

Making successful transitions as your child leaves for college

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Marty Relles presents
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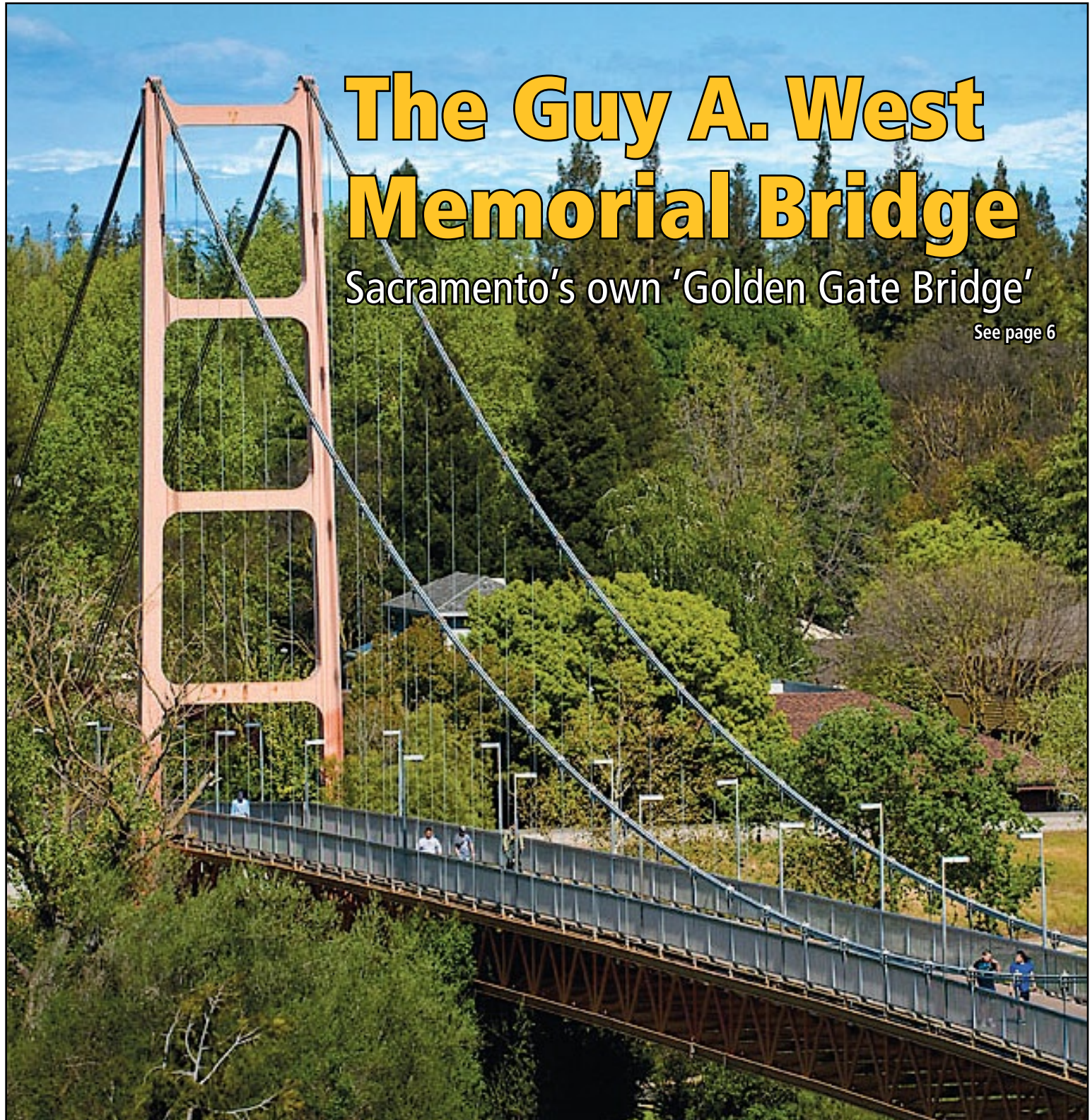
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Delicious organic produce at McKinley Park
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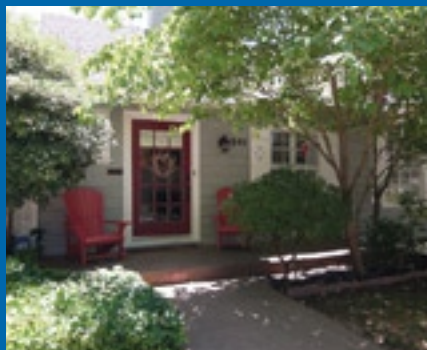
The Guy A. West Memorial Bridge

Sacramento's own 'Golden Gate Bridge'

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East Sacramento News photos/Noah Winn

Good karma. Those who participated in the Project Hope bone marrow drive received one-hour yoga sessions.

Project Hope: bone marrow drive searches for donor matches

By NOAH WINN
East Sacramento News writer
noah@valcomnews.com

Volunteers turned out in good numbers for the first annual Project Hope bone marrow drive, held July 17 at the McKinley Park Rose Garden in Sacramento.

With a simple cheek swab, potential donors were registered into the National Marrow Donor Program. If matched with a potential recipient, a donor would next be asked to donate blood for stem cell extraction – from which new bone marrow can be cultured.

The drive was especially meaningful to Anna Marie Kramer, owner of Zuda Yoga, which sponsored the event with Blood Source. Those who came to register their bone marrow were treated to free yoga classes.

“This is just a great event for a great cause, the yoga community coming together to help everyone out,” Kramer said. “We were inspired to do this because one of our friends and teacher at Zuda Yoga, Jessie Quinn, has leukemia. So this is for her.”

Blood cancers like leukemia and lymphoma affect people worldwide, but are especially devastating to persons with diverse ethnic backgrounds in this country. According to the National Marrow Donor Program, over 10,000 patients hope for a cure though a

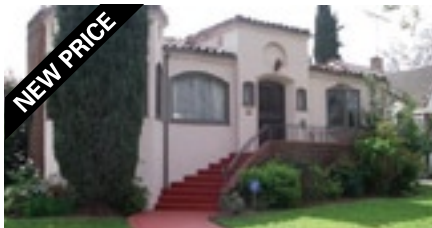


Anna Marie Kramer, owner of Zuda Yoga, demonstrates how simple the procedure is for bone marrow registration – a simple swab of the cheek is all that is needed.

bone marrow transplant from someone outside their family. There is a shortage of donors for those of diverse racial or ethnic heritage.

To learn more about to registering as a potential bone marrow donor, visit www.BeTheMatch.org or www.bloodsource.org.

Susan Laird contributed to this article.



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SACRAMENTO CHILDREN'S HOME



Steven Schneck, left, and Mary Coordt, right, were the top male and top female runners.

East Sacramento photos/Danny Kam

The weather was perfect for the many people who participated in the Third annual Alzheimer's Aid Society Memorial 5K Run/Walk on July 24. Temps were below 100 degrees, and much of the route was through shaded neighborhoods in the "Fabulous Forties."

Faces and places East Lawn Alzheimer's 5K Run/Walk raises funds

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

Over 1,400 runners and walkers of all ages gathered at East Lawn Memorial Park to participate in the Third annual Alzheimer's Aid Society Memorial 5K Run/Walk and kids' fun runs on July 24. The run/walk is one of the fastest and scenic 5K courses in the region. Participants

started at East Lawn Memorial Park, went through the "Fabulous Forties" neighborhoods along 43rd, M, 53rd and K streets and Rodeo Way, eventually returning to the East Lawn and the finish line. The picturesque cemetery is on the highest land in the City of Sacramento. There were many different ways to participate. There was a Kids' Quarter Mile event for children under age five, Kids'

Half Mile events for two age groups (ages six to eight and nine to 10), and a 5K run/walk for adults. Steven Schneck was the top male runner with a time of 15:54. Mary Coordt was the top female runner with a time of 17:48. Some \$43,000 was raised for the Alzheimer's Aid Society, which is dedicated to helping local families and caregivers

who have to deal with the dementia condition every day. "We are very pleased and thankful to the community," said Sal Arrigo, Jr., vice president of the organization. "This was just our third annual event. We will keep going." "We are very pleased and thankful to the community," said Sal Arrigo, Jr., vice president of the organization. "This was just our third annual event. We will keep going."



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Hospitals now 'hip' on joint replacement information

'Hipsters' group disbands after many decades

BY ART GERMAN
Land Park News writer

A phone call out came out of the blue the other day from a woman who identified herself as Land Park resident Martha Curry. She said she was calling on behalf of the Sacramento Hipsters, and she invited my wife and me to attend what she described as the orga-

nization's "final, farewell meeting."

For just a moment, the invitation hung precariously on a plateau of mystery, but the fog quickly cleared and I totally remembered the Hipsters and what this organization was all about.

The Hipsters were part of a story that began for me in 1971, when my wife and I were driving from down-

town to our South Land Park home, and were hit head-on by a drunk driver. My wife happily suffered only cuts and bruises but an ambulance took me to the Kaiser Hospital on Morse Avenue where I spent the next seven weeks receiving treatment for a smashed left hip and a shattered lower right leg.

Eventually I was able to get around painfully with a cane. After about 15 more months, an orthopedist at Kaiser took me aside and told me about a new medical procedure that was just becoming available—something called a hip replacement. The shattered hip bone and socket would be replaced by an artificial new hip of plastic and other materials, he said, and this would be accomplished surgically at the Kaiser hospital on Geary Boulevard in San Francisco. The procedure was not yet being done in Sacramento.

And so it went. As soon as the surgery was over in September of 1973, the pain around my hip magically disappeared. After all, plastic rubbing against metal doesn't hurt. Soon I was



He's not a Robodoc, but he works with one. Dr. William Bargar, who specializes in robotic surgery, spoke to the final meeting of the Sacramento Hipsters about the development of artificial knee and hip replacements. The group disbanded in July because area hospitals are now sharing information about joint replacements, rendering the group's mission: Accomplished.

able to travel, ride a bike, play golf and engage in other pursuits that had seemed totally out of reach for the preceding year-and-a-half.

As the years rolled on, the prosthesis wore out and loosened: first in 1987, and for a second time in 2003. Both times the necessary "repairs" were made at the new South area Kaiser hospital on Bruceville Road. On the day after the 2003 surgery, I recall

that Arnold Schwarzenegger had entertained the patients and hospital staff by announcing his candidacy on TV to unseat Gov. Gray Davis on Jay Leno's "Tonight" show.

It had probably been around 1980 that I first heard about the Hipsters, an organization composed of hip replacement veterans. A member named Annie Beagler phoned to invite me to become a member, which I did. Hip replacements had been growing in popularity, Annie said, and the Hipsters were scheduling regular member meetings to learn all they could about hip surgery medical advances.

For several years, I went to the meetings on a regular basis. They were held at various venues, but finally took over a permanent site at the UC Med Center. I attended the meetings for around 10 years, but finally dropped out, mainly because of access problems for me at the med center.

Finally, the 2003 hip replacement came to a sudden end for me after my wife and I emerged from a July 2005 performance of "The Music Man" at the 24th Street Theater. I tripped over a rise in the sidewalk and crashed to the pave-

See Hipsters, page 5

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Hipsters: Younger patients less inclined to join

Continued from page 4

ment. When I tried to climb to my feet, it turned out to be impossible. An ambulance took me to the South area Kaiser where I underwent a fourth hip replacement, along with a repair of the broken femur.

By this time I'd learned that my chief early-day contact at the Hipsters, Annie Beagler, had died, and I put the organization out of my mind.

And so it remained until this past month, when Martha Curry phoned to extend her invitation to a "final" Hipsters' meeting. It would be held at Luau Gardens, a Chinese smorgy across from the Arden Fair mall. The Hipsters had been meeting there regularly during the past few years.

When my wife and I arrived, there were about 50 people on hand, none of whom I recognized. The emcee was Bill Oliver of West Sacramento, a retired state Water Resources employee and an early Hipsters member. He shared that his one hip replacement – the

result of a school days football injury – had lasted virtually intact for close to 30 years.

After a toothsome excursion by all through the Luau Gardens' array of won ton, chow mein and other oriental goodies, Oliver told the audience that the Hipsters were coming to an end primarily because membership has been declining for some years. The group's information programs about hip replacements (and most recently, knee replacements) had been taken over by the hospitals themselves.

Also, recent advances in joint replacement technology have attracted younger patients, were less inclined to attend Hipsters meetings. As a result, there was a sharp drop in the more than 200 members who attended regular meetings in the past, Oliver said.

The Hipsters' featured speaker for its final official meeting was a local medical superstar in the development of artificial knees and

hips to replace joints that function with severe pain: Dr. William L. Bargar, an orthopedic specialist who practices primarily at Sutter Hospital.

A one-time engineering student, Bargar is among the first U.S. surgeons to use robotic procedures that were developed abroad. These procedures and the use of titanium as a metal for the prostheses, have simplified the technique that Bargar calls "Robodoc," or robotic surgery.

During the actual surgery using Robodoc, Bargar said, a robot precisely mills the bone surfaces, ensuring a precise fit and position of the implant based on a plan developed before the operation. This assures the surgeon that the final bone preparation will match the pre-operative plan exactly, he added.

A suggestion to hold an annual Hipsters reunion was warmly endorsed by all. That get-together—probably at Luau Gardens—will be held in July, 2011.

Janey Way Memories



Broadway comes to Janey Way



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

One summer on Janey Way in the hot days of August, boredom hung over the neighborhood like a cloud. The younger members of the Janey Way gang needed something interesting to do. Mary Puccetti had an idea. "Let's stage a show like they do on Broadway," she said. Her buddies, Diane Viani, Bernadette Tomassetti and Tom Harte, agreed and volunteered to perform. Her big brother Randy agreed to work backstage, and Lou Viani, one of the older boys, said he would direct the production. They were off and running.

Within days, Randy Puccetti began putting a set together – nothing complicated, just banners and small props. The performers practiced their songs, including old standards like "Yankee Doodle Dandy" and "God Bless America." Louie, acting like George M. Cohan himself, paced the yard and hollered out directions to the cast. Slowly, but surely, the production came together. In the meantime, the kids hand delivered invitations to every house in the neighborhood. Soon the show would take place. But would anyone come?

On the day of the show, Randy hurried around his backyard making final preparations. The performers, Mary, Bernadette, Tom and the others, ran through a final rehearsal of the show. Volunteers stood at the gate to the yard waiting to collect the 25-cent admission fee and seat people. The neighbors began to arrive about one half hour before the show began. First one or two, then more, then the whole neighborhood showed up. The kids were dumbfounded and a little scared. They did not expect this big of a crowd.

"Oh my God, it's time to begin."

Lou made the call of "Let the show begin," and the cast came marching out in their patriotic costumes blaring out "God Bless America." One by one, the cast performed each number perfectly. The neighbors cheered louder after each new song. To end the production, the cast performed a rollicking finale, almost as good as one of those Busby Berkeley show tunes. The cast received a standing ovation from the people of Janey Way. The show was an unqualified success.

The kids learned something in the process: There are no limits, only those that we place on ourselves. They had set out to do a successful Broadway-style production and they succeeded beyond their wildest dreams. Another inspirational Janey Way memory.



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The story behind the Guy A. West Memorial Bridge

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

Just about everyone in Sacramento is familiar with the orange/gold-colored suspension bridge that gracefully spans across the American River, near Sacramento State University. But not everyone knows the name of this structure or why it received this name.

Built in 1966 to link the campus with the then-new, Campus Commons college-community development, the 1,144-foot-long, 16-foot-wide pedestrian bridge is officially known as the Guy A. West Memorial Bridge.

The name of the bridge, which was built at a cost of \$636,000 and was recognized as the longest pedestrian suspension bridge in the United States, was selected in honor of the founding president of Sacramento State College, as the university was then known.

Born Guy Ashley West in Pine Bluff, Ark., West grew up in New Mexico, where he later graduated from New Mexico Western College.

He continued his education at the University of Colorado, where he received his master's degree, followed by the Universi-

ty of California, Berkeley, where he received his doctorate's degree in educational psychology.

Although attempts to create a four-year college in Sacramento date back to the 1920s, it was not until the summer of 1947 that, through the efforts of California Sen. Earl Desmond, the state Legislature approved the establishment of such a school in the capital city.

In July 1947, shortly after Gov. Earl Warren approved the future creation of the university by signing SB 1221, West was appointed as Sacramento State's first president. West's position, however, was labeled as acting president until he was officially named the college's president in July 1949.

West had previously served for 14 years as a faculty member and administrator at Chico State College – now California State University, Chico.

Under West's leadership, Sacramento State began with the absence of a campus of its own, as the school officially opened in rented structures at Sacramento Junior College – today's Sacramento City College – on Sept. 22, 1947.

The school held its first graduation on June 3, 1948,



The Guy A. West Memorial Bridge is shown under construction in this 1966 photograph.

Photo courtesy of Sacramento State Archives

when one student graduated at a ceremony held on the junior college's campus.

With West at its helm, Sacramento's long-awaited, four-year college steadily advanced in its early years, as it continued to share a campus with the junior college, which had been established in 1916.

After more than five years in its first location, Sacramento State relocated to its present site – a primitive version of today's much more developed campus.

In celebration of the school's first non-shared campus, a 150-car parade, which included a convertible with West and Warren as its passengers and a sign with the wording, "Go East with West," made its way from downtown Sacramento to the then-new campus.

By the time the new campus opened in 1953, Sacramento State had grown from its initial 235 students to about 2,400 students. And with a 289-acre campus, the

school had plenty more room for growth.

During West's 18 years of leadership, Sacramento State expanded to include nearly 10,000 students.

As president, West encouraged students to utilize the college educational experience to help change the world.

In welcoming a then-record group of about 1,400 new students to the campus in 1957, West used Thomas Jefferson as a role model example in a speech, in which he encouraged students to strive for excellence.

Telling the incoming students that the world needed

See Bridge, page 6

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Bridge: 'I came, I saw, I was conquered' - Sac State President Guy A. West

Continued from page 6

more people like Jefferson, West said, "(Jefferson was) a gentleman of 32, who could calculate an eclipse, survey an estate, tie an artery, plan an edifice, try a case, break a horse, dance a minuet and play the violin."

And West was far from a man who only spoke words, but showed no action. To the contrary, he led by example, as is indicative of his college degrees, as well as the fact that during his life he was also a student of German, French and Latin, was nearly fluent in Spanish and studied psychology to assist him with his volunteer counseling.

West also served as president of the Western College Association, was a member of the commission on accreditation for teacher education of the state board of education and co-authored the book, "Twentieth Century American Education," an evaluation of school trends at the time.

By the time West announced his retirement at the age of 66 on Feb. 26, 1965 before faculty members in the school's Little Theater, he had spent 42 years as an educator.

As a show of appreciation, Sacramento State's faculty and alumni associations and advisory board held a recognition dinner for West at the Hotel El Dorado - today's Radisson Hotel at 500 Leisure Lane - on June 7, 1965.

But many people felt that West, for what he meant to Sacramento State's development, was deserving of much more than a simple farewell dinner.

Because of this fact, it was determined that his name would be memorialized through the name of the nearby bridge, which with its 87-foot-tall twin towers and golden color resembles the Golden Gate Bridge, albeit a much smaller version.

The bridge, which extends across the river with about 600 feet of steel, was designed by the Spink Engineering Co. of Sacramento and was constructed by the longtime Sacramento business, A. Teichert and Son, Inc.

A special dedication of the bridge was held on Thursday, April 6, 1967 and was attended by West and his wife, Bernice, and representatives of the college, local government, the state Legislature, the Sacramento Chamber of Commerce and Campus Commons.

As part of the ceremony, which began at 12:30 p.m. and was aired on three local television stations, ownership of the bridge was transferred to the city of Sacramento.

Although West left Sacramento after his retirement to reside in Dallas, where he passed away at the age of 85 on July 12, 1983, his spirit never left the campus, which he so dearly loved.

Following West's death, Austin Gerber, who served as Sacramento State's interim president from April 1983 to July 1984, said, "The impact of the decisions (West) made are reflective today - near two decades after his retirement - in the excellence of the institution he helped



Dr. Guy A. West sits at his desk at Sacramento State College in 1958.

Photo courtesy of Sacramento State Archives

bring into being. California State University, Sacramento stands as a monument to his vision and hopes."

Despite making this statement 27 years ago, Gerber's words, as many would agree, could have been just as truthfully spoken today as they were in 1983.

Even in the humble ways of West, who never liked the idea of his photograph hanging in the lobby of the administration building, with some decoding, he acknowledged a job well done at Sacramento State.

In speaking to about 350 faculty members in 1965, he uttered his now-famous, humorous words regarding his time at Sacramen-

to State, saying, "I came, I saw, I was conquered."

Julie Thomas, special collections and manuscripts librarian at Sacramento State's Special Collections and University Archives, said that having such a grand memorial to West is very fitting.

"Guy West was kind of like the gold standard of college presidents," Thomas said. "He

started the college and he was able to finagle getting faculty and space. He was a mover and a shaker. He got us into this location and he set the bar high for all future presidents at Sac State. I don't know if Sac State would be what it is today without Guy West as its first president. So, I think (the bridge) is a fitting tribute to him."

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You & Your Teen

Making successful transitions as your child leaves for college

By STEVE DEBENEDETTI-EMANUEL
East Sacramento News columnist
steve@rivercitycounseling.com

When I started college my parents drove me to school, helped me move in, and attended a few parent/student events. I wondered if they'd ever leave. Finally, we hugged and kissed, and they drove away. And with that I turned and sprinted across campus, beside myself with happiness, relief, and excitement. I was free and on my own.

Looking back, I realize my parents worked hard the summer before I left to prepare me for this successful transition. They also took steps to prepare themselves for my departure. After all, I was their "baby" and their nest was about to be empty.

As departure day approaches, it is important to change the tone of your relationship with your teen, such that

See Teen, page 16

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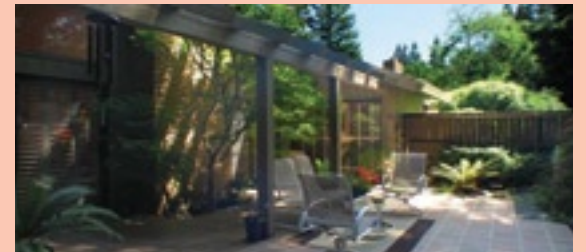
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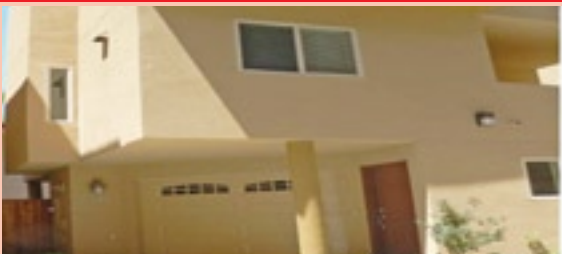
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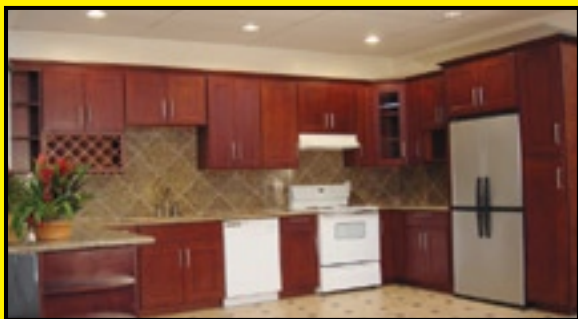
Remodeled kitchen w/ corian countertops, Elkay sin & Kohler fixtures, restored original wood floors. Deck overlooking koi pond and Japanese Garden. Custom window coverings, gas fireplace, carport, original lead glass windows in front of home, Anderson window replacements in back. 1476 33rd Street \$345,000



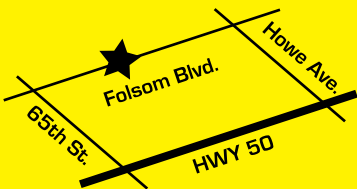
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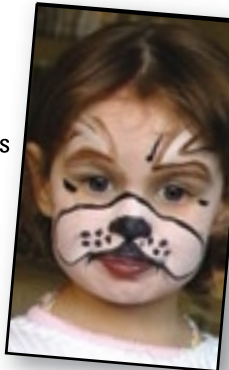


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13 POR	14 RENO	15 RENO	16 RENO	17 RENO	18 SL	19 SL
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27 TAC	28 TAC	29 TAC				

S	M	T	W	T	F	S
JULY						
4 RENO	5 RENO	6 RENO	7 RENO	8 POR	9 POR	10 POR
11 POR	12 ALL-STAR BREAK	13 ALL-STAR BREAK	14 ALL-STAR BREAK	15 SL	16 SL	17 SL
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AUG/SEPT						
1 LV	2 LV	3 LV	4 ALB	5 ALB	6 ALB	7 ALB
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15 OMA	16 OMA	17 IOWA	18 IOWA	19 IOWA	20 IOWA	21 SL
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Know your neighbor

'Five Questions' with Jason Gundrons, mechanic at College Cyclery

By NOAH WINN
East Sacramento News writer

1. What is the specialty of College Cyclery in Sacramento?

"We usually work on and sale beach cruisers and family bikes, and we love to do restorations and re-furbishing bikes."

2. How long has college College Cyclery been open for business?

"This year it's our 75th anniversary, so come on out and show some support."

3. How long have you worked at the store?

"This is my third year working here at the store and it's been great."

4. What is the most unusual bike you have worked on?

"The most unusual bike I have worked on was this

crazy bike that was built like a car. It had four wheels and a second passenger option, so two can pedal at the same time. This car/bike had an independent drive train, but the thing was it didn't have a steering wheel."

5. Do you think in the future or in a few years we will be an all-bike society like some parts of China or Davis?

"No, we like our cars too much. Idealistically, it would be nice. It's just not going to happen."

Bonus question: If Floyd Landis came into College Cyclery, had a flat tire and no money, would you help him out?

"Of course I would help Floyd out; I have helped out a lot worse."



East Sacramento News photo/Noah Winn
College Cyclery will celebrate 75 years in business this year. Bike mechanic Jason Gundrons enjoys doing bike restorations as well as repairs.

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Teen: Plan for regular check-ins, be it by phone, text, Facebook, Skype or email

Continued from page 8

you become less of an authority figure and more of a guide. After all, your teen will soon be making the vast majority of decisions on his or her own. It is important for them to begin this transition before they leave. I'm not suggesting letting your teen stay out all night and having full access to the wine cellar. You still need rules and expectations. But if they make poor choices, focus

more on discussion and guidance than on consequences.

As much as your college-bound teen will be pulling at the reins, seemingly full of confidence, remember that they're also fearful and anxious about leaving home. When you sense this, reassure them that they'll be fine and you'll be there to help, if they need you.

So plan for regular check-ins, be it by phone,

text, Facebook, Skype or email. Along with this, plan your teen's visits home. By doing this, your teen will have the reassurance of knowing that you'll communicate regularly.

It is also important for parents to share some of what they are feeling. You want your teen to know how proud you are and how much you're going to miss him/her. Don't overdo it. If your teen gets the feeling that their departure is going to overwhelm you, then leaving will be more difficult. Share your more intense feelings with others.

After your child leaves, you'll have many different feelings, and most are normal and OK. Perhaps you'll feel depressed, empty and lonely. Or you might feel happy and relieved. Be patient, the feelings will get easier. If necessary, seek out the support of friends and

family to help with your transition.

You will also have more free time now that you aren't going to games and monitoring homework. You need to figure out what to do. One option is to stay home and wallow in your feelings. Or you can find new things to do. It's your time to explore and do what you've always meant to do but couldn't find the time.

If your teen doesn't contact you as frequently as you'd like, try not to take it personally. Your teen is in a period of extraordinary change and excitement, and staying in-touch won't be a priority. Be patient and continue checking-in. Even if your teen seems disinterested and gives one-word responses, rest assured that your communications are helping with the adjustment.

When you do communicate, celebrate what's going well and offer to

help with what isn't. Work hard not to judge and lecture. If your teen gets the message that you are there to guide rather than criticize, they'll be more likely to speak openly and seek your support.

When a teen leaves for college a family is thrown into a period of great challenge and transition. If parents and teens don't work hard to make it a positive experience, relationships can be strained or even damaged. However, if parents help their teens to prepare prior to departure and support them once they're at school, along with taking care of their own emotional needs, the likelihood of a successful transition for teen and parents is high.

In my next article, I will focus on how parents can help their younger children when their older siblings go to school.

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Mushu #119138

Breed: DMH Color: Black
Gender: Male Hair: Medium
Age: 4 months

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Age: 3 months

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Oliver #124825

Breed: Jack Russell Terrier Color: White & Tan
Gender: Male Hair: Short
Age: 2 years

He is so well behaved when out for walks and really enjoys himself. Running, chasing, and playing with other dogs are some his favorite things to do. Oliver is great with people, kids, and other dogs.

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Cuddles #107097

Breed: Chihuahua Color: White & Tan
Gender: Female Hair: Short
Age: 2 years

This sweet gal loves to be on your lap and enjoys heading out for a walk. She will capture your heart with her sweetness! Come cuddle with Cuddles down at the SPCA today!

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Gingerbread #120183

Breed: Siamese Color: Seal Point
Gender: Female Hair: Short
Age: 4 years

Gingerbread may be 4 years old, but as far as she knows she is still a kitten. It takes no time for her to find toys and begin to entertain herself and everyone watching. Whether it's toy mice, string toys or balls, she is all over it.

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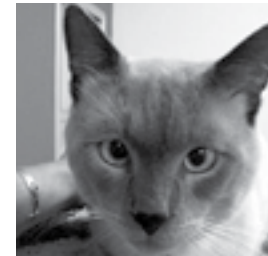
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Simba #123831

Breed: Siamese Color: Lilac Point
Gender: Male Hair: Short
Age: 11 months

Simba is a delightful cat, not quite out of his kitten hood. He loves to chase toys and lay on your chest. One of his favorite activities is laying on your chest and putting his head under your chin. He is definitely a boy who likes physical contact.

* 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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CALENDAR

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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 susan@valcomnews.com. Deadline is two weeks 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.

AUGUST

Art show

"Pin-ups," Sacramento Fine Arts Center, through Aug. 14. The "Pin-ups" Show is where you will find gems of original artwork in a huge selection of unframed work pinned to the Sacramento Fine Arts Center walls. Also showing in our second gallery is the "Docents Art Show." Docents of the Sacramento Fine Arts Center get to show their stuff at this annual show honoring them. You will find award winning art by our talented docents at this all media show. 5330 B Gibbons Drive, Carmichael, CA 95608 Gallery Hours, 11 a.m.-7 p.m. Tuesdays, 11 a.m.-3 p.m. Wednesdays through Saturday. For more info www.SacFineArts.org.

Dine for Shrine

What it is: Dine for Shrine exists as a fundraising campaign for Shriners Hospitals for Children in the Sacramento and greater Northern California region. The campaign invites patrons, benefactors, and philanthro-

pists alike to join in to support and generate awareness around the noble services of Shriners Hospitals for Children. Through Aug. 6. How people can get involved: Simply bring in a Dine for Shrine flyer to any of the participating restaurants and enjoy a night of fine dining while helping Shriners Hospital for Children. Flyers and a list of participating restaurants are available at www.dineforshrine.com. For more information: Call Mike Nguentat at 916-947-2119, e-mail fundraising@dineforshrine.com, or visit www.dineforshrine.com

AUG. 7

New Christy Minstrels

Concert under the stars. 7:30 p.m. Enjoy the sweet, smooth, sing-along harmonies of the New Christy Minstrels. Also appearing will be Barry McGuire, whose blend of folk and gospel have placed him in a unique category of singers, and Sacramento's Chuck Cole, whose banjo pickin' will take you back to the '50s and '60s. At the Fair Oaks Amphitheatre in Old Town Fair Oaks. Admission \$20, gates open at 7 p.m. www.fairoakstheatrefestival.com or (916) 966-3683.

AUG. 10

Malt Shop Melodies 2

The VoCALs' musical presentation of "Malt Shop Melodies 2" at 11:15 a.m. and 1:15 p.m. Seatings at Casa Garden Restaurant, 2760 Sutterville Road. Entrée choices: BBQ Beef Brisket with Garlic Roasted Potatoes or Grilled Chicken and Nectarine Salad; dessert Belgian Cream Cake -- \$20 per person, including tax and gratuity. First-come, first served group reservations by one person, one check. Reservations a must -- call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

AUG. 14

Omni Youth Programs Family Fun Fest

Enjoy a free and fun filled day with entertainment, family games, art projects, and give aways. Free music, DJ, youth performances, and local entertainers. Loads of free goodies, booths with art, crafts, food and local business and non-profit info. 10 a.m. to 3 p.m. Carmichael Park, 5750 Grant Ave., Carmichael. (916) 362-2000 ext. 14

AUG. 15

St. Mary's Church 79th annual Festival

Come join the fun August 15, 2010 at St. Mary's Church (1333 58th Street Sac, CA 95819). Our Annual Festival operates from 10 a.m. - 8 p.m. and has something for everyone. Water play & Bounce houses, games & prizes for the kids, Bingo for all and Great food & drinks. Join us in fellowship and fun! All are welcome.

AUG. 21

Land Park Neighborhood Backyard BBQ Bash

Eskaton Monroe Lodge will celebrate its 37th anniversary by hosting a neighborhood party celebrating the Land Park neighborhood. The event will feature mini-golf put-put on their newly completed putting green, a classic car Show, Vic's Ice Cream, traditional BBQ food hosted by the Dining Room at Eskaton Monroe Lodge & "Heritage Row" celebrating the local family owned businesses. All welcome. 11:30 a.m. to 2 p.m. 3225 Freeport Blvd (at the intersection of Freeport & College Ave.). Call (916) 441-1015 to enter a special raffle. No RSVP necessary.

AUG. 22

Harpichord Recital

Harpichord Recital is 5 p.m. at All Saints Episcopal Church, 2076 Sutterville Rd. Fundraiser for Concert Series. \$10 suggested at the door, or \$25 in advance to the church, reserved seat Patrons. Info at 916-455-0643 or www.allsaintssacramento.org.

AUG. 28

Kitten adopt-a-thon

It's "kitten season" — and Happy Tails Pet Sanctuary is partnering with Extra Space Storage to find loving, permanent homes for Sacramento's homeless kittens. The "Kitten adopt-a-thon" runs from 10 a.m. - 2 p.m. at Extra Space Storage, 3000 B St. For more information, please visit www.happytails.org.

SEPT. 11

Jensen Garden workdays

Friends of the Jensen Botanical Garden hold garden workdays one Saturday of every month from 9 a.m. to 1 p.m. The next workday is Saturday, Sept. 11. 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 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@carichaelpark.com.

ONGOING

American Legion Dance

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

Bariatric Surgery Informational Seminar

Learn all about what bariatric surgery is and is not. The seminar is held the first Saturday of the month from 10 a.m. - 12 p.m., except for July and September when the seminar will be held on the second Saturday of the month. The seminar location is Bruceville Terrace (8151 Bruceville Road) in the Multipurpose Room. For more information, please contact Rondi Crowley at 423.5909.

Food Addicts Anonymous

Food Addicts in Recovery Anonymous is a 12-step group for people struggling with obesity, food obsession, or eating disorders. There are no dues or fees, or weigh-ins. All are welcome to join them: Monday - 6:30 p.m. Greenhaven Lutheran Church Fellowship Hall, 475 Florin Rd. Sacramento; 7 p.m. Warehouse Christian Ministries, 10020 Foothills Blvd. Roseville; 7 p.m. Nevada County Contractors Assoc. - 149 Crown Point Ct., Grass Valley; Tuesday - 6:45 a.m. Southside Park Clubhouse, 2051 6th St. (btwn T & W Sts), Sacramento; 9 a.m. St. Andrew's United Methodist - 6201 Spruce Ave, Sacramento; 6:30 p.m. Kaiser Medical Center Conf Rm, 1900 Dresden, Lincoln; 7 p.m. Faith United Methodist Church - 3600 J St., Sacramento; Wednesday - 7 p.m. Davis United Methodist Church - 1620 Anderson Rd, Davis; Thursday - 9 a.m. St. Andrew's United Methodist Church - 6201 Spruce Ave, Sacramento; 6:30 pm Christ Unity Community Church - 9249 Folsom Blvd. Sacramento; 7 pm Auburn Grace Community Church, 3126 Olympic Way Rm 117, Auburn; Friday - Southside Park Clubhouse, 2051 6th St. (btwn T & W Sts), Sacramento; 7 p.m. Kaiser Facility Folsom, 2155 Iron Point Rd, Conf Rm 1, Folsom; 7 p.m. Kaiser Hospital 3700 Vaca Valley Pkwy 3rd Fl., Rm B, Vacaville; Saturday - 8 a.m. Fremont Presbyterian Church - 5770 Carlson Dr. Chapel, NE corner of campus, Sacramento; 8 a.m. St. Andrew's United Methodist - 6201 Spruce Ave, Sacramento; 8 a.m. Briar-Patch Co-Op Community Market, 290 Sierra College Dr. Community Rm., Grass Valley. For more information: www.foodaddicts.org.

MONDAYS

Gray Eagles

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

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Hatha yoga class

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

Gray Eagles meet

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

Newcomer's Buffet

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

Toastmasters meet

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

Co-Dependents Anonymous

Co-Dependents Anonymous meets, 7:30 p.m., Friends Church, Fireside Room, 41st

and E streets. This 12-step group is for people whose common problem has been an inability to maintain healthy relationships. We support each other in developing fulfilling relationships. For more information, call 1-866-794-9993.

Evening Tai Chi class

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

Girls-only karate

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

Aviator interest

Gray Eagles, a social group for men and women to shares stories of military or sport aviation -- for former air or ground crew, or anyone interested in B-17s, Reno races,

and airshows. Free. Meets second Monday, 11:30 a.m. to 1 p.m., at Hometown Buffet, 4300 Florin Rd. (private dining room). Information from Lou at 421-0844.

TUESDAYS

Pastel landscapes class

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

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Organic produce available at McKinley Park fruit stand

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

It's not hard to find a fruit stand around the Sacramento area. Depending on the season, you can probably find any number of stands that sell the produce you're looking for. But not many of these stands can boast that they are certified organic with all produce coming from a collection of local farms.

Since the beginning of July, however, McKinley Park has been home to such a stand.

Soil Born Farms, the organization that runs the stand, has sold produce around the Sacramento area for the past three years, according to Carolyn Reuman, coordinator of the McKinley Park stand. In looking for a place to put a new stand, Reuman said that the organization



Will and Darla Lackey are loyal customers of the organic produce available at the Soil Born Farms fruit stand at McKinley Park. The popular, nonprofit stand is open on Saturdays from 9 a.m. to 1 p.m.

East Sacramento News photo/Benn Hodapp

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needed to find a financially viable destination and a place where many people from East Sacramento and beyond come together. If the first month's returns are any indication, the park

might be the best place they could have picked.

"(McKinley) Park draws from a wide population," Reuman said. "It's been really popular so far."

So popular, in fact, that there may be a need to add more vendors to catch up to demand. Reuman said that the workers welcome suggestions from the community when it comes to what else people would like to see at the stand. Coffee has been the main suggestion thus far.

Some of the things currently for sale at the stand include carrots, beets, peaches, corn, bok choy, tomatoes, lettuce, cucumbers, onions, eggplant and watermelons. But there is an odd piece of produce currently making its way into the bags of many shoppers.

"Ground cherries are very popular right now," Reuman said.

Each ground cherry comes naturally wrapped in its own little husk that is peeled away to reveal the cherry tomato-sized fruit. Reuman called the taste a cross between a tomato and a pineapple. Many people arrive at the stand unaware of the fruit's existence and end up walking away with some in their bags.

The stand opened on July 1 and will run through Octo-

ber 30 at its location in front of the McKinley Library on Alhambra Boulevard. It is only open on Saturdays from 9 a.m. until 1 p.m. With produce flying off the shelves and no end to the demand in sight, Reuman and her associates have kicked around the idea of keeping the stand open during the winter months in some capacity.

"We are looking at options to keep it open during the winter," she said.

She is unsure of how exactly this can be done with the threat of inclement weather, but the idea is very much alive.

The potential extension was music to the ears of Sacramento residents Darla and Will Lackey. They keep coming back for more of the high quality produce they have found at the stand. The bags of mustard greens, bok choy, beets, tomatoes, peaches, corn and yes, ground cherries that they carried away from the stand spoke of the couple's loyalty.

"It's so great to have this," Darla said. "We'll continue to come back."

In addition to the McKinley Park stand, Soil Born Farms prides itself on getting the word out to as

See Organic, page 23

2010 SCHEDULE

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S	M	T	W	T	F	S
JUNE						
		TAC	TAC	TAC	TAC	FRES
6 7:05	7 7:05	8 7:05	9	10 7:05	11 7:05	12 7:05
FRES	FRES	FRES		POR	POR	POR
13 7:05	14 7:05	15 7:05	16 7:05	17 7:05	18 7:05	19 7:05
POR	RENO	RENO	RENO	RENO	SL	SL
20 7:05	21 7:05	22 7:05	23 7:05	24 7:05	25 7:05	26 7:05
SL	SL	LV	LV	LV	LV	TAC
27 7:05	28 7:05	29 7:05	30			
TAC	TAC	TAC				

S	M	T	W	T	F	S
JULY						
				FRES	FRES	FRES
4 6:35	5 7:05	6 7:05	7 7:05	8 7:05	9 7:05	10 7:05
RENO	RENO	RENO	RENO	POR	POR	POR
11 7:05	12	13	14	15 6:05	16 6:05	17 6:05
POR	ALL-STAR BREAK			SL	SL	SL
18 7:05	19 6:05	20 6:05	21 6:05	22 7:05	23 7:05	24 7:05
SL	COL	COL	COL	COL	TAC	TAC
25 7:05	26 7:05	27 7:05	28 7:05	29 7:05	30 7:05	31 7:05
TAC	TAC	COL	COL	COL	COL	LV

S	M	T	W	T	F	S
AUG/SEPT						
1 6:05	2 7:05	3 7:05	4 6:05	5 6:05	6 6:05	7 6:05
LV	LV	LV	ALB	ALB	ALB	ALB
8 6:05	9 6:05	10 6:05	11 6:05	12	13 7:05	14 7:05
RR	RR	RR	RR		OMA	OMA
15 7:05	16 7:05	17 7:05	18 7:05	19 7:05	20 7:05	21 6:05
OMA	OMA	IOWA	IOWA	IOWA	IOWA	SL
22 7:05	23 6:05	24 6:05	25 7:05	26 7:05	27 7:05	28 7:05
SL	SL	SL	FRES	FRES	FRES	FRES
29 7:05	30 7:05	31 7:05	1 7:05	2 7:05	3 6:05	4 6:05
FRES	LV	LV	LV	LV	COL	COL
5 12:05	6 12:05					
COL	COL					

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East Sacramento News photos/Benn Hodapp

Delicious, fresh produce is available every Saturday morning. Current offerings include carrots, beets, peaches, corn, bok choy, tomatoes, lettuce, cucumbers, onions, eggplant, watermelons and ground cherries.

Organic: Popular stand has loyal following

Continued from page 22

many people as possible about the benefits of organic produce. The 501(c)(3) nonprofit organization offers many educational opportunities for youths, high schoolers and adults.

Soil Born also contributes to a cause called Har-

vest Sacramento, a group that collects unwanted fruits and vegetables from backyards across Sacramento and donates them to local food assistance programs for the less fortunate. On the group's website (www.soilborn.org) there is a place

to donate to the educational fund as well as the Harvest Sacramento fund. They also ask for donations of functional gardening equipment such as shovels, wheelbarrows and weed whackers.

The stand sells produce from small farms and grow-

ers from Sacramento, Yolo, Placer, El Dorado, Yuba, Sutter, Solano and San Joaquin counties. People are encouraged to bring their own bags with which to fill up with produce. According to the stand's brochure, proceeds from the stand are

used to "subsidize prices of food for others in our community who need assistance."

General inquiries as well as those wanting information about becoming a volunteer can be emailed to Soil Born Farms at info@soilborn.org.

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