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February 7, 2013

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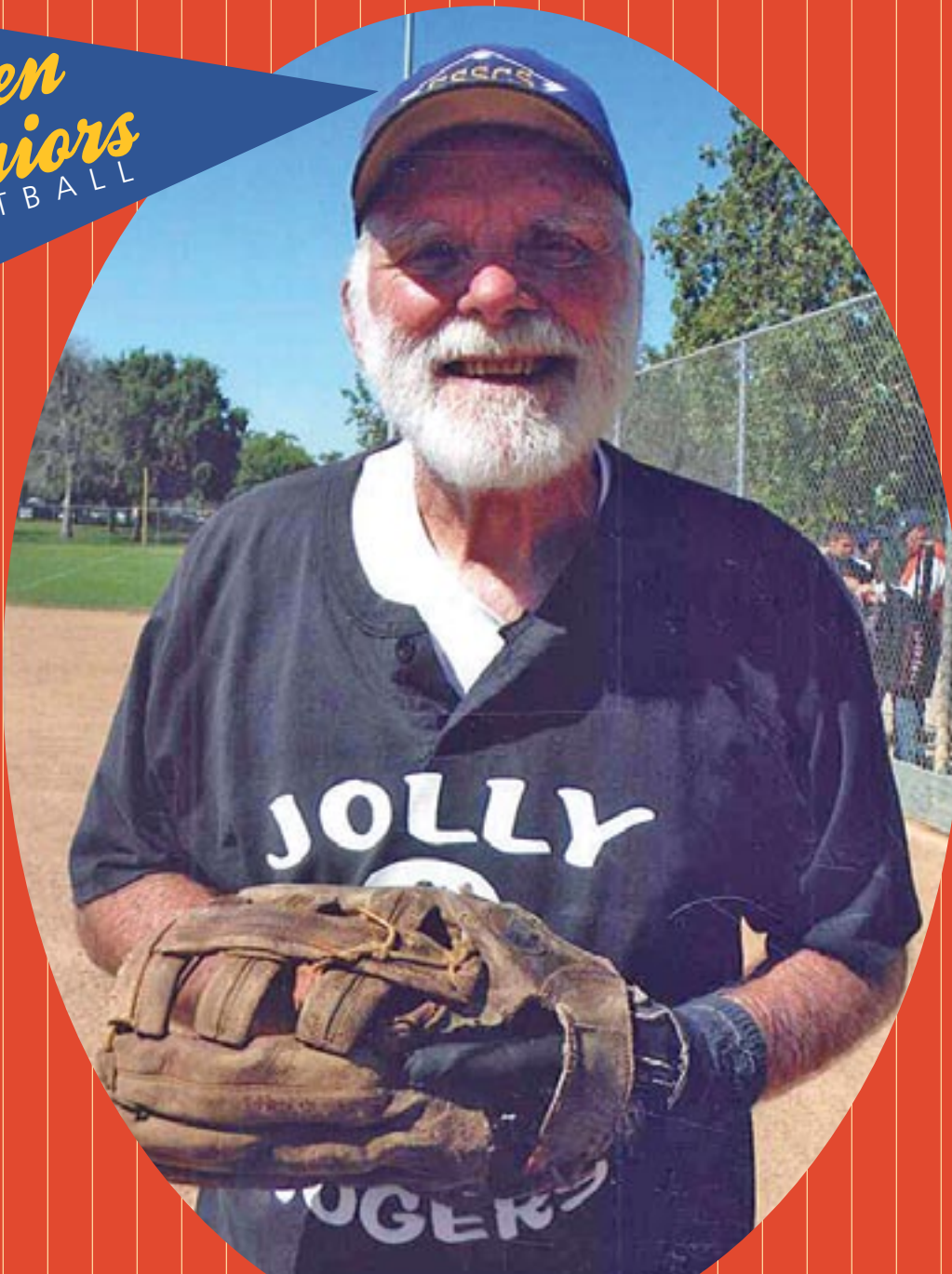


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SOFTBALL



A GAME FOR THE AGES AND AGELESS

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CONGRATULATIONS ADAM PECHAL



To our readers,

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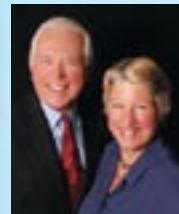
On the Menu, which will feature dishes from local restaurants. Restaurants can showcase their choice dish, say a few things about it, and list their contact information. Restaurants can have their listing in all four papers. Call 429-9901 for more information.

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Sacramentans developed indomitable attitude toward floods in 19th century

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part four in a series about the history of the Sacramento River.

As a city of two rivers, Sacramento has a long history of trying to protect itself from the very entities – it waterways – that provided its birth and its life's blood for the future.

In explaining this point, *The Sacramento Bee*, on Dec. 11, 1861, published the following words:

"Ever since the planting of Sacramento at the confluence of two mighty rivers, she has had to fight for existence with an energy and constancy which have developed her nerve and muscle and proved

her vitality beyond that of any city of modern times."

Sacramento, which was once referred to as the "Levee City," experienced about an eight-year period of prosperity in regard to avoiding major floods within the city limits.

The great flood of 1853 forced businesses and residents to acknowledge the dangers of Sacramento's rivers overflowing their banks. But this period of inactivity and a lack of inundation lulled the citizenry into a false sense of security.

In 1861, this false sense of security, along with much property, dreams and visions for the future, were again awash in a flood, the likes of which had never been seen in historic California.

As a precursor to the great flood of 1861, the level of the American River reached its highest point since 1853 – about 18 feet above the low water mark on March 27 of the same year.

During that evening, the wing dam on the east side of the city at Rabel's tannery was swept away and the levee at that site was damaged.

As a result of the same storm, water from Sutter Lake overflowed and cut a channel through Front Street to the American River.

Furthermore, bridges along the same river from the capital city to Folsom were either swept away or useless as a means to cross this waterway.

But surprisingly, this storm was considered to have produced only minor property damage and no loss of human life.

The lack of extensive loss was due to the fact that the floodwaters receded rapidly. But the damage done to the wing dam at Rabel's tannery would come back to haunt the city.

The rains of December 1861 came faster and were heavier than any ever experienced in the Sacramento Valley.

Both the Sacramento and American rivers, as well as all rivers to the north, rose above their previously recorded high water marks.

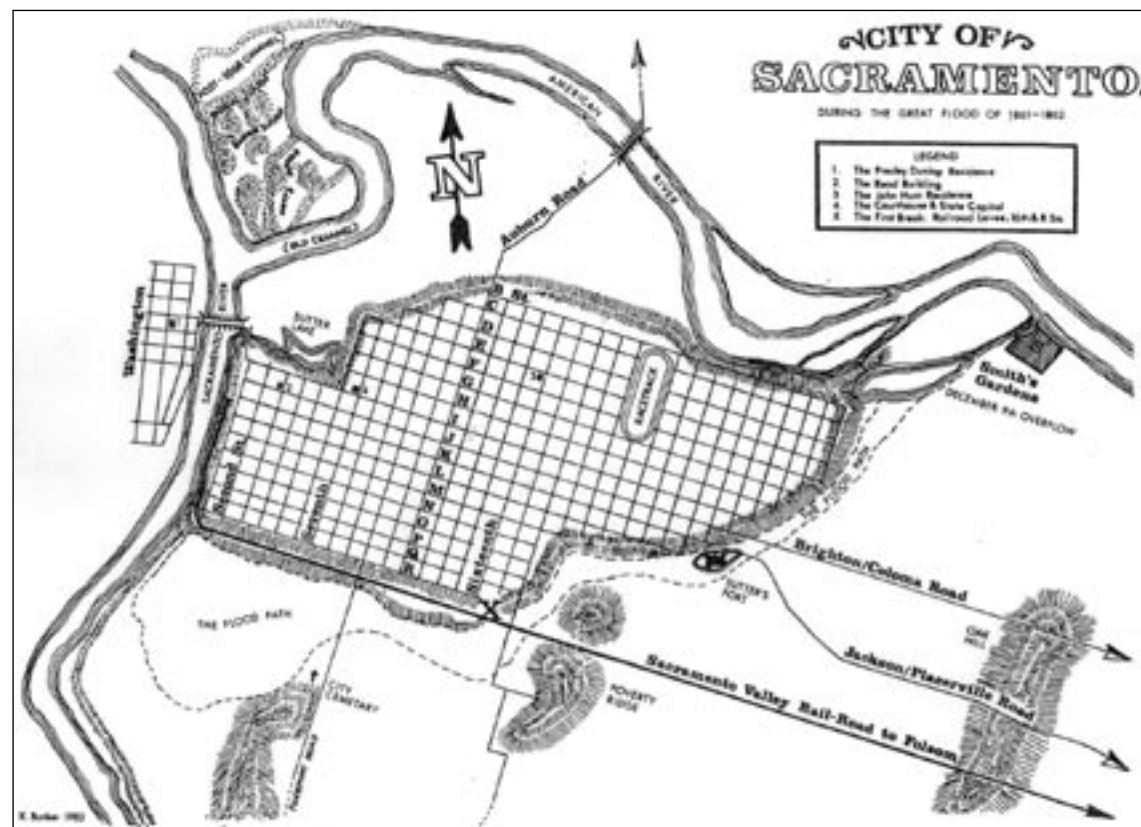
Once again, the big bend in the American River at Rabel's tannery became the weak link in the chain of Sacramento levees that some politicians suggested at the time had cost as much as \$1.5 million.

The irony of the flood is that the levees that were built to protect the city became dams that held the waters within its boundaries and inundated the city.

On Dec. 10, 1861, *The Sacramento Union* described the disaster, as follows: "Sacramento was yesterday subjected to suffering and damage from the deepest and most destructive flood of those to which she has been exposed. It came, too, with the rapidity of a hurricane. In a few hours after the water crossed the levee, the whole city was underwater. The flood precipitated itself upon us without warning, and found people totally unprepared. The levee is now an injury, instead of a benefit, as it confines the water in the city, and has caused it to rise higher by probably two feet (more) than it would have done had no levee existed on the south side."

Only a few places of high ground were spared the destruction of the flood of mid-December to mid-January 1861. These locations where the floodwaters did not intrude included Sutter's Fort and Poverty Ridge, which was roughly located between 20th, 23rd, P and W streets. Poverty Ridge was given its name due to the impoverished appearance of the people who took refuge there with their belongings and their animals during Sacramento's periodic inundations.

The third location was a small mound along 10th



This historic city of Sacramento map shows the city and its nearby vicinity during the great flood of 1861-62.

Floods: Levees became dams, causing water to rise in the city

Continued from page 4

Street at the site of today's Cesar Chavez Plaza.

The rest of the city found itself underwater, ranging from a few inches to several feet.

Because the wing dam had been washed away from the great bend of the American River at Rabel's tannery, the river broke through the A Street levee on the north side of the city, rushed down Burns' Slough, passed Sutter's Fort until it washed up against the R Street levee on the south side of the city.

The R Street levee held back the waters, just as it was designed to do, only from the wrong side.

The continual rush of waters, fed by more and more rain, hit the levee and rebounded back into the city proper where it continued to swing back and forth between the north and south levees, causing Sutter Lake to overflow and leaving destruction in the water's wake.

The aforementioned Dec. 10, 1861 edition of *The Union* reported: "Several persons were drowned; and, had the water broken in during the night, the loss of life must (sic) have been fearfully great. Horses, cows, hogs, fowls, etc. have drowned, but how many we have no means of ascertaining. The damage to property has been great and may be greater. Thousands tonight are houseless, while hundreds

of families are in second stories, without the means of making fires."

The waters calmed, but the rains did not abate until February 1861 and some of the puddles from the flood did not dry up until the following August.

It was during the flood that Leland Stanford had to be taken by rowboat to his inauguration as governor.

If the three previous major floods had only sparked a desire for protection, the great flood of the winter of 1861-62 opened the citizenry's eyes to the death that could be brought from life-giving waters.

The "Levee City" had then become a community with indomitable spirit, which led to major changes in how Sacramento approached and prepared for flood control.

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SPORTS

Pocket has one of the largest soccer clubs in Sacramento

By **BENN HODAPP**
Benn@valcomnews.com

Many of us played soccer as youths, whether it was because we showed a genuine interest, a particular knack for the game, or (more likely) our parents just wanted us out of the house in the afternoons. Luckily for local children (and parents), there are numerous places in which to partake in the sport these days.

In fact, soccer is by a wide margin the most popular youth sport in Sacramento, according to Shane Singh, president of the Pocket Area's very own Greenhaven Soccer Club.

The Sacramento Youth Soccer League (SYSL), had an impressive 7,000+ children ages 4-18 play soccer for its numerous clubs in 2012, according to Singh. The SYSL is comprised of 15 soccer clubs within the Greater Sacramento area, some of which cater to our area.

When asked why soccer is the dominant sport in our area, Singh said "It's designed for younger kids to play. Four-year-olds can't really play Little League, but they can play soccer." He also pointed to the fact that soccer entails constant participation, whereas other sports can have long lulls where some kids don't do anything, which can lead to boredom.

In addition to keeping the sometimes fleeting attention of younger children, Singh talked about the benefits that soccer and youth sports in general have for youths.

"(Sports) keep kids out of trouble. There have been studies that suggest kids who play sports do better in school



and are more focused in the classroom. It also helps them to develop life skills, like how to work in a team environment," he said.

While there are players in most of the SYSL clubs all the way up to 18 years of age, Singh explained that the majority of the players are between ages 6-12. And while he estimates that 90% of soccer seasons within the SYSL run between August and December, the other 10% play a longer season and some of the competitive teams even play year-round.

Singh also estimated that 90% of kids play on strictly

recreational soccer teams. If your child is a soccer star who wants to try his hand (or rather feet) at competitive soccer, many of the clubs within the SYSL offer competitive clubs which are generally more expensive, require more travel and often have longer seasons.

August is still a ways off, but registration for some leagues can begin as early as March. Check the end of this article for information about leagues in your area and find out when each club handles registration.

There is rarely a time when children are turned away from participating, but occasionally it does happen if there are too many kids and not enough coaches. Volunteer coaches



are much needed, according to Singh.

The Pocket area boasts one of the largest of the 15 clubs in Greenhaven Soccer Club. For information on how to enroll your child in a soccer program within Greenhaven, you can contact info@greenhavensoccer.com.

LEGO Block Party held at Robbie Waters Pocket-Greenhaven Library

By **JOHN COOPER**
jcooper@valcomnews.com

On Saturday, Jan. 12, the Robbie Waters Pocket-Greenhaven Library hosted its monthly LEGO Block Party. The party, which takes place on every second Saturday from 1-3:30 p.m., both encourages parents to spend time with their children, and to bring their children to the library in general.

For the party, LEGO blocks are scattered across the middle of the community room of the library. Children and parents are encouraged to sit among the blocks and create, although chairs are placed along the edges of the room for those who wish to sit. Mega Bloks are also available for smaller kids, as they are easier to play with and are bigger, so as to reduce the chance of choking.

The kids in attendance, whose ages ranged between 5 and 12, seemed to be having a blast. Not only did they have a seemingly endless amount of blocks to play with, but the set-up of the event gave them the chance to play with each other as well. Although some children were building with their parents, many were collaborating with each other. Even the ones who were working by themselves were having fun. In just the short time I was there, buildings rose, spaceships were built, and fun was had.

The next LEGO Block Party will take place on Feb. 9. For information on additional upcoming library events, or about the library in general, please go to <http://www.saclibrary.org/Locations/Robbie-Waters-Pocket-Greenhaven/>, or call at 264-2700.

Matsuyama students video chat with counterparts in Japan

Courtesy of The Sacramento City Unified School District

Matsuyama Elementary School students held their first video-conference of the year with students from sister school Sakura Elementary in Matsuyama, Japan.

Sakura's principal welcomed the students via the internet and shared how excited the kids in Japan were to talk with their American friends.

Matsuyama students shared how they celebrate the holidays in America and the Sakura students shared how they celebrate in Japan.

Sakura students also shared their top three favorite subjects in school: Social studies, home economics and PE! (Matsuyama stu-

dents said that science and PE were their favorite classes).

Students exchanged questions and answers about school, food and pop culture in their countries. A few Matsuyama students are fluent in Japanese and were able to speak to their new friends in their language.

The Japanese students are learning English and were excited to test out their speaking skills. In addition, the students at Sakura learn how to cook and sew in their home economics class.

The students, teachers and principals closed out the video conference by singing "We Wish you a Merry Christmas" together.

Source: Sacramento City Unified School District

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Ernie Kidwell, one of the Golden Seniors.

Photo by Lou Coppola

Golden Seniors Softball: A game for the ages and the ageless

By RON ROACH

For more than 30 years, the Golden Seniors Softball Club of Sacramento has been one of the nation's bedrock organizations for slow-pitch players who have reached the age of 50. The club has about 450 members and provides nearly 420 games from mid-March into September.

Close to 100 of these members like it so much that they play in more than one of the club's six leagues. For many, there is no such thing as "enough softball." But there is plenty of room for someone new to the game, or who hasn't swung a bat in more than a decade. "Hey, it can be like riding a bike. Just get back on and enjoy the ride," said the club's president, Tom Sansone. "Softball can really be a game for the ages -- and the ageless."

Playing 22-game schedules, there are three six-team night leagues for players 50 and over at the Sacramento Softball Complex -- Tuesdays, Wednesdays and Thursdays, with games at 6:30, 7:45 and 9. Two leagues play on Tuesday mornings, also at the Complex, for players 60 and older. The club's Monday morning league at Howe Avenue Park is for players at least 70.

Sansone, 65, said playing softball at this stage of his life has been a very satisfying experience. "It gives me incentive to exercise and try to stay in shape. I enjoy the camaraderie. There are a lot of people who are really dedicated to this club. I urge anyone who wants to continue playing softball well beyond their middle-age status to check us out. You'll be impressed

See Golden Seniors, page 9

Golden Seniors: Leagues are scheduled to conduct drafts this month

Continued from page 8

with our quality of play." The Elk Grove resident pitches on Tuesday morning teams and is entering his 11th season with the club.

Mel Tennyson joined the club in 2009 when he was 55. He now plays in all three night leagues and serves as the commissioner in charge of the club's Tuesday night league. He also plays for a nationally ranked traveling tournament team. Mel, a West Sacramento resident who pitches and plays the outfield, said, "I love the game" and the Golden Seniors club has provided opportunity to play with and against people more his own age while being more relaxed and less-competitive than his tournament team. "It keeps me healthy and I enjoy meeting people. I play softball for athletic and social reasons. My advice to anyone thinking of playing ball is to come out, have fun and stay young."

Anita Kemp, 53, who resides in south Sacramento, joined the club in 2011 and became a fixture at third base, first base or catcher on Tuesday nights. She plays on a couple of coed teams and said she wanted more softball, so a friend suggested she try the Golden Seniors.

How has it worked out? She said she has not been disappointed and felt welcomed as a new member. "It's fun, to be honest with you. My other leagues are real competitive, true 5-women, 5-men coed teams." The Golden Seniors is "really a fun league." And when a guy thinks he can hammer a grounder by her at third, she said she takes a great deal of pleasure in her ability to throw him out.

The GSSCS Tuesday night league has about a dozen women spread among six teams. The club would like to attract more women, and Anita said more women would join if they knew about Golden Seniors. The club needs to advertise. "Everyone gets along and gives you a pat on the back. It's a friendly environment."

The Wednesday and Thursday night leagues attract more competitive players, many who also play on tournament teams.

Ernie Kidwell is one of 137 current Golden Seniors "life members" who have played at least 15 consecutive years and attained the age of 75 or 10 years and celebrated their 80th birthday. Kidwell, who will turn 81 this year, lives in north Sacramento near Carmichael. He joined

the club in 1991. He began playing in the night leagues and for the past decade has been playing Mondays and/or Tuesdays. "Why do I continue to play? Because I just like to play. I like the camaraderie, the fellowship ... Softball is a good reason to get up and go somewhere."

While leagues for the 2013 season are scheduled to conduct drafts in February, the first league games are not scheduled until mid-March. Some leagues may have immediate openings for those wishing to sign up, or players can sign up, come out and play as substitutes or be permanently assigned to teams as roster vacancies occur.

The club's fees are very reasonable, Sansone said, amounting to less than \$5 a game, and include uniform jersey, cap and umpires. And the fees are prorated for players who come aboard later in the season.

The club has a website, www.gsscs.org, where details can be found on how to join. The club's player agent, Myron Dahl (451-2450), can answer questions and provide sign-up forms. Each league plays 22 to 24 games in a season that runs into September and concludes with league

championship playoffs and a picnic.

The health and safety of club members is of paramount concern. Anita Kemp said the toughest thing for her was getting used to the base-running rules that are designed to reduce the risk of injury from runner-fielder collisions or from awkward slides into bases. As many men and women join the club not having slid into a base in 20 years, sliding is not allowed.

Besides special base-running rules, members are en-

couraged to sign up for training in the use of the club's defibrillators, or AEDs, and to become certified by the Red Cross in CPR. According to doctors, more than one Golden Seniors player is alive today because of this program and staying active on the ball field.

Ron Roach is the editor of GSSC's 'Dugout Chatter' and active player in two leagues. Accompanied photos were taken by Lou Coppola.

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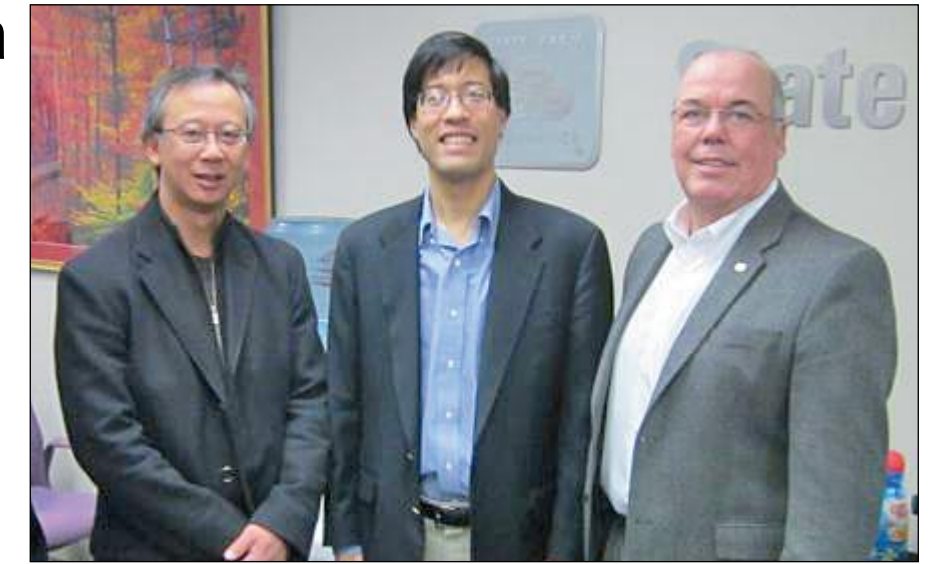
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Meet and greet held in Pocket area with Assemblyman Richard Pan

Last month, local business owner and longtime Pocket resident Bob Smith held a meet and greet with Assemblyman Richard Pan. Pan, who represents the Pocket and Greenhaven area as well as portions of Elk Grove, spoke candidly about the Governor's recent State of the State speech, statewide health care issues, and local topics including job creation and neighborhood crime levels. "I absolutely appreciate the turnout and interest in communi-

ty issues," said the Assemblyman during his presentation. "Pocket residents have time and time again proven a deep interest in local and statewide politics. I'm privileged and honored to be representing this great community in the Assembly." Smith, who provided breakfast and drinks for attendees, has owned and operated the State Farm Insurance facility on the corner of Greenhaven and Florin since 1991.



From left to right, city councilmember Darrell Fong, Assemblyman Richard Pan, business owner Bob Smith. Photo by Patrick Harbison

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American Lung Association gives Sacramento county a 'C' grade for reducing tobacco use

While California again falls short in adequately funding tobacco prevention programs to protect children and curb tobacco-caused disease, Northern California cities and counties show mixed results according to American Lung Association State of Tobacco Control 2013 reports released today. The national report tracks progress on key tobacco control policies at the federal and state levels, assigning grades based

on whether laws are adequately protecting citizens from the enormous toll tobacco use takes on lives and the economy. In conjunction with the national report, the American Lung Association in California released its State of Tobacco Control 2013 - California Local Grades, which issues grades for all cities and counties in California on local tobacco control policies including those for smokefree outdoor envi-

ronments, smokefree housing, and reducing sales of tobacco products. To view the complete California report, including grades for cities in Northern California such as Sacramento and Chico, visit www.lung.org/california.

Davis received the highest grade in the region with an overall tobacco control grade of B, while Sacramento received an overall C grade. In addition, the municipalities of Anderson, Shasta Lake, Redding, Chico, and Orland made advances in protecting their residents from secondhand smoke by restricting smoking in multi-unit housing common areas and in outdoor areas. Grades were mixed throughout, highlighting the need for local officials to do more to protect Northern California residents from tobacco-caused death and disease.

"Cities and counties in California have always led the way with strong tobacco control policies, and that continues to this day," said Stephanie Yoder, Chair of the Leadership Board of the American Lung Association in California - Sacramento. "Safeguarding our communities from the negative consequences of tobacco is essential. These grades represent tangible lives and real health outcomes."

Once a national leader in tobacco control policies, California's efforts are now lagging. While the state earned

an A grade for smoke-free air policies, it received a D for its low cigarette tax, an F for failing to adequately fund tobacco prevention and control programs, and another F for poor coverage of smoking cessation and treatment services.

Exacerbating California's weakened position on tobacco prevention, the state has not increased its cigarette tax since 1999 and now ranks 33rd in the country at 87 cents per pack, compared to the US average of \$1.48 per pack. States including Texas, Oklahoma and Montana now have higher tobacco taxes than California.

Although California receives \$68 million in tobacco-related revenue annually, it spends a meager 15 percent of what the Centers for Disease Control and Prevention recommends to adequately fund tobacco prevention programs and services to help people quit smoking.

According to the U.S. Surgeon General, the failure of states to invest in policies and programs to reduce tobacco use has resulted in 3 million new youth smokers in the United States. Every year in California, 34,400 kids start smoking while tobacco use causes an estimated 37,000 deaths annually and costs the state's economy more than \$18 billion in healthcare costs and lost productivity - a tremendous

burden that the state cannot afford.

"The California Legislature must make it a priority to pass a tobacco tax and invest the money in California's pioneering tobacco prevention program," said Marsha Ramos, Chair, American Lung Association in California Governing Board. "Tobacco taxes for tobacco prevention will save the state billions of dollars in health care costs while preventing kids from ever beginning to smoke and helping current smokers quit."

Despite progress at the local level, California joins many other states in neglecting to implement proven strategies to save lives and reduce tobacco-caused disease. This year's State of Tobacco Control report shows that money is often at the root of the leading cause of preventable death, as state policymakers fail to fight tobacco interests.

A tobacco industry contributions report by the American Lung Association in California's Center for Tobacco Policy & Organizing shows that tobacco interests spent nearly \$5 million during the first year of the 2011-2012 election cycle (January 2011-June 2012) to influence state legislators and policies in California. In addition, Big Tobacco spent more than \$46 million to defeat Proposition 29 in June 2012, which would have increased California's cigarette tax by \$1 per pack and directed over \$600 million annually to cancer research, tobacco prevention and quit smoking programs.

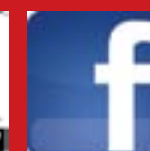
"We need to do more to fight the influence of tobacco interests in California politics," said Ramos. "It's time for the California Legislature to remove Big Tobacco's welcome mat. Our state elected officials have an opportunity to change course in 2013 and make big strides in the fight to end tobacco-caused death and disease. It's going to take a great deal of political will, but we are confident our elected officials are up to the challenge. Our children's health is depending on them."



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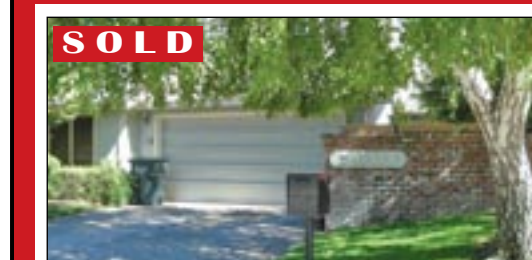
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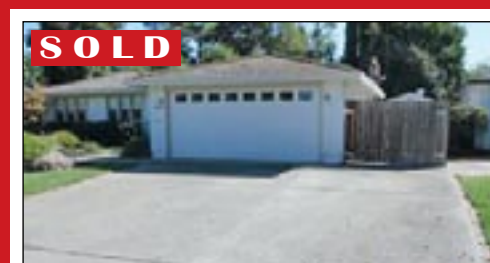
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SCHOOL NEWS

JFK

'Intruder Lock Down' held at JFK

Principal Chad Sweitzer noted that JFK conducted a very successful "Intruder Lock Down" drill on Tuesday, Jan. 29 during passing period. He said, "the students and staff did a great job getting students into classrooms." He said every teacher was diligent in ensuring students were brought into classes, doors were locked, curtains drawn, and classrooms were silent (every room on campus during a drill was checked). The next drill will be scheduled during the next few weeks and the school plans on conducting the drill during lunch.

"I'm sharing this information with you because there is never a bad time for you to have a conversation with your student about having a plan in various types of situations. I encourage you to have a plan for your safety at work as well," Sweitzer said.



JFK band participated in 32nd Annual March for the Dream, MLK Jr.

Photo by MONICA STARK
 editor@valcomnews.com

The 32nd Annual March for the Dream, California's largest Martin Luther King Jr. March, took place on Monday, Jan. 21. Attracting a diverse crowd of more than 28,000 very enthusiastic participants from across Northern California, the March for the Dream was more than just a free one day march to honor the life of Martin Luther King Jr.; it was a 365 day awareness and fundraising campaign to eliminate the academic and opportunity achievement gap in our region's schools.

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- Parent's federal income tax return or W-2 forms from tax year 2012 (or 2011) to make an estimate
- Records of untaxed income such as child support, TANE, interest income, veterans non-education benefits, Social Security benefits
- Student's W-2 forms, pay records or records of income earned during 2012
- Bank account records or statements
- Records of stocks, bonds or investments
- Business records
- If not a U.S. citizen, bring alien registration card (if available)
- A list of the colleges you are interested in

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Polar Bears Take the Plunge at the Greenhaven Cabana Club North

Photos by PAT PECK

Twenty new polar bears took the plunge into 44 degree water at the Greenhaven Cabana Club North on Saturday, Jan. 26. Coach Daniel Rodda was on deck to encourage the new "bears" to jump into the water to prove their skills in the wintry pool. The youngest bear, 7 year old Elsbeth Mar, joined many others ranging in ages up to 42 years. After a quick swim across the pool, the polar bears made smores and warmed up with hot chocolate. All polar bears were awarded a Certificate of Frigid Accomplishment in becoming one of the 2013 brave bears. The Greenhaven Cabana Club North is located at 6207 Riverside Blvd. It will officially open for the season with a much warmer later in May; the season runs through Labor Day. Membership information can be obtained at the website, greenhavencabanaclubnorth.com.



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Music Library helps pocket area teachers and students play on

by CORRIE PELC
corrie@valcomnews.com

Unless you're a music teacher at Sacramento City Unified School District, chances are you've never heard of the district's Music Library – considered a "hidden gem" tucked away in Leonardo da Vinci K-8 School in South Land Park.

Started in the 1950s, the library has continued to be a resource for music teachers, housing thousands of pieces of sheet music, both loaning and repairing instruments, and providing music teachers with a place for them to meet and network.

"This is the most wonderful resource," says Ilda Ballin, who has been music librarian at the SCUSD Music Library since 1986. "I don't believe there is any resource like this in the state of California."

Music Maker

The Music Library is known for its vast collection of sheet music. According to Jennifer Nakayama – a music teacher at Leonardo da Vinci K-8 in Land Park, and Rosa Parks Middle School and Fern Bacon Middle School in South Sacramento – library houses music for all abilities from elementary through high school that music teachers can check out to use.

"We have thousands of arrangements here for both band and orchestra, and teachers are able to check out arrangements for their students to try and play," she explains. "Students have been playing them for years and years."

Ballin says the various arrangements are for orchestras, bands, and string orchestras, as well as choral music. She says many of the arrangements the library holds are permanently out of print, making them irreplaceable. Additionally, Ballin says music teachers can borrow method books for students.

Keeping track of the thousands of arrangements is quite a task, and it was learning more about the arrangements in the library that drew Nakayama to become a volunteer at the Music Library for the past three years, which

just a few months ago became a part-time employment position for her.

"I really enjoy looking through the arrangements, and really enjoy being part of the upkeep and making it still accessible for all of the teachers," she adds. "It's really quite a place when you come in."

Strike Up the Band

Another job of the Music Library is to send out the school's instruments for repair, and provide loaner instruments for students who need them.

According to Ballin, each school in SCUSD has its own inventory of instruments that students can use. However, if a school is lacking in a particular instrument, the music teacher can come to the Music Library to see if there is one available for the student to borrow. "We provide so many instruments and usually it suffices for everybody – it's very seldom that a student goes without playing the instrument of their choice," she says.

As a music teacher herself, Nakayama has used the instruments available through the library on more than one occasion and feels they are indispensable to making sure all students have an instrument to play. "If a student can't afford an instrument, then there's no way for them to be in a class," she explains. "Most of my students use school instruments – it's essential for us."

Then if a school instrument needs to be fixed, music teachers can bring them to the Music Library, who then handles sending them out to various repair technicians, Nakayama says. "We have a repair technician we work with at Kline Music for band instruments, and then there's a string repair technician as well," she adds.

Having the Music Library take care instrument repairs has been a big help for George Miles, band director at John F. Kennedy High School in the Pocket. "It's a really valuable thing," he explains. "There's a lot of accounting and dealing with that, dropping it off and picking it up at the repair shop that they handle there that we don't have to deal with."

Meet & Greet

And the other major role the SCUSD Music Library plays is one of a central meeting place for district music teachers.

Nakayama says music teachers will meet at the library to collaborate and plan events since they do not see each other throughout the day. "It's a place where we can let our hair down and work together and really work for the kids," she explains. "We've had some great ideas here over the years. It's nice to be able to pull (an arrangement) off the shelf, show it to each other, and collaborate in order to make events like that happen."

The Music Library is also a place where music teachers can receive further education, according to Gayle Carrick, fine arts training specialist at SCUSD, who says she conducts trainings there for the teachers.

And Miles says having a central place like this to network has helped him further his career during his past 26 years at the district. "(It's) really a sounding board, able to provide a lot of ideas on how to deal with certain problems that come up in the classroom musically," he adds. "It's just been a really valuable asset for us."

Up Tempo

As with everything in schools today, the Music Library has also been impacted



Photo courtesy

by budget cuts. Once open five days a week, Miles says, now it is only open two days a week on Monday and Thursday.

And Ballin says due to budget cuts, she has no longer been able to purchase new arrangements for the library, as her limited budget has been going to furnish supplies students need to play their instruments, such as drumsticks, reeds, mouthpieces, and strings.

So how can the community help support this valuable resource?

Nakayama says they are always looking for donations of both music and instruments, from violins to even pianos. "You would be amazed how many instruments that somebody's grandfather might have used and sat in a closet for years, somebody found it and brought it to the library," she says. "If there's repair

work that needs to be done, it's done and it's put into use."

Carrick – who is currently working on grants to find additional funding for the Music Library – says in addition to monetary funds, they are looking for volunteers to help keep the library organized and extend its open hours. "People who have been involved in the music program and have been involved with the music library really have an understanding and attachment to what it represents, and a lot of people have been happy to add their energy to keep it going," she says.

And Miles hopes the Music Library continues to keep its doors open, as it provides the educational materials, equipment and support music teachers need to be successful in the classroom. "Without it, it would really make it difficult to do our jobs," he adds.

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Celebrate Black History Month by attending local events

By CORRIE PELC
corrie@valcomnews.com

February is Black History Month, and there are a number of opportunities for you and your family to celebrate in the Sacramento area. Here's a look at just some of the events happening this month!

Quilt Exhibit to Highlight African-American Quilters & Quilts

Sisters Quilting Collective (SQC) will host its second annual quilt exhibit, "A Stitch in Time: The Past, Present and Future," from February 2 through 28 at The Brickhouse Art Gallery, 2837 36th Street, in Sacramento.

The exhibit will highlight African-American quilters and quilts with a variety of programs, including quilting demonstrations, children's activities, quilt displays, lectures and film screenings.

For more information, call 916-475-1240 or visit www.thebrickhousegalleryoakpark.com.

Free Tribute Concert to Famed Female Jazz Singers

The Sacramento Public Library will present a musical tribute to famed women jazz singers at a free family concert at 6:30 pm on Wednesday, February 20, in the Tsakopoulos Library Galleria at the Central Library, 828 I Street, Sacramento.

Jazz vocalist and recording artist Vivian Lee and her quartet will celebrate divas of jazz – Carmen McRea, Billie Holiday, Nancy Wilson and Dinah Washington. Hear the music and learn about the lives of these amazing

African American women of the jazz world. The jazz concert is one of numerous Black History Month programs scheduled at Sacramento Public Library locations throughout February.

For more information, call 916-264-2920 or visit www.saclibrary.org.

Black History Month Family Festival

The Crocker Art Museum will celebrate Black History Month with a showcase of the art, culture, history and traditions of the African Diaspora through its Black History Month Family Festival on Monday, February 18, from 11am-3pm. This free event will feature performances by musical storyteller Asheba, the Vukani Mawethu Choir, and the Sacramento/Black Art of Dance.

The Crocker Art Museum is located at 216 O Street. For more information, call 916-808-7000 or visit www.crockerartmuseum.org.

Sacramento State Celebrates Black History Month

California State University Sacramento is offering a number of programs in celebration of Black History Month.

On February 16, award-winning author Eva Rutland, 95, will lead a discussion about her life from her book, *When We Were Colored: A Mother's Story*, at 12 noon in the Union Redwood Room at Sacramento State.

On February 19, representatives from Sacramento State and the California State University system will visit churches in Sacramento's African-American community to urge young people and their parents to begin planning for college. President Alexander Gonzalez will visit St. Paul Mission-

ary Baptist Church at 10 am, and Joseph Sheley, Sacramento State's provost and vice president for Academic Affairs, will visit St. John Missionary Baptist Church at 10:45 am.

A photo exhibit by Felicenne Ramey, "We Stand On Their Shoulders," featuring images of elder African Americans, will be on display from February 12 through March 15 at the Sacramento State Library lobby. The exhibit is open during Library hours: 7:15 am-11 pm Monday through Thursday; 7:15 am-7 pm Friday; 8 am-5 pm Saturday; and 11 am-10 pm Sunday.

And Sacramento/Black Art of Dance will celebrate its "20th Anniversary Concert: Past, Present and Future" in the Solano Hall Dancespace. Performances are at 8 p.m. Feb. 16-18, 24 and 25; 2 p.m. Feb. 19 and 26; and 6:30 p.m. Feb. 22-23. Tickets are \$5-\$12 and available at Sac State's Ticket Office, 916-278-4323 or www.tickets.com.

For more information, call 916-278-6943 or visit www.csus.edu.

Sacramento Library Celebrates Black History Month

Local branches of the Sacramento Public Library are offering a number of programs throughout February to help celebrate Black History Month. Here's a look at a few – to find more, visit www.saclibrary.org or call 916-264-2920.

- Find Your Black Ancestors – Genealogy expert Lisa Lee will offer tips of tracing your family's black history roots on Friday, February 15, at 3 pm at Belle Cooleedge Library, 5600 South Land Park Drive, in Sacramento.
- The Black Kitchen – Cooking from Our Heritage – Join a discussion



Photo courtesy

Jazz vocalist and recording artist Vivian Lee will have a free family concert at 6:30 pm on Wednesday, February 20, in the Tsakopoulos Library Galleria at the Central Library, 828 I Street, Sacramento.

about the rich culinary heritage and diverse recipe sources of the African American kitchen on Tuesday, February 19, at 6 pm at the Carmichael Library, 5605 Marconi Avenue.

• Tar Beach: Faith Ringgold's Story Quilts with ArtBeast – Hear a reading of Faith Ringgold's book, *Tar Beach*, and explore the author's story quilts celebrating family heritage on Thursday, February 21, at 4 pm at Arcade Library, 2443 Marconi Avenue, in Sacramento.

• WaZoBia with Mr. Sunny – WaZoBia means "Come! Come! Come!" in three distinct Nigerian tribal languages and is an invitation of togetherness and unity. Mr. Sunny shares the spirit of Africa with a cultural drum and dance program on Saturday, February 23, at 1:30 pm at the Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, in Sacramento.

CALENDAR

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

ONGOING:

Celebration Arts presents A Life a drama by Anne Peters.

Shows Thursday, Friday and Saturday at 8 p.m. and Sunday at 2 p.m. through March 2 Eunice Katem, a feisty, 74 year old, Jamaican and former school teacher has lived a strong and independent life. Now recuperating from a heart attack, her independence is in jeopardy. Eunice has been removed from her home by her daughter. Eunice is adamant about returning and is determined to have her way even though she recognizes the realities of old age. The production features Patricia Coleman, Debbie Reeves, Cynthia Drummond and Mericus Adams. Tickets are \$15 general, \$13 students and seniors. On Thursday night all seats are \$8. Tickets online at mycommunityevents.com. Call (916) 455-2787 for information and reservations. Celebration Arts Theatre is located at 4469 D St. Sacramento.

FEBRUARY

3rd Annual Neighborhood Leader's Meeting

Feb. 7: The annual neighborhood leader's meeting will be held from 6 to 8 p.m. at Hollywood Park Elementary School Multipurpose Room, 4915 Harte Way, Sacramento, CA 95822. (916) 277-6290

Rotary Club of Pocket/Greenhaven

Feb. 7: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

The Sacramento Rose Society

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

Fair Oaks Library to unveil a new Families and Books Center

Feb. 16-March 23: The Sacramento Public Library will be renovating the children's room at the Fair Oaks branch, 11601 Fair Oaks Boulevard, Fair Oaks, February 16 through March 23. The children's area will become the new Families and Books Center. For more information, call the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.

Kit Carson schedules additional IB info nights

Parents are invited to learn about the International Baccalaureate program. Come learn about Kit Carson's transition to an International Baccalaureate school for grades 7 through 12. Campus tours are held every Wednesday from 9 a.m. to 10 a.m. Tours are a great opportunity to see a school in action. There is no need to call in advance. 5301 N St, Sac-

ramento. 95819. For more information, call 277-6750.

Travel club meetings slated at Arcade Library

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

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CD Scratch Art (Valentine teen program) at Arden-Dimick Library

Feb. 7: Starting at 3 p.m., teens can find a unique idea for Valentine's Day cards. Use old CDs to make cool pieces of art you can give to friends and family. All materials and instruction provided. Arden-Dimick Library, 891 Watt Ave. 264-2920 or visit www.saclibrary.org.

Make Valentine's at Valley Hi - North Laguna Library

Feb. 7: Make Valentines in this fun craft program. "We bring the supplies, you bring the inspiration!" For ages 6 to 12 years at 4 p.m., Valley Hi - North Laguna Library, 7400 Imagination Parkway.

Community visitation day at Martin Luther King Elementary

Feb. 7: Check out the school. Stop by the office first to sign in and get a badge. Visitation day is all day from 8 a.m. to 2:15 p.m. Martin Luther King Elementary is located at 480 Little River Way, Sacramento, 95831. For more information, call 433-5062. Another visitation day will be held Feb. 12.

Bi-Polar Anonymous

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

'A Stitch in Time: The Past, Present and Future'

Feb. 9: Presented by the Sisters Quilting Collective in celebration of Black History Month. Tribute to African American Doll Artists and Baby Doll Quilt Display, noon to 5 p.m. Gloria Gandy, doll maker and other doll makers will present at 1 p.m. 2837 36th St. Sacramento. 613-7401, 475-1240.

The Sacramento Suburban Writers Club meeting

Feb. 11: The meeting will be held from 7 to 9 p.m. at Crossroad Christian Church, 5501 Dewey Dr., Fair Oaks, CA. Guest speakers are Amanda Steedley & Brenda Mock, two of the creators of Carmichael Canine Corral Cookbook. Visit www.sactowriters.com

Rotary Clubs of Arden-Arcade, Carmichael

Feb. 12: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Last community visitation day at Martin Luther King Elementary

Feb. 12: Check out the school. Stop by the office first to sign in and get a badge. Visitation day is all day from 8 a.m. to 2:15 p.m. Martin Luther King Elementary is located at 480 Little River Way, Sacramento, 95831. For more information, call 433-5062.

Nature program at Robbie Waters Pocket-Greenhaven Library

Feb. 12: The Sacramento Public Library will help families learn to classify birds and reptiles by their special characteristics at a free nature program at 3:30 p.m. Effie Yeaw Nature Center representatives will invite participants to examine animal artifacts and meet some of the center's live animals. The library is located at 7335 Gloria Dr. The library program celebrates National Science Literacy Month. 264-2920 or visit www.saclibrary.org.

St. Patrick's Luncheon and Irish Music at Casa Garden

March 12: "St. Patrick's Luncheon and Irish Music" at 11:15 a.m. and 1:15 p.m. seatings at the Casa Garden Restaurant, 2760 Sutterville Road, Sacramento. Entree choices: Traditional Corned Beef or Dilled Shrimp and Pasta Salad; dessert Double Chocolate Mocha Cake - \$22 per person, includes tax and

gratuity. First-come, first-served group reservations by one person, one check. Reservations a must -- call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

Soroptimist International of Sacramento North meeting

Feb. 12: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

East Sac Rotary

Feb. 13: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Basic computer classes offered Feb. 13 and 20 at Sacramento's Central Library

Feb. 13: The Sacramento Public Library invites first-time computer users to learn the ba-

sics of the computer, keyboard and mouse at a free class at 10 a.m. at the Central Library, 828 I St. No experience is necessary in this relaxed, fun Oasis Connections class. Registration is required by calling the library at 264-2920.

Rotary Club of Pocket/Greenhaven

Feb. 14: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Mission Oaks Computer Club meeting

Feb. 14: The Mission Oaks Computer Club will meet from 1 p.m. to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. The meeting topic will be "Future of Health Care and Telemedicine". A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow. 366-1687, www.missionoakscomputerclub.org.



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CALENDAR

North Franklin Business District Association Meeting

Feb. 14: Meeting to be held at 8 a.m., 5383 Franklin Blvd., Suite F.

Stockton Boulevard Partnership Meeting

Feb. 14: Meeting to be held at 9 a.m. at the Stockton Blvd Partnership Resource Center 5625 Stockton Blvd.

Bi-Polar Anonymous

Feb. 15: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Crab feed fundraiser to benefit Horses, Hope and Healing

Feb. 15: Starting at 6:30 p.m. at the Horseman's Association, located at 3200

Longview Dr., the crab feed will benefit Horses, Hope and Healing, a nonprofit that provides free horseback riding lessons to inner city youth.

Comedian Paula Poundstone to benefit library

Feb. 16: Comedian, author and panelist Paula Poundstone will join forces with the Friends of the Sacramento Public Library to raise funds for the Library during her appearance in Sacramento. The Friends will be selling Poundstone's book, 'There's Nothing in This Book That I Meant to Say,' at the show and will receive a percentage of the proceeds from the sales. Paula Poundstone is well known as a stand-up comedian, author, Emmy-winning television performer and regular panelist on the popular National Public Radio quiz show, 'Wait, Wait...Don't Tell Me.' The event is scheduled for the Crest Theatre, 1013 K Street, at 7:30 p.m. Advance ticket prices range from \$27 to \$42. To purchase tickets, contact www.tickets.com on-line or call 800-225-2277. For more information about the Friends of the Sacramento Public Library call 916-264-2880 or visit the web site, <http://saclibrary.org/About-Us/Friends-of-The-Library/>.

'A Stitch in Time: The Past, Present and Future'

Feb. 16: Presented by the Sisters Quilting Collective in celebration of Black History Month. "Stitching from the Soul." Alice Calhoun, hand quilter will hold a presentation from 1 to 2 p.m. and Jan Hollins, textile designer/quilter will present at 3 p.m. 2837 36th St. Sacramento. 613-7401, 475-1240.

Sacramento Tet Parade

Feb. 16: Starting at 10 a.m., starting at corner of Stockton Boulevard and Fruitridge Road.

Good Fortune Concert with Sacramento Youth Symphony and Firebird Youth Chinese Orchestra

Feb. 16: Celebrate The New Year with traditional Western and classical Chinese instruments and music with the Youth Symphony, Premier Orchestra and Firebird Youth Chinese Orchestra presents the Good Fortune Concert at 7 p.m. at Hiram Johnson High School, 6879 14 Ave., Sacramento, 95820. www.sacramentoyouthsymphony.org or call 916-731-5777. The Premier Orchestra of the Sacramento Youth Symphony un-

der the direction of Michael Neumann joins Gordon Lee and the Firebird Youth Chinese Orchestra of San Jose with east and west flavor. Works by Californians Gordon Lee and Pablo Ortiz will be performed.

NorCal Big Band Preservation Society

Feb. 17: First band 1-2 Laguna Creek Jazz band, Major band 2-5 Swing Masters (16 PC) Big Band. Sacramento Elks Lodge No. 6, located 6446 Riverside Blvd at Florin Rd. Dance will go on from 1 to 2 p.m. Tickets now for as low as \$10. Call 444-6138 for more information.

Rotary Clubs of Arden-Arcade, Carmichael

Feb. 19: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

'Hands on History: By Land and By Sea' event at Sutter's Fort

Feb. 16: Through exciting demonstrations and fun hands-on activities, docents will help Fort visitors understand the two different ways emigrants originally came to California -- by land or by sea -- while sharing the unique challenges they faced and what daily life was like during their journeys. As an event highlight, the Mexican-American war life and drum corps will be visiting Sutter's Fort SHP to take part in special activities that include a visually-exciting flag raising ceremony, marching demonstrations and more. Multiple hands-on activities await Fort visitors as they will help pack a wagon or trunk, make choices about what to bring along for their "journey of a lifetime," learn how to use a nautical compass, hoist a laden barrel, weave rope and simple knots, create maps with available resources, and even join the Navy and receive pay in Stonington Bank \$2 bills. For more information about this special "Hands on History" event, or other events and activities at Sutter's Fort, call 445-4422 or visit www.suttersfort.org Sutter's Fort State Historic Park is located at 2701 L St., Sacramento. Fort hours: 10 a.m. to 5 p.m., Cannon firing demonstrations: 11 a.m., 1 p.m., 3 p.m., Musket demonstrations periodically throughout the day. \$7 per adult (18 and older), \$5 per youth (ages 6-17), free for children 5 years and under.

Community discussion on veganic farming

Feb. 17: Steph Litus a volunteer for Animal Place, a Sanctuary and Education Center in Vacaville, will speak at the Sacramento Vegetarian Society's potluck at the Grange located at 3823 V St. (Corner of Stockton Blvd. and V St.). She will talk about the veganic farming taking place at Animal Place and their plans for starting a veganic CSA, with a drop-off location in Sacramento. Veganic produce is grown without animal fertilizers.

Soroptimist International of Sacramento North meeting

Feb. 19: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

East Sac Rotary

Feb. 20: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotyary.com.

Basic computer classes offered Feb. 13 and 20 at Sacramento's Central Library

Feb. 20: The Sacramento Public Library invites first-time computer users to learn the basics of the computer, keyboard and mouse at a free class at 10 a.m. at the Central Library, 828 I St. No experience is necessary in this relaxed, fun Oasis Connections class. Registration is required by calling the library at 264-2920.

Sacramento State's Symphonic Wind Ensemble performance

Feb. 20: Starts at 7:30 p.m. in the Music Recital Hall on campus, 6000 J St. Tickets are \$10 general, \$7 seniors and \$5 for students, and are available at the University Ticket Office, 278-4323 or www.csus.edu/sisc/ticketoffice/.

Rotary Club of Pocket/Greenhaven

Feb. 21: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freeport Blvd. (916) 684-6854.

Rev. Jesse Duplantis to speak at Victory Life Bible Church

Feb. 21: Victory Life Bible Church invites you to come hear Rev. Jesse Duplantis at the DoubleTree Hotel, 2001 Point West Way at 7 p.m. Musical praise begins at 6 p.m. Arrive early for free on-street parking. Hotel provides gated parking for \$4. Call Victory Life Bible Church for further information, 331-8306.

The basics of bees discussion

Feb. 21: Bees never sleep, work 24 hours a day, need sunshine to harvest nectar, and usually stay inside the hive at night. The Sacramento Public Library invites all ages to learn more about bees at 3:30 p.m. at the

North Natomas branch, 4660 Via Ingoglia. Bee behavior will be discussed and fun bee facts shared. Sponsored by the Friends of the North Natomas Library. 264-2920 or visit www.saclibrary.org.

Area 4 Agency on Aging public hearing

Feb. 21: The Area 4 Agency on Aging is holding a public hearing from 10 a.m. to 11:30 a.m. at 2260 Park Towne Circle, Ste. 100, Sacramento. The topic of discussion "How to Spend Federal Money for Senior Programs (including nutrition, transportation, caregiver support and others)."

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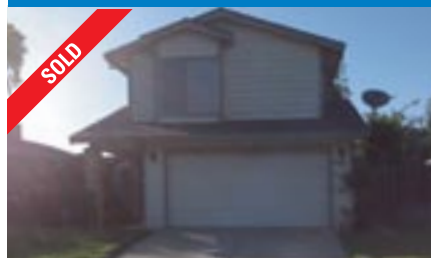
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