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Successful Walk for Water held in the Pocket

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Ed Mauricio recalls life in Riverside-Pocket area in the 1920s

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Big Day of Giving: Pocket area nonprofits featured

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Stephen Crowley

Other photos by:
Lance Armstrong
Monica Stark

LiLu handbag auction to be held at ACC in the Pocket

Members of LiLu are girls and boys from Sacramento high schools who meet throughout the year to create and sew one-of-a-kind handbags to sell at their annual fundraiser for the Wind Youth Service Center. The Wind Youth Service Center provides outreach, social services, and emergency shelter for homeless youth, ages 12-22. These services range from giving teens a place to wash and dry their clothes to teaching them day-to-day skills. So far, LiLu has raised more than \$55,000 for the Wind Center! The teen-run non-profit was founded in 2000 by high schoolers, Libby ("Li") Abbott and Lucy ("Lu") Plumb-Reyes. — Source: Sacramento City Unified School District

This year's auction will be held on Saturday, May 2 from 1 to 3 p.m. at ACC Senior Services Center, 7334 Park City Dr. and the Pocket area folks involved are getting jazzed. One of the organizers, Pocket resident Angela Wood, said the deejay has been lined up, bag tags completed by Genevieve Didion eighth graders, the pre-set sale table filled, and more than 30 handcrafted bags waiting to be walked down the runway!

The following local high schoolers wrote about why they have gotten involved making these handbags and about the sewing skills they've developed.

Alexis Louie

(Current LiLu President)

How many bags have you made? This fiscal year, LiLu members have designed and sewed over 50 bags. I have been a member of LiLu for three years. Over the past three years, I have created approximately 10 bags.

Describe what they look like: From calico to chambray, tapestry to tweed, and all in between, LiLu members plan, design, cut, stitch, and embellish one-of-a-kind bags. I like piecing together fabric that would not necessary go together at first glance. The creative aspect is what I enjoy the best.

Why are you participating in this event? As I mentioned before, I enjoy designing and executing my design. Over the past year, my goal as President has been to keep our non-profit active and strong. I like teaching new members how to sew...the look on their faces when they finish their first bag is priceless!!!

Have you ever sewn before? I, personally, have sewn since I was in middle school; however, more than half of all LiLu members have had no sewing experience. They are creative people who are drawn to the idea of "kids helping kids."

Ebonee O'Bryant

How many bags have you made? I've made two bags.

Describe what they look like: My first one was really simple the outer lining was blue with flowers on it. And my second one had another floral pattern but with a stripe down the front that makes the pattern pop.

Why are you participating in this event? I've been friends with the president since freshman year and she's been telling me about her club and how it helps teenagers like me but who are less fortunate. I think it's a good way for me to give back while also doing something I like.

Have you ever sewn before? I had no idea how to sew before this. I hadn't really planned on

See LiLu, page 10



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Photo by Lance Armstrong

Ed Mauricio grew up in the Riverside-Pocket area in the 1920s and 1930s.

Ed Mauricio recalls life in Riverside-Pocket area in the 1920s, beyond

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is the first article in a series about Riverside-Pocket area native Ed Mauricio.

At 92 years old, Riverside-Pocket area native Ed Mauricio is a rarity, as he is one of the few people who can tell firsthand stories about life in that area during the 1920s and 1930s.

It was because of that point that he was asked to share some of his memories of his life with readers of the Pocket News.

During his interview with this publication last week, Ed said that there is a possibility that he was born at a

roadhouse that was located a short distance north of the old bar, which is known today as The Trap.

"I could have been born at home (at the roadhouse on the old Riverside Road)," Ed said. "I don't know. I know the doctor used to make home calls."

Ed was the youngest of the children of Manuel Mauricio and Carrie (Nevis) Mauricio.

His siblings, in order of their births, were Beatrice "Bea", Isabel, Manuel and Herman.

Ed, who is the last survivor of these featured Mauricio family members, experienced hardship in the early part of his life, as his father died when he was 5 years old and his mother died five years later.

After being asked to speak about his parents, Ed said, "I don't remember that much about my parents. It was pretty hard on my mother taking care of us. I figure we were on welfare. And I think the (St. Maria) Church – the old church down there on (today's) Pocket Road – helped us out.

"We lived (in the roadhouse) until my dad passed, then we moved to the home there across the street (at 5890 Riverside Blvd. on the west side of the road near the levee), where Wesley Silva lives. We moved to that house when I was about 5 or 6."

Ed said that his father operated a 33-acre ranch that was

See Mauricio, page 5

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Mauricio:

Continued from page 4

located on the east side of the roadhouse, and that his father's ranch was one-third of a once larger property.

"It was (formerly one property) and they split it three ways," Ed said. "I don't remember who (originally owned the property). There was a man we used to call Black John. He was one of (the ranch owners). Then there was my father. I don't know who the other person was (who owned the third ranch). And I don't know who bought the acreage, but they split it three ways. (The ranches) were all about the same size. They were all Portuguese who owned the properties."

The Mauricio ranch had wheat, grapes, alfalfa, and some orchards, which included peach trees.

Following his father's death, Ed moved with his aunt and uncle, Tony and Lena Silva, and their children, Wayne, Arlene and Harlan, into the house where Wesley Silva now resides.

During his grammar school years, Ed was a student at the old Sutter School, which is now home to Cabrillo Civic Club #5 at 4605 Karbet Way.

Ed said that he lived in that house until he was about 11 years old, at which time he moved to (the Merced County city of) Gustine, where he worked on a dairy farm milking cows.

"I went to a dairy and that was a bad time in my life," Ed

said. "I felt like maybe (his aunt and uncle) didn't want me anymore. I went to work for the Souzas in Gustine. I don't remember their first names. I was milking cows. I would get up in the morning and go to school and then when I was 13, I got sick and I was still milking cows. I got to where I was milking 13 cows a day. I got down to one cow, and my uncle who happened to come by, he brought me to Sacramento and took me to the doctor and they put me on medication.

"What I remember was I thought the doctor said I had Asian flu. I know I was sicker than a dog. I lost a lot of weight. It took me about six months for me to get my weight back. When my uncle brought me back, I went to my grandma's house in the Pocket and I stayed with my grandma (Mary Nevis) for a while. My oldest sister, Bea, got married (to King Silva) and then I moved in with her in the old house there where Wesley lives. I was still about 13 then. I stayed there until I went and joined the Navy (in August 1942)."

Ed, who also attended California Junior High School and was one of the earlier students at C.K. McClatchy High School, spoke about some of his neighbors, saying, "One of the neighbors was Dolores and Marvin (Silva), and Victor, their father, and Mamie, their mother, and then (Dolores and Marvin's) grandparents (John Joseph and Clara Perry Machado)

were next door. The DaRosas were down the street. That was my uncle (Antone Garcia DaRosa, who was married to Maria Filomena Simas DaRosa). Elmer and Francis were the sons. Alice and Marie were their daughters. And then there were the Rosas. Manuel (Garcia) Rosa was the one who married Mary Dutra, who was one of the daughters (of Antone Perry and Louise Florence Lewis Dutra of the old Dutra House at the present day address of 8144 Pocket Road). (Manuel) had the box factory (Florin Box and Lumber Co.). And they had a couple of kids. And then we had Japanese neighbors (the Masuharas, near) us. There were a lot of Japanese in the area."

In responding to a request to describe the distances between houses in the area at that time, Ed said, "Where I was born and raised, maybe it was 200 or 300 feet between the Silvas' house and maybe 200 or 300 feet to where the Japanese (neighbors) lived. Maybe it was further than that. The houses in those days really weren't that close. The next house after the Machados was maybe a couple of blocks, maybe three blocks from the next house, and I don't remember who used to live there."

With a smile on his face, Ed continued to describe his memories of the area during his meeting with the Pocket News.

More of those memories will be presented in the next edition this paper.

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The Crossword

by Margie E. Burke

ACROSS

- 1 Street sign
- 5 Way to pay
- 9 Sandwich alternative
- 13 Seer's deck
- 15 Clickable image
- 16 Visibility hindrance
- 17 Milky, in a way
- 19 Border on
- 20 Educated
- 21 All-inclusive
- 23 False friend
- 24 Ramble on
- 25 Kerrigan or Kwan, e.g.
- 28 Falling-out
- 29 Capitol or Columbia
- 30 Ocean motion
- 31 Come clean
- 35 CBS logo
- 36 Rigging support
- 39 Routing word
- 40 Lavish attention (on)
- 42 Pickling herb
- 43 Not quite right
- 45 Struck, old-style
- 47 Emulate Rodin
- 48 Place to graze
- 51 Fall on _____ ears
- 52 Bronchial woe
- 53 Lottery jackpot, perhaps
- 57 Brake part
- 58 Unproductive path
- 60 Police, slangily
- 61 Turner of film

1	2	3	4		5	6	7	8		9	10	11	12
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- 62 Coin collector?
- 63 Feed the kitty
- 64 Water pitcher
- 65 Kate's "Titanic" role
- 9 This and that
- 10 Overly eager
- 11 Blue as the sky
- 12 Brady boy
- 14 Without wasted words
- 18 Palmist, e.g.
- 22 Enthusiast
- 24 Olympian's quest
- 25 Winter ride
- 26 Fight stopper
- 27 Aid in crime
- 28 Move like a crab
- 30 Old hat
- 32 Sinister
- 33 Talk like Daffy
- 34 Go on and on
- 37 Cuter than cute
- 38 Road material
- 41 Lover of beauty (var.)
- 44 Sound stiffer
- 46 It's the word
- 47 Email option
- 48 Old Turkish title
- 49 Washed-out
- 50 Weasel's kin
- 51 Mideast money
- 53 Chianti, e.g.
- 54 Palo _____, CA
- 55 Bruce and Peggy, et. al.
- 56 Bard's instrument
- 59 Barrister's field

DOWN

- 1 Tuck away
- 2 Sticky stuff
- 3 Like some exams
- 4 Contaminate, as air
- 5 Parish priest
- 6 Knocked off
- 7 Mama's boy
- 8 Termite targeter

See Solution, page 20

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New documentary highlights historic Sacramento film footage

By LANCE ARMSTRONG
Lance@valcomnews.com

Matias Bombal, who has been entertaining readers of this paper with his movie reviews under the heading of "Matias Bombal's Hollywood" since last July, is presently enjoying the success of his major contributions to a local, historical film documentary project.

The documentary is a combination of the blending of news and other film footage from various eras of Sacramento's history and modern day recordings of locals speaking about different aspects of the city's history.

During an interview with this publication last week, Bombal, 47, recalled being asked to become involved with the project – an hour and 39-minute documentary, called "The Sacramento Picture!," which was completed on March 20, after about seven months of work.

"I was approached by the Center for Sacramento History, in the persons of Dylan McDonald and Rebecca Crowther, who were familiar with my movie review work and knew that I had an interest in Sacramento history for many years, being involved in bringing old theaters back to life and knowing about movies," said Bombal, whose theater experiences include working as an usher at the Tower Theatre and managing the Crest Theatre. "They have, at the Center for Sacramento History, one of the largest regional film collections in the nation. There's over 9 million feet of movie film. I mean, it's hard for me to even wrap my brain around 9 million feet of movie film. To put that into perspective, if you watched 24 hours a day, every day of the week

without stopping for eating or anything, it would take you at least 11 years before you could really see a good portion of it.

"So, that film for the last several years has just sat there on shelves and (was) only accessible to the (center's) film archivist, Mahlon Picht.

"The purpose, of course, is the city wants to use this footage to license to people doing productions or documentaries, because there's a lot of great news footage there."

The largest portion of that news footage collection, Bombal notes, was filmed by the legendary local television news photographer Harry Sweet (1920-2014), who had maintained a vast collection of news footage that would later be donated to local archives.

"(Sweet's donated collection includes) all of the daily news films for each day of the week from 1957 to 1979, when (KCRA) Channel 3 stopped shooting movie film for news stories," Bombal said. "It's just a remarkable collection of the life of this community and the state to a certain degree."

Bombal also commented that the center's film collection includes films dating back to 1910.

And in speaking about the center's local films, in general, Bombal said, "It's a fascinating look at the movie images of our past. So, it brings a fabulous prospective of how our city looked and moved. And it somehow brings to life the past a little bit more than a still photograph might, and with rich detail."

In further explaining the center's interest in contacting him to work on the project, Bombal mentioned that McDonald and Crowther had attended his presentation of a free, public showing of a color film called,



Photo courtesy of Center for Sacramento History

A still image taken from an old Sacramento film shows the Western Pacific depot, which is presently home to The Old Spaghetti Factory restaurant at 1910 J St.

"Life in Sacramento 1950," at the Central Library on May 26, 2014.

McDonald and Crowther approached Bombal at that

event and expressed their interest in having him assist the center in making

See Documentary, page 8

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Documentary:

Continued from page 7

the public aware of the center's film resources.

Since that time, the California Audiovisual Preservation Project began to provide grant funding for film collections throughout the state for the purpose of digitizing films to make them available through the Internet.

Bombal said that about 150 of the center's film reels have been digitized. But that is a very small number of the center's reels, considering that Bombal estimates that the center has about 1 million film reels in its collection.

It was at the point when the center had 50 of those reels digitized when Bombal was contacted by the center.

In recalling that moment, Bombal said, "They said, 'Matias, we have 50 reels that are now digitized. Can you come look through all of this film and put together a speaker series lecture for us where you select what you think is the most germane and interesting films of what we have digitized?' I said I would do that, and I had a meeting with them, and they said, 'Well, we want to involve local experts. We want to get William Burg and various local historians to comment in addition to you on this footage. We want to have a stage show and there will be some PowerPoint projection, we'll run the film and then we'll have a discussion.'"

And in reflecting upon one of his thoughts on that approach, Bombal said, "It occurred to me that the trouble that people have at these historical events is you will get some expert that will talk about some bit of minutia and go on and on (with that topic) forever, while half the audience falls asleep."

Bombal made the suggestion of simply making a documentary using portions of the digitized films and brief comments by spokespersons selected to be recorded for such a documentary. Those comments could thus be used by the

project's producers at appropriate points in the documentary.

"(That approach) economizes the time, and then you can get more footage and more talk in and control it to the point where if something starts to get boring or dull, we can make it tighter and a more valuable experience for the audience," Bombal said. "And having the theatrical sense, because I've shown movies my whole life, I have an idea of what people's tolerance level is. To talk about the inside of buttons on coats for 45 minutes, you'll lose some people."

An agreement was made for a documentary to be made, and Bombal spent three months reviewing the digitized film.

In regard to his approach to creating the documentary, Bombal had to develop a concept as to its direction. And one of the decisions in that concept, Bombal said, was "to avoid politics completely."

However, Bombal said that he eventually included brief political footage in the documentary.

"I start with Ronald Reagan and end with Cesar Chavez, so that I can please both the liberal-minded and the conservatively minded at the same time," Bombal said.

Bombal further shared details about the approach to the documentary, saying, "I wanted to take the most interesting pieces of film from 1910 to 1970 of what's been digitized and tell the story of our city and people. So, it was important for me to be centric to the downtown. So, I didn't do stories about Roseville or West Sacramento or south Sacramento. Primarily, it was the city core over that period of time."

Bombal expressed much appreciation for Chad E. Williams, who was the editor of "The Sacramento Picture!"

"We worked hand-in-hand for six (to) seven months to make this movie," said Bombal, who also provides voice-over narration for the documentary.

In addition to Burg, other locals appearing as spokespersons in the documentary include Picht, Stan Atkinson, Alan O'Connor, Kevin Wildie, Mar-



Photo courtesy of Matias Bombal

The documentary, "The Sacramento Picture!" will be shown at the Tower Theatre on Wednesday, April 29 at 7 p.m. Shown here, clockwise from the top, upper right are: local historian William Burg, baseball historian Alan O'Connor, adjunct history professor Kevin Wildie, film specialist at the Center for Sacramento History Mahlon Picht, city historian Marcia Eymann, retired news anchor Stan Atkinson, Sacramento High School alumnus Mark Pollock, president of Sacramento Modern Gretchen Steinberg, historian and author Annette Kassis, and retired journalist Ginger Rutland.

cia Eymann, Mark Pollock, Gretchen Steinberg, Annette Kassis and Ginger Rutland.

Thus far, the first two showings of the documentary have sold out.

The premier showing was held at the Crocker Art Museum on March 25, and the second showing will be presented tonight, April 9 at the Center for Sacramento History.

Tickets are available for the third and last scheduled showing of the film in the upstairs theater at the Tower Theatre at 2508 Land Park Drive on Wednesday, April 29 at 7 p.m. An additional three-minute introduction featuring historic footage of the Tower Theatre will be added to the evening's program.

For ticket information for the April 29 showing, visit the website, www.mabhollywood.com.

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MLK Jr. K-8 School students performed "The World Would Be Better" at annual ceremony

Martin Luther King Jr. K-8 School students performed the song "The World Would Be Better" — composed by MLK student Karina Morales — at the Third District PTA's 23rd Annual PTA Reflections Ceremony on March 13 at the California Automobile Museum.

Karina received an Award of Excellence for the composition.

The theme of this year's Reflections art competition was "The World Would Be a Better Place If..." Students from Matsuyama, Sequoia and Sutterville also performed at the ceremony.

Source: SCUSD



Photo courtesy of Sacramento City Unified School District

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LiLu:

Continued from page 2

ever learning how to sew but now I have a useful skill that will help in the future.

Michelle Veu

How many bags have you made? 4 bags
Describe what they look like: A majority of my bags follow a more earthy/nature approach with some kind of unique element to really tie it all together.

Why are you participating in this event? I'd really like to be a part of the event that is setting forth all of our hard work and see how it all goes. Fingers crossed we do well!

Have you ever sewn before? Before joining Lili I only had experience sewing on buttons, if that.

Blake Kaiser-Lack

How many bags have you made? 3 and a half

Describe what they look like: I made a flap bag with a brown exterior and blue inner lining using some sort of material square as my flap. My favorite I made was this mustache bag. I used this sort of fluffy black material I had at home as the mustache and sewed it onto a white strip on the top of the bag and the rest is black.

Why are you participating in this event? I participate in Lili because I believe it not only builds my own skills as a sewer, but also allows me to give back to the community in a fun, club-based way. Lili really allows me to embrace my creative side and in a way, helps me break gender stereotypes on traditional skills men and women can have. Yes, I'm a guy, and I believe I am an awesome sewer.

Have you ever sewn before? I started sewing summer last year and now I know how to use multiple sewing machines and have even improved my hand sewing. I even reseeded my broken backpack this year by hand.

Brianna Davis

Amount of bags: Currently 4

Describe what they look like: One has a teacup and saucer on the front, floral bag with polka dot straps, another has elephants all over it with two sewn on flowers w/buttons and polka dot straps, the third is floral with lots of pink and tan tones and polka dot straps and a sewn on bow made from lace trimming, and the fourth is polka dot and solid color on both sides with lace covering where the materials meet with plain dark pink straps

Why are you participating in this event? I really enjoy making these

bags and seeing how they turn out. The auction is so fun to participate in, modeling the bags off and letting people see them. I love that the proceeds from our auctions benefit Wind Youth Services and the homeless teens they help.

Have you ever sewn before? Before participating in Lili, I did not know how to sew with a machine or by hand, but its surprisingly easy once you get used to it.

If you go:

What: LiLu handbag auction
When: Saturday, May 2 from 1 to 3 p.m.
Where: ACC Senior Services Center, 7334 Park City Dr.
Ticket price: \$10 adults, \$5 students
Websites: <http://windyouth.org>; www.facebook.com/LiLuInc



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Thursday, May 28 11:30 am to 12:30 pm Thursday, June 25 (Dinner) 6:30 pm to 7:30 pm Sierra Hills Memorial Park & East Lawn Mortuary 5757 Greenback Lane, Sacramento, CA 95841 Tel 916.732.2020 RSVP: Jessica at jessica@eastlawn.com	Wednesday, June 17 (Spanish & English) 11:30 am to 12:30 pm Andrews & Greilich Funeral Home 3939 Fruitridge Road, Sacramento, CA 95820 Tel 916.732.2026 RSVP: Janice at janicem@eastlawn.com

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Faces and Places: Walk4Water

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

Faith Presbyterian Church held its Second Annual Walk4Water on Sunday, March 22. The walk began at Faith Church, 625 Florin Road, for a 2-mile roundtrip walk to the Cabana Club South private swimming pool, 6615 Gloria Dr. Walkers experienced what it is like for most people in developing nations around the globe to fetch water every day. They carried an empty water container one mile and filled it up at the pool and returned to the church and emptied their load into the courtyard fountain.

This was also a time to learn about water awareness and the hardships most people globally are challenged with each day in acquiring safe, clean water.





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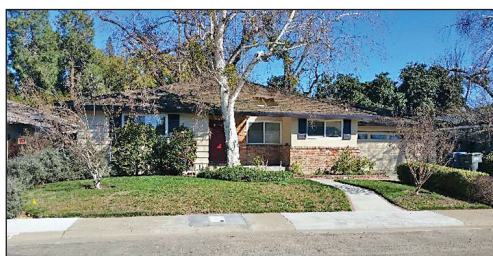
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Walk On the Wildside returns to Freeport on May 16

Join Regional San and its partners for the 20th annual Walk On the Wildside. This free, family-oriented day in the country includes lively entertainment and up-close views of many wildlife species.

This event celebrates International Migratory Bird Day, Endangered Species Day and highlights local efforts in protecting and restoring native Central Valley habitats and wildlife. Visitors can enjoy tours of restored wetlands, grasslands and forests on Regional San's Bufferlands. The tour provides up close views of an active heron and egret rookery. At the park, attendees may shop for native plants, art and photography while checking out conservation exhibits and live animal shows.

Event Directions: From Sacramento, travel Interstate-5 south and exit at Pocket/Meadowview Road and head east. At Freeport Blvd., turn south Continue two miles on the river road through the town of Freeport. Turn left at the signs (just opposite Cliff's Marina) and continue until you reach the Beach Lake Picnic Area.

For more information, visit www.wowsacramento.com or call 875-WILD. To learn more about International Migratory Bird Day and Na-

tional Endangered Species Day, visit www.birdday.org and www.stopextinction.org.

Event sponsors include: Sacramento Regional County Sanitation District; U.S. Fish & Wildlife Service; California Department of Water Resources; Sacramento County Regional Parks; Friends of Stone Lakes National Wildlife Refuge; California Watchable Wildlife; Yolo Basin Foundation; Sacramento Area Creeks Council; Coastal Conservancy; Sierra Nevada Conservancy; Save our Sandhill Cranes; Sacramento Area Creeks Council; Yuba Sutter Chamber of Commerce - Swan Festival.

Highlights of the event include the following:

- Wild animal presentations by Wild Things, Inc.
- Folk music by Cliff Compton and Mountain Top
- Children's puppet show by Jason Adair
- Guided and self-guided tours on over three miles of open trails
- Environmental exhibitors
- Children's activity center, games and prizes hosted by local Girl Scouts
- Ollie Otter and Blue Goose Mascots
- Outdoor barbecue by Elk Grove High School FFA and Rotary Club
- Event and parking are free!



If you go:

What: Walk On the Wildside is a FREE, outdoor festival celebrating local conservation efforts

When: Saturday, May 16 from 10 a.m. to 4 p.m.

Where: Beach Lake Park, Freeport

Who: Hosted by Regional San, Friends of the Stone Lakes National Wildlife Refuge, Sacramento County Regional Parks, and the California Department of Water Resources



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New Tech students beat expectations, help others for Senior Projects

Sacramento New Technology High School senior Ben Johnson competed in his first triathlon as part of his Senior Project.

Johnson, who has cerebral palsy, participated in Indoor Triathlon USA's event in San Francisco, where athletes swam for 10 minutes, biked for 30 minutes and ran for 15 minutes.

"I wanted to do a triathlon, because I wanted to learn how to swim and ride a bike, and learn how to run better," Johnson says. "I also wanted to prove to myself that I could do anything I set my mind to. My whole life, all of the doctors and psychologists told me that I would never make it, that I wouldn't live and I wouldn't walk. This event was a little way of proving them wrong and showing that Benjamin Johnson is not a statistic, just an every day strong adult."

At the event, Ben was supported by his family, New Tech staff and several of his fellow competitors.

"For the first time in years, I feel like I can do anything I want to do," Johnson says. "Cerebral palsy does not define who I am. I am strong."



Photo courtesy of Sacramento City Unified School District
Shown here is New Tech High School senior Ben Johnson who competed in his first triathlon as part of his Senior Project.

Another New Tech senior, Nohely Alcalá, spent the year collecting 81 backpacks and the school supplies to fill them for third and fourth graders at Primaria Gabriela Mistral in Uruapan, Michoacan, Mexico. She personally delivered the supplies as part of her Senior Project.

"I really enjoy working with children and giving back to others," she says. "When I grow up, I want to be a teacher and I felt

like this was a great opportunity for me to get closer to my career goal... I also really believe that change begins with just one person and I want to be that person."

Alcalá says her father attended a "small, overcrowded school" similar to Primaria Gabriela Mistral.

"I want the donated school supplies and backpacks to be a motivation to the students that receive them."

Source: SCUSD

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Cougar football gears up for annual rib dinner in the new stadium

By MONICA STARK
editor@valcomnews.com

As the new Cougar stadium at John F. Kennedy High School symbolizes a sense of pride among athletes, the football program itself has seen great changes, including the hiring of some great coaches like Alex Gomes, an all-time leading receiver in the National Association of Intercollegiate Athletics and former California State University, Sacramento quarterback Blake Mori as well as former Sac State line coach Jason Cutone and a few Kennedy alumni.

Head coach Matt Costa spoke with the Pocket News about the football program as it gears up for the third annual rib dinner and auction to be held on Friday, May 1 inside the new stadium. The dinner and auction, which will go from 6 to 9 p.m.; will include dinner, raffle, door prizes (must be present to win!) and games! Tickets are \$25 for adults and \$15 for children and students. Dinner will include a plate of ribs or chicken, side dishes, a roll and dessert. Bottled water or can of soda is included in the ticket price. There will be additional drinks on hand for purchase. Contact Head Football Coach Matt Costa for questions or additional tickets at 508-7831 or email jfk.cougarfootball@gmail.com.

Costa simply loves football. "As a fan there really is nothing like it," he says, "especially at the college level. The pageantry and the effort put in to the game by these athletes at the high school and college level amazes me. As a player I loved hitting people. It's a lot of fun to know that on any given Friday or Saturday you can be a hero to your friends. As a coach, I really love the preparation. The games are fun but it's Monday through Thursday that I enjoy the most. I do miss playing, but I love coaching more."

Costa graduated in 1999 from El Camino High School and in 2000 from American River College, and in 2003 from the University of Saint Mary. He played four years at El Camino High School, two years at American River College, and two years at The University of Saint Mary. He also played one season for the Northern Valley Lions, and one season for the Woodland Wolf Pack.

Costa began his coaching career as a student assistant at the University of Saint Mary. Then he was the defensive coordinator at Immaculata High School in Kansas during a state title run. After that, he moved back home to Sacramento and started coaching at Mira Loma High School as a junior varsity assistant. He left Mira Loma and be-

came the junior varsity head coach at C.K. McClatchy for two seasons, after which time he left CKM to become the first athletic director and head football coach at Cristo Rey High School, where he started the Athletic Program at Cristo Rey. In 2009, he left to become the head football coach at Mira Loma, taking the team to the playoffs for the first time in more than 15 years before coming to Kennedy. Costa also did stints at the semi-pro level with the Northern Valley Lions as their defensive coordinator and with the River City Gators as a linebackers' coach.

Asked what he enjoys most about coaching specifically at JFK, Costa couldn't name just one thing. "I love teaching and coaching at JFK for a multitude of reasons. First, I work for the best principal in the Sacramento area (Chad Sweitzer). I am not saying that because he is my boss, I am saying it because it's the truth. The guy holds people to a high standard which I respect. He is as down to earth and as real as it gets. He is definitely a great guy to work for. Second, I love the students and athletes at JFK. A large percentage of my ball players really a working hard at this thing. They have allowed us as coaches to coach them up and as a result each year we have gotten better. The players are buying in to what we

are doing. Now I would really like to see the community buy-in to the program as much as the kids have. You could really see that buy in from the school when we beat CKM 30-28. Third, the facilities are amazing. Last, I just really love the JFK community, teachers, staff, admin, kids, really all of it. They bought into me when I took this program over at its worst. I mean it doesn't get any lower than it was three years ago. They allowed me to do what needed to be done to get it going again. They bought into me, so I have bought into the JFK community. I love getting up and coming to work."

From making playoffs at Mira Loma to coaching in the Kansas playoffs, Costa has experienced many successes along his career thus far, but beating C.K. McClatchy last year trumps all of that. Speaking about that monumental game, Costa said, "There is a huge rivalry between the two schools and it has seemed to really have been extremely negative since the fight. We were down three scores and came back to win the game. That's tough to do in high school football. That to me was a big turning point in our program. It just shows that we as a staff have spent three years now talking about doing the right thing and it is paying off huge."

There has been a few players over the years that have stood out as star athletes. Defensive tackle Chigoze Nnoruka, "was just one heck of a ball player," Costa says, and Damonte Jones is another off this year's squad. "Your defense plays a lot better with a 4.0-GPA PACE kid running the show," Costa said. Last year, Floyd Hillis-Cooper was by far the most underrated offensive threat in the area. "Him along with Silencio Raktowski at Line Backer my first two years here really helped to keep things going when success was measured in just being able to put a squad on the field all season.

"Prior to coming to Kennedy I would have to say Alex Gomes, now my assistant coach, was by far the

one that stands out I my mind. He was simply amazing. He made more plays in bad situations than anyone I have ever coached. By far the best overall football player I have ever been around. He was one of those guys that would take an entire team on his back and force them all to win a game. He is by far the best overall competitor I have ever coached. If someone put him in a circle drawing competition he would figure out a way to win that too."

Alex also spoke with the Pocket News about playing under Costa at Mira Loma and his current position as assistant coach. "The relationship is different. He's still my boss. I get a little bit more say now. It's good because we both trust each other. It's a healthy environment. We're able to talk out what we are thinking, always end up coming to a conclusion as team," he said.

Recalling what playing football was like before Costa came to Mira Loma High School, Alex said the team hadn't had a lot of success. Alex said he never had much control over the field, but Costa was able to bring out that strength out of Alex. "With Matt, it was the best season I ever played and I would do anything he asked."

Including coaching for him, Alex always wanted to get into coaching, so when Costa asked if Alex would be his assistant coach, Alex took the job (which was back in November) with open arms. "It's a good opportunity for me and I'm glad to help out."

Alex graduated with a bachelor's degree in history and earned his social studies teaching credential. He has been substitute teaching at JFK.

If you go:

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Levee Protection: Sacramento and American Rivers

By LEIGH STEPHENS

In a New York Times article (1979) Michiko KaKutani interviewed writer Joan Didion, a fifth-generation Sacramentan who wrote extensively about our Sacramento rivers. KaKutani said, "...Sacramento is a valley town where the summers are hot and plagued by drought, and where the winters are cold and menaced by flood. It is a landscape of extremes."

Although they bask in the beauty and recreational fun of the rivers, Sacramentans who live near the Sacramento and American Rivers go on alert when the floodplain subject comes up. Even though California is in historic drought time, the river levees must be kept safe with constant repair. Levee wall seepage has happened in some areas for decades and record storms have haunted Sacramento.

California State, SAFCA, and the U.S. Army Corps of Engineers have released draft plans for \$1.46 billion in Sacramento levee work. Costs are typically shared by the Federal Government and California State. SAFCA is holding community meetings in April to seek comments from residents about the proposed river levee projects. Deadline for the comment period ends May 4, 2015.

SAFCA is a Joint Powers Agency, formed in October 1989, in the aftermath of the February 1986 flooding. Levee vulnerability was exposed during this time when several levees nearly collapsed under the strain of the storm.

In 2013, speaking before the U.S. Senate Committee on Environment and Public Works, Richard M. John-

son, Executive Director of the Sacramento Area Flood Control Agency (SAFCA) said, "The Sacramento region is one of the most at-risk areas in the country from the standpoint of potentially devastating flooding."

Johnson says the goal of the proposed levee improvements is to actively move forward so the Federal Emergency Management Agency (FEMA) will not start the remapping process.

According to the SAFCA website, "Sacramento Area Flood History," in the 1840's, John Sutter who settled Sacramento considered the proximity of two mighty Rivers, the American and the Sacramento, a significant benefit to the fledgling settlement. Yet since, record storms have devastated the Sacramento area.

On December 9, 1861, the American River Levee failed east of 30th street, flooding what is now known as River Park. The water then overran the City's levee built to protect it. To relieve the rising water levels, the levee at R & 5th Streets was cut to drain the "lake" but houses were swept away in the current of the cut in the levee.

Sacramento streets were raised in response to the floods of 1861-62. Streets east of the Sacramento River to about 12th Street were raised as much as 14 feet. In 1862, newly elected Governor Leland Stanford had to travel in a rowboat to his inauguration at the Capitol.

The First Comprehensive Flood Control Plan was written in response to the 1878 flood. The plan subsequently came to include a system

of levees, weirs, and bypass channels to protect existing population centers.

Folsom Dam was authorized in 1944 by the Flood Control Act. It gave the U.S. Army Corps of Engineers power to build a dam on the lower American River. The Dam was completed in 1956.

Just after the ground was broken on Folsom Dam in 1951, the American River watershed began to experience massive storms. In 1956, a record storm filled Folsom Dam in a week, and the Dam saved Sacramento from flooding.

Another record storm in 1964 caused engineers to re-evaluate storm frequency. They concluded that Folsom Dam was designed to handle a 120-year storm.

The February storm of 1986 dumped 10 inches of rain on Sacramento in 11 days. After two days of releases from Folsom Dam, it was downgraded to a 60-year storm performance.

Pete Ghelfi, Director of Engineering for SAFCA in an interview with KSTV Channel 32 said, "1986 was a benchmark year. It was really the worst storm on record, the largest storm we've had in the 150-year history of Sacramento."

Greenhaven homeowner Bob Aldrich says, "We

lived in Campus Commons by the American River during the 1986 flood. I was a reporter for KHYL/KAHI Radio and would go up to the levee and then report from my home office. After moving furniture upstairs, we, with our cats, voluntarily evacuated Campus Commons by the one route out and stayed in the south area with family. We moved to Greenhaven near the Sacramento River in 2003."

Improvements to the American River levees in 2005, included deep underseepage cutoff walls and erosion protection. This provided Folsom Dam 100-year protection for much of the American River floodplain, except the Pocket and Meadowview communities. More than 55,000 properties with 100-year flood protection were eligible to receive lower cost for Preferred-Risk flood insurance policies.

Improvements in 2007 to the Sacramento River levees and the South Sacramento Streams levees expanded protection for the Meadowview and Pocket communities. More than 26,000 properties became eligible to receive the lower cost flood insurance.

Greenhaven/Pocket homeowner Muriel Farrell says, "It's hard to pay flood insurance on my home and on a rental I have, but I know it's necessary. During flood threats, I'd lie in bed at night and worry about what I would do if I had to leave in an emergency."

The proposed river levee projects will reduce risk of

flooding to approximately 120,000 residential homes. This will allow FEMA to re-certify the levees. In addition to federal standards, the California Legislature approved legislation requiring all California to meet the 200-year level of flood protection.

Upon approval of the draft of the Environmental Impact Report (DEIR), construction would start no earlier than 2016 in the North Sacramento Streams area (Natomas) and no earlier than 2017 along the Sacramento River East Levee (Pocket/Greenhaven). These improvements will also enlarge the Sacramento Bypass that was built a century ago to divert floodwaters away from Sacramento.

Pocket homeowner Kathi Windheim says, "The levee seepage is worrisome, and the 200-year flood protection certification is important."

Currently officials say the levees are safe, but just do not meet newer safety standards.

For more information on levee projects, a list of community meetings, and to make comments on the DEIR, contact:

SAFCA website www.safca.org, SAFCA Project Ombudsman Jay Davis) jdavis@gualco.com,

U.S. Army Corps of Engineers Project Manager Dan. P.Tibbitts@usace.army.mil

Leigh Stephens is a CSUS retired professor of journalism and the author of the book, Covering the Community.

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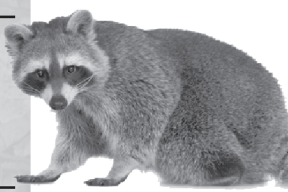
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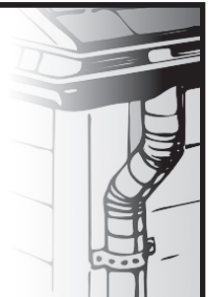
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CALENDAR

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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.accsv.org.

Free Hawaiian language workgroup

Every Monday at 5:30 p.m., a free Hawaiian language workgroup meets at 6235 Belleau Wood Lane Suite 1B in South Land Park to learn about the Hawaiian language. Everyone is welcome. Call 808-782-2483 to sign up.

Gray Eagles monthly meeting

For 25 years, a male/female group sharing history of military/civilian aviation. Former air, ground, or carrier crew, or anyone interested will enjoy monthly speakers. Topics include airshows, warbirds, Reno races. Drop by to vis-

it- FREE. We meet on second Mondays, each month at Hometown Buffet, 4300 Florin Road (private dining room), 11:30 a.m. to 1:30 p.m. See www.grayeagles.net. Lou, 421-0844.

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.accsv.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.accsv.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.

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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.accsv.org. ACC is located at 7375 Park City Dr.

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.accsv.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.accsv.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.accsv.org

Free Young Adult Bereavement Counseling:

The UC Davis Hospice Program and UC Davis Children's Hospital Bereavement Program will offer an eight-week Young Adult Bereavement Art Group for individuals 17 to 24 who are coping with the recent loss of a loved one. The sessions will be held on eight consecutive Monday evenings from Sept. 29 through Nov. 17. Each session will be held from 6 p.m. to 7:30 p.m. at the UC Davis Home Care Services Building, 3630 Business Dr., Suite F.

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.

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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.accsv.org.

Emotions Anonymous

Meets regularly Tuesdays, Thursdays, and Saturdays. Meeting information is available at www.emotionsanonymous.org. Free 12-step program/support group for those who desire to become well emotionally healthy. Acquire a new way of life, sharing experiences, and learning to live with unsolved emotional problems. Meets Tuesday 6:30 - 7:30 p.m. Parkside Community Church 5700 South Land Park Dr.; Tuesday 6:30 - 7:30 p.m., Sierra Arden Church of Christ, 890 Morse Ave (at Northrup), Room F-4. Thursday 7 - 8:30 p.m. at Church of the Good Shepherd, 1615 Morse Ave. (at Arden Way) left of choir room. An optional newcomer orientation occurs on Saturdays from 1 to 1:30 p.m. at Wellness Recovery Center, 9719 Lincoln Dr. Ste. 300. Also on Saturday from 1:30 to 2:30 p.m., there will be a topic for discussion at WRC, 9719 Lincoln Dr., Ste. 300.

Mahogany Urban Poetry Series - Queen Sheba - poetry readings

Each Wednesday from 8-11 p.m. at Queen Sheba in Sacramento, local talent makes it way to the restaurant for weekly open-mic events. \$3-\$5. 1704 Broadway.

Brain Gymnasium

Exercise your mind and have some fun at this on-going Brain Gymnasium class! Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 9:20 a.m. Thursdays. \$6 per class. Call 441-1015 for more information.

See more Calendar, page 21

Solution to Crossword:

S	T	O	P		V	I	S	A		W	R	A	P	
T	A	R	O	T		I	C	O	N		H	A	Z	E
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Call 429-9901

Calendar

Continued from page 20

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 Freeport 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.capitolaires.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 Freeport 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.

Audition applications for Sacramento Youth Symphony's 2015-2016 season:

If you play brass, woodwinds, percussion, or strings then we invite you to join the award-winning Sacramento Youth Symphony, the Sacramento area's premier youth organization for musicians (ages 6-21)! We have orchestras and ensembles for every level, from beginning through advanced. Online applications are available at www.sacramentoyouthsymphony.org. Full merit-based scholarships available for select instruments! Call Robert at 916-731-5777 for details.

'Meditation and More' at Eskaton

Every second Monday of the month starting at 1:30 p.m. (session begins), enjoy a meditation session at Eskaton Monroe Lodge, 3225 Freeport Blvd. Studies consistently show that even a semi-regular practice of meditation increases immunity, while lowering blood pressure and cholesterol, risks of heart disease and stroke. Meditation and More sessions are non-denominational and all ages are welcome. Participants sit comfortably in chairs and no special poses are required. FREE for residents and their families, \$4 for guests. Call 441-1015 or email scott.okamoto@eskaton.org to reserve your space today!

APRIL

April is Poetry Month

Knit Together! - Pocket Library (Adult)

April 17: Knitting with Pocket resident Carrie Parker starts at 1 p.m. Remember your knitting needles and yarn. Robbie Waters Pocket-Greenhaven Library is located at 7335 Gloria Dr.

Read to a Dog at Pocket Library (School Age (6-12))

April 18: Looking for a way to boost school-age reading skills? Join us for our Read to a Dog program and practice reading out loud to a registered therapy dog, starting at 2 p.m. at the Robbie Waters Pocket-Greenhaven Library, located at 7335 Gloria Dr.

Sabrina's Craft Corner @ McKinley (Adult)

April 18: Starting at 12:30 p.m., learn a new craft technique every month using simple household items and affordable materials. Today's craft: Beeswax Candles. Funded by the Friends of the McKinley Library. McKinley Library is located at 601 Alhambra Blvd.

Pocket Greenhaven Rotary fundraiser

April 18: The Pocket Greenhaven Rotary will be holding its major fundraiser of the year at Aviators restaurant at the Sacramento Executive Airport at 6 p.m. A spaghetti feed, the fundraiser priced at \$20, will include a spaghetti buffet, raffle, silent auction, no host bar, salad, rolls, and club members' homemade desserts. Meat and vegetarian options will be available. The club meets every Thursday at 7:30 a.m. for breakfast at Aviators. For more information, visit: <http://pocketgreenhavenrotary.org/>

Earth Day House Concert

April 18: Roots style neighbor Josh Hoover is opening up his home as a "musical salon." This event celebrates music and community. All are welcome. Celebrate Earth Day with a house concert! There will be classical and folk music to enjoy on Saturday, April 18 at 7 p.m. There will be a \$10 suggested donation to musicians available. The concert will feature guitar and violin "Solos & Duets." 601 San Antonio Way. For more information contact, Josh Hoover at 731-5012.

Write your life story at annual writers' conference

April 18: "Our Life Stories," a cross-generational writers' conference, will feature Sacramento region's celebrated authors, poets, storytellers, and writers. The eighth annual will be held from 8:30 a.m. - 4:30 p.m. at Cosumnes River College in Sacramento. This year's conference will feature nationally-recognized writers and focus on memoir writing through travel. Register for "Our Life Stories" by April 3, 2015. Space is limited. Conference fee of \$35 covers the morning refreshments, workshops, materials, and lunch. Late registration fee (after April 3) is \$40. Perry Garfinkel, journalist, author, speaker, writing teacher, editor, content provider, media consultant and strategist, will serve as the keynote speaker. He is the author of "Buddha or Bust", a 2006 national bestseller, also published in Brazil and Italy. His 1988 book, "Travel Writing for Profit and Pleasure," will be reissued in 2015. Sponsored by the Ethel MacLeod Hart Senior Center and CRC, the one-day conference also includes presentations and workshops by celebrated authors, including prose writers: Jacqueline Doyle, Kerstin Feindert, Ginny McReynolds, Clive Rosengren, and Emmanuel Siguake; poets: Albert Garcia and Sacramento Poet Laureate Jeff Knorr; and storytellers: Ann Rothschild and Katye Ridgeway. Some of the workshops and presentations highlighted at the conference include topics on creating the mood of a place and time that bring the setting to life, capturing your travel experiences in a poem, learning the elements necessary to write strong first-person essays, and writing fiction as a form of travel. To register or to ob-

tain additional details on the conference, visit the website at <http://hart-crcwriter-conference.org/>, call the Hart Senior Center at (916) 808-5462, or e-mail hartcwritersconference@yahoo.com.

The Fairytale Town Troupers

present: "Once Upon A Time 1959" April 18 and 19: Fairytale Town's most famous and beloved storybook characters come to life in the Fairytale Town Troupers first production of the season! The year is 1959 and Robin Hood, Cinderella, Jack and Jill and more colorful characters are lost in a fantastical fog after being swept away from their storybook homes. Working together, they overcome their erratic eccentricities to uncover the mysterious force that united them and find a way home. This show features original songs set to a 1950s beat. Tickets are \$2 for nonmembers in addition to park admission, and \$1 for members. There are two shows each day, one at noon and the second at 1:30 p.m. For more information, visit fairytaletown.org or call 808-7462. Sponsored by ScholarShare College Savings Plan. Fairytale Town is located at 3901 Land Park Dr.



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Pocket area nonprofits gear up for the May 5 BIG Day of Giving

For 24 hours on May 5, Sacramento will again come together for a BIG Day of Giving. According to the Big DOG website, the goal is to raise \$5 million from 25,000 donors for over 500 nonprofits in a 24-hour giving challenge as part of the national campaign called GiveLocalAmerica. To participate, local donors can go to www.bigdayofgiving.org to give and support the nonprofits. In 2014, our region's BIG Day of Giving raised more than \$3 million from more than 12,000 donors for 400 nonprofits and ranked No. 2 in the nation. Let's make it No. 1 this year.

On www.bigdayofgiving.org is a powerful online community tool called Giving Edge and it can help you find nonprofit organizations, learn about the impact they are making, and make a donation. Each nonprofit in the database is a partner of GiveLocalNow, a movement to increase local giving.

What follows below is a listing of Pocket area nonprofits that are participating in the Big Day of Giving.

Meals on Wheels by ACC, 7375 Park City Dr., promotes the general welfare and to enhance the quality of life for older adults by identifying, developing, and providing culturally sensitive nutritious meals and related activities.

Carrie's TOUCH, Inc., 372 Florin Road, No. 197, breaks the silence that adversely impacts the African American community with regard to breast cancer in order to significantly increase the number of survivors.

Capitol INDIE Collective, 7485 Rush River Dr., provides education and a platform for independent artists to be inspired, practice their art form, and deliver compelling works of art making impact with personal meaning and social relevance from several different disciplines, backgrounds, and demographics.

ACC Senior Services, 7334 Park City Dr., promotes the general welfare and enhance the quality of life for our community by identifying, developing and providing culturally sensitive health and social services for older adults.

JFK PACE Parent Committee, 6715 Gloria Dr., is a Small Learning Community (SLC) at John F. Kennedy High School. PACE offers students a four-year rigorous academic program with an emphasis on Advanced Placement classes in math, science, English, history, and Foreign Language. *The following were submitted profiles of Pocket area nonprofits.*

Kennedy High School PACE program sets students up for success

By Alexa Mark and Kayla Toy, JFK PACE Class of 2017

UCLA. UC Berkeley. UC San Diego. Stanford. Carnegie Mellon. George Washington University. What do all of these prestigious universities have in common? Students who are graduates of the PACE program. Program in America and California Exploration (PACE) at John F. Kennedy High School is a rigorous, four-year advanced, academic, *public school* program nestled right here in the Greenhaven/Pocket area.

PACE teachers set up students for success in high school, college, and beyond. PACE offers advanced classes that challenge students to work to the best of their abilities. The teachers are extremely devoted and enthusiastic about teaching and their knowledge and insight allows students to engage and interact with their curriculum. As PACE student Robyn Crittendon, Class of 2017 says, "PACE teachers are dedicated to their work and the success of their students. They provide a supportive atmosphere within the classroom and actively encourage students on both the individual level as well as the class as a whole"

A hallmark of PACE are the summer programs for freshmen, sophomores, and juniors. Before freshman year, students spend three weeks at Sacramento State, taking PACE classes and getting familiar with how it feels to be on a university campus. In freshman year, PACE book clubs led by community volunteers open up the world of literature to students. Students read books such as *Cannery Row*, *When the Emperor was Divine*, *Counting Coup*, and *The Secret Life of Bees*. The book club leaders are very dedicated and strive to help students thoroughly understand the deeper meaning of the writing in the novels. Book club is a great stepping stone for advanced English classes such as AP Literature that students take in senior year.

Another unique facet of PACE is a community service requirement. PACE students are required to volunteer at different organizations or at events for at least 30 hours annually. You'll find PACE students working at libraries and animal shelters, tutoring and coaching younger students, and helping at fundraising events. Through this, students learn more about our community and "give back" through volunteering.

One of the most remarkable activities that PACE provides is field trips. The field trips help students to become well-rounded and cultured individuals through visiting a multitude of museums like the de Young and college campuses such as Stanford, University of Santa Clara, and more. In addition, students are also given opportunities to go

beyond their comfort zones and experience camping trips, attend plays locally and at the Ashland Shakespeare Festival, and even go abroad to countries like Turkey, Greece, and Peru. Fundraising by the PACE students and families and donations allow students to be able participate in these field trips at a reasonable price.

Students in PACE are part of an ambitious, tight-knit community where their peers are determined to learn and succeed. Within this community, PACE students push their peers past their boundaries. Graduating senior Ari Steinberg, soon-to-be UC Irvine Anteatr remarks about PACE, "It provided me with an environment which embodied success. It surrounded me with peers who were driven to do great things which in turn not only motivated me to succeed; it provided me with an environment that taught me how to achieve." Sophomore Jack Parsh says "PACE at Kennedy has been a huge part of my high school life. It challenges and motivates me to do better in school to go to a better college. Despite the extra work, PACE offers opportunities and more options for my future careers. The program offers field trips that go to different universities and they show the success in college that come from hard high school work such as AP courses, advanced classes, and teachers that want you to succeed." PACE students thrive because of all the amazing aspects of the program, which cost much more than regular funding for public schools. These enriching activities are only available because of donations given to PACE from families and members of the community. On May 5, 2015 everyone will have the opportunity to contribute to such a superb program through Sacramento's Big Day of Giving. The Big Day of Giving is 24 hours of online giving, sponsored by Sacramento Region Community Foundation and other local foundations and businesses. On May 5th, go to www.bigdayofgiving.org and search for JFK PACE to make your donation. You will be supporting the education of students like us. Thank you for your support.

Ageing well at ACC

"I just want to thank you and your staff for providing such a wonderful service for seniors... I want to thank you tremendously... I just can't thank you guys enough!" That comment was left on the voicemail at ACC Senior Services. ACC, which has been in the Pocket/Greenhaven neighborhood since 1987, provides community-based programs and services for seniors and family caregivers. The goals of the programs are to help seniors age well and live as independently as possible. The compliment was left for ACC Rides, a transportation service run by a handful of staff and 100 volunteers. ACC Rides

takes seniors living in nine zip codes in Sacramento County, to doctor appointments, dialysis, grocery shopping, senior lunch centers, and more. Maybe you've seen their wheelchair accessible vehicles with the distinctive round logo, dropping off seniors at Kaiser or at the bank.

ACC offers classes and workshops through the Lifelong Learning & Wellness Program. Classes and clubs include Pickleball, the fastest growing sport for seniors, ping pong, and aqua fit. We hear Hawaiian music played by the ukulele clubs and rock 'n roll by the guitar clubs. The boom boom boom of taiko drum lessons inspires us in the afternoon. Seniors waltz at ballroom dance classe, line dance, and do hula. There are five different types of tai chi classes, four different types of yoga classes, including "Senior Yoga," swimming lessons in the summer, and a whole range of computer, photography, and videography classes. The Utilities Education program helps people understand their phone and PG&E bills and help with disputed bills with the companies.

A special focus of ACC programs is serving family caregivers, individuals and families taking care of a senior loved one. The Bridge to Healthy Families offers caregiver support in the form of care plans, referrals, home safety assessments, in-home respite and more. Volunteers assist in many ways at ACC, from driving for ACC Rides, to teaching classes, to helping in the office. Volunteer Jo says, "There's a variety of things to do, the people are nice, and I feel wanted." Both Jo and Volunteer Shirley say, "I like talking to people and helping out the seniors." Funding for these programs comes from nominal fees, grants, and donations.

This year, ACC is participating in the 2nd annual Big Day of Giving on Tuesday, May 5, 2015. The Big Day is an online 24-hour giving challenge brought to the region by the local community foundations, including the Sacramento Region Community Foundation. Last year, the Big Day raised over \$3 million from 12,000 donors for about 400 non-profits.

At midnight on May 5, an online giving portal (bigdayofgiving.org) will open to accept donations for all registered non-profits. The donor searches for "ACC" to get to a dedicated ACC donation page. The minimum online donation is \$25, the maximum is \$10,000. Each gift is 100 percent tax deductible.

ACC will celebrate with free activities for Big Day donors on May 5 -- Pickleball, Boy's Day arts & crafts, taiko, electric keyboard, tai chi, and more. Like us on Facebook to find out more, see our website www.accsv.org, or call 393-9026.

Casa Garden gets new chef with exciting new menu ideas

The Casa Garden Restaurant recently hired a new Restaurant Manager who is bringing some new ideas to the Casa. Upon the retirement of Chef Joan Simmons, CC Curran assumed the Restaurant Manager mantle on Feb. 1. Chef CC has already made some changes. A fish option on Fridays was successful (offered only through Lent), new menu items are planned in months to come, and the Casa will now be open for Mother's Day Brunch on May 10. Reservations for lunch Monday-Friday or for Mother's Day can be made at 452-2809. Remember that tips and net proceeds from the Casa Garden Restaurant help support the Sacramento Children's Home.

Details about the inaugural Mother's Day Brunch are as follows: The meal, which will include traditional buffet offerings, will be held on Sunday, May 10 from 11 a.m. to 3 p.m. The last seating will be available at 1 p.m. The fee is \$25 per person (coffee/tea included) and \$3 for mimosas. (Other beverages will also be available for sale.) Call 452-2809 for reservations. Cancellations can be made 10 business days prior to the event.

Asked what her favorite dish to cook, CC said that was a difficult question to ask a chef as it depends on one's mood, jokingly saying that at that moment it would be "fried chick-

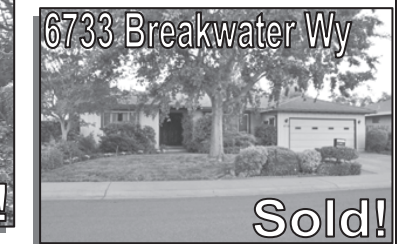
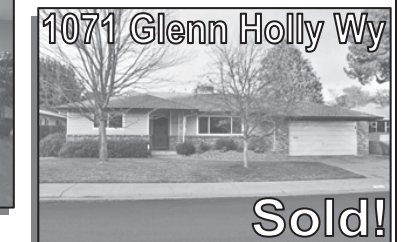
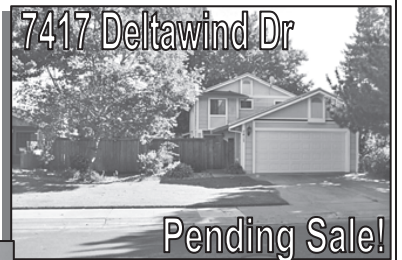


Photo by Monica Stark
Shown here is CC Curran, the new chef at the Casa Garden restaurant, who is making menu changes and starting new events like the dawn of an inaugural Mother's Day brunch for the price of \$25 per person; and \$3 mimosas will be available for sale.

en." CC has worked at banquet-type of facilities before such as at the Del Paso Country Club. She has most recently worked serving food at a daycare center at a local community college. Working at the Casa Garden couldn't be a better fit for CC, as she truly enjoys the mission of the restaurant.

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MONA GERGEN 247-9555



WONDERFUL ELK GROVE

Beautifully maintained single story 4 bedroom, 2 bath home located in quiet community. Great open kitchen, dining and family room combo. Master bath, walk-in closet, and sunken tub. Well-manicured backyard. Conveniently located! \$379,900

SYLVIA MORENO 996-4760



GREENHAVEN POCKET

4 bedrooms, 2½ baths, open floor plan great for entertaining! Features include family room fireplace, master bedroom opens to 2nd bedroom, inside laundry. Beautifully landscaped with raised brick garden and extended driveway \$339,000

LINDA WOOD 802-8042



SOUTH LAND PARK

Comfortable ranch style home with lovely brick front. 3 bedrooms 1½ baths, new linoleum in kitchen, laundry and hall bath. Hardwood under carpet. Newer windows, some plantation shutters. Brick fireplace, large laundry room, nice sized backyard with covered patio. \$325,000

KAREN SANDSTROM 803-0530



BRENTWOOD VILLAGE

Lovely 3 bedroom 2 bath home conveniently located, close to stores and schools. Light and bright with hardwood floors, updated kitchen, formal dining room, living room fireplace, central heat and air conditioning. Private backyard with mature landscaping, 2-car attached garage. \$199,900

PAULA SWAYNE 425-9715



PRIDE OF OWNERSHIP ON DISPLAY

Well maintained South Land Park home just shines with pride of ownership! 3 bedrooms 2 baths, 1621sf with pretty hardwood floors, spacious rooms and loads of light! Nice floor plan is perfect for entertaining or fun family nights. 2-car attached garage. \$279,000

PAULA SWAYNE 425-9715



WELL MAINTAINED

Impeccably maintained, roomy 3 bedroom 1½ bath on a big .2 acre lot. Lifetime roof, newer water heater and carpet. Heat pump and attached 1-car garage. Convenient to park and transportation. \$187,000

LISA MCCAULEY 601-5474

for current home listings, please visit:

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