May 10, 2018 | www.valcomnews.com

Land Park News

— BRINGING YOU COMMUNITY NEWS FOR 27 YEARS —



See page 10



INSIDE THIS ISSUE!

California Kids!
Family Fun Guide

Longtime, local music business's new Curtis Park home has lengthy history, newly-opened music venue

See page 2





Young Actors Stage presents
Into the Woods

See page 6




Sheila Van Noy
916.505.5395
Sheila@SheilaVanNoy.com
CalDRE#00924678

MASTERS CLUB
DUNNIGAN Realtors




SHEILA GETS THEM SOLD

LAND PARK NEWS
WWW.VALCOMNEWS.COM

E-mail stories & photos to: editor@valcomnews.com
Editorial questions: (916) 267-8992

The Land Park News is published on the second and fourth Thursdays of the month in the area bounded by Broadway to the north, Interstate 5 on the west, Florin Road on the south and Freeport Boulevard/21st Street on the east.

Publisher ..... David Herburger
Editor ..... Monica Stark
Art Director ..... John Ochoa
Graphic Designer ..... Annin Greenhalgh
Advertising Director ..... Jim O'Donnell
Advertising Executives ..... Linda Pohl, Melissa Andrews

Copyright 2018 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Vol. XXVII • No. 09
1109 Markham Way
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover by:
Courtesy

Other Photos:
Stephen Crowley
Liorah Singerman

Angel's Nest
CHILD DEVELOPMENT CENTER
• FULL AND HALF DAY PROGRAMS BETWEEN 7AM-6PM
• SERVING AGES 2-5 IN A FAITH-BASED SETTING WITH EMERGENT CURRICULUM!
NOW ENROLLING!
GREENHAVEN LUTHERAN CHURCH • 475 FLORIN ROAD • (916) 428-4651
VISIT OUR WEBSITE FOR MORE INFO! WWW.ANGELSNESTCDC.COM

WORRIED? STRESSED OUT? DEPRESSED?
There are answers in this book.
BUY AND READ
DIANETICS THE MODERN SCIENCE OF MENTAL HEALTH
BY L . RON HUBBARD
May you never be the same again. **PRICE: $27**
Church of Scientology Sacramento
1007 6th Street (6th & J) Sacramento CA 95814 • (916) 319-5440
sacramento@scientology.net • www.scientology-sacramento.org
© CSSAC 2018. All Rights Reserved, Dianetics, Scientology and L. Ron Hubbard are trademarks and service marks owned by Religious Technology Center and are used with its permission. Printed in the USA.

CALENDAR ANNOUNCEMENTS
Send you updated announcements
email to editor@valcomnews.com
VCN VALLEY COMMUNITY NEWSPAPERS | 916-267-8992
1109 Markham Way, Sacramento 95818

LYON REAL ESTATE
www.GoLyon.com
Bruce Reddick
916-919-7338
CalBRE# 01814263





A Great Opportunity!
3 bedrooms, 1.5 bathrooms, newer roof and HVAC, fresh paint inside and out, ceiling fans, whole house fan and dual pane windows. Newly Remolded bathroom. Enjoy the backyard rose garden from your covered patio or gazebo!! Close to food and drink, public transit and city college.
4700 Attawa Avenue • $361,000

The Fifth String continues transition at new location

Longtime, local music business's new Curtis Park home has lengthy history, newly-opened music venue

By LANCE ARMSTRONG

The Fifth String, which began relocating from East Sacramento to Curtis Park six months ago, continues to settle in at its new location at 2900 Franklin Blvd. That transition includes the opening of its new, live music venue.

John Green, this music business's owner, said that the move from 3184 N St. occurred after he decided to close out the retail end of this establishment.

"I got out of retail because everybody was buying online and I'm a (certified public accountant), so I didn't need the grief of competing with the big box stores," he said. "There was no point in a retailer trying to survive in the current climate."

Last year's relocation of The Fifth String marks a continuance of a business that dates back to 1981 in Sacramento. The business opened in a Queen Anne Victorian at 1931 L St. and has operated in several locations in the capital city.

Bay Area Fifth String locations

Predating The Fifth String in Sacramento were earlier stores of this business that opened in San Francisco and Berkeley. Those stores are no longer in operation.

The first store was opened by Richard Keldsen in San Francisco's Marina District in 1973. A later proprietor was guitarist and banjo player Larry Bowen.

Green, a 1972 graduate of Rio Americano High School, recalled establishing a Sacramento location of the store.

"I came up out of Berkeley," he said. "There was a Fifth String in Berkeley, so I brought it up here and started it with my brother."

After ending that partnership to become a CPA in 1986, Green re-obtained his share of the business about five years later. He also works as a tax accountant for the music industry.

With its retail end removed, The Fifth String currently focuses on stringed instrument instruction through its school of music, and live music performances at its new venue.

The Side Door

This all-ages venue, known as The Side Door, seats about 140 and does not serve alcoholic beverages.

Green, who presented occasional shows at previous locations of his business, explained a major reason why he desires to operate a more active music venue.

"My idea here in a nutshell is there are some problems," he said. "One is there are not enough all-age venues. I'm very, very, very much wanting kids to get a chance to hear (live) music."

He also said that he is interested in presenting quality, live music to people around his age who want to return home by midnight.

Green noted that he did not previously envision operating a live music venue in Curtis Park.

"This location just kind of fell in my lap," he said. "We just peaked in the window when it happened to be open and then the (occupant) decided to move, so we ended up with the whole building.

"I just decided, 'Well, why not have a nice, little listening room?'"

Green mentioned that the venue was named after its reconstructed, 4-foot-wide door.

The first show at this venue featured a performance by Eric Andersen and his band on April 27.

See The Side Door, page 3

GEORGE L. KLUMPP CHAPEL OF FLOWERS
FD360





Join us for an
OPEN HOUSE
and Have the
"Talk of a Lifetime!"
George L. Klumpp Chapel of Flowers
Saturday, May 19th and Sunday, May 20th, 10am - 3pm
Free Snacks & Refreshments
"Talk of a Lifetime"
at 11 am and 2 pm each day.
For more information call (916) 443-7917
www.klumppsfuneralhome.com/contact
2691 Riverside Boulevard, Sacramento, California 95818
Newly Renovated

The Side Door:

Continued from page 2

On May 26, the bluegrass bands, Mile 12, and the all-girl North Country Blue will perform at The Side Door at 7 p.m.

This venue will also present Dom Flemons, co-founder of the Grammy Award-winning Carolina Chocolate Drops, on Sept. 25 at 7 p.m.

Further details about scheduled performances can be found on the venue's Facebook page.

Tickets to upcoming performances can be purchased at www.thesidedoor.net or at the door on the day of the show.

Music instruction

As for music instruction, Green said that because of the quality of his music school, he did not want to end its operation.

"We had a nice music school and I didn't want to give up on teaching," he said. "That's one part we really like. I just have good teachers here and it's really structured to get people to play."

Fifth String Music instructors include Steve Randall and Dave Shapiro, who teach guitar; Julie Meyers, who teaches guitar, piano, ukulele, voice and bass; and Fiona Pulskamp, who is a violin/fiddle instructor.

New location's history

Regarding his business's new location, Green said that he is curious about the history of this building.

"I heard this (building) used to be a Safeway," he said.

Research for this chapter shows that the structure originally opened as a Skaggs Safeway store in about 1928.

Beginning with the 1930 city directory, the location is mentioned as home to a Safeway store.

That status remained until about 1951, when DD&W Hardware opened at that site. This business was owned by Sacramentans William DeLacy and Marvin Warner, and Albert Deaton, of Vallejo.

The hardware store was replaced by Eddie and Betty Watson's Eddie's Furniture Exchange in about 1961.

It was also during the early 1960s when the building began housing Shop Rite Market, and Buehler's Quality Meats, which was owned by Fred Buehler.

A longtime operating business in this building was Bishop Interiors, which was run by Leo R. Abern.

Established in about 1967, this business remained in operation for about 12 years.

By 1980, Clear Glass Works had its manufacturing plant and showroom in this building.

Green said that in more recent years, the building was divided between a metal working business and an artist-run, noncommercial art gallery known as Tangent Gallery.

"This (building) was split in half, because when Tangent was here, they didn't have the other side," he said. "The other side was a metal working couple that worked out of here for 16 years. They spent half the time here and then half the time out at Sedona, (Arizona). They were a lot on the festival circuit for art."

From early last year until last fall, the building sat vacant. It was previously occupied by ESH Gallery, which was owned by Jennie Krausse, owner of a local estate sales business.

Norm King, who has operated Norm's Barber Shop in the building since Dec. 28, 1994, said that this space was previously occupied by an earlier barbershop.

King added that Alex Bober bought the structure "within the last year." He added that the same family has owned the building for many years.



Photo by Steve Crowley
John Green, owner of The Fifth String, stands in front of the front doors of his new business location in Curtis Park.

An invitation to visit

With The Fifth String's relocation, Green is interested in having more people visit his business in Curtis Park.

"People please come by," he said. "We would love to get you into learning how to play music. That's my biggest thrill of it. And the venue is just exceptional. It's something that didn't exist in Sacramento, but it does now."



Freeport
Bar & Grill

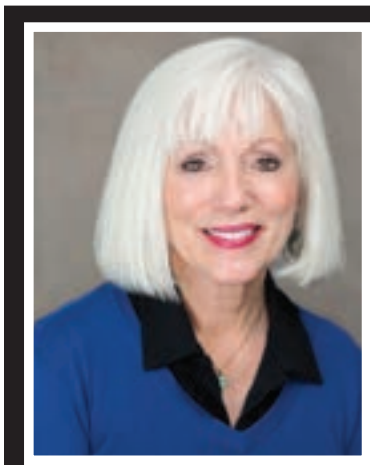
Outside Patio Dining
Patio is Pet Friendly!

FREEPORT BAR & GRILL

JOIN US FOR MOTHERS DAY BRUNCH
Special brunch menu 9am-2pm
Dinner from 4pm-10pm
Make your reservations now.

HAPPY HOUR Mon – Fri: 4 – 7pm
1/2 OFF Select Appetizers & Drink Specials
Monday through Friday: 11am – 1:30am
Saturday and Sunday: 10am – 10pm
Saturday and Sunday Brunch: 9am-2pm

Call for reservations: 916-665-1169
8259 Freeport Blvd., Sacramento, CA 95832
www.freeportbarandgrill.com



Sue Olson
916-601-8834
sue@sueolson.net
CalBRE# 00784986
landparkhomes.com



LAND PARK

Adorable 3 bed, 3 bath home w/open and spacious floor plan. This property features both formal living & dining area with random plank flooring, dual fireplace, large kitchen & family room combination w/custom cabinetry, SS appliances, granite counter tops, pantry & inside laundry. Family room has French doors to a manicured patio w/dining area & lovely backyard w/a pool & spa. Spacious master suite w/large bath & walk-in closet also opens to backyard. One half of the detached 2 car garage has been converted and offers a kitchen and bath.

1950 8th Avenue $889,000



LAND PARK

You won't be disappointed with the details of this spacious and well cared for home. Delightful extras, beautiful hardwood floors, remodeled kitchen, wine cellar. 3 large bedrooms upstairs, including a spacious master suite with an adjacent office, and another bedroom with adjacent sitting room and walk-in closet. 3 full bathrooms, a TV room that opens to a charming yard w/ built in BBQ and brick patio.

1213 Robertson Way



Teresa Olson
916-494-1452
teressa.olson@cbnorcal.com
CalBRE# 01880615

COLDWELL BANKER
RESIDENTIAL BROKERAGE

Keith Lowell Jensen releases new comedic material

By MONICA STARK
editor@valcomnews.com

Hitting the charts at the No. 1 spot on Amazon's comedy charts for five days, neighbor Keith Lowell Jensen's fifth album, "Bad Comedy for Bad People," pays tribute to those labeled "bad" by the loudest moralists in this country. Those bad boys and gals – those in favor of equality, those feminists, vegetarians and vegans – those are Keith's "bad people."

Flipping the adjective "bad" on its head, "it's taking their idea that we're amoral, and that's OK.

"That's what we are. That's what I like," he says.

"And I hope people aren't disappointed because while my album represents my political viewpoints; call them extreme, they sneak in there. It's not a real in-your-face, hit-you-over-the-head album."

Coming up on May 1, Keith's first book, "Punching Nazis," will be released and his next album, "KLJ Greatest Bits," will be out on May 18. On Saturday, May 12 at 8 p.m., he will perform a new show, "Not For Rehire," at Upstairs at The B, 2700 Capitol Ave. In this show, he recalls the circumstances of his rocky employment history, from the employer who punched him the face to the boss who put him on the standup comedy stage for the first time, against his will. The show features opening act Becky Lynn.



His subtle storytelling and witty catch phrases humor even the most unlikely of audiences. There might be a cowboy shaking his head or a conservative Christian out there, but Keith's "that boogie man" who's also very relatable. "I'm an atheist and I'm a socialist and when we sit and talk, I am also just a dad and a nice guy. The humor is just a little bit of sugar to help the medicine go down."

From performing at local favorites like Punchline, Comedy Spot and Blacktop, to big city comedy venues and small town pubs, Keith makes the rounds up and down the coast and over to red states where some good-natured debates with the protesters have taken place outside atheist conventions he's performed at. He says of the protesters: "It's fun, (The other side) you read their signs and go, 'Well, that's not friendly.' Then, you start talking. People are different when they have a human in their face. They accept each other a little bit."

Attempting to deliver in a Charlie Chaplin style – that is to express strongly held passionate views as comedy – Keith dedicates his favorite track, No. 8, aptly titled Charlie Chaplin, to the English comic actor. Chaplin, who notably denounced Adolf Hitler in "The Great Dictator" plays the fictional fascist of Tomania (a farce on Hitler and Nazi Germany) Adenoid Hynkel.

"He killed all those people but seemed so jovial," says Keith on track 8. Irreverence coupled with a deeply-held conviction, Chaplin and the Marx Brothers are "irreverent and silly, yet they have so much heart," Keith says. "I can see that Chaplin really cares

See Comedian, page 5





Comedian:

Continued from page 4

about the people he presents in his comedy and he had something to say and that's why the track is named after him." So perfect for our times today, Keith says, "The Great Dictator" was criticized for the preachy parts back in the day, and certainly took bravery to perform.

If anything, in the track "Max and JWs (Jehovah's Witnesses)," Keith says he makes fun of himself as an atheist for having a chip on his shoulder, meanwhile his "wholesome" looking wife has a different, a more direct approach when missionaries come to the door. "They were very sweet and I portray them as very sweet. They come in and my daughter (Max) just out talks them as she's excited about dragons. But it's not at their expense and it's not a harmful religious critique. I talk in there about having Muslim neighbors, Hindu neighbors. It's really a sort of 'Hey, we can all get along.' It's cool."

If anything, the 10-minute encore track, "The Lock In," about losing his religion in Roseville, is a little more in your face. "That's why it's the encore," he said. "So, I could cut it out if I didn't like how it went, which is true." A joke he's performed since before his first album, it's always been very popular at various events, but Keith held onto it till now, as this will be his last standup kind of album. Future works will include themed storytelling with the next being "Not For Rehire."

Keith's first book, "Punching Nazis: And Other Good Ideas," published by Skyhorse Publishing, is a collection of short stories, essays, and interviews centering around late 80s, early 90s punk rock and the bewildering presence of racist skinheads within that scene, according to a book description on the comedian's website.

Having been expelled from 9th grade at Roseville High School after taking up a math teacher's dare to upset him, young Keith was moved to Success High continuation school.

"(The RHS math teacher) challenged us that we couldn't make him mad," Keith says. But the then-ninth grader got the teacher's goat and then I ditched school for a week. "Eventually, I did have to go back and when I went back, I did not attend that school anymore."

At Success High, teacher Sherie Labedis sneaked lessons on civil rights into everything they studied. "She was great," Keith said.

Fully behind Antifa, Keith supports punching Nazis and took to Facebook and engaged in dialogue with people about the ethics of violent protest. "(Nazis) are too dangerous to ever let that kind of thinking come back to power again," he said.

In talking about how the book deal came about, he explained it sort of fell in his lap, after a friend declined a book deal and recommended Keith as a replacement, telling the publisher that he writes a lot about punching Nazis. "I had no intention of writing a book about punching Nazis," he said. "I get this incredible letter that says, 'We hear you have a manuscript called "Punching Nazis;" we'd love to have a look.' And I was honest with them and said I had no such manuscript. I have me mouthing off about it on Facebook and they were like, 'Would you be interested in writing it? And, I said sure and they gave me an advance and I went to work and cranked out a book. That comes out May 1."



See or hear Keith Lowell Jensen

Saturday, May 12
Upstairs At The B (B Street Theatre), : 1050 20th St. Suite 130, Sacramento

Saturday, May 19 at 7 p.m.
Blacktop Comedy, 3101 Sunset Blvd. #6a, Rocklin

Friday, June 29
Comedy Spot, 1050 20th St. Suite 130, Sacramento

Always discussing life's events and day-to-day trivialities in his comedy, Keith says he talked about his wife being pregnant on his first album, "To the Moon," and about his daughter being born on his second, "Cats Made of Rabbits." He has a playlist on Spotify that follows Max's life through tracks on comedy albums. "Of course, I use such terrible language. I can't play it for her until she's much older, but someday. I just don't want to increase her vocabulary and get her in trouble."

Speaking to his own childhood, Keith says the first time he was called the class clown was in junior high and remembers feeling offended. "I didn't think of myself that way. I wanted to be more like the bad boy. Class clown didn't seem serious enough." With natural talent harkening back to his younger years, Keith recalls performing as a ventriloquist in the 5th grade talent show where he acted out "Who's on First", the classic Abbott and Costello comedy routine. "It went well. It was two shows. The early show my mom was there and the second show my mom wasn't there. I fell apart. I was forgetting my lines. I needed that security blanket. So, now I make sure my mom is at every show. No, actually, I am just kidding. My mom is banned from every one of my shows. I don't want to say horrible things in front of her."

He recalled going to see poetry at Luna's Cafe & Juice Bar (1414 16th St.) when he was 16. "It blew my mind. This is like a place you see in movies and it was just real." Fast forward, the haven for local artists playing jazz, poetry, hip-hop, filmmakers, comedy, became a workout room where Keith further honed his skills. For five years, he spent running a mic. "They were a big part of developing my voice and it was walking distance from my home at that time," he said.

Asked about his goals and dreams for the future, Keith says he "just wants to keep doing this for a living. I am The Little Engine That Could. I just keep going up the hill slowly." He wants to get back to putting out an album a year. "That was the initial goal and I am going to hit that now. I took control of that. It used to be in other people's hands; now, it's in my hands, and I want to write more books."

Visit his website, http://rockass.net, for information on how to purchase CDs, DVDs and more.

America's Choice in Homecare
Visiting Angels
LIVING ASSISTANCE SERVICES
Visiting Angels Midtown



Dale Glazer
General Manager
Lic.# 3447000027

Join Us For Our Friday Seminars

May 18th: In Home Care vs Assisted Living. Compare the Difference.

June 15th: Financial reality of caring for our parents. How can I afford this?

1:00-2:30pm Please RSVP
2026 X Street, Sacramento 916-273-9199
www.VisitingAngels.com/SacMidtown

Make A Difference
BECOME A MENTOR

California MENTOR
Family Home Agency

California MENTOR is seeking loving individuals just like you to support adults with special needs.

Receive up to $1,950 a month (to cover the cost of care) for your spare bedroom.

CALL ERIN TODAY!
916-383-9785 ext. 17

MentorsWanted.com

FUNERAL DIRECTORY
Call Melissa at (916) 429-9901
www.valcomnews.com

GEORGE L. KLUMPP
Chapel of Flowers FD360
2691 Riverside Blvd.
(916) 443-7917
KlumppsFuneralHome.com
Newly re-modeled.
Reception room available.
A fully accommodating, caring facility.
Serving Sacramento since 1921.

Harry A. Nauman & Son
Dignity
FD366
4041 Freeport Blvd
Sacramento, CA 95822
(916) 452-6157
Serving Sacramento Families since 1903.
Pre-arrangement packages available.

East Lawn
Memorial Parks, Mortuaries & Crematory
(916) 732-2000
EastLawn.com
4 Sacramento locations serving families since 1904

Young Actors Stage presents Into the Woods May 18-27

By KEILAH WOODARD

Teens with a passion for musical theatre tackle Sondheim's most popular musical with gusto, bringing fairy tale characters to life on the 24th Street Theatre stage. Into the Woods, presented by Young Actors Stage, opens May 18.

Directed and choreographed by Elly Award winner, Liorah Singerman, the cast consists of local middle school, high school and college students with extensive musical theatre experience, who are no strangers to Sondheim's work and bring an energy to the show that is sure to be memorable.

"We have exceptional talent from all over the Sacramento region coming together for this production. Into the Woods has always been a favorite of mine.," Singerman said.

"The music and the story are absolutely beautiful. It's a fairytale for adults that children can enjoy. It's funny, and thought provoking, and magical."

The story involves a Baker and his wife who wish to have a child but learn they have been cursed by a witch. They set off on a magical journey to reverse the curse that intertwines with several fairy tale characters who have wishes of their own. Little Red Riding Hood, who is trying to visit her grandmother, Cinderella, who wishes to attend the King's Festival and Jack, who wishes his cow would give milk. In the woods we also meet the Witch's daughter Rapunzel and the Princes chasing after their loves. Everyone's wishes are granted, but the consequences of their actions return to haunt them later with disastrous results.

In a creative approach to answer, "What happens after 'Happily Ever After'?" Stephen Sondheim and James Lapine collaborated to write *Into the Woods*. The musical debuted in 1986 and premiered on Broadway in 1987, where it won several Tony Awards, including Best Score and Best Book. The musical has since been produced many times and a Disney film adaptation was released in 2014, going on to receive three Academy Award nominations.

Young Actors Stage's production of Les Misérables High School Edition was the winner of seven Elly Awards including Overall Production, Direction, Leading Male, Musical Direction, Set Design, Lighting Design, and Sound Design.

Into the Woods opens Friday, May 18 and runs through Sunday, May 27 at the 24th Street Theatre, 2791 24th St., in Sacramento. Performances are at 7pm on Fridays, 11am, 3pm and 7pm on Saturdays, and 11am, 3pm on Sundays. All ages are welcome.

Ticket prices are $15 for all seats. Schedule and tickets for Into the Woods are available at youngactorsstage.com.



Photo by Liorah Singerman

Yahmonee Hedrick as the Wolf, Maebel Thompson as Little Red.

On being invisible

By PAT STANFIELD

I can relate to how the Whos in Whoville felt while exclaiming, "We are here, we are here, we are here!" in the Dr. Seuss book, *Horton Hears a Who*!. At 71, I find myself to be more and more *whoish* with age. I became aware of my introduction to invisibility about 10 years ago in a scene not too different from one in the TV show, *Frankie and Grace*, in which Lily Tomlin and Jane Fonda play 70s-year-old women. On a whim, and because they hadn't done it for so long, they decided to buy a pack of cigarettes. They were second in line standing at a check-out counter waiting for the young male cashier to help them. He waited on a man ahead of them, but, rather than attending to them, the cashier saw a pretty young girl coming to the back counter. He swirled around to help her and spent time chatting and flirting. Tomlin and Fonda looked at one another, having their "I'm invisible" moment. They started yelling at the employee who spun around, slack jawed, noticing them for the first time. He rushed to them, wanting to hush these two crazy old ladies. Things calmed down and Tomlin and Fonda left. Outside, Tomlin pulled a pack of cigarettes from her pocket and said, "Hey, I was invisible, so, no one could see me stealing them!" I was laughing and saying, "been there!" My "I'm invisible" awakening was when I was at a movie theater concession stand. There were 3 lines of customers with two male high-school-aged staff. I was the only one in the 2nd line while the other two lines each had a group of kids about the same age as the staff. I was amused watching the interactions, flirtations and antics of the kids. When the groups were served, and I was the only customer, I expected to be served. But the boys didn't come. I saw the boy on the right, with his head turned sideways away from me and waved and said "hello." But he didn't seem to hear me. I looked at the boy on the left and he was busy doing something but turned slightly in my direction. I waved and said, "hello, I'm ready to order." No reaction. I thought, "What the hell… am I invisible here?" Oh, my God! I was invisible, just like those AARP articles talk about; just like what Mom told me. Focusing my glare on the line 3 kid, I widened my stance, placed my hands on my hips, as was my pose while doing recess duty, and used my loud-enough-to-be-heard-over-100-screaming-children voice, "Hey kid, come here right now!" Oh, my satisfaction when he spun around and looked at me for an instance, and came to me his expressions moving from shock, to puzzlement, to embarrassment and then to annoyance. "Fine, get pissed you little ant," I spat in my brain. Without eye contact, he took my order and money and handed me my stuff. I said "thank you" and turned around. As I walked away I heard him say, "Wow, what a bitch!" Well, at least bitches aren't invisible!

My most recent invisibility incident was when I was walking to a writing class I am taking at the community college. By the building there were rows of vending machines where about 10 young students were in line. It was raining, there was slick concrete and I was wearing my poorly soled boots. Yep! I flew fly up and landed hard on my ass, knocking the breath out of me! I sat on the wet concrete catching my breath and taking inventory for bones sticking out of my flesh, new aches or pains. Finding none, I sat for a moment feeling something was wrong. I realized no one had asked if I were okay or come over to help me. I looked directly toward the students…some were looking at me… not a one said anything…none moved toward me or even acknowledged that a little old lady was sitting on her ass on wet cement! "Oh my God, I'm invisible again." I ungracefully and cautiously got up, took the schoolyard pose and used my best scolding glare and my schoolyard voice, "I'm okay, thanks for giving a damn!" I doubt that was very bitchy but I think I was heard. I walked to my class filled with students from 52 to 22 years younger than I. There I am totally accepted, seen, heard and respected for being back in college. I may be invisible to some, but I can still be heard.

Pat Stanfield, of West Sacramento, told "On being invisible" to Speak Up Storytelling, a group which meets the fourth Friday of each month at Avid Bookstore on Broadway in Sacramento.

Public Notification

City of
SACRAMENTO
Department of Utilities

Construction Is Underway

The City of Sacramento, Department of Utilities and its construction contractors are working on water meters, water mains, and water service lines in the area.

Visit **www.MetersMatter.org** to learn more about the project and to find out what may be happening in and around your neighborhood.

This work may result in:
- Traffic delays
- Sidewalk closures
- Construction-related dust and noise

This work addresses the State's mandate for water meters to be installed on all water services.

Thank you for your cooperation on this very important project.

Contact us for more information:
www.MetersMatter.org
Meter Information Line: **916-808-5870**

311
Español | 中文
Tagalog | Tiếng Việt
Hmoob | Русский



Independent Living with Services



REAL PEOPLE.
REAL CONNECTIONS.

Eskaton is people. Real relationships ... real connections between residents, employees, families, volunteers and donors. When you move to an Eskaton Monroe Lodge, we welcome you to our family.

Come for a visit. Experience the Eskaton difference.

eskaton.org/eml

Join us for a healthy living workshop. Call for dates.

ESKATON®
Transforming the Aging Experience

Eskaton Monroe Lodge
Independent Living with Services
Land Park
916-265-0045

EQUAL HOUSING OPPORTUNITY · Pet Friendly

A leading nonprofit provider of aging services in Northern California since 1968



Auto Museum Presents the 9th Annual Memorial Day Car Show Featuring Vettes & Vets

The California Automobile Museum invites the community to hit the road to check out the 9th Annual Memorial Day Car Show featuring Vettes & Vets on Monday, May 28 from 9 a.m. to 2 p.m.

The popular annual event celebrates America's love for the automobile while honoring our country's brave veterans and active duty military. All car owners and enthusiasts are encouraged to enter their vehicles – especially Corvettes, "muscle cars" and military vehicles – in the show that takes place in the spacious parking lot behind the Museum. At noon, the amazing cars on display will be judged in a variety of categories including a best-in-division award for each generation of Corvette, veteran-owned cars and, new this year, a kid's judging category.

In addition to the eye-catching automobiles, attendees will be treated to a DJ spinning classic summer tunes, military color guard and national anthem along with a barbecue lunch available for purchase.

Registration to enter a car in the show is $30 per car. For spectators, admission is $2 per person that will be donated to the Wounded Warrior Project, a charity and veteran service organization that offers a variety of programs, services and events for wounded veterans.

Car show guests are also encouraged to visit the California Automobile Museum that has a world-class and ever-changing collection of vintage and classic vehicles on display. Museum admission is $10 for adults, $9 for vintage (ages 65+), $5 for youth (ages 6-18), and free for children 5 and under. On Memorial Day, veterans and active duty military and their families get in free in recognition of their service.

For more information about the Memorial Day Car Show featuring Vettes & Vets or the California Automobile Museum in general, please call 916-442-6802 or visit www.calautomusem.org.

Chip O'Neill has the KEYS to finding your home.



Going the extra mile for buyers & sellers since 1999

Chip O'Neill Realtor®
Coldwell Banker Residential Brokerage
CalBRE #01265774

916.341.7834 p
916.807.0158 c
chip.oneill@cbnorcal.com
www.chiponeill.com

Auto Museum Springs into Action with Sunday Drives, Hoods Up Activities & Special Shop Talks

The California Automobile Museum is springing into action with a variety of special programs, events and activities happening each month including Downtown Sunday Drives on the third Sunday each month, periodic Talking Shop events with special guests and Hoods Up Weekend activities at the end of each month.

Downtown Sunday Drives

On the third Sunday each month from 11 a.m. to 3 p.m., the California Automobile Museum offers drives to various places in downtown Sacramento in different vintage cars. These special drives are free with paid Museum admissions (donations are always welcomed).

Talking Shop Events

As part of a series of evening events, the California Automobile Museum plans to host a periodic panel discussion with special guests who explore a variety of intriguing topics, including:

- On Thursday, May 10 at 6 p.m., the Museum will host a panel discussion moderated by automotive enthusiast Bruce Woodward who will explore Sacramento's rich custom & hot rod culture. The panel of local legends, historians, and community members will share stories of Sacramento's fascinating and colorful history.
- On Tuesday, June 19 (doors open at 5:30 p.m.; event starts at 6 p.m.) the Museum will host a special discussion on African American westward migration in the nineteenth century by Dr. Shirley Moore, Professor Emeritus of History at CSU Sacramento, and a special screening of a film on African American road travel in the 1940s by Sac State Creative Services for Donner Memorial State Park titled Motoring Over Story: On the Road with the Green Book Guide. Complimentary snacks and an adults-only bar will be provided (for donation by guests ages 21 and over).

Hoods Up Weekend Activities

Held on the last Friday, Saturday and Sunday of each month, the Automobile Museum will pop the hoods on various vintage cars around the Museum so visitors can see what makes some of the most unique cars run and how much has changed since 1886.

Regular Museum admission is $10 for adults, $9 for vintage (ages 65+), $5 for youth (ages 6-18), and free for children 5 and under. Special "Talking Shop" evening events cost $12 per person free for members.

For more information about these continuing special events and activities or the California Automobile Museum in general, please call 916-442-6802 or visit www.calautomusem.org.



FLOORS & MORE
Mon-Fri: 10AM-5PM
Sat: 10AM-4PM
Sun: Closed
WOOD • LAMINATE • TILE • WINDOW COVERINGS
OUR LARGE BUYING POWER ALLOWS US TO SELL AND INSTALL AT LOWER PRICES.
• High End Laminates • Wood • Direct From The Wholesaler
• Interior Designer in Staff, Specializing in Hunter Douglas Window Treatments
Bring you the best flooring with 100's of colors to choose from!
352 FLORIN ROAD (AT RIVERSIDE) 916-505-1703
www.sacfloorsandmore.com • larry@sacfloorsandmore.com
FREE ESTIMATES
Integrity & Customer Satisfaction is Our Mission

Tim Tyler Ph.D
Attorney at Law
• Living Trust
• Wills
• Deed
• Health Directives ($750)
Estate, Tax, & Medi-Cal Planning
Free In-Home Consultation (916) 452-0624

Freeport Wine Country Inn
BISTRO • WINE • BREWS • LODGING
Now Taking Reservations for Mother's Day
NEW SUNDAY MUSIC SERIES!
Check out our facebook page for upcoming music lineup.
OPEN FOR LUNCH & DINNER
NEW EXTENDED HOURS:
WEDNESDAY- SATURDAY 11AM - 9PM & SUNDAY 9AM - 9PM
8201 Freeport Blvd., Sacramento, CA 95832
(916) 665-9500
info@FreeportWineCountryInn.com • www.FreeportWineCountryInn.com

CKM Wrestling classic car show to be held Saturday, May 12

By MONICA STARK
editor@valcomnews.com



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 on Saturday, May 12 from 8 a.m. to 2 p.m., 3066 Freeport Blvd. 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. The team will show custom and classic cars 1974 and older, all makes and models.

C.K. McClatchy's wrestling team won the league title four years in a row (2013- 2016) and second place last year. This year, the Lions placed third. Among obtaining some much needed funding, the with the event, the team hopes to obtain more notoriety for the sport.

Event spokesperson April Garcia said at this point in time the team is in need for funds that can help pay for the tournament entry fees that can really put a strain on some families and can be a bit pricey. Funds generated would also be used for transportation to and from tournaments and new uniforms.

In speaking about the devotion of the coaches, April said Coach Shawn Smith with the help of his son Joel Smith (assistant coach) devote everyday through wrestling season from 3:30 to 6 p.m. Monday through Friday with additional Saturday tournaments."They can be grueling 12-hour days and when they are coaching the girls and in the post season this can be a whole weekend, 12 hours each day, sometimes longer. They are showing the basics for the beginners and also stepping up technique for the veterans. I think a big part of the master plan is to grow the program and get the enrollment numbers higher than they have ever been while helping the kids find the love and passion for the sport. Coach Smith also runs a Jr. wrestling club for children ages 5 and up truly because of his love for the sport."

April said whether or not your kids have experience, boy or girl, athletic or not come check out the program. "They will make new friends and become a part of something they never thought about. Girls wrestling is at an all time high and most do not start until high school. I saw a quote some time ago that said, 'If you don't take the time to show your kids something positive someone will take the time to show them something negative.' I don't know the author but it is so very true. Our kids can get lost in this crazy world, so let's get them involved in something positive that they can tell their kids about. Even if wrestling isn't your thing this would be a great family event to bring the kids to and just hang out with us for the day."

April's son, Manny Garcia is a sophomore and has been wrestling since he was 6 years old. The Garcias moved from Galt about six years ago and were told about the Jr. Lion wrestling program at CKM where Manny met a lot of new friends."That was super important being new to the area," she added.

This car show has proven to be one of the team's highest fund raising events thus far. All car entries pay a $20 fee to enter and local vendors and auto shops donate money for trophies and plaques for the winners. Local shops have also been very generous with us by donating goods and services for a raffle that volunteers have put together. Spectators can buy raffle tickets drop them in an envelope in front of the basket, and then about every 15-30 minutes a ticket and winner will be called. They have had great raffle prizes including a round of golf for four including a golf cart along with wine baskets and other vendor gift certificates. Additionally, the event will include a 50/50 raffle, where you can buy raffle tickets and all of the money goes into one pot and the lucky winner gets half of the pot and the other half is donated to the team.

Enjoy Life at Pioneer Tower
A 55+ Community



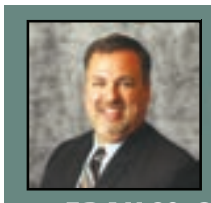
Come Tour Our Downtown Facility Featuring:

Spacious 1-bedroom apartments with complete kitchens, new appliances, walk-in showers, large closets, balconies, lovely views

We pay utilities, offer free transportation to shopping and medical appointments.

- Active residents association with a variety of social activities
- On-site Service Coordinator
- 24-hour maintenance, compassionate, caring staff
- Small pets welcome
- Rental Assistance Programs for income- qualified applicants

We Pay Utilities!
Active Senior Living Retirement Community
515 P St., Sacramento
(916) 442-2907
www.rhf.org EOE



MASTERS CLUB
OUTSTANDING LIFE MEMBER

FRANCO GARCIA
(916) 206-3802
CalBRE# 00925201
Jesuit Alumni



MASTERS CLUB
LIFE MEMBER

ROSANNA GARCIA
(916) 202-7294
CalBRE# 01058309
St. Francis Alumni

GARCIA REALTY



LOVELY DOWNTOWN BUNGALOW!
Impeccably remodeled and maintained! Original wood details, large lot with driveway access to backyard. Fenced entry into nicely landscaped front, with awesome porch. Beautiful marble counters, high end stainless steel appliances, island with sink in remodeled kitchen. Custom built-in library in living room. Gorgeous light fixtures throughout. Master has walk-in closet & gorgeous en suite spa like bathroom. Don't miss giant avocado tree in back.
3 Beds, 2 Baths, 1503 Sq.Ft.
2120 10th Street · $599,000

2100 28th Street · **(916) 452-7535** · **www.GarciaRealEstate.com** · *Hablamos Español*



For over 40 years

COOK REALTY

www.cookrealty.net
info@cookrealty.net
BRE# 00618471

PENDING

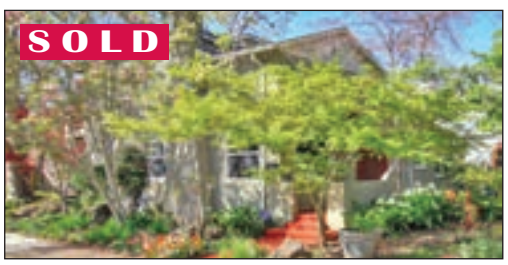


4790 DEL RIO ROAD • $650,000
JAMES WALKER • 607-0519

PENDING



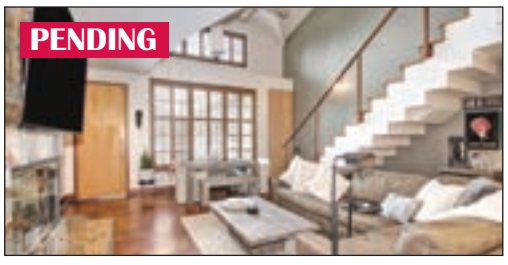
6745 SWENSON WAY • $599,000
JAMES TAN • 601-9669



2239 CASTRO WAY
Charming updated Curtis Park home.Upstairs addition done in keeping with period of home, 3/4 hardwood floors, moldings, framing around doors and windows and wall finish all done to match the original home! $699,000
SUSIE KUWABARA-PARKER • 768-8494



757 8TH AVENUE
Cute 3 bedroom good size and in good condition. Home has a bonus 1/4 bath next to laundry room. Hardwood floors throughout home as well as dual pane windows. One bedroom has private access to the backyard. $399,000
MEENA CHAN-LEE • 837-9104



2020 "H " STREET UNIT F
Visually striking high-tech loft in Midtown's prized Blvd Park. Unit F has been upgraded w/:Poggenpohl German cabinetry, Danmer shutters, wireless Legrand lighting system, Bosch, SubZero & Miele appliances & more. $499,000
JAMES WALKER • 607-0519



2440 FERNANDEZ DRIVE
Freshly painted 3 bedroom home in Brentwood Village. Living, dining and a separate family room on new hybrid flooring throughout. All bedrooms have ceiling fans and home is in move in condition. PERFECT for first time buyers, down sizers and investors! $295,000
LARRY EASTERLING • 849-9431

See all our listings at www.cookrealty.net

REAL ESTATE SCHOOL
★ LOW INTRODUCTORY COST
★ START ANYTIME
★ LIVE CLASSES

Call: Ed Daniels • 451-6702

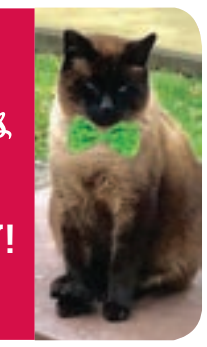
PROPERTY MANAGEMENT
★ MONTHLY CASH FLOW
★ TENANT SCREENING
★ MAINTENANCE

Call: Brittany Naucke • 457-4907

ADDITIONAL LISTINGS

2384 HALDIS WAY SOLD
Cozy Hollywood Park C… your chance to live in one of Sacramento's most desirable areas! Perfect starter home or investor opportunity! Put your vision to work for what this beautiful home can be! Walk to St. Roberts, Hollywood Park and LDV schools!
ED DANIELS • 204-6702

5609 JOHNS DRIVE SOLD
Well maintained hom… 2 baths with a bonus room in the back. Granite counters in kitchen with access to the garage. Beautiful backyard has a great layout with fruit trees and a shed for extra storage. $279,000
MEENA CHAN LEE • 837-9104



4305 Freeport Boulevard, Sacramento COOK REALTY www.cookrealty.net • (916) 451-6702

Benefit concert aids first local steel pan orchestra

Provides empowering music education to high school students

By MONICA STARK
editor@valcomnews.com

The public is invited to a benefit concert for Hiram W. Johnson High School's Youth Empowerment Steel Orchestra featuring the Shawn Thwaites Rebel Quartet on Saturday, May 19 at the Guild Theatre, 2828 35th St. Doors open at 6:30 p.m.; the event begins at 7 p.m. The net proceeds from ticket sales, sponsorships and donations at the event will go to maintaining and adding additional steel pan instruments thus enabling the YES. Orchestra to expand.

The concert is sponsored by the non-profit Pan United Youth Movement. The Pan United Youth Movement was founded in 2004 by Shawn Thwaites and is currently supporting its third youth orchestra. The YES. Orchestra is an all steel drum ensemble directed by Shawn Thwaites in cooperation with the After School Safety and Enrichment for Teens program at Hiram W. Johnson High School. Shawn is a Trinidadian-American musician and educator originally from Washington, DC residing in Sacramento.

The Shawn Thwaites Rebel Quartet will be headlining the show playing songs off their album NEW LIFE. STRQ was born out of an exploratory effort to fuse intricate masterpieces of Caribbean, African, American, and European composers. With the steel drum at the helm, STRQ is undoubtedly the world's most eclectic ensemble. As a steel drum musician, Thwaites' vision was to compile a cadre of talented musicians in a manner that would authentically present the steel drum and its deeply rooted history, while simultaneously pushing the instrument to uncharted territories.

The YES Orchestra will be making their first public appearance. As Sacramento's first steel pan drum orchestra, they will be playing at local cultural festivals, street fairs, and high school events in the future. Royal Tribe Dance Crew, also part of Hiram Johnson's ASSETs program, will open the evening.

Forrest Reed, a board member of Pan United Youth Movement and also TunesWork, that are the two presenting sponsors for this concert, suggested to Shawn and the board that they combine the talents of his fine jazz group Shawn Thwaites Rebel Quartet with the Y.E.S. Orchestra and make their first public appearance a fundraiser at the Guild.

Looking forward to the May 19 benefit, Reed says he looks forward to seeing the Hiram Johnson students perform for the first time in public knowing that each one will experience something special.

"Music is powerful and can be transformative. And making music together in collaboration is beautiful and rewarding. To see this group go from being introduced to the idea in January to being a performing group just five months later has to feel magical for them. It is empowering, hence their name. Shawn makes this possible. I know this is going to be an exciting concert to attend. And I'm glad we are showcasing his virtuoso talent, along with the two groups he is leading."

Reed hopes the business community steps up to financially support the expansion of the YES Orchestra. All the money they raise will go to maintain the 12 sets of steel pans he brought to Sacramento, and purchase more instruments so they can grow the Orchestra at another school.

"This enables us to empower more students one note at a time. It has been fulfilling to be a part of birthing this unique student Orchestra and know there will be many more performances around the metro area in the future."

Teaching the youth at Hiram Johnson is not a job, says Shawn. "It is pure fun and rewarding. When you work with kids who can put on concert in 3 months of learning a new instrument is just amazing."

With STRQ, Thwaites is actively reviving the birth of cool contemplated by Miles and realized by those who have used this approach as their musical foundation, such as Robert Glasper, Christian Scott, Esperanza Spalding, and Kendrick Lamar. Joining him include Patrick Anderson, drummer extraordinaire and funny man of the group; Ben Kopf, bass player and fellow Berklee alum and also one of Sacramento's leading Upright and Electric Bass player; Alex Raymond, awesome energetic pianist with the million dollar smile; Aar-

See Orchestra, page 13



7 DAYS OF FREE DANCE FITNESS CLASSES
GET YOUR PASS AT JAZZERCISE.COM/FREETOBEFIT JAZZERCISE
*Offer good till 5/31/18. New customers, currently not enrolled six month or longer.
SOUTH LAND PARK
5962 S Land Park Dr. 95822 • (916) 771-9967 • aileen.jazzercise@yahoo.com
Check us out at jazzercise Sacramento. www.jazzercise.com

YEE LAW GROUP
Your Lawyer Should Know As Much About You As They Do About the Law... Talk to Mike Yee
ESTATE PLANNING & PROBATE
Practice Areas:
- Wills & Trusts
- Probate
- Trust & Estate Litigation
- Trust Administration
- Conservatorships
- Business Succession
- Real Property


Mike Yee

Incorporating timeless values and the experiences of the past to reach the best possible outcomes for our clients, today and in the future.
Call 916-927-9001 for Free Consultation
mylawyersllp.com See our awesome reviews on: yelp
4010 S. Land Park Drive, Suite B, Sacramento 95822

Call me to sell your home for TOP DOLLAR!!
SOLD FOR $647,000

6521 CHETWOOD WAY
$649,000
PENDING SALE

5613 KINGSTON WAY
$399,500
Stunning South Land Park Hills home featuring 3 bedrooms and 3 full baths, a remodeled and open kitchen with a great room concept and views of the lush yard. The family room has a gas fireplace. Gleaming bamboo floors, dining room and breakfast nook, inside laundry room and spa like baths are just a few of the features. Outside, there's a 2 car detached garage and a casita that is perfect for guests, a home office or gym. The casita is full of natural light and has a efficiency kitchen and full bath. All located on a beautiful street; close to great neighborhood schools and shops. This is a fantastic place to call home.
South Land Park cottage featuring 3 bedrooms and 2 baths, living room with fireplace, kitchen with slate floors and a breakfast nook, dining area, wood floors and dual pane windows. The home features a master bedroom suite, a 2 car garage and a covered patio and large yard that is perfect for entertaining. Located close to parks, schools, a library, shopping and freeways, this is the perfect place to call home.

Wendi REINL
REALTOR®
CAL BRE# 01314052
(916) 206-8709
Wendi@WendiReinl.com
www.WendiReinl.com
COLDWELL BANKER

Orchestra:

Continued from page 12

on Smith, trumpet player and probably plays in every band in Sacramento; and Levi Saelua, alto saxophone, musical director and brilliant musician.

Thwaites' move to California from Virginia is the inspiration behind New Life. "My life changed for me and my two kids, Kamari and Jayvyn. It took about 1 and a half years to complete the album. I performed the music live with STRQ for one year until we perfected the sound we were looking for."

Shawn says the future is bright for YES with plans on expanding the program to other schools and performing throughout the metro area. PUYM has taken two steel drum orchestra's to Disney World and Universal Studios. YES' vision is to continue to give great opportunities through music that will expand the minds of our youth.

"YES will give orchestrated sound with all five sections of the steel drum family. Which give listeners the ability to hear all the different timbre," Shawn says. "(The audience) can always expect a surprise. We are also preparing some classics songs and original material (for the upcoming fundraiser)."

Reed learned of Shawn through an article written in the News & Review over a year ago about his musical background and his vision to re-create a student all steel pan orchestra after moving to Sacramento. He went to see STRQ play at the Shady Lady Saloon and offered him assistance in making the YES orchestra a reality. He called a number of high schools until the ASSESTs After School Program at Hiram Johnson decided to offer to host his music program in their curriculum.

Reed was so impressed by Shawn's talent and being a percussionist, he was inspired to buy a steel pan drum from Trinidad and began studying with him. Reed joined the PUYM Board and with the help of his wife arranged a performance by Shawn and his adult students at Delta College in Stockton last fall. "He is a very patient teacher, and being a father of two he is wonderful with kids. He does not require his students to read music, but instead works with them to learn the notes on the steel pan, study all the scales and then memorize pieces of music. I have had a personal experience of the joy it brings to do a public performance with others, not long after beginning to study with Shawn. Being 67 and with 29 notes on my steel pan drum, I know that this challenge for my brain has to be good for me. I encourage others to join his adult classes," Reed says.

Reed began producing benefit concerts in 1993. Together Hunger Ends raised $15,000 and 4,000 pounds of food. At that time, Reed was the district manager with Wherehouse Entertainment and spent 10 years in music retail, opening the local Virgin Megastore as Manager. He co-produced the benefit concert for Music & Memory recently For The Arts with Steelin' Dan and they raised $8,000 to help those with Alzhiemer's in Nevada County. That show was for TunesWork which is a new non-profit he joined last year whose mission is to transform lives through the power of music (www.TunesWork.org).



If you go:

What: Youth Empowerment Steel Orchestra concert featuring the Shawn Thwaites Rebel Quartet
When: Saturday, May 19; doors open at 6:30 p.m.; the event begins at 7 p.m.
Where: Guild Theatre, 2828 35th St.





Mother's Day Memories: The Gifts That My Mother Gave To Me

By JAN DALSKE

It is almost Mother's Day. And, once again, I will not be able to celebrate this special day with my mother. This is because she passed away 7 years ago. But, even though she is not here with me in person, I am sure that she is still here with me in spirit.

Every year when we all celebrate our mothers on the special day in May that is set aside just for them, I cannot help but think about my mother. And, I must admit that I think about her often, not just on Mother's Day, but almost every day.

And. when I think about her, I remember all of the gifts that she gave me. Even though she had eight children to raise, she treated each one of us as if we were her favorite, and showed us how special we were to her. And, she took some time every day to spend with each one of us, even if it was just for a few stolen minutes.

She gave birth to eight children within the time span of ten years. She had four boys and four girls. She had no multiple births. The oldest children helped take care of the younger children so our mother could get her house work done.

Sometimes she asked her children to help her with her house work. If she was hanging the wash on the clothesline in our backyard, she would ask the younger children to hand her the clothes pins. When the house needed sweeping or dusting the "middle" children could easily complete that task without too much effort.

Doing the laundry was easier with everyone gathering their bedding and clothing and carrying it to the garage where the washer and dryer were both located. The older girls, like me, would help with doing the ironing. She let them do the easier pieces, and watched us to make sure that we did not burn ourselves on the hot iron.

The boys could wash the car and sweep the patio. They usually made it into a game. Everyone picked up their own play toys, made sure their dirty clothes were deposited in the clothes hamper, and stripped their bedding when it needed washing.

When each day was coming to a close it was time for reading a story. Our mother liked to do that, and we enjoyed listening to her while she read. When she was young she only got to finish the eighth grade and never went to high school. But, I know that all of us learned to love books because she shared them with us. When we were old enough to learn how to read ourselves, we would take turns being the one to read the story.

My mother grew up with nineteen siblings, and they had to learn to share. Sharing was always emphasized and encouraged in our house. Most of the children had to share a bed with a sibling. Since we only had four bedrooms, and one of them was our parents' bedroom. So, eight children had to sleep in three bedrooms, No one had their own room.

Taking baths was always an organized endeavor. The girls went first, two at a time, and the boys followed. We all had one bathroom to share, so there was a line in the hallway most of the time when we were all at home. If you were smart you planned to get up earlier than your siblings to be the first one in line in the morning.

The dining room table had assigned seating. The littler ones shared a long bench, and the older ones were each assigned a chair. Our parents were at the head of the table. When the meals were finished we all helped with the dishes. The older ones did the actual washing and drying and the little ones helped carry the dishes to the sink.

We all watched television together in the evening. Our dad was in charge of the channel selection, and we never complained about what he selected. Sometimes we listened to the radio shows. They were always interesting. If you closed your eyes while you were listening you could imagine what the characters were doing.

I think growing up with such a large family taught me a lot of things. My mother was the teacher. By simply doing what a mother should do to take care of her children, she showed us how much she loved all of us. With everything that she did, she taught us what love was. Our mother and father both demonstrated how parents should care for their family.

Our father never complained about going to work every day because he knew that was what fathers did for their families. He was always the first one up in the morning and usually left the house before we had breakfast. It was our mother's job to wake us up and feed us breakfast and make sure we left the house in time to walk to school.

My brothers and sisters and I learned that kindness was always the best way to treat other people, and that people of different colors were just like us. We learned that hope was a good thing to have and that all things were possible if you believed that they were. We learned that a mother's love is the best thing in the world. It was unconditional and forever.

And, so, as another Mother's Day approaches, I think about my mother. She never complained. She was always there for us no matter what our needs might be. I hope that my daughters feel the same way about me. Maybe I should ask them sometime. I tried to be a good mother to them, I tried to be like my mother, so that I could pass along the gifts that my mother gave to me. There are too many of them to list.



LAND PARK
GOLD & SILVER
State of the Art Jewelry Repair and Metal Diagnostics
A Family Shop
LIC# 34041416



Jewelry
Rare Coins
UNWANTED BROKEN GOLD OR SILVER?
Turn It Into Cash!

We Buy and Sell Gold, Silver, Jewelry, Coins
Call for Today's Rates on Scrap Gold 916.457.2767

Hours: Mon-Fri: 11-6pm, Sat: 11-5pm, Sun: Closed

Watch Batteries
$5.00+Tax
Installed - per watch
(Some Restrictions Apply) Expires 5/31/18 LP

5100 Freeport Blvd
(corner of Arica Way & Freeport Blvd.)
916.457.2767

Big Changes Coming Soon!

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
Remodeling and Design
LIC# 480492
Certified Kitchen & Bath Remodeler

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

www.lytleconstruction.com

CLEANING

Prime Quality Maintenance

- **Window Cleaning** (inside/out/screens washed)
- **Rain Gutter Cleaning**
- **Pressure Washing** (all surface areas)
- **Hard Water Stain Removal**
- **Landscape Maintenance**

Free Estimates
Licensed & Insured
CSL# 996271



Call Jesse: 916-428-2940

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC
Reasonable Residential & Commercial Work since 1960
Repairs, Trouble Shooting
Custom Lighting/FREE Est.
Excellent ref from Angie's List
(916) 451-2300
Cell: 213-3740
Neil McIntire — C.S.L.# 394307

CLEANING

WINDOW CLEANING
Spring Special $99 for 20 Panes
-Interior and exterior glass -Screen Cleaning -Sill Wipe down
Offer Expires April 30th

BIG COUNTRY SERVICES
Call Zack today for a free quote
916-207-5702
Family Owned and Operated • Lic, Bonded, & Insured

CREATURE CATCHERS/REMOVAL

CREATURE CATCHERS
WILDLIFE MANAGEMENT

Creature Catchers Wildlife Management
"If it walks or flies, we'll remove it"
Humane and non-toxic solutions for both animals & man
Dead Animal Location/Removal • Exclusion Work
Live Trapping • Humane Removal • Repair
Skunks • Fox • Raccoon • Opossum • Squirrels
Mice/Rats • Birds/Bats (bat elimination)
CreatureCatchers.org **530 885-PEST(7378)**
California State Trapping License #7781 - Insured by Lloyds of London



CONSTRUCTION/HAULING

DB Haul-away
Lic# 627768
Commercial & Residential Hauling
Reliable -Dependable - Insured

Residential/Construction waste removal
Foreclosure services • Yard clean ups
Handyman services • Demo • Drop bin services

Bobby Timms • 916-402-7546 • dbhaulaway@gmail.com

DRY ROT SPECIALIST

STRUCTURAL - PAINTING
DRY ROT SPECIALISTS

The Rot Repair Bear

SCHEDULE YOUR *FREE* ESTIMATE TODAY
Call 855-768-2327
therotrepairbear.com
Sacramento Construction & Electric - CA License #874851

FLOORING SPECIALIST

Hardwood Flooring
Specializing in installing, sanding and finishing hardwood flooring or repair and refurbish your current floors.
Call Michael - (916) 383-8742
Lic# 544159/References Available

HANDYMAN

Spring Yard Clean-up Specials!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING /SHRUB REMOVAL
- PRESSURE WASHING

Call LESTER
(916) 838-1247
Lic#128758/Ref

Pressure wash your driveways clean! your decks, too!
Clean out your garage! Replace that old lawn!
Hard work—not a problem!
SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 20 YRS*

HANDYMAN

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement !
Quality work the first time, guaranteed!
Carpentry - Electrical - Plumbing - Demolition
Sprinklers - Sheetrock - Furniture Anchoring
Fix leaks of all types
Accepts All Major Credit Cards "Senior Discount"
NO JOB TOO SMALL!
Licensed and Insured #152902
Call Eric (916) 470-3488

PAINTING

SOVEREIGN PAINTING
Quality craftsmanship 3rd Generation Painter with over 30-years experience
(916) 422-4416
sovereignpaintingco.com
sovereignpaint@yahoo.com
Dan Sovereign, Interior & Exterior Painting
Lic.# 484215
Better Business Bureau Member

PAINTING

COOK PAINTING
Full Service Company – Start to Finish
CSL# 432951



In business since 1982

- Custom Painting
- Super clean, neat & fast
- Interior/Exterior
- Cabinets

Specializing in custom trim & moulding!
Color Consultants
FREE ESTIMATES

As seen on yelp
(916) 591-5056

PAINTING

GARY'S PAINTING
FREE Estimates!
- Warranty
- Senior Discounts
- Professional & Reliable
- Interior & Exterior Painting
- Using only Kelly-Moore Paint!

McClatchy '67
CSL #734323
(916) 725-8781

4 papers, 1 low price!
Advertise your service in this section, today!
Call 429-9901

Home Improvement Guide: a "Keeper" by our readers



Great exposure in these four upscale neighborhoods:
Arden-Carmichael, East Sacramento, Land Park & Pocket/Greenhaven.

Contact Melissa at 916-429-9901



Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

HANDYMAN



D&H Service

Office: **916-428-5907**
Cell: **916-206-8909**

Interior and exterior painting
Fence Installation
Tile Installation
Dry Rot Repair

25 years of experience

PLUMBING

ROONEY'S PLUMBING
FULL SERVICE PLUMBING
456-7777
rooneysplumbing.com
License #683668

ROOF/GUTTER CLEANING

Stan The Man
est 2007

* ROOF / GUTTER CLEANING
* WINDOW CLEANING
* PRESSURE WASHING
* SENIOR DISCOUNTS



916.601.1030
Cleaning and Repair
Sacramento, CA

ROOFING/SIDING

ZIMMERMAN REROOFING
3675 R Street
Sacramento, California 95816
Roofing Specialists
454-3667
zimroof.com
License #763169 Dave Zimmerman

TILE WORK

BAXTER TILE
EXPERT INSTALLATION
REMODELING & REPAIR
Ceramic • Marble • Granite
Floors • Counters • Walls
33 Years Experience • FREE Estimates
916-213-4669
License #668100

TILE WORK

NIETO'S TILE & LANDSCAPING
RESIDENTIAL & COMMERCIAL
Frank Nieto
(916) 480-9512

Sprinkler Systems (Install & Repair)
Fencing • Plumbing
Electrical • Painting
Concrete • Tile Installation
Granite Fabrication
Laminate/Wood Floors

NietosTile@sbcglobal.net www.nietostile.com Lic. #917883

4 papers, 1 low price!
Advertise your service in this section, today!
Call 429-9901

TREE & GARDENING SERVICE

Terra Bella Tree & Gardening Service
"Not your typical mow, blow & go company!"

• One Time Clean-Ups • Tree, Bush & Hedge Removal
• Full Yard Maintenance
Family Owned • *25 years experience!*
Call Randy (916) 454-3430 or 802-9897
www.terrabellagarden.com • Lic# 152584

Our Readers Need Your Service!
It Pays to Advertise!
Contact Melissa at 916-429-9901



CLASSIFIED ADS

TAX PREPARER

#1 CONCIERGE TAX PREPARER
35 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. FREE Pick-up & Delivery to those who qualify. We prepare expertly **all past tax returns** including all State returns. Get the most deductions allowed to you by law. CTEC + IRS Registered & Bonded. Please call for your appt. today. Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. Same low 1990 rates. www.taxirene.info • taxireneinfo@gmail.com

Please **RECYCLE** this paper. Thank You

HANDYMAN

HANDYMAN SERVICES
No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock,Plaster, Stucco, Repairs and Remodeling, you name it! **Lic# 908942. Call Steven at 230-2114.**

HANDYMAN

CLEAN-UP SPECIALS!
Spring yard cleaning – Yard clean-up. Rain gutter cleaning, pressure washing/power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. **18 yrs. exp.Specials for seniors. Licensed**

SPECIAL ALZHEIMER'S LIVING

REVERE COURT
MEMORY CARE Lic. #347001338/342
Day Club, Respite, Residential, Support Groups & Educational Classes
casey.s@chancellorhealthcare.com
www.reverecourt.com
(916) 392-3510
7707 Rush River Dr. Sacto, CA 95831

BOOKKEEPING

#1 CONCIERGE BOOKKEEPER
35 years exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profits, Retail, Marshal Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Small Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for your concierge appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info • taxireneinfo@gmail.com

BUSINESS SERVICES

#1 CONCIERGE BUSINESS SERVICES
Put our 35 years in Concierge Business Support Service to work for your business. We provide support in: Licensing, Business & Corp Start-ups or Closures, Basic web design, Set-up social media. Business Concierge Shopping, Marketing and much more. Please contact Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. www.taxirene.info • taxireneinfo@gmail.com

BREAK BAD HABITS

BREAK BAD HABITS WITH HYPNOSIS
Change Eating Habits. Limit Alcohol Drinking. Stop Smoking. Improve Sports Performance. Reduce Anxiety, Fears or Phobias. Overcome Depression. Increase Self-Confidence. Call Kathleen Jordan for free phone consultation, 916-873-7788, or email kathleen@kathleenjordan.com. Certified Hypnotherapist & Licensed Psychotherapist, LMFT Lic.#MFC25600.

RESERVE YOUR SPACE IN THE CLASSIFIEDS!
CALL 429-9901

Advertise

your company ONLINE, today!
Call 916-429-9901 for more information.



What's happening, Land Park?

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 classic car show at McClatchy High School from 8 a.m. to 2 p.m. 3066 Freeport Blvd. 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.

LOCAL AUTHORS DARLENE SMITH AND ROBERT BARTRON BOOK SIGNING: Come and meet local authors, Darlene Smith and Robert Bartron for a chance to view, share in their adventures and purchase their books. There will be door prizes and refreshments! Great Mothers Day gifts. All proceeds will go to the following charities: Helping Hands/Monkey Helpers and St Baldrick's Foundation for Childhood Cancer Research. J Crawford's Books is located at 5301 Freeport Blvd. Suite 200, 12:30-4:30 p.m.

STAR WARS PARTY – Come enjoy a Star Wars themed party with us! We will be making our own light sabers, crafting our own Star Wars starships, and making Star Wars keychains with Perler beads! Don't forget to check out one of your favorite Star Wars books before you go. School Age. Friday, May 26 from 2 – 3 p.m. at Ella K. McClatchy Library, 2112 22nd St. Sacramento.

WINE & BREW AT THE SACRAMENTO ZOO: From 5 to 8 p.m., join your 21 years-of-age & over friends at one of Sacramento's best events – Wine & Brew at the Zoo 3930 W Land Park Drive. Tickets available at www.saczoo.org. A sell-out event each year, don't wait to get your tickets! Enjoy samples of local wine and beer from some of your favorite wineries and breweries. Take in the luscious green landscape of the zoo, surrounded by exotic animals, during this exclusive after-hours event featuring a raffle, live music and tons of fun! Food is available for purchase from some of your favorite local food trucks and the zoo's Kampala Cafe.
**Early Bird Ticket Prices, through May 6
Adults 21 & older: $45
Sacramento Zoo members receive $2 off per ticket
Designated driver 21 & older: $15
**General Ticket Prices, after May 7
Adults 21 & older: $55
No member discount
Designated driver 21 & older: $15
**Wineries include: Borjón Winery, Charles Krug Winery, Dancing Coyote Wines, Grindstone Wines, Matchbook Wine Company, McConnell Estates Winery, Naggiar Vineyards and Winery, Shenandoah Vineyards, Sobon Estate, Three Wine Company, Turkovich Family Wines.
**Breweries include: Bear Republic Brewing Company, Firestone Walker Brewing Co., Fountainhead Brewing Company, Knee Deep Brewing Company, Lagunitas Brewing Co, New Helvetia Brewing Co., Ol' Republic Brewery, Porchlight Brewing Co, River City Brewing Company, Sierra Nevada, Sudwerk Brewing Co.,YOLO Brewing Company,
**Food: The Culinerdy Cruzer, Drewski's, Kampala Cafe, Slightly Skewed, Turnt Up Food Truck
*Proceeds from Wine & Brew at the Zoo and 15% of food sales will benefit animal care and the general maintenance of the zoo. Tickets are non-refundable. Rain or shine.

TUESDAY, MAY 15

TELEPHONE USE IN EMERGENCIES AND TIPS FOR GAS AND ELECTRICITY SAFETY: Your telephone can save lives. In an emergency, do you have a backup plan if the cell towers or telephone lines are disabled? In this workshop, we will review what and how to get the help you need. In addition, we will provide safety tips for natural gas and electricity. Free of charge and pre-registration required. Class will be held Tuesday, May 15, 2018 from 2:00-3:30pm at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

THURSDAY, MAY 17

DIABETES ACADEMY EDUCATIONAL SERIES: Diabetes Academy is a series of classes dealing with diabetes.This class will focus on checking and managing your blood sugar and coping with diabetes. Free of charge and pre-registration required. Class will be held Thursday May 17, 2018 from 9:30-10:30am at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

MONDAY, MAY 21

CHOOSING AND TRAINING HELPERS FOR YOUR FUTURE NEEDS: This workshop will discuss who you should choose as your agent to make health care and financial decisions and the duties and responsibilities that they will have. Pre-registration and pre-payment of $3 required. Drop-in of $5 at the door. Class will be held Monday May 21, 2018 from 4:00-5:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

WEDNESDAY, MAY 23

SELF-ACUPRESSURE (REFLEXOLOGY): Self-acupressure points are the same body points used in acupuncture. In this workshop, you will receive an acupressure chart of the meridan points which can be used to help you stay healthy and be provided with a summary of acupressure points and some techniques to stimulate pressure points or unblock the flow of energy. Pre-registration and pre-payment of $20 required. Drop-in of $25 at the door. Class will be held Wednesday May 23, 2018 from 1:30-3:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

TUESDAY, MAY 29

CALIFORNIA RELAY: This workshop will discuss the California Relay service that is available 24/7 at no cost and allows individuals who are deaf, hard of hearing, deaf-blind or have difficulty speaking to make and receive phone calls. There will be demo phones available to show you what the phones look and feel like; also, the instructor will discuss the benefits of California Relay and answer any questions you may have. Free of charge and pre-registration required. Class will be held Tuesday May 29, 2018 from 100-2:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

SATURDAY, JUNE 2

CEMETERY TOUR – SYMBOLOGY & SUPERSTITION: The Old City Cemetery Committee presents a history tour letting visitors in on the cemetery's secrets hidden in plain sight on Saturday, June 2, at 10 a.m. at the Sacramento Historic City Cemetery, 1000 Broadway. The Old City Cemetery is filled with the symbols of a time long past, but what do they mean? Is there more to a lamb, a broken bud or an urn than meets the eye? Come join us as we attempt to unlock the secrets hidden in plain sight and take a look into Victorian mourning culture. Widow's weeds not required.

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

Continued on page 18







TUNE IN
AND TELL YOUR FRIENDS

YouTube
SUBSCRIBE to the Scientology Network YouTube Channel at YouTube.com/Scientology
tv iOS fireTV Roku
SHARE content links from scientology.tv on your social media feeds.

Church of Scientology Sacramento
1007 6th Street, Sacramento, CA 95814 • (916) 319-5440

© 2018 CSSAC. All Rights Reserved. Scientology, the Scientology Symbol, the Scientology Network Logo, L. Ron Hubbard, Hubbard, The Way to Happiness and Dianetics are trademarks and service marks owned by Religious Technology Center and are used with its permission. SCIENTOLOGIST is a collective membership mark designating members of the affiliated Scientology churches and missions. Printed in USA.

Apple, the Apple logo and Apple TV are trademarks of Apple Inc., registered in the U.S. and other countries. Android is a trademark of Google LLC. The Android robot is reproduced or modified from work created and shared by Google and used according to terms described in the Creative Commons (https://creativecommons.org/licenses/by/3.0/) 3.0 Attribution License. Amazon, Fire and all related logos are trademarks of Amazon.com, Inc. or its affiliates. ROKU is a trademark and/or registered trademark of Roku, Inc. in the United States and other countries.

What's happening, Land Park?

Continued from page 17

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.racefortheArts.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 kennels 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.

JANE 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.

WHY PAY A HIGHER MORTGAGE
WHEN YOU DON'T HAVE TO?
COME HOME TO THE EXPERTS



More Lenders = More Competition = Lower Rates and Fees / Multiple options to lower payments / Lower Payments = More Money in your Pocket!

916.476.6507 info@greenhavencap.com


Kevin Oto
President/Broker
BRE Lic# 01721444
NMLS ID: 62641


Kyle Garman
Senior Loan Consultant
BRE Lic# 01886785
NMLS ID: 354318


Bryan Tom
Loan Consultant
BRE Lic# 01960546
NMLS ID: 1234757


Hilda Sousa
Loan Originator
BRE Lic# 01873794
NMLS ID:1439315


Laura Corbett
Loan Originator
BRE # 01758984
NMLS ID: 1180623

GREEN HAVEN CAPITAL INC

CA BRE #01842493. NMLS ID: 173062. Equal housing opportunity lender. We do not conduct business in states where we are not licensed. Interest rates are subject to change.

Walk On the Wildside

set for Saturday, May 19

Join Regional San and its partners for the 23rd annual Walk on the Wildside. This free, family-oriented day in the country includes lively entertainment, up-close views of many wildlife species, and hikes into the beautiful Bufferlands.

When: Saturday, May 19, 10 a.m. to 4 p.m.
Where: Beach Lake Park, Freeport, CA
What: Walk on the Wildside is a FREE, outdoor festival celebrating local conservation efforts
Who: Hosted by Regional San

Highlights of the event:

Wild animal presentations by Wild Things, Inc.
Folk music by Side-Winder
Children's puppet show by Jason Adair
Hawks, Honkers, and Hoots bird presentation
Guided and self-guided tours of wetlands and riparian forests
Wildlife viewing including one of the largest heron/egret rookeries in the County
Environmental exhibitors
Children's activity center, games and prizes hosted by local Girl Scouts
Ollie Otter
Outdoor BBQ hosted by Elk Grove High School FFA and Rotary Club
Event and Parking are FREE!

This free event celebrates International Migratory Bird Day and highlights local efforts in protecting and restoring native Central Valley habitats and wildlife. Visitors can enjoy tours of restored wetlands and rookeries on Regional San's Bufferlands, get up close and personal with wild animals, listen to some great blue grass music, and check out conservation exhibits.

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

For more information, visit www.wowsacramento.com or call (916) 875-WILD.

Event Sponsors:

Sacramento Regional County Sanitation District; U.S. Fish & Wildlife Service; California Department of Water Resources; Sacramento County Regional Parks; Friends of the Stone Lakes National Wildlife Refuge; Friends of the Swainson Hawk; Sacramento Audubon Society; Sacramento Area Creeks Council, Central Valley Joint Venture; California Watchable Wildlife



Rookery

There are about 180 nests concentrated into less than a dozen trees. The nests are built from large sticks and can be as large as 3 feet in diameter. We expect them all to be full of chicks in May.

The nests include Great-blue heron, great egret and double-crested cormorants.

Wild Things, Inc.

Wild Things Inc. was founded in 1987 for the explicit purpose of housing and caring for displaced wildlife. With the help of these animal ambassadors, we have been educating the public – with a message of conservation and appreciation for natural wonders – for nearly 30 years.

Wild Things Inc. provides a home for over 60 species of wildlife. These animals are shared in our wildlife education presentations, which we offer to hundreds of thousands of school children every year. Our hope is that through meeting these animals and hearing their stories, future generations will gain a greater appreciation for the natural environment. Thus, our children – and our children's children – will be more likely to have an environmental conscience, and make decisions that will benefit the earth. Website: wildthingsinc.wordpress.com

The following are event participants

Hawks, Honkers, and Hoots: Hawks, Honkers & Hoots is a 100 percent volunteer wildlife education organization supported entirely through donations. The team of volunteers educates California's Central Valley communities about local wildlife and conservation through interesting presentations with raptors (birds of prey) and waterbirds. They share information through our website, in presentations, at festivals, and at special events.
website: www.hawkshonkersandhoots.org

Music:

Side-Wheeler String Band
Americana/Folk/Bluegrass
www.facebook.com/SideWheelerStringBand/

Descriptions of Hikes and tours offered:

Nature Hikes
Bufferlands Self Guided Hike
Continuous shuttle pick-up next to the restrooms
Up to 3 miles

The Regional San Bufferlands is offering various self guided tours through areas of the Bufferlands seldom seen by the public. Tour highlights include a heron rookery, managed seasonal wetlands, restored native grasslands, and preserved riparian forests. Volunteers and Bufferlands staff will be located throughout the area providing information about habitat restoration and wildlife management.

Old Forest – New Technology Hike

Experience the grandeur of a 200 year old Valley Oak riparian forest while using your phone to be educated and entertained. The local Tierra Del Oro Girl Scout troop has created an interactive experience using QR codes to access videos, photographs and websites. During the hike you will learn about wildlife, habitat, plant life living in the forest and about the Bufferland's efforts to preserve and protect them. Visit the information table or the Girl Scout activity center for directions to download a free QR code reader before embarking on this hike.

Guided Hike
11:30 to 1:30
Leaving from the information table

Join naturalist Ray Mendonsa of the Stone Lakes National Wildlife Refuge on a 1 to 2 mile guided hike. You decide how long the hike will be! Ray will advise when to turn back or stay with him for the entire 2 mile journey. You will explore forested and wetland areas while looking for nesting and migrant birds. On the way you may see some of the other creatures that live on the refuge such as turtles, waterfowl, shore birds, and butterflies. Binoculars will be available to borrow and there will be scopes set up. This is an easy walk for the whole family.

Remember to bring your camera and a bottle of water. No pets allowed at any time!

Event will also feature:

FFA of Elk Grove BBQ
Tierra Del Oro Girl Scouts Activity Center
Event and parking are free!

HOME SALE



EVERYTHING'S ON SALE!*











Naturwood®
HOME FURNISHINGS

12125 Folsom Blvd.
Rancho Cordova
916-351-0227

Mon – Fri 10am – 8pm
Sat 10am – 6pm
Sun 11am – 6pm

www.naturwood.com

*Sale applies to all indicated items except all "Clearance" and "Special Buys". Sale price not available in conjunction with any other offer or discount. Allow time for delivery on some items. Sizes and colors are approximate. Sale ends May 13th, 2018.