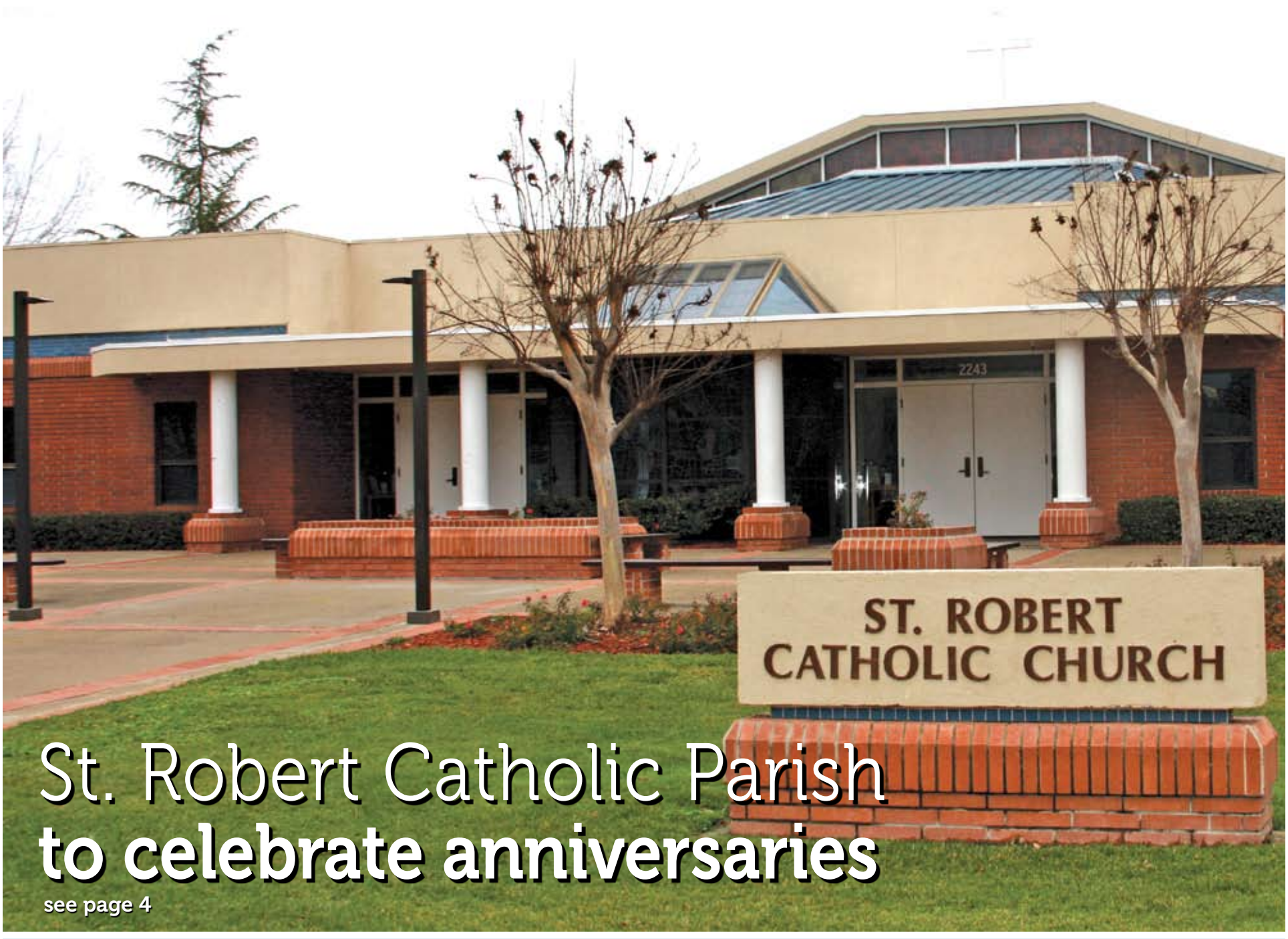
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# Land Park News

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## St. Robert Catholic Parish to celebrate anniversaries

see page 4

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# Hole-in-one shot at Dad's Kitchen 2nd annual "One-Club" Golf Tourney at Land Park Golf Course

By Jim Cassie

On Jan. 2, Dad's Kitchen held their second annual golf tournament at the Land Park Golf Course where players had the choice of one club to use for all nine holes, including on the greens. Winner of the men's division was John Wenger, who shot a blistering 38 and used a seven-iron. The women's title went to Dana Mitchell, who used a three-wood and shot a 44.

The highlight of the day may have come from John's dad, Brad. With a six-iron, he put the ball in the hole at No. 1 for an unlikely ace. It was Brad's fourth hole-in-one during his golfing career.

Dad's Kitchen, which is adjacent to Freeport Bakery, recently underwent a management change and owner Sukhy Collins is excited to do more events like the golf tourney to involve the Land Park community. "Our neighbors are very important to Dad's Kitchen and it's important they know who we are," said Collins.

The tournament field also participated in a "speed round" before actual play. A shotgun start allowed players to begin on each hole at the same time. Foursomes spread out on their assigned hole and the clock started at No. 1 with a tee shot followed by sinking the putt by the other players. This then continued for the remaining eight holes. It is now believed that

Dad's Kitchen set a record for the fastest round ever played at Land Park of 12 minutes, 23 seconds.

Tournament director Chris Haney was the genius behind the speed round and noted the weather was perfect for January, the course was in great shape and recognized Land Park's staff for making the day enjoyable for all.

Dad's Kitchen is located at 2968 Freeport Blvd. and is open daily for lunch and dinner and breakfast on Sunday.



Men's tournament winner John Wenger, (L) and tournament director Chris Haney



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This lovely 3, possibly 4 bedroom home with huge family room has plenty of elbow room for everyone. Hardwood floors and built-ins throughout and a generous kitchen with vintage commercial Wolf stove and corian counters. Updated roof, electrical panel and HVAC complement the dual pane windows and PV solar system (owned) to keep you cozy year 'round. **2919 Highland Avenue • $699,900**

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**Cover by: Lance Armstrong**



PLEASE Recycle this paper

# Bluegrass teen band to perform at The Side Door in Curtis Park





Photos by Randy January

Left to Right: Tessa Schwartz, Ida Winfree, Megan January and Daisy Kerr.

Left to Right: Ida Winfree, Tessa Schwartz, Megan January, Daisy Kerr.

**By Kerin Gould**

Prepare to be impressed by the musicianship and tight harmonies of the young, fresh bluegrass quartet, North Country Blue, playing on Friday, Feb. 1, at The Side Door, 2900 Franklin Blvd. in Curtis Park. This all-girl band has just finished recording their first CD, a process they say has increased their attention to detail, and are ready to return to the stage and the friendly bluegrass community that has embraced them.

Upright bass player Meghan described the band's style: "We have a few traditional bluegrass songs as well as our originals…We have one [song] that's from a musical that just hit Broadway…We work very hard on our harmonies and getting them tight." She points out that each girl comes from a different musical background, creating a hybrid sound that allows them to branch out from traditional bluegrass roots, and even write their own songs. Asked what would bring a non-bluegrass person to their concert, mandolin-player Ida Winfrey said that their concerts are so sociable, that you are bound to make friends while there.

The girls met via bluegrass festivals, the Kids on Bluegrass Association and other gatherings, hit it off and enjoyed jamming together, but don't live near each other. So while they are playing acoustic instruments – Megan on stand-up bass, Tessa Schwartz on fiddle, Ida on mandolin and Daisy Kerr on guitar – they coordinate, discuss, plan, and swap recordings via a kid-friendly conferencing app on their phones. Early Americana music meets high tech! Of course, that doesn't quite allow them to rehearse together, so they spend weekends rehearsing at one girl's house or another and having their super-supportive parents drive them to these musical sleep-overs as well as to gigs from Modesto to Sacramento and beyond. "I do my homework in the car," Meghan says.

As teenagers, I have to ask, why not play punk, EDM, even ukulele pop? "Each of us has family that is very into the music. For me personally it was my dad…When I was little he discovered bluegrass and started bringing me to bluegrass festivals when I was 9 years old. I got exposed to a lot of live bluegrass and the whole community that goes with it… And that's the same

see Bluegrass page 9




Sue Olson
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LAND PARK

Charming Land Park home w/lovely gated courtyard and covered porch w/tiled entry. Amenities include 3 bedrooms and 2 baths, hardwood floors, spacious living room w/fireplace, updated kitchen/dining combo with granite counters, island and custom cabinetry. Bedroom w/built-in Murphy bed, master suite with fireplace, walk-in closet, bathroom with jetted tub and shower. Studio space behind garage with heater, wall a/c and full bath. New staircase leads to an additional game/storage room above garage.

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CAMPUS COMMONS

This Campus Commons two story unit is spacious with lots of light. Formal living room with fireplace, formal dining area, downstairs den/study with sink and access to courtyard, kitchen with atrium window and sliding door to courtyard. Upstairs master suite with fireplace, double sinks and walk-in closet. Seller has installed new carpet as well some interior lighting fixtures.

**410 Elmhurst Circle $405,000**



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CalBRE# 01880615

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# St. Robert Catholic Parish to celebrate anniversaries

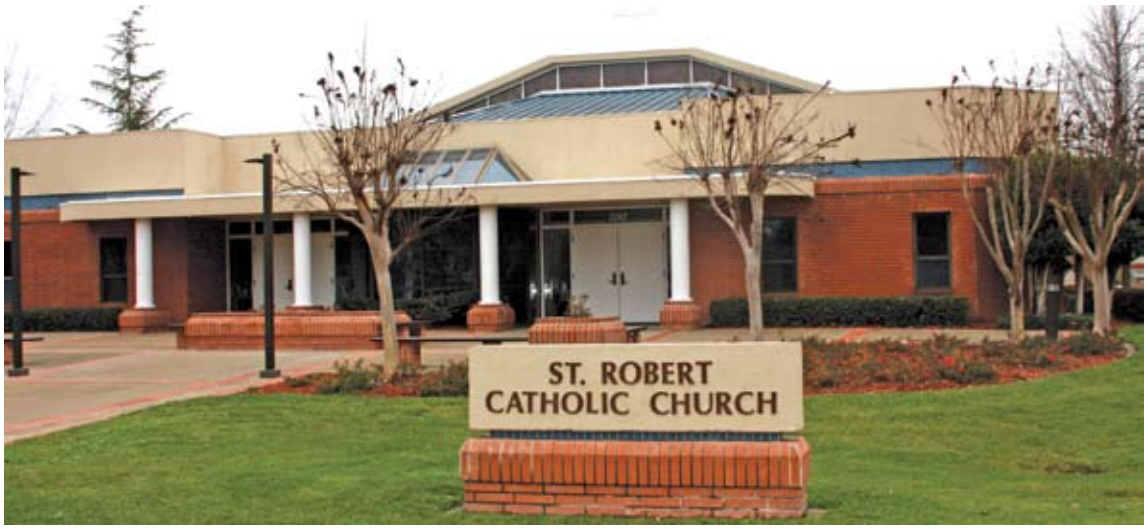



Photo by Lance Armstrong

St. Robert Catholic Church is located at 2251 Irvin Way. The parish was founded in 1955.




Photo by Lance Armstrong

St. Robert Catholic School will celebrate its 62nd anniversary during Catholic Schools Week, which begins Jan. 27.

**By LANCE ARMSTRONG**

Parishioners of the St. Robert Catholic Church in Hollywood Park will soon celebrate two anniversaries.

The first of those celebrations will recognize the 60th anniversary of the dedication of the parish's first church building at 2251 Irvin Way.

That milestone, "Founders Day" celebration will be held on Jan. 26, with a 5 p.m. Mass and a dinner at 6 p.m.

Both parishioners and the general public are welcome to attend the Mass. However, reservations are closed for the dinner.

The celebration of the 62nd anniversary of St. Robert Catholic School – a transitional kindergarten through 8th grade institution on the same grounds as the church – will begin on Jan. 27.

On that evening, the public is invited to attend a Mass at 10 a.m., followed by a tour of the school from 11 a.m. to 1 p.m.

For those who are unable to take part in the school tour on Jan. 27, there will be another opportunity to tour the campus on Jan. 31.

From 8:30 to 9:30 a.m. on that day, the public is invited to tour the school while the school is in session.

These school anniversary events are part of Catholic Schools Week, which begins on Jan. 27 and continues through Feb. 1.

Although the school building dates back to 1957 and the first church building on the Irvin Way campus was dedicated in 1959, the St. Robert Parish was founded in 1955.

Father Hugh McTague (1910-1982), the parish's first pastor, was honored at a Christmas dinner, which was held at the Holy Spirit School cafeteria at 3790 West Land Park Drive on Dec. 1, 1955. Proceeds from the gathering were used to purchase linens and vestments for the church.

McTague, who came to Sacramento from Westwood (Lassen County), was an immigrant from Ballinamore, Ireland.

It was in that town, in 1937, that he was ordained by Bishop M. O'Brien of All Hallows Seminary.

Forty years later, Pope Paul IV made McTague an honorary prelate.

A photograph of McTague, as well as others who have held the role of this parish's pastor, currently hang inside a meeting room at the school.

John Caffrey, an original member of the parish, recalled the days before the existence of the original church on Irvin Way.

"My very first recollection of Mass is at (the Ranch Market building at 4850 Freeport Blvd.)," he said. "It was a warehouse at the time and my parents took me to church over there. That's where Father McTague started out."

A Raley's supermarket opened at that site in the Hollywood Plaza Shopping Center in 1958.

Gina Veanacore, whose parents, Jack and Alberta Stassi, were founding St. Robert parishioners, commented on the efforts of her parents and others to establish the church in Hollywood Park.

"They drew heavily upon the Hollywood Park community to get the (church) built," she said. "So, everybody pulled together. They worked together. They built the first church, and very much like it is now, there was a very strong

*see St. Robert page 5*

St. Robert Catholic School

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# St. Robert:

*continued from page 4*

sense of community. That is one thing that transcends all of the generations."

Jerry Wymore was head of the building's fundraising drive, and the church was designed by local architect Harry Devine.

Veanacore, who is a mother of both alumni and a current St. Robert Catholic School student, said there is a very strong connection between the church and school.

"So much of this parish and school's rich history comes from that close synergy and the generations and the traditions," she said. "The school (which has the Rebel as its mascot), has a mantra: 'Once a Rebel always a Rebel,' and people do come back (to the school)."

Also important to the school are the words, faith, knowledge and excellence, which captures the three pillars of the mission that guides the school.

Veancore, who graduated from the school in 1980, also stressed that the school is noteworthy for the academic achievements of its students.

"(The students) are very well prepared academically and socially," she said. "I think there's just a long history and very proud traditions. One is the sense of community, but as it relates to the school, I think that you can't overlook the academic excellence."

Caffrey, who was also a member of one of the school's first graduating classes in 1969, recalled the times he frustrated McTague.

"At the school, I used to run away a lot," he said. "Father McTague always had to go around the neighborhood to find out which house I was camping out at. I was very scared here."

Caffrey said that he also kept his first grade teacher busy.

"Sister Malachy, she had to keep an eye on me and keep watching me at recess and stuff, so I wouldn't run home, because I just lived around the corner," he said.

Malachy would later become the school's principal.

One of Caffrey's favorite moments while attending St. Robert school was playing on the Catholic city championship baseball team in 1965.

"We beat Our Lady of Assumption, 3-2," he said. "Our names were in The Catholic Herald (newspaper), and that was a big deal. We had a banquet over at Christian Brothers (School) and we got patches that said, 'city champions.'

"When I got home that night, I made sure my mom put that on my letter sweater, and I had it back the next day walking around the campus with it. It's (currently displayed) in the office. I donated it to the school."

Caffrey also recalled that the school was originally operated by the Sisters of St. Louis, who were replaced by the Sisters of Mercy in 1975. The later order remained with the school into the 1980s.

"You didn't cross (the nuns) or you would get your knuckles (hit)," he said. "It's a lot different than it is today. They were fair and so forth, but they ran a tight ship.

"We started with four (nuns), but as time went on, we had sisters in every class."

Among the school's principals during those years was Sister Kathleen Horgan, who served as the institution's first principal under the Sisters of Mercy.

Regarding Horgan, Veanacore praised her efforts for leading the school through a "very transitional time."

"That was a time when we started seeing more and more lay teachers, as opposed to nuns," she said.

Another longtime aspect of the school is the retention of its teachers.

St. Robert's longest tenured teacher, Brian James, was hired by Horgan in 1979.

Anthony Jackson, a 2000 St. Robert alumnus, praised James.

"Mr. James is absolutely the best teacher you can have," he said. "He kept track of me through high school, as well. He is what St. Robert is: Always right there for you."

Also notable at St. Robert are the families that have had three generations of kids attend the school.

Angie Jimenez, the school's office assistant and a 1983 graduate of the school, is a member of one of those three generational families.

Jimenez, who grew up at 7573 Tamoshanter Way as one of the six children of Martin and Angelina Rodriguez, referred to St. Robert school as a "home away from home."

As for the original church building on Irvin Way, it no longer serves its original purpose.

It has since been converted into the school's gymnasium and multipurpose room. That building includes a sports court with basketball hoops and a stage.

A remnant of the former religious functions inside that original church building is a 12-foot by 8-foot, 500-pound mosaic artwork piece of Our Lady of Fatima.

Robert Halon, who was a St. Robert parishioner and a Sacramento Fire Department captain, created the mosaic artwork with Venetian glass during a more than two-year period.

Caffrey said that he remembers seeing this artistic creation delivered to the church by the fire department in 1966.

Ground was broken for the campus' current church building in 1986, and the structure was dedicated two years later.



Photo courtesy of St. Joseph Parish

Pictured is a 1980s ceremony held on the site of St. Robert Parish's second church building on Irvin Way.

Both McTague and Father Tobias Vereker, the parish's second pastor from 1980 to 1992, pushed for the second church building's construction, which was led by parishioner Joe Hilts.

The church's current pastor is Father Arnold Parungao.

In recognizing the history of the church and school, Samara Palko, the school's current principal, said that she hopes that St. Robert's legacy will continue to grow for many years to come.

"We've been here for 60, 62 years, so the goal here is to continue Catholic education for another 60 years and beyond," she said.




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## FLASHBACK 60s POP ROCK & SOUL TRIVIA BY MICK HARPER

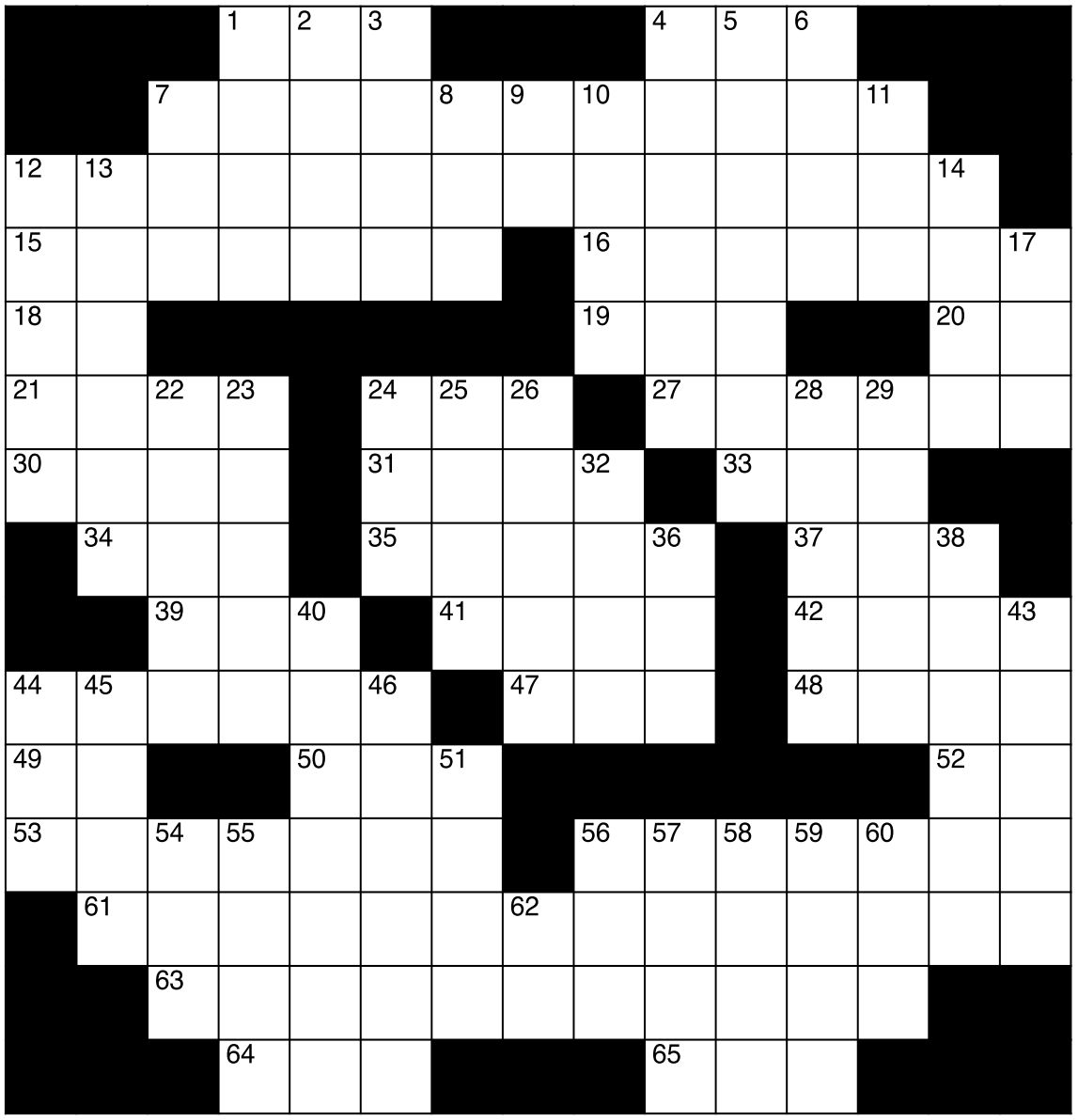
1. Who released the original version of "You're No Good"?
2. Name the English rock group that had a breakthrough hit with "The Things We Do for Love."
3. Which artist wrote and released "The Way You Make Me Feel"?
4. Name the gravelly voiced singer who wrote "Downtown Trains"?
5. What song contains this lyric: "Come bring me your softness, Comfort me through all this madness."

**Answers**

1. Dee Dee Warwick, in 1963. Linda Ronstadt's cover version topped the charts in 1975, although she was never happy with the way the final cut turned out.
2. The band 10cc, in 1975. The song went international, topping the U.K. and Canadian singles charts and reaching No. 2 in the U.S. Amy Grant released a version in 1996.
3. Michael Jackson, in 1987. The song's length varies, from 4:25 to 9:33, depending whether it's heard on single, album or video.
4. Tom Waits, in 1985 on his "Rain Dogs" album. Rod Stewart followed with a cover in 1989, netting a Grammy nom for Best Male Pop Vocal.
5. "With You I'm Born Again," by Billy Preston and Syreeta Wright in 1979. The song was used in the film "Fast Break," but didn't get much attention until it was released as a single.

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# CROSSWORD



**CLUES ACROSS**

1. Political action committee
4. One point north of due east
7. Marital
12. Religious building
15. Intrinsic nature of something
16. Safe to drink
18. Letter of credit
19. Single Lens Reflex
20. Keeps you cool in summer
21. Monetary unit
24. The Eye Network
27. Moving with a bounding stride
30. Figures
31. Of the pia mater
33. Male offspring
34. Indicates near
35. Calvary sword
37. South American plant
39. Doctor of Education
41. Something to take
42. Remove the edges from
44. Inattentive
47. Pick up
48. Latch for a window
49. Region of the U.S.
50. Windy City ballplayer
52. The NFL's big game (abbr.)
53. Be permanently present in
56. Novice
61. Pirate novel
63. In a law-abiding way
64. Where one sleeps
65. Criticize

**CLUES DOWN**

1. Bullfighting maneuver
2. Egyptian Sun god
3. Predatory semiaquatic reptile
4. Register formally
5. Eating houses
6. Japanese port
7. Genus of rodents
8. Nigerian city
9. Milliwatt
10. Mistake!
11. Women's movement
12. Greeting
13. Songbirds
14. An arrangement scheme
17. Heartbeat test
22. Push back
23. Intended for the audience only
24. Cycles per second
25. Impartiality
26. Polio vaccine developer
28. Bowel movements
29. South American Indian
32. Queen of Sparta
36. Confederate soldier
38. Emerged
40. Death
43. __ and flowed
44. Folk singer DiFranco
45. Email folder
46. Throbbed rhythmically
51. English rockers
54. Disaster relief operation
55. American model and TV personality Katherine
56. Potable
57. Tough outer layer
58. __ Spumante (Italian wine)
59. Troubles
60. Negative
62. Camper

**Solutions on page 15**

# **Covered by Medicare:** Silver Sneakers Offers Fitness Programs for Seniors

**By Jan Dalske**

If you are a senior, chances are that your Medicare Advantage plan includes coverage for the Silver Sneakers Program in your area. Silver Sneakers helps millions of people that are covered by Medicare. Membership includes access to every participating gym and fitness center in their network.

That is a membership with more than 15,000 locations. They offer fitness classes for all abilities. The classes are led by their trained instructors and take place at gyms as well as other locations.

The Silver Sneakers Program partners with health plans to provide gym membership for seniors at fitness centers across the country. You will find weight machines, treadmills, and you can lift weights, swim laps or take a group fitness class.

Yoga, tai chi, boot camp and other group activities are changing how and where we exercise. Available equipment, classes and amenities vary by location. Because many centers are available, your options are endless.

FLEX classes are small, welcoming, and led by enthusiastic instructors. The instructors will even include their personal contact information in the class locator so that their students can get to know them. All of their FLEX instructors are certified.

The Silver Sneakers Classic is designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for the seated exercises and added standing support. This exercise can be modified depending on your fitness level.

The Silver Sneakers Circuit workout offers standing, low-impact choreography which is alternated with standing upper-body strength work using hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for support. Again, this class is suitable for nearly every fitness level and can be adapted depending on the skill of each individual participant.

You can try a safe and heart-healthy aerobics class which will energize your active lifestyle using low-impact movements that will focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than the Classic and Circuit.

The Silver Sneakers bond reaches well beyond the gym, with workout partners planning get-togethers and looking out for each other. Most members do not join to find friends, but friendships are what keep many of them coming back.

Forty-nine percent of the active members said that they were motivated to continue exercising because they had a friend who was also participating in the program. People who get fit with their "buddies" are more likely to stick with their exercise routine than those who "go it alone".

And, of course, you should always talk to your doctor before starting any exercise program.

**Local locations where Senior Sneakers programs are available**

West Sacramento Recreation Center 2801 Jefferson Blvd.
24 Hour Fitness, 1020 7th St.
Sac Central YMCA, 2021 W St.
Curves (women only) 5283 Folsom Blvd
Anytime Fitness, 6350 Folsom Blvd. #160
Crunch Fitness, 1250 Howe Ave.
Planet Fitness, 5138 Stockton Blvd.
24 Hour Fitness, 1314 Fulton Blvd.
Anytime Fitness, 455 Watt Ave.




# Numerous health and fitness classes offered at ACC



flickr.com/photos/anusca76/3413302537

Whether one is interested in active yoga, chair yoga or even ping pong, ACC has many offerings for seniors in the Pocket area. What follows is a listing gathered from the nonprofit's website. ACC. For more information regarding time/date and prices, call 916-393-9026. ACC is located at 7334 Park City Drive.

## ARTS

Chinese calligraphy and painting: Writing Chinese Calligraphy calms the mind and feeds the soul.

Fusion glass demonstration: This class will discuss the history of glass making and will demonstrate the basics of making fusion glass jewelry.

Ikenobo ikebana: This class provides an ongoing introduction of Ikebana, the art of Japanese flower arranging.

Kimekomi doll making: Kimekomi dolls were first created in 1736 in Kyoto. Kimekomi refers to a method of making dolls by carving narrow grooves on the doll's body and inserting the edge of cloth into the grooves.

Origami workshop: Learn to fold the symbolic bird, the crane, a flower, also a dollar bill into a shirt to give as gift.

Painting (acrylic): Learn how to paint a beautiful landscape without any prior experience.

## COOKING DEMONSTRATIONS

Learn to prepare various delicious cuisines. Featured dish, lunch, instructions, and recipe(s) are included. Featured dishes include: Afghan rice and lamb pilaf, ahi-tuna burger, Cantonese roast pork (siu yuk), pan-seared halibut fillet, pinwheel steaks, stir-fried rice noodles (chow fun), "sushi-making for lazy people."

## DANCE

Ballroom dance, hula, line dance, tap dance, Bon odori (a style of dancing performed during Obon. Obon or just "Bon" is a Japanese Buddhist custom and a time when ancestors and their sacrifices are remembered and appreciated. The typical Bon dance involves people lining up in a circle around a high wooden scaffold).

## LANGUAGE

Courses include: Spanish, Japanese conversation, and Mandarin Chinese (beginning).

## MUSIC

Guitar, Guzheng (Chinese zither), keyboard/piano, singing (choir), Taiko, ukulele.

## COMPUTER TECHNOLOGY

Classes include: Computer assistance/Tutoring, Introduction to Computers, Windows 7 (basic), Windows 7 (intermediate), Windows 8/8.1 (basic), Windows 10 (basic), Microsoft Excel, photo editing (beginning), film/video editing (beginning), video and special projects editing (intermediate), Internet and email, Introduction to Facebook, Introduction to Skype, computer security, Galaxy/Note or Android Tablet,MAC, iPAD, iPHONE, MAC OS X

## HEALTH AND FITNESS

Aqua fit, swimming, Pickleball (drop-in outdoor), ping pong (drop-in), senior fit, Zumba, Tai Chi, Tai Chi Gong, Tai Chi self-defense, Yoga, Yoga + Pilates, photography and cinematography (beginning), Wellness Workshops, balance, mobility and coordination, body wisdom, breath and movement, brain fitness, First aid, health benefits of tea, introduction to meditation, matter of balance, music for health,

self-acupressure (reflexology), sound therapy: featuring Himalayan singing bowls,

see ACC page 11



# ACC:

*continued from page 10*

## UPCOMING EVENTS

### WE'RE READY! ARE YOU READY FOR PUBLIC BENEFITS?

This seminar is education on your public benefits (Medicare, Medi-Cal, and Veteran's Benefits). Many people worry about running out of money or being a burden on children or relatives. Pre-planning for your benefits is a must. Many are unprepared for crisis; questions arise as to how to pay for care cost and staying in your home . Learn from experts on how to prepared without buying insurance product and how to make your retirement last. Pre-registration required. Free of charge. Class will be held Thursday, Jan. 24 from 1 to 2 p.m. at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

### IT'S ABOUT TIME-CALENDAR CONVERSATIONS

Whether you are super organized or not-so-organized, this series of conversations is designed to get you more scheduling in your month. These hands-on, interactive workshops will help you live your best life. The instructor will share her favorite and most powerful tool for helping others see their lives in a whole new light. Pre-registration and pre-payment of $15 required for three classes. $8 drop-in fee per class at the door. Class will be held Fridays starting Jan. 25, Feb. 22, and March 29, 2019 from 1 to 3 p.m. at ACC Senior Services, 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

### AGING WITH GRACE-FALL PREVENTION

Even those with canes and walkers can benefit from ideas and exercises that will help them remain more independent and able to avoid falls. We will discuss what causes falls, how our mindset can contribute to our safety and how simple exercises may prevent falls. How to get back up when you aren't hurt and how to get help when you are will also be covered. Pre-registration required. Pre-payment of $3 or $5 drop-in at the door. Class will be held Tuesday January 29, 2019 from 3:30 to 4:30 p.m. at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

### PREVENTING SALES CALLS AND ROBOCALLS

This free workshop will explain how to deal with those unwanted sales calls and/or robocalls. In additions, the workshop will discuss the third-party gas company salespeople who call you on your phone or come to your door offering cheap or discounted gas prices and how you can tell if it is a good deal or not. Pre-registration required. Free of charge. Class will be held Thursday, Jan. 31 from 2:30 to 4 p.m. at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

### CANINE COMPANIONS FOR INDEPENDENCE

Founded in 1975, Canine Companions for Independence is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure a quality partnership. The instructor has been a volunteer with Canine Companions for Independence since 1993 and is currently training his twelve puppy. Pre-registration required. Free of charge. Class will be held Friday, Feb. 1 from 1 to 2 p.m. at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

### CYBERBULLYING AND INTERNET SAFETY

As technology continue to advance, seniors are left unable to understand new online platforms or recognize dangers thru improper uses; they fall victims to online abuse, scams, and threats that can affect them physically, mentally and financially. Learn what to do if receiving threats or inappropriate requests online, how to avoid scams and potential resources available. Pre-registration required. Free of charge. Class will be held Thursday, Feb. 7 from 10 to 11 a.m. at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

Please RECYCLE this paper. Thank You

# Bluegrass:

*continued from page 3*

with a lot of the other girls in the band. It's very family oriented."

But some kids rebel and go the opposite way from their parents' tastes, shave their heads, paint their nails black. Not you? "When my dad played when I was little…I would dance along with him. I thought it was the coolest thing ever when he played on his guitar, so I really wanted to learn how to play music after that."

Asked what advice they would give to other young musicians wanting to form a band, Daisy responded, "Individual practice is really important. It's not just about 'Oh we're going to get together and jam a couple of tunes on stage.' Do individual practice and then come together and apply that individual practice, push yourselves from your comfort zones to get better." Tessa advises,"Find people that you really like to play with. You're spending a lot of time with these people… You disagree on stuff all the time. You're playing songs together basically for – I was going to say for a living, but I'm 15. I like being in a band with people I like hanging out with."

I tell the girls that when I was a band we used to say that it's like being married to three other people. Meghan laughs, "So much!" They're all a little young to be married, so how do they handle it? Tessa answers, "I think we're all very conscious of not hurting each others' feelings…We've all had weird friend drama. We've all had experiences with mean people. Because we're teenagers, and we're so emotional, we're very attuned to other peoples' emotions." Megan ads, "We're very conscious of how each of our personalities are and how opinionated we are on certain topics and really compromising on different things — compromise is key."

Clearly their social and musical harmonizing skills are mature beyond their age level, and their dedication and instrumental musicianship are as well. Want a preview? See their videos at www.northcountryblue.com. You'll be impressed.

**If you go:**
**What:** North Country Blue concert
**Where:** The Side Door (2900 Franklin Blvd.)
**When:** Friday, Feb. 1 from 7 to 10 p.m.



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# CryptoClub leader training to be held at Fairytale Town for local teachers





Teachers and adults are invited to a one-day workshop at Fairytale Town from 8 a.m. to 4 p.m. to learn how to teach cryptography and establish a CryptoClub program at your school or after-school program. In a CryptoClub, kids in 5th – 8th grades use mathematics to make and break secret codes. Because of the mathematical nature of the subject and the natural interest surrounding secret messages, cryptography is an exciting hook for learning and applying mathematics! CryptoClub can be anywhere—after-school, in-class, as part of a youth group, or scout program! While curriculum is geared towards 5th – 8th graders, it can be adapted easily for lower or higher grades.

During Leader Training, participants will learn how to: teach cryptography in fun and engaging ways; incorporate school mathematics into the informal learning environment; use a variety of games, internet activities, and stories to engage their students; and how to establish a CryptoClub program in your school or afterschool program. Leaders need not be mathematics teachers—just enthusiastic about math! No prior cryptography experience is required.

Cost: $30 per person. Includes a copy of the CryptoClub Cipher Handbook for use during the workshop and the CryptoClub Leader Manual for use in leading your own Cryptoclubs. Lunch will be provided. Participants should bring a laptop computer.

Note: The cost to implement the CryptoClub curriculum typically includes a $12 per student book (purchased separately).

Save the Date: The Amazing Crypto Race will be held on Friday, May 3, 6 to 9 p.m. CryptoClub leaders are invited to bring their club members to Fairytale Town to show off their skills and compete in a series of cryptography challenges to win the Golden Cryptex. Fairytale Town is located at 3901 Land Park Drive.






# Peter Rabbit and his sisters have a new home at Fairytale Town

Having successfully evaded Mr. McGregor, Peter, Flopsy, Mopsy and Cottontail live in splendor at Fairytale Town. Beatrix Potter's beloved tale of a misbehaving boy rabbit and his good little sisters has a permanent home next to the Children's Theater.

Thanks to the support of a generous donor, Fairytale Town was able to completely transform and improve the home of Peter Rabbit and his sisters. Two changes immediately stand out: a new fence and larger home. They were able to move from a double fence with a high profile to a single fence that is three-feet shorter, making it easier for guests to see the rabbits at play. The new home is three-times larger and includes several improved features such as a new air conditioning system, plenty of windows, and a suspended flooring system. The Tudor-style home and picket fence were inspired by the original drawings from Beatrix Potter's classic tales. The enclosure also features a miniature Mr. McGregor's Garden, where Animal Keepers can grow vegetables for the rabbits to enjoy. Fairytale Town sends heartfelt thanks to the Griffiths Family for making the rabbits' home a reality. Thanks also go to Berry Lumber for their generous donation of redwood.

# 24 museums to participate in Free Museum Day on Saturday, Feb. 2

With 24 museums participating by offering complimentary admission, the 21st Annual Free Museum Day takes place on Saturday, Feb. 2, from 10 a.m. to 5 p.m.

New this year, the popular day is also the kick-off to Sacramento Museum Week (Feb. 2-8) filled with special events, activities and activations at various museums. While admission is complimentary to everyone on Free Museum Day only, regular admission applies at all museums during Sacramento Museum Week. Coordinated by Sacramento Area Museums (SAM) with the support of Visit Sacramento, Free Museum Day and Sacramento Museum Week in 2019 are proudly presented by Sutter Health and sponsored by California Family Fitness.

"We are thrilled to present the 21st Annual Free Museum Day plus extend the fun by offering a new Sacramento Museum Week this year," said Sacramento Area Museums Chair Delta Pick Mello. "We'd especially like to thank our presenting sponsor Sutter Health and our returning sponsor California Family Fitness for providing much-needed resources to help us to present these important events. Our continuing goal as a collaborative organization is to introduce the community to the amazing array of arts, culture and museum offerings available in the greater Sacramento region."

Free Museum Day is a popular cultural tradition designed to encourage all members of the community to experience the Capital City's incredible wealth of art, history, science and wildlife, free of charge. Many of the museums are within walking distance of each other and easily accessible via public transportation.

And, to help easily and conveniently transport guests who wish to visit multiple museums in Sacramento's urban core, Sacramento Regional Transit (SacRT) is offering free rides on all buses and light rail trains on Saturday, Feb. 2 only with a printed SacRT Museum Day flyer (only one flyer needed per family or group). A screen shot of the flyer from a smartphone is also acceptable. To print or display the flyer, please visit ww.sacrt.com. For more information specifically about SacRT park-and-ride stations and schedules, visit sacrt.com/services.

On Free Museum Day, event coordinators suggest that guests plan to visit no more than two or three different museums on this day in order to allow adequate time to enjoy the experience and to travel between individual sites. Due to the popularity of Free Museum Day, some locations must limit the number of admissions for safety reasons. The event is scheduled from 10 a.m. to 5 p.m. but note the last guests will be admitted at 4 p.m.

New in 2019, Free Museum Day is the kick-off to a week filled with special activities presented by various museums and popular destinations. While a comprehensive listing will be available on the website (www.SacMuseums.org), a sampling of the special activities follows:

- Saturday, Feb. 2 (10 a.m. to 5 p.m.) – 24 local museums and popular destinations offer free admission along with some that will present special activities for guests;

- Sunday, Feb. 3 (11 a.m. to 2 p.m.) – the California Automobile Museum offers "Downtown Sunday Drives" in vintage cars;

- Monday, Feb. 4 (11 to 11:30 a.m.) – the California State Railroad Museum pres-

see Museums page 14

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## Home Improvement Guide: a "Keeper" by our readers



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## Museums:

*continued from page 11*

ents an "All Aboard for Story Time" children's reading activity;

- Tuesday, Feb. 5 (6 to 8:30 p.m.) – Verge Center for the Arts offers a real-life Adult Drop-In Figure Drawing class;

- Wednesday, Feb. 6 (10 a.m.) – the California State Library will conduct special guided tours on this day and during Museum Week Tuesday and Thursday. Museum Day tours will be on request.

- Thursday, Feb. 7 (11 a.m. to 3 p.m.) – Locke Art Studio will offer a free Joy Kuo Master silk screen printing demonstration;

- Friday, Feb. 8 (10 a.m. to 3 p.m.) – Cemetery volunteers will be available to answer questions about the Cemetery, help visitors find specific graves or assist with their genealogical research.

More detailed information about participating museums, addresses, limitations, suggested parking and public transit options is available at www.sacmuseums.org (click on "News & Events"), or by calling Visit Sacramento at 916-808-7777.

**Participating Museums for Free Museum Day on Feb. 2**

Aerospace Museum of California, California Automobile Museum, California Museum, California State Capitol Museum, California State Library, California State Railroad Museum, Don & June Salvatori California Pharmacy Museum, Folsom History Museum, Leland Stanford Mansion State Historic Park, Locke Boarding House Museum, Maidu Museum & Historic Site, SSVMS Museum of Medical History, Old Sacramento Schoolhouse Museum, Powerhouse Science Center, Roseville Utility Exploration Center, Sacramento Children's Museum, Sacramento Historic City Cemetery, Sacramento History Museum , Sojourner Truth African American Museum, State Indian Museum, Sutter's Fort State Historic Park, Verge Center for the Arts, Wells Fargo History Museum (Capitol Mall), Wells Fargo History Museum (Old Sacramento)

Not all SAM member museums will be able to officially participate in Free Museum Day on Feb. 2, by offering complimentary admission so please review the participant list carefully and/or contact them directly with any museum-specific questions.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at www.Facebook.com/SacMuseums, follow them on Instagram and Twitter @ SacMuseums or visit the user-friendly website at www.SacMuseums.org.


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# Police Logs

The news items below are collected from police dispatchers' notes and arrest reports. The information in them has often not been verified beyond the initial reports. All suspects are presumed innocent until proven guilty.

### MONDAY, JAN. 7

**(DUI - Arrest): 2700 block of Ramp Way at 2:33 a.m. (Miller Park):** Officers responded to the area regarding a single vehicle collision into a gate. When officers arrived, they located the vehicle and fresh damage to the property. The driver was contacted and appeared to be impaired and under the influence. FST's were conducted and the driver was arrested on DUI related charges.

**(Burglary - Arrest): 6100 block of South Land Park Drive at 9:39 a.m.:** Officers responded to the area regarding a stranger seen in the backyard of a residence. When officers arrived, they quickly located the suspect. Officers discovered the suspect had vandalized the residence. Due to diligent hard work, officers were able to determine that the suspect was also responsible for a burglary. The suspect was arrested on burglary and theft related charges.

### SATURDAY, JAN. 12

**(Shooting): 2800 block of Franklin Boulevard (near Gunther's) at 4:06 p.m.:** Officers responded to a residence on a report of a shooting. The officers arrived on scene and contacted the homeowner whom was not injured during the incident. Through investigation, officers determined two known subjects arrived at the homeowner's residence and an altercation ensued. One of the subjects that arrived displayed a knife, prompting the homeowner to retrieve a firearm and shoot at the subject. The two men fled in an awaiting vehicle and the homeowner called the police. Officers were able to locate the vehicle in the area of the hospital after the driver dropped off one of the men who sustained a gunshot wound during the shooting. Officers contacted the victim at the hospital who and determined his injuries were non-life-threatening. Through further follow-up it was determined that the homeowner was a felon in possession of a firearm. He was arrested on firearms charges and booked into jail.

### SUNDAY, JAN. 13

**(Disturbance - Arrest): 2000 block of 15th Avenue (Sutterville Road and Freeport Boulevard) at 11:33 a.m.:** Officers responded to the area regarding a disturbance. When officers arrived, they determined the one of the individuals had an outstanding felony warrant. The suspect was booked on the felony warrant.

### WEDNESDAY, JAN. 16

**(DUI - Arrest): 4600 block of Freeport Boulevard at 12:45 a.m.:** Officers responded to the area regarding an individual passed out inside a parked vehicle. When officers arrived, they located the parked vehicle which also knocked over several newspaper stands. The driver was found to be impaired and arrested on DUI related charges.

**(Death Investigation): 1200 block of Front Street at 11:19 a.m.:** Officers responded to the area regarding a deceased body located in the river. When officers arrived, SFD was on scene and confirmed the death. There were no signs of trauma or suspicious circumstances. Officers conducted a canvass of the area and generated a report. The county coroner was notified and took custody of the body. The county coroner will release the identity of the body after all notifications are completed.

# What's happening, Land Park?

## SAT, JAN. 26

*CRYPTOCLUB LEADER TRAINING:* Teachers and adults are invited to a one-day workshop to Fairytale Town, 3901 Land Park Drive, .from 8 a.m. to 4 p.m., to learn how to teach cryptography and establish a CryptoClub program at your school or after-school program. Cost: $30 per person. Includes a copy of the CryptoClub Cipher Handbook for use during the workshop and the CryptoClub Leader Manual for use in leading your own Cryptoclubs. Lunch will be provided.

*SUTTERVILLE ELEMENTARY'S 6TH ANNUAL CRAB FEED:* There will be some great food, a DJ, dancing, a silent auction, raffle, prizes and even a wall of wine at the Sacramento Asian Sports Foundation, 9040 High Tech Court, Elk Grove, from 5 to 10 p.m. Dinner served at 6 p.m. Seating is limited; $55 per person Tables of 10 guarantee reserved seating. All others are open seating. *PHOTO ID REQUIRED* Tickets available online at: https://www.freshschools.com/app/stores/sutterville-elementary
*processing fee applied. Or at front Sutterville Elementary's front office with check payable to: Sutterville PTA. Visit facebook.com/SuttervilleElementary for updates.

## SUNDAY, JAN. 27

*ALICE IN WONDERLAND DAY:* "Curiouser and Curiouser!" Go down the rabbit hole for fun and games in Wonderland in honor of author Lewis Carroll's birthday, as Fairytale Town invites you to Alice in Wonderland Day. There will be storytime at 11 a.m. and 1 p.m., and Wonderland-themed crafts from 11 a.m. to 1 p.m. Alice in Wonderland Day is free with paid park admission. Weekend admission is $6 for adults and children ages 2 and older. Members and children ages 1 and under are free. Please note: Adults must be accompanied by children and children must be accompanied by adults in order to gain admittance to the park. Fairytale Town is located at 3901 Land Park Drive.

## MONDAY, JANUARY 28

*TROUPER AUDITIONS:* From 4 to 7 p.m., the Elly-Award winning Fairytale Town Troupers will be holding auditions for actors and singers—and your child can be part of the fun! The program is open to youth ages 5 to 18. No theatrical experience is required. Parents and guardians are welcome to accompany minors.Audition appointments are required. To make an appointment, or for questions about the Troupers, please contact John Lee at mrlee@fairytaletown.org. For Auditions: Actors should prepare a one-minute monologue—preferably memorized. Monologues can be sonnets or speeches from Shakespeare, passages from favorite books, plays or poems. Popular choices include selections from Shel Silverstein, Dr. Seuss, and Lewis Carroll. Please do not memorize a speech from a movie, TV show, or any video or audio recording. After presenting your monologue, be ready for cold readings of scenes from the scripts and possibly some movement exercises. The Fairytale Town Troupers is a theatre arts program that teaches the essentials of live stage production in a practical rehearsal and performance format. The Troupers program is open to young actors ages 5 to 18. Internship opportunities are also available for ages 18 to 21. In this unique program, novices work side-by-side with seasoned veterans to gain invaluable hands-on experience in the art of producing live theatre. The Troupers program is led by Fairytale Town's Education & Theatre Arts Specialist John Lee, an award-winning local playwright, director and actor. Fairytale Town is located at 3901 Land Park Drive.

## SATURDAY, FEB. 2

*37TH ANNUAL CRAB FEED & SILENT AUCTION:* The Rotary Club of South Sacramento Foundation is proud to present our 37th Annual Crab Feed & Silent Auction at the Scottish Rite Masonic Center, 6151 H St. Tickets are $55 and include dinner, dessert, a no-host bar with wine, beer & mixed cocktails. Plus bid on wonderful items in our silent auction, try your luck in our 50/50 drawing, win wonderful raffle prizes or participate in our Wine-Pull. Proceeds from the event will support the Children's Receiving Home of Sacramento, Sprouts Trauma Preschool. Doors open at 6 p.m. Tickets available at southsacrotary.org

*FRIENDS OF THE LIBRARY WAREHOUSE BOOK SALE* The Friends of the Sacramento Public Library are hosting a Warehouse Book Sale at the Book Den warehouse, 8250 Belvedere Avenue, Suite E, on Saturday, February 2, 9 am to 4 pm. A preview for Friends members only is scheduled for Friday, February 1, 5 to 8 pm; nonmembers who wish to attend may join at the door for $20. Sale proceeds will benefit the Sacramento Public Library system. During the sale all hardback books will be priced at $2, trade paperbacks at $1 and pocket paperbacks at $.50. Audio books and children's books will also be available at bargain prices. The Book Den store, which specializes in modestly priced better books and is located at the same site, will be open the same hours with materials offered at regular prices. For more information, call 916-731-8493 or email bookden@saclibfriends.org. Regular Book Den store hours are 10 am to 2 pm on Thursdays and 10 am to 5 pm on Fridays and Saturdays. Veterans with ID receive a 10% discount with all purchases.

## TUESDAY, FEB. 5

*POP UP BOOK SALE AT BELLE COOLEDGE LIBRARY:* On Tuesday, February 5, the Belle Cooledge Library is having a Pop Up Sale from 10 a.m. to 5 p.m. Book prices are $1 for hardback and .50 for paperbacks and soft back. We have plenty of chIldren's books for .25-.50. Fill up a grocery size bag for $5. No credit cards please. Belle Cooledge Library is located at 5600 So. Land Park Drive.

## FRIDAY, FEB. 8

*BOY SCOUT DAY:* Show your Boy Scout and Cub Scout pride on Boy Scout's 109th birthday. Wear your uniform when you visit Fairytale Town and receive one free child admission with one paid adult admission. Weekday admission is $5 for adults and children ages 2 and older. Members and children ages 1 and under are free. Adults must be accompanied by children and children must be accompanied by adults in order to gain admittance to the park. Fairytale Town is located at 3901 Land Park Drive. Hours are 10 a.m. to 4 p.m.

## SATURDAY, FEB. 9

*CURTIS PARK CRAB FEED:* Sierra 2 Center for the Arts and Community invites you to a crab feed from 6 to 9 p.m. There will be specialty cocktails from Burly Beverages, music from the Doug and Jeanne Project, live dessert auction, fundraising for Sierra 2 Center and McClatchy HISP. https://sierra2.org/event/crab-feed/
*ALTERNATIVES TO VIOLENCE PROJECT (AVP) WORKSHOP:* Alternatives to Violence Project (AVP) experiential workshops help participants:Explore positive communication methods, discover creative ways to handle disagreement, transform conflict into collaboration. Lunch is included both days. $50 to $75 suggested, according to your ability to pay. (If cost is an obstacle, contact organizer to discuss alternatives.) Pre-registration is required. Contact Barbara Wallace: bwallace@omsoft.com. The workshop goes from 9 a.m. to 6 p.m.

## SUNDAY, FEB. 10

*I HEART SACRAMENTO ZOO:* From 9 a.m. to 4 p.m., bring your valentine to a special I Heart Sacramento Zoo day organized by the Sacramento Zoo Teen volunteers. The event features valentine-themed animal enrichments, informative talks and activity tables — all included with general admission. For more information, call 916-808-5888. 3930 West Land Park Drive.

## SATURDAY, FEB. 16

*ALTERNATIVES TO VIOLENCE PROJECT (AVP) WORKSHOP:* Alternatives to Violence Project (AVP) experiential workshops help participants:Explore positive communication methods, discover creative ways to handle disagreement, transform conflict into collaboration. Lunch is included both days. $50 to $75 suggested, according to your ability to pay. (If cost is an obstacle, contact organizer to discuss alternatives.) Pre-registration is required. Contact Barbara Wallace: bwallace@omsoft.com. The workshop goes from 9 a.m. to 6 p.m.

*UNDY RUN/WALK:* From 7:30 to 10:30 a.m., in William Land Park, hundreds of of people will be running and walking in their undies to raise funds for colorectal cancer prevention and awareness for the 8th annual Sacramento Undy RunWalk! Organized by the Colorectal Cancer Alliance, funds raised will be used to get more people locally to get screened for this often preventable disease. For more information, and to register, go to https://fundraise.ccalliance.org/sacramento.

## SATURDAY, MARCH 2

*LAND PARK VOLUNTEER CORPS 10-YEAR CELEBRATION:* The first work day for the LPVC's new season will include a 10-year celebration in William Land Park at the picnic tables near Fairytale Town. Local dignitaries will be invited to commemorate this event. There will be a short ceremony with morning treats and a barbecue lunch for all those who attended the work day.

*SOROPTIMIST CRAB FIESTA 2019:* All you can eat crab & pasta dinner supporting Soroptimist International of Sacramento, Inc. at the Annunciation Greek Orthodox Church Ballroom, 616 Alhambra Blvd. Funds raised at this event will be used to improve the lives of women and girls through programs leading to social and economic empowerment. A portion of this ticket ($20) may be considered a donation. Tickets are $60 per person. The event will include a silent, live and dessert auctions, as well as a "golden raffle." Doors open at 6 p.m. Cocktails and Silent Auction (Please, no outside alcohol) 7 p.m. dinner. Purchase tickets online at www.CrabFiestaSac.org Presented by Soroptimist International of Sacramento, Inc. www.soroptimistsacramento.org

## ONGOING

*AUTO MUSEUM DEBUTS ALL-NEW EXHIBIT: HITTING THE ROAD: ROAD TRIPPIN' THROUGH THE YEARS:* The California Automobile Museum is proud to present a new exhibit titled Hitting the Road: Road Trippin' Through the Years" that is on display until Feb. 25, 2019. The exhibit allows guests an opportunity to explore the historic American pastime of traveling with family and friends. Depending on age, race, and financial status, experiences and memories of road trips differ dramatically. The goal of this exhibit is to explore these differences along with how the automobile and road trips changed American culture, and also helped to shape entire industries.
The exhibit will showcase the heyday of road trips in the '50s, '60s and '70s as well as take a look at how the experience has changed over time. Museum guests will learn how different Americans experienced life on the road. For instance, the exhibit demonstrates how some families were squished into a station wagon on the way to the lake while others traveled in a cozy camper bound for Yosemite.
As part of this nostalgic exhibit, a number of iconic cars will be on special display, including: a 1952 Dodge 2-door Sedan, 1964 Ford Falcon Deluxe Wagon, 1953 Kaiser Traveler, 1956 Chevy Bel Air Wagon, 1959 Shasta Airflyte trailer, Custom 1972 Toronado RV, 1972 Oldsmobile Vista Cruiser Wagon, 1966 VW EZ Camper with tent canopy, 1955 Harley-Davidson Panhead, 1976 BMW R100/7, 1930s home-built tear-drop trailer and 1962 Ford Falcon Squire Wagon.
The Hitting the Road exhibit is free with Museum admission: $10 for adults; $5 for youth ages 5 to 17) and free for children ages 4 and under. For more information about the special exhibit or the California Automobile Museum in general, please call 916-442-6802 or visit www.calautomusem.org.

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