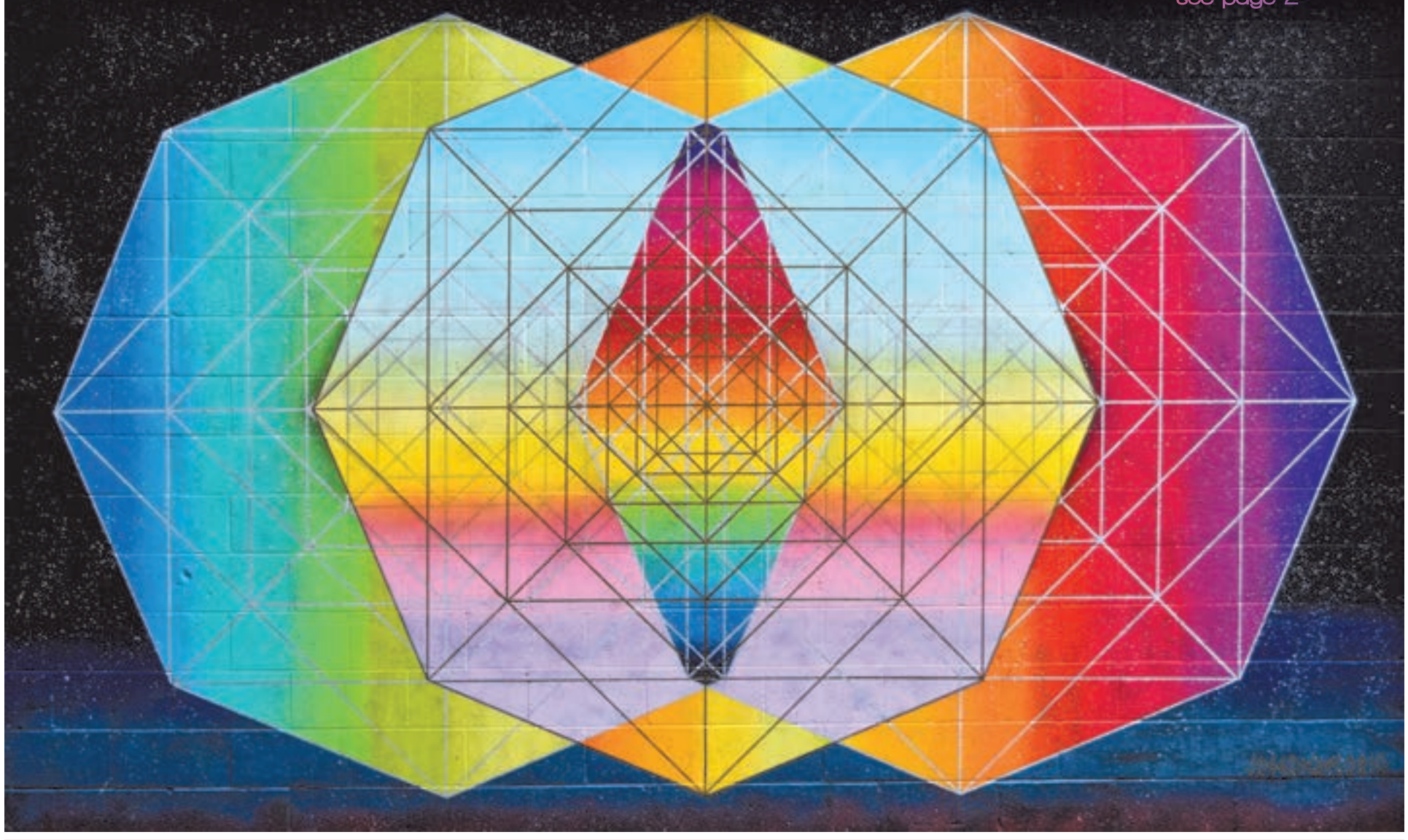
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Mural project nearing completion at Theodore Judah Elementary School

see page 2



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Mural project nearing completion at Theodore Judah Elementary School

Principal says artwork adds to 'climate' of the school



Photos courtesy of Theodore Judah Elementary School

This mural was painted at Theodore Judah Elementary School by Tyson Anthony Roberts.

By LANCE ARMSTRONG

East Sacramento's Theodore Judah Elementary School has become a lot more colorful the past few months through a beautification project featuring six, large murals.

Inspired by Wide Open Walls, Sacramento's annual mural festival, the elementary school project features murals by local artists Jose DiGregorio, Jeremy Stanger, Kim Squaglia, Tyson Anthony Roberts and Trisha Rhomberg.

In addition to being artists, DiGregorio, Stanger and Squaglia are parents of students at this elementary school.

The project, which began following Theodore Judah's last winter break, is currently on pace to be completed by the school's open house on May 22.

East Sacramento resident Laura Barrett, the project's coordinator, said that it was her idea to create the project last year, but that she ran out of time to make any progress on it.

After submitting her proposal to Principal Troy Holding, she contacted DiGregorio, who she said she had known for a long time.

"(DiGregorio has) done murals all over Sacramento, in fact, all over the world," she said. "I got him real excited about the project, and he kind of brainstormed."

Holding noted that, with DiGregorio's assistance, four other artists were selected for the project.

It was decided that the project would consist of four individual artist murals and one mural that would be created by all five artists. The collaborative mural will be the largest of the murals.

Regarding the latter mural, each of the artists will fill in a letter of the name, Judah.

The majority of these murals are spread out in different areas of the campus.

The school's "ball wall" will have a mural on each of its sides, while another mural will be located on a wall, measuring about 10 feet high by 20 feet long.

As of last week, four of the six murals had been completed.

Each of the murals is unique in appearance – an aspect that offers various opportunities for the students to expand their imaginations and appreciation for art.

see MURAL page 3

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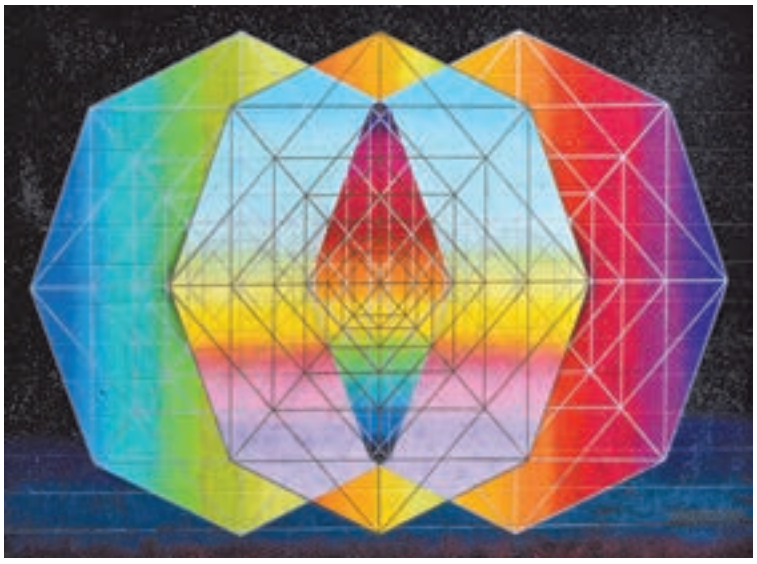
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Cover photo by: Courtesy of Theodore Judah Elementary School

Mural:

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Jose DiGregorio contributed this mural to the project at Theodore Judah Elementary School.



Local artist Jeremy Stanger painted this mural on a wall at Theodore Judah Elementary School.

Holding described the mural project as a positive addition to the school.

"It certainly adds to the climate of our school, because it's so colorful and bright," he said. "I've done a lot of research in regard to art being around schools and how it stimulates kids socially (and) emotionally. So, what we're noticing with this new artwork is a different level of calmness on the playground."

Holding added that it also meant a lot to him to watch the students observe the artists at work.

"(They) were so engaged in the whole process, from beginning to end," he said. "It really, really enlightened them, and it really sparked an interest for a lot of kids that typically wouldn't have that opportunity to see that kind of stuff.

"For us, it's just been a great addition (to the school). We're a historical site, we're pretty old. The color that the district paints is pretty drab, so any way we can add to it in a positive way can only be a positive thing."

Barrett mentioned that the entire school community enjoys the murals.

"To have the murals is really inspiring for not only the students, but for the parents when they're on campus, and for teachers daily who are there," she said. "Overall, this project has really been embraced by all of the school community.

"(The murals) add to the character, inspire creativity. Just having art as part of your everyday life, I think (is) so important."

Holding mentioned that the project was created under the school's "kindness umbrella," which focuses on one of the school's character traits.

As for the funding for the project, no money came from the school's budget. Some of the funding derived from various community members, including a former school board member. But the majority of the funding will be raised through the sale of limited edition prints.

Those attending the open house will have opportunities to purchase prints of the artists' murals at the school. There will be 40 prints of each mural available at $40 each, and cash will be the only form of payment accepted.

Barrett noted that the amount that the artists will receive for their mural work is really minimal in comparison to the payment that they would typically receive for these types of murals.

Adding to the event will be the presence of the artists, who will be available to meet the public and autograph their prints for their customers. The event will also include opportunities to tour the campus and purchase a variety of food from food truck vendors.

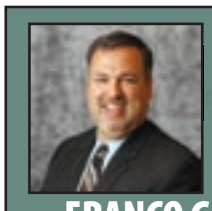
In looking ahead to the open house, Holding said that the event will give the community an opportunity to both observe the colorful murals and learn about the school.

"We're a little neighborhood school, about 600 kids," he said. "Academically, we're up there. We're competing against the best of the best, and socially and emotionally, we've got great kids here. They all adhere to the principals: respectful, responsible, kind."

Barrett emphasized that the upcoming open house is a community event.

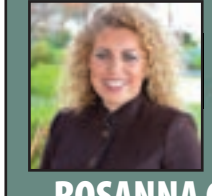
"The (public can) come tour the murals during open house (and) see the campus," she said. "It's definitely a community event, where the community is welcome to come."

Theodore Judah's May 22 open house will be held from 5:30 to 7:30 p.m. The school is located at 3919 McKinley Blvd.



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By Terry A. McSweeney

When I was first diagnosed my doctor did the trigger point test. My doctor examined 18 tender spots across my body. She found at least 12 of them were very tender and therefore along with reviewing my recent medical history of constant daily headaches, irritable bowel syndrome, overactive bladder, tender to touch even with hugs, and sensitivity to sounds and smells, the conclusion was a diagnosis of fibromyalgia. In 2010 another group of rheumatologists put together new criteria for diagnosis. (Wolfe, 2011) Now to be diagnosed with fibromyalgia there are 4 major symptoms that the patient must have for at least 3 months. They are: widespread body pain, extreme fatigue, waking from unrefreshed sleep, and cognitive dysfunction. (fibromyalgia fog.) (Liptan, The Fibro Manual) It is important to remember the day a "fibromyalgia warrior" is diagnosed is not necessarily the day their fibromyalgia started. It actually takes years to get diagnosed, because once your doctor puts together your symptoms with the criteria for diagnosis, it may take years. It took at least 10 years of frustration for my diagnosis to become a reality and a relief for me. It is also important to remember that fibromyalgia varies from person to person, there is no one medicine, tool, strategy, or supplement that anyone with fibromyalgia can take. There is also no one doctor or alternative practitioner that treats fibromyalgia. I have been to many doctors for treatment including my primary care physician, cardiologist, neurologist, urologist, pain specialist, sleep doctor, ear, nose, & throat, naturopathic doctor, chiropractor, acupuncturist, self-myofascial release ther-

see FIBROMYALGIA page 5

May is Fibromyalgia Awareness month, with special recognition on May 12th, Fibromyalgia Awareness Day. There are approximately 10 million people in the United States who suffer from this invisible disease, 80% are women and 20% are men. You probably know someone with fibromyalgia, but you don't even know it because many fibromyalgia warriors don't want to share this with anyone, because they don't want to be accused of being a hypochondriac, being lazy, or told to get over it. They would rather suffer in silence. I am a fibromyalgia warrior, and I do not believe that anyone should be made to feel this way just because our disease is not visible to the naked eye. "We are not invisible, why should our disease be?" (Fibromyalgia Ireland).

Those who suffer from fibromyalgia have a hyperactive nervous system. This is the basic definition. Our "fight or flight" response" is on constantly, it never stops. As Dr. Ginevra Liptan of the Frida Center for Fibromyalgia in Portland, Oregon says," It is like a smoke alarm that goes off incessantly even though there is no fire."

DO YOU HAVE A STORY?

Tell it to us.

e-mail Monica:
editor@valcomnews.com

Fibromyalgia:

continued from page 4

apist, yoga instructor, pain psychologist, grief counselor, coach and dentist. With every doctor I have seen I have learned a lot, but they have also learned a lot from me, because I am determined to be my own best self-advocate.

I was diagnosed in 2007, 12 years ago. I have created my new normal, because after being diagnosed I realized that I could no longer live the life I had once lived. When I was diagnosed and the doctor said, "You have fibromyalgia." I cried with relief. I said, "You mean that I am not crazy?." What I was feeling both emotionally and physically was real. I felt validated, because when you have fibromyalgia most of the lab work and other tests come back reading, "normal." There is no accepted blood test or x-rays that definitively diagnose fibromyalgia. There is a blood test being used that claims to diagnose fibromyalgia, but it is not widely accepted by the medical community.

For those of you who don't have fibromyalgia, but know someone who does, for you to understand what it is like to live with fibromyalgia, it is important for you to understand how we feel. "Imagine having pain all over your body, being exhausted all of the time, having constant headaches and feeling like your mind is always in a fog. Together it is like the worst flu you have ever had, but it lasts forever. Now picture that no one believes you not even your doctor. That is what fibromyalgia feels like." (Pittsburgh Healthcare Report, Dr. Kevin White.) Remember "It is one thing to know the definition of fibromyalgia. It is another thing to show you truly understand."

Over the years since my diagnosis I have become an active advocate to help those with fibromyalgia become their own best self-advocates. I want them to know that they too can create their own new normal. To do that I have become a Certified Fibromyalgia Advisor, by graduating from the International Fibromyalgia Coaching Institute, I have made many speeches around the Sacramento area, taught classes at the Asian Community Center and the Sacramento Natural Food Coop, led the Sacramento Together Walk for Fibromyalgia Awareness for the last 3 years, created my own coaching business, "Fibromyalgia Pathways," and created the Sacramento Fibromyalgia Support Group. It is important for Fibromyalgia Warriors to know that there is a place where they can come out of isolation and be with those that truly understand their needs both emotionally and physically.

In honor of "Fibromyalgia Awareness Day" my support group and I would like to raise funds for research and education. The funds would be sent to the National Fibromyalgia and Chronic Pain Association, www.fmcpaware.org. Please help us raise funds so that more people become aware of our reality. For those of you who would like to attend our support group meetings, we meet on the 2nd and 4th Monday of each month from 4:30pm-6:30pm at Fitsom Studios, 2512 Franklin Blvd., Sacramento, 95818. The meetings are free and guests are welcome to join you. To donate to the NFCPA or to inquire about 1-1 coaching (free 30 minute consultation) please contact me at fibromyalgiapathways@gmail.com or call 916-204-7199. The website is www.fibromyalgiapathways.com where you can arrange an appointment as well.

"Don't judge a disability by its visability." (Spoonie Strong)





Carving out a new generation of wood artists



By Monica Stark

Part clubhouse, all workshop. Stepping into the River Park backyard garage of Shirley Coffelt, 90, is a a woodcarver's playground. Surrounding a long table that extends much of the length of the workshop, finished pieces of wood-carved art, a library, and tools blanket the walls. In the back is a desk that's just for Shirley, and behind her a wood stove that burns the discarded wooden shavings on cold winter days.

Every Monday afternoon for about the last 25 years, anyone can drop in for a visit.

They carve, and talk, and have cookies and anyone who stays past 5 p.m. can partake in a potluck. Shirley laughs: "I think they are better carvers than they are cooks."

Right when you walk into the workshop, a wooden sculpture of Noah's Ark with animal caricatures greets you, along with a blue ribbon from the Capital Woodcarvers Association. Inspired by a piece in Woodcarving Illustrated Magazine, Shirley challenged folks from her Monday gatherings to create the animals while she worked on the boat. Proud of her "more boat-like" ark, she said, "It has scuppers and the other people didn't put scuppers on theirs. Can you imagine if it rains, where does the water go? It's got to have scuppers."

The six-month project was the second version of Noah's Ark that she completed. The first somehow got auctioned off at a show. "I thought it was put in for judging," she said. With it out of her possession, she decided on making a different one with the help of her woodcarving friends who each have a place at the table. "John sits there; Alice sits there; Mike sits there; Alison sits down there. They all have their spots. When a new person comes in and sits in their spot, we have to ask them to move."

But the catch: At your first visit, Shirley asks you to join the Capital Woodcarvers Association. As Debora Remington, the club's publicity chair, puts it: "(Newcomers) are tolerated as a visitor twice." At a whopping $25 a year, membership to the club not only gets you into the weekly gatherings at Shirley's, the dues provide ongoing meetings the second Wednesday of each month for business and carving from 10 a.m. to 1 p.m. at Woodcraft, 9523 Folsom Blvd.

The meetings provide free carving education. At her first meeting, Debora was instructed to carve the end of a piece of wood into a ball. "They said carve everything away that is not a ball and you end with a ball." After success with that seemingly difficult task she was then asked to put the ball into a cage and have it roll back and forth. To her surprise, she completed the challenge.

"All people in the group: They help you. It's almost like free training. They do it out of generosity for the art … You outta check them out," she says. "You'll meet these amazing old people. They are old," Debora said.

see CARVING page 7

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Carving:

continued from page 6

At 61 years old, Debora is "the little one in the group" who has been put in charge of publicity because of her relatively advanced tech skills. She started a MeetUp and a Facebook group. "We're just trying really hard to get people to become woodcarvers," she said.

In agreement, club secretary and master bark carver Alison Cook says,"As people get older and die or quit, there aren't a lot of young people that come along. That's why there's Debora's effort to get more people involved. We get them (the younger generation) and they really get into it; they just don't think about it. They think about electronics."

Bridging that disconnect is what events like the upcoming annual show will attempt to accomplish.

The collective of woodcarvers will join gourd carvers at an annual show at the Scottish Rite Masonic Center (6151 H St.) on Saturday, May 18 from 9 a.m. to 5 p.m. and Sunday, May 19 from 9 a.m. to 4 p.m. The entry fee is $5, good for both days. Throughout the years this show has provided a venue for woodcarvers of all abilities and experience levels to exhibit their work and gain important feedback by entering their carvings in the competition. Entries vary from world class to novice. There are approximately 70 categories of wood carvings that are judged by the California Carvers Guild. In recent years, gourd artists whose beautiful work in seven categories, has added greatly to the show experience.

The two-day event will also include demonstrations and children's activities such as soap carving.

The art form Debora notes is actually very convenient and those who practice want to keep the art alive and are happy to share their love with newcomers. "To wood carve, you could do it anywhere you go. When I met this community of people, they are so kind and so funny and so good. They welcomed me with open arms. This is a great group of folks."

Now the president of the Capital Woodcarvers Association, Pocket resident Joe You began woodcarving in 1991 after attending the group's fall show. He bought a book, knife, a strop and some basswood and carved by himself for three years before joining the CWA in 1994 and his woodcarving improved, according to his biography on the Caricature Carvers of America website.

Joe loves caricature carving not only because he has always enjoyed a good laugh and working with wood, but because it allows him to express his creativity in facial and body expressions. There are no limits to the amount of creativity in caricature.

"I like the cartooning part because it's more whimsical. I have a lot of leeway ," Joe says. I can carve someone with a crooked nose, or a flat nose or whatever, lots of hair, little hair. So that's kind of the thing that I do."

About seven years ago, he realized that creating faces is the hardest thing to do, not just in woodcarving but "probably in sculpting, painting, everything."

"I've been obsessed about faces for about the last five years," says the artist whose job it is to look at teeth all day as a dentist in Elk Grove.

Joe's woodcarvings now begin as an idea, then a sketch. From a sketch Joe will work up a clay model with a wire armature. A pattern, is made from the clay model and then bandsawed out. From there the carving begins.

Many of his pieces are carved out of one piece of wood.

Joe has always enjoyed art and has taken many classes including: art classes at UC Davis, portrait drawing, Chinese brush painting, calligraphy, stained glass, cartooning, and pottery. Joe encourages the little one to appreciate and participate in art by being an Art Links volunteer at his children's school for over 10 years.



Photos by Monica Stark

Shirley Coffelt, 90, is a master woodcarver and has been inviting interested carvers into her backyard River Park workshop every Monday afternoon for the last 25 years.



One of 25 members of the Caricature Carvers of America, Joe was nominated by the only other California resident, retired UC Davis professor Bob Travis. "He encouraged me to continue carving. I always loved art. Even in college, high school, I took art classes. When I saw what you could do with wood, I was hooked."

The only way you get into the club is when someone dies, creating an opening in the club. "I'm 66. I'm probably younger than the average guy in there. Most of them are pretty old because you have to carve for a long time for the experience."

To see incredible wood and gourd carvings, you won't want to miss the annual show. at the Scottish Rite Masonic Center (6151 H St.) on Saturday, May 18 from 9 a.m. to 5 p.m. and Sunday, May 19 from 9 a.m. to 4 p.m. The entry fee is $5, good for both days.

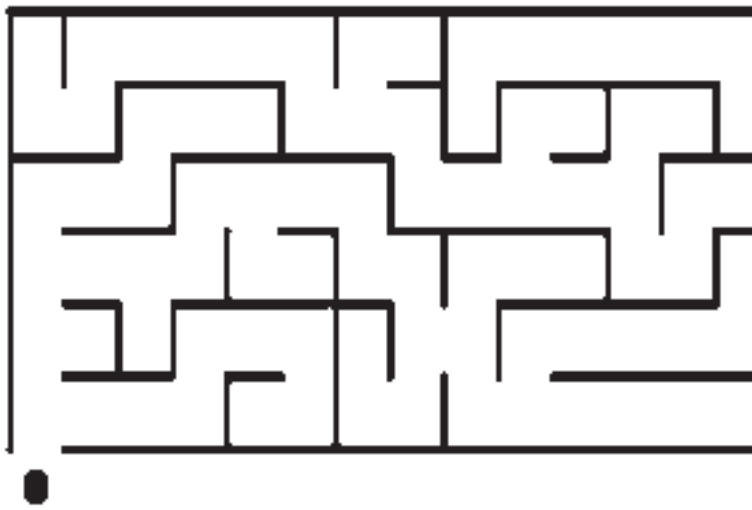
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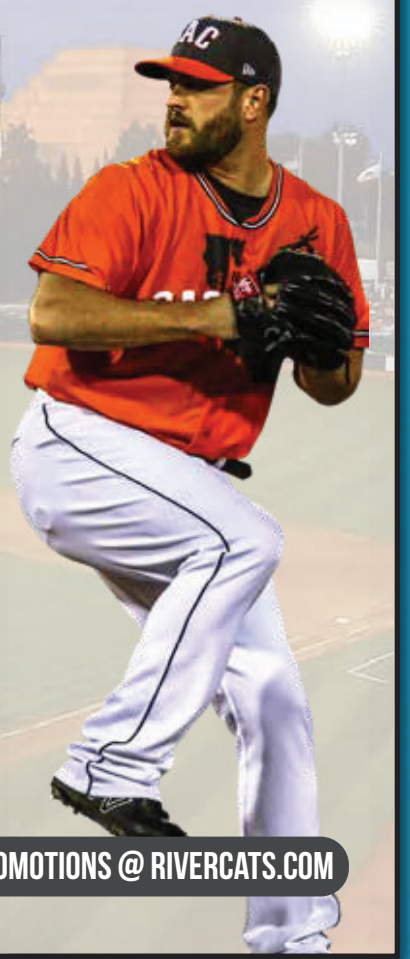
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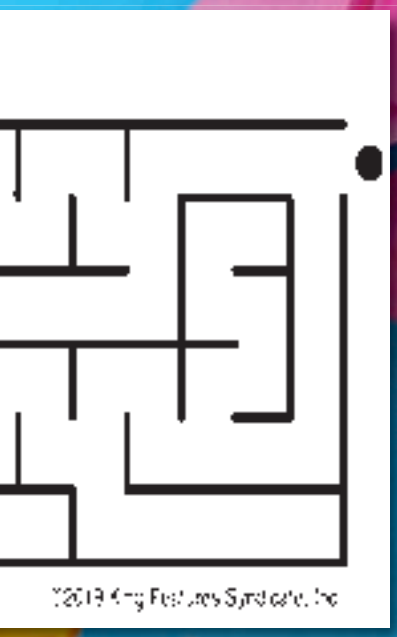
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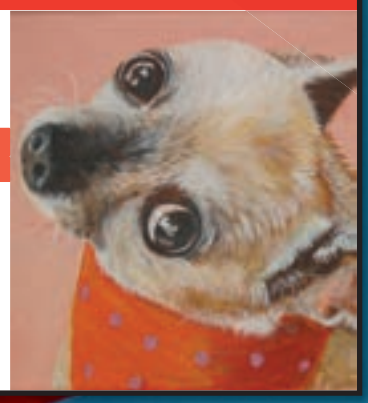
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CKM's production of Little Shop of Horrors promises a "postmodern" feel



By Monica Stark
Photos by Stephen Crowley

The meek floral assistant Seymour Krelborn stumbles across a new breed of plant he names "Audrey II" - after his coworker crush. This foul-mouthed, R&B-singing carnivore promises unending fame and fortune to the down and out Krelborn as long as he keeps feeding it blood. Over time, though, Seymour discovers Audrey II's out of this world origins and intent towards global domination.

C.K. McClatchy's Lion's Pride Players present Little Shop of Horrors in a bit of a more postmodern feel, giving the audience a different experience viewing this version of the play than they have previously seen.

To hit the stage at the newly renovated VAPA (Visual and Performing Arts) Theatre from May 1-10, the actors are breaking the fourth wall which hopefully gives it a bit more postmodern feel, says director Kelda Barker.

With separate matinee and night casts, Barker has seen a cadre of hard working and talented student actors over the course of preparing for this show. "Peter Sunseri and Daniel Baradat both play Seymour bringing their own flavor to the role. Chloe Cook brings a vulnerability to the role of Audrey. All the Duwop Girls in the cast are bringing their own interpretation to the role. They are all very talented students and I hope they continue working in the theatre," she says.

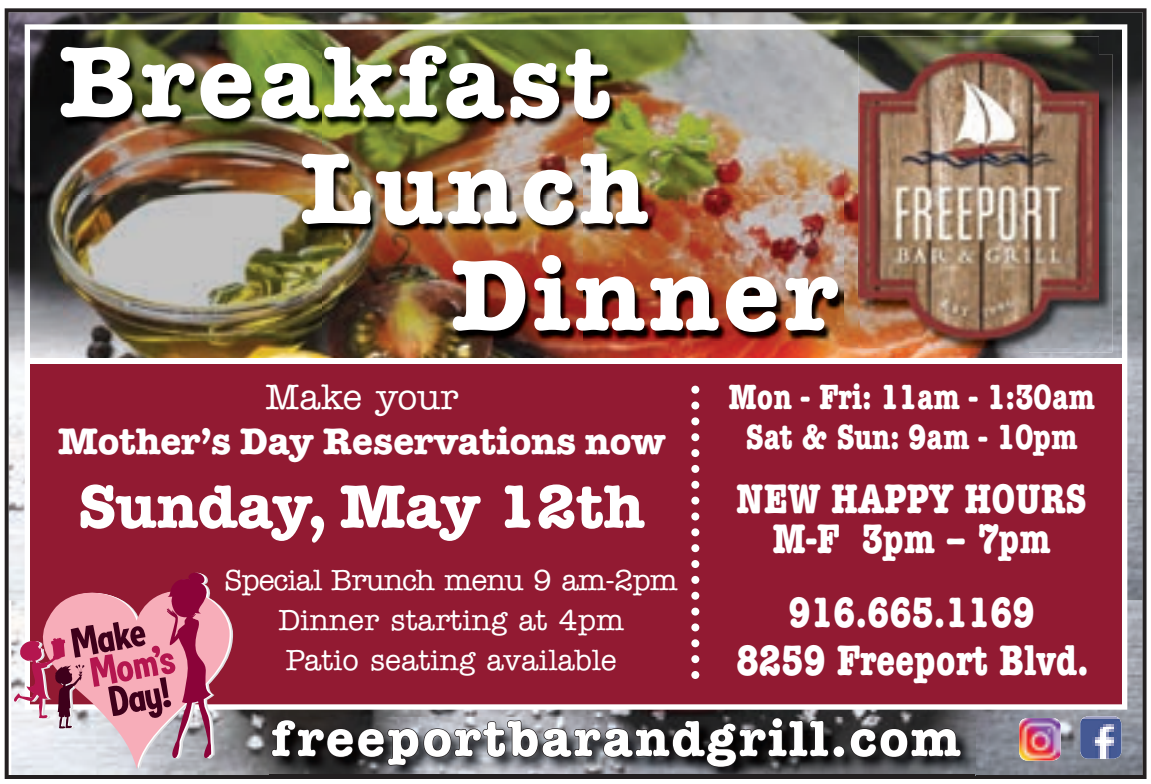
"Working on such an iconic show has been a really amazing experience," says student technical director Mackenzie Crall. "We have been able to invent our own world in Skid Row from how we want it to look, the costumes, how we want it to look with the lighting, even how it sounds."

For Crall working with the tech crew has always been her favorite part of any show. "The amount of detail and work that is put into every technical aspect always leaves me speechless when the sets finally come together on the stage. All set pieces have had so much thought put into them from the color scheme to the set dressings that will be put on them, even the way that the lights hit each piece is discussed, there are so many people from the Lighting and Sound designers to the set builders and painters."

Performing in the newly revamped theatre, which houses up-to-date equipment and facilities to serve the program's students, is "amazing", says student Kayla Irvin. "I have been in two shows in this theatre and it fully never sits in on how beautiful it is. One thing I like to do is look up and see all of the lights and how professional it looks. When we have tech weeks it's great to see all of this new technology in use and handled correctly due to our wonderful technicians. They are so talented and I am glad that they get to experience this new theatre as well."

A favorite show for sound designer Josie Powell, Little Shop's cast is small enough that everyone can have a microphone and so much progress has been made in

see SHOP page 9



Shop:

continued from page 8

the sound department since last year, so she's really excited for people to be able to see that when it comes time.

Powell and Crall give a big thanks to Mrs. Morrison who has led the tech program to great success. "We couldn't do anything without our teachers," says Crall.

The show opens on Wednesday, May 1 at 7 p.m. On Thursday, May 2, there is a matinee that starts at 3:30 p.m., and on Friday, May 3, the show starts at 7 p.m., The Lion Players open again the following week on May 8 at 7 p.m., May 9 at 3:30 p.m., and closing night is May 10 at 7 p.m. Tickets go on sale April 29and 30 from 3:30 - 4:30 p.m., or folks can purchase the tickets at the door from the box office. Evening tickets are as follows: $12 general admission, $7 for staff, students and people age 65 and older. Matinee is as follows: $7 general admission, $5 for staff, students and people age 65 and older.











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What's happening East Sacramento?



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FRIDAY, MAY 3

MOTHER'S DAY JEWELRY BOXES – Get ready for Mother's Day by making your mom a hand-crafted jewelry box! We will be making our jewelry boxes out of cardboard boxes and egg cartons, and decorating them with all sorts of fun materials. Family/All Ages. Friday, May 3 from 3:30 – 4 :30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

TUESDAY, MAY 7

READ TO A DOG – Reading aloud to a certified therapy dog is a fun and positive way for beginning readers to develop reading skills and build confidence. Bring a favorite book or choose one from the library, and enjoy reading practice with a furry friend. School age. Tuesday, May 7 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, MAY 10

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: El Deafo by Cece Bell. Copies will be available at the McKinley branch in April. Recommended for ages 8–12. Friday, May 10 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, MAY 11 and SUNDAY, MAY 12

EAST SACRAMENTO GARDEN TOUR: The East Sacramento Garden Tour finances a resident artist, after school academy, instructional aides, field trips and other opportunities for a broader, richer education for the children attending David Lubin Elementary. Join us May 11 and 12, 2019 (Mother's Day weekend), for the 21st annual East Sac Garden Tour. Proceeds benefit David Lubin Elementary student education. The annual East Sacramento Garden Tour provides spectacular garden views in the Fabulous 40's neighborhood. Enjoy a variety of garden styles with your family and friends on Mother's Day weekend. This tour is an easy stroll from one garden to the next along the tree-lined streets and past the older architecture found in this well-established Sacramento neighborhood. The gardens are open from 10am to 4pm. As part of the full Garden Tour experience, plan to attend the lovely buffet luncheon. Be sure to purchase your tickets early as our luncheon has sold out in past years. The luncheon is served Saturday and Sunday from 11am to 2pm in the garden at Sutter Lawn Tennis Club, the oldest tennis club in Sacramento. No ticket is needed to shop at our Boutique, located at David Lubin Elementary School. Our Boutique offers a wide variety of beautiful items such as things to savor, or accoutrements for the garden, and everything in between. Shop for that special Mother's Day gift or birthday gift. After shopping at the Boutique, tour the school's cooking garden and the California native garden, view student artwork, and more. The Boutique is open from 10am to 4pm on Saturday and Sunday. Thank you for supporting our fundraiser. All proceeds directly benefit all David Lubin students. You can also purchase your tickets at one of the supporting East Sacramento retailers. Check the website for our list of local retailers, (www.eastsacgardentour.com)

FRIDAY, MAY 17

THE 17TH WINE TASTING EXTRAVAGANZ by the Philoptochos Society of the Greek Orthodox Church in Sacramento will be held on Friday, May 17th, from 5:30—8:30 at the Annunciation Hellenic Center located at 616 Alhambra Boulevard, across from McKinley Park. Wine and food tasting will be plentiful and included in the entrance fee. There will also be a silent auction, local artists, and live music by the OCD Band from Yuba City. Cost of attendance will be two tickets for $50 or one for $30. What a great way to finish the work week and start the weekend! Contact Helen Nickolson at hnickols@yccd.edu for tickets or more information. MUST be of age to be served.
Wineries: Julie & Greg Rauser--Galt; Bill Nicolaou--Lodi; Wreckless Blenders--Sacramento; Omega--Lodi; Abbey of New Clairvaux; Bella Grace; Helwig and Cabana.
Food: The Old Spaghetti Factory, Philoptochos, Voula Cazanis, Mani Imports

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, May 17 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, JUNE 1

POPS IN THE PARK 2019: The first concert will be held on Saturday, June 1 from 6 to 9 p.m. at East Portal Park is located at 1120 Rodeo Way. There is no label to accurately describe the music of Joe Craven & The Sometimers. Acid-Rockgrass? Jazz Fusion Americana? To try to box it in would be to crush the exuberant creative spirit that happens when Craven, Jonathan Stoyanoff, Bruce MacMillan, Barry VEldridge and Hattie Craven play together. "No genre left behind" is Vtheir musical motto, and they accomplish the task with joyful abandon, playing paradigm-shattering free range music that entices and excites. Joe Craven is an award winning creativity educator and prankster savant and, while a multi-instrumentalist proficient with strings and percussion from mando to canjoe to bongo, he is also a eulogist, wordsmith and fashion insultant. Pops in the Park is a free family-friendly outdoor concert series which raises money for our under-funded neighborhood parks.

ONGOING

MUSIC AT NOON APRIL and MAY PERFORMANCES: At Westminster (Always Free!) Bring your lunch & enjoy fine music Wednesdays, 12 noon – 12:55 p.m.
Upcoming concert information: www.musicatnoon.org
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April 24 -- Cellist Julie Hochman and Friends
May 1 -- Bay Area Pianist Miyuki Otani
May 8 -- RSVP Choral Ensemble; Jennifer Reason, director
May 15 -- Vocal Art Ensemble; Tracia Barbieri, director
May 22 -- Silent Films with Organist Dave Moreno
May 29 -- Bay-Area Pianist Robyn Carmichael
June 5 -- Pacific Arts Trio: Alice Lenaghan, flute; Natalie Cox, harp; Dan Reiter, cello
June 12 -- Violinist Frieda Yang and Friends
June 19 -- NO M.A.N. (VBS is scheduled)

What's happening East Sacramento?

June 26 -- Folk Singer-Songwriter-Multi Instrumentalist Liz Ryder
July 3 -- Cellist Jia-mo Chen and Friends
July 10 -- Sacramento Youth Symphony Chamber Music; Susan Lamb Cook, Director
July 17 -- Hot Club Faux Gitane Gypsy Swing Band (Gypsy Jazz)
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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.

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. 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/

TOWER BREWING 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.



May 11 and 12, 2019 (Mother's Day weekend), mark the dates for the 21st annual East Sac Garden Tour. Proceeds benefit David Lubin Elementary student education. Third grade students helped to create this year's lovely poster under the guidance of resident art teacher, Ms. Jane.

JANE AUSTEN READING GROUP AT ELLA K. MCCLATCHY LIBRARY: This monthly group reads the works of Jane Austen and meets the third Saturday of each month in the Ella K. McClatchy library from 3:30 p.m. to 5 p.m. All Austen fans are welcome. 2112 22nd St.

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

KNITTING CIRCLE AT MCKINLEY LIBRARY – Any adult interested in knitting — even an absolute beginner — is invited to join. Participants can learn to knit, or get help on current projects and advice from expert knitters. Don't forget to bring your knitting needles and yarn. Wednesdays from 10 a.m. to 12 noon at McKinley Library, 601 Alhambra Blvd, Sacramento.

TEEN SPACE AT MCKINLEY LIBRARY – Looking for something fun to do after school? Need a place where you're free to hang out with your friends and have a snack? Come to the McKinley Library Teen Space, Wednesdays from 3p.m. to 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.



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