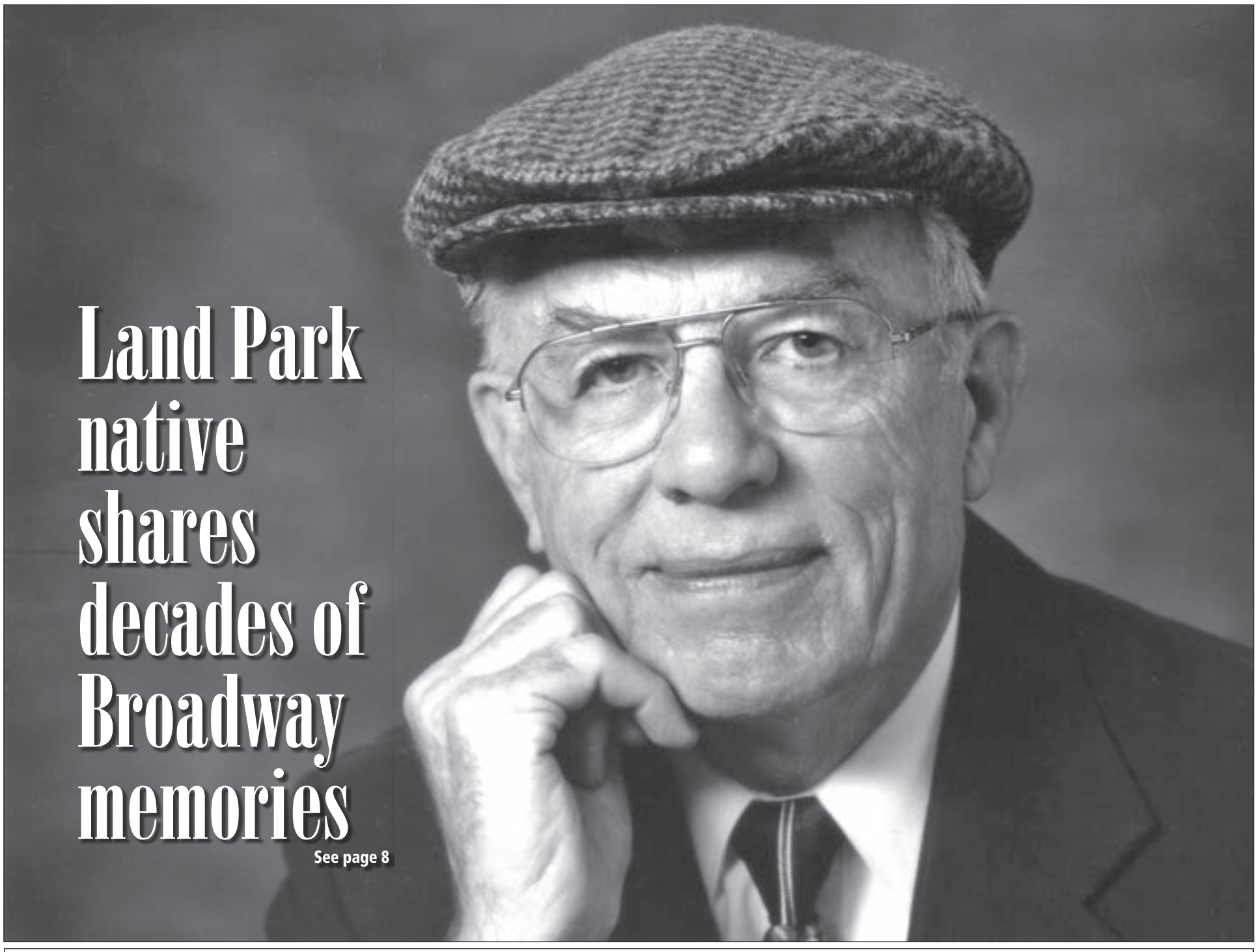
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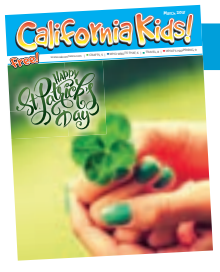
Land Park News

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SHEILA GETS THEM SOLD

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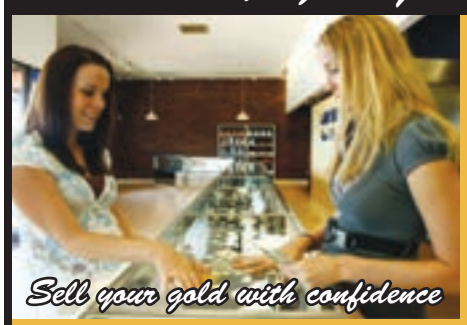
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Tiny therapy horses brought joy to children at Belle Cooledge Library

By MONICA STARK
editor@valcomnews.com

Sharing the Hope, a service-based organization that began as a way to bring comfort and joy to children with cancer in local Sacramento hospitals like Sutter and Shriners, brought its two miniature horses to Belle Cooledge Library on Saturday, Feb. 24 for a 20-minute educational presentation and meet and greet.

Garnering many ooohs and aaahhs from children and their parents, the horses named Hope and Valor were led around the community room.

"Do they eat breakfast? Do they eat dinner?" -- were the common questions raised by children who were surprised by the answer: "They eat breakfast, lunch and dinner. In between, they get little tiny snacks like carrots."

"Just like me," one young girl replied.

"Yes, but, I bet you don't sleep in shavings."

And so it goes, the joy of meeting 5-year-old, 165-pound Hope and Valor, age 3 and 134 pounds was had by children that day, mirroring the comfort these two have brought to the most in need. Whether in hospice or in children's oncology, Ken and Lisa Schaeffer, the horses' owners, feel the joy reciprocated.

It's hard to believe how different life for them -- the horses and the Schaeffers -- has become in just three years. Lisa, then a massage therapist in Elk Grove, was sitting at her desk and had a vision that changed each of their lives.

"I saw a picture of a little child with no hair, standing next to the horse," Lisa recalled. "He said, 'This is your next thing.' I said, 'I"m in.'"

Moving quickly, she went to VistaPrint for marketing materials and "made the whole thing up."

"I didn't have a horse, didn't have a place to put it. I didn't have anything. We lived in a mobile home. And now we have five acres in Wilton and it's the most beautiful place you ever saw in your life."

Back then, Lisa's mother was in her 90s and told her to find a place for the little horses and she could have her inheritance early. "We drove by this place (in Wilton) because it was so beautiful, but it wasn't for sale. Shortly thereafter, it went on the market, we made an offer."

While Lisa had horses when she was a child and trained them for a living for about 20 years, she switched from caring for horses to humans, married her husband and all was well. But after the "Himpossible", religious experience, her vision has been brought to fruition, a miracle in its own right.

The first horse adopted, Hope, has become more vibrant in personality and Valor has been brought up with a youthful bounce in his step. "Everyone who meets her, loves her," Lisa said, talking about Hope (though the comment is relevant to both)."My husband did leading exercises with her so she could go into any little tiny space," a convenience for sometimes cramped hospital rooms.

After Hope came Valor, who was still hanging onto his mother, recalled Lisa. "She was carrying him around, like this," she said in a bit of a show-and-tell.



Photos by George Young
Hope, a miniature therapy horse, was brought to Belle Cooledge Library as part of a show and tell.



Valor, a miniature therapy horse, was brought to Belle Cooledge Library as part of a show and tell.

"Over the moon with Shriners," Lisa says the pair of tiny horses can go anywhere in the hospital unless the patient has a bacterial problem and their health would otherwise be compromised. "(Shriners) never had a horse before. Then we were accepted at South Sacramento Kaiser. We've been to hospice. The horses are very quiet around someone who is not feeling well."

Certified with Pet Partners, a large non-profit that registers therapy dogs and other therapy animal pets including horses, cats, rabbits, and birds, Hope and Valor continue to bring hope and instil valor to those in need.

(Side note: If you see a minivan traveling that appears to have two tiny zebras in the back, you might be looking at Hope and Valor. Blanketed in zebra-print, that's how the two get around town.)

You can follow their adventures on Facebook at Sharing the Hope.

Reward for "Pocket Puppy Killer" up to $16,000

By MONICA STARK
editor@valcomnews.com

A group of local Sacramentans dedicated to the safety and protection of domestic animals, and representatives of the City of Sacramento, continue to call attention to the brutal beating and murder of a 4-month-old female puppy found Jan. 19, hanging from a tree on the Sacramento River levee at Riverside Boulevard at Rio Viale Court, directly behind Brookfield Elementary School.

With a reward now up to $16,000, information leading to the arrest and conviction for this heinous crime has been trickling in. While there are "no smoking-guns", there continue to be leads worth tracking, says Chief Animal Control Officer Jace Huggins.

Described as a dark-mixed breed, weighing about 12 pounds the dog was found by a citizen utilizing the bike trail.

"While we have information, we don't have enough and we don't want this to fall to the wayside and be forgotten about, as I am fairly certain somebody out there knows what happened," Huggins said.

While their hands are full over at the shelter with 300 cases at any given time, Huggins says this is the worst case he's seen since he began working this position six years ago.

At a press conference inside Giovanni's Pizzeria on Friday, March 2, Huggins recounted the trauma done to the puppy, as follows: She did have three skull fractures, two fractured knees and two fractured long-leg bones, all of which occurred prior to her death, proven by a medical necropsy. Huggins said statistically, across the country people who can perpetrate like this against an animal are more than capable to already have or soon perpetrate that same crime against a person. "So, while we are fighting very hard for this puppy, we also have a concern for anybody who maybe in the household of the person who committed this crime or maybe connected to them and their safety also. This goes beyond this puppy, not to minimize the need for justice for her either."

Regarding fear of retribution for reporting the crime, Huggins said there are programs to help if someone wanted to report the crime but was afraid for his or her own safety.

With support on the case from the police department, a detective and officer have been assigned to help out three animal control officers. "There's pretty much a dedicated five-man law enforcement team that's been following up on the leads and track down anybody of concern."

For the purposes of possibly tracking down the killer, at the news conference, Huggins passed around an image of the leash that was used to hang the puppy. With a pattern of the Gateful Dead logo in black, gray and white, the leash has been regarded as high-end, priced around $30 and found at stores like Walmart.

He said shockingly enough convicted criminals get longer jail sentences for animal crimes than they do for drug convictions and burglaries. "Most of those don't step foot in a jail except when they're originally picked up. Most of our high-level felony crimes, which this would count, are getting three to five years," he said. "I do believe if we find the person who did this, he will be sitting in a jail cell for an extensive period of time."

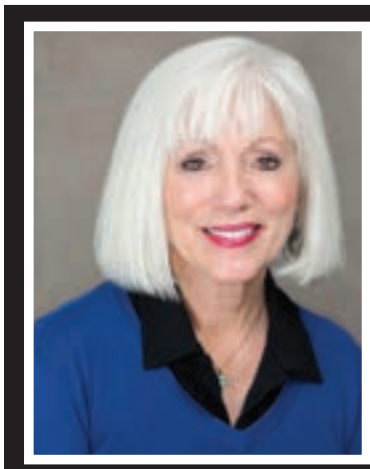


Photo by Monica Stark
Animal control officer Jace Huggins and Front Street Shelter manager Gina Knepp at a press conference inside Giovanni's Pizzeria on Friday, March 2.

An animal lover and concerned Pocket resident, Julie Virga organized the press conference to reiterate the call to come forward: "Listen to your gut. Maybe you saw something suspicious. Maybe you saw something that bothered you. Maybe there was something that both-

See Puppy Killer, page 7

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Alhambra Theatre documentary debut draws large crowds, evokes memories

By LANCE ARMSTRONG

The Alhambra Theatre, the palatial movie palace that once stood on Alhambra Boulevard in East Sacramento, has been gone for nearly 45 years. But for one evening last week – through the power of film – it was as if the place magically came back to life.

Crowds packed the Tower Theatre – another historic Sacramento cinema house, in Land Park – to view the first two public showings of "Alhambra: Sacramento's Palace of Fantasy," a 55-minute documentary by Sacramento filmmakers Matias Bombal and Chad E. Williams.

The film was the culmination of Bombal and Williams' yearlong quest to capture the undying love that people have for this theater, which opened in 1927 and met the wrecking ball 44 years later.

During that process, these filmmakers interviewed dozens of people, gathered historic photographs and ephemera and sifted through old films that highlight the theater, the majority of which were TV newscasts from the 1970s.

A unique portion of the film is color, home movies from two early years of the theater's life: 1928 and 1936.

Besides the theater itself, its pipe organ is featured, as well its early sound system, the failed effort to save the theater from demolition, and its replacement by a Safeway supermarket.

As many longtime Sacramentans and others made their way through the doors of the Tower Theatre, Bombal and Williams stood in the lobby, taking in the scene and occasionally greeting some of the guests, which included former Sacramento Mayors Anne Rudin and Burnett Miller, and former Sacramento County Supervisor Pat Melarkey, who was the campaign coordinator of the Save the Alhambra Committee in 1973.

While enjoying the occasion of the documentary's debut, Williams noted that it was satisfying for him to finally show the film, which was financed by Wendell Jacob, who also served as the project's executive producer.

"We really put everything we had into this film, and some people have traveled quite far to be here today," he said. "It's a little hard to comprehend right now, but I'm very excited, very proud."

Bombal said that the documentary provides a "visceral sense" of how important the Alhambra was in the Sacramento community.

"Many people who worked directly to try to save the theater are here to see tonight the movie that celebrates their efforts and the great legend of the building," he said. "It warms my heart."

Bombal mentioned that the current version of the documentary is the "television cut." He added that he is interested in making a longer, 90-minute version of the film, but would need another $30,000 to complete that project.

The longer version of the film would be available for Netflix, Amazon and film festival use.

Because the Alhambra was once one of the capital city's grandest landmarks, the documentary drew many people who attended films at that theater and took strolls through its scenic gardens, which featured tiled, reflecting pools, 14 cascading fountains that flowed into the pools and basins, plaques containing classic quotations, winding walkways, Mediterranean foliage, multicolored flowers and tall palms.

Burnett, who was accompanied by his wife, Mimi, said that he learned many things about the Alhambra through the documentary.

"It was very interesting," he said. "There were lots and lots

See Alhambra, page 5



Photos by Stephen Crowley

A long line formed outside of the Tower Theatre on the evening of Wednesday, Feb. 21 for the premiere of "Alhambra: Sacramento's Palace of Fantasy," a documentary by Pocket moviemakers Matias Bombal and Chad E. Williams. The sold-out event had two screenings.







Former mayor Anne Rudin stands with moviemaker Matias Bombal at the screening of "Alhambra: Sacramento's Palace of Fantasy."


Pocket moviemakers Matias Bombal and Chad E. Williams stand outside of the Tower Theatre at the screening of "Alhambra: Sacramento's Palace of Fantasy" on Wednesday, Feb. 21.

Alhambra:

Continued from page 4

of things new that I didn't know anything about."

Having made many visits to the Alhambra, Burnett recalled one of his favorite memories of the place.

"I can remember Mimi and I taking our kids there," he said. "It was a nature (film) and a spider came down and grabbed something, and Mimi screamed, and our kids got so embarrassed and wanted to go."

Chuckling, Burnett acknowledged that he was the only one in his family who was entertained by that experience.

While standing alongside his mother, Anne, Jay Rudin commented about a large banner that hung from the large Alhambra sign.

"(The sign read), air-conditioned," he said. "That was a big deal. Not that many theaters were air-conditioned in the hot Sacramento summers when Mom would drop me off to see a movie."

One movie that Jay recalled seeing at the Alhambra was "Those Magnificent Men in their Flying Machines," which was released in 1965.

Bob Warren, a 1956 C.K. McClatchy High School graduate, said that he saw the film, "Gone with the Wind" at the Alhambra.

"Oh, yeah, (that film) was great," he said. "We've known the Alhambra from the time we were kids, and at one time I was selling advertising and we advertised for them. Just walking through the gardens after you parked your car, the atmosphere was great around."

Another attendee of the first showing of the documentary was Cindy Anderson, who grew up in Sacramento and attended Loretto High School.

Anderson said that she would often visit the gardens of the Alhambra with her grandmother, Martha Mae Sullivan (1897-1987).

"I have a lot of fond memories of going there with my grandmother," she said. "She lived a few blocks from there (at 316 Santa Ynez Way), and we used to walk over and see movies all the time.

"I really liked the gardens, because I spent a lot of time in the gardens with my grandmother, and when they started reading what was on the plaques in the garden, that's so vivid to me, because I remember her reading those to me."

Also attending the event was Liam Bakerscott, a 10-year-old Crocker/Riverside Elementary School student, who said that the failure to save the Alhambra from being demolished provides a lesson for preserving other Sacramento historical buildings.

"It's important for me (to save such structures)," he said. "It's history. It's our city. I don't want them to tear down (those buildings). I mean, these are historical monuments from the town I was born in. I just feel it's a little unfair to see the very important (historic) places in my city go away."

Fortunately for Bakerscott and others who love the history of the Alhambra, the recent documentary does well in its attempt to capture the grandeur of this historical cinema treasure of Sacramento's past.



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FARM AND FLAVOR

Hard weather, soft stewardship

By KERIN GOULD

As the weather bounces from spring-like balminess to killing frosts, followed by piercing wind or icy rain, I add extra bedding to insulate the henhouse, cover my young citrus trees with ghostly fabric, put row covers or straw over the spring veggies and hardy greens, and, in spite of my mortification, put little jackets on my short-haired dogs. The crows, jays and magpies get extra peanuts, and the hummingbird feeder gets refilled. The feisty, orange, feral cat gets a little food by the shed where there's also a blanket for him to sleep in. I worry about the bees who appeared briefly to pollinate the early apricot and pluot trees. I even wonder about the coyote that sometimes naps in my sunny meadow after a cold night. I crack the ice in a water dish and temporarily quit shooing away fat sparrows and doves from the leftover chicken feed. I see my neighbor has put blankets on her two horses, but the pony's fur is thicker than a 70s shag carpet, so he's probably warm enough. In summer, the hard, dry weather will require work too — mostly providing shade and water — and I'll have a new routine to follow, but at either tough extreme, extra care is required.

Does it seem like there is a lot of hardness in the world these days? I vaguely sense that increasing violence, callousness, rage, name-calling, injustice, tyranny, greed and self-interest are somehow related to the mean weather and the angry mood swings of climate change. Whatever our politics or causes, sympathies or worldviews, we can all contribute more care-giving as counter-balance. Personally, I find it much easier with plants and animals than with humans, since they are innocent bystanders and don't insult you on facebook over minor differences, but to each their own.

Many of the world's origin stories, from the garden of Eden to diverse Native American and African cultures, teach that plants and animals appeared before humans were formed and that our purpose was to take care of the world, not dominate or grab greedily, destroy things and dirty the place up like mean, spoiled brats. What if we take back our original job as stewards? Many people already do this — small farmers, wildlife rescuers, environmental advocates, firefighters facing wildfires, folks re-establishing native plants and creating habitat, beekeepers, those who spend their vacations cleaning up rivers or beaches, and others, including those who kindly care for other humans. Wouldn't the world be a softer place if we collectively took this job seriously?

Even our food choices can be part of this purpose, cultivating gentleness over brutal exploitation. We can support treating our soil carefully, avoiding poison run-off in our water, treating laborers decently and fairly, and raising animals as living beings rather than products. My biggest hen, Eileen, who is an excellent egg-layer, has an infection that requires medication, so after popping a pill in her throat, I sing "Come On Eileen" to her, "Too-ra-loo-ra, too-ra-loo-rye, aye!" She settles down and dozes off for a bit, not holding a grudge. I could go at this in a more efficient way I suppose, but there would be more fear and angry flapping. I'm not asking everyone to go this far for eggs, but we can be kinder stewards.

We can also be better care-givers by eating lower on the food chain, seasonally and locally. As spring, real spring, grants us a gentler season, the plant world rewards our care, reciprocating with nourishment for our bodies through vegetables and fruit that help us clean out the mucky debris of winter. Asparagus and dandelion greens are considered kidney cleaners, while artichokes are thought to cleanse the liver and help with cholesterol, and strawberries may clean out your cardio-vascular plumbing. Try this tender asparagus mousse – springy, subtle, and seasonal.

Note: For best flavor, as well as for animal welfare and environmental concerns, I recommend using pastured eggs, as the hens are outdoors, foraging and living a proper chicken's life, and their eggs reflect and return that well-being to us .

Asparagus Mousse

Ingredients
1 cup thick cashew milk or other neutral- flavored "cream"
1 bunch fresh asparagus, steamed with a splash of olive oil and cut into small pieces
3 eggs (ideally pastured, organic eggs)
1 tbsp corn starch
olive oil
salt and pepper
Fine bread crumbs (or panko, gluten-free varieties do exist!)
Optional: Parmesan-style "cheese"

Directions
Preheat the oven to 355.
Place the milk, asparagus, eggs, corn starch in the blender and puree the ingredients until the mix is very fine. Salt and pepper to taste. Mix in the parmesan if desired. Optionally, you can mix in ¾ of the asparagus and later add the remaining pieces in to add texture.
Lightly oil a loaf pan or custard cups, then coat well with the bread crumbs.
Pour in the egg mixture.
Set the loaf pan or custard cups in a roasting pan and set them on the oven rack. Pour hot water into the pan, avoiding the mousse containers, to come up halfway up the sides of the dish(es).
Bake until a knife inserted halfway between edge and center comes out clean, about 45 minutes for the loaf size, less for the smaller cups. The mousse should be firm, with light cracking on the surface, but not dry or hard.

When done, remove from the oven and let cool on a rack. You can serve in the custard dishes, slice the flan from the loaf pan, or un-mold the mousse (at your peril) by running a very thin knife around the edge before inverting it.

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Photo by Monica Stark

Julie Virga, Pocket native and animal lover, wants to find the puppy killer and has been posting reward fliers in the neighborhood. The reward is now $16,000 for the killer. Tips can be made to Sacramento police or animal control.

Puppy Killer:

Continued from page 3

ered you. Maybe there was a little black dog that lived next to you that's no longer there. You can make this tip anonymously. I just urge you to come forward."

Virga led a tour of the site where the puppy was found and explained why this horrific event really hits home. It was there on that stretch of levee she recalls riding horses as a child. "This area, in particular," she said, pointing down at the water's edge."This Skidmore Beach here, I don't know if it's still called that. We used to have mud fights in the summertime with our horses down here. It was really fun. It was just a great life. It was different, not as many people. It was more rural out here, at least in the Pocket area. Greenhaven was brand new. It was a lot of fun. And, so it breaks my heart to see something this evil occur in my neighborhood in an area that I love. That's why I am committed to finding this monster."

Promoting the reward amount, Virga has been passing out fliers at the apartments nearby and has taped them to trees along the levee. Also, she's utilized the NextDoor social networking site and has received private messages from folks who seem afraid to talk to the police. "People personal message me. They want to talk to me first and I say sure, that's no problem. It feels scary to a lot of people to get involved in such a violent circumstance. They're afraid for their own safety, I don't know. I think a lot of people don't like to get involved in general. So, I said, sure, let's talk."

Thankful for the outpouring of community support, Knepp added that sadly the shelter does see this occur. "Sadly, it's not the first and not the last time."

Anyone who has any information about what happened to the dog should call Crime Stoppers at 916-443-HELP or animal control Officer Huggins at 916-808-5855. Tips may be left anonymously. www.cityofsacramento.org/Police/Contact/Crime-Tips



Photo courtesy of animal control

Shown here is the image of the leash that was used to hang the 4-month-old puppy along the Sacramento River levee in the Pocket neighborhood.

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Land Park native shares decades of Broadway memories

By LANCE ARMSTRONG



Photos courtesy of Dick Ryder

Dick Ryder is shown in this c. 1985 photograph.

Few people today have such a detailed, firsthand knowledge of the western portion of the historic street, Broadway, than 88-year-old Land Park native Dick Ryder.

Broadway, which currently runs from the Sacramento River to 65th Street, dates back to the mid-19th century when the city's original streets were laid out.

Ryder, a 1947 graduate of C.K. McClatchy High, said that his memories of this street extend to the days when Broadway was known as Y Street.

"My first residence was a little Spanish house at 2800 Regina Way, (a street located between Riverside Boulevard and Markham Way)," he said. "When I was growing up in that area, Broadway was known as Y Street. The name was changed while I was attending Crocker School on Vallejo Way."

That name change occurred in 1938, in association with the opening of the Tower Theatre. It was hoped that the establishment of the theater would lead to the creation of a vibrant entertainment district.

The Tower Theatre is a Broadway landmark that Ryder is very familiar with, considering that he remembers watching it being constructed.

He noted that preparing the site for construction was challenging, since the property was located on the site of a former city dump.

"They had to clean all of the tin cans out in order to get compaction, and for the Tower Theatre, they had to go down quite a few feet, and it was quite a problem," he said.

After the theater was completed, Ryder often attended Saturday kiddie matinee films at that theater.

Ryder additionally recalled when the old city cemetery – on Broadway, between Riverside Boulevard and Muir Way – served as a shortcut for students walking to and from California Junior High School (now California Middle School) and C.K. McClatchy High School.

Across the street from the cemetery, to the east, was a baseball park that served as home to the Sacramento Solons of the Pacific Coast League.

Of all the years that Ryder could have attended every game of an entire Solons season, he was present for every game of the team's only championship season in 1942.

Ryder said that another memory he has is the very early residential swimming pool that was located in the backyard of his Regina Way home, where he lived with his father, Clark, mother, Mary, and sister, Carolyn.

With the old Riverside Baths public swimming pool so far south of his neighborhood and the Southside Park pool not yet built, the Ryder family's pool became a popular destination spot for neighborhood children during the summers.

Because the pool, which was built in the 1930s, attracted so many kids from the neighborhood, Ryder created a business by charging 5 cents each for the use of the pool.

Also dominant in Ryder's early memories of Broadway is the 360-unit New Helvetia low-cost housing project, which was constructed in 1941 as part of the economic housing program of the United States Housing Authority.

"It was proposed on Y Street before the war, but it was during the war that it became a reality, and the structures were there," he said. "It was just temporary housing for most people, but for some of them, it was not so temporary. Some (people) would come to town and live there for a couple of months while they were adjusting to Sacramento and then they would find a house."

Ryder added that some of his best friends during his youth once lived at New Helvetia.

The project's brick structures continue to occupy the same site on Broadway, between Muir Way and a short distance east of 6th Street.

Long before Tower Records was founded and became an international success, that business's found-

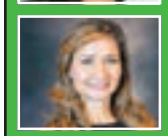
See Memories, page 9

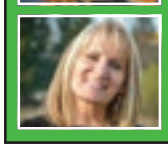

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(right) Dick Ryder and his sister, Carolyn, are shown in about 1935.

(far right) Shown above are Clark and Mary Ryder and their children, Dick and Carolyn.

Memories

Continued from page 8

er Russ Solomon began selling records out of his father's drugstore at the present day site of the Tower Café at 1518 Broadway.

Ryder said that he was among Russ's early customers.

"Russ Solomon was (a little) older than I and (his father) Clayton Solomon was the druggist," he said. "Russ had a deal going that he would go around and collect records and sell them for 10 cents (each) at the end of the drugstore on the bottom shelf.

"Russ Solomon built that (Tower Records) empire from that (site) and (took the name) from the Tower Theatre. They had listening booths where you could listen to records."

"And, of course, the soda fountain was popular there (at Clayton's drugstore). All drugstores had soda fountains back then. But anyway, there's no question, I can walk into the Tower Café and tell you exactly, within 2 or 3 feet, of where everything was (at the drugstore)."

Ryder recalled that the Tower Records store, which operated at 16th Street and Broadway from 1965 to 2006, was located in a building that formerly housed a Safeway grocery store, and prior to that an automotive repair shop.

As a lifelong car enthusiast, Ryder has no problem remembering a time when Broadway included many automobile dealerships.

Ryder spoke about several of those dealerships, including the dealerships of Ellsworth Harrold and Royal Miller. Harrold was known for selling Fords, while Miller dealt in Dodges.

After attending college and serving in the Army, Ryder operated an insurance business at Arden Way and Howe Avenue. He later opened an 8,000-square-foot office building at 24th Street and Broadway.

He said that one of the perks of the latter location was that about 10 percent of his business came from the nearby Department of Motor Vehicles.

He also enjoyed the Broadway location, because it was close to Trails restaurant, which was operated by Al Nahas' wife, Myrle Nahas, whose husband, Al, once ran an automobile business on Broadway.

"We ate regularly at Myrle Nahas' restaurant, and Myrle had worked with my mother, apparently, at the social welfare department at the state before she got involved there," he said.

Ryder currently lives with Irene, his wife of 58 years, in the Little Pocket area, just south of Land Park.

With his love for automobiles, Ryder is proud of his notoriety as the founder of the Towe Ford Automobile Museum – today's California Automobile Museum.

He is also a member of the Sacramento Rotary Club and Fremont Presbyterian Church.

But still one of his favorite activities is talking about his rich memories of Broadway.

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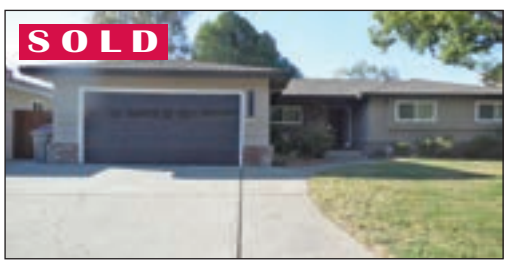
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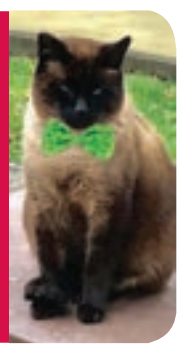
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South Land Park based Ohana Arts and Buddhist Church present "Peace On Your Wings"

Ohana Arts, in partnership with the Buddhist Church of Sacramento, presents "Peace On Your Wings", the groundbreaking new musical inspired by Sadako Sasaki and her 1,000 origami cranes.

The play follows the lives of middle school students in post-war Hiroshima, Japan. When Sadako falls seriously ill, the children's lives and their tenuous bonds with each other seem to unravel. But one girl's struggle and hope for a better tomorrow teach the children and the world about courage, love, and peace. The original musical score combines modern pop with Japanese influences to create a unique, uplifting, and inspiring show which successfully premiered on Oahu and enjoyed a sold-out Hawaiian Islands tour. The show traveled to Los Angeles for its West Coast premiere at the Aratani Theatre in partnership with the Japanese American Cultural & Community Center and for an East Coast premiere in New York at John Jay College's Jay W. Lynch Theater. "Peace On Your Wings" most recently toured San Francisco and San Jose State and, due to popular demand, now returns to Northern California for an encore run of performances in Sacramento at the Benvenuti Performing Arts Center on March 29th, 30, and 31.

Directed by Ohana Arts Co-Founder Carolyn Taira and choreographed by Danielle Bensky, the show is comprised of 20 youth (ages 7-17) from Northern California and Hawaii.

After hearing the legend that a person will be granted one wish if they fold 1,000 paper cranes, Sadako Sasaki and her friends began making hundreds of origami birds out of needle wrappings, medicine labels, and any other paper they could find. Sadako was two years old and a healthy active child when the atomic bomb was dropped near her home on Aug. 6, 1945. She and her mother ran through the black rain to safety without so much as a scratch. However, Sadako was diagnosed with Leukemia resulting from radiation at age eleven.

Sadako has come to symbolize a peace movement, and her death inspired a youth movement to have a Hiroshima memorial built in honor of the child victims. "Peace On Your Wings" explores Sadako in the context of who she was as an individual, a student, and a friend and addresses universal themes present in young people's lives. The story is powerfully told by the voices of youth, touching intergenerational audiences while sharing the message "Ichigo Ichie," meaning "Today is the first and last day of your life."

Ohana Arts, a 501(c)(3) non-profit organization, aims to inspire and engage people through high caliber educational and professional arts programs and to cultivate an international family (Ohana) in the Pacific by promoting world friendship and peace through the universal language of the arts.

Pocket teen Grace Matayoshi recently returned from a cultural exchange to Japan and experiencing the Hiroshima Memorial, she says she couldn't wait to be part of the musical Peace On Your Wings – a peace movement spreading hope, courage, and the meaning of friendship through the performing arts.

She sent the following statement to the Pocket News:

"I love how performing arts like Peace On Your Wings can keep historical events relevant and show us various relationships by reaching us at an emotional level. Although I am from Sacramento, I joined the Bay Area cast for an amazing experience – learning about Japanese



culture together and meeting with a Hiroshima bomb survivor. We lived 'Ichigo, Ichie' (one chance, one meeting) as we bonded so closely and which helped us express Sadako's message beautifully through songs and spirited dancing.

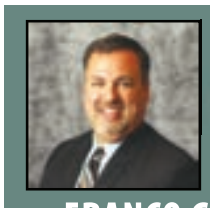
"I really believed that families in Sacramento would also love Peace On Your Wings, and so we first introduced this musical through a 30-day Kickstarter to raise $30,000 in order to bring this production to Sacramento. We are so touched by the support of many throughout the community who helped spread Peace On Your Wings and financially backed the Sacramento production. We can't wait to share our story with the Sacramento audiences."

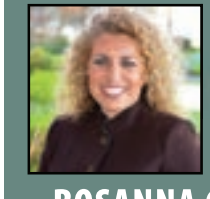
The Benvenuti Performing Arts Center is located at 4600 Blackrock Drive. Performance dates are, as follows:

Thursday, March 29 at 7:30 p.m.
Friday, March 30 at 7:30 p.m.
Saturday, March 31 at 2 p.m.
Saturday, March 31 at 7:30 p.m.

Tickets for "Peace On Your Wings" are $35 Premium, $25 General, $15 Students and can be purchased at http://peaceonyourwings.com or by calling (916) 491-1028.

An additional discount is available for students, sponsored by the August Peace Event Committee, where a limited number of students 18 and under can purchase $5 tickets using the discount code: POYW2018Student


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ACC Parkinson's Support Group to feature guest speaker from Rock Steady Boxing

By MONICA STARK
editor@valcomnews.com

"There are ways in which people with Parkinson's disease can enhance their daily quality of life and even build impressive power, strength, flexibility and speed. By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life." — **Rock Steady Boxing**



That's the tagline of Rock Steady Boxing at the Formula Fitness gym, located at 1219 St. St. The Formula's Rock Steady coach Lori Diaz will be the March 8 guest speaker at the Parkinson Association of Northern California, South Sacramento Support Group, which meets the second Thursday of each month at the Asian Community Center at 7334 Park City Drive from 1 to 2:15 p.m.

The Rock Steady classes are 90 minutes long and include exercises like stretching, jumping jacks, wall slams and 30 minutes of boxing. With modified exercises, even those with dementia have participated with success. The group also works on vocalizations at the end of class. They've danced to "The Twist" and have played the board game "Operation", admittedly a challenging one for those with shaky hands, Lori says.

Her oldest boxer is in his 80s and doesn't speak too much, but when asked what he was imagining when he was boxing, he said he pictured himself beating Donald Trump, a statement that garnered chuckles from his classmates.

For those who are interested in classes, Lori says the coaches do assessments first to see what level the student would be placed in. For instance, some of the classes focus more on falling drills while others are more of a boot camp style.

She explained her gym started the program in December when they noticed that during a big chunk of the day had fewer people working out. She heard about the program which was popular at other gyms and wanted to try it out at hers.

According to the Rock Steady Boxing website, a national 501c3 nonprofit organization, the program was founded in 2006 by former Marion County (Indiana) Prosecutor, Scott C. Newman, who is living with Parkinson's.

"Newman began one-on-one boxing training just a few years after he was diagnosed with early-onset Parkinson's at the age of 40. Newman witnessed the dramatic improvement in his physical health, agility and daily functioning through the intense and high energy workouts. Newman's quality of life improved dramatically in a short time due to his fighting back against Parkinson's disease. As word of this unique program spread and the demand for the classes increased, Rock Steady created training programs to meet the fitness levels at all stages of Parkinson's – from the newly diagnosed to those who had been living with it for decades plus," according to the history of Rock Steady Boxing.

Looking forward to Lori's talk at the Parkinson's support group at ACC, Rosalie Turbeville of Greenhaven wrote the Pocket News sharing her support of the group as a whole: "Our group is growing and it is wonderful sharing the same journey together with people who have Parkinson's and their caregivers. We try to have a guest speaker when possible and also share upcoming events in the Parkinson's community." Rosalie helps out with emails and the group roster. "My husband has Parkinson's and we joined the support group and I help out when needed. It's a wonderful and caring group and we currently have 34 who attend the meetings and the group continues to grow and thought it would be of interest to those afflicted with Parkinson's that they can attend free of charge and benefit from the knowledge gained."

The Rock Steady courses at the Formula Fitness gym are, as follows:

Tuesdays from 10:30 a.m. to noon; level 1/2
Tuesdays 1 to 2:30 p.m., Level 3/4
Wednesdays 10:30 to noon, Level 1/2
Wednesdays, 1 to 2:30 p.m. Level 3/4
Saturdays 10:30 to noon, Mixed level class
Sundays, 1 to 2:30 p.m., Mixed level class

There is no waiting list for the Rock Steady classes at the Formula Fitness gym. Please email or call to schedule an assessment. To protect the integrity of the program, no drop-ins please. The phone is 916-752-8320 and the email is theformulafitness@rsbaffiliate.com.

If you go:

What: Guest speaker Lori Diaz to discuss boxing and its benefits to those with Parkinson's
Where: Parkinson's support group at ACC, 7334 Park City Drive
When: Thursday, March 8 from 1 to 2:15 p.m.

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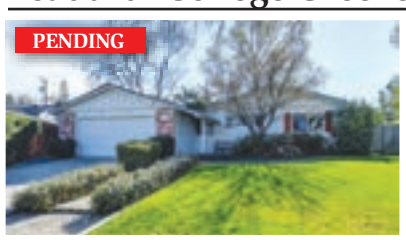


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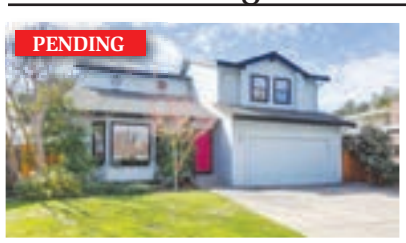
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The healing arts of storytelling and listening

By MARY LYNNE MCGRATH
Special to Valley Community Newspapers

Over the years, television and other cultural forces have robbed us of storytelling as a tool for communicating, learning and healing. But workshop presenters Mary McGrath, Judy Davis, and Karene Piccolo believe that we can recreate a storytelling tradition that we can use to transform our families, our friendships, and ourselves.

They will offer a workshop (The Healing Art of Storytelling and Listening) on Saturday, March 24 - 10 a.m. to 3 p.m. at the social hall of Bethany Presbyterian Church, 5625 24th St. Suggested donation: $10 - $20 (Bring a sack lunch)

Rev. Judy Davis has led a storytelling program at Bethany over a period of three years, and has helped 75 storytellers tell their stories on many themes, such as the immigrant experience, and memories of interned Japanese citizens. Audiences for these evenings enjoy singing between the stories and a chance to have discussion with the tellers. She will lead a session on poetry as a preparation for story writing.

Rev. Karene Piccolo leads a group called Conscious Community. She is facilitating a session that involves a three-step process which gives the listener the recognition that listening is a vital part of the storytelling experience. This skill of open-hearted listening can be practiced and greatly enhances the healing qualities of storytelling. The role of collaboration between teller and listener is examined and offers an experience to those who are ready to listen, but not yet ready to tell.

Mary McGrath has been a part of the storytelling world for many years, in schools, museums, festivals, and as a teacher of storytelling at Sac City College. She is a 2018 Oracle Award Nominee for the National Storytelling Network. Mary will facilitate the creation of a story to tell through exercises in guided visualization, movement, music and visual art. She believes that by sharing our stories and listening to one another, we discover our shared humanity, create connection, community, and care for each other.

Mary also produces a monthly storytelling and poetry evening, with poet Sue Daly, at the Avid Reader, 1945 Broadway, on the last Friday of each month, 7-8:30 p.m.

To pre-register for the workshop contact: storytellermcgrath@yahoo.com

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What's happening, Land Park?

MONDAY, MARCH 12

GIRL SCOUT DAY AT FAIRYTALE TOWN: From 9 a.m. to 4 p.m., show your Girl Scout pride on Girl Scout's 106th birthday! Wear your uniform when you visit Fairytale Town and receive one free child admission with one paid adult admission! Weekday admission is $4.75 for adults and children ages 2 and older. Members and children ages 1 and under are free. Fairytale Town is located at 3901 Land Park Drive. Event is weather permitting.

FRIDAY, MARCH 16

MAGIC OF MUSIC: The Sacramento Youth Symphony invites you to the Scottish Rite Center for this wonderful food, beer and wine tasting fundraising event from 6 to 9 p.m. Admission includes live music by young musicians from the Sacramento Youth Symphony and varied selection of silent auction items. Our program's ambition is to educate and advance the musical skills of the youth of our communities in ways that engage, challenge and inspire them to reach their highest potential. Contact: Sacramento Youth Symphony, Vicki Schaevitz, vicki@sacramentoyouthsymphony.org at 916-731-5777. The Scottish Rite Center is located at 6151 H St. The event will raise funds for the programs of the Sacramento Youth Symphony. Tickets: $35 per person, available at www.sacramentoyouthsymphony.org or call 916-731-5777.

SATURDAY, MARCH 17

GARDEN TOUR – WHAT'S BLOOMING IN HAMILTON SQUARE GARDEN?: The Old City Cemetery Committee presents a tour of the cemetery's Hamilton Square Garden on Saturday, March 17 at 10 a.m. at the Sacramento Historic City Cemetery, 1000 Broadway, Sacramento. You are welcome to a one hour guided tour of the Hamilton Square Garden in the beautiful Historic City Cemetery. With 800 plus unusual Mediterranean perennial plants the garden has drought tolerant color all year long. Meet at the tenth street gate. The cemetery is located at 1000 Broadway, Sacramento. There is ample free street parking on surrounding streets. For more information, call 916-448-0811.

CEMETERY TOUR – EVERYONE'S IRISH ON ST. PATRICK'S DAY: The Old City Cemetery Committee presents a tour of Sacramento's early Irish population at 1 p.m. at the Sacramento Historic City Cemetery, 1000 Broadway, Sacramento. Are you ready to channel your inner leprechaun and learn about the early Irish in Sacramento? The Irish were the largest foreign born element here from 1850-1890, and each of them had a gift of gab and many stories to share. Join us to hear these stories of scoundrels, entrepreneurs, rebels, scalawags, and an occasional soiled dove just trying to make a living, and be prepared to hear a corny Irish joke or two. Everyone is Irish today! The cemetery is located at 1000 Broadway, Sacramento. There is free street parking on surrounding streets. Tours are free; however, donations are appreciated and benefit cemetery preservation. For more information, call 916-448-0811.The mission of the OCCC is to join hands with the community to restore, beautify, preserve, and protect the Historic City Cemetery, while maintaining access by descendants of the deceased, and to provide educational services to all visitors to the Historic City Cemetery of Sacramento.

WEDNESDAY, MARCH 21

LAND PARK COMMUNITY ASSOCIATION MEETING: Wednesday, March 21st, 6:30pm- Annual Membership Meeting and Board Elections. Elected public officials will also be present to provide updates to the community. LPCA members are encouraged to attend and vote. The location for this meeting is the California Middle School Auditorium (1600 Vallejo Way). The full agenda will be posted at least a week before the meeting at www.landpark.org

SATURDAY, MARCH 24

GLOBAL LOCAL MERCADO-SPRING EDITION AT SOL COLLECTIVE: Just in time for the Spring Season!- Handmade artisan goods, music and food from noon to 5 p.m.! Sol Collective invites you to the annual Global Local Mercado season! The mercado is meant to highlight handmade, arts & cultural goods by local and global vendors. Also featuring curated vintage and natural beauty products. The vision of the Global Local Mercado is to support economic development, cultural preservation of Global and Local artisans and to make arts & culturgal goods accessible to the community at large. Our store embodies the work of global to local artisans focused on sustaining and sharing culture through art, clothing and accessories. Our purpose is to introduce their efforts through the Global Local Mercado. Sol Collective is located at 2574 21st St, Sacramento, California 95818.

SATURDAY, MARCH 31-SUNDAY, APRIL 1

SPRING EGGSTRAVAGANZA AT FAIRYTALE TOWN: Join Fairytale Town for an egg-citing weekend featuring egg hunts, prizes, spring themed arts and crafts and more from 11 a.m. to 4 p.m. Daily egg hunts will be held at 12, 1, 2, and 3 PM, promptly. Hunt areas are separated by age groups as follows: ages 0 – 3 on the Mother Goose Stage Lawn, ages 4 – 6 in Pooh Corner, and ages 7 – 12 on the lawn behind King Arthur's Castle. After the egg hunt, make your way to Mr. McGregor's Garden to redeem your eggs for a prize! Kids can choose from a variety of new prizes based on the number of eggs they collect. Puppet Art Theater Company will also be on hand performing Bunny Boot Camp in the Children's Theater. Tickets are $1 for members and $2 for nonmembers. Show times are at 1:30, 2:30, and 3:30 PM. Puppet show tickets can be purchased at the entrance to the Children's Theater 15 minutes prior to show time. Plus, visit with Peter Cottontail on the Mother Goose Stage. Get a printed photo for $5, or take your own photo. And make spring-themed crafts, including bunny ears. Spring Eggstravaganza is a special ticketed event. Event is weather permitting.
Tickets will go on sale now. Fairytale Town is located at 3901 Land Park Drive.

SATURDAY, MAY 12

CKM WRESTLING CLASSIC CAR SHOW: Help support C.K. McClatchy's wrestling team. As most of you know there isn't a very big budget for high school sports teams are left to fundraise as much as possible. There will be a bike and classic car show at McClatchy High School from 8 a.m. to 2 p.m. 3066 Freeport Blvd. If you are interested in entering your car or motorcycle please contact me as spaces will be limited. If you belong to a club bring the crew. This is also a great opportunity to bring the family and check out the beauties. There will be prize raffles.

SATURDAY, AUG. 25

RACE FOR THE ARTS IN WILLIAM LAND PARK: Grab your running shoes, friends, family, co-workers, neighbors and join the fun! Race for the Arts is for everyone the serious runners (5K timed by B-tag) and for the casual runner/walker. Run, walk, jog or jeté along the racecourse in Sacramento's shady William Land Park. Entertainment throughout the racecourse and a FREE Arts Festival – What's not to love? Come out for the Race and stay for the Free Arts Festival with food, hands-on booths and plenty of entertainment. Race for the Arts raises funds and awareness for ALL California nonprofit visual, performing, cultural, literary and culinary arts organizations, and school music, drama, literary, art and culinary arts programs. They receive 100 percent of pledges designated to them. 7 a.m., registration (or register at http://www.RacefortheArts.com); 8:10 a.m. Kids Fun Runs; 8:35 a.m., 5K Run/Walk; William Land Park, Sacramento (across from Sacramento Zoo and next to Fairytale Town). Cost: $15 - $35 (cost varies, depending on age and date of entry). A 20 percent discount for teams of 10 or more. Registration includes event T-shirt, refreshments, and exclusively designed socks by Trumpette. FREE Arts Festival. Information, visit www.racefortharts.com

ONGOING

SOL KIDS DAY! EVERY SECOND SUNDAY OF THE MONTH: From 2 to 4 p.m., families are welcome to enjoy a day of cultural arts, crafts, and music., Sol Kids Day provides different hands-on arts and health activities every Second Sunday like nature creation labs, healthy snack assembly stations, yoga for kids and everyone's favorite, slime-making. Engaging performances for kids include hip hop theatre production, beat-making workshops, and guest appearances from some local unicorns and magicians. Sol Kids Day also hosts a gently used toy/clothing exchange every month as well! Sliding scale donations. No one ever turned away for lack of funds. Funded in part by the Cultural Arts Award Program of the Sacramento Metropolitan Arts Commission with support from the City and County of Sacramento. Sol Collective is located at 2574 21st St, Sacramento, California 95818.

LOW-COST VACCINATION CLINICS AT THE SSPCA: Mondays and Tuesdays from 11 a.m. to 3 p.m. for vaccines; no appointments necessary. Vaccines include:
1) DAPP vaccine ($20) — DAPP stands for Distemper, Adenovirus, Parainfluenza, and Parvovirus. While important for dogs of every age, puppies are susceptible to the Parovirus.
2) Bordetella ($20) -- often referred to as the kennel cough vaccine, this helps protect against a strain of bacteria that can cause kennel cough. Many boarding ken-

Continued on page 18







What's happening, Land Park?

Continued from page 17

nels and groomers require this vaccine for services,
3) FVRCP vaccination ($20) prevents three potentially deadly airborne viruses: rhinotracheitis, calicivirus and panleukopenia in cats,
4) Rabies shot ($6) -- this vaccine is required by animal control or to license your dog. The first vaccine is valid for one year, subsequent vaccines if given on time will last 3 years.
If you are 65 or older, vaccinations are free!
The Sacramento Society for the Prevention of Cruelty to Animals is located at 6201 Florin Perkins Road, Sacramento.

LADIES GOLF CLUB IN LAND PARK: Did you know there is a women's golf club that regularly plays at William Land Park? Women can discover the joys of golf, build new social relationships and get fit the fun way by joining the William Land Women's Golf Club. This 9-hole group meets Thursday mornings. It's open to women of all ages and golf abilities. Questions....or want more information....please call 916-422-0831 or email gretjen@comcast.net

MUSIC AND MOTION AT BELLE COOLEDGE LIBRARY: Rowena Alverto brings exercise classes for seniors with a combination of yoga, tai chi, zumba, for seniors on Wednesdays from 8:30 to 9:30 a.m. $5. 5600 South Land Park Drive.

BELLE COOLEDGE LIBRARY VIDEO GAMES AND VIDEO GAME SYSTEMS DRIVE: The Belle Cooledge Library is looking for video games and working game systems for our afterschool teen space program for next year. If you have any video games or working game systems that you would like to donate please bring them to the Belle Cooledge Library and we will provide a tax receipt. What is Teen Space? Join other area teens in our community room for our afterschool Teen Space! Hang out, geek out and mess around with friends and snacks! Seriously, what could be better? Teen Space occurs weekdays from 3 - 5 PM (except Thursdays 1:30 - 5 p.m.), is free, and open to teens between the ages of 12 - 18. (During the school year) All Library programs are free and open to the public a library card is not required! Belle Cooledge Library is located at 5600 South Land Park Dive. Library hours are Tuesdays noon to 8 p.m.; Wednesdays and Thursdays 10 a.m. to 6 p.m.; Fridays 1 to 6 p.m. and Saturdays 10 a.m. to 5 p.m.

FRIENDS AND FAMILY OF SURVIVORS SUPPORT GROUP: Every first Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: Is your friend or family member in a domestic violence, sexual assault, or human trafficking situation? This free, drop-in group is for you. Learn how to support your loved one, and receive some support yourself among people who are in the same situation. Feel free to call My Sister's House for more information: 916-428-3271.

#METOO SUPPORT GROUP: Every third Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: This drop-in support group is free, confidential, open to all genders, and available to sexual assault survivors at any point in their healing. Feel free to call My Sister's House for more information: 916-428-3271.

vJANE AUSTEN READING GROUP AT ELLA K. MCCLATCHY LIBRARY: This monthly group reads the works of Jane Austen and meets the third Saturday of each month in the Ella K. McClatchy library from 3:30 p.m. to 5 p.m. All Austen fans are welcome. 2112 22nd St.

LAND PARK VOLUNTEER CORPS WORK DAYS: Help the corps with various work projects in William Land Park after a very wet winter.. First Saturdays of the month from 9 a.m. to noon. Meet at the Base Camp located in the picnic grounds directly behind Fairytale Town.

FAMILY FRIDAYS AT BELLE COOLEDGE LIBRARY: Spend some family time together this summer at the library with Family Fridays! Each Friday, in the Community Room there will be board games, cards, Wii gaming, arts and crafts, toddler toys, and a reading nook! This is a Summer Reading Challenge: Read by Design event each Friday from 3 to 5 p.m., 5600 South Land Park Drive.

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

SAC TRANSIT RIDERS UNION WEEKLY MEETING: Interested in democratizing transit and putting the "public" back into "public transit"? Sac TRU's weekly meetings, held every Saturday from 1-3 p.m. addresses these issues. Organize Sacramento, 1714 Broadway, Sacramento, CA 95818

POP-UP BOOK SALE AT BELLE COOLEDGE LIBRARY: Every first Tuesday of the month from 11 a.m. to 5:30 p.m., the book sale features books for all ages. Support your local library and pick up some great reads! All proceeds from the sale benefit library programs. The Friends Bookstore will be open regular hours. The sale is held at the entrance to the library. 5600 South Land Park Drive

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY –Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY– Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

PRESCHOOL STORYTIME AT BELLE COOLEDGE LIBRARY – Preschoolers ages three and older and their caregivers are invited for fun songs, stories, fingerplays and a play activity. Thursdays at 11 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

BELLE COOLEDGE LIBRARY PRESENTS SING ALONG WITH MISTER COOPER – Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive.

FAMILY STORYTIME AT ELLA K. MCCLATCHY LIBRARY – Every Tuesday at 10 a.m. for books, songs, stories and fun. Miss Lindsey and her guitar always make this storytime a fun event. Everyone is welcome to stay for our STEAM stay and play activity of the day. Recommended for ages 0-5. Every Tuesday from 10 a.m. to 11 a.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

THE FORUM: HEALING PATHWAYS PSYCHOLOGICAL SERVICES: Every Thursday from 5:45 to 7 p.m., the community is welcome to the Sierra 2 Center, 2791 24th St., to participate "CONVERSATIONS ON THE EDGE!" The forum provides a framework for investigating human nature. FORUM IS NOT THERAPY, it is a ritualized form of communication designed to enhance transparency, growth, and community. A Way of Group Communication and Being in Community through a Culture of Non-Violence. Tamara Intentional Community and Forum Founders Sabine Lichtenfels and Dr. Dieter Duhm define one aspect of community as living truthfully with each other and this is the cornerstone of our peace work. Another aspect of having a culture of non-violence is ending the war between genders, by letting go of fear in the humanistic love we share with and for one another, despite our gender differences and the complexities brought to our gender identity. These definitions embody what it means to be in Forum, including transparency with our felt experience and what is alive in us, psychologically and emotionally. Participants connect through their own self awareness and through a willingness to share it with the group. They may wish to do this nonverbally, with active or passive facilitation, through a poem, dance, or whatever moves you! The Forum will be held in the Garden Room. Donations are encouraged to cover the cost of room rental.

SOROPTIMIST INTERNATIONAL OF SACRAMENTO SOUTH MEETING: The club welcomes women and girls to the club's lunch meetings on the second and fourth Tuesday of the month from 12:15 to 1:30 p.m. at the Aviators Restaurant, at Executive Airport, 6151 Freeport Blvd.

See Events, page 19



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What's happening, Land Park?

Events:

Continued from page 18

WEDNESDAY COFFEE AND CONVERSATION GATHERING: Every Wednesday morning from 7 to 10 am., join neighbors at Cafe Latte, 7600 Greenhaven Drive, for conversation and fun. Find the group back near the piano.

ACC PRESENTS 'BODY WISDOM BREATH AND MOVEMENT': Perform easy to follow seated and standing exercises for health and well-being. Most movements are based on eastern techniques for relaxing and re-energizing the body. Use simple Qigong postures to stimulate vitalizing "Chi". Discover the joy of self-massage and acupressure. Slow down with guided imagery and meditative breath-work. Improving your health and be simple and fun. Pre-registration and Pre-payment of $20 @ $5 per class required. $7 Drop-in rate per class. Class will be held from 8:30 to 9:30 a.m. at ACC Senior Services, 1180 Corporate Way. For more details, call (916)393-9026 ext 330, www.accsv.org.

ACC PRESENTS YOGA-NEW: This yoga class introduces the lyengar method of hatha yoga. Basic standing, sitting, forward extension, introductory inversion, and restorative postures will be taught. This class will build upon prior class and will use props to assist the students. You will need a yoga mat and possibly blocks, belts and blankets. Pre-payment is $6 per class or $8 drop-in rate. Pre-registration required. Class is now held from 7 to 7:30 p.m. at ACC Senior Services, 7334 Park City Drive. for more details, call (916)393-9026 ext 330. www.accsv.org

BABY/TODDLER STORYTIME -- Babies and toddlers (ages 0 to 3 years) and their caretakers are invited to join us for songs and rhymes. Arrive early or stay late for extra social time with other children and parents. Tuesdays and Thursdays, from 11 a.m. to 11:20 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

KNIT TOGETHER -- Love to knit? Want to learn? Join the library for expert advice, great conversation and more. All crafters are welcome--not just knitters! Every Friday from 1 to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

COMMUNITY DAY AT THE SACRAMENTO ADVENTURE PLAYGROUND: All ages are invited for a day of play at the Sacramento Adventure Playground! Children get to create their own play structures and spaces by re-purposing everyday items such as cardboard boxes, plus household wares, natural elements and unexpected items. The Playground is a fun and safe environment where children can use their imagination and creativity to direct their own play! Community Days also feature special activities and craft projects. Families are requested to wear closed-toe shoes and clothes that can get messy. The event will take place rain or shine. Admission to the Sacramento Adventure Playground is free. Featured activities include: Box forts, mud play and slide, sand play, bike riding (bring your bike and helmet!), craft projects, bubbles, painting. While the Sacramento Adventure Playground's regular operating hours are designed for ages 7-15, the Playground opens up for children of all ages to come and play on Community Days. Advance registration is not required. Community Days are held on the second Saturday of the month (except December and January) from 11 a.m. to 3 p.m. at 3301 37th Ave.

NATURE EXPLORERS AT THE SACRAMENTO ZOO: The Sacramento Zoo and the Sacramento Library in an open play environment, the last Saturday of the month anytime between 10 am to 2 pm. Near the playground, there will be storytime, playing, and exploring the wonders of the natural world with a new topic each month. For more information, call 808-5888; 3930 West Land Park Drive.

WELLS FARGO WEDNESDAY AT THE SACRAMENTO ZOO: Thanks to Wells Fargo, the first Wednesday of each month in 2017 is Wells Fargo Wednesday. Up to four children ages 2-11 receive free admission to the Sacramento Zoo with a paid adult.

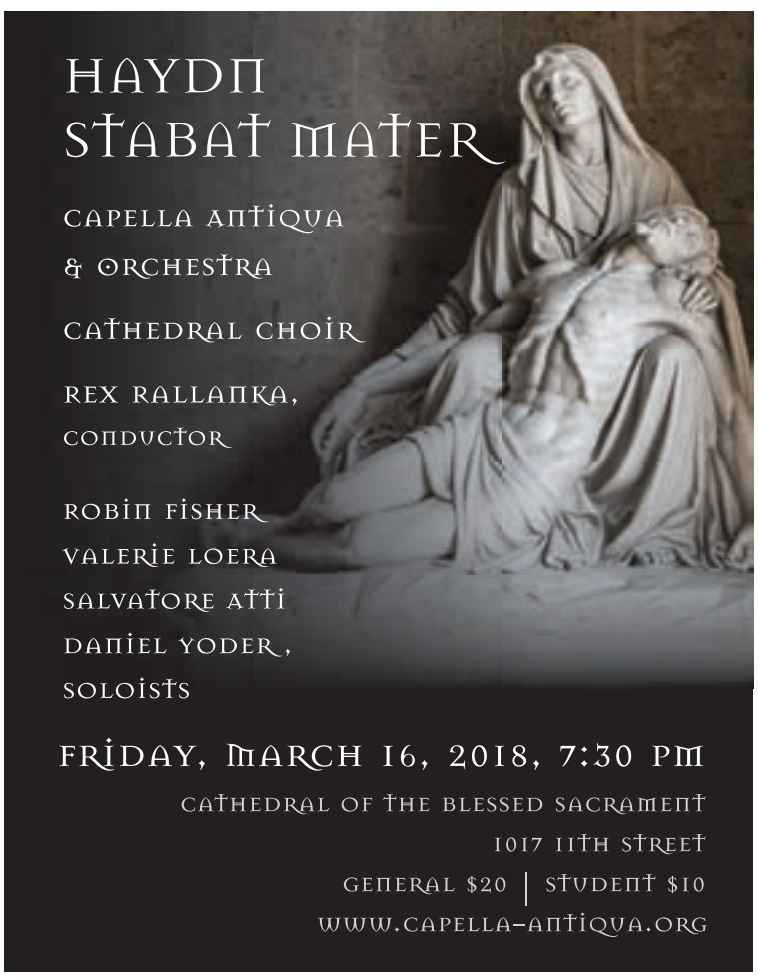
TECHNOLOGY HELP – Are you curious about eBooks but not sure how to get started? Is your tablet or eReader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the McClatchy Library and meet with a Technology Assistant. Sessions are first come, first served and last 30 minutes. Adult. Every Wednesday from 2 p.m. to 3 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

INTRODUCTION TO COMPUTER: This class is designed for beginner or students with limited or no experience with computer. Learn about computer hardware, system components, software and more. Pre-payment of $30 and pre-registration required. Class will start from January 16 thru 25, 2018 on Tuesdays and Thursdays from 1:30 to 3 p.m. at ACC Senior Services, 7334 Park City Drive. For more information, call 393-9026 ext 330, www.accsv.orgs.



SATURDAY, MARCH 31-SUNDAY, APRIL 1

41ST ANNUAL BONSAI SHOW SPONSORED BY SEKIYU KAI: 10 a.m. to 4 p.m. each day at the Buddhist Church 2401 Riverside Blvd. Demonstrations both days at 2:00pm by Yuzo Maruyama, followed by a benefit raffle. The event will include trees and bonsai materials for sale and the food vendor Haole Pig BBQ. Admission and parking are free. For information, email BonsaiSekiyuKai@gmail.com





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