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Meet the Poodkums

Sacramento kindie-rock that teaches

See page 5

- Lance Armstrong history feature6
- School News: C.K.M. batting cage update10
- Faces and Places.....16
- Calendar.....20

March for the Dream

■ See page 16



Who's reading our paper?

■ See page 23



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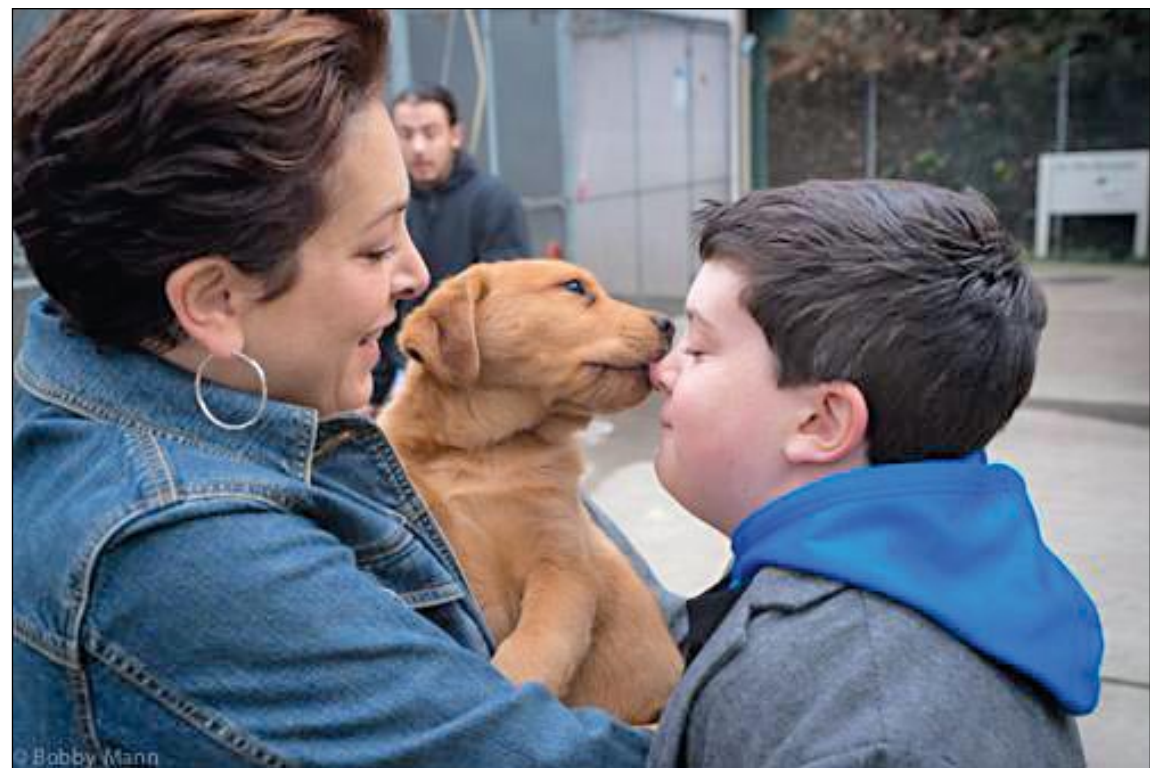


Photo courtesy of Randi Knott

Randi Knott and her son Presley Knott cuddle a small pup. Presley, a boy with autism, celebrated his birthday at the Front Street Shelter on Sunday, Jan. 19 where a successful adopt-a-thon was held.

Front Street Animal Shelter fulfills Sacramento 11 year old's birthday wish

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

Sacramento resident Presley Knott had just one wish for his 11th birthday: that all of the animals in Sacramento get a forever home.

A local boy with Autism, Presley said his pet Chihuahua named Luigi is from the City

of Sacramento's Front Street Shelter and he's his best friend. "(Luigi) has some special needs but doesn't everyone?" asked Presley. "Animals can help people with disabilities like Autism or blindness or if you can't walk. They also love you no matter what anyone else thinks."

The Front Street Shelter helped make his wish come

true last weekend by making the price of adoption only \$11 in honor of his 11th birthday, which resulted in about 70 adoptions.

"They are awesome," Presley said. The shelter also collected donations for Autism Speaks, an autism ad-

See Birthday, page 3

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Photo courtesy of Randi Knott

Presley Knott cuddles a sweet little pup. He celebrated his birthday at the Front Street Shelter on Sunday, Jan. 19 where a successful adopt-a-thon was held.

Birthday:

Continued from page 2

vocacy organization. "So, we aren't just helping the animals but we are helping people with Autism, too," Presley said.

In honor of his birthday, a big party was held at the shelter with about 30 guests, including friends from his school, Mariemont Elementary in the Arden Park area. They were treated to pizza as well as a tour of the shelter. They were asked to pick an animal and write a letter as to why it should

be adopted. "The shelter has found when there's a personal note of why it should be adopted, it goes a lot further," Presley's mom Randi Knott said in an interview with Valley Community Newspapers, adding that "Team Front Street has been amazing for Presley to give back." She said even though he has special needs, this shows what good you can still do for the community, including improving the welfare of animals and people alike.

Randi called "Louie" (Luigi's nickname) a great addition to Presley's life. "Even when playing his video games, Louie is in his lap," she said. "It's been great. We had dogs before (Pre-

See Autism, page 4

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Autism:

Continued from page 3

sley) was born, but those dogs weren't interested in him and he wasn't interested in them. My husband wanted him to experience the joy of having a pet — one that was his dog." The timing was important because as his friends became more socially sophisticated, Presley experienced bully-

ing because of the disorder. "So we wanted him to feel the unconditional love of the pet," Randi said.

And luck would have it, 4RFriends, a Sacramento animal rescue, was having an adoption fair at Loehmann's Plaza last July. It wasn't that Randi and Presley were intentionally going to buy a pet that day, but the young boy saw a beat-up, 2-year-old pup and fell in love.

"I called him the Charlie Brown Christmas tree of dogs," Randi said. "He had huge scars from a massive surgery. He was run over twice. But my son saw something in him that no one else saw." They've been joined at the hip ever since.

Presley walks him and the unconditional love has been good for his self esteem and inherent in their human-animal bond dwell incredi-

ble healing powers. Many at risk children have tales of sorrow, loss and pain with no one to listen and often, no one to see the possibility and provide an opportunity to restructure their lives with a positive experience. Through interactions with an animal, a child becomes not a child with autism or any other disorder, but they simply become a child with a friend.

On the Autism spectrum, Presley's condition is considered high functioning and to him, "it's a matter of more or less" compared to others at his school who might not be as socially capable.

At Mariemont, Presley attends special day class, takes adaptive physical education and has vocabulary delay. But the school and his therapist Anne Shideler have been great. "After working with her, he ran for student senate. His speech went viral. Even though he didn't win, I got texts from parents. He came in third, which wasn't too shabby especially for a kid who wasn't terribly popular. It was a great experience for him. I feel he has power over his life and what more can any parent want."

When Presley expressed his birthday wish to his mother, Randi said she thought about how to fulfill it. Being of the Jewish faith, the family usually volunteers on Christmas Day and this past year, they spent the day at the shelter where a tripod Chihuahua inspired Presley to help get the animal adopted. Professional photography was done and photos went online. Presley wanted to name it "Adorable Survivor", so "Lucky" was a good compromise, since the former was a little long. Anyway, Lucky got adopted the very next day and the experience inspired Presley's birthday wish and his mom's idea to contact the shelter to host the party.

Understanding that animals bring comfort and a level of unconditional love, the Front Street Shelter recognized the need to make adoption possible for anyone and has agreed to offer the space and special rate adoptions in honor of Presley, who is a junior ambassador there. He feels extremely proud and reminds the public, "Remember, adopt. Don't shop." To the Front Street Shelter, they're hoping the birthday bash is the beginning of many creative partnerships that benefit not only the lost, stray and abandoned animals of Sacramento, but also shed light on many other efforts under way that benefit the entire community.

Meet the Poodlums

Sacramento kindie-rock that teaches

By GREG BROWN
greg@valcomnews.com

The Poodlums are a playful Sacramento kindie-rock band that perform at libraries, schools, and fundraisers, as well as children's birthday parties.

They're more fun than a bounce house.

The Poodlums are Anne Howard and her husband Jason Wright, who are not hoodlums, but their standard poodles Murray and Dina are. It's how they jokingly came up with the name of their band. Jason said, "I think I was just trying to make Anne laugh and kinda put poodles and hoodlums together." Anne interjected: "And because our poodles act like hoodlums!"

They recently performed a show at the Belle Coolege Library. The place was packed with children and parents singing along and tapping their toes to songs like "Five Little Pigs". Five little pink pigs living on the farm. The farmer rings the dinner bell (sou-ee!) And one runs into the barn.

They have the children gleefully join in on the sou-ee! part. The parents get a kick out of it, too. It's a catchy ditty that's sung partly in Spanish, "Tres Cerditos"! It's also a fun video that's available on Youtube and their website.

Another song they perform live and on the Poodlums disc is Alphabet Soup. The guitar has a Green Day sound to it. It compliments the melodic vocal styling of Anne. Anne wears a red apron and oven mitt while stirring a bowl of soup. Jason dons a tall white chef's hat.

And word to your mother — they also do a little alphabet soup rap with the kids.

The Poodlum's concerts last about an hour and really capture the children's attention, which isn't easy to do. The kids are transfixed on the duo while they sing songs and tell stories. No kids running around, screaming, playing with the curtains. "That is the goal," Jason quipped.

All of the original songs the Poodlums perform have educational value. The married duo are board certified music therapists. They both graduated from the University of

the Pacific Conservatory of Music in Stockton.

Anne told me, "The way we look at it is, kids are learning and they don't even know it because they're having fun."

There's a science to the clapping, singing, stomping and storytelling.

Anne went on to say: "Music therapy is built on a principle that music and rhythm organizes motor output. Whether it's clapping your hands or stomping your feet or it's oral motor output where you're singing. All of your learning is going to be measured in those motor output forms and music is a great way to optimize learning and a great way to address skills in cognition, communication, and motor skills."

When The Poodlums got started in 2008, they targeted individuals with special needs. Anne said, "We originally, and we still, target individuals with special needs of all ages, but we found once we got started that children who don't have special needs love the music as well."

They also think it's important for the parents to enjoy the music, too. "We want our stuff to be fun for grown-ups because they're going to be playing our CDs over and over," Jason said.

He told me he grew up watching The Muppet Show and they always had music with a lot of puppets and humor. "That was part of our goal with the Poodlums, to have (something) music parents aren't going to be bored with and something they can enjoy." Jason is the comic relief of the duo. "I try to cater to the adults in the room. Sometimes the kids laugh at the same jokes as the parents and sometimes the jokes are just for the parents. I don't really have a plan, I just do it."

During the Belle Coolege Library concert, quite a few parents were bopping their heads up and down to the tunes and laughing along with the jokes. That doesn't really happen when Barney, the dinosaur, is playing. Some parents just want to leap out the window when they hear the I Love You song over and over. It can be maddening!

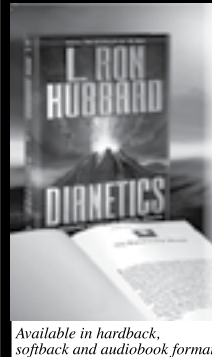
The Poodlums incorporate fun theatrics into each song, using props and costumes they

discovered at local thrift stores. The old retro Samsonite suitcases they use in their shows were bought at a couple of garage sales. "We are collecting things as we go," Anne said.

They're also building up their puppet collection. Anne's parents instilled the importance of being creative with stuffed animals and puppets when she was growing up. "Our stuffed animals each had a different personality and were almost like another family member," she said.

It's obvious The Poodlums love to perform for children. The duo is always smiling and animated on stage. Anne said, "I really love to connect with kids on a level of pure joy and fun where everyone can engage in a musical experience together. Experiences like that have always meant a lot to me as a kid and grownup too. I feel like I'm getting to connect with kids in that important time of life."

The Poodlums will be performing at a local library near you. Like them on Facebook or check out their website www.thepoodlums.com for upcoming concert dates, music videos, and merchandise including the Poodlums CD. They're available for birthday parties, too!



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Sacramento Historic City Cemetery established in mid-19th century

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part seven in a series regarding Sacramento to area cemeteries.

Certainly one of the Land Park area's most notable landmarks is the Sacramento Historic City Cemetery at 1000 Broadway, between Riverside Boulevard and Muir Way.

This cemetery has the notoriety of being Sacramento's oldest existing cemetery, as it dates back to the mid-19th century.

The initial acreage for the cemetery was donated on Nov. 28, 1849 by Capt. John Augustus Sutter, who a decade earlier established one of the area's most historically important sites, Sutter's

Fort, and Henry A. Schoolcraft, who came to California in 1847 and became the first alcalde of Sacramento in the spring of 1849.

On Dec. 3, 1849, the city passed an ordinance establishing a public cemetery and regulating interments.

The ordinance included the following words: "Be it ordained by the president and council of Sacramento City, that from and after the passage of this ordinance, the (10-acre) square donated to the city by John A. Sutter and H.A. Schoolcraft, south of Y Street (now Broadway), between 9th and 11th streets, shall be the public grave yard (sic), where the bodies of deceased persons shall be buried."

Although the cemetery's earliest known burial was that of a Capt. James T. Homans of the U.S. Navy in 1849, the grave of Franklin B. Davis has a more historical background, considering that his original burial occurred three years earlier.

The cemetery was laid out sometime in 1850. A report regarding the city's common council meeting of Nov. 26, 1850, notes: "The committee on the subject (of the city cemetery) recommended that the sexton in charge of the burial ground be requested to make out a plat defining the places where persons have been buried."

Four days later, the *Sacramento Transcript* reported that common councilmember Dr. J.M. Mackenzie had commenced making a list of those who had been interred at the city cemetery.



The Sacramento Historic City Cemetery is located at 1000 Broadway.

Photo by Lance Armstrong

By 1858, the cemetery included about 3,000 graves, 300 trees, a well and irrigation pipe.

Among the earlier residents to be buried at the cemetery was James H. Crocker, who was the son of Capt. Rowland R. Crocker, who was known as having crossed the Atlantic Ocean more times than any then-living shipmaster.

James H. Crocker, a New Bedford, Mass. native who worked at Capt. Rowland Gelston's Sacramento store, died from dysentery at the age of 43 on April 1, 1850. According to James H. Crocker's obituary in the April 10, 1850 edition of the *Transcript*, his coffin, which was covered with an American flag, was carried to his grave in a long procession, which was accompanied by music played by a band.

A few of the most notable people buried at the cemetery are: Sacramento's founder John Augustus Sutter, Jr. (1826-1897); lawyer and famous art collector, E.B. Crocker (1818-1875); storekeeper and railroad mogul, Mark Hopkins (1813-1878); and several California governors and early Sacramento mayors.

Among the former mayors who were interred at the cemetery was Hardin Bigelow, Sacramento's first mayor to be elected under a state charter. Bigelow, who was shot in Sacramento's tragic squatter riots in August 1850, passed away at the age of 41 on Nov. 27, 1850.

Also interred at the city cemetery was Col. William Stephen Hamilton (1797-1850), the second youngest son of Alexander Hamilton, the first treasurer of the United States.

Although William has been speculated to have died of cholera during the city's nearly three-week cholera epidemic in 1850, the *Transcript*, on Oct. 8, 1850, recognized his death as occurring the previous day, or about two weeks prior to when cholera was recorded to have arrived in Sacramento.

According to the 1880 book, "History of Sacramento County, California," cholera was brought to Sacramento from San Francisco on Oct. 20, 1850. A trivia regarding William was that he was buried at two previous locations before being interred at his present burial site near the then-fu-

ture location of the mortuary chapel on May 29, 1889. Other notable persons who were interred at the city cemetery include former state Senator William Johnson and Henry Elliot, builder of the first Weinstock, Lubin & Co. store at 400-412 K St.

Visitors of the cemetery can also tour special sections such as the Exempt Firemen's plot (1858), the Pioneer Society plot (1862) and several war veterans memorials, including the Spanish-American War Memorial (1898).

Another special monument at the cemetery was established in memory of about 1,000 people who died during the city's aforementioned cholera epidemic of 1850.

At the time of the epidemic, no one knew what caused cholera or how one became infected with it. Thousands fled from the city in panic, and 17 local physicians died.

Historical cemetery records indicate that 16 of these 17 physicians are buried at the cemetery, although their exact locations are unknown. The cemetery also consists of the Sacramento Historic Rose Garden, which is located on a portion of the cemetery's land that was donated by John Augustus Sutter, Sr. and Henry A. Schoolcraft.

In the middle of the cemetery sits the aforementioned mortuary chapel, which was constructed 120 years ago and is now used as a museum and archives library.

The building, which originally served as a holding vault, where remains were kept until proper burials could be arranged, presently serves as a different and more permanent style of holding vault, as it houses the official records of the cemetery. In contrast to its beginnings on a 10-acre parcel, the cemetery consists of 31.8 acres and about 30,000 burials. However, the cemetery, which had gradually expanded with the growth of the city, actually reached a size of nearly 60 acres in 1880, with a property donation by one of the city's all-time greatest philanthropists, Margaret Crocker, who was the widow of E.B. Crocker.

That donation was described in the July 1, 1880 edition of *The Sacramen-*

Cemetery:

Continued from page 6

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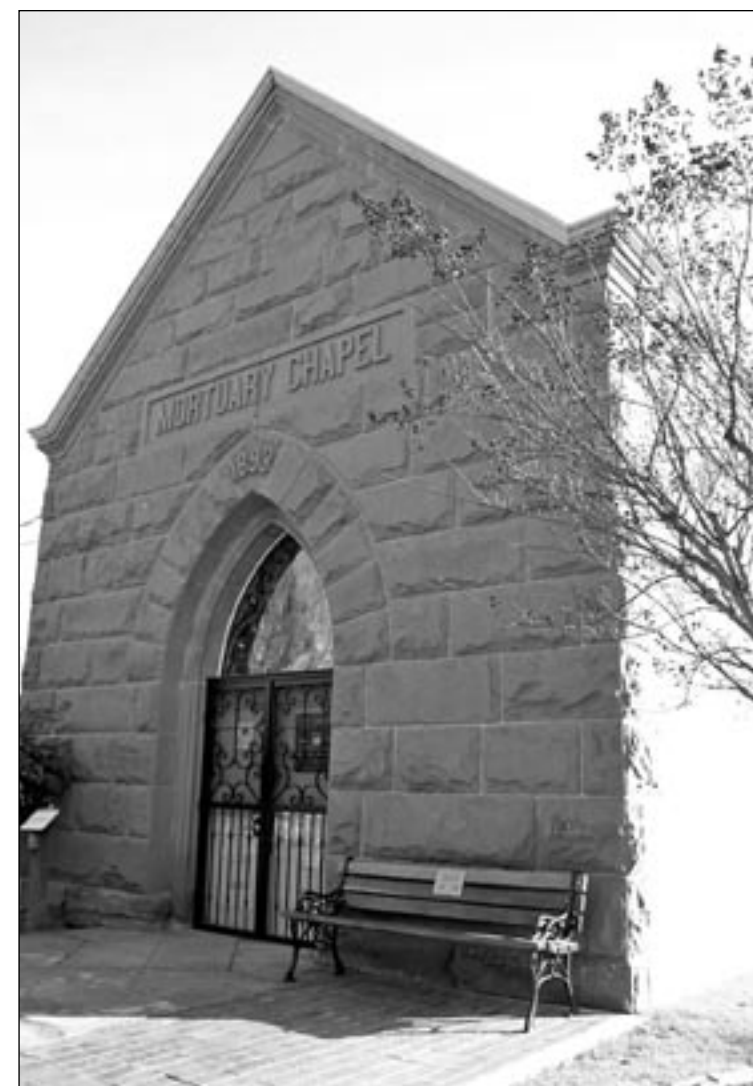


Photo by Lance Armstrong

The cemetery's 120-year-old mortuary chapel houses the cemetery's official records.

to Union, as follows: "Margaret E. Crocker to Sacramento City - Addition to city cemetery, June 25th, 2.22 chains long, fronting Y Street, and lying on west side of city cemetery."

The Margaret Crocker addition, which remains a part of the cemetery, was laid with lots blocks, and avenues named Azalea, Eglantine, Linden, Maple, Mulberry and Myrtle.

As the years unceasingly pass by, the value of the Sacramento Historic City Cemetery as a historic treasure continues to increase.

The cemetery's present winter hours are 8 a.m. to 5 p.m. on Mondays, Tuesdays and Fridays and 7 a.m. to 5 p.m. on Saturdays and Sundays.

For additional information about this cemetery, call 448-0811.

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See Cemetery, page 7

Building a time banking economy:

Curtis Park resident discusses local efforts

By MONICA STARK
editor@valcomnews.com

In an effort to build an alternate economy, community members, such as Curtis Park resident Eileen Murray, have come together to time bank, where their time and skills are valued equally. The idea is that for every hour Time Bank members spend doing something for someone in the Time Bank community, they earn one time dollar. Some offerings include: gardening, web design, tutoring, babysitting, party planning, dog walking, clerical work, cooking and childcare services.

Simply put: A time bank is a community system where people share their skills.

The local system has been named "Community Skill Exchange - Sacramento" and the public is invited to attend a time bank presentation and potluck on Saturday, Feb. 1 from 5 to 7 p.m. at Southside Park Cohousing Common House, 434 T St. Organizers ask you RSVP by calling 455-9259 or emailing emurray68@att.net

In time banking all people's time is of equal value. It's been said that whether you got your master's degree in English and you're editing a paper for someone, or you are using a shovel to dig up someone's plants they don't want in their garden anymore-- that is equal time. So time bankers don't value one person's skill over another based on their education or opportunities. They're all spending the same amount of time to do it.

Looking forward to hosting the potluck is Southside Park Cohousing resident Don Knutson, who explained relationship of values between cohousing and time banking. "Here in cohousing, sharing and working for our mutual benefit is the hallmark of our community of 40 adults and 15 children. I think the obsession with money we so often see in mainstream society drives a wedge between all of us and works against the development of empathy for one another. Time banking allows us to value work equally and removing the onus of money allow us to appreciate each other's uniqueness."

Outlining the core values of time banking, Murray said they are each based on mutual respect. They are as follows:

Assets- every human being has something to contribute

Reciprocity- we serve others and let others serve us

Respect- we listen to and are accountable to another.

Social networks- by helping one another we build communities of support, trust and strength

Redefining work- all kinds of work are honored and rewarded

A professional cook, Murray is hoping to trade for things she needs, as she explained in an interview with *Valley Community Newspapers*: "I need to have someone come help me figure out a water system for my garden in the backyard. Somehow I am dyslexic; I've tried a number of systems myself. Or tutor me on the computer because I'd like to learn. At times, I had to ask my neighbor to walk my dog when I had a catering appointment. So she came to

walk my dog. She would have gotten a time dollar. She and her husband came to the last information meeting. They will probably become members. (As an excuse to not participate) people say they don't have time. But it's just a matter of starting to shift the way that we live and that would probably be a good thing. In some ways, it's good to slow down and receive from other people."

"It's about building community. Its about making friends. It's wonderful," she said.

Murray, a Sacramento resident of 23 years, has done contract work for the Sacramento Natural Foods Co-op as a cooking teacher and chef, where she happened to friend Rob Lang who has since moved to Boston where time banking is a big deal. "He called me up and said, 'you won't believe this thing called time banking here. It's completely amazing. Said you need to check it out.' So Murray read the philosophy behind it all and said to herself: "This is really right up my spiri-

See Time Bank, page 22

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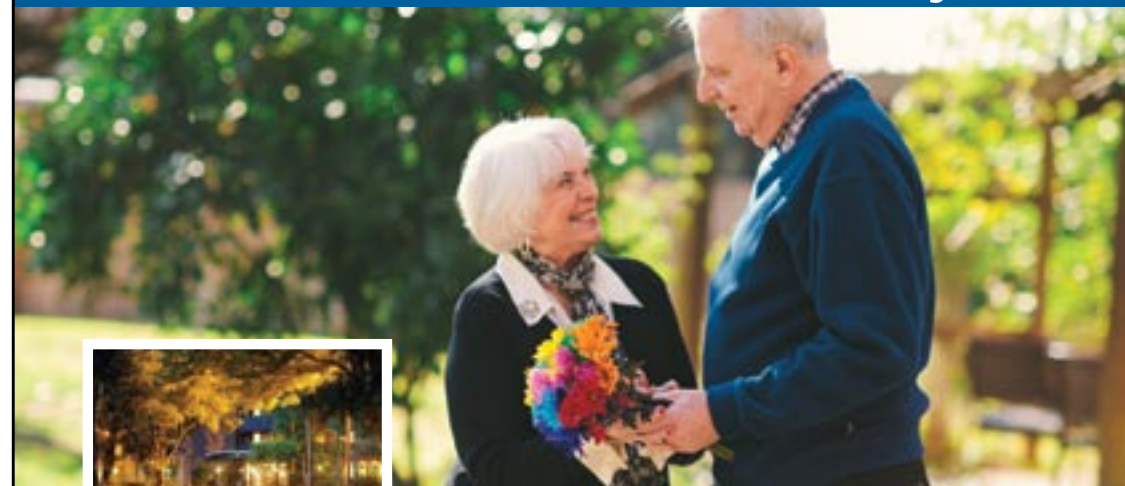
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CKM batting cage update: Ribbon cutting set for Feb. 22 at noon

By MONICA STARK
editor@valcomnews.com

The long-awaited batting cages are complete and a ribbon cutting ceremony is set for Feb. 22 at noon, after a morning scrimmage between CKM and El Camino baseball teams. In an interview with the *Land Park News*, Principal Peter Lambert said the final cost of the cages hasn't been determined, but it's estimated to cost about \$15,000 more than the \$155,000 originally thrown out, which includes design fees and state permitting. Paid for by funds from voter-approved Measure R, the new structure will cost

eight times that of the one the community built.

To Andrew Tait, the situation has been a debacle. "Yes, the cages are being restored, albeit at an exorbitant cost."

Asked if he thinks that's a lot of money, Lambert said, "Yes it's a lot of money" and school board member Jay Hansen agreed: "Of course, but we have something that's going to last 30 or 40 years. So to divide \$150,000 by 30, that's only \$5,000 a year." To put into perspective, Hansen said the district's annual budget is more than \$500 million a year with 45,000 students, 5,000 staff members. "We're the 12th largest district in the entire state of California," Hansen said.

"When you look at the final product and you compare it to what was out there, I think that's why everyone is so pleased because it's been done right; it's been done properly. It's just night and day," Lambert said. Asked where materials from the old cages went, Lambert said all of that has been stored in district facilities for Head Baseball Coach Mike de Necocchea to recycle and reuse. "Nothing was discarded. It can all be reused."

Started in November, the cages were completed by the end of December after community outrage when the district decided to tear down the previous cages former team members and their families

built. The architect on the project is Kevin Arwood from Rainforth and Grau, the same architects who are designing the new heating and air system for the main gym.

"I think seeing (batting cage) project completed gives me a lot of hope that other projects are going to be completed as well in a continued professional manner and we will be pleased with the outcome. But we will have to be inconvenienced somewhat during that time," said Lambert to a small group inside the library, which gathered on the evening of Jan. 16 to set a date and time for the ribbon cutting ceremony as well as discuss other construction

projects happening on campus over the summer due to bond money approved by voters.

Consisting of Lambert, Hansen, district Chief of Accountability Officer Teresa Cummings, de Necocchea, athletic director Rob Feickert and a few parents and supporters, including Tait, it was a much different scene from the Oct. 15 meeting where the room was packed with angry parents.

In other campus construction news, over the summer, the school will have its gym, locker rooms and bathrooms remodeled to be com-

See *Batting cage*, page 11

Batting cage:

Continued from page 10

pliant with the Americans with Disabilities Act. Some of the summer programs will be moved to Cal Middle School due to the construction at McClatchy.

"It will be a slow summer; we're not going to have a lot of programs going on over here and we will have to make some adjustments," he said.

"We're almost an 80-year-old school and once we get into the pipes and see what is going on, it may end up in more challenges. Hopefully it will go smooth, but I want people to be cautiously optimistic and the realization that we have a lot of projects going on. The major part is the gym project. We are thinking the bathroom project can get done during the scope of the summer. It will be a tight timeline."

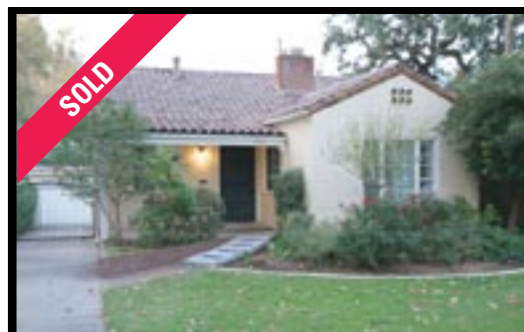
"But we truncated the timeline as much as possible so we would displace as few students, as few sports teams as possible. Still, the goal is to get it done and turn it over to us at the start of the school year so we don't have any problems at the start of school. If we remove ourselves from the school, they won't have to work around us," Lambert said.

Prior to the meeting Pia Wong, a parent of two at CKM, told the *Land Park News* that in terms of capi-

tal improvements on campus, there are many more needs than resources, even with the successful bond measures.

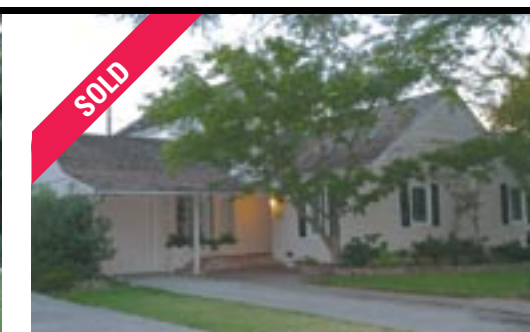
"The district (like many in the state) has years of deferred maintenance, which has worn at the capacity and functionality of many of its capital assets. In addition, there is a long list of important capital projects for each campus that will likely take priority because they relate directly to student safety and optimal learning conditions. But again, each campus will have more improvements than current funding can support.

"So, for now, I think the parent and student communities should become engaged with their own campuses (start with the principal to learn if there is a committee, who to contact, if plans exist, etc.), voice their opinions about emerging plans but be prepared that for a wide range of defensible reasons (funding, building codes, restrictions, etc.) not everything that everyone wants can be brought to fruition. Also, extensive plans for each campus were developed prior to the bond measure being placed on the ballot. It is my understanding that those plans are more or less the 'list of improvements' to make at each campus, though there is not funding for all of them and I don't think they appear in any priority order."



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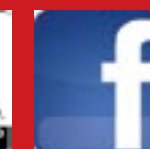
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An interview with the founder of the Garvey Market Place

By MONICA STARK
editor@valcomnews.com

Editor's note: This is the second and final part in a series about the Garvey Market Place, a new marketplace that's made the Land Park area home. What follows is an interview with its founder, Cleo TabiaZahra Cartel.

As was previously mentioned, the Garvey Market Place is the latest marketplace trend in Sacramento, selling out of art galleries and taking over Land Park sidewalks. Always on the move, there is no set location for it except that its founder, Cleo TabiaZahra Cartel, said she's keeping it in the neighborhood.

Part of the gypsy feel of the scene is due to simple economics. "We don't make that much; that's why we move a lot. We secure a space for a month and if it works out, then we stay or we don't, but we're always in the Land Park area," said Cartel, who is a native of Land Park.

With music, food and massage, it's truly an exchange of culture and Cartel said it's really three things, including the regular vending event, which happens either Saturday or Sunday. Secondly, the Garvey Market Place holds a clothing swap every first Sunday of the month with the goal of swapping items that didn't sell previously. Third thing is the test

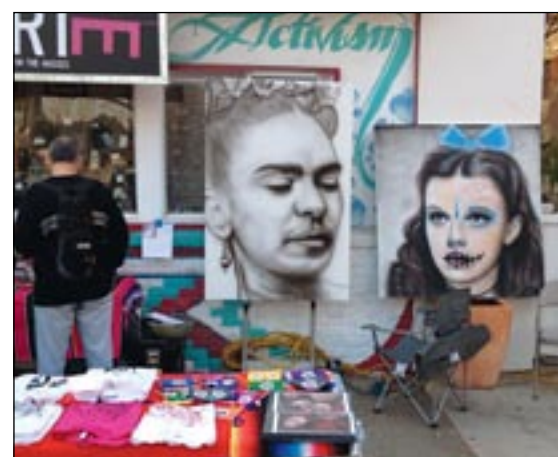


Photo courtesy of Cleo TabiaZahra Cartel
One of the locations of the Garvey Market Place has been in front of Sol Collective (2574 21st St). The marketplaces happen weekly at various locations in Land Park.

kitchen for people who want to start a business but don't know how.

"It's for people who are caught in the middle, but don't know where to sell, don't know how to sell, don't know how to brand themselves, who want to be around like-minded artisans. So that's why we have the test kitchen, which is every Sunday after the first Sunday of the month," Cartel explained.

At the test kitchen, folks can bounce ideas off others and give samples. As for selling food,

See Garvey Market Place, page 15

Garvey Market Place:

Continued from page 14

Cartel said it has to be either packaged or prepared in a certified kitchen.

The marketplace has had up to 35 vendors, including seven who have driven up from the Bay Area that Cartel has vended with in the past. "They'll ask me, Cleo, is this regular? Because, we would love to come up; we love the vibe."

The Garvey Market Place takes root from Cartel's natural company called Yummi Goodz, an all-natural veg-an organic body products line which was created after seeing her mother's scaly arthritic hands in pain. "She could never find anything that could moisturize her scaly and dry skin without irritating it. I'm a licensed cosmetologist by trade and so I said, Mom, let me see if I could make you something," said Cartel. So the loving and talented daughter started researching her mother's condition and began looking for natural herbs that would take the inflammation down and smooth the skin.

Cartel described the scene at home: "I started getting things from around the kitchen and say, 'here, try this.' And she was like, 'I love this, but hate this.' So it came by trial and error and so I made this awesome ointment for her and she said, 'You need to talk to my doctor for some of the other arthritis patients.' And I was like, 'OK,' and I did and they started liking it, asking where they could purchase it and I started selling it in my salon and it just took off."

Cartel then began researching marketplaces, such as "the Berkeley flea" and other SF markets in terms of cooperative economics and how people have come together, which inspired her to drive down to the Bay Area each week for a year to take part in the various flea markets. But because her mom became ill after a short time of Cartel being gone, she decided to return home and start something similar in Sacramento.

She remembers thinking about "the camaraderie of the marketplace, meeting people. There needs to be something like that in Sacramento. There are things where you could sell your goods once a month or during the holidays, but never anything you could do to



Photo by Monica Stark
Cleo TabiaZahra Cartel, founder of the Garvey Market Place, stands in front of Gold Lion Arts (2733 Riverside Blvd.) where a successful clothing swap she named "The Baglady Swap" was held. The marketplaces happen weekly at various locations in Land Park.

sell on a weekly basis. Artisans should have a place to sell and there (was the idea for the) marketplace."

"We're trying just to create a vibe. It's important for young adults to see people being entrepreneurs and doing this local things in the neighborhood. It's important to see a positive event and marketing and planning."

The Garvey Market Place notoriety has spread via social media and word of mouth.

So far in Land Park, Cartel has brought the Garvey Market Place to 21st Street, in front of This N That Thrift & Gift and Sol Collective (2590 21st St., 2574 21st St., respectively) and inside of its neighbor, Capsity (2572 21st St.) as well as to local musician, Ross Hammond's new business, Gold Lion Arts, (2733 Riverside Blvd.).

A hair stylist by trade, Cartel actually started off in architectural engineering but decided the office life wasn't for her. "When I was in high school, I got my license to do hair and then I decided after being in an office all day, I wanted to be with people and be in a fun environment you create. So that's what I did."

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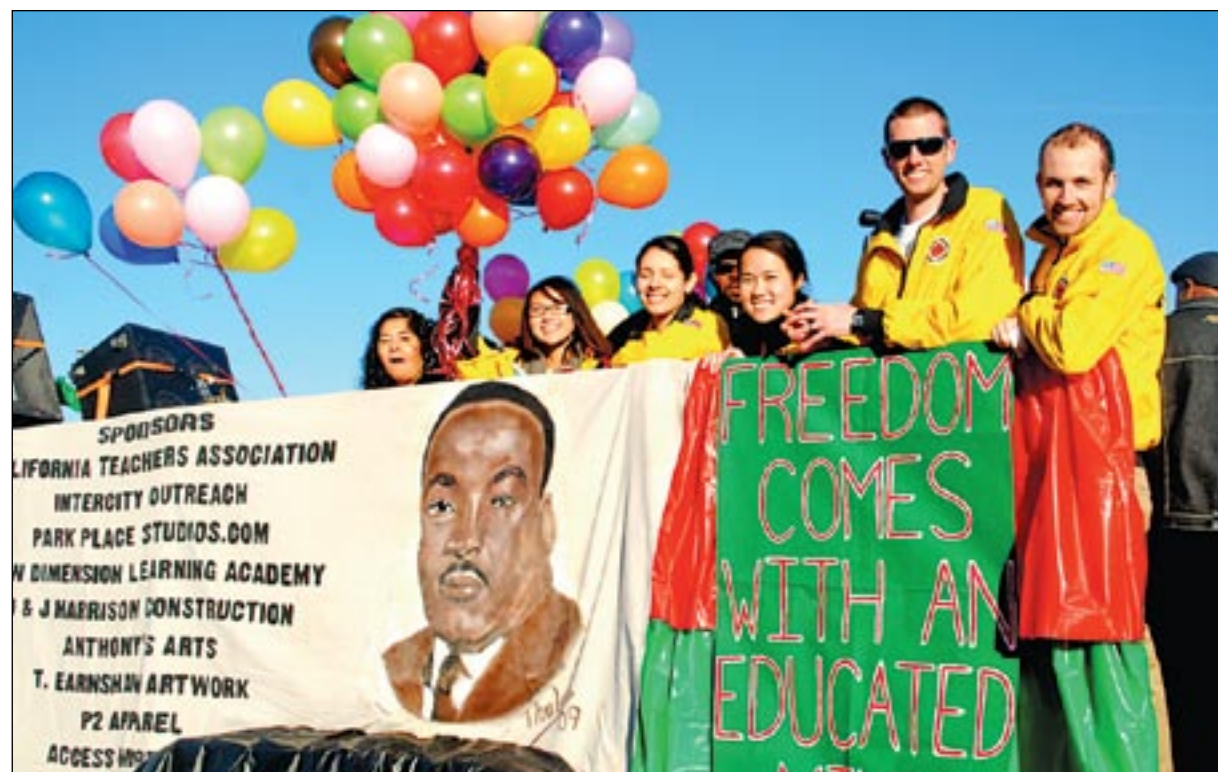
Faces and Places: The 33rd Annual Capitol March for the Dream

Photos by MONICA STARK

"Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals."

—Martin Luther King Jr.

On Monday, Jan. 20, Sacramento hosted the 33rd Annual Capitol March for the Dream, Northern California's largest celebration to honor the legacy of Dr. Martin Luther King Jr. The celebration attracted about 28,000 participants for the Capitol March and Diversity Expo. The march began at Martin Luther King Jr. Boulevard in front of the Oak Park Community Center with more people joining at Sacramento City College and along the route of the march. The walk took them through some of Sacramento's most historic neighborhoods, passing the State Capitol to the Sacramento Convention Center on J Street.



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Day Club Open House
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Please RSVP

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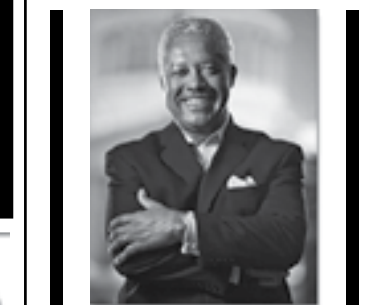
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The Crossword

by Margie E. Burke

ACROSS

- 1 Heroic tale
- 5 Cultural pursuits
- 9 Dutch pottery
- 14 Surrounding glow
- 15 Full of meaning
- 16 Verdi specialty
- 17 Docking spot
- 18 Forest forager
- 19 Harshness
- 20 Proving ground
- 22 Embodiment
- 24 Bubble maker
- 25 Tough to take
- 26 Send, as payment
- 29 Female "M" in Bond films
- 33 Pressing need?
- 34 Web or nanny follower
- 35 Mad magazine specialty
- 36 Poker payoff
- 37 Short hairdo
- 39 Kind of party
- 40 Manuscript reader
- 42 Hosiery mishap
- 43 Follow, as advice
- 44 Wicked
- 46 Beef chew
- 47 Lock of hair
- 48 Painter Ernst
- 49 Religious rite
- 52 Wealthy widow
- 56 Astrigent
- 57 Bird of the Nile
- 59 Donated
- 60 Minimal bottom
- 61 Encourage strongly
- 62 Harbinger

1	2	3	4	5	6	7	8	9	10	11	12	13	
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63													

- 63 Bushy boundary
- 64 Sunday service
- 65 Square sort
- 11 Building block brand
- 12 Gift tag word
- 13 Weight allowance
- 21 Mare's mouthpiece
- 23 Slammer
- 25 Upper arm bone
- 26 Turn red, maybe
- 27 Whittle away snake?
- 28 Main theme
- 29 Precursor to "NCIS" briefly
- 30 Gunpowder ingredient
- 31 Muskogee tribe
- 32 Intoxicating
- 34 Molar malady
- 37 Three Bears' meal
- 38 Kramden's wheels
- 41 Handmade lace
- 43 Nut shape
- 45 Densest metal
- 46 Boxer's target
- 48 Malone of the 76ers
- 49 Mud or bird follower
- 50 Liniment target
- 51 Give a nudge to
- 52 Quarters, slangily
- 53 Monopoly, e.g.
- 54 At any time
- 55 Tear apart
- 58 Lingerie item

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Don Reich, who died three years ago, was a noted Sacramento painter.

Crocker Art Museum 216 O Street, Sacramento

Tickets can be purchased at the door.

Time Bank:

Continued from page 8

tual, emotional and financial highway. So then I tried for a couple of years to get people interested. I did fliering, tabling. I needed people to come on board with me because you need a team to build it, to form it. I was looking for those people, I couldn't find any. I did a presentation at the co-op a couple years ago."

And then she met East Sacramento resident Nanci Kuzins and since September 2012, they have educated themselves and each other on time bank websites. After many presentations and potlucks, they've garnered the support of about 30 people who have committed to pay their dues (which is a sliding scale of \$10 to \$20 a year), which pays for the operation of the

computer software program, Community Weaver, which is affiliated with Time Bank USA.

Upon describing the local efforts using the website, Murray said: "We will have a page there and people once they become members, they will be able to bank their hours. Nanci will be the facilitator. She will be the banker so to speak to make sure it's updated. Anybody with a computer can use it, but you could get time dollars by helping someone else who doesn't have a computer. It's a computer software program. You have a profile. You put your information in there. You can log in and see (for example) oh Amanda, she does child care and Amanda says yes I can babysit. Those hours are in her bank account."

Right now it's just Murray and Kuzins holding team leader positions, but they will be looking for members to get more involved. "I don't know if we will call them team leaders but we will hone out those positions and figure out the format."

Kuzins said she got interested in working together with Murray on forming a time bank in Sacramento because "the ideas that we all have assets to share, how can we give and receive from each other, and all are equal inspire me for community building."

Members such as Pocket resident Donna Fong, have done outreach on the social networking site Nextdoor, where most of the neighborhoods in the city are represented, Murray said.

As a retired teacher, Fong said she loves the idea of meeting new people, sharing

skills, creating community and at minimal cost, she has been budget-minded all her life and now on a fixed income, she has to be. She said, "When thinking of what I had to offer, I couldn't believe that there were a lot more than I originally fathomed."

"My list included but was not limited to teaching Mahjong, dance lessons, rides to the store and/or airport, pet and house sitting, math tutoring, etc. I originally heard to this concept, which is different than bartering, in the AARP newsletter. I was thrilled to find one in Sacramento that I could join. I'm looking forward to being a charter member."

Those interested in getting involved have to go through an orientation and tutorial with the software. For more information, contact Murray at emurray68@att.net

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Thank you all for and from Tower Café. Always, James Seyman (Owner).

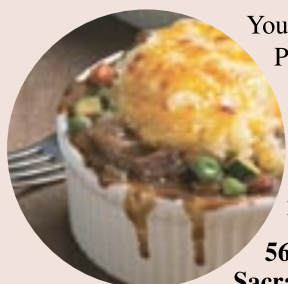
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Courtesy of the Sacramento Zoo

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