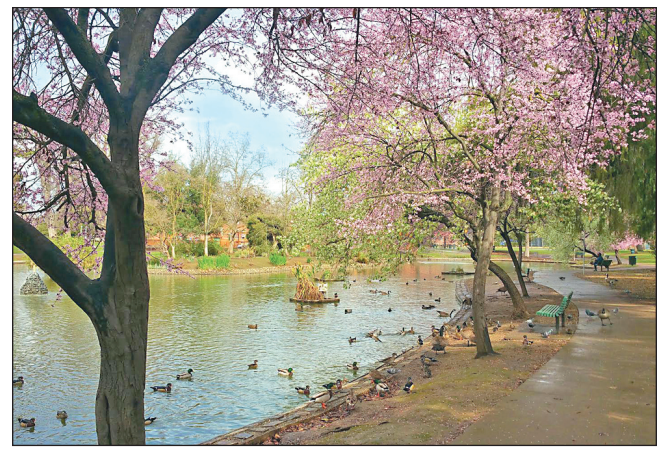
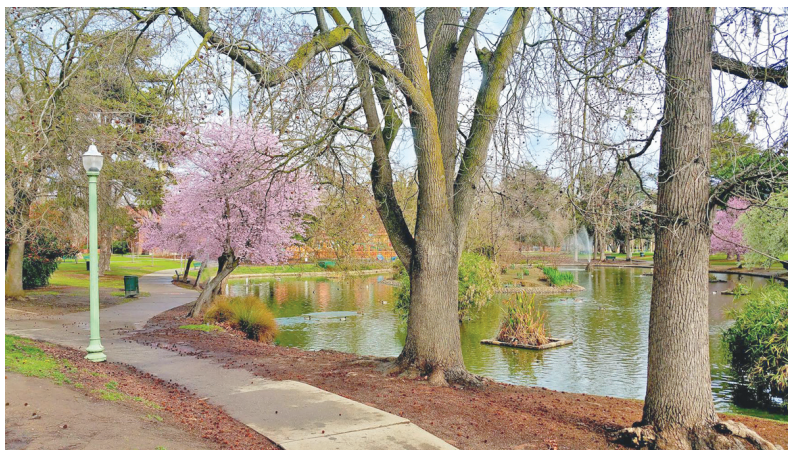
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Spring has sprung



Photos by JEANINE ROZA
Special to the East Sacramento News

Jeanine Roza, realtor at Coldwell Banker, snapped photos of the beautiful trees right outside her office, another reminder to get out and enjoy the good weather.



Next Move Shelter received Easter baskets packed with goodies for children ages 4-12

Community leaders, volunteers and UnitedHealthcare employees help assemble and distribute baskets in time for Easter celebrations

UnitedHealthcare employees and local volunteers delivered about 120 Easter baskets today to children and families at Next Move in Sacramento.

Next Move in Sacramento, which offers emergency, transitional and permanent housing, along with children's services programs, is

one of only two shelters in the greater Sacramento area that allows the entire family to stay together in one room.

More than 1,500 Easter baskets are being delivered by UnitedHealthcare employees and local volunteers this week to children at nine nonprofit organizations across California, including the Boys & Girls Clubs located in Sacramento and Tracy.

PHATMAN LAWN SERVICES

- ▶ Mowing
- ▶ Edging
- ▶ Blowing
- ▶ Trimming/Cutting (Bushes/Trees)
- ▶ Fertilization
- ▶ Sprinkler Repair/Installation
- ▶ Trash Removal
- ▶ Pruning
- ▶ Fence Repair
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Estimates



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License # 1024572



FAB FORTIES COTTAGE

From the minute you enter, this darling light and bright house feels like home. Hardwood floors, formal living room with fireplace and bookcases on each side, formal dining room, and the cutest breakfast nook. Over-sized master bedroom with French Doors that lead to the beautiful backyard with fruit trees and grape vines. \$739,000

TIM COLLOM 247-8048



WELCOME TO EAST SACRAMENTO

Perfectly updated 3 bedroom 2 bath home! Refinished hard wood floors, built-ins and original sconces. New kitchen, bathrooms, roof, windows, HVAC, wiring and plumbing. Plenty of storage; even a basement. You'll love this picture perfect block, sitting on the front porch chatting with neighbors and entertaining on the back patio. \$659,900

NATHAN SHERMAN 969-7379



CLASSIC EAST SACRAMENTO

3 bedroom 2 baths, beautiful hardwood floors and classic fireplace in the living room. The kitchen has a quaint breakfast nook and marble counters. Partial basement would make a great wine storage area. Low maintenance backyard with covered patio and built-in seating. A Great Home! \$619,000

TIM COLLOM 247-8048



REMODEL ON SANTA YNEZ

Creative 2 bedroom 2 bath loft style home. Light and bright with vaulted ceilings, skylights, open floor plan, hardwood floors, and granite counters in kitchen. Serene backyard and deck area with views from all angles within the home, but wait until you see the fruit trees!

\$409,000

TIM COLLOM 247-8048



SUNNY MEDITERRANEAN

On a fabulous street, this one-of-a-kind home has charming Moorish architectural accents throughout. Quaint front courtyard and pergola on the tiled back patio with surrounding gardens. Remodeled kitchen. 2 bedroom home has been well-cared for by the current long-time owner

\$549,900

DAVID KIRRENE



WALK TO TAHOE PARK

Wonderful 2 bedroom 2 bath home, loaded with special features ideal for comfortable and fun living. Living room views private, landscaped front yard. Spacious master bed and bath. Formal dining area. Inside laundry room with utility sink and storage. The over-sized single car attached garage with storage. \$259,000

RICHARD KITOWSKI 261-0811



ELMHURST COTTAGE

Charming 2 bedroom. Features include: wood floors, dual pane windows, crown moldings, granite counters in kitchen and plenty of cabinet space. The backyard is great for entertaining with the covered patio and built-in swimming pool. The front porch is a great place to sit and visit with the neighbors

\$380,000

TIM COLLOM 247-8048



BEAUTIFUL TAHOE PARK

Enjoy this rare 3 bedroom, 2 bath home with over 1500 sq ft and 2-car garage. Features include family room, master bath, hardwood floors, central heat and air, the charm of original tile in kitchen and baths, Simonton dual pane windows, newer roof(2013) and a gardeners dream backyard. Lovingly maintained. \$349,000

PATRICK VOGELI 207-4515



FANTASTIC BUNGALOW

Charming, remodeled 3 bedroom 2 bath home has a wonderful floor plan with vintage aspects to it (built-in cabinetry around fireplace, dining room china cabinet). Lovely kitchen with Silestone counters, sunny sitting area, built-in desk and garden window overlooks the large deck and backyard.

\$510,000

TIM COLLOM 247-8048

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