

Two Pocket women on a journey to win Miss America Pageant  
See page 7

Local Easter egg hunts  
See page 9

COMMUNITY CALENDAR, PAGES 27-29 • KNOW YOUR NEIGHBOR, PAGE 6 • FACES AND PLACES, PAGE 8

## Inside This Edition



Pocket resident selected as concert master

See page 6



Busy hands, happy hearts

See page 10



# Liberty League leader

JFK High alumna leads Vassar College  
See page 22

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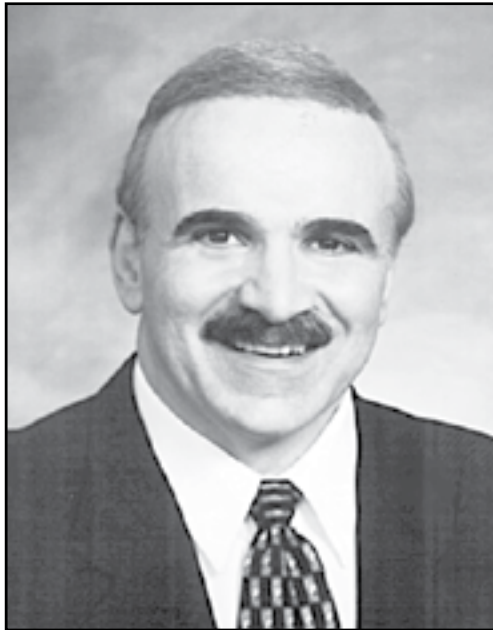
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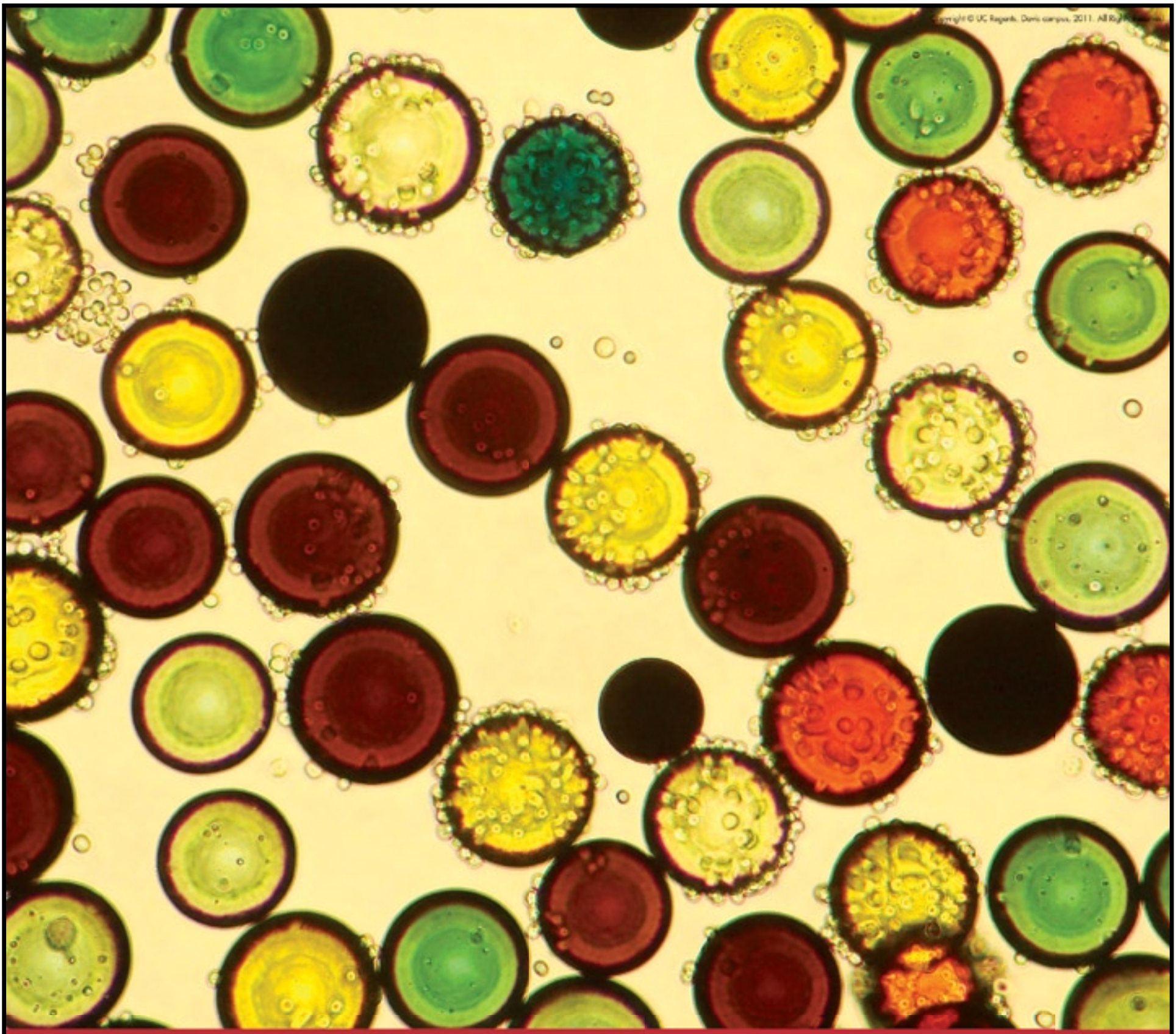
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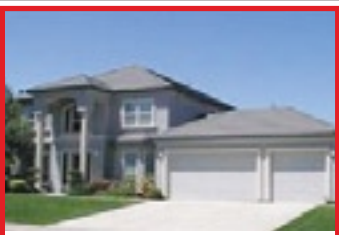
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Photo courtesy

## JFK Senior Splashdown 2011 is April 30

The John F. Kennedy High School Class of 2011 members of the Marching Band will host their final car wash tribute to the Senior Class of 2011 for their Outstanding Performances these past four years, on Saturday, April 30. All proceeds will benefit the students

and staff of the JFK High Marching Band.

The carwash will be held at Caroline Wenzel Elementary School, 6870 Greenhaven Drive in Sacramento from 7:30 a.m. to 1:30 p.m. Only \$5, bring your vehicle to the best car wash in town!

## Christian Brothers High School Class of 2011 thrives despite challenging year in terms of college admission rates

Special to Pocket News

In what is reportedly the nation's toughest college admissions year on record, Christian Brothers High School students have enjoyed tremendous success with acceptances from each of the eight Ivy League schools (Brown University, Columbia University, Cornell University, Dartmouth College, Harvard University, Princeton University, University of Pennsylvania, Yale University), Stanford University (three students), University of Notre Dame (seven students), Georgetown University (two students), the United States Military Academy at West Point, the United States Air Force Academy, the United States Naval Academy, all of the UC campuses, New York University, the University of Chicago and many more universities and colleges.

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the results thus far. "We really work hard to match students with schools that suit their academic and personal interests. Finding the right fit is critical. Ideally, our graduates join campus communities where they feel engaged, challenged and empowered. That, to me, is success."



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## Enjoy Community Sunday breakfast


Special to Pocket News

After a brief hiatus for Easter Sunday on April 24, the delicious Community Sunday Breakfast at the Elks Lodge No. 6 will resume on May 1.


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# Pocket area violinist chosen as concert master of Sacramento Youth Symphony Premier Orchestra

By SALLY KING  
Pocket News writer

Pocket area Concerto winner Ariana Fong has been playing the violin since she was five years old.

Fong has competed and won many solo competitions. Most recently, she was chosen as Concert Master for the 2011 Winter Concert, performed by the Sacramento Youth Symphony Premier Orchestra.

"I didn't choose the violin," Fong said. "My sister, who is older, started out on violin and ended up not liking it very much, so it got passed down to me."

"The violin fits me, I am open, loud, opinionated and I like my voice to be heard just like the violin likes to be heard in an orchestra," Fong said.

Fong said she practices the violin an hour each day dur-

ing the week and three hours on Saturday and Sunday.

Wistfully, she says she had to give up tennis, one of her loves, because it was just too much of a time commitment to play tennis and play the violin.

Fong said as much as she loves playing the violin, she does not plan on studying it at college. She said she would like to continue playing the violin on the side. Her goal is to either become a dentist or a civil engineer like her mom, though she is leaning towards dentistry. She has been accepted to the University of the Pacific in Stockton.

Fong, like many orchestra players who are violinists, had to work her way up to becoming a concert master. She has been a part of the Premiere Orchestra for four years. She started out her freshman year of high school as a second violinist, she then



Photo courtesy Collin Ong

Pocket area resident Ariana Fong has been selected to be the concert master for the Sacramento Youth Symphony Premier Orchestra.

moved up to first violinist. Later she became an associate concert master and last year moved up to concert master.

Fong said it takes a lot of experience to get to this point. She said you have to really want to play the music perfectly the first time.

She says she does not get nervous during a performance, but she does get nervous the whole month before the performance.

"The moments before I go on stage is torture," Fong said. "As a violinist, I have to rely on muscle memory to get through a concert."

She said she felt really confident during her performance in February, something she says she never experienced before.

Fong comes from a musical family. Her mom plays the piano and her dad plays the guitar. Her sister, Francesca, plays the cello. They are members of the Laguna Baptist Church and play as part of the Praise team. Fong plays the piano, electric guitar, drums and the Irish pen-

ny whistle for her church. She started taking piano lessons at age three.

When Fong plays during performances she does not concentrate on the notes.

"You either have it or you don't," Fong said. "I think about my surroundings and who is in the audience and how I am feeling at the moment."

Fong graduates from McClatchy High School this spring and said she and her friends plan on playing a contemporary piece at the ceremony.

Fong almost quit the violin four years ago when she

See Fong, page 14

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# Two Pocket women compete to enter Miss America Pageant

By SALLY KING  
Pocket News writer

Positive energy, involvement in the community and an understanding of world events are what the Miss California Beauty Pageant requires of their young contestants.

Michelle Parker and Claire Johnston, two lovely, energetic young women have begun their journey to fulfill these requirements. One is running for Miss Teen California and the other is running for Miss California.

Parker and Johnston both grew up in the Pocket, just a few blocks from each other. They only recently met when they decided to run for the Miss America Pageant.

Parker said her school counselor encouraged her to try out for Miss California Teen. Parker is 15 years old, turning 16 in May.

"I decided to try out for the pageant because I wanted to expand my horizons," Parker said. "I believe entering the pageant has increased my self-esteem and leadership skills."

Parker said she applied online and was soon doing interviews over the phone. After a month of interviews, she was accepted into the pageant.

"This has been very exciting," Parker said. "The only hard part has been trying to find sponsors, which I am working on right now."

The pageant will be held sometime in November in either Palm Springs or Los Angeles. The winner receives cash, prizes and college scholarships. All participants need sponsors to provide \$2000 for their expenses. In return the sponsors will receive advertising through various means.

Both Parker and Johnston are working on sponsorships. Many of the ways sponsors help is through providing services such as gym memberships and donations for events.

Johnston, 22 years old, is running for Miss California. She said a friend of hers who ran last year and won Miss Photogenic, encouraged her to try out.

"I like to do things outside of my comfort zone," Johnston said. "Last year I ran two half marathons and one full marathon, plus I have spent the last two years abroad doing missionary work."

Kellie Reali, who met Johnston at a summer youth camp eight years ago said Johnston is very passionate about wanting to help people.

"When you first meet Claire, she is instantly engaging," Reali said. "She is upbeat and seems genuinely happy to meet you."

During one of the pageant interviews, Parker was asked which super power she possessed.

"I answered the power of giving," Parker said. "It is an amazing power if you use it correctly."

Parker said her biggest cause is the fight against breast cancer. Her mother is a breast cancer survivor and Parker knows first-hand how it affects families. Parker said her grandfather is also dealing with cancer.

"My goal is make California a healthier place," Parker said. "I want to work on helping improve the environment."

Vonne Matney, a friend of the Parker family for 11 years, watched Parker grow up. She said Parker is a confident, caring, smart and witty young woman.

"Because of what Michelle saw her mother go through as a cancer survivor, she is always open to new experiences," Matney said. "She can roll with the flow. If the unexpected happens, she's adaptable."

Johnston remembers being asked in one of the pageant interviews what one thing would she change in the world if she could?

She said she would teach people to be more selfless and loving. Johnston said her travel abroad taught her that spending quality time with people is very important.

"Nothing matters in your life if you don't love people," Johnston said. "It's what makes your heart bigger."

Johnston said she was given the opportunity to serve in Mozambique, Africa and saw people struggling just to find fresh drinking water. She said



Photo courtesy

Pocket residents Michelle Parker and Claire Johnston, left to right, are pursuing a dream: to become Miss America.

she learned a lot about the different problems these people face.

Johnston said she holds tightly to Gandhi's belief of "Be the change you wish to see in the world."

Parker, who attends Kennedy High School, said her interests are dancing and helping out at her church. Her goal is to become a pharmacist. She belongs to Greenhaven Lutheran Church where she helps with Vacation Bible School and the Lutheran Women's Missionary League. She has been taking dance lessons since she was a small child.

Johnston leads a youth group at Life Point Church in Elk Grove. She worked at Bel Air in the Pocket while attending Kennedy High School. She said she is serving the Sacramento area through the Big Brothers Big Sisters mentoring program.

Diana Marks, who met Johnston when they both worked at Giovanni's Pizza, said Johnston is a very compassionate person.

"At the time a family member of mine was dying and Claire could tell something was wrong. She asked if she could pray with me," Marks said. "It really helped. She is my angel from heaven."

Both girls said they work out on a daily basis now. They also said they have become more aware of what they eat and where their food comes from.

"I don't want anything to jiggle when I'm on the stage," Johnston said laughingly.

Parker was quick to agree with her.

Both girls agreed the reason they entered the pageant was for the positive experience. They said winning would be nice, but making new friends and learning new skills such as speaking in groups is what they find most important.

For these two energetic young women, the journey is what's important.

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# Faces and places Easter Bunny comes early to the Pocket

Photos by LINDA POHL  
Pocket News photographer

Families kicked off the Easter spirit a week early in Pocket on April 16. Two community celebrations – one at Greenhaven Lutheran and another at Seymour Park – provided ample opportunity to search for Easter Eggs, do crafts and meet a new furry friend: the Easter Bunny.

Additional community Easter egg hunts are planned throughout the community at local churches, Southside Park and Fairytale Town.



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## Local Easter Egg Hunts

Special to Pocket News

Grab an Easter basket, put on your Easter bonnet and take the kiddos to your neighborhood Easter Egg Hunt. Dates and locations vary. There is even one egg hunt for the family pooch. Several local neighborhood egg hunts are listed below:

### Kiwanis Pancake Breakfast & Easter Egg Hunt

**April 23:** Come enjoy a delicious pancake breakfast (\$5 adults, \$3 children) and then enjoy a free Easter Egg Hunt for the little ones. Carnival style games for children, tickets 50 cents each. Egg hunt times: Ages 0-1 (9:30 a.m.); Ages 1-2 (9:45 a.m.); Ages 3-4 (10 a.m.); Ages 5-6 (10:15 a.m.); Ages 7-8 (10:30 a.m.); Ages 9-10 (10:45 a.m.) McKinley Park, Clunie Clubhouse, East Sacramento. Sponsored by the East Sacramento-Midtown Kiwanis Club

### Southside Park Easter Egg Hunt

**April 23:** Egg hunt includes arts & crafts and an appearance by the Easter Bunny. Bring your own basket. An Earth Day celebration will follow after the egg hunt. Children's entertainment, info booths, kid's activities, more. 11 a.m.-12 noon. Southside Park, 2115 6th St., Sacramento.

### Fairytale Town Spring Eggstravaganza

**April 23, 24:** Hop down the bunny trail with Peter Cottontail at Fairytale Town's annual Spring Eggstravaganza. Egg hunts, puppet shows, art activities, photos with the Big Bun himself. 11 a.m.-3 p.m. Egg Hunts will be held promptly at 12 noon, 1 p.m. and 2 p.m. each day. Bring a basket for collecting eggs. The Egg Hunts are separated by age groups, 3 and under, 4-6, and 7-12. Each child will return their eggs to Mr. McGregor's Garden to receive a small prize - no matter how few or how many eggs they find. (This activity is included in paid park admission). Admission: \$4.50/person, ages 2 and up. Kids 1 and under free. 3901 Land Park Dr., Sac. (916) 808-7462 [www.fairytaletown.org](http://www.fairytaletown.org)

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## PUBLIC NOTICE

### SMUD Invites Public Input on a Proposed Rate Restructuring

The Sacramento Municipal Utility District (SMUD) is holding a preliminary public hearing, two public workshops, and an additional public hearing to discuss the proposed restructuring of electricity rates. These proposals would not raise system average rates or increase SMUD revenues. Instead, the main proposals will better align SMUD's true cost of electricity with the delivery of power. The open access transmission tariff and distribution wheeling service rate would go to effect July 22, 2011. The retail rate changes would go into effect January 1, 2012.

Most customers would see only minimal impacts to their electric bills on an annual basis. And SMUD rates would remain more than 20 percent below those of PG&E on average.

The General Manager Report and Recommendations include:

- Time-of-use rates for small commercial customers during the summer billing season.
- A modest increase to the system infrastructure fixed charge, which covers maintaining poles, wires, customer service and other infrastructure vital to reliable service, moving that charge closer to actual costs for small commercial and residential customers (except those on the Energy Assistance Program Rate).
- Revert to standard residential rates for customers on the Energy Assistance Program Rate instead of discount rates after usage exceeds 600 kilowatt hours in excess of Base Usage allowance.
- Shortening the summer billing season from six months to four months for residential and small commercial customers.
- Decrease current standard residential kilowatt-hour charges in all months.
- Decrease current small commercial kilowatt hour charges for all "off-peak" hours.
- Institute a late fee of 1.5 percent of overdue charges.
- Re-word language on bills to more clearly define specific charges.
- Creation of a new tariff for wheeling power across SMUD's distribution lines and other minor clarifications in SMUD's Rules and Regulations.
- Update the open access transmission tariff to provide generating projects with better access to electricity markets outside of SMUD.

Public meetings about the proposal are scheduled as follows:

Preliminary Public Hearing	Thursday, May 5, 2011 at 6 p.m.
Public Workshop	Wednesday, May 18, 2011 at 6 p.m.
Public Workshop	Tuesday, May 24, 2011 at 10 a.m.
Public Hearing	Thursday, June 16, 2011 at 9 a.m.

All meetings will be held at SMUD's Headquarters Building, 6201 S St., Sacramento, 95817.

Information about rate restructuring - including the General Manager's Report and Recommendation on Rates and Services and the General Manager's Report and Recommendation on Open Access Transmission Tariff - can be found on [smud.org](http://smud.org). Copies of the reports are also available at all Sacramento County Public Libraries.

Accommodations are available for disabled individuals. If you need a hearing assistance device or other aid, or have specific rate questions, contact Rob Landon, SMUD Rates Administrator at (916) 732-6222. Written comments should be sent to him at [rates@smud.org](mailto:rates@smud.org) or MSA451, SMUD, P.O. Box 15830, Sacramento, CA 95852-1830.



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Busy hands, happy hearts

# YO Mamas knitters group in fine tune

By LANCE ARMSTRONG  
Pocket News writer  
lance@valcomnews.com

When one retires and continues life into the unfamiliar territory of having additional time to spend in leisure activities, often-times such a person opts to enjoy new or neglected hobbies. And such is the case of a group of retired ladies who meet weekly at the Pocket area business, Caffé Latté.

Calling themselves, the YO Mamas after a type of knitting technique known as a "yarn over," the group actively participates in various knitting projects, many of which provide clothing for charities.

YO Mama member Diane Denman said that one of the group's charity projects is assisting one of the region's medical centers.

"My daughter-in-law's dad (Danny) passed away from myeloma and so we're donating (knitted) hats to Sutter Roseville for Danny's mother in memory of (Danny)," Denman said.

The group has also joined in creating items for Amer-



Knit Pickers members (left to right) Jane Nakagawa, Janis Furuta, Sandy Nishimura-Yee and Carrie Parker perform at Caffé Latté on Greenhaven Drive.

Pocket News photo, Lance Armstrong

ican troops such as knitted squares that were donated for the creation of blankets and knitted helmet liners.

Other group projects have included making knitted "market baskets" or shopping bags that were sold at the Sacramento Buddhist Church Bazaar and knitted items for the Clarksburg Volunteer Fire Department Bazaar.

Fran Jaksich, one of the group's longest term members and a resident of the Pocket area since 1966, said that she has dedicated many hours of her time to creating tote bags for the Shriners Hospital for Children in Sacramento and Maryhouse, a local, daytime hospitality shelter for homeless women and children. To date, she has made about 2,100 bags for this project.

Consisting of 22 members – their present limit – the group evolved from another knitting group that formerly met on Friday afternoons at the now-closed Pocket-Greenhaven area coffeehouse, Buckthorns, which was located at the corner of Rush River and Windbridge drives.

Another YO Mamma member, Carrie Parker, who resides within walking distance from Caffé Latté, which is located at 7600 Greenhaven Drive in the Riverlake Village Shopping Center, recalled the moment she met the Buckthorns knitting group, which originally consisted of mostly teachers from John F. Kennedy High School.

"One time (in July 2004), a friend of mine had finished (working out) at Curves (gym for women) and we went over there (to Buckthorns, which was located next to Curves) and this lady was doing something really weird with yarn," Parker said. "She was thrumming and that's when your knitting and you put a piece of roving in between the needles and then you slip it in (during the knitting process). So, we were there talking and (the woman who was knitting) was waiting there for a knitting group and she invited us (to stay for the group's

gathering) and by the time we got through with our coffee, it was 1 o'clock and we (met the group)."

Soon afterward, Parker joined the group, which continued to expand before breaking off into two groups.

Parker, who carries personal cards that include her name, telephone number, a cartoon-like character of a knitting sheep and the words, "To knit or not to knit, there is no question," said that with the closure of Buckthorns, the group had to seek out a new meeting place and eventually moved to Caffé Latté.

Although knitting is naturally the main objective of the group, since it is, after all, a knitting group, music also plays an important role during the members' gatherings.

Among the group's members are musicians who perform for their group.

Known as the Knit Pickers, a ukulele band whose

See YO, page 11



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# YO: Knitting group's musicians add lively twist to weekly gatherings

Continued from page 10

members all studied under ukulele instructor Glenn Watanabe at the Asian Community Center at 7311 Greenhaven Drive, these local musicians perform ukulele music toward the end of each week's gatherings at Caff  Latt .

And all YO Mamas members agree that the inclusion of this music has enhanced these gatherings by putting smiles on their faces through the use of a type of instrument that has a tradition of creating "happy music."

Despite the Knit Pickers ability to perform a wide variety of songs, there is one song that has become a tradition for the band to play.

Yo Mama members often perform what could be described in their circles as their hit single, "I'd Like to Teach the World to Knit" – a lyrically reworded version of the popular song, "I'd Like to Teach the World to Sing (in Perfect Harmony)."

By permission of the Knit Pickers, the lyrics to this song are presented as follows:

*I'd like to teach the world to knit  
In straight and even rows  
Knit Afghans, scarves  
and vests and hats  
And socks to warm the toes  
Cast on, knit, then purl, repeat  
My project starts to grow  
The needles click, I drop a stitch  
Don't tell, no one will know  
That's the call I hear  
Let the world knit today  
A call for yarn that echoes on  
And never goes away  
Increase, decrease, check that gauge  
I'm proud of what I've done  
That's why I want the world to knit  
It's fun for everyone*

(Song ends with repeat of third stanza)

Parker, who Jaksich describes as the "sparkplug" of the group, said that although most people typically think of women when they think of knitters, history tells a different story.

"Men knitted before women," Parker said. "Soldiers, fisherman and shepherds were the first knitters. But you know



Pocket area residents Fran Jaksich (left) and Carrie Parker are original members of the local knitters group, YO Mamas.

Pocket News photo, Lance Armstrong



The Yo Mamas knitters group is shown at one of their latest gatherings.

how we (women) are. We took over pants and everything."

YO Mamas is composed of about 50 percent Pocket-Greenhaven area residents and members from as far south as Elk Grove and as far east as Fair Oaks.

The group's members note that although spending time in a knitters' environment is entertaining for them, one of the most important things that

they value in being a part of the group is the friendships they have made with other members.

Jeannie Regal, who joined the group three years ago, said, "I just love it here. You get to make products and you aren't wasting your time watching some stupid TV show."

And Parker added her own theory on the value of knitting in four short words: "Busy hands, happy hearts."

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CALENDAR OF EVENTS

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VALCOMNEWS.COM TOP STORY

**Run to Feed the Hungry brings home a sense of community joy**



By SUSAN LAROD, Valley Community Newspapers editor

The 17th Run to Feed the Hungry is expected to draw some 30,000 people this Thanksgiving morning. Proceeds will directly benefit Sacramento families in need. / Photo courtesy of Sacramento Food Bank & Family Services Thanksgiving Day II...  
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# Every 15 Minutes program impacts St. Francis campus community

By SUSAN LAIRD  
Pocket News editor  
susan@valcomnews.com

“Dear Mom and Dad,

“Every 15 minutes, someone dies as the result of an alcohol-related collision.

“Today, I died, and I never got the chance to tell you...”

Possibly the worst news parents can ever receive is that their child was killed as a result of teens involved in drinking and driving. The number of lives affected is staggering, as is the profound sense of loss...and the waste of lives cut off, too soon...too senselessly.

In an effort to prevent loss of lives and to change student behavior, a partnership of many organizations began in 1995 to bring a program to high school campuses that would show students the consequences of drunken – and now also distracted – driving. The program was titled “Every 15 Minutes,” (EFM) because at that time there was an alcohol-related death in a traffic collision every 15 minutes.

On April 5 and 6, the EFM program came to St. Francis High School in Sacramento. The program involved the California High-

way Patrol, Sacramento City Fire Department, UC Davis Hospital, the Sacramento County Coroner, the Sacramento Law Enforcement Chaplaincy and a year of planning by a small group of students and staff who worked in secret to plan the day of the initial event.

The reason for the secrecy is to give students the opportunity to experience the same emotions they would encounter if confronted with the loss of a loved one, a friend or acquaintance. It involves students seeing a “re-enactment” of a drunk driving crash with a fatality on their campus.

Students were called out of their classrooms after a “shelter in place” security drill and were instructed to go to the softball field by the student parking lot. Blue tarps covered two vehicles. They sat down, wondering what was up.

Suddenly, the tarps came down to reveal a horrific scene of twisted metal, broken glass...and blood.

The young women were riveted. And dead silent.

The enactment followed in the same steps as a real car accident scene, with one notable exception: the event was narrated by a CHP officer, who put every event into context for the teens.



Pocket News photo, Susan Laird  
These wrecked vehicles served a higher purpose on the campus of St. Francis High School as part of the “Every 15 Minutes” program on April 5. The program teaches students the consequences of drunken – and distracted – driving.

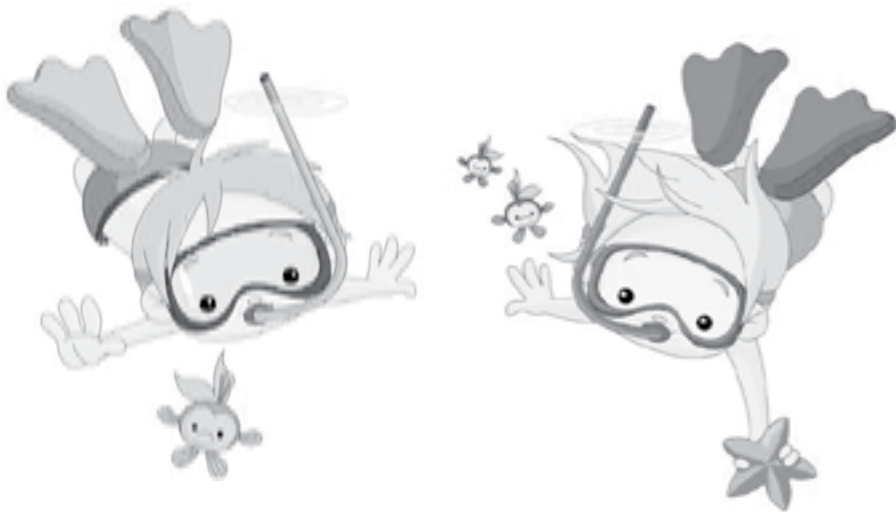
“What you see here won’t be real,” they were told. “But the emotions you will experience are real.”

The Troubies heard a 911 emergency call from an hysterical Troubie driver...saw law enforcement and fire fighters respond to the scene.

They saw a car cut open to extract injured teens. One student was so badly “injured” that a Med-Evac helicopter was called in to rush the student for immediate medical care at UC Davis Hospital. A passenger, who had been

See EFM, page 21

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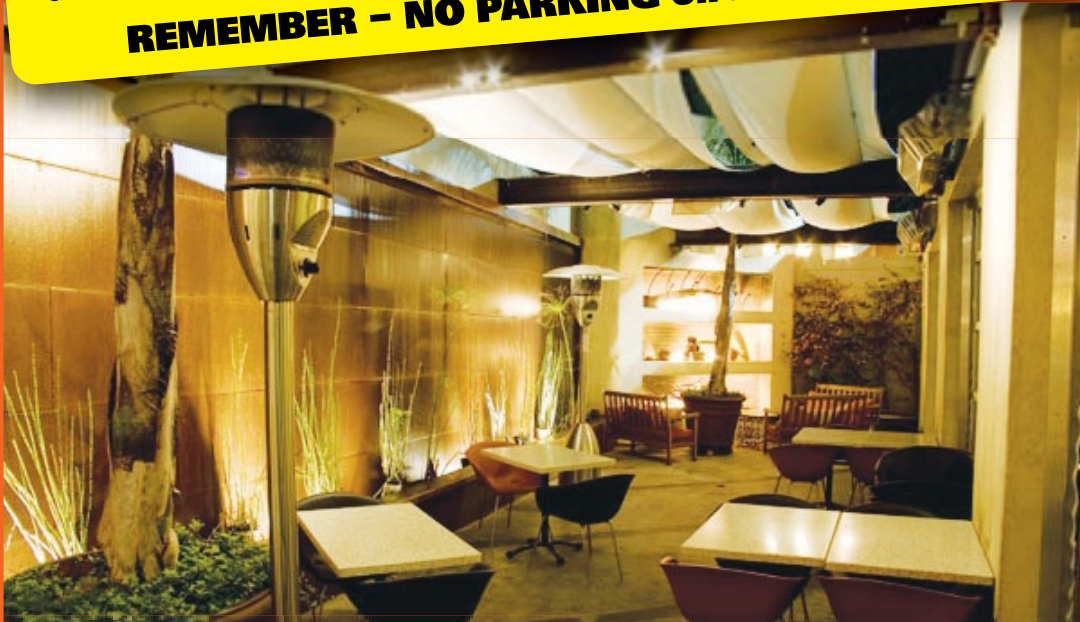
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## Fong: Sacramento Youth Symphony Premier Orchestra concert master says 'Practice makes perfect'

Continued from page 6

switched teachers. Fong's teacher is renowned violinist, Zaven Melikian, a retired professor of violin at the San Francisco Conservatory of Music. Fong said he is "really intense."

For almost a year, Fong said Melikian made her play a series of technical exercises. Melikian told her she had to rework her technique. Fong said at first it was discouraging, but in the end it paid off. She realizes now that she needed to practice these exercises for a sound foundation. She said she is really glad she didn't give up. She said she remembers practice being very boring. She also explained how she had to stretch her hand muscles every day and at times it was quite painful.

"Fong is a good student," Melikian said. "She is very talented and an ideal student."

Melikian said he would like to see her continue to study music in college, adding he will be disappointed if she doesn't, but knows it is her choice.

Fong said she had to build up endurance for the bigger concerts. She said Melikian is like a second father to her, his style and personality is very honest. She said she was really happy when she got through a lesson without any criticism from him because she knew it was genuine.

"I get my joy from performing and showing people what I can do," Fong said.

For fun, Fong said she is involved with her church youth

group on Friday nights, leading a small group of girls in discussions.

Fong said her friends finally understand why she can't always do things with them. Many of her friends attended the concert she performed at in February. She said they were impressed.

Fong's next performance will be at a Pops Concert being held on May 7. It will feature the *Star Wars* movie theme, music from the musical *Oklahoma* and the theme from the movie, *Titanic*. She said she loves playing the *Star Wars* theme. Fong said it is a fun, though difficult piece to play.

Sophia Tong, a friend since second grade, said Fong has gone through a lot and sees the passion in Fong when she performs.

"She has determination," Tong said. "She practices every day, but is still thoughtful and sweet. The younger kids at our church want Ariana to teach them how to play the violin."

"My advice for young musicians starting out, is to practice when you don't want to," Fong said. "Nobody likes to practice. It isn't fun, but don't give up."

Fong said playing the violin takes focus and managing your time and not giving up till your perfect.

For more information on the Pops Concert, visit [www.sacramento-youth-symphony.org/Concerts.html](http://www.sacramento-youth-symphony.org/Concerts.html)

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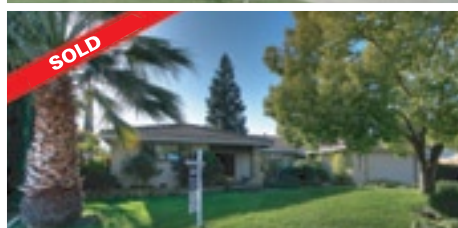
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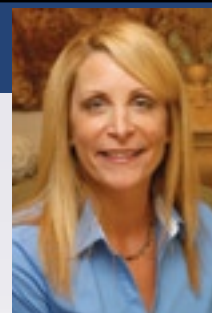
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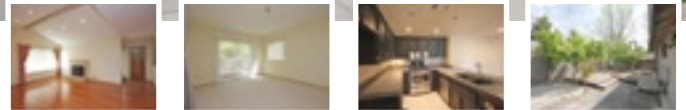
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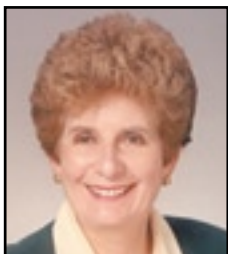
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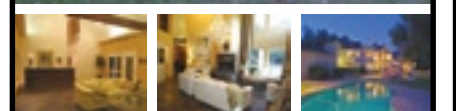
Newly remodeled kitchen with newer appliances and cabinets. Hardwood floors throughout, backyard with fruit trees and 'trophy' roses. 2 car garage w/ room for additional parking in driveway and fenced area. .... \$115,000  
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# Easter Worship

**Celebrate the greatest event in the history of our world,  
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Church**

**Maundy Thursday Service:** April 21: 7pm

**Good Friday Prayer Vigil at Faith Presbyterian:**  
April 22: Anytime from 7am

**Good Friday Healing Service - At the Foot of the Cross** 7pm

**Easter Sunday:** April 24: Sunrise service at 7am  
Traditional services at 9am and 11am

**625 Florin Road** (near Kennedy HS sports field)  
**428-3439**  
[www.faithpresby.org](http://www.faithpresby.org)



## Riverside Wesleyan Church

### Easter Worship Services

**Sunday, April 24**

Sunrise Service at 6:30 AM

Easter Sunday Fellowship Breakfast

After Sunrise Service

Community Worship Service At 10:30 AM

**\*\*Invite your Friends and Family\*\***

**6499 Riverside Blvd.**

**916-391-9845 • [www.rwcsac.org](http://www.rwcsac.org)**

## Parkside Community Church United Church of Christ

**Maundy Thursday, April 21, 7:00pm:**

A Communion and Candlelight Tenebrae Service.  
One of the most meaningful services of the year.

**Good Friday, April 22, 12 noon:**

Parkside will host a community wide ecumenical  
service featuring a special drama presentation.

**Easter Sunday, April 24, 8:30am to 12 noon:**

Easter morning breakfast hosted by the men of the  
church. Come early and enjoy a meal then Celebrate  
Christ's resurrection with special music during the  
10:30am service. A canned tuna and colored egg hunt  
will follow the service.

**Holy Humor Sunday, May 15, 10:30am:**

A wacky service that continues Easter's  
resurrection joy.

Parkside offers an ongoing Bible Study on Sundays at 9am and a  
weekly Sunday service at 10:30am. Child care is available.

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## Greenhaven Lutheran Church and Angels Nest Pre-School

Rev. Daniel Buringrud, Rev. Stephen Becker

**April 21st, 7:00pm**

**Maundy Thursday Service**

**April 22nd, 7:00pm**

**Good Friday Service**

**April 24th, 10:15am**

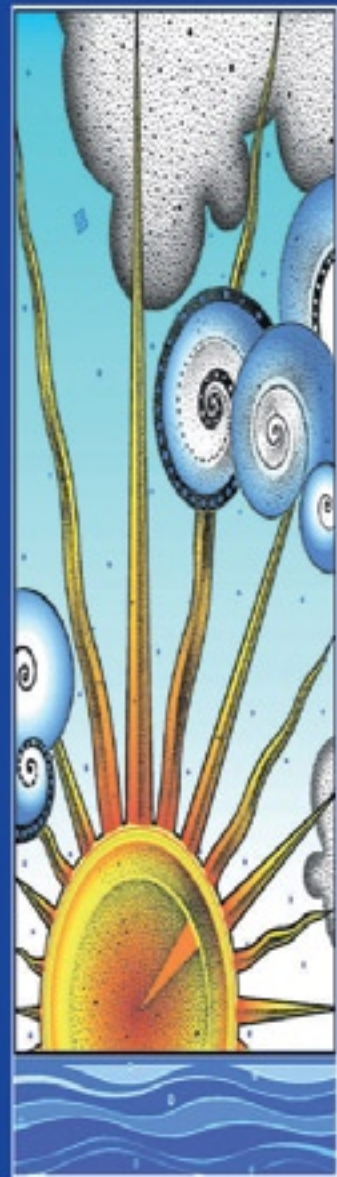
**Easter Sunday Services**

**Free Easter Brunch, 9:00am**

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## Easter Community Worship

Enjoy and visit a local church this Easter.  
All are welcome!



D A W N

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8:30 am & 10:30 am - Worship Celebrations

9:30 am - Easter Egg Hunt and Brunch

11:30 am - Fellowship Time

1:00 pm - Fijian Language Service

6:00 pm - The Journey (Praise Worship)



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Rev. John E. Boll, *Pastor Emeritus*

Rev. Michael Hebda, *In Residence*

### *Easter Sunday Masses*

7:30 am, 9:30 am, and 11:30 am

**Easter Vigil Mass on Saturday at 8pm**



# EFM: Program brings awareness to teens of the consequences of one bad decision

Continued from page 12

"ejected" onto the hood of the car, was covered by the fire fighters with a blanket. She was "dead."

The "drunk" student was subjected to a field sobriety test...which was failed. As happens in many of these situations, the drunk driver only suffered cuts and bruises... but the consequences of one person's decision to drink and drive were devastating.

The outdoor part of the event concluded with one student being sent to the hospital via helicopter, another to UC Davis Hospital by ambulance, one headed to the morgue for identification, others treated for bruises and one student headed to the county jail. The day would continue with one student being removed from class every 15 minutes, and an assembly the next day would mourn the loss of real loved ones who had perished in drunk driving fatalities – some also involving texting and driving.

The Troubadours were quiet as they departed. Some looked stunned.

And that was the point – to learn from experience without actually "experiencing" an actual fatality.

Parents who agreed to participate in the EFM program with

their daughters were also impacted.

"As parents, we visited our child (Mia) in the hospital. She was seated beside the 'drunk driver' during the accident, and was found to be 'brain dead,' and 'passed away' shortly after the event," said Clarence Macaspac, a Troubie parent. "We were anxious about the 'acting' portion of the program, but the nurse in charge told us that the emotions will come naturally. They did. The experience was genuine, and the emotions were real. This program gave us a taste of losing a child, albeit it was make-believe, but the event was real."

The event was emotionally draining and life-changing for the Macaspac family.

"(It was an) amazing experience," Macaspac said. "I did not think it would affect me that much: (I) had nightmares for two days and stress-related pains. Now we are recovering from the experience and appreciate those who shared with us stories of their losses due to alcohol-related vehicular accidents. We are now very vigilant against driving in a diminished capacity at all times, reminding and reinforcing each other's decisions behind the wheel."

Because of the cost of producing this event – which can approach \$50,000 – EFM is only held on the St. Francis campus once every four years. It is paid for with a grant that is available for all high schools. The CHP is in charge of the overall coordination of the grant and insures compliance for the provisions of the grant.

"The EFM program is funded by the National Highway Traffic Safety Administration (NHTSA), who gives money to the state Office of Traffic Safety (OTS)," explained Michael Bradley, public information officer for the CHP South Sacramento. "OTS then gives the CHP the grant specifications. Each high school throughout the state who wants to run the EFM can apply for the grant through the CHP."

One benefit to the community by holding EFM at St. Francis is that it spreads the program's message throughout the region quickly.

"With St. Francis High School being a private school, there are students from all over the Sacramento region," Bradley said. "Each student is able to take back to their neighborhood friends

what they learned and experienced about alcohol/drug and distracted driving related deaths while driving."

According to Aaron Dean, firefighter with Sac City Fire and coordinator of the EFM program, this program saves lives.

"This program has touched many, many students. Often I have students approach me at a local store or restaurant and tell me how they have made different decisions in their lives due to witnessing or participating. Also, parents on the fire department have shared with me they graduated from 'XYZ High School' and volunteer to assist in the crash scene," Dean said. "Often times, their children attend the same high school they did or another local Sacramento area high school that participates in this program. This program has a far-reaching effect within families and the community."

Macaspac agrees. He cited the drop in fatalities since the program began 16 years ago.

"Due to the effectiveness of this program, that every 15 minutes is now down to about every 37 minutes," Macaspac said. "Not that we should rest on our laurels – now or ever."

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Photo courtesy

Cydni Matsuoka, seen here playing for Kennedy High School in 2009, hit the ground running for New York's Vassar College, leading the team in steals, three-pointers, field goal percentage and minutes.



Photo courtesy, Vassar College

Vassar College's basketball team after winning the championship at the 2011 Liberty League playoffs on Feb. 26. Left to right (front row), Olivia Westbrook-Gold, Ali Higgins, Carolyn Crampton, Cydni Matsuoka, Brittany Parks, Coach Candice Brown. Left to right (back row), Coach Melissa Kraft, Jarae Farrell, Ani Fredman, Natalie Allen, Hannah Senftleber.

## JFK alumna Cydni Matsuoka leading college basketball player at Vassar College

By **BENN HODAPP**  
Pocket News writer  
benn@valcomnews.com

Kennedy High School graduate and current Vassar College point guard Cydni Matsuoka would be considered short by some

people. At 5'5", Matsuoka thrives in a game that is typically thought of as a tall person's sport. She doesn't waste any of her time wishing she was a little bit taller, however, because she is already quite the baller.

She first picked up a basketball competitively at an extremely young age. She joined a church league when she was in first grade and took off from there. Cydni's father, Mike, talked about his daughter's beginnings in the sport.

"Her grandfather was very athletic," Mike said. "They bonded over sports. He would babysit her and take her out to shoot around and she always loved it."

As the years rolled by, it was clear that Cydni had some real talent, but what her father enjoys the most is that she is doing what she loves.

"I think she likes (basketball) more than anything else," he said. "She has always played because she loves it. We never had to make her do anything (when it came to basketball)."

The 2,800 miles or so that sits between Sacramento and Poughkeepsie, N.Y. has been an adjustment for everyone, but Mike keeps it all in perspective.

"It's OK because she really likes the school," he said. "She has made good friends

and has a good coach. It's a great fit for her."

After graduating from Kennedy in 2010, Cydni chose Vassar in part because it had the best academic program of any of the schools to which she was accepted. Despite the distance, Cydni is making the best of it athletically as well as academically.

"College in general is a big adjustment," she said. "But I have made a lot of friends on my team."

"Successful" is the word Cydni chose to describe her freshman year both on and off the court. It's easy to see why.

She led her team to a 16-12 record and a berth in the 2011 NCAA Division III tournament. Just like the wildly popular Division I tournament, the Division III tourney is comprised of 64 teams from all over the country.

Awaiting Cydni's Vassar squad was powerhouse Kean University from Union, N.J. A close game in the first half, Kean eventually opened up a big lead and went on to win 80-49. No team wants to end the season with a lopsided

loss, but Vassar had exceeded this year's goals just by making the tournament.

"Our goal was to make our league tournament," Cydni said.

Not only did they make the Liberty League Tournament, they won it too. It was the first time in school history that Vassar took the Liberty League title and it was the first time the school appeared in the NCAA Tournament. And although Cydni came in as a freshman, her impact was immediate.

She finished second on the team in scoring (17.4) to fellow guard and close friend Brittany Parks (20.3). Cydni led the team in minutes played (38.4), field goal percentage (.480), three-pointers made (78), three-point percentage (.456) and steals (52).

Parks, a junior, talked about Cydni's impact on the team.

"I was forced to play point (guard) my first two seasons at Vassar," Parks said via e-mail. "I was very grateful to have such a talented player

See Matsuoka, page 23



The Valley Home & Garden is an insert in FOUR Valley Community Newspapers:  
Arden-Carmichael News, East Sacramento News,  
The Land Park News, and The Pocket News.

**Publishes: May 19th and 26th (20,000 Copies)**

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# Matsuoka: Talented basketball player made it to NCAA's March Madness

Continued from page 22

as Cydni come in and automatically make an impact at the (point guard) position so that I could move to the (shooting guard) where I am more comfortable."

Cydni tends to be shy by nature, but as the year wore on she began to show her abilities as a leader on the court.

"Her leadership by example has always been evident as seen through her natural athletic ability and dominance on the court," Parks said. "As the year progressed she felt more comfortable asserting her opinions, which were always helpful."

Parks, a California girl herself (from Escondido in San Diego County), was drawn to Cydni's sense of humor

and general likability. The two have grown close, thanks to basketball. They are so close, in fact, that they even win awards as a duo.

Cydni was named D3Hoops.com's National Rookie of the Year while Parks was named Fourth-Team All-America by the same site. The two also racked up All-East Rookie of the Year (Cydni) and All-East First Team (Parks).

The first go round at Vassar was a smashing success for Cydni and her teammates. It has done wonders to whet the appetite for seasons to come.

"I can only hope to imagine the amount of success that she will have in her remaining years at Vassar," Parks said.

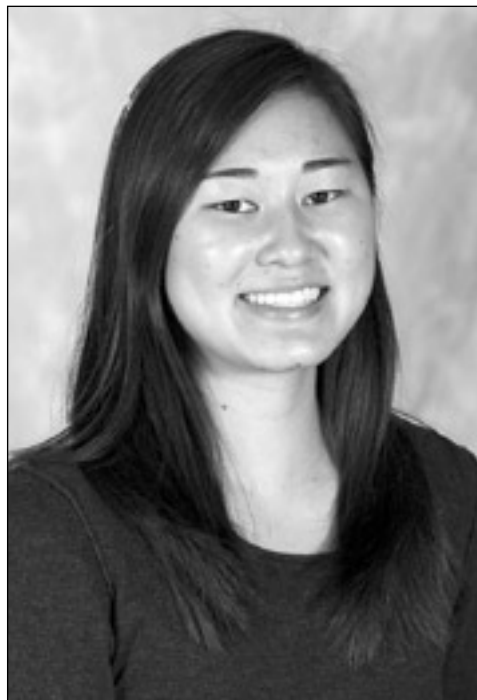


Photo courtesy, Vassar College  
Cydni Matsuoka is a 2010 graduate of John F. Kennedy High School and a rising star in the world of college basketball back east at Vassar College.



Photo courtesy, Vassar College  
Cydni Matsuoka (right) goes up for a shot during a playoff game in 2009. She led Vassar College to a berth in the Division III NCAA Tournament this year.

## Towels, toiletries and luggage needed for foster youth

Special to Pocket News

United Way's Women in Philanthropy is seeking luggage, toiletries and towel sets to donate to more than 300 foster youth through Sacramento County's Emancipation Basket program.

Foster children leave the system when they turn 18 years old, and without family support, they need everything. Foster children live in every neighborhood, including the Pocket and Greenhaven area.

The group is collecting the items for its annual Women in Philanthropy Spring Event on May 4, 5:30 p.m. to 7 p.m. at United Way, 10389 Old Placerville Road in Sacramento.

The event is open to the community and the towels, luggage and toiletries collected will be added to baskets filled with household supplies for foster youth aging out of the system.

"These are items we all take for granted, but they

can make a huge difference in quality of life for foster youth who are getting ready to leave the system and live on their own," said Lisa Watts, Women in Philanthropy chair.

United Way's Women in Philanthropy brings women together to foster the future, preparing foster youth for a successful adulthood. A dynamic group of businesswomen, homemakers and community leaders, Women in Philanthropy members raise funds, hold drives and provide trainings focused on helping

foster youth rise to their dreams.

To view the United Way Women in Philanthropy wish list at CafeGive, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org). Items can be ordered and shipped directly to United Way. Community members may also bring items to the Women in Philanthropy Spring Event. Last year, Women in Philanthropy collected 350 towel sets, hundreds of toiletry items and more than 40 luggage sets.

For more information, visit [www.yourlocalunitedway.org/wip](http://www.yourlocalunitedway.org/wip).

### CANNED FOOD DRIVE

The Christian Community Churches in the Pocket and Greenhaven area composed of Riverside Wesleyan, St. Anthony Parish, Faith Presbyterian and Greenhaven Neighborhood Church are organizing a canned food drive.

**Sunday, May 15th**  
**3pm - 6pm**

Residents can drop off donations at Riverside Wesleyan, Faith Presbyterian and St. Anthony Parish from Monday, May 16 through Friday, May 20.

For more information, Contact Riverside Wesleyan Church  
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# Two big bands to perform at 10th annual Spring Flowers Dance

Special to Pocket News

Northern California dancers and Song Book fans will dance to the J. St Jazz Cats directed by Celia Cottle (1 p.m. to 2 p.m.), followed by legendary bandleader Buddy Harpham, his saxophone and 13 piece Big Band (2 p.m. to 5 p.m.) at the 10th annual Spring Flowers Dance on Sunday, May 1. The dance will be held at the Sacramento Elks Lodge No.6, located at 6446 Riverside Blvd. in Sacramento.

The annual dance will be presented by the Nor Cal Big Band Preservation Society, Avalon Hearing Aid Centers and Senior Magazine. Singles and couples are welcome to attend. This event is perfect for those ages 18 to 88 and older who love ballroom dancing in a "swing era" setting.

The twenty musicians under Cottle's direction are the 3rd decade of Davis-area musicians who deliver the challenging hits of the swing era. Included in their one hour dance set are "Tuxedo Junction," "All of Me," "Kansas City," "In the Mood," "Beyond the Sea" and "Woodchoppers Ball."

This band is one of two bands (Saxes By Pop, Demand the other) that have performed yearly at the Sac Jazz Jubilee and Northern California's big bands dances.

Harpham, now in his seventh decade of swing era music, has been a touring member of name



Photo courtesy  
The Jay Street Jazz Cats, directed by Celia Cottle, will perform at the 10th annual Spring Flowers Dance on May 1.



Photo courtesy  
Buddy Harpham's 13-piece big band will perform from 2 p.m. to 5 p.m.

bands, both Capitol Pops and Shriner's Band, leader of both his Big Band and Combo, and has been a featured soloist since the late 40s and music director for over 30 years in area schools. His "Song List" includes dance tempos, fox trot to waltz, Latin to swing, plus ballads sung by Lynn Steiner. Included are favorites "Moon River," "Sheik of Araby," "Stardust," "Cha Cha #5," "Frenezi," "Opus One," "New York," "Two O'Clock Jump," "La Cumparsita" and "Deed I Do."

Buddy is one of the four original founders of the Nor Cal Big Bands Society. His current band

features top area professionals and music instructors who recreate the memorable music made famous by the bands of Miller to Dorsey, James to Brown, Basie to Ellington, plus the ensemble sound of the "sweet" bands of Lombardo, Welk, Morgan, Duchin, Martin, Kaye and others. The Cavalcade of Big Bands also features in upcoming months long-time area favorites, Fred Morgan (May 22) and Warner Seargeant's Swing Masters 15-piece Orchestra (June 26).

Dance hosts will be present. The afternoon includes four mixers are included in the fif-

ty plus "Song Sequence." The 3 p.m. break contains snacks from veggies to fruit, and an array of desserts. Door prizes will be awarded during the 4 p.m. intermission.

Tickets are sold only at the door. Regular admission is \$2 per person, \$11 each in groups of ten, and to Society's Gold Card members tickets are \$10 per person, a saving of \$2 to \$3 to each of the society's nine dances.

To join the Preservation Society, mail checks (\$22 per person) to NCBB-PS, 1640 8th Ave., Sacramento, CA 95818.

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# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

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

## REUNIONS

### JFK High '69, '70, '71

**July 16:** The John F. Kennedy High School combined reunion for the classes of 1969, 1970 and 1971 is rapidly approaching! We are in need of contact information so we can spread the word to as many of our old friends and classmates as possible. For more information please send your email address and/or phone number to: jfkreunion69-70-71@hotmail.com or call (916) 475-3816

## APRIL

### Tai Chi

**Daily, except Sundays:** Meditation, breathing, forms and various styles of Tai Chi are taught. No experience necessary. Everyone welcome. Free. 8 a.m.-9 a.m. Reichmuth Park, 6135 Gloria Dr., Sac. (601) 559-5481

### Watercolor show

**Through April 23:** Watercolor Artists of Sacramento Horizons presents "Awash With Color." Sacramento Fine Arts Center, 5330 B Gibbons Dr., Carmichael. Gallery hours: Tuesdays 11 a.m.-7 p.m.; Wednesdays through Saturdays 11 a.m.-3 p.m. 2nd Saturday Reception on April 9 from 5:30 p.m.-8:30 p.m. (916) 971-3713

### 'Inferno of the Innocents'

**Daily through April 24:** Like a modern-day Goya, Gottfried Helnwein's monumental paintings and photographs address themes of inhumanity, violence, and the vir-

tue of personal expression. With stark and probing psychological intensity, he critiques not only the past, but present-day veneers, jolting us from the comfort of complacency. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

### 'Young Frankenstein'

**Through April 24:** Wickedly inspired re-imagining of Mel Brooks' classic movie. Call for times, prices. Sacramento Community Center Theater, 1301 L St., Sac. (916) 808-5181, (916) 557-1999 www.BroadwaySacramento.com

### 'A Grand Night for Singing'

**Through May 8:** Music from all eleven of Rodgers and Hammerstein's Broadway musicals. Call for times, prices. The Cosmopolitan Cabaret, 10th and K streets., Sac. (916) 557-1999 www.CosmopolitanCabaret.com

### John Buck: Iconography

**Daily through May 15:** This exhibition features three decades of woodblock prints and sculpture created by John Buck. Buck offers a richness of icons, symbols, and motifs that explore both personal and universal concerns. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

### Meaning and Medium

**Through July 10:** This exhibition explores the diversity of media in art, including photography, painting, sculpture, and mixed media. Pieces on display include work from various Sacramento-area high schools. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

### 'Bytes of Reality'

**Through July 17:** Southern California artist Daniel Douke responds to everyday experience by rendering the transient packaging of consumer products - particularly the box. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

### The Photosynthetic Restaurant

**Through July 17:** Gourmet Sunlight for Plants as Catered by Jonathon Keats, a conceptual artist, fabulist, and critic, has developed a gourmet cuisine for the world's first photosynthetic restaurant, set in the floral plantings in front of the historic Art Gallery building of the Crocker Art Museum. 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

### Bilingual Toastmasters

**April 21, 28:** Una oportunidad unica para mejorar sus habilidades bilingues y super-

ar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

### Educator Evening: Art Workshop for Teachers

**April 21:** Art workshop for teachers. The Crocker's teaching artist will guide teachers through a unique art workshop that can be duplicated in the classroom. 4 p.m.-6 p.m. Purchase tickets at crockerartmuseum.org, the Admission Desk, or by calling (916) 808-1987. \$15 members, \$20 nonmembers. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

### Food Addicts Anonymous

**April 21, 28:** 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

### Living Positive with Chronic Disease group

**April 21, 28:** Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

See more Calendar, page 28



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# CALENDAR

For more Calendar entries visit  
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## Lunch & Learn

**April 21:** Join us for an in-depth 30-minute talk about a work of art on view. John Buck will be discussed on April 7, and the topic will be Daniel Douke's "Widescreen" on April 21. Participants are encouraged to enjoy lunch at the Crocker Cafe before or after the talks. Free with Museum admission. 12 noon. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

## Rotary Club of East Sacramento

**April 21, 28:** Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

## Rotary Club of Pocket/Greenhaven

**April 21, 28:** Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

## Sutterville Heights Optimist Club

**April 21, 28:** Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

## Big Band Dance

**April 22, 26, 29:** Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

## Kiwanis Club of East Sacramento-Midtown

**April 22, 29:** Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

## Rotary Club of Point West

**April 22, 29:** Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

## Soroptimists of Sacramento

**April 22, 29:** Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

## Art Q & A

**April 23, 24, 30:** Discover the essence of the art on view in tours that emphasize looking, conversation, and group interaction. 11 a.m. and 1 p.m. Free with Museum admission. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

## Buddy Harpham's Band

**April 23:** Enjoy the sounds of the Big Band Era every fourth Sunday of the month. 2 p.m. - 5 p.m. Sacramento Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

## Easter Egg Hunt & Pancake Breakfast

**April 23:** Hop on over for a HUGE egg hunt, pancake breakfast, fun crafts and a surprise guest! Don't miss this EGG-CELLENT event. 10 a.m. (arrive 30 min. early). Bring your own basket, ages 2-8 yrs old, free. Carmichael Park, 5750 Grant Ave., Carmichael. (916) 485-5322 www.carmichaelpark.com

## 2011 Easter Egg-Stravaganza

**April 23:** Community Easter celebration in Arden Park. Pancake breakfast 8 a.m.-10 a.m. (\$5 per person); Carnival Games 8 a.m.-10 a.m.; Egg Hunt \$3/person, 10:30 a.m. There is a special

egg in each age division. Find the special egg and win a prize. The plastic eggs filled with candy are yours to keep. 1000 La Sierra Dr., Sac. (916) 483-6069 www.aprpd.org

## Food Addicts Anonymous

**April 23, 30:** 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

## Kiwanis Pancake Breakfast & Easter Egg Hunt

**April 23:** Come enjoy a delicious pancake breakfast (\$5 adults, \$3 children) and then enjoy a free Easter Egg Hunt for the little ones. Carnival style games for children, tickets 50 cents each. Egg hunt times: Ages 0-1 (9:30 a.m.); Ages 1-2 (9:45 a.m.); Ages 3-4 (10 a.m.); Ages 5-6 (10:15 a.m.); Ages 7-8 (10:30 a.m.); Ages 9-10 (10:45 a.m.) McKinley Park, Clunie Clubhouse, East Sacramento. Sponsored by the East Sacramento-Midtown Kiwanis Club

## Southside Park Easter Egg Hunt

**April 23:** Egg hunt includes arts & crafts and an appearance by the Easter Bunny. Bring your own basket. An Earth Day celebration will follow after the egg hunt. Children's entertainment, info booths, kid's activities, more. 11 a.m.-12 noon. Southside Park, 2115 6th St., Sac.

## Spring Eggstravaganza

**April 23, 24:** Hop down the bunny trail with Peter Cottontail at Fairytale Town's annual Spring Eggstravaganza. Egg hunts, puppet

shows, art activities, photos with the Big Bun himself. 11 a.m.-3 p.m. Egg Hunts will be held promptly at 12 noon, 1 p.m. and 2 p.m. each day. Bring a basket for collecting eggs. The Egg Hunts are separated by age groups, 3 and under, 4-6, and 7-12. Each child will return their eggs to Mr. McGregor's Garden to receive a small prize - no matter how few or how many eggs they find. (This activity is included in paid park admission). Admission: \$4.50/person, ages 2 and up. Kids 1 and under free. 3901 Land Park Dr., Sac. (916) 808-7462 www.fairytaletown.org

## Co-Dependents Anonymous

**April 24:** 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

## Community Sunday breakfast

**April 24:** Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m. every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

## Sunday Support for the widowed

**April 24:** The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine - holidays included. 3 p.m.-5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

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**MAY 1ST-1-5PM**  
**Sac. Elks Lodge #6**  
**6446 Riverside**

Nor Cal **BIG BANDS**  
PRESERVATION SOCIETY



**Buddy Harpham**

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## — EVENT LISTING SECTION —

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

### Cinco de Mayo

Sacramento Elks Lodge #6  
6446 Riverside Blvd., Sacto  
Friday, May 6 - 5 to 11 p.m.  
Dinner, Mariachi Los Gallos,  
dancing to Latin Touch, with a  
performance by  
Del Campo Dance Studio  
Tickets are \$20/per - at Elk's office  
Call (916) 422-6666  
VISA or MasterCard welcome

### The Wizard of Oz

Crockett-Deane Ballet &  
The Deane Dance Center  
Sat., May 7 at 7 p.m.  
Sun., May 8 at 2 p.m.  
"The Center" is located at  
2300 Sierra Blvd., Sacramento  
\$15 adults; \$12 seniors/students;  
\$10 children  
(916) 453-0226  
deanedancecenter.com

### John F. Kennedy High School

Reunion - Class of 1971  
Welcomes classes 1969 & 1970 to  
join this semi-formal event to cele-  
brate 40+ years of memories.  
Sat., July 16, 6 p.m. to Sun., 17th, 1 a.m.  
Hyatt Regency, Grand Ball Room  
1209 L Street, Sacramento, CA  
\$75 per/payable to JFK Class of 1971  
Mail to: Curtis Yew, 840 Klein Way  
Sacramento, CA 95831  
Contact: yewepa@pacbell.net

### Gourd Art Festival

& Sale  
Knights Landing  
May 14 & 15, 2011  
9 a.m. to 5 p.m.  
Gourd Art + Live Demonstrations  
FREE for the whole family  
(530) 735-6677  
www.gourdfarmer.com  
Info/Directions on Website

### Fly Fishing Clinic

California Fly Fishers Unlimited  
(CFFU)  
Saturday, May 7, 9 a.m. to 4 p.m.  
Instruction/equipment needed  
Learn to cast and tie a fly.  
Beginners welcome!  
Materials furnished \$5 per family,  
food extra  
Camp Pollock Boy Scout Camp  
1501 Northgate Boulevard  
INFO @ cffu.org (916) 607-0530

### "GREASE"

(The Play)  
JFK High School  
6715 Gloria Drive, Sacramento  
April 28, 29, 30  
May 5, 6, 7  
Showtime at 7 p.m.  
Admission: \$5 per person at door  
(916) 205-9447  
marisa-marie08@sbcglobal.net

**CALL AND PLACE YOUR EVENT  
TODAY!**

**Call (916) 429-9901**



### Swing Masters Band

April 24: Enjoy the sounds of the Big Band Era every fourth Sunday of the month. 2 p.m. – 5 p.m. Sacramento Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

### Co-Dependents Anonymous

April 25: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

### Hatha yoga

April 25: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.–4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

### Rotary Club of South Sacramento

April 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

### Tai Chi & Chi Keung

April 25: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462.

### Toastmasters

April 25: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.–8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Jan (916) 284-4236, www.sacramentotoastmasters.com

### Rotary Club of Arden-Arcade

April 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

### Rotary Club of Carmichael

April 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

### Upholstery class

April 26, 27, May 3, 4: Learn how to upholster! All types: furniture, auto, boat. Adult ed class taught by an upholstery professional. Tuesdays, 11 a.m.–3 p.m., Wednesdays, 9 a.m.–1 p.m. \$45 for four weeks. McClaskey Adult Center, 5241 J St., Sac. Jerry Prettyman (916) 806-2172

### Senior Wednesday Club

April 27: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

### Toastmasters

April 27: All area business people invited to hone their speaking skills. Noon–1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

### Wee Wednesday

April 27: Bring your little one and yourself to this gallery-based play date for children ages 3 to 5. Free with Museum admission. 11 a.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

### Community Forum on Crime and Homelessness

April 28: Panel discussion on the issues of crime and homelessness in the Carmichael area. Panel participants include: Sacramento County Supervisor Susan Peters, Sacramento County Sheriff Scott Jones, Karen Maxwell, Kevin Shriver, Jack Harrison, Bruce Wagstaff. 7 p.m. – 9 p.m. La Sierra Community Center, 5325 Engle Rd., Carmichael (916) 481-1002, (916) 203-1681

### Greenhaven Soccer registration

April 28: Open registration for Greenhaven Soccer. All players need: a recent picture 1 1/4" square with no hats or sunglasses; two checks made out to GHSC (registration and volunteer fees); birth certificate for all players that did not play in 2010 or new players. 6 p.m.–9 p.m. Fees: \$65 to \$105 depending on age group. JFK High School cafeteria, 6715 Gloria Dr., Sac. Greenhavensoccer.com

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**Registration Nights**  
**April 13th & April 28th**  
**6:00 to 9:00 pm**  
**Kennedy High School**  
**6715 Gloria Drive**  
**(in the cafeteria)**

Birth Certificate required for all players that did not play in 2010.

For more information please check our website:  
**www.greenhavensoccer.com**



**Ilah Turner**  
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Max will talk about the Veterans Affairs Aid & Attendance Benefits. He will discuss who is eligible and the benefits process. Max will also talk about Medicaid, Medi Cal benefits- including long term care for persons who meet the eligibility requirements.

**June 21st @ 2:00pm**

Max will talk about "Legal Planning for your Future." Some of the topics he will discuss include Power of Attorney, Advanced Health-care Directives, Will, Living Trust, and Special Needs Trust. Don't miss out, this is something we all need to know about!

*\*Refreshments & Appetizers will be provided.\**

Please RSVP no later than 3 days prior to each seminar. You can contact us for more info @ (916) 392-3510

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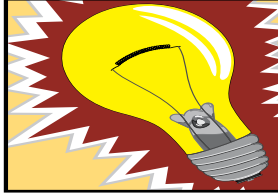
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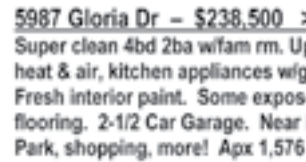
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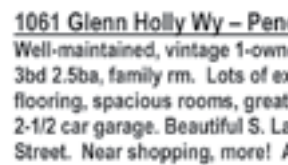
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