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Lance Armstrong

Pocket author among other writers celebrating former teachers

By JACKIE BOOR



Photo courtesy Del Norte Triplicate, Crescent City, CA
Jackie Boor and Mrs. Hue, 1967.

If asked, we all can name a favorite teacher or two or three….

For me, in the third grade, circa 1958, there was tiny Miss Mack who firmly ruled the one-room school house in the Bald Hills of Northern California packed with a dozen boys and one other girl besides me.

Mrs. Kauffman, my sixth grade teacher with the lavender house, believed in taking time to rest our heads and close our eyes for fifteen minutes after recess while she read vivid stories aloud and transported us to exotic corners of the world.

In high school, I soaked up the guidance of Mr. Kunstal one revelation after another as I learned the ropes of being high school newspaper editor.

But in those early years, one teacher rose above the others and it wasn't just because she had lived in Hollywood as an aspiring model and ridden on the back of a motorcycle with Cary Grant. She did for me what many teachers do. She altered the course of my life, so when I heard "Chicken Soup for the Soul" editors were looking for an inspirational story about teachers, I wrote about Gladys Hue.

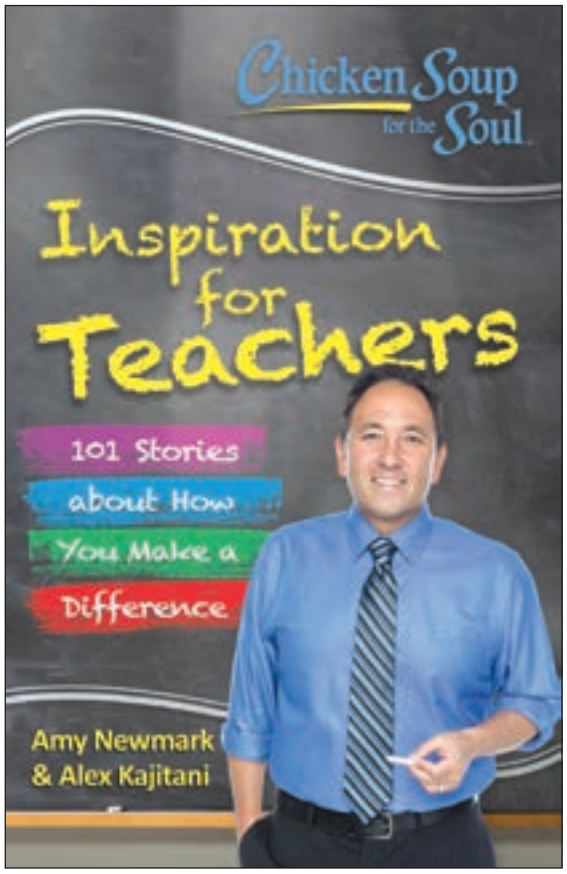
The oldest of five children, my world in 1963 was about as small as the town I lived in. Crescent City was a logging and fishing community just south of the Oregon border. Girls wore saddle shoes. Boys sported Converse high-tops. We rode bicycles to school, walked to the movies and roasted hotdogs over driftwood fires on the beach.

That normal family life for us took a sudden turn in 1963 when my mother had what we called then "a nervous breakdown." At the age of twelve, my big sister role suddenly expanded in responsibilities when my mother checked herself into a psychiatric facility 250 miles away. My dad was a logger and gone most of the day, so my elderly grandmother with several missing toes came to help the best she could. It was a trying time for us all.

My grades began to drop and so did my spirits…until Mrs. Hue walked into our classroom one morning. For all who knew her then and throughout her life, it's easy to recall the special kind of twinkle she had in her eyes.

On that day, so long ago, when I was missing my mother and so troubled by an uncertain future, Mrs. Hue looked like an angel when she walked into our classroom. She was there as a speech therapist and, one by one, assessed students listening for lisps and poor pronunciation. When my turn came, I had devised the genius plan to fake a stutter just so I could spend more time with her and it worked!

When I got to high school, she persuaded me to join the competitive speech team and her coaching led to accomplishments that earned me much-needed scholarships for college. Somewhere along the line I confessed my deception about stuttering. She merely grinned and told me she had known all along.



Chicken Soup cover art

My story about Mrs. Hue, "The Code Reader" is one of 101 personal accounts collected for the newly released "Chicken Soup for the Soul: Inspiration for Teachers." Co-edited by Amy Newmark and Alex Kajitani, a California Teacher of the Year, and national finalist, the themes range from "Teaching with Heart" to "The Power of Each Other," to "That First Year" to "Learning from the Students." From cover to cover, this edition celebrates the many facets and challenges of not only being a teacher but the lasting impacts on how we learn and grow together.

Gladys Hue passed away in 2010, yet like so many teachers, she will forever be an inspiration!

Residents round up disgust over Reichmuth Park overgrowth

By MONICA STARK
editor@valcomnew.com



Photo by Lance Armstrong

David Lehman, a frequent visitor to Reichmuth Park, is shown pushing a stroller-bike on Monday afternoon. He's fed up with the lack of care given to the maintenance of the park.

Driving along 43rd Avenue, it's difficult not to notice weeds covering a desolate park, which at this time of the year is usually packed with kids playing soccer and adults taking to the baseball field for adult league games.

Because of the heavy rains and Reichmuth's bowl-like land formation, water naturally accumulates and a seasonal lake forms. But this year's seemingly unending rains have not allowed the water to dry completely. Slushy ground covers the fields as do mounds of weeds.

Every other day, neighbor David Lehman comes to the park. He was out pushing a bike stroller on Monday evening and mentioned his dissatisfaction over the state of the park, adding that he hasn't seen it mowed regularly since last summer. His message to park maintenance: "How are they going to fix it now? It's like a swamp … What are they going to use to get it back to normal? It's bad. It's just bad because the kids don't play soccer here no more. They don't do anything. Now it's like you just drive by and you don't see nobody."

Lehman the added swamp-like conditions have contributed to the explosive population of frogs. He said it sounds like "a bunch of frogs are going to eat you up at night. It's so loud... Just like the (Alfred Hitchcock) movie 'The Birds', we say, 'The Frogs.'"

City of Sacramento Parks and Recreation closed the field to permitted activity until it dries out, Eugene Loew, Parks Maintenance Manager, explained. "Reservations is working with all permitted groups to identify alternative fields. We are mowing areas of the park where it is dry enough, but the nature of a drainage basin is to retain water, and it will take some time for it to dry out enough to resume use as an active park."

On Thursday, April 20, Parks and Rec opened up the softball field with a notice to permit holders to decide if they will play on the field "as-is" since the conditions do not allow for maintenance equipment to mow or service the field.

And with the inactivity, activities of other sorts have taken place. Sonu Toor from 7-11 said he's been noticing and reporting illegal activities such as marijuana smokers hanging out at the park. "It's not normal for this active ground but since it's not very active this year due to readiness we are seeing this becoming a small haven for people like them. I will email police contacts I have to (bring) it to (their) attention," he said.

Perhaps Round Up won't fix all the problems at Reichmuth, but currently the collective efforts on behalf of neighbors fed up with the overgrowth and shady activities at the park will. Toor is working with park staff to clean up the park and the idea of a community clean-up date has been discussed.

Asked what sports teams have been impacted, Loew listed the following sports users:

Xoso Sports/Multi Sport moved to Roosevelt Park on April 24.

Varsity Gay League LLC/Kickball: As of now, all dates remain at Reichmuth. City staff is waiting for a response from the applicant.

Kyle Sproul/Kickball moved to Argonaut Park for their April 22 date at Reichmuth. This is the only date that group reserved.

Heather Phillips/Softball moved to Argonaut for April 23. That is the only date the applicant has reserved.

Emily Aulert/Social Gathering has been moved to Northgate for its April 28 event. This is the only date the applicant has reserved.

Staff writer Lance Armstrong contributed to this report.

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Japanese Food Bazaar set for Saturday

The Sacramento Japanese United Methodist Church will host its annual Asian Food and Cultural Bazaar at 6929 Franklin Blvd. from 11 a.m. to 5 p.m. on Saturday, May 6. Please note, this is a new date and time for our bazaar.

The bazaar will feature teriyaki chicken, sushi, sesame chicken, chow mein, udon, Korean short ribs, pastries, and manju (Japanese confections) cooked on-site by church members and friends. Free entertainment will include performances by ACC Pocket Pickers (a ukulele group), Sacramento Taiko and more. The event will also feature handmade items crafted by the Boutique Committee, hand made cards, and children's games.

Rev. Motoe Yamada welcomes everyone to SJUMC's lively and growing congregation. Current membership includes people of all ages and of diverse ethnic backgrounds. The church's programs include a Youth Basketball Program; Choir; United Methodist Women's Group; Adult Education Classes; Youth Group; Garden Angels (church landscaping); Prayer Ministry; and more.

For more information about the Asian Food and Cultural Bazaar or any of the SJUMC programs, please see www.sacjumc.com or call the church office at (916) 421-1017.

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Art rocks decorate Sacramento River levee

Photos by MONICA STARK

Some Good Samaritan left beautifully painted rocks on the Sacramento River levee near the Camellia Waldorf school. If you see them, leave them. I made the mistake of bringing them home until I read on the back not to remove them. They have been returned for you to enjoy!

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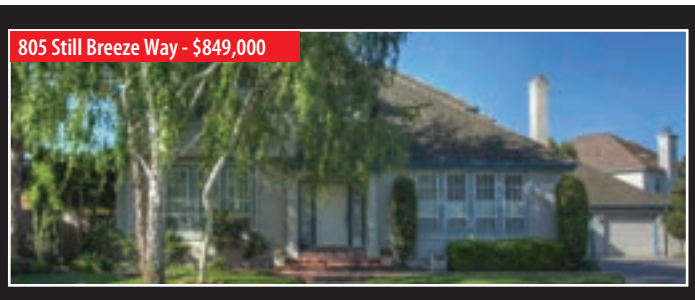

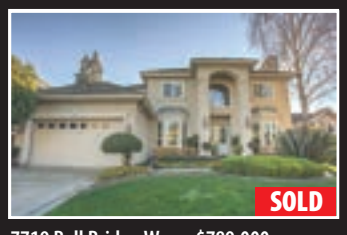

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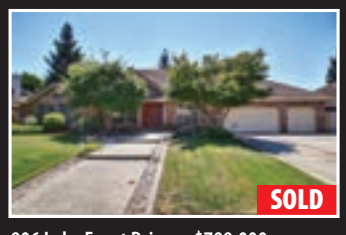

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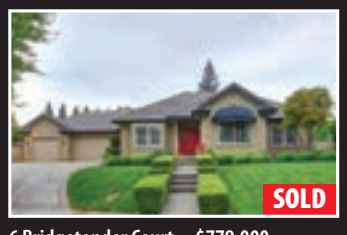

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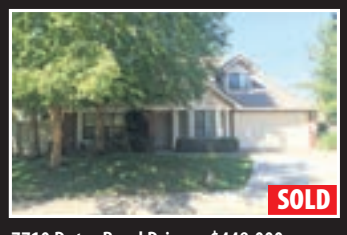

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Changes underway at Giovanni's Pizza in South Hills Shopping Center

By MONICA STARK
editor@valcomnews.com





Photos courtesy

Pepperoni pizza (left), Pesto pizza (right).

Known for the New York-style, thin-crust pizza, Giovanni's Pizza in the South Hills Shopping Center continues to dish up family favorites in a fun setting, a perfect backdrop for the community it serves.

Balancing large family groups and neighbors who just want to watch sports on the tele, three flat screens and more seating fill the front area where, for years, the arcade entertained children and families. So now, folks can watch the game without screaming children running back and forth. But not to worry – the arcade is now just in the back of the restaurant and new games are on their way. Also, currently, Giovanni's is building a full bar, which will seat seven to 10 people near the pay counter.

An "Italian guy from Brooklyn" who's been making pizza his whole life, co-owner John Ruffaine, said staff analyzed strategies over the 17 years now in business and has been around long enough to see what works and what the customers want.

"We're never going to make everyone happy, but I think we're hitting the nail on the head," he said. "Our seating capacity is just about the same. Now, we have tables closer together, like a normal restaurant... Everything will be the same. It's just going to be repositioned and more pleasurable." Violent games are not allowed in the arcade, he added. "We want to give kids what they want, but limit the violence. I just don't agree with all that."

For quite a while now, Giovanni's (in fact, is one of the first locally to do it) has only carried the best California beer. "We don't just put up something that's recommended by a beer sales rep; we literally have to try it and see how well it goes with our food and then we make the decision if we're going to carry it or not. We rotate our beers every month. We love our local guys."

John says they've turned away really good beer in the past.

"I just thought (they) didn't pair well with my food," he said. "I make sure everything is right."

Beers in rotation include: Sculpin (unfiltered), a New England style IPA from Jack Rabbit Brewery (1323 Terminal St., West Sacramento), Ruhstaller's Kölsch-style beer (630 K St.), Sactown Union (1210 66th St. near Sac State), New Glory (8251 Alpine Ave., Sacramento).

John commented on that selection of beers.

"There (are) so many breweries out there and I just want to help them, like they help me out," he said. "They're customers of ours."

John noted that Giovanni's has been an asset to South Hills Shopping Center.

"When Giovanni's first opened, South Hills had a lot of vacancies; it was dark," he said. "And Giovanni's has brought a lot of traffic to that area. Now, at least where their restaurant is situated – with our landlord; the entire center has three landlords – there are no vacancies. We helped redevelop that center and we want to continue to do that."

As time passed, John watched as customers who were children now have children of their own.

"We're not going away from the family-style business because – You know what? That's what we truly love," he said. "We love seeing people for the first time when they're children and then teenagers, and so forth."

Father of three children and an overseer of his nephew and niece, the family has grown up at Giovanni's.

Asked if they like video games, he chuckled and said, "Of course. I wish they liked them a little less. We used to have a little room in the back. The kids would hang out. I bought a TV and one of those Nintendo sets. Kids would do their homework and after that was done, they got to play video games for an hour or so and they had the full pizza bar. They loved it and I like to say that it was and still is a great part of their lives.

John stated that his children also have a history of working in his business.

"The children have always worked during the summer and one or two days during the week during school. One son got a job in Southern California. My other son, John, works in the business now. My daughter, she's 12. She comes and fills pizza boxes and does whatever she could. John's wife, Jenny Ruffaine, and John's business partner Carlo and his wife Allison Grifone have been at the restaurant, also since the beginning.

"Without them, I don't kid you, I would have lost my mind. They're definitely the ones keeping things moving along. They were the ones working really hard getting this renovation."

Pioneers of the Neapolitan-style pizza in Sacramento (long before One Speed and Masullo's), Giovanni's has always made everything that they sell and has always contributed to the community as much as possible.

"I think that's how it should be. Even in tough times, we figured ways we could help out," John said. "It's not always cash. It could be a party donation, a gift card, whatever way we can help out."

Thrilled about the renovation, many customers and friends, meanwhile urged Giovanni's to stay open. "The reason we're open during construction is from our customers saying: Please don't close," John said. "We did have to close for a total of two days, I guess. In between customers were coming in saying, 'This is great.' They're so excited. We have amazing customers."

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Local theater group set to run "West Side Story"



Fresh off their success from last year's production of "Les Miserables," where Young Actors Stage (YAS) won seven Elly awards, the local company is set to bring to the stage the musical, "West Side Story," May 19 through May 28 at the Twenty-Fourth Street Theater.

From the first notes to the final breath, "West Side Story" is one of the most memorable musicals and greatest love stories of all time. Shakespeare's "Romeo and Juliet" is transported to New York City in the 1950s as two young, idealistic lovers find themselves caught between warring street gangs, the "Jets" and the "Sharks."

The original Tony-award winning Broadway production of "West Side Story" was produced in 1957, with music by Leonard Bernstein, lyrics by Stephen Sondheim, and choreographed and directed by Jerome Robbins. Many people remember the 1961 musical film of the same name, starring Natalie Wood and Rita Moreno. The film, directed by Robert Wise and Jerome Robbins, won 10 academy awards, including Best Picture.

Young Actors Stage's production of "West Side Story" is directed and choreographed by Elly award winner, Liorah Singerman. This production will challenge and showcase a strong ensemble with the musical dance numbers based on the original choreography of Jerome Robbins. This will be the first production of YAS featuring a mature cast, including mostly high school and college students, as well as adults in the roles of Officer Krupke, Lt. Schrank, and Doc.

Sharing the role of Maria are local residents, Ana Riley-Portal and Maddie Perez. An award-winning soprano, Miss Riley-Portal has been seen as Fantine in "Les Miserables," Maria in "The Sound of Music," Marian in "The Music Man, " Miss Perez has most recently starred as Cinderella in the Sacramento Theater Company's production of the same name, Belle in" Beauty and The Beast," as well as performing in many other productions. . Playing the role of Tony, Adan Hensley, was seen last year as Inspector Javert in "Les Miz", and has also played Baron Von Trapp in "The Sound of Music," and Harold Hill in "The Music Man." Interestingly enough, this Land Park resident's grandfather was very close friends with Larry Kert, the man who originated the role of Tony on Broadway. In the role of Riff is Cameron Stephens, who has appeared in a local production of "The Who's Tommy," among numerous other local productions. The role of Anita is shared by Zaarah Little and Elysia Martinez. The role of Bernardo is played by Yahmonee Hedrick, and the role of Chino is played by Tim Alicaya.

Tickets to and information about YAS's "West Side Story" are available online at www.youngactorsstage.com and can be purchased at the door as well. All seats are $15. Sierra Two's Twenty-Fourth Street Theater is located at 2791 24th Street, Sacramento. The shows are Fridays, May 19 and 26 at 7 p.m.; Saturdays, May 20 and 27 at 2 p.m. and 7 p.m.; and Sundays, May 21 and 28 at 11 a.m. and 3 p.m.









Herbert Yee honored for community service at Angel Island organization's event

By LANCE ARMSTRONG

Dr. Herbert Yee, a longtime resident of South Land Park, was only 6 years old when he arrived as an immigrant at Angel Island from Toishan, China in 1931 with his mother, Hom Wai, and his brother, Calvin.

Eighty-six years later, he received special recognition from the Angel Island Immigration Station Foundation (AIISF) for his service as a community leader.

That recognition came on April 6 during a ceremony at the Grand Hyatt Hotel in San Francisco.

Herbert, 92, spent more than a half century working as a dentist, including his service as the official dentist for the staff of two California governors.

His dentistry experience dates back to World War II, when he served in the Army Dental Corps.

Herbert, who graduated from dental college in 1948, also served as president of the California State Board of Dental Examiners, president of the U.S. section of the International College of Dentists and was a 40-year member of the University of the Pacific Board of Trustees.

His community service includes providing financing for dental, pharmacy and law school scholarships, and funding for the restoration of the Chinese herb museum in Fiddletown and the construction of a school in his hometown village.

He also contributed funds to the Sacramento Zoo and is a longtime board member of the California State Railroad Museum Foundation and commander of Gung Ho American Legion Post No. 696.

Herbert's road to arriving at Angel Island began through his father, Henry Yee, and his granduncle, Dr. T. Wah Hing, who arrived in Sacramento in 1906.

After graduating from Sacramento High School, Henry attended Stanford University and the University of California, Berkeley.

He continued his education at the University of Michigan, where he earned a bachelor's degree in civil engineering in 1921 and a master's degree in the same subject in 1923.

Henry next spent a short time working for the Michigan State Highway Department before returning to China.

While once again in his native country, Henry served as chief engineer of railroads and highways in the Canton area and chief of public works in Swatow (now Shantou).

Henry returned to America with his son, Paul, in 1929. And he eventually earned sufficient funds to pay for the rest of his family to come to the United States.

Herbert said that it was difficult for his father to acquire money during that era.

"That was the Depression and he was a civil engineer," he said. "He couldn't get a job with the state, and not only that, there was still discrimination."

As previously mentioned, Herbert immigrated to Angel Island from China in 1931 with his mother and his younger brother, Calvin.

Herbert said that he traveled aboard a ship for three weeks en route to Angel Island, which processed more than 1 million Asian immigrants from 1910 to 1940.

"We traveled third class," he said. "For $400, we had three people. They're not going to put you in first class. But it took three weeks to get here. We left in about March 1931 and we stopped in Hawaii, of course. I just remember (the ship) was pretty crowded."

"Our big ship landed (in Hawaii), but we didn't even get on the shore. They picked us right off the ship and took us to Angel Island."

Herbert recalled the immigrants of this San Francisco Bay immigration station.

"Anybody in the old days, if you wanted to come to the United States, they put you there (at Angel Island)," he said. "If you came from Europe, you went to Ellis Island. So, we're from the Orient. Of course, that includes Japan, Korea, China, the Philippines (and certain other places). All the people from the Orient had to go through there. And at that time, they didn't want to have too many immigrants."

Herbert added that he entered Angel Island during the era of "paper sons."

"The Chinese had a system," he said. "When we went back to China every time, we would say, 'We've got a baby boy.' That's what they called a paper son. Like five or 10 years later, a rich guy in China would say, 'I would like to get my son (into the United States), and we'll buy the paper for $5,000.' And that's why you'll see some (Chinese) people, they're name is Wong, but they're really a Yee. And I'm a real Yee. My father was already here."

Herbert said that it would be another two years before his sisters, Song and May, would come to Angel Island.

"We left the two little girls home in China in the care of my mother's sister-in-law, because we didn't have enough money to bring them all together," he said. "My father had to work another two years in America to bring them here. I think it was $400 to bring them from our village in China."

Prior to when Herbert came to America, his father was already working in Sacramento as an herbalist.

Henry, who would become a licensed chiropractor in 1936, also wrote health-related advertisement articles that were published in The Sacramento Union for his business, Dr. Henry Yee Herb Company, at 707 J St.

And in 1941, Henry co-founded one of Sacramento's first Chinese supermarkets.

In sharing another memory about his week at Angel Island, Herbert recalled sleeping on the top level of a three-level bunk bed.

He also stated that he was allowed to stay in the women's section on the second floor of the administration building.

"Of course, I stayed (in) the women's department," he said. "The men were on the other side. But I was only 6 years old. I didn't know how to take care of myself, so I got to stay with all the ladies."

In addition to Herbert's own recognition last month, I.M. Pei, Norman Mineta, Jerry Yang and the India Community Center were also among the 2017 class of the AIISF Heritage Award recipients.



Photo by Lance Armstrong

Dr. Herbert Yee holds his community service award that he received last month from the Angel Island Immigration Station Foundation.

The Canton-born Pei, 100, was admitted to Angel Island in 1935 and eventually became recognized as one of the greatest modern architects. His work includes the pyramid at the Louvre in Paris, the Bank of China Tower in Hong Kong, and the National Gallery of Art in Washington, D.C.

Pei was unable to attend the event and was represented at the gathering by his daughter.

Mineta, whose mother arrived at Angel Island in 1914, was a San Jose City Council member, mayor and U.S. congressman. He was also appointed secretary of commerce by President Bill Clinton and secretary of transportation by President George W. Bush.

Yang, who was born in Taiwan in 1968, co-created, with David Filo, a guide to the World Wide Web, which became Yahoo! He also formerly served as CEO of Yahoo! Inc. and began a venture firm, known as AME Cloud Ventures.

As for the India Community Center, it was founded 14 years ago to cherish India's heritage and preserve its culture in the United States.

Herbert mentioned that while speaking at the AIISF award presentation, he addressed Yang, who with his wife, Akiko Yamazaki, donated $75 million to Stanford University in 2007.

"When I followed him, I said, 'I wish I was as tall and good looking and young and rich like you, but I'm not.' And I (added), 'And he's high-tech, and I'm so low tech, I'm no tech.'"

Herbert, who was joined by about 30 members of his family at the event, donated $25,000 to the Angel Island Immigration Station, and had a bench placed on the island in his honor.

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A stage for science:

Southside Park was ground-zero for Earth Day weekend events

By MONICA STARK
editor@valcomnews.com







As more than 500 marches organized by scientists around the world denounced the Trump Administration's disregard for science, Southside Park swelled with 18,000 to 20,000 protesters who marched to the Capitol on Saturday. Some have never seen so many scientists taking to the streets ever before, drawing families with children dressed as scientists donning goggles to elected official like Senator Dr. Richard Pan.

And, on Sunday, the annual Earth Day festival organized by the Environmental Council of Sacramento promoted environmental and climate literacy with about 150 organizations and businesses showcasing a vast array of practical information, goods and services that promote sustainability. From live music, to local artists, plant-based cuisine, educational opportunities, and kids activities, the free-admission event drew thousands of attendees throughout the day.

Entertaining passersby with her ping-pong table bike, players got to hit the ball as owner Sacramentan Karen Gale cruised through the park. Mostly staying parked, however, many folks took interest in the bike, asking questions like: "Can I play?" Responding with an excited "yes", Gale explained her inspiration behind the bike (Burning Man), the help she had making it (Sac State engineering student Andrew Broderick) and quoted Jake Wallis Simons who once said: "Some things exist just to make you happy. Table tennis is one of those things." Gale has taken the bike around to different events in Sacramento (and you can read more about her and other projects in the next issue of the Land Park News).

Event spokesperson Alexandra Reagan said Earth Day Sacramento 2017 was probably the largest the annual event has been, at least since she's worked for ECOS over the last four years and the groups being represented are less on the fringe of society than ever before. "A lot of the concepts that may have started in the '60s or '70s like population growth control and socialist groups are more mainstream now. We're really seeing that there's strength in coalition. We have a lot of the same shared principles… People are seeing the effects of pesticides, pollution, and how you can't ignore behaviors that contribute to poor air and water quality. Sacramento is one of the worst places for allergies and a lot of that has to do with pollution. It's important to see and remember that. That has a lot to do with why things are a lot less fringe. It's hard to ignore the impacts on the planet and the use on our resources at a rapid rate."

Inspired by the colorfully hippie environmental event, the Davis Whole Earth Festival (which is held every Mother's Day weekend Friday-Sunday at UC Davis), Reagan said she tries to promote Earth Day Sacramento in a similar vein. "I love the Whole Earth Festival, and I've been trying to promote that in images I use, the groups who come. I try to tell people that."

Reagan not only attended the march on Saturday, she flyered for the ECOS Earth Day celebration at the Capitol, where she found many people who didn't know about the Sunday event. As she told the marchers: "You didn't know it was happening? You know it is where you just were – (Southside Park). I just assumed they knew about Earth Day. Most community activities I go to with a green lens and I see the same people. I think (the Science March) could have added to the energy (at the ECOS Earth Day)."

The issue of transportation was on many people's minds at the Earth Day event.

Eric Sunderland of Organize Sacramento said his organization, which meets at 1714 Broadway, said public transportation is a focus this year with weekly Saturday meetings from 1 to 3 p.m. to put "public" back into public transit. He argues more people in the Sacramento area would ride public transit if it was more affordable and accessible, adding that some people he met at Earth Day "took an Uber" with a group of friends because it was cheaper to split the fare than ride transit.

Meanwhile, many different electric vehicles from owners were on

See Earth Day, page 9



Earth Day:

Continued from page 8

display at the Sac EV (electric vehicle) area where test drives were a noted success.

Club member David Ewert, of Stockton and owner of a 2015 Zero motorcycle, said he was looking online for a local group and Sacramento was the closest to him. Riding to the festival on the motorcycle from Stockton, Ewert said public perception has changed on electric vehicles since he's been an advocate for almost 10 years now. A previous owner of an electric motorcycle in 2008, and the owner of a Nissan Leaf for three years, Ewert said he's he's seen a dramatic change in the number of cars available and the models and the motorcycles. "Just 10 years ago, there were very few choices. Now there's 20 kinds of cars that are electric." His 2015 Zero can reach speeds of 100 mph and can travel about 100 miles on a charge (not at that speed). "It's got a 15-kilowatt-sized battery back. It's quick with acceleration."

The Sac EV club members who showed cars are environmentalists. "We want to show people there is a way to get off of oil and it doesn't have to be in a golf cart. You can have a cool car or a motorcycle and do your commuting without fossil fuels and help with climate change."

Near the Sac EV area, David Roddy, one of the members of the Sacramento chapter for the Democratic Socialists of America, said the election of Trump has ignited an exponential increase of members. "(The DSA) used to be very fringe when I started to get involved. Now it's consensus, especially here at Earth Day." Among a number of local issues, rent control has been a hot topic at DSA Sacramento chapter meetings. "It's going to blow. The current situation is unsustainable and I don't think renters are going to get displaced so willingly. There's a movement now demanding stabilization."

Ben Arriaga, who also helped table for DSA, said when it came to the topic of rent control at a recent meeting held at Organize Sacramento, it was standing-room only. "I feel that was the biggest meeting; we ran out of chairs. That's what happens with capitalism when (landlords) earn on the fact that they own (property) and get to own it."

Additionally, during the afternoon hours on Sunday, April 30, club members will canvass around McClatchy Park for single-payer healthcare, as hearings for SB562, the Healthy California Act, are underway at the Capitol.

The biggest fundraiser of the year for ECOS, Earth Day Sacramento was sponsored by various community partners, SMUD, the air quality management district and SEIU who gave money or in-kind services.

Other upcoming events various Earth Day participants will be involved with include:

Leading the Way to Carbon Zero: A climate forum at McGeorge School of Law on May 13 from 9 a.m. to 3 p.m. Cost is $25 or $10 for students. There will be speakers, panel, discussions, a vendor expo, and other features. Find out more at: 350sacramento.org/?event=forum

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From the office of Assemblymember Jim Cooper

Assemblymember Jim Cooper announces 2017 Young Assemblymembers Program





The Young Assemblymembers Program is a four-week long program which is open to 10th, 11th, and 12th grade students entering the 2017-2018 school year. The program has been created to provide students that reside in California's 9th Assembly District with an opportunity to develop skills in leadership, team building and problem solving, and to understand the importance of civic participation and the legislative process.

The four-week long program is free of charge. The program offers workshops on legislation, community service, critical thinking, and conflict resolution. Students will participate in an initial two-day leadership development training to sharpen and learn leadership skills. At the end of the four weeks the participants will be able to effectively communicate with others, have knowledge of community organizations and experience in community service projects, while also possessing knowledge of the legislative process and the workings of a California State legislator. These students will be able to refer to their time with the program as work and volunteer experience.

The program aims to spark an interest in these young adults to become active in their communities and take part in the democratic process by providing them with important information.

The Young Assemblymembers Program schedule is every Tuesday and Thursday from July 11 to Aug. 8 from 2 p.m. to 5 p.m., and will take place at the State Capitol.

Friday, June 9: Application deadline
July 11 and 13: Leadership Development, Legislative Process, Media, and Professionalism
July 18 and 20: Community Organizations, Community Service
July 25 and 27: Homelessness, Affordable Housing
Aug. 1 and 3: Tour of State Capitol and Assembly Floor, Program Completion Ceremony











Police Log

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, APRIL 19
(Bait Equipment Activation): 2800 block of Florin Road at 8:54 p.m.
Officers responded to the area for a bait bike activation. Officers located a subject that was nearby the stolen equipment. Officers detained the subject and after investigation and witness interviews the subject was arrested for grand theft and possession of stolen property.

THURSDAY, APRIL 20
(LoJack Activation): Florin Rd / Indian Lane at 11:43 p.m.
Officers responded for a Lojack activation. Officers were able to track the vehicle to the area of Meadowview / 24th Street and conduct a stop on it. The driver was detained without incident. Officers also contacted the occupants of the vehicle parked next to it, which also turned out to be stolen. Officers determined both vehicles were stolen from different car dealerships, leased from fraudulent checks. Both suspects were arrested and additional follow up was done by officers and outside agencies.

FRIDAY, APRIL 21
(Robbery): 2700 block of San Luis Court at 6:32 a.m.
Officers were hailed at the police station for a robbery report. District officers responded and contacted the victim. Officers determined the victim was trying to purchase a motorcycle parts from an online posting page. The victim was met by the suspect who displayed a firearm and demanded the victim's property. The victim gave the suspect his property and returned to his car. Officers took a robbery report and advised a robbery detective.

TUESDAY, APRIL 25
(Death Investigation): 2700 block of Ramp Way at 1254 hours.
Officers responded after Fire personnel located a body floating in the river. Officers arrived and began the initial investigation. The coroner responded and took over the call.

THURSDAY, APRIL 27
(Robbery): 2700 block of Florin Road at 6:15 p.m.
Officers responded to the business for a subject that had brandished a knife after stealing property for the business. The Sheriff's helicopter arrived in the area and located the subject, directing officers to him. The subject was detained by officers who located a knife nearby. The subject was arrested and booked for robbery without incident and a report was generated.

(Bait Equipment Activation): 2200 block of Florin Road at 10:31 p.m.
Officers responded for a bait equipment activation. Officers were able to track the stolen equipment and locate a suspect standing near the equipment. The suspect was taken into custody and arrested without incident for theft charges.

(Burglary): 2600 block of Riverside Boulevard at 11:15 p.m.
Officers responded for a ringing burglary alarm. Officers arrived and located forced entry into the business. Officers determined the suspects stole property from the business. Officers canvassed for witnesses and took a report. No suspect have been arrested at this time.



2017 Komen Sacramento Valley Race for the Cure set for May 13

Susan G. Komen Northern and Central California is counting down the hours until the 21st annual Sacramento Race for the Cure. The race honors the cancer survivors along with their families, as well as those who have made a significant impact in the Komen community. This year's fundraising goal is to raise half a million dollars, which will benefit all of Komen's community programs and continuing to find an end to breast cancer. New for 2017, to assist with this, Life Saving Images will offer low to zero cost mammography screenings with an on-site mobile clinic on race day.

The More Than PinkTM campaign supports Komen's bold goal is to reduce the current number of breast cancer deaths by 50 percent in the U.S. by 2026. On average, 1 in 8 women will be diagnosed with breast

See Race, page 21

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LIFE IN THE VILLAGE

By JAN DALSKE
Pocket News

Fall was just around the corner. The temperatures were getting much cooler. Our mom had already put warmer blankets on our beds. Linda was turning four years old. Every year our family celebrated everybody's birthday with a cake. Linda had asked our mother to bake her a tall white cake with colored sprinkles on top. Linda's birthday cake this year was an angel food cake covered with homemade powdered sugar frosting and colored sprinkles.

Everyone in our family always looked forward to our mom baking one of her special birthday cakes. And, we had a lot of birthdays in our family. But, our dad really liked our mom's homemade pies. So, if mom did some baking during the week, she would usually make a pie. Her favorite pies to make for us were fruit pies. She covered the slices of fruit with strips of sugared pie crust and sprinkled them with cinnamon before she baked the pies.

She had a large supply of canned fruits in the garage and would pick a different jar of fruit whenever she baked. Our dad liked any and all of the canned fruits, and so did we. Peaches, apricots, cherries, and apples were all very tasty in a pie. Sometimes mom would make a lemon pie with a meringue topping that she made by whipping egg whites and sugar. Her pumpkin pies were always a wonderful treat following our annual Thanksgiving dinner.

When our dad came home from work on Linda's birthday he was carrying a large brown bag. Linda met him at the door and when she saw the bag, she smiled brightly. "Is my dolly in the bag, daddy?" she asked him. He did not answer her, and he kept walking down the hallway to our parents' bedroom. He was cleaning up after work as he always did when he got home. She waited patiently in the hallway. A few minutes later, he came out. He had taken a shower and changed his clothes. He smiled at Linda when he saw her waiting outside the bedroom door.

Then, he strutted down the hallway, in the direction of the kitchen. He did not have the brown bag anymore. Linda must have wondered where the bag was. She was probably hoping that her birthday present was in that bag. Our mom was busy fixing dinner in the kitchen and our dad walked up behind her. He kissed her on the back of her neck, while he whispered something in her ear. Linda watched them from the hallway, curious about what our dad had said to our mom. She needed to find out what was going on with her parents. They were hiding something.

She watched as our dad turned on the lamp in the living room. Then he sat down in his comfortable arm chair to read the newspaper just as he did every day when he came home from work. In the morning, he read part of the paper that was delivered on the front porch. And, after work he finished reading the stories that he had missed. Linda watched him and probably wondered how long he would be reading the paper tonight. She needed some time to tiptoe down the hallway and look for the brown bag. She headed for the bedroom as fast as she could.

But, our mom had already started going down the hallway, and she was in the bedroom before Linda could even get there. Linda waited quietly in the hallway, putting her ear up against the door to listen to what her mother was doing. I bet she thought she could hear paper rustling. She held her breath and was so quiet that she could hear her heart beating. She was taken by surprise when our mom quickly opened the door and moved briskly toward the kitchen.

Linda pretended that she was just walking by and headed for the bathroom as fast as she could. She stayed there for a few minutes. Her heart was still beating fast. Did our mom know that she was listening at the door? Of course Linda wanted to know what she had been doing in the bedroom. Linda tiptoed to the bedroom, opened the door and slowly peeked in. There was nothing on the bed, or under the bed. She checked the bathroom and found nothing.

When dinner was ready our mom called everyone to come to the table and get seated. Linda found her usual place next to her sister Janice, and tried to calm down. She was sure that her heartbeat could be heard by everyone at the table. Our dad led the family at saying grace before we ate our meal. Then our mom started filling the plates with food. Before Linda knew it, dinner was finished and our mom was passing out saucers filled with angel food cake to all of the family members. Then, we all sang Happy Birthday to Linda. Our dad handed her a present wrapped in bright pink paper. Linda grabbed it and tore the wrapping off. The doll with long blonde hair and blue eyes that closed when she went to sleep was inside. Her doll! It was the exact doll that Linda had wanted for her 4th birthday. She was so happy. She thanked our mom and dad. I was pretty sure that this birthday had been her best so far.

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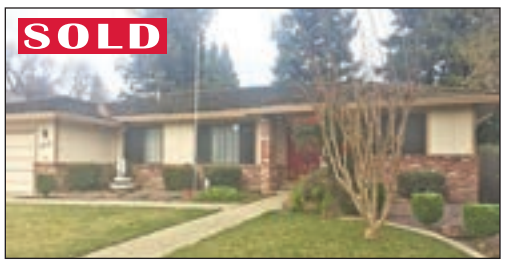

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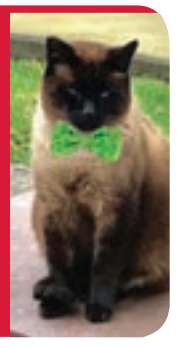

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Renown NASA scientist to speak in Sacramento

By MONICA STARK
editor@valcomnews.com



Renown NASA scientist Dr. Leslie Wickman will speak at First Christian Church, 3901 Folsom Blvd., on May 21 at 7 p.m. Author of "God of the Big Bang How Modern Science Affirms the Creator," her audience will be a community of faith that believes that humanity has a lot to learn from all the disciplines of study, the humanities, all of the sciences, and certainly theology, stated Rev. Ted Firch. "There were many reasons why we wanted her to come to our church. Most importantly, we are hoping to counter the idea that many people have that Science and Christian belief are incompatible, that one must choose to believe in one or the other, and that somehow both cannot be true."

Firch says Wickman's presentations about science are easy to follow and a few copies of the book are being passed around the congregation. With a PhD from Stanford University, Wickman has a long list of accomplishments including working for NASA on the Hubble Space Telescope, as well as a Ted Talk.

Firch said if you have been taught a literal interpretation of the book of Genesis, then you will not be able to accept what modern science teaches, but, he adds Genesis 1-2 was never meant to be a literal description of "what happened.""Those chapters are the stories the Hebrew people told to understand why things are the way they are, and to answer the questions: What does it all mean? And who is behind all of this? So we hope to promote to the Sacramento community our belief that the things that Science studies can point us towards God, and that a belief in God can also encourage a rigorous curiosity about how the world works. As is written in the book of Romans, 'Ever since the creation of the world God's invisible nature, namely, his eternal power and deity, has been clearly perceived in the things that have been made.'"

In other words, First Christian Church does not require you to interpret Genesis in one particular way. "That said, our congregation promotes learning, and most of our youth go to college. I teach very much along the same lines as Dr. Wickman, that the discoveries of Science point us towards belief in a loving creator. I talk about the Big Bang, as it points to a very definite act of bringing 'something' out of what seemed like 'nothing.'"

Additionally, Firch encourages the study of science with his congregation. "If they get into discussions about issues of faith and science, they will be able to offer more than just uninformed opinions," he said.

"I believe that there is a creator God behind all that is. But the discoveries of modern science give us the timelines, and the best descriptions of how God's creating activities happened. We experience ourselves as living, thinking beings. The Bible and Christianity teach us what God's purpose is for our lives and for creation as a whole."

For someone who has traveled the world on speaking tours, Firch said First Christian Church is fortunate one of Wickman's college friends is now a member here. "Jen Jurusik played college basketball with Dr. Wickman, and was very excited when she heard that Dr. Wickman had written her book, God of the Big Bang. Jurusik called her up and asked her if she would come, and we were surprised that she said yes."

Hoping for a full house at the event, Firch encourages everyone to plan to be at the church a little early; most likely you will be parking a block or two away from the church. Childcare for children age 4 and younger will be provided. Dr. Wickman's presentation will be aimed at anyone high school age and older.

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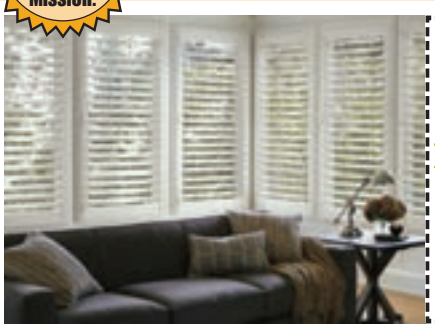

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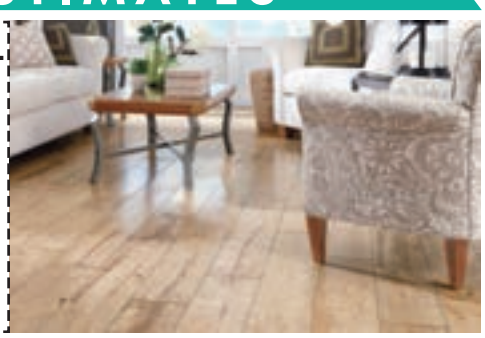

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Dating: from High School Sweethearts to Senior Sweethearts

By JAN DALSKE

Many of us had a "high school sweetheart". We dated through our high school years, and were the best of friends. When it was time to attend our junior and senior proms, we dressed up in fancy clothes and enjoyed those special events together, making memories that would last a lifetime. The photos that were taken at those special celebrations continue to remind us of those happy times. I still have my photos. And, I can't help but smile when I look at them.

If you were one of the lucky ones that fell in love in high school, you probably married young. You and your sweetheart had a happy and fulfilling life together. You may have graduated from college before you started your family. And, then, when you were sure you could afford to raise a child or maybe even more than one, you made the decision about which one of you would stay home and which one of you would work to support the family. Maybe you both worked.

After your children finished their education, they moved out, got married and started families of their own. You enjoyed the time that you spent with your grandchildren. But, you also enjoyed spending time with your high school sweetheart. It was very special to be alone again and enjoy each other's company, just like you had done when you first started dating in high school.

Then, unexpectedly, your spouse became ill. Maybe it was a heart attack, or an accident, but they passed away and left you all alone. The grief was unbelievable. The loss of your lifetime mate was very difficult. You were certain that you would have had many more years together.

Your kids are grown up with families of their own. And, you don't want to be their fulltime babysitter. You have raised your kids, and don't want to raise the next generation. You are still healthy and active and the thought of living alone makes you sad. You want to find someone to share your life with again. But where do you find that person and when are you too old to start looking? And, you ask yourself: do you really want to have another relationship? Are you open to fall in love again, and would anyone ever be interested in you? And, the most important question that you ask yourself, is whether you are too old now to be in another relationship. Is it possible to fall in love again, or is love just for younger people?

You decide that you need to take an inventory of your life. The first thing to do is to make a list of your interests. What kind of activities do you take pleasure in? Do you enjoy reading, writing, going to the movies, or playing board games or cards? Does the local library have any events that might encourage meeting new people that live in your neighborhood? Do you have a dog that you could take to the local dog park? Do you belong to a local church that has a seniors group?

How about the local Senior Center? They offer a variety of appealing activities and you might meet someone there who has similar interests. Is there something that you have always wanted to study? Check out classes at the local colleges. Even if you don't finish the class you may meet some new friends with similar interests there.

Don't just sit home and watch television. You won't meet anyone there, unless it is the mailman. Maybe you have a new neighbor that you would like to get acquainted with. Watch for any opportunity to say hello and invite them over for coffee. They might have suggestions for activities you would enjoy.

Have you always wanted to learn how to dance? Classes are offered in most cities. You might find a partner that likes your "moves". There are senior baseball teams in some cities, and if you are physically fit you can join in. There are teams for both women and men.

The point is that you are alive and alone. But you don't have to be alone forever. Find activities that you enjoy. Do something that you have always wanted to do. There is no better time than now to learn something new, to expand your knowledge of a certain subject you have always been interested in but never had the time to find out about. Time has a way of catching up on all of us. When you put yourself out there, the community will open up new adventures for you. There is a chance that you will meet someone that has similar interests. Wouldn't that be great? Maybe they have been lonely, too. Just because you are not sixteen any more does not mean that someone could not find you attractive and interesting. Give it time, Get out and discover what the world has to offer you. You will find that you are not alone. And before you know it, you will find another sweetheart. It will be someone who has similar interests and is alone just like you. Start slow, hold hands, get to know them, and, most of all, enjoy the journey.







Life on Two Rivers

Skunks

"An adult skunk is fearless and slow. And of course, beware the lifted tail."

By ELLEN COCHRANE

Let's get right to it. Here is the recipe, and you might want to double it:

1/4 cup baking soda
1 teaspoon liquid dishwashing detergent (Dawn)
1 quart of fresh Hydrogen Peroxide 3% (the old stuff can turn to water)

Make sure you mix it in an open container and don't be shocked by the bubbling witches' brew. Wear rubber gloves and start lathering while it's still frothing, work it in and leave it on for 30 minutes. The foaming releases oxygen that attacks the sulfury smell and the detergent neutralizes the oils that help the stink stick to the fur, clothes and skin.

For Carol Walker the recipe was not enough. Carol's apex of horror came when Twinkie burst through the dog door and ran to the couch and rolled, then ran to the bedroom and rolled on the bed and then the carpet. Her house was in chaos for days—reeking, stinking, antiseptic chaos. "The dog ran to safety, but it created torture for us," said Walker.

Not only did she have to wash the dog, furniture and carpet, she also had to close all exterior windows and doors and turn off ventilation and then open all interior doors and boil vinegar for hours. Then she opened up the house and turned on the AC to eliminate the ambient smell. "The house smelled like a weird salad for days, but the vinegar did help."

Our beautiful Sacramento neighborhoods are the natural habitat for the western striped skunk. California is also identified as habitat for the spotted skunk but I've never seen one in the area. This year the rains and flooding seem to have pushed more skunks into the neighborhoods that snuggle up to wilderness. Sightings are common and the tell-tale whiff more prominent. An adult skunk is fearless and slow. And of course, beware the lifted tail.

Skunks' defense is very specialized. The anal scent glands are modified into spray sacks or papillae and have small nipple like protrusions at the base of the tail just inside the rectum. When chased by dogs the skunk usually can't see its harasser as it flees, so it sprays a mist of stink. If the animal is cornered, and has a good line of sight, the skunk can exercise precision control over the aim and can nail a target 5-9 feet away. More often that not, a skunk prefers retreat, and hisses, stomps and waves its tail to discourage contact.

Phoebe Hearst principal Nate McGill never thought he'd end up an animal wrangler, but with his trademark can-do attitude he jumped right in when skunks dug in at the elementary school. The weather and birthing season brought a higher than usual invasion to the campus this year. "In prior years there was a single family that would occasionally sneak under the portables to get out of the bad weather. This year, it was clear there were more than just a few skunks living under rooms 26 and 27. We could see three burrowed holes," said McGill.

Water can intensify the chemistry of skunk musk, and Phoebe Hearst staff and students got a giant whiff. Kids were going home with headaches and teachers needed to move classes to the library or technology room to escape. McGill soon realized the scope of the problem. "The smell was bad already and the cold and damp weather seemed to trap it—the classrooms stunk. Each time the smell got intense we'd call the trapper and we'd trap one, and hope it was the last. Well, after seven trapped skunks, it was clear we had a bigger problem." Room 27 seemed to be the favorite lair so McGill got his circular saw, drill and some wood screws and boarded up one of the holes and the smell dissipated significantly. Shortly thereafter, Sac City's maintenance crew came out to dig down fencing around the access areas. The critters did come back and tried to dig under, but gave up when they hit the buried fence.

It is possible to live in peace with skunks and they should not be destroyed needlessly. They are beneficial to neighborhood gardeners, eating snails, earwigs, mice, rats and other pests. They eat a large number of insects that damage lawns and our backyard crops. Respect is the key. Let the lumbering stink bombs move on if you see one, and never approach. Never leave food outside to attract them and make sure access to your foundation, and all little hidey-holes are sealed. Contact a local wildlife rescue center if they set up house on your property.

Darcie Wilks Patock of East Sacramento had a skunk encounter of the cutest kind. Baby skunk cute factor is about 99.99% and Wilkes experienced it first hand when she helped rescue a batch of kits. "They were at a friend's property, said Wilks. We think their mom was killed. After about three days my friend and I were able to pick them up and we brought them to the wildlife rescue center. It was easy to get them because they did not have their sprayers yet."

Stink kitty, essence-peddler, polecat, civet cat or wood pussy, skunks are part of our urban family. It has no need to camouflage and carries a heartily respected weapon. If we tiptoe around it's noxious musk and pause to consider the benefits it brings, we can coexist with this stink bomb—carefully.



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23rd Spare The Air season now underway

Air pollution affects us all

The Sacramento region's 23rd Spare The Air season began May 1. Each summer, the Spare The Air campaign educates the public about the health effects of air pollution and asks residents to drive less when a Spare The Air alert is issued due to poor air quality.

Residents in the Sacramento region are urged to pay attention to the daily Air Quality Index (AQI) by downloading the free Sacramento Region Air Quality app. It's available in iOS, Android and Windows app stores. Users get the daily air quality forecast, current air pollution readings for Sacramento, Placer, Yolo-Solano and El Dorado counties, as well as Spare The Air alerts and wildfire smoke advisories when issued.

The AQI keeps the public informed about how clean or polluted the air is in their communities. The chart has six categories: Good (green), Moderate (yellow), Unhealthy for Sensitive Groups (orange), Unhealthy (red), Very Unhealthy (purple), and Hazardous (maroon).

Some people are more vulnerable to the health impacts of air pollution, including children, because their lungs are still developing; older adults and the elderly; pregnant women; and individuals with heart or lung disease, especially asthma. Even if you are healthy, air pollution can cause respiratory irritation or breathing difficulties during exercise or outdoor activities.

Follow these tips to help reduce air pollution and protect your health this summer:

- Reduce your driving – postpone at least one trip, especially on a Spare The Air day
- Garden green – avoid using gas-powered lawn mowers, leaf blowers and other garden equipment
- Link your errands into one big trip to lower pollution by reducing cold starts of your car engine
- Work from home – get employer permission in advance
- Bring your lunch to work
- Use an electric starter or chimney briquette starter instead of charcoal lighter fluid to start your barbecue
- Postpone outings on gas or diesel-powered boats, trail bikes or all-terrain vehicles because they are high pollution sources
- Take public transit, walk or bike for commute, errands and recreation

Visit www.SpareTheAir.com, follow Spare The Air on Twitter at Twitter.com/AQMD, or "like" Scooter, the Spare The Air mascot, at Facebook.com/ScooterTheSpareTheAirDog.



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Thurs., June 8
Thurs., Aug. 3 (Dinner @ 6:30 pm)
Thurs., Sept. 7 (Dinner @ 6:30 pm)
Thurs., Oct. 12
11:30 am to 12:30 pm
East Lawn Memorial Park & Crematory
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Wed., June 14 (Dinner @ 6:30 pm)
Wed., Sept. 20 (Dinner @ 6:30 pm)
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East Lawn Andrews & Greilich Mortuary
To RSVP or More Info: *916.732.2026*

Wed., May 10
Wed., July 19
Wed., Aug. 9 (Dinner @ 6:30 pm)
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Sierra Hills Memorial Park & East Lawn Mortuary
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What's happening Pocket/Greenhaven?

FRIDAY, MAY 5

FAIRYTALE TOWN PRESENTS CHILDREN'S BOOK WEEK: Celebrate Children's Book Week with storytime, activities and giveaways each day of the week! From May 1 through May 5, join us on the Mother Goose Stage each day at noon. A different book will be featured each day with storytime and craft activities inspired by the selected book. There will also be a Scholastic Book Fair with books and more for sale. It's a week of literary fun! Children's Book Week activities are free with paid park admission.

CINCO DE MAYO FIESTA AT THE ELKS LODGE, NO. 6: No host cocktails start at 4:30 p.m., followed by a performance by Mariachi Los Gallos at 5 p.m., dinner and raffle at 7 p.m. (carnitas, rice and beans, nachos, salsa and chips), and dancing at 8 p.m. to music by Latin Touch. 6446 Riverside Blvd. $25 per person. ; 422-6666. Credit cards welcome.

SATURDAY, MAY 6

SJUMC BAZAAR: The Sacramento Japanese United Methodist Church will host its annual Asian Food and Cultural Bazaar at 6929 Franklin Blvd. from 11 a.m. to 5 p.m. on Saturday, May 6. Please note, this is a new date and time for the bazaar. The bazaar will feature teriyaki chicken, sushi, sesame chicken, chow mein, udon, Korean short ribs, pastries, and manju (Japanese confections) cooked on-site by church members and friends. Free entertainment will include performances by ACC Pocket Pickers (a ukulele group), Sacramento Taiko and more. The event will also feature handmade items crafted by the Boutique Committee, hand made cards, and children's games. Rev. Motoe Yamada welcomes everyone to SJUMC's lively and growing congregation. Current membership includes people of all ages and of diverse ethnic backgrounds. The church's programs include a Youth Basketball Program; Choir; United Methodist Women's Group; Adult Education Classes; Youth Group; Garden Angels (church landscaping); Prayer Ministry; and more.

For more information about the Asian Food and Cultural Bazaar or any of the SJUMC programs, please see www.sacjumc.com or call the church office at 421-1017. Children ages 1 and under are free.

FOSTER FAMILY APPRECIATION PICNIC: From 10 a.m. to 2 p.m. at William Land Park, 3800 West Land Park Drive. Food, bounce house, video game truck, face-painting and more. (Presented by Uplift Family Services).

SOUTH LAND PARK YARD SALE: From 8 a.m. to noon between between Sutterville and 35th Avenue, find children's clothes, sports equipment, lawnmowers, furniture, the lost second season of Firefly and so much more. The Yard Sale Map showing all participating homes will be ready soon at slpyardsale.com. Participating homes will also have maps available on Yard Sale Day.

17th ANNUAL HEALTHY KIDS DAY: Sacramento Covered will host the 17th Annual Healthy Kids Day, where FREE health-related services will be provided to over 2,500 Sacramento-area residents. This year's event will take place on Saturday, May 6 from 10am to 3pm at the Golden1 Center (Plaza). Visit SacramentoCovered.org/Healthy-Kids-Day for more information.

SATURDAY, MAY 6 AND SUNDAY, MAY 7

FAIRYTALE TOWN PRESENTS A PUPPET SHOW: "THE THREE BILLY GOATS GRUFF"

Show times at 12:30, 1:30 and 2:30 p.m. Puppet Art Theater Company presents the tale of "The Three Billy Goats Gruff" in the Children's Theater. This production starts with the classic race of "The Tortoise and the Hare." Hare, super speedy; Tortoise, slow and steady. Who will win? The conclusion of the race takes place on the Troll Bridge, waking up the Grumpy Old Troll. Then watch on as the Three Billy Goats find a way to outwit the Troll and get across the bridge so they can enjoy the field of green grass. Tickets are $2 for nonmembers in addition to park admission and $1 for members. Tickets can be purchased at the Fairytale Town main gate or at the entrance to the Children's Theater 15 minutes prior to showtime. For more information, visit fairytaletown.org or call 808-7462.

SATURDAY, MAY 6

JFK E-WASTE FUNDRAISER: From 9 a.m. to 1 p.m., bring your eWaste to the parking lot at Kennedy High School.

THURSDAY, MAY 11

BREATHE FEST 2017– Celebrating community and clean air in the Sacramento Region: Breathe California Sacramento Region will put a twist on their long-standing Clean Air Awards by honoring Sacramento's leaders in sustainability at a brand new event, Breathe Fest. Breathe Fest will highlight impactful changes Sacramento residents can make in their daily lives and honor five local Clean Air Champions. Breathe Fest, to be held at the exclusive Sacramento Railyards Paintshop, will feature live music from IdeaTeam, regional food and beer from SactoMoFo, a local marketplace curated by DISPLAY, tiny homes, and an electric vehicle showcase. Event emcee, Kat Maudru, will honor local clean air champions, individuals and organizations making significant strides in improving air quality in the greater Sacramento region. This year's winners include an impressive list of local leaders and businesses that have contributed to improving air quality through targeted actions. Specific contributions include decreasing water and energy usage, pioneering public school food waste recycling programs and instituting innovative business practices In addition to the awards program, music, food and beverages, Breathe Fest will feature an exciting interactive networking space where sponsors can showcase their latest programs, achievements or technological developments to attendees. Many of the region's most influential business and civic leaders as well as elected officials from all levels of government are expected to be in attendance. This year's event is sponsored by the Sacramento Metropolitan Air Quality Management District, Regional Transit and Capital Public Radio, among others.

Breathe Fest will be held at the Sacramento Railyards on May 11, 2017 from 5:30 p.m. to 9:00 p.m. To purchase tickets, become a sponsor or learn more about Breathe Fest, visit www.sacbreathe.org/breathefest. After May 1, ticket prices will go up to $40. For more event or sponsorship information, contact Jenny Matchell at (916) 444-5900 ext. 217 or jmatchell@sacbreathe.org.



SATURDAY, MAY 13

FAIRYTALE TOWN'S COMMUNITY DAY AT THE SACRAMENTO ADVENTURE PLAYGROUND: All ages are invited for a day of play at the Sacramento Adventure Playground, located at the Maple Neighborhood Center, 3301 37th Ave. from 11 a.m. – 3 p.m. Children get to create their own play structures and spaces by re-purposing everyday items such as cardboard boxes, plus household wares, natural elements and unexpected items. The playground is a fun and safe environment where children can use their imagination and creativity to direct their own play! The Sacramento Adventure Playground is open rain or shine, and admission to the playground is free. For more information, visit sacadventureplay.org or call 222-3831.

JFK MARCHING BAND & COLOR GUARD YARD SALE: Multiple families participate in this large yard sale and proceeds benefit this great organization. 7 a.m. to 2 p.m., JFK High School, Corner of Florin road/Gloria Drive; 6715 Gloria Drive. And, if you are interested in purchasing a mattress, the school is also hosting a mattress sale from 10 a.m. to 5 p.m. inside the cafeteria. The award-winning band and colorguard are raising funds for a trailer, which will save hours and help get performers on the road. Follow these steps to receive a text message reminder about the mattress fundraiser: Text the words "Bedtime JFKHS" to: the number "67076".

COMMUNITY FORUM: LEADING THE WAY TO CARBON ZERO: 350 Sacramento is hosting a Community Forum, which will explore paths to achieving carbon zero in the Sacramento region. The keynote speaker will be Alex Steffen, author of Carbon Zero: Imagining Cities that Can Save the Planet. This is going to be an amazing event that is expected to inspire and energize our community to speed up our transition to a fossil fuel free future, with its many benefits of jobs, health, livable communities, resilience, and much more. Register in advance or find more information here: 350sacramento.org/communityforum; Pacific McGeorge School of Law, 5th Avenue, Sacramento. 9 a.m. to 3 p.m.

THURSDAY, MAY 18

SACRAMENTO RESCUE AND RESTORE COALITION PRESENTS:Human Trafficking, Sexual Assault in the Workplace and Employment Discrimination from 9 a.m. to noon (check-in begins at 8:30 a.m.); McGeorge School of Law, Classroom D; 3285 Fifth Ave.

SUNDAY, MAY 21

GUITAR SOCIETY ORCHESTRA SPRING CONCERT: The Sacramento Guitar Society Orchestra will be performing a Spring concert at the Clara, 24th and O Streets, on Sunday, May 21st at 3 p.m. Also performing are some of the area's well known classical guitarists; Matthew Grasso, Sean O'Connor, the SGS Orchestra director,and Greg Williams. Donations will be accepted at the door.

ONGOING

SURVEY: SACRAMENTO'S NEXT POLICE CHIEF: Citizens are being asked to weigh in on finding the best fit for the City's next police chief. A survey is being circulated in seven languages to capture a wide range of feedback. View or take the survey. The survey will remain active until May 15. "Our hope is to wildly encourage community participation and ensure transparency in the police chief recruitment process. We have already heard from community leaders that they want someone to help address homelessness and mental-health related issues," said Assistant City Manager Arturo Sanchez. A similar survey was also sent to members of the police department. The leader of the department is responsible for daily operations of the police department, with a budget of $132 million budget and more than 1,000 combined sworn officers and employees. The job description is posted on the job recruiter's http://www.ralphandersen.com/jobs/chief-of-police-sacramento/.

WANTED: LIFEGUARDS FOR 2017 SUMMER POOL SEASON: City of Sacramento Parks and Recreation Department is currently seeking lifeguards to work at one of the City's 17 community pools. More than 80 lifeguard positions are still needed for the 2017 summer season. Individuals at least 16 years of age, currently certified, or meet the lifeguard course prerequisites are encouraged to apply. For those that need training, scholarships are available to applicants interested in attending the Lifeguard Academy. The Aquatics Section offers American Red Cross Lifeguard Training All interested applicants must sign up through the City's aquatics website. http://www.cityofsacramento.org/aquatics

Lifeguard Academy application deadlines:
Deadline: Thursday, June 8 for **Course dates:** June 19 to June 23, from 9 a.m. to 5 p.m.
Deadline: Thursday, July 13 for **Course dates:** July 19 to July 23 from 9 a.m. to 5 p.m.

For those that are certified later in the summer, those individuals will be able to work a partial pool season, and be trained for the following year. As a lifeguard, individuals can earn $10.50 - $12.75 an hour, teach children how to swim, learn how to save a life, and help put on special events and programs that benefit the community.

BE A PART OF JFK HISTORY- PURCHASE A BRICK: John F Kennedy High School has a new athletic stadium for track, football, rugby, marching band, fitness, and soccer. Phase 1 of the brick walk is now complete. There is a section with over 100 bricks installed. There is room for many more, so become part of JFK history by purchasing a personalized brick for the walkway. This campaign continues throughout the 2016-2017 school year. Phase 2 bricks will be purchased in May 2017.

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

VINTAGE HOT RODS AND CLASSIC CARS AT LAKE CREST VILLAGE: Starting May 12 through Oct. 13, 2017, cars will be displayed on the 2nd Friday of each month from 5:30 to 8:30 p.m. at Lake Crest Village Shopping Center corner of Florin Road and Greenhaven Drive. The June and August events will be held on the first Friday of those months. Come take a look, many of these cars participate in special events in the area. For more information you can contact Tony Antonucci at 916-606-5459.

What's happening Pocket/Greenhaven?

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

SOROPTIMIST INTERNATIONAL OF SACRAMENTO SOUTH: Meetings on the second and fourth Tuesday of the month at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. For more information, call Dee at 341-7852.

JOB COACH APPOINTMENTS AVAILABLE AT POCKET LIBRARY – Make an appointment to meet one-on-one with a volunteer job coach and get help with online job searching, using library databases, interviewing tips, resume writing, and more. For questions or to schedule an appointment, please ask at the library service desk or call 916-264-2920 during open hours. Appointment times are available for most Wednesdays between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TECH HELP APPOINTMENTS AVAILABLE AT POCKET LIBRARY – Have a technology question or problem? Sign up for a one-on-one technology help session with our staff. We can help with basic computer, Internet or e-mail questions, and/or get you started with library services like e-books or e-magazines! Stop by the service desk or call 916-264-2920 during open hours to make an appointment. Appointment times are available for most Wednesdays between 4 p.m. and 7 p.m., Thursdays between 1 p.m. and 3 p.m., and Saturdays between 10 a.m. and noon, at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY/TODDLER STORYTIME AT POCKET LIBRARY – Babies and toddlers (ages 0 to 3 years) and their caretakers are invited to join us for songs and rhymes. Arrive extra early or stay later for extra social time with other children and parents. Tuesdays and Thursdays, from 11 a.m. to 11:20 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

KNIT TOGETHER AT POCKET LIBRARY – Love to knit? Want to learn? Join us for expert advice, great conversation and more. All crafters are welcome, not just knitters! Every Friday from 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY –Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY – Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

PRESCHOOL STORYTIME AT BELLE COOLEDGE LIBRARY – Preschoolers ages three and older and their caregivers are invited for fun songs, stories, fingerplays and a play activity. Thursdays at 11 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

SING ALONG WITH MISTER COOPER - Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

HOMEWORK ZONE AT BELLE COOLEDGE LIBRARY – Teen and adult volunteer homework coaches will be available to assist students in grades K-8 with homework assignments. Please note: Homework Zone ends on June 8, 2016. Space is available with coaches on a first-come, first-served basis. Wednesdays from 4 p.m. to 5 p.m. and Thursdays from 3 p.m. to 5 p.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.



Race:

Continued from page 11

cancer in their lifetime. In order to fight breast cancer, pink cannot be just a color—it is the collaborative initiative and action that brings people and communities together in order to create awareness, education, research, and treatment for women with breast cancer. Anyone who registers and donates at least $125, the average cost of a mammogram, will receive a free More Than PinkTM cape, and they will be recognized as a More Than PinkTM VIP Hero. VIP Heroes will lead the Survivor Processional on race morning, and will also Receive VIP treatment during the Race Expo.

Since 1996, the Komen Sacramento Valley Race for the Cure has invested nearly $20 million in its community. Earlier this year, the Northern and Central Valleys merged their affiliate, and now serve 29 counties in California and over 3 million women with breast cancer education, screening, and diagnostic and support services. Over the past 20 years, thousands of participants have taken millions of steps toward fighting breast cancer.

WHEN: Saturday, May 13
- 7 a.m.: Survivor Reception and Team Meet-up
- 7:45 a.m.: Survivor Processional
- 8 to 8:30 a.m.: Survivor Program, Pre-Race Countdown
- 9 to 11:30 a.m.: Post-Race Expo

WHERE: Cal Expo, 1600 Exposition Blvd, Sacramento, CA 95815

PRE-RACE

Seventy members and coaches of the Sacramento State football team. Over 200 local cheer squad members. Sacramento River Cats Mascot Dinger. A projected outcome of at least 100 people with the More Than PinkTM cape. Mobile clinic from Life Saving Images to provide low to zero cost mammograms on Cal Expo site the day before and during the race.

COURSE & FINISH

Several local bands and four radio stations. Over 200 home-made signs on course with words of encouragement and hope from local youth groups. Cheer squads, High Five section, and a raucous cowbell and noise maker crew will encourage the participants. Finish line snacks. Post-Race Expo with Komen merchandise, samples, and Komen community grantees. New beautiful medals will be presented to survivors and running champions.





A transformative experience hits the CRC stage with modern adaptation of Midsummer Night's Dream

By MONICA STARK
editor@valcomnews.com



At a TEDx talk in 2011, Jeet Kai coined the phrase "transformational festival" which stems from the idea that attending these festivals can lead you to become a more enlightened, educated, awakened individual on the dance floor.

Listening to that talk while contemplating whether to direct Midsummer Night's Dream at Cosumnes River College Cheri Fortin thought about when four misguided lovers in the play shed the constraints, order, rules, rituals and even the garments of the Athenian world in the enchanted forest. Fortin made the leap and directed CRC's production of the Shakespeare comedy which runs until Saturday, May 13 at the Black Box Theatre on campus.

"I knew I wanted to explore it through a modern lens and was most struck by the nature of the transformational experience the lovers have when they are lost in the forest," she said. "This spoke to me as conceptually representative of what happens when you go to a 'transformational festival' such as Lightning in a Bottle, Lucidity, Symbiosis, Electric forest or even Burning Man."

And, Fortin argues, this idea provides a common structure in many of Shakespeare's comedies: A rigid default world is interrupted by a visit to an enchanted space and then ends with a return to the rigid world, where the participants of that enchanted space bring balance. Sounds about right. "What a perfect concept through which to explore Shakespeare's classic comedy. Plus, I get to play a lot of EDM. I think it has been a fantastic creative exploration."

Someone who digs electronic dance music, Fortin also loves going to festivals where "the music grooves but also includes cool elements such as lectures, workshops, environmental awareness, creative and surreal art installations, and social vibes defined by a mix of progressiveness and tribalism that makes a given event a 'transformational' one."

Through the scenic design and the intimate thrust staging by set designer Carrie Mullen, the viewer experiences the literal forest rising out of the theater floor reaching skyward, evoking natural curves and forms that are then electrified to create a multicolored backdrop. This colorful forest brings our characters to a magical and natural place where they are freed of their binding constructs imposed on them by politics and social status, bringing the lovers closer to nature and an exposed place where the naked trees offer the only shelter and hiding places, and they can discover their true selves.

Megan Aldrich, who portrays the role of Helena, one of the young lovers, commented on light and sound design by Cary Babka: "He was able to bring in the world of the transformational festival by the use of bright lights that change throughout the show. The lights also help tell the original story by bringing in elements of night, magic, and weather. The lights synced up with the sound help bring the audience into the modern, world of the play. Cary Babka was also responsible for the sound design. He was able to bring in the EDM style of music to match the rest of the set, costume, lighting elements. He also had help from student composer Gabriel Lopez who composed several original pieces featured in this production."

Aldrich said the costume design, done by Scott Gilbert, is where the modernization is the most apparent though. "The Athenians have been updated to represent members of a conservative, religious group though the costumes are not meant to match those of any one group or culture specifically. The mechanicals have been updated to roadies, techies who help bring in the equipment for the festival, mostly dressed jumpsuits/coveralls. The fairies are what bring the world of the transformational festival as they are dressed in the bright, fun clothing worn by many of the people who attend these types of festivals."

An ensemble of 19 with many featured players, A Midsummer Night's Dream has several different story lines. The four lovers are: Demetrius (Andy Hyun), Lysander (Jarod Wiggins), Hermia (Jenna Kearsing), and Helena (Megan Aldrich). Other players include: The Fairy King Oberon, (Kevin Hayer) with his dutiful, yet mischievous servant Puck (Ashley Yadao) and the Fairy Queen Titania (Ronnie Fowler) lead the group of fairies. The mechanicals are led by Bottom (Alexander Lucas) and Peter Quince (Jake Barber).

If you go:

Showtimes are, as follows:
Friday, May 5 at 7:30 p.m.
Saturday, May 6 at 7:30 p.m.
Sunday, May 7 at 2:30 p.m.
Thursday, May 11 at 12:30 p.m. ($5 student matinee)
Friday, May 12 at 7:30 p.m.
Saturday, May 13 at 7:30 p.m.

Tickets:
General admission $12
Students/seniors $10
Student matinee $5

Performed at Consumnes River College in the Performing Arts building in the Black Box Theatre.

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On stage now:

Sacramento City College presents The Music Man

The Music Man follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys' band that he vows to organize – this, despite the fact that he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall.

Sacramento City College presents the Music Man by Meredith Willson and directed by Christine Nicholson now until May 14. The showtimes are, as follows: 8 p.m., Fridays and Saturdays;

2 p.m., Sundays; and 2 p.m., Saturday, May 13. Performances are held at Art Court Theatre. General admission is $15 for evening performances, $13 matinees. Students, seniors, Military, SARTA and ADA tickets are $12 for evening performances and $10 for matinees

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CALENDAR ANNOUNCEMENTS

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acc SENIOR SERVICES

What's New in May?

Healthier Living – Fridays, May 5-June 9, 1:00-3:30pm; Free (6-week series)

Coping with Hearing Loss – Friday, May 12, 10:00-11:00am; $3/$5 drop-in

CTAP Phones: Helping You Stay Connected – Friday, May 19, 10:00-11:00am; Free

Life-Changing Lighting – Thursday, May 25, 11:00am-12:00pm; Free

Diabetes 101: Meal Planning Basics – Friday, May 26, 9:00-10:30am; Free

For more information or to register, contact Anna Su at (916) 393-9026 or classes@accsv.org.
For a complete list of our classes and free workshops, visit our website at www.accsv.org.

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