

## How Sacramento can save the Effie Yeaw Nature Center

An open letter to the community from the director of the nature preserve

See page 3

Marty Relles presents  
'Janey Way Memories'  
See page 5

COMMUNITY CALENDAR, PAGES 22-23 • KNOW YOUR NEIGHBOR, PAGE 6 • FACES AND PLACES, PAGE 16

### Inside This Edition



East Sacramento family  
'Saving Sophia'

See page 2



Delicious memories  
at Español Restaurant

See page 6



## Construction on 'Target'

Long-planned Target store on 65th Street finally underway

See page 9

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2709 Riverside Blvd.  
Sacramento,  
CA 95818  
t: (916) 429-9901  
f: (916) 429-9906

**Publisher**..... George Macko  
**General Manager**..... Kathleen Egan  
**Editor**..... Ryan Rose  
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**Graphic Artist**..... Ryan Vuong  
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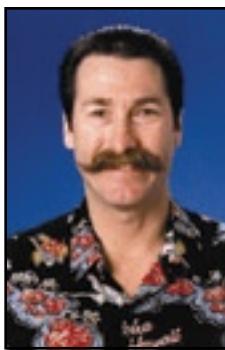
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# Local family adopting baby with Down syndrome from Eastern Europe orphanage

Special to the East Sacramento News

Hector and Jennifer Sanchez in East Sacramento are in the process of adopting Sofia, a one-year-old girl with Down syndrome, from an Eastern European orphanage. They are fundraising the \$25,000 they need to bring Sofia home at the Saving Sofia Crab Feed and Silent Auction on March 19. Additional charitable donations can be made to the Sofia Sanchez Adoption Fund.

When Jennifer first saw Sofia's picture on Re-ec's Rainbow – an international adoption Web site focused on children with special needs – this past December, she fell in love with the then 10-month-old girl. Jennifer made a small donation to sponsor Sofia in hopes that it would help a family adopt her. But over the holidays, Jennifer could not stop thinking about Sofia.

"I was convinced that there was no way we could actually adopt Sofia," Jennifer said. "How could we? Our house is small. We're crazy busy with three active boys. We have limited resources. But there were other strong whispers telling me... she has nothing...she has no one...she is alone in this world...what we have is a mansion compared to the crib she is confined to...we have so much love to give...we have everything she needs."

Hector and Jennifer talked with their three biological sons – Diego (age 6 1/2), Mateo (age 5) and Joaquin (age 2 who has Down syndrome) – about the idea of adopting Sofia. And as a family, they decided to adopt Sofia to give her a better life and a family who loves her. Hector and Jennifer are finally going to have the daughter they always wanted, and their boys were finally getting the baby sister they hoped for.

Now their family and friends are rallying to help Hector and Jennifer raise the \$25,000 they need to bring Sofia home. They have organized



Photo courtesy

Family and friends are rallying to help Hector and Jennifer Sanchez in East Sacramento raise the \$25,000 they need to bring Sofia home.

the Saving Sofia Crab Feed and Silent Auction on March 19.

The Sanchez Family partnered with the local non-profit organization Down Syndrome Information Alliance (DSIA) for their fundraising efforts. The DSIA is sponsoring the event and created the Sofia Sanchez Adoption Fund.

Anybody wishing to help Hector and Jennifer offset the cost of Sofia's adoption can make a tax-deductible contribution to DSIA by going to <http://www.downsyndromeinfo.org/donatenow> and writing "Sofia Sanchez Adoption" in the comment section.

Hector and Jennifer are eager to bring their new baby girl home. Go to <http://savingsofia.blogspot.com> to learn more about the Sanchez Family's journey to adopt Sofia.

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How Sacramento can save the Effie Yeaw Nature Center

# Open letter to the community from the nature center director

By MARILEE FLANNERY  
Effie Yeaw Nature Center Director  
Special to the East Sacramento News

*Editor's Note: As many in the region already know, the Effie Yeaw Nature Center, located at 2850 San Lorenzo Way, may close due to Sacramento County budget cuts. Originally, the nature preserve was to be closed April 1; the center has since received a reprieve, staying open until at least June 30. Now the director of the center is offering an innovative way for this hidden treasure of the Carmichael area to stay open.*

Great news – The County of Sacramento Department of Regional Parks will not close Effie Yeaw's doors on April 1 as previously announced.

Because we face high budget cuts for the next fiscal year beginning July 1, we will propose a transition to a nonprofit foundation. Fairytale Town and the Sacramento Zoo each transitioned from a unit of the City of Sacramento to individual nonprofits in the 1990s.

We will need your help to accomplish this major step of becoming a nonprofit organization.

## Your help has been critical

Since the first budget cuts announced in September 2009 there has been a tremendous outpouring of concern, donations and people asking how they can help. Thank you to all of you who have given your money, your extra hours, your passion and your heart to the Effie Yeaw Nature Center.

You have opened your wallets and checkbooks to fill our donation box, or clicked the Web site link (or e-mail at [eync@saccounty.net](mailto:eync@saccounty.net)) to donate. Thank you.

You have trusted us with your children. Thank you.

You have given us your precious time: those late-night hours building exhibits from next to nothing, those afternoons cleaning smelly animal cages, those early mornings stoking the fire in celebration of Maidu Indian Day. Thank you.

Maybe you worked for me and with me and now you sit at home because we've already had to cut so many staff hours at the beginning of this fiscal year. You deserve special

thanks. No one will ever know how much you have managed to do with so little.

## What can you do now?

The Effie Yeaw Nature Center is the heart of the American River Parkway and you the volunteers, supporters and staff all made it what it is. Though it is winter and the heartbeat is quieter, we know spring will soon arrive. As spring wakes the Nature Area and it thrums with life, the Nature Center will begin an exciting transition with your help.

The EYNC will certainly need some financial support from the County of Sacramento while it transitions from a unit of County Parks into a strong nonprofit foundation of the American River Parkway. We hope this transaction will be accomplished so that the schools of the Sacramento Region can continue to receive our popular nature education programs, and the nature preserve will be protected and safe.

If you have skills that can help to guide this transition, please



Photo courtesy of Effie Yeaw Nature Center  
Children participate in one of many learning opportunities at the Effie Yeaw Nature Center.

volunteer to help the American River Natural History Association (visit them online at [www.arnha.org](http://www.arnha.org)) negotiate a transition contract with the County of Sacramento.

You can also help us keep our trails clean and managed through this transition so that everyone can see this is a well cared for preserve and people are out there watching out for it.

Representatives of the center added that the transition to a nonprofit would take a few years – definitely longer than the few months the nature center has left before it is slated to close. As such, the county would still need to support the Effie Yeaw Nature Center until its transition to a nonprofit foundation is complete. What do you think? E-mail your thoughts to [ryanrose@valcomnews.com](mailto:ryanrose@valcomnews.com).

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# Special Commentary: Millions of dollars for Sacramento at stake

By LINDA BUDGE and KEVIN HANLEY  
Special to the East Sacramento News

## United States Census 2010

As neighbors in the greater Sacramento region, our fates are tied together. The air we breathe, the roads we drive, and where we work and learn cross jurisdictional boundaries. As the U.S. Census Day approaches on April 1, it's important to every community that everyone take the Census. For every man, woman and child not counted, we will lose \$17,000 over 10 years.

If just one percent of people in our six-county region sit out, we will lose \$380 million. Dozens of state and federal programs allocate funds to your community based on how many people live there. Every 10 years, the Census is used to make sure every community across the country gets a fair count.

The potential losses to our community are real—and we've already been feeling them for the last decade. Sacramento County is one of the top ten hardest to count places in the country. That adds up to an enormous loss for our schools, roads, and services.

We need to count everyone regardless of ethnicity, country of origin, or



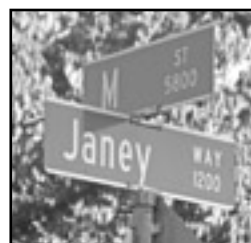
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Representation in Congress for a decade is based on how many people are here on April 1.

the circumstances in which they live. Our representation in Congress for a decade is based on how many people are here on April 1. It's too important for anyone to not be counted.

Tell your friends, family and neighbors to take the Census. Your answers won't be shared with other government departments, but by filling out the form, you will help fund schools, roads, and services for your community.

Linda Budge is a Rancho Cordova city councilmember and Kevin Hanley is an Auburn city councilmember. For more information on the 2010 U.S. census, visit [2010.census.gov](http://2010.census.gov). For more on local census efforts, visit [www.valcomnews.com](http://www.valcomnews.com).

## Janey Way Memories



# The Janey Way Tree Fort



By MARTY RELLES  
East Sacramento News Columnist  
[marty@valcomnews.com](mailto:marty@valcomnews.com)

In 1960, Gary Costamagna built a tree fort behind our house on Janey Way. He picked this tree because it featured four limbs roughly square with each other. The tree stood in a line of trees separating the pit (the vacated sand and gravel excavation lot where St. Francis High School now stands) from the residential housing on Janey Way.

He began by nailing spikes on each side of the tree up 20 feet to where the base of the fort would be. Then, he sawed off the limbs level with each other. After that, he nailed four two by four inch pieces of wood connecting the four limbs. On top of that foundation he fastened plywood for a floor. The next step in the process involved building four-foot high walls around the fort. Finally, he attached a roll of canvas to one side of the structure. This could be rolled back over the top in the event of inclement weather. It took him about a month to complete the project.

*"The pit had been our playground during childhood and finally, like all things, it disappeared along with our tree fort."*

The fort with its clean new wood looked majestic sitting high above the pine tree behind our backyard. Standing in it, facing west, you looked out over the rooftops above Janey Way. Facing east you gazed at the full expanse of the pit. By this time, the pit had been almost completely leveled. Mt. Everest, the mound in the middle of the pit, remained, but the rest of the pit contained mostly small piles of dirt and debris.

We spent hours in the tree fort, playing cards, eating lunch, drinking cokes and just hiding out. After school, I would climb up there to get away and contemplate the events of the day. We also used the fort as a lookout post to monitor activity in the pit or on the block.

Our tree fort lasted about three years. Eventually, workers cut down the entire line of trees on that side of the pit in preparation for the construction of St. Francis High School. That marked the end of an era on Janey Way. The pit had been our playground during childhood and finally, like all things, it disappeared along with our tree fort.

Later in life, Gary built his own home in El Dorado Hills. So the tree fort he built was only a prelude to many building projects he would take on in life. Oh, by the way, Gary went on to be the fire chief of the city of Sacramento, one of many Janey Way success stories.



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Know your neighbor: Local eatery was originally established in Old Sac

# East Sacramento's Español Restaurant has century-old roots

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

When it comes to Sacramento history, few places in the city have such a rich heritage as the Español Restaurant.

To the average commuter, this East Sacramento eatery's historic building and its accompanying old neon sign have the appearance of a business that has stood the test of time.

Although such an impression is undoubtedly correct, the historic building and sign represent only a part of this restaurant's rich past.

With a few steps inside this old building at 5723 Folsom Blvd., which was built in 1946 as the new home of the Square Deal Café, one can observe a business that is swarming with history.

Immediately inside the front doors of the place, black and white photographs of days of old begin to tell the story of a

business that began long before it opened at its current site in 1965.

Hanging on the walls of the lobby area, which is an addition to the original structure, are photographs of the business's previous site at 231 I St., as well as other images such as photographs of members of the Luigi family. The business is currently owned by Perry Luigi, Paula (Luigi) Serrano and Karen (Luigi) Zito, whose father Frank "Babe" Luigi and uncle Mario Luigi previously owned the business.

The longtime tradition of the restaurant, however, began long before Babe and Mario purchased the business in 1959.

The restaurant, in fact, was established in an even earlier location than the 2nd and I streets site, near today's historic Southern Pacific train depot.

## Español of yesteryear

During the 19th century, the city was home to many

hotels such as the Pacific Hotel at 916-918 11th St., the International Hotel at 320-326 K St. and the Tremont Hotel at 112-114 J St.

At the site of the Tremont Hotel, a new hotel, known as Hotel Español, emerged as early as 1919.

The Hotel Español, which was primarily operated as a Basque boarding house, was initially home to shepherders who were hired out to local ranchers.

It was at this hotel, which in its early years was owned by Victoriano Urrutia and then Castro Arrate and Mamerto Fernandez, that the Español Restaurant began to evolve.

On the ground floor of the large, brick building, food such as oxtail stew, pig knuckles, lamb fries, lamb chops, tripe, chicken and veal were prepared and cooked for the Basque tenants.

News of these meals eventually made its way to many outsiders of the building, as others were introduced to the



East Sacramento News Photo/Lance Armstrong

Pictured left to right, Paula (Luigi) Serrano, Perry Luigi and Karen (Luigi) Zito are the owners of East Sacramento's historic Español Restaurant at 58th Street and Folsom Boulevard.

boarders' food and the eatery increased in popularity.

During the early 1930s, the well-known Sacramentan Ancil Hoffman, who has a park named in his honor in Carmichael, became the owner of the building.

With the 1952 sale of the Hotel Español building, the Español Restaurant was relo-

cated to the Commercial Hotel, which had been constructed about 15 years earlier.

This move was arranged following Arrate's retirement and under the direction of the restaurant's chef Joe Trueba and his close friend, Joe Martinez.

The restaurant, which continued to increase in popularity and serve Basque tenants who relocated to the Commercial Hotel, was operated by Trueba and Martinez until the business's sale to Babe and Mario Luigi, who brought in the eatery's Italian food offerings.

The development of Old Sacramento, which included the nearby extension of In-

See Español, page 7

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Photo courtesy of Español Restaurant

A group consisting of various Mexican organizations gather together at the second location of the restaurant during a visit by Mexican Consulate Dominguez.



East Sacramento News Photo/Lance Armstrong

Guests dine inside the Español Restaurant on Folsom Boulevard.

## Español: 'People come from miles around to buy our minestrone'

Continued from page 6

terstate 5, resulted in the second relocation of the restaurant within a 13-year span of time.

### Moving to East Sac

Opening at its current site in 1965, the Español Restaurant, despite no longer serving unique food to Basque hotel tenants, carried forth many of its traditions in East Sacramento, near the historic Little Italy neighborhood.

Among these traditions included the presence of the popular waitress Mary Trabazo, who worked at all three sites of the restaurant.

Beginning her career with the Español in 1936, Trabazo retired from the restaurant 52 years later.

Waitress Leah Alcanter also dedicated her fair share of time as an Español waitress, as she worked at the restaurant for 35 years.

Many other employees, including 26-year waitress Diane Lara and 25-year dishwasher David Larsen, have spent many years at the restaurant throughout its history.

This history includes various famous diners such as actress Ann Sothorn, actor Leo Carrillo, singer Frankie Laine, boxer Max Baer, flamenco dancer Jose Greco, Gov. Earl Warren and Secretary of State Frank Jordan, Sr.

East Sacramento native Willie DaPrato, who was part owner of the restaurant with Babe and Mario from 1978 to 1985, said that he enjoyed

working with the Luigi family.

"I had a great time and (Babe and Mario) were two wonderful people," DaPrato said. "I had no problems. I went in on a handshake and I left on a handshake. Every now and again, I still drop into the restaurant. It's one of the finest family-owned restaurants in town with lots of home-style cooked food and it's just very good."

On Jan 1, 1988, Perry, Paula and Karen, who began assisting their father at the restaurant as children, purchased the Español from Babe, who passed away three months later.

Louise Luigi said that she is proud of her children's accomplishments as owners of the restaurant.

"They have done a wonderful job running the place and my husband (Babe) would be very proud to see that it is continuing on today," Louise said.

With a look around the Español on any given day, one can observe people who have been dining at the restaurant for many years, as well as those who are much newer guests of the establishment, which also includes a popular bar.

### Rave reviews

Español customer Mary Giacomotto said that she has been enjoying visiting the restaurant since it was located at 231 I St.

"In the old days, it was wonderful just going (to the res-

taurant) with our parents and (Rosemary and Ted Lehy) and their children," Giacomotto said. "It was very family-oriented and we would sit and have (soup) and wait for our parents to return from the bar. I also remember how my father (John Bateman) would start to sing there (at the restaurant) and then we would all sing and everybody around us would sing. Those were wonderful, wonderful times."

Perry said that the secret of the restaurant's longtime success is its traditional, family-style Italian dishes, as well as its great value and fine service.

The Español offers dishes ranging from veal cutlets and chicken cacciatore with polenta to cheese ravioli pesto and lasagna. Guests can also enjoy traditional spaghetti and raviolis with meat sauce.

Also among the restaurant's many menu items is its famous minestrone soup, Perry explained.

"People come from miles around to buy our minestrone soup-to-go for their dinners and family functions such as Christmas Eve," Perry said. "I think I sell more soup than any restaurant in Sacramento."

Complete lunches and dinners include tureen of minestrone soup, salad, an entrée of one's choice, pasta, vegetables, coffee or iced tea and spumoni.

Prices for these lunches range from \$9 to \$11 and the dinner prices range from

\$15 to \$20. And for those who prefer a lighter meal, soups and salads cost about \$5.

The restaurant also includes the following daily specials: roast turkey, mashed potatoes and gravy on Tuesdays, veal stew on Wednesdays, corned beef and cabbage on Thursdays and meatloaf on Fridays.

Paula said that people are attracted to the restaurant, in general, because it reminds them of the traditional, family-style restaurants of New York, Chicago and San Francisco.

"It reminds them of the Godfather-type restaurants," Perry added with a chuckle.

Español Restaurant, which has a seating capacity of 160, is open Tuesdays through Saturdays from 11 a.m. to 9 p.m. and on Sundays from 11:30 a.m. to 9 p.m.

Perry said that he takes great pride in carrying forth the tradition of what he refers to as "the Italian restaurant with a Spanish name."

"We're proud of our long history in East Sacramento, as well as the Old Sacramento area, and we invite people to take a step back in time and drive to East Sacramento to enjoy Sacramento's oldest restaurant," Perry said. "Come on in, join us and experience traditional, family-style cooking and be part of the Español family."

For additional information about Español Restaurant, call (916) 457-1936.

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# Local artists turn to furry friends for 'Animal House' exhibit

Special to the East Sacramento News

It's a zoo in there. There are certainly a lot of animals at the Sacramento Fine Arts Center these days. Co-sponsored by the Sacramento SPCA and the Carmichael Recreation and Park District, the Fine Arts Center's annual Animal House show opened February 23. The animal themed art show will run through March 13 featuring paintings, sculpture, photography and mixed media, all about animals and the animal kingdom.

To invite serious artists to participate, there are \$3,000 in cash prizes to be awarded at the gala reception, March 13, which will feature a jazz band, an SPCA animal rescue operation, an Audubon exhibit, painting demonstrations, and, of course, fabulous art.

"We have over 200 entries in this juried show," said Bonnie Otto, president of the fine arts center, "but only space for the 100 to be selected."

The judges included Susan Sarback, nationally known artist, author and educator, Ann and Doug Otto, one of Sacramento's premier fine art photographers.

The March 13 reception will open at 5:30 p.m. Painting demonstrations by Rene Reyes and David Peterson will begin at 2 p.m. Dogs and cats to be rescued will be present. Both the demonstrations and the reception are free to the public. Great food and drinks will be available. And, of course, fabulous art.

The Sacramento Fine Arts Center is a non-profit community based organization dedicated to education in the arts, providing exhibit opportunities to both aspiring and accomplished artists, and sponsoring workshops and classes in a wide variety of art media. The Sacramento Fine Arts Center is located at 5330-B Gibbons Drive in Carmichael.

"We urge everyone with an interest in art or animals to come out and enjoy this show," Otto said.



"UNTITLED," photograph by Janis Arnell.

Photo courtesy SFAC

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# Construction on East Sacramento Target store finally in progress

East Sacramento News Staff Report  
reporter@valcomnews.com

After five years of planning (and then re-planning), numerous months of designing (and then re-designing), and weeks of anticipation after the building timeline was announced, construction on the Target department store long slated for the vast stretch of property near the corner of 65th Street and 4th Avenue is finally underway.

Starting in the middle of last month, trucks, work crews and demolition teams were seen ripping apart the façade of the former Golden 1 Credit Union administration building that had originally occupied the lot. Now, a little after two weeks of work, crews have carted much of the former structure away.

Target Corporation acquired the property in 2005; construction on the store was to proceed soon after, but was hampered when the economy slumped. Ultimately, Target submitted two revised store designs to the city for approval, each one with less form and more function as the current economic realities hit the corporation's bottom line. In-

stead of the two-story, high-concept store Target originally announced and planned, the new store will be one-story and more streamlined, looking similar to their existing facility layouts.

Construction on the building is expected to last through the year; the 135,000-square-foot store is expected to be completed by the fall.

According to the company, Target will reuse the existing building foundation in a completely remodeled building that will feature leading energy-efficient design. Target will be the third business to use the existing foundation; Before the discount chain and Golden 1, the one-story building was a W.T. Grant retail store.

The Target corporation said in a statement that the 65th Street location makes the proposed 65th Street Target ideally suited to meet the retail needs of the surrounding area. In addition to the numerous trees already lining 65th Street, large canopy shade trees will be added along 4th Avenue, and will be planted in the parking lot to provide shade and reduce heat island effect. Bicycle parking facilities will be provided and for

employees who choose to bike to work, showers will be provided on site.

A number of stylistic amenities have been added to the project to lend a pedestrian scale design to the building, its surroundings and the frontage walk. Additionally, the project design features correspond to on-going redevelopment along the 65th Street corridor.

For information on the store and its development, visit [target65thstreet.com](http://target65thstreet.com).



East Sacramento News Photos/Ryan Rose  
Construction is finally underway on the new Target store at the corner of 65th Street and 2nd Avenue. Inset, the former Golden 1 administration building that once occupied the site.

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# 'African American Treasures' an inspirational exhibit for all peoples

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

The mission of The California Museum in Sacramento is to engage and enlighten visitors to California's rich history and its unique contribution to the world through ideas, innovation, art and culture. It seeks to inspire all people to dream the California dream and to dare to make their mark on history.

One Southern California couple is making a mark in California history by preserving an important part of the American experience. For the past three decades, Bernard and Shirley Kinsey have collected a wealth of memorabilia with the intent

to preserve and present key aspects of America's black heritage. A part of their collection is currently on display at The California Museum.

"African American Treasures: History and Art from the Collection of Bernard and Shirley Kinsey" is an exhibit of the history and courage of a people whose story is an important part of the fabric of American history. The Kinsey's personal collection is extremely diverse, spanning three centuries of politics, art, literature and culture. The story of a people is told here. Tales of suffering, courage, resilience, innovation and achievement.

In a sense, the collection is also a commentary on the Kinseys themselves. As African Americans, both overcame business and social barriers to become one of Los Angeles' most respected couples. Throughout their 43-year marriage, they have demonstrated their commitment to two simple principles: "To whom much is given, much is required;" and "A life of no regrets."

Over 30 items are on display, ranging in age from 1720 to as recent as 2006. It is a remarkable collection of art, books and manuscripts. This is an inspirational exhibit for everyone: every age, race and background.



Photo courtesy of The California Museum  
The California Museum is a place to learn about California's prodigious achievements and contributions to the world.

The exhibit may seem small – only one long hallway in the museum – but plan to spend at least an hour. This is an ex-

hibit of incredible depth, with great balance and sensitivity

See Treasures, page 12

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# Treasures: 'Significant that we spotlight this collection during Black History Month'

Continued from page 11

given to all peoples. The viewer is encouraged to think of each item within the context of its era, as well as today. Visitors will want to take time to read the documents on display, as well as to admire the artwork.

For example, one document on display is a bill of sale. Henry Butler, a free man, purchased the freedom of his wife, Susan, and her children from Mary Anne Graham for \$100 in 1839. The display notes that Graham must have held Butler in high regard, because she sold his family to him for a significant financial loss. A female slave in her child-bearing years was worth nearly \$2,000.

Other documents show the lack of regard for the humanity of slaves, who were considered property.

Perhaps one of the most disturbing artifacts on display is a letter written by A.M.F. Crawford to dealers in 1854. In the letter, she directs the dealers to sell the 17-year-old young woman who brought the letter to them. "She does not know she is to be sold," Crawford wrote. The reader is left to ponder the state of Crawford's conscience, especially after reading that the girl was to be sold to purchase horses – and that Crawford "just couldn't" bear to tell the girl's family that she was to be sold. Did her con-

science bother her that she had separated a family? Or was she only worried about paying for property? One wonders what happened to each of the people in this human tragedy, now swallowed up by the mists of time.

Other items on display include a rare Matthew Brady portrait of Hiram Rhoades Revels, the first black U.S. Senator, letters from Martin Luther King, Jr. and Malcolm X, sculptures by Ed Dwight, Artis Land and Vickson Kaphambe and artwork by African American artists dating from 1870 to the present day.

The exhibit is sponsored by the California Legis-

lative Black Caucus and The California Museum in honor of Black History Month.

"The Kinsey Collection is an important collection of art and history that reflects the unique experience of the African American Community before and since the Mayflower sailed to America," said California Senator Curren Price (D, 26th Senate District). "It is significant that we spotlight this collection during Black History Month, because it reflects a story that every member of California's diverse population can relate to. We are pleased that The California Museum will make this exhibit available to citizens of

all ages who visit the state capital."

"African American Treasures: History and Art from the Collection of Bernard and Shirley Kinsey" runs through May. 2. The California Museum is located at 1020 O Street in Sacramento. Hours are 10 a.m. to 5 p.m. Monday through Saturday, and noon to 5 p.m. on Sunday. Admission is \$8.50 for adults, \$7 for seniors and students with valid ID, \$6 for children ages six to 13 and free for children ages five and younger. Parking is free on weekends. For more information, call (916) 653-7524 or visit [www.CaliforniaMuseum.org](http://www.CaliforniaMuseum.org).

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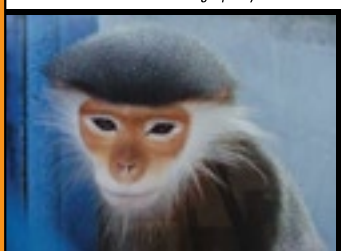
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86th edition of event to be held March 6-7

# Local residents keeping Camellia Show in full bloom

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

A Sacramento tradition will continue Saturday and Sunday, March 6 and 7, when the 86th annual Camellia Show will be held at the Memorial Auditorium. But before the venue's doors ever open, many locals will be heavily involved in various aspects of the long-time popular event.

Land Park resident Carol Schanz, who has served as president of the Camellia Society of Sacramento since 2008, said that she is very appreciative of the many society members, who help make the show a success.

"Our members come from many parts of the Sacramento area, including Land Park, East Sacramento, Arden, Carmichael and the Pocket-Greenhaven area, as well as Lincoln, Auburn and West Sacramento," Carol said. "Without the society members' dedication and hard work, this show would not be

able to continue. And personally, I'm excited to be a part of this event that has been a tradition of Sacramento for the past 86 years."

### Celebration and ceremony

The free event is a celebration of the city's official city flower and was once a part of an earlier Sacramento tradition known as the Camellia Festival.

From 7 to 10 a.m. on Saturday, competitors will place their blooms on tables at the auditorium to be judged.

The venue's doors will open to the public at 3 p.m. and attendees can observe the many freshly-presented ribbons and trophies awarded to the most worthy exhibitors.

The show continues until 6 p.m. on Saturday and from 10 a.m. to 5 p.m. on Sunday.

During the opening ceremony, Mayor Kevin Johnson and Supervisor Roger Dickinson will welcome guests



East Sacramento News Photo/Lance Armstrong  
Carmichael resident Don Lesmeister, who serves as one of the co-chairs of the Camellia Show, admires one of his camellias.

of the event and be available for a meet and greet session.

The show, which is presented each year by the Camellia Society of Sacramento,

will also include a plant sale, where guests can purchase their own camellia plants.

Carol said that the show presents a great opportunity for people in the community with camellia plants to become camellia exhibitors.

"Members of the society will be available to identify and help new exhibitors place their flowers," Carol said. "Also, people who are interested in camellias, but are not familiar with the different kinds of camellias will find the show to be a perfect opportunity to see the many varieties of camellias and select the ones that they like for their own yard."

In addition to camellia blooms, the Floral Design Guild will have a camellia floral arrangement competition.

One of Sacramento's sister cities, Matsuyama, Japan, will also have a display at the event.

The show includes competitions for the best camellias in a wide variety of categories, which feature these popular, winter-blooming flowers, which grow on evergreen shrubs or small trees.

As in its previous years, the event, which draws hundreds of camellia lovers each year, will showcase many different colors, shapes and sizes

of camellias entered by veterans, novices and first time exhibitors.

### A flower favorite

Carmichael resident Don Lesmeister, who serves as one of the co-chairs of the Camellia Show and has been involved with camellias for the past 30 years, provided tips for newcomers of the event who are interested in showing their camellias.

Lesmeister said that the flowers should be carefully transported in small cups of 7Up or water with a little sugar, and without touching another flower or leaf.

He added that stems should be no longer than an inch and blooms can be protected by cotton or shredded newspapers to prevent bruising.

Carol added that she still utilizes an important tip about placing flowers from her father, who taught her to turn a flower on a show table until "its smiles."

Because of its longtime presence in Sacramento, the camellia can be found throughout the city in a variety of ages, varieties and sizes.

Among the many members who grow camellias in their own yards is Pocket area res-

See Camellia, page 15

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# Camellia: 'A great opportunity to celebrate our city's official flower'

Continued from page 14

ident Jackie Randall, a past president of the society.

When asked what she enjoys most about the Camellia Show, Randall said, "It's the people. They are like family. My husband (Jim, a former society president) showed camellias for many years and after his death, the only reason I continued to show camellias is I needed to be with my camellia family."

Another member of the society, East Sacramento resident Patty Bonnstetter said that she first heard about the show while working at Sacramento City College.

"In 1981, secretaries at the college were selling Camellia Show buttons, so I decided to go to the show," Bonnstetter said. "In 1983, I bought a house in East Sacramento with 25 camellia plants. I have been attending the shows every year and buying a button and last year, I entered five flowers for the first time and won four ribbons."

Carol, who is a second-generation Camellia Society of Sacramento member, is the daughter of Herbert and Harriet Martin, who were passionate camellia growers and exhibitors.

Herbert and Harriet's initial experience showing camellias resulted from admiring blooms on a camellia plant in their yard, Carol explained.

"My parents were given a couple camellia plants in 1944 as house warming gifts for their home in Oak Park and their interest in the camellias grew as the plants grew," Carol said. "Around 1955, they saw an announcement for the Camellia Show in a local newspaper, picked some of their flowers, entered them in the show and won blue ribbons. This experience began their lifelong love for camellias."

Carol said that her parent's love for camellias was contagious, as she and her husband, Gary, a 1964 graduate of McClatchy High School, became involved with the society and its shows.

In about 1970, Gary began to take an interest in Herb and Harriet's camellias and soon afterward began a camellia collection of his own.

For the past 38 years, Gary and Carol have been actively

involved in the Camellia Society and showing camellias throughout the state.

Carol said that like every year, guests of this year's Camellia Show are very important as they support a longstanding Sacramento tradition.

"I would like to personally invite members of the community to come to the show and be a part of this treasured Sacramento event," Carol said. "It is a great opportunity to celebrate our city's official flower and its rich history."

## Sacramento's Camellia History

The camellia, with its history dating back to at least 500 B.C. in China, has been a part of Sacramento's landscape for almost every year of the city's existence.

Becoming Sacramento's official flower on Feb. 7, 1941, the camellia dates back to 1852 in the capital city, which is known as the "Camellia Capital of the World."

The popular flower, which is generally seen in solid or combinations of reds, pinks or whites and occasionally yellow, was first introduced to Sacramentans by former Boston resident, James Lloyd Lafayette Franklin Warren, who owned Warren and Co. New England Seed Store at 15 J St. in Sacramento.

Although an effort to designate Sacramento as "The Camellia City" failed in 1910, the camellia's popularity reached a much higher level in 1924, when the city's first Camellia Show was held at David Lubin School at 3700 K St.

The Tuesday Club, a local women's organization, sponsored the first three years of the show, followed by the Sacramento Garden Club, which was founded in 1927, and then the Camellia Society of Sacramento, which was formed through the efforts of the garden club's 18-member Planting Committee in 1943.

The Camellia Show was later moved to the State Fair grounds' Garden Court at 49th and V streets, before establishing its most memorable home at the Memorial Auditorium in 1948.

Among the most notable camellia shows at the Memorial Auditorium occurred in 1972, when the nation's first lady, Pat Nixon, and California's first lady, Nancy Reagan, attended the event.

The show, which gained further popularity with the 1955 founding of the once very well-attended, now nonexistent Camellia Festival, was held at the Sacramento Community Center from 1975 to 2003, with the exception of 1982, when it was held at Country Club Plaza.

In 2004, the Camellia Show took a step back in time, as it

returned to the Memorial Auditorium.

But no matter where the event has been held, Sacramento's Camellia Show, which is currently part of an eight-show camellia show circuit in Northern California, has continued to be a success.

Furthermore, since its inception, Sacramento's show

has been the largest camellia in the world.

For additional information regarding the Camellia Show and the Camellia Society of Sacramento, call Carol Schanz at (916) 447-1969 or Don Lesmeister at (916) 967-8420 or visit the Web site [www.camelliasocietyof-sacramento.org](http://www.camelliasocietyof-sacramento.org).



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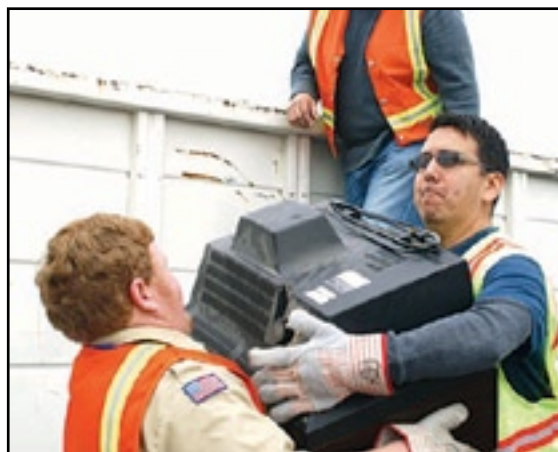
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Faces and places

## Boy Scouts score in E-Waste pick-up

East Sacramento News Staff Report

Leaders, E-Waste Committee, Venturing Crew Members, Boy Scout troops 161 and 802 participated in an E-Waste Drive at Arcade Wesleyan Church Saturday, Feb. 20.

Starting the event at 7 a.m. after Committee Chair Harriette Carr held an orientation and safety meeting with the participants, the donors started arriving at 8:30 a.m.

Adults unloaded the E-Waste into the large bins and everyone received a "thank you" from the scouts as they departed – all of this at a pace greater than one car processed a minute.

The cars and pickups streamed steadily through the day until after closing at 1p.m. Four and a half bins were filled and moved to CEAR, which recycled the contents. All computer hard drives were shredded to protect any information that was still left on them.

Approximately 45,000 pounds of E-Waste was recycled, meeting the scouts' goals of "Going Green with the Boy Scouts."

With the success of this event, another is planned for April 24 at a location to be announced.

Photos by East Sacramento News photographer Bill Condray.

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## District 3 update

# Connecting with the City Council, the community

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

### Council approves budget analyst office

On February 23, 2010, the City Council approved the Mayor's proposed Independent Budget Analyst Ordinance, saving taxpayers the \$104,000 expense of putting the ordinance on the June 2010 ballot. There is evidence that certain City Departments have not been operating efficiently and an independent budget analyst, together with a City auditor can help find more efficient ways to provide services. The San Jose Auditor has been able to save that City more than \$4.00 for every \$1.00 budgeted for the office. If the office is not cost effective, we can ask the public to repeal the ordinance at any election. Furthermore, we have not yet committed one dollar to this office, let alone the \$500K estimate mentioned in the press. The amount budgeted for the office for fiscal year 2010/2011 will be determined through the City's budget process in May and June. I proposed to Council that the funding should come out of current administrative costs from City Management on a pro rata basis across all departments, not from rank and file. The need for an independent budget analyst is all the more critical when we have very difficult budget decisions.

### Several 2010 projects aimed at enhancing walking and biking experience

The City's Department of Transportation plans to complete design five transportation projects in 2010 to benefit pedestrians and bicyclists.

The Redding Avenue Bike and Pedestrian Improvements project goes out to bid this spring to transform Redding Avenue from Folsom Boulevard east of 65th Street to Fourth Avenue south of Highway 50. Currently Redding is a narrow, unimproved two-lane industrial road with no sidewalks or bike lanes for the

most part, even though it is now in the midst of a burgeoning, commercial and residential area near the 65th Street/University light rail station, Sac State, the American River, and the surrounding redevelopment area. The City will widen the road and add separated sidewalks, landscaping and lighting, bicycle lanes, accessible curb ramps and high visibility crosswalks. When completed in the Spring of 2011, the project will provide a safer route of travel around the light rail station, and particularly for people trying to cross safely under the freeway. The estimated cost for final design, construction, right-of-way acquisition, and construction management is \$3.7 million. Funding is through a federal Congestion Mitigation Air Quality Improvement Grant with a matching grant from the Sacramento Housing and Redevelopment Agency.

The American River Bike Trail at Howe Avenue Bridge Access Improvement Project will provide safer access from the existing bike trail on the American River levee to the Howe Avenue Bridge. Prior to replacement of the bridge railing in 2008, bicyclists could lift their bikes over the existing concrete barrier and onto the bridge sidewalk. At the

public's request, the City has been working diligently to restore the access. The project includes removing a section of the railing; matching the bike trail elevation with the sidewalk elevation; adding a segment of new guard rail and new handrail on the bike trail; and installing new signs and striping. Design and construction is estimated at \$46,000, which is being paid for with state Transportation Development Act funds. Bids will go out in July with expected completion at the end of 2010.

The Elvas Parkway project will add a shared landscaped path for bicycles and pedestrians on the north side of Elvas between J Street and 62nd Street. Other amenities for this little pocket project that was inspired by the 48th & M Fountain project, include shade trees, benches and a drinking fountain. Currently the site is an unimproved blighted stretch that has been used for dumping and illegal parking. The project estimate is approximately \$198,000, and should go out to bid in the spring for completion later this year. Funding comes mainly from 65th Street redevelopment funds though maintenance and enhancements are expected to be provided by neighborhood and school volunteers.

# Supplementing the second half

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

Mini Med School, sponsored by the UC Davis School of Medicine provides ample food for thought for people seeking to make life's second half, the better half. The six-week course features top medical professionals, strictly focused on the topic of healthy aging. And, oh yes, entertaining the assembled class of about 500 people at the same time. For example, in February, we were treated to a dance (ala Michael Jackson) by a respected doctor and lecturer.

We also gobbled up a lively presentation called "Nutrition for Grownups" by Calvin Hirsch, M.D. With ever increasing advertising dollars being spent in major media by both the pharmaceutical and nutraceutical companies, it's very easy for consumers to be thoroughly confused.

Anti-aging diets and supplements should be aimed at mitigating diseases that sometimes come with age, according to Dr. Hirsch. The conditions we worry about as we ease around the biological clock to our 60s and well beyond include heart disease, strokes, diabetes, respiratory disease, cognitive decline and, oh, so many other nasty possibilities. The point to knowing what supplements are effective in building defenses against health threats, is that most of these conditions are preventable. Without disease and disability, aging can be a process of continued growth, contentment and stimulation.

It's also true that we are bombarded by unsubstantiated claims for the positive effects of nutraceuticals. These are the ads we see in newspapers, magazines, direct mail campaigns and on cable TV. Here are a few warning signs for consumers: Beware of concoctions that make fantastic claims that are based on little science and lots of personal testimonials. The people who offer their endorsement of the product look like you and me, and we can usually identify quickly with their pain and yearn for similar quick relief. Be suspicious of offers of "free" products with a toll-free phone call; ads that boldly declare, "As seen on TV," and any pressure to get you to "act quickly" because "supplies are limited."

Since the FDA does not regulate nutraceuticals, vitamins and herbs, consumers have little information about the origin, content and quality of many products. In general, carefully read the labels on vitamins – be wary of those that come from China (heavy metals and lead have been found in some brands) and labels that tell you nothing at all! Like Dr. Hirsch says, "Advertising makes us think we are deficient in almost everything." Not so. A chapter or more could be written on each of the supplements that show scientific promise for healthier longevity (or those that only benefit quick-buck, flimflam companies). To learn more about nutraceuticals and supplements here is a credible and robust Web site to get you started: [www.consumerlab.com](http://www.consumerlab.com).

Being only a humble columnist and Baby Boomer, I can't responsibly suggest dosages or specific products. I must, however, report that our Mini-Med docs caution us about herbs and supplements because many interact with medications. But, it doesn't hurt to get educated and then ask our own doctors about a regimen of supplements that may bring healthy blessings to the better, 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.storiesandbooks.com](http://www.storiesandbooks.com).

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# El Camino High School: Six decades of education, memories, tradition

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

*Editor's Note: This is the first in a two-part story series. Read part two in the March 18 edition of the East Sacramento News.*

With the recent change in the calendar year, El Camino High School is nearing a special milestone in its history, as this September will mark the 60th year since the school's opening. And in recognition of this fact, the following history of the school is presented.

El Camino High School was a pioneer school of the San Juan Union School District, which became the San Juan Unified School District on July 1, 1960.

As the district's second high school, El Camino High began with a class of 225 students, a staff of seven full-time teachers and three part-time teachers, who met in a new unit that included eight classrooms and a shop building.

The school, which is located on 40 acres at 4300 El Camino Ave., at Eastern Avenue, continued to be in an under construction status

for the following nine years, as more classrooms and facilities were added each year.

## The early years

During the first year of its existence, El Camino High was complimented by its first principal, W.F. Hunter, who expressed his satisfaction with the school's growth.

"Less than a year ago, El Camino High School existed only as a partially completed building," Hunter wrote in 1951 for the first edition of the school's yearbook, *The Aerie*.

Continuing, Hunter wrote: "(The school) had no student body, no constitution, no organizations, no teams, no colors; it didn't even have a name. Today (in 1951), it is a living institution, full of dynamic, intelligent boys and girls. With the cooperation of the board of trustees and the administration, the faculty, the parents and the entire community, it has demonstrated its abilities in athletics, in public speaking, in the dramatic field, in preparing a constitution and organizing the student body. Best of all, it



El Camino High School at 4300 El Camino Ave., at Eastern Avenue, opened in September 1950.

is developing students who can think, who can and will become leaders in community, national and world affairs."

During El Camino's initial year, the school established its green and white colors, its eagle mascot, a constitution, the aforementioned yearbook, various clubs and *The El Caminian* newspaper, the predecessor

to today's *The Eagle Eye*, which was first published in 2001.

By the beginning of its second school year, El Camino expanded to include 585 students and 19 full-time and two-part time faculty members.

And by following school year, El Camino had grown to an even greater degree, as the number

of students reached 1,014 and the number of teachers reached 41.

## Growing the campus

Much of the school's expansion during its early years was due to the rapid growth in the area's housing market and the increase in military and civilian person-

See 60 years, page 21

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# 60 years: 'El Camino has taken its rightful place among the leading schools'

Continued from page 20

nel at the nearby McClellan Air Force Base.

The school's first graduating class was the Class of 1954, which consisted of 269 students who participated in commencement exercises at the Memorial Auditorium on Saturday night, June 19, 1954.

Other events of the 1953-54 school year, which began with 1,535 students and 60 full-time teachers, included the first football game at the school's football field, Eagle Field, which later included 5,200 seats, and the first Senior Ball.

In 1956, the school was under the direction of its second principal and the former superintendent of Yuma (Arizona) Union High School, Dr. Alva D. Abbott, who headed El Camino High for the following 16 years.

Abbott is remembered for his overall love and dedication to El Camino High.

In speaking about the alumni and then-current students at El Camino in 1967, Abbott said, "My heart fills with pride to have had a share in the making of the great Eagle image and tradition. El Camino has taken its rightful place among the leading schools of California and the nation in scholarship, athletics, music, drama, journalism, student government, cadets, school activities and clubs."

In appreciation of Abbott's longtime commitment to the school, El Camino's football field became known as Abbott Field and the 1973 yearbook was dedicated to Abbott.

Replacing Abbott as principal at the beginning of the 1972-73 school year was Bill "Doc" Dresser.

Dresser arrived at the school to encounter a much improved campus, which by this time had grown to include 45 classrooms and administration offices in the main building, eight annex classrooms, a shop with eight classrooms and a little theater, a pair of gymnasiums, a swimming pool, a library, a music building,

guidance offices and a cafeteria.

## Memories of yesteryear

According to the school's records, El Camino, which added midterm graduations in 1963, had 7,093 graduates by the end of its 1968-69 school year.

And of course, many more students have graduated from the school since this time and like students before them, they carry with them many memories of their years spent at El Camino High.

One of the school's early graduates, Mary (Ahlquist) Harger of the Class of 1959, which was the last El Camino class to graduate at Memorial Auditorium, recently shared her memories of the school.

"To those of us attending El Camino in the 1950s, it was a great place to be," Harger said. "We received a great education, but found lots of time to work together on activities that included the pep club, The Aerie yearbook, the El Caminian newspaper, dance committees, student government and attending many sports events, including football and basketball games followed by fun at the "Oaks," our local drive-in. Recently, we celebrated our 50th class reunion and we were able to bring back the original school fight song, which was performed by the current El Camino pep band at the reunion. We continue to treasure these traditions and our memories of El Camino High School."

El Camino is also recognized for its most notable alumni, who include: Larry Linville, who played Maj. Frank Burns on the famous television series, MASH, former state assemblyman and Sacramento mayor, Phil Isenberg, Chicago Cubs first baseman Derrek Lee, Olympic gold medal swimmer Mike Burton and Ken and Tom Fat of the Fats restaurant fame.



East Sacramento News Photo/Lance Armstrong  
Pictured left to right, Lynnette (Rhoades) Purvis, Kathy (Scott) Clay and Mary (Ahlquist) Harger of the Class of 1959 are among the many El Camino High alumni who have continued to keep in touch throughout the years.

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# CALENDAR

For more Calendar entries visit  
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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](mailto: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.

## MARCH

### Gardening Classes

Classes are four hours (10 a.m. to 2:30 p.m. with a 30 minute break for lunch included in fee) on either of the days given and are held at the house, address below. Cost per person, per class is \$40 or both classes for \$70. Reservations should be sent, with payment, to: Robert Hamm, 1689 Vallarta Cicle, Sacramento CA 95834. First come first served, as all classes have limited availability. For more

info email me or call. Gardening in Sacramento – A class for people new to Sacramento Gardening – Tuesday, March 16 or Saturday, March 20; second class is Plant Propagation for Home Gardeners on Tuesday, March 30 or Saturday, April 3.

### March Benefit Plant Sales

Plant sales at the Gifted Gardener through March 2010: March 13-14, and March 27-28. All of the sales will be in the covered parking area on 18th St, behind the store at 18th and J Streets. Sales rain or shine. Hours will be 10 a.m. to 4 p.m.

### 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](http://www.uuss.org).

### Short Story Contest

Open to ages 16 and older. \$5 entry fee. Please make checks payable to Friends of the Elk Grove Library. Deadline for entries is 5 p.m., Saturday, April 3, 2010. Entries may be fiction or non-fiction and not longer than 1,000 words. Manuscript must be typed and double-spaced. Final word count to be written at the top of the title page. Name, address, phone number, email address and story title to be written on a 3x5 card and attached to the entry. Do not put your name on the manuscript. Winners will receive cash awards. First place-\$100 Second place-\$75 Third place-\$50. Awards will be presented at the Elk Grove Library Writer's Workshop, April 17, from 10 a.m. until 2 p.m. Submissions will not be returned. Mail or bring your manuscript to Elk Grove Library Short Story Contest, 8900 Elk Grove Blvd., Elk Grove, CA 95624.

## MARCH 2

### Recorder Music Group

Event is 7:00 to 9:15 p.m. at 890 57th Street. The Sacramento Recorder Society meets under the baton of Frances Feldon, Early Music expert. She will bring beautiful and interesting music to conduct. Please bring your instrument, a pencil and a music stand. Newcomers are welcome. [www.sacrecorders.org](http://www.sacrecorders.org) or 391-7520.

### Casa Garden: Wine Social

Casa Garden Restaurant, 2760 Sutterville Rd., is holding a wine social March 2, at 11:30 a.m. The event will feature Lodi's "Abundance Vineyards." Sample wine and hors d'oeuvres and enjoy lunch. Entrée selections include lemon chicken or chipotle Caesar salad with shrimp. Dessert is Mocha Puffs. Tickets are \$20.

## MARCH 5

### California Writers' Club

The California Writers' Club's Nonfiction Network meeting on Friday, March 5 at 9 a.m. at IHOP Restaurant, 2216 Sunrise Blvd. in Rancho Cordova just north of Hwy 50 will feature Frances Kakugawa, writer of poetry, memoirs, and nonfiction speaking on "Finding Your Own Voice in Writing." Guests welcome 916-944-3185.

### Organic Gardening

On March 5, 2010, the Organic Gardening Club of Sacramento County will meet at the Carmichael Park Administration Building, Room 1, 5750 Grant Avenue, Carmichael, at 10 a.m. The program, "The Buzz on Bees" will be presented by Mary Ose, Master Gardener. Call 916-635-6724 for information.



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**Parks and Rec meeting**

The Carmichael Recreation and Park District is developing a Recreation Master Plan to guide our programs. We would like the communities input to determine the types of activities and programs that are needed to meet the recreation interests of our district. There are two community workshops scheduled for your convenience. Recreation Master Plan Community Workshop, Saturday, March 6 at 10 a.m. Carmichael Park Clubhouse, 5750 Grant Avenue, Carmichael, CA 95608.

**"Famous & Infamous Sacramento Women"**

How did women survive in a man's world in early Sacramento? Many women made considerable contributions to the growth of Sacramento whether they were famous or infamous. Learn about the lives, families, occupations, and struggles of women from 1850-1900 on this Saturday morning tour at the Sacramento Historic City Cemetery. The tour commences at 10 a.m. from the Cemetery's main gate at Broadway and 10th Street. Visitors may park across the street from the 10th Street Gate and meet at the cemetery entrance. Held under the auspices of the City of Sacramento Division of History & Science, the Old City Cemetery Committee, Inc. presents this tour as a public service. For tour information, please call (916) 448-0811. Tours are free though donations for the restoration of the cemetery are greatly needed and appreciated.

**Jensen Garden Workday Volunteers**

Friends of the Jensen Botanical Garden hold garden work days one Saturday of every month from 9AM to 1PM. The next workday is Saturday, March 6, 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 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 email tracy@car michaelpark.com.

**Swing for Life**

Swing for Life, a high school baseball benefit sponsored by Jesuit High School, takes place March 6, 2010, at Sacramento City College. This charitable event will raise funds for Allbie Aware, Inc., a local breast cancer foundation that supports and serves those diagnosed with breast cancer in our community. Jesuit High School athletics have recruited three additional high school baseball teams to participate in this event. The first game will be at 2:00 p.m. with Elk Grove High School playing De La Salle of Concord. At 5:30p.m. Jesuit will play Christian Brothers High School. Tickets are \$8.00 for adults, and \$3.00 for students. Children 5 and under are free. Survivors wearing pink will be admitted at no charge. For more information, contact Chris Fahey, Student Activities Director, at (916) 480-2175, faheyc@jhssac.org, or Cindy Love at (916) 628-8321, cplove@sbcglobal.net. Advance tickets can be purchased by calling (916) 927-1592.

**Primrose Open House event**

On Saturday March 6, 2010 from 11:00 a.m.-3:00 p.m., Primrose Living with Memory Loss assisted living community is having an Open House event, which will be centered on caregiver stress and how to deal with situations involving individuals with memory impairments. At their Open House, they will have speakers educating caregivers and family members on how to deal with these situations and also directing them to resources that may assist and alleviate their stress. Primrose is located at 7707 Rush River Dr. For more information, please call (916) 392-3510 or visit www.primrosealz.com.

**Military Widows**

The Society of Military Widows, Sacramento Chapter No. 5, will meet on March 6, 2010, at the Lions Gate at McClellan Park at 11:30 a.m. for lunch. Entertainment will be provided. Call 916-635-6724 for information.

**MARCH 6-7**

**2010 Camellia Show**

The Camellia Society of Sacramento's 86th Annual Show will be held Saturday, March 6 and Sunday, March 7 at the Sacramento Memorial Auditorium, 1515 "J" Street. Sacramento's official flower is scheduled for public viewing from 3 p.m. to 5 p.m. on Saturday, and 10 a.m. to

5:00 p.m. on Sunday. Admission is free. Doors to the exhibit hall will open Saturday, March 6, at 7:30 a.m. for registration and entry of competitive camellia blooms and or floral arrangements, and will close at 10:00 a.m. All entries must be in place and completed by 10:00 a.m. Entry cards and show information may be obtained in advance of the show from Bob Logan, 500 Stillwater Court, Lincoln, CA 95648, (916) 434-8618 or Don Lesmeister, 4512 Marble Way, Carmichael, CA 95608, (916) 967-8420 or Gary Schanz, 1177 Cavanaugh Way, Sacramento, CA 95822, (916) 447-1969. For information and space reservations regarding floral arrangement entries, please contact Floral Arrangement Chairperson Mary Arakelian (916) 632-0220.

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for city council 3**

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# Windermere

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