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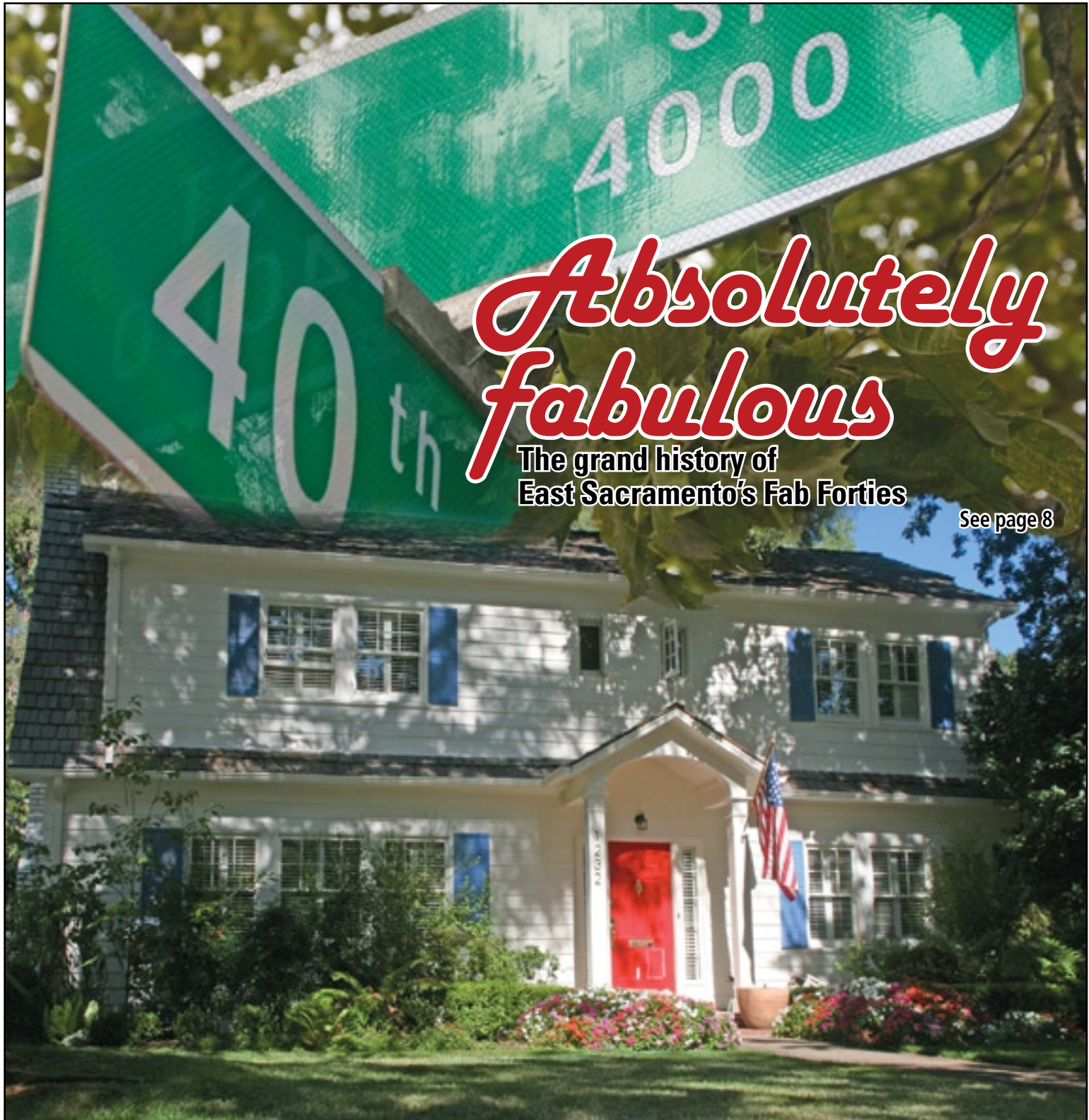
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Absolutely fabulous

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1,000 words

In this photo from East Sacramento News photographer Danny Kam, we see Brianna Anderson, 7, and Robin Houston of the Camellia Symphony Orchestral at the 2009 Race for the Arts held Aug. 28 at William Land Park. The event drew hundreds of runners and walkers looking to support the many wonderful artistic organizations hosted in the Sacramento region. Here is an assignment to all East Sacramento News readers out there: We want to see your photos, too. Send your digital pictures to ryanrose@valcomnews.com. Show us your favorite picture of East Sacramento, whether it be of a person, place or thing (any noun will do), and we will share it with our readers. Good luck, shutterbugs.

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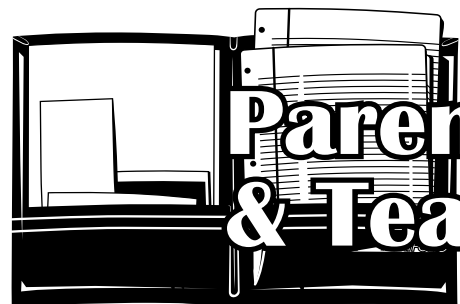
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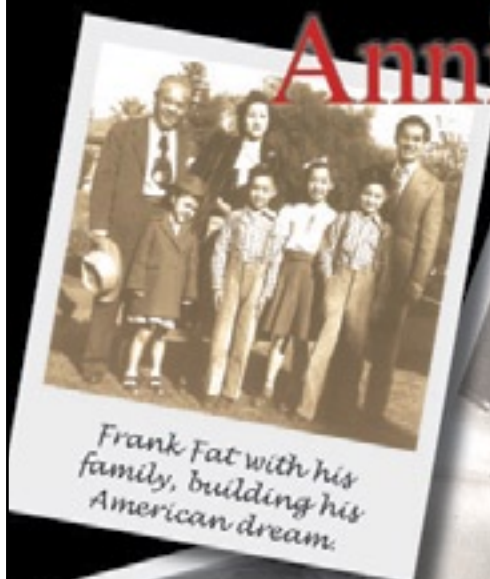
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First week of school drives up safety concerns among parents, teachers

By ELIZABETH VALENTE
East Sacramento News Writer
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For some elementary-aged kids, the first day of school can be thrilling, adventurous and a bit scary. The same holds true for their parents who fear more about their child crossing the street than they are about their kids fitting in and making friends on the first day. Several schools in the Sacramento City Unified School District have already begun classes and that means school zone speed limits are back into play and drivers must be cautious of far more little people out and about.

Lilly Maggy, mother to six-year-old Sophia and five-year-old Madison, loves the fact her daughters are going to St. Mary's Elementary School, located between 58th and M Street in East Sacramento, but worries for their safety.

"The school is right off of Folsom Boulevard, a major traffic area, and it's located in a residential neighborhood with little parking and crazy drivers," she said. "Sometimes a driver will speed down the narrow street and knock over a trashcan or clip a bush. It's a concern."

With no cross guards or flashing signal lights to alert drivers of kids crossing the street, Maggy is teaching her daughters the importance to look both ways and "up" while walking.

"They are young and at that age where they look down at their shoes when they walk because they know they have their parent or an adult leading them across a street," she said. "I make them look around and listen for cars and try to get them to be more familiar with their surroundings."

Concerns like these are not uncommon around the Sacramento residential neighborhoods. Principal Faye Sharpe, from Jedediah Smith Elementary School

located off of McClatchy Way, wants to make sure her 200-plus K-8 graders know the proper way to cross a busy school zone area. Earlier in the year, one of her students was hit by a car while crossing into the school's parking lot. Fortunately the child suffered no major injuries, just a big scare. But that incident caused Principal Sharpe to look to the city's Department of Transportation for help.

"I heard about the city's 'Captain Jerry Traffic Safety Program' and that it is designed to teach elementary school kids about traffic safety, but in a fun and interactive atmosphere," explained Sharpe. "It involved two people from the program and they discussed the importance of school crossing signals, sidewalks, what to look for when crossing in front of a bus, and wearing a helmet when biking to school. It's terrifying to know one of your kids got hit and I don't want to see that happen again."

"The crosswalk safety part of the program focuses on 'stop, look, and listen' before crossing a street, what the different traffic signals and pedestrian signals mean, the difference in the color of crosswalks, and where to cross if there is no marked crosswalk," explained John "Bucky" Perez, Captain Jerry Traffic Safety Program Manager. "We want children to remember the traffic safety rules whether they are going to school or just walking to the store."

Maggy agrees that more traffic safety education is needed.

"I want more than just my kids to be aware, I want the drivers to be aware as well. Parents need to become more respectful and not speed down the road because they are late picking up their child or end up speeding off before the kid even has a chance to buckle their seat belt," said Maggy. "I don't want to see an accident happen because they

couldn't come 15 minutes earlier."

Though managing a parent's use of driving time might be difficult to control, the Department of Transportation Traffic Engineering's Investigators and Engineers do work with residents on traffic safety concerns within the city. Places like Crocker Riverside Elementary School contacted the department and the city responded by installing traffic calming devices.

"Staff at Crocker Riverside Elementary School contacted us about a visibility concern with the pedestrian signal on Riverside Boulevard," said LoAnna Hernandez, traffic investigator, Area 3. "So we made changes to

the signs and striping to make the pedestrian signal more visible to drivers."

Making streets safe

Traffic Engineering staff also worked with Principal Sharpe at Jedediah Smith Elementary School due to a concern with pedestrians crossing at 5th Street and McClatchy Way. The city installed crosswalks, signs, met with the principal on several issues including circulation of parents dropping off children, and presented the Captain Jerry Traffic Safety Program.

Concerned school neighbors called Traffic Engineering about students at Hiram Johnson High School crossing at various locations along

14th Avenue and not using the existing crosswalk at 69th Street. Staff investigated the concern and installed a crosswalk and signs at 67th Street which was found to be more convenient for the students to use.

The city is now looking at school crossing zones near David Reese School on Lindale Drive, Kennedy High School off of Gloria Drive and Florin Road, and Matsuyama Elementary School between Windbridge Drive and Rush River Drive.

For more information on the Captain Jerry Traffic Safety program and the Traffic Engineering Office call (916) 808-8300 or log onto the city of Department of Transportation Web site, www.cityofsacramento.org/transportation.

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Unlike local farmers' markets, vendor offered front door service

By LANCE ARMSTRONG
East Sacramento News Writer
vcnnews@valcomnews.com

For many locals, the warm summer months in Sacramento conjure up a variety of memories. And among these memories are thoughts of the city's longstanding produce vending tradition.

Being that the Sacramento Valley has a rich history in agricultural production, it connectively also has a longstanding tradition of providing farm fresh produce to its local residents.

Certainly, many locals are familiar with the year-round availability of a wide variety of local produce at Sacramento area Certified Farmers' Markets.

Among these markets are the large and popular 8th and W streets market under the freeway, open 8 a.m. to noon every Sunday, the Fremont Park market at 16th and P streets, open 10 a.m. to 2 p.m. every Tuesday, and the Cesar Chavez Plaza market, open 10 a.m. to 2 p.m. every Wednesday.

Currently, there are 10 Certified Farmers' Markets located within downtown Sacramento and its outlying areas, including Elk Grove and Citrus Heights.

Market forces

The history of these markets date back to 1980, when the 8th and W streets market, which is adjacent to Southside Park, was first opened to the public.

Although the younger generations of Sacramentans have no memory of farmers' markets prior

to these markets, such vending began about 80 years ago or more in Sacramento.

The establishment of a free public market with vegetables and other farm produce was contemplated in Sacramento as early as 1919.

It was in November of this year that the Federated Trades Council of Sacramento sent a letter to the city commission requesting that the city establish such a market.

The letter asked, "This step be taken at once as a means of combating the high cost of living."

The city eventually opened a free, public farmers' market on the city block bounded by 8th, 9th, S and T streets, where small farmers sold their products and paid the city a small fee for rental spaces.

Certified Farmers' Markets coordinator Dan Best said that an earlier market may have been located at 10th Street and Capitol Avenue.

Other farmers' markets were opened at various times and locations, including markets on the city block bounded by Alhambra Boulevard and 30th, R and S streets and the Sacramento Farmers' Market or Market Island at the 5th and Y (now Broadway) streets.

Enter Tony Zito

Around the same time that the 8th and T streets market opened, an East Sacramento resident, named Tony Zito, began operating a produce business with a different approach than the standard public farmers' markets.

Zito, who had previously worked at the Southern Pacific shops on I Street, where he was making \$21 per week,

decided to venture into what he hoped would be a more lucrative endeavor.

Purchasing a 1920 Ford truck with \$200 that he borrowed from his older brother Joseph, Zito began buying local produce and selling the goods directly off the truck to residents in the McKinley Park, Land Park and Colonial Heights areas.

Zito, who lived at 5409 M St. with his wife Laura and daughters Teresa and Alvera, soon became a regular in these areas and was well respected by his customers.

In his own words, Zito in the 1960s recalled how his reliability was also appreciated.

"Residents could count on me arriving three times a week; of course the days were 12 to 14 hours long and I worked six days a week," Zito said.

As the success of his produce business venture increased, Zito, who often bought his produce from wholesalers on North B Street, purchased a new 1926 Dodge truck, which he continued to use on his routes for many years.



Photo courtesy of Teresa (Zito) Stewart
Tony Zito stands alongside his wife Laura at his 90th birthday party in 1988.

A notable customer within these routes was J.J. Jacobs, who lived in today's Fabulous Forties neighborhood and owned the local Cadillac dealership.

Good things grow

In 1943, while living at 1115 Rodeo Way in East Sacramento, Zito

See Produce, page 7



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Produce: Zito spreads success in Sacramento

Continued from page 6

began to grow his own fruits and vegetables, thus no longer relying on wholesalers for his produce.

In his garden, Zito grew raspberries, corn, potatoes and other fruits and vegetables.

In addition to his family, who was helpful with chores, including picking raspberries, Zito also had another important assistant, his Belgian Mare, Daisy, who would pull his plow through his field.

Zito's former property, which is now known as Zito Terrace, was also used for raising chickens for eggs.

After a very successful career as a neighborhood produce vendor, Zito retired from this business in 1948.

But his next business venture was very much like his first, as during the late 1940s, Zito sold produce in the Public Market building at 1230 J St., where the Sheraton Grand Hotel is now located.

With the success of this business, Zito was able to save enough money to purchase a bar, called Portola Café, which was located at 304 K St. in today's Old Sacramento area.

But unlike today, the old West End of the city, as it was referred to at the time, was a much different place and its skid row environment took a

toll on Zito, who was known for his gentle-natured demeanor.

After dealing with his fair share of undesirable behavior and language and losing about 20 pounds, Zito sold the business less than two years later.

Soon afterward in 1952, he purchased a bar and restaurant, called the Echo Club at 2119 Fulton Ave., where a Starbucks is now located.

This business proved to be a much better fit for Zito, as he operated the club for the following seven years.

Husband, father, farmer

In 1960, Zito spent one of his most memorable vacations of his life in Europe with his wife, during which time he visited members of his family, who he had not seen since leaving his hometown of Piana degli Albanesi in Sicily, Italy in 1923.

The 5-foot, 10-inch-tall, slim, curly-haired Zito was born in the small, mountain village, which is located 15 miles south of Palermo, on Aug. 16, 1898.

Ship records show that Zito boarded the Dante Alighieri and took a 12-day voyage, arriving at Ellis Island on Dec. 13, 1923.

About a week later, Zito, who at the time did not speak English, headed by train to

Sacramento, where he reunited with his two brothers and two sisters.

While attending a wedding in Sacramento, Zito met his future wife, Laura (Orlando), who he married in San Francisco on July 22, 1928.

The wedding dinner was held at the La Rosa Italian Restaurant at 806 L St., where Frank Fat's Restaurant is now located, and the reception was held at the Turn Verein Hall at 3349 J St. in East Sacramento.

Zito, who passed away on July 13, 1990, is remembered for his dedication to his produce career and other businesses, as well as his involvement as a member of the Dante Club, the Marsala Club and the Italian War Veterans Club. He was also known as a champion bocce ball player at East Portal Park.

Remembering her father very fondly, Teresa (Zito) Stewart, who resides in the Arden-Carmichael area, said that her father was a very special person.

"He had a great sense of humor, was generous and a very classy dresser," Stewart said. "Last, but not least, he never lost his European charm, which he used to his advantage. The twinkle in his blue eyes said it all."

Janey Way Memories



'The Great Beer Heist'



By **MARTY RELLES**
East Sacramento News Columnist
vcnnews@valcomnews.com

One hot August night in the early 1960s, my brother Terry and I sat on the front porch of our home enjoying the wisp of a cool delta breeze. Our parents went out that night, leaving us home alone. As darkness settled upon Janey Way, our friend Randy Puccetti wandered up saying, "Hey you guys, have you heard, three of the guys from O Street are down in the Senior Little League dugout drinking beer? Do you want to go over there and scare them?"

"Sure," I said. Terry said, "I have an idea," and he got up and went inside the house. Minutes later, he exited the front door wearing our dad's police jacket, his dress cap, leather duty belt and black flashlight. None of this uniform fit particularly well on my short, stout brother, but it looked passable to us. In an instant, we were off the front porch and headed down Janey Way toward the ballpark.

When we reached the empty lot, we turned right in the direction of the diamond. We soon reached the right field fence line where we turned left and walked down to the dugout. There, we walked onto the field and went quietly out to the first base line where we turned and walked toward the left field dugout where the O Street boys sat quietly drinking beer.

At home plate, my brother said loudly, "Come on men, I think those boys are over here." Then when we reached the dugout, he flashed the light on the boys, and yelled, "This is the police, you boys come out of there."

The three boys came crashing out the end of the dugout, falling all over each other like Keystone Cops.

They ran straight down the left field line at break-neck speed and when they reached the outfield fence, they leaped almost simultaneously over the top and sped off in different directions. The first boy ran right down the outfield fence toward M Street. The second ran straight down Elvas Avenue to 62nd Street. The last boy turned left toward Elvas Avenue and then left again in the direction of 58th Street. In the span of a few seconds, they had disappeared.

We were left by the dugout, doubled over with laughter. When the laughter subsided, we walked down into the dugout and discovered nine cold cans of beer. We sat down, opened three cans and drank to a successful dirty trick.

When we finished drinking, we gathered the remaining beers and headed home. Fortunately, our parents had not yet returned home. Terry went inside and returned the police gear to its appropriate place. I went into our backyard to the storage room behind the garage and hid the remaining beers. Then, we all returned to the front porch as if nothing had happened.

Fifteen minutes later a pickup truck rolled up in front of our house. It was our adult neighbor, Johnny. He waved us over to his truck.

"Have you boys seen the police around here?"

We shook our heads no.

"Well, they chased after a couple of the O Street boys and one of them is in the truck with me. A head poked up from the floor of the truck.

We laughed in unison. Ha, Ha, Ha, Ha – that was us, Johnny, we played a trick on those boys, we said. He looked at us, snorted and drove away in all due haste.

The great beer heist is now an integral part of the lore of the Janey Way Gang. The O Street boys continue to deny it ever happened. We know it did. Now it is just another funny, funny Janey Way memory.

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Peek into the past

Famous Fabulous Forties neighborhood is a gem of East Sacramento

By LANCE ARMSTRONG
East Sacramento News Writer
vcnnews@valcomnews.com

Among the many sites of East Sacramento that draw the most attention is an area bounded by 38th, 47th and J streets and Folsom Boulevard, which is commonly referred to as the Fabulous Forties.

Certainly many people are aware of the existence of this grand neighborhood with its many luxurious and unique homes and its widespread recognition, which spans throughout the Sacramento region and beyond.

But when it comes to knowing many details about this neighborhood's history, far less people are familiar with such information.

Founding the Forties

The history of this well-known neighborhood began as early as 1913, when the earliest homes of the area were built, then offered for sale through the real estate company, Wright and Kimbrough.

The neighborhood, which is known as the Fabulous Forties due to its location within much of the 40s numbered streets, was originally known as Tract 24.

Unlike today, the landscape of this part of East Sacramento was not highly developed, as Sacramento had been built

up within the original city grid, which ended easterly at 31st Street or today's Alhambra Boulevard.

Instead, many parts of this area consisted of farming land, which included wheat and hops fields.

But these were changing times, as the city was gradually expanding eastward.

Responsible for part of this early expansion were developers Charles Edward Wright and Howard Kimbrough, who created the Fabulous Forties neighborhood with its large, elaborate homes and wide, tree-lined streets.

Sacramento attorney Charles Wright explained part of the history of this visionary duo, which also developed other sections of East Sacramento and parts of the nearby Arden area.

"Wright and Kimbrough was founded (in 1893) by my great-grandfather Charles Edward Wright and Howard Kimbrough," said Charles Wright, whose family arrived in Sacramento from Kansas in about 1858. "They basically started buying and selling real estate around the Sacramento area, mostly in the downtown and growth areas, as (the city) moved out toward Tract 24."

Families in the Forties

As a member of the Wright family, Charles Wright grew up in the Fabulous Forties



This famous Fabulous Forties house at 1341 45th St. was once home to former California Gov. Ronald Reagan and his family.

neighborhood on 44th Street with his father, Edward, his mother, Mary Isabelle, and his brother, Robert.

Charles Wright said that although the official subdivision plat map of the tract was filed on July 24, 1913 as Map 37 in Book 14, the neighborhood was still growing during his childhood in the 1940s and 1950s.

"Lots of the houses were still being built and the house next door to us wasn't there then, so it was a vacant lot

that we used as a playground," said Charles Wright, who attended Sacred Heart School at 3933 I St. and Kit Carson Junior High School at 5301 N St.

Charles Wright, who also said "there were kids all over the neighborhood," spent much time during these years with his neighborhood friends, Bert and Bob Swanson, Al Weaver, Fred Sayre and Carrie Hirsch.

In addition to the Wrights, many other noteworthy Sacramentans have resided in the

Fabulous Forties neighborhood.

A 1946 city directory, for instance, shows several renowned Sacramentans living along 45th Street.

These residents include Carl F. Hansen of the Crystal Cream and Butter Co. (1000 45th St.), auto dealer Harrold Ellsworth, who is best known for his ownership of Harrold Ford (1050 45th St.), and Adolph Teichert, Jr., president of A. Teichert and Son, Inc. (1068 45th St.).

Other notable residents who have called the Fabulous Forties home are the Breuners of Breuner's furniture, the Ruhstallers of Ruhstaller's brewery, the Harts of Hart's Lunch and Pastry Shop and the Clausses of Clauss and Kraus sausages and wholesale meats.

Fame in the Forties

No residents brought more widespread attention to the Fabulous Forties than the Reagan family.

In 1967, Ronald Reagan, who was at the time serving as the 33rd governor of California, became the state's first governor in 64 years to live anywhere other than the

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See Fab 40s, page 9



East Sacramento News Photo/Lance Armstrong

This view of 40th Street is an example of the tree-lined streets, which beautify the Fabulous Forties neighborhood of Sacramento.

Fab 40s: Ronald Reagan lived here in the 60s

Continued from page 8

Governor's Mansion at 16th and H streets.

Moving into the neighborhood with his family, Reagan found a new governor's residence at 1341 45th St.

Being that the Reagans lived just one street away from the Wrights, this close vicinity led to several visits by the Reagans to the Wrights' home.

Charles Wright recalled how Ronald Reagan made an impression on him during his visits.

"(Reagan) came over for cocktail parties a couple times, dinner parties a couple times and we talked to him," Charles Wright said. "He was generally a very nice guy, very well educated and very well spoken. He was about as far away from the caricature of him as a second rate or B-rate actor as you could get. He wasn't anything like that at all. He was very quick on his feet; he could talk and he knew what he was talking about. He didn't come into a conversation not knowing anything and he was able to ask questions and take questions. He was a constant politician."

George Doykos of 1201 45th St. said that he recalls that several years ago Arnold Schwarzenegger nearly became the sec-

ond governor to live in the neighborhood.

"The L.A. Times came out and interviewed me about the possibility of Schwarzenegger becoming my neighbor and I said I thought that it would be great to have the governor here," Doykos said. "And I said that I was sure he'd have a lot of security and a lot of attention would be paid to the area. I was only going to benefit and maybe he would invite me over to a party every once in awhile."

But such an invite never occurred, as Schwarzenegger eventually opted to reside elsewhere.

Fabulous and timeless

Whether a movie star-turned governor makes his home in the neighborhood or not, the Fabulous Forties nonetheless has plenty to offer.

The neighborhood, which continues to be home to various noteworthy Sacramento businesspeople, offers an enjoyable visual experience for many residents and visitors.

With a simple tour of the neighborhood, one can view a variety of styles of historic, upscale houses, which include Tudor and Mediterranean-style architecture.

Furthermore, home tours are occasionally available for the public to tour inside and outside of some of the neighborhood's most luxurious homes.

Among the homes that have been featured on these tours is the Larsen home at 1130 38th St.

This craftsmen-style home, Cynthia Larsen said, is one of the earliest homes that were constructed in the neighborhood.

One of Larsen's favorite possessions is a c. 1913 photograph of her house, which shows no adjoining neighbors.

Other notable houses in the area include: an Italianate/American Four-Square structure at 1025 41st St., a 1925 chateau with a dominantly sloping mansard roof at 1217 42nd St., a 1926, four-bedroom, English Revival house at 1330 45th St. and a Caribbean pink hacienda on the street corner, just south of the Doykos home.

Anchor of East Sac

In an ever-changing world, the Fabulous Forties is one of East Sacramento's constant treasures, which captures the city's days of old and should continue to be enjoyed for many generations to come.

McKinley pool open Labor Day, Sept. 7

From a donation provided by the McKinley East Sacramento Neighborhood Association and in cooperation with the city of Sacramento, the McKinley Park pool will be open on Labor Day, Sept. 7. MENA donated \$500 and the city contributed funds from the summer's Pops in the Park series, matching the MENA donation. The pool will be open from 1 to 5 p.m. Admission for children and teens up to 17 are \$1; adults enter at \$2.

A new 'home' at Sacramento State University

Special to the East Sacramento News

Sacramento State's dream of opening its first new residence hall since 1990 was realized Friday, Aug. 28, when students began moving into American River Courtyard, a stylish complex of contemporary living units near the J Street campus entrance.

Long, hard road

The completion of American River Courtyard helps fulfill a key goal of University President Alexander Gonzalez's Destination 2010 initiative: to make Sacramento State a destination university by creating a welcoming campus through new state-of-the-art campus life facilities. Gonzalez says the complex should help enliven campus life, with more students dining, studying and socializing there as well as attending movies, lectures and athletic events.

"Serving students is our top priority, and American River Courtyard has the features and amenities that today's students want and need as they pursue their studies," Gonzalez says. "The ARC will

also change both the image and feel of our university as an unprecedented number of students will be living on campus."

The four-story, 209,000-square-foot facility - years in the planning and under construction since late 2007 - is available to returning students and transfer, international and graduate students. It offers 606 beds in studio, two-bedroom, four-bedroom and five-bedroom suite configurations.

Each suite features large, light-friendly windows, a living room, a kitchenette with full-size refrigerator, a microwave and sink, in-suite bathrooms and bedroom configurations that offer students a quiet place to study. The complex also includes Internet connections and Wi-Fi access, a computer lab, multimedia meeting rooms, an entertainment lounge and a sandwich shop.

The \$54 million project, financed without the use of university general funds, was completed on time and on budget.

Smart growth

The planning of the new facility included student surveys and focus groups, which



Sac State/Mary Weikert

found that students wanted a facility that would go beyond the traditional residence hall and afford them more of an independent lifestyle. The enclosed courtyard and smaller secondary courtyard were the result of international students' desire for a more continental ambiance.

While the new hall's per-student cost is competitive with other apartments in the region, campus housing officials

stressed that it will offer students three amenities difficult to find off-campus: community, proximity and security.

"American River Courtyard is a state-of-the-art student housing complex that brings Sacramento State a step closer to becoming a destination campus, says Edward Jones, associate vice president, Campus Life, Student Affairs.

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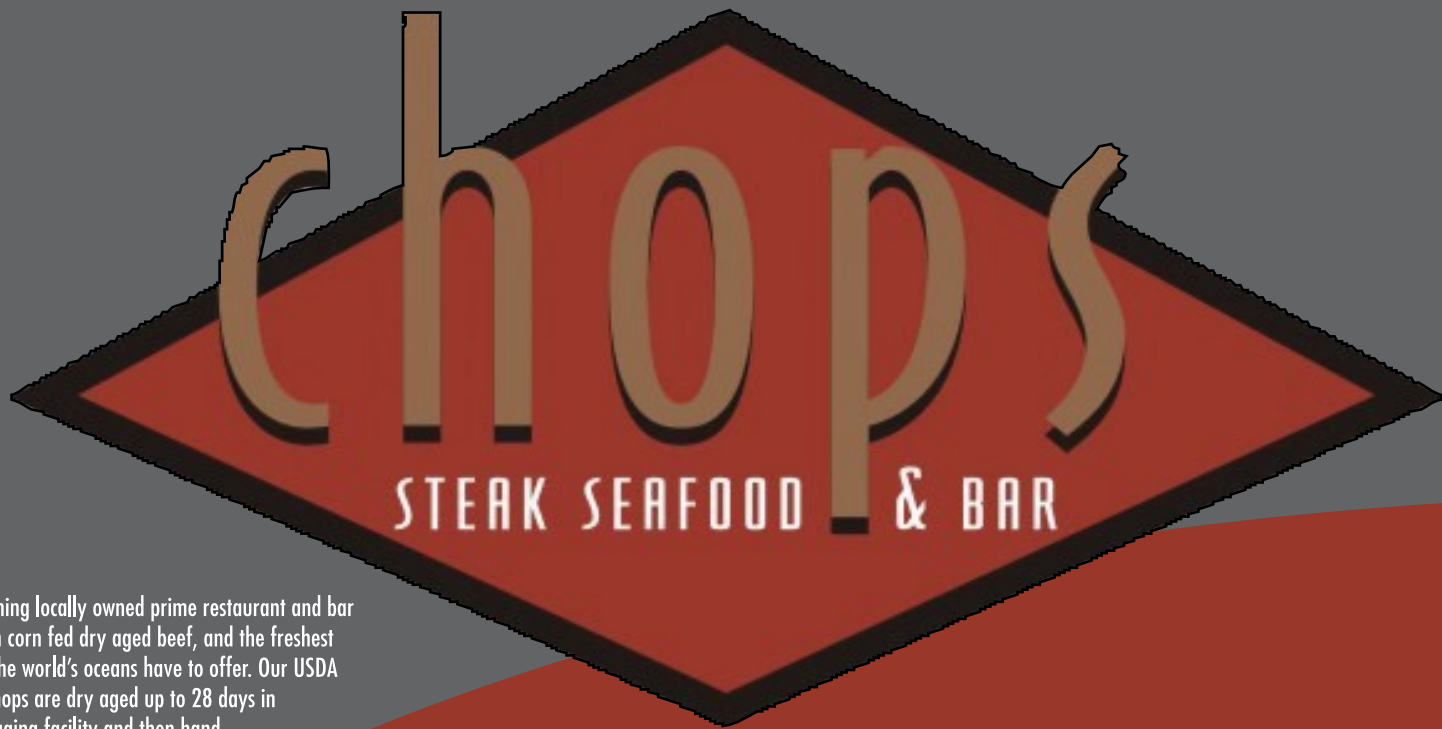

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Exercise – Not a bad word when you're 50 and better

By DARBY PATTERSON
East Sacramento News Columnist
vcnnews@valcomnews.com

Respected studies support the notion that exercise is one of the most important factors in aging well. It is, in fact, critical for some people such as diabetics and women dealing with the onset of osteoporosis.

Even armed with this information, many people find exercise about as appealing as a root ca-

nal. "I'd much rather curl up on my couch with a book," said one woman in my Mini Med School class. "Am I the only one who hates exercising?"

Certainly, there are aspects of exercise that are off-putting. For example, I don't like going to a gym. After a certain age the specter of spandex, bared flesh and raging hormones isn't an appealing scene. The good news is that people don't have to join a gym to be healthy.

There are many alternatives that allow us to get the benefits of exercise without the costs of memberships, specialized equipment or stretch pants.

The other good news is that physical fitness is not a preoccupation of only the young. According to Jeffrey Tanji, associate medical director of Sports and Medicine, UC Davis Health System, the prevalence of exercise in people over the age of 50

is higher than it is for the younger population.

For health maintenance as we age it's important to get aerobic exercise, resistance exercise and activities that enhance balance. All three of these important areas can easily be integrated in activities throughout a week and, contrary to certain information, it doesn't require 90 minutes a day to maintain fit-

See Darby, page 13

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Darby: 'As we age, the goals of exercising change'

Continued from page 12

ness. The sports and medical experts at the UC system – noted as one of the finest in the country – say that all three activities combined require no more than three hours a week. Also, exercise doesn't have to happen in one, extended session. According to Dr. Tanji, a study showed that three 10-minute sessions yield the same benefit as a solid half-hour. "It's additive and it's cumulative," he said.

Aerobic exercise requires the greatest investment of time but is a mere 1.5 hours a week if we

adhere to the three-hour-a-week formula! It's simple to fit that in by walking, swimming, bicycling, climbing stairs – just about anything that raises the heart rate a bit but does not push a person to exhaustion.

Resistance training is effective if done for an hour per week. Think Pilates, yoga, tai chi, even dancing. Although it may not seem like it at first glance, these activities that sound like "meditation and stretching" are also resistance training. Done correctly, tension is applied to mus-

cles gently as the body moves into poses and positions. Muscles are held and relaxed. At the same time, we keep our bodies training for balance – an extremely important element of aging well. In addition to one or more of these activities, resistance training should include a half hour of lifting some kind of weights to maintain muscle strength.

As we age, the goals of exercising change. We are no longer being competitive and pushing our bodies to new frontiers.

We are working to maintain strength and balance so that we can remain active into our older years.

In my next column, I'll talk in greater depth about the beatitudes of walking. I welcome your comments and questions.

Editor's Note: Darby Patterson is a longtime local journalist specializing in government affairs and health care issues. Due to popular demand, Darby's columns will now run in every edition of the Valley Community Newspaper publications.

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Special to the East Sacramento News

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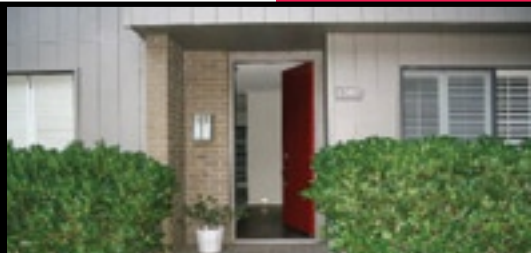
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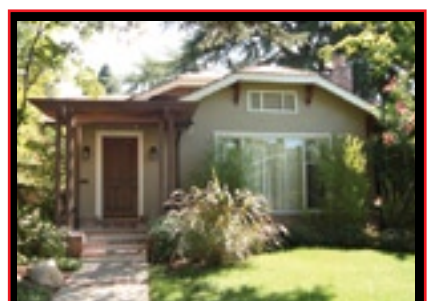
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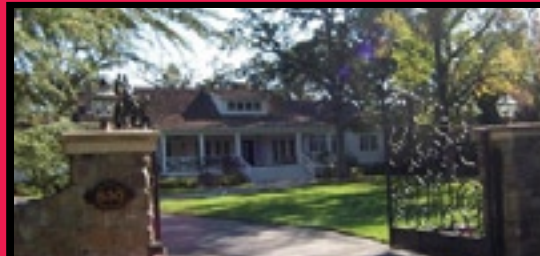
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630 Hawthorn Road.....
Debbie Davis 213-2323



East Sac Cutie. 3 bed home shines w/ pride, fantastic floor plan, bright & open family & dining room combo w/ fireplace, large picture windows w/ a nice view of tree-lined street, wood floors, fresh inside paint, dual pane windows & large backyard w/ patio.
4568 Brand Way..... \$369,900
Jeanine Roza 548-5799



Home on a Beautiful Tree-Lined St. 2 bed, 2 remodeled bath, hardwood floors, large living room w/ vaulted redwood beam ceiling. Remodeled kitchen w/ granite counterstops and many extras, partial dual pane windows, 1/4 basment w/ wine storage, detached garage w/ loft.
3615 McKinley Blvd \$624,000
Perry Georgallis 484-3627



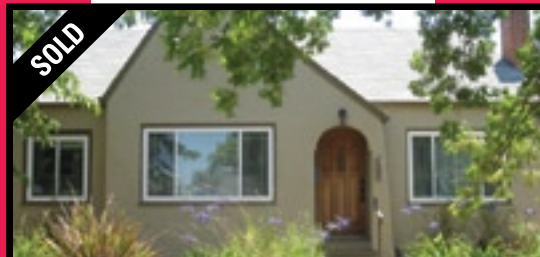
Wonderful famil home on very deep lot on East Sac cul-de-sac. Freshly painted in and out, updated kitchen with breakfast nook. Hardwood floors through much of home, family room plus den, large master bedroom. There are so many extras you'll love it.
3948 K Street..... \$589,000
The Woolfords 837-6900



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Kyle Groves 214-2082



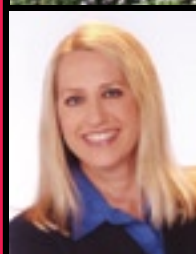
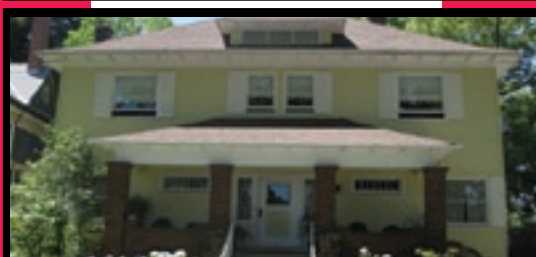
McKinley Park brick home has 2 master suites, large rooms, 3.5 baths, hardwood floors, formal dining & living rooms. Cozy den, 2 separate lots under 1 parcel number. 2nd lot is a park. 3 car garage w/ attached office/room, tool shed work bench, garden room.
3344 H Street \$1,650,000
Barbara Harsch 552-7213



Storybood Tudor in Med Center! This adorable 2 bed charmer has a terrific bright & open floor plan, large dining area, family room with fireplace. Darling kitchen w/ nook and built-ins. Inside laundry room and 2 car garage. Professionally landscaped.
2009 36th Street \$269,900
Jeanine Roza 548-5799



Brick home w/ many leaded glass & built-ins. Formal entry, L/R, D/R, break rm, H/W floors, & laundry rm. Master suite upstairs w/ newer carpet, paint, & separate heat pump unit. Lovely backyard w/ patio. Garage doors are custom made. Lovingly restored.
4940 7th Avenue \$349,500
The Woolfords 837-6900



This Poverty Ridge Beauty was built in 1923. You will be amazed at the features found in this 4 bed, 2100+ sq. ft. home. Features include formal dining room, separate living room w/ fireplace, sleeping porch, built-in hutches, hardwood floors CH&A, full basement, 5 car garage.
..... \$675,000
Gina Borges-Valdez 505-4242



East Hampton Shingle Style home on gorgeous 1.36 acre lot. Open floor plan with over 6,300 sf including music room, Master with sleeping porch. Pool, spa, waterfall and wading pool. Backs to nature preserve.
1213 Mariemont Ave.....
Debbie Davis 213-2323



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Faces and places: Hodapp out and about

The sights, sounds and smells of the California State Fair

By BENN HODAPP
East Sacramento News Columnist
vcnnews@valcomnews.com

Growing up in the Sacramento area, the late summer has always meant three things: my birthday, the start of the school year and the California State Fair.

It seems like this year there was less hoopla about its arrival than normal. Usually the radio is full of cartoon cows and over-the-top farmer caricatures telling us to “get on down to Cal Expo” and what not. Maybe because of the economic situation they figured they didn’t want to spend the money to advertise.

However, I went this past Sunday and it looks as though the fair is doing just fine despite the times. There were people all over the place. Sure, it probably helped that it was 80 degrees and breezy, the sort of day Sacramentans can only imagine in their most fevered dreams come late August, but I was surprised nonetheless.

First, I walked through the buildings with all the animals. A sheep voiced its displeasure at being sheared, a horse whinnied spectacularly and a Corgi sat alone behind bars. It was somewhat odd to see a little dog there, but it was getting plenty of love from the passersby. It was not an especially captivating time to walk by the pigs, as roughly 90 percent of them were sprawled out on their sides, completely oblivious to the fact that I wanted to talk to them and perhaps coax an oink. Selfish pigs...

As you can imagine, the aroma of the animal tent is not terribly pleasant, which is why I was shocked to see so many people eating in there. I don’t want my curly fries mixing with that particular set of notes, but more power to those people I suppose.

Among the attractions at the fair this year is Harley, a pig that weighs more than 1,000 pounds and stands four feet tall. I paid the dollar to get in, but he too was sleeping. The enormity of him was quite apparent, though. He was roughly the size of a Fiat.

Obviously one of the main reasons to go to the fair is the simply outlandish array of horrifyingly fatty foods that are slathered, greased, iced, barbecued and then deep-fried for your enjoyment (or peril). Stop one for me was a corn dog. It was the size of a yardstick, but I considered it a warm up.

Later I had a Philly cheesesteak that apparently requires an advanced physics degree to eat properly. Eventually I just employed the shovel method. It entails basically getting the item into my mouth as quickly as possible with utter disregard for cleanliness or self-respect.

But what about dessert? I can’t walk away from the fair without completing the triumvirate of tastiness.

So I got a churro. The lady vendor gave me the lame duck of the bunch, which immediately broke in half when she handed it to me. I caught the broken northern shard on its way to the ground. I am pretty sure the lady was impressed at my ability to not allow food to become garbage.

As always, I walked through the exhibition buildings with award-winning art pieces and



2009 fair photos courtesy the State of California.



photographs and quilts and absurdly fluffy bunnies. Then through the myriad of Billy Mays wannabes peddling their wares complete with headset and astonishingly loud speakers. I even saw a few people walking around with ShamWows. I summarily went on a 15-minute hunt for ShamWow spokesman Vince, but alas, he was not there.

The county exhibits were neat, though between you, me and a hole in the ground, I was pretty disappointed in Sacramento County’s display. Who is that person in the rocking chair for seemingly no reason? When you go, you’ll see it. If you are confused and slightly unhappy, don’t worry – Tulare County will make you feel a little bit better. When you see the animatronic cow, do not meet its gaze. I hear it feeds on souls and the tears of children.

All in all, it was the full fair experience. I even spent five bucks playing that fixed basketball game where the ball is bigger than the hoop. I am surprised the lady didn’t just laugh in my face when I handed her my money. Oh well, I didn’t need the 6-foot-tall Rottweiler anyway.

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CALENDAR

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GET IN THE CALENDAR

Is your club, group, church, school, or organization having an upcoming event? Let us know. Send information about your event—including date, time, location, a brief description, cost (if any), and contact information—to Calendar, c/o Valley Community Newspapers, 2709 Riverside Blvd., Sacramento, CA 95818, or e-mail ryanrose@valcomnews.com. Deadline is one week before publication. Priority is given to events that are in the community and/or of little or no cost. There is no guarantee that events submitted will appear in the calendar. To ensure placement within the newspaper, please call 429.9901 to place an advertisement.

SEPTEMBER

Free pole walking clinics

Organized by Cure Arthritis Now, free pole walking clinics will be hosted Wednesdays (at 6 p.m.), Sept. 16 and 30, Thursdays, Sept. 10 and 24, and Friday, Sept. 18, at the Sierra 2 Community Center, 2791 24th St. There will be an additional clinic Saturday, Sept. 12, on Scripps Drive. Interested people need to call the group directly for times and specific locations, to pre-register and reserve the walking poles for the clinics. For more information, call 208-8700.

California State Library Show

National travelling exhibit "Louis Braille: Celebrating 200 Years of Braille." Born the same year as Abe Lincoln and Charles Darwin, Braille invented a tactile alphabet that shattered barriers for vision-impaired readers. Exhibit continues through Sept. 25. Held 9 a.m. to 5 p.m., Monday through Thursday, and Friday, Sept. 25. Closed Labor Day. Free. Lobby, Library & Courts Bldg. 2, 900 N Street, (916) 654-0640.

Straw into Gold

The Hart Senior Center will once again host the "Straw Into Gold" poetry writing workshop for Seniors. Led by Julia Connor, Sacramento Poet Laureate 2005-2009, this workshop offers an outstanding opportunity for seniors to hone their writing skills in a creative, spontaneous environment. The workshop will be held Thursdays from 3:00 to 5:00, September 3 through November 12. Registration is required, but there is no cost for this workshop. Please contact the Hart Senior Center at (916) 808-5462 for more information.

Memory Seminar

A special memory seminar will be held throughout the month of September and into October, September 14 through October 5. Mondays, 9:30 a.m. to 11 a.m. Facilitated by Kim Winters, BSG, M.Ed. of the Primrose Living Fund. Located at Hart Senior Center, 915 27th Street, Sacramento. No Charge. RSVP at (916) 808-5462.

Just Change exhibit opens

The collaborative art exhibition Just Change is open and will run through Sept. 22 at Beatnik Studios, 2421 17th St. Artists of multiple mediums come together to showcase their view and take on this theme of "Just Change." Artistic interpretation on many levels.

Past Tents exhibit opens

"Past Tents: The Way We Camped" is a humorous excursion through one of our favorite pastimes, exploring camping in California from post-Gold Rush times to the mid-1900s. Through three exhibit themes - Round the Campground, Hitting the Trail, and Open Roads, Open Fires - visitors enjoy contemporary prints of rare his-

toric photographs and objects from the collections of the California Historical Society and the Bancroft Library. The Sacramento History Museum invites all to enjoy this exhibition beginning Friday, Sept. 4, closing January 3, 2010. The Sacramento History Museum, operated under the auspices of the Historic Old Sacramento Foundation, is located at 101 "I" Street, Old Sacramento, CA. The museum is open every day (excluding major holidays) 10 a.m. to 5 p.m. Phone: (916) 808-7059.

SEPTEMBER 2

MENA Annual Membership Meeting

McKinley East Sac Neighborhood Association invites all members and interested residents of East Sac to join us for our annual meeting. MENA is a neighborhood organization that supports ongoing efforts to improve the quality of life in East Sac. The event will be held at the Shepard Garden and Arts Center, 3330 McKinley Blvd., Wednesday, September 2 at 7 p.m. Info: 447-1722 and www.eastsac.org.

SEPTEMBER 3

Latino Dance and Culture Group

Come dance to the beat of all types of Latin music! Featured DJ music and delicious Mexican food! Held at the Ethel Hart Community Center, 915 27th St., from 6:15-8:45 p.m. Suggested donation: \$3. For more information, call Barbara Alarcon 400-4514.

SEPTEMBER 4

Organic Gardening

The Organic Gardening Club of Sacramento County will meet at the Carmichael Park Administration Building, Room 1, 5750 Grant Avenue, Carmichael, at 10 a.m. The program will be on "Organics - The Why and How" by Jack Hertel, Master Gardener and owner of Foothill Organic Growers. Call 916-635-6724 for information.

SEPTEMBER 5

Symbology & Secret Societies Tour

The square and compass, three links of chain, a pick and shovel...what do these objects mean? Are they really connected with secret societies? On this Saturday morning tour of the Sacramento Historic City Cemetery you'll learn the meanings behind these and other symbols. The tour commences at 10:00 am from the Cemetery's main gate at Broadway and 10th Street. Visitors may park across the street from the 10th Street Gate and meet at the cemetery entrance. Held under the auspices of the City of Sacramento Division of History & Science, this tour is presented as a public service by the Old City Cemetery Committee, Inc. For tour information please call (916) 448-0811. Tours are free though donations for the restoration of the cemetery are greatly needed and appreciated.

Military Widows

The Society of Military Widows, Sacramento Chapter No. 5, will meet on Sept. 5, at the Lions Gate at McClellan Park at 11:30 a.m. for lunch and presentation on "Awake the Humor in Your Life" by Cindy Sample, Writer and Lecturer. Call 916-635-6724 for information.

SEPTEMBER 6

Elks Soccer Shoot

The Elks annual Soccer Shoot is just around the corner. Bring your kids ages 7-13 to some

light soccer competition in the "Five Goal Contest," and the "Grid Goal Contest." Shoot your way to a chance to win medals, raffle prizes, and move on to the District Soccer Shoot! Do all of this while enjoying a free barbeque for the whole family! The event will be held at the Elks Lodge No. 6, 6446 Riverside Blvd. For information, email pat@kombatsoccer.com.

McKinley Song Circle

McKinley Children's Song Circle with the Shadechasers will perform for free Sept. 6 at 3-4:30 p.m. in the Clunie Clubhouse, 601 Alhambra Blvd. Families welcome. Brand new songbooks for singers available. For more information and directions, call 531-4110. The Shadechasers is a local folk group of 10 members playing Woody Guthrie, Pete Seeger, Malvina Reynolds, Raffi, and other singable family music suitable for children's activities. We sing and dance, and encourage families to sing together whenever they can. Now we have a new songbook with about 60 songs to share with our group.

SEPTEMBER 7

McKinley pool open

From a donation provided by the McKinley East Sacramento Neighborhood Association and in cooperation with the city of Sacramento, the McKinley Park pool will be open on Labor Day. The pool will be open from 1 to 5 p.m. Admission: children and teens up to 17 are \$1; adults are \$2.

SEPTEMBER 9

Health fair

The YMCA will host a Senior Health Fair. We are offering our 8th annual Health Fair Sept. 9, from 9:30 - 11:30 a.m. This event is free to the public and to our YMCA members. We have 50 agencies coming that will have information relating to housing, nutrition, legal and safety issues. Our agencies include but not limited to Social Security, Natural Food Coop, Mercy Hospital and Canine Companions. The Agency for Hearing will have their van here to provide free hearing tests, there will be blood pressure checks and flexibility test also provided. The YMCA is located at 2021 W Street, the corner of 21st and W Street.

California's Admission Day

Celebrate California's 159th birthday with cake and ice cream provided and served by members of the California State Capitol Museum Volunteer Association. Held at the State Capitol, 10th and L Streets, festivities begin at 11:30 a.m., run to 1 p.m., and include the rousing music of the Sacramento Banjo Band, with Capitol Museum volunteers dressed in early 1900's costumes on hand to greet visitors. Free admission. For more information, call (916) 324-0333.

Author event

Blinded by an awl at age three, Louis Braille invented a tactile alphabet that liberated generations of vision-impaired readers. Celebrate Braille's 200th birthday with biographer C. Michael Mellor as he discusses Louis Braille: A Touch of Genius. Free. W, 9/9, 2-4 pm, Resources Building Auditorium, 1416 9th St., Sacramento. Part of the exhibit "Louis Braille: Celebrating 200 Years of Braille," ongoing until 9/25. 9 am-5 pm, M-Th, and F 9/25. Free. Library & Courts Bldg. 2, 900 N Street, Sacramento. (916) 654-0640.

SEPTEMBER 10

Computer club meeting

The Mission Oaks Computer Club will meet on September 10, 2009 from 1:00 PM to 3:00

PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The topic is: "Behind the Scenes at Capital Public Radio", presented by Tom Keller, Webmaster. A problem solving clinic, led by Adam Lacey of Applications, Etc., will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

National Health Federation

The Sacramento Chapter of the National Health Federation meets at the SMUD Auditorium (the old SMUD Building) on 6201 S Street, Sacramento. A free lecture, "Everything You Need to Know is in Your Breath" presented by Griffin Toffler, M.A. Call 916-635-6724 for information.

SEPTEMBER 11

Wine, Beer and Food Extravaganza

The Christian Brothers Alumni Association will host their annual Wine, Beer and Food Extravaganza Friday, Sept. 11, from 7 p.m. to 10 p.m. Purchase tickets online at <http://cbhs-sacramento.maestroweb.com>. For more information, call (916) 733-3600 or visit www.cbhs-sacramento.org.

Dragon Fundraiser and Reception

The Asian Pacific Community Counseling, a non-profit agency, is having their annual Dragon Fundraiser and Reception on Friday, September 11, from 5:30-8 p.m. at the Sacramento State Alumni Center. Catered by Town & Country/Splendid Gourmet Catering of Citrus Heights, the event will include hors d'oeuvres, wine and a raffle. Tickets are \$40 each and include one complimentary wine ticket. For tickets, sponsorship packages or donation pick-up, call Effie Shum at 916.383.6784 ext. 135.

Fine art show

Held at the Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd., is an artist reception from 5:30-7 p.m. The event will feature a demo and talk and watercolor pointillism paintings by Judy LewLoose. For more information, visit lewloosewatercolors.com or call 984-4936.

Geranium Society meets

Carmichael Geranium Society September meeting will be at the Carmichael Community Clubhouse, 5750 Grant Avenue, Carmichael, September 11, 10 a.m. to noon. The speaker will be Andrew Nieman from Windmill Nursery discussing "Planting for Fall Color." Visitors welcome - no fee.

Senior Spelling Bee

Seniors: Come test your spelling skills in a fun and friendly spelling competition. Help us bring in the new school season with consonants, vowels, and education. Please join us Friday, September 11 at 12:00 p.m. Want to come early for a delicious lunch before the competition? Make reservations by noon on Wednesday, Sept. 9 by noon. \$2 Donation for 60-plus years and a \$5 Fee if under 60 years. Spelling Bee is free. Please sign-up in advance to join the Spelling Bee. Where: Ethel Hart Senior Center, 915 27th St., Sacramento. Info: 808-5462.

SEPTEMBER 12

BBQ, Beer and Boogie

Hosted by Carmichael Oaks and Kiwanis Club of Carmichael and featuring Swing-Masters band, this special event held from 5 p.m. to 8 p.m. will benefit Alzheimer's Association Memory Walk 2009. Tickets for food only is \$12, tickets in advance are \$25, and \$30 at the door. RSVP by Sept. 5. For information, call 944-2323.

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16th Annual Community Festival

International cuisine, entertainment, games, and activities for the entire family are all part of the 16th annual St. Anthony's Parish Community Festival (660 Florin Road) on Saturday, September 12 from Noon-9 p.m. Admission is free and you can sample unique foods from around the world including Filipino pancit, lumpia, and chicken adobo as well as German bratwursts, Irish stew, scones, and soda bread. Also available for tasting is Italian rigatoni, sausages, and pasta Alfredo along with Mexican tacos and burritos, Greek cuisine grilled hamburgers, hot dogs, snow cones and a variety of desserts including make your own waffle cakes.

Fe Gallery Artist Reception

Ceramic artist Aiyana Pearson, multi-media artist Robyn Slakey and wood/metal artist Steven Florman will join Fe Gallery Resident Artists Stephen Lyman (metal art) and Sheena Wolfe (fused glass) for a Second Saturday Reception Sept. 12 from 6-9 p.m. Sheena Wolfe will be doing a mask sculpture demonstration beginning at 7:30 p.m. Fe Gallery is located at 1100 65th Street (north of Folsom Blvd., corner of 65th and Elvas), East Sacramento. For more information about the artists and the gallery visit www.FeGallery.com or call, (916) 456-4455. Daytime gallery hours are currently from 8:30 a.m. to 4 p.m. Monday through Friday and Saturday 10 a.m. to noon. The current show will run throughout September.

Book warehouse sale

The Friends of the Sacramento Public Library are sponsoring a big Fall Warehouse Sale on two consecutive Saturdays, September 12 and September 19. Public sale hours will be noon to 5 p.m. on September 12 and 9 a.m. to 5 p.m. on September 19. A preview for Friends' members only is scheduled for 9 am to noon, September 12. Prospective members may join at the door for \$15 and attend the preview. The sale will be held in the Friends' warehouse, at the rear of their Book Den store, 8250 Belvedere Avenue, Suite E, between Power Inn Road and Florin-Perkins Road just south of 14th Avenue. More than 75,000 paperback and hard-bound books, videos, CDs and more will be sold at prices ranging from \$.25 to \$2.00. All proceeds, after expenses, benefit the Sacramento Public Library.

Art show at ADR

A show called "Art and Booze" will be held at AD Reprographics on 2500 Franklin Blvd. from 7 p.m. to 10 p.m. The event will feature vintage pin-ups, pulp and old movie prints. For more information, visit www.morethanposters.com.

SEPTEMBER 12-13

61st Annual Show and Plant Sale

The Joan Coulat - Sacramento Branch of the American Begonia Society is holding its annual judged show at the Garden and Arts Center. Each year well over 100 entries are on display and this year there will be over 1,000 plants for sale. The event is Saturday, Sept 12, from 2 p.m. to 6 p.m. and Sunday, Sept. 13, from 10 a.m. to 4 p.m. at the Shepard Garden and Arts Center, 3330 McKinley Boulevard. There will also be educational talks and displays as well as begonia experts to answer your culture questions. Admission is free. For further information or an article for publication about growing begonias in Sacramento, please call Paul Tsamtsis at 524-3013

SEPTEMBER 13

Portuguese Historical Society Gala

The Portuguese Historical and Cultural Society will hold their 30th Anniversary Gala

Banquet on Sept. 13 at the Sacramento Portuguese Holy Spirit Society SPHSS Hall, 6676 Pocket Rd. The reception begins at 1 p.m. and a luncheon with live music starts at 1:30 p.m. Tickets to the event are \$35 and include New York Steak and scampi, Portuguese wine and dessert. A table for 10 can be reserved for \$300. For information on purchasing a ticket, call Ralph Nevis at 421-7161.

SEPTEMBER 16

Free real estate seminar

Do you qualify for a loan modification? Visit the seminar held at 6 p.m. and hosted by Cook Realty at 4305 Freepoint Blvd. RSVP to Deb Luna or Anthony Carrill at 833-6266. For more information, visit www.cookrealty.net.

Genealogical meeting

The Genealogical Association of Sacramento (G.A.S.) will hold their regular meeting at 1 p.m. in the Belle Coolege Library at 5600 South Land Park Dr. They will discuss the GAS library book collection and share our "Summer Genealogy Discoveries" Questions please call Melanie Howard 383-1221

SEPTEMBER 17

Latino Dance and Culture Group

Come dance to the beat of all types of Latin music! Featured DJ music and delicious Mexican food! Held at the Ethel Hart Community Center, 915 27th St., from 6:15-8:45 p.m. Suggested donation: \$3. For more information, call Barbara Alarcon 400-4514.

Greenhaven Mother's Club

The Greenhaven Mother's Club is holding its Fall Kick-off meeting on Sept. 17 from 7-9 p.m. New member inquires call 916.955.2105 or e-mail info@greenhavenmothersclub.org. Current members go to Bigtent for details.

SEPTEMBER 19

Authentic Hawaiian Luau and

Dance Extravaganza

Luau and Dance Extravaganza is at the Elks Lodge No. 6, 6446 Riverside Blvd. Tickets for Luau and Show available from \$30-\$45 and must be purchased in advance. Doors open at 3:00 p.m. and the feast runs from 4 to 5:30 p.m. At 6:00 p.m., the Dance Extravaganza by Ka Pa Hula Kanoehuaokahalema'uma'u'o Kalama begins. For ticket information: www.onipaa.net or call (916) 344-7270

Early Educators History Tour

Early educators will inform and entertain you on this Saturday morning tour at the Sacramento Historic City Cemetery! This tour, presented by docents from the Old Sacramento Schoolhouse Museum, will feature the lives and experiences of early educators in Sacramento. The tour commences at 10 am from the Cemetery's main gate at Broadway and 10th Street. Visitors may park across the street from the 10th Street Gate and meet at the cemetery entrance. Held under the auspices of the City of Sacramento Division of History & Science, this tour is presented as a public service by the Old City Cemetery Committee, Inc. For tour information please call (916) 448-0811. For tour information please call (916) 448-0811. Tours are free though donations for the restoration of the cemetery are needed and greatly appreciated.

Book warehouse sale

The Friends of the Sacramento Public Library are sponsoring a big Fall Warehouse Sale on September 19. Public sale hours will be 9 a.m. to 5 p.m. on September 19. A preview for Friends' members only is scheduled for 9 am to noon, September 12. Prospective members may join at the door for \$15 and attend the preview. The sale will be held in the Friends' warehouse, at the rear of their Book Den store, 8250 Belvedere Avenue, Suite E, between Power Inn Road and Florin-Perkins Road just south of 14th Avenue. More than 75,000 paperback and hard-bound books, videos, CDs and more will be sold at prices ranging from \$.25 to \$2.00. All proceeds, after expenses, benefit the Sacramento Public Library.

St. Francis Spaghetti Feed

The St. Francis Episcopal Church in Fair Oaks is holding its 10th annual Spaghetti Feed Fundraiser on Saturday, Sept. 19, from 4:30 p.m. to 8 p.m. The event will feature its annual talent show, dinner with wine and silent auction. The church is located at 11430 Fair Oaks Boulevard. Tickets to the event will be sold at the door and will cost \$20 for adults and \$10 for children. For additional information, please call 966-2261 on weekdays between 9 a.m. and 12 p.m.

Opera Interludes at Borders

Sacramento Opera presents Opera Interludes at Borders Books & Music, Saturday, September 19, 2009 at 7 pm, 2339 Fair Oaks Blvd. This free, informal gathering features a live performance by soprano Carrie Hennessey and pianist Narmina Sultanova. Guests will hear excerpts from the Sacramento Opera's upcoming productions of The Elixir of Love and La Traviata. Lecturer Robert Coleman will provide entertaining commentary. Be sure to enter the evening's drawing for two free opera tickets. For more information about the Sacramento Opera, contact 737-1000 or info@sacopera.org. For more information about the Borders Books & Music store, contact 564-0168.

SEPTEMBER 19-20

Benefit plant sale

Sunburst Projects and the Benefit Plant Sales announce: There will be plant sales held in the covered parking area behind the Gifted Gardener at 18th & J Streets, midtown Sacramento from 9am to 3 pm both Saturday and Sunday. A wide selection of perennials plus some winter growing CA natives will be available.

SEPTEMBER 21

Free computer class

Back to School! Yes it's that time of the year, but going back to school is not just for kids anymore. Come learn how you can be a part of the computer age. Chandra Dawson, our SeniorNet Supervisor, will be discussing our computer classes, and doing 1 on 1 evaluations, to see what class will best suit your needs. Please sign-up in advance. Monday, September 21st at 1:30 p.m., Ethel Hart Senior Center, 915 27th Street, Sacramento. Cost: Free. Info: 916-808-5462.

SEPTEMBER 25-30

Book Fair

With budget cuts in California, we don't want our children to suffer in the area of

literacy. Fremont Nursery School is hosting a Scholastic Book Fair in order to increase the availability of books for children in the Sacramento community. The events are Friday, Sept. 25, 8:30 a.m.-1 p.m., Sunday, Sept. 27 8 a.m.-1 p.m., Monday, Sept. 28 8:30 a.m.-1 p.m., Tuesday, Sept. 30 8:30 a.m.-1 p.m. and will be held at Fremont Nursery School Gymnasium Classroom, 5770 Carlson Dr. For information, call 498-9537.

SEPTEMBER 26

Carmichael's Founders Day

Celebrating 100 years, Carmichael is hosting their Founders Day event at Carmichael Park, 5750 Grant Ave. Opening Ceremonies begin at 11 a.m. Admission is free and the event includes an auto show, free inflatable jumping structures for kids, music and food, beer and wine. Fireworks begin at 8:15 p.m. For more information, call 485-5322.

Car show

Beverly's Annual Nifty '50's Classic Car Show is Saturday from 9:00 a.m. to 3:00 p.m., Marconi Avenue & Fair Oaks Blvd., in Carmichael. Admission is one new, unwrapped toy or toys for Beverly's Annual Holiday Angel Project. The event will feature music, food and prize drawings. Call (916) 402-7202 for more information, or e-mail

topcdrvr1@aol.com. The Angel Project takes care of over 1,500 children each holiday season giving them blankets, filled stockings, stuffed animals and age appropriate toys.

Walk for Lupus Now

Walk for Lupus Now is the signature event of the Lupus Foundation of America, Inc. The event is Sept. 26, at Southside Park, 2115 6th St. (near U Street). Check in at 9 a.m. Walk begins at 10 a.m. Parking available around the park. Participants will walk one mile or three miles. For more information, call 202-510-8937.

SEPTEMBER 27

East Sac Home Remodeling Tour

The East Sacramento Home Remodeling Tour, sponsored by Friends of East Sacramento, will be held on Sunday, September 27 from 10:00 a.m. to 4:00 p.m. Featuring six remodeled homes, the theme for the 2009 tour is "Honoring Tradition, Making it New." While enlarging spaces inside, the homeowners have honored the tradition of the house. Tickets go on sale beginning September 1 and proceeds will go to support neighborhood parks and beautification projects in East Sacramento. For more information, call 452-8011 or e-mail eastsaclife@aol.com.

COLLEGE AHEAD?

Two New Workshops – Plan to Attend!

September 16: "College Ahead – What Are My Options?"
(UC? CSU? Private College? Community College?)

September 23: "College Essays – What Do I Write?"
(What are colleges looking for? Writing strategies)

Sierra 2 Community Center

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7:00-8:30 pm

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ANTHONY & JOSEPH PARATORE – PIANO DUO – Jan. 14

HUTCHINS CONSORT – Feb. 18

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Marine Band Tickets

The Sacramento Community Concert Assn.
P.O. Box 254825 • Sacramento, CA 95865

For more information, visit: www.sacca.org or call: 916-974-1357

Connecting with the City Council, the community

By STEVE COHN
Sacramento City Councilmember
Special to the East Sacramento News

Park Restrooms Reopened

Although the city Department of Parks and Recreation have cut a number of services, including the closure of pools and recreation programs, park maintenance and garbage pickup, city staff have heard from residents throughout the city that keeping restrooms open is a high priority. Furthermore, after evaluating the capabilities of park maintenance operations since the reductions were implemented, the department has determined that maintenance efforts can be re-focused and as of Friday, August 21st, all restrooms were re-opened. Unfortunately, this will come at the expense of further reductions in trash pickup, mowing, blowing, edging and general park cleanliness.

Residents raise funds to keep pools open

Due to extraordinary fundraising efforts by the River Park and East Sacramento communities, recreational swim hours were restored at Glenn Hall Pool, Bertha Henschel Wading Pool and Clunie Pool at McKinley Park. With a \$500 Pops in the Park grant, neighbors of the Bertha Henschel Wading Pool raised an additional \$500 to fully restore pool hours through the end of the season. Likewise, the McKinley East Sacramento Neighborhood Association donated \$500 and with a Pops

in the Park match, Clunie Pool will be open on Labor Day, Monday, September 7 from 1:00 p.m. – 5:00 p.m. Glenn Hall Pool was slated to be closed to recreation swim beginning on Monday, July 6, 2009. However, through a concerted community effort, we were able to raise enough funding to carry through until the end of the pool season (August 23rd). First, we made a \$3,000 grant from Pops in the Park. Then, the River Park Neighborhood Association, River Park Mother's Club and Caleb Greenwood PTSO, the Fremont Presbyterian Church, and others came forward in a big way to raise over \$13,000, including \$4,150 through a car wash and bake sale sponsored by the above groups plus the Caleb 4th R, Glenn Hall Swim Team & Coaches, Selland's Market, and city of Sac Lifeguards. Additional monies were raised including \$6,000 from Fremont Presbyterian Church, \$2,000 from the River Park Neighborhood Association, and over \$1,000 from various other donations through the city's Gifts to Share Program.

East Sacramento Home Remodeling Tour – September 27

The East Sacramento Home Remodeling Tour, sponsored by Friends of East Sacramento, will be held on Sunday, September 27 from 10:00 a.m. to 4:00 p.m. Featuring six remodeled homes, the theme for the 2009 tour is "Honoring Tradition, Making it New." While enlarging spaces inside, the ho-

meowners have honored the tradition of the house. Tickets go on sale beginning September 1 and proceeds will go to support neighborhood parks and beautification projects in East Sacramento. For more information, call 452-8011 or email eastsaclife@aol.com.

Friends of McKinley Park Tennis Raise Money to Resurface Courts

Thanks to a grant from the U.S. Tennis Association and the support of a group of tennis enthusiasts who have banded together to raise funds, the city will be able to resurface the McKinley Park tennis courts and make other related improvements to the facility this fall. The project cost estimate is \$250,000. The USTA grant was for \$35,000, and \$10,000 has been raised through private fundraising including a tennis tournament held on Saturday, August 1st, a \$3,100 contribution from Spare Time who own Rio Del Oro and other tennis/swim clubs in town. Finally, Councilman Cohn worked with city staff to cobble together the remaining \$200,000 needed from a variety of places, including remaining bond capital dollars, Alhambra cell tower revenue and district funds. If we are able to raise more private money, we will be able to invest in enhancements such as a practice backboard, new bleachers and renovated shack. For more information on this project, contact Susan Vieth at 808-1575. If you wish to contribute to this project, checks should

be made payable to Friends of McKinley Park Tennis and mailed to PO Box 19463, Sacramento, CA 95819-0463.

Welcome to East Sacramento Signs Pop Up

In partnership with the East Sacramento Chamber of Commerce, East Sacramento Improvement Association (ESIA) and McKinley East Sacramento Neighborhood Association (MENA), we were able to raise about \$13,000 to design, fabricate and install "Welcome to East Sacramento" signs at seven entry locations: 30th Street & J Street, 30th Street & Capitol Avenue, 39th Street & R Street, 56th Street & H Street, 57th Street & J Street, 65th Street & Folsom Boulevard and 65th Street & Q Street. Both MENA and ESIA used funds donated by Union Pacific Railroad in 2007 as a thank you for neighbors' patience during round the clock reconstruction of the burned railroad trestle located in the parkway just north of the American River. The East Sacramento Chamber of Commerce requested that their sponsorship dollars for Pops in the Park be used toward the project as well. We hope to add more signage as funds become available in the future.

Visit Cohn's Web site at www.cityofsacramento.org for up-to-date news. If you have any questions or comments, please contact him at 916-808-7003 or at scohn@cityofsacramento.org.

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OPPORTUNITY KNOCKS

This 2 bedroom, 1 bath home is located one block away from East Portal Park. Remodeled kitchen, dual pane windows, inside laundry and detached one car garage. Excellent opportunity for a first time home buyer or investor. See www.5278LStreet.com \$335,000

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Rare four bedroom two bath home in mint condition. Remodeled approx 7 years ago includes a beautiful kitchen with granite counters, dual paned windows, new flooring recessed lights, newer roof, two car garage, spacious bedrooms all on a nice tree shaded street. See www.1849-41stSt.com \$339,000

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