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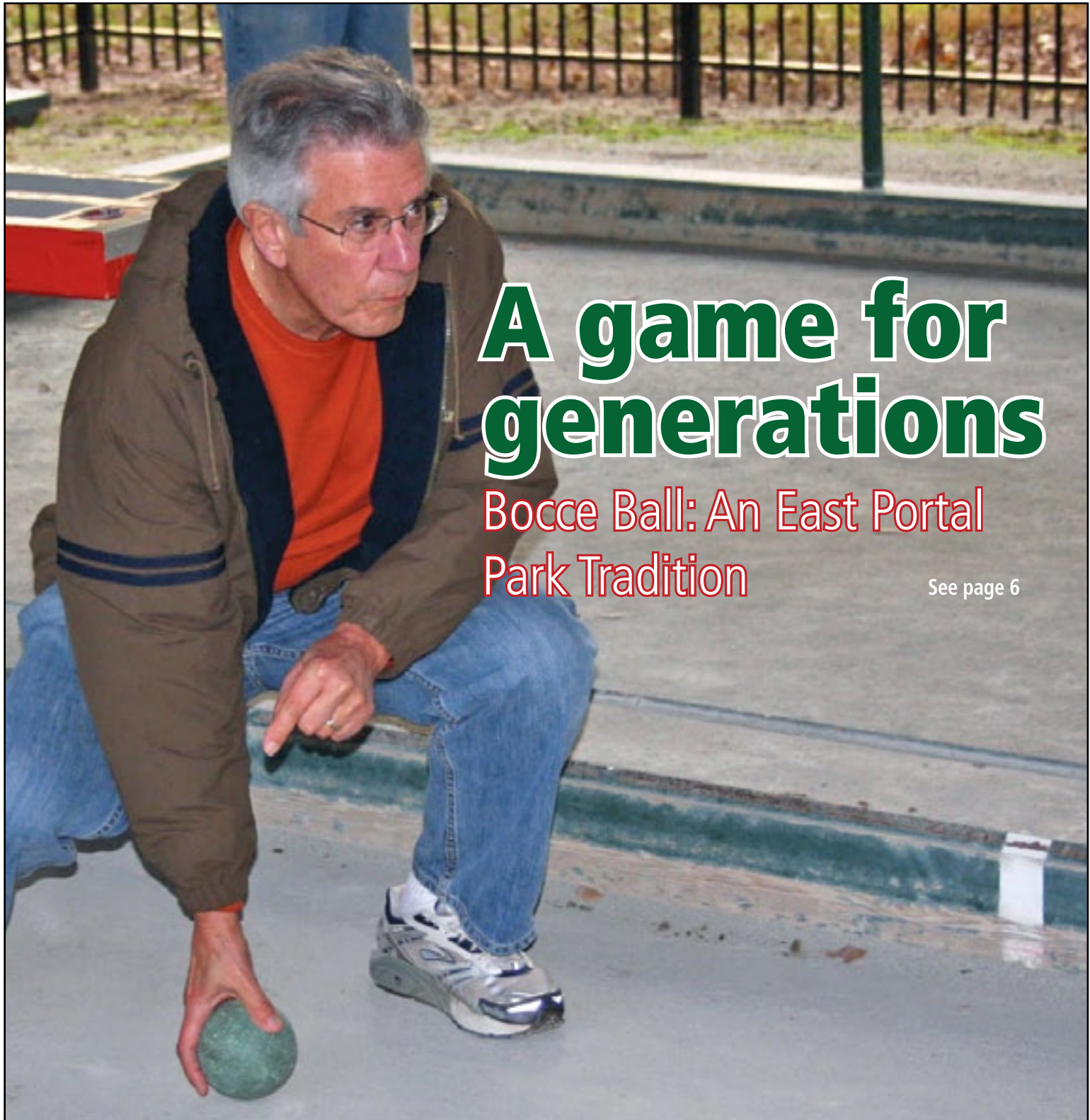
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How can you help in Haiti?

Sacramento Red Cross organizes relief efforts to support quake-ravaged Haiti

Special to the East Sacramento News
Information provided by the Sacramento-Sierra Red Cross

The American Red Cross is sending money, supplies and staff to Haiti to support relief efforts there after the recent earthquake, which caused catastrophic damage and loss of life.

According to reports, as many as three million people may have been affected by the quake, which collapsed government buildings and caused major damage to hospitals in the area.

On a national level, the Red Cross is contributing an initial \$1 million from the International Response Fund to support the relief operation, and has opened its warehouse in Panama to provide tarps, mosquito nets and cooking sets for approximately 5,000 families.

In addition to Red Cross staff already in Haiti, six disaster management specialists from National Headquarters are being deployed to the disaster zone to help coordinate relief efforts. At this time, the American Red Cross is only deploying volunteers specially trained to manage international emergency operations, with the first wave of volunteers coming from Red Cross chapters closest to Haiti. However, the Red Cross is always looking for volunteers on a local level and anyone interested in becoming a volunteer can contact the Sacramento to Sierra Chapter at 916-993-7070.

If you, your school, community, church, or business is interested in raising funds to donate to the American Red Cross in support of the relief efforts in Haiti, please contact



Photo courtesy American Red Cross
American Red Cross Matt Marek with Mari Michele Melson at a First Aid Post in Petionville, Port-Au-Prince. The American Red Cross is supporting the Haitian Red Cross with supplies and logistical and telecommunication help.

Matt Lingo at the Sacramento Sierra Chapter at 916-993-7081 or e-mail lingom@sacsierraredcross.org. This e-mail address is being protected from spambots. You need JavaScript enabled to view it.

There has been an outpouring of support from the public. To help, people can make an unrestricted donation to the International Response Fund at www.redcross.org or by calling 1-800-REDCROSS (1-800-733-2767). The public can also help by texting "Haiti" to 90999 to send a \$10 donation to the Red Cross, through an effort supported by the U.S. State Department. Funds will go to assist American Red Cross relief efforts in Haiti.

Visit www.valcomnews.com for direct links to the American Red Cross Web site and stories about local efforts to help earthquake victims.



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Special community action: 'Stand up to Falls' program

By ART GERMAN
East Sacramento News Writer
reporter@valcomnews.com

A citywide campaign to keep local residents, especially seniors, safely on their feet moved to Sacramento's south area this month with a four-hour "Stand Up to Falls" seminar at the South Land Park Community Center.

Thirty seniors, including me and wife Phoebe, were on hand along with just one other married couple—south area residents William and Penn Yee. The remaining 26 seminar participants were all women, creating a sex imbalance that seemed to defy normal odds.

"Is there any explanation for this 28 to 2 breakdown among women and men?" I asked Kim Metcalf, the city's 50+ Wellness coordinator, and Kelly Ward, a certified fitness trainer and Sac State graduate student in gerontology, who handled most of the anti-fall exercise program, inspiring us to devote three hours to constant calisthenics. Both shook their heads and said they had no explanation for the attendance imbalance.

In my case, the danger from falling has long been a no-brainer. Five years ago, while strolling down on 24th Street after a Runaway Stage production of "The Music Man," I tripped and fell on an uneven sidewalk. My left femur was broken and an earlier hip replacement was dislocated and had to be redone. I've never forgotten the advice of South Area Kaiser orthopedist James Sehr after all the harm was done and repaired: "Don't Fall Again!" he admonished.

That's easier said than done. I've fallen at least twice since the big thigh bone break of 2005, but lucked out both times with no further damage. It's clear, however, that getting a free ride down when you have a fall can't be counted upon forever. A show of hands in re-

ply to Metcalf's question about how many have fallen during the past year indicated a "yes" reply from about half the attendees. Audience members were not invited, however, to describe their own experiences involving falls. Coordinator Metcalf told the audience that the "Stand Up to Falls" program was devised by the city's Older Adult Services division with support from Kaiser Permanente's South Sacramento Community Benefit service. In addition to the South Land Park seminar, similar programs are being offered at five other sites around Sacramento and Elk Grove through March 6. So far, Metcalf added, the free programs have been filled to capacity and reservations to attend future dates must be made in advance by contacting her at 808-1593.

In contrast to my own concern with tripping and falling outdoors, Metcalf and Ward agreed that most falling accidents happen in the home. Bathrooms are viewed as especially vulnerable falling sites. Slippery, wet floors and glass shower doors are considered special hazards. Stairs inside and outside the home are other prime accident sites. Metcalf also advised the seniors to watch out for loose throw rugs and to steer clear of small pets that may run underfoot.

At one point, Metcalf introduced David Grantham, a project manager for Rebuilding Together, a non-profit service using volunteers who install safety improvements for low-income seniors without charge. Other seniors are charged a small fee, he added, if they can afford to pay. Offerings include grab bars, railings and banisters, stools where needed, fire alarms, safe electrical switches and other needs. Rebuilding Together can be contacted at 455-1880.

Most of the four-hour session was devoted to an exercise program led by Kelly Ward, who provided

each participant with two elastic bands that were used to challenge muscles on various parts of the body, including arms, legs, neck and stomach. Good muscle tone, she said, can help an individual respond quickly when he or she trips to head off an actual fall. And if a fall does oc-

cur, she added, the victim needs to respond carefully to make certain there were no serious injuries.

"There's no need to hurry," she said. "Remain at first on the ground. Then roll over on to your stomach, and then pause before your use your hands to get back on your feet."

She urged her audience to set up a daily exercise regimen, drink at least five glasses of waters, which she described as "like what oil is to a car" and then get plenty of rest. At the end, all hands were treated to a free and delicious picnic lunch provided by Hannibal's Catering.



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Photo courtesy Jeff Mains
The Brickhouse Art Studios, located at 2837 36th St. just south of East Sacramento, is a burgeoning center for Sacramento artists. Inset: East Sacramento resident and artist Jeff Mains.

East Sacramento artist thrives at Brickhouse Gallery and Art Complex

By **BENN HODAPP**
East Sacramento News Writer
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Everyone deals with a traumatic event differently. Some get depressed, others get angry while some shut down completely. For East Sacramento resident Jeff Mains, he found art to be his coping mechanism.

On September 10, 2001, Mains was shot in the abdomen by Joseph Ferguson, who killed five people and then himself in one of the most horrific rampages in Sacramento history.

"I just got caught in the crossfire when he was shooting at the police," Mains said. "I was just in the wrong place at the wrong time."

Understandably, the event caused Mains' life to flip upside down.

He moved to Napa for three years to recover from his injuries, both physically and mentally, as well as work.

"(Napa) was a nice place to be," he said. "But I was at a crossroads in my life."

The time he spent in Napa gave him time to reconnect with drawing, a passion that lay dormant

See *Brickhouse*, page 15

Janey Way Memories



More stories from The Pit



By **MARTY RELLES**
East Sacramento News Columnist
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Back in the late 1950s, we played daily in the pit, the vacated sand and gravel site located directly behind the houses on the east side of Janey Way in East Sacramento. Today, St. Francis High School occupies the site; but back then, the pit became the source of many unforgettable stories. Local barber John Waldren related the following story to me recently.

One day, John, his friend Sonny and cousin Joe went down into the pit to play. They climbed up on a dirt pile in the center of the pit and heaved clods off the top of the mound. As they did this, they beheld an incredible site – a horse running loose in the pit.

John had idea. "Let's capture the horse, then find its owner. We will get a reward."

So the boys worked as a team and managed to herd the animal up to a wall on the north side of the site. Carefully, one of the boys grabbed the horse's rein. After calming the animal, they led it out of the pit up to the line of backyard fences located on the west side of the site. There, they tied the horse to a fence post. They walked over to M Street and then east toward 62nd Street, looking for yards large enough to stable a horse. Eventually they found a likely farmhouse off Elvas Avenue. They knocked on the door and spoke to a woman. Sure enough, she said that she owned the horse. So the boys returned to the pit and waited for the owner to come and pick up the horse. After a while, a truck towing a horse trailer drove up and parked. The woman they spoke to exited the truck, walked up, unhitched the horse then walked away from the boys without even saying thank you. The boys were dumfounded. No reward, no thanks – nothing. They learned a valuable lesson that day. Sometimes in life, the most honorable deeds go unrewarded.

Spartacus revisited

This following story comes from my friend Tom Hart. In 1960, a group of the younger Janey Way boys went to the Alhambra Theater to see the movie "Spartacus," the story of the gladiators who staged a rebellion against the Roman Empire. The boys were so taken by the movie that when they returned home they fashioned shields out of cardboard and twine, made make-believe weapons by taping boxing gloves to the end of broomsticks and wore football helmets depicting the Roman headgear. Then they marched down into the pit and over to Mt. Everest, the large mound in the center of the great hole. There they staged seemingly-realistic gladiatorial fights, bopping one another's shields with their homemade lances. As they did this, a group of older boys saw them and decided to chase them off the top of Mt. Everest. A battle ensued. The older boys cast dirt clods up at the boys atop Mt. Everest. The young boys returned fire, but the older boys moved inexorably up the side of the hill. In response, the younger boys rolled an empty 55-gallon oil drum up to the edge of Mt. Everest and down the hill toward the attacking boys. Naturally, the attackers fled in all available directions and did not return. Realizing they had won the battle, the younger boys raised their hands in the air and yelled, "Victory, victory, victory!" The battle for Mt. Everest had become another swashbuckling Janey Way memory.

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Know your neighbor

Bocce Ball: An East Portal Park tradition

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

Among the premier historic landmarks of the East Sacramento area is East Portal Park and just about anyone who knows about this neighborhood park is familiar with its bocce ball courts.

As the centerpiece of the park, which has deep Italian roots, are the courts, which on just about any given afternoon or evening are occupied by groups of people engrossed in the game, which brings out heavy doses of both competitive spirit and camaraderie.

Originally connected to the rich Italian culture of East Sacramento's historic Little Italy neighborhood, the game initially drew only men of Italian descent.

But despite continuing to draw about 45 percent Italian players to the courts, the sport is more closely a representation of the diversity of the community.

No longer is it a men-only sport and the East Portal Bocce Club, which is part of the United State Bocce Federation, consists of members with heritage from throughout the globe.

This decision to allow women and non-Italians to join the club was initiated in 1991 through the club's then-president Vic Cima.

As a result of this decision, many new faces joined the club and became educated about bocce ball, which is believed to have been derived from a more primitive Egyptian version of the sport.



(Left to right) Ottavio Luchini, Dante Urbani, Phil Brakebill, Ciro Negri, Sivio Mariotti, Gerard Sharp, Jim Fellos, Bob Martinez and Vern Cooper are among the most active members of the East Portal Bocce Club.

East Sacramento News Photo/Lance Armstrong

The first bocce clubs

Popularized in Italy, where the first bocce clubs in modern times were established, the game, which is generally played in groups of two or four and most closely related to lawn bowling, was brought to the United States by Italian immigrants who came to America in masses during the turn of the 20th century.

Originally played in Sacramento at Southside Park as early as the 1930s, the sport has been a staple of East Portal Park since its opening in about the early 1940s.

Although bocce has been played at East Portal Park since the park's early years, it was not until the early 1970s that the club was founded under the direction of Tony Peretti.

As a proud Italian, American and war veteran, Peretti founded the East Portal Bocce Club Fourth of July Tournament, which continues to be held each year and begins with the Pledge of Allegiance and the playing of the "Star Spangled Banner."

The club hit one of its lowest points during the beginning of its second decade, as membership dropped by about 50 percent.

This decline in membership was not indicative of the popularity of the sport, however, as is evident by a joke among members at the time that the club had "too many visitors at Nicoletti's" – the funeral home at 5401 Folsom Blvd.

In response to the club's membership woes, Cima re-

cruited new members from the Piemonte Reale Benevolent Society, where he was serving as president.

Cima's inclusion of women and people of other cultures proved to be the biggest turnaround for the club, which grew to more than 150 members by the late 1990s and now consists of about 260 members of which about 80 are female.

Additionally, membership of the club ranges from about 20 years old to 93 years old and the average age of its members is 65 years old.

Diversity and depth

East Portal Bocce Club President Bob Martinez is a

See Bocce, page 7

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Bocce: 'Anything I can do to encourage others to play, I want to do it'

Continued from page 6

prime example of the diversity of the club.

Martinez, who is an East Sacramento resident of Mexican heritage, was first introduced to the game while vacationing with his wife in Monterey.

"We were staying by the Presidio right there by the wharf and it just so happens that in the Presidio itself there are three bocce courts and so I was kind of watching these guys playing bocce," Martinez said. "The Sicilians were coming off the fishing boats in the late afternoon and they were playing the Mexican restaurant workers from the (nearby) restaurants. They invited me to play and I just rolled a few balls and I just got really interested in (the sport)."

A friend of Martinez later invited him to the East Portal Park courts, where he became more acquainted with the game and soon afterward joined the club.

Although each member of the club is proud of their own particular heritage, Martinez said that those who become involved in the game of bocce ball join an intimate group of people who are like a big Italian family.

"Once you (get involved with bocce ball), everyone starts recognizing you and you feel a part of something much bigger," Martinez said. "It's like an extended family and everybody's Italian when you start playing bocce."

Martinez, who joined the club seven years ago, said that although bocce ball is a very simple game to learn, it is undeniably a very challenging sport.

"A lot of people know this and it's like (one of the club's members) Chito (Negri) said, 'It takes about 20 minutes to learn bocce, but it takes a lifetime to learn the strategy.' And it's true. It's a simple game that's easy to learn, but it can be very complex to learn in

terms of strategy and that strategy is what's endearing and creates kind of this opportunity for exchange in banter. So, I would say that anyone who is interested in learning something that is not all that difficult to learn the rules of (would likely) enjoy this game. You can be as good as you want to be. All you have to do is stay with it and the more you're with it, the more you realize all the nuances that are associated with this game and the people and the camaraderie. It's great."

Mr. Bocce Ball

Poggio, Italy native Dante Urbani, 77, who is known as "Mr. Bocce Ball," said that he is very aware of the strategy of the game.

"There's a lot of strategy," said Urbani, who grew up with the sport and joined the local club 10 years ago. "You have to have a lot of finesse and you have to be convinced that you are better than everybody and that gives you more of an edge. You have to have a lot of confidence, but I think that people should just have that in general in life and feel secure about things."

Another member of the club, 84-year-old Ottavio Luchini, said that his memories of bocce date back to about 1935 when he used to play the game in his native town of Massarosa, Italy, near Lucca, with his childhood friends, Basilio, Renio, Filippo, Sandrino and several others.

"When I was in Italy, we used to play with rocks on the dirt, because we didn't have any balls or courts," Luchini said.

Although he first arrived in Sacramento on Feb. 4, 1949, Luchini said that he has only been playing bocce in the capital city since about 2000, since he was a longtime card player at the Dante Club.

Known nationwide

The East Portal Bocce Club is far from just a community story as the organization has gained much recognition as a premier club throughout the nation.

And being a premier Northern California club is alone quite notable, considering that the majority of the nation's bocce clubs are located in Northern California.

Hanging from the wooden rooftop that covers a pair of the East Portal Park's four courts is a banner, which celebrates the 2004 USBF B-bracket national champions, which was won by a team consisting of Jim Fellos, David Zaffa, Jack Roupp and Jack Toige.

With efforts being made to add bocce to the sports of the Summer Olympics, the club hopes to have a few of its members become Olympians, including Vern Cooper, who is currently ranked No. 10 in the United States.

Cooper, who is working toward his goal of participating in the World Bocce Championships, is also a certified world bocce referee.

Martinez said that he enjoys being a part of the rich tradition of bocce ball at East Portal Park.

"It really is something that's community affirming and I'm very much committed to the East Sacramento community and to me, bocce is very much a part of its lifeblood," Martinez said. "It sustains and enhances the community and it brings that cultural vitality and to me, that's what makes it so special. And also, I just love playing it, so anything I can do to encourage others to play, I want to do it."



East Sacramento News Photo/Lance Armstrong
East Portal Park includes four covered bocce courts, like the two shown above.

And encourage, he does, as Martinez said that he always advocates new membership in the club.

With league play occurring every Monday through Thursday from the spring through the fall, Martinez noted that generally the best time for newcomers to visit the courts is on the weekends.

"There is always somebody down here on the weekends who is willing to talk to people about the club," Martinez said.

Those desiring to learn more about bocce ball, the club or are interested in becoming a member of the club can call Martinez at (916) 717-1947 or visit the Web site www.eastportalbocceclub.com.

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Second annual 'Young @ Art' competition shines spotlight on Sacramento-area youth artists

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

One of the most exciting art competitions for middle school students in the Sacramento region is calling for entries in early February.

"Young @ Art" 2010 is an art show for students in the sixth, seventh and eighth grades. It is sponsored by St. Francis High School, which is known state-wide and nationally for its programs in the visual and performing arts. Although St. Francis is a high school for young women, entries from both boys and girls are encouraged. Students and their teachers will be recognized at the event.

The show will be held at the St. Francis High School Arts Complex on Wednesday, Feb. 24, from 5 p.m. to 7 p.m. Awards will be presented to students and teachers at 6:30 p.m. Entries should be submitted the afternoons of Feb. 8 or Feb. 9.

"The show is for sixth through eighth graders to show their artwork together," said Elizabeth Danielson, arts executive director and producer at St. Francis High School. "We are offering a venue for middle school students to show their

work outside of their own art classroom or school halls. It elevates the importance of their work to show work at an outside gallery with other artists. The experience offers students the opportunity to see peer work, to be inspired and to feel validated. Art teachers have the opportunity to see projects, assignments and mediums that other teachers have used. They can talk to each other about the process and experience."

Last spring, some 35 schools entered the first annual "Young @ Art" show. It was a tremendous response, considering that the inaugural show launched on relatively short notice.

"We had no idea how many pieces of art to expect and were excited to see so many schools bring so much wonderful art onto our campus," Danielson said. "The opening was truly one of the warmest, fuzziest, fun events on the St. Francis High School campus. During last year's show, I silently walked amongst the hundreds of middle school artists and their support team: their parents, grandparents, siblings, and teachers who were talking to everyone, taking pictures of school groups and individuals with

their art piece, high-fiving, hugging with congrats, and collaborating. It was great."

Danielson is certain that more schools will enter this year. She is looking forward to seeing some of last year's artists return with new work and new artists join in the fun.

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

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

The high school's art department and Patrons of the Arts board enjoy hosting this annual event, according to Danielson, "because it encourages students to take art in school and to draw/paint/sculpt for fun in their free time. St. Francis teachers also take the oppor-



"Young @ Art" 2010 is an art show for students in the sixth, seventh and eighth grades. It is sponsored by St. Francis High School, located at 5900 Elvas Ave.

tunity to talk informally to the students about the St. Francis High School co-ed Summer Art Workshops for middle and high school students, as well as our well-rounded arts program for the St. Francis student."

Awards and gifts at the show will include a full scholarship to the St. Francis Summer Arts Workshop (a co-ed program worth \$350), a \$100 gift certificate to University Art, a \$100 gift certificate to Utrecht, a sketchbook and charcoal, St. Francis Arts t-shirts, thank you gifts for teachers and much more.

Artwork entries should be dropped off between 3:30 p.m. and 5 p.m. on Feb. 8 or Feb. 9 at the school's Theatre Complex Foyer. The campus is located at 5900 Elvas Av-

enue in Sacramento, just off 65th Street and Highway 50.

The limit for submissions is up to 20 pieces per school and one work per student of any medium or size.

All pictures must be matted and labeled. (It is not necessary for canvases or sculptures to be matted). The 2" x 3" label must be permanently affixed to the front, lower right hand corner of the piece. The label should list: 1. the student's first and last name; 2. student grade level; 3. school name; and 4. art teacher's name.

For more information, interested parties are encouraged to contact Danielson at edanielson@stfrancishs.org or (916) 452-3461 ext. 200. Information is also available at the school's Web site, www.stfrancishs.org.

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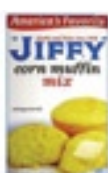
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New tax credit includes current homeowners

Special to the Real Estate Quarterly

Many current homeowners can now qualify for up to a \$6,500 homebuyer tax credit. The initial success of the \$8,000 first-time home buyer tax credit convinced Washington to expand the program and extend it until April 30, 2010. This extension, however, will be the last.

Under the extended homebuyer tax credit, current homeowners are eligible as long as they have lived in their present residence for five consecutive years within the past eight. First-time homebuyers who haven't owned a home in the past three years are still eligible for up to an \$8,000 tax credit. Singles who make up to \$125,000 and married couples who make up to \$225,000 can qualify for the full credit. Those who exceed those income limits may qualify for a reduced amount.

"The new provisions and modifications make an already enticing real estate market even more attractive and accessible. Interest rates are low and home prices are more affordable now than they have been in decades," said National Association of Realtors Chief Economist Lawrence Yun. "There's never been a better time for potential buyers to invest in their future through homeownership."

Many areas are already seeing a rise in home prices and demand, with multiple bids on properties becoming more common. According to the NAR Profile of Home Buyers and Sellers, first-time home buyers became homeowners in record numbers over the past year, comprising 47 percent of all home sales between July 2008 and June 2009. This flood of activity helped shrink housing inventory levels. Reduced inventory is a sign the market is returning to a more balanced state and helps sustain home values.

Yun said that while the housing crisis isn't over, the extended and expanded tax credit is a step in the right direction.

"The bottom line is that the housing market is doing much better now than one year ago, and the home purchases using the tax credit should continue to reduce inventory to acceptable levels. The extension is a big win for consumers, but to take advantage of this rare opportunity, would-be buyers need to get the ball rolling and contact a Realtor® who can help them on the path toward owning a home."

For more information about the tax credit, visit www.HouseLogic.com/homebuyertaxcredit.

Tips for choosing a mortgage

(NAPSI) - Doing a little homework before choosing a mortgage could help save homebuyers plenty of cash. Still, many consumers accept the first loan they're offered, often not realizing they may be able to get a better deal.

On any given day, lenders and brokers might offer different interest rates and fees to different consumers for the same loan. In fact, neither lenders nor brokers are required to find the best or most affordable loan for you. According to the Federal Reserve Board, the best way to avoid overpaying for a mortgage is to shop around. The Fed offers these tips:

• **Know What You Can Afford** – Review your monthly spending plan to estimate what you can afford to pay for a home. Be sure to include mortgage, property taxes, insurance, monthly maintenance and utility costs in your calculation. It's also important to check your credit report to ensure all the information it contains is accurate. A higher credit score might help you get a lower interest rate on your mortgage.

• **Know the Benefits and Risks** – Mortgages have many features. Some have fixed interest rates and some have adjustable rates. Still others have payment adjustments or allow you to only pay the interest on the loan for a period of time before you pay against the loan amount. There are also certain loans that charge penalties if you pay them off early and some that have a large payment due at the end of the loan. A mortgage shopping worksheet can help you identify the features of different loans. You can



find a sample of one at www.federalreserve.gov/pubs/mortgage/worksheet.pdf.

• **Know Your Options** – You can get a loan from a mortgage lender or a mortgage broker. Brokers arrange mortgage loans with a lender, rather than lend money directly. Be sure to shop around for the best deals.

• **Get Advice You Can Trust** – A mortgage loan is one of the most complex and expensive financial commitments many people ever assume. It's OK to ask for help. Talk with a trusted housing counselor or a real estate attorney who you hire to review your documents before you sign them.

For more information in Spanish or English, visit www.federalreserve.gov/consumerinfo or call Federal Reserve Consumer Help at 888-851-1920 (Phone), 877-766-8533 (TTY).

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Home sellers could do well targeting first-time buyers

(NAPSI)-If you're still having trouble selling your house in this tough market, these five words have never rung truer: Think first-time home buyers.

These newbies have accounted for as much as about 50 percent of all monthly home sales of late after having waited patiently--too patiently, if you're a seller--for prices to come down to more affordable levels. (The historical average is more like 35 percent, according to the National Association of Realtors.) And if you think all they've been scooping up are super-distressed foreclosures, you're wrong.

"First-time buyers are skeptical of buying homes that need improvement," Eric Mangan, of ForSaleByOwner.com, has noted.

In fact, supporting that view, The Wall Street Journal reported that nearly half of brokers polled for a recent Coldwell Banker survey found that while affordability was foremost on first-timers' minds, 81 percent said "move-in conditions" were very important, too.

So how do you get those newbies to make an offer on your house? Here are three strategies:

Closing Costs

While a lot of the sales action has been fueled by the federal government's tax credit of up to \$8,000 for first-time buyers, they're still responsible for paying the closing costs. Offer to cover it for them before they even think to ask.

Home Warranties

Odds are these are renters used to calling their landlords to fix anything that goes wrong in their apartments. Giving them a home warranty covering major issues could go a long way toward easing any of their jitters about homeownership.



Protecting your home from the loss of a job

(NAPSI) – Job loss is the single greatest cause of mortgage foreclosures. That's the opinion of many experts, such as researchers at the Federal Reserve Bank of Boston and other economists. Fortunately, the loss of a job doesn't always have to mean losing your home. A growing number of smart homebuyers are looking for ways to protect what is probably their most valuable asset. Many are taking advantage of a new feature offered by private mortgage insurers.

Called Job Loss Protection, it's designed to meet the individual financial needs of people who involuntarily lose their jobs. That's an all-too-common reality in these challenging economic times, but the good news is that the benefit is available at no extra cost to homebuyers.

To help buyers stay in their homes, mortgage insurers, such as Genworth Financial, purchase the Job Loss Protection benefit when they insure a low down payment mortgage loan made by a participating lender partner.

"It's good to see a borrower walk away from the closing table with the added peace of mind that comes from having a financial cushion in case of job loss," said Chris Antonello, a Genworth executive. "The benefit allows affected homeowners to focus on searching for a new job without worrying that the mortgage payment is coming due."

The program may pay a qualifying borrower's mortgage payment (principal, interest, taxes and insurance) up to \$2,000 a month for up to six months. Benefits are paid directly to the mortgage company, just as if the borrower had made the payment.

The borrower vesting period is 60 days after closing, and payments begin 30 days from the date of involuntary unemployment. The benefit stays in place for up to three years after the loan closes, while the mortgage insurance remains in force.

Most unemployment events covered by state unemployment benefits are covered under the program. Seasonal, temporary and voluntary jobs or self-employment are not eligible, however. There are other eligibility requirements that a borrower must meet in order to qualify.

"Job loss mortgage protection helps protect borrowers' credit standing by preventing them from falling behind on their mortgage payments, and it makes their emergency savings go further," Antonello said. "It helps make for smarter, safer low down payment loans."

For more information, go to SmarterML.com/benefits.html.

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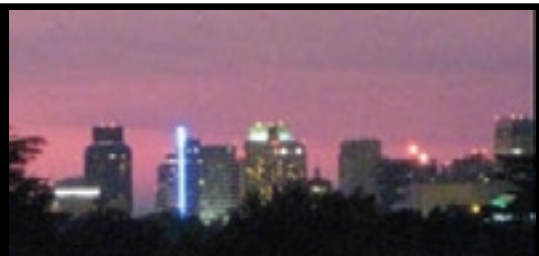
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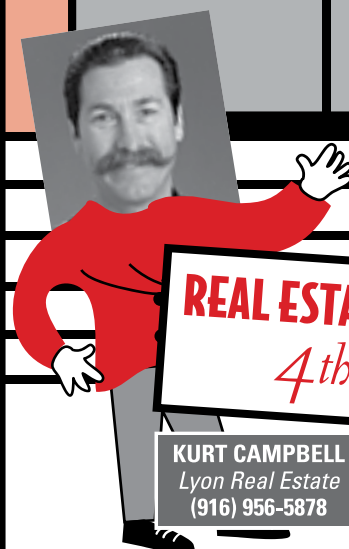
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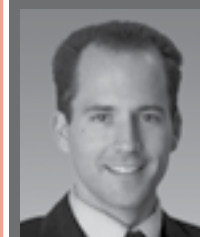
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The Real Estate Quarterly

East Sacramento Residential Real Estate Transactions • Fourth Quarter • Oct.–Dec. 2009

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|---------------------------|-------------|---------------|-------------|--|-------------|----------------|---------|
| 95816 | | | | 1510 48TH ST 3 2.5 20091102..... 370,000 | | | |
| 1926 22ND ST..... | 4 1 | 20091218..... | \$650 000 " | 932 50TH ST | 3 2..... | 20090909..... | 389,000 |
| 511 24TH ST | 2 1 | 20091124..... | 325 000 " | 1849 50TH ST | 3 1..... | 20091125..... | 90,000 |
| 1915 24TH ST | 3 2 | 20091214..... | 196 500 " | 1173 51ST ST | 2 1..... | 20090904..... | 385,000 |
| 221 25TH ST | 2 1 | 20091223..... | 144 500 " | 1465 51ST ST | 2 1..... | 20091217..... | 287,500 |
| 309 25TH ST | 5 2 | 20091113..... | 235 000 " | 1832 51ST ST | 2 2.5 | 20091002..... | 329,000 |
| 611 26TH ST | 2 1 | 20091125..... | 290 000 " | 1471 52ND ST | 2 1..... | 20091109..... | 329,000 |
| 1714 26TH ST | 2 1 | 20090918..... | 235 000 " | 1351 54TH ST | 2 1..... | 20091216..... | 260,000 |
| 1909 27TH ST | 2 1 | 20091125..... | 294 500 " | 960 55TH ST | 2 1..... | 20090911..... | 343,000 |
| 903 28TH ST | 4 1.5..... | 20091229..... | 419 000 " | 1908 55TH ST | 2 3..... | 20091218..... | 268,000 |
| 1621 28TH ST | 2 1 | 20091027..... | 295 000 " | 826 56TH ST | 2 1..... | 20090925..... | 329,500 |
| 1302 33RD ST | 3 2 | 20091120..... | 399 000 " | 1217 56TH ST | 2 1..... | 20091210..... | 140,000 |
| 1516 33RD ST | 2 1 | 20091207..... | 212 025 " | 1225 56TH ST | 2 1..... | 20091118..... | 324,000 |
| 593 34TH ST | 2 1 | 20091223..... | 439 000 " | 1388 56TH ST | 2 1..... | 20091118..... | 168,500 |
| 700 34TH ST | 3 3 | 20091009..... | 899 000 " | 1231 57TH ST | 2 2..... | 20091130..... | 399,000 |
| 724 35TH ST | 3 2 | 20091130..... | 592 500 " | 1418 58TH ST | 2 1..... | 20091023..... | 340,000 |
| 900 35TH ST | 2 1 | 20091112..... | 317 044 " | 1208 64TH ST | 2 1..... | 20091211..... | 217,494 |
| 1981 36TH ST | 2 1 | 20091120..... | 218 000 " | 4755 A ST | 4 1.5 | 20091112..... | 324,300 |
| 581 37TH ST | 3 1 | 20091130..... | 296 000 " | 4907 A ST | 2 1..... | 20091211..... | 285,000 |
| 1306 37TH ST | 3 1 | 20091204..... | 565 000 " | 157 ADA WAY | 2 1.5 | 20091106..... | 431,500 |
| 726 38TH ST | 2 1 | 20091110..... | 250 000 " | 108 AIKEN WAY | 3 2..... | 20091125..... | 387,500 |
| 1101 38TH ST | 4 2 | 20090909..... | 942 000 " | 4117 B ST | 3 1.5 | 20091113..... | 420,000 |
| 1112 38TH ST | 4 2 | 20091016..... | 800 000 " | 4728 B ST | 2 1..... | 20091013..... | 312,000 |
| 1416 39TH ST | 4 2 | 20091217..... | 500 000 " | 1600 BERKELEY WAY | 3 1..... | 20091106..... | 542,000 |
| 3257 D ST | 3 1 | 20090921..... | 510 000 " | 4568 BRAND WAY | 2 1..... | 20091013..... | 370,000 |
| 1009 DOLORES WAY | 2 1 | 20090904..... | 320 000 " | 3806 BREUNER AVE..... | 5 2..... | 20091029 | 330,200 |
| 2402 I ST | 2 1.5..... | 20091210..... | 401 000 " | 5625 CALEB AVE..... | 3 2..... | 20091103 | 425,000 |
| 3101 MCKINLEY BLVD | 2 2 | 20091105..... | 396 000 " | 5873 CALLISTER AVE | 4 2..... | 20091124 | 465,000 |
| 3133 MCKINLEY BLVD | 4 1 | 20091013..... | 464 347 " | 1519 CHRISTOPHER WAY | 3 2..... | 20091120 | 350,000 |
| 3239 MCKINLEY BLVD | 5 4 | 20091210..... | 840 000 " | 1607 CHRISTOPHER WAY | 3 1..... | 20091020 | 300,000 |
| 3176 N ST | 2 1 | 20091119..... | 238 500 " | 4133 D ST | 2 1..... | 20091221 | 295,000 |
| 3147 O ST | 2 1 | 20091106..... | 221 000 " | 5521 D ST | 2 1..... | 20090916 | 343,989 |
| 3159 O ST | 3 1 | 20090908..... | 335 000 " | 6210 ELVAS AVE..... | 3 1..... | 20091023 | 322,381 |
| 3160 O ST | 2 1 | 20090909..... | 255 000 " | 106 FALLON LN | 4 3..... | 20090909 | 580,000 |
| 2526 P ST | 2 1 | 20091216..... | 325 000 " | 410 GUNTHER WAY | 2 1..... | 20091019 | 270,000 |
| 2631 S ST | 2 1 | 20091120..... | 154 000 " | 4917 H ST | 3 2..... | 20090901 | 360,000 |
| 2816 S ST | 2 1 | 20091204..... | 250 000 " | 4832 JERRY WAY | 2 1..... | 20090930 | 335,000 |
| 450 SANTA YNEZ WAY | 3 1 | 20091006..... | 280 000 " | 4841 JERRY WAY | 2 2..... | 20090911 | 389,000 |
| 1522 SANTA YNEZ WAY | 2 1 | 20091016..... | 359 000 " | 5258 L ST | 2 2..... | 20091125 | 930,000 |
| 1326 SUTTER WALK | 2 2 | 20090909..... | 450 000 " | 6023 M ST | 3 1.5 | 20091102 | 275,000 |
| 1328 SUTTER WALK | 2 2 | 20090915..... | 450 000 " | 5628 MCADOO AVE..... | 3 2..... | 20090901 | 435,500 |
| 3168 T ST | 3 1 | 20091023..... | 255 000 " | 4118 MCKINLEY BLVD | 5 3..... | 20091124 | 375,000 |
| 3172 T ST | 4 2 | 20090922..... | 312 500 " | 941 MISSION WAY..... | 4 3..... | 20091221 | 485,100 |
| 3627 T ST | 2 1 | 20091231..... | 161 000 | 4832 Q ST | 3 1..... | 20091204 | 299,000 |
| 95819 | | | | 4906 REID WAY | 3 1..... | 20091209 | 330,000 |
| 129 40TH ST | 2 1 | 20091106..... | \$375,000 | 5340 S ST | 5 2..... | 20090918 | 382,500 |
| 150 40TH ST | 2 1 | 20090929..... | 365,000 | 108 SAN ANTONIO WAY | 3 1..... | 20091021 | 360,000 |
| 1917 40TH ST | 3 1 | 20091231..... | 330,000 | 310 SAN ANTONIO WAY | 2 1..... | 20091029 | 355,000 |
| 1713 41ST ST | 1 1 | 20091023..... | 549,500 | 540 SANDBURG DR | 2 1..... | 20090911 | 275,000 |
| 1749 41ST ST | 3 1 | 20090902..... | 325,000 | 5323 SANDBURG DR | 2 2..... | 20091120 | 325,000 |
| 1849 41ST ST | 4 2 | 20091020..... | 325,000 | 5611 SEWARD CT | 3 2.5 | 20090922 | 551,000 |
| 416 42ND ST | 3 1 | 20091105..... | 528,500 | 5705 SHEPARD AVE..... | 2 1..... | 20090911 | 370,000 |
| 852 42ND ST | 2 1 | 20090901..... | 524,000 | 5805 SHEPARD AVE..... | 2 1..... | 20091120 | 309,500 |
| 817 43RD ST | 2 1 | 20091030..... | 330,000 | 5624 STATE AVE..... | 3 2..... | 20091117 | 300,000 |
| 1414 43RD ST | 4 2.5 | 20090916..... | 820,500 | 3949 T ST | 2 1..... | 20091112 | 360,000 |
| 68 45TH ST | 3 1 | 20091102..... | 355,000 | 4032 T ST | 2 1..... | 20091211 | 310,000 |
| 624 46TH ST | 3 1 | 20091208..... | 272,001 | 4932 T ST | 3 1..... | 20091201 | 388,000 |
| 936 46TH ST | 3 1 | 20091204..... | 688,000 | 5040 T ST | 2 1..... | 20090925 | 380,000 |
| 915 47TH ST | 2 1 | 20091007..... | 435,000 | 5100 T ST | 2 1..... | 20091110 | 225,000 |
| 1101 48TH ST | 2 1 | 20091221..... | 327,500 | 5349 T ST | 2 1..... | 20091210 | 310,000 |
| | | | | 5142 TEICHERT AVE..... | 3 1..... | 20091130 | 252,000 |
| | | | | 172 TIVOLI WAY..... | 2 1..... | 20090930 | 300,000 |
| | | | | 248 TIVOLI WAY..... | 3 1..... | 20091021 | 385,000 |
| | | | | 516 WANDA WAY..... | 3 1..... | 20091110 | 290,000 |

Brickhouse: 'I want the place to give off a strong vibe of the local art community'

Continued from page 5

since high school. He drew a lot as a child but never considered it to be something he could do for a living.

"Half the time in school I was drawing instead of listening," he joked. "But I kind of lost direction after high school."

After he recovered from his injuries, Mains moved back to Sacramento. He went on to get a job at the Crocker Art Museum where he worked for three years. His passion for the arts continued to grow and his work at Crocker qualified him for a new job.

"A friend of mine at Crocker introduced me to Dave DeCamilla (owner of the Brickhouse Gallery & Arts Complex) and it just kind of went from there," he said.

Life at the Brickhouse

Three months ago Mains was hired as the gallery director of the Brickhouse in East Sacramento. And if Mains has his way, the Brickhouse

will become a shining example of Sacramento's burgeoning art community.

"We have pretty much everything on display here," he said when asked what kinds of art can be found at the Brickhouse. "I would say that it's borderline abstract with paintings using all kinds of materials."

Mains' vision of what the Brickhouse could eventually be has impressed DeCamilla. "Before Jeff was here we had some people that were talking about art more than they were making it," DeCamilla said. "We had all kinds of noise and parties but no real body of work."

The talent currently on display has Mains excited about the future of art not only at the Brickhouse, but in the Sacramento area.

"I think people who come in and look at the pieces we have in here will come away with an understanding that the art is pretty raw and that the place has a positive energy," he said. "I want the place to give off a strong vibe of the local art community."

Along with the pieces that can be enjoyed from the perspective of an art-lover, the Brickhouse also offers classes as well as studio space to perspective artists. Move quick, though. Eight of the nine workspaces were taken as of Monday.

"We're going to try to have classes for all kinds of art," Mains said. "Oil painting, charcoal drawing and mixed media as well."

And while Mains himself is an artist, none of his works adorn the gallery walls. Instead, Mains' paintings, which he calls "representational with a twist of impressionist," are often given away to interested parties. However, all the art in the Brickhouse is for sale. According to Mains, the prices vary but nothing inside the shop is outrageously priced.

The Brickhouse participates in Second Saturday festivities, which has brought people in the doors to see the raw works of the talented local artists.

"We have all kinds of finger foods available for people who want to walk through and look at everything during Second Saturday," he said. "People can walk through workspaces and we're trying to get to the point where we have demonstrations in the gallery such as ice sculpting."

While the Second Saturday event is a good way to bring people in the door, Mains wants to eventually host events specific to the Brickhouse. "I'd like to mix it up in terms of the art we have here," he said. "Different people enjoy different types of art and I think we can provide that."

The Brickhouse Gallery & Arts Complex is located at 2837 36th Street. For more information on the gallery, its works and operating hours, call 457-2502 or email art@brickhouseoakpark.com. The gallery's Web site can be viewed at www.brickhouseoakpark.com.

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Jesuit High School: A Carmichael/Sacramento tradition since 1963

By LANCE ARMSTRONG
East Sacramento News Writer
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For nearly a half-century, Jesuit High School has been building a strong tradition that began very modestly with 93 freshman students under the direction of the California Province of the Society of Jesus (the Jesuits) and the Rev. Joseph Keane, as superior.

The idea for the creation of this private, Catholic faith-based, all-boys school, which is located on the border of Carmichael and Sacramento at 1200 Jacob Lane, was conceived in about the late 1950s through the leadership of Bishop Robert Armstrong.

And through Armstrong's successor, the Rev. Joseph McGucken, efforts to further this dream continued with various fundraising efforts.

During the early 1960s, Keane was sent by the Rev. John Connolly, provincial of the California Province, to initiate the preliminary groundwork for the establishment of the school.

"The miracle of Sacramento"

A major step in the process to create a Jesuit high school in the Sacramento area was taken in January 1961, as 27 acres of the old Horst Hop Ranch were purchased by the California Province for the construction of the school.

The process of building Jesuit High School was referred to by associates of the school at the time as "the miracle of Sacramento" due to the fact that the majority of the school was built in only about four months.

The first issue of Jesuit High's newspaper, The Plank (currently known as Ye Olde Plank), provided the following commentary on this fast-paced construction, which began in May 1963: "The transformation, wrought by the firm of Harbison and Mahony, definitely borders on the miraculous."

Finally, the long-awaited day arrived on Sept. 17, 1963, as Jesuit High, with its six major buildings, became the first new high school opened by the California Province in 42 years.

Hired as the school's first principal and a history teacher was the Rev. John Geizel, who had previously served as the vice principal of Loyola High School in Los Angeles.

Other instructors at this time included: the student's chaplain, the Rev. John Ferguson, theology; the Rev. Joseph Barry, mathematics; the Rev. Raymond Brannon, Latin and speech; the Rev. Carlton Whitten, English; and the school's only lay teacher, John Maher, history and physical education.

Keane, who served as a chaplain in the U.S. Navy during the Korean War, the dean of men at Loyola Uni-



East Sacramento News Photo/Lance Armstrong

Jesuit High School has built a nearly half-century-long tradition in the Carmichael/Sacramento area. The school was established on property that was formerly occupied by the Horst Hop Ranch.

versity in Los Angeles and athletic director at the University of San Francisco, was appointed first superior of Jesuit High on Sept. 26, 1963.

Another early faculty member was added to Jesuit's staff in February 1964, with the hiring of Brother Edward Johnson, who performed a variety of jobs, including working in the study hall, sorting and filing mail, cleaning the chapel, running errands and watering the lawn.

In October 1964, five priests, one brother and two laymen were added to the faculty.

No ordinary school

An editorial in The Plank's first issue reveals the fact that Jesuit's first students understood that their school was no ordinary school.

The editorial, which was written by student James Mark, included the fol-

See Jesuit, page 17

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Jesuit: 'I think our school... is a tremendous asset to the citizens of Sacramento

Continued from page 16

lowing words: "When people look at us, they are looking at Jesuit High, for we are Jesuit High. The reputation of the Jesuit fathers rides with each one of us (students), here, at home and away. We are students of Jesuit High 24 hours a day (for) the rest of our lives."

A major event in the school's history occurred on Nov. 6, 1963, when Jesuit's faculty and student body selected the name, Marauders, and the colors crimson and gold.

The mascot name was selected due to the classic marauders or seafaring pirates' reputation for having such a great level of intelligence, skill and knowledge of navigation that they were considered almost invincible and the envy of all men.

The colors were chosen because crimson is the color of blood, which symbolizes courage, and gold is the most precious and valuable metal and is so deeply connected to the history of Sacramento.

The beauty of the initial landscaping on the Jesuit campus, which was increased to a total of 42 acres when additional acreage was purchased by the California Province in February 1963, was attributed to the care of Barry and Brannon.

Ferguson was also very active in Jesuit's early landscaping, as he was instrumental in the acquisition and positioning of the campus' first trees and bushes.

In addition to its landscaping and initial structures, the school also included its then-campus-famous asphalt field that was used for physical education classes and intramural sports, including football.

Jesuit's first sports team to compete against another school

was its basketball team, which debuted in the fall of 1963.

By the spring of 1964, Jesuit fielded its first baseball team, followed by its first cross country team in the fall of 1964 and its first football team in the fall of 1965.

Today, the school features 14 sports teams and has a rich history of championship teams at the league, section, state and national level.

Most recently, rugby, soccer, cross country and baseball have been the most dominant of these sports.

A new voice

Another noteworthy activity of the school during its earlier years was its Law Contest, which debuted under the direction of Brannon on Nov. 25, 1963.

With about 600 people in attendance at the Encina High School Auditorium, two mock trials were presented, including the famous Lindbergh trial.

Stephen Clavere won top honors, as he was named the best speaker of the event, which was the first law contest ever held in a California high school.

Honor student and then-future student body president Steve Ruggiero captured the best speaker award during the next Law Contest, which was held at the Loretto High School gymnasium on November 19, 1964.

Although the Law Contest was only held for a few years, clubs were a rich part of Jesuit's early history and among the first clubs to be formed at the school were the Glee Club, the Radio Club and the Sodality service organization.

Since this time, student activities at the school have expanded to include about 45 student-led clubs, ranging from service programs to international clubs to leadership organizations.

Jesuit also has a long history of visual and performing arts programs, which has evolved from the Glee Club to a full fine arts curriculum, including studio art, music and drama productions.

Another early element of the school since its beginnings was its yearbook, The Cutlass.

The original staff of The Cutlass met for the first time on Feb. 2, 1964 to plan for the creation of the 1965 annual.

When the staff, which was led by its editor and chief Mark Warren, completed the yearbook, it consisted of 36 pages with black and white photographs.

As the student body has grown throughout the years, thus has The Cutlass, as well. The 2009 edition of the annual, for instance, included 192 pages with color photographs.

Jesuit High today

Mark Warren's brother, Tim Warren, who serves as Jesuit's assistant principal and dean of students, has seen the positive development of the school from its construction days to the present.

"When they were building the school in 1963, my father (Harry Warren) would drive us down there as kids," Tim Warren said. "My brother (Mark) was in the first class, my brother Phil was in the third class and I graduated in 1970 (in the fourth class) and two years after I graduated, I started coaching football (at Jesuit). There's never been a time that I haven't been associated with the place in my adult life. The school has really grown. I remember when the school opened. The (campus) was not always like this. There were 10 or 15 cars total in the parking lot in the early days."

Norma Nicol Hamilton, Jesuit's assistant librarian and the mother of Jesuit alumni Garrett

Hamilton of the Class of 1986 and Ryan Hamilton of the Class of 1989, said that many Jesuit graduates have moved on to contribute considerably to the local and greater society.

"It's been truly a privilege to be a part of the Jesuit Ignatian tradition of education," Hamilton said. "I think our school as it nears its 50th year in the Sacramento area is a tremendous asset to the citizens of Sacramento to their young men who are and who have been students (at Jesuit). I'm not sure of the number of graduates. I think its somewhere in the 6000s range, but they've gone on to do all kinds of wonderful things in California, the United States and the world in humanitarian occupations, government occupations, health and wellness occupations and legal occupations."

A few of the notable alumni include: Maj. Gen. Leo A. Brooks and Brother Brig. Gen. Vincent K. Brooks of the U.S. Army, National Football League quarterback Ken O'Brien, Major League Baseball player Lars Anderson, Olympic class runner

Michael Stember and professional actor Chris Sullivan.

Another facet of the history of Jesuit is that many of the school's former students have returned to work as members of the faculty.

Allan Darte of the Class of 1996 is one such graduate, who has returned to serve the school.

Working as the assistant admissions director and diversity director, Darte is passionate about his Jesuit roots.

"As the first person from my family to go to Jesuit, I found the experience extremely rewarding," Darte said. "I received a well-rounded, morally-based education that has inspired me to be a lifelong learner. Furthermore, I have become a part of an international network, which has given me access to invaluable experiences, resources and opportunities."

Today, Jesuit with its student body of about 1,000 and about 120 faculty and staff, continues its rich tradition of building "Men for Others" and adhering to the Latin motto, Ad majorem Dei gloriam, which is translated as "For the greater glory of God."

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JANUARY

Jo Anne Marquardt art show

The Unitarian Universalist Society of Sacramento presents an exhibition of the artwork of Land Park resident Jo Anne Marquardt Jan. 22 to Mar. 21, 2010 at the UUSS Auditorium located at 2425 Sierra Blvd, Sacramento. An opening reception will be held on Friday, Jan. 22 from 5:30 to 7:00 p.m. This event is free. For more information visit www.uuss.org.

JANUARY 21

Brown Bag Poetry Readings

The Sacramento Poetry Center, 828 I Street, will hold a poetry reading from noon to 1 pm, the third Thursday of every month, at the Central Library. Brown Bag poetry begins Thursday, January 21st and continues through the year. Sacramento poet Mary Zeppa will host the readings with assistance from poet Lawrence Dinkins and Poet Laureate Bob Stanley. Bring a brown-bag lunch and your favorite poem, or you may select from material available in the library. More information: 916-264-2920

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 turbo-charge 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 1

Free Hula Dance Class

Enjoy fun, exercise, and friendship ~ Hawaiian Style on the February 1st, from 9:30 to 11am. Move your hands and hips to the soothing sounds of traditional island music. Learn to do the Hula the fun and easy way. Anuhea Toyama will teach simple dance steps and graceful hand movements in this free class. Please sign up in advance by phoning 808-5462.

FEBRUARY 2

Wine social at Casa Garden

The next event at the Casa Garden Restaurant: It's different from the usual lunch/show in that it's a wine social. The chosen presenter describes the white wine being poured as Casa serves a hors d'oeuvre that compliments white wine. After a little more discussion about the winery/vineyard, the presenter describes the red wine being poured while a different hors d'oeuvre is offered. Then you are served the entree you've selected, non-alcoholic beverage, and dessert – tax and gratuity all for \$20.00!! Reservations are required. For more info or tickets, call (916) 452 2809.

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

School crab feed

St. John the Evangelist School presents its 27th Annual Crab Feed Dinner on Saturday, February 6th from 6pm to midnight. No host bar from 6pm to 7pm, 7pm to 9pm is dinner and raffle and from 9pm to midnight is dancing. Tickets are \$39 per person and can be purchased in the school office at 5701 Locust Avenue, Carmichael. Dinner includes salad, pasta, crab and dessert. All proceeds go to the school for yearly expenses. Call 481-8845 for more information.

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.

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Funded in part by the Sacramento Cultural Arts Board, Program of the Sacramento Metropolitan Arts Commission with support from the City and County of Sacramento.

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East Sacramento News Photo/Ryan Rose
Zen Martial Arts owner Mike Oliver welcomes the community to a special WEAVE fundraising event Jan. 23 at the Coloma Community Center in East Sacramento.

McClatchy High student wins fifth annual Sacramento County 'Poetry Out Loud' event

Special to the East Sacramento News
vcnnews@valcomnews.com

Talented and energetic students from 17 local high schools took center-stage January 7 at Rosemont High School in Sacramento County's fifth annual Poetry Out Loud recitation contest. Before a live audience and a panel of judges, each student presented two memorized poems. Students were judged on physical presence, voice and articulation, appropriateness of dramatization, level of difficulty, evidence of understanding, and overall performance.

The winner was Maya Haines of C.K. McClatchy High School, in the Sacramento City Unified School District, who will advance to the California Poetry Out Loud competition in Sacramento on March 22-23.

The Sacramento County Poetry Out Loud competition was presented by the Sacramento County Office of Education to encourage high school stu-

dents to learn about great poetry through memorization, performance, and competition.

Schools represented in Sacramento County's 2010 Poetry Out Loud competition included: Bella Vista High School (Joshua Velasco); C.K. McClatchy High School (Maya Haines); Center High School (Stephanie Martinez); Del Campo High School (Danielle Biesanz); Elinor Lincoln Hickey Jr.-Sr. High School (Raven Blanson); Elk Grove High School (Daniel Horne); Galt High School (Alani Pineda); Gerber High School (Keshon Stewart); Inderkum High School (Ambrosia Greene); John F. Kennedy High School (Nancy Lu); Leo A. Palmiter Jr.-Sr. High School (Ian Reynolds); Mesa Verde High School (Ashley Cooke); Monterey Trail High School (Dalvin Clifford); Natomas Charter High School (Jillian Wilson); Pleasant Grove High School (Marsalis Cannady); Rio Linda High School (Cyle Hellwig); and Sacramento Country Day (Barrie Feusi).

Martial artists punch out domestic violence

Special to the East Sacramento News

Zen Martial Arts Center, WEAVE Inc., and Sacramento Parks and Recreation are teaming up to offer a free women's self-defense and empowerment seminar. The class will be held at the Coloma Community Center in East Sacramento on Saturday, Jan. 23, at 1:00 p.m. It is completely free to all women in the community ages 13 and up.

"We wanted to make sure that this class was available to everyone — especially those that need it the most," said Zen Martial Arts owner Mike Oliver.

The one hour class will not only teach women a series of easy to learn self-defense moves, but the experienced instructors will also share important awareness and safety tips that everyone should know.

"Self-defense is more than just punching and kicking," said Oliver. "Awareness is self-defense. Being around good people is self-defense. And believing in yourself and that you can achieve anything—that's real self-defense."

Before and after the class, donations will be accepted for WEAVE. One-hundred percent of all donations accepted will go directly to the non-profit organization. Donation receipts will be made available upon request. If you are unable to attend the class but would like to make a donation to WEAVE, you can do so at WeaveInc.org.

About Zen Martial Arts Center:

Zen Martial Arts Center is a martial arts school that gives children and adults the tools of the martial arts to empower themselves and turbo-charge their lives. All classes are separated by age and experience level and are taught in a safe and non-embarrassing environment. To learn more about the programs offered at the center or to schedule a trial class for you or your child, call 530-613-6779 or visit ZenMartial.com.

About WEAVE:

WEAVE is a non-profit organization that is committed to bringing an end to domestic violence and sexual assault in partnership with the community. WEAVE is the only provider of comprehensive services to victims of domestic violence and sexual assault in the county. While there are other organizations providing portions of what WEAVE provides, WEAVE is the only organization that provides the 14 core domestic violence services required by the State of California. For more information, visit WeaveInc.org.

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Thomas #105438

Breed: Ragdoll Color: Seal Point
Gender: Male Hair: Long
Age: 3 years
Thomas is actually a sweet boy who likes to be brushed and petted. He also likes rubbing up against his humans. He is a very pretty cat with lovely blue eyes and classic Ragdoll color and markings.

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Bamboo #104208

Breed: DHL Color: Muted Calico
Gender: Female Hair: Long
Age: 8 months
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Gunther #105216

Breed: Labrador Retriever Color: Yellow, White
Gender: Male Hair: Medium
Age: 1 year 6 months
Gunther is gentle and attentive towards people. He is affectionate, outgoing, confident and will do well in training classes. Gunther is best suited for a somewhat active home. He is okay around cats.

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Cooper #82031

Breed: Terrier Color: Tri Color
Gender: Male Hair: Medium
Age: 2 years 9 months
Cooper is shy when he first meets new people, but quickly shows off his affectionate, outgoing, and friendly personality. He is energetic, likes to chase toys, play fetch and tug-o-war. He likes to go for walks and will likely do well in training classes.

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Chaka #105256

Breed: Border Collie Color: Red, Brown, White
Gender: Female Hair: Medium
Age: 7 months
Chaka is a little timid while inside the shelter, but once outside, she is confident and outgoing. She is affectionate, playful, and likes to be around people. She is a smart Border Collie mix who will likely do well in training classes.

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Lulu #104529

Breed: DLH Color: Orange Tabby/White
Gender: Female Hair: Long
Age: 1 year 6 months
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Interested in selling pets and animal supplies to our readers? Here's your chance...

Valley Community Newspapers, publishers of the Arden-Carmichael News, the East Sacramento News, The Land Park News, The Pocket News and California Kids, is now soliciting offers from private individuals and dealers to sell pets and animal supplies in our newspapers. To place an ad, call (916) 429-9901 for price information and publication schedule.

Please note: The California State Board of Equalization requires that a person who sells pets must register with the Board for a seller's permit if they are engaged in business in California and make more than two sales during a 12-month period. The number of sales is measured by each individual sale of an animal, not by the number of litters. California Code SB 914 - effective Jan. 1, 2006 - makes it a crime to sell and transfer a dog less than 8 weeks of

age to a purchaser unless there is written authorization from a veterinarian. Becoming a pet owner is a great responsibility. Interested parties should take into account the work and expenses that go into caring for a pet before adopting. As pet owners ourselves, the staff members of the Valley Community Newspaper group believe this advertising opportunity will help connect local families with loving animal companions.

* For additional information on adoptions, call the SPCA at 383-7387. Adoptions occur daily and it is not guaranteed the above featured animals are still available. If they are not, the SPCA has many other loving pets available to suit you and your family. The SPCA is located at 6201 Florin-Perkins Road.

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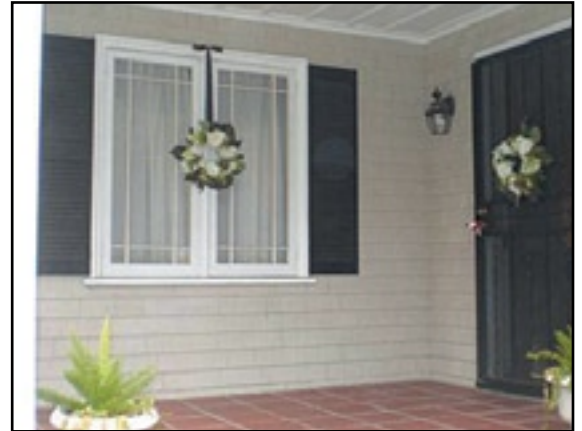
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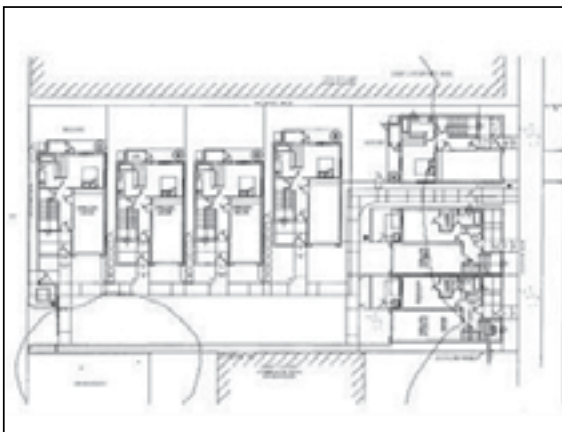
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