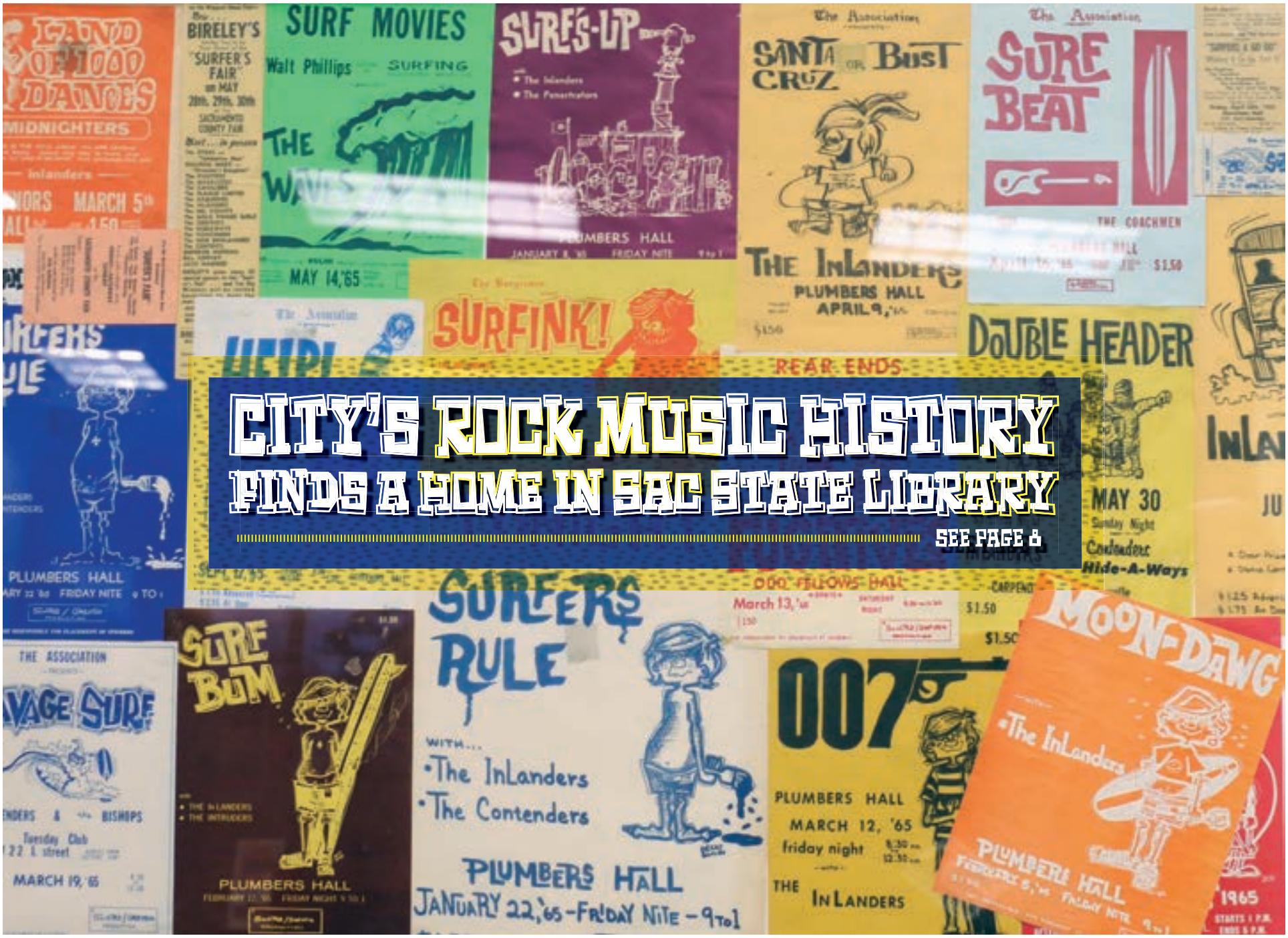
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East Sacramento News

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CITY'S ROCK MUSIC HISTORY FINDS A HOME IN SAC STATE LIBRARY

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Door to Door

with PAT LYNCH

A friend, Jo, was walking her small dog, Pika, across the street when a homeless woman, "talking crazy," saw them coming. Jo picked up Pika, leash and all. "The woman said she was going to kill us. When she got to me she grabbed my coat and punched me in the back. I tried to get away. I finally broke free and looked at the two drivers stopped at the light. A young gal motioned me to get in her car. I barely made it. The homeless woman chased me and pounded on the car window. Thank goodness the light turned and we drove off."

Jo's story may ratify a bias some have against the homeless. But mine won't. I too, stood, one summer afternoon, in a crowd at a traffic light on J. The light changed and I started across. Someone pulled my arm and yanked me back. I looked up. Three kids on bikes barreled by exactly where I'd been headed. I smelled my hero before I saw him. He was maybe fifty, ripe, his soiled clothes baggy. "Oh my God, you saved me," I said. "Thank you."

"Bikes can mow you down," he said.

I waited till later, when he sat alone on a stoop at Safeway to give him something. I've often thought about this guy, so deeply down on his luck, who still found it in him to yank a stranger to safety.

I wish someone had been there to pull in Carl Ulmer, a homeless man found dead outdoors as temperatures dropped to 35 degrees. No warming centers were open because the temperature has to plummet for at least three days in a row to unlock those doors. Who made that rule? My guess in that it was someone sitting in a cozy, climate controlled office.

Analysts and experts think Reaganomics helped cause the homeless crisis we have today. It catered to the haves and the free market furor, didn't make provisions for those who couldn't afford to invest. It didn't maintain a safety net. There ought to be that net, for the good of all of us. Those of us who don't need help do need to be able to enjoy our Parkway, but we can't because the homeless dig in there, and the once beautiful spot is befouled with needles, waste, detritus and danger.

Do the homeless like that? I imagine it's ghastly for them too, especially in the swamp of summer, especially for mothers with kids. They, incidentally, make up an increasingly large proportion of the homeless and will soon constitute their biggest population. These ruptured families live with the alcoholism, drug addiction and mental illness largely masked in our fortunate larger community but endemic and naked in theirs. It's as if society's problems are magnified among those least equipped to cope.

Daniel Weinberg from Stanford University has researched the structural causes of homelessness and concludes that "neo-classical fiscal policies" bear a determining part of the blame. (That would trickle-down Reaganomics pooling in the pockets of the fortunate and staying there). It's been going on for a long time and has finally hit critical mass. Weinberg identifies the precise structural factors: (1) Rising rent and housing costs; (2) no corresponding rise of government safety-net programs; (3) "pervasiveness of socio-political norms and attitudes that stigmatize the homeless." A good example of this last factor is Paul Ryan implying that you injure a boy's soul when you give him a free hot lunch. Ryan is out of office now but his noxious notions endure.

Low paying service jobs were pretty much all that was available to the working poor. Many worked two jobs to keep up with the rent. But rent went up every year and their pay did not. The government provided only token, sparse low cost housing, nowhere near enough units for those who needed them. Rents kept rising. The safety net shrank. Rents rose again, and continued to rise every year. "Finally we end up in the car," a woman told me. She didn't want to give her name. "Me, my husband, our two boys. Then we have to sell the car. Then we live outside. Then he leaves."

So yes, he's no role model. But as a community we're left with a moral problem—homeless families, homeless children. It seems that if we can subsidize the mega-jillionaire NBA with an arena, we ought to be able to do something for the people who sleep on the streets.

Mayor Steinberg has pushed aggressively to build "tiny homes" for people who live outside, but is frustrated by the slow response of other groups and agencies. His powers are limited. Our previous mayor, Kevin Johnson, wanted a "Strong Mayor" initiative, but voters turned him down because many didn't want to pay for the arena he championed. Now Dan Walters in the Sacramento Bee says our present mayor, strengthened by such an initiative, could plainly use it to combat homelessness.

This makes sense. I didn't vote for the first initiative, but I'd vote for one now. It would be smart, as well as right, to arm the mayor with all the tools he needs. He can't solve the systemic economic misery caused by the trickle down myth, but he should be able to act to save lives, shelter people, restore our public spaces, and affirm decent community values. He should be able to lead the city to a higher state of moral function.

Iconic San Francisco Chronicle columnist Herb Caen said, "A city is not gauged by its length and width, but by the broadness of its vision and the height of its dreams." A broad vision has to be an inclusive one, and for this city that means re-building the long overdue safety net for those who need it.

Recall Jo, who was accosted by the deranged woman. Jo was angry afterward, but not so much at her assailant. She was more angry at a man who sat in a truck at the light, watched, but did nothing. "He could have helped me," she said. "He was a big guy." The slight young woman who drove Jo to safety apologized for not jumping from her car to help fight off the attacker, but Jo told her she acted heroically by doing what she did.

We don't need to be a city full of big guys in trucks who do nothing. We don't need to sentimentalize the homeless either. We need to educate ourselves about its real causes and cures, assert our common humanity, and support leaders willing to act. That's how to be a good neighbor.

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Cover photo by: Stephen Crowley

The Real John Sutter & His World

The Sacramento Historical Society invites you to a presentation by author, anthropologist and historian Steve Beck as he delves into history to discover the real John Sutter--a Swiss immigrant who influenced the course of history, not just for Sutter, or California, or the United States, but for the entire World. Beck's talk will take place on Tuesday, Feb. 16 at 7 p.m. at the Columbus Hall near Sacramento State, located at 5961 Newman Court.

Beck will delve into history, sharing a plethora of archival pictures, maps, and drawings, to find the answer to the question: Who was the real John Sutter?

An influential figure in California history, Sutter grew from poor beginnings. In 1834, poverty forced him to leave his family behind in Switzerland in pursuit of a better life in the United States. After securing his fortune, Sutter returned for his family in 1850. Beck will examine the years Sutter spent away from his homeland. During that time, Sutter settled the interior of California, encouraged Western Migration, rescued the Donner Party, and was instrumental in the Revolution of 1845, the Bear Flag Revolt, the Mexican-American War, the discovery of gold, and bringing agriculture to the Sacramento Valley. Some regarded Sutter as a resilient hero, while others perceived him as a scoundrel who mistreated and enslaved Native American laborers.

The event is free for historical society members, and $5 for guests.

Sacramento Historical Society



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Parks foundation hopes to bring bocce ball to Carmichael Park

By LANCE ARMSTRONG

A fundraising effort to bring bocce ball courts to Carmichael Park has raised $75,000.

Behind that fundraising effort is the Carmichael Parks Foundation, which is working to reach its goal of $125,000 to have two courts built in Carmichael Park, behind the Carmichael Italian Center on Fair Oaks Boulevard.

The park's master plan includes four bocce ball courts, and the foundation opted to assist with two of those courts.

Bocce ball, which was popularized in Italy, where the first bocce clubs in modern times were established, is a game that is generally played in groups of two or four, and is most closely related to lawn bowling.

It was brought to the United States by Italian immigrants during the turn of the 20th century, and first played in the Sacramento area as early as the 1930s.



Photo courtesy of Bob Ahnders

Pictured are bocce ball courts at Almaden Lake Regional Park in San Jose. The Carmichael Parks Foundation is raising funds to have similar courts constructed at Carmichael Park.

Sharon Ruffner, president of the Carmichael Parks Foundation, said that it is important to the organization to diligently move forward in raising the remaining $50,000 needed to build the courts.

"(Rising costs of materials) is a concern," she said. "Just like when you're building your house, the longer you wait, (the more it could cost)."

The foundation has also been seeking other funding through the application of grants and partnerships in the community.

Ruffner said that a contractor informed the organization that the courts would need to be built during the drier part of the year, during the summer or early fall.

Also of interest to the organization is the donation of materials such as lumber, iron and cement to construct the courts, Ruffner noted.

"If we could get the materials donated, that would make a huge difference, too," she said.

Ruffner, a 1978 graduate of El Camino High School, mentioned that fundraising contributions for the project include a $5,000 donation from Shirley Simi, who was active with the Italian Cultural Society of Sacramento.

"Shirley was very interested in seeing these bocce ball courts built and so she made a significant contribution to the Carmichael Parks Foundation, and the money was earmarked for bocce ball courts," she said.

Following Simi's death last March, the Shirley Simi Memorial Bocce Ball Fund was established. Family and friends of Simi have contributed to the fund to assist with the foundation's fundraising efforts.

Ruffner, who has lived next to Carmichael Park since 1985, emphasized the importance that Simi played in the project to bring bocce ball courts to the park.

"Shirley Simi was really the fuel for this fire," she said. "She got the Italian society excited about it. We are heartbroken that she

see Bocce page 5

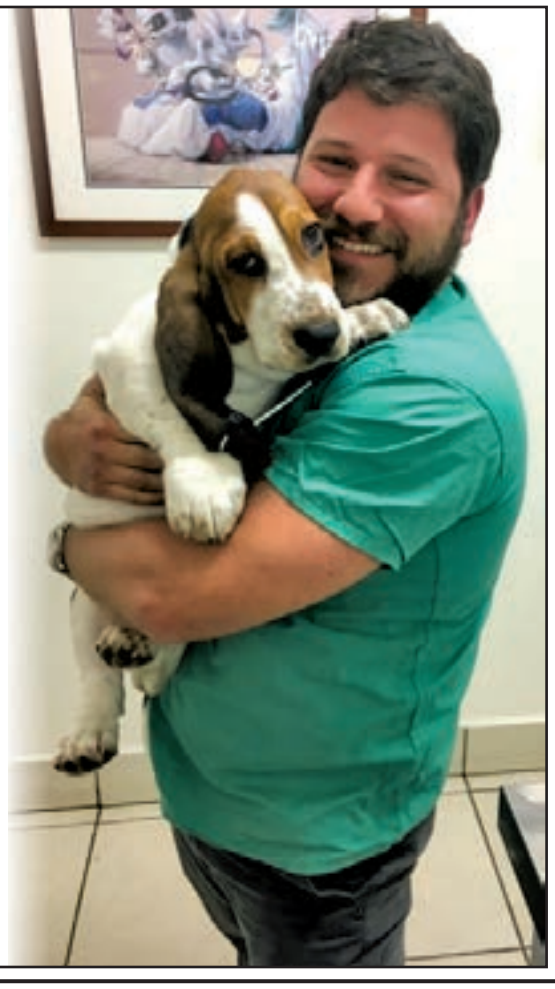
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Bocce:

continued from page 4

isn't going to be around to see (the courts)."

The foundation, which contributes to youth scholarships and park beautifications, has also raised funds for the project through two Dinner in the Park events at the Sutter-Jensen Community Park in Carmichael.

At the Dinner in the Park events, attendees had the options of donating to the bocce ball courts, the Garfield House or youth scholarships.

The event features a seated, family-style dinner, appetizer stations, dessert, a live auction and musical entertainment.

This year's Dinner in the Park will be held Sept. 7 from 5:30 to 8:30 p.m. A shuttle will transport ticket holders from Carmichael Elementary School to the event.

To further assist in fundraising for the bocce ball courts, the foundation has advertised through banners that were hung at the Italian Cultural Society and at the intersection of Grant Avenue and Fair Oaks Boulevard.

Ruffner mentioned that the banners resulted in about 30 phone calls from people interested in either donating to the project or expressing a desire to play on the courts after they are completed.

Fundraising for the courts have also been assisted during the past two years through the Big Day of Giving.

The current recommendation from the Carmichael Recreation and Park District is that all funds should be collected before any physical work on the project begins.

Ruffner said that based on comments from people in and outside of the community, there is plenty of enthusiasm for the courts.

"We understand from the folks that go all the way out to (the bocce ball courts) at East Portal (Park) that a large contingent would love to come and play in Carmichael," she said. "Some people in Sutter Creek have indicated that they would also love to play in Carmichael."

Ruffner noted that certain bocce ball players in Carmichael have told her that they would become more involved with the game if courts were build in their own community.

"People say things like 'I would love to be a part of a club that was in Carmichael, I would love to give lessons, I would love to help manage the club, I would love to help maintain the courts, and bocce is needed in Carmichael, there is nowhere nearby,'" she said.

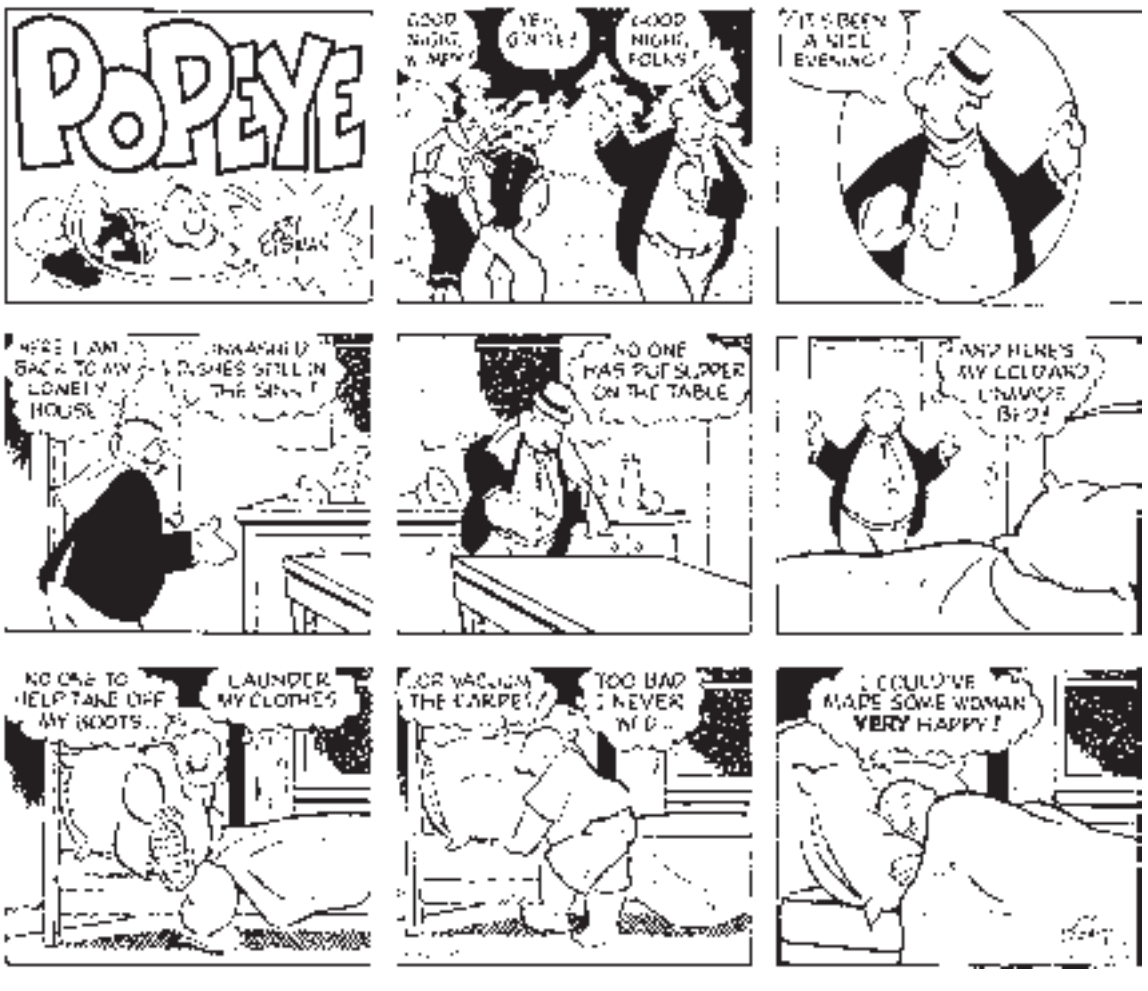
Ruffner added that she would also consider becoming a regular bocce ball player if the courts are built at Carmichael Park.

In pondering the future, Ruffner expressed her belief that the enthusiasm with having the first two courts in the park would lead to the raising of funds and the construction of the other two courts.

"You know, I think about that (1989) movie, 'Field of Dreams.' Build it and they will come. What I envision, as those first two courts get built and the Italian society opens up their gate, they will come out and have a big celebration, (and people will say), 'We don't have enough room here for all the people to play, (so) let's get that second set of courts built.'

"And everybody would pitch in every time they come to play, and there would be spaghetti feeds and other big fundraisers (for that project)."

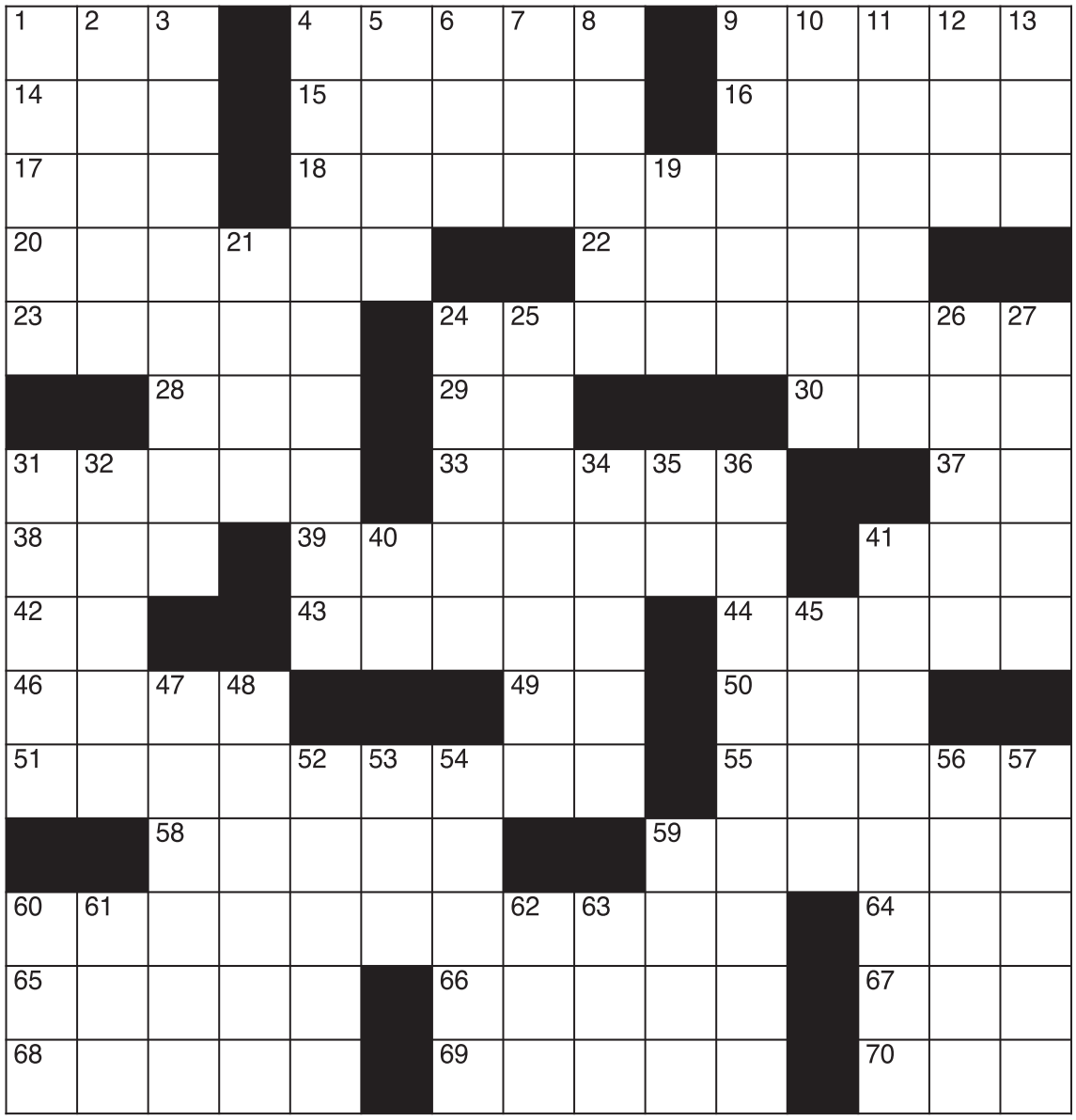
Those interested in contributing to this project can visit carmichaelparksfoundation.org or send a check to or visit the foundation's office at 5750 Grant Ave., Carmichael 95608. Checks should be made payable to the Carmichael Parks Foundation.



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CLUES ACROSS

1. Public broadcaster
4. The media
9. Manila hemp
14. Not just "play"
15. Trailblazing German historian
16. Type of puzzle
17. Plant in the daisy family
18. Not young
20. Dennis is one
22. Revealed
23. But goodie
24. Absurd
28. Commercials
29. University of Dayton
30. Expression of annoyance
31. Stories
33. More critical
37. Of I
38. Time units (abbr.)
39. Arousing intense feeling
41. High schoolers' test
42. Trauma center
43. Astronomical period
44. Fights
46. Italian Lake
49. Rhenium
50. Baseball stat
51. State of consciousness
55. Some is dietary
58. Stringed instrument
59. __ Kidman, actress
60. Orator
64. Ottoman military commander
65. Makes known
66. Type of font
67. Cool!
68. Short musical composition
69. Porticos
70. Not wet

CLUES DOWN

1. The upper part of a duet
2. Carpenter's tool
3. Outrageous events
4. Procedures
5. Type of party
6. Between northeast and east
7. Sanskrit (abbr.)
8. NJ college __ Hall
9. Sharp mountain ridge
10. Observed something remarkable
11. One who obeys
12. __ de sac
13. Sign language
19. Predecessor to Protestantism
21. Right-hand man
24. __ anglicus: sweating sickness
25. People who proof
26. Israeli Defence Forces sergeant
27. Remains as is
31. Receptacle
32. Archers' tool
34. Gets up
35. Unit of energy
36. Explains again
40. Pa's partner
41. Region bordering the sea
45. Type of acid
47. Lesotho capital
48. Gave a speech
52. Irregular as though nibbled away
53. Neither
54. Copyreads
56. Edward __, British composer
57. Prepared
59. Launched Apollo
60. Relative biological effectiveness (abbr.)
61. Protects from weather
62. Feline
63. Equal

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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.

WEDNESDAY, FEB. 6

(Shooting): 2300 block of Stockton Blvd at 12:55 a.m.

Officers responded to the location for a shooting. Officers arrived and contacted the victim whom was shot in the leg while walking thru Historic Alley. Officers located evidence that a shooting had occurred. The officers canvassed the area for surveillance video and looked for any witnesses to the incident. The victim was transported to the hospital with minor injuries.

(Shooting Investigation): 3000 block of X St at 3:55 p.m.

Officers responded to the area due to a report of a shooting. Responding officers discovered there was a disturbance that led up to the shooting. The victim sustained a non-life-threatening gunshot wound. Officers conducted a canvas of the area to look for evidence, witnesses and any video surveillance that captured the crime. The investigation remains active.

THURSDAY, FEB. 7

(Shooting): 4400 block of 58th Street at 11:16 a.m.

Officers responded to the church on a report of a shooting. The officers arrived and located the victim, whom had a non-life-threatening gunshot wound to his knee. Officers determined an unknown male entered the church and possibly targeted the victim, shooting him once, before fleeing on foot. Officers took a report to document the incident and canvassed the area for evidence. A report was taken to document the incident.

FRIDAY, FEB. 8

(Pursuit with Impaired Driver): 65th St / 14th Ave at 12:29 a.m.

A K9 Unit observed a reckless driver in the area and conducted a traffic stop on the vehicle. The K9 officer determined that the driver was under the influence of alcohol. The driver of the vehicle sped off while the officer was contacting him at his driver's window. The officer pursued the suspect until he lost sight of the vehicle. The officer located the vehicle at 4th Avenue and 65th Street after it left the roadway and collided into a tractor parked at a construction site. The driver fled on foot and was seen jumping a chain link fence in an attempt to get away. The suspect ultimately surrendered once the K9 team was on scene.

(Stabbing): 2800 block of L St at 11:16 p.m.

Officers were called by hospital staff for a male that self-transported to the hospital with a stab wound. The officers arrived and contacted the subject however he was uncooperative with the details of the events. The officers checked a possible location for a scene but were unable to locate any evidence.

MONDAY, FEB. 11

(Burglary Investigation): 6600 block of Stockton Blvd at 1:44 a.m.

Officers responded to a burglary alarm in the area. When officers arrived, they discovered the front window to the business was broken. No items were taken. Officers conducted a thorough canvass of the area and generated a report.

THURSDAY. FEB. 14

(Burglary Alarm): 6300 block of Stockton Blvd at 2:42 a.m.

Officers responded to a report of a burglary alarm. Upon arrival they found a business had been broken into. Officers completed a thorough canvas and generated a report. The investigation is ongoing.

SATURDAY, FEB. 16

(Vehicle Pursuit): L St / 30th Street at 12:11 a.m.

An officer attempted to contact a subject loitering at a business in the area. The subject got in a vehicle and left the property. The officer attempted to conduct a traffic stop and the subject failed to yield. The suspect started to drive erratically as he fled from the officer. A vehicle pursuit was initiated, and during the high speed chase, a spike strip was deployed which brought the pursuit to an end. The driver exited the vehicle, fled on foot and attempted to flee into a flooded field but surrendered. The male adult suspect was arrested for this incident.

(Call Involving a Suspect Hiding a Firearm): 3900 block of 34th Street at 7:21 p.m.

Gang officers were in the area and made contact with a group at Temple Park. Officers observed one of the subjects throw a firearm and attempt to conceal it. Additional officers arrived on-scene to assist the gang officers. The subject was detained, and the officers retrieved the firearm.

SUNDAY, FEB. 17

(Vehicle Collision): 6000 J Street at 1:59 a.m.

Officers responded to the area due to a report of a collision. Responding officers discovered that a Sacramento Fire Department vehicle and another vehicle were involved. The driver of the other vehicle was transported to a local area hospital for moderate injuries. During the preliminary stage of the investigation, officers determined that this driver was DUI during the collision. The collision investigation remains active.

(Shot Spotter Activation): East Area at 2:19 p.m.

Officers responded to the area regarding a Shot Spotter activation. When officers arrived, they conducted a thorough canvass and located several spent casings. No one was hurt or injured, and no property appeared to be damaged. CSI responded to the scene. The investigation remains active.

MONDAY, FEB .18

(Shooting Investigation): 5800 block of Stockton Blvd. at 2:16 a.m.

Officers responded to the area regarding a shooting. When officers arrived, they located a victim who had been shot. The victim was transported to a local area hospital. The injury is non-life threatening. Officers conducted a thorough canvass of the area. The investigation remains active.

(Theft): 700 block of 56th Street at 11:11 a.m.

Officers responded to a theft of a necklace. The suspect fled the business with the necklace. He was described as a male, white, 21, 5ft9, thin build, goatee, wearing a gray and maroon hat with "SAC" on it and dark pants.

(Warrant - Arrest): 6100 block of Stockton Blvd. at 6:05 p.m.

Officers responded to the area on a possible burglary. Upon arrival they located the possible suspect who was arrested on his outstanding warrants. Officers did not find the original reported burglary.



City's rock music history finds a home in Sac State library





By Dixie Reid

Editor's Note: This article was originally printed by the marketing department at Sac State.

The Ed Sullivan Show, broadcast in grainy black-and-white, was must-see TV for American families in the 1960s. Millions tuned in when Sullivan introduced U.S. audiences to the Beatles in February 1964.

But it was the Rolling Stones' appearance eight months later that put Sacramento in the national spotlight.

Mick Jagger, then 21 years old, and his bandmates rocked their new single, Time is On My Side, to a studio audience of screaming teenagers before the host came out to say goodbye.

"I want to wish all of you fellows a big success tomorrow night in Sacramento, California," Sullivan said.

Suddenly, Sacramento had cachet as a rock 'n' roll town, and the whole country knew it.

The Stones flew cross-country to play Sacramento's Memorial Auditorium, then the largest venue in town, on Monday, Oct. 26.

"There was a poster from the Stones' show, and if I had a real one, it'd be worth $6,000 or $8,000," says Dennis Newhall, the accidental curator and chronicler of Sacramento's rock 'n' roll and rock music history. "I didn't have one, so I had a friend find all the same fonts and photo, and rebuild it."

Newhall '73 (Theatre Arts) recently donated to his alma mater nearly 4,000 items – hundreds of authentic (and at least one fake) concert posters, handbills, T-shirts, a necktie, K-ZAP Radio logo wear, photographs, concert tickets, and even an Oasis Ballroom cocktail table – from his now-closed Sacramento Rock & Radio Museum.

This poster announced a concert by Jimi Hendrix at Sac State in 1968. Cost? $2.75 advance, $3 at the door. (Image courtesy of Dennis Newhall)

The University's newly acquired Sacramento Rock & Radio Collection lives in the Gerth Special Collections & University Archives, where it's available for study and research. The collection will continue to grow with contributions from new generations of Sacramento music fans.

"This is not an art collection," Newhall says. "This is a story about the venues, the poster artists, the pioneering radio stations that brought rock 'n' roll and rock to Sacramento, and the rock bands that played here."

Sac State will celebrate the gift with an exhibition and reception, complete with a cake resembling a vinyl record, 4-5:30 p.m. Wednesday, Feb. 13, in Special Collections & University Archives (on the south side of University Library.) The event is free and open to the public.

In addition to Newhall, Sacramento artist Jim Ford is expected to attend. Over a span of 14 months in the late 1960s, he created iconic psychedelic posters for some of the biggest bands ever to play Sacramento, including the Jimi Hendrix Experience at then-Sacramento State College, and the only time Cream and the Grateful Dead shared a bill, playing Memorial Auditorium.

"There is no other collection like this on the planet, not even in Cleveland (home of the Rock & Roll Hall of Fame)," says James Fox, head of Special Collections & University Archives. "We now have a pretty comprehensive collection

see Music page 9



Music:

continued from page 8

of rock 'n' roll posters for our city from the 1960s to the present. It's a unique body of material, and it's a fabulous moment for the University."

Newhall's interest in collecting music posters began in 1991, when he worked as a sound engineer and voice talent for the commercial recording studio Nakamoto Productions. Owner Ray Nakamoto had moved the business from Rancho Cordova to 907 20th St., in midtown Sacramento. Coincidentally, the building once housed the popular music club Crabshaw Corner and, later, another called Oasis Ballroom.

Inspired by the building's legacy, Nakamoto asked Newhall to track down concert posters from the two clubs, to use as wall décor.

Newhall, a rock 'n' roll fan since childhood and former employee of K-ZAP Radio, knew that local artist Roger Shepherd had created most of the posters. Newhall made a call, and Shepherd sent over a stack of posters.

Piece by piece, Newhall would build a gallery of colorful and historic Sacramento-area music posters. The Sacramento Rock & Radio Museum inside Nakamoto's shop was a popular stop on Sacramento's Second Saturday Art Walk, in part because it was adjacent to the trendy 20th Street Art Gallery. Newhall's friend, Jeff Hughson, an original K-ZAP deejay, helped to care for the museum in its first five years.

"We were getting 300 people through every hour a few nights during the summer," Newhall says. "The mission from the beginning was not for it to be just old posters, but new artists and new posters, too. And it's not just a collection of pretty posters. It's the story of this community."

Newhall has a story for every poster. For instance, Nirvana once played the Cattle Club (now a barbecue restaurant) south of the Sac State campus. The poster isn't much to look at, he concedes, "but it's Nirvana."

The Red Hot Chili Peppers, a band that sells out stadiums, once performed in a corner of what's now the Zinfandel Grille on Fair Oaks Boulevard. Jimi Hendrix played to 3,000 fans at Sac State College's Men's Gym, a venue intended for just 1,000.

Over 17 years, Newhall amassed thousands of pieces of Sacramento's rock 'n' roll history, along with items from shows in Davis and Lake Tahoe. A series of circumstances forced him to move the Sacramento Rock & Radio Museum from Nakamoto's place to a couple of warehouses and finally to a friend's garage.

Desperate to find it good home, Newhall did an interview with the neighborhood tabloid Inside Publications. Amy Kautzman, dean of Sacramento State's University Library, saw the article and was intrigued.

"Music is meaningful," she says. "We measure time by music, by the posters we hung over our bed, or what we listened to in cars with our friends."

Kautzman wanted to acquire the collection for Sacramento State.

"So I get this call," Newhall says, "and I realized this would be unlike anything I had imagined: a place where everything would stay together forever. The University has the wherewithal for preservation, and there would be endless opportunities for students to find things to add to the collection."

His initial gift includes approximately 1,000 items. The balance of the collection will come to Sac State over time.

Newhall, now Capital Public Radio's jazz host and co-founder of the rebooted K-ZAP, at k-zap.org, never intended to become the caretaker of his hometown's rock music history.

"I had no plans. I just took advantage of situations."

Dixie Reid is a senior staff writer for the marketing department at Sacramento State.















Early intervention in autism improves language, IQ and social skills

Breakthrough research demonstrating that children with autism as young as 18 months can vastly improve their language, cognition and social skills with an early intervention developed by UC Davis Professor Sally Rogers has been replicated in a major new study.

Rogers, a professor of Psychiatry and Behavioral Sciences at the MIND Institute, began work on a novel developmental approach to autism in Denver in 1981, and in partnership with her colleague and co-author Geraldine Dawson developed an approach to improving long-term outcomes for very young children. The Early Start Denver Model has since become a method used throughout the U.S. and around the world.

But until now ESDM had not been tested in the most rigorous fashion – a multi-site randomized trial, comparing the approach with community-based autism interventions. The study, which appears today in Journal of the American Academy of Child and Adolescent Psychiatry, began in 2007 at three university sites around the country. The new research replicates an ESDM study published in 2010. Rogers emphasized that replication studies are rare and costly but critical to validate novel scientific findings.

The new study found that children receiving intensive ESDM in their homes for an average of 15 hours per week made significantly greater language gains than did children in the community interventions, and this was true for both children with more severe delays and those with less.

In addition to validating the efficacy of ESDM for language development, the study also found that children receiving services in the community settings made large gains in several areas.

"The idea that little children with autism who are getting good treatment can make this much IQ and language gain means we should expect this from quality early-intervention experiences," Rogers said. "These findings should raise families' hopes a whole lot."

Pioneering autism treatment was a new idea

What distinguishes ESDM from the more traditional, behavioral interventions used with children with autism is that it combines developmental and behavioral approaches and is carried out within in everyday routines. ESDM is built on moment-to-moment interactions that young children typically have with other people, especially their parents, and uses children's interests and favorite activities to assure that social interaction is interesting and fun.

"Unlike other approaches popular at the time that the Denver Model began, we used a typical preschool physical environment and focused on the learning opportunities that existed in social interactions between children and adults to accelerate children's development," Rogers said. "This was a new idea at the time."

In 2012, TIME magazine named ESDM one of the top 10 medical breakthroughs because their work demonstrated that brain function among young children with autism can normalize with effective early intervention in profound, enduring ways.

For the current study 118 children with autism, ages 14 months to two years, were enrolled and randomly assigned to either ESDM or community interventions for 27 months. Children assigned to ESDM intervention received three months of weekly parent coaching followed by 24 months of one-on-one treatment about 15 hours per week in homes or daycare settings from supervised therapy assistants. Parents received coaching four hours monthly from a certified ESDM therapist. In the community setting, hours of treatment varied by site.

What researchers found was that at two of the three sites, children receiving ESDM had significantly more language improvement than the children in the community interventions, and there was no significant difference in language gain at the third site between the two modalities. When results from all three sites were pooled, there was a significant advantage for the children in the ESDM group overall.

"Language is the bridge to learning," Rogers said. "Language is the door that opens up social communication and education and interactions with people in your community. It's how you share with people. It's a main vehicle for social interaction once you pass infancy."

Autism treatment in the community greatly improved over time

The study also found that in terms of cognition and social skills, both the ESDM and community treatment groups made significant gains. Fortunately, Rogers said, laws requiring insurance coverage for early autism intervention and new knowledge about effective treatment have greatly improved community options for families seeking help for young children diagnosed with autism.

Rogers said families with a child diagnosed with autism should take some comfort knowing that the early treatments now widely available do make a difference.

"It says the autism scores at the time of diagnosis are just a starting point," she said. "It says that the developmental paths and learning capacity of young children with autism are more plastic than we knew, and there are many ways to get learning opportunities to them."

In addition to Rogers, UC Davis authors on the study were Marie Rocha, Laurie Vismara and Meagan Talbott. Other co-authors on the study included: Annette Estes and Jessica Greenson of the University of Washington; Catherine Lord and Jamie Winter of Weill Cornell Medicine, Cornell University; Costanza Colombi of University of Michigan; Geraldine Dawson of Duke University, and Gerhard Hellemann of UCLA.

This study was supported by individual Autism Speaks grants to Annette Estes and to Sally Rogers and by NIMH/NICHD award number R01 081757 as part of the Autism Centers of Excellence (ACE) Treatment Network, clinicaltrials.gov identifier NCT 00698997.

Weekly SUDOKU

by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

2019 King Features Synd., Inc.

Solutions page 14

Uncorked: Stories of Sacramento Valley wine & vineyards





By Bia Riaz

I still remember the first time I sipped an Old Vine Zin. Lush, velvety and smooth with a deep distinct aroma, I was smitten. What sorcery was this? I ran my fingers across the gnarled roots and branches while walking through a serene Sacramento Valley vineyard. I swear I almost heard soft whispers of secret ancient stories, tales of sunshine and baked earth. I needed to know more.

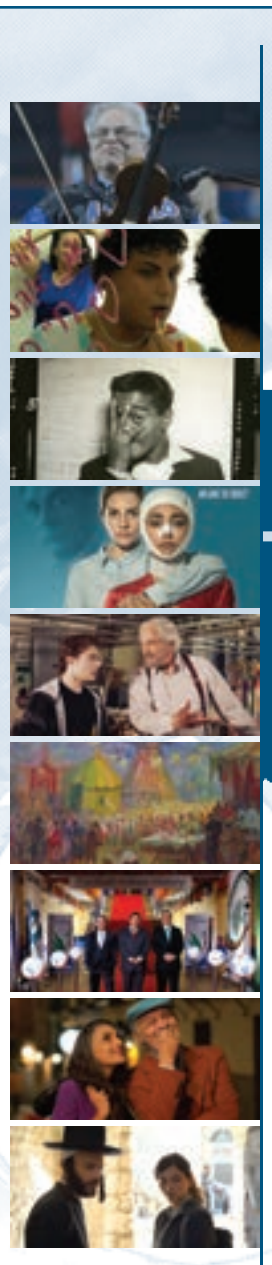
I had always assumed Zinfandel was a silly sweet white wine served on airplanes in tiny bottles with twist tops. Little did I know, California, and more precisely, Northern California, produced some of the most delicious and sought after red wine varietals of bold Zin, better known as Old Vine Zin. Of course I knew about Napa and Sonoma, and their legendary wines, but I had tragically overlooked the treasures growing all around me in this part of California. So began my journey of wine exploration. Not only did I want to experience all the different varietals, but I wanted to know the stories, meet the winemakers, visit their vineyards, and discover hidden treasures.

My wine adventure has been an absolute delight. I had the opportunity to meet passionate winemakers capturing California sunshine in glass. I've learned about the history, agriculture, myth, mystery, and business of wine. It's gotten to the point where I truly feel the need to share all of this wonderful experience with the readers of Valley Community News. So whether you are a casual wine consumer, a wine aficionado with dreams of having your own vineyard or winery, or just curious about the allure of wine and food pairings, this regular column may suit your fancy! I'll be diving into the local wine scene, interviewing winemakers, visiting their vineyards, and demystifying "wine-speak."

Speaking of food and wine pairings, this coming weekend, the historic Old Sugar Mill in Clarksburg will be hosting the annual Port Wine & Chocolate Lover's Weekend. If you have not had the opportunity to visit this venue, it is a unique experience. The original mill was converted to a custom crush facility and tasting room gallery for boutique winemakers. Guests can park their cars and experience wine tasting in over 14 different wineries. I promise a future column will feature a lot more information about the history of the Old Sugar Mill, but for now, their very popular wine and chocolate event will be held February 9th and 10th from 10AM to 5PM. This year's event will feature a "Valentine Bubbles" reception at 10AM. Throughout the day, guests will be able to enjoy wine and chocolate pairings. For tickets and more information please visit their website: oldsugarmill.com.

I sincerely believe that wine has the ability to connect with, and activate, all five of our senses. That is exactly why, it is a universally loved experience. Every wine has a story that generates a lifetime of memories. The Sacramento Valley wine region is rapidly emerging as a destination for wine aficionados across the globe. I hope you will join me on this journey.

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Telling stories through music: The ARC Orchestra presents the winners of our annual concerto and aria contest



All music tells a story. Composers know what message they are trying to send and part of the art of performance is interpreting and delivering that message. On March 15th and 16th, The American River College Orchestra will present ten soloists, eloquently communicating those stories.

Eight of the performers are playing classics from the familiar repertoire of pieces like Mozart's Piano Concerto in D minor and Bizet's Fantasy from Carmen. The works range from the Baroque period to the Contemporary.

Having ten soloists also allows a wide variety of instruments to be highlighted. The concert will move between piano and violin to guitar and saxophone. Two of the pieces are original compositions from ARC students.

Rebecca Stroup, composer, hopes her piece, Fiarovana, will lift people's spirits.

"The main thing that I hope people take away from my performance is inspiration," said Stroup. "I want them to walk away feeling hopeful and excited about the next adventure in their life."

Performing can be quite an adventure and Stroup recognizes that the way to make it enjoyable is practice.

"If you don't work at it and be consistent, performing music and even writing music can be overwhelmingly hard. You have to be committed. You have to work at it and constantly polish your abilities and find ways to get better. You must have a willingness to learn at all times," she said.

The work pays off for most musicians when they move past the exercise of playing the right notes.

"I was taught that playing music is all about telling a story," said flutist, Eve-Lyne Leclerc. "It's a lot of work to learn all the notes and play them as written on the pages, but then comes the best part: finding the story that goes with the notes, making those notes say something, and expressing the emotions behind them."

The March 15th and 16th performances will be at the American River College Theater at 4700 College Oak Drive in Sacramento. Both performances are at 7:30 pm. Tickets are at brownpapertickets.org.

For more information on the American River College Orchestra and these concerts, contact Dr. Steven Thompson at (916) 484-8433 or visit the ARCO website. General information can also be found at the ARCO Facebook page.

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Weekly SUDOKU

Answer

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What's happening East Sacramento?

YOUNG ADULT BEREAVEMENT ART GROUP BEGINS FEB. 20: The UC Davis Hospice Program and UC Davis Children's Hospital Bereavement Program will offer a free eight-week Young Adult Bereavement Art Group for individuals aged 17 to 24 who are coping with the recent loss of a loved one. The sessions will be held on eight consecutive Thursday evenings from 6 p.m. to 7:30 p.m beginning Feb. 28 through April 18 at the UC Davis Home Care Services Building, 3630 Business Drive, Suite F in Sacramento. The discussions will address such topics as acknowledging and understanding grief, expressing and accepting one's feelings, changing roles, coping with stress and developing supportive relationships. Those interested in participating should register before Feb. 14. For further information, please call 916-731-6867. The group is offered every spring and fall.

NEW SACRAMENTO AREA ENGLISH COUNTRY DANCE: Great news for those who live relatively close to central Sacramento! The Sacramento Country Dance Society is adding a second monthly English Country Dance, on the third Sunday afternoon of each month beginning October 21. Lovely hall and floor, easy parking, and on the American River Bike Trail. Come join us at Camp Pollock, just 5 minutes from downtown/midtown Sacramento, from 2:00 to 5:00 pm. Each dance is preceded at 1:30 pm by an Introductory Workshop for newcomers. This is in addition to our long-running dance in Roseville that continues on the first Sunday afternoon of each month. Beginners welcome, no partners necessary, always live music. Details about both dances, including callers, music, locations, and date changes, can be found on our Web site: sactocds.org/english-country-dance/

GARDENS GONE NATIVE TOUR: The Sacramento Chapter of the California Native Plant Society is in the planning stage for our Ninth Annual Gardens Gone Native Tour. Every year we feature 25 to 30 local residential gardens which feature substantial plantings of California Native plants. Many of our Hosts show their garden several years in a row, others take a break, and we're always on the lookout for new gardens to feature. Do you have a love of sharing your garden, and have half or more as natives? The Tour is in late April (April 27th), but we are trying to settle on gardens within the Sacramento and Yolo area that somewhat group together for the convenience of the tour-goers. If you are interested, contact us at gardensgonenative at gmail dot com, or contact Colene Rauh at 916-717-5517.

FRIDAY, FEB. 22

FENIX DRUM AND DANCE – Celebrate Black History month with the Fenix Drum and Dance Company as they tell stories and teach traditional African dances around a drum circle. Members of the audience are encouraged to join in the drum circle and learn the dances! Percussion instruments will be provided at this all-ages program. Friday, February 22 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, MARCH 2

IS AN ELECTRIC VEHICLE RIGHT FOR YOU? – We'll give you the basics of EVs, including what to know before buying, charging technologies and discounted rate options. Registration is required for this free adult SMUD program, so sign up today! Saturday, March 2 from 10 – 11 a.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

ANNUAL FISHING DERBY: Get out your gear and reel in that "BIG CATCH" at Fulton-El Camino Recreations and Park Districts' Annual Fishing Derby. Join FEC and the California Department of Fish and Game's Fishing in the City Program for a day of fishing, fishing instruction and prizes. Howe Park Pond will be freshly stocked with trout. PRIZES awarded for Longest & Fattest! Youth ages 15 and under enter area first. Children only fishing area provided. Event is rain or shine! All (fishing license is required 16+) Morning: 8 to 10 a.m.(sign-in begins at 7:30 a.m.); afternoon: 10:30 a.m. to 12:30 p.m.; Howe Park Pond, 2201 Cottage Way 95825. Fee (per derby): Pre-Registration: $4 per person; $18 per household; same-day Registration: $5 per person; $20 per household. Up to five persons per household. $5 fee for each additional family member.

TUESDAY, MARCH 5

READ TO A DOG – Love animals? Then come read aloud to a trained therapy dog from Lend-A-Heart. This is a great program for reluctant readers; the dogs are great listeners! Children may bring their own books or borrow from the library. School-age. Tuesday, March 5 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

WEDNESDAY, MARCH 6

WEDNESDAY NOONER: COYOTE CREATES: Coyote Creates will be returning to Sacramento State as part of UNIQUE Programs' Wednesday Nooner series. Nooners are always free and are hosted every Wednesday during the academic semester at 12 pm, featuring local artists and entertainment, in the University Union. Coyote Creates will be performing on Wednesday, March 6th, 2019. This event will take place in the University Union's Redwood Room. There will also be free popcorn to anyone who attends. Xochitl, also known as Coyote Creates, is a local artist from Sacramento, California. She was exposed to a love for music at a young age because her parents were musicians. At age 19, she performed at local open mics as a way of gaining more experience. Her music is known to be a mix of jazz, rock, pop, electronic, and country. In her music, she represents her love for art, music, activism, the environment, and society's youth. She received public recognition from famous Youtuber, Jenna Marbles on "The Chico Song" and was a featured performer at the Women's March in Sacramento in 2018. The event is free for students and the general public. For more information on the event, visit SacStateUNIQUE.com or call the University Union Information Desk at (916) 278-6997.

FRIDAY, MARCH 8

TWEEN COMICS CLUB – Join us for this free, fun program. We will have snacks, discuss a comic book, do a craft, and have a trivia contest with the chance to win a prize! This month's book: Mighty Jack by Ben Hatke. Copies will be available at the McKinley branch in February. Recommended for ages 8–12. Friday, March 8 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, MARCH 15

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, March 15 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SACRAMENTO YOUTH SYMPHONY MAGIC OF MUSIC FOOD & WINE EVENT: Sacramento Youth Symphony invites you to the Scottish Rite Center (6151 H St.) for this wonderful food, beer and wine tasting fundraising event from 6 to 9 p.m. Admission includes live music by young musicians from the Sacramento Youth Symphony and varied selection of silent auction items. Across a broad demographic spectrum of youth, the Sacramento Youth Symphony seeks to cultivate musical talent, promote love for music, advance a sense of unity, and increase capacity for a lifetime of success. For more information, contact Vicki Schaevitz, vicki@sacramentoyouthsymphony.org at 916-731-5777. Tickets are $40 per person and are available at www.sacramentoyouthsymphony.org/magic-of-music or by calling 916-731-5777.

SATURDAY, MARCH 16 and SUNDAY, MARCH 17

SHEPARD GARDENS AND ART CENTER ANNUAL SPRING SALE!: 10 a.m. 4 p.m., both days at the Shepard Gardens and Art Center, 3330 McKinley Blvd.

SATURDAY, MARCH 23

PERENNIAL PLANT CLUB SALE: 9 a.m. to 3 p.m., at the Shepard Gardens and Art Center, 3330 McKinley Blvd.

SATURDAY, MARCH 30

CYMBIDIUM SHOW & SALE: 10 a.m. to 3 p.m. at the Shepard Gardens and Art Center, 3330 McKinley Blvd.

SATURDAY, APRIL 13 and SUNDAY, APRIL 14

SACRAMENTO ORCHID SHOW: 10 a.m. to 4 p.m., both days at the Shepard Gardens and Art Center, 3330 McKinley Blvd.

ONGOING

KNIT AND CRAFT – A morning of fiber arts fun! Participants can learn to knit or crochet, get help with projects, and chat with new friends. Don't forget to bring your craft supplies! Adult. Wednesdays from 10 a.m. – noon at McKinley Library, 601 Alhambra Blvd, Sacramento.

SACTOWN UNION BREWERY MONDAY OPEN MIC: Mondays from 630 to 10 p.m. at Sactown Union Brewery 1210 66th Street, Unit B, Sacramento, California 95819. Host Autumn Sky brings you a weekly open-mic night to express yourself and be apart of a unique, supportive community! Sign ups at 6:30 p.m., open mic begins at 7 p.m. and it's all ages until 8 p.m. A house guitar is provided (Autumn's own!) to play if bringing yours is difficult. There's beer, pizza next door that delivers to the open mic, and they welcome well behaved dogs. Comedy, DJing, spoken word, poetry, instrumental performance, songwriters, cover heroes and rappers are all welcome.

CORN - HOLE EVERY THURSDAY NIGHT AT SACTOWN UNION BREWERY: Be a part of the Sports Social Club. XOSO Sports Host Corn - Hole League Every Thursday Night from 6:30 to 9:30 p.m. at Sactown Union Brewery, 1210 66th St. VISIT www.xososports.com to register. Because even adults need recess.

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.

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.

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