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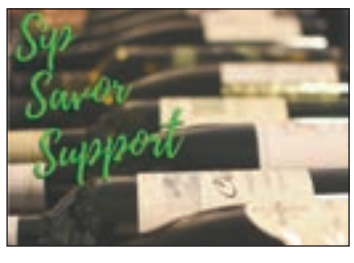
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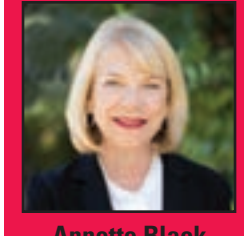
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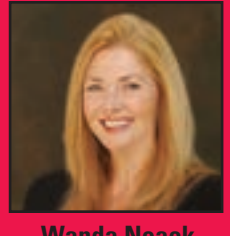
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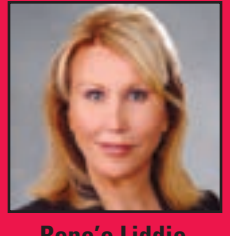
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"Sip, Savor, Support" to benefit the Sacramento State Student Emergency Fund

By MONICA STARK
editor@valcomnews.com



Alla Vyshnevska benefited from the Sacramento State Student Emergency Fund and is now finishing up her last semester with dreams of attending pharmacy school.

In what should have been the most exciting semester at Sac State for biomedical student Alla Vyshnevska, last fall ended with unexpected transportation expenses after a car accident. Fortunately, however, Vyshnevska applied to the college's Student Emergency Fund, which serves to assist students who experience a financial emergency or unanticipated expenses causing short-term financial hardship that requires immediate attention to keep a student in college.

Receiving the maximum award of $1,500, Vyshnevska said the money helped in the purchase of a new vehicle, making her morning before school less stressful.

Having never received nor applied for scholarships in the past, the Emergency Grant was her first grant ever received besides financial aid. With its help, Vyshnevska plans to continue on her journey of applying to pharmacy school, as she's worked in the pharmacy setting since 2014 first as a pharmacy clerk and later as a technician.

One of 18 students who received the emergency grant last fall, Vyshnevska's achievement mirrors theirs, as the semester completion rate is 100 percent and the average grade point average is 2.9.

"This speaks to our students being very resourceful and resilient, and that when you give them just a small help, they can take it a long way," says Sacramento State Student Affairs Case Manager Danielle Muñoz.

"It's not only the support the community gives, but the hard work the students return with. When we support students in crisis, they're able to do so much."

In place for three years now, Muñoz says the emergency grant relies on community donations, totaling about $45,000 each semester. "Every year we work really hard with our fundraising because it's not funded through the CSUS system. Donations from the community will help us hold over, but it will run out every semester. Sac State alum may get a call. Part of that money that they donate goes to our fund."

The funds are not intended for tuition or fees, or standard living expenses. They are limited, non-state dollars acquired through grants, donations and fundraising -- a resource of last resort. "This money definitively helped me in the purchase of the new vehicle and made my morning before school less stressful," Vyshnevska says with gratitude, adding she did apply for other scholarships to pay off outstanding credit cards she used in the past for necessities like tuition, food, gas, and books.

Ranging from broken down cars, to unexpected costly dentist visits, students' experiences vary, and yet, the $1,500 has helped them from having a semester completely destroyed.

The need for donations piqued the interest of the East Sacramento Women's Club, which will have a benefit, aptly titled "Sip, Savor, Support" on Sunday, April 15 at The Shack, 5201 Folsom Blvd. from 5:30 to 8 p.m.

Excited to host the event, co-owner of The Shack and club member, Jen Sleppy said, "We often provide food support at local elementary school fundraisers, but it's really great to be able to turn this around and use The Shack with the East Sacramento Women's Club to support a very local group." With hopes of selling 100 tickets at $30 each, the club hopes to raise enough money for two full Emergency Grant awards. All food, wine and auction items have been donated, so every penny raised can go to Sac State, Sleppy said.

"We're trying to find something that's in our backyard, that's right nearby that we can see the effects right here, right now. People who come to the event are putting their money into the same area," club member Abbey Stumpf said.

Relating to the experiences of the students, Tamara Toby, club Parlamentarian, said she worked full time to put herself through school, taking the long route to graduate. "I can tell you how hard it is to put yourself through school, watching that bank account to see if there's enough money." Toby said the group played around with some ideas for the inaugural fundraising event after looking around the community. "Talking with people found at Sac State there are several students that are financially insecure. Some are homeless. So, we thought it would be a great event for us to fundraise and get money for those in need."

If you go:

What: "Sip, Savor, Support" to benefit the Sacramento State Student Emergency Fund
When: Sunday, April 15 from 5:30 to 8 p.m.
Where: The Shack, 5201 Folsom Blvd.
Cost: $30 ($32.04 with service fee) at www.brownpapertickets.com or $35 on the day of the event at the door.

Longtime Elmhurst Green Valley Theatre makes West Sacramento its new home

By PAT LYNCH

Green Valley Theatre, which borders Elmhurst and Oak Park, has outgrown its boundaries, and outsized talent has to find a larger community. Christopher Cook, the group's "director, producer, sounder, artistic director," (Cook struggled to find the apt depiction for himself) said that while it's bittersweet to leave supportive environs, it's also an adventure. It means demand. Where is the Green Valley troupe heading in order to meet the demand? West Sacramento.

"West Sac is the perfect fit," Cook said. "We're going to the industrial section where the new community is being created." So Green Valley Theatre, known and lauded for its dazzling theatrical productions, will become part of the relocation of the hip to West Sacramento.

East Sacramento resident, Kathleen Paldofino, said she considered the theatre to be in East Sac rather than Elmhurst, mourned its move but wished it well, and added, "There's this big exodus of coolness to West Sac. I guess it's their time." She said she had seen and enjoyed, Bloody, Bloody Andrew Jackson, and would miss Green Valley enough to drive over the bridge to see a production.

Cook maintains an open and inviting vision of the possibilities of theatre. "Come to a reading soiree where we explore new work," he says, and adds that his group is "open to submissions."

But the breezy inclusiveness does not define the group's ultimate vision. "We're very strong and thoughtful," he said. We plan very carefully." Among the things to which they give sober consideration is the appropriateness of material. "We are a community theatre," he said, and are highly conscious of "community standards."

For example, they did the off Broadway, Bloody, Bloody Andrew Jackson, a rock musical and rambunctious political carnival. They also chose to do, Blood Brothers, a musical about identical twins reared apart. "This ran for a year in England," Cook said. They've brought to the local stage long-run hits that fewer people know. Green Valley has also done "smaller productions that are non-musical." Doing two to three per year, these are "regular stage plays, not farces."

The versatile group got started by delineating among presentations. For example, they offered Main Stage musical offerings, Plays, Kids Theatre, a Play Ready Series, and even the Green Valley Puppet Theatre. Cook expects for the West Sac move "some really cool new programs."

Their move to West Sac promises to be a successful one and, in the view of many fans, a lot of terrific theatre is coming to West Sac.

Green Valley Gala to benefit construction of new theatre

An Old Hollywood themed night is set to benefit the construction of Green Valley Theatre's new home. Mark your calendars for April 14 from 7 to 10 p.m. at the West Sacramento Black Box Theatre, 1110 West Capitol Ave. The gala will include performances from GV actors, a raffle, a silent auction, delicious food, surprise gifts, GV swag and more. They will be showcasing all of the shows from the past six years and a few that they'd love to do in the future. Performers include: Jennifer Morrison, Sara Logan, Ryan Allen, Elio Gutierrez-Montoya, Lauren and Mark Ettensohn, Rick Eldredge, Jennifer Zimny and Casey Camacho. Old Hollywood, 1920s, cocktail attire is encouraged. Price is $28 per single ticket; $50 per couple; $125 for reserved table for four with special table gifts or $250 for reserved table for 8 with special table gifts.

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Two Rivers Bike Trail Extension troubles River Park residents

By ELLEN COCHRANE
ellen@valcomnews.com

When city leaders celebrated the opening of the Sutter's Landing portion of Two Rivers Bike Trail they gathered at a strip of paved road that abruptly ends. Smooth new asphalt morphs into a gravel trail, good for mountain and hybrid bikes—not good for road bikes. The trail heads off under a railroad bridge, ducks under the freeway and into the natural, River Park Paradise Beach area. Once in the River Park area, cyclists who navigate the gravel road move up onto the levee to complete the journey to Sacramento State and to pick up the next paved section of the bike trail.

The city plans to close this unpaved gap of Two Rivers Trail with an asphalt bikeway bordered by a two-foot shoulder on each side. The trail would run at the base of the levee on the river's side and would further connect downtown to the rest of the trail.

The plans have sparked opposition among both residents of River Park and supporters of the value of natural spaces in urban Sacramento, but the City remains confident that this is a positive project.

Allyssa Mader of River Park is leading the opposition movement. Her group, Protect River Park, sees three main reasons not to build the trail.

The loss of a natural setting in urban Sacramento

The group believes great cities are able to weave parks and natural areas into sprawling urban centers. Sacramento is unique in that it has two rivers running through the center of the city. This preserves wildlife and provides a peaceful natural environment for all to enjoy. They believe that the paved trail would destroy the natural pathway.

"The path has much more to offer Sacramento as it is, without being paved and stripped of shade, especially when there is a gravel road running the length of the levee just thirty feet away that already allows bike travel to downtown or Sac State," said Mader. "It's a place for people to walk with their families and pets and ride their bikes in a natural and safe environment on a quiet and sometimes narrow dirt path, overhung with shady trees, bordered by shrubs and wildflowers, with the nearby houses hidden from sight by the levee."

PRP notes that in many places all trees and other vegetation would need to be permanently removed, including a number of large trees that provide much of the natural beauty and unique quality of the trail, as well as visual screening of Cal Expo and its lights. In many places, this would completely convert what is currently a shady path into an open and sun-blasted asphalt road.

Safety

PRP is also concerned about an increase in crime. "Increased traffic along the river and to Glenn Hall Park means more traffic of all kinds in our neighborhood, including criminal. A paved trail provides an easy access/escape route for criminals and easier access to homes along the levee itself. Increased traffic along the river means increased crime, drug use, and human waste," said Mader.

Illegal Camping

Protect River Park is not callous or unfeeling about the plight of the homeless. However, they see real concerns about a potential homeless influx into the area. "The paved trail could dramatically increase illegal camping along this stretch of the river," said Mader. The river corridor through River Park currently sees very low levels of illegal camping compared to nearby areas along the river, including near Sutter's Landing and directly across the river near Cal Expo. There is currently a concentration of encampments along the river where the recently paved trail ends at the edge of the park at Sutter's Landing. Extending the paved trail through the River Park area has the potential to further extend the area open to those encampments and the impacts that come with them, such as human waste, drugs, fires, and criminal elements."



They argue that local government needs to demonstrate that it can effectively address the existing homeless crisis before expanding those impacts to other parts of the Parkway.

Sacramento City Council Member Jeff Harris is spearheading community outreach to the River Park and East Sacramento Area. He is a proponent of the project and sees solid civic value for the paved trail.

See Two Rivers Trail, page 14

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Nick Kamilos shares early East Sacramento memories, more

By LANCE ARMSTRONG

Nick Kamilos has a rich history in East Sacramento that dates back to his childhood growing up in the area in the 1930s and 1940s. And his family history in the capital city began much earlier.

As a member of a Greek-American family, which extends four generations in this city, Nick speaks with pride when talking about the first generation of his family to call Sacramento their home.

Nick's uncle, Peter Kamilos (1890-1962), was born in Lixouri in the Greek island of Kefalonia.

After immigrating to California in 1906, Peter made his way to Roseville, where he worked at a bakery and sold bread to Greek railroad workers at the local rail yard.

Nick also had an uncle named William "Bill" Kamilos (1893-1972), who came to California in 1912 and found work in a shipyard in Vallejo.

Also arriving in California during that era was Nick's father, Jerry Kamilos (1884-1965), who came to Sacramento in 1908.

Nick said that his father soon found work in the clay pits of the Gladding, McBean & Co. ceramics business in Lincoln.

Jerry had his leg broken while working for Gladding, McBean in about 1912, and he was transferred to the Mater Misercordiae Hospital (predecessor of today's Mercy General Hospital) on 22nd Street, between Q and R streets, in Sacramento.

Through that experience, Jerry would spend the remainder of his life in the capital city.

Nick mentioned that his father went to work for a grocery store on J Street, near 9th Street. And he added that his father purchased that market in 1915.

In 1923, Jerry and Peter went into business together as vegetable and fruit dealers in the then-new Sacramento Public Market, at 1300 J St., where the Sacramento Grand Sheraton Hotel is now located. The business, Kamilos & Co., continued to operate at the Public Market until 1946.

Jerry returned to Greece in 1930, and pioneered the shipping of California produce to the Mediterranean.

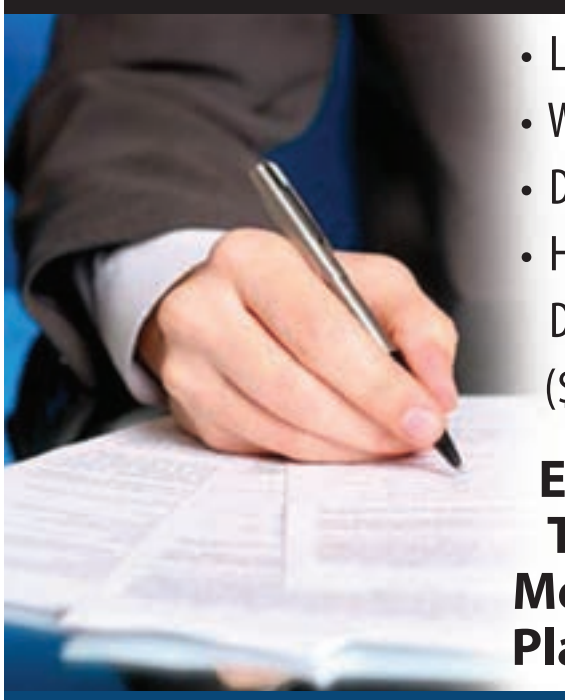
While still living in Greece, in 1932, Jerry mar-

See Kamilos, page 6



Nick Kamilos was born in Greece and spent much of his childhood living in East Sacramento.

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14-1

Kamilos:

Continued from page 5

ried Marianthe Danelatos (1904-2005).

Together, they had four children, including their first-born child, Nick, who was born in Greece on Oct. 16, 1934. Their other children were Medina, Joanne and Dennis.

With his family, which then included two children, Jerry returned to Sacramento in 1936.

After residing with Peter at 514 28th St., and then at 629 F St., Jerry and his family moved to East Sacramento to a house they had built at 3273 C St.

In addition to his work at the Public Market, Jerry also ran the produce department at the Cardinal grocery store at 3020 L St. during World War II.

Nick, who attended Theodore Judah School at 3915 McKinley Blvd. and California Junior High School (now Middle School) at 2191 Land Park Drive, said that he has many fond memories about growing up in East Sacramento.

He said that his favorite place in East Sacramento was the Alhambra Theatre, where a Safeway supermarket stands today.

"The Alhambra, that was my favorite," he said. "I went to the movies there almost every week. It was beautiful inside. That was a Taj Mahal. The gardens were magnificent. I just loved (the place). We lived at 33rd and C (streets), and I would walk from there all the way to the Alhambra Theatre."

Nick also shared an unusual story about the New Helvetia Cemetery, where Sutter Middle School is now located.

"I used to go through (that cemetery), and there were some crypts that were sunk down," he said. "We used to go down inside. They caved in and you used to be able to get in just a little bit and just look around there."

Nick also shared his memories of a public road that used to extend through McKinley Park.

"Where the palm trees are on Alhambra (Boulevard), around H Street, there was a street that went through the park, continuing to 33rd Street," he said. "Cars could drive through there and park on the sides and everything."

Nick said that he also remembers watching the Greek Orthodox Church of the Annunciation being built on Alhambra Boulevard, and a neighborhood being constructed near Theodore Judah School.

Regarding the church, Nick said, "One thing that happened about a couple months after they built it, the dome started coming down, because the (wooden) framing started to bow. They had to put a bunch of braces in there (for support)."

Attending the California State Fair at Stockton Boulevard and Broadway is also one of Nick's favorite memories.

His many adventures on the old fairgrounds are so memorable for him that he is still able to remember the fair's many buildings such as the Counties Building, Machinery Hall and the Hall of Flowers.



Nick Kamilos is shown with his sisters, Medina, left, and Joanne, in about 1943.

Nick, who moved with his family to 6022 Sacramento Boulevard (present day Martin Luther Jr. Boulevard) in 1946, graduated from C.K. McClatchy High School in 1953.

Like his father, Nick established a career in the grocery business.

He first worked at Alhambra Grocery at 3022 J St. in 1946, and then became employed at the Pennisi Bros. fruit and vegetable business in the Public Market building two years later.

By late 1952, Nick was in the Philippines, serving his country in the Navy during the Korean War.

Upon his return from that service in 1955, Nick was hired as a clerk at the Lucky supermarket at 3008 Broadway. He eventually served as the manager of the Lucky supermarket at 2700 Marconi Ave.

While employed by Lucky, on Aug. 17, 1958, Nick was married to Andreanna Chuchas, who was born in Sacramento and grew up in Roseville. They eventually had three children, Gerry, George and Debbie.

With his experience in the field of groceries, Nick opened his own grocery store, Budget King Market, at 401 Hayes Avenue, at Norwood Avenue, in North Sacramento in 1965.

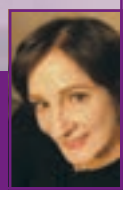
Nick's next career venture was his ownership of Warehouse Foods at 1250 Howe Ave. He said he operated that business for about two years.

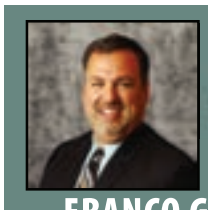
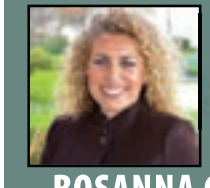
During the 1970s, Nick managed the natural foods and plant sections of all Raley's supermarkets.

Nick, who retired from Raley's in 1996, has also kept active with the Greek church's activities, including the annual Sacramento Greek Festival. He was one of the festival's original committee members.

Thinking back on his eight decades of life in Sacramento, Nick said that he loves the city in which he lives and is proud of his family's heritage.

"This is where I grew up and where my family planted its roots," he said. "I came here when I was 2 years old. I've seen Sacramento grow and I just love it here, and I'm not going anywhere else."

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What's happening East Sacramento?

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FRIDAY, APRIL 13

CATERPILLAR PUPPETS PRESENTS BETO THE BUILDER – Come celebrate Día de los Niños with the Caterpillar Puppets' production of Beto the Builder! This bilingual show tells the story of a little builder who dreams big. You'll even be invited to participate in the show! Family. Friday, April 13 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, APRIL 14

2018 BUTTERFLY RELEASE: You are cordially invited to participate in a meaningful event for the grieving members of your community. On April 14 from 9 a.m. to 10:25 a.m., people from all over the county will gather in the World Peace Rose Garden at Capitol Park to release a butterfly in memory of their loved one. Butterflies are available for a contribution of $5. You may attend the event for free. All are welcome. Snowline's Butterfly Release was created this year to start a beautiful tradition in the community. Butterflies have always held a special place in our hearts and imaginations; they symbolize hope and renewal. And the act of releasing that hope into the garden is deeply healing for those still holding on to grief. All funds raised at this event will support Snowline's mission to serve our communities by supporting patients near end-of-life and guiding loved ones through grief. Events like this benefit our whole community; you can be proud to be a part of this unique celebration. Hosted by Snowline Hospice and Snowline Hospice Thrift Stores.

GREEN VALLEY GALA 2018: AN OLD HOLLYWOOD THEMED NIGHT TO BENEFIT THE CONSTRUCTION OF A NEW THEATER HOME! Mark your calendars for April 14 from 7-10 p.m. Green Valley Theatre Company is holding a grand gala with performances from your GV favorites, a raffle, a silent auction, delicious food, surprise gifts, GV swag and more! They will be showcasing all of the shows from the past six years and a few that they would love to do in the future. Performances from: Jennifer Morrison, Sara Logan, Ryan Allen, Elio Gutierrez-Montoya, Lauren and Mark Ettensohn, Rick Eldredge, Jennifer Zimny and Casey Camacho. Silent auction featuring donations from: Bartley Cavanaugh Golf Course, Incredible Pets, Sacramento River Cats, Sacramento Republic FC, Sacramento Zoo, Scribner Bend Vineyards, Carvalho Family Winery, California Railroad Museum, Chicago Fire Pizza, California Automobile Museum, Hawkins School of Dance, Total Wine, B Street Theatre, Pixie Tribe, Capital Athletic Club, Humani Pilates, Aria Salon, Birkenstock Midtown and Kellie Raines!
Where: The new space that needs to be turned into a theater, 3920 West Capitol Ave., Suite 190, West Sacramento.
Dress: Old Hollywood, 1920s, cocktail attire, fancy dress
Price: $28/single ticket; $50/per couple; $125 for reserved table for 4 with special table gifts; $250 for reserved table for 8 with special table gifts
With an all-star Green Valley lineup, great prizes to win and gifts to buy, you know this will be a fun, sexy time!
Tickets available at greenvalleytheatre.com

APRIL 10-15

SAC STATE'S FESTIVAL OF ARTS (FoTA) runs April 10-15 with something for everyone. "A Midsummer Night's Dream" opens April 11. Dance Sampler, a buffet of great dance numbers from regional studios is April 14-15. The "Mapping Art History" talk is April 14. And the free Family Funday Sunday tops it all off on April 15. And there's still more music, discussions, screenings, presentations, and U-Create!. Get the full FoTA schedule at www.csus.edu/festival. Contact: 916-278-6502.

SUNDAY, APRIL 15

SIP, SAVOR, SUPPORT: EAST SACRAMENTO WOMEN'S CLUB: An evening of food, wine, beer, and auctions to benefit the Sacramento State Student Emergency Fund at The Shack, 5201 Folsom Blvd. from 5:30 to 8 p.m. East Sacramento Women's Club (ESWC) is dedicated to active participation in service and charitable projects throughout the Sacramento area and beyond. Our members partner with existing organizations to help meet their on-going or seasonal volunteer and collection needs. Our philosophy is that by planning and working collectively, we are able to stay motivated, make a bigger impact, and forge and strengthen our community ties in positive and meaningful ways. East Sacramento Women's Club (ESWC) is an affiliate of the General Federation of Women's Clubs (GFWC), an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service. The ESWC is a 501(c)3 charitable organization. The Student Emergency Fund (SEF) is administered through the Office of Student Affairs at CSU Sacramento and serves to assist students who experience a financial emergency or unanticipated expenses causing short-term financial hardship that requires immediate attention to keep a student in college. The program is designated to assist those students who cannot reasonably resolve their financial difficulty through scholarships, loans or other Financial Aid awards. The SEF awards are grants that reimburse students for actual expenses. The awards are not loans and do not need to be repaid. The maximum award is $1500, per student, per academic year. The funds are not intended for tuition or fees, or standard living expenses. They are limited, non-state dollars acquired through grants, donations and fundraising -- a resource of last resort.
Ticket price includes admission and pairing stations. Silent auction items will be available to raise additional funds for the SEF. Tickets at www.brownpapertickets.com

MONDAY, APRIL 16

EAST SACRAMENTO WATER METER OPEN HOUSE: City Council Member Jeff Harris will hold a water meter open house from 5:30 to 7 p.m. at the Clunie Community Center, 601 Alhambra Blvd, Sacramento, California 95816. This open house meeting will provide information about the upcoming water meter installation project in East Sacramento. The next phase of water meter construction will begin in several East Sacramento neighborhoods. Construction is anticipated to start in late spring or early summer. Notifications will start arriving in mailboxes in coming weeks, along with an invitation to attend an open house. For more information and to find out when your water meter will be installed, visit the Department of Utilities' Meters Matter online map at www.metersmatter.org. The default location for meter installations is in a rectangular meter box within the Public Utility Easement. However, some property owners may be eligible to have the meter installed in the sidewalk, should they choose to pay the sidewalk installation fee.

What to Expect During Construction
During construction, you could experience:
- Water shutdown for up to 4 hours
- Temporary street parking restrictions
- Sidewalk closures and traffic delays
- Construction-related dust and noise

FRIDAY, APRIL 20

LEGO MANIA! – Like building with LEGO bricks? Join us for our monthly free-play afternoon! LEGO and DUPLO LEGO bricks will be provided for this free, family program. Friday, April 20 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

THURSDAY, APRIL 26

CODING GAMES FOR KIDS – Want to play fun computer games and be a coder? Then come to this beginner-friendly program where you can design a flappy bird game, go on a space quest, make a short animation, and more! Recommended for ages 8 to 14. Thursday, April 26 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, APRIL 27

MINECRAFT GAMING – Enjoy this computer game filled with mining, crafting and exploring! Play with new friends on the library's own library server. No experience necessary. Spots are first-come, first-served. Recommended for ages 8 to 14. Friday, April 27 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, APRIL 28

SABRINA'S CRAFT CORNER – Learn a new craft technique every month, using simple household items and affordable materials. Join us in April as we use popsicle sticks to make hexagonal shadowbox shelves! This is a free adult program, but children 8 and up are welcome. Saturday, April 28 from 2:30 – 3:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

ONGOING

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.

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.

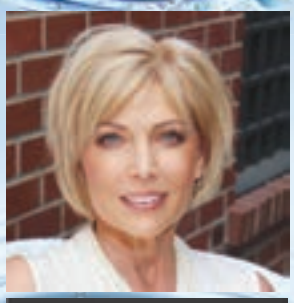
STATE FAIR SCHOLARSHIP APPLICATIONS ANNOUNCED: The Friends of the California State Fair Scholarship Program is now accepting scholarship applications for the 2018 - 2019 academic year. The program offers 14 categories of scholarships ranging from $1,000 - $2,500 each with varying eligibility requirements. Categories include: agriculture, art, academic excellence, business, culinary/hospitality/event management, education, international relations, trade school, viticulture and enology. Applicants may apply for one scholarship category of their choice per year and will be evaluated based on academics, community service, quality of essay and recommendation. Top scholarship winners in select categories may be invited to compete for the $5,000 Ironstone Concours Foundation Scholarship Scholarships are not renewable; however, students may reapply each year as long as they continue to meet the eligibility criteria. The Friends of the California State Fair Scholarship Program is a collaboration between the Friends of the California State Fair, the California Exposition & State Fair, the California State Fair Agricultural Advisory Council, the Ironstone Concours Foundation, Blue Diamond Growers and Western Fairs Association. International Scholarship and Tuition Services, Inc. (ISTS), an independent scholarship management company, hosts the online application process and disburses awards for the program. The deadline to apply is March 2, 2018. Learn more at CAStateFair.org/scholarship. For questions about the Friends of the California State Fair Scholarship Program, please email scholarship@calexpo.com.

See more What's Happening, page 12

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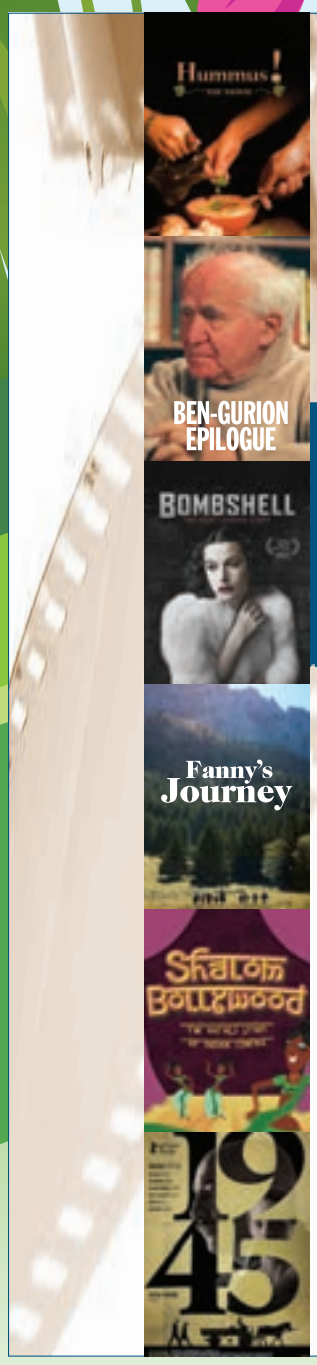
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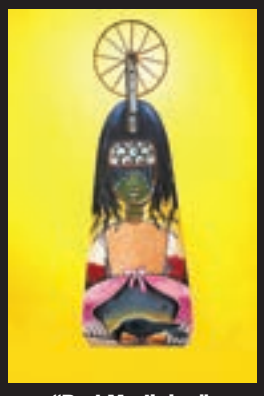
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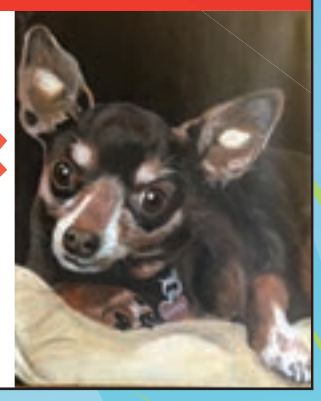
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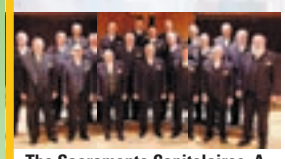


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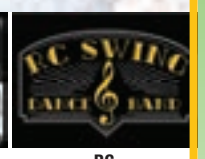
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Sutter Middle Lady Miners sweep city championship

By ELLEN COCHRANE
ellen@valcomnews.com



A team of top basketball players is a machine made of sweat, tears and guts. It's a dance of ball, balance, battles, breath and bones. And for 16 years the girls at Sutter Middle School have not failed to say the last word on the court, with a scoreboard that lights up in their favor. They are champions of the city. Queens—royalty, with that certain God-like ability to swoosh an eight pounds per square inch, brown ball through the hoop again and again and again.

With a legacy in the balance, this year's team went over the top. Not only did they win the city championship, they also won every post-season tournament they entered.

Rich Hironaka, a 20-year veteran coach, emphasized teamwork, "We set team goals, how we would meet those goals and why it would be worth it. All the players bought in and signed the goal pledge. We went through typical group development dynamics – forming, storming, norming and performing. At this age, I try to keep things fun and interesting – we would do team building exercises, eat pizza and have taco Tuesdays."

The team averaged 50.3 points per game while holding opponents to less than 30 points per game while shooting 40 percent from 2-point range and 27 percent from 3-point range. And at the game buzzers they stood victorious in all post-season tournaments, beating the first and second place teams from Elk Grove, as well as teams from Dixon/Vacaville and Chico. Over sixteen years they have gone undefeated in league play—about 240 games without a loss.

During the season several players were selected as student-athletes of the Month: Tamaria Rumph who is the only seventh grader on the team, Caila Chappell, Karli Cooper, Lesieli Manupule, as all-tournament players Kennis Jasperson and Selai Niu.

The team captains were Karli Cooper and Lesieli Manupule. They were the two returning players and knew the coach's expectations, which made them best suited to lead the team. Hironaka trusted them enough to run an entire practice session.

"I love basketball and have been involved with coaching youth sports teams for over 20 years, said Hironaka. Both of my children attended Sutter, played sports and had a fantastic experience. Starting back with Greg Purcell and currently with Cristin Tahara-Martin, the administration and parent support is tremendous, which makes coaching easy. The VP, James Eder who previously coached at Sutter would often pop in and watch practices."

The team had several good 3-point shooters, players who could attack the basket as well as post up inside. They all gave great effort playing defense, but ultimately it was great team play and their ability to encourage each other that helped them win.

Hironaka sees basketball in their future. "I've encouraged them all to play in high school."

The Lady Miners 2017-2018 have continued the legacy. Stay tuned for next year's action.





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What's Happening

Continued from page 7

SAC UNIFIED POETRY SLAM: Jenny Lynn and Joe Montoya's Poetry Unplugged present The Sac Unified Poetry Slam every third Friday at Luna's, 1414 16th St., starting at 7:30 p.m. The show is unpredictable. The special guests and judges won't be known until they sign up. The slam is three rounds. This is a FREE show with purchase at the cafe, donations are encouraged to cover PSI venue dues and show staffing. $5 to slam (except youth 18 and under) winner takes the whole pot. Luna's Cafe will be serving the freshest juices and licuados in town, nothing frozen or concentrated. The menu also includes sandwiches, salads, our famous quesadilla, fresh-ground coffee, mochas, and other espresso drinks. A nice selection of beer and wine is also offered. Enjoy it all in the comfortable atmosphere of Luna's, one of this area's original cafe galleries. Supporting artists of all kinds for over 30 years.

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.

NON-PROFIT ORGANIZATION IS SEEKING LOCAL HOST FAMILIES FOR HIGH SCHOOL EXCHANGE STUDENTS: ASSE International Student Exchange Programs (ASSE), in cooperation with your community high school, is looking for local families to host boys and girls between the ages of 15 to 18 from a variety of countries: Norway, Denmark, Spain, Italy, Japan, to name a few. ASSE students are enthusiastic and excited to experience American culture while they practice their English. They also love to share their own culture and language with their host families. Host families welcome these students into their family, not as a guest, but as a family member, giving everyone involved a rich cultural experience. The exchange students have pocket money for personal expenses and full health, accident and liability insurance. ASSE students are selected based on academics and personality, and host families can choose their student from a wide variety of backgrounds, countries and personal interests. To become an ASSE Host Family or to find out how to become involved with ASSE in your community, please call the ASSE Western Regional Office at 1-800-733-2773 or go to www.host.asse.com to begin your host family application. Students are eager to learn about their American host family, so begin the process of welcoming your new son or daughter today!

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Sutter Middle School students participated in nationwide, 17-minute school walkout

By PAT LYNCH
pat@valcomnews.com
Photos by Stephen Crowley





Kids dressed in black spilled from Sutter Middle School classrooms and trudged into the rain, lined up along the chain-linked fence on Alhambra and J Streets. They waved signs. They cheered when passing cars honked support. This was Sutter's participation in the nationwide, seventeen-minute school walkout commemorating the seventeen murdered victims of the Florida school mass shooting.

A visibly moved School Board Trustee, Ellen Cochrane, watched as the kids kept coming, talking quietly, defying the rain. She gestured at the students along the fence. "This is beautiful. It's our First Amendment, happening right here. These kids are leading the country."

Teachers and administrative staff patrolled the demonstration while kids held their signs up for passersby.

Student organizer Nina Grefrath said, "I wanted to support the nationwide protest. We should protect kids, not guns." When asked how hard it was to actually make a school-wide protest happen, she said, "It wasn't hard to get the kids involved. The faculty was harder. But we talked with the faculty and spread the word." She paused, looked at a sign that said, Your Silence is Compliance. "This is true," she said.

Amy Torrico, standing nearby, said starkly, "Is seventeen not enough?"

Naomi Piper-Pell said, "A lot of people are worried about getting hurt." (This was hard to hear. When this reporter went to school she worried about Algebra and detention, not getting shot.)

Piper-Pell went on. "We've lost too many people."

Nearly all the students seemed to identify viscerally with the Florida kids. "If it could happen to them it could happen to anyone," one boy said as he walked by.

Anjalie Mendoza said, "I'm here because of the seventeen kids and teachers who died. I get that he (the killer) had problems, but he shouldn't have killed others." Kids around her nodded.

When the seventeen minutes were up, the mass of students, under the watchful eyes of the principal, teachers and staff, headed back to their classrooms. Campus monitor Edward Thomas carefully watched the exodus. When asked how the Florida killings affected him, he replied, "I think about it all the time. Things have got to change."

Principal, Cristin Tahara-Martin, said the demonstration was the students' idea, and there was "no penalty" attached to kids who participated or those who didn't. It was entirely voluntary. "History teachers talked to all classes," she said. The administration ended up planning "with twenty kids, one from each core. More than that would have been"—here she made a gesture indicating chaos.

There was no chaos. Sutter Middle School permitted and participated in a meaningful exercise in Constitutional liberty; its students rose to the opportunity.

Said SCUSD Chief of Continuous Improvement and Accountability Officer, Vincent Harris, "This was a righteous protest."

That it was: well organized, scrupulously supervised, and most important, heartfelt.





Two Rivers Trail:

Continued from page 4

Careful Planning

Harris served on the Parks Commission prior to becoming the area's council representative. "The trail was discussed as early as 2010 and I started working on the segment from Sutter's Landing Park to the railroad undercrossing in 2015. We found Prop 84 grant money to use for construction. The American River Flood Control District was adamant about moving the trail from the top of the levee to the toe of levee on the waterside, for levee maintenance reasons. The Two Rivers Trail Phase 2 has been in the American River Parkway Plan since the 2008 revision. I have discussed the project in my council newsletter several times, and a survey was put out by the City in May 2016 that was offered on the City Express site as well as nextdoor.com."

Harris emphasized that the environmental work and engineering for the next segment of the Two Rivers trail is in process, and has been for more than a year. The environmental document should be ready for review and public comment in July 2018. Engineers are currently looking at a solution to carry the trail through the area that was washed out in the 1986 flood. This will include discussions with the Army Corps of Engineers.

Project Benefits

Harris sees wide ranging benefits of the trail. "It will be ADA accessible and it will provide a safe, class 1 bike trail from Sac State to downtown when complete. Current bike routes from East Sac to downtown through the grid are not continuous and are often perceived as dangerous. As a bike commute path it will lower vehicle miles traveled and provide commensurate air quality benefits. It will provide more people with access to the Parkway. It will be a scenic trail and provide an excellent recreational experience similar to the existing trail network to the east in the parkway."

Allaying Fears

Harris cites history, regional planning and experience to address concerns. "Some people have expressed concerns that a paved trail could increase homelessness in River Park, or increase burglaries or lower property values. All available data and experience suggest that the opposite is true on all three concerns. An energized trail tends to decrease illegal camping, lower crime stats, and support property values. If people simply do not want a paved trail, I respect that and do not fault people for that view. It must be noted, however, that the American River Parkway is a regional amenity, and that the American River Parkway Plan, which included the Two Rivers Trail Phase 2 in 2008, guides uses in the River Park area. Frank Cirill, an original resident of River Park and called the 'father of the American River Parkway' was a proponent of this paved trail."

Community engagement

Protect River Park feels that the City has not actively engaged the residents of East Sacramento. "We have not been aware of any effort to inform the public and solicit public input on the specific plans and impacts of this particular part of the project. In fact, as we have spoken with our neighbors in River Park, we have found that many residents were either unaware of the project or, like us, were aware of only the vaguest outlines of the proposal," said Mader.

Harris is comfortable with the outreach efforts and sees the discussion as positive, "I met with four opponents on the levee and I brought staff to answer questions. We did our best to address their concerns. There are some people that simply don't want this paved trail. They like it the way it is."

The River Park Neighborhood Association has not taken a position on the Two Rivers Trail, regardless of neighborhood pressure. However, they are providing the forum for an in depth discussion of the project at the Spring General Meeting of RPNA on Saturday, April 7 at 10 a.m., location to be determined.

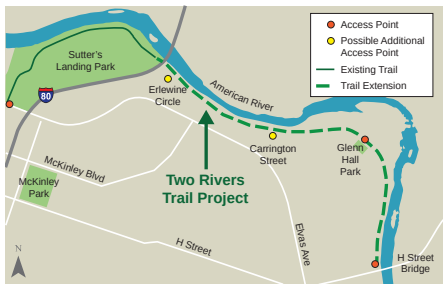
The City is planning to finalize the project plan in spring 2018 and publish an environmental review document in July. Paving is scheduled to begin in summer 2019. Currently, the construction cost is estimated at $6 million. Maintenance and patrol costs are not known.

Two Rivers Trail Phase II

City of SACRAMENTO

The City of Sacramento's Two Rivers Trail (Phase II) project will extend from Sutter's Landing Park to the H Street Bridge. The trail will provide a safe, off-street bicycle and walking link between River Park, Midtown Sacramento, and Sacramento State University. The trail will be built on the river side of the levee, generally following the exiting maintenance road at the levee bottom. Wherever possible, the trail is designed to avoid natural areas of the parkway and avoid the top of the levee, removing conflict with levee maintenance and maintaining privacy for residents.

Project Location



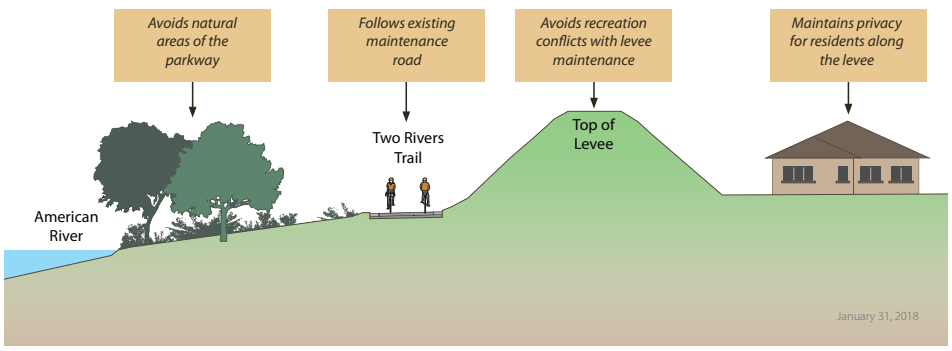
Benefits

- A scenic experience will be provided for trail users without intruding on the privacy of neighboring property owners
- Improving the trail and increasing usership and "eyes on the trail" is one of the most effective ways to reduce crime
- Trails have been identified as one of the most desired community amenities by the National Association of Home Builders

For additional project information, please visit www.tworiverssac.org.

Project Timeline

- 1985 — American River Parkway Plan
- 2001 — Two Rivers Trail Phase I Concept Plan (Jibboom Street to Sutter's Landing)
- 2006 — Two Rivers Trail Phase I constructed. Community input gathered and recommendation made to extend Phase II from Sutter's Landing to H Street
- 2008 — American River Parkway Plan updated, including recommended trail extension from Sutter's Landing to H Street
- 2012 — Two Rivers Trail included in City's Capital Improvement Program
- 2016 — Community surveyed with outreach through City Express and Nextdoor gauging community interest in grant applications
- **Apr 2018** — ***Upcoming RPNA General Meeting reviewing the Two Rivers Trail Project***
- **Jul 2018** — ***Upcoming meeting for Public Review of CEQA document***
- 2019 — Complete final design and construct Two Rivers Trail



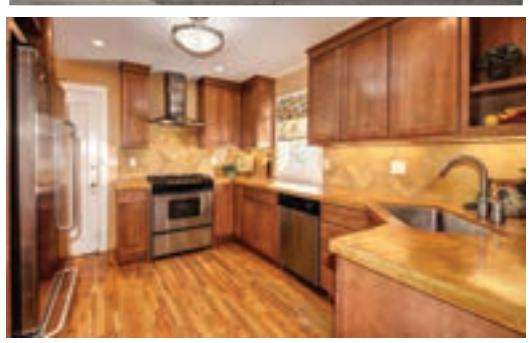
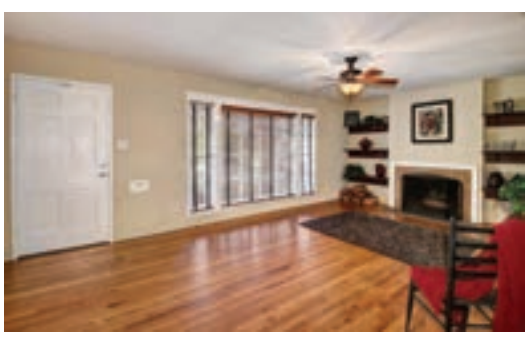


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