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 D E S I G N

# Take care while driving: fines and fees are up

By MELISSA CRONIN-BROWN  
 Arden-Carmichael News writer

Places to go, people to see. Sacramento area drivers experience a high level of frustration when it comes to trying to arrive at their destinations on time. An additional frustration is the increase in traffic fines for those who attempt to "cut corners" by driving recklessly.

Instead of deciding in those few seconds whether it is better to slow down or to keep going through that yellow light, it is best simply to slow down and stop. With red light fees increasing more and more, sheriffs are advising everyone to slow down, no matter how big a hurry people are in.

The current price in Sacramento for running a red light is \$466. The fee is broken up into different costs that make up the grand total. These different subdivisions of money are given to the State Court Facilities Construction Fund, Criminal Surcharge, Security Surcharge, DMV History Fee, Night Court Assessment, Criminal Convention Assessment, along with other units.

"The [red light] cameras are automatic and capture violations as they occur," said Sgt. Todd Deluca of the Sacramento Sheriff's Department. "The intent of red light photo enforcement is traffic safety by reducing or eliminating fatalities and injuries as a result of aggressive driving and red light running. If there were not one violation captured by the camera, we would be extremely happy because we would then know that nobody was hurt or killed at those photo enforced intersections as the result of a red light runner."

In November 2010, there were 2,329 red light running citations issued in the City and

County of Sacramento, caught by the Metropolitan Red Light Photo Enforcement Program. The letters may take as little as a week, or up to a few months to be sent to the violator's house. Their address is known since the camera catches usually the front plate license, and is able to track down whose car it is through the DMV data base.

Other fined offenses include talking or texting on a cell phone, littering on a freeway, and speeding. These are just to name a few, but the county makes a profit off of other people's mistakes. According to Deluca, the County of Sacramento does not set or increase the fees or fines. It is set to Penal Code Section 1463.11 and the State Manual of Accounting and Audit Guidelines.

Deluca said it is hard to tell if the fee will be raised again, or what the maximum price could be set to. This is because the State Legislature sets the fine amounts and distribution, not the local sheriffs.

"Increased traffic safety is the number one priority of the City/County Metropolitan Red Light Photo Enforcement Program," he explained. "There has been as much as a 76 percent reduction in red-light related crashes at the photo enforced intersections in the city and county since the implementation of the program. Furthermore, there has been a 28 percent reduction in red-light running related crashes at all signal-controlled intersections in the city and county of Sacramento."

As drivers become aware of the high prices they are obligated to pay for traffic violations, the hope is that fellow citizens will be extra cautious and work on not being a distractive driver, but a *defensive* driver.



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# 84 year olds tie knot at Carmichael Oaks

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Nuptials were in the air at Carmichael Oaks Senior Living in early January. Two residents met and fell in love and decided it is never too late to tie the knot.

Kenn Johnson and Lola Chan, both 84 years old, were married on Jan. 15.

The couple was married at the home of the bride's son and daughter-law, Dan and Deann Chan, in North Highlands.

The bride's son-in-law Bruce Colmer was best man and her daughter, Patty Colmer, was matron of honor.

Some 30 members from both Kenn's and Lola's families came from as far away as Washington, D.C., to Portland, Ore., to Torrance, Calif. and the surrounding area.

The youngest attendee was Lola's great-granddaughter, Silk, age two.

The Rev. Stan Parker officiated the ceremony.

For their honeymoon, the couple plans to go on a month-long cruise from Singapore to Vancouver, B.C. this spring.



Photo courtesy, Patricia Colmer  
Mr. and Mrs. Kenn Johnson

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# Helping your teen to cope with the loss of a loved one

By STEVE DEBENEDETTI-EMANUEL  
Arden-Carmichael News columnist  
steve@rivercitycounseling.com

The mother of a fifteen-year-old boy called me recently. While on the way to the airport to visit his father, his stepmother called and told him that his father had a massive heart attack that morning and died on the way to the hospital. Instead of getting to enjoy time with his father, he got to go to his funeral.

When "Dave" came home a few days later, he insisted that he was fine. After all, he only saw his father twice a year and had never been close. "Joan" wasn't convinced; as she knew from his cell phone bills and by monitoring his Facebook account that they communicated regularly. She also noticed that he was quieter than usual, wasn't eating much, and spent most of his time in his room.

Joan was worried and encouraged him to talk to a therapist, but Dave was against it. He promised his mom that

he would go if he really needed to, but he didn't think it would be necessary. Rather than insist that he see someone right away, she asked that I advise her.

When we met, I suggested that she tell Dave just how sorry she was about his dad and ask if he's ok. I also encouraged her to tell him gently what she'd noticed and let him know she'd be available to talk if he wanted. When people experience trauma, they're often too shocked to talk at first. By letting him know she'd be open to talking about it, he'd come to her when and if he's ready.

I also reminded her of how it's normal for teens to turn to their friends for support. Even if he only hung out with them and didn't talk about his father at all, he'd benefit from the time with them. I encouraged her to guide Dave toward those friends who would be "there for him," should he want to talk about his father.

When Joan told me how fearful she was that he wasn't

talking to her or any other adults, I suggested that she guide Dave toward adults with whom he connects. Perhaps he could talk to relatives, a trusted teacher or coach. Or maybe he'd be open to speaking with his minister. I also suggested that she contact Dave's counselor at school and ask if she would check-in with Dave and offer to talk if he wanted.

I also encouraged her to help Dave keep his regular schedule. As much as death and grief are overwhelming and it's tempting to drop everything, the reality is that life needs to continue. The goal wasn't to ignore the loss and pretend everything is fine. Instead the hope was that by encouraging Dave to study, go to practice, and work after school, she could help him keep his routine and ease his pain.

As much as Dave insisted that he was fine, I encouraged her to keep an eye out for major changes in his behavior. Were she to get any hints of deep depression, significant drug use, or other more serious choices, I encour-

aged her to insist that he speak to a professional.

Although it's too soon to tell for sure, it looks like Dave is coping pretty well with his dad's death. Unfortunately, other teens have a much more difficult time coping with death, and it's important

for parents to keep a close eye on how they're doing and take necessary steps to help them. By doing so, the likelihood increases that their teens will be able to adjust to the tragedy without being completely overwhelmed by the loss.

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See Answers, page 17

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## 'Sugar and Spice' with The Folsom Symphony expected to sell out Three Stages facility

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

In an economy that is decimating organizations such as the Sacramento Opera and the Sacramento Ballet, the Folsom Symphony is experiencing a red-hot season of success, with well-planned concerts and sold-out venues.

Fair warning: tickets for the symphony's inaugural concert on Valentine's Day (Feb. 14) at Folsom Lake College's large performing arts theater are expected to be gone within a few weeks.

"Sugar and Spice" is expected to be a memorable sell-out, with The Folsom Symphony's signature blend of the classics, pops and selections from the cinema and Broadway – and

all with a romantic twist for Valentine's Day.

Sweet!

The concert will conclude the opening week of the Los Rios Community College District's newest facility, and a true jewel of a building it is. "Stage One," the large performing arts theater at Folsom's "Mini Mondavi" is reputed to have excellent acoustics. There is seating for 850, and the facility is designed as an homage to England's famous Globe Theatre.

The evening's entertainment kicks off under the baton of Maestro Michael Neumann with the "Overture to Pique Dame" by Franz von Suppé. First performed on June 22, 1864, this opera was based on the same story that inspired Pyotr Tchaikovsky to write his opera, "Queen of Spades," that was performed by Sacramen-

to Opera last year. Von Suppé's operas may have faded into obscurity, but his overtures certainly have not. This work has moments of melodrama and then takes the audience on a delightful gallop that will have everyone in high spirits.

The "Carmen Suites, No. 1" by Georges Bizet was first performed in the City of Love herself – Paris – in 1873. Audiences will readily recognize this piece as "Les Toreadors" from Bizet's opera, "Carmen."

The Parisian musical journey continues with the lovely, romantic strains of Charles-François Gounod's famous waltz, "Ah! Je veux vivre" ("Ah! I want to Live!") from "Roméo et Juliette." First performed at the Théâtre Lyrique on April 27, 1867, this opera is famous for this aria for soprano.

San Francisco Bay Area soprano Brett Ruona is the symphony's special guest for the evening, and she will perform many of the romantic arias of the evening.

In Giuseppe Verdi's aria "Caro Nome," the character Gilda focuses on the "Dearest Name" of her noble lover (who actually gave Gilda a false name, but that's the drama of opera for

See Symphony, page 13

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No ponytails at Sac State?

# Improved, pro-active campus security plan needed

By RYAN ROSE  
Arden-Carmichael News guest columnist

A new year is a prime time to set resolutions—an opportunity to do better, to strive for self-improvement. On the top of the list for Sacramento State University: Make the campus safe.

At least, that should be on the top of the school's "Get-it-Right List" for 2011.

Although much news has been made concerning the school's never-ending budget crisis, the main topic of conversation among female students of Sac State (of which I am an alumnus and where my wife is a current graduate student) is the matter of campus security and the worry by women of possible rape while walking to their cars or class.

For a number of months since the beginning of the fall 2010 semester, the East Sacramento-based university has been plagued by incidents of sexual assault, most recently focused on female students as they crossed the school's grounds. The last school year saw eight sexual assaults, the latest in December when a man attacked a woman as she walked to her vehicle. The woman turned the tables on her attacker by drenching his face with pepper spray. The man ran off, but no assailant has since been detained or arrested.

Feelings of unease and discomfort have caused

women to begin taking proactive measures concerning their personal safety. Many women, including my wife, have begun walking the school grounds with pepper spray. In addition, women are collectively passing words of warning and caution to other female students, such as advising their classmates not to walk the campus while wearing a ponytail, as the bounded hair acts as a perfect gripping point when someone attacks from behind.

No ponytail on campus – is this what it has come to? A sensible act to be sure – one implemented by women aware of their dodgy surroundings – but is this voluntary act by female students more a sign of the times or a sign of things to come on campus? Instead of a reduction of ponytails, we should be seeing an increase in university action against an uptick in violence against female students.

To be certain, Sacramento State has responded. The school has stated that it has increased its police presence and has also made law enforcement and security personnel available to female students in need of an escort. In addition, the college has used the attacks as an opportunity to educate their students about personal safety and sexual assaults.

Still, these actions are reactive, as they are only

addressing issues as they arise. To address this matter further, the university must be prepared to adopt a new philosophy concerning campus safety and implement new measures to assure students that the college is working to provide a safe environment for instruction and personal enrichment. After all, the school maintains that "the safety and wellbeing of all students, faculty, staff and visitors on the Sacramento State campus is (the) primary concern" of their police department.

The following is a four-point plan the school should consider implementing to improve campus safety.

## 1. Work with the patrolling police officers

The university must audit its police force and its strategy for patrolling the campus. Earlier this month, the university police officers held a no-confidence vote regarding the leadership provided by Police Chief Daniel Davis; the chief lost that vote, 14-1. University officials must listen to its police officers on patrol – the same officers that are accusing the campus police department of being "the most management-heavy department in the California State University System."

"The chief seems to have forgotten how to prioritize spending," said Jeff Solomon, president of the

California Statewide University Police Officers Association. "His 200 percent increase in administrative staffing means less money for campus patrols at a time when they are needed."

## 2. Utilize additional private security

Addressing the issues of staffing and patrolling within the university police department is a start, but there are 29,000 students registered at Sacramento State and only 15 patrolling officers.

The campus needs to think about how its police force can be augmented with an additional part time security team. Although budget hawks might cry foul, asserting the money doesn't exist, one needs to look no further than the mis-spent funds uncovered

See Sac State, page 18

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# Fight the bite: Mosquitoes are already out

Special to Arden-Carmichael News

It might only be January, but the warmer than usual temperatures and dry weather have created the ideal conditions for mosquitoes.

"We're starting to see many mosquitoes now,"

said David Brown, district manager of the Sacramento-Yolo Mosquito & Vector Control District. "Mosquitoes that had been resting for the past few months are already out and aggressively biting, ready to begin their life cycle."

The above average rainfall total for December has left many potential water sources in and around homes, requiring regular household water management to prevent mosquitoes from developing later in the season.

"We urge all residents to check for mosquito



Photo courtesy, Sacramento-Yolo Mosquito & Vector Control District  
Mosquitoes are out in force, looking for victims on which to feed and vacant swimming pools, flower pots and old tires as water sources in which to breed. Authorities urge all residents to be vigilant to this menace by checking for breeding sources around their homes and neighborhoods.

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breeding sources around their home," said Brown. "It is important to empty containers that may collect water, such as buckets, flower pots, bird baths, cans and old tires. This will go a long way in ensuring that mosquitoes are not breeding on your property."

With the continued depressed economic market and high number of foreclosed homes in the area, neglected swimming pools are of special concern for the District. Pools can be a significant threat be-

cause if left unattended, they can produce thousands of mosquitoes – and can infect an entire neighborhood. The District continues to work closely with residents and city and county agencies to identify homes with neglected pools so potential problems can be addressed quickly and efficiently.

To report a neglected swimming pool or other mosquito breeding problems, call (800) 429-1022 or fill out a service request online at [www.FIGHTtheBITE.net](http://www.FIGHTtheBITE.net).

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# Third annual 'Young @ Art' show open to all Sacramento area middle school students

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

The Third annual 'Young @ Art' show for middle school students in the Sacramento region is calling for entries on Feb. 10 and 11.

The highly attended art show is sponsored by St. Francis Catholic High School, which is known statewide and nationally for its programs in the visual and performing arts. Although St. Francis is a high school for young women, entries from both boys and girls are encouraged. The competition is open to students from public, private and home schools.

The show is an opportunity for students to experience the procedures for entering an art show, as well as to have their talents acknowledged in a regional forum. It is an opportunity for inspiration and validation.

Pictures must be matted, but canvas and sculptures do not need matting. A 2"x3" label should be permanently affixed to the front lower right hand corner of the work. Information on the label should include: 1. Student first and last name; 2. Student grade;

3. School name; and 4. Art teacher name.

The limit for submissions is up to 20 pieces per school and one work per student.

All mediums and sizes of art are accepted. In the art world, one is limited only by human imagination.

"This year I know we have quilts coming in from a youth quilt class," said Elizabeth Danielson, arts executive director and producer at St. Francis High School. "The show is open to all 6th through 8th graders from the Sacramento area. Schools from Davis, Auburn, Woodland, Granite Bay and El Dorado Hills have participated in the past."

A few details: students and schools should deliver art works to the St. Francis High School Art Theatre Complex Foyer on Thursday, Feb. 10 or Friday, Feb. 11 between 3:30 p.m. and 5 p.m. Artwork will not be accepted after Feb. 11. The campus is located at 5900 Elvas Avenue in Sacramento, just off 65th Street and Highway 50.

The show will be held at the St. Francis High School Arts Complex on Wednesday, Feb. 23 from 5 p.m. to 7 p.m. Awards will be presented to

students and teachers at 6:30 p.m. All artists, teachers, parents and families are invited to the opening.

There are some pretty good prizes for students who enter "Young@Art," too. The grand prize is a full scholarship to a St. Francis Summer Arts Workshop – worth \$350. Other prizes include \$100 gift certificates to University Art and Utrecht art supply stores, a sketchbook and charcoal, a St. Francis Arts t-shirt, thank you gifts for teachers and more.

The arts are viewed as an important part of the curriculum at St. Francis High School, according to Danielson.

"Creativity is an exploration of one's thoughts put on paper or other media," she said. "It uses brain skills that other 'more academic' classes may not tap. For many, art can be a calming stress-reliever and others find it more interesting to express themselves through art than through writing. Offering the arts to students allows them to find out about themselves, how they best communicate to others, how to appreciate and interpret art, and how to enjoy the process. It makes for a well-rounded and interesting person."

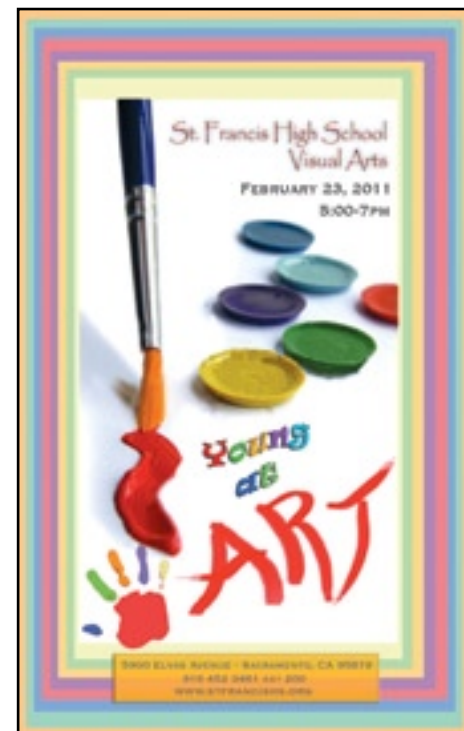


Image courtesy

For more information, visit the St. Francis High School website at [www.stfrancis.org](http://www.stfrancis.org). Scroll to the bottom of the page for photos from last year's competition. Questions can be directed to Danielson at [edanielson@stfrancis.org](mailto:edanielson@stfrancis.org) or (916) 452-3461 ext. 200.

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# A purrrrrr-fect idea...Designate Sacramento an official cat capital

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

*Editor's Note: This is the first article in a two-part series featuring cats of the Sacramento area.*

Cat lovers rejoice! A movement to make Sacramento a "cat capital" begins right here.

Sure, this is an unofficial movement, but such an action has to begin somewhere.

Our city is already recognized for a variety of things, including one of its most historic notorieties, its official designation as the "Camellia Capital of the World."

But with a tour around the Sacramento area, it is clear that we are missing the mark when it comes to honoring one of the city's most cherished animals – the cat.

Signs of the city's deep affection for cats are all around us from the names of school mascots such as the Lions of McClatchy High, the Cougars of Kennedy High and the Panthers of Sacramento City College to cat-related statuary and details within local architecture.

A close look at the 92-year-old Central Library building at 828 I St. and across the street from the library at the

77-year-old post office, for instance, reveals images of the heads of lions.

A lion's head fountain is located behind the Julia Morgan House at 3731 T Street.

Additionally, lion statuary can be seen in such places as in front of McClatchy High and in front of a few buildings on 22nd Street, between S and V streets.

One of the more telling signs that Sacramento is already at least an unofficial "cat capital" is the fact that cat ownership is not always a residential affair.

And those who find this statement confusing are certainly not familiar with the many "shop cats" of the Sacramento area.

Among these shop cats is Ace, an 11-pound, white and gray Maine Coon cat at Ace Hardware at 4005 Manzanita Ave., Ste. 24 in Carmichael.

Harley Cowger, a sales floor employee at the hardware store, said that Ace selected the store as his home.

"(Ace) was a feral cat and he walked in here one day (about seven months ago) and hasn't decided to leave yet," Cowger said. "He has free range and he has his own little apartment out back and he pretty much does what he wants. Customers love him and he even has his own Facebook (Web site) fans.

But Internet presence as a Sacramento cat is not exclusive to Ace, as Ming and Maggie, a pair of tuxedo cats at Fair Oaks Boulevard Nursery at 4681 Fair Oaks Blvd., also have their own pages on the Web site [www.fairoaksblvdnursery.com](http://www.fairoaksblvdnursery.com).

In praising Ming, Candie Abke, the nursery's gift shop manager, said that Ming has excelled in customer service through greeting customers, following them around and even riding in the carts of some customers. She added that Maggie is a biter and is thus still in training.

Despite their contrasting demeanors, Ming and Maggie both receive royal treatment and sleep in a "cat palace" bed at the nursery.

East Sacramento certainly does not strike out when it comes to shop cats, as the area has at least one such cat.

Talini's Nursery and Garden Center at 5601 Folsom Blvd. is home to Caspar, one of the oldest and largest shop cats in the city.

Weighing about 18 pounds, Caspar actually appears even larger than her weight may specify. But many people who know her best say that she is also "a lot of fluff."

Talini's manager Jill Franklin recently related the story of how Caspar became a resident of Talini's about 12 years ago.



Photo courtesy, F.O. Blvd. Nursery  
Ming of Fair Oaks Boulevard Nursery is among the Sacramento area's most popular and friendly shop cats.

"She was a feral cat," Franklin said. "She was a little kitten and she used to hide (behind the store). She was just too cute for anyone to resist, so we started feeding her. At first, she wouldn't let anyone touch her and she would just kind of follow us around through the plants

See Sac Cats, page 11

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Man with dog—Clipart © Microsoft Media

# Sac Cats: Our feline-rich city includes shop cats, cat mascots, statuary, Internet presence

Continued from page 10

at the nursery like a little ghost, so we named her Caspar. She (later) warmed up to us and she's been our little shop cat ever since."

Franklin added that throughout the years, Caspar has developed such a large fan club that many people stop by the nursery for the lone purpose of visiting this very popular shop cat.

"Some people come here and the first thing they ask is 'Where's the cat?' or 'Where's Caspar?' Franklin said. "They spend the whole time looking for the cat and not really wanting any plants."

But people who arrive at local businesses to simply visit shop cats is a common theme for any such store with a resident cat.

Corey Okada, a clerk at Beers Books at 915 S Street, said that Raffles, the store's cat who was named after a character in a book featuring a cat burglar, also has her own fan club.

"(Raffles) has quite the following," Okada said. "She's the perfect cat to be a store cat. She gets petted all day and doesn't mind, unlike a lot of cats. People love her and come in just to see her."

Two of the more unique shop cats in Sacramento are Ti and Teva, who roam on long leashes in the customer lounge of Black Rock Auto at 615 15th Street #A.

Black Rock Manager Mark Pflipsen said that these rescued strays have

adapted to become some of the friendliest cats he has ever seen.

"They are super friendly," Pflipsen said. "You can take either cat and push them down, roll them upside down and play mop with them and slide them around and they just love it."

In the Land Park area, the longtime, local record store, Records at 1618 Broadway, is home to Joey, about a six-year-old cat who also resided at the store's previous location on the K Street Mall.

There is something about literature and cats that go well together and perhaps this is why bookstores are one of the more common businesses with shop cats.

Unfortunately, the two shop cats of one of the city's more cat-friendly bookstores, Time Tested Books at 1114 21st Street, passed away about five years ago. But the store still shows its love for cats with its wooden cat on wheels and a wooden cat that sits above the business's records.

With apologies to Caspar, a 23-pound cat at Richard L. Press Fine Books at 1831 F St. #A likely holds the title of the heaviest shop cat in Sacramento.

Describing the cat, Richard L. Press, the business's owner, said, "His name is Arshile. Everybody says that it's a Maine Coon, but Maine Coons have fluffy tails,

supposedly. This is not a fluffy tail. This is a tabby, but he's a giant."

Press, who previously owned a shop cat, named Willow, said that Arshile appears quite often on a video about his store. The link for the video is [www.vimeo.com/18289183](http://www.vimeo.com/18289183).

The presence of Sacramento area cats on the Internet can also be found on the Web site, [www.youtube.com](http://www.youtube.com). The site includes various Sacramento area feline-related videos, ranging from a collection of photographs of Clarice the cat set to the music of Tom Jones' "What's New Pussy-cat" to a story of a cat that allegedly saved the life of its owner during a fire.

And from the Sacramento music scene, there is a band, called Fish Cat Fish, and a widely recognized image used by the Deftones, one of the most popular bands to emerge from the capital city, is that of a "screaming" (actually yawning) kitten.

Cat fever even extends across the Sacramento River, as is apparent through the city of Davis' B&L Bike Shop, which is home to a shop cat, named Milo.

But perhaps no greater tribute to cats can be found west of the capital city than at West Sacramento's Raley Field, which is home to the extremely popular Sacramento River Cats Pacific Coast League baseball team and the team's mascot Dinger the cat.

The team is appropriately named when considering the many feral cats that reside along the eastern and western banks of the river.

Although many local residents are not fond of the fact that the non-baseball river cats and many alley cats of the downtown/midtown area run free with no owners, these cats provide further evidence of Sacramento's need to be officially recognized as a "cat city."

With no committee members, no committee, no official stand by this publication and no other known mention of this movement besides this informational, thought-provoking article, Sacramento's potential prominence as an official "cat city" is obviously lacking its much needed support.

But as a bit of encouragement for those who are hesitating to support this issue, the following modified quote of Mark Twain – apologies to Mr. Clemens! – should be remembered: "It's not the size of the cat lover in the fight, it's the size of the fight in the cat lover."

Despite the existence of much time before the November election, attempting to obtain official "cat city" status should be no easy endeavor.

But whatever happens, one thing is for sure – cat fever is strong in the Sacramento area.



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# When 'Big Time Wrestling' came to Sacramento

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

In 1962 a new phenomenon thundered across the air waves in Sacramento. They called it Big Time Wrestling. It featured wrestlers with names like Red Bas-

astien, Pepper Gomez, Haystack Calhoun, Ray Stevens, Mitsu Awakawa and Kingi Shibuya. The show aired at 7 p.m., on Saturday evening, on KTXL Channel 40, and was hosted by announcer Hank Renner.

Because it was primarily an exhibition, not real wrestling as

seen in international Olympic competition, Big Time Wrestling featured good guys and bad guys. When a good guy like Red Bastien won, he stepped gracefully out of the ring for an interview with gentlemen announcer Hank Renner. Renner, clad in a grey suit, white shirt

and tie, then congratulated Red on his victory and asked questions about his upcoming match at the Sacramento Memorial Auditorium. The conversation was always polite and enthusiastic.

When bad guy Ray Stevens won, he paraded around the ring taunting the audience first, then leaped down to the floor and rushed over to Mr. Renner to spend some time berating his upcoming opponent. He would say things like: "I am going to whip that pencil-neck Red Bastien into submission this week; after I am through with him, he will never wrestle again."

Of course, Red Bastien was hardly a pencil-neck. Since he was a body-builder like most of the wrestlers, he hardly had any neck at all. That didn't matter; Ray was working up the TV audience for the Wednesday night match at Memorial Auditorium.

Naturally, we immediately fell in love with Big Time Wrestling. We rooted wildly for our heroes Red Bastien and Pepper Gomez and booed the bad guys Ray Stevens and Mitsu Awakawa.

We tried to emulate their techniques in our back yard gym. Using the big tree in the middle of the yard and the metal post on the side of the yard as ring posts, we staged tag-team wrestling matches. We circled the ring in classic Greco-Roman wrestling style. We tossed each other around, fell to the ground, and then crawled over to tag our fellow tag-team member who rushed into the ring to continue the fight.

Eventually, someone pinned an opponent and the fight ended. We were not quite as mobile, agile or hostile as the Big Time Wrestlers, but we made up for it with our enthusiasm.

On Wednesday night, we persuaded Dad to take us down to Memorial Auditorium on J Street to watch the great match between Red Bastien and Ray Stevens. We sat in the upper level in the cheap seats and watched as the two fighters tussled in the ring below. They had a great fight, but in the end Ray Stevens won, as I recall. No matter, we knew that a rematch was in the works and went home with a smile on our faces.

As children do, we soon lost interest in Big Time Wrestling. Sacramento Bee writer Charles Conlin penned an article saying that it was all a big fraud. I think we already knew that. We just loved the theatre of it all. For whatever reason, we went on to more important things like high school sports, girls and our education.

These days when I drive by the Memorial Auditorium, it seems quite different than it was in the 1960s when we went to the wrestling matches. I see none of the fight placards announcing upcoming events, only posters for future concerts. The World Wrestling Federation broadcasts professional wrestling events these days on television.

Sadly, Big Time Wrestling is now just another bone-crunching Janey Way Memory.



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TREE TECH

# Symphony: Valentine's Day program has something for everyone

Continued from page 6

you) from the opera "Rigoletto" (which debuted on March 11, 1851). It is beautiful, passionate and tender. Verdi refused, as a rule, to compose arias with a High C...but this aria has enough high notes for the audience to forgive him.

Turning to the Parisian Belle Époque, an era lively with romance, the Folsom Symphony will perform a work from composer Jules Massenet's opera "Manon" called "Obéissons quand leur voix appelle (Let us obey when their voice calls us)." Lovers of opera will enjoy these selections.

However, should any of the gentlemen in the audience feel lightheaded after all this opera, Maestro Neumann has a sure way to revive them: the rousing "William Tell Overture" by Gioachino Rossini. Also known as the theme to "The Lone Ranger," this overture has it all to wake up a sleepy audience member – right down to a thundering, musical Alpine storm. It was first performed at the Paris Opéra on Aug. 3, 1829.

This rousing classical music interlude concludes with Emmanuel Chabrier's "España." First performed on Nov. 4, 1883 at the Théâtre du Château d'Eau for the Société des Nouveaux Concerts in Paris, this is a loud, joyful piece of music that audiences are sure to enjoy.

The musical mood shifts to Broadway musical numbers from the last century.

The famous duo of Rogers and Hart wrote "My Funny Valentine" and "I Wish I were In Love Again." [As a musical side note, Richard Rogers considered retiring after the death of his musical partner and friend, Lorenz Hart. It took a talented young man named Oscar Hammerstein II to make him reconsider].

The Broadway entertainment continues with "A Little Bit of Love" by Leonard Bernstein and "Love! It Only Happens when I Dance with You" by Irving Berlin.

How does one conclude a romantic evening of "Sugar and Spice" music? With a piece from "My Fair Lady." Librettist Alan Jay Lerner and composer Frederick Loewe wrote "I Could Have Danced All Night," and this piece seems a fitting conclusion to a week of celebration that is planned for Los Rio's

newest facility. Audiences won't want this evening to end.

"Luck" so they say, is when "opportunity" meets "preparedness." To put it another way, the harder the Folsom Symphony family members work, the luckier they get. This musical organization is proving that the musical arts can survive with the right combination of community support,

artistic talent, entertaining musical offerings and a board that works overtime to make sure the organization succeeds. The Folsom Symphony is an example of what can be done, even in down economies. It is a stirring symbol of hope in the region.

Those who love music and regional "happenings" will not want to miss this concert – it

promises to be memorable and exciting.

The "Sugar and Spice" concert will be performed one evening only, on Monday, Feb. 14 at 7:30 p.m. Order tickets soon, as this performance is absolutely expected to sell out – every performance has played to a completely full house this season. Stage One at the Folsom Lake Col-

lege Performing Arts Complex is located at 10 College Parkway (just off East Bidwell Street) in Folsom.

Season tickets and single tickets are available. Single tickets are \$22 to \$42. To purchase tickets, call the Ticketline at (916) 357-6718 or visit [www.folsomsymphony.com](http://www.folsomsymphony.com).



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# 2011 MLK:365 'Yesterday's Dream, Tomorrow's Reality'

Photos by STEPHEN CROWLEY  
Arden-Carmichael News photographer

Community members gathered and marched together through William Land Park to celebrate Martin Luther King Jr.'s vision of racial equality on Jan. 17 – the national holiday honoring the slain equal rights leader.

The six mile "marade" (march and parade) started at the Oak Park Community Center, wended its way through William Land Park, and eventually arrived at the Sacramento Convention Center. Another march proceeded from the north, departing from Grant High School.

The purpose of the event was to "engage, challenge and inspire the young and the young at heart to 'be the change they want to see in the world.'"

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# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

## JANUARY

### '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.

### '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.

### 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

### Big Band Dance

**Jan. 20, 25, 27:** 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

### Food Addicts Anonymous

**Jan. 20, 27:** 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.

### Living Positive with Chronic Disease group

**Jan. 20, 27:** 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 prac-

tices 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

**Jan. 20, 27:** 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

**Jan. 20, 27:** 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

**Jan. 20, 27:** 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

**Jan. 20, 27:** 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 Bulling-

ton (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

### Kiwanis Club of East Sacramento-Midtown

**Jan. 21, 28:** 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

**Jan. 21, 28:** 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

**Jan. 21, 28:** Soroptimist International of Sacramento to 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

### Catholic high school placement exam

**Jan. 22:** Placement exam for Sacramento area high schools for the Class of 2015. Students should arrive at the Catholic high school they intend to apply to at 7:45 a.m. with two #2 pencils. Calculators are not allowed. Refreshments provided. Parents/guardians should expect the test to end at approx. 12:15 p.m. Visit the high school's website for registration form and placement test fee info. www.cbhs-sacramento.org, www.cristoreysacramento.org, www.jhsac.org, www.stfrancis.org

### Food Addicts Anonymous

**Jan. 22, 29:** 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.

### Fruits & grasses clinic

**Jan. 22:** Berries, grapes, fruit trees & ornamental grasses. Learn from UC Master Gardeners techniques for the selection and care of berries, pruning grapes and fruit trees and the maintenance of ornamental grasses. Free. 9 a.m.-12 noon. Horticulture Center, 11549 Fair Oaks Blvd., Fair Oaks. (916) 875-6913

## Sudoku answers

Continued from page 6

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

## - EVENT LISTING SECTION -

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Best Home Valuation  
DR# 01324435

# Sac State: Female students advising each other to hide ponytails, carry pepper spray

Continued from page 7

by campus police officers within their own department; it's a classic example of money hiding in plain sight.

Sacramento State officials need to provide an audit of their own and make the hard choice: staffing or safety. If Cal-

ifornia Gov. Jerry Brown can save millions by cutting the state's cell phone budget, perhaps the university can find the funds needed to provide additional security.

If the nearby Target store can provide a security officer patrolling the parking

lot on a Segway scooter, then perhaps the campus can do the same.

### 3. Provide students with live safety updates

For years, media agents and reporters have been invited to the school to witness its high-tech alarm, the Emergency Notification System, developed to alert students of an urgent situation on campus. Oddly, not once has this system been implemented to alert students via text message and email that a classmate has been attacked.

Not once.

The school should review what other unused communication and reporting tools are at its disposal.

### 4. Light the campus

There is a reason why there is a market for motion-detection spotlights – most criminals don't like to be seen committing a crime. Sacramento State is a beautiful campus, covered with trees, but the canopy that delivers so much shade during sunny days also creates poorly lit areas at night. A new lighting scheme, perhaps one powered with solar-powered lights to save money, can go



Photo courtesy

Female students feel trapped by what they perceive as a lack of security on the campus of Sacramento State University in light of recent attacks by an assailant who grabs women by the hair from behind. Students are advising one another to hide ponytail hairstyles (which are easily grabbed) and to start carrying pepper spray.

a long way in removing the shadowy element to an evening walk across campus. As to where to put those lights, the school need only ask the students that walk the campus – a webpage to receive those suggestions would be a simple (and free) platform to exchange the information.

This spring semester, which began Jan. 19, is an opportunity for Sacra-

mento State University officials to regain the trust of their students. Time will tell if they make the grade.

Ryan Rose is an East Sacramento resident and is editor emeritus of Valley Community Newspapers, Inc, publishers of Arden-Carmichael News. He can be reached at ryanrose@live.com.

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Wed. FEB. 16 • 7:00 PM	Thu.	Fri.	Sat.	Sun.	Mon.
<b>OPENING NIGHT</b> Buy One Ticket, Get One FREE!*	FEB. 17 7:00 PM	FEB. 18 11:00 AM 7:00 PM	FEB. 19 11:00 AM 3:00 PM 7:00 PM	FEB. 20 11:00 AM 3:00 PM 7:00 PM	FEB. 21 12:00 PM 4:00 PM

\*Excludes Front Row and VIP seats. No double discounts.

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## Faces and places

# Crocker expands programs: 'A' is for Art

By SUSAN LAIRD  
Arden-Carmichael News editor  
Photos by TOM PANIAGUA

Programs for children and families abound at the recently expanded Crocker Art Museum in Sacramento. In addition to expanded programs for adults, kids can get down and dirty in art media such as clay and paint. Parents can participate with the kids in new programs. There is a new Kids' Art Club, and opportunities for private, public and home schools. It is even possible to host a birthday party at the Crocker.

All this is providing opportunities for children to expand their horizons in education, and for families to bond together.

"Museums *do* change lives," said Lial Jones, museum director. "Education is a lifelong pursuit, and museums are a venue for informal ed-

ucation. We want to provide a place for people to change their lives."

The expanded children's education center features four studio art classrooms, an art education resource room for teachers and docents, an expanded library, student and community exhibition galleries as well as an auditorium and public gathering places. First Five funding is providing programming for children ages five and under.

"Sacramento is a very sports-oriented town," said Stacey Shelnut-Hendrick, director of education at the Crocker. "We want to make it an education- and arts-oriented town also."

"This is great, my daughter Brianna loves it," said Elizabeth Bailey of Elk Grove said of the new programming for children under age five. "It gets them excited about learning. That's what I care about. The bonding time has been great, and I get to enjoy the art through her eyes."

Learn more at [www.crockerartmuseum.org](http://www.crockerartmuseum.org).



# Happy Valentine's Day

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to the next 20!  
Bruce

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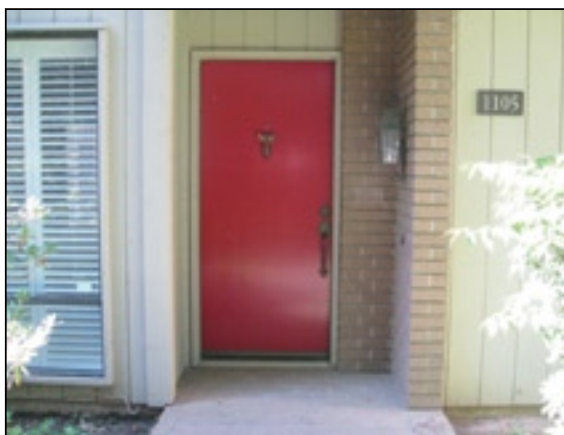
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Adorable home! You will love the updated kitchen with tile counters, tile floors & stainless appliances, the remodeled bathroom w/tile flooring, large stall shower, & separate tub, the cozy fireplace & more! Amazing back yard w/ 4-year old built-in pool & spa, planter beds & shed. Don't wait! See [www.2508catalinadrive.com](http://www.2508catalinadrive.com) \$199,000

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### SIERRA OAKS

This quiet, cul-de-sac home offers over **PENDING** & a wonderful floor plan. Three bedrooms, two full baths & one half bath. Large kitchen w eating area & newer double ovens. Formal living room w/gas fireplace. Formal dining room. See 3125 Moreland Ct. \$500,000

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