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Marty Relles presents
'Janey Way Memories'
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East Sacramento News Photo/Susan Laird

Embraced by his loving family, sporting a cap knit by the Mad Hatters and swaddled in a blanket proclaiming him the "First Baby of 2010, Mercy General Hospital," little Kymani Wynne is the first baby born in Sacramento County for 2010. Left to right, Si'Ala Wynne, Matthew Moa, Sitaniselao Wynne, Kymani Wynne and Ulyessia Wynne.

Meet a new neighbor First baby of Sacramento County born at East Sac's Mercy General Hospital

By **SUSAN LAIRD**
East Sacramento News Writer
susan@valcomnews.com

Little Kymani Wynne was the first baby in Sacramento County to come into the world on New Year's Day. He was born at Mercy General Hospital at 12:06 a.m.

Mom Ulyessia Wynne checked in to the hospital some three hours earlier with dad Matthew Moa. When the moment came for Kymani to make his grand entrance into the world, the nurses at Mercy General let Matthew deliver his youngest son.

Kymani weighed in at 7 pounds and was 20 inches long.

"This is the first one I've delivered," Matthew said with a smile.

Ulyessia was delighted that their son was the first baby born in Sacramento County for 2010.

"It feels good," Ulyessia said. "I'm going to tell him that he was the first to rock the city."

Among Kymani's first visitors were his two older brothers, Sitaniselao (age three) and Si'Ala (age one), and their grandmothers, Karla Wynne and Toa Uhatafe. The grandmothers live only a block apart in South Sacramento.

"It's a special bond between us," said Toa. "We have a special friendship as grandmas."

"It's a relief to have him here," said Karla. "He's the first male baby to be born here in the Sacramento area. That's exciting, to be a part of history."



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\$500,000 gift to fund Sacramento State nursing lab

Special to the East Sacramento News

Sacramento State's efforts to help meet California's urgent need for highly skilled registered nurses will get a significant boost, courtesy of a \$500,000 grant from the Frank M. and Gertrude R. Doyle Foundation, Inc. The gift from the Nevada-based foundation will equip and furnish a clinical simulation lab in the Division of Nursing's new facilities in Folsom Hall, the former CalSTRS building.

In response, the board of directors for The University Foundation at Sacramento State has pledged to raise \$500,000 in matching funds.

"We are committed to helping create an outstanding educational environment for Sac State's nursing students," said George Crandell, chair of the University Foundation board. "At some point, a nurse will touch your life. You will want that nurse to have the best training possible."

"This generous gift from the Doyle Foundation, combined with the matching commitment of the University Foundation, will allow us to make significant strides in the university's efforts to provide the state with the well-prepared nursing graduates it needs,"

"We are committed to helping create an outstanding educational environment for Sac State's nursing students," said George Crandell, chair of the University Foundation board. "At some point, a nurse will touch your life. You will want that nurse to have the best training possible."

said Carole Hayashino, vice president for University Advancement. "It is an example of the type of community support for enhancing our academic programs that forms the foundation of our Destination 2010 initiative to make Sacramento State a premier metropolitan university."

The new simulation lab will play a key role in the nursing programs' ability to expand both the number of nursing students and the preparation they receive. The lab will feature state-of-the-art human patient simulators-mannequins that mimic the symptoms and mannerisms of live patients, including a mother giving birth. These life-size "patients" will enable students to practice techniques and processes they've learned in the classroom in a hospital-type environment, complete with hospital beds and bedside monitoring equipment.

While the university has been using simulated patients on a limited basis, the new lab will improve access and bring the clinical process to play in all types of coursework. "Simulation will give us the ability, in every class, to employ the clinical environment without relying on our fellow agencies to provide services, which are in short supply," said Ann Stoltz, professor and chair of the Division of Nursing.

Stoltz says the high-level lab will also ensure the each student gets equal opportunities to put their training in practice by responding to similar scenarios.

"We can standardize the learning experience. We can make sure each student experiences the same situations, which you can't do in a clinical setting," she said.

The lab will also be available as a resource to other agencies who don't have their own simulation

equipment and as a possible training resource for first-responders to address organ and tissue donation scenarios at accident sites. At a future date, it also may be used to help students meet State of California Board of Nursing requirements for clinical hours.

In addition to the simulation lab, the Division of Nursing's new facility will have classroom and office space as well as standard skills labs. Stoltz says the Division of Nursing, which recently celebrated its 50th anniversary, could be physically equipped to expand its student base by Fall 2011, depending on the status of the university's budget.

The Frank M. and Gertrude R. Doyle Foundation, Inc. has a history of supporting nursing education programs in California as well as scholarships for students from northern Nevada and southern California. In awarding the gift to Sacramento State, the Doyle Foundation praised Sacramento State for its "dedication to the life-altering potential of learning that balances a liberal arts education with depth of knowledge in a discipline."

For more information, contact the Sacramento State Development Office at (916) 278-6989.

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Photo courtesy

Bravada jumps for the poinsettias at Mueller's Pet Medical Center in Land Park while being held by owner Elizabeth X. Wong.

Cats have nine lives, but only one family

By ELIZABETH X. WONG
Special to The East Sacramento News

Lucky cats were rescued by human friends in the story written by Susan Laird in The East Sacramento News and The Land Park News (Nov. 5 and Nov. 12, respectively).

I am compelled to share a similar story about another group effort to return a cat back to her family. Although she is only one cat compared to the 140 felines rescued in Susan Laird's story, it still did take many caring people to bring her safely home. Both the animal shelter and our vets told us that we were extremely lucky to have this happy ending. I hope our story will help other families to become extra watchful for small changes in our independent senior cats.

"Bravada" is our 14-year-old cat on thyroid medication. She appeared disoriented for a few days before wandering off during a freezing winter night earlier this month. When we phoned the City of Sacramento Animal Shelter, city budget cuts automatically transferred the call to a "311" number. Brandon answered and was sympathetic, but informed us that the shelter is closed both Sunday and Monday. He suggested e-mailing and checking the shelter's Web site, <http://www.cityofsacramento.org/generalservices/animal-care>, in hopes that she may have been picked up.

And there she was on page eight of the Web site! The page announced: "You will find me in kennel CA16. I am a female tortie Domestic Shorthair. I have been at the shelter since Dec 04, 2009. ID#A328312."

Worried about the previous freezing nights outdoors and then if medication became delayed a week late, our con-

cerned vets at Mueller Pet Medical Center (in Land Park) also left a phone message at the shelter. The best solution was to try to deliver the medication to the locked up shelter on Front Street. Once there, I spotted a shadow through the window and shouted until they rolled up the metal gate. Word-for-word, the animal officer listened to my pleas – to the point of asking me inside to identify my missing cat and applying the medication myself. What helped was my folder with Bravada's missing cat poster, her vet's record, and the pharmacy prescription. As the officer was taking a photo of my tearful goodbye with Bravada back inside kennel CA 16, she said, "Stay here. Let me talk to my boss." Upon returning to the kennel, she smiled, "Have an early Christmas present. Your cat can go home with you, NOW!"

During the week as Bravada settled down back at home, I called the shelter's number to thank them. Who answers the "311" call – it's Brandon again! He remembered all the earlier frantic calls from us and the vet in search for the lost cat, and this time offered to track down the name of the kind officer working that Sunday, Dec. 6: Kim.

The last person missing in this puzzle is the alert neighbor who spotted Bravada and called the animal shelter for help. That is the only clue as to who this person may be. Bravada was found on Hidden Lake Circle. Maybe he/she will recognize our cat from the photo. When brought into the shelter, Bravada was too weak to even hold up her own head in the mug shot. After a comprehensive overnight stay at the vet's, she was ready to leap toward the poinsettias.

We want to say thank you to all for giving us the best Christmas present: our family cat.

Janey Way Memories



Reunion party: Good times, good friends



By MARTY RELLES
East Sacramento News Columnist
marty@valcomnews.com

On Dec. 27, the Janey Way gang held a reunion party. We celebrated 50-plus years of friendship and adventure. After our childhood days in East Sacramento, our lives have swirled off in very different directions, but the bonds remain strong. Now, most of us are at or approaching 60 years of age. Some, like me, are retired; others continue to work at jobs they enjoy. No matter what, on this day we reminisced, laughed, told oft-repeated stories, drank a glass of wine and enjoyed the day.

It seems like only yesterday that we ran down the sidewalk on Janey Way and took a beeline into the pit (the abandoned sand and gravel pit that abutted Janey Way on the east). Now, St. Francis High School sits on the land that once was the pit. Forts we built, lost toys, my stolen Roadmaster bike and god only knows what else are buried in that hole. I can't help thinking that something special disappeared with the filling of the pit.

We also talked about poker games at the Ducray's house, ping pong on the Relles driveway, sand lot baseball in the vacant lot, roller derby at Phoebe Hearst School, one-on-one basketball at St. Mary's, the hub cap trick, the great beer heist, and the whole lexicon of stories that are Janey Way. During the time since these events occurred, we have lost some dear friends: Michael Gilson, Josie Tomassetti, Bernadette Tomassetti and Lynne Thomsen. We have married, divorced, re-married, raised children and now have grandchildren. The days of our youth are now long gone, but these stories live on as a testament to our friendships and to the richness of our lives.

We were blessed. We lived in a neighborhood where people looked after each other, not just a place where people drove home to after work or school. When Tom Harte and Dan Rosenblatt lost their fathers too early, people cared and looked out for them. When Michael Gilson lost his life in Viet Nam, we all attended his funeral and grieved for him. And, when people moved away from the neighborhood, we were saddened, but we kept in touch and have continued our friendships well into adulthood.

Reunion parties, like this one we held late last month, are tributes to the bonds that these friendships we have forged. We have all changed dramatically, but we have not forgotten where we came from and who our real friends are. The Janey Way memories live on and as long as I can remember them, I will continue to write about them.

See pictures of the Janey Way Reunion Party
on page 12.

Know your neighbor

Local Elks Lodge No. 6 has extensive history in Sacramento

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

The Sacramento Benevolent and Protective Order of Elks Lodge No. 6 is undoubtedly an organization that is woven into the fabric of the Pocket community. But those who are unfamiliar with this local organization prior to its existence just south of Land Park in the Pocket are unaware that the local Elks have a much richer history.

Although Sacramento Elks Lodge No. 6 established a noteworthy history at its current home at 6446 Riverside Blvd., downtown Sacramento was home to the lodge for the majority of its existence.

The lodge, which is now one of more than 2,000 lodges that make up one of the largest and most active fraternal organizations in the world, is undeniably one of the capital city's oldest organizations.

Lodging in Sacramento

Founded in the capital city in 1877, the lodge initially met in downtown Sacramento and operated for about two years before the charter was rescinded for what the lodge refers to as "what can be inferred to as prostitution."

The lodge was re-chartered as Sacramento Elks Lodge No. 328 on Dec. 21, 1895 with a variety of members, including some of the community's most prominent individuals.

The official establishment of the re-chartered lodge was celebrated in the dining room of the prominent Golden Eagle Hotel at 627 K St.

Members of the local Elks lodge, which regained its original charter number in 1908, met in various plac-

es during the lodge's early years, including the site of its first gathering as Lodge No. 328 at Foresters' Hall at 716 I St. and at the Ruhstaller building, which still stands at 902 J St., across from Cesar Chavez Plaza.

The first officers of the re-chartered lodge were installed in April 1896 and included: J.N. Larkin, exalted ruler, Charles N. Post, esteemed leading knight, J.A. Nelson, esteemed loyal knight, and G.B.N. Clow, esteemed lecturing knight.

In their everyday lives, Larkin worked as a police court clerk and owned the Sunday Leader newspaper at 305 J St., Post was the city's justice of peace and an attorney at law at 614 I St., Nelson was a laundryman at American Laundry at 19th and I streets and Clow was a physician at 531 K St.

At the time of the installation of new officers in April 1897, membership of the lodge had reached 137.

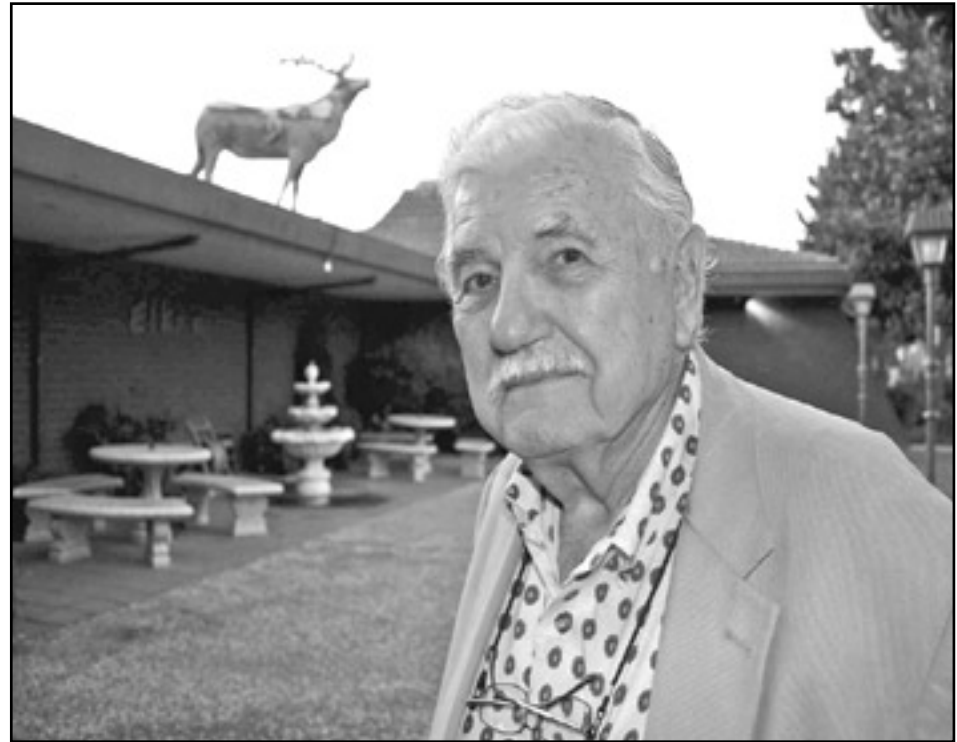
It was also in this year that the lodge made its first known visit to San Francisco Lodge No. 3, which entertained its Sacramento visitors.

The earliest known fraternal visit by an Elks lodge to Sacramento occurred on Oct. 17, 1898 when Stockton Lodge No. 218 was welcomed to the capital city by the Sacramento lodge.

Among the popular events of the Sacramento lodge during its earliest years was its minstrel shows, including its "Monster Minstrel Jubilee," which was held on May 2, 1898 at the Metropolitan Theater on K Street, between 4th and 5th streets.

Elks find a home

After more than a decade of meeting at various sites, the Sacramento Elks opened their first "permanent" building at 824 J St. on July 3, 1906. The new



East Sacramento News Photo/Lance Armstrong

Anthony M. Muljat, treasurer of Sacramento Elks Lodge No. 6, has the longest tenure of any Sacramento Elks member, having joined the lodge 65 years ago.

temple's opening was celebrated with a public gathering, which was attended by many prominent people of the city.

The 1923 book, History of Sacramento County, included the following report: "The Elks have a strong lodge in Sacramento with an elegantly equipped home on J Street, between 8th and 9th (streets). Recently the hall was remodeled at a considerable expense. The lodge is in very prosperous condition."

The report, however, was based on information that was outdated by about six years.

By 1922, due to the extreme growth of the local Elks membership and the inadequacies of the then-current

building, an organization, called the Sacramento Elks Hall Association, was founded to construct a new Elks temple in Sacramento.

As a result of the association's efforts, a new, 226-foot-tall, brick and steel Elks temple was constructed at the northeast corner of 11th and J streets and dedicated as the new home of Sacramento Elks Lodge No. 6 on June 22, 1926.

The 14-floor building, which was once recognized as the city's tallest structure, was not only a home for the Elks, but it also included about 100 hotel rooms, storefront spaces on the

See Elks, page 7

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Elks: 'It's very rewarding to be an Elk and help the kids'

Continued from page 6

ground floor and a restaurant on the 14th floor.

In 1968, the 13th floor of the building became home to the newly created radio station, KZAP, which debuted on the FM dial as a free form station playing extremely vast offerings of music.

Additionally, the building once offered such amenities as a swimming pool and a steam room in the basement, an exercise room on the ground floor, a ballroom and main dining room on the second floor, a lodge room and reading room on the third floor and meeting, billiards and game rooms on the fourth floor.

Although many locals are familiar with McCormick and Schmick's Seafood Restaurant's existence on the ground floor of the building, many longtime residents of the area remember that the building once featured an entirely different restaurant, which was known as the Top of the Town.

The business, thus named for its location on the building's top floor, was known for its panoramic view of the city, its cocktail lounge and its overall attractive aesthetics and atmosphere.

Speaking about the grandness of the 11th and J Street Elks temple in 1926, Walter J. Hicks, exalted ruler of the Sacramento Elks Lodge, said, "I am not proud because we builded higher, not proud because we builded bigger, but proud because we have builded a temple to Elkdome in the city of Sacramento, which already is becoming the topic of conversation wherever Elks congregate and which before long will be instrumental in placing the name of Sacramento on the lips of nearly every Elk throughout the nation."

Off to Riverside Boulevard

Due to a decrease in membership during the 1950s and 1960s, the local Elks lodge failed to produce funds for upgrades required by the city's building department.

The Elks consequently sold the building in 1972 to local developer Buzz Oates, who soon afterward joined in a business partnership with Waltz Investment, Richard Benvenuti, William Cook and Dean Unger.

Following this group's ownership, the building underwent a variety of ownerships, as it fell in and out of escrow.

This pattern continued until May 2003, when current owners Steve and Mike Ayers committed to having the building renovated through the guidance of Peter B. Dannenfels II of Architectural Arts.

Having sold the 11th and J streets building, Sacramento Elks Lodge No. 6 began a new chapter in its history in the early 1970s, when it moved into its current home on Riverside Boulevard.

Although the Riverside Boulevard building does not have the grandiose exterior aesthetics of the 11th and J streets building, this Pocket area building, which encompasses about an acre of property, is nonetheless a high quality building with various amenities.

The main feature of the building is its combined rooms, which include the Riverside Room, the Florin Room and the Lodge Room. These rooms can also be opened up for use as one large room.

Available for rentals, the combined rooms also include a 50-foot-by-50-foot hardwood dance floor and a 46-foot by 16-foot stage.

Available to all members is a fitness center, which includes an indoor pool, Jacuzzi, steam room, racquetball and handball courts and a weight room.

Other amenities include a library and meeting room, a lounge with a full bar and small dance floor, a patio and barbecue area, a kitchen and a game room.

Strength of the Elks

Local residents express a variety of reasons why they enjoy being Elks members.

South Land Park resident Rudy Toralez said that being an Elk is something very fulfilling.

"The Elks is based on the benevolent people on Earth and they're giving and they have a lot of charities and as a (6th grade) schoolteacher, I have the same mantra as the Elks," Toralez said. "It's the perfect fit. I get involved with the scholarship program for youth and whichever other programs they need me to volunteer."

Kevin Soulis, a 1969 graduate of Christian Brothers High School and the Elks number one handball player for the past 30 years, said that he appreciates the opportunity that the lodge provides him with to play a sport that offers so many personal fitness advantages.



East Sacramento News Photo/Lance Armstrong
The 83-year-old Elks Building at 11th and J streets in downtown Sacramento stands as one of the city's most prominent landmarks.

"You have to be athletic, you've got to be smart and you've got to be agile (to compete well at handball)," Soulis said. "It's a tremendous game."

The lodge's event coordinator, Pocket resident Marilyn Facha, said that she appreciates that as of about 15 years ago ladies were given the rights, via a historic vote, to become members of the lodge.

"It's very rewarding to be an Elk and help the kids and help the disabled," Facha said. "You're working for charities and Boy Scouts and veterans. It's very satisfying to do our activities and have everything come out well and it's just nice to support good causes."

Currently, the local Elks lodge is led by 16 officers, including Richard Cherry, exalted ruler, Ronald Brusato, esteemed leading knight, Lona Taggart, esteemed loyal knight, and Darnell Lawrence, esteemed lecturing knight.

Additionally, Anthony M. Muljat serves as treasurer and the longest tenured member of the lodge, having joined the lodge 65 years ago.

Cherry said that Sacramento Elks Lodge No. 6 is a great lodge to be a member of due to its many social benefits and service oriented projects.

"It is an organization that is social in nature, it's charitable and it's a great way to become involved in our community and other communities," Cherry said.

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Photo courtesy Pawel Sowa

Through her travels as a TEFL instructor, Autumn Yates has had the benefit of teaching English to young children and touring some of the most beautiful temples and natural gardens in Thailand and Korea.



Photo courtesy Pawel Sowa

Pictured here are backpacker friends of Autumn Yates while on a tour she provided of local temples.

From Carmichael to Thailand

Former ValComNews reporter and Carmichael resident now TEFL instructor

By **TIM TORKILDSON**

Special to the East Sacramento News

When she worked at the Valley Community Newspaper group in 2005, first as an intern and then as a crime beat reporter, Autumn Yates was fascinated by the stories she discovered in the police blotter.

Ultimately, her stories ran the gamut from comedy to tragedy, and re-enforced her conviction that the English language is a vehicle of great and profound passion. Yates, a recent Carmichael resident before moving abroad, still recalls with awe her freshman English teacher at Del Oro High

School, in Loomis, Calif. – Mr. Albertazzi. She says that although he had been a professional teacher all his life and was in his last year before retirement, he still cried when quoting from William Shakespeare’s “Romeo and Juliet.”

There’s only one word for that kind of attitude, said Yates: “Awesome!”

When you are around Autumn Yates, you’ll hear that word often.

International living

The only daughter of Kirk Yates and Marie Jeanne deForet, a Navy Seal and an environmental chem-

ist, respectively, she brings total commitment and enthusiasm to whatever project she has at hand, whether it’s news reporting, cartography, or, just recently, teaching English as a foreign language overseas.

She graduated from California State University, Sacramento in 2007 with a degree in English, having put herself through school drawing maps for the phone company. She developed a great desire to travel while working as a mapmaker, from the computer screen savers she noticed on everyone’s desk at work.

“They all had these beautiful scenes of mountains and forests, places you’d love to visit on vacation – and then when their real-time vacation kicked in they were too tired and broke to do anything but sit at home watching TV,” she said. “I decided I wasn’t going to let that happen to me.”

She decided that teaching English overseas would be her means of obtaining escape velocity.

True to her vow, when she graduated in 2007 she immediately con-

See Yates, page 9

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Yates: 'Amazing amount of freedom'

Continued from page 8

tacted a recruiter and was offered a teaching position in South Korea. She sold her brand-new Jeep Wrangler for initial expenses ("I'm still making payments on it!" she laments).

She stayed a year in Korea before the knuckling got to her. She explains: "In Korea, the elderly are especially revered, and whenever I would be in front of an elderly lady in a line, she would give me a knuckle in the small of my back, just bore right in, to let me know she wanted my place. One day I finally got so tired of it that I started poking people back myself."

She also admits that, being a true Californian at heart, she didn't care for the frigid Mongolian winds that swept down the peninsula during the winter months.

Off and away

Looking for new worlds to conquer, Yates decided on getting a Teaching English as a Foreign Language certificate at a one-month course offered by TEFL International in Rayong, Thailand. She had researched the facility carefully before applying, but admits that her decision on attending the course in Thailand was due to the center's proximity to the beach – just a half block away on the Gulf of Thailand.

While taking the TEFL International course, she realized that in Korea she had just been a body in a classroom – the teacher trainers at TEFL International gave her the motivation to become sincerely involved with her students.

After graduating, she was offered a position as a teacher at the Rayong school. She now works teaching English to grade school children in a specially prepared classroom on the grounds of TEFL International. She loves every minute of it.

"I'm minutes away from beaches that belong on a postcard," she said.

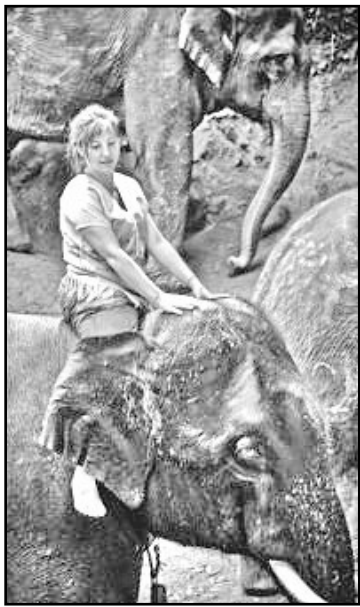


Photo courtesy Pawel Sowa

Former Carmichael resident Autumn Yates has traveled throughout Asia, from the Republic of Korea to Thailand.



Photo courtesy Pawel Sowa

Former Carmichael resident Autumn Yates decided on getting a Teaching English as a Foreign Language certificate at a one-month course offered by TEFL International in Rayong, Thailand. She now works at the school in Rayong.

Advice to those back home

Yates has advice to offer to others who are thinking of a TEFL career.

"Just do it! There's an amazing amount of freedom in teaching English overseas. If you don't like one place, you can just move on to another place," she said. "There's always going to be a job waiting."

Ultimately, Yates hopes in a few years to move on with her boyfriend to Poland, where his grandmother has promised to teach her the secrets of Polish cooking. In her own words, Yates thinks her whole TEFL experience has been – well – "awesome."

The Web site for TEFL International is www.tefl-life.com.

Tim Torkildson can be reached at torkil49@live.com.



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Senior moments be gone

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

There is a common misconception that loss of mental acuity is a necessary corollary of the aging process. In fact, Sacramento's only daily newspaper carried a story recently broadcasting that popular belief. Pam Flohr, a member of the county's Adult and Aging Commission, very nicely set the editors straight on this issue, but the belief prevails and, I believe, creates a self-perpetuating situation that's not at all healthy.

It's very easy to accept and excuse changes in memory and responsiveness as age advances. After a certain decade, it's not uncommon to hear jokes about "senior moments." I do not find this trifle amusing and I never have – even as a younger woman. Perhaps it's because I've had lapses of memory for my entire life and find little difference now. Let me illustrate:

In high school there was a regular contingent (mostly from the music department) who would show up after early morning orchestra practice to deliver what I'd left behind in the cafeteria before class. Usually, it was my purse. I clearly recall losing a lovely yellow cardigan that was a Christmas present, the first day I wore it to school. Santa was not happy and never forgot. I lost gloves and hats (life threatening in a Minnesota winter) and went on to become a chronic loser of house keys, car keys, cars in parking lots, library books and whatever was figuratively not attached to my body.

Rather than become more acute, this loser syndrome has subsided with age. Now, it's usually just car keys – and they are misplaced, not lost. Like so many people, I've learned to compensate for a weakness and have it better under control now than ever before. I certainly don't attribute anything to "senior moments" and I urge you to also purge that expression from your vocabulary.

Consequently, I was very excited when I ran across a study published by the American Society on Aging in 2006. It was written by Gene D. Cohen, Ph.D., who recently passed away after many years of studying the aging process. The research, funded by a grant, drew upon numerous studies along with control group studies with older people at sites across the nation. Most fascinating for me – due to my passion for the arts – is that it focuses the positive impact that involvement in the arts can have upon the brain as we age. The results are physical (new pathways and connections that build in the brain), emotional (a heightened sense of well being), and social (a strong network of friends and acquaintances).

When we create and master something new, our sense of well being is enhanced. Doing a painting, learning a dance, performing music, participating in an arts activity shows that we are, indeed, capable of doing or learning something new. This success tells our brains that we have greater control of our lives. There are many other physiological changes that accompany participation in the arts as we age. It doesn't seem to matter what your creative weapon is – dancing is great as is singing in a choir. People benefit from painting, sculpting, working with fabric, wood carving – there is no limit to the artistic medium. The key ingredients include the challenge to do something new, interaction with other people in the activity and a sense of accomplishment. Together, there is real evidence these elements combine to build brain power, a positive attitude and improved health in the second half of life.

Darby Patterson is a member of the Sacramento County Adult and Aging Commission and the author of "meow.org, The Cat-Napping Caper." Visit Darby at www.storiesand-books.com.



From children, to children Sutter Middle School students' 'shear' commitment to charity

Special to the East Sacramento News

Students at Sutter Middle School are a few inches shorter these days – but it is for a good cause.

Ten students at Sutter Middle School, 3150 I St., contributed lengths of their hair at a special lunchtime event Dec. 15 for the national Locks of Love charity organization. The event was organized by Language Arts-History teacher Charlie Vallejo, who also contributed his hair at the event.

The Locks of Love organization provides its recipients with a custom, vacuum-fitted hairpiece made entirely from donated human hair. The vacuum fit is designed for children who have experienced a total loss of scalp hair and does not require the use of tape or glue. Most of the applicants suffer from an autoimmune condition called alopecia areata, for which there is no known cause or cure. Others have suffered severe burns, or endured radiation treatment due to cancer, in addition to many other dermatological conditions that result in permanent hair loss.

Donors, like these students at Sutter Middle School, provide the hair (which must be at least 10 inches in length); volunteers open and sort the donations; and the manufacturer hand-assembles each piece, which requires approximately four to six months.

Amazingly, children comprise more than 80 percent of the donors, making this a charity where children have the opportunity to help other children.

Photos by East Sacramento News Photographer Stephen Crowley.

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East Sacramento News Photo/Ryan Rose

At the Janey Way Reunion: Front Row, left to right: Jim Todd, Barbara Relles, Mary Puccetti, Randy Puccetti, Pat Puccetti (his wife), Allison Puccetti (his daughter). Back Row, left to right: Terry Relles, Dave Jurin, Marty Relles, Tom Hart, Russell Sharp, John Tomassetti, Larry Simpson, John Relles, Dabby Todd. Not pictured: Jim Ducray.

Faces and places

'Janey Way Memories' come alive at reunion

On Dec. 27, 2009, the Janey Way gang of the mid-20th century held a reunion party at Randy Puccetti's Elk Grove home. Puccetti, a member of the gang of children that grew up in East Sacramento during the 1950s, 60s and 70s, hosted more than a dozen of the former residents of Janey Way, including East Sacramento News columnist Marty Relles.

Since July, Relles has been sharing his memories of his childhood in East Sacramento through his twice-monthly columns. The party, which featured good food, good wine and good stories, also connected Relles to a number of memories that will soon turn into future columns.

Of the reunion party, Relles said that while his childhood friends are now closer to 60 and a few retired, they are all still tightly connected, no matter how much time passes.

Read Marty Relles' column on the reunion party on page 5. Photos by East Sacramento News editor Ryan Rose.



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Lovely home shows pride of ownership. The tiled entry welcomes you to the formal living and dining room. The kitchen opens to a separate eating area with plenty of cabinets. The family room with a fireplace overlooks a nice size backyard which is beautifully landscaped and features a sparkling pool. 1301 San Clemente Way..... \$350,000



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Local Prudential offices seek community input for inaugural 'Giving Day'

By SUSAN LAIRD
East Sacramento News Writer
susan@valcomnews.com

Prudential Realty offices in the Arden Carmichael and East Sacramento area are soliciting suggestions from members of the community for the company's first annual "The Giving Day."

"This event will be held companywide on Saturday, March 6," said Cathy Harrington, director of marketing for Prudential California/Nevada Realty. "Every one of our 39 offices has been tasked with choosing a project in which everyone can participate, and that will take four hours or more to complete."

There are over 1,800 agents at Prudential, according to Mark Paul, manager of the Arden Carmichael branch. Each branch office will select a community service project to perform and complete on March 6.

"On this corporate day of giving, it is our goal to have 100 percent participation of agents and employees through the giving of time or treasure," Paul said. "There is huge power and energy when people come together. My mission is to find a local task that will benefit from that focus."

Part of what makes this project unique is that it already has the willing volunteers and a modest budget.

Possible suggestions could be: cleaning, painting and "sprucing up" a community facility. Planting flowers or shrubs. Perhaps a senior center or a public or private school in need of help. Any idea is welcome. Members of the community are encouraged to put their thinking caps on and send in their ideas. Agents will vote for the "winning" project.

"Whatever project is chosen, we want it to sparkle," Paul said. "This is going to be fun,

"There is huge power and energy when people come together. My mission is to find a local task that will benefit from that focus."

- Mark Paul, manager of the Arden Carmichael branch

fulfilling and great for the community."

"We are looking for ways to give back to the community in big and little ways," Harrington said. "This might be painting school classrooms, helping at a soup kitchen or family shelter, or any number of ways."

"The Giving Day" is being held in honor of the founder of Prudential Realty.

"March 6th is the birthday of our company's president, Ed Krafchow, and we want to honor him by holding the Company Giving Day on his birthday," Harrington said. "This will be throughout Northern California and Northern Nevada. This is the first Giving Day in the company's history, and we plan

to make this an annual tradition."

Harrington stressed that this annual event will be a "hands-on" service project.

"While giving financially is rewarding, we want these projects to allow our people to serve their community in some way," she said. "Giving in a tangible way will make it more relevant and real for all concerned. We are encouraging our real estate agents and employees to bring in another person to the 'The Giving Day.' We will include clients as well."

Paul sees "The Giving Day" as an opportunity to focus on the things that really matter.

"Out there in the Big Scheme of things..." he said. "Things seem to come through the door when you let the light in."

The deadline to submit ideas is Jan. 18. Suggestions should be written and addressed directly to Mark Paul. The Arden Carmichael branch office is located at 855 Howe Avenue, Suite 2; Sacramento, CA 95825. Paul will gather the suggestions for the Arden Carmichael area, and will forward suggestions for the East Sacramento area to Tina and Rich Wilks, owners of the branch office located at 19th and K streets in Sacramento.

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New arrivals bring smiles at Sacramento Zoo

Special to the East Sacramento News

The Sacramento Zoo recently welcomed Makan to the Sumatran orangutan group. Makan is 6 years old and was born at the Cheyenne Mountain Zoo in Colorado Springs. Makan arrived in Sacramento in September and following his quarantine in the veterinary hospital, he was introduced to the two female orangutans. The Sacramento Zoo, the Cheyenne Mountain Zoo and the Orangutan Species Survival Plan committee have been planning Makan's move for about a year.

In September, CMZ staff began the drive from Colorado to California with Makan safely tucked away in a large crate. When he arrived, he was moved into our Zoo's hospital quarantine area where he was monitored for any illnesses that could potentially be transmitted to resident animals. After he received a clean bill of health from the veterinarian, the young orangutan moved up to the Ape House to begin introductions to the exhibit and the resident orangutans.

Makan joined the Zoo's two older females: Cheli is 37 years old and Ginger, at 54 years old, is the oldest Sumatran orangutan in a U.S. zoo. Right now, Makan looks like the females and weighs only 65 lbs. In a few years, he will go through a massive growth spurt, developing large amounts of muscle,

gaining close to 200 pounds, getting large round cheek flanges, and growing long hair with a mustache and beard. It will be interesting to see Makan on exhibit interacting with the girls, but more interesting to the keepers is how the girls will interact with him! It has been a few decades for both of the females since they have lived with such a young male. He was introduced to the girls in the quiet night quarters away from distracting crowds. When he is on exhibit with Ginger and Cheli, he experiences new surroundings; Makan had never seen zebra or bongos, which are viewable from his new home.

Also new at the Zoo are Red river hogs. The two new Red river hogs joining the Zoo family are the first of the species to come to Sacramento. Daisy is from the Brookfield Zoo in Chicago, and the male, J.D., is from the Bronx Zoo. Swine have an excellent sense of smell and a squared-off snout for digging. They also have great hearing and communicate with one another using a variety of grunts, squeaks, and chirrups. Red river hogs are best known for their long curly ears and reddish-brown fur. Red river hogs are native to the dense tropical jungles of Central to West Africa.

For information about the Sacramento Zoo, call (916) 808-5888 or visit saczoo.com.



Photo courtesy the Sacramento Zoo
Right now, the Sacramento Zoo's new orangutan Makan looks like the females and weighs only 65 lbs. In a few years, he will go through a massive growth spurt,

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Making a difference

Rodney Stanhope's mission for Sacramento military families

By CELIA GREEN
East Sacramento News Writer
reporter@valcomnews.com

The second week of December brought freezing temperatures to Sacramento. And while most of us happily cuddled in our warm homes, Rodney Stanhope chose to live in a shed in the parking lot of the Market Square Shopping Center on Arden Avenue. His reason was to help the families of deployed military members.

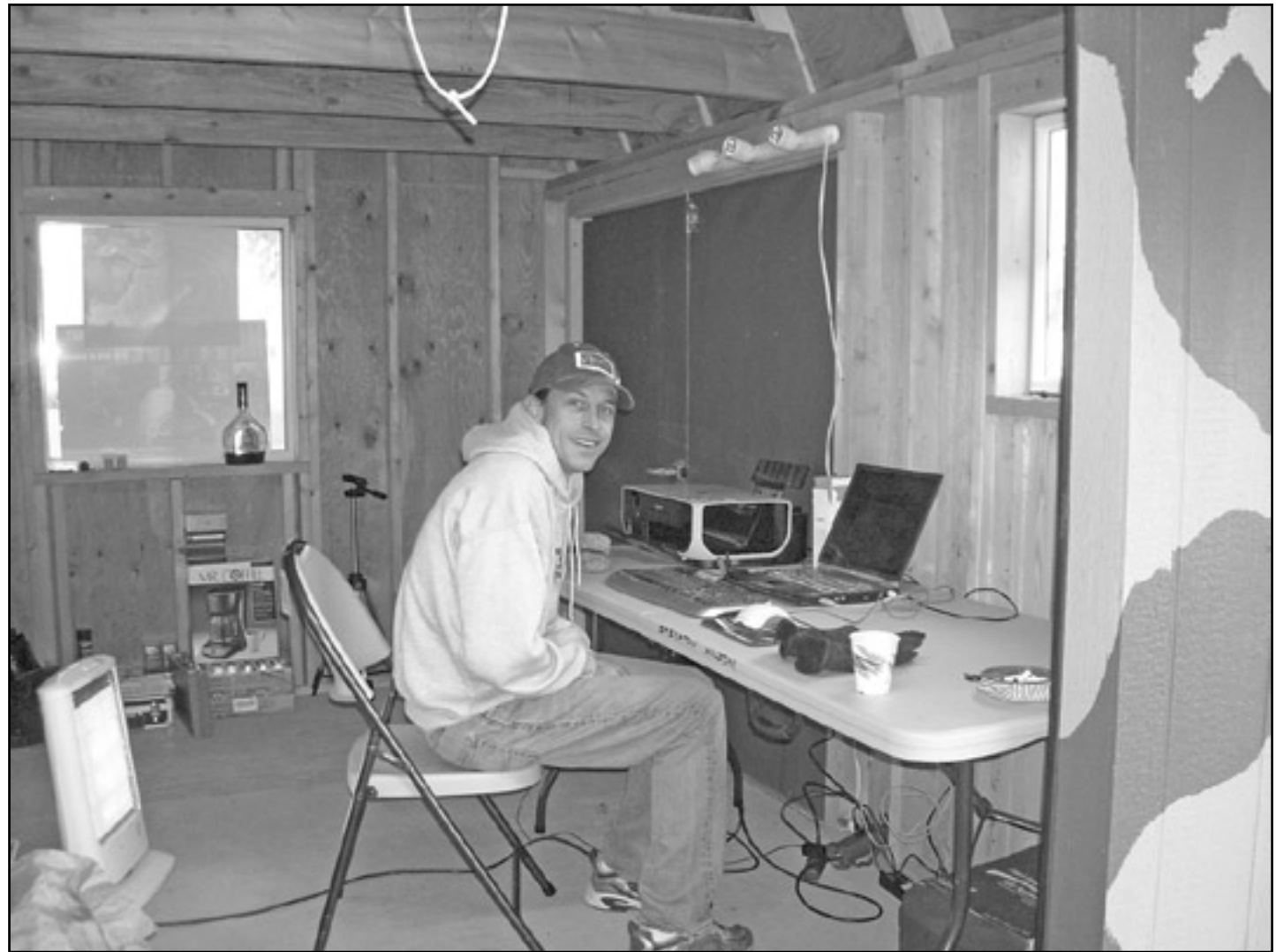
"This is 'Operation Christmas for the Troops VI.' It'll be bigger, badder and bolder than previous years," said Stanhope while he was living on site. "I'll be living here for 12 days of Christmas, and so will Santa (Rick Sihner). We're here to collect toys and cash to help our military families have the best Christmas season possible."

Stanhope and Sihner moved into their holiday digs on Thursday, Dec. 10, and left at noon on Dec. 22.

"This year we've constructed a compound of three Tuff Sheds, one for me, one for Rick, and one to store collected toys. We couldn't do this without the help of our awesome sponsors: Tuff Shed dropped off the sheds, Lowe's donated the generator and floodlights, Home Depot gave us materials for Santa's sleigh, and the Cheesecake Factory is providing us with dinner (and an occasional cheesecake for volunteers), and we have the full support of the National Guard, who have helped loading and delivering toys. This is local people helping local people, because the toys donated here help the military families in Northern California," said Stanhope.

Making a difference for military families

"This is the sixth year I've done this, but we decided this year to have Sihner live here, too, since he was driving here every day from Oroville. I started doing this, collecting toys and money in 2002, when my best friend was deployed. My friend had been a very successful real estate agent, and the deployment caused a huge cut in pay, and his family needed assistance. That year I helped out his family. The following year I worked with a veteran's group helping out military families. The toys are for the kids and the cash is used to buy toys that don't get donated, or for



Rodney Stanhope chose to live in a shed in the parking lot of the Market Square Shopping Center on Arden Avenue. His reason was to help the families of deployed military members.

gift cards from grocery stores for the moms."

In 2006, Stanhope joined forces with Yellow Ribbon America, a national grassroots organization sharing Stanhope's goals.

"It breaks my heart – this year, for the first time, we've had requests for diapers, formula and baby food, and even children's clothing. So some of the cash is being spent on items such as those," he said.

As of Sunday, Dec. 20, Day 11, Operation Christmas had already collected and distributed more than 10,000 toys and raised \$4,500, with Monday and part of Tuesday still to go. Stanhope said any toys not delivered this year will be stored at Mather Field and used in next year's drive.

"It's been great having Rick here with me this year. Rick wears the Santa suit, and we have hours when kids can have their pictures taken. There's no charge for the pictures. We use a digital camera and I either print the photos right here, or we e-mail the photos to the parents. And Claire (Sihner, Rick's wife) has been



As of Sunday, Dec. 20, Day 11, Operation Christmas had already collected and distributed more than 10,000 toys and raised \$4,500.

our toy maven. She coordinates what toys are needed for which pick-up, and runs to the stores to buy what hasn't been donated."

Commitment and honor

While very successful, the experience was not without turmoil; the compound's generator was stolen in the early hours of Day 4.

"I was honestly thinking about shutting this down, but the people of this area are amazing," Stanhope said, adding that someone donated another generator.

If anyone would like to help with next year's toy drive, Rodney Stanhope is on Facebook or can be contacted through Yellow Ribbon America.

Connecting with the City Council, the community

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

"It was the best of times, it was the worst of times..."

Dickens' opening line from "A Tale of Two Cities" comes to mind describing Sacramento in 2009. Even as the worst economic slump since the Great Depression struck with fury, the State raided local tax funds and property and sales tax revenues continued to decline, we nonetheless managed a few highlights in our quest to be the most livable city in America. Next time, I'll talk about our goals for 2010.

District 3 highlights

East Sacramento/River Park/Sacramento State

- Staged 14th Annual Pops in the Park concert series, and 5th Annual Screen on the
- Green outdoor movie series.
- Mediated stakeholder compromise on Master Plan for McKinley Rose Garden.
- Adopted amendment to East Sacramento "McMansion Ordinance" to address front yard setbacks.
- Partnered with stakeholders to save Corti Brothers. Installed measures

proposed by neighbors in Meister Terrace Neighborhood Traffic Management Plan (NTMP).

- Partnered with neighborhoods, community groups and businesses to raise funds to save pool
- Hours at Glenn Hall, Bertha Henschel Wading Pool and Clunie Pool.
- Partnered with East Sacramento Chamber, MENA and ESIA to install seven "Welcome to East Sacramento" signs.
- Raised funds for River Park youth baseball and soccer, East Sac Little League and Soccer, and East Sac Babe Ruth through Pops in the Park and other grants.

Midtown/Central City

- Opened Sutter's Landing off-leash dog park, river trail and small boat launch.
- Partnered with Alley Activation Committee to transform select Midtown alleys from garbage bins and crime magnets to vital living and retail spaces.
- Sponsored alley naming standards for the Central City.
- Raised funds for back to school supplies to 250 students at Washington Elementary.

• Partnered with AT&T to adorn their 14th&J buildings with historic photos.

- Partnered with neighbors to approve back-in angled parking in Alkali Mansion Flats historic neighborhood.
- Staged Screen on the Green, outdoor movie series and partnered with NAG on Jazz Concerts.

Hagginwood/Ben Ali/Swanston Estates/Sierra Oaks/Campus Commons

- Installed measures proposed by neighbors in Hagginwood NTMP.
- Partnered with SHRA to develop Ben Ali and Hagginwood Strategic Neighborhood Action Plans.
- Secured \$330K in city funding and Council approved Agreement with Twin Rivers USD to construct park/playground at Plover School in Ben Ali.
- Screen on the Green in Babcock Park.
- Partnered with Nepenthe Neighborhood Association and city's Urban Forest staff to develop policy for assessing, pruning and removing diseased trees.

Citywide highlights

- As RT Chair, adopted Transit Master Plan for fully developed regional

transit system, with light rail extensions to Airport and Elk Grove, streetcars/shuttle systems connecting Central City, West Sac, Sac State/65th St, and Point West, bus rapid transit on major corridors, and neighborhood shuttle service.

- Started SACOG rail working group.
- Charter member of Central Valley rail work group to accelerated Sac's High Speed Rail connection.
- Broke ground on Phase I "Green Line" light rail from Downtown to River District.
- Secured \$20 million in federal funds for track relocation and expansion of Sacramento Valley Station; \$8 million for city road resurfacing; and \$20 million for RT's transit operations.
- City opened two-way street conversions on 9th & 10th (E to I) and N Street (21st-28th).
- Secured \$12 million in Federal funds for 35 new city police officers for 3 years and \$2.5 million in new equipment.
- Significant progress on modifying Folsom Dam to attain 200-year protection, while new Folsom Dam bypass road opened.
- City opened new library in South Sacramento.

California Kids!

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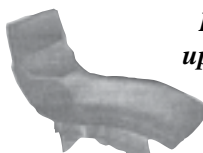
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East Sacramento News Photo/Ryan Rose

Pictured at the lunch honoring Raynia Kinniston: (On the left, from front to back) Vicki Diepenbrock, Sister Brigit McCarthy (president Mercy Foundation), Christine Anderson and (not visible) Pam Gartan; (On the right, from front to back) Dawn Suits, Sister Claire, Raynia Kinniston, Holly Forquer and Barbara Schor. (Inset: Raynia Kinniston)

Mercy's Raynia Kinniston honored at special Casa Garden luncheon

On Dec. 15, Land Park resident Raynia Kinniston, 95, hosted a luncheon at the Casa Garden Restaurant, 2760 Sutterville Rd., for seven sisters of Mercy from East Sacramento's Mercy Hospital as well as other staff and volunteers. She was celebrating being the first recipient of Shawn Anderson's "Extra Mile America Award."

Anderson bicycled from San Francisco to Boston looking for ordinary people doing incredible things. Two-hundred people were interviewed and 10 were awarded with \$1,000 to reward their inspirational stories.

Kinniston has donated her award to the Mercy Hospital Foundation. She has been volunteering at the hospital since 1960.

Some of the money Kinniston received was used by her to host the luncheon. According to Kinniston, it was very important to her that the seven Catholic sisters that work at Mercy Hospital were celebrated and recognized with a nice meal.

Anderson is currently writing a book about his tour and the people he met. There will be a book signing at Mercy Hospital in February. For more information, e-mail Anderson at shawn@shawnanderson.com.

Information provided by Vicki Diepenbrock. Photos by Ryan Rose.

Congers celebrate 80 years of marriage

Special to the East Sacramento News

JD and Opal Conger celebrated their 80th wedding anniversary on Dec. 7, at their home in Carmichael Oaks Assisted Living. The Congers were married when JD was 20 and Opal was just 16. JD stayed at the boarding house where Opal's mom was a cook. JD explains that part of their "courtship" included Opal whacking him in the head with an apple when he walked by and ignored her one evening.

After marrying, the couple came to California from Oklahoma during the depression in a pick-up truck with JD's parents and all their belongings. Opal rode in the back of the truck with their 3-year-old son James and their one-year-old daughter Joyce.

JD's advice for a long marriage is "not to go to bed arguing," and to consult Opal on all important matters – and everything is important! JD and Opal never show any open displays of affection (partly due to their generation), but as time has passed, the family has been blessed to see the love and dedication they have for each other. We all see it in the way JD looks at Opal, the way he helps her get around, still ties her shoes, and kisses the back of her hand ever so gently. It isn't about how they show their love to the world to see, but rather the tenderness, affection, contentment and respect they have for each other and how they have nurtured those feelings over the past 80 years.

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Do you have an interesting story to tell? Unusual hobby, collection or job? Maybe it's your 100th birthday! Did your child win a special award that needs to be recognized? Do you have fun/unusual photos you would like to share with the readers? Do you know someone who deserves recognition for volunteering?

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ryanrose@valcomnews.com

Sounds like something good

Tim's Band Instrument Service strikes a cord with locals

By **BENN HODAPP**
East Sacramento News Writer
benn@valcomnews.com

Residents of the Sacramento area have likely known about Tim's Band Instrument Service for many years. Parents with children in band programs have probably been in his store countless times, whether it is to rent an instrument or sit in the waiting room during a private lesson.

But one of the problems with the shop was that you pretty much had to know where it was in order to find it. Tucked away in the far corner of a small shopping center on Arden Way, it wasn't a place that many people were going to spot from the street and wander inside.

As of December 1, that has all changed.

Tim's has a new home in the area, just 1.8 miles from its old one on Arden Way. The new location is 2812 Marconi Ave. (across from Town & Country Village) and in less than three weeks since it opened, the owners are seeing something quite different in terms of clientele.

"We've been keeping a tally of how many people have come in that we have never seen before in the shop and it's at about 200 right now," said co-owner Scott Mandeville. "The new location is great. The old store was good to us, but the fact that it was tucked away made it difficult."

Mandeville and his wife Melissa purchased the store from the original owner on May 1, 2005.

"I think Tim was going to turn out the lights and just walk away," Scott said. "In November of 2004 we got serious about purchasing the store from him."

But after 30 years, surely it would be difficult for Tim to part with his shop, right?

"It took about 20 minutes," Scott chuckled.

Scott is certainly qualified to run the shop, seeing as how he worked at North-

ridge Music Center for 24 years prior to the purchase of Tim's. Melissa fits in perfectly as well, having a background as a private piano teacher for many years.

Reason behind the move

When they took over the original location, they had a 5-year business plan according to Scott, but before long it became necessary to make a change.

"We outgrew the business plan in 20 months," he said. "An opportunity arose with the fact that lease rates were down and we took it."

The couple looked at several different possible sites, but the one on Marconi really jumped out at them.

"It's great. There's a better demographic and the visibility is huge," he said.

Melissa added that the success is largely due to the Taylor Center in which the shop resides.

"The center doesn't have any big box stores, they're all locally owned and family friendly," she said. Both added that Gary Taylor, the owner of the shopping center, helped to make the transition as smooth as possible.

Scott and Melissa have been residents of the Sacramento area since 1980 and 1977 respectively, and they are well-versed in the local music community. Melissa said that one of the best things Tim's has to offer is the high level of private instructors they have.

"We have some of the finest teachers in the area," she said. "Our instructors are some of the most in demand musicians in Sacramento."

More space, more music

Something else that the new shop has over the old one is some 1,900 more square footage. The old Tim's was 3,100 square feet while the new one is 5,000 according to Melissa.

"There was stuff just kind of crammed in every nook and cranny at the old store," she said. "Here once we get everything all put away it will be much more organized."

Inside, the feeling is much different from the former place. Everything is new and shiny with high ceilings, an expansive in-



East Sacramento News Photo/Benn Hodapp

Sales associate Jameson Kaupanger demonstrates the ultrasonic cleaner on a 1935 bass saxophone.

strument repair area, a soundproof room for trying out instruments and accessories, and seven private instruction rooms.

Instruments adorn the walls, drawing the eye with their sparkle. "As you can see we have violins," Melissa said. "People didn't know we sold violins at the old store because we didn't have enough room to display them."

Tim's also boasts something that no other music store in northern California can: an ultrasonic cleaner.

Musicians young and old will learn that calcium deposits from their saliva will start to damage the instrument from the inside out. What the ultrasonic cleaner does is create microscopic explosions that destroy the calcium build-up in the instrument.

The device looks kind of like a big deep fryer. It has a window set up in front of it so people can watch the process as it happens.

"There are always a lot of amazed faces when we clean an instrument in there," Melissa said. "The parents some-

times look at their kid and ask 'is that supposed to be in there?' as stuff comes pouring out of the instrument."

Insight and instruction

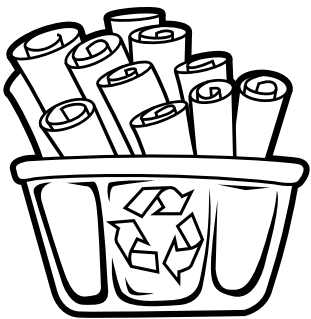
For people interested in getting their child into music or for ones who wish to begin private instruction, Melissa explained some of the things that make Tim's a good choice.

"We have an excellent rental program, expert repairs, knowledgeable staff and great teachers."

The store has instructors that teach saxophone, clarinet, woodwinds, trumpet, French horn, guitar and trombone. The store's business hours are 10 a.m. - 7 p.m. on Tuesday and Wednesday, 10 a.m. - 6 p.m. on Thursday, 10 a.m. - 7 p.m. on Friday, and 10 a.m. - 5 p.m. on Saturday. The store is closed Sunday and Monday.

For more information about everything Tim's has to offer, call 916-925-9160 or go to the store's Web site at www.timsbis.com

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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.

JANUARY 7

Citizens for Health Freedom

The California Citizens for Health Freedom, Sacramento Chapter will meet on Jan. 7, 2010, at the SMUD Auditorium (the old SMUD Building) on 6201 S Street, Sacramento. A free lecture, "Turning Stress into Strength" presented by Ilona Ireland, M.A., C.M.T. Call 916-635-6724 for information. Please call Elsie Player at (916) 635-6724 regarding any of the above notices if you have any questions.

JANUARY 8

Carmichael Geranium Society

Carmichael Geranium Society January 8, 2010 meeting Carmichael Community Clubhouse - 5750 Grant Avenue, Carmichael; 10:00 a.m. to Noon - Speaker will be Susan Maxwell Skinner who will enlighten us about our Carmichael community history and present including the life of Daniel Webster Carmichael. Visitors welcome - no fee.

JANUARY 9

Free Electronic-waste Collection Fundraiser

Proceeds to benefit Kit Carson Middle School's 8th Grade G.A.T.E. Class. Students are planning a 4 day-three-night trip to Washington, D.C. Drop off on: Saturday, January 9, 2010, 9 a.m. to 1 p.m. at the Kit Carson Middle School parking lot, 5301 N St. You won't even need to get out of your car, we will unload for you! We will accept: monitors, televisions, desktop and notebook PCs, VCRs, stereo equipment, speakers, keyboards, mice, PDAs, digital cameras, zip drives, telephones, cell phones, printers, copiers, laser and multifunction scanners and fax machines. We cannot accept: Household appliances (i.e. refrigerator,

washers/dryers, etc), furniture, hazardous household waste, including fluorescent light bulbs, paint, pesticides, used oil, cleaning supplies, tires, etc. If you need something picked up, or have additional questions, please contact Shawn D'Alesandro at 658-2701 ext. 12#.

Senior Ball

Hart Senior Center cordially invites people 50 and older to attend our semi-formal Senior Ball on Saturday, January 9 at 2 p.m. This event is sponsored by the U.C. Davis Health System with all proceeds benefitting the Ethel Hart Senior Center. Please join us for 3 hours of catered appetizers and desserts, 50's and 60's music, free Senior Ball portrait, ballroom dancing and much, much more. Tickets are limited. No door sales of tickets. No refunds. Tickets cost \$5. Event at Ethel Hart Senior Center, 915 27th St. Call 808-5462 for more information.

Jensen Garden Workday Volunteers

Friends of the Jensen Botanical Garden hold garden work days one Saturday of every month from 9 a.m. to 1 p.m. The next workday is Saturday, January 9, 2010. Bring work gloves, hand pruners and your lunch. Come join with other volunteers to keep the garden beautiful all year. Next workdays in 2010 are 2/6, 3/6, 4/10, 5/8, 6/5, 7/10, 8/7, 9/11, 10/9, 11/6, 12/4. The Jensen Garden is located at 8520 Fair Oaks Blvd. in Carmichael. For more info: Tracy Kerth (916) 485-5322 ex23 or e-mail tracy@carmichaelpark.com.

Falling seminar

A four-hour seminar to educate seniors on how to avoid the dangers of falling while carrying out their day-to-day activities will be held on Saturday, Jan. 9, at the Belle Cooledge Community Center, 5699 South Land Park Drive. The South Land Park seminar, from 9 a.m. to 1 p.m., is one of six being presented during December and January at various locations in the Sacramento area by the City of Sacramento with the participation of Kaiser Permanente, according to Kim Metcalf, who heads the city's 50+ Wellness Program. The seminars, entitled "Stand Up to Falls," are open without charge to seniors, who must make advance arrangements to attend by phoning Metcalf at 808-1593 or via e-mail, fiftypluswellness@cityofsacramento.org.

E-waste recycling at Cal Middle School

California Middle School will be hosting an e-waste recycling event on Saturday January 9, 2010 from 10-3 p.m. Also, if you have a large volume of e-waste that needs to be recycled, we can arrange for pick. Contact Julie Watkins at watkinsj@sac-city.k12.ca.us.

JANUARY 10

Seminar on Estate and End of Life planning

Parkside Community Church is offering a free workshop entitled "It's Not Over When It's Over" on Sunday, January 10 from 12:30 p.m. to 2:30 p.m. The workshop will focus of estate and end of life planning and will feature guest speakers Mark Lamb and Beatrice Bailey. Attendees will receive informational handouts and Ms. Bailey will have books for purchase.

Hoop Shoot Contest

Elks No. 6 is holding its Hoop Shoot Contest for all boys and girls, ages 8 thru 13 (determined by their age as of 4/1/2010 - birth certificate required). The event is Sunday, Jan. 10. Registration is 12 p.m. and the Hoop Shoot is at 1 p.m. The event takes place at the Elks Lodge No. 6, 6446 Riverside Blvd. For more information call, (916) 422.6666.

JANUARY 12

Gray Panthers meeting

The Funeral Consumers Alliance of Northern California will conduct the Tuesday, January 12, meeting of the Gray Panthers of Sacramento. The Funeral Consumers Alliance is a nonprofit organization whose objective is to protect a consumer's right to choose a meaningful, dignified, affordable funeral. The meeting will be held at 1 PM at the Hart Senior Center, 915 - 27th Street, Sacramento, between I and J Streets. Further information can be obtained by calling 916-921-5008.

Latino Dance

In the month of January we will only have one dance. Our Latino Dance will be on January 12, 1010 - Tuesday! Lots of changes with the City of Sacramento and funding, etc. so we had to change the dances from Thursdays to Tuesdays. The event runs from 6:15 p.m. to 8:45 p.m. at Ethel Hart Community Center, 27& J Streets. Dance instruction available. Suggested Donation \$3.

JANUARY 13

Sacramento Genealogical Society meeting

Root Cellar - Sacramento Genealogical Society General Membership meeting, Wednesday January 13 from 7 - 8:30 p.m. at Citrus Heights Community Clubhouse 6921 Sylvan Road, Citrus Heights. Program: "Land Records" presented by Lynne Roberts. Free. Visitors welcome. Contact Sammie Hudgens (916) 481-4830 or www.rootcellar.org.

JANUARY 14

Computer club meeting

The Mission Oaks Computer Club will meet on Thursday, January 14, 2010 from 1 p.m. to 3 p.m. at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "Digital Photography." 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 Web site at www.missionoakscomputerclub.org.

JANUARY 15

Organic gardening

On January 15, 2010, the Organic Gardening Club of Sacramento County will meet at the Carmichael Park Administration Building, Room 1, 5750 Grant Avenue, Car-

michael, at 10 a.m. The program will be "Soil...not just a dirty word" by guest speaker, Steven Zien, CA Certified Nursery Professional, Living Resources Company and Sacramento's Organic Advocate. Call 916-635-6724 for information.

JANUARY 16

Elks Lodge crab feed

Elks Lodge No. 6 is holding a crab feed Jan 16. Activities include no host cocktails at 6 p.m. Dinner is at 7 p.m. There will be a raffle after dinner. Tickets are \$28. Proceeds benefit lodge scholarships for students. The event takes place at the Elks Lodge No. 6, 6446 Riverside Blvd. For more information call, (916) 422.6666.

JANUARY 18

MLK Jr. march

Monday, January 18th, 2010 Martin Luther King Jr. March and Celebration, Get Involved and Make a Difference. Visit www.mlk365.org for more information or call 920-8655.

JANUARY 20

Genealogical Association meeting

The Genealogical Association of Sacramento will have its regular meeting on Wednesday January 20, 2010 in the Belle Cooledge Library at 5600 South Land Park Drive, Sacramento. The meeting is at 1 PM. The speaker will be Karen Paige from the California State Library. She will teach us how to navigate the many resources held at the California State Library. Members are encouraged to attend and please bring a friend. Interested guests are welcome too.

JANUARY 22

Annual hot crab feed

Annual HOT Crab Feed & Auction Benefitting Courtyard School. Featuring the Captain Bob's famous HOT CRAB! Delivered live to the event, prepared onsite and served HOT to your table. All you can eat HOT crab, pasta, bread and salad! No to go bags, please. Tickets are \$50 per person; limited seating at 300. \$450 if you order a table of 10. The event will benefit Courtyard School and will feature raffle items, live and silent auction as well as a dessert auction. The evening starts at 6pm with a social/cocktail hour followed by dinner at 7:30 p.m. Located at the Dante Club, 2330 Fair Oaks Blvd. Tickets can be purchased at the school: 205 24th Street, Sacramento, CA 95816. For more information contact the school at 916-442-5395.

JANUARY 23

Women's Self-Defense Class/WEAVE Fund Raiser

Held Saturday, Jan. 23, at the Coloma Community Center, 4623 T St., from 1 to 2 p.m., learn the tools necessary to increase your awareness, defend yourself from bodily harm, and turbocharge your life by becoming self-empowered in this safe, fun, and non-embarrassing seminar for women. The instructor has taught active law enforcement and security guards the same proven techniques that you will learn. Start the new year feeling smart, safe, and strong! This Women's Self-Defense Seminar is being offered to the community for free as a fundraiser for WEAVE by Zen Martial Arts and Sacramento Parks and Recreation. Donations for WEAVE will be accepted at the class. Receipts available. For more information, call 530-613-6779 or visit ZenMartial.com.

JANUARY 27

Embroiderer's Guild meeting

Embroiderer's Guild of America, 7 p.m. Wednesday, January 27, 2010, SMUD Building, 6301 S Street. We will be stitching Kissing Pillows. This is a national project donated to the military. Visitors welcome. For more information, call (916)961-3558.

FEBRUARY 3

Zumba Class

Event is Wednesday sessions beginning February 3, 2010 from 6:30-7:30 p.m. La Sierra Community Center, 5325 Engle Road, Carmichael. \$20 for 4 week sessions. FREE parking. Register at La Sierra Community Center. Call 483-7826 for more information. The latest in cardiovascular workouts! Move and groove to Latin rhythms for an aerobic exercise that burns 600-800 calories all while having fun.

FEBRUARY 6-7

Jewish Film Festival

Humor Abounds at the 13th Annual Sacramento Jewish Film Festival, Saturday February 6 and Sunday February 7, 2010. It all happens at the Historic Crest Theatre 1013 K Street. Advance tickets are on sale now at the Crest Box Office and tickets.com. Tickets are \$10 general admission, \$8.50 for seniors, students and Friends of the Festival. Festival passes are \$34 general, \$30 for seniors, students and Friends of the Festival. Saturday and Sunday Day passes are \$18.00, \$16.00 for seniors, students and Friends of the Festival. For additional information go to www.thecrest.com, www.sacjff.org or by calling 916-442-7378.

FEBRUARY 11

Computer club meeting

The Mission Oaks Computer Club will meet on Thursday, February 11, 2010 from 1:00 p.m. to 3:00 p.m. at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The meeting topic will be "Using Online Bill Paying Systems." 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 Web site at www.missionoakscomputerclub.org.

FEBRUARY 15

American Heritage Day

American Heritage Day event at 10 a.m. to 2 p.m., 8201 Greenback Lane, Fair Oaks. The 8th Annual American Heritage Day will be held at Mt. Vernon Memorial Park. This event brings history to life for children with hands on/re-enactment performances. Families can enjoy over 17 different performances and continuous free entertainment. For more information, call (916) 969-1251.

FEBRUARY 18

What Do I Do with All This Stuff?

Event is Thursday, February 18, 2010 from 10 a.m. to 11:30 a.m. Carmichael Park Clubhouse, 5750 Grant Ave, Carmichael. FREE class, but must pre-register by calling 485-5322. Start 2010 with a clean-sweep! Surrounded by clutter? Need to organize years of belongings, mementos and paper? This class will help you begin the task of sorting and disposing of clutter to help keep things manageable.



- Parent Participation morning program
- Children can attend on a schedule of your choosing from 2-5 days per week
- Co-op membership with regular family events & meetings
- Serving families in Sacramento and Surrounding areas for 60 years
- Children from 2.9 years to 6 years accepted
- Children are not required to be fully potty-trained

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Grow.

FEBRUARY 24

Los Ninos Service League

The Los Ninos Service League is holding its next recruitment drive for volunteers to work within our organization. We would greatly appreciate it if you would post the following notice in your next upcoming publication. Thank you in advance for your continued support of the Casa Garden Restaurant and Sacramento Children's Home. Want to give back to our community and have fun too? Become a volunteer in the dining room, kitchen, or garden at the Casa Garden Restaurant. The restaurant, located in the Curtis Park neighborhood, has been raising funds for the Sacramento Children's Home since 1974. For more information about being a volunteer, please join us at our restaurant on February 24, 2010, 9:30 a.m., at 2760 Sutterville Road, Sacramento, CA 95820. Please RSVP by calling (916) 452-2809, as we look forward to meeting you.

MARCH 14

Sacramento Symphonic Winds Concert

Event is Sunday, March 14, 2010 from 3-4:30 p.m. La Sierra Community Center, 5325 Engle Road, Carmichael. \$5 per person, seniors and kids under 12 FREE. Plenty of FREE parking.

MARCH 17

St. Patrick's Day Concert with The Swingmasters

Event is Wednesday, March 17, 2010 from 6:30-8:30 p.m. La Sierra Community Center, 5325 Engle Road, Carmichael. \$5 per person. Plenty of FREE parking! Get your green on and come dance an Irish jig. Festive refreshments for sale.

ONGOING

American Legion Dance

The American Legion Dance, Held on the first Friday of each month from 7 - 10 p.m. at Veterans Memorial Hall at Royer Park in Roseville, featuring ballroom, Latin, swing, and night club dances with DJ Bob Wayman. The public is invited and singles are welcome. There is a great wood dance floor, good parking, no-host bar, soft drinks, and snacks. Come dance and make new friends. The hall is located at 110 Park Drive. Cost \$8. Info: (916) 783-7267. Proceeds go to support the troops and our veterans.

MONDAYS

Gray Eagles

Gray Eagles - a M/F social group sharing WW II history of military or sport aviation. Former air, ground, or carrier crew, or anyone interested will enjoy our monthly speakers. Topics include B-17s, Reno races, Fire attack A/C, Airshows. Drop by to visit - FREE. We meet the second Monday, each month at Hometown Buffet, 4300 Florin Rd. (private dining room), Sacramento, 11:30 - 1:30. See www.grayeagles.net or call Lou @ 421-0844.

Tai Chi at Hart Center

Chinese exercise combines specific movements and relaxation, 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St. Instructor, Mamie Woo. Information at 808-5462.

Hatha yoga class

Instructor Pat Shaw teaches students to align the body through breathing techniques, postures and deep relaxation, 3 to 4 p.m., Hart Senior Center, 915 27th St. Information at 808-5462. Repeats Wednesdays, Fridays.

Gray Eagles meet

Gray Eagles, a social group for men and women, hears guest speakers on air shows, flying and warbirds, 11:30 a.m. to 1 p.m., second Mondays of the month. Visitors welcome. Free, at the Hometown Buffet (private dining room), 4300 Florin Road. Information at 421-0844.

Newcomer's Buffet

The Widowed Persons Association of California invite any and all widows and widowers to attend their Newcomer's Buffet and Social at 5:30 p.m., every third Monday, at the Plaza Hof Brau, El Camino at Watt Avenue. The cost varies as the choice is from a no-host buffet menu. For more information, call 972-9722.

Toastmasters meet

Guests always welcome at Klassy Talkers Toastmasters to have fun while improving speaking and leadership skills, 7 to 8:30 p.m., Executive Airport 6151 Freeport Blvd., 95822. Information: Jan at 284-4236 or www.sacramentotoastmasters.com.

Co-Dependents Anonymous

Co-Dependents Anonymous meets, 7:30 p.m., Friends Church, Fireside Room, 41st and E streets. This 12-step group is for people whose common problem has been an inability to maintain healthy relationships. We support each other in developing fulfilling relationships. For more information, call 1-866-794-9993.

Evening Tai Chi class

Sixty-plus minute class includes Yang style Tai Chi, Chi Gong exercises, and strength training using elastic bands, 6:30 p.m., Parkside Community Church, 5700 South Land Park Drive. Open enrollment - join anytime. Cost: \$15 a month for members, \$20 for non-members. Information: 421-0492.

Girls-only karate

Karate for girls ages 7 and older, 6:30 to 7:30 p.m., Elks Lodge No. 6, Riverside Boulevard at Florin Road. Meets Mondays and Wednesdays. Information at 470-9950.

Aviator interest

Gray Eagles, a social group for men and women to shares stories of military or sport aviation -- for former air or ground crew, or anyone interested in B-17s, Reno races, and airshows. Free. Meets second Monday, 11:30 a.m. to 1 p.m., at Hometown Buffet, 4300 Florin Rd. (private dining room). Information from Lou at 421-0844.

TUESDAYS

Pastel landscapes class

Award-winning pastel artist Reif Erickson teaches a four-step process to creating art. Supplies provided for the first session and students provided with a materials list for further lessons. From 2:30 to 5 p.m., Ethel Hart Center, 915 27th St.; \$25 per lesson. Information at 808-5462.

Free Medicare counseling

Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appointments are every Tuesday with John Gallapaga, call 376-8915 to schedule an appointment. For appointments in Spanish, call Marta Erismann at 231-5110.

Food Addicts Anonymous

Food Addicts in Recovery Anonymous meets, 9 p.m., Lutheran Church of Our Redeemer, Fireside Room, 4641 Marconi Ave. A 12-step group for people struggling with obesity, food obsession, or eating disorders. For more information, call 1-800-600-6028.

Women's networking

Soroptimist International of Sacramento South, a service club for business and professional women for 47 years, meets second and fourth Tuesdays, 12:15 p.m., for lunch and programs at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. Fundraising, networking, community service. Information: President Colleen Truelsen, 429-9901, email: colleen@valcomnews.com.

formation: President Colleen Truelsen, 429-9901, email: colleen@valcomnews.com.

Barbershop Harmony

Sacramento Capitolaire Barbershop Chorus rehearsals, 7 p.m., Sierra Arden United Church of Christ, 890 Morse Ave. Open to "men who like to sing." Call Joe Samora for details, 631-9848.

Antelope Quilters Guild

Held the second Tuesday of each month from 7 p.m. to 9 p.m., the Quilters Guild invites community members to their general meeting at the Lutheran Church of Ascension, 7607 Garden Gate Dr. in Citrus Heights. For more information, call 488-8858.

WEDNESDAYS

Yoga at Parkside Church

Svaroopa Yoga is a style of Hatha Yoga that can relieve pain, reduce stress, increase strength and flexibility, help with proper alignment and posture, calm the mind, and promote personal transformation. The classes are open to everyone. Beginning Yoga is offered on Wednesday mornings from 9:15am - 11:00am and Advanced Yoga is offered on Tuesday mornings from 8:45a - 11:00am. Fees are \$52 for a series of 4 sessions. Parkside Community Church is located at 5700 South Land Park Dr. Call 421-0492 for more information.

Housing & Care Options for Sacramento Seniors

- ~ Overwhelmed with decisions of where to look for senior housing/care?
- ~ Not sure what level of care you or a loved one is needing?
- ~ Just started your search for senior housing and care?

A FREE informational seminar on the levels of care and housing options available to seniors in the southern Sacramento region.

FRIDAY JANUARY 15th

Informal Reception at 1:15 p.m.
Speakers Begin at 1:30 p.m.

CALL TO RESERVE YOUR SEAT TODAY!

Reservations are suggested but not required.

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Charming East Sacramento home in a vibrant location with grocery stores, restaurants and nursery down the street. The bike route on M Street gets you downtown or to the American River Trail system. You can't go wrong with this charming 3 bedroom 2 bath home with a nice large backyard. Comes with a new roof and new interior paint. See www.1309-56thSt.com \$339,900

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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 \$279,000

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IN THE HEART OF EAST SACRAMENTO

Immaculate 3 bed 2.5 bath in the heart of East Sacramento! Turn-key home features a spacious floor plan w/elegant dining room, gourmet kitchen w/top of the line SS appliances, imported tile, brushed nickel high-end fixtures, sunken tub and large walk in tile shower. New dual zone, CH&A, and refinished hardwoods. Remote control auto gates, basement, new alarm system. See www.3997HStreet.com \$645,000

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One of the finest East Sacramento streets. Just painted on inside and beautiful random plank floors refinished. Extra large living room great for entertaining. Open family room. Home has great 1930's architectural features. See www.478PicoWay.epropertysites.com \$499,000

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Don't let the outside fool you. 4 bedrooms and 3 baths with over 2400sq.ft., including a full basement under garage that would make a great wine cellar or use your imagination to create your own perfect use. Plenty of storage. Large master bedroom & bath with private patio. Designer colors TOO! See www.windermereDunnigan.com \$699,000

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Fantastic duplex in the heart of East Sacramento. Perfect for owner occupancy. Each side has its own yard and a quaint porch. 2 bedrooms, 1 bath on each side. Right off of M Street!! See www.windermereDunnigan.com \$319,000

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Loaded with charm! Breath-taking **PENDING** moment you walk into the formal entry w/stunning staircase & beautifully refinished random plank hardwood floors. Large living room w/inviting fireplace & beamed ceiling. Outdoor fireplace & patio. See www.1432-45thStreet.com \$1,099,900

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