

## 37th annual Sacred Heart Home Tour to showcase Fabulous '40s homes

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'Janey Way Memories'  
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A WWII veteran  
reflects  
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# Living life fully

## Seniors dance to the beat of the big bands

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Photo courtesy of Sacramento Food Bank & Family Services

The 17th Run to Feed the Hungry is expected to draw some 30,000 people this Thanksgiving morning. Proceeds will directly benefit Sacramento families in need.

# Run to Feed the Hungry brings home a sense of community joy

By **SUSAN LAIRD**  
 Arden-Carmichael editor  
[susan@valcomnews.com](mailto:susan@valcomnews.com)

Thanksgiving Day is a joyful time as friends and families gather to count their blessings and bask in the warmth of com-

panionship and comfort food.

However, recent years have seen an upswing in families who must economize on the traditional feast, due to the economic downturn. Many working families – who are typically givers in the community – are either under- or unemployed. They must economize on every meal, just to get by.

According to the most recent report released by the USDA (“Household Food Security in the United States”), 85 percent of American households were “food secure

throughout the entire year, meaning that they had access at all times to enough food for an active, healthy life for all household members. The remaining households (14.6 percent) were food insecure at least some time during the year.”

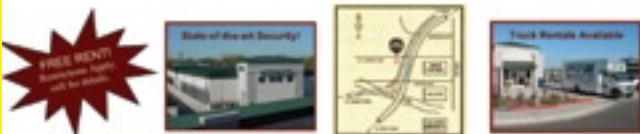
That’s one out of every seven families. Of those families in need, nearly six percent had tightened the belt – literally. One or more household members reduced their food intake and “eating patterns were disrupted at times dur-

See Run, page 8

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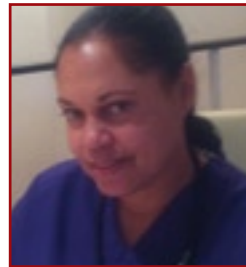
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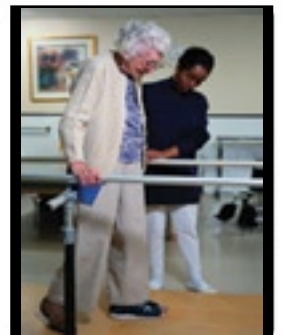
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# Protect your pet from internal hazards this autumn

By MELINDA SARTE, DVM  
Arden-Carmichael guest columnist

Autumn is one of our pet's favorite times of the year. The weather is mild, which often means more fun time outdoors for our dogs and those cats that spend time outside.

Surprisingly, veterinarians often see a spike in infections with internal parasites during this time of year as well. The reason probably is that with the mild weather, and cool nights, conditions are perfect for parasite eggs to last much longer in the environment.

## Fall hazards

Common parasitic infections seen in our dogs and cats include giardia, roundworms, coccidia, tapeworms, hookworms and whipworms. Some of the eggs of these parasites can survive for as long as two years in the environment under the right conditions. The right conditions usually are areas that are damp, shady, and neither hot or

cold – a lot like what we see during our wonderful autumn weather.

Of course you do not want to spoil all of the fun for your pet by keeping them inside during this marvelous time of year, so how do you allow your canine or feline family member to enjoy the fall weather, while still being safe?

For cats, the safest possible solution is to stay indoors. However, this is not possible or tolerable for some cats. Screened in porches provide some of the outdoor experience without all of the other risks of parasite infection and other feline hazards.

## Preventive meds

If your kitty or dog wants to spend time outdoors, it is good to know that there are many ways of protecting them. Both cats and dogs should be on a year-round heartworm preventative, to protect them from dangerous heartworms carried by mosquitoes (this goes for indoor pets too as 25 percent

of cats that test heartworm positive are indoor-only cats). What many people don't realize is that most of the heartworm preventatives on the market today also protect your pet from contracting many intestinal parasitic worm infections from the environment. Check the label on your heartworm product to see what other parasites your pet is protected from by taking this medication.

## Test yearly

Since there is no preventative product designed to protect pets from some parasites such as Giardia and Coccidia, we recommend that you have your pet tested yearly by your veterinarian for these parasites. Some of the parasites, such as Giardia, are contagious to humans, increasing the importance of this annual testing to protect your human family members.

Sometimes even indoor only pets will test positive for a parasite. How could this happen? Our theory

is that these hardy parasite eggs in the environment can get tracked into the house by other pets or even on the bottoms of our shoes. When your pet steps on the microscopic eggs, and then grooms their feet, they become infected by the parasite.

We hope that both you and your pets enjoy this special time of year, and that with these precautions you can rest assured that everybody stays happy and healthy.

Melinda Sarte, DVM is a veterinarian at VCA Greenhaven Animal Hospital.



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# Local dentist pursues innovative career to provide second opinions

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

Have you ever gone to the dentist's office and gotten the bad news that you need extensive –and expensive – care? And that you need it right away?

Have you ever wondered, "Did I really need to do this?"

This is an issue that Dr. Ken Hajek encounters frequently.

Hajek is an "old school" general dentist who believes in the private practice dentist taking care of "his" patients, honoring the trust they place in their dentist. He became increasingly concerned by the complaints he would hear from patients coming from large, "corporate" dental offices.

Concerns Hajek frequently hears include:

- "I just went in for my regular cleaning and they wanted to do \$5,000 of work."

- "I get a different dentist every time and they each want to do something different."

- "The other dentist wanted to do eight crowns. Do I really need them?"

- "I've had good checkups for a decade and suddenly this new dentist says I need a lot of work."

- "The doctor said I need \$7,000 of work including (technical names of procedures). Then they asked, 'How do you want to pay?'"

"Patients would routinely express uncertainty about treatment plans and ask my opinion," Hajek said.

"Sometimes I would be asked for a second opinion and my opinion would differ substantially with that of another dentist. I was distressed because some offices did not fit with my original concept of dentistry."

An article in an industry publication put a name on it for Hajek: "aggressive diagnosis" – when a dentist diagnoses everything that he or she can possibly justify.

He immediately took issue with the concept. "Often those justifications are a stretch," he said.

"I also felt that people were underserved regarding prevention, and I saw them return with new decay on a three to five year cycle," Hajek said. "That does not have to be the case, but generally the 'chair time' to provide proper instruction was not taken. Restorative work was more important to the business goals. And with the elevation of corporate managers over employee-dentists, business goals have become paramount."

Hajek felt that there had to be a better way. He rea-

soned that when a medical patient receives a serious diagnosis, it is a standard procedure to seek a second opinion before proceeding with care.

"The solution is to empower the patient," he said. "Make them 'smart shoppers' who can oversee their own care. I am an informational resource for the patient. I am not there to judge other dentists."

With that thought in mind, Hajek founded Second Opinion Dental, a second opinion dental office that provides exams and



Photo courtesy of Devin Hajek  
Dr. Ken Hajek offers concerned dental patients an opportunity to get a second opinion on their dental diagnoses. A second opinion empowers the patient with knowledge and can even save money in some cases.

See Second Opinion, 18

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See Sudoku Answers, page 30

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# How the Summer of '64 changed Janey Way

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



I graduated from Sacramento High School on June 11, 1964. Life's possibilities seemed limitless. I enrolled for two summer classes at Sacramento City College the next week. My adult life had begun in earnest. Then something happened that summer which changed my life and the lives of all the Janey Way gang forever.

On Aug. 2, 1964, three North Vietnamese torpedo boats engaged the destroyer USS Maddox in the Gulf of Tonkin off the coast of Vietnam. The Maddox sustained some moderate damage. The story made the network news that night. Two days later another attack supposedly occurred on the same ship. Then, the next day, Aug. 7, the U.S. Congress passed the Gulf of Tonkin Resolution which authorized the President to do whatever necessary to assist the government of South Vietnam. This didn't seem like such a big deal to us.

Little did we know. That fall, my friend Mike Gilson joined the U.S. Marines and went off to train at Camp Pendleton in Southern California. After eight months of training, Mike came home on leave at the beginning of summer, 1965. He swam with us at the river, went to movies and generally had a great time. After his leave, Mike shipped out for Vietnam.

We would never see Mike again. He lost his life in a fire fight in February of the next year. When that happened, we grieved and

also realized how serious the war in Vietnam was. More Janey Way kids would soon follow Mike into battle.

Jim Ducray volunteered for the Army in late 1966. He trained at Fort Ord and then received his orders for Vietnam. As he prepared to leave, his older brother Bill told him, "when you get there, tell them you can type."

Of course, Jim couldn't type, but when he arrived in Vietnam, he set out in search of the administrative company. He found an officer there and asked if they needed a typist. Fortunately, the officer said they did, and Jim got reassigned from his infantry unit to the typing pool. Jim did most of his Vietnam service behind the lines and returned home unscathed.

Dick Kinzel wasn't as lucky. He was drafted in 1967 and soon followed Jim over to Vietnam. Dick served in an artillery battery which supported the infantrymen on maneuvers in the field. He lived through the infamous Tet Offensive of 1968 when the North Vietnamese Army and the Viet Cong attacked U.S. bases throughout South Vietnam. It was a horrible battle and many U.S. lives were lost.

Dick told me, "It got so bad, we lowered our cannons to ground level and fired them directly at oncoming Vietnamese attackers. I was lucky to survive."

Some of his buddies were not so lucky. Fortunately, Dick returned home in 1968.

That year my brother Terry volunteered for the U.S. Army, and soon after our neighbor Roger Thomsen received his draft notice.

Terry trained as a military policeman and shipped out to serve in Saigon.

Roger was not so lucky. He trained as an infantryman and when he reached Vietnam in mid-1969, shipped directly out to the field. Three months later he sustained serious wounds in a fire fight.

When Terry heard of Roger's condition, he visited Roger at the hospital. There, he arranged for Roger to call his parents back home and the whole neighborhood breathed a sigh of relief. The Army soon sent Roger home to recuperate, ending his assignment to Vietnam.

Meanwhile, I received my draft notice, in April of 1969. As I was training at Fort Lewis, Washington, my brother shipped out for Vietnam. So when I finished my

training, in accordance with U.S. military policy, the Army could not station me in the same combat zone with my brother.

Consequently, I received my orders to serve in West Germany along with the 80,000 other U.S. soldiers serving there. I spent the rest of my two-year army career as a member of the 510th Ordinance Battalion in Southern Germany. There I learned how to destroy my ordinance base, using C-4 plastic explosive and detonating cord in the event of a Russian attack on our base. Fortunately, that never happened. I returned home to the U.S. in the fall of 1971.

When I returned home, Sacramento seemed a much different place. Its borders stretched out to

Rancho Cordova on the east, to near Elk Grove on the south and toward Roseville on the north.

Janey Way had changed too. Most of the kids of my generation had moved out of the neighborhood. I would soon follow. By this time, the war in Vietnam was winding down. Others like Denis and John Tomassetti would get the call, but they too soon returned home uninjured.

The war had changed us all. We had to grow up quickly. We had all served our country honorably. After all was said and done, we had lost a dear friend, others sustained life-changing injuries, both physical and mental, and on Janey Way life would never be the same again.

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The Save Jan Park group hopes to win a \$50,000 grant from Pepsi Cola. Residents can “vote” for the park by visiting [www.refresheverything.com](http://www.refresheverything.com) and typing “Oak” in the search bar on the webpage. Voting continues through Nov. 30.

## Run: Over 30,000 to participate

*Continued from page 2*

ing the year because the household lacked money and other resources for food.”

Fortunately, it is possible to do something positive that benefits everyone – both the giver and the receiver – this holiday season.

The Sacramento Food Bank & Family Services is taking registrations online for its 17th annual Run to Feed the Hungry. This event began in 1994 with only 800 runners. It now ranks as the Sacramento Valley’s largest annual run and fun run/walk. In 2008, some 28,000 participants ran and walked to raise \$750,000 to provide food and needed services for Sacramento residents in need. Last year, the numbers swelled to 30,000. Similar numbers are expected this year.

“The Run to Feed the Hungry is 25 percent of our budget,” said Kelly Siefkin, communication and development director at Sacramento Food Bank & Family Services. “So this event is significant.”

The 17th annual Run to Feed the Hungry will

be held, rain or shine, on Thanksgiving morning, Nov. 25. The race starts just west of the entrance to the Sacramento State campus and runs through East Sacramento. Registration is available online at [www.RuntoFeedtheHungry.com](http://www.RuntoFeedtheHungry.com). Fees are \$35 for adults and \$20 for children ages 15 and under. Timed runners pay \$5 more. Race day registration is 7:30 a.m. to 9 a.m. Timed 10K runners start at 8:45 a.m. Timed 5K runners start at 9:05 a.m., and all untimed 5K fun run/walkers will follow behind the 5K start.

The Run to Feed the Hungry is Sacramento’s largest and most popular Thanksgiving Day event. Families and friends gather to run the 10K portion of the race, or to walk the 5K section. The atmosphere is happy, festive and hopeful.

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Arden-Carmichael News photo, Lance Armstrong

A couple dances at last Tuesday's senior dance at the Mission Oaks Community Center.



Arden-Carmichael News photo, Lance Armstrong

Eddie Lovato (right) and his group perform at last Tuesday's senior dance at the Mission Oaks Community Center in Carmichael.

## Bi-weekly dances keep seniors in step with fond memories, fun, fitness

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

It has undoubtedly been a long time since that golden age of dancing that is remembered so fondly by the older generations of today. But fortunately for those who have a recollection of this era, Carmichael's Mission Oaks Community Center is assisting in the efforts to make these times seem a little less a part of the past.

Certainly nothing can replace those good old days when legendary band leaders such as Glenn Miller, Harry James, Tommy and Jimmy Dorsey, Duke Ellington and Count Basie were delivering their music to countless numbers of people.

This music, which led to other memorable music of the era of those who are now in their 60s or older, was synonymous with one common theme – dancing.

### Bi-weekly dances

In understanding the importance of dancing in the lives of today's seniors, the Mission Oaks Community Center at 4701 Gibbons Drive maintains its tradition of offering bi-weekly dances for seniors,

as well as anyone else who might like to join them.

Every Tuesday and Friday, from 1:15 to 3:45 p.m., the community center transforms into arguably the region's best and most popular senior dance venue.

Supporting this view is Winnie Pollock, a regular of these dances.

"This is one of the best places for seniors to come to dance," said the Scottish-born Pollock, whose long-time dancing partner is simply known as "Dancing Dan."

### Dancing is joyful

Nancy Pritchard, recreation specialist for the Mission Oaks Recreation and Park District, said that the center brings much joy to those who attend the dances.

"They love the dances," Pritchard said. "They can socialize, exercise, dress up and have a fun time. And they're reliving their youth with their music and they laugh, they talk, they dance, they have a ball."

Although one might have the impression that these senior dances simply consist of a couple dozen people sparsely scattered about a large dance floor, this is far from reality.

Although the center features a large, wooden dance

floor, the floor is consistently filled twice per week with about 100 or more dancers, many of whom seldom miss a single dance at the center.

While not all seniors at these dances maintain the same level of dancing, almost all attendees of the dances have the same degree of enthusiasm for dancing. And with this passion for dancing, these dancers, whether they realize it or not, are demonstrating a fine message to other seniors that one is never too old for dancing.

### Feet keep moving

A prime example of the energy that dancing brings to those participating in these dances is perhaps best portrayed through the words of a regular attendee of these dances, 93-year-old Meyer Tuplei.

"I can barely walk, but when I get out there and dance, I can't stop my feet from moving," said Tuplei, who began dancing in about 1937.

While attending last Tuesday's dance, Tuplei explained that one of the reasons his feet move so freely when he dances at the center is due to the quality performances of the four to five-piece Eddie Lovato group.



Arden-Carmichael News photo, Lance Armstrong

Meyer Tuplei (right), shown dancing with a female partner, said that at 93 years old, he still feels good on the dance floor.

### Great music

Providing music for such ballroom dancing as Latin, fox trot, waltz, samba, rumba, cha-cha, tango and swing, the group, Tuplei said, is "very good."

"The orchestra here plays so many great songs and my favorite song that they play is the song that they play at the end of this dance," Tuplei said. "It is so good I almost cried. Their arrangement (of this song, which is called "Dream") is excellent. It's so romantic. I love it."

Another fan of Lovato's group is Bill Reiff, who regu-

larly takes a shuttle bus to attend the dances and has even paid to travel to and from the dances via taxi.

Reiff, who grew up in Detroit and first danced in Sacramento at the Dante Club in 1975, said that Lovato has a great understanding of the music of his era.

"In the 1940s, 1950s and 1960s, we learned to swing dance and do the waltz and fox trot," Reiff said. "All of these people who come here, they're all dancers. The beat

See Dances, page 11

# Dances: Senior dancers send positive message: One is never too old to dance

Continued from page 10

that this band plays is the one they learned to dance to. This is one of the only places that you'll find someone to dance with that dances the way you do. The generations now don't have this dance beat.

"There are songs that have no dance beat in them. They may be beautiful songs, but they have no dance beat — nothing that makes you feel like dancing. Eddie puts that beat in the music that makes you feel like dancing. He understands the music that's needed (for dancing)."

Lovato, who has been a dance instructor since 1955 and has played live music since 1960, provides music for the Tuesday dances, while another group plays live music at the Friday dances.

## Great exercise

Among those attending last Tuesday's dance were Fair Oaks residents Jack and Norma Kersten.

In regard to the health benefits of dancing, Jack said, "Walking is better than anything and dancing is better than walking."

But obtaining exercise is only a part of the reason that the Kerstens enjoy dancing.

The main reason is their love for dancing, in general.

Both Jack and Norma have memories of dancing in earlier times in Sacramento.

Jack, who was once an Arthur Murray dancer, has been dancing since the 1940s and once danced to the music of



Photo courtesy of Mission Oaks RPD  
Dancers show off their costumes at a recent Halloween-themed senior dance at the Mission Oaks Community Center.

Harry James at the Aerojet Recreation Center.

## Dancing memories

Norma, whose favorite dance is the jitterbug, recalls dancing at the Trianon Ballroom, above the Senator Theater at 9th and K streets, at Mather and Travis air bases, at the roller rink at 9th and R streets and on the upper floor of the bowling alley at Watt and El Camino avenues.

Southern California natives Joe and Rose Thomas, who celebrated their 50th wedding anniversary on Sept. 25, also have fond memories of dancing during the earlier years of their lives.

"One of the first dances I went to was Lawrence Welk at the Aragon Ballroom (in the Ocean Park district of Santa

Monica)," Rose said. "I was a teenager and that was an old person's dance. And then when we first started dating, we went to see the Ink Spots."

Joe, 80, said that during the earlier years of his life, he danced to the music of Harry James, the Dorsey brothers and Glenn Miller.

When asked why he enjoys attending the Mission Oaks dances, Joe said, "It brings back memories."

And sharing her interest in the dances, Rose added, "We love the dances. It just feels like one big party twice a week."

For additional information about the bi-weekly dances at the Mission Oaks Community Center, call (916) 972-7371 or visit the Web site [www.morpd.com](http://www.morpd.com).



Arden-Carmichael News photo, Lance Armstrong  
Senior dances are held at the community center every Tuesday and Wednesday.

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# Sacramento resident officiates Pac-10 football

By **BENN HODAPP**  
Arden-Carmichael writer  
benn@valcomnews.com

Most people have probably seen Land Park resident David Lambros without even being aware of it.

If you watch a lot of Pac-10 football on Saturdays or catch the evening sports news, you might just catch a glimpse of him.

He can easily be spotted because of his zebra stripes, whistle and yellow flag.

Lambros started officiating in the Pac-10 in 2001, but the life of this husband and father of two began his life as a referee with more humble roots.

After spending time in the Navy (and Vietnam), Lambros came back to northern California to go to school. He attended both American River College and Sac State and eventually became a deputy sheriff in Sacramento. In a throwback to his days as a football player in high school, Lambros participated in the first four Pig Bowls which annually pits cops vs. firemen.

In 1982, Lambros found a local high school association of officials, bought his books, paid his dues and started on his way to becoming a big time official.

"They train you in the classroom and on the field," Lambros said. "It's kind of like an apprenticeship. You don't get paid at first but

the instructors talk to you as the game progresses and critique you."

He started out working high school and Pop Warner games to hone his craft. In 1986, he started working junior college games before moving on to what was then called Division I-AA and Division II college games in 1992. In 1995 he moved up the latter to the Western Athletic Conference (WAC) and to the Mountain West Conference in 1998.

But it was 2001 that Lambros called "a big year" for him.

He moved on to the Pac-10, one of the biggest stages in college football that year. He also began officiating in the Arena Football League, which he did for eight years. He went on to explain some of the ins and outs of officiating in the Pac-10.

"There are six Pac-10 crews," he said. "My crew gets together in February to begin studying for the upcoming season."

The crew meets twice per month until May, when they begin meeting weekly.

"At the end of July we have conferences and clinics and in August we work scrimmages."

When it comes to calling games on Saturdays, Lambros still feels like it's his first time out there.

"Every game I am at I get chills looking around at all the people," he said. "It doesn't



Arden-Carmichael photo, Susan Laird  
David Lambros has interesting weekends every fall – he officiates at Pac-10 football games as a referee. A retired police officer, he dons his zebra stripes, whistle and yellow flag and travels to the games. "I take it seriously. I try not to smile too much on the field," he said with a grin. "It just wouldn't do to see a 'happy ref' out there."

See Referee, page 13



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# Referee: 'Every game, I still get chills'

Continued from page 12

matter which stadium I'm in."

As far as his favorite venues in the Pac-10, Lambros is partial to The Rose Bowl in Pasadena, home of the UCLA Bruins. The craziest atmosphere, though, comes from up north.

"Autzen Stadium in Eugene, Oregon is the loudest stadium I have ever been in," he said.

It was particularly loud when he officiated the Oregon Ducks and Oregon State Beavers at their annual "Civil War" game. The rival universities have played each other every year since 1894.

The travel for a referee can be draining, but Lambros said that it isn't too bad, because the Pac-10 schools are somewhat close to each other. Outside of bowl season, he never has to travel further than Arizona or Washington.

His list of memorable games includes a 72-68 marathon of a bowl game on Christmas Day as well as the 43-42 Idaho victory over

Bowling Green in last year's Humanitarian Bowl.

In his years as an official, Lambros was blown away by the talents of one player in particular.

Lambros is a "back judge," which means that he deals mostly with wide receivers and defensive backs. One of the players that stuck in his mind as truly great was former USC wide receiver Mike Williams.

He also said that during his time refereeing in the Mountain West that Brian Urlacher once made a play that even he couldn't believe while he was at New Mexico.

And as for those penalty calls viewers get irritated by, the officials' agenda is not as sinister as some make it out to be, according to Lambros.

"When a play goes off, I have no idea who the players are or sometimes even which team is which," he said. "I'll see that green pushed white, so the foul is on green. I have to try my best to remember what number the guy was."

Oct. 23 was Lambros' final day off of the season before traveling to call the Oregon-USC game on Oct. 30 in Los Angeles. So when you are watching a Pac-10 game on the television, watch for this veteran ref chasing after receivers and throwing his pesky yellow flag.

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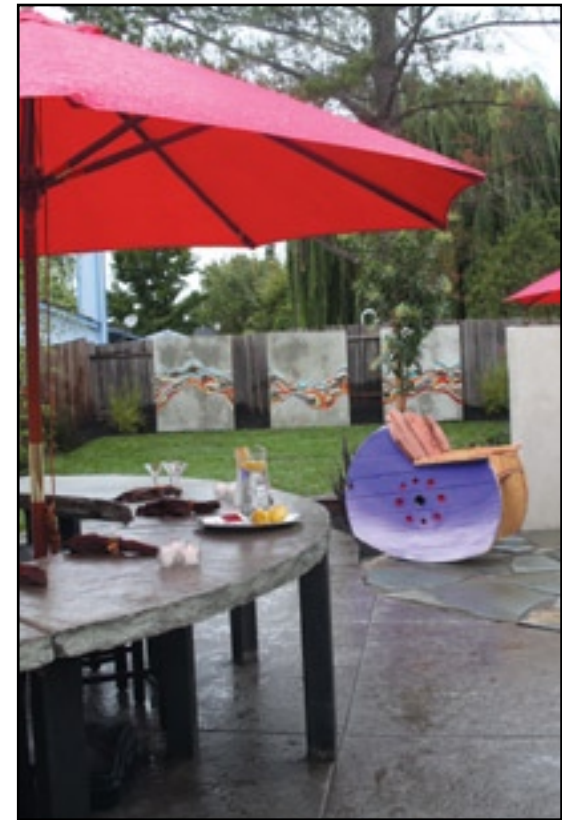
# 'Turf War' comes to Sacramento

"Before" photos by STEPHEN CROWLEY,  
 "After" photos courtesy of DIY Network

It was a win-win scenario for two Sacramento area families, as they went "head-to-head" for an upcoming edition of the DIY network's reality show, "Turf War." The identities of the families and exact location were confidential, since the show will air in the spring, but the Pocket News was allowed to snap a few photos.

In the show, two neighbors compete to win \$5,000 and the title of "best yard on the block" by the show's host, Ahmed Hassan. Each team is given the same materials and time to transform their yards – and to recruit friends and family to help. Film crews were on hand to document the process, which involved a great many people.

At the end of the show, neighbors tour both yards and vote on their favorite. The winner receives the prize money – and bragging rights – but both families and the neighborhood at large win because of the beautiful yards.



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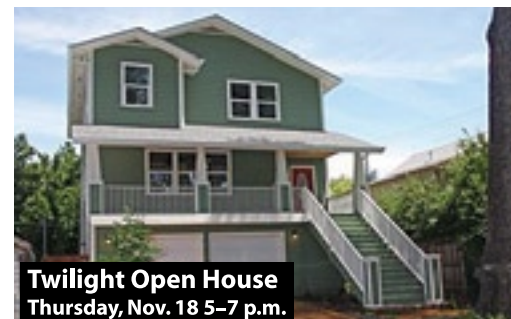


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# Second Opinion: Patients can determine and direct their care

Continued from page 6

consultations, education and advice. Patients can take advantage of Hajek's three decades of dental experience and ask questions before deciding on the direction they want to go with their dental care and program.

"We do no repair work, because that could pres-

ent a conflict of interest," he said. "We offer exams and our opinion on what a patient needs so they can make wise, economical decisions. We serve only the patient's needs."

Getting a second opinion can help a patient to decide whether or not a dental procedure is need-

ed, and it also has the potential to save the patient a lot of money.

The services offered at Second Opinion Dental are not covered by standard dental insurance, but the fees are reasonable and affordable. In addition to a second opinion, patients also receive a valu-

able information session with Hajek on preventative dental care.

"Many patients aren't receiving this in some dental offices, because it isn't something for which a hygienist is compensated," he said. "Just knowing how to properly brush and floss, and with the

---

*"We offer exams and our opinion on what a patient needs so they can make wise, economical decisions. We serve only the patient's needs."*

---

proper kind of brush, can prevent future costly dental problems."

Ultimately, it is all about giving patients options, according to Hajek.

"Consumers can often save thousands of dollars with a second opinion," he said. "Insurers, employers and society could cut dental costs by fully half were everyone to get both impartial diagnoses and prevention instruction."

Second Opinion Dental is located at 3501 Walnut Avenue in Carmichael. For an appointment call (916) 616-6712 or visit [www.secondopiniondental.net](http://www.secondopiniondental.net).

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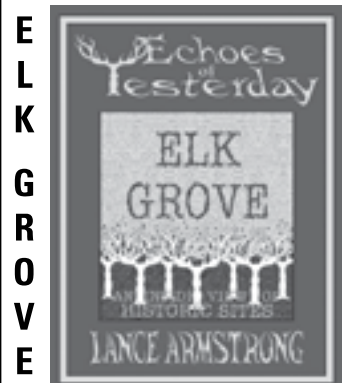
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# 'Tin Can' sailor: A local veteran remembers World War II

By EARL ROGERS  
Arden-Carmichael writer

During the closing weeks of October, 1944 the greatest sea battle in all of history was fought between warships of the U.S. Navy and those of Imperial Japan.

On the 24th of October, the Battle for Leyte Gulf had been raging four days, when a U.S. Navy reinforcement group arrived off the island of Leyte to support the amphibious landing of U.S. forces as they prepared to liberate the Philippines.

Gordon Swehla, a nineteen year old petty officer third class, was manning the radar in the Combat Information Center (CIC) of the USS Hopewell. The ship, a Fletcher Class Destroyer (called a Tin Can by U.S. Navy sailors), was equipped with the latest radar. Each sweep of the antenna lit up numerous amber blips on his radar screen.

He was looking for low flying enemy planes and surface targets that might be enemy ships. The Hopewell had limped into Leyte Gulf on a damaged propeller after the ship struck an uncharted reef. Two days later, it hauled-out for Hollandia, New Guinea to make repairs on the damaged propeller. En route the ship's gunners knocked down two enemy planes.

Gordon recalled that "Air search wouldn't pick up those low flying aircraft. But our surface radar could spot 'em approaching low on the water."

Gordon had been a crew member aboard Hopewell since it was launched by the Bethlehem Steel Co. in San Pedro, Calif. a year and a half earlier. By the time of the Leyte operation, he was a veteran tin can sailor having fought in three major battles from the Marshall Islands through New Guinea and the Dutch East Indies (now Indonesia). Grand Forks, N.D. was his home before he joined the Navy in March, 1943. A year earlier, his family received the dreaded telegram that his older brother Donald, a crewman on the USS Langley, was reported missing in action when the Langley was sunk by Japanese bombers during the opening days of World War II.

On Valentine's Day 1945, the Hopewell was dueling with shore batteries on the Island of Corregidor at the entrance to Manila Bay, when it was ordered to rescue survivors of a mine sweeper that had been set afire. While closing on the sinking vessel, the Hopewell shuddered from the impact of a direct hit.

Gordon described what happened next: "One shell hit the forward stack. Another blew out the fire control center (a complex unit that synchronized



The USS Hopewell off the coast of Corregidor during World War II.

Photo courtesy

all the ship's guns). A third shell ruptured the forward fuel tank. One shell went clear through the ship."

Damage control parties sprung into action. The wounded were moved to sickbay. The ship was ordered to retire from the action and head for Subic Bay, where the wounded could be transferred to a floating medical facility and the dead could be moved ashore. Seven sailors were killed and twelve wounded.

"When my ship docked at Mare Island for repairs a month after the Corregidor operation, I came to Sacramento on liberty," Gordon recalled. "This was a good liberty town. For a quarter, I could ride the bus from Mare Island to Sacramento. We went to dances at the ballroom above the Senator Theater."

On a blind date he met a girl named Dorothy Haskell.

"We had a few dates," Gordon said. "But my ship returned to the Pacific in April."

He and Dorothy kept their romance alive with letters.

In March, 1946 Gordon finally returned home wearing seven battle stars on his campaign ribbons and the insignia of Petty Officer Second

Class. He had been at sea for almost two years.

"I got here on a Friday and rode the street car out to the Clunie Club House in McKinley Par," he said. "Dorothy was working for her boss, the principal at Donner School, who was managing the annual camellia show."

Gordon remained in Sacramento, hoping to find a job. One day while shopping in Oak Park, they stopped in front of the Arata Brothers Grocery store.

"Why don't you inquire about a job," Dorothy urged.

Gordon walked in and convinced the boss that he was a reliable, hard working young veteran. He got the job.

Dorothy Haskell became Dorothy Swehla on July 3, 1946. The young married couple moved into a small two bedroom house in Colonial Heights bought with a \$100 down payment - Gordon's mustering-out pay from the Navy. After five years working for Arata Brothers, he took a job at the Sacramento Army Depot, where he worked for thirty years retiring as Shop Superintendent in electronics. In 1966, on

their 20th anniversary, Gordon and Dorothy moved into a new home on 13th Street in the Pocket Area of Sacramento. This year they celebrated 64 years of marriage with their two sons, three grandsons, and eight great-grandchildren.

At 85 years of age, Gordon is still a working man. Driving a Chevy pickup filled with tools and parts, he oversees the maintenance work on several warehouses in West Sacramento. His garage is filled with power tools. His building skills are numerous. His craftsmanship is impeccable. He is everyone's good neighbor. He will give you the best advice on repairs to your house, then reach in to the bed of his pickup, pull out his tools, and help you with the job. He flies his country's flag every day of the week.

Gordon hopes his countrymen will remember his brother, Donald Miles Swehla, Seaman First Class, whose name is inscribed on a marble column in the American Military Cemetery in Manila. Those sailors of the old Asiatic Fleet with their antiquated ships and no hope of reinforcements made their stand and went down fighting against impossible odds.

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# Remembering Sacramento entrepreneur Charles F. Silva

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

As the years pass by in the city of Sacramento, the histories of certain notable residents from various communities and neighborhoods begin to fade. And among such people of days gone by is Charles F. Silva.

Although many people today are not familiar with Charles and his connection to part of the Land Park community, Charles F. Silva is undoubtedly a name that should be well preserved.

## Born in the Azores

Born on Dec. 14, 1867 in Faial in the Azores Islands of Portugal, Charles arrived in Boston at the age of 11 in 1878 and then proceeded to the Sutterville area in today's South Land Park area of Sacramento.

With only \$2.50 in his pocket, Charles used \$1 of his money to reach the town of Vernon in Sutter County, where he became employed as a milk-er on a dairy ranch for 50 cents per day.

## Teen cheese entrepreneur

Using earnings from this job, Charles, when he was 13, paid a cheese maker \$50 to teach him how to make cheese, after which he went into business for himself.

Charles eventually rented a ranch in Yolo County, bought cows and established a dairy and cheese plant.

Charles' next venture was his purchase of the 160-acre Ramsey Ranch, which was located six miles above Vernon on the Feather River. He also rented the Hoover Ranch and the

Clark and Cave ranches near the Sacramento River.

While conducting business along the Sacramento River, Charles entered the boating business, as he bought a gasoline-powered boat and a barge.

Meanwhile, Charles purchased the Point Ranch, where he cut wood, which he transported down the river to Sacramento.

In 1900, Charles returned to the capital city, as he purchased and resided at the Meadows place on Front Street, between O and P streets. It was there that he also established a wood, hay and grain business.

## Shipping businesses

In addition to this business, Charles purchased the steamers "Neponset"

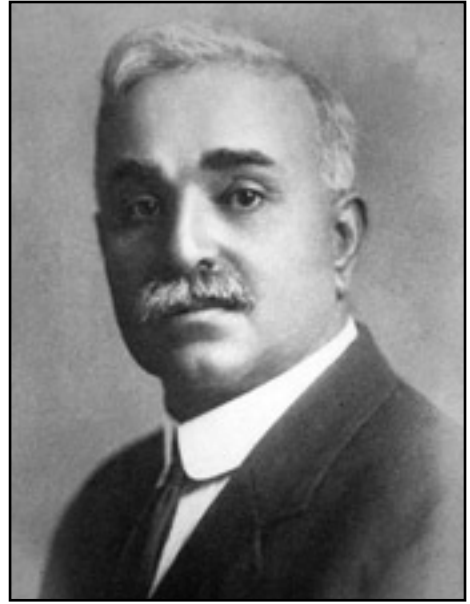


Photo courtesy  
Charles F. Silva is shown at the age of about 55, around the time he acquired the old Weinstock-Lubin and Co. department store building at 4th and K streets.

See Silva, page 11

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# Silva: Portuguese immigrant started from nothing, became major Sacramento businessman

Continued from page 10

and "Neptune," the trading boats "Jersey" and "Inder" and the barges, "Columbia," "Sutter" and "Vernon."

In becoming engaged in the transportation business, Charles formed a partnership with a Capt. Jones. This partnership continued for many years and their route included towns on the Sacramento River, between Sacramento and Butte City.

## Rancher

During this time, Charles was also involved in the cattle and sheep business.

Eventually, Charles sold his interests in the boats to devote his full attention to his livestock business.

Charles experienced much success in this endeavor, as he enlarged his interests on an annual basis and also established retail businesses – four local meat markets and a large wholesale business in Sacramento.

Additionally, Charles bred Hereford stock and was renowned throughout the state as a breeder of these fine cattle.

So large was Charles' livestock business operation that he became known as the largest individual cattle dealer in California, shipping thousands of head of cattle from Mexico, in addition to his large shipments from throughout the state.

Charles' wealth was great, as he purchased various Northern California ranches and later sold the ranches for twice the amount that he had paid for them.

## Land dealer

Along with his real estate transactions, Charles was actively associated with various reclamation projects and served as the organizer and director of the Sutter Basin Co. and the Natomas Land Co.

Following his time with his previous cattle business endeavors, Charles invested in many Sacramento properties, includ-

ing business blocks, warehouses and residences, and purchased a 21,000-acre cattle ranch in Modoc County.

Charles additionally accumulated other properties such as 243 acres dedicated to fruit growing in Yuba County and 670 acres on the Feather River in Butte County, with one half of this acreage being devoted to fruit.

Another major part of Charles' life was his interest in horses and for many years he was involved in breeding standard-bred animals.

## Breeder of race horses

Charles, who eventually had the finest standard-bred stock in the state, raised the well-known pacer, Teddy Bear, who broke a 6-year-old record at the California State Fair on Aug. 29, 1911. The horse set the mile mark of two minutes and five seconds.

With his continued interest in horses, Charles purchased a racetrack in Woodland in 1916.

It can be speculated that Charles, who continued to own the track until 1921, purchased the track in order to run Teddy Bear on his own schedule during fair weather days throughout the year.

In the early 1920s, Charles traded a 21,000-acre parcel of land in Alturas (Modoc County) for the old Weinstock-Lubin and Co. department store building at 4th and K streets. The building had been vacated and the company had reopened in its new location at 12th and K streets.

## Meat marketer

Charles also owned other business operations in Sacramento, including the Fulton Meat Market at 4th and M (now Capitol Mall) streets, California Market on J Street, between 7th and 8th streets, and meat markets on 10th and M (now Capitol Mall) streets, 16th and M (now Capitol Avenue)

streets and in Folsom and Knights Landing.

He also owned a slaughterhouse on Y Street (present day Broadway), between 5th and 6th streets.

Charles established a rich connection to the Land Park community with his founding of Charles Station, which later became known as South Land Park Hills.

Charles' property was located off the present day Del Rio Road in the area of today's Kennedy Lane and Pleasant Drive.

On this property, Charles owned and operated a second slaughterhouse, which had a thick concrete floor that later posed difficulties in building the foundations of some of the area's high quality homes.

## Family man

During his life, Charles was married twice, with the first of his marriages occurring when he married Theresa Kennedy in Sacramento on Aug. 15, 1899. Together the couple had nine children.

Following Theresa's death, Charles married Lois Blackwell and this marriage added two more children to his family.

The most prominent of Charles' children was former Land Park area resident Ray Silva. Ray, who passed away in 1996, was a referee for the Harlem Globetrotters and the founder and operator of Kiddie Land, Land Park's small-scale children's amusement park, which is today known as Funderland.

Undoubtedly, Charles, who passed away on July 14, 1944, was a man who achieved many great things in his life.

And considering his many accomplishments and the fact that he once had practically pennies in his pocket and no assets to his name, Charles Silva should be remembered for many years as a self-motivated man whose drive to excel led to a life of success.



Photo courtesy of PHCS

Charles F. Silva is shown with his first wife, Theresa (Kennedy) Silva, on their wedding day, Aug. 15, 1899.

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# 37th annual Sacred Heart Holiday Home Tour to showcase five 'Fab 40s' homes

Special to Arden-Carmichael News

One of Northern California's most loved walking holiday home tours returns this December with five elegantly decorated homes in East Sacramento's historic Fabulous Forties neighborhood open for viewing. This year, in addition to the five beautifully decorated homes, the library at Sacred Heart's brand new "state-of-the-art" school will also be decorated and on display.

For 37 years, this popular tour has grown to include nearly 5,000 patrons from throughout northern and central California. The homes showcase elaborate renovation while preserving historic design, custom interior design and creative holiday décor that is surely to ignite the spirit of the season. Homes on the tour this year range in style from a quintessential craftsman bungalow to an illustrious colonial revival.

"We are very excited about the homes we have on the tour this year," said Leslie Lopez, parent and one of the home tour co-chairs. "Not only do we have a wide variety of decorating and architectural styles, but the new school library will be open for viewing and themed after the classic novel, 'The Secret Garden.'"

This year's talented local interior and floral designers will include: Haus by

David Randall, Twiggs Floral Design Gallery, East Sac Florist, Impressions Designs, Inspired Interiors and Holiday Home.

The Holiday Home Tour is one of Sacred Heart Parish School's biggest fundraisers. Proceeds from the tour go directly to the school to offset tuition and provide financial support to families who might not otherwise be able to afford a Catholic education.

This year, now more than ever, additional funds are needed as Sacred Heart has seen the percentage of families requesting assistance nearly double – from approximately seven percent of children at the school just three years ago to approximately 13 percent this school year.

"In this economy, it has become essential that we have our financial aid fund for more and more families," said Theresa Sparks, principal of Sacred Heart Parish School. "Many people who were contributing financially through sponsorship and donations are now in the position of having to ask for help. We would not be able to offer families the help they need if we didn't have the fundraising that we do."

Tour dates are Friday, Dec. 3 through Sunday, Dec. 5. Tour tickets are \$25 in advance, \$30 after Dec. 2. Tickets may be purchased online at [www.shpsholidayhometour.com](http://www.shpsholidayhometour.com) and at the following locations:



Photo courtesy of Kevin Boyd, [silverpixelworks.com](http://silverpixelworks.com)

Five homes in East Sacramento will be a part of the 37th annual Sacred Heart Holiday Home Tour. The homes range from a "quintessential craftsman bungalow to an illustrious colonial revival." The tour is a great place to get holiday decorating ideas.

idayhometour.com and at the following locations:

- Sacred Heart Parish School
- East Sacramento at Haus, East Sac Florist, French Hen, Talini's, the Pink House and East Sac Hardware
- Central Sacramento at Gatherings Gift Shop
- North Sacramento at Emigh Hardware and Emigh Casual Living
- South Land Park at Collected Works

- Citrus Heights at Calico Corners
- Folsom at Hoshall's Spa
- Rocklin at Pottery World and
- All area Mercedes Benz dealerships (Rocklin, El Dorado Hills, Sacramento).

Visit [www.shpsholidayhometour.com](http://www.shpsholidayhometour.com) or call the Holiday Home Tour Information Line at (916) 556-5050 for more information.

## Handel's 'Orlando' to open Sacramento Opera's 17th season

By SUSAN LAIRD  
Arden-Carmichael News editor  
[susan@valcomnews.com](mailto:susan@valcomnews.com)

Sacramento Opera kicks off its 30th season with themes of love and madness in George Frideric Handel's "Orlando" on Nov. 19 and 21.

It is in perfect keeping with Sac Opera's 2010 – 2011 theme of "Love Makes You Crazy."

The title character is a great soldier in the Emperor Charlemagne's army. Orlando ("Roland") falls in love with the pagan princess, Angelica, the Queen of Cathay. He is torn between conflicting desires for "love and glory."

Angelica, on her part, is in love with an African prince, Medoro.

Orlando can't handle any of this. His obsession with the beautiful princess and his dreams of glory drive him to madness. He is prevented from wreaking havoc, however, by the magician Zoroastro, who eventually returns his sanity to him.

Considered to be one of Handel's "most daring and virtuosic operas," this work in three acts was written in 1731 and was first performed in 1732 at the King's Theatre in London on January 27, 1733. After ten performances, (due to "artistic differences" between the composer and the lead singer), it languished until being revived at the Unicorn Theatre in Abingdon on May 6, 1959.

This production will be Sacramento Opera's first foray into the Baroque repertoire.

"Orlando" is considered a "virtuosic opera" because of the degree of talent required to perform it.

"Performers need not only have great flexibility and agility in their voices to execute amazing amounts of notes that fly by at blinding speed, but also the ability to improvise," said Timm Rolek, artistic director and conductor of Sacramento Opera.

This is not surprising, as "Orlando" was written for one of the famous *castrati* of the era, Senesino (1686–1758).

A castrato is a man with a singing voice equivalent to that of a soprano, mezzo-soprano or contralto voice. This was produced by castrating a young boy before puberty. This process, outlawed in Italy by 1870, resulted in larger rib cages with child-sized vocal chords. With training, a castrato's voice was extraordinarily flexible and quite different. A castrato who could really "belt it out" quickly rose to the 18th century equivalent of one of today's super rock stars. Today, the high-range roles written for the castrati are sung by countertenors.

"Mutilating young men in the name of art is a practice that I am glad ended long ago," Rolek said. "Now when composers look for the sound of a prepubescent male voice, they either write for low voiced women dressed as boys, or for boys. The problem with the latter is that there is not a lot of volume or length of musical phrase with youngsters, so in most cases composers will opt for low-voiced women."

Performing the role of Orlando will be counter tenor Randall Scotting, who makes his debut with Sacramento Opera in this performance. He is known for his commanding stage presence, rich voice and innate musicality. He performed the part of Orlando with the Liszt French Orchestra in Budapest last season.

Also making their debuts with Sac Opera this season are Celine Ricci, lyric coloratura soprano (as Angelica) and Diana Tash, mezzo soprano (as Medoro). Antoni Mendezona, coloratura soprano (as Dorinda, a shepherdess) and Dean Elzinga, bass baritone (as Zoroastro) round out the cast. Frank Kuhn is the stage director.

"Randall and Celine are internationally known Baroque opera specialists, and Diana, Antoni, and Dean are all exceptional singing actors," Rolek said.

The music, composed by one of the masters of the age, will be well worth experiencing, according to Rolek.

"Handel at his essence is a theatrical composer, while Bach (born the same year) is essentially a church composer," he said. "Music from both of these men still speaks to us today through their deceptive simplicity."

Because the tale of Orlando is a timeless one, the stage setting will have a mythical tone, instead of being locked into one fixed time and place. The opera is about two hours and forty-five minutes with one intermission. This Sacramento Opera premiere is sung in Italian with projected English supertitles.

"Orlando" will be performed at the Sacramento Community Center Theater, located at 1301 L Street in Sacramento, on Friday, Nov. 19 at 8 p.m. and Sunday, Nov. 21 at 2 p.m. Single ticket prices are \$18 to \$108 each. Season tickets are now on sale and offer a 20 percent discount off the single ticket price. For tickets, call (916) 808-5181 or visit [tickets.com](http://tickets.com). For more information, visit [www.sacopera.org](http://www.sacopera.org).



# Science, Technology, Engineering and Mathematics Fair opens opportunities for St. Francis students

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

Students at St. Francis High School in Sacramento had an opportunity to explore career possibilities in the sciences at the school's annual STEM Fair.

STEM is an acronym for Science, Technology, Engineering and Mathematics – areas in which women traditionally do not pursue careers. Some 30 companies staffed booths at the fair, with the intent to show the students at the all-girl school just what is possible.

"I want them to see the technology throughout the branches of service," said Army National Guard Staff Sergeant Stephen Kujawa as he encouraged the young women to check out a secured radio, night vision goggles and other items. "This allows them to see the technology behind the scenes. Military technology developed the GPS, night vision goggles and secured radios. It benefits everyone."

The Fembots, the St. Francis High School Robotics Team, had their own booth to show off two of the robots the club made in the last two years: the B-2 and "Lucky."

The students designed the B-2 to pick up moon rocks – simulated by "moonballs." Lucky is the 2010 model. It plays soccer and scores points "by hanging off a seven-foot tall tower as long as possible," according to members of the team.

Students learned at the fair that they can approach technology from many different angles.

"I'm a very hands-on person," said Camille Soutiere, a junior and rookie robotics team member. "I'm not an electronics person, I'm the building kind of person. Tell me what to build and I'll build it."

"I just thought it would be really cool to learn about robotics and just to learn more about being around public speaking," said Jordin Fong, a freshman and also a rookie robotics team member. "This semester, I did a presentation on my rookie year thus far to PLATT, one of our sponsors. PLATT is an electronics supply company."

Career opportunities presented ranged from (literally) rocket science to nursing to accounting and financial management to criminal science investigation (CSI).

"We're still using rockets in the space program," said Sharon Clark, director of training and organizational development at Aerojet. "We would hire a woman engineer in a heartbeat."

"We're here to encourage young women to consider careers in STEM," said Lora Anguay, SMUD project manager. "It's important because we are always looking for engineers and people working in engineering and technology."

Anne Smith Harty, NP was on hand to discuss the advantages of nursing careers. She is also an alumna of the school.

"Nursing can be a very flexible for women," Harty said. "If you work in one field for a few years and you want to move on to a different field in nursing, you can. You don't have to start all over. You use critical thinking skills and it's very rewarding to know at the end of the day that you have helped someone. And: you can get a job anywhere in the world."

"We're here just to expose students at St. Francis to potential careers with the FBI that are related to science," said Steven Dupre, a special agent with the Federal Bureau of Investigation. "Engineering and science majors are backgrounds that we recruit for agents and professional support positions, such as evidence response teams. Science ties directly into investigations."

Senior St. Francis Troubadours were taking a hard look at the possibilities in store for them, as well. College application deadlines are looming ever closer, and the choice of major can be vital with admission to some colleges. The stakes for high school seniors across the country are high, so every bit of information about a potential major is important. The choice of college can turn on a dime.

"I want to go into prosthetics," said Senior Ashley Peng. "I originally wanted to go into mechanical engineering. But an experience I had at the Shriner's Hospital made me think about the need for

prosthetics. And a sculpting class with Mr. Romo made me interested. At the fair today, I met people from Hanger Prosthetics and Orthotics. They handed me an entire list of colleges that specialize in prosthetics. So the STEM Fair really helped with my college apps."

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## NOVEMBER

### Holiday boutique

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### 'Wayne Thiebaud: Homecoming'

**Through Nov. 28:** Exhibit of Sacramento's most famous artist, Wayne Thiebaud, as he begins his 90th year. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, [www.crockerartmuseum.com](http://www.crockerartmuseum.com)

### Beginning bridge lessons

**Through Dec. 7:** Learn party bridge procedures with the Greenhaven Community Bridge Group. Lessons on evaluating hands, bidding, card play and coaching, keeping score, partner support strategies. Become more comfortable and confident in play-

ing bridge socially. Meet new people; bring a spouse, friend or neighbor. All are welcome. \$10 for materials. 7 p.m.-9 p.m. Greenhaven Lutheran Fellowship Hall, 475 Florin Rd. (across from Kennedy High School). Dale or Barbara, (916) 424-3925

### 'Tomorrow's Legacies'

**Through Jan. 9:** "Tomorrow's Legacies: Gifts Celebrating the Next 125 Years." Exhibit celebrating the Crocker Art Museum's 125th anniversary and 125,000 square foot expansion. 216 O St., Sac. (916) 808-7000, [www.crockerartmuseum.com](http://www.crockerartmuseum.com)

### 'A Pioneering Collection'

**Through Feb. 6:** "A Pioneering Collection: Master Drawings from the Crocker Art Museum." The finest early collection of European drawings in the U.S. Works by Dürer, Fra Bartolommeo, van Dyck, Fragonard and Ingres. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, [www.crockerartmuseum.com](http://www.crockerartmuseum.com)

### 'The Vase and Beyond'

**Through Feb. 6:** "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300 artists, this collection showcases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, [www.crockerartmuseum.com](http://www.crockerartmuseum.com)

### Tai Chi

**Daily, except Sundays:** Meditation, breathing, forms and various styles of Tai Chi are taught. No experience necessary. Everyone welcome. Free. 8 a.m.-9 a.m. Reichmuth Park, 6135 Gloria Dr., Sac. (601) 559-5481

### Fall book sale

**Nov. 11-14:** Choose from popular categories of books including fiction, children's, mystery, adventure, science fiction, romance, tabletop, cookbooks, premium art

books and biographies. Also books on holiday crafts, cooking and decorations. Thursday thru Saturday 10 a.m.-8 p.m., Sunday 11 a.m.-6 p.m. Benefits Sacramento SPCA, 7935 Greenback Ln. (Greenback Ln. & Sunrise Blvd. near Old Navy), Citrus Hts. (916) 504-2802

### Food Addicts Anonymous

**Nov. 11, 18, 25:** 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.

### Health lecture

**Nov. 11:** "Learn Pressure Points for Vitality and Release Discomfort." Hosted by California citizens for Health Freedom. Free. 7 p.m.-9 p.m. SMUD Auditorium (the old SMUD bldg.), 6201 S St., Sac. (916) 635-6724

### Living Positive with Chronic

#### Disease group

**Nov. 11, 18, 25:** Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

### Rotary Club of East Sacramento

**Nov. 11, 18, 25:** 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](http://www.rotary.org)

### Rotary Club of Pocket/Greenhaven

**Nov. 11, 18, 25:** 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

**Nov. 11, 18, 25:** 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

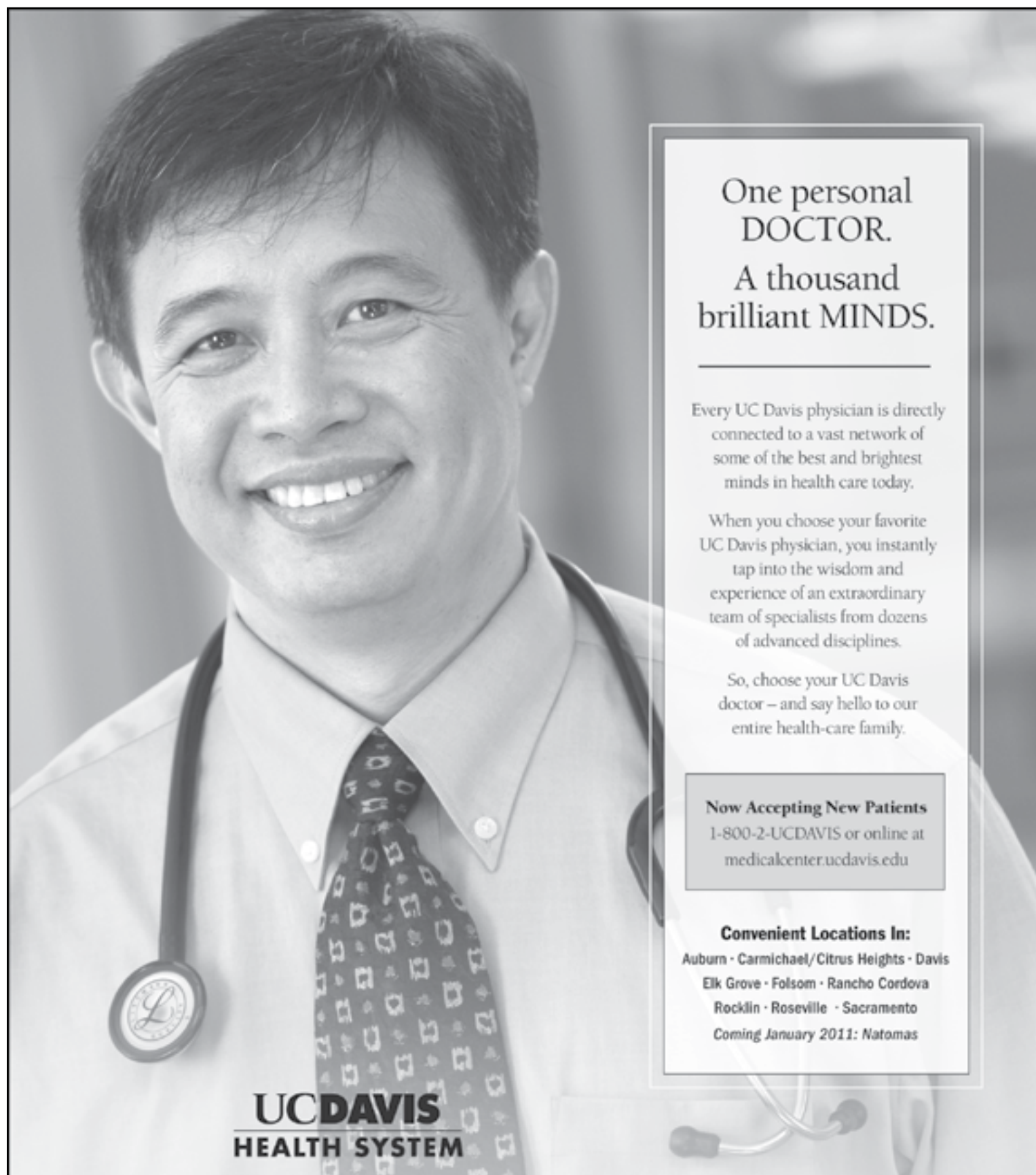
**Nov. 11, 18, 25:** Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves. 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, [teri.bullington@gmail.com](mailto:teri.bullington@gmail.com), [www.sacramentotoastmasters.com](http://www.sacramentotoastmasters.com)

### 'A Super Groovy Night's Dream'

**Nov. 12-13:** Enjoy this twist on Shakespeare's "A Midsummer Night's Dream" re-imagined to take place in a high school. \$5 admission. 7 p.m. John F. Kennedy High School, Main auditorium, 6715 Gloria Dr., Sac. (916) 433-5200

### Big Band Dance

**Nov. 12, 16, 19, 23, 30:** Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336



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**UCDAVIS HEALTH SYSTEM**

**Kiwanis Club of East Sacramento-Midtown**

Nov. 12, 19, Dec. 10, 17: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

**Rotary Club of Point West**

Nov. 12, 19, 26: 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**

Nov. 12, 19, 26: 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

**'Willy Wonka and the Chocolate Factory'**

Nov. 12-13: Enjoy this scrumdiddlyumptious high school musical, complete with Oompah Lompahs. \$10 students, \$15 general, \$25 gala night Nov. 3. 7:30 p.m. Saturday matinee on Nov. 13 at 1:30 p.m. Tickets available online. St. Francis High School, 5900 Elvas Ave., Sac. www.ticketguys.com/stfrancis

**Alternative Christmas market**

Nov. 13, 14: Crafts from Third World Countries will be available at this event sponsored by several local and international charities. Benevolence gifts offered. Free. 9:30 a.m.-1 p.m. Fremont Presbyterian Church, 5770 Carlson Dr., Sac. (916) 489-2332 www.fremontpres.org

**e-Waste recycling**

Nov. 13: Discard your old TVs, computers, monitors, cell phones and other e-waste. Free. 9 a.m.-1 p.m. Benefits music program. San Brannan Middle School, 5301 Elmer Wy., Sac. Rob Charriere R.Charriere@yahoo.com

**Food Addicts Anonymous**

Nov. 13, 20, 27: 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.

**Holiday boutique**

Nov. 13-14: Handmade crafts and food court. Free admission. Sat. 9 a.m.-4 p.m., Sun. 11:30 a.m.-3 p.m. Parkside Community Church, 5700 South Land Park Dr., Sac. (916) 421-0492

**Sudoku answers**

From page 6

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

**The Pressure's On!**

Nov. 13: Basic introduction to safe pressure canning techniques by the Sacramento County UC Cooperative Extension Master Food Preservers. Free. No pre-registration needed. 10 a.m.-Noon. Sacramento Cooperative Extension Office, 4145 Branch Center Rd., Sac. (916) 875-6913

**Sac State choir concert**

Nov. 13: Sacramento State's three choirs will perform works by Veljo Tormis, R. Murray Schaefer, George Mead and Randall Stroope. \$5 students & seniors, \$10 general. 8 p.m. Sacred Heart Church, 1040 39th St., Sac. Tickets, (916) 278-4323 www.tickets.com, www.csus.edu/music

**Saturday Movie Matinée**

Nov. 13: "How to Train Your Dragon." Free admission. 1 p.m. - 3 p.m. Robbie Waters Pocket-Greenhaven Public Library, 7335 Gloria Dr., Sac. (916) 264-2700 www.saclibrary.org

**'Something to Chew On...'**

Nov. 13-14: Got teeth? Bring the family to learn about healthy teeth from visiting dental professionals. Appropriate for kids ages 4-12, families. Admission \$4-\$6. 12:30 p.m.-4 p.m. Discovery Museum Science & Space Center, 3615 Auburn Blvd., Sac. (916) 808-3942 www.thediscovery.org

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**KELLIE SWAYNE 206-1458**



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**COLLEEN WIFVAT 719-2324**



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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](http://www.432WyndgateRd.com) \$650,000

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