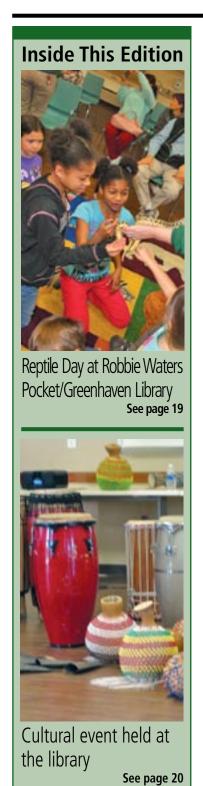
THE POCKET NEWS

March 7, 2013 Community News in Your Hands www.valcomnews.com

Bike for Mike: Event memorializes the late Deacon Mike Crowley

'Spring Fling' Irish ball
See page 12

LANCE ARMSTRONG HISTORY FEATURE, PAGE 6 • SCHOOL NEWS, PAGE 10 • COMMUNITY CALENDAR, PAGES 24–27





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Presenting Miss Sacramento County Outstanding Teen:

Mackenzie Starnes of Pocket

Mackenzie Starnes lives in the Pocket area, attends Christian Brothers High School and is the daughter of David and Tracy Starnes.

During this year of reign as Miss Sacramento County. Mackenzie will use her title. Miss Sacramento County Outstanding Teen, and her platform, Positive Self Image for Teenage Girls, to empower girls and female adolescents through mentoring, public speaking engagements, and self-esteem building activities.

April Smith, program director of Miss Sacramento County described Mackenzie as a very talented young woman, who is very driven to succeed. "You can tell that by her straight A report card and how she turned in everything that was asked for on time.

"Unfortunately, it is sometimes hard to find that in young people today and it is wonderful when you find someone like Mackenzie who is exceptional. This program is not all about the prettiest girl' but the contestant who is the most well rounded and talented in all areas of her life. Mackenzie is amazing in every aspect of her life and that is why she stood out to the judges."



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Autism, pit bulls and a Sacramento teacher's plan to change lives

By VALERIE HEIMERICH

Sarah Kesty is many things - a special education teacher, an animal rescue volunteer, an artist and a funny, goofy outgoing young woman. Kesty knows that everyone has much of an impact those feelsomething that is challenging, scary or confusing for them, and she is helping children ment of her students and to understand and deal with adults as well. The way a pertheirs.

assume the dog will be mean; of the problems may never be the pit bull's "something" is addressed. the skin he was born in. He may be yelled at or even hurt because of that assumption, which in turn could cause him to growl when approached. that can be gotten over". See? Pit bulls are mean.

A woman whose "something" is spatial relationships looks at a street map and sees nothing that makes sense. She can't tell north from south, even in familiar places. People think she just isn't trying and her whole life shrinks down to the 5-mile radius of her house.

difficulty reading aloud, and is teased and called "stupid"

when he has to do it in school. His something makes him feels angry; he starts to hate school and books and decides the others must be right about him.

Sarah Kesty realized how ing are to the personal, emotional and academic developson reacts or acts out because When some people look at of his or her something beau pit bull, they immediately comes the focus, and the root

Instead of letting their something define them, Kesty helps students view their challenges "like speed bumps

"I tell them it is okay to have feelings and to get mad" says Kesty, "but slow down, take a minute and then we'll find a way to deal with it".

The positive impact on her and cries when she gets lost students has been tremendous and Kesty realized that others could benefit from the approach. She has written a book for eight to twelve year olds called "Everyone Has A boy with dyslexia has Something" and wants to self-

See Volunteer, page 5

Help Wanted:

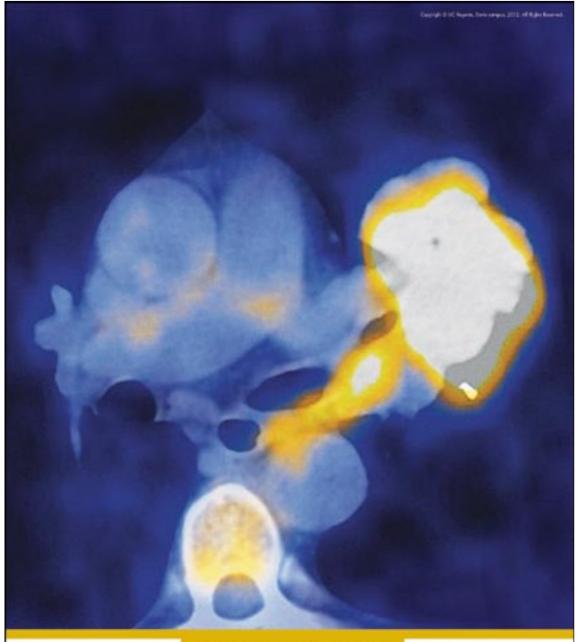
Gossip Columnist

Do you like to gossip and know everything that's going on in your neighborhood? If so, you may be who I am looking for. If you think you have what it takes to put out a regular gossip column, email me a sample at editor@valcomnews.com. Besides your byline and photograph, you'll have the added bonus of earning some extra spending money each month.

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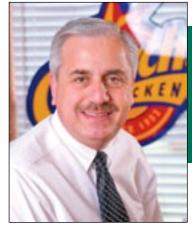
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Tony Lutfi's goal:

To own 50 restaurants before turning 50

By MONICA STARK

For much of his life, Tony Lutfi has had the goal of owning 50 restaurants before turning 50 years old. He is among the top 55 multi-unit was recently on the cover of Multi-Unit Franchisee magazine with the headline: Mega 99: Tony Lutfi soars from 52 to 134 units in three years.

Susie Kuwabara Parker

4305 Freeport Boulevard, Sacramento 95822

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Lutfi, whose corporate headfranchises in the nation.

Born in 1960 in Amman Jordan as the youngest child for a refugee Palestinian family who then lived in Jordan,

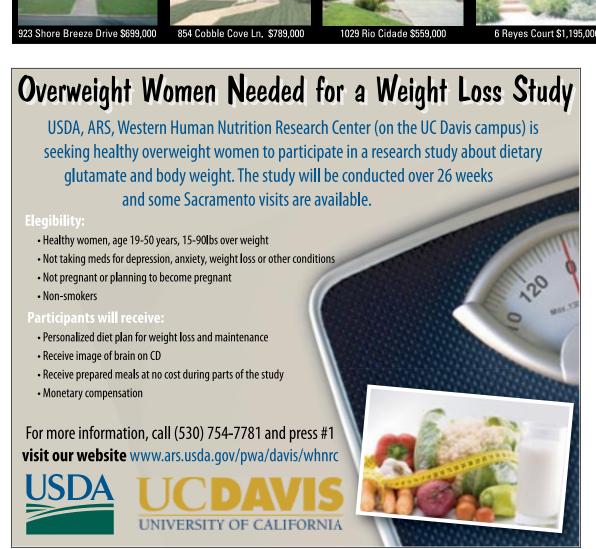
COOK

Far surpassing his goals, Lutfi immigrated to the United States in 1976 with hopes quarters are in the Pocket area, to pursue higher education is among the top 55 multi-unit in the medical field. He attended high school in Lodi and graduated in 1977, then quickly moved to Stockton and attended Delta College while sharing an apartment with his cousin.

"I did not want to be a burden to my family that struggled financially and I knew that I needed to work and make it on my own at age 16," he said. He worked at a 7-11 for a short period of time and then was offered a position with Jack in the Box for the graveyard shift, which worked out well allowing me to attend classes in the day and work at night.

Life quickly took its course. Lutfi quit college and decided to accept a shift manager position with Jack in the Box. In

See Success, page 21





Bike for Mike to be held in memory of Deacon Mike Crowley

Bicycle ride set for Saturday, March 16

The Social Justice Ministry at St. Anthony Catholic Parish is sponsoring an easy, family oriented bike ride (less than 10 miles) around the Pocket in memory of Deacon Mike Crowley, an avid cyclist who died on March 18, 2012. The ride will also be a fundraiser for the SSIP (South Sacramento Interfaith Partnership) Food Locker. The bike ride will begin at 9 a.m. and start and end at St. Anthony Parish, 660 Florin Rd.

Deacon Mike served the St. Anthony Parish community from his ordination in 1996 until his death last March. He cared deeply about those who suffered hunger and volunteered many hours at the food locker. He also loved biking and almost never used a car to move around Sacramento.

The ride will not only honor Mike's life, it will raise money for the SSIP Food Locker. To contribute, bring a check made out to SSIP when you come to the ride. If you cannot ride, but would like to donate, you can bring a check by to the parish or send the check to:



SSIP Food Locker Bethany Presbyterian Church 5625 24th Street Sacramento, CA 95822

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Volunteer: Your help is needed

publish the book for use by thank-you gifts to certain levschools and parents.

Kesty is using Kickstarter. com, a fundraising platform, to raise the \$9,300 needed to publish the book; supporters can pledge to make a donation of \$1 or more.

If \$9,300 is pledged by March 16, the publishing project will be funded and the pledged donations will be collected. No pledged amounts will be collected or used for publishing unless the total amount is reached.

"Everyone Has Something" wristband bracelets for \$5 to raise funds for publishing; these can also be included as

els of donors on Kickstarter.

To purchase bracelets or to request more information. email everyonehassomething@ gmail.com.

Supporter and rescue volunteer RuEtta Gray says that while major pledges are great, even small ones make a difference. "If you can skip one run to Starbucks, pledge it. If there is loose change under the cushions of your sofa or car seat – pledge it. If you have \$10, \$100 or more for Kesty is also selling silicone something you believe in – Everyone Has Something" pledge it", Gray suggests.

To see a video about Kesty's program, visit Kickstarter or sarahkesty.com.

Please send your updated Calendar announcements

...especially if you bost monthly events! e-mail to editor@valcomnews.com

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Sacramento became a city built upon a city through extensive mid-19th century street raising project

By LANCE ARMSTRONG

a series about the history of the Sacramento River.

Within a quarter century of its founding, flood-Sacramento. It was a city born out of convenience rather than vision.

From 1839 to 1849, the area was known as "Sutter's Embarcadero."

According to local historian Barbara Lagomarsino's essay, entitled "Sacramento on the Rise," "A man named McVickar proposed around this time (1848) to build a the rechanneling of watergrogshop right on the river bank - but in the limbs of a sycamore tree, about tious flood control efforts twenty feet up" and that "ac- ever attempted. cess was to be by ladder or canoe, whichever circumstances preferred."

Sacramento City, as Sacramento was known during its earliest years, was founded by John A. Sut-

ter, Jr., who despite his father's wishes, established the town at the confluence Editor's Note: This is part six in of the two rivers, instead of on higher ground.

The more visionary John Sutter, Sr. had already planned a city, complete with engineered docks and canals ing had become the bane of in the more appropriate location of the current William Land Park area.

> But the selected location of Sacramento City offered a sandbar that precluded the need for docks and piers. It also left the new city vulnerable to seasonal inundations.

> The building of levees, the filling of creeks and courses only set the stage for one of the most ambi-

The indomitable city now had the indomitable task of literally raising its streets above the level of serious flooding.

This endeavor would take time, money and a cooper- their valuable merchandise.



ative effort of paramount ing heat of summer, had to proportions.

Since prehistoric times, humans recognized that erecting their housing upon that could accommodate cusstilts could provide protection from rising waters.

But the concept of raising a large section of the city, including businesses that required walk-up traffic, was a challenge of unparalleled proportions.

The project began simply enough as businesses raised their buildings to protect

The problem then bebanks of mud was without the business district. sidewalks. And customter months and the sear- upon a city.

trudge up flights of stairs just to reach entrances.

A solution was required tomers and protect inventory and citizens from floods.

Stilts solved the problem of protecting the businesses a massive street raising, forfrom floods, but one still re-tification of buildings and a quired a boat to go shopping during the rainy seasons.

The stilts were an insipient beginning, but the ultimate salvation was have to be raised for profound in raising the city streets as much as about 15 feet and abandoning 62 was referred to as "high came that a city built upon the first floor entrances in

ers, during the muddy win- was to become a city built

In addition to stilts, in the 1850s, some street levels were modestly and independently raised on a business to business basis.

But it took the flood of 1861-62 for the citizenry to come to the conclusion that reconstruction of the sewer system was necessary.

The optimum level to which the streets would tection from flooding equal to the great flood of 1861grade." This level varied from a few feet on the edges Essentially, Sacramento of the flood prone area to as

See Streets, page 7





Streets: Most of the buildings were raised without incident

much as 15 feet in the central business district.

According to an article, entitled "The Uptown Underground," in the February 1998 issue of Comstock's magazine, a March 18, 1862 vote determined that the grade level of J Street would be raised two feet raising or altering his building and above the high-water mark. The motion passed with only two dissenting votes.

And in Lagomarsino's aforementioned article, she wrote: "Finally, in February 1863, the supervisors passed an ordinance establishing the official street grades of Sacramento's business district well above all previous highwater marks. This monumental endeavor required a public/private cooperative effort of unprecedented magnitude for the young city."

In the July 18, 1969 edition of The Sacramento Union, historian Ted Baggelman, in an article regarding the development of the K Street Mall, referred to the 1860s cooperative effort, as follows: "The

el, pave the street, and construct curbs. The merchants obligated themselves to pay the construction costs for the portion of the eight foot bulkhead in front of his establishment, and bear the costs of restoring the sidewalk at the new street level."

The impact and effect of raising the city's streets was much more complex than simply hauling in soil and tamping it. It became a complex integration of altering buildings and the water and sewer systems, paving streets, and building sidewalks.

On Jan. 1, 1867, The Union published an article regarding this redevelopment.

It was noted in the article that some streets "have been raised to the 'high grade' on the level with the embankments on the waterfront, which necessitates building of bulkheads and raising or reconstructing

new ones built to correspond with the improvements around them."

The article also mentioned that (sic) also entered upon the work of filling up Sutter Slough, north of I buildings in the "railyards" area that State Railroad Museum.

decide whether their structures eight feet above the ground, waitwere worth saving or how they ing for a new foundation. Before could be adapted.

Baggelman considered the owners' poor merchant who had to move his store up to the second floor, which then became the first floor; or worse yet, the property owner who decided city pledged to fill in between the buildings; and in many cases old level), which, at one inch a day took when performed by professionals.

bulkheads to the necessary lev- buildings have been torn down and four months to reach the required

An apparatus known as a "jackscrew" was the preferred method of "the Pacific Railroad Company have raising buildings, and it was not always an easy or successful endeavor.

In Lagomarsino's article, she Street, and grading the ground from mentioned a raised tenement First Street to Sixth (Street), for the structure that was on jackscrews purpose of erecting thereon build- in the Chinese section of town, ings for machine shops, car manuand notes that it collapsed during factories, etc." These are the same high winds in 1864.

She also referred to an annex of the city and state are preserving and the Union Hotel, which was locatdeveloping as part of the California ed on 2nd Street, between J and K streets, as follows: "(The annex was) Building owners were forced to perched on dozens of jackscrews, that could be supplied, however, in the middle of the night, most of the consternation, as he wrote: "Pity the building collapsed, leaving a jumble of furniture, bricks and fixtures piled around the jackscrews."

Fortunately, most of the buildings were raised without incident; alto have his building raised (to the new though, the process could be expensive

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Sacramento Valley Conservancy events for March

'Blue Oak Woodland Birding' to be held March 23

The beauty of spring-time can be both seen and heard through the many bird species that call Deer Creek Hills home. Ioin Sacramento Valley Conservancy's volunteer docents for woodland bird watching from 7 to 11 a.m. on March 23 provide your own horse) to be at Deer Creek Hills Preserve.

A 4 1/2 mile walk overland on nontrail surfaces to key birding locations can be expected. Frequent stops to observe the busy activity of foragers and guided outing.

White-breasted Nut Hatch will be busy as it gleans the limbs and trunks of the trees for insects under the Blue Oak canopy. Wood Peckers, Loggerhead Shrike and Red-tailed Hawk's nest can be spotted on this outing.

Hushed tones, walking and stopping are the best ways to bird watch in the Oak Woodland. Wear "quiet" warm, muted earth-tone colors, sturdy boots for uneven surfaces. Cotton or wool fabrics are considered "quiet" and work great! Birding scopes, binoculars and/ or cameras, are highly recommended for any birding outing. All ages. Cost is \$10. open fields. Cost is \$20

Register online: www.sacramentovalleyconservancy.org/calendar.asp Register online: www.sacramentovalleyconservancy.org/calendar.asp

Guided Equestrian Ride (must held March 24

The Sacramento Valley Conservancy invites you to experience the partnership of horse and rider at Deer Creek Hills soaring bird species is a part of this for a guided equestrian ride on Sunday, March 24 from 10 a.m. to 2 p.m.

Experience the quiet atmosphere of distant bird calls, the rustle of the tall grass, the creaking of your saddle as you cross a creek and the satisfaction of knowing you are supporting the Sacramento Valley Conservancy's mission statement.

Spend approximately 2 1/2 hours on this docent led event, exploring 4,400plus acres of this working cattle ranch. Ride is through open country over a variety of terrain, including water crossings, most groups are from 10 to 20 people in size, and travel at a walk. Horses should be accustomed to riding in groups and in

Register online: www.sacramentovalleyconservancy.org/calendar.asp

Free equestrian ride to be held March 17

Escorted by SVC Equestrian Docents, working cattle ranch.

With your equine pal, overlook the central valley flat lands, downtown Sacramento, Mt. Diablo, and Rancho Seco from the vantage point of the Sierra Foothills.

through open country over a variety of terrain, including water crosswww.sacramentovalleyconservancy. org/calendar.asp

The Sacramento Valley Conservancy is hosting a free Equestrian ride to celebrate the Irish in all of us at Deer Creek Hills on Sunday, March 17 from 10 a.m. to 2 p.m.

you'll explore on saddle back the cattle made trails on this 4,400-plus acres

You'll be set back in time with the untouched beauty of an expanding blue oak woodlands. This ride is ings, most groups are from 10 to 20 people in size, and travel at a walk for a 2 1/2 hour ride. Register at

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New church in Pocket/Greenhaven area melds two churches

Crosswalk Christian Fellowship, a new nondenominational **Christian church**

The Pocket and Greenhaven area held its first service almost a year ago on May 6. It is a church plant of Warehouse Christian Ministries, a church that has been a part of the Sacramento area since 1974. They are also a part of the Calvary Chapel Movement. The church has grown to about 50 people and is held Sundays at 10 a.m. at the Belle Cooledge Community Center.

The church is lead by Pastor Ryan is a Sacramento native where he lives with his wife and two daughters. He attended Calvary Chapel Bible College, and served as an associate pastor at Warehouse Christian Ministries, Sacramento, for 13 years before founding Crosswalk Christian Ministries in 2012.



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Matsuyama celebrated Dr. Seuss' birthday with fun reading event

Valley Community Newspapers, Inc.

Kids at Matsuyama honored the legacy of Dr. Seuss on Friday by reading outside on the lawn for a half an hour.

"Read Across America Day is a great way to bring the community into our classrooms so students can see the joy that adults get from reading," said SCUSD Superintendent Jonathan Raymond. "These great reading role models send a strong message that reading is a pleasure and the key to success in life."

Born Theodor Seuss Geisel on March 2, 1904, Dr. Seuss published 46 children's books and inspired generations of young Americans to learn to read. His colorful illustrations and charming (if mischievous) characters fired the imaginations of millions of children – and still do. To honor his work, the National Education Association on March 2, 1998, promoted the first "Read Across America Day," which the group described as a "pep rally for reading."





March 31, 10:00 are nunity Centur, 5669 South Land Park Drive

Community Worship

Greenhaven Lutheran Church 475 Florin Road (at Gloria Dr.) • 428-8449

9:00am Bible Study & Sunday School 10:15am Traditional Liturgical Sunday Worship Service www.GreenhavenLutheran.org Angels Nest Pre School 2 yrs. - 5 yrs. (916) 428-4651

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Sunday School: 9:15am • Sunday Worship: 10:30am • AWANA (Children's Ministry • Youth - Jr. High - Sr. High - College - Young Adults • www.rwcsac.org

Greenhaven Neighborhood Church

630 Ark Way • 422-8253

Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am Weekly Bible Studies - Jr/Sr High Events

Centennial United Methodist Church

5401 Freeport Blvd. • 452-4477 • centennialumc.com

United in Christ ~ Embracing Diversity Sunday Services: 10:30am, 1:00pm (Fijian), 6:00pm (Informal)

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School news

The Music Department is having our Annual Spring Concert on Thursday, March 7 at 7 p.m. in the JFK Auditorium. We will feature students in Band, Jazz Band, Orchestra and Choir. Admission is free.

Looking for a motivation to get healthy? Come to Cougar Fit on Mondays and Wednesdays at 4:30pm in the cafeteria. We are learning working outs such as Zumba, Insanity, Hip Hop Cardio, P90X and Combat.

Kennedy speech and debate duo move on to state tournament

Two members of John F. Kennedy High School Speech and Debate team, led by teacher Michael Fry, won first place in a recent state qualifying tournament and will be moving on to the state finals.

Partners Henry Adkisson and Joanne Newens, Blossom Festival who perform in the duo category, are going to state after winning first place. Another team member, Pa Yang broke to the semi-final round in her categoteam. Great job, Cougars."

Students enrolled in Japanese at John F. Kennext Pocket News for photographs. nedy High School Skyped with 10th graders in Matsuyama, Japan, as a partnership between Caroline Wenzel the two schools. JFK students wrote letters to the students in Japan and letters were read to each other via Škype. JFK students then performed a traditional Japanese dance for their sister city students.

fundraiser

The JFK Color Guard thanks the Elks Lodge, No. 6 for allowing them to use the facility's parkequipment. Due to their help, they were able to and how to react safely in the case of fire (stop,



The JFK Color Guard thanks the Elks Lodge, No. 6 for allowing them to use the facility's parking lot in order to raise money for new performance equipment. Due to their help, they were able to raise \$1,310.

Matsuyama

Matsuyama Honored Sister City with Cherry

Matsuyama Elementary School honored its namesake and Sacramento's sister city - Matsuyama, Japan - with a traditional Cherry Blosry. Says Principal Chad Sweitzer: "We're extreme- som Festival on March 1. Japanese heritage and ly proud to have such talented performers on our culture were celebrated through food, crafts, performances and art. The day also emphasized the school's warm relationship with Sakura Elemen-JFK kids performed a traditional Japanese dance tary School in Matsuyama. Editor's note: See the

Caroline Wenzel Elementary students learn about safety through puppet shows

Kindergarten students at Caroline Wenzel learned about personal safety during a presentation by Kids on the Block, a puppet show pre-sented to 4,000 students annually across the

Assistance League of Sacramento, used a script drop and roll).

The show also emphasized the importance of children learning their own phone numbers and when/ how to dial 9-1-1.

Established in 1990, Kids on the Block's primary purpose is to let children know they are not alone, that it is all right to talk to a trusted adult and to seek guidance with problems such as bullying.

Merryhill

Merryhill presents a free concert with 'Music

On March 9 Music Matt, a local children's entertainer, will perform at 11 a.m., free of charge at Merryhill School, 7450 Pocket Rd. 424-2299.

According to Matt Fisher's bio at www.MusicMatt. com, he was born at a very early age ... to musicians. Each weekend, with Matt in tow, his parents would play another wedding or lead music for a church service in a small Northern California town. Matt was given a guitar on his fifth birthday and his dad taught him four chords. Learning two John Denver songs The puppeteers, who are volunteers from the and Johnny B. Goode, he'd perform for his family at reunions and pass a hat making those his first paid ing lot in order to raise money for new performance to discuss such topics as how to avoid strangers gigs and has had a successful career ever since. He now makes sure children are exposed to music and that they have a blast learning about it.







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Free workshop and health event presented by Dr. Richard Pan

icines, vitamins and supplements for a review with health care reform, talk to a pharmacist about healthcare professionals at a free workshop and health your medicine and participate in food demonevent to be held on Friday, March 22, from 10 a.m. to strations and samples. noon at ACC Greenhaven Terrace.

Bring your over-the-counter and prescription med. At the event you can also learn more about

At the event, you can learn about your body The event is presented by Dr. Richard Pan, assemblymember of the 9th district and pediatrician sure your blood pressure and receive a medica-



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> friends and fun! Call today to schedule a tour and complimentary luncheon.

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Spring Fling: Two bands, 30 musicians at St. Pat's Irish Ball,

set for March 17

The Nor Cal Big Bands Preservation Society features legendary Buddy Harpham, his 15-piece big band in the main ballroom of the Sacramento Elks Lodge No. 6, located at 6446 Riverside Blvd. on Sunday, March 17 from 2 to 5 p.m.

This 11th Spring Fling also fittingly salutes Ireland, its Saint Patrick's holiday and welcomes all to dress in green and bring flowers. Doors open at 12:45 p.m. followed by a dance session performed by Celia Cottle's 16member Saxes by Popular Demand from 1 to 2 p.m. Co-sponsors are Avalon Hearing Aid Centers and SeniorMagLive.

Executive Director, Master of Ceremonies Lou Coppola announced "One of our so-ciety's co-founders Buddy's led combos and Big Bands 64 years with vast choice of dance hits -- fox trot to swing, rhumba to samba, waltz to polka. Buddy's three sets include 40 songs with special "Ladies Choice" dancing happening at 2:30 p.m., 3:30 p.m. and 4:30 p.m.

Singles and couples are welcome. Feature include dance hosts all four hours, with dips, chips and desserts at 3 p.m., door prizes at 4 p.m. Regular admission is \$12, \$11 each in group of 10, and \$10 for Society's Gold Card holders.

Two important Society upcoming dances are the Flower Garden Ball (April 22), featuring the 15piece Fred Morgan Orchestra and the Pre-Jubilee Ball (May 20) spotlighting the 19-piece Swing Masters, led by Bob Fry.

For more details call 444-6138 or e-mail: loucopp45@gmail.com.

Eggstravaganza March 30 and 31

tontail at Fairytale Town's ing eggs and more. annual Spring Eggstrav- Spring Eggstravaganza aganza. The fun-filled is free with paid park ada.m. to 3 p.m.

will return their eggs to Mr. ric Dental Care. McGregor's Garden to receive a small prize, no mat- For more information, visit ter how few or how many www.fairytaletown.org or call eggs they find.

Following the egg hunts, guests are invited to the Children's Theater to see the Fairytale What: Spring Eggstravaganza Town Troupers perform, retelling of the classic fai- 3 p.m. rytale with music, mag- Hours: 9 a.m. - 4 p.m. Daiic and mid-century mod. Show times are at 12:30 are \$1 for Fairytale Town mento, CA 95822 members and \$2 for non- Cost: Admission Fees: \$5 members in addition to weekends & holidays, chilpark admission.

hanging out on the Mother tickets are \$1 for members Goose Stage to take pho- and \$2 for nonmembers. tos with families that they Photos with Peter Cotcan purchase for a small tontail are \$5. 808-7462, fee and take home as a me- mail@fairytaletown.org,

Welcome spring with children of all ages will egg hunts, theatre shows, enjoy making spring art hands-on activities and activities, including bunny photos with Peter Cot- ears, a basket for collect-

family celebration is set mission. Weekend admisfor Saturday and Sunday, sion is \$5 for adults and March 30 and 31 from 11 children ages 2 and older and free for children ages Egg hunts will be held 1 and under. Activities promptly at noon, 1 and 2 take place from 11 a.m. to p.m. each day, and guests 3 p.m., and Fairytale Town are encouraged to arrive is open from 9 a.m. to 4 early and bring a basket p.m. daily, weather permitfor collecting eggs. The egg ting. Spring Eggstravaganhunts are separated by age za is sponsored in part by group: 3 and under, 4 to SAFE Credit Union and 6 and 7 to 12. Each child Children's Choice Pediat-

(916) 808-7462.

If you go:

When: Saturday & Sun-"Beauty and the Beat!" a day, Mar. 30 & 31, 11 a.m. -

lv (weather permitting) Where: Fairytale Town, and 2:30 p.m., and tickets 3901 Land Park Drive, Sacra-

dren 1 and under are ad-Peter Cottontail will be mitted free. Theatre show mento of the day. And www.fairytaletown.org



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SPORTS

Pocket Little League to hold opening day on March 16

16, the little league season is just Managers around the corner for the Pocket area's youngest baseball players. The Bill Conlin Sports Complex on Freeport Boulevard, south of Pocket/Meadowview Road, is where Darrell Fong will be throw- if you are interested. For late reging the first pitch at 9 a.m.

the organization has spent about \$50,000 in upgrades to the park Pocket Little League Alumni who of our own money. Starnes has made their high school teams this been the President since 2009 and is in his fourth season.

to region in large part due to our wonderful families and volunteers, which make the Pocket neighborhood the best in Sacramento," he wrote on the organization's Facebook page.

With opening day on March Looking For Major

Pocket Little League is in need of volunteers to manage the Major Division players. Contact Bob Wood WOODR13@nationwide.com istration, contact the registrar, According to Dave Starnes, mikajane@gmail.com, for addi-President Pocket Little League, tional information.

year, include:

At Kennedy High School: Adam "I consider our League one of Takeuchi (V), Alex Okamoto (V), the best in the entire Sacramen- Alex Quitiquit (V), Kenneth Eto (V), Elijah Ortega (JV), Ruben Noriega (JV), Tyler Sakata (JV).

> At Christian Brothers High School: Adam D'Elia (V), Miguel Ledesma (IV), Keoni Mark (IV).



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Before going on the course, you should take the time for a few lessons from a qualified PGA or LPGA professional. In addition to learning the basics of golf and the swing, classes are usually very casual and teach you everything you need to know to enjoy playing the game. We get it. Golf can seem terribly complicated to a beginner golfer. So, many rules, so many different kinds of clubs. And then there's the lingo: birdies, bogeys, bump-and-runs. Here at Bing Maloney Golf Complex, this may be the language we speak every day, but we also know it's a language that can scare prospective golfers off before they ever pick up a club. Bing Maloney is offering Free Family Clinics for 2013. These clinics are family oriented for any level of golfer. We will explore all the different aspects of the game of golf. We will start out with putting and work way up to playing on the course. These free clinics are family oriented and perfect for any level of golfer.

Each clinic will be held on Sundays from 1:00 pm to 2:15 pm at the Bing Maloney Golf Course 6801 Freeport Boulevard in Sacramento. Call 916-808-2283 for more information.

Free Family Golf Clinic Dates:

March 24th April 14th April 28th May 5th May 26th

September 8th September 29th October 13th October 27th November 10th November 24th





SPORTS

Valley Hi Country Club to be the site of the inaugural Sacramento **State Intercollegiate Cup**

the site of many prestigious tourna- American, University of Nebraska ments including U.S. Open qualifying Omaha, and Sacramento State. Sacin 1995, 2003, and 2009. The 7036yard layout has also hosted the U.S. Amateur qualifying in 20011 as well as the N.C.G.A. Super Senior Championship in 2012. Now the Elk Grove include: Jordon Swanson, Alex Gibbs, private golf venue will be the site of Jordon Weir and Julian Woodford. the Inaugural, 54-hole-, Sacramento State Intercollegiate Cup on Monday, March 11 and Tuesday, March 12.

Teams from around the nation that have committed to participate are: with leaders being paired together. Boise State University, Cal State Fullerton, U.C. Santa Barbara, Cal kota, University of South Carolina tact: Christopher Hall at 278-5284. Upstate, Loyola Marymont University, Chico State University, Seattle is free.

Valley Hi Country Club has been University, University of Texas Pan ramento State Head Coach Christopher Hall is expecting stiff competition for the Hornet golfers.
Local members of the Sac State team

Tournament play begins with an 8 a.m. shotgun start on Monday, followed on Tuesday with tee times going off the front and back nine at 8 a.m.

The tournament will kick off with a college morning outing on Sunday State Bakersfield, Houston Baptist open to the first 50 groups signing up. University, University of South Da- For participation information, con-

Spectators are welcome and admission

Playing priviledges at other private clubs

. 10 minutes from Greenhaven/Pocket Area







JFK's women's basketball team makes it to Sac-Joaquin CIF Division I Section Finals

Congratulations to the women's basketball team at Kennedy for once again making it to the Sac-Joaquin CIF Division I Section Finals. They faced a tough task in trying to take down the powerful and nationally ranked St. Mary's Rams. The girls played well but in the end came up short, yet because of their

gible to move on to the State CIF tournament. The men's basketball team sea-

son has come to an end as they fell in a hard fought game in the quarterfinals of the Division I Men's Basketball Section Playoffs. Congratulations to them for another successful season.

Spring sports will be getting underway in the coming weeks. Until the change in time our outdoor sports (Men's Tennis, Men's Golf, Baseball, Softball, and Women's Soccer) will be missing class time due to the early start times on game days. Rosters are being fi-



Northern Californi vate clubs.

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performance they will be eli-nalized this week and next.

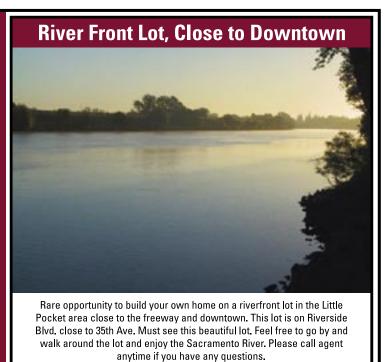


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"My husband was a math whiz – now he can't handle our bank account."

at a day program or in a care setting specifically designed for someone with memory loss, professional's accept that person where they are. They accept the fact that the person has memory loss. They see all the things the person can still do.

It's the old "glass half empty/glass half full" concept. Do you see, and celebrate, all the things that the person with dementia can still do? Can you help the person with dementia stay socially involved and active?

Our secure, gated community of 3.5 acres is situated on beautifully landscaped grounds! We provide Residential, Respite and Day Club services for people with Alzheimer's On the other hand, when the person with dementia arrives disease and related forms of memory loss.

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Faces and Places:

Free nature program at **Robbie Waters Pocket-Greenhaven Library**

Photos by STEVE CROWLEY

The Sacramento Public Library helped families learn to classify birds and reptiles by their special characteristics at a free nature program last month at the Robbie Waters Pocket-Greenhaven Library on Tuesday, Feb. 12. Effie Yeaw Nature Center representatives invited participants to examine animal artifacts and meet some of the center's live animals. The library program helped celebrate National Science Literacy Month.









Third annual Steinberg Seussical Story Hour

On Saturday, March 9, join the library for stories and crafts to celebrate favorite Seuss books as well as a few books by Theodor Seuss Geisel award-winning authors Tedd Arnold and Mo Willems. Special guest readers include: Senate pro Tem Darrell Steinberg, Assemblymember Dr. Richard Pan, former Councilmember Robbie Waters, and Sacramento Public Library Director Rivkah Sass. The Seussical Story Hour starts at 11 a.m. and will be held at the Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sacramento 95831.



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Children and families learn about Nigerian culture during library event

By JOHN COOPER jcooper@valcomnews.com

On Feb. 23, the Robbie Waters Pocket-Greenhaven Library played host to Mr. Sunny as he introduced children and families to Nigerian culture during WaZoBia. The name is derived from three different Nigerian dialects, with each part being a way of saying "come!" The event was put on to teach visitors about Nigerian culture through song and dance.

Mr. Sunny started the show with a brief explanation of the cultural landscape of Nigeria, followed by a short lesson in how to speak several of its dialects. After the audience had learned three unique ways of saying "hello", Mr. Sunny brought out his drum and started up a rhythm.

He told visitors that they'd be participating in a few of the songs and dances, and after cheers from the children and grumbles from the adults had subsided, the event got underway.

Mr. Sunny picked several members of the audience to stand in front of the group, and while he drummed and the rest of the spectators sang along, they started to dance. The dancers were told to dance as crazily as they could;

(actual size ad)

the children were noticeably crazier than the adults.

After cycling them out for a new group, Mr. Sunny brought the entire audience out of their seats for a brief lesson in drumming. He had placed a very large collection of drums and chimes in from of the group, as well as enough drumsticks for everyone in the room.

As he led with his own drum, the audience followed along. It took a good amount of time before the kids in the room realized they were not supposed to simply pound on their drums as loudly and quickly as they could.

Before the audience could return to their seats, Mr. Sunny lined them up in rows and explained how they were going to combine their dancing, singing, and drum lessons. After demonstrating the steps, he beat a rhythm while the audience proceeded to spin, skip, and slide along the floor in unison. It took many tries to get it right, but eventually the group put on an acceptable performance.

Finally, Mr. Sunny took questions from the room about his culture and about himself. He prefaced the discussion by explaining that yes, Africans do wear clothes, and they also have houses.

Submit a photo

Description of event/dates

www.valcomnews.com

Names of highlighted

After some laughs from the room, he said that out of all his performances, these were the two most common questions by far. Except for one kid who asked whether the cultural clothing Mr. Sunny was wearing had anything to do with the drums he was playing (it did), every question was asked by an adult, ranging from questions about Nigerian culture to what Mr. Sunny has been

Everyone seemed to have a good time at the event, and many people came up to shake Mr. Sunny's hand and compliment him after it was over. Mr. Sunny won't be back at the Robbie Waters Pocket-Greenhaven Library until next year, but the calendar of their other events can be found at http://www.saclibrary.org/Locations/Robbie-Waters-Pocket-Greenhaven/







up to in the States.





Success: Although business has grown, it remains a family business

migrated to the U.S. and they ploy him. decided to purchase a corner the Box and worked for the accustomed to the life style and learned English.

In 1993, Lutfi applied to work for a franchise and was given an opportunity with Rax Roast Beef as an assistant manager making \$925 per month.

In 1984 Lutfi married to Anna, whom he dated for five years. He did not want to pay rent for a home and home by borrowing money on credit cards.

"I knew that I will work hard to pay the cards off and hoped that I will build enough equity in my home to use it later to buy a business. Life took its course again and our first son was born in 1985 and the second in 1987. I was right with my first investment, the house appreciated in value and the credit cards were paid off," Lutfi said.

In 1988, he attempted to buy four restaurants from his employer, but lost the opportunity to another compa- et area Promenade Shopping ny who purchased the entire Center. They either sold or in Carmichael.

"LUCY"

Happy Tails (916) 556-1155

6001 Folsom Blvd., Sacramento

1980, the rest of his family im- company and agreed to em- closed all four locations with-

A few years later, the presigrocery store in Stockton. He dent of the company decided quit his position with Jack in to start a new company and asked him to be a partner opfamily business for two years erator. They purchased four while his family became more Church's Chicken restaurants in Sacramento and partnered up with a local Pocket area the operations on Oct. 22. dentist, Greg Maroni DDS.

They remodeled the restaurants and started the company while he continued his employment with company. İn 1998, Maroni and he decided to purchase the entire company and committed to a partnership.

"My goal has always been decided to purchase his first to own 50 restaurants before I turned 50. Time was running out as I turned 38 and had only a total of 11 which included three Long John Silver's in the Bay Area, four Church's Chicken in Sacramento and four Arby's in Sacramento, Modesto and Tracy."

Maroni had two Arby's, which he owned since the late 80's in Auburn and Grass Valley.

They agreed to form a partnership and operate the 13 units.

They opened four restaurants between 1998 and 2000, one was Arby's in the Pock-

in two years and decided that other Little Caesars restauthe only way they can grow is rant and a Church's Chicken by way of acquisition mini-

mizing risk. In 2001 just before Sept. 11, they agreed to acquire four in Las Vegas. They took over

"Naturally, the world changed after Sept. 11, especially in Las Vegas. Tourism came to quick halt and businesses suffered including our new acquired restaurants. I remember driving to Las Vegas weekly and working in the restaurants just to save labor and try to save the business. Luckily, we had great managers that maintained and quickly rebounded by 2003," Lutfi said.

They paid off the loan for the Las Vegas stores in 2006 and began a journey of growth.

In 2006, they acquired 11 Church's Chicken in Stockton and Tucson.

In 2007, they acquired 15 Church's Chicken in Phoe- eight Sears Appliance Shownix and opened their first rooms, and six Sears Appli-Little Caesars Restaurant in Orangevale.

In 2008, they acquired 11 Church's Chicken restaurants and opened their second little Caesars Restaurant

Lucy & her sister Ethel up

and she had to move.

Although Lucy is 17

when the lady's health failed

years old, she is in excellent

same person since she was a

kitten, and has adjusted well to the Adoption Center and

health. She lived with the

the other cats. Lucy likes

be petted. Both Lucy and

Ethel need a home to let them live out their lives in

and with a lot of love.

peace and quiet,

people and she loves to

In 2009, they opened anin Las Vegas

In 2010, Lutfi acquired 21 lack in the Box restaurants in Modesto, Los Banos, Oro-Church's Chicken restaurants ville, Marysville, Placerville and Sacramento.

In 2011, Lutfi acquired 14 Sears Hardware stores in Houston and St. Louis, and Sears Appliance Showrooms in Dallas and St. Louis, but also opened two restaurants, one in Galt and another in Las Vegas. Lutfi also acquired five Sizzlers in Auburn, Sacramento and the Bay Area.

In 2012, Lutfi opened another restaurant in Las Vegas and another in North Highlands and added a Sears location in Chino, Calif.

Lutfi and Maroni closed last year with their largest acquisition to date, 42 Arby's restaurants in Oregon and Washington.

Today, Lutfi operates the following: five Sizzler restaurants, 21 Jack in the Box, ance & Hardware Stores.

With Maroni, Lutfi owns five Little Caesars, 43 Arby's, 46 Church's Chicken,

Lutfi and Maroni also offer management and consulting services to several organiza-

tions in Texas and California who operate 117 restaurants of various brands.

Lutfi is still married to the love of his life who worked with him years ago at the Jack in the Box. They were married in 1984 and had three boys, Metri 27, in the business operating the Jack in the Box Company and attended Fresno State, Stephen 25, a graduate from Fresno State as a civil Engineer; he also joined our company a few weeks ago and is currently our analyst; and Ramsey 20, in his third year at Fresno State pursuing his degree in Business.

Although the business has grown to nearly 150 in seven states, Lutfi says they remain a family business with several of the family leading and serving the business. Starting with his nephew Nader who has been an integral part of their continued growth and many others including Dr. Maroni who has remained committed for the entire ride.

Pocket area resident and attorney Shane Singh has been representing the MarLu Investment Group for over 11 years and handles a majority of their legal work.

The MarLu Investment Group office is in the Pocket area, 1531 Corporate Way.

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CALENDAR

ation to: editor@valcomnews.com at least two weeks prior to publication.

Sacramento Public Library offers passport service at its Central Library

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

Pop-Up Music Month at the Sacramento Children's Museum - March 1-31

Join the Sacramento Children's Museum all month to explore musical in struments and special activities such as fun Music & Movement dancing on Fridays, interactive Sing-A-Long Saturdays and more! Museum visitors will also have the hands-on opportunity to craft a musical instrument in the Art Studio all month long. For more, visit www.sackids.org or call 638-7225.

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.

Sisters Quilting Collective (SQC) at The Brickhouse Art Gallery launches new blog

In celebration of Women's History Month Sisters Quilting Collective launches its new blog: sistersquiltingcollectivesqc.blogspot. com. Email fayek@springmail.com or call 484-5025 for more information.

announces scholarship application process

The water district is accepting applications until March 22 for the 2013 Berry Quality of Life Youth Leadership Scholarship, One \$500 scholarship is available to a student who lives within the Carmichael Water Dis trict Service Area who is enrolled in the 12th grade at a public school in Carmichael or is arrently enrolled in a post-secondary institution. www.carmichaelwd.org, 483-2452.

Fair Oaks Library to unveil a new **Families and Books Center**

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

Kit Carson schedules additional IB info nights

Parents are invited to learn about the Innational Baccalaureate program. Come learn about Kit Carson's transition to an Inernational Baccalaureate school for grades 7 through 12. Campus tours are held every Wednesday from 9 a.m. to 10 a.m. 5301 N St, Sacramento. 277-6750.

Register for the for the Water **Spots Video Contest** Deadline is March 22: The Regional Wa-

ter Authority and Sacramento Bee Media in

Education program are pleased to announce the 2013 Water Spots Video Contest. The contest challenges teens to create compelling and original 25-second Public Service Announcement videos on a select water efficiency topic. Videos must focus on the selected 2013 water efficiency theme: Check sprinkler systems every month for watervasting problems and make repairs within 48 hours. Winning spots will be presented on the River Cats Jumbotron for thousands to see and may be part of RWA's 2013 out-

reach campaign. sacbee.com/water-spots.

The Sacramento Chapter of the Women's Council of Realtors meets every third

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

Travel club meetings slated at Arcade Library

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

Finding the Right Path art exhibit Through out the month, an art exhibition of

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

Carmichael clothes drive

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

Fairytale Town presents its annual puppet festival

Thursdays - Sundays, May 2 - June 16, Weekdays at 10:30 a.m., 11:30 a.m. & 12:30 p.m. Weekends at 12:30, 1:30, 2:30 p.m. Children and adults can enjoy live puppet show performances inside Fairytale Town's Children's Theater. Puppet show performances from May 2 through June 2 will be performed by Puppet Art Theater Company. The festival will end with the premiere of Fairytale Town's original puppet production of "Rumpelstiltskin" from June 6 through 16. Tickets are \$2 for nonmembers in addition to park admission, and \$1 for members. www.fairytaletown.org, 808-7462. 3901 Land Park Dr.

Rotary Club of Pocket/Greenhaven

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

16th annual Sacramento Jewish Film Festival

March 7, 9, 10: Tickets on sale through tickets.com, charge by phone at 1-800-225-2277. The Crest Theatre is located at 1013 K St. For more information, visit: www. thecrest.com, www.jewishsac.org

Kiwanis Club of East Sacramento-Midtown meeting

March 8: Visitors welcome, weekly breakfast meeting on first, second and third Fridays at 7 a.m. and dinner meeting on fourth Thursday at 6 p.m. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, 761-0984, volunteers always welcome!

Wine Bottling Party Benefiting the Folsom Historical Society

March 8: Mark your calendar to attend the 2nd Annual Wine Bottling Party and fundraising event coordinated by the Folsom Historical Society. Held at Vintner's Cellar in the historic Nimbus Winery building, the evening includes wine tasting, delicious appetizers, an entry into a raffle of wine-related prizes and the chance to bottle your own wine to take home! For more, visit www.folsomhist rymuseum.org or call 916-985-2707.

Fun, Excitement and Mystery at 2013's 'Authors on the Move'

March 9: Authors on the Move - the Library Foundation's annual gala event and Sacramento's premier literary event - celebrates its 11th anniversary with an evening of excitement, entertainment and storytelling. Authors on the Move; There is Still the Story will be held from 5 - 10 p.m. at the Hyatt Hotel in downtown Sacramento.

Music Matt Concert

March 9: Music Matt. a local children's en tertainer, will perform at 11 a.m., free of charge at Merryhill School, 7450 Pocket Rd. 424-2299, www.MusicMatt.com

The Recycling & Solid Waste Division host Free Composting Seminar

March 9: Backyard composting allows you to recycle your yard clippings and fruit and vegetable scraps into a valuable soil amendment right in your own yard. Attendees are eligible for a drawing for a free compost bin. At the seminar you will learn how composting works, what materials you should and should not compost, getting the right balance of food, air and moisture, maintaining your compost pile, Vermicomposting (composting with worms), and more. Seminar goes from 8 to 10 a.m. and will be held at Southside Community Garden 5th and W St.

Living History: Women's History Day

March 9: In honor of "Women's His ry Month," the Historic Old Sacramen to Foundation is proud to present a special Living History event: Women's History Day that will take place throughout Old Sacramento State Historic Park from noon to 3 p.m. Dressed in 19th century period attire, men and women will passionately debate the controversial topic of women's suffrage. Sacramento History Museum, Old Sacramento State Historic Park. Cost: free. 808-7059 or www.historicoldsac.org

Bi-Polar Anonymous

March 8: Free 12-step program/suppor 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

Sacramento Women's Chorus 25th anniversary concert

March 9: There will be two performance es, one at 2 p.m. and a second at 7 p.m. with special guests, the Sacramento Gay Men's Chorus, Sacramento Waldorf School, 3750 Bannister Rd., Fair Oaks, \$20 for adults. \$15 for seniors, \$12 for children (age 5-18). Sacramentowomenschorus.com

Riverside Elks 6 Crab and Shrimp Feast

March 9: Crab and shrimp anti pasta, pasta, green salad, garlic bread, no host cocktails at 6 p.m., followed by dinner by 7 p.m. Huge raffle. Open to the public. Tickets available in the Lodge Office or call 422-6666, Credit cards accepted. \$45. 6446 Riverside Blvd. Sacramento. Proceeds go to the general fund.

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Free women's health event

March 9: Free Women's Health Event, featuring mid age crises and inspiration, UCD Dr. Tianhong Li and acupuncturist Tian Li Wu on women's health, panel discussions of women in 40s-50s on marriage and balance, advices and mentoring from women 60s-80s; sharing your stories, build sisterhood and support network; women commu nity resources booths. Sponsored by Camellia Women Biz Association, Shine Wellness Inc.. Hmong Women's Heritage, Asso and My Sister's House. Event goes from 1-5 p.m., Sacramento County Sheriff Dept.. 7000 65 St. Sac. 95823. Contact 719-5087 or ET@ShineWellnssInc.com

3rd annual Steinberg Seussical Story Hour at Robbie Waters

Pocket-Greenhaven Library March 9: Join the library for stories and crafts to celebrate favorite Seuss books as well as a few books by Theodor Seuss Geisel Award winning authors Tedd Arnold and Mo Willems. Special guest readers include: Senate Pro Tem Darrell Steinberg, Assemblymember Dr. Richard Pan, former coun cilmemeber Robbie Waters and Sacramento Public Library Director Rivkah Sass. The library is located at 7335 Gloria Dr.

E-waste drive to help Carmichael Elks

March 9: A free electronic waste drop off fundraiser for the Carmichael Elks will be held at the Elks on Saturday, March 9 from 9 a.m. to 1 p.m. The Carmichael Elks is located at 5631 Cypress Ave. For more information, call Diane at 916-955-4097.

3rd annual poker tournament to benefit at-risk youths in Arden Arcade

March 9: The Arden Arcade Rotary and

Sacramento Sheriff's Community Impact Program (SCIP) are sponsoring a Horsepower and Hold'em Poker charity tournament to benefit programs for youths in Arden Arcade. It will be managed by Capital Casino at the California Auto Museum, and all exhibits will be open. Entry buy-in is \$150. Spectators are welcome to watch the action for a \$20 donation. Both players and spectators will receive a barbecue dinner. Silent auction and raffle items include Sacramento Kings tickets, San Jose Sharks tickets, a custom poker table, flat panel televisions, iPads and more. Special guest tournament players include Sheriff Scott R. Iones, Sacramento County, Stan Atkinson Broadcasting icon, Chief Kurt Henke, Sacramento Metro Fire District Gary Johnson, president of Zoom Imaging Solutions. Par ticipants must be 21 or older. For more in formation, visit www.sacscip.org or www. zoomcopiers.com. Registration begins at 4 p.m., followed by the tournament at 5:30 p.m. The California Auto Museum is locat ed at 2200 Front St.

Authors on the Move

March 9: The Library Foundation's annual gala event and Sacramento's premier literary event - celebrates its 11th anniversary with an evening of excitement, entertainment and storytelling. Authors on the Move; There is Still the Story will be held from 5 - 10 p.m. at the Hvatt Hotel in downtown Sacramer

Soprano Jennifer Trost to perform at CSUS March 9: Soprano Jennifer Trost will per-

form at Sacramento State at 7 p.m. in the Music Recital Hall on campus, 6000 J St. Now with the faculty at Penn State School of Music, Trost had a 15-year career as an opera singer, including time with the Los Angeles Opera, and the Wuppertal and Bavarian State operas in Germany. Tickets are \$10 general, \$7 seniors and \$5 students and

are available at the University Ticket Office, 278-4323 or www.csus.edu/sfsc/ticketoffice/. Contact: 278-5191

Sacramento Baroque Soloists concert March 9-10: Sacramento Baroque Soloists

to perform concertos for spring, March 9 at 7:30 p.m. and March 10 at 3 p.m., Saturday: St. John's Lutheran Church 1701 L St.; Sunday: Rudolf Steiner College, 9200 Fair Oaks Blvd., Fair Oaks. Cost is \$25 general, \$20 seniors, \$10 students. Contact: 705-3806 or email info@sacramentobaroque.org

Jeremy Denk to perform at piano series March 10: Classical pianist Jeremy Denk performs as part of Sacramento State's Piano Series at 3 p.m. in the Music Recital Hall on campus, 6000 J St. Denk has soloed with orchestras that include the Atlanta, Dallas. St. Louis and San Francisco symphonies. Reviewers have praised the freshness and originality of his interpretations. Tick-

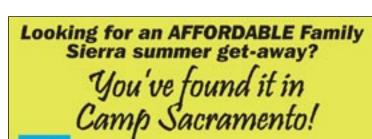
seniors, and are available at the University Ticket Office, 278-4323 or www.csus.edu sfsc/ticketoffice/, 278-5191.

ets are \$20 general and \$15 for students and

The Sacramento Suburban **Writers Club**

March 11: The Sacramento Suburban Writers Club will hold its monthly meeting from 7-9 p.m. at Crossroads Christian Fellowship Church, 5501 Dewey Drive, Fair Oaks Speaker, Susan Span, will present, "The Legal Side of Self Publishing." sactowriters.com.

Rotary Clubs of Arden-Arcade, Carmichael March 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.





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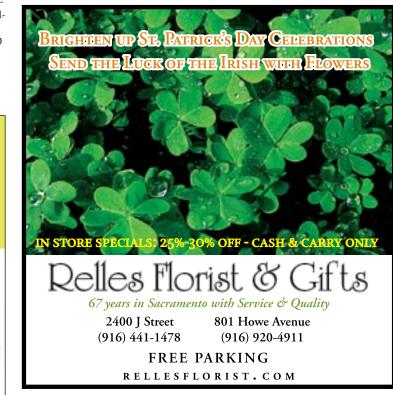
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Soroptimist International of Sacramento North meeting

March 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.

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March 14: The Mission Oaks Computer Club will meet from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "Intel Corporation, What's New" presented by Intel's Tom Wynn. A problemsolving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. For additional information call 366-1687 or vis-

March 13: Meets at noon, Evan's Kitchen,

March 14: Guest speakers address local,

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Aviators Restaurant, 6151 Freeport Blvd

Tween/Teen Gaming at Belle

March 14: Gaming to start at 2:30 p.m.,

5600 South Land Park Dr., Sacramento

Mission Oaks Computer Club meeting

Rotary Club of Pocket/

Greenhaven

(916) 684-6854.

264-2700

Cooledge Library

Root Cellar Sacramento **Genealogical Society presentation**

it www.missionoakscomputerclub.org.

March 14: Cheryle Crockett speaking about "My Slade Phenomenon", documenting bi-racial backgrounds. Christ Community Church, 5025 Manzanita Ave., Carmichael, 7 - 8:30 p.m. Free, visitors always welcome

Artz for Alzheimer's tour at The Crocker Art Museum

March 15: A tour of the Crocker will start at 10:30 a.m. for people with Alzheimer's.

something meaningful and beautiful, without challenging areas of the brain that have been affected by the disease. ARTZ Museum Tours are designed for people with dementia and their care partners, and strive to enrich the lives of all involved. Events are free. Registration is required by contacting Tiffany Paige at 916-792-3281 or paige@artzalz.org. The Crocker is located

Focusing on art allows them to experience

Bi-Polar Anonymous

March 15: Free 12-step program/support group, for people who have Bi-Polar and hose who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106.

Kiwanis Club of East Sacramento Midtown meeting

March 15: Visitors welcome, weekly breakfast meeting on first, second and third Fridays at 7 a.m. and dinner meeting on fourth Thursday at 6 p.m. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento CA 95817 www.eastsacmidtownkiwanis.com, 761-0984, volunteers always welcome!

Senior Elk Grove Health Fair

March 15: This free to the public event will take place at Renwick Square Senior Apartments (Community Room), 3227 Renwick Ave. Elk Grove.

Tween Book Club at Belle **Cooledge Library**

March 15: This new book club will start at 4 p.m. 5600 South Land Park Dr., Sacramento, 264-2700

Magician Andy Amyx, family program at Belle Cooledge

March 16: Magician Andy Amyx, famiy program will start at 2 p.m. 5600 South Land Park Dr., Sacramento. 264-2700

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Author to discuss World War II resistance heroine at Arden-Dimick Library

March 16: Free adult program to discuss the World War II life story of Lilli Segal, based on the book From Protest to Resistance, by Margo Kaufman. The program is at 2 p.m. 891 Watt Avenue, Sacramento. Segal's childhood during the rise of Fascism, participation in the French Resistance, deportation to Auschwitz, escape to freedom through war torn Germany, and finally her reunion with her husband and return to work as acclaimed scientists. 264-2920 or visit www.saclibrary.org.

Women's heart health event

March 16: Mercy Heart & Vascular Insti tute presents a fun interactive event bringing women of all ages together for heart healthy activities and education, including: speaker Joyce Mikal-Flynn, ED.D, RN, FNP, MSN "Turning Tragedy into Triumph," with an inspirational story, Expert Physician Panel to

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answer your personal healthcare questions Heart Healthy Screenings by Mercy Heart & Vascular Institute's knowledgeable team, Learning New Dance Moves from Fancy Feet Dance Studio, Zumba with Diane Dean Epps and Arthur Murray Dance Studio and raffle prizes from Scott's Seafood, Folsom Bike and Visa Gift Card. Event to be held at Sacred Heart Parish School, 856 39th Street, Sacramento. Free parking at school or Mercy General Hospital. Event starts at 9 a.m. and goes until noon. \$5 includes heart healthy breakfast and swag bag. Register online to re serve your space at MercyHeartSacramento. org or call 733-6966.

Sacramento Suburban Writers Club is hosting "Local Authors

March 16: It'll be held at Face In A Book Bookstore, 4359 Town Center Blvd., #113, El Dorado Hills, 10:30 a.m.-2:30 p.m. See sactowriter.com for more info.

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School readiness fair March 16: A free fair that will provide

information on early childhood education and subsidized childcare programs dental exams and tooth varnishing, kindergarten and preschool pre-registration, community resources, activities for the kids, health insurance information. The fair will take place at the Serna Center, located at 5735 47th Ave. and will go from 10 a.m. to 3 p.m. For more information, call 463-7859.

Rotary Clubs of Arden-Arcade, Carmichael

March 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. 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd.

dermalogica

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

Ouality 1-owner semi-custom 4bd 2.5ba with master suite downstairs, 3-car garage, upd Dupont Zodiag kitchen counters, plus update comp roof, A/C & gas heat! Nice size yard w/ overed patio & fruit trees. Apx 2,706 sf*





Spacious, wonderfully maintained 5bd 3ba w/1bdrm & full bath downstairs, 3-car garage, cul-de-sac locale! Huge kitchen w/upd granite countertops & gas cook top. Updated laminate

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