

# POCKET NEWS

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## Students revive JFK's Clarion newspaper

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## POCKET NEWS

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## February 2016 events at the Robbie Waters Pocket-Greenhaven Library

The following are the hours at the Robbie Waters Pocket-Greenhaven Library, located at 7335 Gloria Drive: Sunday and Monday: Closed; Tuesday: 10 a.m. to 6 p.m.; Wednesday: noon - 8 p.m.; Thursday: 10 a.m. - 6 p.m.; Friday: 1-6 p.m.; Saturday: 10 a.m. - 5 p.m. For details, telephone the Sacramento Public Library at 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

**Friday, Feb. 5 at 10 a.m.: In Creative Company: Acrylics (Adult).** The joy of painting with Acrylics will come to life in this fun-filled class. Registration is required.

**Friday, Feb. 5 at 1 p.m.: Knit Together (Adult):** Love to knit? Want to learn to knit? Got a knitting problem you need advice or help to solve? All crafters are welcome--not just knitters!

**Saturday, Feb. 6 at 10 a.m.: Teen Advisory Board Meeting (Teen):** TAB meets regularly (usually

on the first Saturday of each month) to plan and coordinate volunteer projects and special programs for our libraries. Questions? Contact the teen services librarian at [tjoe@saclibrary.org](mailto:tjoe@saclibrary.org).

**Saturday, Feb. 6 at 1 p.m.: Book Discussion Group:** If you like to read and you like to talk about books, look no further than the Pocket Library book discussion group. The book for discussion this month is Blood Will Out by Walter Kirn.

**Tuesday, Feb. 9 at 10:15 a.m. Baby/Toddler Stay & Play (Early Childhood (0-5)):** "Stay and Play" is an unstructured social time for babies and toddlers (ages 0 and up!--older siblings are welcome as long as everyone can play nicely together), and their caretakers.

**Tuesday, Feb. 9 at 11 a.m. Baby/Toddler Storytime for ages 0-3 (Early Childhood (0-5)):** A combined toddler and baby storytime in which babies and toddlers (ages 0, to 3 years) and their caretakers are invited to join us for songs and rhymes. Please also note that on the last Tuesday of each month, we'll have a special musical performance by Mr. Cooper instead of storytime.

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# Pocket area police logs

The information provided allows for a timely snapshot of significant events in our community. The crimes reported here are preliminary investigations, taken in the field by patrol officers, and may or may not be assigned to a Detective for further investigation. The information provided may be found after further investigation to be incorrect or false. Certain details of these incidents have been removed due to potential follow up investigation into the incident and/or for privacy rights.

**Location and date and time: 1500 block of Dickson Street at 11:42 a.m. on Jan. 15**

The victim was inside his residence when an unknown suspect entered the home. The suspect stole miscellaneous property and fled the scene prior to officers arriving. No injuries were reported. Officers checked the area for the suspect. The investigation remains active.

**Location and date and time: 1300 block of Florin Road at 5:35 p.m. on Jan. 16**

Officers responded to the location regarding a report of a suspicious package. With the assistance of EOD, the package was determined not to be an explosive device.

**Location and date and time: 7400 block of Rush River Drive at 11:59 p.m. on Jan. 17**

Officers responded to the location regarding a report of a robbery. The suspect entered the business, removed property and fled just after threats were made to an employee. A report was generated.

**Location and date and time: 2300 block of Florin Road at 6:46 a.m. on Jan. 23**

Officers responded to the location regarding a report of a subject who damaged a window. The suspect was contacted and arrested.

**Location and date and time: 6600 block of Bruceville Road at 8:37 a.m. on Jan. 27**

Officers responded to the call of a subject possibly committing insurance fraud at a local hospital. Officers arrived on scene and located the suspect. A short time later, it was confirmed the suspect was receiving medical services under another person's identity. The suspect was transported to the Sacramento County main jail and booked for the unlawful use of personal identifying information.

**Location and date and time: 200 block of Ashwick Loop at 7:53 a.m. on Jan. 31**

Officers responded to a report of domestic violence. The suspect was arrested for domestic violence just after attempting to flee in her vehicle.

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# News briefs

## Happy 90th birthday, Wing Sing Fong

Happy 90th birthday, Wing Sing Fong! Born on Jan. 15, 1926 in Sacramento, as the son of immigrants who settled here in the early 1900s, Wing Sing Fong's parents were merchants who operated the Num Sing Store on 304 I St. in Sacramento's Chinatown from the 1910s to 1929 and whose parents had five sons and three daughters, all of whom were born in Sacra-

mento. At age 3, he left Sacramento to be raised in China; there he experienced the suffering and deprivations of World War II, and returned to America in 1946. Wing Sing Fong served honorably in the Korean War with the 955th Field Artillery Battalion from 1953 to 1955 and he married Nancy Ching in 1956 in Hong Kong and returned to Sacramento to establish their family of three sons and a daughter-in-law: Melvin, Alvin and his wife

Allison, and Marvin. Wing Sing Fong is the proud grandfather of three grandsons, Abraham, Jeremiah, and Elias; and he is the loving uncle to many nieces and nephews. Wing Sing Fong spent all his working years in the grocery business in various stores in and around the Sacramento Valley and established an honorable life here in Sacramento with lifelong neighbors and friendships.

*-Source: Board of Supervisors, County of Sacramento, declaration celebrating Wing Sing Fong's 90th birthday*

## Skateboarding in Freeport Manor

Exciting news for Freeport Manor: Neighborhood activist Kathi Windheim said she just finished finding funding for a skatepark to be built in Argonaut Park, adjacent to Sacramento New Technology High School. This 3-year project started with a Tony Hawk grant she wrote in 2013. She gives her thanks to many in the community, including "a tremendous thank you to Jay Schenirer for believing in the Freeport Manor neighborhood and a huge

group of teens who didn't want to skateboard in the fire lane behind New Tech Sacramento New Technology High School, Cathy Allen and Darrel Woo from SCUSD who came out and worked with us on so many challenges and never said it couldn't happen. Patrick Dennis Kennedy for being there for us at 'crunch time' and always thankful for Susan H. McKee. Barbara Moore, Pres. of Freeport Renovation On the Move, our late Treasurer, Ms. Edy, Sheran, Doris, Helen & Pam Ghiorso Rock from the Pocket! The teens who recycled, eBayed, rummaged, school/community fairs, car washed (before the drought), Jason, Demetrius, "Taco", Chris, Destiny, Sam & all of the New Tech Skate Club, Sac City College volunteers, Sylvia, Kim, V, Johnnie from Belle Cooledge Community Center, Captain Peletta, Rosio Ruano and 'Jess' JY Huang." Groundbreaking is scheduled for March or April, just in time for the 30th anniversary of the Evelyn Moore Community Center in May.

# Pocket residents open up Sacramento brewery

By MONICA STARK  
editor@valcomnews.com

Last August, Twelve Rounds Brewing Company hit 57th Street with a peaceful, family-friendly place for neighbors and friends to kick back and enjoy a pint, or two. A great addition to Sacramento, during the week, folks come in after work and Sacramento State students stop by after school, and on the weekends, people enjoy the relaxing atmosphere.

The story behind the venue began with a dream coupled with a bit of frustration. Sick of working in the IT world, Dan Murphy needed a change and his wife Elle, a senior analyst for the Woodland Police Department, supported him all the way.

This brewery quest the Murphys started took them three years, about twice as long as initially planned, but business is booming.

A kitchen is part of the plan at Twelve Rounds, but for now customers order food from across-the-street Evan's Kitchen or nearby Hot City Pizza and have it delivered to them at the brewery. On weekends when the wait time for seating at Evan's is an hour-plus long, folks pop into Twelve Rounds and wait until their table is available. "We tried the food truck thing, but that doesn't always work out. It's nice these neighbors are so close," Dan said.

What typically have been slow Mondays have turned around with a bit of creative food offerings: Free Hot City Pizza. Scheduled in advance these Pizza and Pint nights are promoted on the brewery's Facebook page.

"Mondays have been typically slow for us. My wife and I saw her family in Bay Area, and stopped at (Fairfield-based) Heretic (Brewing Company). It was on a Monday and he had a lot of people. He was grilling brats. He said this is for you guys -- Free. We tried that the following Monday and it was packed" -- an added bonus to the Murphys' staff who rely on tips.

And, so they decided to try again, and again. About "nine or 10 times" they've offered free pizza. Dan orders about 15 large ones "at cost" from Hot City and gives the pizza away for free. "We can't sell the food, but we can give food away. People like it; we like it. Some of the college kids buy one beer. I don't care."

A family affair, Dan's nephew Steven and girlfriend Andrea run the front of the house, and several of their friends are UC Davis graduates and are teachers who also work for at Twelve Rounds. "We haven't hired anyone we don't know. That gives us a lot of piece of mind."

Even the name Twelve Rounds pays homage to family, in this case Dan's dad, Daniel J. Murphy Jr. who now suffers from dementia. A skinny kid growing up in Oakland, the elder Murphy was a boxer and his son, the brewer, got into a lot of fights himself. "That's how we got the whole boxing thing. Most of our beers try to have a boxing theme in the name," Dan said. Because of his admiration for his father, Dan said he wanted to do something for his hero. There's the Down Goes Pilsner, a play on "Down goes Frazier!" (the historic call by Howard Cosell when George Foreman dethroned Joe Frazier as heavyweight champion in 1973); Haymaker Hefeweizen, Brawler Barley Wine, Golden Gloves Golden Ale, Uppercut IPA, Knockout Stout, East Portal Porter, Round 1, which was introduced last year; this year they'll come out with Round 2; a Scottish Ale called Sneaky Pete (which boasts a 10 percent alcohol content though you'd never know it). A triple IPA will be coming out soon.

Dan's first brewing days began up in the mountains. Living in Truckee he and a buddy would "drink beer, snow ski, water ski and drink a lot of beer" and because of those first and last reasons, they thought it would be cheaper to make their own than to buy it. They got one of those mail order juice cans,

followed the directions and ended up with two cases of each a light and dark beer. "It wasn't too hard. We did it more throughout the years."

Fast forward a few years; Dan's experimenting had come with some fun times in the kitchen. It was 2008, and the Murphys just bought a house in Woodland, but it had been about a year since he made any beer. "I started making beer with (Elle). It was a hefeweizen. It fermented so bad." There were no explosions but Dan said he had to repaint the walls and have a carpet cleaner come in. "My wife quickly got me out of the kitchen and into the garage."

In 2008-09, Dan upgraded to a 20-gallon pilot system. "That was a lot of fun. We had big parties and barbecues. Sometimes I'd do a double-brew day. A lot of people liked the beer. Everybody said you should sell the beer." Within the next year, the Murphys visited breweries and found Hair of the Dog Brewing Company in Portland and really enjoyed the barrel-age style. "They're not your average pale ale," he says. "They had a really cool place with a u-shape bar, a small cook counter. Fantastic beer. We joked we could do this. In 2011-12, we decided we really wanted to do it."

As other microbreweries beat them to the punch, Twelve Rounds ran into issues with contractors and building permits, delaying the opening of their business. But, fortunately for the Murphys, the building owner gave them free rent for a while.

A prior antique consignment, Dan described the place prior to renovations. "It was like the Winchester Mystery house. There were plywood stairs, a ceiling that was 9 feet high, then would drop six or seven feet. There were rooms with little doors. It was painted, orange, pink, blue. It was horrible. There was conduit with wires all over the places." With the greenlight from the owner to gut the building, every-



Photo by Monica Stark

Pocket residents Dan Murphy and English Pointer Sophie come to work at Twelve Rounds many days. Sophie's such a cutie!

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# Students revive JFK's Clarion newspaper

By MONICA STARK  
editor@valcomnews.com

The second issue of the revived John F. Kennedy student newspaper, the Clarion, just came out last Friday. The bell rings, and at 3:20 p.m. on Monday when most of the student population tries to get off campus as soon as they can, about 30 budding journalists pile into room F3 on the first day of the new quarter for a review of the content.

Editor Chris Wong grabs a white board marker and with student participation charts the positives and negatives of the edition. Featuring a story about Poetry Out Loud winner Kaitlyn Kui, and "Madame Taylor, Our Own Educator of the Year," the 8-page edition covers entertainment, sports, student features, science and even local political news that inform students about the 2016 Sacramento mayoral election.

"There was a typo or two," one naysayer said. Chris jots down "typo" on the (-) side of the chart. But "with that many words, there's always going to be typos," reassures advisor Mark Hanzlik, whose wife Mary Lou teaches art in the very classroom the students gather in.

A strong-willed leader, Chris asks the students: "What should we do to fix this?"

"More editors," a student calls out. Another (-) was one student's desire for more photos. "People like to look at pictures."

The students who gather together to produce the Clarion under the advisement of Hanzlik do so without accruing any school credit. Currently, they make up the JFK Clarion Media club, producing the non-profit publication paid for by ads and donations. Hanzlik encourages students to go out and recruit businesses to advertise because he's already reached out to his dentist and eye doctor.

"What about grandparents? My grandparents would do it," one student suggests.

"And neighbors? Even though I don't talk to them" she says, maybe she can get them to donate.

Mary Lou then offered a prize to the club members. "Whoever brings out the most money, gets a Cold Stone gift card."

The Hanzliks sent their now-adult children to Kennedy and Mary Lou has been teaching there for about 10 years. The executive director of the

Association of Alternative Newsmedia, Mark Hanzlik described the recent history of the revival of the Clarion, noting that about six years ago, the journalism class dissolved and with it the paper.

"This isn't unique to Kennedy as many other SacCity school newspapers have disappeared. There were a few attempts to bring back a newspaper at JFK that failed until Chris, as a freshman, pulled together a group of young students last spring into a club, which remained somewhat fallow until they recruited myself in September shortly after the current school year began," he explained.

Within two months' time, the group produced the first commercially printed newspaper at JFK in five years, a 12-page (4-color) tabloid debut distributed to 2,000 students and staff at JFK on Nov. 6, 2015. "It was written, photographed entirely by a growing group of young students (mostly sophomores) meeting only twice-a-week after-school as a club. The cost of printing was paid for by several local advertisers and numerous bake sales and food fair fundraising efforts by the students," he said.

Hanzlik explained the long-term plan is to take this core group of students and re-boot a journalism program at Kennedy this fall with a five-day-a-week journalism class (compared to the twice-a-week club format) with full media lab where the young journalists can expand their learning curve to include reporting, photography, video production, webcasts, social media, desktop publishing, print production and advertising sales.

Pulled aside during Monday's meeting, various students shared their love for producing the paper and their interests in journalism, as a whole. Assistant editor sophomore Dominic Larsen said he helps Chris when he's not able to attend a meeting. Considering himself more as a writer, Dominic enjoys getting points of fact across without incorporating any bias. "I like writing things that make people think. I'm a nerd."

He said the first issue last fall made everybody's day. "Teachers and students enjoyed it," Dominic said. "It's something new and refreshing they get to look forward to."

Needing a hobby and having a love for Kennedy sports, student Irene Lai said she decided to join the newspaper club and interview athletes. So

far she's written about the basketball team. "Back in middle school, I was a cheerleader, so I understood how everything works. It was like eighth grade again."

Copyeditor David Yu has written about the experiences of a foreign exchange student on campus as well as a review of The Martian, a film starring Matt Damon, that's out now in theaters. Yu said he enjoyed the assignments and first joined the club because he has a friend in the club and he needed something to do after school. "It's a lot of fun. I hope it becomes a seventh period class. That would be pretty cool."



Photo courtesy  
From left to right, back row: Mykayla Louie, Crystal Chan, Billy T. Hernandez, Brandon Wong, Dominic Larsen, Aaron Soliz, Tim Curry, Myiah Murray, Makayla Smith, Mr. Hanzlik.  
From left to right, middle row: Jonathan Hicke-Fox, David Yu, Savannah Perry, Maya Vargas, Aryanna Zavala, Lisseth Aguilar.  
On the table: Editor Chris Wong

Writer Savannah Perry wrote a piece last fall on the social acceptability of trick-or-treating as one grows up, noting she still participates in the Halloween tradition. "I don't know when it's socially unacceptable ... So, it was important to me to write it."

For cartoonist Brandon Wong, he's enjoyed portraying "over-the-top things that go on in life" like school rallies. "They're OK," he says, but "they're really loud sessions." The Clarion also provides him an outlet to showcase his work.

The Clarion started on day one when the high school first opened its doors to students in 1967 and Hanzlik thinks it published continuously until 2011 or 2012. The school still has copies of the first 20 years of the paper but nothing after 1999. "We have some record of the past advisors for the Clarion but it's pretty sketchy," he says.

The first issue of the Clarion, dated Sept. 11, 1967, features a biography of the then-principal, Mr. James A. Strivers, former principal at C.K. McClatchy, as well as the announcement that 1,500 students will enter the halls that day. Without any bylines except for the opening message from the principal, it's unclear who wrote each story. However, the news staff listed 19 members, one editor-in-chief, two assistant editors, ad-

ministration and members of the board of education.

For the first issue of the revived edition of the Clarion, Wong echoed a common sentiment shared amongst club members: "We wanted to make sure we choose issues that the student body could relate to and was local. Common CORE testing had recently occurred, so we had an article on state testing. School calendar changes were also being discussed, so we had an article on that. We also chose articles that would help build a sense of community at Kennedy, so we had student, staff, and club spotlights. Homecoming week was also the week before our first issue was released, so we had many photos featuring events from Homecoming."

Integrating web presence the Clarion staff, chiefly Wong, plans to keep the site, jfkclarion.com, updated bi-weekly or weekly.

Acknowledging the rough start of the journalism club, Wong said he was shocked the school had no newspaper or media outlet. "I felt that bringing the newspaper back meant that students would be able to have more of a voice and involvement with the school."

He said the staff last year was not the biggest or the best as the group only met during lunch and had a very slow start in production. The situation took a turn for the worse when advisor, Scott Smith, fell gravely ill and was not able to return for the remainder of the year and passed away from cancer last summer.

"We were barely able to amass the funding needed to print the paper and were only able to print one issue for the entire school year. That was our rough start," Wong continued.

This school year, Wong said he planned his attack much sooner, attending student orientations, amassing the group that exists today. "We

were also able to get our great new adviser Mr. Hanzlik with us, who helped give us the guidance and tools we needed to succeed," he said.

To Wong, journalism means putting your voice out there and reporting on what concerns your audience. "Journalism is where you become a voice for the people as well as yourself. It's also a process where you learn more about yourself and how you reflect on the world (while also keeping your reporting bias in check!) I have enjoyed every moment working with the paper and we have an amazing team that is a joy to be around. But if you ask me about deadlines, it'll be a different story!"

He said what he thinks helped him become the editor was a passion to help

people have a voice and give the school the outlet it needs. He also saw the need for the student body to be able to come together as a community, and these issues drove him to assemble a newspaper team. "I think my strong desire for these goals, plus a bit of a talent for writing helped me become the editor. I'm not sure how great I am at interviews, though!"

Chris explained the response from students outside of the club with the first issue of the paper was outstanding. Lying awake the night before the release date with nervous energy about the response to the paper, Chris received great comments all the next day on the paper. "We received so much positive feedback, more people looking to write, and more people interested in school events. It truly was a success among everybody at Kennedy High School."

Jio began playing at age 3 with the Dolphins for the Land Park Soccer League before making her move to Greenhaven Soccer. Now in competitive soccer, she plays club for Placer United where they practice in Roseville. "It takes an hour to drive. They are the best club... Unfortunately, there are no real good clubs here. There are girls on that team from Tahoe and it takes them four hours to get to practice every day. Everyone has to go through that. My mom still drives me. It's so far. She still loves watching me play."

Acknowledging the sacrifice from her mother, Jacqueline "Jade" Mamola, Jio said her mom "works Bingo", a fundraiser for club soccer, every single Saturday from 9 p.m. to 1 a.m. just so she and her siblings can play.

Growing up in a family of soccer players, her sister Gina received a full-ride scholarship to play at William Jessup University and after being told by doctors she couldn't play anymore due to injuries, the older Mamola has since switched sports to water polo.

To replace retiring soccer coach Michael Ferrigno, Kennedy Athletics this year

# Kennedy senior signs letter of intent to play women's soccer at UC Irvine

By MONICA STARK  
editor@valcomnews.com

With great footwork and a solid offensive threat on the soccer field midfielder Giovanna "Jio" Mamola garnered the attention from numerous colleges, but on Tuesday officially signed her letter of intent to play at UC Irvine in the fall.

She had considered St. Mary's, as much of her family attended there, but "she just wanted to be different."

"I almost didn't want what everyone was doing."

Taking heed from Peter Ochoa, a soccer coach out of Elk Grove, Jio visited Irvine and "fell in love with the school."

"Ever since then, it was my dream school. That was the seventh grade."

Replacing an outgoing senior who competed previously on the Mexico national team, Jio is a little apprehensive noting that the player is the best on Irvine now. "They can't make it easy. It's never easy," she says with a nervous laugh and a shake of her head.

With the Cougars, Jio wants to win sectionals and get past the team's status quo. "We always make it to the playoffs. We always play

against the team that wins it all." Last year, the team lost in overtime against Franklin High School, but Jio's realistic. "We're small compared to them. We're D2. They're D1. They emphasize on their sports."

Another goal this season: To beat McClatchy!

Playing center midfielder, a position known in layman's terms as the playmaker, Jio is responsible for making defensive and offensive plays happen. "It's a big role to take up, especially being young. I was the young one. It's hard because you have to beat out other girls. My coach now says you have to fight for the position. You have to be the best to play there."

"I don't even know why I play that position."

Currently, this is the most critical season fitness-wise for Jio because right when she enters college she's given a fitness test, which if she doesn't pass three out of four parts, she doesn't get her uniform. "It's the only reason why I am doing high school soccer. (The coach) is strict on fitness." From 100-yard sprints, timed miles, ab workouts, weights, "anything you can imagine to put your body in pain, that's what we do."

## The Clarion:

Continued from page 6

were also able to get our great new adviser Mr. Hanzlik with us, who helped give us the guidance and tools we needed to succeed," he said.

To Wong, journalism means putting your voice out there and reporting on what concerns your audience. "Journalism is where you become a voice for the people as well as yourself. It's also a process where you learn more about yourself and how you reflect on the world (while also keeping your reporting bias in check!) I have enjoyed every moment working with the paper and we have an amazing team that is a joy to be around. But if you ask me about deadlines, it'll be a different story!"

He said what he thinks helped him become the editor was a passion to help

people have a voice and give the school the outlet it needs. He also saw the need for the student body to be able to come together as a community, and these issues drove him to assemble a newspaper team. "I think my strong desire for these goals, plus a bit of a talent for writing helped me become the editor. I'm not sure how great I am at interviews, though!"

Chris explained the response from students outside of the club with the first issue of the paper was outstanding. Lying awake the night before the release date with nervous energy about the response to the paper, Chris received great comments all the next day on the paper. "We received so much positive feedback, more people looking to write, and more people interested in school events. It truly was a success among everybody at Kennedy High School."

hired Rogelio "Ro" Montano, who coached section title champions, the West Campus Warriors, when Gina happened to play there. "He's a fantastic soccer coach. When we had the opportunity to hire, who else would we hire? This guy," said athletic director Matt Costa.

A local guy, "Ro", has been coaching Greenhaven Soccer and lives in the neighborhood, Costa said.

Leading her family of Lady Cougars, Jio likens her Kennedy team to family. "Everyone knows each other. We've been together since we were babies." And since she was a sophomore she has taken them under her wing as captain of the Lady Cougars.

Jio says she hits the hay late studying to keep her GPA up between 3.6 and 3.7. Though entering UCI with an undeclared major, she's interested in pre-law or international relations, as she's always been into politics. "Pretty much everyone in my family is a teacher. I didn't want to go through that route," she jokes.

Following her own path, Jio's destined to succeed at whatever goals she sets her mind to.



Photo courtesy  
Giovanna "Jio" Mamola just signed her letter of intent to play women's soccer at UC Irvine.

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# Kung-Fu style karate started by local Wing Chun

By JAMES PEYTON

The 1970s saw a Kung-Fu sensation, a martial arts craze, around the world. But for years it was little known to the general public that the man who started this craze was Wing Chun. Even today, while almost everyone has heard of Karate, many people have never even heard of Wing Chun. Because of the Internet and movies, it is becoming more widely known.

Perhaps you have heard of or watched the several recent Ip Man movies or are a fan of the popular actor Donny Yen? Donny Yen and others act in the recently made slew of Wing Chun movies to dramatize the life of Yip Man, the little dragon's teacher. The "ip" is another way of spelling "Yip". Yip Man was considered a grandmaster of the Hong Kong Style of Wing Chun Kung Fu, and one of his students was a young Mr. Lee. There are many biographical stories of Yip Man to draw upon for the movies, such as the time he grabbed a gun pointed at him by a patrolman and broke it. I believe it may have been a revolver, and Yip Man broke the rotating part free of the rest of the gun with his fingers. Or the time when he stopped an armed robber from drawing his gun on him before the police handcuffed the robber and took him to their office.

The classic story of Wing Chun was of a young girl of the same name. Wing Chun was taught by an elderly nun how to fight, and the style bore her name. The nun was an elderly woman by the name of Ng Mui, who watched animals fight and created a style to defeat the Shaolin style. Kind of like updated technology. This origin story is a legend; I doubt if anyone knows if it is really true. According to the story, a large bully tried to force Wing Chun to marry him. The nun took her under her "wing" and taught her how to fight for a few years. When Wing Chun and the bully next met, she defeated him, although he was much stronger and much larger in weight.

This style is interesting because it allows a much smaller, weaker person to fight a stronger, bigger attacker. It is quite unique as practitioners can use an enemy's greater strength against them, and even fight blindfolded. It relies on touch and sensitivity rather than only sight. Another important feature is the centerline concept, dividing the body into zones of defense and attack. An exciting note about Wing Chun is that it doesn't look like typical movie fighting. It goes for what works, not what looks cool. Wing Chun is practical.

In Wing Chun Kung-Fu, there are only 3 forms. There is also a Wooden Dummy to practice on, as well as 2 weapons sets, the knives and pole staff.

Students can punch a sandbag to slowly condition their fists. To develop the body sensitivity, there are drills and exercises such as "Chi Sao or Sticking Hands" and "Pak Sao or slapping Hands".

According to the August 1993 issue of Inside Kung-Fu, page 56, Part 2 of "Enter The Wing Chun Time Machine", Pan Nam taught Sifu Eddie Chong that "Wing Chun was actually developed by a 22nd generation nun from the founding of Shaolin Temple", named Yi Chum.

If you live in Sacramento, you have the rare opportunity to study this martial art form for yourself. Sacramento Wing Chun Kung Fu is located in the Pocket-Greenhaven area at near the corner of South Land Park Drive and Florin Road. The school offers an extensive amount of learning, as there are two Wing Chun styles to learn, the hong kong style (yip man's style) and the fat san style, the even more rare Bak Mei Kung Fu, Chi Kung, Yi Chuan, and Thai Massage. There are also many proponents who study and teach other arts such as tai chi and fighting with various weapons. It is "all you can eat" or more likely "all you can learn" at the Wing Chun school. Aside from the main staple of Hong Kong Style Wing Chun, there is a rare variant of Wing Chun which is from the Shaolin Temple system. (fat san) Sifu Eddie Chong is the teacher of the class. In case you didn't know "Sifu" means "Teacher" in the Cantonese Chinese language, as much as "Sensei" means "Teacher" in Japanese.

Sifu Eddie Chong went to China in 1992 as the very last student of an old grandmaster by the name of Pan Nam. This valuable teacher taught Sifu Eddie the Fat San style of Wing Chun, and Sifu returned to teach the style to his students. According to the Neighbors newspaper of Thursday August 13th, 1992, page 6, Sifu Chong states "I'm trying to bring the arts out of China to the U.S." Staff writer Katherine Martinez penned the article.

Also while in China, Sifu learned the Bak Mei or "White Eyebrow" style. In Chinese history, the Shaolin temple was the origin of Kung Fu. When the monastery was burned down, an elder grandmaster monk was one of those who escaped. He had his own unique style of kung fu, different from the typical Shaolin. It was this southern Chinese style that descended down through time to become what Bak Mei is today, an aggressive fighting style with similarities to Wing Chun. In Inside Kung-Fu Magazine, page 44, August 2000 issue, Robert Chu says "Bak Mei is a highly sophisticated, fast and aggressive system that is rarely seen in today's



Photo courtesy www.chongskungfu.com  
Wing Chun wooden dummy.

Chinese martial arts." This issue features an article about Sifu Chong's Bak Mei style. One of the things that makes Sifu Eddie Chong's school different from many other Wing Chun schools, is that the student combines these arts into one new form of fighting, through learning them all.

Sifu Chong and his Wing Chun have been featured in several magazines and articles over the years, and he has an excellent series of instructional videos available for purchase. These are a supplement to the learning, not the actual learning itself. If you would like to practice Wing Chun or find out more information about it, come and give the school a look.

For more information : [www.chongskungfu.com](http://www.chongskungfu.com)

# Long ago neighbors reunite at Greenhaven assisted living facility

By MONICA STARK  
editor@valcomnews.com

Long ago in a not too far away neighborhood lived three friends and today they are all under one roof many decades later at the Waterleaf on 43rd Avenue. It's just a typical Tuesday and Elizabeth "Betty" Barrow, 91; Dora Del Porto, 96; and Alice Pugliese, 94 have their bingo cards out as a staff member calls out the numbers.

"My mother is one of them," says Don Del Porto, Dora's son, who visits mom many times a day, as does his wife Carol who visits her mom, Betty.

"I think it's really nice that they are able to have a reunion and enjoy the events together, playing bingo, listening to music, seeing each other, being with each other in the dining room. They even go to church together at communion services here on Friday," says Don.

The new one on the block, Alice, loves to chit-chat with Betty about their children, the good 'ol days dancing at the Dante Club and partying with friends.

Unfortunately, Dora suffers from dementia and doesn't recognize Alice.

"We all had fun. Can't believe it; we had so much fun," Alice said.

An example of the small town feel of Sacramento presents itself with stories like how the three first got to know each other. "When the Barrow family lived on Lawrence Drive their next door neighbors were the Puglieses. My mother and father were good friends with Alice's in-laws. Alice's husband had a brother who was a good friend of father. They were longtime friends and they all belonged to the Dante Club in Sacramento. Carol and I got married, so we started getting together."

Thinking back about how long they've known each other, Don said judging from old photos the three knew each other since the 1960s and Alice and Betty knew each other as early as the '50s.

When Dora had her 85th birthday party, Alice and Betty were there. When Betty had her 80th



Shown from left to right: Dora Del Porto, Elizabeth Barrow and Alice Pugliese.

Photo courtesy

or 85th birthday, they were all there. When Alice and her husband Leo had their 60th anniversary, they were all there. They were part of a large mob of people. "We had a lot of get-togethers," Don says. "For a period of time, they weren't able to get together. They lost their husbands. Mother went to

(Leo's) funeral. But things slacked off ..."

They became part of a generation where a lot of their friends were dying. Dora has been living at Waterleaf for almost seven years. "She couldn't live alone. My wife and I got a placement agency and this place seemed like the best fit. She moved

in 2009. Betty moved in 2014 and Alice just moved in. The reason my mother-in-law came here is that she visited my mother and said she wanted to go here. Alice, her family knew my mother was here, and Betty was here and she needed a place to go. They got a hold of us and we said come on over."

## Brewery:

Continued from page 5

thing was removed except the outside four walls, roof and floor.

Around that time, the Murphys made the Pocket their home and Dan was making about 15 batches of beer at a time, about 450 fewer than he makes now. The learning curve of commercial brewing was taught to him by none other than the guy who practically invented the West Coast IPA, Scott Cramlet. "When talking to Scott, he is the smartest I ever met. He remembers everything he reads."

The timing was serendipitous. Cramlet, the brewmaster at Rubicon for close to 25 years, like Dan, was ready for a new adventure. Looking to leave a management role at the Rube, Scott approached the Murphys at the beginning of last year stating he was looking to change scenery. "I was at a point I was looking for something new and to make a change, luckily

at the same time Dan was looking for help to run the place. He had the vision and dream. And I came with the experience to help us pull it off. What's cool about this place is being a newer brewery we have a lot of flexibility to come up with new stuff, some new and exciting beers. We can do small batches and experimental stuff. A nice thing is the neighborhood we are in. A lot of the customers are excited to see us over here."

And since their first batch, every drink has been fantastic. Explains Dan: "We haven't had to dump anything yet. All the beers are pretty solid, pretty clear. I got to give all that (credit) to Scott. I take direction from him. I call him a brewmaster, myself a brewer. I need to log some more years before I can call myself a brewmaster."

Fortunately for Sacramento and for Scott he's created a taproom that will afford him a fighting chance toward perfecting his craft.



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# Stanford researchers release study of Alice Birney's educational approach

For the entire first hour of the morning in a seventh-grade classroom at Alice Birney School, there is not a single sound from Mr. Martin. And yet order rather than chaos prevails. What is happening here? The teacher, a long-time veteran, conducts the opening of the school day like a mute maestro, greeting each student at the door with a gentle handshake and friendly nod, leading students through their morning routine of calisthenics, making eye contact in some places, using hand signals in others, as the class

enthusiastically stretches, twists, and reaches. The class continues through its routine: into choral song, verse recitation, and homework review. All the while, the teacher silently directs and connects with students, prompting particular individuals to answer the questions of their classmates, or gently touching the shoulders of others who have lost focus in order to redirect them. An air of deep, hard-won trust is palpable. The students trust their teacher, and he them. Having traversed their educational journey together

beginning in first grade, what transpires in his classroom did not emerge instantaneously, but through hard work and dedication to a core set of values and practices. This pervasive sense of trust, that is so notably absent in many schools, embodies the essence of public Waldorf-inspired education. It is a trust that fuels nearly everything at Alice Birney.

—Growing a Waldorf-Inspired Approach in a Public School District

A recently released research study of Alice Birney Public Waldorf eK-8 School concludes that the school is a "powerful example of an alternative educational approach within a public system."



Stanford researchers release study of Alice Birney's educational approach

The study, "Growing a Waldorf-Inspired Approach in a Public School District," was conducted by the Stan-

ford Center for Opportunity Policy in Education. The report was written by researchers Diane Friedlaender, Kyle Beckham, Xinhua Zheng and Linda Darling-Hammond.

SCUSD's two other Waldorf public schools — AM Winn eK-8 and George Washington Carver School of Arts and Science — are also discussed in the 139-page report, which can be found at <edpolicy.stanford.edu/sites/default/files/publications/scope-report-waldorf-inspired-school.pdf>.

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# March for the Dream inspires locals to talk about race issues

By MONICA STARK  
editor@valcomnews.com

*"Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals."*

—Martin Luther King Jr.

On Monday, Jan. 18, Sacramento hosted the 35th Annual Capitol March for the Dream,

Northern California's largest Martin Luther King Jr. Day celebration. With more than 28,000 who participated, Sacramento City College and Hughes Stadium's parking area was, in the second year in a row, the official starting location of the march.

The march started at Sacramento City College some 35 years ago, so to organizers it has made sense for the march to circle back to where it all began.

"We took full advantage of the symbolic importance of a street named, 'Martin Luther King Jr. Blvd.' to create a special leaders only introductory leg of the march called, 'The Extra Mile.' Like Dr. King, leadership sometimes means that

you have to go the extra mile or carry an extra load in the service of others," said Sam Starks, executive director of MLK365, in a press release. The march started when the extra mile marchers arrived at Sacramento City College.

"The Extra Mile is about teachers, pastors, law enforcement, political, civic and other leaders coming together to walk arm-in-arm in a public show of unity around continuing the march that King and other began. 'We must learn to live together as brothers and sisters or perish together as fools,' Dr. King would commonly say. For MLK365, the King Holiday is more a symbolic reminder that the true quest for civil rights and social justice is a slow and steady march for the dream," Starks said.

Meanwhile, the Diversity Expo held at the Convention Center offered a full range of activities with speakers, crafts and educational materials for children of all ages.

The march quickly gained walkers as it came through the Land Park neighborhood. Not present at Hughes Stadium, the John F. Kennedy and West Campus high school marching bands joined in later. Seen entering the downtown area, JFK band teacher Jere-



my Hammond said it was a "beautiful day for a march."

Carrying about a 6-foot peace pole the entire journey, East Sacramento resident Army Major Renée Marie has said in prior interviews with this publication that "peace is patriotic." To that end, Renée has brought peace poles to schools around the world from Afghanistan to our local, Theodore Judah Elementary School.

Asked why she participated in the march, she said, "I march for all who cannot.

I march for all who can but don't. I march because my heart knows it is the right choice; to honor Dr. Martin Luther King's efforts and sacrifices. I march for Rosa Parks who sat in the front! I march for all the Peace Warriors who serve until one love. Peace and social justice is available to everyone. I march for humanity. I march."

As the march headed north on Freeport Boulevard before heading west into William Land Park,

See MLK, page 12

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**MLK:**

Continued from page 11

some participants chanted: "No justice, no peace. No racist police." A chuckle from the sidewalk was heard coming from a black Sacramento Police Department officer who provided just his first name, Justin. "We have zero tolerance for that here in the Sacramento Police Department," Justin said. "I thought that was funny, but it's true. No one wants to work around a racist police officer and you won't find one of those in our department."

Lifelong political activist and march participant Al Rojas questioned that sentiment, wondering how many black or people of color are employed by the police and fire departments. On his Facebook page he wrote about Dr. King's fight for justice against racism and bigotry and for that he was assassinated. "Many will not want to talk about his murder," he wrote. At the march, Rojas said he would have liked to have seen more of a discussion regarding education and the reasons behind MLK Jr.'s fight. "They are issues prevalent today," he said, mentioning the shooting of young black men.

Sacramentan Alicia Dienst marched with the National As-

sociation of Social Workers "because our country faces a serious challenge of racial injustice and as a white person I have a responsibility to meet and overcome it, to show up and help create Martin Luther King Jr.'s beloved community."

During the start of the march, one of the participants named Curtis Smith released drone quadcopter, (a Phantom 3 Professional Video) and told the Pocket News that he had about six minutes of video of the march and festivities at Sacramento City College.



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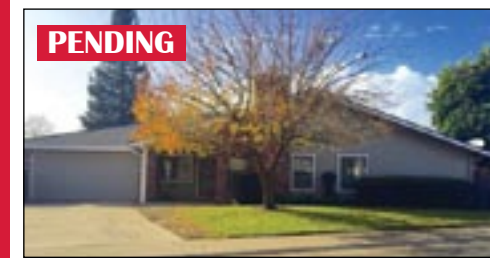
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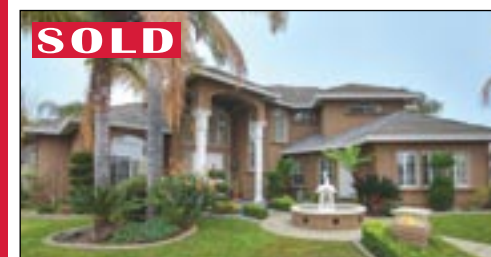
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# Local students gear up for Sacramento County History Day

By MONICA STARK  
editor@valcomnews.com

Sacramento County History Day will be held on Saturday, March 5 at Inderkum High School and will feature works from about 300 schools countywide. Many St. Francis High School students are involved each year. Currently, organizers are looking for judges for the various school projects.

Cash prizes range from \$25 to \$100 and some will move onto the state competition, which will be held in Rocklin, May 5, 6, and 7.

Promoting the event, Dr. Bob LaPerriere, curator of the Sierra Sacramento Valley Museum of Medical History in East Sacramento, said this event makes history more interesting to the students. "It gets them more interested in history than in class when

what they learn is not too relevant about what they are thinking about, things they are interested in."

This year's theme is "Exploration, Encounter, Exchange in History", a theme broad enough to encourage the investigation of topics ranging from local to world history and across any geographic area of time period, argues Adrienne Harkness, contest manager and Lynne M. O'Hara, director of programs for National History Day. In a joint description, promoting the event to teachers and students, they write: "Consider this theme an invitation to look across time, space and geography to find examples in history of when people took a risk and made a change. You can begin brainstorming for possible topics by thinking

See History Day, page 15



Photo by Monica Stark  
Dr. Bob LaPerriere, curator of the Sierra Sacramento Valley Museum of Medical History in Sacramento, stands in front of what he calls the "gold standard" in History Day displays. This student-made display is a fixture at the museum.

## History Day:

Continued from page 14

about subjects you are interested in, whether it is science, sports, art, travel, culture or even specific people." Four examples they provided are: Encountering a New Religion: Spanish Catholic Missionaries in the Americas; World War II War Brides: The Exchange of Cultures; Peace of Westphalia: The Exchange that Ended the Thirty Years War and Roanoke: When Exploration, Encounter, and Exchange Went Terribly Wrong.

Inside the medical history museum is one student presentation that won a national award. "We have an exhibit from 10-12 years ago that won national award. It's about the flu epidemic of 1918 and the students from Elk Grove have moved on. One is in medical school at UC Davis. (The display) is a gold standard in my mind for exhibits. I never saw one that came close because of the way it's done; there's a large lot of photographs. It's impressive looking at it. It has an 85-page bibliography of research and a DVD where they were interviewing people whose family that had gone through the epidemic."

One of this year's participants, Henry Ankhelyi of Vista del Lago High School, said his favorite part of History Day is learning about different historical events, groups and individuals which have an impact on our lives even to this day.

"For example, my group's topic for this year's History Day, Exchanges of the Fur Trade and American Capitalism, focused on fur trading companies as an aspect of capitalism. We discovered a fur trading company founded in 1797 called the XY Company. The company still remains after a complex and troubled history to this day and now makes hand crafted canoe paddles. I found that the small discoveries like this were my favorite parts of History Day," Ankhelyi said.

When he was in the seventh grade, Ankhelyi did his History Day project on the steam engine and its impact on society today. "I explored how it revolutionized people's lives when it was introduced, and the kinds of reaction and reform it induced as a result of its introduction." Ankhelyi is doing a group project website this year with friends on the fur trade topic. Regarding support from his school about history day, he said he has had a lot of support from Mrs. Lawson, Mrs. Baquero and Mrs. Hillesland.

### On the web:

Sacramento County History Day  
www.sachistoryday.org

National History Day - California  
www.nhdca.org

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# Ski documentary screening to be held at Holy Spirit Parish School

By MONICA STARK  
editor@valcomnews.com

"The Streif: One Hell of a Ride," a documentary about the famed Hahnenkamm downhill ski race in Austria, will be shown at Holy Spirit Parish School on Tuesday, Feb. 16. Doors open at 5 p.m.; film starts at 6 p.m. inside the gym. Tickets are \$10 in advance, or \$12 at the door.

Winner of the 2015 ROMY award for Best Documentary, "Streif" is narrated by U.S. Ski team legend Daron Rahlves and chronicles the momentous story of the 75th Hahnenkamm race in Kitzbuhel, Austria and follows five of the world's top ski racers: Aksel Lund Svindal, Hannes Reichelt, Erik Guay, Max Franz and Bode Miller – as they prepare and compete in the flagship World Cup Race.

"It is a sports documentary about the ski event that the

entire skiing world focuses on for the week that just passed, in the World Cup ski racing calendar," explains HSPS principal Peter McIntosh.

Released through theatrical tour in the U.S. by Warren Miller Entertainment last fall, it's available for licensing across the United States through this year.

Excited about the screening at his school, McIntosh said, "It kind of feels surreal because it's so out of the box. We're a little catholic school hosting this thing."

"Usually these events get featured at the Tower or the Crest theater(s). Holy Spirit Parish School is a K-8 Catholic School, located behind the Sacramento Zoo," McIntosh said. "This (showing) is the first of its kind (to be shown) in a multipurpose facility, in a K-8 gym." Between San Francisco and Lake Tahoe, HSPS is the only location showing the film.

An added special treat, the film's narrator Rahlves, a three-time Olympian and winner of the Hahnenkamm race, will take audience questions after the screening.

Involved with ski activities and blogging about them, McIntosh hopes to get the broader community excited about this event.

Because skiing is a niche sport, McIntosh has garnered promotional help from Land Park Ski and Sports, Sugar Bowl Ski Resort and Alpine Adventures, and with 450 seats to fill inside the gym, McIntosh is keeping ticket prices low. "It won't be an exclusive thing. It's something that hasn't been done before. It's like a test. I hope and expect that it will (sell out)."

A fundraiser for HSPS weekly field trips to the zoo for their Hands on Science program, McIntosh said all proceeds will benefit that partnership. "We are helping the zoo develop their Hands on Science curriculum. We want to have a budget in place to fund this science curriculum and sustain it. We want to have this as a fun fundraiser that goes beyond our own borders."

In line with "Next Generation" science standards, McIntosh said the Hands on Science curriculum involves much time and cost.

Over the years of interviewing athletes for his podcast, prosportstalks.com, he's become friends with Rahlves,



and during a recent ski outing together, they brainstormed about how to best promote the film. "I was skiing with him about six weeks ago... He said he'd be interested coming down (from his home in Truckee) and meeting people."

As an aside describing his podcast, McIntosh said it's about sports, skiing, soccer and fitness. "I get advice from the pros that uplift your game" – inspiration and tips that transcend other disciplines. "I'm the chief beneficiary of the pro athlete advice. It's self-serving in that way."

**On the web:** The trailer of "Streif: One Hell of a Ride" can be seen on YouTube: [www.youtube.com/watch?v=uMAIRaBxw4M](http://www.youtube.com/watch?v=uMAIRaBxw4M)  
**If you go:** What: Screening of "Streif: One Hell of a Ride", featuring a question and answer period with documentary narrator, ski team legend, Daron Rahlves  
**When:** Tuesday, Feb. 16. Doors open at 5 p.m.; film starts at 6 p.m.  
**Where:** Holy Spirit Parish School gym; 3920 West Land Park Drive  
**For more information, call** 448-5663  
**Cost:** Tickets are \$10 in advance, or \$12 at the door. For tickets to the screening at Holy Spirit Parish School visit: <https://www.eventbrite.com/edit?eid=20773048748>

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# Matias Bombal's Hollywood



## The Finest Hours

The MPAA has rated this PG-13

Walt Disney Studios Motion Pictures offers their visualization of a real historical event with "The Finest Hours," the story of a dramatic rescue at sea in the most difficult of conditions. Thrilling and realistic, it's based on Michael J. Tougias and Casey Sherman's book of the same name. It has nothing to do with the Columbia Pictures release of 1964 about Winston Churchill with exactly the same title.

This is the harrowing true story of an oil tanker that split in half during one of the worst recorded East Coast storms which battered New England in February of 1952, and the brave Coast Guard men that risked their lives in a very small craft through and over seventy foot-high waves to rescue the surviving tanker crew of 30 sailors. Intercutting between the story on the remaining floating portion of the tanker's stern and the men at the Coast Guard station, this movie shows the remarkable possibility of human spirit.

On board of the T-2 tanker SS Pendleton the men without a captain had been lost on the forward part of the ship. They are torn about what to do: Escape by lifeboat or stay on board?

The tanker's chief engineer, Ray Sybert, played by Casey Affleck, tries to bring reason to a moment of terror by organizing the men at the stern of the ship and suggests manually controlling the rudder in order to run the ship aground onto a sand bar. While these sailors fear their last moments are at hand, the Coast Guard is on the way. But not in force.

Remarkably, not far away up the coast a second oil tanker also has been split by the weather in the rough seas. Many Coast Guard men and the largest craft in the region had been sent out on that distress call before the closer disaster of the SS Pendleton had been discovered. With less than a handful of men and a small motor lifeboat, the timid yet resolute Bernie Webber, played by Chris Pine, risks all to find the SS Pendleton,

while pelted by the worst conditions in their careers.

They remain determined to reach the men in distress, without compass, having barely survived the giant waves crashing on a giant underwater sandbar from multiple directions.

Director Craig Gillespie has crafted an excellent and thoroughly entertaining movie that I feel is one of the strongest January releases in recent memory. In a month that is famous for being the month of the year when most major studios dump the worst movies in their release slate, here is something you will find excellent entertainment.

Nice touches, too. We are reminded of the era of this event when the cook on board the SS Pendleton, Tiny Meyers (Abraham Benrubi), sings "Sit Down, You're Rockin' the Boat" from the Broadway production of "Guys and Dolls" whilst a work in the galley. The movie version of "Guys and Dolls" did not come out until 1955. Chris Pine is excellent as Webber, but this movie really belongs to Casey Affleck. I first was really impressed by Affleck as an actor in a dismal movie of 2013 called "Out of the Furnace" in which his performance was riveting. As the silent but strong chief engineer of the SS Pendleton, Affleck remains one of my favorite actors to watch. I think he will only continue to impress us with outstanding work.

Also propelling movie is the concurrent story of Chris Pine's love interest, played by lovely Holliday Grainger. She turns in a winsome performance as the girl that will get her man to marry her in April, come hell or high water. Above the bar for January release, this is a perfect movie to see on the big screen. Carter Burwell, nominated this year for an Oscar for his work on the movie Carol, has written an appropriate musical score. I was thoroughly entertained by "The Finest Hours". You'll want to stay through the credits on this one, as you are shown comparative photos of the actors and the real life men that they played in the film as well as real images of the actual event.



Casey Affleck's quick thinking saves lives in "The Finest Hours" -Walt Disney Studios Motion Pictures.

## Kung Fu Panda 3

The MPAA has rated this PG

Twentieth Century Fox continues the adventures of Po, voiced by Jack Black, the slightly slow but adorable animated Panda bear now in his third adventure with "Kung Fu Panda 3" This has a terrific line-up of popular stars of today lending their voices to the animated characters, some back from the previous movies, some for new ones introduced for the first time in this story.

Po's long lost father Li re-appears into his life, from out of nowhere. Actor Bryan Cranston, nominated for his titular role as "Trumbo" this year, voices the father. This places a schism of attentions between the rediscovered father and Mr. Ping (James Hong), the goose that adopted Po, and has him help out at his noodle house. Love-ly Kate Hudson voices the tempestuous Mei Mei who has a panda pash for Po. Good turns come from Jackie Chan as Monkey, Dustin Hoffman as Shifu, Angelina Jolie as Tigress, and J.K. Simmons as the evil Yak, Kai, the antagonist of the animated photoplay.

The rather light story line of Kai's push to conquer and steal the Chi of all of the kung fu masters, defeating them and turning them into jade allows for silly asides and light froth well suited for kids but rather dull for adults. However, the movie, in 3-D, is lovely to look at with beautiful backgrounds that are truly stunning and seem incongruous with the jocular Jack Black's dialog. Po travels with his

father and the jealous Mr. Ping, dawdling not far behind, to the enchanted land of the pandas, to muster an army to fight the supernatural Yak menace.

Not much story, but for kids, fun comedy with talented voices. What made this movie wonderful for me was the singular talent of the voice of Mr. Ping, performed by 86-year-old actor James Hong. Mr. Hong's career is the history of the modern cinema. The Minneapolis born Asian actor was once a guest on Groucho Marx's "You Bet Your Life" in the golden age of television. He began his movie career in un-credited bits in such classic films as "Love Is a Many Splendored Thing" (1954) and "Blood Alley" (1955).

Over the years, such movies as "The Sand Pebbles," "The Hawaiians," "Chinatown," "Bound for Glory," Ted Post's "Go Tell The Spartans," "The World's Greatest Lover," and "Airplane!" were all enriched by his presence. You may remember him in "The In-Laws," "Big Trouble in Little China," and "Tango and Cash" but he is likely most remembered by today's audiences as Hannibal Chew in Ridley Scott's "Blade Runner" of 1982. At 86 and still working is a great testament to a great actor that makes any movie better by just being in it.

"Kung Fu Panda 3" is fun for kids, but mostly forgettable. Bryan Cranston's rich voice is a joy to listen to. Do savor the lavish and beautiful backgrounds. With every word that you hear Mr. Ping say, know that voice is one that has been a golden goose for Hollywood.

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# CALENDAR

Send your event announcement for consideration to: [editor@valcomnews.com](mailto:editor@valcomnews.com) at least two weeks prior to publication.

## Little Hats, Big Hearts looking for newborn and preemie knit hats

Now until Jan. 15: Calling knitters, crocheters and loom knitters of all ages. The American Heart Association Sacramento Chapter is calling for handmade little red hats in preemie and newborn sizes. Hats need to be completed and delivered to the Sacramento Chapter Office located at 2007 O St., 95811 no later than Friday, Jan. 15. "Little Hats, Big Hearts" is a nationwide campaign of the AHA, bringing awareness to the babies who are born with heart ailments and heart defects. All hats received will be distributed locally in February 2016 as part of Go Red Month. This event is also being hosted on Facebook as "Little Hats, Big Hearts" for Elk Grove and Sacramento. Enjoy being part of this special project. Participants in Elk Grove will have designated drop-off locations to be announced in the Elk Grove Citizen and Facebook. For

more information, contact Teresita Valadez at [teresitagabriela@yahoo.com](mailto:teresitagabriela@yahoo.com).

## Free trees

Sacramento Tree Foundation, in partnership with SMUD, provides free expert tree selection advice and energy saving shade trees to SMUD customers. Call the Sacramento Tree Foundation at (916) 924-8733 or email [shadetrees@sactree.com](mailto:shadetrees@sactree.com) to make your appointment to receive up to 10 free shade trees. Your appointment can be online or in person and an expert Community Forester will work with you to find the best places and tree varieties to plant that will provide the most shade for your home. About two weeks after your appointment, once you agree to the planting plan, your trees, stakes and ties will be delivered to you. This is a free service provided in partnership by SMUD and Sacramento Tree Foundation to help SMUD customers save energy. For more information, call Sacramento Tree Foundation at (916) 924-8733 or visit [www.sactree.com](http://www.sactree.com). Properly planted trees can save help you save up to 40 percent on summer cooling costs, increase your property value, clean the air, reduce

stormwater flooding, and make your neighborhood a better place to live. Call Sacramento Tree Foundation at (916) 924-8733 or visit [www.sactree.com](http://www.sactree.com) for your free trees.

## The Sacramento Traditional Jazz Society (STJS) monthly music event

Every second Sunday of the month, STJS has music at the Elks Lodge No. 6, 6446 Riverside Blvd., from noon to 5 p.m. Each month STJS has a different band, there is three different rooms to listen to music. Nominal fee for members is \$8; non-member price is \$10.

## Nar-Anon meeting for families and friends

The group meets to learn about drug abuse, share problems, encourage the addict to seek help, replace despair with hope, improve the family attitude, help regain your self-confidence. For more information, call the First United Methodist Church at 446-5025, ext. 101. Meetings are Tuesday evenings from 6:30 to 7:30 p.m., 2100 J St.

## Beginning tai chi gong

These exercises use the principle of chi flowing properly throughout the body to maintain the equilibrium of yin and yang. Regular practice of these forms will develop better balance and flexibility, gain strength, promote deep relaxation, and improve health. This beginning class will also learn the 24 Yang Style Tai Chi and Yi Jing, a traditional Health Qi Gong. Pre-registration and prepayment required or \$7 drop-in fee at the door. Class will be held on Tuesdays from 4:00-5:00 pm at ACC Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, [www.accsv.org](http://www.accsv.org).

## Widow persons monthly buffet and social

Widowed Persons Association of California, Newcomers' Buffet and Social is open to any and all widows and widowers, the third Monday of each month at 5:30 p.m. The buffet will be held in the private dining room at the Plaza Hof Brau, corner of El Camino and Watt Avenue, cost varies as the choice is from a no-host buffet menu. There is no charge to attend the social other than the meal chosen. For more information, call 916 972-9722. Widowed Persons Association of California, Sunday Support, is open to any and all widows or widowers, every Sunday from 3 to 5 p.m. in the meeting room of the WPAC office, 2628 El Camino Avenue, Ste. D-18. Enter from the back parking lot. For more information, call 916 972-9722. Saturday, Nov. 7, Widowed Persons Association of California Workshop, "Coping with the Holidays," 2 to 4 p.m., the doors open at 1:30 p.m.. A second session will be held Tuesday, Dec. 1, from 7 to 9 p.m., doors open at 6:30 p.m. The work-

shops will take place at 2628 El Camino Ave., Ste. D-18. Enter from the back parking lot. For more information or to register, call 972-9722.

## FEBRUARY

### SCNA's 2nd Annual Sing N' Serve Crab Feed

Feb. 5: Organized by the Sierra Curtis Neighborhood Association, SCNA's Sing n' Serve Crab Feed is designed to create a new and exciting way to experience a crab feed, all while raising funds that proliferate the arts in the community. Crab will be sourced from more northern waters to ensure an experience that is safe and to the standards of the California Department of Health and the California Department of Fish and Game. Sacramento Gay Men's Chorus will be joining us again this year and provide entertainment and host our popular Desert Dash. Beer, wine and soft drinks will be available for purchase. This event sold out last year; make reservations early. The dinner goes from 6 to 8 p.m. at the Sierra 2 Center, 2791 24th St. Contact Faith Johnstone at 452-3005.

### Winter Crab Fest 2016

Feb. 6: Saint Mary's at Giovanni Hall, 58th and M streets. Doors open 6 p.m., dinner is at 7 p.m. It's all you can eat crab and there will be a silent and live auction and dessert auction for \$50. Advanced ticket sales only, call 427-6751. Email [sisacramentosouth@soroptimist.net](mailto:sisacramentosouth@soroptimist.net). Presented by Soroptimist International Sacramento South. Funds raised at this event are directed to individuals and projects making a difference for women and children in Sacramento County.

### SES Robotics third annual crab feed

Feb. 6: Enjoy all you can eat crab, shrimp, pasta, antipasto, salad, bread, dessert, coffee. All catered by Fins Market & Grill. Tickets on sale now. Checks payable to SES Robotics INC. No refunds. Non profit, tax-deductible. Donation letters available at the event. Tickets are also available online at [sesrobotics.us](http://sesrobotics.us) under events tab. Tickets are also available in the school office, limited quantity. Doors open at 5:30 p.m., dinner and raffle from 6 to 8 p.m. and dancing from 8 to 11 p.m. Non-alcoholic beverages will be available for purchase. This is an on-site school event, no alcohol is allowed. Tickets are \$50 per person. Table of 6 are \$288. Tickets are on sale now. There will be music by DJ Pete who will spin tunes from all genres. SES is located at 7345 Gloria Drive. SES Robotics Inc. office is 258-2107 and the school office is 433-2960.

### Traditional Jazz Youth Band Festival

Feb. 6: Sacramento State hosts the annual Traditional Jazz Youth Band Festival, an all-day event dedicated to performance and teaching of

traditional jazz for school, club and independent bands. The combo performances run 8 a.m.-6 p.m. in Capistrano Hall on campus, 6000 J St. At 7 p.m., renowned trombone and trumpet player Wycliffe Gordon headlines a closing concert. The public is invited all day. Tickets are \$12 at the door, free for students with ID. Contact: 278-5191.

### 18th Annual "Sacramento Museum Day"

Feb. 6: Twenty six participating local museums will offer free or half-priced admission from 10 a.m. to 5 p.m. Most of the more than 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 parking and traffic control 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 a special "open cockpit" day where most aircraft will be open for viewing (weather permitting), a children's art contest and on-site exhibitors such as the Tuskegee Airmen; The California Automobile Museum will demonstrate how to make an 1850's small stationary steam engine run using compressed air (note that the Museum displays several early steam-powered automobiles in its collection), plus a hands-on stamping activity for kids that includes a small prize at the end; The Masonic Service Bureau will be on-site at the Powerhouse Science Center Discovery Campus providing free electronic fingerprints of children for their parents plus the Sacramento Public Library will have a booth and prize wheel on-site, and there will even be drop-in visits by local mascots; The Sacramento History Museum will offer their always-popular gold panning activities for kids outside in front of the Museum; The crowd-favorite Sacramento Children's Museum will present a lively "task party" where guests randomly draw and perform fun tasks such as convincing other guests to "jam" with them for five minutes, draw portraits of strangers (with crayons) or even handing out awards for silly things like Best Eyebrows; The Old Sacramento Schoolhouse Museum will serve cake and provide short lessons by interesting teachers to celebrate the anniversary of Sacramento's first public school in February 1854; Sojourner Truth African American Museum will host a Crocker Art Museum "Block By Block" talent search (from 11 a.m. to 2 p.m.) plus children will be able

## Calendar:

Continued from page 20

to make and take home a Sojourner Truth tile piece; Verge Center for the Arts will offer a Free Kids Clay Open Studio from 1 to 5 p.m. where children will receive basic instruction to play and create with clay. The event is scheduled from 10 a.m. to 5 p.m. but note the last guests will be admitted at 4 p.m. For more information, visit [www.sacmuseums.org](http://www.sacmuseums.org), or call the Sacramento Convention & Visitors Bureau at 808-7777.

### Music at noon

Feb. 10: Free music programs, offered at Westminster Presbyterian Church at noon on Wednesdays. This week enjoy Ash Wednesday Music & Poetry with cellist Jiamo Chen and Friends.

### Root Cellar Sacramento Genealogical Society

Feb. 11: Program this month is "Show & Tell" Members will display and talk about family heirlooms from 7 to 9 p.m. at Christ Community Church, 5025 Manzanita Avenue, Carmichael. From 6:15 – 7 p.m., you can attend a pre-meeting with informal discussions where you can ask questions, share brick walls, find others searching in your geographical areas. Visitors always welcome! For more information, go to [info@rootcellar.org](mailto:info@rootcellar.org).

### Free support meeting

Feb. 12: In partnership with the Alzheimer's Association, the City of Sacramento will be hosting a free support group meeting for caregivers taking care of loved ones with dementia on Friday, Feb. 12 from 3 to 4 p.m., Cypress Room, at the Hart Senior Center, 915 27th St. in midtown Sacramento. Support group meetings provide education and emotional support to remind caregivers they are not alone—giving them a chance to say what they are feeling in a supportive environment and learn new strategies and resources in the community. Care for loved ones with memory loss can be provided while attendees are at the workshop if arrangements are made in advance. To attend, RSVP to Chantell Albers, [calbers@cityofsacramento.org](mailto:calbers@cityofsacramento.org) or 808-6475. Support group meetings will be held every second Friday of each month.

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### Free e-waste collection fundraiser for SES Robotics

Feb. 13: From 8 a.m. to 4 p.m. drop off your e-waste at the School of Engineering and Sciences parking lot, 7345 Gloria Drive. Added bonus: There will be tamales and other snacks for sale! All proceeds benefit the SES Robotics Teams (FLL/FTC/FRC). SES Robotics has partnered with Tri-Valley Recycling to recycle all of the collected e-waste. Tri-Valley Recycling is a California State approved collector and recycler of electronic waste. State certified e-waste recycling CEW# 106178. Acceptable e-waste include: computer monitors, laptop copiers, faxes, calculators, stereo systems, IT equipment, microwaves, appliances computer, projectors, CRT screens, plasma screens, televisions, LCD screens. Questions regarding this event, contact SES Robotics Inc. at 258-2107; fax 433-2959. Email [inbox@sesrobotics.us](mailto:inbox@sesrobotics.us). Facebook: SES Robotics, IRS Tax ID: 47-1301718. Tri-Valley will pick up at your door. If you are not able to come to our event or drop off, please call Tri-Valley for front door service. Call 800-317-3112 and let them know it is for SES Robotics when doing pickup.

### Tips for choosing cell phone service

Feb. 16: If you are thinking about buying a cell phone or changing your cell phone service provider, this class is for you! Join us for this free workshop to learn what questions to ask when choosing a service, what you should know before you sign a contract,

and how to cut your cell phone costs. Find out how you can qualify for a free Federal Lifeline cell phone. Anyone who brings their cell or landline phone bill for review will receive a free gift. Pre-registration is required. Free of charge. Class will be held on Feb. 16 from 2:30-3:30 p.m. at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, [www.accsv.org](http://www.accsv.org)

### Music at noon

Feb. 17: Free music programs, offered at Westminster Presbyterian Church at noon on Wednesdays. This week enjoy music by cellist Susan Lamb Cook & Friends play Brahms.

### VA family caregiver support program

Feb. 17: This presentation from Shon Tamblin, LCSW/Caregiver Support Coordinator, VANCHCS will provide an overview for services offered by Veteran Affairs to support family members caring for a veteran. Pre-registration is required. Free of charge. Class will be held on Feb. 17 from 10 to 11:30 a.m. at ACC Senior Services, 7334 Park City Drive. For more details call 393-9026 ext 330, [www.accsv.org](http://www.accsv.org)

### Burma & Beyond: Another Bicycle Adventure with Willie Weir

Feb. 17: Join Sacramento native, bike advocate and adventure traveler Willie Weir for an evening of stories from Burma (also called Myanmar), including being tossed out of a monastery and hosted by the police; greeted by a baillion friendly people, and never once chased by a dog; to passing hundreds of ox carts and witnessing President Obama's motorcade zip by on the streets of Yangon. Willie will entertain and inspire you. Tickets are \$10. Proceeds benefit Sacramento Area Bicycle Advocates. Seating is limited to 80 people. The talk takes place at REI, 1790 Expo Parkway. Learn more about Willie at <http://www.willieweir.com/>.

### New Millennium Music Series

Feb. 17: The Telegraph Quartet kicks off Sac State's New Millennium Music Series this spring. The group performs at

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RSVP: (916)732-2000 or on-line at [www.EastLawn.com](http://www.EastLawn.com)  
Friday, February 5 @ 11:30 a.m.  
Friday, April 8 @ 11:30 a.m.

**Andrews & Greilich Funeral Home** FD136  
3939 Fruitridge Road, Sacramento, CA 95820  
RSVP: (916)732-2026 or on-line at [www.EastLawn.com](http://www.EastLawn.com)  
This presentation will be in English and Spanish  
Wed, February 17 @ 11:30 a.m.  
Wed, April 13 @ 11:30 a.m.

FD136 [www.EastLawn.com](http://www.EastLawn.com)

**— EVENT LISTING SECTION —**  
Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.  
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**SAVE THE DATE!**  
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Class of 1949  
Saturday, September 10, 2016  
11 A.M. - 3:00 P.M.  
Contacts: Joyce Cowan at [cowan\\_j@sbcglobal.net](mailto:cowan_j@sbcglobal.net) and Vera Malkovich at [borka@comcast.net](mailto:borka@comcast.net)

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## Faces and Places: 2016 Chinese New Year at Hiram Johnson High School

Photos by STEPHEN CROWLEY  
stephen@valcomnews.com

Hundreds of people celebrated the start of the Year of the Monkey on Saturday, Jan. 30 at Hiram Johnson High School. Presented by Chinese New Year Culture Association, the event featured a dragon dance, martial arts, cultural entertainment, food vendors, arts and crafts, community organization exhibits, and children's games.

## Sacramento Public Libraries have upcoming puppet shows

Libraries throughout the Greater Sacramento area have some upcoming puppet shows that will be good fun for families.

Here's a list of upcoming shows:

**African Folktale Puppet Show at Del Paso Heights**  
Friday, Feb. 12 from 2:30 to 3:30 p.m.

**Tales of Br'er Rabbit with Magical Moonshine Theater @ Rancho Cordova Library**  
Friday, Feb. 12 from 4 to 5 p.m.

**Program-palooza @ Fair Oaks**  
Tuesday, Feb. 16 from 10 a.m. to 5 p.m.

**Celebrate Black History Month with Puppet Company's Anansi the Spider in Galt**  
Tuesday, Feb. 16 from 6:30 to 7:15 p.m.

**Program-palooza at Fair Oaks**  
Wednesday, Feb. 17 from 10 a.m. to 5 p.m.

**Black History Month Program at The Isleton Library**  
Wednesday, Feb. 17 at 2 to 3 p.m.

**Program-palooza @ Fair Oaks**  
Thursday, Feb. 18 from 10 a.m. to 5 p.m.

**Program-palooza @ Fair Oaks**  
Friday, Feb. 19 from 10 a.m. to 5 p.m.



**Program-palooza @ Fair Oaks**  
Saturday, Feb. 20 from 10 a.m. to 5 p.m.

**Puppet Show: Zomo the Trickster Rabbit with Luce Puppets at Elk Grove public library**  
Wednesday, Feb. 24 from 3:30 p.m. to 4:15 p.m.

**"Zomo the Trickster Rabbit" Puppet Show - Robbie Waters Pocket-Greenhaven Library**  
Thursday, Feb. 25 from 11 to 11:35 a.m.

**Preschool Storytime with Magical Moonshine Puppet Show at Rio Linda**  
Thursday, March 3 from 10:30 to 11:15 a.m.

**An Irish Tale with the Puppet Company at Arcade**  
Thursday, March 17 from 4 to 5 p.m.

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5700 South Land Park Drive & 35th Avenue 421-0492

**Riverside Wesleyan Church**

6449 Riverside Blvd. • 391-9845  
Sunday Worship: 9:00am & 10:45am  
www.rwcsac.org

**Greenhaven Neighborhood Church**

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**St. Anthony Catholic Church**

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**PENDING**



**QUALITY BUILT ELK GROVE**

Amazing 3 bedroom 2 bath single story home. Amazing remodeled kitchen and baths. Open floor plan, hand scraped exotic acacia hardwood floors, custom cabinets, and much more. Nearly 2 acres, open space, equestrian trails, Pleasant Grove Elem and HS, Albani Middle School.  
\$479,000

**MONA GERGEN 247-9555**



**SOUTH LAND PARK TERRACE**

Conveniently located on a corner lot in a wonderful South Land Park neighborhood. 3 bedrooms 2 baths, 1453 square feet with open floor plan, living room fireplace and dual pane windows. 2-car garage, bonus room and RV access.  
\$449,000

**CHRIS BRIGGS 834-6483**



**DUTRA BEND**

Ready for you to enjoy! This 4 bedroom 3 bath two-story home features newer paint, carpet and refinished hardwood floors. The great open floor plan is just what you are looking for! Open and spacious, there is plenty of room for everyone  
\$449,000

**PAULA SWAYNE 925-9715**

**PENDING**



**RETREAT AT VALLEY HI**

On the 15th fairway with spectacular views, this single story 2 or 3 bedroom 2½ bath home is your own private resort! High ceilings, big windows and light-filled spaces. Outside access from every room to courtyard or pool. Gourmet kitchen, gas range, 2 dining bars, and pantry cabinet. 3-car garage.  
\$648,000

**JAY FEAGLES 204-7756**



**AMAZING TALLAC VILLAGE**

This IS THE ONE !!! So perfect is SO many ways both inside and out. It is cozy and open, refined and stylish and brimming with character. Attention to detail plus quality updates. 3 bedrooms 2 baths plus family room.  
\$349,000

**SHEILA VAN NOY 505-5395**



**GOLF COURSE TERRACE HOME**

Wonderfully cared for and updated! This lovely spacious 4 bedroom 2½ bath home has beautiful laminate flooring, updated kitchen, living room fireplace, central heat and air conditioning, covered patio, and more. Don't miss this!  
\$279,000

**MONA GERGEN 247-9555**



**UPDATED TAHOE PARK**

Completely updated 2 bedroom that's move in ready! Newer roof, siding, CH&A, wiring/electrical panel, kitchen, SS appliances, bathroom, dual pane windows, blinds, bamboo & tile flooring. All updated in the past 9 years. Big back yard with raised beds and sprinklers/drip systems, perfecting your outdoor spaces. \$239,900

**NATHAN SHERMAN 969-7379**



**SOLD**

**AMAZING ACRE GREENHAVEN LOT**

Custom home on one of the biggest lots (.33 acre). Rare 3-car garage! Spectacular lot with built-in pool, spa, gazebo. Gorgeous private yard. 3 bedrooms down and 1 bedroom upstairs. Fantastic remodeled kitchen, high-end appliances, low-e windows, new hardwood floors. Wow!  
\$510,000 SOLD

**MONA GERGEN 247-9555**



**PENDING**

**SOUTH LAND PARK HILLS**

Cute 3 bedroom 2 bath home that is move-in-ready! Wonderful South Land Park neighborhood. The work is done, refinished hardwood floors, new tile, new paint and carpet. Sweet, spacious and private backyard, central heat and air, 2-car garage. A delightful home!  
\$349,900

**JAMIE RICH 612-4000**

*for current home listings, please visit:*

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