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Marty Relles presents
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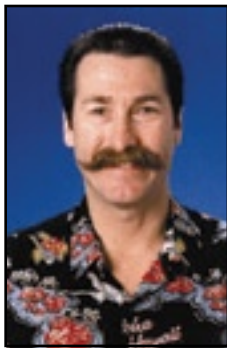
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Sunnyvale resident Suet-Fei Li was the top women's finisher with a time of 17:44.9.



East Sacramento News photos/Danny Kam Steven Schenck of Sacramento was the top male runner at the 12th annual Race for the Arts on Aug. 28, with a best overall time of 15:54.5 for the 5K run.

Everyone in the community wins in 'Race for the Arts'

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

a.m. The goal of the annual event is to do three things when it comes to the local arts: first, raise funds; second, raise awareness and third, increase audiences.

Race for the Arts is a nonprofit organization that works to accomplish the three aforementioned goals for school music, drama and art

See Race, page 3

Some 2,000 runners and walkers came out to the 12th annual Race for the Arts on Saturday, Aug. 28 at William Land Park in Sacramento. The 5 K (equal to 3.1 miles) fun run/walk and children's fun runs began at 8:30

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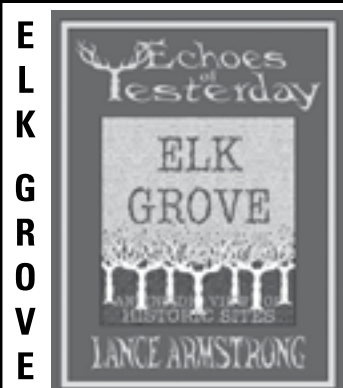
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Race: Last year's event raised \$70,000 for art programs

Continued from page 2

programs. Event coordinator Sally Rice talked about some of the history of the event.

"We provide the vehicle to help everybody," Rice said. "Every cent pledged to a program goes to that program."

This year's pledges are not due until Sept. 26, but in 2009 the event raised nearly \$70,000 and Rice is confident that a similar number will be raised this year. In the past, according to Rice, recipients of pledge money have used it to purchase instruments or pay travel fees in order to take their acts to different parts of the world. All told, the event has benefitted an estimated 168 arts organizations since the event's inception.

Along with the runners, some of whom show up in costumes, the event was decorated with 43 interactive booths designed to ed-

ucate the patrons on different art programs in the Sacramento area. Among the activities for young and old alike was an instrument "petting zoo" where people thinking about taking up an instrument could go and physically feel what the instrument is like in their hands.

As far as the race itself, awards were given to the top three male and female finishers in 15 different age categories. All children's fun run finishers received an award regardless of time. Anyone who missed picking up their award can pick it up at Fleet Feet Sports at 2311 J Street. To check and see if you won an award, go to www.raceforthearts.com and click the tab titled "Results, Awards, Photos."

Steven Schenck, a 27-year-old from Sacramento, posted the best overall time of 15:54.5. The top women's finisher was 34-year-old Sunnyvale resident Suet-Fei Li with a time of 17:44.9.

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Hot summer nights and sleeping out



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

Summer days on Janey Way in the 1960s seemed endless and care free. Even when temperatures reached 100 degrees, we kept busy swimming at Glen Hall pool, skating at Phoebe Hearst School or just hanging out on a lawn in the neighborhood. During the hot months of July and August, temperatures rarely cooled off much even during the evening, but we had a sure fire solution to this problem: we slept outdoors.

As the day came to a close and night began to fall, someone would say, "Let's sleep out at my house." Then, after obtaining parental approval for the sleep out, the gang showed up with their sleeping bags in hand and laid them out in a line on the back lawn.

Of course, very little sleeping ever occurred on such nights.

I often wonder how our parents ever got any sleep.

We played cards and board games by flashlight. We talked too loudly and often snuck out of the yard to go on nighttime sojourns. Sometimes we crept into the pit – the vacated sand and gravel site located behind the houses on the east side of Janey Way. That always turned into an exciting adventure. Other times, we walked over to where the girls slept out and surprised them or walked down to Bossy's Drive In on Folsom Blvd. to buy hamburgers.

However, our favorite place to sneak off to was Shakey's Pizza Parlor on 56th and J streets. There, we pooled our money, bought pizza and brought it back to the yard to eat. I still remember the sound of Dixieland jazz wafting out of the back room bar.

Life couldn't get better.

The Relles household became a popular place to sleep out during the long Janey Way summers. In fact, we slept out in our yard so often one summer that Dad dragged an old mattress out from the garage for us to sleep on. We brought out blankets and sheets from the house to cover the mattress and slept in comfort. We had by far the best sleeping accommodations of any kid on the block; much better than a sleeping bag.

As another warm summer comes to an end in Sacramento, the memories of sleeping out on Janey Way come back to me and remind me of time when life seemed simpler and somehow a lot more fun.

Local author to lecture on 'Sacramento's Chinatown'

By **ART GERMAN**
East Sacramento News writer

September 2010 is bound to be a very busy month in the life of long-time Greenhaven/Pocket area resident Lawrence Tom as he begins an intensive local speaking schedule to promote his newly-published book, "Sacramento's Chinatown."

At least eight public library presentations are scheduled for him in September at branches throughout Sacramento County, including talks at the Belle Cooledge library in South Land Park (Sept. 18 at 3 p.m.), and the Robbie Waters branch in the Pocket area (Sept. 23 at 6:30 p.m.). Other dates include Sept. 8 at the McClatchy library in the Midtown area and Sept. 15 at the main library downtown.

The 73-year-old Lawrence Tom wrote the text and assembled the 200-plus photos in his book with his younger brother, Brian Tom, an Oakland-area resident who graduated from UC Berkeley and the UC Davis School of Law. The younger Tom

practiced law for 25 years and served as an administrative law judge.

The book marked their second collaboration to compile the story of Chinese immigration to Northern California, which began with the Gold Rush in the mid-19th century. Their first book, "Marysville's Chinatown," was published in 2008.

The Tom brothers were born in Marysville, which in the early gold rush days was an important way-station for Chinese newcomers flocking to the gold fields.

Lawrence Tom moved to Sacramento in 1957, when he enrolled at Sacramento State and emerged with

See Chinatown, page 13

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'America's Favorite Cowboy' to entertain at circus at ARCO Arena Sept. 9-12

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

The 140th edition of the Ringling Bros. and Barnum & Bailey Circus is coming to ARCO Arena on Sept. 9-12 and among the many features of "The Greatest Show on Earth" will be performances by Andre McClain, who is known in the circus world as "America's Favorite Cowboy."

Those who have never had the opportunity to observe Andre's performances, however, should be advised that Andre is far from a one-dimensional entertainer.

In an exclusive interview with the *East Sacramento News*, Andre explained that he is much more than a cowboy performer.

America's favorite cowboy

"Of course, I am America's favorite cowboy," Andre said. "I've done a lot of things around the United States as far as the rodeo, going from a kid riding in the rodeo

and into performing and being this Roy Rogers-type of guy. Everything I do was self-taught. I do quite a bit of different things. I do trick roping, I do whips, I do fancy gun twirling, action shooting and trick riding. A lot of people out there, a lot of cowboys, a lot of western entertainers; they do one thing or the other. They either do trick roping or they do trick horses or they do country singing. That's what separates me from everybody else. I do a little bit of everything."

When Andre brings his act to Sacramento this September, he will also be bringing many years of experience along with him.

Raised in Kansas City, Mo., Andre is part of the three generations of cowboy history in his family.

When asked when he first rode a horse, Andre responded, "I started riding when I was around four (years old) and I started riding mutton busters – we called it – when I was about seven years old. I

was riding small steers, like a kids' rodeo."

Self-motivated

In being very self-motivated, Andre taught himself to twirl a lasso as a child by practicing with his mother's clothesline and water hose.

Remembering these days, Andre said, "It's so funny. I would get spanked almost every other week. But it was still worth it."

Andre, 33, said that he also started riding bucking horses during his youth.

"A friend of my dad had 37 wild mustang horses and I used to go over to his place and help him break mustangs," Andre said. "Back then, you wore them out, then you would get on them and buck them out. That's one thing that always encouraged me to rodeo and ride bucking horses in rodeos."

Andre, who grew up as one of six children, received his first experience competing in a rodeo in the Bill Pickett Invitational Rodeo, America's



Photo courtesy of Ringling Bros. and Barnum & Bailey
Circus cowboy Andre McClain will be among the featured entertainers at the Ringling Bros. and Barnum & Bailey FUNundrum!, which will be held at Arco Arena Sept. 9-12.

first all-black touring rodeo, which was founded in 1984 by his father, Lu Vason.

Save a car, ride a horse

So connected was Andre to horses during his youth that he even rode a horse to high school, which even in Kansas

City was not something that other students would do.

Chuckling after being asked to discuss this experience, Andre explained that he has fond memories about these times.

"It was great," Andre said. "I rode every day (to Paseo Academy of Performing Arts). Nobody else in the city did this. The ride from my house to school was maybe three miles. I would get up in the morning, have breakfast, clean him up and get him ready for the ride. My day really started at like 4 or 4:30 in the morning. I would ride him to school right down the city streets and tie him to the

See Cowboy, page 7

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Cowboy: Learned to twirl a lasso by practicing with his mother's clothesline and water hose

Continued from page 6

soccer fields (at the school). And while everybody had their fancy cars or were riding the bus, I would pull up on my horse. One day, I got written up by the gym teacher for my horse using the bathroom in the soccer field. I still have that write-up. It was crazy. I walked in (to the gym teacher's) office and said, 'Come on. You can't be serious.'

Following his rodeo days, Andre began training trick horses, an activity that would lead to his employment with the circus.

Andre said that he attributes a pair of individuals to his drive to achieve high levels as a cowboy entertainer.

"I watched a guy, named (Nathaniel) 'Rex' Purefoy, out of Kansas City and he had the western duds, the fancy saddles, he did trick roping and whips, gun twirling and all this stuff. I said, 'You know what? That's what I want to do.'" Andre recalled.

Additionally, Andre said that he is extremely thankful to his mentor, Kenneth Barrett, who bought him his first rope, so he could retire his mother's clothesline and water hose.

"(Barrett) was always about me pushing myself and telling me, 'You can be anything you want to be' and 'you can do anything you want to do.' That's what I believe and that's what I try to encourage in people and kids. There's no such thing as I can't and I want people to know that you can always do the things you want to do. You just focus and work hard."

Hard work pays off

And Andre's hard work surely paid off, as he was eventually hired by the circus.

But auditioning for Ringling Bros. and Barnum & Bailey Circus, in order to obtain his current position, was not a simple task, Andre explained.

"On my way (from Denver, where he was residing at the time) to audition for Ringling, my truck's trailer broke down (in Oklahoma)," Andre said. "I called my brother and he came over and picked up the horses and took them over to a friend of his. I rented a car and jumped in the car and drove to Austin, (Texas) to audition. I was so embarrassed. I pulled up and I had no horses. All I had was a rope and a whip and a voice."

"I stood in the middle of the ring and I said, 'Ladies and gentlemen, children of all ages, I'm Andre McClain and this is my horse, Jonas.' It was my invisible horse, Jonas. I had no horse. I sat up on him, I did my tricks, I did my singing, everything. They cracked up laughing through the whole thing and as soon as I finished and explained to them what happened, (the circus' producer Kenneth Feld) just came to me, shook my hand and said, 'Hey, if you want this position, you've got it. We'll send a contract to you.'"

Nearly eight years after joining the circus – a move that he refers to as "going from the greatest show on dirt to 'The Greatest Show on Earth' – Andre said that he continues to enjoy every one of his 500 days per year working at the circus.



Photo courtesy of Ringling Bros. and Barnum & Bailey

One of the more unique animals that Andre McClain has worked with is this Watusi cow. He has also worked with such exotic animals as camels, llamas and zebras.

"Oh, it's great (working for the circus)," said Andre, whose involvement with the circus also includes various announcing during the show and working with exotic animals such as camels, llamas and even a Watusi cow. "It's a blast for me. I probably have just as much fun as the audience, so it's a fun time for me. I wouldn't trade this in for anything in the world."

Guests have the opportunity to meet Andre and other circus entertainers at Arco Arena prior to the start of each circus program.

Meet the stars

All-access shows, which will be held one hour prior to show times, allow ticketholders to meet the circus stars, receive autographs, view animal training and see an elephant paint a picture. A sign-up to win the painting at the beginning of the show will also be held during the pre-show event.

Andre personally invites the community to attend this year's circus, which is being referred to as "FUNdrum!"

"This is truly the biggest show that you'll see and I

encourage everyone, anybody to come out," Andre said. "It's truly amazing and it's action-packed throughout the show. We're coming to shut Sacramento down. I love the city of Sacramento. The arena there is great and the area that we play in is great. We just plan on coming there, having a great time and having one big party for all the people of Sacramento. And that's what it's going to be."

For additional information about this year's edition of the Ringling Bros. and Barnum & Bailey Circus, visit the Web site www.ringling.com.

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Adjusting to your 'staying at home' college student



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

In my previous articles in this series, I discussed the adjustments that parents need to make when their teen leaves for college, which includes the need to recognize that younger siblings are also having struggles. In this article, I am focusing on how parents can help their family's adjustment

when their teen attends college locally and lives at home.

During my senior year of high school I applied and was accepted to a school several hours away. Late in the year, I was badly injured in a car accident, and my plans fell apart. I remained at home for a year and attended the local community college. It was the right decision, but I was devastated, as I was READY to leave home, be free of my parents, and do whatever first year college students do when left to make their own decisions.

Like me, countless high school graduates continue living at home after high school, rather than go away for school. Be it for financial, medical, or any of many other reasons, community colleges are often the best option for recent graduates.

In spite of this, it's important to anticipate that many of the same difficulties that arise when your teen leaves for college will exist, and your family will go through an adjustment period. Rather than risk unnecessary conflict, it's best to be pro-

active and have a frank conversation, in which you both share your concerns, hopes and expectations and listen to your teen's responses.

A good starting point is to help your teen make plans and set goals for this year and beyond. Much that you'd hope that he or she would transfer to U.C. Berkeley, it's crucial to recognize that your teen is an adult and needs to make decisions on his or her own. Thus your job is to guide and support him or her in

See Teen, page 20

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Revenues, attendance up: State Fair CEO talks about success of 2010 fair

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

With the closure of this year's State Fair last month, which broke the fair's longtime tradition of ending on Labor Day, Norb Bartosik, the fair's CEO and general manager, recently sat down to discuss the pros and cons of the 2010 edition of this annual event.

Despite the fair's continuous popularity, attendance numbers had been down, thus causing the fair board to make the drastic change of having the fair begin in July.

Bartosik described this year's fair, which ended on Aug. 1, as an overall success.

Increased attendance

"We had a 10 percent increase in attendance and I think that speaks volumes to (the success of this date change)," Bartosik said. "If you want to dig deeper into that, what we looked to do was raise weekday attendance and we did that every day of the week this year. Last year, where we saw up to a 50 percent drop in daytime attendance, all those numbers changed this year. And the two Kids Days that we are required

to have by law, where kids 12 and under get in free, we had 50,000 more kids attend on those days – those two Tuesdays – than we had even just last year. So, that says a lot to us about that. And considering where the economy is, we think we've done pretty well with our start with a new date change."

Increased revenues

One figure that stood out about this year's fair was the number of \$1 carnival ride tickets sold during Kids Days.

On the first Kids Day this year, about 166,000 \$1 ride tickets were sold, followed by the second Kids Day, which shattered that already record mark with the sale of 198,000 \$1 ride tickets. By comparison, only 71,000 \$1 rides were sold on the second Kids Day in 2009.

Downsides 'isolated'

As far as the downside to this year's fair, Bartosik said that fortunately providing a report about the fair is almost entirely a positive experience.

"I don't have many negatives," Bartosik said. "We had a couple of isolated



Land Park News photo/Lance Armstrong
The 2010 California State Fair experienced a 10 percent increase in attendance compared to last year's State Fair attendance.

incidents that were here and we've taken steps to change protocols to make sure those kind of things never happen again. But our focus is on making sure that people come out, enjoy and get their moneys worth and creating a better program for each of them every year. The fair is about something old, something new and something different and how we showcase it and I think we do that."

Post-fair evaluation

Describing the 2010 State Fair as an overall success, Bartosik add-

ed, "I think everybody was really excited (about the fair and its offerings) from dinosaurs to bicycles to reptiles to the farm. Everything that was there was a pretty experiential, hands-on focus and I think for the most part, the crowd accepted it, enjoyed it and I think it was part of the success. I am very pleased with this year's fair. We had an uptick in a down economy, we had a date change that was successful and we had weekday attendance skyrocket because of the change in the dates, despite the economy."

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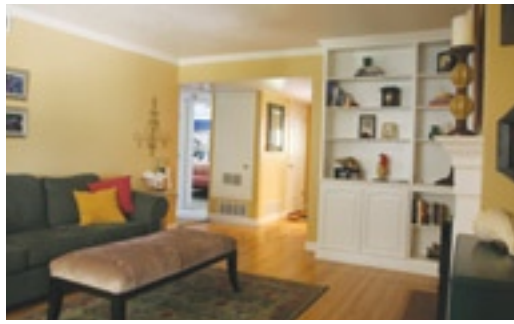
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Three Sisters restaurant: Great authentic Mexican food, three authentic Mexican sisters

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

As a community newspaper reporter, it is my ongoing quest to continuously gain a more thorough knowledge and understanding of the past and present businesses of local communities. It was just last week, for instance, that this quest led me to Three Sisters Mexican Kitchen and Cantina.

Three years ago, while covering a Cinco de Mayo story at Tres Hermanas Restaurant at 2416 K St., I learned from this midtown Sacramento business's co-owner, Sergio Saenz, that there really were "tres hermanas" or "three sisters" behind the naming of the restaurant.

Sergio explained to me that the midtown restaurant, which opened its doors for the first time on Oct. 18, 1996, had been named after his sisters.

After telling me that his "tres hermanas" were Norma, Dora and Sonia, he also informed me that Three Sisters restaurant at 5100 Folsom Blvd. was also part of his family's restaurant endeavors.

In an attempt to enhance my Cinco de Mayo story, I asked Sergio if I could arrange a meeting with all three sisters.

Sergio informed me that it would be best to leave such a meeting to another time, since Norma and Dora were operating the East Sacramento restaurant and Sonia was working with him at the midtown restaurant.

When the day of my interview finally arrived (after 181 weeks of waiting), it was nice to see not una herma-

na or dos hermanas, but actually tres hermanas.

Born in the northern Mexico state of Chihuahua and raised in the town of Cuahtemoc – a place of about 80,000 people that is comparable to Stockton, with a downtown, suburbs and orchards – the three sisters are among the seven children of Guadalupe Saenz and her late husband, Simon Saenz.

After arriving in the United States with their family in 1988, Norma, Dora and Sonia worked in different restaurants in Sacramento for eight years prior to making the decision to open their own restaurant.

The sisters' search for a restaurant ended when local real estate broker Angelo Tsorakis of Elk Grove offered them the K Street restaurant site that had formerly housed Food for Thought.

After the three sisters acquired their midtown business location, Tsorakis presented the idea of naming the restaurant, Tres Hermanas.

Norma admits that the name was initially rejected, but was later reevaluated and accepted.

Dora recalled how challenging it was to operate a new restaurant for the first time.

"We thought we knew everything, but we're still learning, actually," Dora said. "It was funny. Everybody thought, 'I'm going to start my own business and I'm going to be the boss.' It is not exactly that way."

The sisters quickly learned that owning the business also meant performing just about every duty that was necessary to operate a successful restaurant.



East Sacramento News photo/Lance Armstrong
Left to right, Dora, Norma and Sonia Saenz welcome the community to East Sacramento's Three Sisters Mexican Kitchen and Cantina.

As the sisters' midtown business progressed, Tsorakis approached Norma about the possibility of moving the restaurant to East Sacramento.

After Norma told Tsorakis that she was happy with the midtown site, the topic arose about the sisters acquiring a second restaurant location.

Norma related the humorous scenario in which the sisters purchased the East Sacramento restaurant site, which formerly housed the Irish pub, Gallagher's Bar and Grill.

"Angelo said to me, 'I think you need a second restaurant,' and I said, 'Oh no, Angelo,'" Norma recalled. "I told him I didn't want to see it, but he didn't take no for an answer. It was only about five minutes away, so I finally went and looked at it. The building already looked Mexican with the arched windows. I later called Angelo and said, 'Nice, but no.'"

Since Tsorakis remained persistent about the sisters acquiring the second site, Norma offered \$30,000 on the location, which was being offered for \$65,000.

Norma said that it was her way of easing out of the situation with Tsorakis.

"I offered him \$30,000, because I knew they were not going to take it," Norma said. "(Tsorakis) came back like two days later and said, 'Norma, they think the offer is too low.' I said, 'I'm not going to offer any more, Angelo.' He later came back and told me they took the offer. Instead of being happy, I was like, 'Oh no, don't tell me this, Angelo.' And here we are and thank God, because we've been very, very successful."

With the notoriety of Tres Hermanas, Three Sisters was more easi-

ly able to establish itself as a popular restaurant.

In addition to having similarities to the midtown restaurant, Three Sisters was established with different characteristics, including a few different food items, a distinct décor and a full bar, including many tequilas, as opposed to the midtown site's small, beer and wine bar.

But one undeniably similar aspect about both locations is the Saenz family's concentration on presenting a friendly atmosphere and on high quality, fresh ingredients for meals made from scratch.

"We're doing what we love and we love to entertain people," Norma said. "This is our life. The customers become our friends. The greatest friends we have, we found in here at the restaurant."

Sonia added, "I like to see people happy. It's so nice just to see people when they're eating and on their faces they look happy."

Entrées at both restaurants are inspired by the northern Mexico cooking of Guadalupe, her mother and her nine sisters. Norma said that these notable differences in tastes are due to the fact that most of the Mexican restaurants in the Sacramento area present food derived from recipes from Jalisco and Michoacan in the south part of Mexico.

Three Sisters and Tres Hermanas restaurants are open Mondays through Thursdays from 11 a.m. to 9 p.m., Fridays from 11 a.m. to 11 p.m., Saturdays from 9 a.m. to 10 p.m. and Sundays from 8:30 a.m. to 9 p.m. For more information, call (916) 452-7442.

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Know your neighbor

Teenage golf trio takes on Pebble Beach — for the second time

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

An afternoon on the golf course is one of the most relaxing things in the world. The smell of the grass, the birds chirping and a quiet stroll through a landscaped course can be a beautiful experience. Or it can be if you're good at golf, anyway. For most of the people who play golf for "fun," it ends up being a terribly frustrating experience, chock full of humiliation and less-than-appropriate language.

St. Francis High School's Ashley Noda and Briana Mao and former McClatchy High School's Taryn Yee have probably never experienced such consternation on the links as the rest of us, for they are among the very best in the world at what they do. And on Labor Day weekend they will travel to Pebble Beach to put their skills to the test — again.

Noda, 16, was just three years old when she took her first hacks. She received a set of lefty clubs for Christmas that year and was hooked immediately. She demanded of herself that she spend up to three hours a day at the driving range until her hands were raw and blistered. When she was eight years old she began to lap the competition, and at the time the competition was all boys. By the time she turned 12, Ashley was playing 18-hole tournaments — and winning them too.

Mao, 17, waited a little longer to get started. She was the ripe old age of six when she began her career. "I never thought of it like I had talent (for golf)," Mao said. This coming from someone who qualified for a tournament across the country in Georgia at the age of six. She, too, got bigger and stronger and before long she was winning more tournaments than she knew what to do with.

Yee, 18, was a competitive tennis player before exchanging her racket for a three-iron. She didn't start taking golf seriously until she was 10. She chose to play golf because it let her spend more time with her father. But as it turned out, she was a natural. With her parents working many hours, the Little Linkers program was something for Taryn to do with her time. It wasn't long before she started dominating too.

Eventually all three girls joined the First Tee program. The First Tee of Greater Sacramento has a tour for boys and girls between the ages of 12 to 18 called the Junior Tour. In 2009, the three girls applied for entry into a Champions Tour event to be played at Pebble Beach called the Home Care & Hospice First Tee Open. Juniors ages 15-18 from across the country applied. Participants were chosen based on "playing ability and comprehension of the life skills and core lessons learned through involvement with 'The First Tee,'" according to a press release from The First Tee.

All three of the girls made the cut. They spent a week down at Pebble Beach soaking it all in and playing before a national audience. Pebble Beach is one of the most famous courses in the world, so naturally the immediate reactions were ones of awe and goose bump-inducing wonder for the three youngsters.

Mao recalled her reaction on the Tuesday morning before the event when she played her first practice round.



Photo courtesy of Briana Mao
Local junior golfers from C.K. McClatchy and St. Francis high schools have been selected to play at Pebble Beach in the Home Care & Hospice First Tee Open over Labor Day weekend. Left to right, Ashley Noda (St. Francis H.S.), Taryn Yee (McClatchy H.S.), Briana Mao (St. Francis H.S.).

"Oh my gosh, I'm about to play Pebble Beach," Mao said.

"It was amazing," recalled Yee of her first impression of the course. "It never entered my mind that I would one day play Pebble Beach."

"It is such a magical place," said Noda. "It's so different being on the course as opposed to watching on TV. It was a breathtaking experience."

Each junior golfer was paired with an amateur golfer and a professional from the Champions Tour (formerly the Senior PGA Tour) for the three day event. Noda was paired with Isao Aoki; Yee with Jim Thorpe and Mao with Mark O'Meara. They got to meet a number of the world's most famous golfers such as Hale Irwin, Tom Kite and Peter Jacobsen.

The girls became friends with the golfers throughout the week. They talked about golf, family and everything in between. O'Meara even spent some time during a practice round to help Mao with her bunker play.

"Ever since then I have had no trouble with bunker shots," she said.

One year later, the threesome is ready to go out and do it again. This year, 245 juniors from across the country applied for the event. Altogether, 74 boys and girls were chosen. Once again, the names Noda, Mao and Yee will adorn the scoreboard at Pebble Beach.

"I'm really excited," said Mao. "Ashley and I have been talking all week about how we can't believe we get to go to Pebble Beach again. I can't even concentrate on school right now."

The girls, who have gotten to know each other over the past several years as opponents and friends, are ready for the challenge once more. Who knows if the views will be as majestic and dumbfounding this time around, but regardless of outcome, these three likely won't hook a dozen balls into the Pacific like the rest of us would.

The Home Care & Hospice First Tee Open, which takes place Sept. 3-5, will be televised nationally on the Golf Channel.

Chinatown

Continued from page 5

a degree in business administration. He then settled down in the capital, married and raised a family. He spent 40 years in state government, mostly as a career executive with CalTrans, and close to half a century with his family as a Greenhaven resident.



East Sacramento News photo/Art German
Local author Lawrence Tom will be lecturing at Sacramento branch libraries during the month of September. The topic will be "Sacramento's Chinatown," the history of the local Chinese community from the 19th century up to the present day.

Tom said the early-day immigrants, most of whom came from southwestern China centering around Guangdong province and the Hong Kong area, were attracted by stories of gold discoveries, "and like most of those who emigrated to America, were seeking a better life for themselves."

Among the early-day Chinese, Tom said, Sacramento was known as "Yee Fow," which translates to "second city." The "first city" was San Francisco, where the immigrants made their first landfall, he added.

The book also reviews the intensive discrimination that early-day Chinese immigrants encountered when they arrived here, including the enactment of laws in California that barred them having the same legal protections as other newcomers to the U.S. Tom said the anti-Chinese discrimination continued in one form or another until the mid-20th century.

Tom said a number of Chinese organizations are currently working together to establish a Sacramento Yee Fow center as an historical memorial for the days long gone by.

"We hope the book will generate a greater interest from the public in increasing awareness of the history of the Chinese pioneers in California and the Sacramento area," he said.

Tom noted that the original Chinese community along I Street between 2nd and 6th streets was mostly torn down over the years and redeveloped, and that descendants of the original settlers now live throughout the community.

"This book is dedicated to the Chinese of Sacramento," Tom said, "who for over 150 years have turned adversity into opportunities and in the process have succeeded in building better lives for their families and future generations."

The book is profusely illustrated, with many scenes of life in Sacramento during the 19th century, followed by more recent photos depicting the role of Chinese-American soldiers and sailors during 20th and 21st century wars, plus the role of local community leaders in business and politics among descendants of the 19th century Chinese immigrants. Many of the book's photos will be shown as slides during the library presentations.

"Sacramento's Chinatown" was published by Arcadia Publishing, a South Carolina-based firm that specializes in books that expand readers' knowledge of America's people and their places in history.

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Robbie Waters Greenhaven-Pocket Library opens to rave reviews

By SALLY KING
East Sacramento News writer

The experience of walking into a modern, energy efficient building, looking down at the soft mint green carpet in patterns of leaves with light gently filtering in through the windows and smelling the aroma of brand new books makes a visit to the new Robbie Waters Pocket-Greenhaven Library well worth checking out.

Big, round chairs that invite one to sit down and stay awhile are just one of the great features of this new library, where everything is state-of-the-art. So much so, that the library is nominated for Leadership in Energy and Environmental Design (LEED) silver accreditation.

About 500 people showed up to attend the grand opening celebration that took place Saturday, Aug. 28.

Robbie Waters, Sacramento City Councilmember for District 7, who spent many years helping to plan the library, thanked all who participated in donating their time and money to the construction and furnishing of this 15,387 square foot library.

Mayor Kevin Johnson said it is an impressive building.

"It feels like a Borders in the middle of the Greenhaven-Pocket area," Johnson said. "It has a big meeting room, public computers, it is kid-friendly and en-



East Sacramento News photo by Danny Kam

Robbie Waters, councilman for Sacramento's District 7, checks out a book from the new library which bears his name.

See Library, page 22

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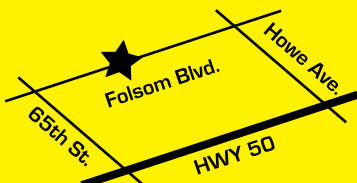
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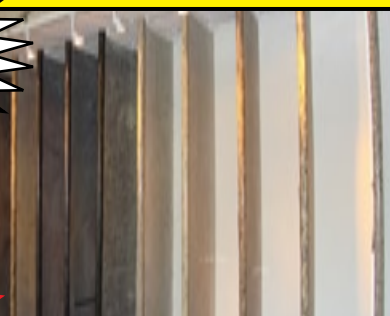


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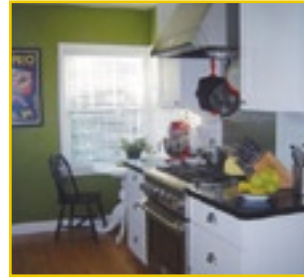


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Understanding some of the emotional and psychological challenges can help us to move forward and become more comfortable with our decision making processes and more comfortable with the plans we make.

September 21st @ 2:00pm

Presented by Mary Gillon, MPA-Alzheimer's Association

Mary is the Regional Director in the Greater Sacramento Area of the Alzheimer's Association Northern California/Northern Nevada Chapter. She has a Master's degree in Public Administration from California State University, Hayward and Bachelor's degree in Social Work from the University of California, Berkeley. Mary is responsible for delivery of services and fund development in our seven county area.

Refreshments & Appetizers will be provided.

Please RSVP by September 17, 2010 or contact us for more info @ (916) 392-3510



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CALENDAR

For more Calendar entries visit
www.valcomnews.com

Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

SEPTEMBER

Medical Care in Calif.

Sept. 1: "The Doctor is In: Medical Care in California." Learn valuable tips and hints about health care from Dept. of Consumer Affairs information experts. Sponsored by Take Charge California @ Your Library. Free. 12 noon. West Meeting Room, Central Library, 828 I St., Sac. (916) 264-2920

Senior Wednesday Club

Sept. 1, 8, 15, 22, 29: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Myrt (916) 348-8114

Tea and Talk Book Club

Sept. 1: Adults, bring a tea cup, sip tea and discuss this month's featured book, "Zeitoun" by Dave Eggers. Free. 10 a.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. (916) 264-2920, www.saclibrary.org

Toastmasters

Sept. 1, 8, 15, 22, 29: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

Big Band Dance

Sept. 2: Dance to the rhythms of the Big Band era. Every Thurs. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Disabled American Veterans

Sept. 2, Oct. 7, Nov. 4, Dec. 2: Ray Clark Chapter No. 35 of the Disabled American Veterans. First Thursdays, 7 p.m., Veterans Memorial Building, Carmichael Park, 5750 Grant Ave., (corner Fair Oaks Blvd. & Sue Palm Dr). All disabled veterans invited to attend. (916) 635-7608

Food Addicts Anonymous

Sept. 2, 9, 16, 23, 30: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Rotary Club of East Sacramento

Sept. 2, 9, 16, 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

Rotary Club of Pocket/Greenhaven

Sept. 2, 9, 16, 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sutterville Heights Optimist Club

Sept. 2, 9, 16, 23, 30: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

Toastmasters

Sept. 2, 9, 16, 23, 30: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

Rotary Club of Point West

Sept. 3, 10, 17, 24: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Sept. 3, 10, 17, 24: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Chalk It Up Sacramento

Sept. 4: Art, kids' creative corner, food, live music, beer garden, crafts, fun for the whole family. 10 a.m.-6 p.m. Fremont Park, 16th & Q streets, Sac. www.ChalkItUp.org

Food Addicts Anonymous

Sept. 4, 11, 18, 25: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

Urban Farm Stand

Sept. 4, 11, 18, 25: Soil Born Farms' newest urban agricultural project, a farm stand featuring seasonal, local and organic fruits and vegetables. Saturdays from 9 a.m.-1 p.m. www.soilborn.org

Chrome & Color car show, art exhibit

Sept. 5: If you have a car 1972 or earlier, please join us and enter your car. Vintage automobiles, live music, special lunch deals. Free to enter, free to enjoy. 9 a.m.-3 p.m. Artistic Edge, 1880 Fulton Ave., Sac. (916) 482-2787

Co-Dependents Anonymous

Sept. 5, 12, 19, 26: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

Sept. 5, 12, 19, 26: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m., every Sun. \$8. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

'Willy Wonka'

Sept. 5: Movie night at Fairytale Town featuring "Willy Wonka & the Chocolate Factory." Outdoor theater, lawn seating only. No outside food or beverages. Admission \$5, Fairytale Town members receive 2-for-1 admission, children ages 2 and under are free. Tickets available online, www.fairytale-town.org. 3901 Land Park Dr., Sac. (916) 808-7462

Co-Dependents Anonymous

Sept. 6, 13, 20, 27: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Hatha yoga

Sept. 6, 13, 20, 27: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916) 808-5462. Meets every Mon. Repeats Wed., Fri.

Rotary Club of South Sacramento

Sept. 6, 13, 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

Sept. 6, 13, 20, 27: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

Sept. 6, 13, 20, 27: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Jan (916) 284-4236, www.sacramentotoastmasters.com

Big Band Dance

Sept. 7, 14, 21, 28: Dance to the rhythms of the Big Band era. Every Tues. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Dance Movement Therapy Classes

Sept. 7, 14, 21, 28: Cancer patients and survivors are invited to dance movement therapy classes taught by Nandi Szabo, a registered dance movement therapist. Free. Tuesdays through Nov. 9. Two times available: 10:30 a.m.-12:30 p.m. or 6:30 p.m.-8:30 p.m. Sutter Cancer Center, 2800 L St., Sac. Call (916) 529-1079 or email zoefotoni@comcast.net to register.

See more Calendar, page 20

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CALENDAR

For more Calendar entries visit
www.valcomnews.com

Continued from page 17

SEPTEMBER

Medicare counseling

Sept. 7, 14, 21, 28: Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appts. every Tuesday with John Gallapaga, call (916) 376-8915 to schedule. For appts. in Spanish, call Marta Erismann at (916) 231-5110.

Recorder music group

Sept. 7: The Sacramento Recorder Society meets under the baton of Hanneke van Proosdij, a Bay Area early-music specialist. Newcomers welcome. 7 p.m.-9:15 p.m. Please bring your instrument, a pencil and a music stand. (916) 391-7520, www.sacreorders.org

Rotary Club of Arden-Arcade

Sept. 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

Sept. 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m. Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Watercolor art show

Sept. 7-Oct. 2: "Go with the Flow 2010" juried art show, sponsored by the Watercolor Artists of Sacramento Horizons (WASH). Free. 11 a.m.-7 p.m. Tues.; 11 a.m.-3 p.m.

Wed.-Sun. Special 2nd Saturday opening Sept. 11 from 5:30 p.m. - 8:30 p.m. Sacramento Fine Arts Center, 5330-B Gibbons Dr., Sac. Patty Waggoner (916) 361-3331

Wine social

Sept. 7: Wine social to benefit the Sacramento Children's Home, featuring the Michael-David family of wines. Hors d'oeuvres, lunch (choice of Chicken Cordon Bleu or Chipotle Caesar Salad with Grilled Chicken Breast) and dessert (Chocolate Cream Cake Royale). \$20 per person. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Reservations a must. (916) 452-2809

Forensic genealogy

Sept. 8: Colleen Fitzpatrick will speak on "Forensic Genealogy: CSI Meets Roots, a Modern Approach to Family Research." Sponsored by the Root Cellar - Sacramento Genealogical Society. Free. 7 p.m.-8:30 p.m. Citrus Heights Community Clubhouse, 6921 Sylvan Rd., Citrus Hts. Sammie Hudgens (916) 481-4930 www.rootcellar.org

History of Sacramento's Chinatown

Sept. 8: Lawrence Tom, author of "Sacramento's Chinatown," will discuss one of the oldest Chinese communities in America and share photos. 6:30 p.m. Free event. Copies of the book will be available for signing and purchase. Ella K. McClatchy Library, 2112 22nd St., Sac. (916) 264-2920, www.saclibrary.org

Referrals Plus

Sept. 8, Oct. 13, Nov. 10, Dec. 8: Women in business helping each other in our businesses. 12:15 p.m.-1:30 p.m., second Wednesdays. Primrose Sacramento, 7707 Rush River Dr., Sac. Kollen Powers (916) 691-3085, www.referralsplus.org

Senior Health Fair

Sept. 8: Sacramento area YMCA hosts the 9th annual Senior Health Fair. Basic hearing tests, lung function tests, blood pressure checks, door prizes, more. Free. 9:30 a.m.-11:30 a.m. 2021 W St., Sac. Pat Wolfe (916) 452-9622 x101 patw@sacymca.org

Seniors: simplify, organize

Sept. 8: Local seniors are invited to join residents for a special presentation by organization expert and relocation specialist Lee Mahla on "Nine Tips To Simplifying and Organizing." 6 p.m. Chateau at Carmichael Park senior living community, 7125 Fair Oaks Blvd., Carmichael. (916) 481-7105

California Admission Day

Sept. 9: Celebrate California's 160th birthday with cake and ice cream provided and served by the California State Capitol Museum Volunteer Assn. Enjoy the rousing music of the Sacramento Banjo Band, volunteers dressed in period costumes. Free. 11:30 a.m.-1:30 p.m. State Capitol, North Entrance Steps (L St.), 10th and L streets, Sac. (916) 324-0333

Mission Oaks Computer Club

Sept. 9: The Mission Oaks Computer Club will meet from 1 p.m.-3 p.m. Meeting topic will be "The Future of Newspapers," presented by Cosmo Garvin. Problem solving clinic to follow. First-time visitors welcome. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 366-1687, www.missionoakscomputerclub.org

Sacramento Walking Sticks

Sept. 9, Oct. 14, Nov. 18, Dec. 9: The nation's largest American Volkssport Assn.-affiliated walking club. Meets second Thursdays, 7 p.m. SMUD Customer Service Center, Forestview 1 meeting room, 6301 S St., Sac. Refreshments served. If you'd like to walk three miles before the meeting, meet at 5 p.m. in front of the SMUD Customer Service Center building. Bring money for dinner after the walk. Gale at 364-5063 or www.SacramentoWalkingSticks.org

Teen: College is a period of great transition, some challenges are inevitable

Continued from page 8

whatever the goals may be (within reason,) rather than trying to force your agenda.

On a practical level, it's crucial to discuss changes in your teen's schedule and the impact they will have on the family. With night classes, study groups and social outings, it makes sense that your teen will be coming and going pretty frequently. Although your teen shouldn't have the same flexibility as he or she would have if living in the dorms, it makes sense to extend or discontinue curfew. At the same time, you shouldn't have to tiptoe around the house, as you get ready for work, just because your teen wants to sleep until noon.

Another topic is household responsibilities. Even though much of your teen's time will be spent outside the house, it's important that he or she be an active member of the family. If, for example, your teen has always fed the dog and taken out the trash, the responsibilities shouldn't change, just because college has begun. And if you feel strongly about the family having dinner together on Sunday nights, it's realistic to insist that this continue.

It's also crucial to discuss finances. As much as community colleges are much more affordable than universities, it's important to recognize that your teen's expenses will increase significantly. Regardless of your expectations regarding financial contributions, it's important to discuss the issue honestly. Your teen is now an adult, and this is the perfect opportunity to educate him or her on adult responsibilities.

Ultimately, your teen's graduation and move into college, regardless of the location of his or her school, will be a period of great transition, and challenges are inevitable. In order to minimize the difficulties and shorten the adjustment period, frank conversations are important. If both you and your teen are able to speak openly and listen to the other, this period will be as easy as possible.

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Library: A place for community gatherings, education & life-long learning

Continued from page 15

ergy efficient. A real tribute to Robbie Waters."

Many Sacramento City Council members attended the event, along with State Senate President Pro Tem Daryl Steinberg and Nathan Dietrich, district director for Congresswoman Doris Matsui.

Waters said the \$15 million cost to build the library came from the City of Sacramento Community Reinvestment Capital Improvement Project Funds, Freeport Regional Water Authority Mitigation Funds, and City of Sacramento Council District 7 Discretionary funds.

Enhancement funds came from Roger and Carolyn Fong in memory of their daughter, Michele Fong Beam, First Five of California and Friends of

the Pocket-Greenhaven Library.

"This is a happy day for Sacramento," Steinberg said. "This is an opportunity to be thankful. For a down economy, three new libraries opened this year. Three things make a library important: It is a place for people of all walks of life to gather, it provides access and exposure to institutions of education and it creates life-long learners."

"I love this library," said Ian Briggs, an eleven-year-old, who attends Matsmoto Elementary School and was busy using one of the new kids' computers.

Friends of the Library member Kathy Donovan said the new facility is a beautiful, fantastic place for the community.

"It is within walking distance for many peo-

ple," Donovan said. "Another convenience is the Friends bookstore to the left at the entrance of the library that sells used books between 50 cents and a dollar and is open during library hours."

Yvonne Correa, who also said she is very excited that she can walk to the library in eight minutes, is looking forward to bringing her grandchildren here.

"I appreciate the large print books," Correa said. "Your eyes don't work as well as you get older."

Many people who attended the opening celebration walked to the library from their homes, bringing kids and babies in strollers. There is a large bike rack for cyclists.

It didn't take but a few minutes, once inside the



East Sacramento News photo by Danny Kam
The LEED-nominated library opened Aug. 28 and cost \$15 million to build.

library, for people, old and young alike to start using the new facilities. Most of the computers in the adult section and the kids section were in use. A woman with book in hand sat in a comfy chair, reading in the well-lit room, undisturbed by the large crowds drifting through.

The special features of the library include:

Radio Frequency Identification, a time-saving device where embedded chips in the books and other materials allow the borrower to check out a stack of books all at once, without having to scan each item individually.

A 72-seat community room for meetings and events. It has a built-in projector, sound system and a drop-down viewing screen.

Forty Internet-access computers, a Kid's Place

where parents and caregivers are able to share stories, a Ready to Read Center that offers computers with early-learning software for children, ages eight years and younger and a Teen Room, with comfortable reading chairs, and computer stations.

Lots of smiling faces could be seen checking out the new library. As they perused the isles, there was a lot of "oohing" and "ahhing" over the many custom features available.

The Robbie Waters Pocket-Greenhaven Library is located at 7335 Gloria Drive in Sacramento. Library hours are: 12 noon-8 p.m. Tuesday through Thursday; 1 p.m.-5 p.m. Friday; 9 a.m.-5 p.m. Saturday, Closed Sunday and Monday. Learn more by calling (916) 264-2700 or visit www.saclibrary.org.

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'How the West was Fun' at Fairytale Town

Photos by Noah Winn

Boys and girls of all ages got their "Cowboy/Cowgirl Up" on at Fairytale Town's "How the West was Fun" event on Aug. 28. Families enjoyed modern country music by the Bobby McDowell Band on the main stage, bluegrass music by the Loose Acoustic Trio, a barbershop quartet by the Gemtones, plus numerous activities, a pony display and more.



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