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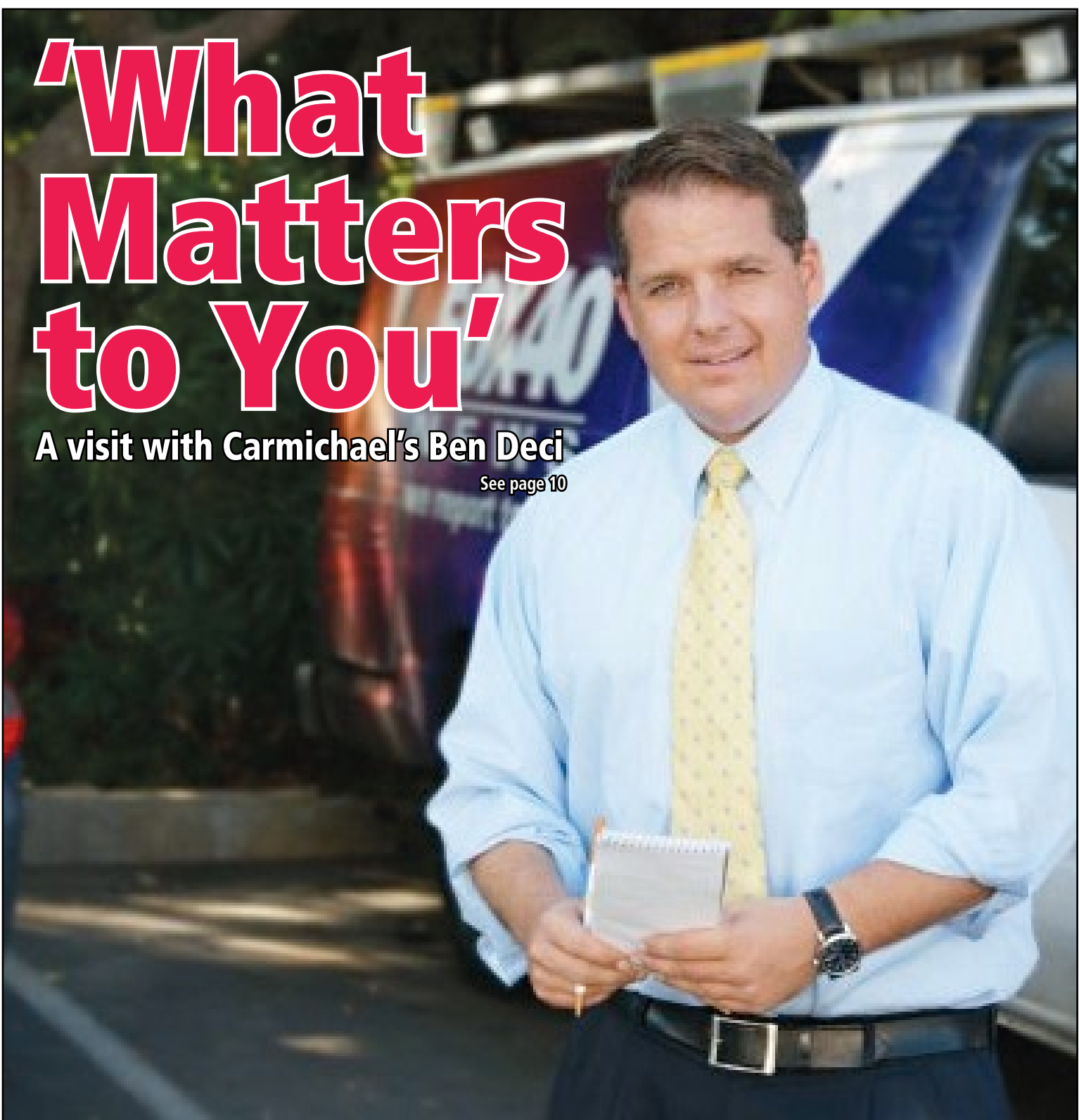
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Chinese 'Year of the Dragon' Sacramento Chinese Catholic Community Chinese New Year celebration

Special to Arden-Carmichael News

Chinese Catholics will celebrate the Chinese New Year on Sunday, Feb. 5, with a Mass with Bishop Jaime Soto and a Tribute to Ancestors Ceremony.

The Mass will be held at 3:pm at the Cathedral of the Blessed Sacrament, located at 1017 11th Street in Sacramento.

A Chinese New Year dinner will follow at 6 pm at the Holiday Villa Restaurant, located at 7007 South Land Park Drive in Sacramento.

Cost for the dinner is \$17 per adult, \$8 per child between the ages of five and 12.

The Sacramento Chinese Catholic Community (SCCC) was formed in 1986 with the purpose of establishing a

base for Chinese-speaking people to be involved in the Catholic church. However, language barrier and ethnic differences kept many from fully participating in church services and activities. Most priests did not speak the various Chinese dialects.

As the church entered the new millennium, Bishop William K. Weigand wanted the diocese to continue to reach out to the Chinese-speaking people in the greater Sacramento area. With much effort, he arranged to have Father Nicholas Ho travel from Singapore in 2002. Bishop Weigand appointed him as vicar for ethnic Chinese ministry.

Father Ho was ordained and served in Singapore for 25 years in various priestly duties. He speaks fluent Mandarin, Cantonese, and English.

Chinese Catholics in the Greater Sacramento area meet every Sunday at the Cathedral, promoting the Catholic faith and serving the spiritual needs of people in Mandarin, Cantonese and English.

All are welcome at these events. For more information or to reserve a seat for dinner, contact Gloria Fong (916) 442-7178 or Barbara Chow (916) 396-9783.



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Soroptimists, Library look to raise awareness of human trafficking in Sacramento

By **CORRIE PELC**
Arden-Carmichael News writer
corrie@valcomnews.com

Here's something you may not know about Sacramento: the capital city is among 18 medium-sized US cities identified by the Federal Bureau of Investigation (FBI) as a hub for human trafficking.

Sacramento is among the top cities experiencing an epidemic of child prostitution, according to the non-profit refugee resettlement agency Opening Doors. The agency's Website said an estimated 600,000-800,000 people are trafficked across international boundaries every year, and some 14,500-17,500 people are trafficked into the US.

Modern slavery

What is human trafficking? According to Opening Doors it is defined as "modern slavery" – victims as young as 13 and as old as 54, and of both genders, are forced, frauded or coerced

into the commercial sex industry, involuntary servitude, debt bondage or slavery.

What makes Sacramento to such a hub for human trafficking? Opening Doors said one reason is its large immigrant population. And Kathleen Crone, treasurer of Soroptimist International of Sacramento South (SISS) said it also has to do with Sacramento's location.

"We're so centrally located to so many freeways. If a group has been identified, it's very easy for whoever is in charge of this group to get them out of Sacramento quickly," Crone said. "And (it's) then easy access to Reno, Las Vegas, Los Angeles – it's just kind of the hub of the wheel."

Lack of information

As ending human trafficking is one of the major programs of Soroptimist International, the South Sacramento chapter was looking for a way to help

by educating their members on the subject. As they started the process, however, they soon found that for a city where human trafficking is a problem, the information was not that easy to find.

"I started acquiring some books (on human trafficking) that I passed around to (our) members, but

See *Trafficking*, page 14



Photo courtesy, Soroptimist International of Sacramento South (SISS)
A TRAVELLING DISPLAY on human trafficking, also put together by the Soroptimists, is at the Central Library through February. It will travel to five additional libraries in the Sacramento Public Library system during 2012.

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ENROLLING NOW

Keeping pets and seniors together

Sacramento SPCA offers pet services to senior citizens

By SALLY KING
Arden-Carmichael News writer
sally@valcomnews.com

Imagine an older woman in her wheel chair; leaving her Natomas home in the morning with her little dachshund bundled up on her lap, switching between light rail and the

bus for three hours to reach her destination point.

The woman was bringing her dog to the Sacramento Society for the Prevention of Cruelty for Animals (SPCA) located at 6201 Florin Perkins Road, where a program called "Senior Services" provides free pet vaccinations to senior citizens age 60

and over the first Wednesday of each month from 10 a.m. to 2 p.m.

"This woman arrived late and was incredibly grateful and gracious to us when we told her we would vaccinate her dog that day," SPCA Senior Services Coordinator Shari Lowen said. "Our goal is keeping seniors and their pets together."

Pet, senior needs met

For many seniors, their life is their pet.

"No one can argue the benefits of keeping seniors and their pets together," Lowen said. "The senior program provides free

See SPCA, page 17

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Book by Sacramento author celebrates children of immigrants

Special to Arden-Carmichael News

Some 40 people who grew up as children of immigrants in the United States are featured in a new book entitled "Proud Americans: Growing Up as Children of Immigrants." The book is the work of Sacramento resident Judie Fertig Panneton.

Inside is a collection of inspirational stories about people's joys and struggles while coming of age in the United States.

Included are Hollywood stars, high-profile business and media people, award-winning athletes, members of the President's cabinet, elected officials and those whose names may not be recognizable but whose stories are filled with wisdom and inspiration.

According to Fertig Panneton, the children of immigrants are different. They are their parents' bridge to American ways, their translators, their support system and their hope for a more promising future. They have fought to live independent lives while being true to their families' roots and expectations.

The stories in "Proud Americans: Growing up as Children of Immigrants" are based on research and extensive interviews with people who live across the United States and whose family roots stretch around the globe. During

each personally conducted interview, the subjects tap into their memories about growing up in America and how being children of immigrants has affected their lives.

Also featured, based on research, are: Hines Ward, Dr. Mehemet Oz, Jay Leno, Ann Curry, George Stephanopoulos, Dr. Sanjay Gupta, Leonardo DiCaprio, Rahm Emanuel, Jennifer Aniston, Christina Aguilera, Michael Savage, Ivanka Trump, Apolo Ohno, Maria Menounos, Maurice Sendak, Timothy Geithner, Michael Dukakis and Margaret Cho.

Children of immigrants and their parents are a growing force in America. More than 60 percent of American children will be children of immigrants by the year 2050, according to the U.S. Census Bureau. Election outcomes will be determined in the near future by children of immigrants and their parents, as predicted by an Immigration Policy Center study.

Fertig Panneton is herself a child of immigrants and an award-winning journalist. This is her second book based on a collection of stories.

"Proud Americans: Growing Up as Children of Immigrants" is available on amazon.com. Also visit www.proudamericanspeak.com.

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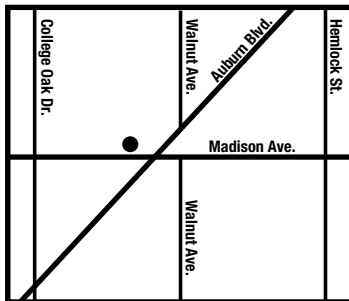


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Carmichael Recreation and Park District has rich, eventful history

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

Considering that the Carmichael Recreation and Park District was organized on Oct. 29, 1945, many people grew up enjoying the district's parks and many program offerings.

In celebration of the district's dedication to enhancing the lives of people in the community, this article presents some details of the past that provide a bit of a stroll down memory lane.

Carmichael Park was first

The first of the district's 14 park sites to be established was Carmichael Park at 5750 Grant Ave., where the district's office is located. This park, which was not as large during its earliest years as it is today, is the anchor park or "Central Park" of the district.

Since Carmichael Park is district's oldest park, much of the earliest history of the district consists of information about this park.

Del Campo Park, others established

It was not until 1971 that the district added its second park, Del Campo Park in Fair Oaks – some 26 years later.

The district's other park sites include: the Carmichael sites, Capra Park site at 6600 Kenneth Ave., Cardinal Oaks Park on El Camino Avenue, near Garfield Avenue, Garfield site at 8516 Fair Oaks Blvd., Glancy Oaks Park at 5292 Glancy Drive, Jan Park at 4310 Jan Drive, Charles C. Jensen Botanical Garden at 8520 Fair Oaks Blvd., La Sierra Community Center at 5325 Engle Road, O'Donnell Heritage Park at 6618 Rappahannock Way, Schweitzer Grove Park at Sumter and Hussey drives, and Sutter Avenue Park site near Sutter and Hollister avenues.

The remaining park sites, which are located in Fair Oaks, are Bird Track Park on Pheasant Road and Pa-



Arden-Carmichael News photo, Lance Armstrong
CARMICHAEL PARK has been the site of community programs and activities for many decades.

trials Park at 6827 Palm Ave.

Many readers of this publication who are longtime residents of the Carmichael area will find the following local park happenings of the past to be of added interest due to familiar names and other recognized details.

Archived history

Through researching old newspaper articles, fliers and other information, one can obtain a better understanding of the evolution of the district through its activities.

Fortunately, the district has a fairly large collection of these items that were made available for this article.

The following information regarding Carmichael Park was mainly compiled from sources from the 1970s, since this was the earliest heavily archived materials that were presented for this article.

Rock out in 1969

The Sacramento Bee announced on May 13, 1969 that a free rock 'n' roll concert at the park was approved by the park board. However, due to complaints from area residents regarding the park's previous free rock concert, which drew about 800 people, the scheduled concert would be the last rock concert held at Carmichael Park.

The article noted that La Sierra High School student Mike Parise, who had organized earlier rock concerts at the park, presented the board

with 11,000 signatures of those in favor of the free rock concerts.

Another popular concert was held on July 13, 1969, when an estimated crowd of 300 persons attended a three-hour folk concert, which was performed at the Danny Bishop Memorial Grandstand.

Musicians featured at the concert included Mark Hansen, Skip Moriarty, Harold Cherney and Tom Messina.

Carmichael Beavers

When it comes to sports at Carmichael Park, many locals are familiar with the longtime existence of the Carmichael Beavers Swim Team.

The Carmichael Courier, a community newspaper at the time, printed the results of the July 19, 1969 meet, in which the Carmichael team defeated the Dixon team, 272-231.

Top scorers for the Beavers were Janet Sirlin, Lloyd Zeigler, Joanne Spalding, Susan Stein and Jim Hewins.

Junior Tennis Club

In its Dec. 2, 1971 edition, *The Courier* referred to the "newly formed Carmichael Junior Tennis Club," which competed in a "turkey tournament" at Carmichael Park.

The tournament's winners were Richard Black and Cathy Pope, first place, and Tina Morandi and Ron Dormeyer, runners up. Other members of the club were

See CRPD, page 7

CRPD: Quality recreational activities an on-going priority

Continued from page 6

Eugenie Pueyo, Reid Bellis, Joanne Williams and Ivor McVarish.

The San Juan Record announced on Oct. 18, 1972 that a hunting safety training course for children and adults would be held in three days at the park's Community Clubhouse.

First Founders' Day

An editorial in the Nov. 2, 1972 issue referred to Carmichael's first Founders Day, which was said to be a well coordinated and planned event.

Continuing, the editorial included the following assessment: "The event was something to build upon for another year and it fills a void in Carmichael, giving the residents a bit of history and tradition and a chance to gather together."

An active community

Other activities and classes offered at Carmichael Park that were held at the park during the 1970s – although not necessarily specific to the decade only – included: yoga courses, various dance classes, square dance evenings by the pool, minibike programs and events, Carmichael Garden Club meetings in the park's garden house, guitar

classes in the park's Veterans Memorial Building, Easter egg hunts, art fairs, fireworks shows, day camps for youth, a tiny tots program, Senior Citizen Club meetings, "slim and trim" classes (\$4 for 10 lessons), a bridge class, bicycle repair classes, first aid classes, performances by the Carmichael Symphonic Band, baseball and softball tournaments and tennis classes.

Tennis was a sport that received early attention during the decade, as new, double-lighted courts were under construction by A. Teichert and Son in the spring of 1970. Teichert bid \$14,884 for the project.

Although the majority of the oldest articles and other materials made available by the district for this project were from the 1970s, the district has continued to expand upon and enhance its programs throughout the years.

Quality activities continue

Elizabeth Crisante, recreation supervisor for the district, acknowledged the district's continual efforts to offer quality events and activities for the community.

"The Carmichael Recreation and Park District exists for the purpose of providing

for the leisure and recreation pursuits of our residents," Crisante said. "Over the course of our history, the district has strived to offer the highest quality events and programs possible.

"Many of our unique programs include a Day at the Circus, Shades of Carmichael and more recently, princess parties and our Summer Concerts in the Park series. Our old standbys include the annual Easter egg hunt, the 4th of July celebration and the Founders Day Celebration. We would like to continue to stay on the cutting edge of programming by being cognizant of our community's needs."



Arden-Carmichael News photo, Lance Armstrong

LOCAL HISTORY ARCHIVED. This 1971 Carmichael Beavers Swim Team newspaper is among the archived items on file with the Carmichael Recreation and Park District.

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Photo courtesy

Mission Oaks Community Center in the 'Swing' of things

GOTTA DANCE? The Eddie Lovato group performs senior dances every Tuesday at the Mission Oaks Community Center ballroom. Dances are from 1:15 p.m. to 3:45 p.m.

Another band, Sacramento Gold, plays for Friday dances at the center from 1:15 to 3:45 p.m.

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'Music of the Heart' concert to include poignant tribute

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

At this season's opening concert for the Folsom Symphony, Maestro Michael Neumann conducted a brief experiment with the audience.

"Listen to this passage from Tchaikovsky's 'Symphony No. 4,' he told them before the symphony performed a few brief phrases of the piece.

The music was beautiful.

"Now, close your eyes," the Sacramento conductor said. "And this time, I want you to think of someone you love very much...someone you have not seen in a very long time."

The symphony repeated the music. But this time, eyes were tearing up – and many were reaching for the Kleenex.

Neumann's point to the audience that evening was this: Music is able to communicate on a variety of levels. It has the unique ability to reach into the deepest parts of the human soul.

February's annual "Valentine's" concert is appropriately dubbed "Music of the Heart." But this year's performance will have an additional component: the symphony is mourning the loss of one of its own.

On Dec. 15, Alexander Ashton, the assistant principal cellist, passed away unexpectedly at the age of 27. He was

a founding member of the symphony, much beloved by his colleagues. Mr. Ashton was a member of the Sacramento Youth Symphony Premier Orchestra for eight years, and he also played with the Sacramento Valley Choral Society for seven years. He was a member of the Broken Iris and Green Audio, both popular Sacramento area bands.

The symphony will dedicate a selection from the Feb. 11 performance to Mr. Ashton's memory. Sir Edward Elgar's "Enigma Variations" was dedicated by the composer "to my friends pictured within." Composed from 1898 to 1899, this work has fascinated musicians ever since. What is the mystery about the people portrayed in the music? Elgar said there was a hidden theme that is "not played," but no one guessed it during his lifetime. He took the secret with him to the grave. It is entirely appropriate that this most popular of Elgar's works be dedicated to Alex Ashton.

In keeping with the theme of immortal love, Neumann will conduct the symphony through 11 soul-stirring and romantic works from both the classical and popular repertoire.

Pyotr Tchaikovsky's "Romeo and Juliet" kicks things off. (Listen for the "beating hearts" leitmotif during

the love theme). Surprisingly, it took this famous work some time to become popular. It was first performed in 1870. Tchaikovsky revised it twice, and the final version we know today premiered in 1886.

Audience members will recognize Gilbert Fauré's "Pavane, Op. 50" from the 2010 version of the film, "Ice Castles."

Most students of the piano have played Ludwig van Beethoven's "Moonlight Sonata." Natsuki Fukasawa returns to the Folsom Symphony to perform this work as a guest soloist. She will also perform the second movement of Wolfgang A. Mozart's "Concerto No. 21," which audience members may recognize from the Swedish film "Elvira Madigan."

After intermission, the Folsom Symphony will perform Mozart's overture to "The Marriage of Figaro," followed by Johann Sebastian Bach's "Air on the G String." Interestingly, this early 1700s work by Bach was the very first work of Bach to be recorded, in 1902.

The second soloist of the evening is the Folsom Symphony's own Curtis Kidwell. He will perform his own arrangement of Ennio Morricone's "Gabriel's Oboe" – the theme from the 1986 film "The Mission."

Frequent goers to the Folsom Symphony will quickly recognize Concertmaster Anita Felix. She will be the third soloist of the evening, performing the second movement of Tchaikovsky's "Violin Concerto No. 1 'Romance.'"

Elgar's "Enigma Variations" will be performed, followed by the theme from the 1970 film, "Love Story" by Francis Lai.

The concluding performance of the evening is Bedřich Smetana's "Moldau," which was first performed in 1874.

Audience members can expect a performance of the first order at this concert that has so much significance for members of the Folsom Symphony. Always thinking of others, these talented musicians will also be performing for one of their own. And that is music from the heart.

"Music of the Heart" will be performed one evening only, on Saturday, Feb. 11 at 7:30 p.m. The main Three Stages theater at the Folsom Lake College Performing Arts Complex is located at 10 College Parkway (just off East Bidwell Street) in Folsom. Parking is free.

Single tickets are \$25 to \$55. Discounted season tickets and student rates are available. To purchase, call (916) 608-6888 or visit www.folsomsymphony.com.

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Carmichael resident explores the 'brave new frontier' in media

By **CORRIE PELC**
Arden-Carmichael News writer
corrie@valcomnews.com

Carmichael resident and FOX40 reporter Ben Deci has been quite busy since moving to the Sacramento area in September 2009. Recently married, with a new baby boy born this past April, and a new house in Carmichael has kept him busy on the family front. And that's not even mentioning his recent journalism award or his volunteer community work.

Traveling journalist

Born in the "small refinery town" of Alma, Michigan, Deci's broadcast journalism career has taken him to "every corner of the country" including Arkansas, Alaska, upstate New York and Las Vegas. It was while in Las Vegas, says Deci, that the position at FOX40 in Sacramento presented itself and he says it was too good an opportunity to pass up.

"I flew out here to be interviewed and to look around, and coming from Las Vegas, from the desert, (here) there's all these rivers and trees – it really spoke to me and I really fell in love with the area," he recalls. "So I packed up my things and made the move out here to Sacramento."

As a new transplant to the area, Deci found his job came in very handy in getting him to know the area very quickly.

New explorations

"One of the great things about this job is you get the chance to really experience the gambit of what a community has to offer and it starts right away as soon as you walk in the door on your first day," he adds. "I'm driving around the community all the time interviewing people, from people who are making news to the people who are caught-up in it. Every day I get a chance to sample what's going on in our community and really explore it. I'm always going to some place new and talking to somebody new about their perspectives on what's going on around here."

New technologies, changes

Deci also says advances in technology, such as social media, has helped him build an even better rapport to FOX40 viewers, allowing them to give him instant feedback on his stories and even provide new insights for him.

"I'm always shocked at the diversity of perspective that one story or



Photo courtesy, Ben Deci

KEEPING UP WITH SOCIAL MEDIA and listening to viewer feedback helps Carmichael resident and FOX40 news reporter Ben Deci to keep tabs on the pulse of the local community.

even one piece of information will engender," he explains. "Everybody has an idea, everybody has an opinion about things, and the way we interact with people now helps us have those opinions delivered to us through feedback. It's valuable, it's very eye-opening, and it really is –

to use a cliché – a brave new frontier."

Viewer tip leads to major story

For example, Deci says while he was out working on a story last year,

See Deci, page 11

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Deci: Social media provides instant feedback – ‘Everyone has an opinion’

Continued from page 10

a viewer came up and told him he was always having trouble finding a handicapped accessible parking spot in downtown and midtown Sacramento as they were always full, and asked Deci to look into the matter. His research turned into a two-part report in 2011 that found Department of Motor Vehicles (DMV) employees that were using disabled placards for free parking and “gaming” the system.

“Every TV station has a motto and at FOX40 our motto is ‘What matters to you.’ One of the reasons I like working at FOX40 is that it’s not just a slogan in our case – every day at our meetings when we’re talking about what stories we should be doing that day, that’s really the test that we put a story idea to,” Deci says.

Award winning reporter

This story also ended up being the catalyst for Deci to be awarded with the “Best Investigative Journalism in Broadcast” award by the Society of Professional Journalists Northern California Chapter in October.

“To be able to construct something that I think is of value to my audience and that at the same time is acknowledged by professionals in the field as being well done...You can’t ask for anything more than that. It’s very gratifying,” Deci says.

Community volunteer with 20/30 Club

When Deci is not out reporting news for his viewers, he’s out in the community volunteering through the Sacramento Active 20/30 Club, which he says is a club of 20 and 30-year-old men who make it their mission to help out the children in our community under the motto “A man never stands so tall as when he stoops to help a child.”

“That mission itself just really drew me to the club when I first moved to town,” he says.

Keeping it all in balance

As far as the future is concerned, Deci plans to stay with the career he loves while learning to balance both work and career, and continue to embrace technology and social media.

“It’s an exciting but also nerve-racking time for people who do what I do, because we’re being forced to evolve,” he says. “There’s just more ways to connect with people and the best journalism does exactly that at its heart I think. So if you can embrace it and learn it and cultivate it, it’s a tremendous tool.”



Photo courtesy, Ben Deci

A FAMILY GUY, Ben Deci has a heart for family and kids. When he is not busy devoting time to his career and new family, Deci volunteers with the local 20/30 Club – a community service organization that serves children.



Snowman Sculpting and Other Life Lessons

Mom would say that Dad was always the “first kid out of the house” to build the winter snowman. My brother and I giggled about it; we knew at a young age that Dad was enthusiastic about all his works of art.

Dad was a painter. He made the most beautiful pictures and I wanted to grow up to be just like him.

One time Dad gave me a drawing he made of an elephant and encouraged me to color it. He watched carefully as I tried to stay inside the lines. He put his hand on mine and said, “Sweetie, don’t be afraid to go outside the lines, your ideas are too big to be boxed in.”

Over the years I learned so much from him, and the gift of self-confidence tops the list.

Now he needs help with meals, housework, and transportation. Living by himself has got him down and I’ve grown too exhausted to care for my own household’s needs.

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The Benevolent and Protective Order of Elks: What are they, anyway?

By SALLY KING
Arden-Carmichael News writer
sally@valcomnews.com

Ramon Perez and Jack Lewis know change is inevitable, even for the Brotherhood of the Elks, which has been in existence for 141 years.

Perez and Lewis are members of Lodge No. 6, located at 6446 Riverside Blvd. in the Greenhaven-Pocket area.

"This is the best kept secret in South Sacramento," Perez said. "Our lodge provides catering, a large ballroom, and we have a gym with a steam room, handball courts and a recently renovated indoor pool."

Perez and Lewis want to see Lodge membership grow. Both believe if the community knew how much the Elks have to offer and were aware of the many benevolent activities they provide, more folks would be interested in joining.

Perez said the baby boomer generation (those born between 1946 and 1964) is not known to join a club unless it has something to offer that is relevant to them and this is one reason why Elk membership is not growing. He wants boomers to know that



Arden-Carmichael News photo, Sally King

NOT YOUR GRANDPA'S LODGE...the Benevolent and Protective Order of Elks are men and women who do many good works in the local community. Elks lodges are places where neighbors come together, families share meals and children grow up.

the Elks have something for everyone and are not just a group of old men hanging out.

Another reason for the decline in membership, said Lewis, is the lodge location. Lodge No. 6 moved from downtown to the Pocket, making it a less convenient place for local business people to have lunch or meet after work.

Other lodges in the area have also seen a decline in membership. Jim Warrick, secretary for Lodge No.

2103 in Carmichael said the closure of McClellan and Mather Air Force bases affected Carmichael's membership.

"We have one problem nationwide," Warrick said. "The demographics have changed since World War II and that is the key to the future of 'Elkdom.'"

There are more than 2,000 Elks lodges throughout the country. As part of their mission, the Elks spend more than \$80 million every year for benevolent, educational and patriotic community-minded programs.

"It's the good deeds we do that draws in new members," Warrick said. "You make friends when you do good things."

A non-core cancer survivor group from the YWCA has been using the Lodge No. 6 pool for 23 years on Friday mornings, according to Lewis. Doctors said swimming would be the best exercise for this group. The heated indoor pool provides privacy and a warm place to swim in the winter.

Currently, Lodge No. 6 has around 758 members. At one time, they had 2,970 members.

Lewis has been a member of the Elks just a little longer than Perez, both joined around the year 2000. Within three years of joining, Lewis served as Exalt-

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See Elks, page 13

Elks: Women entered the Elks in 1995 and haven't looked back

Continued from page 12

ed Leader, the president of the lodge.

After driving by the Elks building for 15 years, Perez stopped out of curiosity, wondering what they do back there.

"The only reason I came in is someone said they have a gym and I should check it out," Perez said. "They had a gym locker, a steam room, a sauna, a workout room, a swimming pool, racquetball, all for a reasonable price, plus I can go have a drink at the bar if I feel like it."

Of utmost importance to Perez and Lewis are the many benevolent activities sponsored by the Elks. The Elks provide and sponsor many scholarships for local high school students, plus they provide a program that works with troubled youth.

Another important program provided is known as the "The Dictionary Project." The mission is to distribute dictionaries to as many third graders as possible. Perez said Lodge No. 6 also provides a

'Student of the Month' lunch for local schools.

The Elks have a program called "The Purple Pig" that supports children whom are physically, emotionally or mentally disabled.

Lodge No. 6 provides many cultural events.

"We have a large Cinco de Mayo party in May," Perez said. "We provide music, piñatas and good food."

Many of lodges offer breakfast to the public on Sundays. Lodge No. 6 offers a \$9 breakfast from 8:30 a.m. to 11: a.m.

"The Carmichael Lodge sponsors one of the largest July 4th parades in northern California," Warwick said. "The parade began 50 years ago and it takes over 200 volunteers to organize it."

Perez said Lodge No. 6 is having a major fund-raiser in 2012 and is selling tickets raffle off a new 2012 Camaro 2SS Coupe. The drawing will be held May 4.

"Women find the Elks Lodge a safe place to meet with their friends," Lewis said.

"They can sit in the lounge without being hassled."

Up until 1995, only men were allowed to join the Elks Lodge. Perez and Lewis wholeheartedly agreed allowing women to join in 1995 helped to make the Elks Lodge a better organization.

"We have women in all the big, responsible state and national positions now," Lewis said. "They are doing a tremendous job and that's helped a great deal."

An opportunity for more members opened up when women were allowed to join the Elks – because the women invited their husbands. Perez said it was no longer a group of "guys going off smoking cigars at an exclusive club."

Warrick said the Elks focus changed dramatically in the 1970s, with the emphasis being on the family. The highest membership was in 1976 with over a million members.

There are many ways for Elks members and their families to participate in benevo-



Arden-Carmichael News photo, Sally King

FAST FRIENDSHIPS...and a lifestyle as active as one wants it to be. Elks members enjoy taking action, whether in a friendly sports game or in community service.

lent activities. For those who are interested, current lodge members offer a tour. Membership dues are only \$180 annually.

Perez, Lewis and Warrick believe the Elks have many

great programs and welcome folks to check the organization out. Interested parties and the curious are welcome to visit www.elks.org. Contact information is available online.



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Trafficking: Modern day human slavery exists in Sacramento

Continued from page 3

some of them were very expensive that we wanted to read," said SISS member Dori Holmer. "So I contacted the (Sacramento Public Library) to find out what they had and they had nothing – they had not supplied any human trafficking books to their readers at all. So one of our members suggested: why don't we buy some books for the library. So we did."

Books at library

Holmer said SISS presented the Sacramento Public Library with a list of 20 suggested books on

human trafficking. SISS chose 10 of those books to purchase and donate to the library system, while the library purchased the other books to add to their collection.

"Any time someone approaches us and they want to donate materials, especially when they are quality materials of a nature that is current and it's relevant to the community, we want to take those in and make those available to the public," said Brenda Haggard, strategic communications officer for the Sacramento Public Library.



Photo courtesy, Soroptimist International of Sacramento South (SISS)

HUMAN TRAFFICKING, or modern slavery, exists in every part of Sacramento. The members of Soroptimist International of Sacramento South (SISS) donated books on this issue to the Sacramento Library, which did not have any literature on this issue prior to the donation.



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Travelling display

However, SISS also felt it was important for library patrons to know such books were available. To help spread the word, they asked Sacramento Public Library if they could put up a display about the books and the human trafficking issue and the Library said "Yes."

"We felt that we needed some way of letting people know that the books were there and available and to create an interest in reading them," Holmer said. "We had discovered in talking to people that they are shocked to learn that first of all slavery exists, and second that it exists in Sacramento. So we thought a display would be helpful."

The books and human trafficking display were officially made available on Jan. 11, which was International Human Trafficking Awareness Day, Haggard said.

"(The display) will be at the Central Library for about a month and then travel to five other libraries in the system over the next few months," she said.

According to Crone, the display will be moved to the Colonial Heights Library in March, Belle Cooledge Community Library and Martin Luther King, Junior Regional Library in April, and Rancho Cordova Library in May. The display includes information on the human trafficking books,

as well as informational sheets, objects that represent trafficking – such as handcuffs and barbed wire – and also posted hotline numbers in the hopes if a trafficked individual happens to see the display they would have access to ways of help, Crone said.

Awareness is first step

Both SISS and the Sacramento Public Library hope both the books and the display will help create awareness around the issue of human trafficking.

"Awareness is always the first step to solving a problem, so providing the information that brings the awareness will be a vehicle to help solve the problem we hope," Haggard said.

Crone hopes this project may be the beginning of more for SISS, such as possibly utilizing rooms at various libraries to make presentations and other projects to help make hotline numbers more accessible to trafficking victims.

"We hope that we can do a little bit more than just this – it's really just the beginning of a big problem," she said.

For more information on SISS, visit <http://soroptimistssacramentosouth.com>.

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SPCA: Seniors can receive pet vaccinations, discounted dog training, more

Continued from page 4

vaccinations, nail trims, and pet adoptions."

The money saved on free pet vaccinations provide many seniors money needed for pet food.

Lynn Humphries, 'A Sure Solution' consultant, thinks the SPCA Senior program is wonderful.

"Three years ago I received a call from a gentleman who had a sick dog and no money. At that time the SPCA didn't have a senior program, so I split the cost of the veterinarian fees with a friend," Humphries said. "The man started crying when he found out his dog was going to be OK."

Meals on Wheels connection

Humphries said the folks who volunteer with "Meals on Wheels" keep their eyes open for seniors who might need assistance with a pet.

Lori Olshaskie, Meals on Wheels' Social Services supervisor, said she has known seniors on fixed incomes who would rather see their pet eat than themselves.

"The level of love and commitment to their pets is amazing," Olshaskie said. "Especially when a person lives alone, having a pet makes a huge difference in that person's life."

Meals on Wheels is grateful for pet food donations and is willing to pick them up.

Golf tournament

The SPCA holds an annual golf tournament to raise money for the Senior Service program. It will take place Monday, May 9 at the Del Paso Country Club, presented by Hank Fisher.

In addition to free vaccinations, the Senior Service program provides discounted dog training, free telephone assistance with dog and cat behavior issues and discounted private animal behavior consultations. They also provide quarterly estate planning seminars that include information about options for pets in



Photo courtesy, Howard Gold, PawPrint Productions
KEEPING SENIORS AND PETS TOGETHER is one of the missions of the Sacramento SPCA. Volunteer Madeleine Levy (pictured) is one of many volunteers at SSPCA who makes local programs possible.

the event the owner is no longer here to care for them.

Future programs

Lowen said the SPCA is working on a program where volunteers go to the senior's home and provide whatever services his or her pet might need, such as transportation to the veterinarian because many seniors no longer drive. The SPCA is trying to get volunteers together to walk dogs for folks who are immobile or not able to walk far.

To learn more, call the Sacramento SPCA at (916) 383-7387 or visit www.sspca.org.

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CALENDAR

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

JANUARY

Bilingual Toastmasters

Jan. 26, Feb. 2, 9, 16, 23: Una oportunidad única para mejorar sus habilidades bilingües y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Ora-

dores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentoastmasters.com

Bingo!

Jan. 26, Feb. 2, 9, 16, 23: Enjoy a great local charity game of bingo every Thursday night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

Florin Sears Store Farmer's Market

Jan. 26, Feb. 2, 9, 16, 23: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

Food Addicts Anonymous

Jan. 26, Feb. 2, 9, 16, 23: 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. 26, Feb. 2, 9, 16, 23: 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 Pocket/Greenhaven

Jan. 26, Feb. 2, 9, 16, 23: 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.

Sacramento Downtown Plaza Farmer's Market

Jan. 26, Feb. 2, 9, 16, 23: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

Sutterville Heights Optimist Club

Jan. 26, Feb. 2, 9, 16, 23: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

Ballroom Dances

Jan. 27, 31, Feb. 3, 7, 10, 14, 17, 21, 24, 28: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Kiwanis Club of East Sacramento-Midtown

Jan. 27, Feb. 3, 10, 17, 24: 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. 27, Feb. 3, 10, 17, 24: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way, Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Jan. 27, Feb. 3, 10, 17, 24: 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

Bella Vista Football Booster Crab Feed

Jan. 28: Enjoy a mouth-watering meal of soup, salad, the best crab in town and dessert. Open to the public, tickets \$40/person. Silent and live auctions, raffle, dessert auction, dancing by Rodney Cooper and Night Groove. 6 p.m.-11 p.m. at Divine Savior Church, 9079 Greenback Lane, Orangevale. To order tickets, call (209) 676-0053 or bcrabfeed@hotmail.com. Also visit www.bellavistafootball.com

Country Club Plaza Farmer's Market

Jan. 28, Feb. 4, 11, 18, 25: Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.-noon. Watt & El Camino, Butano Dr. parking lot, Sac. www.california-grown.com

Food Addicts Anonymous

Jan. 28, Feb. 4, 11, 18, 25: 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.

Winter Bird Festival

Jan. 28: Enjoy a celebration of birds and family fun! The 5th annual Galt Winter Bird Festival offers free bird tours (Pre-registration for tours required - sign up soon by visiting www.ci.galt.ca.us or call 209-366-7115), arts & crafts, free kid's activities, local food vendors, live animal demonstrations. McCaffrey Middle School, 997 Park Terrace Dr., Galt.

Winter Wonderland Bridal Show

Jan. 29: Check out the latest fashions and bridal necessities for the perfect wedding. \$50 for bride and two guests. Get tickets now! 12 noon-6 p.m. 990 Meadow Gate Rd., Meadow Vista. (530) 878-2332 info@thebedaplace.com

Carmichael Farmer's Market

Jan. 29, Feb. 5, 12, 19, 26: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoncysmartusa.org

Co-Dependents Anonymous

Jan. 29, Feb. 5, 12, 19, 26: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

Jan. 29, Feb. 5, 12, 19, 26: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m., every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

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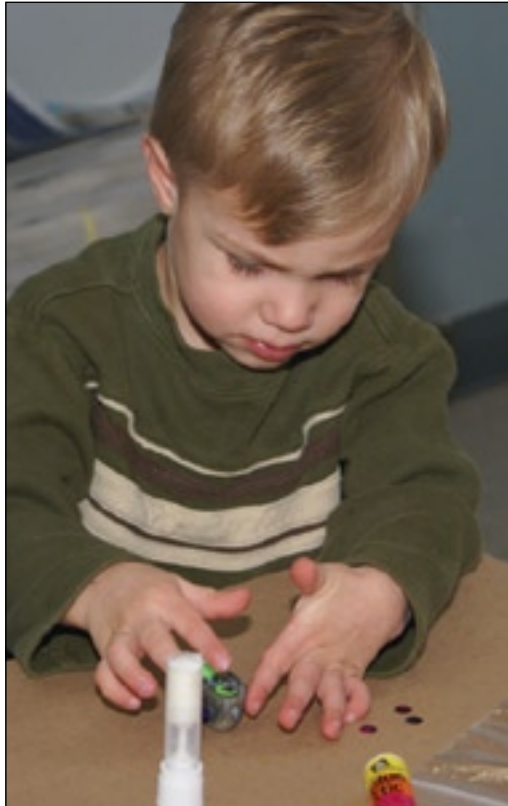
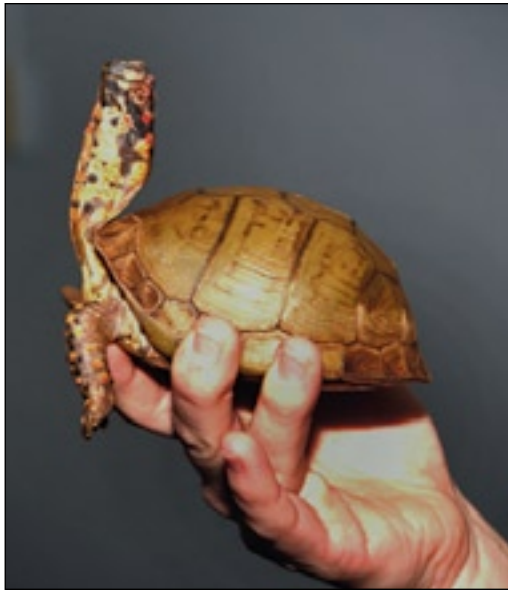
Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd.

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Faces and Places

Kids enjoy 'Blast from the Past' and 'Rockin' Rock Pets' at Discovery Museum

Photos by BILL CONDRAY
Arden-Carmichael News photographer
bill@valcomnews.com

These kids and families knew what to do during the rainy weekend last week: they went to the Discovery Museum in Sacramento!

Kids learned about creatures who lived far in the past, including some who are with us today. Sheila Montgomery introduced kids to "Bump" the turtle and "Boris" the desert tortoise.

During the "Rockin' Rock Pets" program, kids got to choose and decorate their own pet rocks to take home.

Included in the exhibits were dinosaur bone replicas and a life-size baby woolly mammoth. Kids can add yarn to its coat. "Woolly Wonders" weekend at the museum is Jan. 28 and 29.



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