

THE LAND PARK NEWS

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March 28, 2013

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40th Anniversary of the Land Park Criterium drew more than 600 racers

The 40th Anniversary of the Land Park Criterium drew more than 600 racers to Land Park on Saturday, March 16. Ranging in age from 10 to 55, there were riders from all over Northern California and Nevada and even one racer from Australia.

Steve Stuart, Race Promoter of the Sacramento Golden Wheelmen, said the organization was especially excited by the great juniors turnout.



Photo by Tim Westmore

More than 600 cyclists participated in the 40th anniversary of the Land Park Criterium on Saturday, March 16 in Land Park.

These racers are 10- to 18-years old. "(They are) the back-bone of future racing in our community, (and their) race was sold out. Unlike other junior races that charge an entry fee for juniors SGW offers free junior racing at the

Land Park Criterium and has done so for many years," Stuart said.

Sponsored by the Sacramento Golden Wheelmen for 40 years, the race fields include what is called Pro 1, 2 men and women, many of whom are Pro racers like you would see in the Tour De France and the local Amgen Tour of California, explained Stuart. Race speeds in this category during the dash for the finish line can be upwards of 40-plus miles an hour.

The Sacramento Golden Wheelmen has 35 members within the Northern California Nevada Cycling community whose roots date back to the 1960s.

James LaBerge of Napa's Team Mikes Bikes won first. Second place went to Charles Hutcheson of Sacramento's

Criterion: 40th anniversary ride drew many youth cyclists

Continued from page 2

team March Pro - Strava. Third place went to Joshua Carling of Rancho Cordova's Team Bicycles Plus/Sierra Nevada.

Team City Bikes, which is sponsored by City Bicycles, a local bicycle shop, assisted the Sacramento Golden Wheelmen by offering more manpower for volunteer duties.

After the long day at Land Park, the Wheelmen packed up all of their equipment for the Bariani Road Race the following day on March 17, which was held at the Bariani Olive Oil (one of the team's major sponsors) facility warehouse in Zamora, north of Woodland. This course is on flat to rolling hills and is 14 mile long. The Pros race 70 miles while the number of loops is less for riders of lesser ability. This year there were more than 650 racers for the Bariani Road Race, explained Stuart.



Photo by Tim Westmore

About criteriums

Criteriums are timed races on a closed course, i.e. there is no traffic allowed on the streets versus a road race where most of the time the racers are sharing the road with car traffic, Stuart said. Criteriums are timed races anywhere from 40 to 60 minutes depending on skill. After about 30 minutes, the judges use lap cards at the finish to tell the riders how many laps are left. On the last lap there is a sprint to the finish and the fittest and most skilled bike handlers typically win the race.

So how racers are categorized is when you are a man and you want to race you start out as

what is called a Category 5 racer, you race shorter Crits and Road Races because you are learning how to ride and how to ride in a pack of racers, peloton. After racing 10 races you move up to Category 4, and then you earn points based on how you finish in your races. After you earn enough points you move up to Category 3, then 2, and then to Pro 1. Each time you are racing longer distances, tougher races and against better riders, explained Stuart.

To see more results of the Land Park Criterium, visit <http://www.ncnca.org/ncncaevent/land-park-criterium-1>

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See Criterium, page 3

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LAND PARK
This lovely home across from Land Park features a terrific floor plan. Amenities include three bedrooms, two updated baths, living room with fireplace, updated kitchen with stainless steel appliances, family room with backyard views, master suite with additional room for nursery. 1116 13th Avenue \$512,000

LAND PARK
Absolutely charming two bedroom "Hansel and Gretel" Cottage. Amazing living room with beautiful fireplace, vaulted and beamed ceiling, stained glass windows, and original crafted beauty. Formal dining room with alcove, kitchen with tiled counters and wood cabinets. Upstairs bonus room, large corner lot. 2964 Govan Way

SOUTH LAND PARK HILLS
Tudor exterior with contemporary flair interior. This home features three bedrooms and 2 1/2 baths. Vaulted ceilings in living room and entry, tiled fireplace, white kitchen w/island and seating, formal dining room that opens to garden, engineered hardwood floors, built-in pool & backyard cottage w/ full bath and kitchenette. 6300 So. Land Park Drive \$479,000

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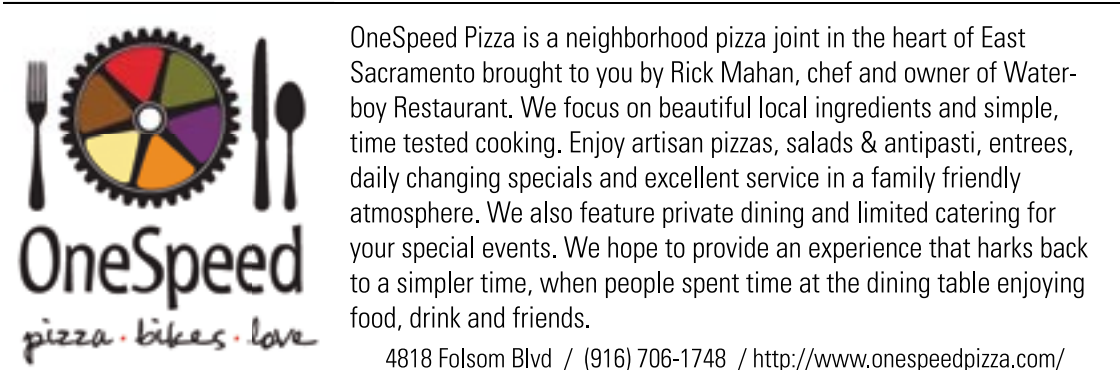
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Faces and Places: Donut Dash

Photos by Stephen Crowley
Stephen@valcomnews.com

The Fifth Annual Donut Dash, in support of Child Life Program at Sutter Children's Center, was held on Saturday, March 9. The four-mile race started and ended in William Land Park with Marie's Donuts as a turnaround spot, where runners will get a bag of four doughnuts. This was a family event and strollers and dogs on leashes were welcome.



Dear Reader,

We'd like to know if you have an interesting story to tell. Do you or a neighbor you know have an interesting hobby? Have your children grown up and gone on to do something extraordinary? Do you or someone you know volunteer somewhere interesting? Are your children's schools having an event that you plan on taking pictures at anyway?

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COLDWELL BANKER



Former Sacramento Zoo veterinarian reminisces about his notable career

By LANCE ARMSTRONG
lance@valcomnews.com

Note: This is part four in a series regarding past and present details about the Sacramento Zoo.

On a daily basis, visitors of the zoo pass by a large sign, which reads: Dr. Murray E. Fowler Veterinary Hospital. But not everyone is aware of who Murray is and why the hospital was named after him.

First of all, Murray was very connected with the zoo, as he served as its first regular veterinarian for more than two decades.

And he is also widely recognized as the "father of zoological medicine."

His life began in 1928 in Glendale, Wash., where he resided for nearly his first two years of life before moving with his family to his father Harry C. Fowler's old hometown of Huntington, Utah.

Two months later, in July 1930, the family moved to Salt Lake City, where Harry obtained his pharmaceutical license and began the first of his many years working at a drugstore in that city.

The Fowler family, who was actively involved in The Church of Jesus Christ of Latter-day Saints, moved once again in the summer of 1933, when they acquired about a 65-acre farm between Draper and Sandy, Utah.



Dr. Murray E. Fowler was the veterinarian of the zoo from 1967 to 1991.

Photo by Lance Armstrong

Because Harry worked his job as a pharmacist in Salt Lake City, he was gone a considerable amount of time during each week. Therefore, Murray and his brother, Norman, were the family's farmhands.

Murray, who began riding horses when he was 5 years old, had an interest and a work responsibility with all kinds of farm animals, including sheep, pigs and cattle.

After graduating from Jordan High School in Sandy, Utah in 1946, Murray became eligible for the draft.

Soon afterward, Murray joined the Navy and attended

a nurses' school in San Diego. He remained in that city as a "dry land sailor" for the following two years.

Utilizing the GI Bill, Murray then attended Utah State Agricultural College (today's Utah State University), where he ultimately earned a bachelor's degree in animal husbandry.

Because of his love for animals, Murray decided to become a veterinarian, and thus attended Iowa State College (now Iowa State University), where he graduated in 1955 as a doctor of veterinary medicine.

After working for three years as a veterinarian, who main-

ly worked on racehorses in the San Fernando Valley, Murray became a member of the animal surgery staff at the University of California, Davis.

In regard to how he began working at the zoo in Sacramento, Murray said, "I went (to Davis) as an equine surgeon and all during that time, I took all kinds of animals into the (university's) clinic. Our dean, (William Pritchard), in about 1965 or something like that, told the faculty that he wanted to have a wildlife person on the faculty, and he advertised

See Vet, page 7

Vet: Dr. Murray Fowler memorialized with Zoo's Veterinary Hospital

Continued from page 6

and he had no takers for two years. If that kind of position arose now, there would be hundreds of applications for that position. There was nobody in the world that was trained. One day, when I was in his presence, he was bemoaning the fact that nobody was applying, and I said, 'Well, why don't you let me do it?' And he tossed the ball and that's when I started doing work at the zoo."

Murray proceeded to discuss his early memories of the zoo.

"Bill Steinmetz, who was a local practitioner, had been doing the (veterinarian) work at the zoo on an on-call-type basis," Murray said. "And so, I started a couple days a week going to the zoo, taking students with me. And then I developed a program in what is called, and is still called, zoological medicine. At that time, Hank Spencer was the director of the zoo and we hit it off pretty well and it just all grew from there."

Murray, who was once the only person in the world who had a university position and worked with wild animals, became the zoo's first regular veterinarian in 1967.

It was also during the latter 1960s when Murray visited every major zoo in the United States to communicate with other zoo veterinarians.

During another time, Murray took a sabbatical leave from the university to spend a year in the San Diego Zoo.

He has also traveled the world teaching, lecturing and caring for wild animals.

Murray, who was president of the Sacramento Zoological Society in 1978 and 1979, and again in 1991, was also asked to serve on the board of the Morris Animal Foundation.

In discussing this organization, Murray said, "It was a foundation established (in 1948) by a fellow by the name of (Dr. Mark L.) Morris and he was a veterinarian who was actually in the East. He established this foundation to do research on essentially domestic animals – dogs and cats primarily. But it expanded to horses and ultimately to wild animals, and so that organization sponsored the first edition of (the book), 'Zoo and Wild Animal Medicine.' We're getting ready to publish our eighth edition of that publication. It first came out in 1978. The (book included writings) by all U.S. authors. In that particular (book), I was probably responsible for writing two-thirds of it. We covered all the animals and that book was published first by (the) W. B. Saunders (Co.) and then by Elsevier (Health Sciences). That book, in the seventh edition, went from being 'Zoo and Wild Animal Medicine' (to) 'Fowler's Zoo and Wild Animal Medicine.'"

Around the same time, Murray had a book about the restraint and handling of wild and domestic animals published. And altogether, he is the editor, co-editor or author of 25 books.

In commenting about his work as an author, Murray said, "As a teacher, I perceived a need for information. My name of the game was sharing and teaching."

Murray's name was memorialized at the zoo in a grand way with the opening of the aforementioned Dr. Murray E. Fowler Veterinary Hospital in 2006. The name was recommended to the city a year earlier by Mary Healy, the zoo's current director.

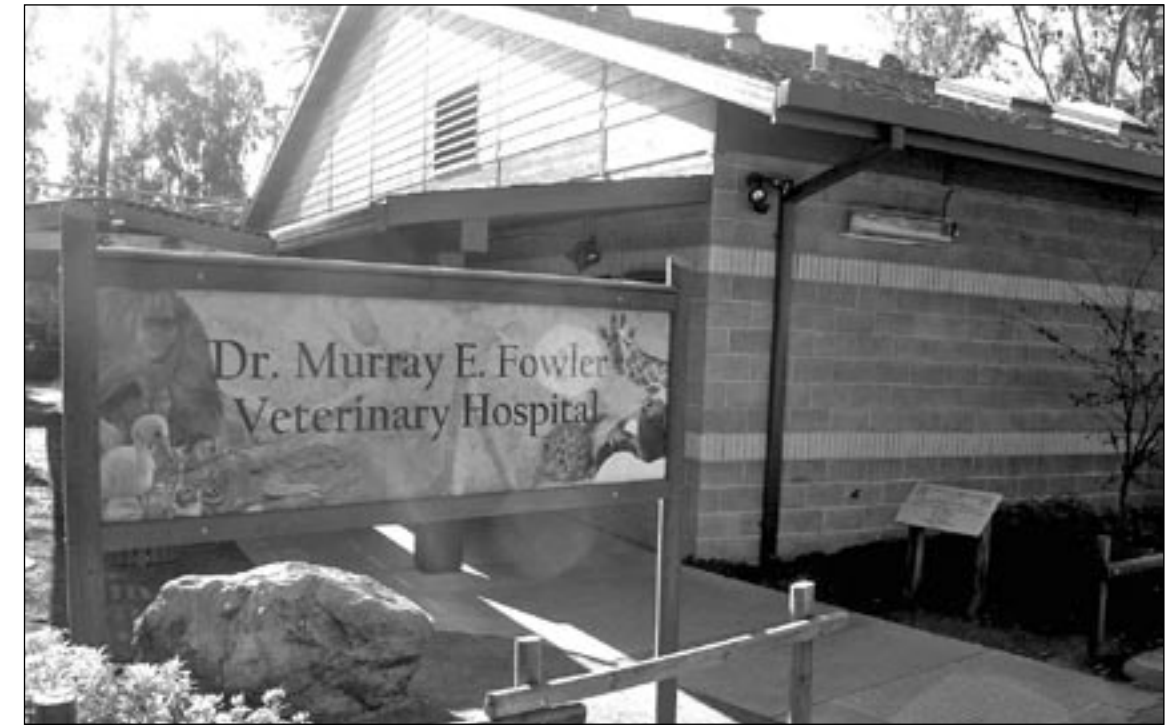


Photo by Lance Armstrong

The Dr. Murray E. Fowler Veterinary Hospital opened on Nov. 9, 2006.

While discussing this hospital, Murray said, "The most important thing, as far as I was concerned, is now the highest quality of medical service could be given to the animals at the zoo."

Although Murray expressed that his work was not always as joyful and ex-

citing as one might have perceived it, as he performed a lot of labor such as heavy lifting, long hours of kneeling and performing surgeries in the rain, he cherishes his experiences as a whole.

"I like the animals, I like the people who are caring for the animals and it has been a

great career," Murray said. "I couldn't wait to get to work in the morning, because I liked it so much."

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SCHOOL NEWS

Crocker Riverside

Crocker-Riverside held a **spring book fair** during the week of Monday, March 18. The theme for the spring Book Fair was Story Laboratory; Reading Gives You Super Power!

Drop and Go For Safety's Sake: Crocker/Riverside will be piloting a new, safer drop-off procedure starting on Monday, April 1.

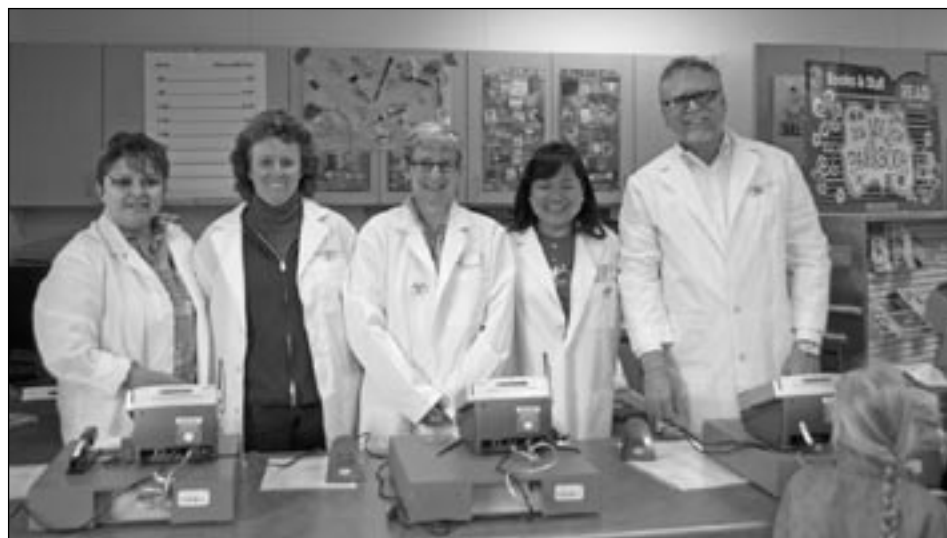
Approaching from the North: The front of Crocker on Riverside Blvd. is an unloading zone only and we will use this area to help unload children to help ease congestion. Cars queued on Riverside Boulevard will be directed into the coned-off Valet Drop off Zone by morning greeters. Greeters will be standing by to wave you up for a quick unloading. When you pull forward, the greeter will help open car doors, welcome your children

to school and help usher them out of the car.

Please have your children ready before you enter the valet zone, so that when you pull forward they can exit the car quickly and you can be on your way. As you exit, be aware of the crosswalk in front of you. Under no circumstances turn left onto Marian - proceed to Perkins or beyond.

Approaching from the South: Avoid turning right onto Marian. There have been a number of "near misses" as this is the most utilized street for our students. Instead, use 7th Avenue, Perkins, Robertson, or Swanston as they are much less congested.

Escorting your child to school: Please use Govan or Muir Way as a preferred route to park on the neighboring streets. As always, be courteous to our neighbors by not blocking driveways or moving trashcans.



Volunteers Needed: Volunteers are needed to help get the program going in the right direction from the beginning. If you can volunteer your time to help between 8:15 a.m. and 9:15 a.m. during the first few weeks of the pilot, the school would love your help. Email Tania Muskopf (tania@sactownmag.com) or David Weist (David.E.Weist@wellsfargo.com) and include your name, email address, phone number, and preferred day(s).



Shown at top, volunteers at the Crocker Riverside book fair. Shown above, a student browsing the books.

SCHOOL NEWS

Christian Brothers

The competition was fierce, but Christian Brothers High School student broadcasters returned from this year's Student Television Network convention with two first place awards and an honorable mention. The convention, held March 8, 9, and 10 in Los Angeles, brought together 2,000 participants from more than 180 high schools across the country.

Seniors Alex Daly '13, Brianna Pressey '13 and Ethan Schanberger '13 took home first place in News Commentary.

First place in the Music Video category was awarded to Lucas Dudley '14, Jenner Chapman '14, Kate Houston '13 and Justin Cappello '13.

To view the entries visit: Music Video: <http://www.youtube.com/watch?v=mw10Dvl2my8>

News Commentary: http://www.youtube.com/watch?v=IZgdO2UDY_0

Honorable mention in Sports Highlights was awarded to Nicole Skow and Hunter Rappleye.

California Middle

California Middle School teacher saluted at March 8 Kings game

Education took center court at Sleep Train Arena before thousands of cheering and supportive fans as Sacramento County's Teachers of the Year 2013 were honored Friday, March 8, during the Sacramento Kings/Phoenix Suns game.

The two reigning Sacramento County Teachers of the Year, Jennifer Ellerman, who teaches 7th Grade Language Arts at California Middle School, in the Sacramento City Unified School District, and Bob Crongeyer, who teaches 5th-6th grade GATE (Gifted and Talented Education) at Taylor Street School in the Robla School District, North Sacramento, were among the fourteen honorees at center court.

Bret Harte

Community Meeting on the Search for Bret Harte's Next Principal

What is important to YOU when it comes to the next leader of Bret Harte Elementary? What qualities, skills and talents should this person possess? What are your priorities for Bret Harte? Join students, parents, staff, school district administrators and community members for a community meeting regarding the search for Bret Harte's next principal on Wednesday, April 3, from 5:30 to 6:30 p.m. in the multipurpose room. 277-6262.

Other upcoming events at BH

Family Nights: Family Nights are back. The Bret Harte Healthy Start/YFRC is partnering with Adult Ed to bring these popular monthly events to campus. All Family Night events will take place from 5pm to

6:15pm in the Multipurpose room.

Thursday, April 18 - Art Night
Thursday, May 16 - Science Night
For more information, contact Liz Sterba, YFRC Coordinator at 916-277-7070.

Pony Express

Kendamas No Longer Allowed in School: Students can no longer bring their Kendama (a popular wooden Japanese toy) to school. They have become a distraction in class and students have been getting injured due to inappropriate use.

Kids helping kids - Pony Students collected \$900 for the Leukemia & Lymphoma Society: Pony Students collected about \$900 for the Leukemia & Lymphoma Society through participation in the organization's "Pennies for Patients" fundraiser! WOW! Congratulations goes to Mr. Davis' class who collected the most money and received an ice cream party.

Help Wanted! Pony is looking for a yard duty monitor in the morning (8 to 9 a.m.) and around lunchtime (11:30 a.m. to 1 p.m.) It is a paid position at \$8 per hour. 433-5350.

Pony Express Community Event and Car Show, Saturday, April 27 from 9 a.m. to 2 p.m.: Various businesses, vendors, and community members will be out from our community. Lawn chairs and blankets are welcome; there will be a designated picnic area for your family.

Admission: \$2 per person, children under 12 are free! 1250 56th Ave. Sacramento. Set up time for vendors, community members, and car show will be between 7 - 8:50 a.m. Booth and car show information: Local businesses or vendor booth space is free. Entering the car show is free and space is limited. All makes and models are welcome. Motorcycles are welcome as well. Please RSVP by Friday, April 19. Contact: CAROL-LEE@SCUSD.EDU; 433-5350

Experiencing firsthand the essence of serving on a jury, we took part in the trial of Luke vs. Vader, in which a college freshman was indicted for the possible illegal downloading of multiple songs and movies.

Four out of the five jury groups found the defendant not guilty. The fifth was split, 8-3, not guilty to guilty, with some jurors expressing concerns that proof was not offered that the downloads were illegal.

After discussions and some tasteful arguing, and after U.S. District Court Judge Morrison England (also a CKM alum) announced the verdicts, one of the nine most powerful people in the world walked into a courthouse full of high school students.

With a personable air about him, one of the first things he brought up was the idea that we, for lack of better words, regular people, know more about some things than judges.

He then engaged us with questions. Upon being posed questions by a member of the U.S. Supreme Court, one tends to worry about what to actually say. Does he want my long answer? Is there one? Was that rhetorical?

These qualms are easily scrapped when you take a page, or rather bookmark, from a Supreme Court justice. One must think of questions not in terms of their answers but in the premise that asking good ones and considering all their aspects can be the most valuable currency to be had.

McClatchy

McClatchy government students meet U.S. Supreme Court Justice Kennedy

Kennedy graduated from CKM in 1954

Editor's note: The following article was written by Nia Brown and Tim Loo, reporters for The Prospector, C.K. McClatchy High School's newspaper. Brown and Loo were among dozens of CKM seniors who met U.S. Supreme Court Justice Anthony Kennedy on his recent trip to Sacramento.

Seniors enrolled in Advanced Placement (AP) Government at C.K. McClatchy High School were given the chance to meet Anthony Kennedy, an honorable U.S. Supreme Court Justice.

Being a McClatchy alumni himself, graduating in the class of 1954, Kennedy returned to Sacramento for the opening of a learning center in his name.

At the Robert Matsui Federal Courthouse in downtown Sacramento, we students, no longer bound by academia's walls, held our very own mock trial.

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Fairytale Town Presents Children's Theater Festival

Month-long celebration features weekend performances

Fairytale Town will showcase a diverse selection of theater performances for children and families each weekend in April for the Children's Theater Festival. Performing companies include the Fairytale Town Troupers, Shadow Puppet Theatre, Boxtales Theatre Company, Roseville Theatre Arts Academy and more.

"Fairytale Town is home to one of the oldest theaters in Sacramento built for children and used for children's theater productions," said Kathy Fleming, executive director of Fairytale Town. "Thousands of children have had their first experience with live theater in the Children's Theater, and we are excited to continue that legacy for today's children."

Fairytale Town's own repertory theatre arts program, the Fairytale Town Troupers, will kick off the Festival the weekend of April 6 and 7. The Troupers will present "Beauty and the Beast," a retelling of the classic fairytale with music, magic and some mid-century mod.

On April 13, Sacramento's B Street Theatre will present the top five plays selected from the Fantasy Festival XXVII, the theatre's annual playwrighting festival and contest for students in third through eighth grades.

Shadow Puppet Theatre, based in Humboldt County, takes their shadow plays based on stories from around the world to schools, libraries and theatres throughout Northern California. On April 14, Shadow Puppet Theatre will present "Ichi the Spider," an original story inspired by the trickster tales from West Africa.

On April 20 and 21, Boxtales Theatre Company will present "Prince Rama and the Monkey King," based on "The Ramayana," one of India's most important epics and sacred texts. The Boxtales Theatre Company uses masks, movement, storytelling and live music to present myths and folklore from around the world. The Company is based in Santa Barbara, Calif. and presents their high energy and interactive theatrical experiences for youth and family audiences throughout the state.

Voice of the Wood, an educational performance group based in Davis, Calif., tells stories which celebrate diversity and the triumph of good in the human



Beauty and the Beast.

spirit. On April 27, they will present "How the Jack-rabbit Got His Very Long Ears," a Native American creation myth from the great Southwest desert.

The Roseville Theatre Arts Academy will wrap up the Festival on April 28 with "The Princess and the Pea" told in the commedia dell'arte form. The slapstick-humor in this retelling of the classic fairytale will have the whole audience laughing.

Performances are offered Saturdays and Sundays in

April. Show times are 12:30 and 2:30 p.m. All performances take place in Fairytale Town's indoor Children's Theater.

Tickets are \$2 for non-members in addition to park admission, and \$1 for members. Tickets can be purchased at the Fairytale Town main gate or at the entrance to the Children's Theater 15 minutes prior to show time.

For more information, visit www.fairytaletown.org or call 808-7462.

About the Shows

"Beauty and the Beast"

April 6 and 7: At the corner coffee house, beautiful Beatrix is beloved by all-until her faltering father is forced to sell out to a big-time brute who is all business. With music, magic and some mid-century mod, the Fairytale Town Troupers present a new spin on the classic fairytale "Beauty and the Beast."

See Fairytale Town, page 12

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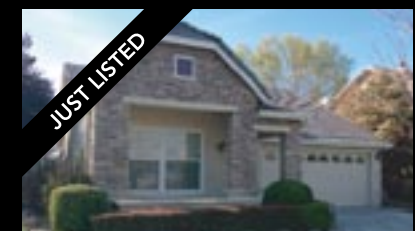


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Princess and the Pea.

Fairytale Town: April is full of events

Continued from page 20

"Fantasy Festival XXVII"

April 13: The top five plays selected from Fantasy Festival XXVII, B Street Theatre's annual playwriting festival and contest for students in third through eighth grades, will be presented.

"Ichi the Spider"

April 14: In this original show inspired by the traditional West African trickster tales, Shadow Puppet Theatre presents the story of Ichi, a very hungry spider who will do anything to get what he needs.

"Prince Rama and the Monkey King"

April 20 and 21: Using masks, movement, storytelling and live music, the Boxtales Theatre Company tells the story of Rama who is abducted by a demon king, and Rama's journey to win her back and defeat the powers of darkness in the world. Prince Rama is filled with examples of virtue, values and morality lived out in a challenging and complex world. The play is based on "The Ramayana," one of India's most important epics and

sacred texts from the classical Sanskrit canon.

"How the Jackrabbit Got His Very Long Ears"

April 27: Voice of the Wood presents a Native American creation myth from the great Southwest desert. Jackrabbit's job is to escort the new desert animals to their homes and explain to them why they were made special to fit into the desert environment. His inattention, or lack of hearing, leads to some hurt feelings and a new set of super-sized ears. The whole audience gets to join in the fun by hooting, howling, singing and snapping fingers during the performance.

"The Princess and the Pea"

April 28: The Roseville Theatre Arts Academy presents a humorous version of the classic fairytale told in the commedia dell'arte form. Arlequin is afraid he will be stuck playing the role of the pea, but he ends up getting to play the prince. The troupe romps through a series of hilarious princess tests with great slapstick humor. A fairy godmother in this story? Rosetta's playing the role, whether the troupe likes it or not.

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Local nonprofit giving away van and mini-bus for first anniversary

For its first anniversary, Destinations Mobility is giving away a wheelchair accessible van to any California or Nevada resident who is disabled and also a mini-bus to any California or Nevada organization that can use the wheelchair accessible vehicle for its clients.

The contest opens March 20, 2013 and runs through May 20, 2013. No purchase or donation is necessary.

Entry forms for contest vehicles are available at the Destinations Mobility website, www.destinationsmobility.com.

Although winners will be selected by random drawing, the form does include a section on how the van would change the person's life or, for the business, nonprofit or church, how the bus would help the people it serves.

Winners will be announced at noon May 31 at the nonprofit's open house.

Entry forms must be received by May 20 at Destinations Mobility, P.O. Box 23100, Sacramento, 95822.

An adult can enter for a family member who is disabled. Only one entry per household or organization.

The van and bus can be seen at Destinations Mobility, 2501 Florin Road, Sacramento Monday through Friday, 8 a.m. to 5 p.m. and Saturday 10 a.m. to 3 p.m.

For more information on the contest details, visit www.destinationsmobility.com.

A photo of the van and bus is attached.

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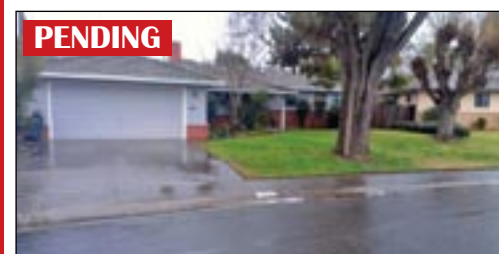
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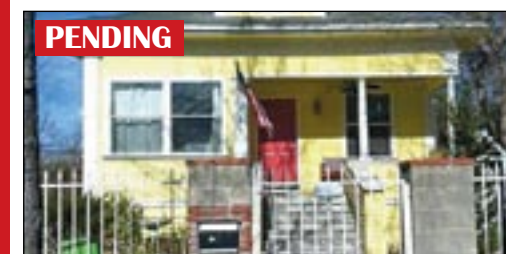


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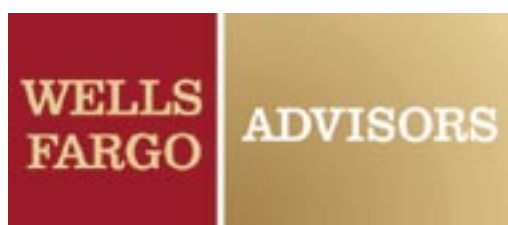
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Memoirs of a basketball official

By JIM COOMBS
Chapter One

One night I was officiating a high school boys basketball game between Vanden and Vallejo with partner Bill Frisby. Frisby was a bit surly and the kind of guy you would want on your side in a bar fight. (Names have been changed to protect the guilty.)

Before the game, as referee, he announced that he didn't want me to make any calls in front of him (to make him look bad). That meant that within the first two minutes, I helped him with a foul that he missed right in front of him.

The first half was ug-gggggy. We probably called well over 30 fouls, as there was a lot of testosterone in the building that night. We had called intentional fouls and technical fouls and Bill was struggling. When the half ended he stormed into the locker room, took his whistle that he carried in his hand (most officials have their whistle on a lanyard attached to their shirt) and fired it on to the coach's desk. He then spent the next five minutes yelling and ranting about how bad the game was using every curse word I had ever heard.

Finally when he was done, I said, "Relax Bill, everybody is in foul trouble, even some of the cheerleaders, a vice principal and the band director. The coaches will clamp down at half and we will have a great second half." Bill mumbled some more about how bad the game was and we went out to do the second half.

As referee, Bill put the ball into play at half court and on the game went. It might have been the best 4 minutes and 22 seconds ever played in the history of high school basketball and Bill was nails making "no calls" on many blocked shots. Finally the ball rolled out of bounds in front of me, and I blew the first whistle of the 3rd quarter with 3:38 left.

Bill came ambling toward me as fast as he could move with a funny look on his face and said "Coombs,

have you got a spare whistle? I left mine in the locker room at half time." I laughed so hard I almost wet my pants. I blew my whistle and signaled a time out. The coaches both were confused and came up to me wanting to know why I had granted a time out. When I told them that Bill had to go to the locker room to get his whistle, one coach said, "Have him leave it there; that was the best I have ever seen him officiate."

My name is Jim Coombs and I have been a basketball official for 45 years. I have probably refereed over 4,200 basketball games. I have officiated boys and girls high school, men's and women's college, recreational, Asian league, summer leagues, athletic club, and semi-pro games in the Sacramento and Northern California area.

I always said when it was no fun or when I got yelled at too much, I would quit. I did this only one time. One Saturday afternoon I was working a summer league game with "wannabe" semi professionals and some members of the Sacramento Kings.

It was 110 degrees in the gym and one team had only five players while the other team had 10. I said this should be a blow-out, thinking that the team with 10 would win easily. Not true! The team with five never missed a shot and won 150 to 100. For 40 minutes, in 110-degree heat, I had to listen to ten lousy, frustrated, bad basketball play-

ers tell me how bad I was. When the game was over, I said to my partner, "do you want my last five games this summer?" He was only too happy to take them, and I was only too happy to give them up.

As a high school coach in 1967, I had hoped to move to the new high school as head varsity coach after coaching the junior varsity at C. K. McClatchy High School in Sacramento. My teams had two second places and two championships in four years, and I was ready to move up. Instead the job was given to the Superintendent's secretary's husband, a junior high school PE teacher who had never coached basketball before.

Frustrated, I thought, I never missed a call from the bench as coach; maybe I will become an official. Once I started I was hooked and 4,200 games later at 74 I am still going strong. I move a lot slower now, and some nights it really hurts to run for three hours in three games at the athletic club, but I love almost every minute I am between the lines.

I thought I had seen almost everything one could see on a basketball court in 4,200 games, but on March 6, I had two players (in their 20's and 30's) on the same team get into a fight with each other-cursing and shoving each other just five minutes into the game. As head arbiter, I told them they could not be on the court at the same time the rest of the game.

In the next game with less than two minutes to go and behind by 18 points one



Jim Coombs.

team began fouling to stop the clock. When I didn't call a couple of swipes at players, they became angry with me. I said, "You scored only 47 points in 39 minutes, you are not going to score 15 in 1 minute and 10 seconds." After some more discussion and a question about my manhood,

I stopped the game. Another fun night on the basketball court.

When I got home, I thought, maybe I should write my memoirs. I have had some really strange and funny things happen to me over 45 years with my black and white striped shirt on. Here we go.

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ARTS

Art for Alzheimer's connects patients with museum outings

By MONICA STARK
editor@valcomnews.com

When she leads seniors diagnosed with dementia through the Crocker Museum, Tiffany Paige listens to them relate the art pieces to their memories of long ago.

On one outing, a man gravitated to paintings of mountains, saying he knew exactly where they are located and a woman focused on a tiny pine tree in the corner of a large landscape painting and remembered her family Christmas traditions.

"The stories go on and on," said Paige, director of the local chapter of the nonprofit Arts for Alzheimer's, which is an organization that links artists and cultural institutions to people living with dementia and their caretakers.

Paige leads the group to three museums a month -- The California Museum, The Crocker Art Museum and The California Automobile Museum.

Cindi Jones, an intern for the organization, has had family members with Alzheimer's and wanted to learn more about the program and how art can be ther-

apeutic to the elderly and how caregivers can apply the techniques used by volunteers who engage them in conversation over art pieces.

"It's getting patients more socialized and gives caregivers a break," Jones said.

That's not to say caretakers are not welcome. In fact their presence is encouraged so they can see the interaction and they can mimic the communication techniques at home or if they go to an art gallery together.

"At the museums, we have a form of conversation or communication in a non-failure type of



environment so they have freedom to express themselves," Paige said.

Paige said the tour is limited to seven seniors. "If the tour gets too big, then we lose the potential to engage those in the group."

The group was really small on Friday, March 15 at the Crocker; in fact there was only one person with Alzheimer's, Romana and her caretaker and husband, Dave. Having a group that

small enabled Paige to focus in on Romana and keep her talking through out the tour, whether it was about picnicking at the beach after looking at *Beach Day*, a painting by Gregory Kondos or about the smell of roses after looking at Edwin Deakin's *Roses*.

Through a separate organization, Arts Delivers, Paige works with local artists who loan their art to caretakers who in turn use the pieces as conversation starters.

Upcoming 2013 ARTZ Museum Tour Schedule

The California Museum:
Friday, April 5
Friday, May 3
Friday, June 7

California Automobile Museum:
Friday, April 12
Friday, May 10
Friday, June 14

Crocker Art Museum:
Friday, March 15
Friday, April 19
Friday, May 17
Friday, June 21

For more information, visit www.artzalz.org. Registration required to attend. Call 792-3281 or e-mail Paige@ArtzAlz.org

The colorful world of artist Gerry GOS" Simpson

Artist Gerry GOS" Simpson believes color has a great healing power and when used in great quantities, it can be what brings people together and allows them to find common ground.

"It is my goal to use my art as a tool to bring people together ... To at least give people that are outside of my community a glimpse of who I am and what my experience has been. My work has brought to my attention that we as people are similar in a lot of ways and have some of the same experiences -- that experience being of a good life filled with fun times, family and friends..."

However, GOS" paints vibrant, colorful scenarios that are positive characterizations of the Black experience. The lack of African American representation in art has allowed GOS" to create his own imagery.

Born Gerald Otis Simpson, GOS" is a self-taught painter/photographer. At a young age, he developed a talent for the arts especially painting with acrylics, which allowed him to experiment with vibrant color combinations.

GOS" also developed enthusiasm for music and fashion eventually leading him to New York, opening to him a world of culture and creativity. Simpson has worked as Visual Merchandising Manager for Nordstrom for several years. He is also a Professor at American River College teaching Visual Merchandising and Fashion Promotion.

On Thursday, March 7, GOS" held a meet and greet at the Brickhouse where his "A Touch of Jazz and other sounds" exhibit is currently being displayed until Sunday, April 28 when he has a closing reception from 3 to 5 p.m.

The works of GOS" have appeared in numerous exhibitions in numerous venues throughout the region including KINKS International, The Barton Gallery, The Crocker Museum, The 1910 Gallery, Sacramento City Hall Gallery, The African American Art Museum and Library of Oakland, Capitol Public Radio, 40 Acre Gallery, The Sacramento Philharmonic Symphony, Underground Books, The SMUD Art Gallery, The Pence Gallery, Revolution Wines, The Sojourner Truth Multicultural Art Museum, The Kumba Collective, Carol's Book Store, The Brick House Gallery and EVOLVE the Gallery.



Photos by Marichal J. Brown
Images from the Gerry GOS" Simpson A Touch of Jazz and other sounds exhibit at the Brickhouse, 2837 36th Street.



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-Artist Gerry GOS" Simpson

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SPORTS

Land Park Motley rugby team boasts 110 players

BENN HODAPP
benn@valcomnews.com

For Sacramento-area youth sports participants of years (and generations) past, the pool of competitive youth sports was mostly comprised of baseball, soccer, basketball, and perhaps two-hand-touch or flag football for the extra-adventurous. But thanks to some folks from our own Land Park, youngsters can now participate in the sport of rugby.

Matthew Eason, Club Director and founder of the Land Park Motley, has been involved with the sport for many years, including play-

ing on the rugby team at Sac State. He and some friends realized that high school rugby had become popular in the area in recent years, so why not create a league that caters to teaching the game to youths?

In 2007, the Motley became the first youth rugby team in the Sacramento area. The Motley played games against teams in Dixon as well as some in the Bay Area in its infancy. The team of 7th and 8th graders was on the road a lot during that time, according to Eason.

From those humble beginnings as the only youth rugby show in town, the Mot-



Carlos Ramirez.

Courtesy of Matthew Eason

ley now boasts teams in three age groups with a total of 110 players in Land Park alone. Not bad for a sport that just 10 years ago might have been

completely unknown to young athletes. "Kids pick up (how to play the game) almost instantly," said Eason. "There

are so many internet rugby videos and other resources for kids that they will

See Rugby, page 25

Rugby: Land Park team is a good place to pick up the sport

Continued from page 24

show up to practice and teach me sometimes."

The sport, which is sometimes known for its extreme physical nature at the top levels, is actually not so different from other sports as far as Eason is concerned. The key is in the teaching.

"We teach kids how to tackle and how to be tackled," he said.

Eason said that the sport certainly can be dangerous, but so can any sport that is taught incorrectly.

"A rugby tackle is comparative to a jiu-jitsu or wrestling move. You just have to teach the proper techniques."

Eason explained that rugby is different from football in terms of tackling. In football, where the main focus of a tackle is to make an impact on the ball-carrier, a rugby tackle is "less about making impact and more about getting possession of the ball."

"We show them how to go to the ground when tackled," he said. "It's all fundamental body mechanics."

As far as taking on youths who have no prior knowledge of the sport, Eason stresses that absolutely no previous rugby experience is required.

"I would say about 25 percent of our kids had prior exposure to the game," Eason said.

The team, which has grown from 15 players initially to more than 100 today, has gotten bigger simply by word of mouth alone. The Motley has a U10, U12 and middle school team and both boys and girls are welcome to play.

The teams are recreational, so everyone who takes part in practice will play in games.

Eason talked about why parents should consider signing their kids up for a spot on the Motley.

"It's a safe environment for kids to challenge themselves physically," he said. "Kids can ask themselves 'How tough am I?' and they'll often find out they're tougher than they thought."

The game, which has 15 players on the field for each team at the same time, is a game unlike any other.

"You can have one kid the size of a jockey and another who is built like a boxer and either one could be man of the match," Eason quipped of the 14 unique positions that are on the field at one time.

If past returns are any indication, Land Park rugby is a good place to start. One of the players on the inaugural team in 2007 is now on the junior national team, while another is a captain on the junior World Cup team.

Eason is a judicial officer for the International Rugby Board (IRB). The IRB (www.irb.com) is essentially to rugby what FIFA is to soccer. Eason is also a national panel rugby referee coach.

There are now more than a dozen other teams in the Sacramento area, including teams in Carmichael, El Dorado Hills, Loomis and Rancho Cordova.

The current season runs through March 30. The championship match will be played in Dixon on that day. Sign-ups for the 2013-14 sea-

Land Parker advances to world's largest bowling tournament in Vegas

By MONICA STARK
editor@valcomnews.com

Keith Wilson from Land Park won the A division (180-199 handicaps) in the AMF \$700,000 Tournament at Land Park Lanes on Saturday, March 9 and now he is set to compete for \$50,000 against other league bowlers at the world's largest bowling tournament, the AMF \$700,000 National Finals, in Las Vegas on April 12-13.

The tournament was open to all adult 10 pin sanctioned or non-sanctioned league bowlers. Wilson paid the \$4 entry fee and he earned himself an all expense trip to the National Finals at the Orleans Hotel and Casino. \$50,000 is the first prize; \$25,000 is second, \$15,000 is third and \$10,000 is the fourth prize.

Andy Voong, manager of Land Park Lanes said even if Wilson places last at the April 12-13 finals, he would have earned about \$600-1,000 (with the all expense paid trip).

As Stephen Borasi, District manager of AMF, put it: "Even pros don't make that much money."

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GREENHAVEN

SOCCER REGISTRATION

Registration is now available online.
Go to: www.greenhavensoccer.com
and select the registration tab.






In Person Registration Night
When: Tuesday, April 30, 2013, 6:30 PM-8:30 PM
Where: Robbie Waters Library Mtg Room - 7335 Gloria Drive

What to Bring—ALL PLAYERS NEED:

- One check made out to GHSC for registration & volunteer fees
- Birth Certificate (government-issued) - for all players that did not play with GHSC in 2011 as well as any new players
- A recent picture 1" x 1" square—no hats/sunglasses (similar to a driver's license photo); picture not needed for U-8

Fees: US: \$70, US-U19: \$195 (does not include referee fees), U12-U19: \$120 (includes referee fees)

Uniform use is included in the cost!

There is also a volunteer fee—\$50 (refundable upon completion of volunteer service) per family. Please see the website for more details.

CALENDAR

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

ONGOING:

Sacramento Public Library offers passport service at its Central Library

The library can now process U.S. passport applications at its Central Library, 828 I St. Passport photos can be taken at the library office for an additional \$15 fee, and checks or money orders are accepted. Hours are Tuesdays, 3 p.m. to 7:30 p.m.; Fridays, noon to 4:30 p.m.; Saturdays, 10 a.m. to 4:30 p.m.; and Sundays, noon to 4:30 p.m. Appointments are encouraged by calling the library at (916) 264-2920. Visit www.travel.state.gov for information on processing fees, proof of citizenship and required passport application documents.

The Sacramento Rose Society

Meets the second Thursday of each month at 7:30 p.m. at the Shepard Garden & Arts Center, 3330 McKinley Blvd., in East Sacramento. For more information, visit www.sactorose.org/sacramentorosesociety.

The Sacramento Chapter of the Women's Council of Realtors

Meets every third Thursday of the month from 11:30 a.m. to 1 p.m. at the Sacramento Association of Realtors 2003 Howe Ave. It is a luncheon and features various speakers and topics that impact business locally.

Travel club meetings slated at Arcade Library

The Sacramento Public Library invites all travelers to its monthly "No Reservations Travel Club" meetings at 7 p.m. on the first Tuesday of each month at the Arcade branch, 2443 Marconi Ave. The free adult meetings feature a speaker, plus time for exchanging travel information within the group. 264-2920 or visit www.saclibrary.org.

Finding the Right Path art exhibit

Through out the month, an art exhibition of landscape paintings by local artist Jo Anne Marquardt will be held at Sacramento City College library, third floor. Hours of the library are 7:30 a.m.-8 p.m. Monday through Thursday, 7:30 a.m.-5 p.m. on Fridays and 9 a.m. to 3 p.m. Saturday. It is closed Sunday except for a reception from 1-3 p.m. on Sun. March 10.

Carmichael clothes drive

Now-April 13. For every pound received 15 cents will be donated to Sacramento Area Creeks Council to support Creek Week. Drop off at Carmichael Recreation and Park District, 5750 Grant Ave., Carmichael, Monday through Friday, 8:30 a.m. to 5 p.m. (April 13 at Carmichael Park Band Shell). Bring clothes in plastic bags.

Fairytale Town presents its annual puppet festival

Thursdays - Sundays, May 2 - June 16, Weekdays at 10:30 a.m., 11:30 a.m. & 12:30 p.m. Weekends at 12:30, 1:30, 2:30 p.m. Children and adults can enjoy live pup-

pet show performances inside Fairytale Town's Children's Theater. Puppet show performances from May 2 through June 2 will be performed by Puppet Art Theater Company. The festival will end with the premiere of Fairytale Town's original puppet production of "Rumpelstiltskin" from June 6 through 16. Tickets are \$2 for nonmembers in addition to park admission, and \$1 for members. www.fairytaletown.org, 808-7462, 3901 Land Park Dr.

City of Sacramento announces summer youth jobs

Deadline for application, April 1: The City is hiring approximately 60 youth between the ages of 14-17 for the position "Youth Aide" which pays \$8 an hour, Friday - Tuesday, 8 a.m. to 2:30 p.m. (6 1/2 hours per day - includes 1/2 hour unpaid lunch). Applications must be returned to the Belle Cooleidge Community Center (5699 S. Land Park Dr.) by 4 pm, Monday, April 1. Program runs June 21 to Aug. 11 with training scheduled for June 19 and 20. All paperwork must be submitted for applications to be considered.

MARCH

Kiwanis Club of East Sacramento-Midtown meeting

March 28: Visitors welcome, weekly breakfast meeting on first, second and third Fridays at 7 a.m. and dinner meeting on fourth Thursday at 6 p.m. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, 761-0984, volunteers always welcome!

Yoga for Fitness and Fun at Belle Cooleidge

March 29: Yoga at 3:30 p.m., ages 9 and up, 5600 South Land Park Dr., Sacramento. 264-2920

Bi-Polar Anonymous

March 29: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Perennial plant club's 12th annual sale of unusual plants

March 30: The Sacramento Perennial Plant Club is hosting its 12th Annual Sale of unusual and favorite plants on March 30, 2013

from 9 a.m. to 3 p.m. at the Shepherd Garden & Arts Center in McKinley Park, 3330 McKinley Blvd. Speaking at noon will be Nicholas Stodden, Director of New Plant Introductions, Monrovia Nurseries. His subject is "Behind the Curtain," a cat's eye view of the inner workings of a nursery. In addition, there will be a free raffle for Monrovia plants brought by Stodden.

Easter Bonnet Promenade Starting at the Sacramento History Museum

March 30: Dress up in your favorite Easter finery -- or other historic apparel -- to celebrate in high style during the 18th Annual "Living History" Easter Bonnet Promenade! You'll enjoy a leisurely one-hour stroll through the historic boardwalks and cobblestone streets of Old Sacramento that starts at 11 a.m. at the Sacramento History Museum. For more, visit www.historyoldsac.org or call 808-7059.

Equestrian Sunset Ride at Deer Creek Hills

March 30: Riders and horses alike, will take in the closing daylight as the sunsets over the Coastal Range. Provide your own horse, 5-8 p.m. Age 16 and older. Cost: \$20. Register online: www.sacramentovalleyconservancy.org/calendar.asp

26th Annual Pancake Breakfast and Egg Hunt

March 30: The East Sacramento-Midtown Kiwanis Club will be hosting its 26th Annual Pancake Breakfast and Easter Egg Hunt at McKinley Park's Clinic Center. Celebrate a Sacramento tradition with a free egg hunt, carnival games, and a fundraising breakfast benefiting the work of the Kiwanis in Sacramento. Breakfast will be served from 7:30-11:30 a.m., \$6 for adults and \$4 for children. Free egg hunts start at 9:30 a.m.

The Old City Cemetery Committee's Sacramento history tour for kids

March 30: Tales of old Sacramento pioneers, trappers, railroad men, society women, heroes and villains come to life on this cemetery tour specifically designed for kids in fourth grade and up. Come see why truth is sometimes stranger than fiction. Tour starts at 10 a.m. at the Sacramento Historic City Cemetery, 1000 Broadway, Sacramento. Free parking is available in the lot at 10th & Broadway, across the street from the 10th Street entrance. Tours are free; however, donations are appreciated and benefit cemetery preservation. For more information, call 264-7839 or 448-0811.

Spring Eggstravaganza at Fairytale Town

March 30 and 31: This popular, fun-filled family weekend features egg hunts, prizes, spring-themed hands-on activities and pictures with Peter Cottontail (additional cost). Daily egg hunts are held promptly at noon, 1 p.m. and 2 p.m. Hunt areas are separated by age groups as follows: 0 - 3 years, 4 - 6 years, and 7 - 12 years. The Fairytale Town Troupers will also open their sixth annual season with performances of "Beauty and the Beast," a retelling of the classic fairytale with music, magic and mid-century mod (additional cost). This program is free with paid park admission. Weekend admission is \$5 for adults and children ages 2 and older. Children ages 1 and under are free. For more information, visit www.fairytaletown.org or call 808-7462.

The Fairytale Town Troupers present: "Beauty and the Beast"

March 30, 31: The Fairytale Town Troupers begin their sixth season with "Beauty and the Beast," a retelling of the classic fairytale with music, magic and mid-century mod. At the corner coffee house, beautiful Beatrice is beloved by all--until her faltering father is forced to sell out to a big-time brute who is all business. Performances will be held in the Children's Theater. Show times at 12:30 p.m. and 2:30 p.m. Tickets are \$2 for nonmembers in addition to park admission; tickets are \$1 for members. Tickets can be purchased at the Fairytale Town main gate or at the entrance to the Children's Theater. For more in-

formation, visit www.fairytaletown.org or call (916) 808-7462.

APRIL

Sacramento Geranium Club to hold beekeeping talk

April 1: Brain Fishback, Educator and Bee Keeper will talk about how to encourage bees to our gardens. Free to the public. Light lunch after the meeting. Meetings are every First Monday of the Month. 3330 McKinley Blvd. Sacramento, 10 a.m. to 1 p.m.

Reusable Bag Ordinance Public Meeting

April 1: The public is invited to attend a meeting conducted by the City of Sacramento, Recycling & Solid Waste Division and Councilmember Steve Cohn, to provide input on elements for a Reusable Bag Ordinance with the goal of reducing the number of plastic bags that enter our local waste stream. 5:30 p.m., City Hall - Council Chambers, 915 I St., Sacramento. See www.sacreycle.org or call Erin Treadwell at 808-4934 for more information.

April Fools' Sacramento History

April 1: Starting at 6 p.m., local historians James Scott and Amanda Graham will deliver an illustrated lecture on "Incredible Occurrences in Sacramento History." The professors will speak under the auspices of the Royal Sacramen-

to Lyceum and Hall of Antiquities, Curiosities, Rare Tomes and Manuscripts. They are perfectly acquainted with their subjects and will give a most interesting and entertaining presentation. The lecture is an annual event, which always attracts wide attention. As with the previous year, all subjects shall contain wild fabrications, and guests are encouraged to attend with friends of a trusting disposition. Central Library, 828 I St., Sacramento. 264-2920, www.saclibrary.org.

Rotary Clubs of Arden-Arcade, Carmichael

April 2: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Soroptimist International of Sacramento North meeting

April 2: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

East Sac Rotary

April 3: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

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ELEGANT LAND PARK

Unique 3 or 4 bedroom 3 bath home with a lovely garden and pool; that also includes an additional lot in rear. Downstairs master with sitting area, fireplace, walk-in closets. Large separate family room marvelous sunroom and remodeled kitchen with great storage. \$1,200,000

PAMELA RICHARDS 716-3615



HANDSOME LAND PARK HOME

Absolutely charming 3 bedroom 1½ bath with den in wonderful Land Park neighborhood. Updated kitchen and bath, living room fireplace, central heat and air conditioning. Located on a 140 foot deep lot; within easy walking distance to schools. 2-car garage. \$499,000

SHEILA VAN NOY 505-5395



SWANSTON PALMS HOME

So much house for an affordable price! 4 bedrooms 3 baths, pretty hardwood floors, granite countertops, large master suite and spacious family room. Open floor plan invites entertaining or plenty of play space for children. Walking distance to Crocker/Riverside School! \$485,000

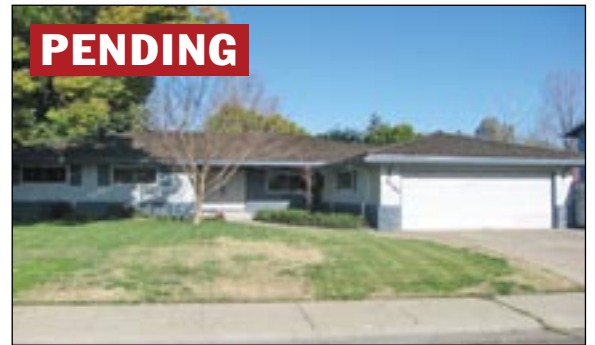
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REMODELED S LAND PARK

Amazing home at the top of the hill in highly desired Land Park Terrace! Completely remodeled 3 bedroom 2 bath; features include maple cabinetry, heated floor in master, flagstone gas fireplace and professionally landscaped yard with pool, stamped concrete and fire pit. \$620,000

MONA GERGEN 247-9555



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Almost a 1/4 acre with a gorgeous pool! This home offers 3 bedrooms, 3 full bathrooms and over 2,100 sq.ft. of living space. The living room/dining room combo overlook the yard. This very spacious home offers indoor laundry, a bathroom off of the backyard for swimming season and RV access! \$299,000

JAMIE RICH 612-4000



SPECIAL LAND PARK HOME

Fantastic curb appeal is just a hint of things to come! 4 bedrooms 2½ baths with pretty living room, remodeled kitchen with open counter to dining room. Private upstairs master suite with spacious bath. Enjoy the private backyard with inviting pool. \$585,000

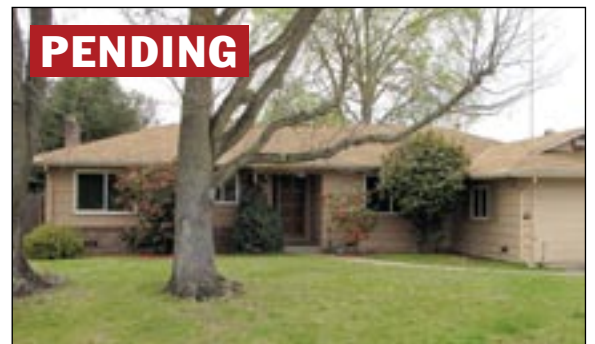
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