

Documentary addresses 'bullying'

See page 5

Community 'Shred Day' is April 28

See page 27

COMMUNITY CALENDAR, PAGES 24-26 • KNOW YOUR NEIGHBOR, PAGE 6 • FACES AND PLACES, PAGES 19-20

## Inside This Edition



Families run for the animals, schools

See pages 19-20



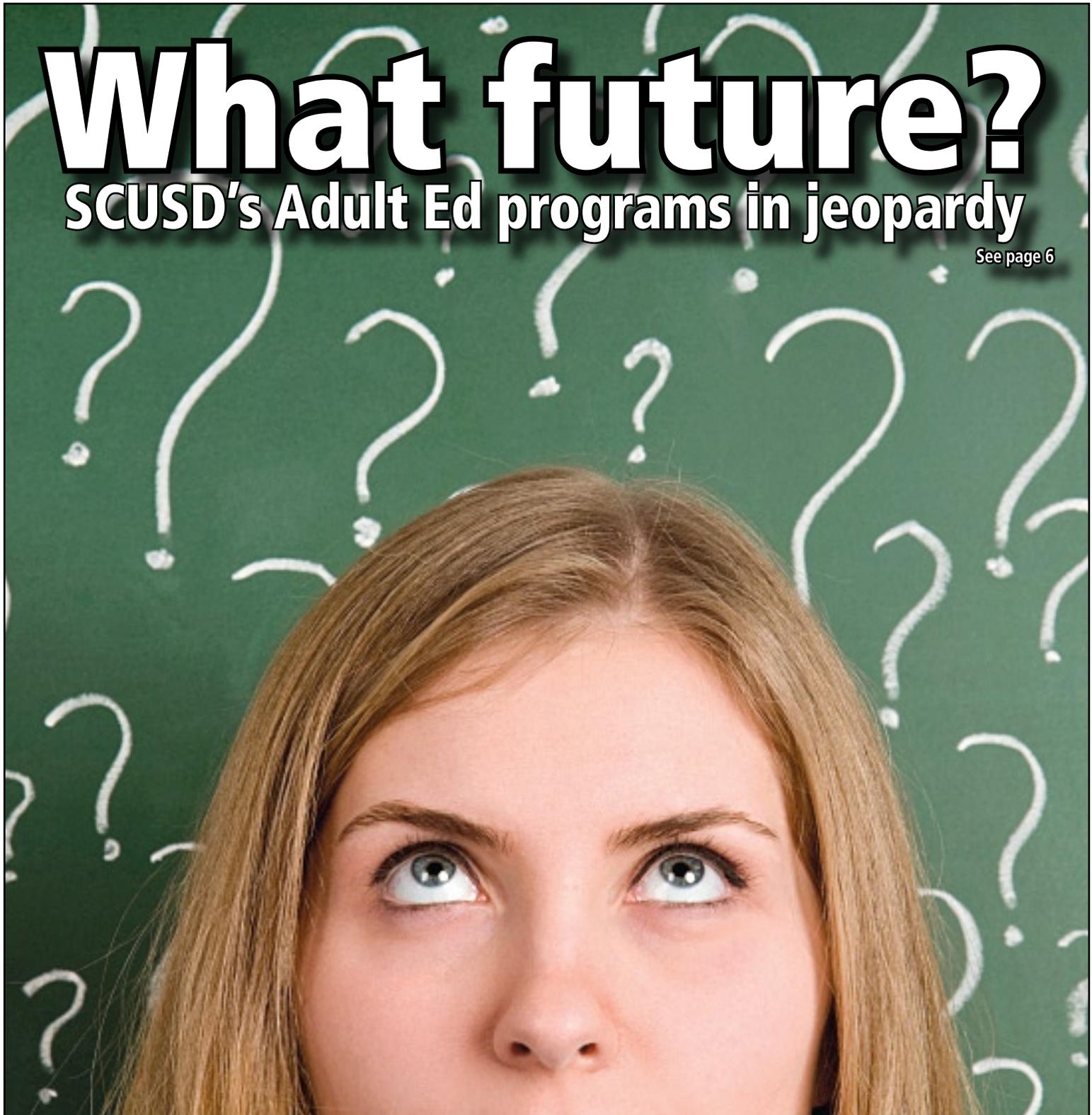
Sacramento's 'Janey Way Memories'

See page 8

# What future?

## SCUSD's Adult Ed programs in jeopardy

See page 6



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Pocket News is published on the first and third Thursdays of the month and delivered by mail and home delivery in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

**Publisher**..... George Macko  
**General Manager**..... Kathleen Egan  
**Editor**..... Susan Laird  
**Art Director**..... John Ochoa  
**Advertising Executives**..... Linda Pohl  
Patty Colmer, Melissa Andrews, Jen Henry  
**Distribution/Subscriptions**..... George Macko

Vol. XXI • No. 8  
2709 Riverside Blvd.  
Sacramento,  
CA 95818  
t: (916) 429-9901  
f: (916) 429-9906

**Cover photo by:**  
iStockphoto

**Other photos by:**  
Stephen Crowley  
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# PACT fundraiser to feed Afghanistan refugees, April 28

Special to Pocket News

PACT (Pocket Area Churches Together) churches, in conjunction with Faith Presbyterian's Compassion Weekend, will host a "bucket brigade" to feed internally-displaced refugees in camps in Afghanistan on Saturday, April 28 at St. Anthony Parish at 660 Florin Road from 10 a.m. to 1:30 p.m.

The entire community is encouraged to help. Ten thousand highly nutritious meals will be packed, bucketed and shipped out of Travis Air Force Base. This project is in cooperation with Trust in Education ([www.trustineducation.org](http://www.trustineducation.org)) and Stop Hunger Now ([www.stophungernow.org](http://www.stophungernow.org)). TIE is a grass roots organization informing and enlisting Americans to become di-

rectly involved in the reconstruction of Afghanistan. This "fun-raiser" is part of PACT's effort working together towards the betterment of our community and world. Come join in the fun!

Call to participate or for more information contact Sydnee Alexander at 393-5020 or Janet Sather from Faith at 706-3494.



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# 'Year of the Lemur' at the Sacramento Zoo

By TONJA SWANK  
Special to Pocket News

The Sacramento Zoo is welcoming its newest residents: a baby Coquerel's Sifaka (CAHK-ker-rells she-FAHK) and a baby Mongoose Lemur that was discovered the morning of Friday, March 30.

The sifaka was born on Feb. 4 and weighed 115 grams. There are only eight AZA-accredited facilities that house the fewer than 60 endangered Coquerel's Sifaka.

Seventeen AZA-accredited facilities house the fewer than 60 endangered Mongoose Lemurs in the U.S.

To help preserve these vanishing species, the Sacramen-



Photo courtesy, Sacramento Zoo

**SIFAKA MOM.** This Coquerel's Sifaka at the Sacramento Zoo will carry her baby on her back for the next few months. Then the baby will graduate to treetops at the age of six months.

to Zoo takes part in the Species Survival Plans (SSP) initiated by the Association of

Zoos and Aquariums (AZA), to cooperatively manage specific, and typically threatened or endangered species, populations in accredited institutions.

"Both births are significant at the Sacramento Zoo and to lemur populations" said Harrison Edell, general curator. There are between 1,000 and 10,000 Mongoose Lemurs left and potentially less than 10,000 Coquerel's Sifaka living in the wild.

Knowing that both lemurs were going to be first time moms and that their due dates were nearing, staff had

See Lemur, page 18

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# Controversial documentary "Bully" comes to Tower Theatre

By CORRIE PELC  
Pocket News writer  
corrie@valcomnews.com

This year, 13 million American kids will be bullied, and three million students will be absent because they feel unsafe at school.

These two facts were taken from the official website for the documentary "Bully," which opened at the Tower Theater in Land Park on April 13.

The movie shows the impact bullying can have by following the lives of five children from different areas of the United States and how the bullying they are enduring has affected them and their families. The documentary was filmed over the course of the 2009-2010 school year.

Mike Oliver, owner and lead instructor of Zen Martial Arts Center at the Coloma Community Center in East Sacramento, has been following the news about "Bully" since he first heard the documentary was being made. He plans to view it and take some of his students with him.

That's because Oliver teaches "verbal judo" to both kids and adults as a tactic to combat bullies without resorting to violence. He says it's

the same type of system taught to law enforcement officials to deal with criminals in a non-violent way.

"We've adapted those same principles that they use, but teaching it to kids so they can use the same skills, the same techniques to deal with bullies on the playground or school," he explains.

Oliver feels the movie will have a big impact on those that see it because the film shows the personal side of bullying.

"You're going to actually see and meet the kids and learn about them and see the things that are happening," he explains.

Another supporter of "Bully" is Carmichael resident Lisa Ford-Berry, founder of BRAVE (Bullies Really Are Violating Everyone) Society. Ford-Berry founded BRAVE Society after her son, Michael, took his own life in 2008 and she found out he had been the victim of bullying at school.

Ford-Berry says BRAVE Society was asked to partner with the movie's production studio, The Weinstein Company, to help promote "Bully" in Sacramento. Ford-Berry also urges people to see the



Photo copyright, The Weinstein Company. All rights reserved.  
BULLY is a newly-released film that shows the impact bullying has on American school children. The film follows the lives of five students over the course of a year.

movie and she hopes the movie will "shock the daylights" out of people.

"Something has got to be shocking enough that you look around and think, 'My goodness, these are normal, average families that this is happening to,' and parents need to be fearful," she says. "I'm hoping that this movie opens it, blows the doors off of everything and gets the conversations where they need to be."

For more information on "Bully," visit [www.thebullyproject.com](http://www.thebullyproject.com). To check for theater times, call (916) 442-0985.

## Three tips for bullying victims

Mike Oliver, owner and lead instructor of Zen Martial Arts Center in East Sacramento, offers three tips for kids if they are being bullied.

### Document it

Oliver says write down the date, the time, and people involved so there is a record of what happened.

### Report it

Kids need to report what happened to somebody in charge, such as a parent or teacher, Oliver says.

### Ask for help

Oliver says many kids never tell anyone they are being bullied, which can lead to dire consequences.

"I always encourage kids and families to talk to somebody about it so they can at least get a sympathetic ear or maybe get some help to learn how to deal with it," he adds.

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Know your neighbor

# Susan Gilmore finds future alarming for adult ed in Sacramento

By LANCE ARMSTRONG  
Pocket News writer  
lance@valcomnews.com

Pocket resident Dr. Susan "Sue" Lytle Gilmore has had a long, successful career, including two decades as the director of adult education for the Sacramento City Unified School District.

## A Sacramento childhood

Although Gilmore was born in Philadelphia, it was not long before she became a resident of Sacramento.

With her parents, Ford and Astrid Lytle, she moved to the capital city when she was three years old in 1945. Ford was a legal investigator and Astrid was a homemaker.

Gilmore's favorite activities as a child were swimming, playing tennis and reading.

## Attended local schools

Her schooling in Sacramento included attending kindergarten at Tahoe School at 3110 60th Street, first through sixth grades at Sierra School at 2791 24th Street, and seventh through ninth grades at California Junior High School at 2991 Land Park Drive.

Gilmore also attended high school in Land Park, as she graduated from McClatchy High School in 1960.

During her time at McClatchy, she served as the chair of the service commit-

tee and belonged to various clubs, including the Latin and science clubs.

Soon after receiving her high school diploma, Gilmore began attending the College of the Pacific, which had its name changed to the University of the Pacific in 1961.

Despite having initially desired to become a pediatrician, Gilmore changed her career goal following her freshman year at Pacific.

## Speech pathology majors

After interviewing all of the school's department chairs, Gilmore decided to study speech pathology.

Although she earned a bachelor's degree in speech pathology at UOP in 1964, Gilmore had not yet completed her educational studies, as she earned her master's degree in speech pathology at the same university a year later.

Gilmore then attended graduate school at Ohio University, where she earned her doctorate's degree in speech pathology in 1968.

Using her education, Gilmore began teaching speech pathology at Louisiana State University.

## Family ties

Although she had settled into her role as a professor at LSU, Gilmore left the security of this position in 1978 to



THREATENED SCHOOL. Dr. Susan "Sue" Lytle Gilmore stands in front of the A. Warren McClaskey Adult Center at 5241 J St. Due to cuts in education funding, the school is one of two Sacramento adult education schools that are scheduled for closure.

care for her father in Sacramento.

"My mother had passed away (in 1977) and I felt that my father needed some support, and I had separated from my husband, so my son and I moved to Sacramento to take care of my dad," Gilmore said.

Gilmore initially lived with her father in Land Park until moving with him and her son, who was also named Ford, to the home that she

had acquired in the Pocket area.

She continued to care for her father in her Pocket area home until he passed away in 1982.

## SCUSD beginnings

In regard to her employment years in the capital city, Gilmore explained how she came to be a SCUSD employee.

"I moved back here (to Sacramento) and I didn't have a job, and a former student from LSU was working for (the district) in special ed," Gilmore recalled. "I got a phone call one day from somebody (in the district's special education department) I didn't know and (that person) said, 'I heard you were in town. Do you do independent evaluations?' (The district soon hired me to do an independent evaluation on a student and they liked the job I did. So, then I did it on a few more students and the next thing I knew, they said, 'Why don't you apply for this job?'"

After taking advantage of this suggestion, Gilmore was hired by the district to serve as the supervisor of

designated instruction and services. The position basically called for the supervision of all of the district's special education speech therapists.

Gilmore, whose first day as a full-time district employee was Aug. 15, 1979, worked in a variety of positions within the district's special education department until 1992.

## Adult education

Following her time in the special education department, Gilmore continued working for SCUSD, as this year marks the 20th year that she has served as the director of adult education for the district.

Gilmore said that she is very proud of the progress that has been made during her time as the district's director of adult education.

"I was assigned here because of problems," Gilmore said. "Many parents in the Sacramento City schools weren't pleased with the program here. And in the time I've been here, we've made major advances. We've been awarded Program of Excellence by the Califor-

See Gilmore, page 7



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# Gilmore: Pocket resident to celebrate 20th year as adult education director

Continued from page 6

nia Department of Education, which in adult ed is similar to (the California) Distinguished School (award) for the K-12 system. We received the award in 1998, 2002 and 2005. They have since abandoned the award, but we get to keep the designation. I also supervise parent ed and we've gotten that designation for parent education.

## Leader in education

Gilmore has been very active in professional organizations during her time as the district's adult education director.

She has served as the president of both the California Council for Adult Education and the Association of California School Administrators' Adult Education Council, and she spearheaded the sesquicentennial celebration of adult education in California in 2006.

## Fond memories

Gilmore said that she has fond memories of an "older adult program" that the district formerly offered.

"Older adults would come in and learn how to use computers, so we had Mac lab and PC lab," Gilmore said. "Two different (Mac lab) students, who went through the internment camp experience, actually wrote books that were published."

One of these authors, Kiyo Sato, was awarded the William Saroyan International Prize for Writing in nonfiction for her book, "Dandelion through the Crack."

## Mission to save adult ed

Although Gilmore has accomplished many things during her time working in adult education, she is presently involved in her greatest challenge as the district's adult education director.



Photo courtesy, Dr. Susan Lytle Gilmore  
TWO DECADES OF SERVICE. This year marks the 20th year that Dr. Susan "Sue" Lytle Gilmore has served as the director of adult education for the Sacramento City Unified School District.

"Right now I'm just trying to save adult ed," Gilmore said. "The Legislature, in trying to balance a budget in 2007-08, moved all the adult ed funds into the flexibility, along with all the other categoricals, so that the district can do what they want. Unfortunately, in order for our district to balance the budget for next year, they've had to use the \$12.5 million for K-12. So, the only things that we will have going next year (in adult education) are things that are self-sufficient, self-sustaining."

## Schools scheduled to close

As a result of this financial cutback, both the Fremont School for Adults at 2420 N St. and the A. Warren McClaskey Adult Center at 5241 J St. are scheduled for closure.

The Fremont adult school alone would need \$2.5 million to remain open.

These closures would also cause uncertain futures for two historic school buildings, as the Fremont building originally housed the Fremont Primary School and the McClaskey cen-

ter was home to El Dorado School.

## Loss of opportunity for parents

Gilmore explained an important need for having adult education opportunities available in Sacramento.

"I guess where I am most concerned is we're an intercity school district and we have huge achievement gaps at most of our schools," Gilmore said. "A lot of the explanation for that is because of the educational level of the parents, and their inability to be their children's teachers. So, if we take away the parents' opportunities to improve their skills and get job skills, so that they can provide better for their family, the kids are never going to get out of poverty. (Adult education) is a system that's been in existence for 140 years in this school district, where we have been helping the parents of the children. No, it hasn't solved the achievement gap. We still have it, because not all parents take advantage of the service. But the opportunity would be taken away, and I guess that's what hurts the most."

## Looking for solutions

Gilmore is also working with the Alta California Regional Center in hopes that it will be able to fund the adults with disabilities program, so that the program can continue to operate.

Various corporations have also been contacted in the search for financial support for the district's adult education.

Furthermore, Gilmore, who has been a Sacramento Kings season tick-

et holder since 1988, said that she contacted the National Basketball Association in hopes that the city's adult education programs could be included in the NBA's community assistance program.

Although Gilmore said that she is worried about the future of other adult education programs, she said that the parent education program is scheduled to continue next year. However, that program's fees have nearly doubled.

Fundraisers play an important part of earning funds for adult education in Sacramento.

One of these fundraisers will be an e-waste collection day, which will be held at the McClaskey center on Saturday, June 2 from 9 a.m. to 1 p.m.

## Funding decreases

Unfortunately for Gilmore, the current state of adult education in Sacramento leaves her much less time to celebrate her personal achievements as an adult education director.

"(The Legislature says it is) funding education, but in the past few years, they've cut it by \$18 billion in real money," Gilmore said. "Districts can't survive. I guess we need this high speed rail between the north and south. That would be great, but maybe this isn't the time to be doing it. Maybe the money that's going into that should be going into education. Maybe we shouldn't be the 47th ranked state for the funding of public education. When I was a student here, we were number one."

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# Author Marty Relles' Sacramento roots run deep

By LANCE ARMSTRONG  
Pocket News writer  
lance@valcomnews.com

Sacramento native Marty Relles, who is well known through this publication as the author of the column, "Janey Way Memories," and his new book by the same name, will be holding a book signing on Thursday, May 3.

The event, which will be held at the Dante Club at 2330 Fair Oaks Blvd. from 7 to 9 p.m., will present one of the first opportunities the public will have to meet the author and purchase a copy of his new book.

As one who grew up in Sacramento and attended local schools, Marty developed a love for his youth that is cleverly presented in his columns and new book, which was published by Ecco House Publishers and released last month.

## Born in East Sac

Marty is a person whose East Sacramento roots are so deep that he was even born at East Sacramento's old Sutter Maternity Hospital, which was the original name of Sutter Memorial Hospital.

Marty grew up on Janey Way, a few houses down from St. Mary's Church and adjacent to what is now St. Francis High School.

He was raised by his parents, Martin and Mary Relles, along with his two brothers, Terrence and John, and sister, Pat.

## Local schooling

His education included attending Tahoe School, El Dorado School, St. Mary's School, Christian Brothers School and Sacramento High School, Sacramento City Col-



MARTY RELLES sits at the desk where he wrote the stories for his new book, "Janey Way Memories."

Pocket News photo, Lance Armstrong

See Marty, page 9

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# Marty: 'Janey Way Memories' author to hold book signing May 3

Continued from page 8

lege and Sacramento State University.

After his schooling, Marty spent 31 years working for the state.

Another one of Marty's East Sacramento connections is his link to the long-time East Sacramento business, Relles Florist, which is owned and operated by his cousin, Jim Relles.

## Book project

Because of his fond memories of growing up on Janey Way, Marty started to write down his memories in anticipation of writing a book in 2002. However, the project never materialized until recently.

When asked why he had discontinued this project a decade ago, Marty said, "I didn't have the discipline to finish it. But after my mom died, who was the last of my (surviving) parents, it became much more compelling to write down my stories, while they were still in my mind."

## A columnist is born

Although he did not complete his book in 2002, Marty was presented with an opportunity to begin writing about Janey Way in early 2009.

Marty said that it was during that time that he was approached by then-Valley Community Newspapers editor Ryan Rose.

"Ryan said, 'I want you to write a column for (the *East Sacramento News*) about your memories of Janey Way,'" Marty recalled. "He said, 'I know you have a lot of fun stories about what you did as a kid. I think people would really like to hear them.' I told him that I didn't know if I could do that, and he said, 'Sure, you can do that. You're a good writer. Just send me one column and we'll see how that goes, and if everything works out, you'll be a regular columnist for the paper.'"

Fast forwarding nearly three years, Marty has written over 70 "Janey Way Memories" columns, the most recent of which can be read in *East Sacramento News* and online at [www.valcomnews.com](http://www.valcomnews.com).

Soon after Marty began writing his column, he decided that he would finally create the book that he began to write in 2002.

Using 38 of the stories from the first two years of his column, Marty began putting together his book last August.

## 'Poignant collection'

Marty's publicist Erica Benzinger described his book as "a poignant collection of tales growing up in Sacramento in the 1960s."

She added that the book is "filled with boyhood pranks, oddball neighbors and a few tear jerkers," and that he is "able to show us all that childhood memories do matter."

Benzinger also noted that upon reading Marty's book, one can understand the passion that he feels for his childhood, what it meant to him and how it helped to make him the type of person who he is today.

The introduction of the book describes the 47 children who resided on East Sacramento's Janey Way and referred to themselves as the "Janey Way Gang."

In the introduction, Marty wrote: "If you lived there (on Janey Way), you always had someone to hang out with. Life was good."

## 'The Pit'

Although Marty is only a young 65 years old, he is old enough to remember "the pit," which was the remnant of an abandoned sand and gravel plant that abutted Janey Way and was located in the area of the present site of St. Francis High School.

Regarding the pit, Marty wrote: "Rather than a place with swings and slides and teeter-totters, the pit was a big ravine, filled with broken pieces of concrete, discarded lumber and piles of dirt and sand. It became a theater for military maneuvers, a stage for Old West gunfights, a place to build forts made of concrete and waste lumber, and a track for off-road bicycle races."

## The families

The following segment of his book refers to

those who lived on Janey Way – the parents and children – and friends from outside the neighborhood.

For instance, one chapter tells the story of a young man from the neighborhood who was killed in the line of duty while serving in the Vietnam War in 1966.

Marty said that the story about this Vietnam veteran is one of the most compelling stories in his book.

He added that the greatest reward from writing the book came when he received a call from the veteran's uncle, who is a Jesuit priest, who thanked him for taking the time to write a story about his nephew's service to his country.

"You get a feeling of the power of the press when (after having the story published in the *East Sacramento News*) I received a call from the uncle of my friend who was killed in Vietnam," Marty said.

## Laughter, tears

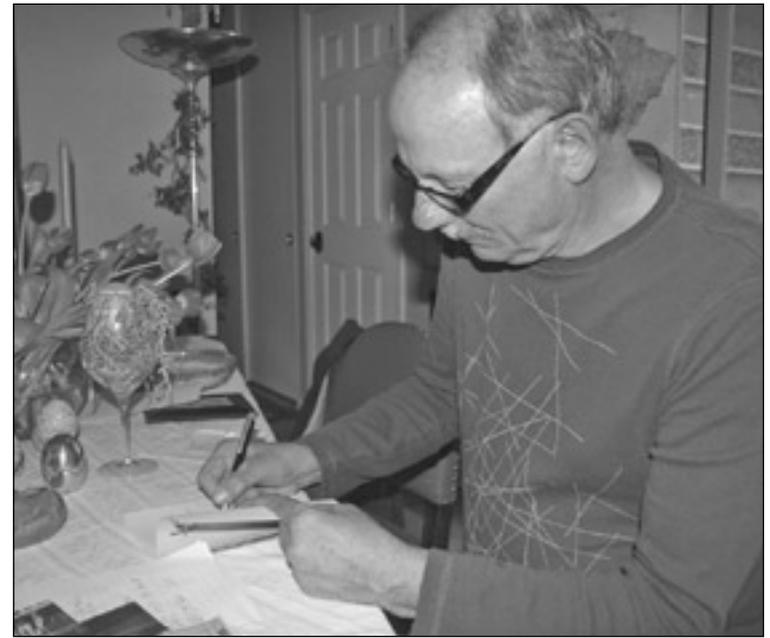
In discussing his approach to writing the stories in his book, Marty said that he wanted to portray much emotion in these stories.

"I want people to identify with the stories, and in my writing I try to achieve pathos, and be moved and have an emotional connection when they read the stories," Marty said. "Most of the stories have that emotional feel to them. They'll make you laugh, they'll make you cry."

Marty, who in his spare time enjoys cycling, golfing, cooking and travelling, is already working on his second "Janey Way Memories" book and plans to write a book about the history of the Relles family coming to the United States in 1912.

For additional information about Marty's upcoming book signing at the Dante Club or to learn more about his book, visit the Web site [www.janeywaymemories.com](http://www.janeywaymemories.com).

The book is also available through the site in a downloadable electronic version.



Pocket News photo, Lance Armstrong  
AUTOGRAPH, PLEASE. Marty Relles signs a copy of his new book, "Janey Way Memories."

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# Classical Masters Music Festival seeks young talent

By **SUSAN LAIRD**  
Pocket News editor  
susan@valcomnews.com

The artistic and musical talent of the youth in the Sacramento region never fails to amaze adults in the audience. Young people are emerging from theater troupes such as El Dorado Musical Theatre – and making their way to Broadway in New York. Musicians like young Chase Onadera of Sacramento are playing classical guitar at Carnegie Hall at the tender age of 11.

This isn't the talent seen on school stages even as recently as 20 years ago. The bar is much, much higher today.

This rising tide of talent is due to a number of factors: excellent teachers who choose to live in the Sacramento region because they like the area, parents who personally invest in their children's extracurricular education, and members of the community – both individuals and businesses – who provide opportunities for emerging talent to shine and be recognized.

One such venue for young people is the Classical Masters Music Festival. It was founded by Austin Lee, a 16-year old resident of Granite Bay. Lee's vision was to pro-

vide "an annual performing arts festival for young musicians in a remarkable venue within our wonderful Sacramento region." The event is held at the Three Stages Arts Center in Folsom, a part of the Los Rios Community College system.

The festival is a classical music competition for musicians ranging from ages four to 18. It includes both competitive and non-competitive categories for piano and string ensembles. Exceptional local young musicians and an international competitor will perform during the festival. Music lovers are invited to enjoy an impressive two-day event filled with concerts, competitions and master lectures.

This year's event will be held June 9 and 10. Young people from throughout the Sacramento region and Northern California will be competing for musical prizes and recognition. There will also be master classes for music teachers, aspiring novice pianists, chamber music ensembles and advance young pianists.

The opening concert will feature two of last year's competition winners, both young and talented pia-



Photo courtesy, Emmet Welch  
YOUNG MUSICIANS from throughout the Sacramento region and Northern California will compete in the Classical Masters Music Festival on June 9 – 10. Applications for the completion are still being accepted. The deadline is May 1.

nists: Dominic Pang, Category A (ages 4 – 7) winner and Christopher Son Richardson, Category B2 (ages 11 – 12) winner.

The featured guest pianist will be Yeol Eum Son, the Silver Medalist of the 13th Van Cliburn 2009 International Piano Competition and the Steven De Groote Memorial Award for the Best Performance of Chamber Music. A native of South Korea's Kangwon Province, she is on the list of young international artists to watch in the world of classical music.

Local youth musicians are encouraged to apply now for festival competition. There are many different categories for musicians. The application deadline is May 1.

Information on how to sign up to perform at the event is available online at [www.classicalmasters-musicfestival.org](http://www.classicalmasters-musicfestival.org).

Ticket information for those who wish to attend the festival is available at [www.threestages.net](http://www.threestages.net) or call (916) 608-6888.

Lee's vision for this event is receiving a groundswell

of support from local businesses and education leaders who believe in the importance and value in the lives of young people. Having a competitor from the internationally respected Van Cliburn competition headline the event brings credibility to this event, as well.

Today's arts have come a long way. Take a moment to experience these moments in musical history. You may well find yourself saying, "I saw him/her perform years ago, back in 2012..."

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# Janey Way Memories: Wednesday Night Bingo at St. Mary's Church



By **MARTY RELLES**  
Pocket News columnist  
marty@valcomnews.com

In the mid-1950s, the good priests at St. Mary's Church decided to build a Catholic primary school (grades one through eight) adjacent to the church on 58th and M Street.

In 1956, a brand new school began operation at that location. Unfortunately, the church had to take on debt to build the new school. So, to help pay off the loan for the school, the priests pondered alternative sources of revenue. Subsequently, they decided to host parish dinners staffed by parishioners and to have weekly cash bingo games.

Soon after, Wednesday Night Bingo started up in St. Mary's Hall. My dad and our neighbor, Louis Viani Sr., volunteered to work at this weekly event. Louis called the numbers and Dad and others sold the bingo cards.

It took a while, but eventually Wednesday Night Bingo became quite popular. That caused a problem, not expected when the idea first surfaced.

How do you safely park all the attendees? Consequently, the church decided to hire an enterprising young man to act as a parking attendant for the games.

That's where I came into the picture. Sensing a financial opportunity, I volunteered to take on the job.

So, on the following Wednesday, I showed up for work at 6:30 p.m. on the dot. Soon, the cars came streaming into the school yard to park. To tell you the truth, at first I was overwhelmed; but by 7:30 p.m., the bulk of the players had entered the lot and safely parked.

Phew, that was a little more than I expected. By 9:30 that evening, I happily headed home, my evening's work done, and \$10 richer.

On the next Wednesday at 6:30 p.m., I stood at my post and resumed parking the enthusiastic bingo players. It soon became my weekly routine. The bulk of the cars came early and I made sure they parked in neat rows and always left wide lanes in between the rows so cars could exit the lot safely. In case of an emergency, public safety vehicles could enter the lot unobstructed.

Typically, most of the cars entered the lot between 6:30 p.m. and 7:30 p.m. After that, I sat on my folded chair at the entrance to the lot and took it easy.

Around 8 p.m., Tiny Hansen, the off-duty police officer responsible for security, usually toured the parking lot.

When he did that, Tiny always brought me a soda pop and spent some time talking with me.

Tiny worked with my dad on the Sacramento Police Department's Detective Bureau and had great stories to tell about solving crimes and dealing with criminal offenders. Like all policemen, he started as a beat cop working the lower end of the city. In this capacity, he often had to break up fights, arrest drunken men and pursue thieves on the dark streets of lower end Sacramento where Old Sacramento now stands.

It all made for some very exiting stories to tell and I always enjoyed hearing them. Soon Tiny returned to the hall, and I resumed my parking duties.

I retained my job as a bingo parking attendant well in to the 1960s. It gave me cash for movies, swimming at Glenn Hall Pool and attending Catholic Youth Organization dances. A little extra money always came in handy.

The days of Wednesday Night Bingo at St. Mary's church have long since passed. The church eventually paid off the debt for the new school. Indian gaming rose to popularity, and the little church bingo operations all went out of business.

Now, my days of parking cars at Wednesday Night Bingo are just another financially rewarding Janey Way memory.

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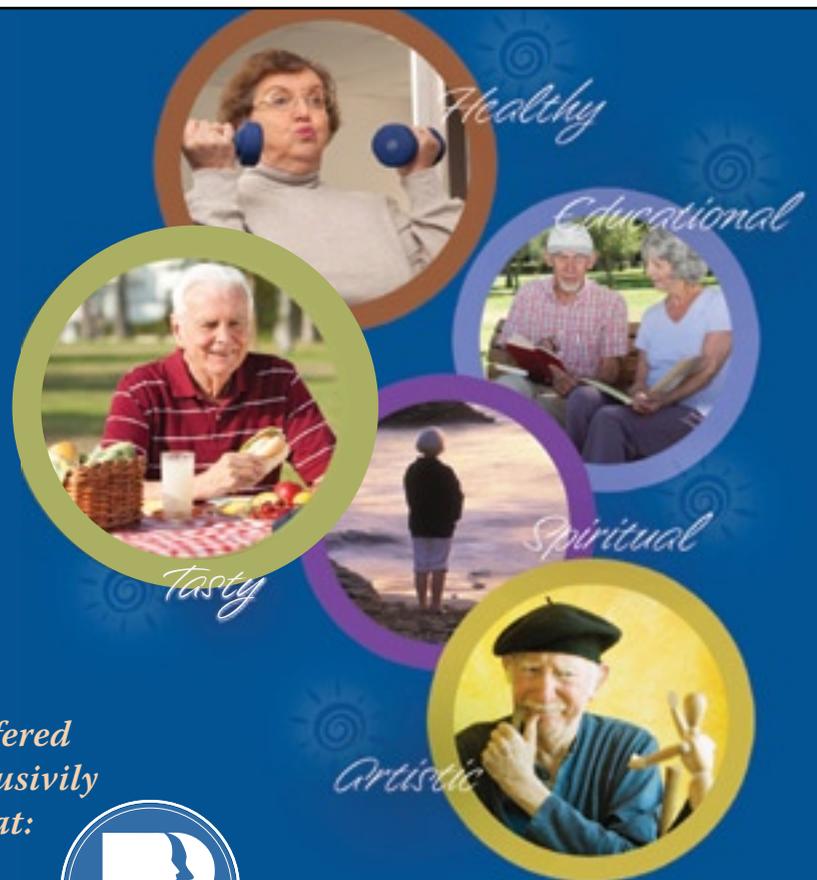
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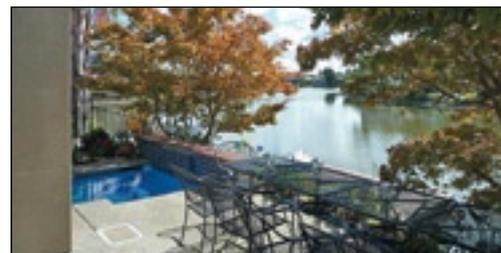


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# Programs celebrating the 1930s in Sacramento slated at Central Library

Special to Pocket News

The Sacramento Public Library will present its second series of Capital Decades programs in May that highlight Sacramento's culture, music, arts, and fashions of the 1930s.

All events will take place in the Tsakopoulos Library Galleria at the Central Library, which is located at 828 I Street in downtown Sacramento.

Attendees are encouraged to dress in period attire. Registration is required for each event by telephoning the library at (916) 264-2920 or visiting [www.saclibrary.org](http://www.saclibrary.org).

In addition to the series of events, there will be special 1930s displays in the Central Library lobby, featuring items from the collections of the Sacramento Room and the Sacramento Art Deco Society through May.

**City Life** (Tuesday, May 8, from 6 p.m. to 8 p.m.) Introduction to life in 1930s Sacramento including industry and labor, Hoovervilles, recreation and amusements, and schools; presented by Bill Burg, James Scott, Tom Tolley and Amanda Graham.

**Fashions and Styles** (Tuesday, May 15, from 6 p.m. to 7:30 p.m.) A fashion show featuring eveningwear of the 1930s presented by Sacramento Art Deco Society president Doreen Sinclair.

**Motion Pictures** (Tuesday, May 22, from 6 p.m. to 8 p.m.) Movie expert Matias Bombal will present clips from 1930s films and discuss the development of the Broadway entertainment district in Sacramento.

**Jitterbug!** (Tuesday, May 29, from 7 p.m. to 9 p.m.) Dance instruction from Midtown Stomp from 7 p.m. to 8 p.m. and a dance to follow with period music and a silent showing of a classic 1930s dance flick.



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# Sacramento Children's Chorus to perform at All Saints Episcopal

Special to Pocket News

The Sacramento Children's Chorus, directed by Lynn Stevens, will perform in a 45 minute concert following the Evensong service at All Saints Episcopal Church on Sunday, April 29 at 4 p.m. Evensong will be sung by the All Saints Augmented Choir, directed by Scott Nelson.

A free-will offering will be collected. Child care is provided. Overflow parking is available at Sacramento City College across the street. Reception to follow.

All Saints Episcopal Church is located at 2076 Sutterville Road in Sacramento.

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# Lemur: Zoo babies part of 'Species Survival Plan'

Continued from page 4

been keeping an eye out for any significant changes in the mothers' behavior. The sifaka mother and baby are bonding in their habitat across from the Conservation Carousel and the Mongoose Lemur baby can be seen on exhibit with its mother and father.

Both Coquerel's Sifaka and Mongoose Lemurs are native only to the island of Madagascar off the southeastern coast of Africa, although the Mongoose Lemur was introduced

to the Comoro Islands of Moheli and Anjouan roughly 200 years ago.

Newborn sifaka ride on their mother's belly for the first month, then graduate to riding on her back. By two months of age, they have learned the basics of leaping. By about six months of age, they claim the treetops as their own. Young reach adult size at one year. Coquerel's Sifaka are among the most endangered of the sifaka species

– habitat loss due to deforestation is the leading threat. They have a unique brown and white coloration, and are distinguished from other lemurs by the way they move. They maintain a very upright posture. Using only their back legs, they leap through the treetops, easily leaping more than 20 feet in a single bound. On the ground they spring sideways off their back feet to cover distance.

All Mongoose Lemur infants are born with female coloration and; males, change coloration within six to eight months. The infant is carried around the mother's waist and is weaned between five and seven months. Mongoose Lemurs tend to live in small groups of three to four consisting of a mature pair and their immature offspring.

The Ankarafantsika Reserve is the only protected area in Madagascar for the Mongoose Lemur. It is under heavy pressure due to forest clearance for pasture, charcoal production and croplands.

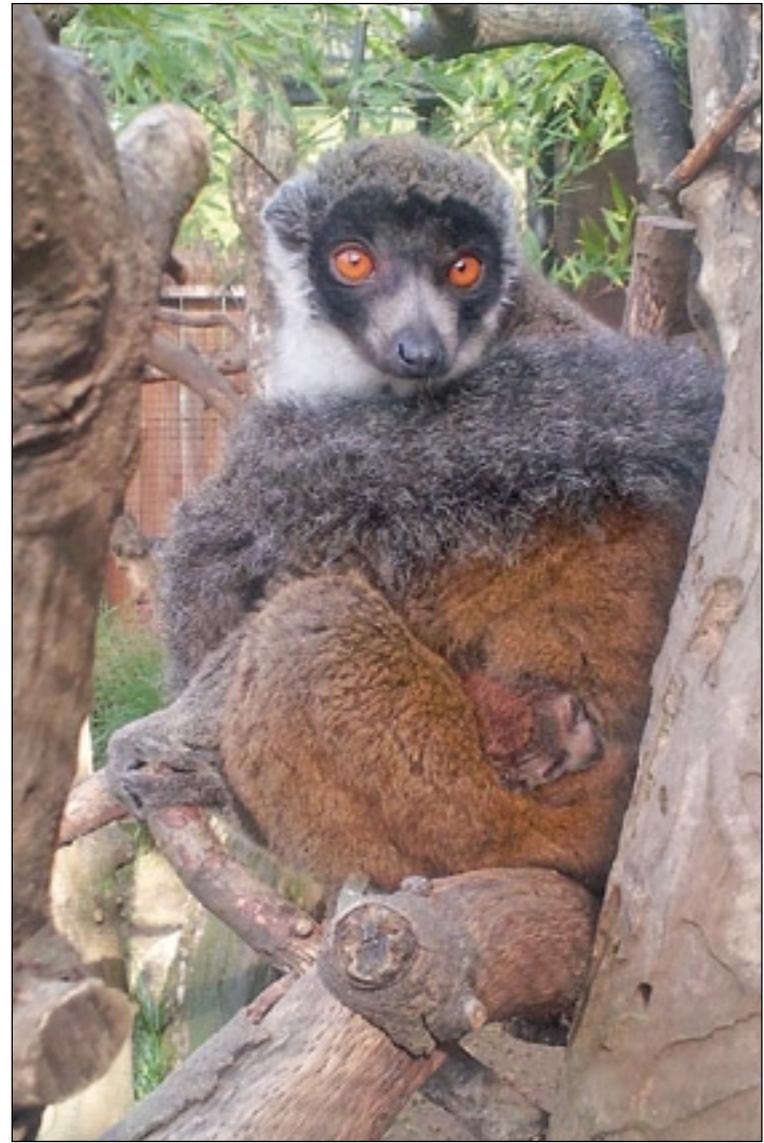


Photo courtesy, Sacramento Zoo

MONGOOSE LEMUR MAMA AND BABY. This baby mongoose (baby in bottom right corner of photo) was born Friday, March 30.

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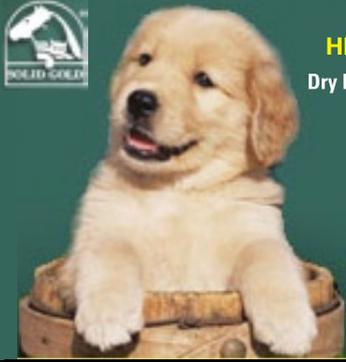
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# 'ZooZoom' biggest kids' race in Sacramento

By ELIZABETH VALENTE  
Pocket News writer  
elizabeth@valcomnews.com

On April 15, more than 3,000 people laced up their running shoes and ran, walked, and rolled their way through Land Park Drive and Sutterville Road for the 32nd Annual ZooZoom 5K/10K run, which benefited the Sacramento Zoo.

The run/walk event has become a part of the community in the 32 years since its inception. The course trails through tree-trimmed William Land Park and finishes near the back entrance to the Zoo.

"The popularity of the event demonstrates the importance that the community puts on not only on the race but on the Zoo, which has been in the community for the last 85 years," said zoo spokesperson, Tonja Swank.

## Conservation and education

Athletes of all levels were sweating it out in either the 5K run/walk (3.1 miles) or the 10 km run (6.2 miles). Regardless of how long it took them to finish (or if they finished), everyone agreed the goal was a race for conservation and education.

"As you can imagine, the bill to feed the animals can get very expensive. Proceeds from ZooZoom benefit the Sacramento Zoological Society for animal care and enrichment," Swank said. "This includes thousands of pounds of food, upgrades to their exhibits and enrichment to help nurture their natural behaviors and skills while keeping their minds sharp."

More than 450 animals that call the Sacramento Zoo home. Helping to fill their bellies and occupy their minds can become a difficult and expensive task.

"In order to keep their minds and skills sharp, a variety of enrichments need to be made daily," Swank explained. "Enrichments emulate foraging for

food and the use of skills that would be necessary in the wild."

To feed all the animals at the Zoo each year, it takes 42,000 pounds of fruits and vegetables; 55,500 pounds of chow (a dry food similar to dog or cat food but specialized for various animals at the Zoo); 55 gallons of powdered Tang; 15,000 pounds of meat and 341,800 worms.

## Kids run wild for health

The Sacramento Zoo run is "wildly inspiring" for kids as well. Among the hundreds of participants, 600 of them were children who joined in the four kids races sponsored by Sacramento's Fleet Feet Sport. The Saucony "Run For Good Kid Fun Runs" include: a 220-yard run for ages four and under, a 440-yard run for ages five and six, a half-mile run for ages seven to nine, and a one-mile run for ages 10 to 12. All kids that entered received a special shirt and a finish medal.

"The day was gorgeous, we had a lot of elementary kids from various running groups that came out," said Kim Parrino, race director, Fleet Feet Sport Event Management. "ZooZoom ends up being the biggest kid's race in Sacramento."

For the sixth year, Fleet Feet Sports, with additional support from Saucony, provide \$2,000 in grants to schools

that have the most total runners and the highest percentage of kids entering the event. The grants are designated to the physical education departments of the five winning schools.

Schools can use these grants to purchase physical education equipment or health education.

"Several of the grade school kids belong to running groups like our Project Fit. Running programs promote fitness, discipline, team work, and responsibility," said Parrino. "It helps kids feel good about themselves and it encourages others to join in the fun."

In the past, schools like Carmichael's Mission Ave. Open School, Two Rivers Elementary, Natomas Park Elementary, Crocker Riverside, Mission Ave. Open School, Woodridge Elementary, Alexander Twilight, Courtyard Private School, Witter Ranch Elementary have been past grant recipients.

For some parents, the run/walk was a way to get their kids to participate in a healthy exercise.

"Kids today are not getting the amount of exercise they need to keep their bodies and minds sharp and in shape," said Peter Eza, parent and Greenhaven resident. "Not only does this event help to foster good health, it helps to support the Zoo."

For photos see Faces & places page 20



Photo by Stephen Crowley

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Faces and Places

# Race for conservation and education benefits animals and kids

By ELIZABETH VALENTE  
Pocket News writer  
elizabeth@valcomnews.com

Photos by STEPHEN CROWLEY  
Pocket News photographer  
stephen@valcomnews.com

According to the California Obesity Prevention Program, a funded program within the California Department of Public Health that works to increase physical activity, improve nutrition, and prevent obesity, schools across the state have reduced physical education programs and recess time. The attraction of video games and television is allowing today's kids to develop sedentary lifestyles. This is a leading problem in increased child-

hood obesity and the development of diabetes.

According to the U.S. Center of Disease Control, in the next 15 years, Type 2 diabetes in adults will quadruple. Diabetes in youth is now considered one of the most common chronic diseases in the U.S. In California, obesity affects 24.8 percent of adults, 17 percent of children ages six to 11, and 17.6 percent of 12 to 19 year olds. The Hispanic and African-American communities experience higher rates of obesity, and low-income communities suffer from both social and health inequities. That is why the state is offering community grants for obesity prevention to local health departments and community organizations across California.



# Christian Brothers High School launches technology pilot program

By **CORRIE PELC**  
Pocket News writer  
corrie@valcomnews.com

If schools like Christian Brothers High School in Oak Park are any indication, the days of lugging around heavy textbooks, notebooks and binders will soon be a thing of the past.

## Plan in place

In late March, Christian Brothers launched a technology trial placing Apple iPads and Google Chromebooks into classrooms for student use. According to Kristen McCarthy, the school's director of communications, classes in religion, chemistry, world history and French were selected to take part in the trial, as administrators wanted to see how integrating hands-on technology would work in a variety of classes and curricula.

She said the entire trial will take two semesters – the last semester of the 2011-2012 school year and the first semester of the 2012-2013 school year. During this first part of the trial, students taking part in the pilot program are able to take the iPad or Chromebook they are using home, giving them access to the technology 24/7.

## A great start

Although at the time of the writing this article the trial had only been underway for about two weeks, already students and teachers were extolling the virtues of having the added technology in the classroom.

Freshman Colton Wackman has already found the iPad to be a convenient tool for his studies.

"You don't have to carry around a bunch of books, so you can keep more material on it," he explained. "Also it's organized so you can have a bunch of different sections for different subjects. I think it makes learning a lot easier."

Freshman Caroline Stringer, who is also using an iPad, agrees and said

she feels she can get things done faster as it's easier to type on her iPad than write. She believes it will help alleviate stress by having everything she needs for her class in one place.

"I think it will be easier for us all to keep track of what we need," she added.

For French teacher Patricia Gallagher, giving her students access to Google Chromebooks has helped them to increase their focus in the classroom.

"They're also learning how to look up, listen, get back down to the computer, write something down and toggle back and forth between two or three things and take notes," Gallagher said. "It's quite fascinating to watch them really buckle down and focus just because there's a machine in front of them. There's not that wandering of the eye – they're really focused."

Similarly in the classroom of AP US history teacher Michael Hood, whose students are also using Chromebooks, the trial has been a positive learning experience for both teacher and students thus far.

"We're just excited about being on the cutting edge of what we can do in the classroom," Hood said.

## Looking ahead

Hood already has plans on how to use the Chromebooks in class. For example, when studying the history of World War II, he plans to use the technology for students to access histori-



Photo courtesy, Christian Brothers High School  
GIMME THAT ONLINE RELIGION... Freshmen Caroline Stringer, left, and Danielle Jackson, right, use an iPad in their religion class at Christian Brothers High School.

cal photos and then as a project put together their own photo essay. Hood said this is a new way of doing things rather than having students only write an essay.

"Really, it's an example of the difference between what I did before, which was maybe just strictly writing, and now what I could do which is really expanding their ability to analyze historical information," he explained.

As the technology trial continues, one of the main goals staff and teachers hope the program will achieve is encouraging collaboration among students, as well as teaching students independence in going out to find answers to questions themselves, said Chris Symkowick-Rose,

assistant principal for curriculum and instruction.

"Students have their hands on this stuff all the time, but not necessarily in the context of education," Symkowick-Rose explained. "So really teaching them the value of these tools as a means of going out, answering questions and helping them get into these topics deeper, and then also how to use it as a collaborative tool."

Hood feels giving students access to technology at this time in their education will make the transi-

tion smoother for them to higher education as many colleges and universities are considering making iPads and tablets mandatory for students.

"I think our students are going to have a little bit of a jump on those students because they will already have a lot of tools, they'll be exposed to websites and applications that will help their academic experience, and it will help them excel more so than maybe a student that has not been exposed to that kind of technology," Hood said.

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Lic # 544159/References Available

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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.

## APRIL

### Bilingual Toastmasters

**April 19, 26:** Una oportunidad unica para mejorar sus habilidades bilingues y superar 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

### Bingo!

**April 19, 26:** Enjoy a great local charity game of bingo every Thurs. night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

### Florin Sears Store Farmer's Market

**April 19, 26:** Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

### Food Addicts Anonymous

**April 19, 26:** 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 19, 26:** 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

### Rotary Club of Pocket/Greenhaven

**April 19, 26:** 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.

### Sacramento Downtown Plaza

**Farmer's Market**  
**April 19, 26:** Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

### Sutterville Heights Optimist Club

**April 19, 26:** Come enjoy community speakers and community projects for youth.

12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

### Ballroom Dances

**April 20, 24, 27:** Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

### Best Friend Fridays

**April 20, 27:** Enjoy a fun, no-pressure, no-risk networking environment that benefits the local community non-profits. Hors d'oeuvres, wine & beer, games, raffle drawings, door prizes. Bring your best friend and make new ones. \$5 admission. Each Friday is hosted by a different non-profit group with all proceeds from the raffle donated. Garden Room and Courtyard, Sierra 2 Center, 2791 24th St., Sac. (916) 452-3005 www.sierra2.org

# CLASSIFIED ADS

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2007 Nitro 591 Bass Boat. Asking \$5000, contact e-mail: sudri8sh@msn.com OR phone: 909-748-1280.

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Pocket Computer Technician. I do on-site visits in the Pocket area. \$45/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161

### DRIVERS/EMPLOYMENT

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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.

### Health and Wellness Fair

FREE ADMISSION

Saturday, April 28 -10 a.m. to 3 p.m.  
Chinese Grace Bible Church  
6656 Park Riviera Way

- Ask-a-Doctor: Talk with health and medical professionals
- Screenings: Blood Pressure, Hearing, BMI
- Bone Marrow Drive
- Tai Chi / Chi Gung (Chinese Exercise)
- Kid Zone, Prizes, Refreshments

www.chinesegracebiblechurch.org



Presenter: Josh Tuttle  
General Manager  
East Lawn Mortuary &  
Sierra Hills Memorial Park  
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30-minute presentation followed by a question and answer period.

### FREE LUNCHEON SEMINAR

"The Privilege of Planning"

Thursday, April 26 - 11:30 a.m. to 12:30 p.m.  
Tuesday, May 22 - 11:30 a.m. to 12:30 p.m.  
Seating is limited to 30 attendees per seminar

St. Francis Community Hall

6700 Verner Avenue, Sacramento, CA 95841  
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Reservations Required RSVP to Lisa West @ (916) 732-2020

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Gourd Art + Live Demonstrations  
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June 2 and 3

10 a.m. to 5 p.m, both days  
Corner of Fulton & Marconi

Artists Wanted!!!

Sponsored by Kiwanis Club of  
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CALL (916) 429-9901

TO ADVERTISE YOUR EVENT  
In the Arden Carmichael News,  
East Sacramento News,  
The Land Park News  
and The Pocket News

### Kiwanis Club of East Sacramento-Midtown

April 20, 27: 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 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way, Sac. www.pointwestrotary.com

Continued from page 17

### Soroptimists of Sacramento

April 20, 27: 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

### Food Addicts Anonymous

April 21, 28: 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.

### Carmichael Farmer's Market

April 22, 29: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

### Co-Dependents Anonymous

April 22, 29: 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 22, 29: 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

### Families Anonymous

April 22, 29: Meet with other parents who are dealing with a daughter or son who is experiencing mental, emotional or addiction problems. Meets every Sunday without fail. 3 p.m. Del Norte Swimming and Tennis Club, 3040 Beccera Way, Sac. Jane (916) 402-2465

### Nor Cal Big Bands Preservation Society Dance

April 22: Enjoy dancing to the sounds of the big bands of the early and mid-20th century. 1 p.m.-5 p.m. Singles and couples of all ages are welcome. Special talent at 1 p.m. Snacks at 3 p.m. Prizes at 4 p.m. Dance hosts available. Regular admission \$12, \$11 per person in groups of 10 or more and \$10 for Nor Cal Big Band Gold Card Society members. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

### State Parking Lot Farmer's Market

April 22, 29: State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.-noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

### Sunday Support for the Widowed

April 22, 29: 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

### Hatha yoga

April 23, 30: 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.

### Nicotine Anonymous

April 23, 30: Nicotine Anonymous meeting. Meets every Monday, 5:30 p.m.-6:30 p.m. Westminster Presbyterian Church, 1300 N St., Sac. Brandi Bowman (916) 984-3501

### Rotary Club of South Sacramento

April 23, 30: 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 23, 30: 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 23, 30: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

### Rotary Club of Arden-Arcade

April 24: 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 24: 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 24, 25: 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

### Co-Dependents Anonymous

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

### Rotary Club of East Sacramento

April 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon-1:15 p.m., every Wed. Evan's Kitchen, 855 57th St., Sac. (in the 57th St. Antique Mall) www.rotary.org

### Senior Wednesday Club

April 25: The Senior Wednesday Club meets to chat, play bridge, pinocle 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 25: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Cocos Restaurant, 1830 Arden Way, Sac. (916) 747-8282

### Composting Tips, Tricks

April 28: Composting for the home gardener workshop. Learn a great way to recycle yard and some kitchen waste, improve the soil and nourish the garden. The workshop covers the basics of composting, troubleshooting compost pile problems and more. Free. 11 a.m.-12:30 p.m. Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 875-6913 www.ucanr.org/sacmg

### Sac Dreamin' Battle of the Bands

April 28: The Upper Eastside Lofts, a student-housing complex associated with Sac State, is hosting a benefit concert to raise money for the Sweet Dreams Foundation - which supports children diagnosed with a life-threatening disease. Donations gratefully accepted. Live music, interactive games, raffles, more. 1 p.m.-6 p.m. Angel Nazir (916) 505-7068 Angel.Nazir@gmail.com

Continued on page 26

# FREE Car wash, Vehicle check & Bike tune up

## Compliments of Faith Presbyterian Church Saturday, April 28

California Bank and Trust parking lot, Florin Road and South Land Park Drive (across from Bel Air Market)



### "Spring Gardens" Sunday, April 22, 3pm

Including works by  
Beethoven, Ravel,  
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Congregation B'nai Israel  
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## LAND PARK GARDEN TOUR & TEA

**SATURDAY, MAY 5, 2012**  
TOUR: 10AM - 4PM • TEA: 12NOON

Tour Only: \$20 in advance \$25 day of tour  
Tour and Tea: \$40 in advance  
For more ticket information call (916) 446-7605 or  
visit the website: www.hs-ps.com/fundraising

Tour tickets may also be purchased the day of the event at  
Holy Spirit Church, 3159 Land Park Drive

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School-age children will have a blast as they find themselves on a new themed adventure every two weeks this summer!

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LJCR-34361027/434510275/74361029

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 WWW.FACEBOOK.COM/PLANETGYMNASTICSOFSACRAMENTO

4th Annual Recital & Summer Show, June 2012 // Unlimited Classes June-August // Looking for new Dance Teacher



**SUMMER CAMPS**  
 WEEK OF JUNE 18 // JULY 16 AND  
 AUGUST 13, 2012

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- CHEER • BATON • CAMPS • PARENT'S NIGHT OUT • BIRTHDAY OR PRIVATE EVENT PARTIES

**CALL AND SIGN UP TODAY!**  
**(916) 447-4966**

# CALENDAR

For more Calendar entries visit  
[www.valcomnews.com](http://www.valcomnews.com)

Continued from page 25

## MAY

### Fremont Park Farmer's Market

May 1, 8, 15, 22, 29: Fremont Park Farmer's Market. Every Tuesday, May-Sept. 10 a.m.-2 p.m. 16th & P streets, Sac. [www.california-grown.com](http://www.california-grown.com)

### POWERTalk International

May 1, 5: Want to improve your public speaking and presentation skills? POWERTalk International, a nonprofit pub-

lic speaking organization, provides coaching in leadership skills, sales presentation, interviewing, confidence building and more. Meets First Tuesdays of the month 10 a.m.-1 p.m. and First Saturdays of the Month 12 noon-3 p.m. Aviators Restaurant, 6151 Freepoint Blvd., Sac. Liz Richardson (916) 208-9163, [erichardson1202@yahoo.com](mailto:erichardson1202@yahoo.com) [www.powertalkinternational.com](http://www.powertalkinternational.com)

### Roosevelt Park Farmer's Market

May 1, 8, 15, 22, 29: Roosevelt Park Farmer's Market. Every Tuesday, May-Sept. 10 a.m.-2 p.m. 9th & P streets, Sac. [www.california-grown.com](http://www.california-grown.com)

### Chavez Plaza Farmer's Market

May 2, 9, 16, 23, 30: Chavez Plaza Farmer's Market. Every Wednesday, May-Oct. 10 a.m.-2 p.m. 10th & J streets, Sac. [www.california-grown.com](http://www.california-grown.com)

### Elk Grove Regional Park Farmer's Market

May 2, 9, 16, 23, 30: Elk Grove Regional Park Farmer's Market. Every Wednesday, May-Aug. 4 p.m.-7 p.m. Elk Grove & Florin roads, Elk Grove. [www.california-grown.com](http://www.california-grown.com)

### Capitol Mall Farmer's Market

May 3, 10, 17, 24, 31: Capitol Mall Farmer's Market. Every Thursday, May-Sept. 10 a.m.-1:30 p.m. 6th St. & Capitol Mall, Sac. [www.california-grown.com](http://www.california-grown.com)

### Best Friend Fridays

May 4, 11, 18, 25: Enjoy a fun, no-pressure, no-risk networking environment that benefits the local community non-profits. Hors d'oeuvres, wine & beer, games, raffle drawings, door prizes. Bring your best friend and make new ones. \$5 admission. Each Friday is hosted by a different nonprofit group with all proceeds from the raffle donated. Garden Room and Courtyard, Sierra 2 Center, 2791 24th St., Sac. (916) 452-3005 [www.sierra2.org](http://www.sierra2.org)

### Land Park Volunteer Corps

May 5: Got work gloves and a "let's get down to business" attitude? Then the Land Park Volunteer Corps is for you! Come join members of the community as we maintain, improve and beautify lovely William Land Park. First Saturday of every month, March - Nov. Free. 8 a.m. meet behind Fairytale Town, 8:25 a.m.-11 a.m., work on projects as assigned. Light breakfast, lunch provided by local businesses. (916) 718-3030 [ckpins-act@aol.com](mailto:ckpins-act@aol.com)

### Pancake Breakfast

May 5, June 2: Two light, delicious, warm pancakes, a tasty patty of sausage, Log Cabin syrup, tea and coffee, all for only \$3/person! 8:30 a.m.-10 a.m. Every First Saturday of the Month. Benefits the Wednesday Club. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

### Crochet Guild

May 9, June 13: Crocheters of all levels of ability and all ages are invited to join the Sacramento Crochet Guild. Learn new crochet techniques, exhibit at State Fair, do charity work. Mentoring program. Show and tell. Mini classes. Library and newsletter available. Club member of the Crochet Guild of America. Meets the second Wednesday of the month at 6:30 p.m. Seniors: \$6/yr. Enter from parking lot. Church of the Cross, 45th & H sts., Sac. Karolyn (916) 457-4044

### Referrals Plus

May 9, June 13: Referrals Plus, a women's networking group, helps women in business with connections, resources, promotions and ideas. We meet the 2nd Wed. of every month. 12:15 p.m. for meeting/luncheon in Greenhaven area. RSVP required. [www.referralsplus.org](http://www.referralsplus.org)

### Volkssport walking

May 10: Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65th St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or [nussb@surewest.net](mailto:nussb@surewest.net). Also [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)



# Freeport

Bar & Grill



## Mother's Day Brunch 8am to 3pm

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Call for reservations: 916-665-1169  
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[www.freeportbarandgrill.com](http://www.freeportbarandgrill.com)

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 Mon through Thur 11am - 10pm • Friday 11am - 1:30am  
 Saturday and Sunday 10am - 10pm

# My Yard Is River-Friendly Yours Can Be Too!



**Did you know...**  
 using too much nitrogen when you fertilize can attract pests to your garden?

## Fertilize naturally!

For tips on how to fertilize naturally, visit  
[riverfriendly.org](http://riverfriendly.org)



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# Cook Realty to host community 'Shred Party' April 28

By SALLY KING  
Pocket News writer  
sally@valcomnews.com

Spring is here, tax time will soon be over and it is time to clean house!

On Saturday, April 28, Cook Realty is offering to shred your confidential documents at no charge. The event will be held from 10 a.m. to 2 p.m. at located at Cook's headquarters, at 4305 Freeport Boulevard in Sacramento.

This is Cook Realty's fifth year of providing free paper shredding to the community. No appointment is necessary and there will be volunteers to assist in carrying heavy boxes.

Meena Chan, a member of Cook Realty for over 20 years, organizes this event. She says members of the community are encouraged to bring as many boxes of old documents as they want to dispose of.

"You don't want to be a victim of identity theft," Chan said. "Papers with personal information should always be shredded, not left stacked up in a garage or attic."

The realty sponsors this event twice a year. Once right before the holiday season begins in the fall and again right after tax season in the spring.

Cook Realty uses Rapid Information Destruction Services (RIDS) of Sacramento for shredding. RIDS brings a huge truck to the Cook Realty office and there is a large screen where folks can watch their papers being shredded.

"This shredder can actually shred a bowling ball," Chan said. "Don't worry about removing

staples or removing the papers from binders. It shreds everything."

Computer disks, drives and old floppy disks can be shredded too. If folks don't want to take their papers out of the boxes they are stored in, it's not a problem – the whole box of papers gets dumped into the shredder.

According to RIDS, their "state of the art" high tech, high capacity mobile shredding unit has a shred rate in excess of 6,000 pounds per hour, which is equivalent to 200 standard boxes.

Chan remembers, with some humor, a man showing up last year with only a small cassette. He said "There is very important information on here." Then threw the cassette into the shredder, watched it get shredded and walked off.

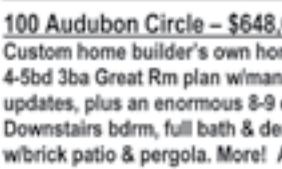
Chan said people have a tendency to let their papers pile up. That is not good for several reasons. The most important reason is keeping personal information away from identity thieves. Also, too much paper piled up attracts bugs. And the paper can become a fire hazard.

Chan emphasized this is a free event to benefit the community. If anyone would like to make a freewill offering for the shredding service, however, there will be a donations box out front. Donations will go to the Cook Realty Charitable Foundation. The money received is given to various organizations such as local schools, WEAVE and the Sacramento Children's Home.

## See More Photos & Open House Schedule for my "Featured Homes" at: GreenhavenPocketHomes.com



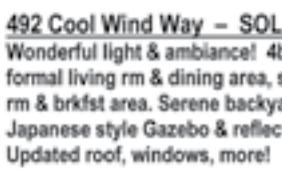
**\$325,000**  
**< 271 Audubon Circle – \$525,000**  
Spacious 4-5bd, 3ba Custom w/Upd granite kitchen & bath counters! Den, bath w/shower downstairs. Huge family rm & master bdrm. Separate formal living & dining rooms. Large yard, 3-car gar w/high ceiling! Apx 3,259 sqft



**100 Audubon Circle – \$648,000 >**  
Custom home builder's own home! Custom 4-5bd 3ba Great Rm plan w/many high quality updates, plus an enormous 8-9 car garage! Downstairs bdrm, full bath & den. Great yard w/brick patio & pergola. More! Apx 3,419 sqft



**Call for Details!**  
**< 234 River Acres Dr – Call for details!**  
Exceptional location & features! 3bd 2.5ba "Great Room" plan w/formal dining rm, upd stainless kitchen appliances w/Blue Star gas range. Tile roof. Upd laminate & tile flooring. Apx 25' deep garage. More! Apx 1,899 sqft



**492 Cool Wind Way – SOLD! >**  
Wonderful light & ambiance! 4bd 2.5ba with formal living rm & dining area, separate fam rm & brkfst area. Serene backyard setting w/ Japanese style Gazebo & reflecting pond. Updated roof, windows, more!

*"Bill was very professional in all aspects of selling our home. His friendly manner and great communications greatly eased our apprehensions... We will recommend Bill to any of our friends."*  
Don & Helene Costan, Sellers - Greenhaven Area

\* Per public records or other sources deemed reliable, but has not been verified by agent or broker. Interested parties to verify.



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271 AUDUBON CIRCLE \$525,000



SINGLE FAMILY, 4-5 BEDROOM, 3 BATH, 3259 SF  
**BILL BONNER 320-1888**

7727 RIVER LANDING DRIVE \$519,000



SINGLE FAMILY, 5 BEDROOM, 3 BATH, 3270 SF  
**LYNN LUK LEE 628-2843**

8042 LINDA ISLE LANE \$337,500



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1428 SF  
**NICK LAPLACA 764-7500**

14 FREE RIVER COURT \$319,500



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1674 SF  
**NICK LAPLACA 764-7500**

234 RIVER ACRES DRIVE \$299,900



SINGLE FAMILY, 3 BEDROOM, 2.5 BATH, 1899 SF  
**BILL BONNER 320-1888**

6456 HARMON DRIVE \$249,900



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**NICK LAPLACA 764-7500**

6915 WATERVIEW WAY \$240,000



SINGLE FAMILY, 4 BEDROOM, 2 BATH, 1967 SF  
**BOB SPEECE 801-6733**

492 COOL WIND WAY \$235,000



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7456 MYRTLE VISTA AVENUE \$215,000



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5 STANISLAUS CIRCLE \$185,000



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9556 SUNLIGHT LN-\$134,000  
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3525 MARSH CREEK WAY-\$365,000  
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**JOLEEN DUNNIGAN 717-3559**

9069 QUAIL TREE COURT-\$289,000  
**PENDING**  
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**LYNN LUK LEE 628-2843**

8611 ELK RIDGE WAY-\$155,900  
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SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1761 SF  
**BRANDON SHEPARD 479-1936**

8732 MORNING GLORY WAY-\$245,000  
**PENDING**  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2832 SF  
**NEAL ALIE 981-7129**

9601 ELK GROVE BLVD-\$275,000  
**NEW PRICE**  
SINGLE FAMILY, 4 BEDROOM, 2 BATH, 1374 SF  
**JOHN WONG 531-7150**

8708 ARMAGH COURT-\$160,000  
**PENDING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1598 SF  
**BRANDON SHEPARD 479-1936**

9570 CAMIE COURT-\$279,000  
**PENDING**  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2700 SF  
**BRANDON SHEPARD 479-1936**

9404 RIVER FALLS COURT-\$180,000  
**PENDING**  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1854 SF  
**BRANDON SHEPARD 479-1936**

9918 TARZO WAY-\$165,000  
**PENDING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1324 SF  
**GARY T LEE 595-4279**

9327 SALMON CREEK DRIVE-\$245,000  
**PENDING**  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2539 SF  
**BRANDON SHEPARD 479-1936**

9221 BELLA VISTA PLACE-\$375,000  
**PENDING**  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2716 SF  
**BRANDON SHEPARD 479-1936**

8641 FESTIVAL DRIVE-\$219,999  
**PENDING**  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2212 SF  
**NEAL ALIE 981-7129**

7805 CHAPLIN COURT-\$194,900  
**PENDING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1682 SF  
**NEAL ALIE 981-7129**

8291 FOX HOUND CIRCLE-\$220,000  
**PENDING**  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2526 SF  
**BRANDON SHEPARD 479-1936**

### SACRAMENTO

1454 FRUITRIDGE ROAD-\$150,000  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1479 SF  
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2319 V ST. - \$495,000  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 3100 SF  
**DAWN O'CONNOR-ROWE 799-4835**

1939 AUBURN BLVD-\$449,900  
COMMERCIAL/RETAIL  
**GARY T LEE 595-4279**

2885 NORWOOD AVENUE-\$350,000  
RESTAURANT, 139,392 SF  
**DAVID OHARA 600-9495**

7272 FAWN WAY-\$77,000  
SINGLE FAMILY, 3 BEDROOM, 1 BATH, 1036 SF  
**GARY T LEE 595-4279**

9246 BOSCASTLE WAY-\$144,000  
**PENDING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1350 SF  
**GARY T LEE 595-4279**

3328 SAN JOSE WAY-\$49,000  
SINGLE FAMILY, 2 BEDROOM, 1 BATH, 864 SF  
**NEAL ALIE 981-7129**

6537 VERNACE WAY-\$68,000  
**PENDING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1034 SF  
**NEAL ALIE 981-7129**

1 FLORIN ROAD-\$1,600,000  
RESIDENTIAL ACREAGE, 60.409 ACRES  
**DAVID OHARA 600-9495**

3 LENMAR COURT-\$150,000  
**PENDING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1428 SF  
**DAVID OHARA 600-9495**

4200 E COMMERCE WAY #623-\$50,000  
**PENDING**  
CONDO, 1 BEDROOM, 1 BATH, 667 SF  
**DAVID OHARA 600-9495**

9096 BEDROCK COURT-\$229,000  
**PENDING**  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2781 SF  
**DAVID OHARA 600-9495**

6901 PADERA MESA DRIVE-\$84,900  
**PENDING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1336 SF  
**FARES ALIE 247-7198**

4909 T STREET-\$699,000  
**NEW LISTING**  
SINGLE FAMILY, 4 BEDROOM, 2 BATH, 3009 SF  
**DAWN O'CONNOR-ROWE 799-4835**