

Japanese United Methodist Church celebrates 40th annual Asian food, cultural bazaar

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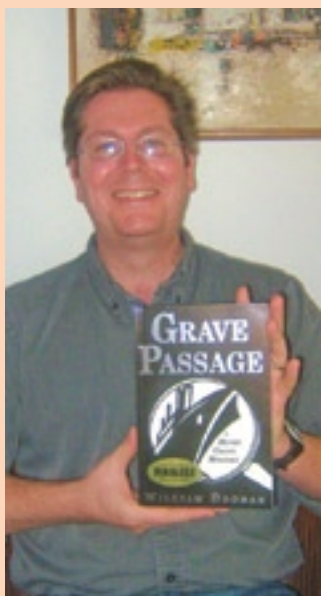
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Sacramento author wins Indie Excellence Book finalist ranking

By ART GERMAN
Arden-Carmichael News writer

Sacramento City College archeology professor William Doonan may soon be moving into the authorship niche currently occupied by the likes of such suspense and mystery-novel superstars as Agatha Christie, Dashiell Hammett and Sir Arthur Conan Doyle.

Doonan, a 45-year-old Land Park resident, recently published his first novel, "Grave Passage," and it has just won a finalist ranking in the Indie Excellence Book Awards, a kind of "Oscar" for new and promising authors.

"Grave Passage" is the first of what promises to be a continuing series of mysteries by Doonan to mark the fictional adventures of 84-year-old Henry Grave, who is described in the book as "a veteran of World War II, during which he survived a

harrowing period as a prisoner of the Nazis."

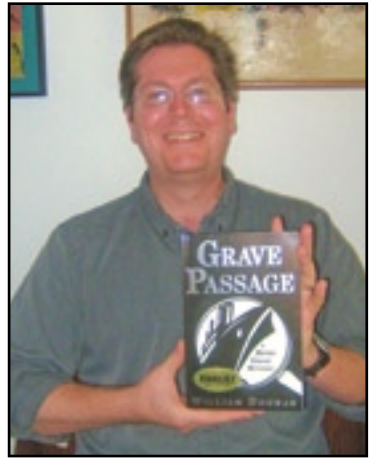
Doonan said he's already completed a second novel, "Mediterranean Grave." This book is due to be released around the end of the year by the publisher, Glencannon Press of Palo Alto. A third novel is already planned for 2011.

Protagonist Henry Grave relates his story in the first person. Early in the book, he reveals that he's an investigator for the Association of Cruising Vessel Operators, a Washington-based organization that doesn't exist in real life. In real life, cruise ship crimes are customarily handled by the ship's security staff, according to author Doonan.

As the book unfolds, following the discovery of the body of an FBI agent with a colorful past slain on the deck of a cruise ship – the Contessa Voyager – in the midst of a Caribbean cruise, Grave is surreptitiously dispatched to the scene.

On board the cruise ship, Grave blends easily with one and all as a fun-loving passenger, with his true identity known only to the ship's top brass. Meanwhile, he has a great time with the other passengers, flirting with the ladies, attending parties and various special events, and keeping pace effortlessly with everyone he meets, often drink for drink at the bar.

All the while, Grave's 84-year-old mind remains fully alert to deal with his mission



Arden-Carmichael News photo/Art German
Sacramento City College professor William Doonan is the author of "Grave Passage" – an award-winning adventure-suspense novel. It is the first in a series of soon-to-be-published works.

to solve a sinister shipboard murder and bring the perpetrator to justice while the majority of passengers have no idea what he's really trying to accomplish. For an octogenarian, he comes off as a truly amazing social and professional wizard who seemingly can almost always tell what's true and what's not.

Author Doonan had no trouble creating an interesting cast of shipboard men and women who enrich the mystery of just who committed the crime and why. The cast of characters and would-be suspects includes a Russian cosmonaut, members of the Mafia, and a South American political fugitive, among others. All challenge Grave's mind by seeming to have logical motives for murder, but the

See *Grave Passage*, page 3

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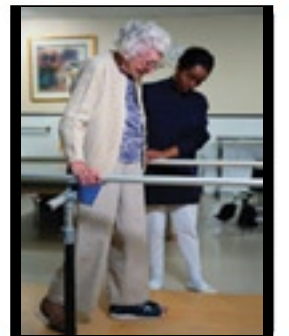
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Know your neighbor

Karate kid's journey to green belt begins with 100 acts of kindness

By **BENN HODAPP**

Arden-Carmichael News writer
benn@valcomnews.com

Kristoffer Brown is by all accounts a perfectly normal nine year old boy. He does homework, quarrels with his big sister and goes on vacations with his family. But this isn't a story about what makes him ordinary, but rather what makes him extraordinary.

Fourteen months ago, Kristoffer began taking karate at Zen Martial Arts in Sacramento. Five months ago, he completed his orange belt test by sparring and showing comprehension of a 400 year old fighting style. That in itself is a great accomplishment, but it pales in comparison to what he is undertaking on his way to the green belt.

In order for the children to take their green belt exam, they first must complete a community service project. It can be one of the child's choosing, or if a little inspiration is needed, instructor Mike Oliver can help with the brainstorming process. Kristoffer looked to his instructor for help, and together they came up with something truly revolution-

ary; Kristoffer would set out on a quest to do 100 acts of kindness.

He is the first to accept this challenge, and he started with a bang. He chose 10 acts of kindness to do by himself then asked family members to do 10 acts of their own and report back with what they chose to do. According to Oliver, the acts can range from very small to very big. Kristoffer chose to do things like sweep the driveway for his dad and fix an overturned potted plant for a neighbor. Before long, he was done with his list. Little did he know that his project would spread all over Sacramento.

By Aug. 31, Kristoffer and associates had demolished the goal of 100 acts of kindness more than twice over. With an astounding 242 acts of kindness recorded as of that date, results continue to pour in from all over with tales of their own community service.

"We want to show people that self-defense is more than just punching and kicking," Oliver said of the Zen Martial Arts approach. "We talk a lot about bullying in our dojo (school) and it's not enough to just not be a bully.

Kindness is the opposite of bullying and that is what we are trying to teach our students."

"It has been really fun doing the acts of kindness," Kristoffer said. "It's a really good feeling doing things for other people."

Kristoffer is a child capable of great kindness to be sure, but he's no slouch when it comes to the performance aspect of karate. If he is to earn his green belt, he will have to prove that he has learned the proper history of karate as well as demonstrate proficiency in two forms of the martial art. It sounds daunting, but Oliver has faith in his pupil.

"There are times both in and out of class where he looks and sounds like a black belt," Oliver said. "He has shown the commitment and skill needed to one day become one."

That is high praise indeed from Oliver, who is a black belt himself in the art of Isshinryu Karate.

"I like knowing that if a bad person comes up to me that I can handle the situation," Kristoffer said.

Zen Martial Arts operates under the slogan "Creating Futures



Photo courtesy of Chris Piper Photography
Kristoffer Brown's pursuit of a green belt in karate has resulted in a personal project involving 100 acts of kindness. The project was successful beyond his dreams. To date, his project log shows more than 242 acts of kindness performed for others around the globe.

with the Wisdom of the Past." Their goal is to teach the children how to avoid confrontation when possible as well as offer tips on how to eat healthy and how to manage their anger.

If the first year or so of training is any indication, Kristoffer is

See Karate Kid, page 21



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Answers on page 22



Photo courtesy of Katie Rangle

Works of art created by adoptable pets in need will be the focus of "Painting for Paws," a fundraising event for the Happy Tails Pet Sanctuary on Sept. 25.

Artistic animals provide pet sanctuary with a new revenue source

By ELIZABETH VALENTE
Arden-Carmichael News writer
elizabeth@valcomnews.com

Did you know that man's best friend and several other cuddly pals not only make great pets, but that they are also known to have an artistic streak? True. Some wield a paintbrush while others produce streaks of green or smears of orange...always leaving a paw print, or two.

Don't take anyone's word for it, however. See for yourself the artistic talent and one-of-a-kind artwork at the Sixth annual "Painting for Paws" Art Show & Silent Auction at the Pavilions Shopping Center on Sept. 25 at 6 p.m. The event is hosted by the Happy Tails Pet Sanctuary, an all-volunteer, no-kill animal rescue group dedicated to protecting and improving the lives of homeless

See Paws, page 7

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Paws: Paintings are done by the animals themselves

Continued from page 6

and abused animals throughout the Sacramento area.

Critter creations

The paintings are done by the animals themselves, with some assistance from the volunteers.

"Each one is obviously different, totally abstract, and using different colors," said Cathryn Rakich, special events coordinator. "Every piece is matted and framed and accompanied with a bio and photo about the adoptable artist."

Animal art is not new. Zoos and aquariums have been selling animal art for years after discovering there is a market for it. Animal lovers have willingly paid hundreds – or even thousands – of dollars for animal creations. At this year's auction there will nearly a hundred 8" x 10" framed artworks created by rescued cats and dogs up for bid.

"You can definitely tell which animal enjoys painting more than the others," laughed Rakich. "Our talented four-legged residents are prancing their paws and swishing their tails through water-based, non-toxic paint to create colorful and exciting works of art. It's fun."

Of course, beauty – and artistic talent – are in the eyes of the beholder. People who buy animal paintings are rarely art aficionados. Instead, they are typically animal lovers who know the money is going toward a good cause.

Food, vet care

Proceeds from the event go directly to the feeding and medical care of the animals at the Happy Tails Pet Sanctuary.

"Our vet costs are a significant portion of our bill. We have a lot of senior cats that need dental work or emergency surgeries," explained Rakich. "We take care of animals that suffer from diabetes and heart problems and many of these procedures range anywhere from \$16 to hundreds of dollars." Rakich added that funding also go to help pet owners on fixed incomes who

need assistance with their vet bills as well providing supplies to the Happy Tails foster home parents.

"We wouldn't be here if it wasn't for our wonderful volunteers who take in the dogs until we find a permanent home for them," she said.

Surge in abandoned pets

For the past 17 years staff at Happy Tails Pet Sanctuary have been rescuing animals from abusive and homeless situations. But it's been in the last two years that the Sanctuary has seen an increase of abandoned animals.

"It's due to the recession. We receive daily calls from people who can't afford to keep their animals anymore, or they have to move and the new place does not accept pets," said Rakich. "It is also kitten season and people are calling us saying they found a stray or a litter of new kittens in their backyard or abandoned home. It's sad."

No-kill facility

Unlike the SPCA, city and county animal shelters, Happy Tails is a no-kill facility, unless the animal is suffering. Their mission is to keep the animals for as long as it takes to find them safe loving homes. Space is always an issue.

"The shelters often call us to pick up animals off the euthanize list, if we have room," explained Rakich. "We are a cage-free facility. We are always over our limit because there are so many homeless animals in Sacramento."

Happy Tails Pet Sanctuary also offers several programs to help the community take care of their own pets such as "Senior Adoptions," "Helping Paws," and "Smokey's Emergency Fund," which provides for emergency veterinary care. The non-profit organization adopts out nearly 600 animals a year.

For more information on how to help or adopt a rescued animal, visit www.happytails.org.



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It's 'College Application Season' – the 'Common App' is a timesaver for students

By MARILYN VAN LÖBEN SELS
Arden-Carmichael News columnist

Every high school senior knows that fall is college application season, a topic of great interest and importance for students and parents since most applications must be submitted between November 30 and January 1.

As students make their college lists, they must be aware that colleges and universities have different kinds of appli-

cations – and still others have applications that are unique only to them. The California State Universities and University of California systems have separate applications, and now over 400 schools use the Common Application (Common App).

The CSU, UC, and Common Apps work basically the same way – students complete one application and then indicate the campuses to which they will apply. The completed form then travels to a pro-

cessing center, which forwards the application to each school indicated by the student.

Originally developed by private schools to avoid duplication of efforts, the Common App is now used by public and private schools that use a holistic approach to admissions. They examine all aspects of the student: grades, test scores, activities, jobs and talents. Common App colleges include University of the Pacific, St. Mary's College of California, Claremont McKenna College, West-

mont College, Pomona College, Lewis and Clark College, Colorado State University, the Ivies, and many more.

Most Common App schools require supplements with additional questions. They may ask:

- a student's intended major;
- why they want to attend that campus;
- if family members have attended the college;
- if students have visited the campus.

There are often additional essays. Each school, col-

lege and university is different.

It is very important for students to know not only the due date but also which application each school requires. The Common App was posted on Aug. 1. The CSUs and UCs will post their applications on Oct. 1 with deadlines of Nov. 30, but the word is to get them in early – don't delay!

Marilyn van Löben Sels is a certified college counselor. Contact her at marilyn@college-gps.com.

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The St. Francis High School Robotics Team and CEAR, Inc. are sponsoring a free e-waste recycling day on Oct. 2.

Bring your old television sets, monitors, desktops and notebook PCs, VCRs, telephones, stereo equipment, digital cameras, cell phones, printers, scanners, photocopiers, etc.

These items will be recycled and their components melted down for re-use. For optimal security, CEAR, Inc. shreds all computer hard drives – so even if your computer was “fried” by that virus...no one will be able to “lift” your confidential tax or personal information from the old hard drive.

Items that can't be accepted are: household appliances, light bulbs, furniture, hazardous materials, paint, batteries and the like.

The e-waste drop off day will be held at the front of St. Francis High School on Oct. 2 from 9 a.m. to 1 p.m. The public is welcome and there is no charge to drop off e-waste. St. Francis High School is located at 5900 Elvas Avenue in Sacramento. For more information, email robotics@stfrancishs.org.



Photo courtesy of iStockphoto
Recycle old televisions, monitors, keyboards, cell phones and other electronic items at the free e-waste recycling day sponsored by the St. Francis Robotics Team and CEAR, Inc. on Oct. 2 from 9 a.m. to 1 p.m.

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Janey Way Memories



An excellent education from the nuns of St. Mary's



By **MARTY RELLES**
Arden-Carmichael News columnist
marty@valcomnews.com

St. Mary's School opened for business in September of 1955. Initially, it included grades one through four, with plans to eventually provide education through the eighth grade.

St. Mary's Roman Catholic Parish had built the new school from the ground up on the corner of 58th and N streets, so everything about the school was new: the classrooms, the desks, the blackboards, the text books, the world globes standing at the front of the classrooms and the teachers.

The school opened with four new teachers, all nuns from New York City. When they arrived in Sacramento in August, they must have felt like they had landed square in the pit of hell as temperatures that year hovered around the century mark for most of the month. But, despite the weather, the nuns worked hard that month to prepare for the first day of school, and so on the day after Labor Day, classes began on schedule.

Since I started the fourth grade that year, my teacher was Mother Carmela, the sister superior (principal) of the school. She remained my teacher through the eighth grade – a stroke of good fortune for me. To this day, I refer to her as the best teacher I ever had.

Mother Carmela was a tough and demanding, but fair teacher. In a day when temporal punishment was still tolerated at private schools, the good mother handed out a fair amount of slaps to misbehaving students. I admit to taking my turn to receive a slap from Mother Carmela, but to this day, I plead innocence.

Aside from her harsh method of disciplining students, Mother Carmela was just an excellent teacher. In addition to reading, writing and arithmetic, we learned religion, history, geography and science – not art at St. Mary's school.

We learned how to diagram and write complete sentences, construct coherent paragraphs and present effective essays. In geography, we learned of the wondrous places in the world like the Coliseum in Rome, the Alhambra Palace in Granada, Spain and the Great Pyramids at Giza in Egypt. I am not sure Mother Carmela ever saw any of these places, but her descriptions of them were so compelling that I made a point of visiting all of them in my lifetime.

By the time I graduated from St. Mary's School, I had written a term paper complete with footnotes, participated in a class musical production and learned ballroom dancing. The nuns wanted all of us to be well-rounded young adults. To a student, I think we all agree they succeeded.

Like me, many of the students who began classes at St. Mary's School that September of 1955 went on to graduate from a university. All of the children who attended the school received a first class education no matter what they accomplished later in life. Though I don't know how St. Mary's School stacked up against all the other schools in Sacramento at the time, I believe it must have been at the very top. The fact that this school continues operations today, 55 years after it first opened for business, is a testament to the quality of education it has delivered to its students.

Sadly, the nuns no longer teach at St. Mary's. In time, they have given way to lay teachers. I am certain that Mother Carmela passed away years ago after a long successful career as a teacher and principal at St. Mary's. Every time I drive by the old school, I think of the good mother and the wonderful education she gave me: yet another inspirational Janey Way memory.

Sacramento Japanese United Methodist Church has local roots dating back to 19th century

By LANCE ARMSTRONG
Arden-Carmichael News writer
lance@valcomnews.com

The Sacramento Japanese United Methodist Church, a church with roots dating back to the 19th century in the capital city, will be holding its 40th annual Asian Food and Cultural Bazaar on Saturday, Oct. 2.

Rich in flavor, tradition

The event, which begins at 11 a.m. and continues until 3 p.m., will feature a variety of Asian food cooked on site such as teriyaki chicken, sesame chicken, udon, Korean short ribs, kahlua pork, chow mein, sushi, and manju (Japanese confections).

Additionally, the event will include children's games and free entertainment, including performances by the ukulele group, ACC Pocket Pickers, Sacramento Taiko, guitarist Mark McLean, and the hula group, the Ohana Dance Group.

Guests of the bazaar will also have the opportunity to purchase nursery items and handmade crafts created by the church's Boutique Committee.

The bazaar is undoubtedly one of the church's richest traditions, since the church, which is located at 6929 Franklin Blvd., was founded

in June 1968 and the bazaar was first held in 1970.

But as previously mentioned, the church has roots dating back to the 19th century, thus in many ways, it is much older than the 42 years that it has operated on Franklin Boulevard.

A tale of two churches

The formation of the Sacramento Japanese United Methodist Church occurred as a result of a merger between the Pioneer Methodist Church of Sacramento and the Florin Japanese Methodist Church.

Pioneer Methodist Church

The older of these two churches is the Pioneer Methodist Church, which according to the book, "A Centennial Legacy: History of the Japanese Christian Missions in North America," was the third oldest Japanese Methodist church in the United States.

The roots of the Pioneer Methodist Church, which was originally known as the Japanese Methodist Church of Sacramento, date back to about 1891, when ministers from the Japanese Methodist Church in San Francisco traveled by riverboats to Sacramento, where they conducted worship services and roadside preaching for local Japanese residents.

The congregation gathered in a house at 510 L St. with its first appointed minister, the Rev. Sotohichi Kihara, in February 1892.

The following year, under the direction of Superintendent Harris, the church was formally organized.

According to an historic, translated record of the church, which at the time was referred to as the Japanese Methodist Mission, its members began meeting at 903 D St. in December 1893.

In 1895, the church relocated to 310 M St., where it remained until 1908.

The church held its services at 417 P St. for the following decade and in 1918 moved to its longtime site at 331 O St. A new church building was dedicated at the O Street site on March 4, 1951.

In 1954, the former Japanese Methodist Church of Sacramento was renamed Pioneer Methodist Church.

Florin Japanese Methodist Church

Although it was not as old as the Pioneer church, the Florin Japanese Methodist Church had a long history of its own.

The history of this Florin church began in 1913, when Dr. H.B. Johnson worked with Japanese community leaders to establish Chris-



Arden-Carmichael News photo/Lance Armstrong
The Sacramento Japanese United Methodist Church at 6929 Franklin Blvd. in south Sacramento will be the site of an Asian food and cultural bazaar on Saturday, Oct. 2.

tian work and a Japanese language school in the town of Florin.

In 1915, the Florin church's first appointed minister, the Rev. Raiichi Minabe, was appointed and a two-story building was designated for the church and school.

The following year, a sanctuary was constructed for the Florin church, which began with seven members and seven children. A multi-purpose hall was added in 1927.

Despite the Japanese internment as a result of Executive Order 9066 in 1942, both churches resumed their operations in 1945.

These churches continued their services and other activities for the following two decades.

WWII internment contributed to merger

In the 1960s, efforts to merge this pair of churches began, as the Pioneer church was being forced to relocate due to city redevelopment and the Florin church's membership numbers had dwindled.

Tom Kushi, who was born in Florin in 1924 and graduated from Elk Grove High School in 1942, three days prior to the internment, said that a contributing factor to the Florin church's attendance woes was due to the internment.

"Most of the membership didn't come back to Florin (following the internment)," said Tom, who was raised on

See Japanese Church, page 12

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Japanese church: Asian food, cultural bazaar to be held at local Japanese church Oct. 2

Continued from page 10

his father Shonosuke Kushi's farm at Stockton Boulevard and Gerber Road.

Tom said that less than a dozen former Florin church members are living today.

Among these former members is Sam Kashiwagi, who was raised on Stockton Boulevard, along the former Highway 99, about a mile south of Florin Road.

Kashiwagi said that the Florin church originally met in a structure at Florin and Pritchard roads – across the street from today's Buddhist Church of Florin – that was connected to a parsonage. He added that a community hall was built on the site about 10 or 15 years later and by about 1958, a new parsonage was built just south of the hall.

Efforts to locate a home for a new church ended when the Merwin Memorial United Methodist Church at 6929 Franklin Blvd. dispersed and the Merwin church's four acres of property and its small building was obtained by the Pioneer and Florin churches for \$1, plus the payment of the Merwin church's debts.

The acquisition of the Merwin church and property was aided by a recommendation by Merwin church pioneer members, Eugene and Marion Drown.

Bill Taketa, who managed the Bank of America at 1515 Broadway and served as the church's treasurer, said that a considerably large cost of the new church was the addition of a \$20,000 parking lot.

The Japanese United Methodist Church

The merger, which occurred in June 1968, allowed the Pioneer and Florin churches to officially meet together as the Japanese United Methodist Church.

Initially, the then-new church met in the sanctuary within the site's small building, but through the assistance of many of its members who helped to lower costs, a new sanctuary and multi-purpose social hall was completed in 1970 at a cost of \$250,000.

Roy Sato was among the members who helped lower the cost of the project, as he provided free heating and air conditioning labor.

Charles Kobayashi, a member of the church's history committee and a former member of the Pioneer church, said that the preservation of the church's history is an important endeavor, which includes a current project to translate about 12 volumes of handwritten Pioneer church journals. The journals were written from about 1892 to about 1940.

The church's pastor, the Rev. Motoe Yamada, who was born and raised in Tokyo, Japan, was the daughter of a Buddhist monk and became a Christian in the 1990s, said that it is important to remember the church's history and its early members.

"I think it's wonderful that we have such a rich history," said Yamada, who attended the University of Toledo in Ohio. "We don't want to forget that, because of the Isseis and what they went through and their experiences coming over all the way from Japan and being Christians and of course, second generation (Japanese) born here who experienced internment camps. Now we have third, fourth, fifth generation (Japanese) and we are becoming more mixed. I always want to make sure we learn from the history, so we will never forget how faithful those first and second generation (Japanese church members) were and the legacy they have."

In honor of the Issei Japanese, church members created a memorial garden between the old Merwin building and the 1970 structure. Last year, a fountain was placed within the garden, which is cared for by a church group, known as the "Garden Angels." The "Angels" are led by Ed Kubo and Bob Sasaki.

Yamada said that in appreciation of members of the former Merwin church, a special ceremony will be held at the recently renovated Merwin sanctuary on Sunday, Nov. 7 at about 11:45 a.m., following the 10:30 a.m. worship service in the larger sanctuary.

Yamada emphasized that in addition to the importance of remembering the roots of the church and its early members, it is also important to stress that despite its name, the Sacramento Japanese United Methodist Church is very much a multicultural church.

"We are becoming more and more multicultural," Yamada said. "We have a Japanese-speaking ministry, but almost everything is done in English. And regardless of a person's age, race, gender or ethnic background, everyone is invited."

And like the church's Sunday services, the community is also invited to attend the Asian Food and Cultural Bazaar on Saturday, Oct. 2 from 11 a.m. to 3 p.m.

For additional information regarding the Sacramento Japanese United Methodist Church and its upcoming events, call (916) 421-1017.

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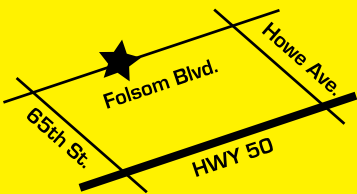
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St. Francis High School celebrates 70 years of women's education

By SUSAN LAIRD
Arden-Carmichael News editor
susan@valcomnews.com

Over 100 alumnae gathered at St. Francis of Assisi Parish to celebrate the 70th anniversary of St. Francis High School in Sacramento on Sept. 10.

The Mass and celebration were held on a Friday during school hours, so alumnae from the all-girls high school graduating decades of the '40s, '50s and '60s could more easily attend.

It was an appropriate setting, since the high school was founded on the third floor of the St. Francis Elementary School at 2500 K Street in 1940. That year, the school expanded its educational program to include its first ninth grade class. The first class was just 12 young women, who then transferred to St. Joseph's School, which was located at 8th and J streets. Students went on to graduate from Bishop Armstrong High School.

It was the girls who began their freshman year in 1941 became the first graduating class of St. Francis High School in 1945.

"We had 39 girls in our class," reminisced Marie Terrible Donnelly, who graduated

in 1949. "We used to say "Thirty-nine in '49."

"And that was the largest class ever," laughed Dorothy Lavelle Massa, who also graduated in 1949.

Continuous growth

The school continued to grow, bit by bit.

During the post-World War II Baby Boom years, there was a need for more high schools in the Sacramento area. Bishop Armstrong became the school for the upperclassmen from St. Francis, St. Joseph and Christian Brothers high schools. Each junior high school maintained its own ninth and tenth grades. Bishop Armstrong High School was a co-ed school. The faculty there consisted of Christian Brothers, Sisters of Mercy, the Sisters of St. Francis, diocesan clergy and dedicated lay men and women.

"We were lucky to have Mr. Anton Dorndorf as our music teacher," Donnelly said. "He was also the church choir director."

In 1964, the Christian Brothers purchased Bishop Armstrong High to create a four-year boys' high school. (Christian Brothers would re-



Photo courtesy of St. Francis High School
St. Francis students of yesteryear learned, in addition to their regular studies, home arts such as sewing by hand, social graces to "sit like a lady" and office skills such as typing.

main an all-male high school until 1990, with the closure of Bishop Manogue High School).

St. Francis High School was moved to the old gravel pit site located at 6051 M Street. There were 520 stu-

dents in the 10th, 11th and 12th grades. The ninth graders remained at St. Francis Elementary for one more year. Alumnae from those days remembered "eating from the same canteen truck that came by to feed the workers who were building the school."

Soon the M Street facility was completed. The Sisters of Notre Dame and the Franciscan Sisters served on the campus until 1975, when they were no longer able to staff the school. Bishop Alden J. Bell appointed the Sisters of the Apostles of the Sacred Heart of Jesus to help staff the school. They served until 1999.

The M Street campus would serve young women in the Sacramento community until 2006, when the facility was expanded. The expansion included relocating the campus entrance to 5900 Elvas Avenue, a new performing arts center, a new gymnasium and a state-of-the-art science wing.

Today, St. Francis High School's enrollment stands at 1,145 – which is a full capacity enrollment.

Curriculum changes

As the needs of students and the culture have changed, so

See St. Francis, page 15

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St. Francis: Early curricula taught typing, home arts and 'how to sit like a lady'

Continued from page 14

too has the curriculum at St. Francis High School. Alumnae recall being taught by nuns or the occasional lay faculty member. They were provided instruction in such basics as sewing (by hand, since no sewing machines were available) and the "proper way to sit as a lady." Typing was introduced by Sister Geraldine and Sister Peter, who also directed the annual school play.

Today's students, in contrast, have a wide spectrum of options open to them. Young women at St. Francis High School participate in a rigorous college preparatory program that includes the opportunity to pursue additional studies in robotics, international diplomacy, speech and debate, moot court and mock trial and more. There are also national and international service projects that students can participate in during the summer months. The St. Francis Troubadours – named thus after their founding saint, who composed ballads to God – dominate on the sports field as well as in the fine and performing arts.

The Spirit of St. Francis

If there is one tie that binds every generation of St. Francis High School alumnae together, it is what they refer to as "the Spirit of St. Francis." It is a powerful sense of community.

"It's a camaraderie," said Barbara LeDoux, who graduated in 1966. "It is the ability to connect with each other and feel like we have known each other all our lives."

"It's all about school spirit and sisterhood," said Victoria Elorduy, Class of 1965. "You can hear the walls talking."

"I feel as if we're all 15 again and in our uniforms," said Karyn Wendt, also from the Class of '65. "How much tradition there is... We had big sisters who showed us the way our freshman year, the uniforms. I'm grateful for the friendships."

"You want to see your friends," said Mary Doval, Class of 1966. "It's a big family reunion."

"This spirit is alive and continues to bloom in every St. Francis student, even after all these years," said Marion Bishop, president of St. Francis High School, in her remarks to

the alumnae. "This spirit shined in those first dozen graduates, just as it radiated in the 262 graduates of the Class of 2010 – the largest class ever."

"Spirit is the single-most identified quality that students mention during their stay here, and that seniors comment on as 'the best characteristic of St. Francis High' during their exit interviews," Bishop continued. "Your lingering spirit is palpable when you enter the campus, and it continues to inspire young women to join the St. Francis ranks. And it flows beyond the walls of the campus into every community on the globe where St. Francis alums find their homes."

Enduring legacy

Today, St. Francis High School continues on as a four-year, all-female college preparatory high school. It is the only Catholic high school in Sacramento affiliated with the Diocese of Sacramento. It serves young women from over 50 private and public feeder schools. Students come from the counties of Sacramento, Yolo, El Dorado, Placer

and Solano. It is fully accredited by the Western Association of Schools and Colleges (WASC) and the Western Catholic Educational Association (WCEA).

The legacy of the school is much more than an academic one, according to alumnae, staff and students. The program for the celebration reflected this, stating "The legacy of St. Francis High School is one of spirit-filled community and educational excellence; of athletic merit and artistic accomplishment; of peace and goodness (Pax et Bonum). At St. Francis, young women integrate their faith, knowledge and experience of community to become effective Christian witnesses in our global society. This special mission makes St. Francis much more than the leading college preparatory school for young women in the Sacramento region. St. Francis graduates understand that they can make a difference in today's world – and make it."

Today's students are appreciative of this legacy they have received and are committed to blazing a trail for others to follow.

"It's an accomplishment to last this long," said Haley Damele, a senior "Troubie." "We thrive at everything, whether it's academics or athletics."

"I'm glad I'm a Troubadour," said Hannah Vice, a senior Troubie who plans to go on to major in business communications and law. "Looking back at all the hard work and dedication I've put in will pay off big time into my future. Those who went before set the pace with high expectations. So it really raised my expectations of myself."

"These ladies are a gift to the Sacramento community," Bishop said of the St. Francis alumnae. In her remarks, she said "Many, many things have changed during these past 70 years – way too many to enumerate. Many memories have been initiated at St. Francis High School. In each of them, a glistening light shines: (a) wonderful, faithful and bright spirit."

"The Spirit of St. Francis – your spirit – has burned steadily for seven decades," Bishop said. "And I am certain it will continue for seven more."



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Arden-Carmichael News photo/Lance Armstrong

One of the Carmichael site's unique features is this tile floor with a map of Italy as its centerpiece.



Arden-Carmichael News photo/Lance Armstrong

The Italian Center is located at 6821 Fair Oaks Blvd. in Carmichael.

Carmichael's Italian Center pays tribute, preserves Italian culture

By LANCE ARMSTRONG
Arden-Carmichael News writer
lance@valcomnews.com

For residents of the Arden-Carmichael area, many things come to mind when they think of their community. But not everyone is aware that the area is home to a very active and vibrant Italian Center.

Furthermore, Carmichael would certainly not be the first place one would likely go to seek out such a place.

Nonetheless, the center does exist and maintains a dedicated membership at this site.

Recently sharing details about the center for this article was the center's executive director, Bill Ceruti.

Bill undoubtedly knows much about the center, considering that he opened the center at the Sierra 2 Center at 2791 24th St. in Sacramento in 1981. The Carmichael site opened in September 2007.

Although the center operates seven days per week at its 6821 Fair Oaks Blvd. Carmichael site, one room of the center's Sacramento site is still utilized.

Bill explained that the purpose of using this room is to provide a convenience for one of the center's most popular attractions, its language classes, which were developed by his wife, Patrizia.

Other offerings through the Italian Center include a variety of Italian-related presentations, festivals, entertainment and opportunities to travel to Italy.

Early vision

Nearly 30 years have passed since Bill opened the center, which he said filled

a void in the community for local Italians.

"I was a young attorney (in 1981) and like anyone you want to do more than just work," recalled Bill, whose grandparents were immigrants from Italy. "I wanted to do something to make a difference and I looked around. Most attorneys volunteer their time for other things, but nobody was really doing much to organize the Italian community, so I created (the) Italian Cultural Society. I had a certain vision of what was needed, so I started to develop cultural programs to help organize our community."

Today, the society has more than 1,000 members, which Bill said is a much different membership number than the society had during its formative times.

Tough road to success

"In our first month, I don't think we even had a membership program," Bill said. "The first few months, I had a team of volunteers and we were rehabbing a room at the Sierra 2 Center trying to get it presentable to open, because it had no floors, no walls, no window coverings. We had to smooth out the floors, patch the floors, put up wall covering and paint the walls and paint the ceilings. So, we've come a long, long way. Now we have a multi-million dollar center."

The decision to build the center in Carmichael was

largely based on the fact that of the 10,000 households on the society's mailing list, Carmichael had one of the largest concentrations of Italians.

Bill said that although the center was always on the society's wish list, the reality of the society owning its very own Italian Center building seemed "so far away."

"It was a tough reality to get there (with the building)," Bill said. "We did years of fundraising, we had our ups and downs and then the construction had its ups and downs. Building a big commercial building like that is a big project. It was big for us and we just didn't have the expertise. But we did all the things we needed to do to make it happen."

With three years passing since the completion of the Italian Center in Carmichael and the growth of its programs, Bill said that the society can finally take a look back at the accomplishment of building the society's center in Carmichael.

"When you're engaged in doing something, you don't really have a chance to take a look at it, but we've actually just reached that point where we feel like we can really be proud of what we have accomplished," Bill said. "We can look back (at the building) as a permanent accomplishment and

See Italian Center, page 17

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Italian Center: Membership open to anyone who loves Italian culture

Continued from page 16

it's one that can sustain our community into the future."

But simply having its own building is not enough for the society, Bill explained.

"Our next step is to build an endowment fund, so that future generations can operate the center and keep the doors open and continue to preserve our heritage for the Sacramento area," Bill said.

Bill added that he appreciates all the people who have helped make the center successful, including members of the society's board who have dedicated 10 to 15 years to the society.

Upcoming events

The public is invited to upcoming events at the

Italian Center in Carmichael, including a cooking demonstration with cookbook author and celebrity chef Maria Liberti on Oct. 3, the Columbus Day Olive Oil Festival on Oct. 10 and a presentation about the award-winning book, "Piazza: Italy's Heart and Soul" by the author-photographer team of Joe Bauwens and Marybeth Flower on Oct. 17.

Membership in the Italian Cultural Society is open to anyone interested in joining the organization.

For information regarding membership in the society, other information regarding the society or Italian Center events, call (916) 482-5900 or visit the Web site www.italiancenter.net.



The cultural hall is the largest of the center's rooms.

Arden-Carmichael News photo/Lance Armstrong

'Grave Passage' the first in a series of adventure-suspense novels

Continued from page 2

hero remains equal to the task until the very end to get to the bottom of every mental challenge.

Author Doonan explained that his idea for the Grave series seemed to develop naturally from his own background and interest in writing, along with insights into life on cruise liners. He indicated that basing the series on a cruise liner could work out very well for the current and future books.

"I've always dabbled in writing," said Doonan, who majored in archeology at Brown University in Rhode Island and received his PhD at Tulane University in Louisiana before joining the ar-

cheology teaching staff at Sacramento City College in 1998. Since arriving, he has married, and he and wife Carmen now have two sons ages three and four.

Two years after arriving in Sacramento, Doonan began spending several weeks of each summer vacation as a guest lecturer on cruises, mostly discussing his research with ancient civilizations in the Caribbean. These summer stints gave Doonan insights into what life is like aboard cruise ships, including the reality of how crew members do their jobs and how they interact with their co-workers and passengers. He also developed a though knowl-

edge of what it is like in the below-decks areas where the crew members live when off-duty.

Doonan feels this background experience at sea has contributed to a high measure of cruising-life reality in his book. All told, Doonan figures he's been a guest lecturer on 14 cruises over the past decade.

As for his own future, Doonan hopes it will include many more opportunities to add new episodes to the Henry Grave odyssey. And who knows? Someday, perhaps, Henry Graves may be right up there with Sam Spade, Miss Marple and Sherlock Holmes.

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Carmichael's founders day

Special to The Arden-Carmichael News

Saturday, Sept. 25 will mark Carmichael's 101st Founders' Day Celebration. Carmichael Recreation and Park District is putting together a party you won't want to miss. From classic cars to arts & crafts to power horns and carnival games, the event will have a little something for everyone.

A rousing march through the park at 10:30 a.m. by the El Camino High School Pep Band will set a festive mood and kick off opening ceremonies at 11 a.m. Immediately following, the Sacramento Symphonic Winds will precede the event's headlining act, On Air – a

Sacramento based band that covers Motown, classic rock and all of it with a little extra pizzazz of power horns. Their rendition of "Saturday in the Park" is sure to be a memorable favorite.

Let's not forget that Founders' Day honors the time old tradition of the Classic Car Show – this year's is once again sponsored by the Cappuccino Cruisers. Registration is from 7:30 to 9 a.m. with the actual show starting at 10 a.m. There will be prizes, a raffle, vendors and awards. The vehicle entry fee is \$15 and the first 75 entries will receive a goody bag and dash plaque. For information call Ray or Chris at (916) 988-6376.

Founders' Day is always hosted as a family friendly event so be sure to bring your children or grandchildren out so they can enjoy our Kids' Zone. There will be a mini carnival, face painting, arts & crafts, clowns and more – all free. Rumor has it that the River Cats Mascot, Dinger will even stop by for a special visit.

While the kids are whooping it up in the safe and staff controlled Kids' Zone, take some time to browse the many vendors joining us this year. Information booths, arts and crafts vendors, non-profit agencies and of course food vendors will be scattered around the Carmichael Park Band Shell to tempt you into

shopping, eating and enjoying the day. You might even want to try out one of the free Yoga classes that will be offered in the park at 12 noon, 1 p.m. or 2 p.m. courtesy of the Saha Wellness Center or visit the Picture People's photo booth and get your family's picture taken.

For more information on Founders' Day please call the Carmichael Recreation and Park District at (916) 485-5322 or (916) 483-7826 or visit www.carmichaelpark.com. The Carmichael Park Band Shell is located in the back of Carmichael Park at 5750 Grant Avenue and both parking and admission are free. We hope to see you there.

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CALENDAR

For more Calendar entries visit
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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

SEPTEMBER

Big Band Dance

Sept. 23, 30, Oct. 7, 14, 21, 28: Dance to the rhythms of the Big Band era. Every Thurs. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Food Addicts Anonymous

Sept. 23, 30, Oct. 7, 14, 21, 28: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Rotary Club of East Sacramento

Sept. 23, 30, Oct. 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

Rotary Club of Pocket/Greenhaven

Sept. 23, 30, Oct. 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sutterville Heights Optimist Club

Sept. 23, 30, Oct. 7, 14, 21, 28: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

Toastmasters

Sept. 23, 30, Oct. 7, 14, 21, 28: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves. 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

BBQ, Beer and Boogie

Sept. 24: Great food, barbeque chicken and ribs, beer, music, dancing and a silent auction to benefit the Alzheimer's Association Memory Walk '10. 5 p.m.-8 p.m. Tickets \$25 in advance, \$30 at the door. The Palace, 6309 Fair Oaks Blvd., Carmichael. Hosted by Carmichael Oaks and the Kiwanis Club of Carmichael. Featuring the Rotary Rooters. RSVP by Sept. 12. Virginia Stone or Denise Brandt, (916) 944-2323

Rotary Club of Point West

Sept. 24, Oct. 1, 8, 15, 22, 29: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Sept. 24, Oct. 1, 8, 15, 22, 29: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Karate Kid: Kristoffer's project has gone international

Continued from page 5

on his way to becoming a well rounded young man.

"He's a typical nine year old," said Kristoffer's mother Carmel. "He's very boisterous, but since he started karate he has a better attention span, better discipline and it has really helped bring out his passion."

"We are so pleased with what (Oliver) does with the kids," added Kristoffer's father Steffan.

The 100 acts of kindness project has made such an impact that its effects have gone international. Kristoffer's uncle recently traveled to Uganda to work in an orphanage.

While there, he documented his 10 acts of kindness to contribute to the cause.

"Kristoffer really gravitated towards this idea," Carmel said. "He told me that he thought he could get way more than 100."

How right he was.

For more information about Zen Martial Arts, visit www.zenmartial.com. There you can click on the "digital dojo" link where you can follow Kristoffer's journal entries through his 100 acts of kindness campaign.

Zen Martial Arts holds its classes at the Coloma Community Center at 4623 T St. in Sacramento.

Cemetery Garden tour

Sept. 25: "What's Blooming in the Cemetery Garden" tour. Stroll through the beautiful and peaceful gardens at the Sacramento Historic City Cemetery to learn what's blooming. 10 a.m. Free, but donations gratefully accepted. Cemetery main gate, Broadway & 10th St. Parking available across the street. (916) 448-0811

Clearance book sale

Sept. 25: Friends of the Belle Cooledge Library will host a book sale. Noon-4:30 p.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. (916) 457-1426

Early Educators History Tour

Sept. 25: Early educators will inform and entertain on this tour of the Sacramento Historic City Cemetery, featuring the lives and experiences of early educators in Sacramento. 10 a.m. Free, but donations gratefully accepted. Cemetery main gate, Broadway & 10th St. Parking available across the street. (916) 448-0811

Food Addicts Anonymous

Sept. 25, Oct. 2, 9, 16, 23, 30: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

Jan Ken Po Gakko Arts and Crafts Fair

Sept. 25: Asian arts and crafts, vendors and yummy foods, gift items, dolls, framed art, jewelry and more. Free admission. 9 a.m. - 3:30 p.m. Sacramento Asian Sports Foundation (SASF), 9040 High Tech Court, Elk Grove. www.jankenpogakko.com

Painting for Paws event

Sept. 25: Artwork created by the cats and dogs at Happy Tails Pet Sanctuary of Sacramento will be on display and available for purchase. In addition, there will also be food, wine, a silent auction and animal-themed jewelry for sale. Proceeds benefit the animals in need at Happy Tails. \$10 donation for admission. 6 p.m.-10 p.m. Pavilions Shopping Center, Fair Oaks Blvd. near Howe Ave., Sac. www.happytails.org

Safety fair

Sept. 25: Community agencies will provide life-saving info to help prepare residents for natural disasters and home emergencies, including: flooding, earthquakes, extreme weather, home fire prevention, more. Free. 11 a.m.-2 p.m. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sac. (916) 264-2920, www.saclibrary.org

ScholarShare Children's Book Festival

Sept. 25, 26: "Plant the Reading Seed and Watch it Grow." Free admission to Fairytale Town. This two-day festival will feature children's book author and illustrator presentations, storytelling performances, celebrity readers, a book swap, and hands-on literacy activities offered by an array of community-based literacy organizations. 10 a.m.-4 p.m. 3901 Land Park Dr., Sac. (916) 808-7462 www.fairytaletown.org

Urban Farm Stand

Sept. 25, Oct. 2, 9, 16, 23, 30: Soil Born Farms' newest urban agricultural project, a farm stand featuring seasonal, local and organic fruits and vegetables. Saturdays through Nov. 20 from 9 a.m.-1 p.m. www.soilborn.org

See more Calendar, page 22

- EVENT LISTING SECTION -

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Janet MacLeod - from San Francisco
October 16 & 17
Sat. 1-4 p.m./Sun. 10-1 p.m.
Call Mary Chan for reservations
(916) 731-4831 or e-mail ma9777@aol.com

FASHION/CRAFT SHOW
Children's Fashion Show
Saturday, October 16
2 to 4 p.m.
Fashion show •Artisans
•Music•FREE
2580 FAIR OAKS BLVD.
LYON'S VILLAGE
For info - (916) 480-0971

CRAFT FAIRE
Saturday, October 2
Carmichael Elks
9 a.m. to 4 p.m.
5631 Cypress - Carmichael
(Stop by Patty Colmer's Booth and mention 30% OFF.)
Artists, crafters and more!
(916) 261-3850

Child Safety & Protection Festival
All Children Receive An Identification Card Courtesy of New York Life Insurance Company
Bring the whole family to the Robbie Waters Greenhaven Library for a day of fun, festivities, and valuable safety tips.
FREE ADMISSION
7335 Gloria Drive, Sacramento
Saturday, September 25
11 a.m. to 2 p.m.

Chinese Community Church 27th Annual FALL FOOD FESTIVAL
Saturday, October 16
11 a.m. to 7 p.m - Free Live entertainment• games for kids• dress Hawaiian & get a raffle ticket • BBQ, egg rolls, pot stickers, desserts & more!
5600 Gilgunn Way
424-8900 or www.cccsac.net

"STAGES FOR SENIOR CARE"
Presented by Home Instead Senior Care
Thursday, September 30
6 p.m. to 8 p.m
at THE ATRIUM
5757 Cypress Avenue
Carmichael, CA 95608
(916) 486-3533

Cristo Rey High School Open House
Sunday, Oct. 24, 10 a.m. -Noon
For Prospective Students & Their Families
• Tour the campus
• Speak with administrators/teachers/ students
• Sign up for Jan. 22 placement test & a Shadow Day.
We're AFFORDABLE, Private, College Preparatory, & offer a unique Work-Study program.
6200 McMahan Drive, Sacto. 95824

Greenhaven Animal Hospital OPEN HOUSE
Saturday, October 23
11 a.m. to 3 p.m
Pets Welcome. Raffles
A Silent Auction will be held to help VCA Charities in their efforts to support pets and their families around the world.
1 Valine Court
(916) 391-3677
www.vcagreenhaven.com

CALL AND PLACE YOUR EVENT TODAY!
429-9901

CALENDAR

For more Calendar entries visit
www.valcomnews.com

Continued from page 21

'Whiskers and Wine'

Sept. 25: Enjoy a barbeque, wine tasting, music, DJ, silent auction and tours of Sacramento County's state-of-the-art Animal Shelter at this benefit fundraiser to support the animals. 6 p.m. \$25 at the door, \$20 in advance, 3839 Bradshaw Rd., Sac. (916) 875-5051 WhiskersandWine@gmail.com

Co-Dependents Anonymous

Sept. 26, Oct. 3, 10, 17, 24, 31: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

Sept. 26, Oct. 3, 10, 17, 24, 31: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m., every Sun. \$8. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Genealogy info from the Census

Sept. 26: Lisa Lee, of GotGenealogy.com will explain why U.S. Census research is

easier than ever online. Free. 1:30 p.m. Central Library, 828 I St., Sac. (916) 264-2920 www.saclibrary.org

Jewish Food Faire

Sept. 26: Enjoy delicious traditional and modern Jewish food. Live music & entertainment all day. Arts and crafts vendors, cultural activities, used books, children's play area & activities, more. 9 a.m. - 3 p.m. Free admission, parking. Congregation Beth Shalom, 4746 El Camino Ave., Carmichael. (916) 485-4478

Co-Dependents Anonymous

Sept. 27, Oct. 4, 11, 18, 25: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Hatha yoga

Sept. 27, Oct. 4, 11, 18, 25: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

Nutritional cooking program

Sept. 27: Pamela Spencer, a licensed nutritionist, will discuss how to prepare healthy meals that help balance blood sugar, reduce abdominal fat, and increase energy. Free. 6:30 p.m. Arden-Dimick Library, 891 Watt Ave., Sac. (916) 264-2920, www.saclibrary.org

Rotary Club of South Sacramento

Sept. 27, Oct. 4, 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

Sept. 27, Oct. 4, 11, 18, 25: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

Sept. 27, Oct. 4, 11, 18, 25: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Jan (916) 284-4236, www.sacramentotoastmasters.com

Big Band Dance

Sept. 28, Oct. 5, 12, 19, 26: Dance to the rhythms of the Big Band era. Every Tues. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Basic English language class

Sept. 28, Oct. 5, 12, 19, 26: Non-native English speakers can improve English language proficiency. Free. Every Tues. Practice reading, writing, listening and speaking English with others in the class. Through Dec. 14. 6 p.m.-8 p.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. (916) 264-2920 www.saclibrary.org

Dance Movement Therapy Classes

Sept. 28, Oct. 5, 12, 19, 26: Cancer patients and survivors are invited to dance movement therapy classes taught by Nandi Szabo, a registered dance movement therapist. Free. Tuesdays through Nov. 9. Two times available: 10:30 a.m.-12:30 p.m. or 6:30 p.m.-8:30 p.m. Sutter Cancer Center, 2800 L St., Sac. Call (916) 529-1079 or email zofotoni@comcast.net to register.

Medicare counseling

Sept. 28, Oct. 5, 12, 19, 26: Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appts. every Tuesday with John Gallapaga, call (916) 376-8915 to schedule. For appts. in Spanish, call Marta Erismann at (916) 231-5110.

Rotary Club of Arden-Arcade

Sept. 28, Oct. 5, 12, 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

Sept. 28, Oct. 5, 12, 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m. Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Sac State Symphony Orchestra concert

Sept. 28: Sacramento State's Symphony Orchestra will perform. 8 p.m. Admission \$5 students, seniors; \$8 general. Capistrano Hall Music Recital Hall, Sac State campus, 6000 J St., Sac. (916) 278-4323 www.tickets.com

Soroptimists of Sacramento South

Sept. 28: Soroptimist International of Sacramento South, a service club for business and professional women, meets second and fourth Tuesdays. 12:15 p.m. Aviators Restaurant, Executive Airport, 6151 Freeport Blvd., Sac. www.soroptimistsnr.org

History of Sacramento's Chinatown

Sept. 29: Lawrence Tom, author of "Sacramento's Chinatown," will discuss one of the oldest Chinese communities in America and share photos. 3 p.m. Free event. Copies of the book will be available for signing and purchase. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920, www.saclibrary.org

Senior Wednesday Club

Sept. 29, Oct. 6, 13, 20, 27: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

Toastmasters

Sept. 29, Oct. 6, 13, 20, 27: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Cocco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

Sudoku answers

From page 6

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|---|---|---|---|---|---|---|---|---|
| 3 | 5 | 4 | 9 | 6 | 1 | 7 | 2 | 8 |
| 2 | 1 | 6 | 4 | 8 | 7 | 5 | 9 | 3 |
| 7 | 9 | 8 | 2 | 3 | 5 | 6 | 4 | 1 |
| 8 | 4 | 2 | 3 | 9 | 6 | 1 | 7 | 5 |
| 5 | 6 | 1 | 8 | 7 | 4 | 2 | 3 | 9 |
| 9 | 3 | 7 | 5 | 1 | 2 | 4 | 8 | 6 |
| 1 | 8 | 5 | 7 | 2 | 9 | 3 | 6 | 4 |
| 4 | 2 | 9 | 6 | 5 | 3 | 8 | 1 | 7 |
| 6 | 7 | 3 | 1 | 4 | 8 | 9 | 5 | 2 |

1st Time Buyer OR Investor Alert!



Trey Bonetti

768-9360

tbonetti@cookrealty.net
DRE# 0099899



Wow! 1700+ square feet. 3 bed, 2 bath, family room, nice yard, on a great street with a funny name. Newer roof, CH&A, paint and much more! Take a drive by and see for yourself: Hwy 99 South to Florin Road East to North on Bowling Drive and East on Chevy Chase Way! A can't miss at this price. Not a Short Sale and Not Bank Owned.

6818 Chevy Chase Way
\$149,000

The Historic Old Sacramento Foundation *presents:*

RIVERBOAT CASINO NIGHT

Hornblower Cruise with 1850s-Style Gambling



Friday, October 1, 2010

6pm to 9pm

\$50 Members, \$60 Non-Members, 2 for \$110

Tournament of Chance and No-Host Bar

Must be 21

Two Complimentary Drink Tickets

The Historic Old Sacramento Foundation (HOSF) invites you to come aboard the *Empress Hornblower* to ride down the river, experiencing food, drink, live music and 1850s style gambling including Chuck-a-Luck, Faro, Monte, Roulette, and more!

Event proceeds, including a live auction, help support the educational programs of the Historic Old Sacramento Foundation.

To make your reservation, call: 916-808-7059, go on-line to www.historicoldsac.org, or visit *The Sacramento History Museum* to purchase tickets.

PRESENT FOR \$1 OFF ONE ADULT ADMISSION (NOT VALID WITH ANY OTHER OFFER)

THE 13TH ANNUAL SACRAMENTO ARTS FESTIVAL

The BEST Fine Crafts & Fine Arts Show in Sacramento!

IN PERSON—225 OF AMERICA'S BEST CONTEMPORARY CRAFTSPEOPLE & FINE ARTISTS OFFERING ORIGINAL WORKS

Enjoy Continuous Main Stage Jazz & Blues!
Plentiful Food & Drink! Wonderful Fun!

OCTOBER 1, 2, 3
SACRAMENTO CONVENTION CENTER
Entrance at 14th & J Streets

Friday Noon-9pm, Saturday 10am-7pm, Sunday 10am-5pm
Tickets at the Door - \$7.50 Adults, \$6.50 Seniors, Children Under 12 Free
Information 805-461-6700 or www.sacartsfest.com

Defending the Barony of Thor's Refuge

Photos by STEPHEN CROWLEY
Arden-Carmichael News photographer

Local Amtgard players gathered at Carmichael Park on Sept. 18 to meet for a day at the "Barony of Thor's Refuge."

The group features bringing interesting aspects of medieval life to the community at large, through demonstration and educational classes and "alternative recreation to those of all ages." Amtgard is a non-profit, non-sectarian group devoted to recreating elements of fantasy, medieval and ancient genres.

Weapons are safe, foam-padded replicas of the imagined things. There is no cost to participate. For more information, visit www.CAAmtgard.com or www.Meetup.com/Amtgard-Sacramento.



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ONE OF A KIND!

One of the most gorgeous estates in Sacramento! Breathtaking views & grounds, plus an elegant yet casual home perfect for entertaining with soaring ceilings & walls of glass, stone patios and pool. Detached 2 bedroom guest house w/its own private patio. See www.6340RioBonito.com \$2,195,000

CARMAH HATCH 765-6210



EXCEPTIONAL WOODLAKE HOME

Fully remodeled, very custom. Cook's kitchen will delight. Bedrooms are good-sized. Huge workshop w/toilet & sink. Also a gym w/rubberized floor. Huge landscaped backyard. Front yard is all new landscaping, walkways and porch. Climate controlled wine storage in garage. See www.442woodlakedr.isnowforsale.com \$389,000

LEIGH RUTLEDGE 612-6911
BILL HAMBRICK 600-6528



AMERICAN RIVER CANYON

Featuring 4 bedrooms, 2 1/2 baths, family room, formal dining room, high vaulted ceilings, inside laundry room, sparkling pool w/waterfalls, plus concrete tile roof. Lots of storage available for all your stuff. Extra large 3 car garage has 4x8 workshop and includes several storage cabinets. See www.111oakrimway.isnowforsale.com \$489,900

LEIGH RUTLEDGE 612-6911
BILL HAMBRICK 600-6528



GOLD RIVER CONDO

Italian tile flooring. Kitchen has limestone counters w/tile backsplash, stainless steel appl. Beautiful colors, baseboards/crown molding, designer light fixtures, recessed lighting & fans, closet organizers, custom shutters & more. 2 car garage. See www.605StanfordCourt.com \$249,000

CHRIS BALESTRERI 996-2244



DEL PASO MANOR

Adorable home! You will love the updated kitchen with tile counters, tile floors & stainless appliances, the remodeled bathroom w/tile flooring, large stall shower, & separate tub, the cozy fireplace & more! Amazing back yard w/4-year old built-in pool & spa, planter beds & shed. Don't wait! 2508 Catalina Drive \$215,000

ERIN ATTARI 342-1372



NEW IN CARMICHAEL

Brand new four bedroom home in Carmichael. Tile roof, wonderful curb appeal with stone and stucco exterior. Beautiful wood laminate floors, designer paint colors and fabulous tile throughout. Stunning granite counter tops in the bathrooms and kitchen. GE stainless steel appliances, beautiful cabinets and nice lighting and fixtures. See www.3317AryaWay.com \$299,500

MONA GERGEN 247-9555

BEAUTIFUL OASIS

You won't believe the tranquility of this backyard w/ Koi pond, pool, patios & trees. The remodeled home is lined w/glass to bring the outside in. Gourmet kitchen w/high-end appliances, granite, island, walk-in pantry & storage galore. FR w/fireplace & master bedroom overlook backyard & pool. See www.4140fairoaksblvd.isnowforsale.com \$650,000

LEIGH RUTLEDGE 612-6911
BILL HAMBRICK 600-6528

FAIR OAKS BEAUTY

Remodeled contemporary ranch. **PENDING** Const. Beautifully updated w/dual pane windows, tile flooring, custom cabinets, stainless steel appliances, granite counters, recessed lighting, custom light fixtures, custom poured-in-place mantel, new roof & gutters, new patios for outdoor entertaining & more. See www.elchapulway.com \$295,000

CHRIS BALESTRERI 996-2244

SPACIOUS ARDEN OAKS

Custom built with LR, FR, DR & huge game room. High beamed ceilings. Sitting room off master w/ fireplace. Unbelievable storage and custom cabinets. Four-car tandem garage, guest house w/small kitchen & bath. Great floor plan, great design w/ quality materials throughout. Huge, beautiful lot with pool. See www.3530WindingCreek.com \$1,145,000

LEIGH RUTLEDGE 612-6911
BILL HAMBRICK 600-6528

GATED WYNDGATE

Beautifully appointed & updated home in gated community. Kitchen redone in 2009. Teak wood & stone flooring. New H/A unit in 2008. Custom closets. Redone stone patios. Pool & Spa resurfaced. 3 Bedrooms and 2 1/2 baths. Many amenities. See www.432WyndgateRd.com \$650,000

PATTY BAETA 806-7761

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