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Grand reopening

of East Lawn Children's Park to be held March 8

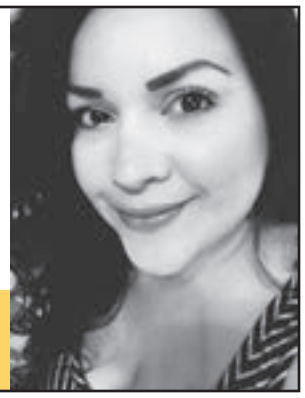
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Theater One's production of Welcome Home, Jenny Sutter to debut at the Unitarian Universalist Society of Sacramento



Theater One announces its production of acclaimed playwright Julie Marie Myatt's intense look at returning home from war, "Welcome Home, Jenny Sutter". The play runs Fridays through Sundays, March 8 through March 24 (Fridays and Saturdays at 8 p.m.; Sundays at 2 p.m.) at the Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd. Tickets are available at the door: $15 general admission, $13 for seniors, students, and SARTA members. No reservations are necessary.

"Welcome Home, Jenny Sutter" is a contemporary story of personal trauma, recovery and acceptance. Upon her return to Southern California from a difficult tour of duty in Iraq, wounded Marine Sergeant Jenny Sutter finds herself in Slab City, sometimes known as, "The Last Free Place on Earth." The eccentric inhabitants of the community attempt to reach her so that she can return to her previous life. An edgy and poignant drama, "Welcome Home, Jenny Sutter" brings moving insight to the universally human themes of loss and healing, particularly as they relate to our veterans.

Theater One's production is directed by Lisa Erwin and Assistant Director Michael Erwin. The lead is played by local musician Sené Goss, who was recently featured on ABC10. The talented cast includes several actors familiar to local community theater audiences: Shane Burrows, Stephen Watson, Ken Watkins, and Voress Franklin.

"Welcome Home, Jenny Sutter" has made an impression on audiences and critics across the country. The play premiered at the Tony-winning Oregon Shakespeare Festival in February 2008 to glowing reviews. The San Francisco Chronicle noted, "(Jenny Sutter) is a powerful drama...with graceful sensitivity." The premiere was shortly followed by a production at the renowned Kennedy Center Theater in Washington D.C.

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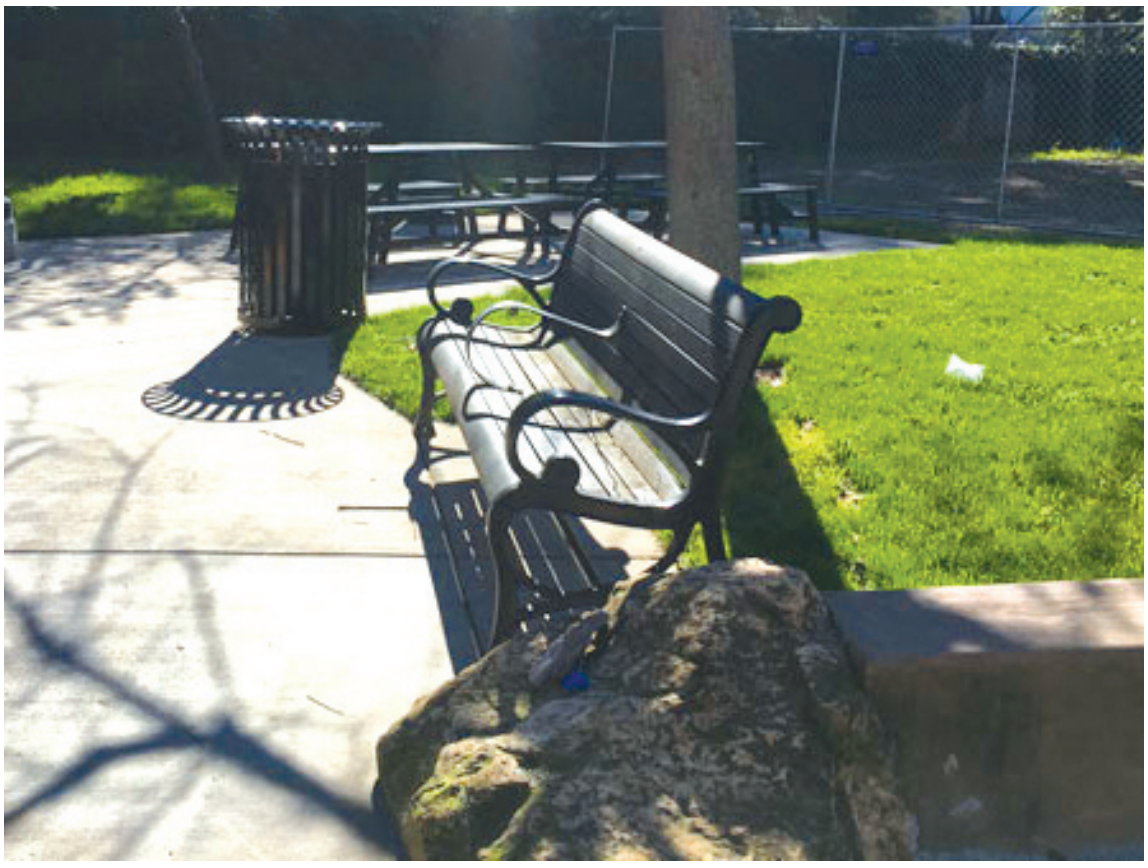


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Grand reopening of East Lawn Children's Park to be held March 8





East Lawn Children's Park playground, located at 1510 42nd St., has been replaced with new playground equipment and wood fiber surfacing. There are also be two new picnic tables, new bench, two new trash receptacles, new drinking fountain, new concrete park sign, new interpretive sign, new ADA accessible concrete walkway, new tubular steel gate, irrigation and landscaping near the playground. The playground closed for construction in August 2018 and reopens in March 2019. The grand opening event is scheduled on Friday, March 8 at 11 a.m.

This park includes the following amenities: perimeter fencing, sand play area with fossil sand dig, playground, seating areas, walkways, landscaping.

Improvements include: new picnic area, additional seating area, new drinking fountain, new playground equipment for (2-12 year old) with new wood fiber surfacing, new concrete park sign, new interpretive sign, ADA accessible walkways, landscaping.

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Adventure awaits! Bike Route Sacramento -

a board game for people who love games, love bikes and love Sacramento

Bia Riaz
bia@valcomnews.com



Peter Hansell and his family moved to Sacramento over seven years ago. They spent hours exploring the winding bike trails, interesting neighborhoods, local landmarks, and learning about the history of the city nestled on the confluence of two mighty rivers. Needless to say, he fell in love.

While working as a game developer at Table Star Games, Peter had the opportunity to test a game called Connections, originally designed by Rob Carroll in 2004. At it's core, the game was about building connections between geographical places. "The game was never published and looked like it would end up on the pile of great ideas that never were. My daughter kept it alive by insisting that we play. 'Papa lets play Connections' she would say and we would play. Despite the weak art the game was good and we kept enjoying the drama of the game. Eventually we decided that it should be brought back with new artwork and Bike Route was born," said Peter.

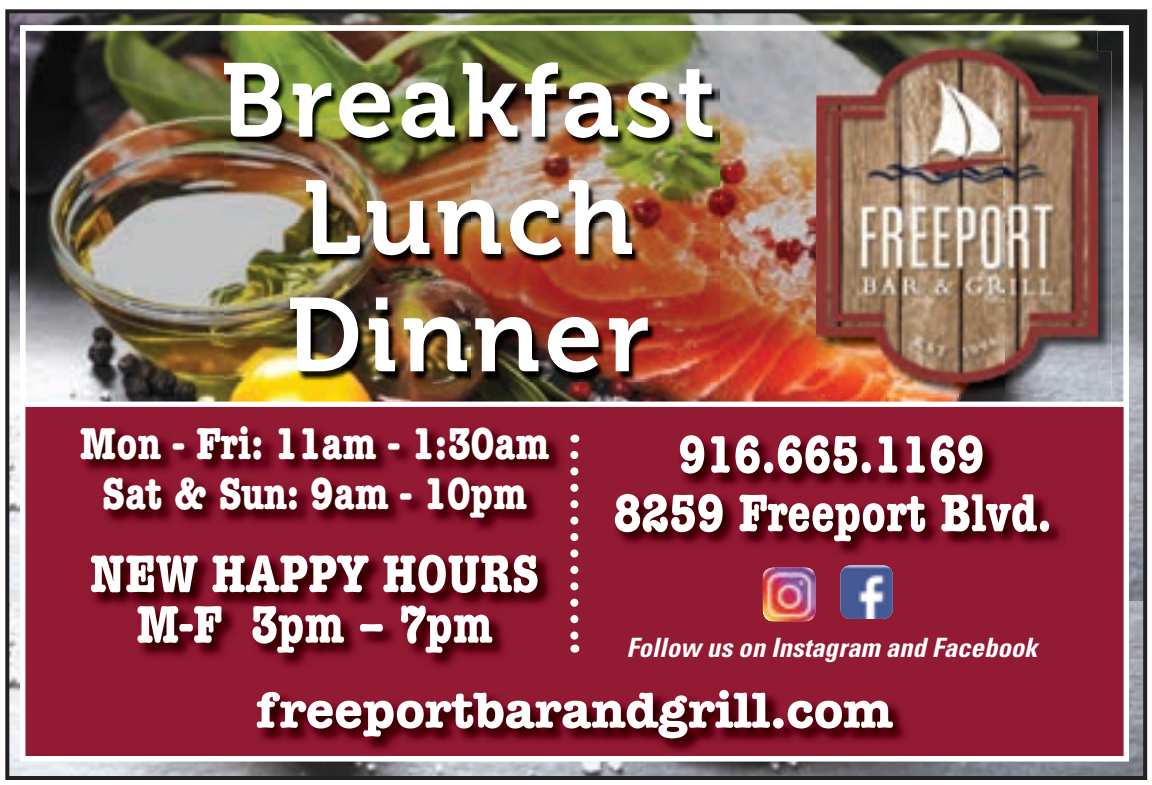
Peter describes Sacramento as the perfect "bikeable" city as things are not too far apart. Since 2016, Peter has spent hundreds of hours developing Bike Route Sacramento. He has created over 50 vibrant and detailed paintings featuring well-known icons and local attractions inspired by Sacramento's past, present and future. "The game art brings the town to life and reminds you of all the great places we have at our finger tips," expressed Peter.

Peter's love and appreciation for Sacramento's history and charming neighborhoods is clearly evident in his heartfelt descriptions of all the locations featured in the game. "Bike Route shows how things are related geographically and allows us to learn and internalize those relationships. I have watched kids play and seen the joy they experience when they fit together places into a new mental map of the town. Bike Route brings this experience back," explains Peter on the website he created to launch the game.

Additionally Peter has been reaching out to local groups to invite the local community to play-test the game and offer suggestions. On Saturday, March 16, 2019 from 1pm to 3pm, J Crawford's Books, located at 5301 Freeport Boulevard will be hosting a board game workshop featuring Bike Route Sacramento. This event is open to the public.

"Come by our Board Game Workshop and help sort out some of the final issues. We still have locations that are incomplete and we need Sacramentans to come and figure out what is the essence of each space on the board. We also will be playtesting the game and brainstorming about ideas," stated Peter.

For more information visit www.bikeroutegame.com/





Curiosity and Discovery Along the River's Edge, a Guided Walk

Mystery and beauty await you. The Friends of the Riverbanks invite you on Saturday, March 9 at 10 a.m. to explore Sutter Landing's lush riverside woodland with guide, Molly McBride, on a walk designed to lift your spirits. You'll be in awe of the discoveries and delights that emerge along the way.

Experience the restorative power and pleasures of nature. This walk includes both contemplative and collaborative activities. Please bring a small cushion or chair, and dress warmly. All ages are welcome.

Meet at the very end of 28th Street, you'll walk down to the river from there. All ages welcome; please leave dogs at home.

The group had perfect weather for mushroom hunting on Jan. 12, and saw more specimens than ever before. Many thanks to Ryan LaPorte, who spent several hours of his birthday to share his knowledge and passion for fungi. Happy birthday, Ryan.

Source: Friends of the Riverbanks



Celebrating the African American experience:
Dream Variations concert held at Hiram Johnson

By Ingrid K. Tung
Special to Valley Community Newspapers

On Feb. 2, 12 students from Davis performed as part of the Sacramento Youth Symphony, led by Maestro Michael Neumann, in a most hopeful and moving concert at Hiram W. Johnson High School in Sacramento. The concert, Dream Variations: A Symphonic Celebration of the African American Experience, honored the heritage and the ongoing contributions of African Americans to our country's, and the Sacramento region's, artistic landscape.

The Sacramento Youth Symphony regularly presents community-focused concert events. Past events have included: The Story of the Holocaust through Music, the Courage and Valor Concert, and The Symphony of 1000.

The Dream Variations program was particularly timely as professional orchestras around the country undergo deep introspection about the lack of diversity onstage and off in the classical music world, and struggle to appeal to new audiences. The omission of African American composers from the standard classical repertoire silences critical voices in our musical history. Featuring the works of William Grant Still, Duke Ellington, local musican Portia Njoku, Scott Joplin, and others, the Dream Variations program masterfully and poignantly acknowledged our country's brutal and painful history, while highlighting the genius, creative energy, courage, beauty and perseverance that emerged from it and despite it.

An impressive roster of prominent guests from the Sacramento region performed with the students including Omari Tau as the Emcee; guest speakers, Courtney Dempsey of Good Day Sacramento and Councilman Rick Jennings, II; musicians Chase Spruill IV, Julian Dixon, Leslie Sandefur, Sheryl Counter and the Unity Chamber Choir; poet laureate Indigo Moor and a surprise appearance by Emmy Award-winning composer, John Wineglass, who joined the symphony's viola section during the performance of his piece, Portraits of a Theme Overture.

All of the performances were skillfully presented, including works by William Grant Still, the first African-American composer to have a symphony performed by a professional orchestra in the U.S., the Symphony No. 1 "Afro-American." The youth symphony performed two movements from this symphony and Chase Spuill IV, an alumnus of the Sacramento Youth Symphony, had the audience on the edge of their seats during his performance of Still's Suite for Violin and Orchestra. There were also surprises. A tuba solo of Amazing Grace performed by Julian Dixon and Portia Njoku's "Elegy for a King" for Tuba Ensemble defied the instrument's stereotypes and were reflective and somber. Rag Time Dance by Scott Joplin, was performed with delightful elegance by the symphony's outstanding brass section. However, the biggest surprise was the finale - a powerful performance of a beautiful orchestral arrangement of We Shall Overcome, book-ended by a clarinet solo by Omar Wahby that was both sorrowful and hopeful.

Audiences and the student performers were lucky to enjoy such an enlightening concert. The program left the audience feeling hopeful and appreciative of our distinctly American cultural and artistic history, and grateful for the Sacramento region's artistic community. In addition to its Premier Orchestra, the Sacramento Youth Symphony includes seven performing ensembles, the Overture program that brings instrumental instruction to underserved schools and community outreach concerts. You can hear some of the youth symphony's other ensembles and support the Sacramento Youth Symphony at its Magic of Music Wine and Food Tasting Event at 6 p.m. on March 15 at the Scottish Rite Center. More information can be found at www.sacramentoyouthsymphony.org.

Ingrid K. Tung is a board member for the Sacramento Youth Symphony.



Friends, family celebrate local centenarian



Photos by Lance Armstrong

An old photograph of Fran Jaksich is displayed in a frame on a table at the event.



Nina Calanchini, an 8-year-old student at Bergamo Montessori, hands Jaksich a handmade heart that she created in her Pocket area home. Behind Nina is her father, Henry.

By LANCE ARMSTRONG

Fran Jaksich recently became the Pocket's newest centenarian, and to celebrate that milestone, she was joined by about 90 of her friends and family.

The gathering, which was held at the Elks Lodge on Riverside Boulevard on Feb. 3, was a casual affair that was highlighted by many birthday greetings, and a ukulele and singing performance by several of her friends.

As that group performed a birthday version of the song, "You Are My Sunshine," Fran smiled with appreciation.

The song's words, "Forever our sunshine you'll be," was an appropriate theme for the day, considering the many kind comments expressed about Fran throughout the event.

Hilde Tetlow, who became friends with Fran nearly 50 years ago, described her as a woman who does not speak negatively about anyone.

"I've never heard Fran say a bad word about anybody," she said. "She loves everybody. She is so friendly and helpful and always fun. And she is always curious. She always wants to know what happens next.

"I consider it one of the pleasures of my life having known her. She's a very special person."

Among the members of the ukulele group were Jane Nakagawa and Sandy Nishimura-Yee, who spent many days with Fran through the YO Mamas knitting group, which meets weekly at Caffé Latté on Pocket Road. Fran is one of the original members of the group.

While standing alongside Nakagawa, Nishimura-Yee noted what it meant to her to perform for Fran at her party.

"It's an honor to play for Fran today," she said. "Not everybody makes it to 100 years. Gosh, it's just fantastic."

Nakagawa described Fran as a person who definitely brings "sunshine" to a room.

"She's just an uplifting person (and) so positive always," she said. "She always brings us up, telling us funny stories and she's really an inspiration to all of us."

Fran, who was born on Feb. 1,1919, was the youngest of the nine children of Albert and Bessie Lueth.

Albert, who was a partner in a successful farm equipment business, met Bessie in Illinois.

The Lueths moved to California due to a doctor's recommendation that Albert live in a place with a warmer climate due to his health issues.

Fran grew up with her family on a Sutter County ranch between Yuba City, Live Oak and Sutter City.

At the age of 18, in 1937, Fran began working at a Giant Orange roadside stand in Roseville for 33 1/3 cents per hour.

Fran said that the Roseville stand provided her with another employment opportunity.

While working one day at the Giant Orange stand, she met George Zoller, president of Citizens Bank of Sacramento and cashier and treasurer of Capital National Bank.

That meeting led to her employment in the Capital National Bank's statement department in downtown Sacramento. But prior to being hired by Zoller, Fran attended business school in Oakland.

In about 1942, Fran was married to Jerry Jaksich, who went into the automo-

see Centenarian page 7

Centenarian:

continued from page 6

bile business before earning a living in the boat business.

The Jaksiches moved to the Greenhaven neighborhood in 1966, and met and became friends with Dolores Greenslate, who became a resident of the area four years earlier.

Greenslate recalled Fran's arrival in the neighborhood.

"Her home was on the second part of (the development)," she said. "There was still a lot of (open) land back there."

Greenslate also described Fran as an extremely pleasant person.

"Fran is a very, very nice lady, and somebody that has a personality that you would enjoy being in her company all the time," she said.

As an expression of that personality, as well as her love for art, Fran has dedicated many hours of her time to creating several thousand tote bags for the Shriners Hospital for Children in Sacramento and Maryhouse, a local, daytime hospitality shelter for homeless women and children.

Henry Calanchini said that he met Fran a decade ago when he moved into her neighborhood with his wife, Fumiko.

"We love Fran," he said. "We were just so happy to get to know her, because she's wonderful. I always thought she was going to live to be 100 and beyond, because she's always so positive. She's just got this great outlook on life."

Fran's nephew, another Jerry Jaksich, marveled at the many friendships that his aunt made during her life.

"It's absolutely magnificent after all these years that she has all these friends left," he said. "She's one of the neatest ladies I know."

Fran said that she has built her friendships through treating people equally and fairly.

Larry Campbell, who jokingly referred to himself as Fran's "favorite nephew," also believes that his aunt's attitude serves her very well.

"She always has such a positive, happy attitude, disposition," he said. "She just really loves life and everything is fun and happy. I've never known her to be upset or anything. She just went through life very easy and enjoying it.

"She married a husband, Jerry Jaksich, who was also a very happy disposition guy. They were great parents and raised a good family. I'm envious of the kids that got to be raised by parents like Fran and Jerry."

John Jaksich, who grew up in the Pocket as one of Fran and Jerry's two children, said that his mother's words were the inspiration for the party.

"My mother has always said, 'I want to have a party before I go, because I want to be at the party. I don't want you guys to have a party after I've gone, because I can't be there to be a part of the party.'"

John added that his mother was "very pleased" by her birthday gathering.

"She was quite taken aback by the number of people that were there," he said. "She was just very impressed. She thought that the job that my sister (Barbara Mikacich) did putting all the different pieces together was just amazing. She was very, very pleased and really enjoyed herself."

Barbara mentioned that one of her mother's comments about the party was amusing.

"(The gathering) was quite nice, but the funny thing is she asked, 'When is the next (party)?'" she said.



Photos by Lance Armstrong

Fran Jaksich, center, enjoys a moment at her 100th birthday party with her children, John Jaksich and Barbara (Jaksich) Mikacich.

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GO FIGURE! by Linda Thistle

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★ Moderate ★★ Difficult
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solutions page 10

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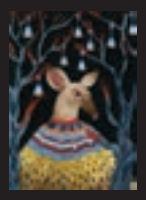
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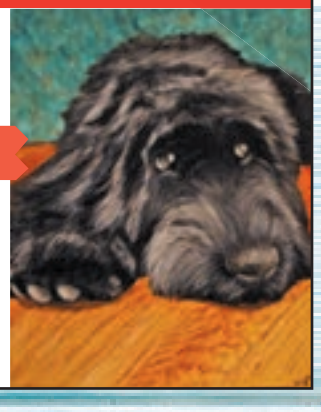
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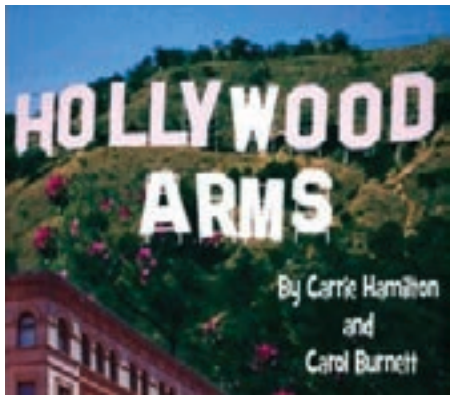
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The Dad Navigates Troubled Waters: Please Pass the Cinnamon



By Steve DeBenedetti-Emanuel

We ran out of spices recently, so I stopped at the store on my way home. I was exhausted from my day and rushing to make the train. I went to the bulk section and filled a container with what I thought was cinnamon. Instead, it was cumin. Even though I laughed at myself, I had a pretty horrific memory from the time when KD was a toddler.

Before KD (our now 11 year old son) was born, Captain Mommy (my wife Stephanie) and I were all set to do things our way. We took those parenting classes where they teach you how to use a sling and co-parent peacefully. We had the cloth diapers. We were planning to do a water birth. We didn't find out his gender. We had a birthing coach. Etc.

And then everything went sidewise. He spent 20 days in the NICU, came home on oxygen, etc. It was not what we expected, at all. We were in parenting hell, and just did our best to survive. The cloth diapers turned into all-purpose rags. He had pretty intense pulmonary challenges, so he didn't sleep. I spent most nights in the steam with him.

After about a month, he came off oxygen but was still sick. We had three more visits to the ICU. When he got a little older and started eating we just grabbed whatever we could through the haze of sleep deprivation. And as long as he didn't complain, food didn't matter. My favorite moment is the day I reached to put cinnamon into his applesauce and instead put in cumin. Since he gobbled it down and didn't complain, it was a win.

Moving forward, KD's "special needs" lasted until he was 4-5. We had moments of hell, but they subsided. Now his health is normal.

But what happens for a family with a number of kids when a child's special needs persist long-term or develop later? Whether it's a child with Down's Syndrome or is autistic or a kid with an eating disorder or who is cutting repeatedly, appropriately, more parental resources go to the more needy child and, out of necessity, less to the others.

Children aren't stupid; when they recognize that their parents aren't around and/or emotionally available, they know they'll have to work to get the attention they need and deserve. Although there are a number of strategies kids use, these are the ones I see most frequently. The uber-responsible kid (typically the oldest) who tries to pick-up the slack by cooking, cleaning, and "parenting" younger siblings. They want to be recognized for their help. Instead, parents often feel reassured that things are under control and keep their focus on the more needy child.

Other kids act out by failing their classes, getting "caught" using drugs, and/or by being particularly defiant. It may not be their preferred method, but some attention is better than none. As you can guess, it backfires. Instead of getting love, affection, interest and concern, the little emotional energy their parents do have is spent on anger, yelling and punitive consequences.

Perhaps most difficult to spot are the kids who, on some level, recognize that their parents have little to give them and disappear, instead of being demanding. Rather than giving the love and attention they deserve, the stressed parents figure they must be OK and continue taking care of the more needy child.

Then one day you have one of those "wait, I'm a good parent who's supposed to act differently" moments and realize that your parenting is out of balance and your other children need more. That's not to say that you'll be able to do anything differently. But here are a few questions for you to consider?

Do you both HAVE to go to all of your child's appointments? Instead, can you divide and conquer? If you don't divide and conquer, what little things can you do so that your other kids know you're thinking of them? Are you spending regular, one-on-one time with the other kids, when the crisis subsides? What are you doing to take care of yourself physically and emotionally? Are you depending on your friends/family for support with watching the kids and getting time for you as a couple? Are there other, healthy adults (e.g. coaches, scout master, teachers, club moderators, etc.) available to help "parent" your other kids? Are you pointing your kids toward these activities? Are you preaching to your kids the importance of being kids, not parents, and send them to places that support this (e.g. summer camp)? Do they visit relatives in areas away from home? Would you consider having your child see a therapist?

No-matter what strategies you use for coping with being a parent of a special needs child, his or her birth and upbringing will throw the delicate balance of a family into a destabilizing blender. Things won't be "normal." But there are things you can try. After all, we can only do the best we can do.

Until next time.

Steve is a Marriage and Family Therapist who specializes in working with teens and parents, in Midtown. His website is www.rivercitycounseling.com, and he can be found on Facebook at River City Counseling and Twitter @rivercitysteve.

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Zen Martial Arts to celebrate 10 years as they settle into the old Knott's Pharmacy

By Monica Stark

There was ancient tea ceremony story in which a student who read all about martial arts, but who wanted to learn about it from an actual sensei, found a master. This sensei began performing the ceremony and the student thought he knew all about it from what he read. The sensei did the ritual the right way, turned the cup the correct number of times, and started pouring the tea into the student's cup and was pouring and pouring. And, the student said: "What are you doing? I thought you were a master. I've read the books, this is not how it's done." And the sensei replied, "Like your mind, the cup is too full. We got to empty it out to learn anything."

So begins the teachings of Sensei Mike Oliver at Zen Martial Arts in East Sacramento to students who might have the wrong impression of what martial arts entails. "We teach them to try to empty their cup," he says.

From humble beginnings nearly 10 years ago, Oliver began classes inside one of the classrooms at the Coloma Community Center in Elmhurst. Just last October, the old Knott's Pharmacy (and more recently Parrot Planet) became the center's new dojo.

"I just got lucky," says Oliver, who lives down the street and walks the neighborhood regularly. "We were looking for a space, but we weren't in a big rush." Anyway, the timing was right and after a little bit of "parrot stuff" cleanup, and a lot of remodeling, the space has been the place for the growth of the business."I don't want to say it was easy, but it sort of just happened. I thought I was going to struggle."

As he has mentored many students himself, he credits a lot of the success of his business to longtime martial artist Tom Callos who showed him how to run a traditionally authentic school.

"(Callos) has a unique way of running a business," Oliver says. As some martial arts schools forget the art aspect and charge money for belts and upgrades, Oliver initially thought that's what you had to do to run a martial arts business. So, he stayed away from it for awhile, and it wasn't until he met Coach Tom that Oliver learned how to run a traditional authentic school without "selling your soul out just for money."

So, he stays true to that philosophy and doesn't charge for belts. "It's easy to get corrupted and see that students are progressing. I could charge an extra $100 a month on a belt testing fee, and that's extra money we could take, but I wanted to stay clear of that."

As Oliver's ethics weigh heavily in his business model, the school itself helps parents instill valuable character traits, beliefs, and habits in their children, such as: self-discipline, the ability to stay calm under pressure, the appreciation of teachers, parents, and other mentors, and the value of proper diet, exercise, and education in a happy and fulfilling life.

In giving back to the community, Oliver developed self-defense classes for WEAVE, My Sister's House and St. John's Shelter. Requests for more offerings kept coming and so Oliver developed a program based on the most common attacks women face. Called Safe in Sacramento, the skills taught in the class combat the most common attacks specifically committed in Sacramento. Different from the martial arts, Oliver developed this curriculum which teaches escape rather than how to attack. As he says, "trading punches with an attacker who's much larger in size is not necessarily a good idea." Whether it's holding chokes, hair grabs, or being hit on the ground, almost all of it involves not trying to strike back.







What's interesting is hearing the stories, he says, whether from the women in the shelters or from those in the public programs offered at Zen. "Some have described being way more empowered because now they know they at least know what to do."

Bullied as a child, Oliver wanted nothing more than to take up karate in order to defend himself, but his parents couldn't afford classes and he continued to get picked on. It wasn't until he grew up that he took it up on his own, adding that karate would have made life easier for him as a kid. "I would have been stronger and had more confidence," he said.

As he said one evening, years ago, during one of his classes at the old Elmhurst spot: "The last thing we need in the world is more punching and kicking. We could use more respect."

Zen Martial Arts is located at 4819 J St. For more information, call 916-678-0565 or visit zenmartial.com

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East Sac Residents Can Receive Free Tax Help Through United Way

Many East Sac households qualify for Cal EITC tax credit but do not apply

Arden households are eligible for free help preparing taxes and claiming credits this year, saving an average of $200 in preparer fees and often earning thousands of dollars in credits. Arden is one of the largest areas in Sacramento County where households qualify for the Cal EITC tax credit but do not apply for it. United Way California Capital Region's Free Tax Prep program, supported by Citi Community Development, is available at two locations in Arden throughout tax season: Department of Human Assistance on Fulton Avenue and International Rescue Committee. At each location, IRS-certified volunteers will provide free basic tax return preparation with electronic filing and help guests claim the maximum tax credits for which they are eligible. To receive help, households must have earned $60,000 or less in 2018. Services are available in English, Russian, Farsi and Dari. To learn more and make an appointment, visit YourFreeTaxPrep.org.

"This is an important time of year for families in our community. They could be eligible to receive hundreds, even thousands, of dollars in refunds to help them become financially stable," said Stephanie Bray, president and CEO, United Way California Capital Region. "We encourage every eligible household to find out how much money you are eligible for through the many tax credits available."

Households that earned $66,000 or less in 2018 are eligible to file their taxes for free online at MyFreeTaxes.org through a partnership with United Ways of California. The site provides households with free tax help they can trust and guides users through federal and state filing, including tax credits, with software powered by H&R Block. Users need a valid email address, income forms and Adjusted Gross Income from 2018.

This year, more households are eligible to claim federal and state Earned Income Tax Credits (EITC and Cal EITC), Child Tax Credit, and Credit for the Elderly or the Disabled. Age qualification for Cal EITC has been expanded to include ages 18-24 and working adults ages 65 and up, giving more taxpayers the opportunity to earn up to $6,500 in credits, including those who are self-employed. Many Cal EITC-eligible households are not legally required to file taxes due to very low incomes; however if they do file, they can claim the state and federal credits for which they are eligible. Due to federal law, those who file for EITC, Cal EITC or Child Tax Credit should plan for their refund to be delayed until end of February, no matter who prepares their taxes. For more information about available tax credits, visit YourFreeTaxPrep.org.

Nearly 8,500 households in the Sacramento area took advantage of United Way's Free Tax Prep services for the 2017 tax year, resulting in more than $10 million in money claimed through credits and refunds. With support from Citi Community Development, free tax help was significantly expanded across the region last year in Amador, Placer, Sacramento and Yolo counties, increasing the number of households helped by more than 2,500 and resulting in more than a $3 million increase in refunds for the region compared to last year.

"The Earned Income Tax Credit is a vital tool that provides families with a much-needed cash infusion, one that can help them pay down debts, cover expenses, and even get on the road to saving and planning for the future," said Mary Hogarty, vice president, Citi Community Development. "Through our support for United Way California Capital Region, we aim to expand access to tax credits like the EITC and free tax preparation for eligible people that help enable more working families to build resilient financial futures."

Other sponsors of United Way's 2019 Free Tax Prep program include the IRS, the State of California Department of Community Services and Development, and the Sacramento Municipal Utility District.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. Today, the nonprofit is bringing people together across Amador, El Dorado, Sacramento, Placer and Yolo counties for its Square One Project, a 20-year promise to significantly increase the number of students in our region who graduate from high school ready for success in college and beyond. United Way believes ending generational poverty starts in school and is working to ensure kids meet important milestones and their families receive support and resources. To learn more and make a donation: YourLocalUnitedWay.org.

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What's happening East Sacramento?

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.

THURSDAY, MARCH 7

CHEERS TO THE Y: YMCA OF SUPERIOR CALIFORNIA, SACRAMENTO AND SACYARD COMMUNITY TAP HOUSE: For every Drink you Buy, Sac Yard will donate to the YMCA. Drinks, Games, Mingling, Fundraising. Tickets:$30. Includes a free drink (beer, wine or cider), appetizers, raffle tickets. Purchase Tickets: give.classy.org/CheersToTheY . Event goes from 6 to 8 p.m. SacYard Community Tap House, 1725 33rd Street, Sacramento

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.

36TH ANNUAL SACRAMENTO SCANDINAVIAN FESTIVAL: A collaborative celebration of the Nordic Heritage with the area's Finnish, Danish, Norwegian, and Swedish clubs. This year, the celebration is happening at the Scottish Rite Masonic Center, 6151 H St. The festival features Scandinavian food, baked goods, and merchandise for sale. Viking reenactors will be present with interactive activities for the whole family. Come gather information about the Nordic countries and enjoy music, entertainment, and door prizes. There is Scandinavian entertainment which has varied over the years most recently the Eldorado Hills Folk Dancers and various instrumentalists featuring Scandinavian music and dances. The sponsoring lodges provide Scandinavian prepared-food sales such as Swedish open-faced sandwiches (smörgåsar) and pancakes (Tunn Pannkakor), Finnish Salmon Chowder (lohikeitto), Norwegian Lefse, and several other dishes. Adults are $5; children under 12 are free. The festival itself only accepts cash (admittance, food). However, some of our vendors do accept credit cards. There are numerous banks and ATMs nearby. The festival hours are 10 a.m. to 4 p.m. with a noontime flag ceremony.

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.

SATURDAY, MAY 11 AND SUNDAY, MAY 12

EAST SAC GARDEN TOUR: Join Sacramento in celebrating the 21st Anniversary of the East Sac Garden Tour on Mother's Day weekend, May 11th and 12th. Gardens dotted throughout the Fabulous 40's will be open to public viewing. During your walking tour, you can buy locally-made crafts at the Artisan Boutique and enjoy lemonade, iced tea or snacks at our Sweet Stops along the way. Don't miss this popular Sacramento Mother's Day tradition. Tickets are available online beginning the first week of April: www.eastsacgardentour.com/tickets. Tickets will also available at participating East Sacramento businesses. Visit the website for locations: www.eastsacgardentour.com. Tickets purchased through May 9th are $20. Tickets purchased on Mother's Day weekend are $25 and can be purchased at the Will Call Booth at David Lubin Elementary (3535 M Street). Children 12 years and younger are free. All proceeds from the tour directly benefit children's education at David Lubin Elementary, the first STEAM elementary school in the Sacramento Unified School District.

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.



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