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Martin Luther King Jr. school held march for kindness, justice

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Elks members share chili cooking secrets and love of lodge

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Post-Japantown business section has long history

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On March 7, the Rotary Club of Pocket Greenhaven and JFK High School's Interact Club are partnering with the Sacramento Fire Department to distribute smoke detector batteries to those Pocket/Greenhaven and neighboring community residents requiring the service.

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The Rotary Club of Pocket Greenhaven and the Interact Club of JFK High School want to help our neighbors make sure these life saving devices are equipped with working batteries. The Sacramento Fire



See Interact, page 8 JFK Interact member Jenny Trinh.

Photo courtesy

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Elks members share chili cooking secrets and love of the lodge

By MONICA STARK
editor@valcomnews.com

With a slight breeze in the air on the evening of Sunday, Jan. 25, the smell of barbecue ribs spread through the Elks Lodge No. 6 parking lot as chefs Erica Jones and husband Bryson Wilson prepared 144 servings of ribs for about 100 Elks members and their guests who got their appetites whet before dinner with more than 20 tastings of homemade chili at the Elks' annual chili cook-off.

A benefit for the Elks Lodge No. 6 and its many scholarships it gives to local students, the chili cook off and the rib dinner brought together some of the best in Southern cooking the Pocket neighborhood gets to experience – and it happens every year with cooks vying for bragging rights.

At the cook off, a close call runoff vote was had between judges over Karen del Real's Peruvian bean chili and Anita Neves' Tex Mex-inspired specialty. With one vote to break the tie, Karen's chili took the lead. In an interview with the Pocket News about her big win, Karen said she's been making chili for a "long, long time" and that the winning chili is her Uncle George's favorite. "I won first place last year and he absolutely loved it. It really is a special treat. So I am going to call him right away and tell him. He lives in Woodland. I've been making chili dogs since I was a teenager and he has always loved my chili. So it's really special for me. This is really great, all the friends here. It's really wonderful."

Also speaking about family traditions and how they've influenced her chili, having entered her dish for the third year, Anita said she "finally got it right. It was a run off between me and Karen for first place. It was really great for me. We do this to help our lodge. Winning is always fun. We're big on Tex Mex and chili back in Oklahoma. My mom (Veda) used to make it all the time."

The third place winner was Pocket resident Conrad De



Photo courtesy

Shown here from the left is Elks Lodge No. 6 chili cook-off third place winner Conrad De Castro, second place winner Anita Neves, and first place winner Karen del Real. The annual chili cook-off was held on Sunday, Jan. 25 for Elks members and their families and friends.



Photo by Monica Stark
 Shown here is Elks Lodge No. 6 chef Erica Jones with husband Bryson Wilson at the Elks Lodge No. 6 at the annual chili cook-off, which was held on Sunday, Jan. 25 for Elks members and their families and friends.

Castro whose chili, like both the first and second place winners, is the end result of a lot of tinkering over the years. "I finally got it to where I like it, where I know what the outcome is going to be. It may not suit other people's tastes, but I like it and my friends like it. So, I don't change it anymore. So it's perfect the way it is as far as I'm concerned."

With spirits high and tummies full of tasty chili beans, the camaraderie between

the Elks members and their friends at this event was perhaps the biggest highlight for even the first place winner. "The chili cook off is) so much fun. I've met a lot of great cooks here. Oh my gosh," Karen said. "It's just awesome and it's more because we're just friends. I would have been equally happy if they would have won as well. It's just a great cause, obviously. (We're)

See Chili Cook off, page 23

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Unique Valentine's gift: Singing Valentines

By MONICA STARK
editor@valcomnews.com

When love is in the air, a beautiful serenade from a Capitolaire Barbershop Chorus quartet might be the perfect surprise for your sweetie. Along with a performance of love songs between "Let Me Call You, Sweetheart" and "Story of the Rose: Heart of my Heart", members will present the lucky one with a silk rose, box of chocolates and a personalized greeting card from the sender. In the past, such gifts have come with marriage proposals, with future grooms on bended knee.

Besides singing to the romantics, the Capitolaire has received requests to perform their Singing Valentines in schools, usually by the request of a teacher for her class and also in businesses where coworkers have gotten to enjoy the harmonizing of a tenor, baritone, bass and lead. Simply put, singer Joe Samora told Valley Community Newspapers: "We do songs for men and women."

Last year, the Capitolaire sold 47 valentines. One quartet had 16 valentines to sing in one day, with 12 being the typical amount. While they generally stick to the greater Sacramento area, Samora said last year they accepted a request from a military officer serving in Afghanistan for his sweetheart who was living in Yuba City. Also in the past, the Mayor's office has asked the Capitolaire to come to the Blood Bank and sing.

This year, the organization is hoping to sell 60 valentines and performed amongst the five quartets.

With more than 30 members of local singing phenomenon, the Capitolaire turns 70 years old in 2016. Formed in 1946, it is the second oldest barbershop harmony chorus along the Northwest coast with Reno being the first. Besides the annual Singing Valentines fundraising event, the group performs for children and their families each December at the Polar Express event where Santa and trains mixed with Christmas music gets visitors in the holiday spirit.

The Capitolaire is a nonprofit, sponsored by the Metro Arts Commission and the Sacramento Metro Chamber of Commerce. From events like the Singing Valentines and the Polar Express, they raise funds to help pay for



Photo courtesy

This happy couple enjoyed a singing valentine from the Capitolaire.

teaching four-part harmony to high school boys at a camp in Pollock Pines each September. The boys memorize the words and the noets.

The quartets will deliver the Singing Valentines on Friday Feb. 14 and on Saturday, Feb. 15 between the hours of 8 a.m. and 10 p.m. with a four hour delivery window for \$50. If

you're interested in giving the gift of song, all you have to do is call (888) 877-9806 or order at www.capitolaire.org and express where you want the quartet to show up.

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Matías Bombal's Hollywood

Inherent Vice

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Warner Bros. brings us director Paul Thomas Anderson's movie version of Thomas Pynchon's novel "Inherent Vice" and in doing so, brings back the world of film noir in rich color and advancing the world of private detective tales for the screen from the 1940s to 1970.

Joaquin Phoenix is Larry "Doc" Sportello, private eye. Like many noir movies, the story starts with a woman from the detective's past who shows up unexpectedly and shares her plot involving her current billionaire boyfriend, his wife and her lover. Moments later she disappears and the search for her is on, leading us through many convoluted rabbit holes in a visually

stylish way that will keep your eyes on the screen.

The cast includes: Benicio Del Toro, Reese Witherspoon, Eric Roberts, Josh Brolin, Owen Wilson, Martin Short, and Joanna Newsom.

This movie's writing and visual style had me completely engaged from the first frame to the last, remarkable, since I actually detest the 1970s having grown up in that era, and care little for the seamy side of police and detective work. Replac-

ing the classic '40s noir detective gumshoe's vice of alcohol is marijuana, a subject I do not enjoy in the movies.

Yet, so engaging and detail rich is every frame you can't look away. The film's music is fantastic on two levels- the choice of popular tunes in the background, evocative of the period and the truly classic film score which tips a noir fedora to film composers like Franz Waxman with his beautiful violin passages. Don't miss it!

Post-Japantown business section has long history

By LANCE ARMSTRONG
Lance@valcomnews.com

The city of Sacramento is rich with cultural histories, including the story of Japantown, a community that once thrived in an area bordered by 3rd, 5th, L and O streets.

That community was lost twice in its history, with the first time being to the World War II internment, and the second time to redevelopment.

Although Japantown was eliminated for the final time through the redevelopment project that led to the establishment of Capitol Mall, a new Japanese section was established in the vicinity of 10th Street, between T and W streets.

More than a half-century has passed since that time, and the area has undergone many changes.

Nonetheless, several Japanese-American owned businesses can still be found in that area today.

The history of people and activities of various addresses within this area of 10th Street will be presented in this series. And the initial address summaries are presented, as follows:

2130 10th St.

On June 26, 1959, *The Sacramento Bee* ran an advertisement, which reads: "We've moved! Due to the redevelopment program, we've left our 4th and L (streets) address (sic). We wish to welcome our friends...both old and new. Complete prescription service, drug supplies, sundries and greeting cards. Always courteous service at Ouyé's Pharmacy. Free Delivery - Free parking, 2130 10th St. (northwest corner of 10th and V streets) HI 4-7370."

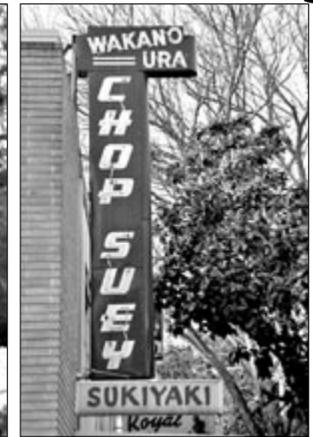
Ouyé's Pharmacy, which was then owned by brothers, Fred M. Ouyé (1911-2002) and Harold N. Ouyé (1907-1991), opened at its original location at 400 L St. in 1947. Fred's history as a pharmacist also included operating Nippon Drugs in Lodi in the late 1930s and early 1940s.

Ouyé's Pharmacy remained in business until about 2007. The old, 10th Street pharmacy building, which was designed by George Muraki and constructed by Bob Guro, has been occupied by Aspire Strength and Wellness, a fitness coaching, workout facility, since 2013.

The address of 2130 10th St. dates back to about 1894, when an earlier built structure became the home of William Balsz, Jr. (about 1853-1936), who was the son of William Balsz, Sr. (1822-1894) and Mary Balsz (1825-1886), a native of Germany.

William Balsz, Jr., who had eight siblings, was then working as a teamster. The home was the residence of William Lewis Balsz, a laborer at the Southern Pacific rail yard, just north of Japantown, from as early as 1904 until his death at the age of 75 on January 14, 1958.

2215 10th St. Another business that was established in Sacramento's



Photos by Monica Stark

Shown far left is a sign for local business, Osaka-Ya, which operates in the location of the old Senator Fish Market at 2215 10th St.

Shown left is a tall neon sign, which reads: "Wakano Ura, chop suey, sukiyaki."

and relocated to 10th Street was the Senator Fish Market.

Originally known as the Senator Bait & Fish Market, the business first operated at 1314 4th St. in 1946 under the proprietorship of Niro Sanada and Harry K. Masaki.

Harry became the sole owner of the business while it was still located in Japantown.

In 1962, Harry purchased a home at 2215 10th St. and had it demolished in June of that year. The home dated back to as early as 1912.

A commercial structure was built in its place, and Harry had his business moved into that structure.

Harry's son, McClatchy High School and University of California, Berkeley graduate Akito Masaki, then became the store's owner.

It was also at that time that the business, which specialized in fish and tofu, became known by its aforementioned shortened name of Senator Fish Market.

Among the longtime employees of the store were George Wada and John Enkoji.

Akito continued to operate the business until its closure on Jan. 21, 1995.

The vacancy created by the absence of Senator Fish Market was filled by Osaka-Ya,

one of the area's most popular businesses.

Osaka-Ya, which continues to operate in that location today, will be featured in the next article in this series.

2217 10th St. One of the more iconic images along 10th Street is a tall neon sign, which reads: "Wakano Ura, chop suey, sukiyaki."

Wakano Ura restaurant also had a previous existence in Japantown, as it was located at 1224 3rd St. prior to the internment and at 1219 1/2 4th St. following World War II.

Longtime owners of the business were Nobuichi Hanada (1901-1965) and his wife, Mary Hanada (1913-1977).

This eatery, which was the site of many banquets, meetings and wedding receptions, was moved to its final location in about 1959.

According to an article in the Dec. 28, 2005 edition of *The Bee*, one of the restaurant's popular entrées was peanut duck - "pressed duck coated and cut into squares, with peanuts and sweet and sour sauce on top."

Wakano Ura remained in operation until 2008.

As for the earlier history of 2217 10th St., another house dating back to as early as 1912

previously stood at that site. The longest term resident of that house was Edwin S. Trood, who lived in that structure for at least 25 years.

Today, the old Wakano Ura building also includes a sign advertising for that old business's former menu of Japanese and Chinese food.

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Photo courtesy
JFK Interact member Valentina Duong, Sac City College Rotaract Member, Resident Jean Harlow, JFK Interact member Jenny Trinh, Rotarian Jack Foote.



Photo courtesy
Sacramento Fire Department fire crew and engine, JFK Interactors, SCC Rotaractors, PGR Members Brenda, Judy, Hal, Hector, Randy, Keiko and Jack.

Interact:

Continued from page 2

Department has once again generously donated 200-plus batteries for Rotary and Interact volunteers to distribute and install them free of charge for Pocket/Greenhaven and neighboring community residents who need assistance.

Rotary and Interact volunteers will be able to install two batteries per household on a first come, first-served basis. To qualify, you must be an owner occupant of the residence where you wish to have the batteries installed.

To schedule an appointment for volunteers to come to your home, please contact, Keiko Wong, a Pocket/Greenhaven Rotary member and Cook Realty Agent. She can be

reached at 718-7400 or at kwong@cookrealty.net. Appointments will be scheduled between 10 a.m. and 3 p.m. on Saturday, March 7. In addition to encouraging everyone to install and confirm working smoke detectors, the Sacramento Fire Department has the following helpful, potentially life saving, suggestions everyone should know to protect themselves:

First, make sure all members of the household know what the smoke detector alarms sounds like and what to do if one goes off. Hold a fire drill at night to make sure that sleeping family members awaken at the sound of the alarm. Studies have shown that some children may not awaken to the sound of the smoke detector alarm. Know what your children will do before a fire occurs.

Second, make sure to have an escape plan with all household members: 1) Knowing two ways out of each room, 2) Agreeing to a safe place to meet out of the house, 3) Knowing that once outside of the house not to go back in, and 4) planning to use a cell phone or a neighbor's phone to call 911.

Third, Sacramento city residents who are in need of a smoke detector or know someone who does can call the Sacramento City Operator at 264-5011 for assistance.

Rotary International is an organization of business and professional leaders united worldwide to provide humanitarian service and help to build goodwill and peace in the world. Rotary club members are volunteers who work locally, regionally, and internation-

ally to combat hunger, improve health, sanitation, clean water, literacy provide education and job training, promote peace, and eradicate polio under the motto 'Service Above Self.' Interact is Rotary International service club for high school students. Interact clubs are sponsored by individual Rotary Clubs, and JFK's is sponsored by the Pocket/Greenhaven club. The Rotary club provides support and guidance, but the Interact clubs are self-governing and self-supporting.

For more information on the Rotary Club of Pocket/Greenhaven contact us at www.pocket-greenhavenrotary.org or Rachelle Herendeen at Rachelle@youraragtrachelles.com 509-2634. Interested JFK High School students can find Interact on campus.

Pocket resident, CSUS professor emeritus, releases satirical love story

The Department of Foreign Languages, the Foreign Languages Alumni Club, the CSUS Library and the Hornet Bookstore cordially invite the public to attend Dr. Faust-Avendaño's presentation/reading of his latest book, PAOLA AND RAYMOND, a satirical love story on Feb. 25 at the California State University, Sacramento Library Gallery, from 4 to 6 p.m.

Light refreshments will be served. If you love a love story, you'll want to read Paola and Raymond, but this novel is not a regular love story. It is more than that. While quashing clichés and stereotypes, the novel goes beyond the coming together of two people. Love is not the only thing that counts—there are also commitment, faithfulness, sex, constancy, culture, ideology, family, etc. Paola and Raymond can be considered a romantic comedy, but unlike the genre, it contains ample doses of realism and satire.

The story is narrated by a young man in contemporary idiomatic language peppered with anecdotes, similes, metaphors and double entendre. A cast of interesting supporting characters round off the novel. The narration is fast paced with believable yet at times quirky dialogue. Female readers will enjoy the way men really think (at least some men) and the male readership will identify with much of the protagonist's behavior.

Email sp_2010@att.net to contact Spanish Press.

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Faces and Places:
Pocket-Greenhaven school named for Dr. King held march for kindness, justice

Photos by MONICA STARK
editor@valcomnews.com

The Pocket-area school named for Dr. Martin Luther King Jr. held a march for kindness and justice on Thursday, Jan. 15 – the civil rights activist's birthday. The march around the Martin Luther King Jr. K-8 School campus kicked off a "Kindness Week" in which students were challenged to perform acts of kindness to honor Dr. King's legacy, said Principal Denise Lee. "We take great pride honoring the legacy established by our namesake," Lee said. "Dr. King's hopes and dreams are alive and embody the spirit and pride in our learning community. We strive to provide the best learning experience possible in hopes of developing compassionate citizens for our society's future."



Photo by Monica Stark
Shown here is Nicole Nugent, a team leader for the After School Education and Safety Program at Martin Luther King Jr. K-8 school.

Meet MLK K-8 school's ASES program mentor, Nicole Nugent

By MONICA STARK
editor@valcomnews.com

Nicole Nugent, a team leader for the After School Education and Safety (ASES) Program at Martin Luther King Jr. K-8 school, was asked to be a guest speaker during the short rally before the Jan. 15 Pocket area march and said she was really honored and excited for the opportunity. "Ms. Lee, our principal, asked one of the head teachers (about) me and (they) said I'm not shy, so they asked me to do it. I host the rallies for the kids on the fun Friday days. I get them pumped up and really excited and we just have a lot of fun on those days. We don't focus on homework that day, we just focus on building relationships and having fun on that day and do some team building activities."

Since last September, Nicole has been assisting ASES program manager Josh Yang in serving 175 students Monday through Friday after school until 6 p.m. "I'm having a great time at this school. I'm really enjoying it," she said.

Growing up in Meadowview, Nicole attended Caroline Wenzel Elementary School and John F. Kennedy High School. With plans to one day be a teacher, Nicole currently attends classes at Cosumnes River Community College with plans to transfer to a college within the California State University system.

"I can work with all ages but I prefer to work with older students, that's more of my passion. I am going to school to be a teacher. I just like to be that positive adult role model, be that support system, be that consistency that they need."

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Starring your children:

Sacramento children star in Young Actors Stage production of Mulan

Nearly 100 local children will be performing in the Young Actors Stage productions of Mulan JR. the last weekend of February at the 24th Street Theater, 2791 24th St.

It is a special experience for students at both schools to be working on the same play at the same time and then putting on their shows in same weekend. Many of these students from both schools know each other from various church and sports activities as well as having been cast in the same productions of other musicals.

Two casts from Crocker-Riverside Elementary School and one cast from Holy Spirit Parish School have been diligently practicing since December for the shows. The musical Mulan JR is based on the Story, "Fa Mulan," by Robert D. San Souci and the 1998

Disney film "Mulan" about a young girl in ancient China who takes up arms to defeat the Huns and disguises as a boy in order to spare her father from serving in the army again.

The role of Mulan is played by Lindsay Hatch and Miya Huffman from Crocker-Riverside Elementary School and Savvyl Bajar from Holy Spirit Parish School. The comedic role of Mushu is played by Rosie Sunseri and Colette Lonchar from Crocker-Riverside and Emma May Gordon from Holy Spirit. Joining the cast at Holy Spirit to play Captain Shang and Chi Fu are local brothers, Joe and Matt Solari. Joining Matthew Feniger at Crocker-Riverside to play Captain Shang is Pete Sunseri.

Liorah Singerman, the Artistic Director of Young Actors Stage, and her



experienced staff spend two evenings a week at each school rehearsing for the upcoming shows. In the fall of 2014 Ms. Singerman and her group put on Mulan JR with students from Sutterville Elementary School and its Main Stage cast. She will be doing the same thing in the spring of 2015 at Shalom School and Genevieve Didion elementary schools.

Young Actors Stage also puts on Main Stage and summer productions every year, which get its performers from all over the Sacramento area and often includes older children with more musical theater experience. Recent summer and Main

Stage shows have included Mulan JR, Music Man JR, Wizard of Oz, Beauty and the Beast JR and Little Mermaid JR. Ms. Singerman and her staff are also preparing for their upcoming spring performance of the Sound of Music in May, also at the 24th Street Theatre. Young Actors Stage has moved into its own studio near Sacramento City College and the Land Park neighborhood is fortunate to have a welcomed addition to the arts community so close by.

The upcoming show times for Mulan JR are Friday, Feb. 27 at 7; Saturday, Feb. 28 at 1, 4, and 7; and Sunday, March 1 at 1 and 4.

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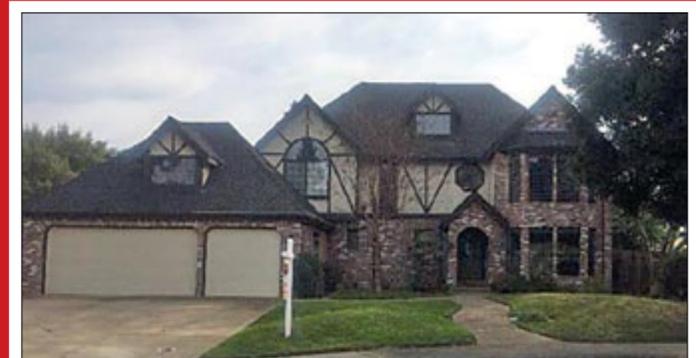


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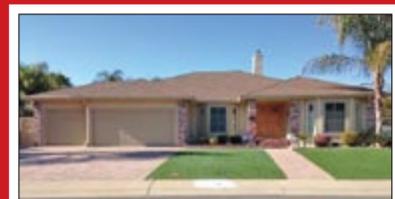


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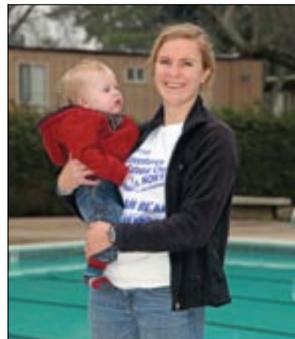
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Faces and Places

Greenhaven Cabana Club North sponsored Polar Bear Plunge

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

About a dozen swimmers took the plunge, the cold, icy polar plunge at The Greenhaven Cabana Club North, 6207 Riverside Blvd. on Saturday, Jan. 17. Polar bears warmed up with hot chocolate and s'mores after the plunge. The Greenhaven Cabana Club North is a not for profit community resource in the Greenhaven/Pocket commu-

nity. During the regular swim season, swim lessons, Masters' Swim and other community programs as well as member family swim times are available. Additionally, the club offers its space for private parties throughout the swim season, which begins in May. More information on the club can be found at the club website, gccnorth.com. If you are interested in purchasing these photographs, email stephen@valcomnews.com.

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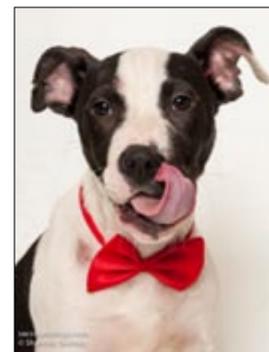
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Furever love is in the air:

County animal shelter offers \$14 animal adoptions

Photo by SHANNON SKALISKY

During this lovely month, Sacramento County Animal Care is offering \$14 adoptions for all pets because, after all, love is a four-legged word. The shelter's mission is to provide public safety and protect the health and welfare of animals in our communities through education, responsibility and compassion. The shelter is located at 3839 Bradshaw Road. The shelter is open Wednesday through Friday, 12:30 to 5:30 p.m.; Saturday and Sunday, noon to 4:30 p.m. The shelter is closed Mondays, Tuesdays and most holidays.



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Boxers and briefs hit Sacramento or annual 5K event: Unleash your briefs and shine the spotlight on cancer!

"When my brother died, I felt as if he and my family were alone in our battle against colon cancer," says Sacramentoan Dominic DiFede. Dominic, along with thousands more will be hitting the pavement at William Land Park on Saturday, Feb. 28 for the family-friendly, underwear-themed Undy Run/Walk 5K. "Events like the Undy Run/Walk allow us to meet people who have been in the same place or people who are new to the cause but want to offer support. As each person crosses the finish line, remember this: no matter how colon cancer has impacted you, on the day of the

Undy Run/Walk, you feel like you won!" Dominic says. Funds raised support free cancer screenings at the California Colorectal Cancer Coalition (C4) as well as national prevention, research and patient support initiatives at the Colon Cancer Alliance. The Undy Run/Walk isn't your everyday 5K. Over running gear, attendees sport everything from their favorite underwear to tutus, capes and costumes, with some even coming fully dressed as superheroes or ninja turtles. Whatever your style, the Undy takes on colon cancer in a fun and ex-

citing way and gets people talking about this disease. With registration, participants receive a free pair of boxer shorts and have the opportunity to stroll through a larger-than-life giant inflatable colon. This educational inflatable is a unique way for visitors to get up close and personal with the disease. The event also features an all-ages Fun Run, free for participants five years and younger. A clever twist on a serious topic, the Undy Run/Walk is sparking much-needed conversations. In California, colon cancer has left a bigger gap than some may think; there have been 13,930 diagnoses and 5,150 colon cancer deaths in the past year alone. Colon cancer is one of the most preventable cancers, yet it is still the second leading cause of cancer death in the U.S. Nearly 140,000 Americans were diagnosed with colon cancer in 2014, and more than 50,000 died from this disease. In tribute to some of the most special participants, the

Undy Run/Walk concludes with a survivor ceremony. Open to all who have battled the disease, honorees are recognized with medals and custom t-shirts. Friends and family who are present in memory of a loved one are welcome to participate as well. "The creative boxers and witty team names bring a light-heartedness to the Undy Run/Walk, but it's serious business," says Adina Frazier, Colon Cancer Alliance Special Events Director. "Through partnerships like the one we enjoy with the California Colorectal Cancer Coalition we're able to have an even bigger impact on the Sacramento community and get one step closer to accomplishing our mission. What's better than that?" Sacramento partner, the California Colorectal Cancer Coalition, provides colon cancer



This photograph was taken at a previous year's UndyRun 5K. Photo by Stephen Crowley

screening for uninsured and underinsured residents of Sacramento through their Project Access program. On-site registration for the Feb. 28th event starts at 7:30 a.m. ET and the run/walk begins at 9 a.m. PST in William Land Park. For more information or to register, visit undyunwalk.org and click on "Sacramento, CA."

Trips and Tours: City of Sacramento announces travel fair and upcoming trips

For more than 20 years, the city of Sacramento has offered a recreation adult travel program. Trips vary from day trips to 10-day excursions. Enjoy site-seeing, shopping, dining and entertainment; transportation and accommodation fees are included in the trip cost. Bring friends, family, or just hit the road on your own and make new friends.

On Thursday, March 19, there will be a traveling travel fair meant to offer the community a chance to ask questions and learn more about the trips coming up this year. The first fair of the day will take place at Belle Cooledge Community Center, 5699 South Land Park Dr. at 9:30 a.m.; the second at 12:30 p.m. at South Natomas Community Center, 2921 Truxel Road; and the third will take place at the Coloma Community Center, 4623 T St.

If you cannot attend the travel fair and would like more information, you can call 808-8687 visit the website, portal.cityofsacramento.org/tours, or stop by the Sacramento Parks and Recreation Department during office hours. The office is located inside the Coloma Community Center in the Elmhurst neighborhood at the following address, 4623 T St. What follows is a list of trips that are currently scheduled.

Ironstone Vineyards with Daffodil Garden Tour Tasting and Luncheon

April 1: Nestled against the Sierra Foothills, in the heart of California's scenic Gold Rush Country, Ironstone Vineyards will surprise and delight you with a winery that places as much emphasis on the natural beauty and history of their surroundings, as they do on the quality of their wines. Springtime will be showing off in style with an explosive burst of thousands of daffodils. Enjoy a delicious lunch with wine pairings and a pipe organ concert. After lunch we'll make a Mystery Stop. Included private tour, wine tasting with food pairing and three course plated lunch prepared especially for the group. The course number is 142074 and the deadline to register is March 12. The trip cost is \$99.

Legion of Honor & de Young Museum, San Francisco

May 9: The Legion of Honor is hosting a special exhibit... High Style: The Brooklyn Museum Costume Collection. Explore the glamour and sophistication of one of the world's preeminent costume collections. Fashions that were worn by American women reflect the nation's tastes and transformations over the

course of the 20th century. High Style, presented exclusively on the West Coast at the Legion of Honor provides a rare opportunity to view the evolution of fashion from 1910 to 1980 through more than 60 stunning costumes, 30 costume accessories, and an array of related fashion sketches from the Brooklyn Museum Costume Collection.

de Young Museum The de Young will be presenting a special exhibit ...

May 9: Botticelli to Braque: Masterpieces from the National Galleries of Scotland. Spanning more than 400 years of artistic production, this exhibition includes works by many of the greatest painters from the Renaissance to the early 20th century. This presentation includes 55 works from the three institutions that form the National Galleries of Scotland: the Scottish National Gallery, the Scottish National Portrait Gallery, and the Scottish National Gallery of Modern Art. The course number is 144123. The trip cost is \$69 or \$94 for both. The deadline to register is April 16.

Angel Island State Park

May 30: Angel Island State Park is the "Jewel of San Francisco Bay" and alive with history. Angel Island was a Miwok Indian fishing village (over 3,000 years ago), a cattle ranch, a US Army post during the Civil War, then the "Ellis Island of the West." Thousands of immigrants from China were processed through its gates until

1940. During this trip, we'll explore the island from the comfort of open-air trams that allow us breathtaking views of the Bay, San Francisco Skyline, Sausalito, Tiburon, and the Golden Gate Bridge. The tram tour includes stops at several scenic spots on the island, including a brief stop at the grounds of the United States Immigration Station. Lunch is included at the Cafe on Angel Island. Ride to Angel Island on the Angel Island Ferry from Tiburon.

The trip cost is \$89 and the deadline to register is May 7. The course number is 144124.

Ride the Ferry to Pier 39 and Visit the Aquarium of the Bay

June 20: Arrive at Vallejo and board the Baylink Ferry for a scenic ride across San Francisco Bay to Pier 39. As you approach the City by the Bay, the incredible skyline will remind you why so many people leave their hearts in San Francisco. Enjoy free time--on Pier 39 or on Fisherman's Wharf--to stroll and eat lunch on your own. There are many shops, restaurants, and entertainers on the street. And do say "Hello" to the sea lions who call the docks next to Pier 39 home.

Admission to the Aquarium of the Bay (on Pier 39) is included. The Aquarium boasts 300 feet of clear acrylic tunnels holding 700,000 gallons of carefully maintained bay water that sustains approximately 20,000 animals from octopuses to the eight-foot long, native sevengill sharks. See mesmerizing walls of jellies and touch bat rays, skates, and "splash zone" animals.

The course number is 144125 and the trip cost is \$69. The deadline to register is June 4.

Beach Blanket Babylon

July 19: Steve Silver's Beach Blanket Babylon is the longest running musical revue in theatre history. Hailed as "a constant cascade of show-stoppers" by the San Francisco Chronicle, Beach Blanket Babylon features hilarious pop and political spoofs with one show-stopping number after another. The songs are hilarious, the dancing is wonderful, and the hats are really, really big! Reserved seats are upstairs in this historic theatre's center balcony. The course number is 144073. The trip cost is \$94 and the deadline to register is July 2.

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Riverside Wesleyan Church
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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.rwscac.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

St. Anthony Catholic Church
660 Florin Road • 428-5678
stanthony-sacramento.org
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CALENDAR

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

ONGOING

"Stretch, Strengthen, and Thrive" at ACC:

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility, 5-6 p.m. Mondays and Wednesdays. \$5 per class if pre-paid; drop-in fee is \$6. ACC Senior Services Center, 7375 Park City Dr., 393-9026 x330, www.accs.org.

Easy Tai Chi at ACC

Learn 24-form Yang Style Tai Chi at a slower pace. Experience the gentle flow and treat your whole body to a gentle and relaxing workout. \$16 per month or \$5 Drop-in class. For schedule call 393-9026, ext 330, www.accs.org. ACC is located at 7375 Park City Dr.

Monthly tours of Sacramento Children's Home

Find out about the Sacramento Children's Home mission, programs, and how you can get involved on the fourth Thursday of each month, starting at 10:30 a.m., 2750 Sutterville Road. For more information and to RSVP, visit www.kidshome.org/tour-sch.

Senior Fitness at St. Anthony's

Senior Fitness meets Monday, Wednesday and Friday at 9:45 a.m. at St. Anthony's Memorial Hall at 660 Florin Road. Cost is \$2 per class. Do not have to belong to the church. Class incorporates dyna bands, small hand weights, balls, and rubber bands plus cardio. Chair and standing exercises for flexibility, strength and balance accompanied by music of "the good ol' days." Participants do not have to get down on the floor! Paula has a Masters in Exercise Physiology and has been in the fitness business over 25 years. Equipment supplied if needed.

Riverside Wesleyan Church offers older adult fitness class

Oasis, a fitness class for older adults, is held Monday, Wednesday, and Friday from 9:30 to 10:30 a.m. at the Wesleyan Church, 6449 Riverside Blvd., in the Pocket/Greenhaven area. The charge for each class is \$2. Participants do not have to be affiliated with the church. The class has about 40 regular members, but the area used to exercise is large and can accommodate more.

Senior Yoga at ACC

This class is designed to maintain joint mobility, muscle strength and flexibility. A yoga mat is required. \$25 per month or \$6 drop-in class. For schedule call 393-9026, ext. 330, www.accs.org

Tai Chi Ch'uan & Qi Gong at Parkside Community Church

This introduction to Yang style Tai Chi is to learn the world's most popular exercise routine, improve your personal health, in a relaxing and enjoyable setting, and garnish new friendships with a common goal. Empowering you to take care of yourself, and doing something for yourself. Classes are \$5 per session every Monday from 6 to 7 p.m. all year round. New students are always welcome and no prior experience is necessary. No special equipment needed. The goal is to teach an exercise routine that can be practiced anywhere at any time, by anyone, of any age. First visit, participation or observation always free. Parkside Community Church 5700 S. Land Park Dr. For information call George Bonilla at 730-1704 or Valen Lee at 505-1996.

Taiko for fun at ACC

Learn the history and basics of Taiko which refer to the various Japanese drums. Wear comfortable clothing. \$16 per month or \$5 drop-in class. For schedule call 393-9026, ext 330, www.accs.org. ACC is located at 7375 Park City Dr.

Wanted: Grand Jurors

Sacramento County Superior Courts are currently recruiting individuals to serve on the 2015-16 Grand Jury (GJ) for a one year

term, starting on July 1, 2015. To qualify, you must be at least 18 years of age, a citizen of the United States, and a resident of Sacramento County for at least one full year. Grand jurors must be able to communicate in English, both verbally and in writing. Your name will be entered into a pool of screened and qualified applicants from which 19 residents' names will be picked, at random, in the late spring. Here is an opportunity to make a difference in your community. As a Grand Juror, you are part of a system of independent citizen oversight of county and city government and related agencies.

Grand Jury duties include:

- Investigating citizen complaints against county and city public agencies and officials
- Touring the prisons (six total) within the county, (and investigating them, if necessary)
- Participating in indictments of criminal matters when requested by the District Attorney, and
- Producing a report to the county's citizens each June that summarizes the grand jury investigations, and includes recommendations to any problems found. This independent entity is one of the last bastions of citizen involvement in local government. Be part of a team that shines a spotlight on good and bad government processes and actions. Your Grand Jury involvement will result in better, more effective government, a more involved community, and a more educated populace. For further information and an application go to: <http://www.sacgrandjury.org/>

Stretch, strengthen and thrive

This class is designed for the needs and abilities of active older adults interested in gaining or maintaining mobility. These exercises will help participants maintain their cardiovascular health, muscular endurance, and vitality, enhancing their range of motion and increase energy with a mix of full body stretches, body weight exercises, strength training and active stretching. 8:30 to 9:30 a.m., Wednesdays and Fridays at ACC Senior Services Center, 7375 Park City Dr. Pre-registration is preferred but drop-ins are welcome. For detail, call 393-9026, ext 330, www.accs.org

ACC presents Senior Yoga

Enjoy movements designed to maintain joint mobility, muscle strength, and flexibility. This class is gentle, easy to follow and uses the floor and chair. 10:30-11:30am Wednesdays at ACC Greenhaven Terrace, 1180 Corporate Way. Pre-registration is preferred but drop-ins are welcome. For detail, call (916) 393-9026, ext 330, www.accs.org

Tai Chi/CQ Gong

Learn the simplified 24-forms of Tai Chi, plus Qi gong exercises, a healing art combining movement, meditation, and visualization. Ideal for students new to Tai Chi.

9:00-10:00am, Thursdays at ACC Greenhaven Terrace, 1180 Corporate Way. Pre-registration is preferred but drop-ins are welcome. For detail, call (916) 393-9026, ext 330, www.accs.org

Sunday Jazz with the Sacramento Traditional Jazz Society at the Elks Lodge

Every second Sunday of the month from noon to 5 p.m., enjoy Jazz bands in the Main Ballroom (nominal fee), Emblem Room (free) & Lounge (free) at the Elks Lodge No. 6, 6446 Riverside Blvd. There's always plenty of food available for purchase.

Sunday breakfast at the Elks Lodge No. 6

Come and enjoy a great breakfast with your family and friends every Sunday morning from 8:30 to 11 a.m. for a cost of \$9. Specials include: Eggs Benedict & Corned Beef Hash. In addition, eggs as you like them, pancakes, waffles, biscuits & gravy, juice & coffee.

Stretch, Strengthen, and Thrive!

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility. The class consists of a mix of full body stretches, body weight exercises, strength training, and active stretching. 5:00-6:00 p.m. Mondays and Wednesdays. \$5 per class if pre-paid. Pre-registration and pre-payment is preferred, but drop-ins are welcome at a rate of \$6 per class. Held at ACC Senior Services Center, 7375 Park City Dr. Sacramento, 393-9026 x330, www.accs.org.

Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs, 808-5888. Your wheelchair can be a tax deductible donation, and four zoo tickets will be offered as a thank you.

Support group for alienated grandparents

Meeting is the last Friday of each month at 2717 Cottage Way, suite 4. Meeting is at noon. 761-9121.

The Community Housing and Services Coalition monthly meetings

Originally created by the Sacramento Community Services Planning Council, the Community Housing Coalition (CHC) was created as a vehicle to provide information and educate community leaders and decision makers regarding housing for low income, disabled and older adults. CHSC monthly meetings are free and open to the public; they are held from 9:30 to 11 a.m. on the last Tuesday

Continued on page 21

Calendar:

Continued from page 20

of each month (except December) at the Sacramento Sheriff's South Area Office Community Room at 7000 65th Street, Sacramento (the Sacramento County Voters Registrar Building). At each meeting a guest speaker is invited to attend and give a 30-minute presentation with 10 minutes for Q&A. Speakers are selected for their expertise and knowledge in their respective fields, and agencies/organizations. The speakers are encouraged to provide handouts, fliers, and other informational materials to the 15 to 30 attendees. If you have any questions, please contact either: Alex Eng at 424-1374; email xeng916@sbcglobal.net; or Cindy Gabriel at 916/732-6189; email cynthia.gabriel@smud.org.

Gentle Qi Gong

Learn powerful relaxation techniques reduce stress, reduce physical pain and emotional suffering, lower blood pressure, increase immune response and improve balance. Inviting all seniors to Eskaton Monroe Lodge, 3225 Freepport Boulevard, 3 to 4 p.m., Wednesdays. \$7 per class. Call 441-1015 for more information.

The Sacramento Capitolaire meeting

A men's Barbershop Harmony group, meets every Tuesday night at Christ Community Church, 5025 Manzanita Ave., Carmichael. Rehearsals are Tuesdays at 7 p.m. For more information, visit www.capitolaire.org or call (888) 877-9806. Men who love to sing are welcome! Men come from Elk Grove, Davis, El Dorado Hills, Roseville or the greater Sacramento area. The group is 40 men who love to sing and wants to encourage more men to join along.

Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group meets at Aviator's Restaurant, 6151 Freepport Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m.

South Sacramento Rotary club meetings

Every Thursday from noon to 1:30 p.m., South Sacramento Rotary meets for lunch at the Iron Grill located at 2422 13th St. (near Broadway). Rotary is one of the largest service organizations serving local, national and international charities through community service and good fellowship. For more information, contact Michael DiGrazia at 396-7244.

FEBRUARY

SES Robotics E-Waste and Clothing Recycle Event

Feb. 7: The School of Engineering and Sciences which is located in the heart of the Pocket-Greenhaven area will be hosting an E-Waste and Clothing Recycle event on Saturday, Feb. 7 from 8 a.m. to 4 p.m. Our address is 7345 Gloria Dr. There will be a convenient drop off area located in the school parking lot. The students and parents will also have their snack shack goodies for sale. All proceeds will help support the SES Robotics Program, Sports and Graduating Class of 2015. For more information, visit SESRobotics.org or email Info@SESRobotics.org for what can and cannot be donated.

DIY Valentine's Floral Bouquet Class

Feb. 7: From 10 to 11:30 a.m., make your own Valentine's flora bouquet. Includes variety of Valentine's flowers, container and greens. Learn about floral design and flower care. Relles will provide the tools, but bring your own apron. It's a limited class size, so register in advance. The cost for the workshop is \$35. Relles Florist is located at 2400 J St. For more information, call 441-1478 or visit www.rellesflorist.com

SAC Prep crab feed fundraiser at the Elks

Feb. 7: SAC Prep's (Sol Aureus College) 2nd Annual Ragin' Cajun Crab Feed at the Elks Lodge, 6446 Riverside Blvd. will be held on Mardi Gras weekend. Tickets are \$40 or \$50 at the door. It's all you can eat. Adult beverages will be available for purchase, and there will be raffle prizes. Tickets can be purchased at SAC Prep (the old Bear Flag school 6620 Gloria Dr.), or online (<http://mkt.com/sacprep/ticket>).

Friends of Sacramento Public Library Warehouse Sale

Feb. 7: Sheet music will be added to the more than 100,000 "gently used" books, videos, and audio books offered for prices from 50 cents to \$2 at the Friends of the Sacramento Public Library sale. The warehouse is at the rear of the Friends' Book Den at Suite E, 8250 Belvedere Ave., just south of 14th Avenue between Power Inn Road and Florin-Perkins Road. Plenty of parking is available, but be careful not to park between the "No Parking" signs on the south side of Belvedere. Sale hours will be from 9 a.m. to 4 p.m. There will also be a preview for Friends members only on Friday, Feb. 6 from 5 p.m. to 8 p.m. (You can join at the door for \$15). Income from the sale helps pay for programs, equipment, and materials local libraries need but can't afford. With most items priced individually from \$3 up, the Book Den will be open throughout the sale as well as weekly on Thursdays from 9 a.m. to 2 p.m. and Fri-

days and Saturdays from 10 a.m. to 5 p.m. For more information, call 731-8493 or go to bookden@saclibfriends.org

Free museum day

Feb. 7: To the delight of the greater Sacramento area community, nearly twenty-five local museums will offer free or half-priced admission from 10 a.m. to 5 p.m. during the 17th Annual Sacramento Museum Day! During the highly anticipated event, most of the nearly 25 museums will offer free admission whereas two destinations located in residential areas -- the Sacramento Zoo and Fairytale Town -- will offer half-priced admission to offset traffic control and security costs. In addition to offering free or reduced cost admission, many of the destinations are offering special activities during Sacramento Museum Day. A sampling of the special activities include the following:

- The Aerospace Museum of California will offer an "open cockpit" day where most air-

craft will be open for viewing (weather permitting), a children's art contest and on-site exhibitors such as the Tuskegee Airman; • The Masonic Service Bureau will be on-site at the Discovery Museum Science & Space Center providing free electronic fingerprints of children for their parents; • The Sacramento History Museum will offer hands-on gold panning activities for kids; • The crowd-favorite Sacramento Children's Museum mascot "Leo" will make special appearances throughout the day; • And, the Old Sacramento Schoolhouse Museum will serve cake to celebrate the birthday of Laura Ingalls Wilder and mark the anniversary of Sacramento's first public school in February 1854.

While admission is free at most of the participating museums during Sacramento Museum Day, admission to two destinations located in residential areas are half-priced as

Calendar continued, page 22

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2/27 at 7 - 2/28 at 1,4, & 7
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YoungActorsStage.com

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Saturday, March 21, 2015
9 a.m. to 3 p.m.
Mission Oaks Community Center
4701 Gibbons Drive
Carmichael
972-0336

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FEBRUARY 22, 2015
4:00 PM
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Spring Arts & Crafts Fling
Artists & Crafters Welcome!
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Sacramento, CA 95831

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723 Skylake Way \$189,000

CALENDAR

Continued from page 21

follows: Sacramento Zoo is \$6 for adults, \$4 for children ages 2-11 and free for children under two; Fairytale Town is \$2.75 per person and free for children ages one and under. The event is scheduled from 10 a.m. to 5 p.m. but note the last guests will be admitted at 4 p.m. More detailed information about participating museums, addresses, limitations, suggested parking and public transit options is available at www.sacmuseums.org (click on "Events"), or by calling the Sacramento Convention & Visitors Bureau at 808-7777.

Chinese New Year Celebration

Feb. 7: The Chinese New Year Celebration Association presents its annual event of dragon dancing, martial arts, cultural entertainment, community exhibits, arts and crafts, food vendors, children's games. The event will be held from noon to 5 p.m. at Hiram Johnson High School Auditorium, 6819 14th Ave. Tickets are available at the door: \$6 for adults, \$1 for children 11 years old and younger. For more information, contact Vicki Beaton 601-7511 or visit www.cnyca.net.

Steps to College fair

Feb. 7: Steps to College 2015 (Pasos a La Universidad 2015) is a university fair created to provide a one-stop educational event for students interested to pursue career training beyond high school. The fair features more than 40 colleges and universities, one-on-one assistance in applying for financial aid, college and immigration advising, all in a billin-g setting for members of the whole fami-

ly. This will be held at the Consulate General of Mexico, 2093 Arena Blvd. To register, visit: <http://stepstocollege2015.org/>

Black Parallel School Board's Spaghetti Luncheon in celebration of Seven Years of Community Service

Feb. 7: The Black Parallel School Board (BPSB) will celebrate seven years of community service with a Spaghetti Luncheon Saturday, February 7, 2015 from 12:30 p.m.-2:30 p.m. at Oak Park United Methodist Church, 3600 Broadway. Cost is \$10 per person. The luncheon's program will feature; a keynote remarks by Pamela Haynes, Board Trustee, Los Rios Community College District; a brief overview of the group's accomplishments in 2014; and goals for 2015. The Black Parallel School Board is a community organization developed to work parallel to the Sacramento City Unified District Board of Education. Its major responsibility is to support the educational growth & achievement of Black students. BPSB is comprised of parents, grandparents, educators, and concerned community members working collectively as advocates to improve the educational outcomes and opportunities for students of African descent. Meetings are free and open to the public. All are welcome attend and participate. Meetings are held the first of Saturday of each month at the Oak United Methodist Church, 3600 Broadway. For more information, visit <http://www.blackparallelschoolboard.com> or contact Faye Wilson Kennedy at info@blackparallelschoolboard.com or by phone at 484-3729.

Neighborhood Emergency Preparedness presentation

Feb. 8: Neighborhood Emergency Preparedness for Nextdoor Groups with presentation given by Barbara Falcon and Jena Swafford from SacPD from 2 to 4 p.m., 6490 Harmon Dr.. The first 50 RSVPs will receive a special emergency preparedness gift. Everyone is welcome to the NET training. (You don't need to be a member of Nextdoor.) RSVP to Kathi Windheim at 392-0101 or online if already on Nextdoor.

Baby Storytime

Feb. 10: Starting at 12:30 p.m., join the Belle Coolege Library (5600 Land Park Dr.) for nursery rhymes, fingerplays, simple stories, and songs designed to encourage development of early literacy skills. This program is for children up to about 18 months old until they are ready for toddler storytime. Each child must be accompanied by a participating adult. Following the program babies and their caregivers are invited to stay and play with activity learning toys.

Noni's Knit-Wits @ Belle Coolege (Adult)

Feb. 10: Starting at 1:30 p.m., enjoy a relaxing afternoon of knitting with fellow yarn enthusiasts at Belle Coolege Library, 5600 Land Park Dr. Anyone interested in knitting and crocheting, even beginners, are welcome to join in. This is not an instructional class, but assistance is available. Bring your own supplies and a project to work on.

One-on-One Technology Help

Feb. 10: Starting at 6 p.m., get some help navigating email, the internet, various applications, tablets or eReader at Belle Coolege Library, 5600 South Land Park Dr. Registration is required.

Mister Cooper at Belle Coolege Library

Feb. 11: Join neighborhood favorite Mr. Cooper for 30 minutes of music time and freeze dancing for ages 3 to 7 years, starting at 4 p.m. at Belle Coolege Library, 5600 South Land Park Dr.

Baby Storytime at McKinley Library

Feb. 11: Babies from birth to 18 months old and their parents/caregivers can enjoy great books, lively songs, and rhymes, and meet other babies in the neighborhood. Fun starts at 10:30 a.m. Suitable for ages 0-5; 601 Alhambra Blvd.

Start Smart Teen driver class

Feb. 11: From 6 to 8:30 p.m. in the Hall of Honor at the Sacramento Police Department Headquarters on Freeport Boulevard, there will be a start smart teen driver class. To sign up, go to the department web page and open the community events link. There you will see a link to the Feb. 11 Start Smart class. Open it up and fill in the required boxes. Please only sign up one person (use your teen drivers name as we use this roster to create the certificates which will be emailed back to you). There will be a student and a parent. If you have more than one child, he or she will be added that night.

Disney On Ice presents "Let's Celebrate" at Sleep Train Arena

Feb. 11-14: Feld Entertainment invites families to turn an ordinary day into an extraordinary one at its new ice extravaganza, Disney On Ice presents Let's Celebrate! - Presented by Stonyfield YoKids Organic Yogurt, featuring more than 50 classic and contemporary Disney characters in a captivating compilation of favorite holidays and celebrations from around the world. Audiences will experience the ultimate celebration of celebrations as they join Mickey Mouse and friends on a delightful tour of festivities jam-packed with fun surprises, spectacular skating and vibrant costumes. The production's original storyline transports audiences to exciting events with their favorite Disney characters, including a Valentine's Day Royal Ball with Princess Tiana; a Very Merry Un-Birthday Party with Alice and the Mad Hatter; Jack Skellington's frightfully festive Halloween party with the Disney Villains; and a Hawaiian luau with Lilo and Stitch. "Let's Celebrate" is all about experiencing the holidays through the eyes of the Disney characters. There are variety of celebrations from all over the world. With Mickey's Digital Global Destinator, you will travel to far-off places like China for the Chinese New Year and to Brazil for Carnival. One Sports Parkway. Dates and times are as follows: Wednesday, Feb. 11-

Friday, Feb. 13 at 7 p.m.; Saturday, Feb. 14 and Sunday, Feb. 15 at 11 a.m., 3 p.m., and 7 p.m.; Monday, Feb. 16 at noon and 4 p.m. Prices range from \$17, \$23, \$42 (VIP), \$70 front row; kids tickets available for only \$10 on weekday shows. Opening night discount tickets are available for \$12. For more information, visit www.disneyonice.com, ticketmaster.com, by phone at 800-745-3000 or in-person at Ticketmaster retail outlets or the box office.

Writing with the Great 19th Century American Poets (featuring The Fireside Poets: Longfellow, Whittier & Holmes)

Feb. 11: In this module-based class, participants will hear a brief lecture about The Fireside Poets: Longfellow, Whittier & Holmes. They will read works by these poets together in class and write their own poems. Critiques are offered by the instructor and fellow classmates in a friendly and supportive workshop style environment. This is the third of six sessions. Each session is its own entry, so that a participant may choose to attend one class or all six (or any number in between) and never feel lost. Writers at any level are welcome. The classes are free and held in the lovely Reagan room of the Clinie Community Center at 601 Alhambra Blvd. All sessions are taught by editor and published poet Frank Dixon Graham and sponsored by the McKinley Library. Class will be held from 7 to 8:30 p.m. Contact Frank at Frank.Graham@Goddard.edu for more information.

Toddler Storytime

Feb. 12: Starting at 9:30 a.m. at Belle Coolege Library, 5600 South Land Park Dr., toddlers and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group or a simple craft. To ensure that storytime is a positive experience for all, attendance is limited to 40 children (they can bring as many adults as they want!).

Preschool Storytime @ Belle Coolege (Early Childhood (0-5))

Feb. 12: Starting at 11 a.m., preschoolers ages three and older and their caregivers are invited to join the Belle Coolege Library, 5600 South Land Park Dr. for fun songs, stories, fingerplays and a craft or play activity—all designed to build early literacy skills.

One-on-One Technology Help

Feb. 12: Starting at 2 p.m., get some help navigating email, the internet, various applications, tablets or eReader at Belle Coolege Library, 5600 South Land Park Dr. Registration is required.

Homework Zone

Feb. 12: Starting at 3:30 p.m., free drop-in homework help is available for students in grades 1-8 with trained teen volunteers at Belle Coolege Library, 5600 South Land Park Dr. Help is available in all subject areas, including support to develop reading skills.

Community PTSD awareness event

Feb. 13: The invisible wounds of trauma survivors affect not only the individual but their families and their communities. Whereas Sacramento County is home to more than 90,000 veterans, approximately 30 percent of women experience domestic violence, 1-in-3 women and 1-in-5 men have been sexually abused prior to age 18, and whereas heart attack and cancer survivors are at an increased risk for PTSD. Hear from guest speakers, Ben Palacios a U.S. Marine Corps Viet Nam veteran and Bill Hart a community chaplain for the U.S. Army. The event takes place inside the large fellowship hall at First Baptist Church Fair Oaks, 4401 San Juan Ave., Fair Oaks. Everyone is welcome to gather information and resources at this free-admission event. For more information email John Holmes, LMFT and Jan Sharp, LMFT at 2counselors@att.net.

Chili Cook off:

Continued from page 3

fundraising for the lodge. It always goes to charities we do."

Speaking fondly about the Elks Lodge No. 6, of which he is on the board of directors, Conrad said the nonprofit "has a definite set of traditions and values that are consistent with being an American to begin with and that's galvanizing a lot of the community here, especially in Pocket. You have a galvanizing effect over both conservative as well as liberals and independents in this neighborhood. We have a very homogeneous membership here in the Elks. We have a credo that follows the principles and values of Elks. We are very community oriented, so we watch out for each other. We watch out for our members. So, yeah, we're all good people, hopefully. We don't allow not good people into our lodge."

After everyone in attendance got their plates of ribs and chili, it was announced that there were leftover ribs and that "bags of bones" were being sold for \$5, which turned out to be a popular take home treat.

Asked to discuss the secret for the rub she puts on the ribs, Erica (who is the lodge's kitchen manager), said it's really basic: just salt and pepper. "It's funny. People always ask me the same thing. (It's good) as long as you have a good mar-

inade and you make sure your meat is really thick. The thing is you have to take all the muscle off the meat. That's really the key to make it tender. It's before you even do anything. The marinade and the rub is for the flavoring. For the tenderness, I clean my meat really, really well. After that, the seasoning takes over. We put on our barbecue sauce during the last 10 minutes of cooking to give it a little extra flavor because a lot of it burns off, so you don't want to put it when you start cooking; you want to put it on during the

last 10 minutes. Also, you have to make sure you poke holes in your meat so that your juices sweep through the meat."

Interjecting, Bryson, a New Orleans native, said he's been making ribs all his life but that since he's been married to Erica for the past 13 years, he learned "she has better skills than me."

"I taught him how to barbecue," Erica added. It was just that kind of friendly competitiveness that made for the best Southern cooking under one neighborhood roof.

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