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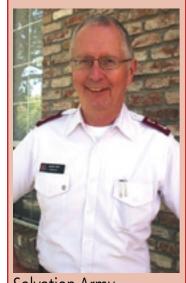
'Painting for Paws' to benefit local pet sanctuary

Marty Relles presents 'Janey Way Memories'

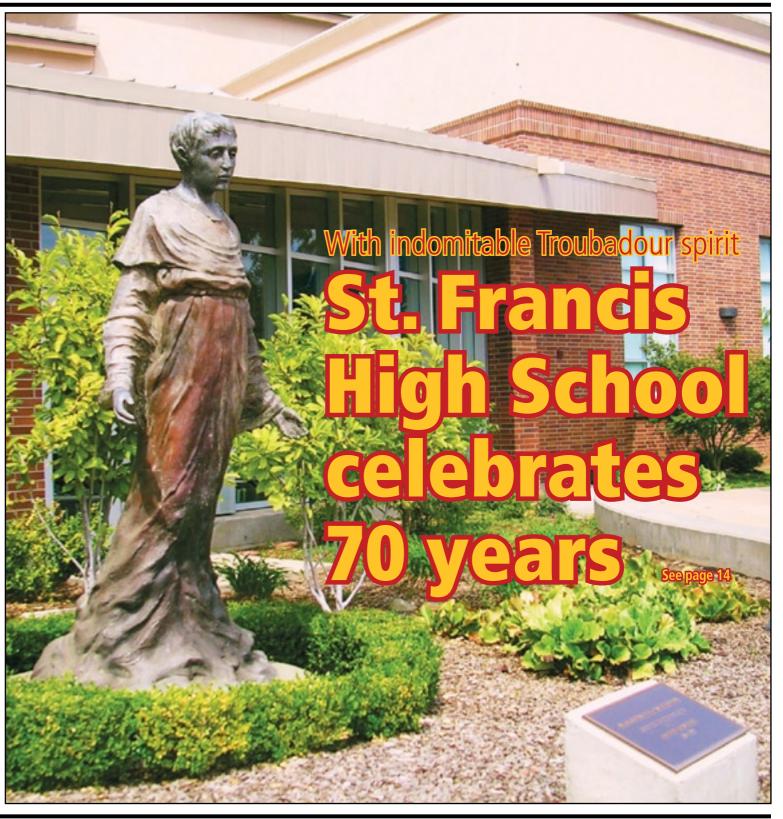
COMMUNITY CALENDAR, PAGES 21–22 • KNOW YOUR NEIGHBOR, PAGE 7 • FACES AND PLACES, PAGE 16



Karate kid journeys with 100 acts of kindness



Salvation Army celebrates 125 years in Sacramento region See page 4



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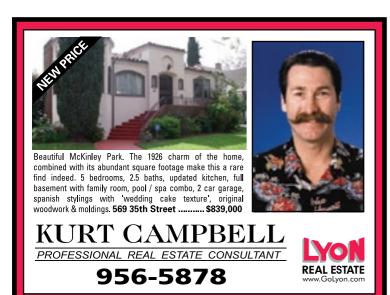
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Works of art created by adoptable pets in need will be the focus of "Painting for Paws," a fundraising event for the Happy Tails Pet Sanctuary on Sept. 25.

Artistic animals provide pet sanctuary with a new revenue source

By ELIZABETH VALENTE Fast Sacramento News writer elizabeth@valcomnews.com

Did you know that man's best friend and several other cuddly pals not only make great pets, but that they are also known to have an artistic streak? True. Some wield a paintbrush while others produce streaks of green or smears of orange...always leaving a paw print, or two.

Don't take anyone's word for it, however. See for yourself the artistic talent and one-of-akind artwork at the Sixth annual "Painting for Paws" Art Show & Silent Auction at the Pavilions Shopping Center on Sept. 25 at 6 p.m. The event is hosted by the Happy Tails Pet Sanctuary, an all-volunteer, no-kill animal rescue group dedicated to protecting and improv-

See Paws, page 3



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Paws: Paintings are done by the animals themselves

Continued from page 2

ing the lives of homeless and abused animals throughout the Sacramento area.

Critter creations

The paintings are done by the animals themselves, with some assistance from the volunteers.

"Each one is obviously different, totally abstract, and using different colors," said Cathryn Rakich, special events coordinator. "Every piece is matted and framed and accompanied with a bio and photo about the adoptable artist."

Animal art is not new. Zoos and aquariums have been selling animal art for years after discovering there is a market for it. Animal lovers have willingly paid hundreds – or even thousands – of dollars for animal creations. At this year's auction there will nearly a hundred 8" x 10" framed artworks created by rescued cats and dogs up for bid.

"You can definitely tell which animal enjoys painting more than the others," laughed Rakich. "Our talented four-legged residents are prancing their paws and swishing their tails through water-based, non-toxic paint to create colorful and exciting works of art. It's fun."

Of course, beauty - and artistic talent - are in the eyes of the

beholder. People who buy animal paintings are rarely art aficionados. Instead, they are typically animal lovers who know the money is going toward a good cause.

Food, vet care

Proceeds from the event go directly to the feeding and medical care of the animals at the Happy Tails Pet Sanctuary.

"Our vet costs are a significant portion of our bill. We have a lot of senior cats that need dental work or emergency surgeries," explained Rakich. "We take care of animals that suffer from diabetes and heart problems and many of these procedures range anywhere from \$16 to hundreds of dollars." Rakich added that funding also go to help pet owners on fixed incomes who need assistance with their vet bills as well providing supplies to the Happy Tails foster home parents.

py Tails foster home parents.

"We wouldn't be here if it wasn't for our wonderful volunteers who take in the dogs until we find a permanent home for them," she

Surge in abandoned pets

For the past 17 years staff at Happy Tails Pet Sanctuary have been

rescuing animals from abusive and homeless situations. But it's been in the last two years that the Sanctuary has seen an increase of abandoned animals.

"It's due to the recession. We receive daily calls from people who can't afford to keep their animals anymore, or they have to move and the new place does not accept pets," said Rakich. "It is also kitten season and people are calling us saying they found a stray or a litter of new kittens in their backyard or abandoned home. It's sad."

No-kill facility

Unlike the SPCA, city and county animal shelters, Happy Tails is a no-kill facility, unless the animal is suffering. Their mission is to keep the animals for as long as it takes to find them safe loving homes. Space is always an issue.

"The shelters often call us to pick up animals off the euthanize list, if we have room," explained Rakich. "We are a cage-free facility. We are always over our limit because there are so many homeless animals in Sacramento."

Happy Tails Pet Sanctuary also offers several programs to help the community take care of



Photo courtesy of Katie Rangle Hundreds of works of art created by adoptable animals will be on hand at "Painting for Paws" on Sept. 25. Each artwork will include a photo and bio of its adoptable artist.

their own pets such as "Senior Adoptions," "Helping Paws," and "Smokey's Emergency Fund," which provides for emergency veterinary care. The non-profit organization adopts out nearly 600 animals a year.

For more information on how to help or adopt a rescued animal, visit www.happytails.org.



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Salvation Army to celebrate 125th year in Sacramento with open-air meeting

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

The Sacramento Citadel Corps of The Salvation Army will celebrate its quasquicentennial – 125 years of community service in the capital city – with an open-air, street meeting in front of The Firehouse Restaurant in Old Sacramento on Saturday, Sept. 18.

The event, which begins at 11 a.m. and will feature music and speeches, will not only commemorate this grand anniversary, but it will also have an important historical significance in regard to the location of this gathering.

It was at this very site on May 19, 1885 that the Sacramento Corps' first meeting was held.

Founded in England

The meeting was made possible through a series of events, which began 20 years earlier with the founding of this now-international, charitable Christian evangelical church by William Booth (1829-1912).

Booth, who began his ministerial career as a traveling evangelist in 1852, was in-

vited to host a series of evangelical meetings in London in 1865, thus marking the beginnings of the history of The Salvation Army.

Early converts not 'traditional'

Maj. Tedd Lowcock, who serves as co-pastor with his wife Cindy Lowcock and is responsible for the operation of the community center and day care programs of The Salvation Army at 2550 Alhambra Blvd., said that because many of Booth's converts were formerly thieves, drunkards, gamblers and prostitutes, churches did not accept many of Booth's followers, which in the organization's early years were serving under the name, "The Christian Mission."

"(Booth) wasn't really looking to begin another church," Maj. Lowcock said. "He had it more in mind to be maybe an 1865 Billy Graham, who would take the message of the gospel to the working poor, but then once they became Christians, he sent them to established churches. The problem was the established churches didn't want these people, because they didn't look good, they didn't smell good. They



Photo courtesy of The Salvation Army

Volunteers work at the annual Christmas distribution at Cal Expo last year. Nearly 5,000 needy Sacramento County families received holiday assistance of food and toys.

were lower class people. He wound up with a lot of converts and no place to send them. Kind of by default, we became a mission, then a movement, then an established denomination."

As the years passed, the number of Booth's followers continued to increase, as the organization grew from 10 full-time workers in 1867 to 1,000 volunteers and 42 evangelists in 1874.

Originally 'The Christian Mission'

The name, "The Salvation Army," was established in 1878, when Booth, after reading a sentence in an annual report, which read, "The Christian Mission is a volunteer army," crossed out the word "volunteer" and wrote in the word "salvation."

Two years later, The Salvation Army was established in the United States when it debuted in New York City, followed by the organization's

See Salvation Army, page 5

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Salvation Army: Plans for new day care center, transitional housing for families in crisis

Continued from page 4

West Coast expansion to San Francisco in 1883.

This West Coast expansion led to the establishment of the "Army" in Sacramento.

the "Army" in Sacramento.
Since this historic day,
125 years ago, The Salvation
Army has continued to grow
and provide charitable assistance in the capital city.

Women warriors

According to Sacramento Corps historical records, the "Army" in Sacramento included "women warriors," who performed "soul-saving work" in a mostly male, 19th century Sacramento with gambling, saloons and houses of prostitution.

Among The Salvation Army's earliest barracks in Sacramento were: 3rd Street, between J and K streets, 913-915 8th St. and 507 K St.

Currently, the Sacramento Corps maintains facilities at the aforementioned Alhambra site, an emergency shelter that houses about 150 men and women per night at 1200 North B St., family services at 4350 Raley Blvd. and its

Del Oro Division site at 3755 North Freeway Blvd.

Of these facilities, the 11,000 square-foot North B Street site is one of the oldest, having opened in the mid-1970s, following the closure of its leased emergency lodge at 2700 Front St. The Front Street facility opened as part of the West End redevelopment in 1969.

On-going assistance

Many Sacramentans are familiar with the Sacramento Corps of The Salvation Army's popular, local thrift stores, as well as its many efforts to assist those in need within the community through projects such as its Toys for Tots drive, food collections and distributions, housing and day care.

In 1982, the Sacramento Corps made history when it helped feed the city's hungry through Salvation Army soup kitchens for the first time since the Depression.

An article in the Nov. 26-27, 1993 edition of *The Sacra-*

See Salvation Army, page 9



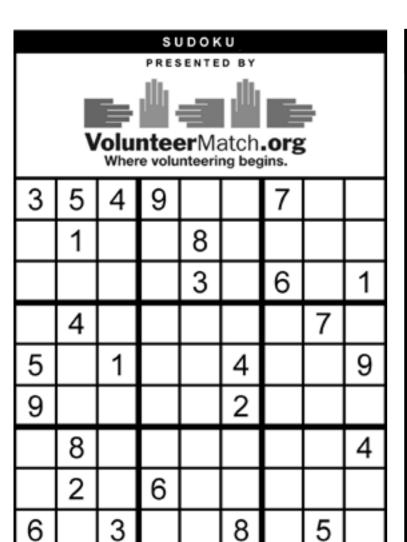
Photo courtesy of The Salvation Army

Local volunteers of The Salvation Army load food into distribution boxes. Last year, The Salvation Army experienced a 118 percent increase in its social services.









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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Answers on page 22





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Janey Way Memories



An excellent education from the nuns of St. Mary's



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

St. Mary's School opened for business in September of 1955. Initially, it included grades one through four, with plans to eventually provide education through the eighth grade.

St. Mary's Roman Catholic Parish had built the new school from the ground up on the corner of 58th and N streets, so everything about the school was new: the classrooms, the desks, the blackboards, the text books, the world globes standing at the front of the classrooms and the teachers.

The school opened with four new teachers, all nuns from New York City. When they arrived in Sacramento in August, they must have felt like they had landed square in the pit of hell as temperatures that year hovered around the century mark for most of the month. But, despite the weather, the nuns worked hard that month to prepare for the first day of school, and so on the day after Labor Day, classes began on schedule.

Since I started the fourth grade that year, my teacher was Mother Carmela, the sister superior (principal) of the school. She remained my teacher through the eighth grade – a stroke of good fortune for me. To this day, I refer to her as the best teacher I ever had.

Mother Carmela was a tough and demanding, but fair teacher. In a day when temporal punishment was still tolerated at private schools, the good mother handed out a fair amount of slaps to misbehaving students. I admit to taking my turn to receive a slap from Mother Carmela, but to this day, I plead innocence.

Aside from her harsh method of disciplining students, Mother Carmela was just an excellent teacher. In addition to reading, writing and arithmetic, we learned religion, history, geography and science – not art at St. Mary's school.

We learned how to diagram and write complete sentences, construct coherent paragraphs and present effective essays. In geography, we learned of the wondrous places in the world like the Coliseum in Rome, the Alhambra Palace in Granada, Spain and the Great Pyramids at Giza in Egypt. I am not sure Mother Carmela ever saw any of these places, but her descriptions of them were so compelling that I made a point of visiting all of them in my life-

By the time I graduated from St. Mary's School, I had written a term paper complete with footnotes, participated in a class musical production and learned ballroom dancing. The nuns wanted all of us to be well-rounded young adults. To a student, I think we all agree they succeeded.

Like me, many of the students who began classes at St. Mary's School that September of 1955 went on to graduate from a university. All of the children who attended the school received a first class education no matter what they accomplished later in life. Though I don't know how St. Mary's School stacked up against all the other schools in Sacramento at the time, I believe it must have been at the very top. The fact that this school continues operations today, 55 years after it first opened for business, is a testament to the quality of education it has delivered to its stu-

Sadly, the nuns no longer teach at St. Mary's. In time, they have given way to lay teachers. I am certain that Mother Carmela passed away years ago after a long successful career as a teacher and principal at St. Mary's. Every time I drive by the old school, I think of the good mother and the wonderful education she gave me: yet another inspirational Janey Way memory.

Karate kid's journey to green belt begins with 100 acts of kindness

East Sacramento News writer benn@valcomnews.com

Kristoffer Brown is by all accounts a perfectly normal nine year old boy. He does homework, quarrels with his big sister and goes on vacations with his family. But this isn't a story about what makes him ordinary, but rather what makes him extraordinary.

Fourteen months ago, Kristoffer began taking karate at Zen Martial Arts in Sacramento. Five months ago, he completed his orange belt test by sparring and showing comprehension of a 400 year old fighting style. That in itself is a great accomplishment, but it pales in comparison to what he is undertaking on his way to the green belt.

In order for the children to take their green belt exam, they first must complete a community service project. It can be one of the child's choosing, or if a little inspiration is needed, instructor Mike Oliver can help with the brainstorming process. Kristoffer looked to his instructor for help, and together they came up with something truly revolutionary; Kristoffer would set out on a quest to do 100 acts of kindness.

He is the first to accept this challenge, and he started with a bang. He chose 10 acts of kindness to do by himself then asked family members to do 10 acts of their own and report back with what they chose

to do. According to Oliver, the acts can range from very small to very big. Kristoffer chose to do things like sweep the driveway for his dad and fix an overturned potted plant for a neighbor. Before long, he was done with his list. Little did he know that his project would spread all over Sacramento.

By Aug. 31, Kristoffer and associates had demolished the goal of 100 acts of kindness more than twice over. With an astounding 242 acts of kindness recorded as of that date, results continue to pour in from all over with tales of their own community ser-

"We want to show people that self-defense is more than just punching and kicking," Oliver said of the Zen Martial Arts approach. 'We talk a lot about bullying in our dojo (school) and it's not enough to just not be a bully. Kindness is the opposite of bullying and that is what we are trying to teach our students."

It has been really fun doing the acts of kindness," Kristoffer said. "It's a really good feeling doing things

for other people."

Kristoffer is a child capable of great kindness to be sure, but he's no slouch when it comes to the performance aspect of karate. If he is to earn his green belt, he will have to prove that he has learned the proper history of karate as well as demonstrate proficiency in two forms of the martial art. It sounds

daunting, but Oliver has he documented his 10 acts faith in his pupil.

"There are times both in and out of class where he looks and sounds like a black belt," Oliver said. "He has shown the commitment and skill needed to one day become one."

That is high praise indeed from Oliver, who is a black belt himself in the art of Isshinryu Karate.

"I like knowing that if a bad person comes up to me that I can handle the situation," Kristoffer said.

Zen Martial Arts operates under the slogan "Creating Futures with the Wisdom of the Past." Their goal is to teach the children how to avoid confrontation when possible as well as offer tips on how to eat healthy and how to manage their anger.

If the first year or so of training is any indication, Kristoffer is on his way to becoming a well rounded young man.

"He's a typical nine year old," said Kristoffer's mother Carmel. "He's very boisterous, but since he started karate he has a better attention span, better discipline and it has really helped bring out his passion."

"We are so pleased with what (Oliver) does with the kids," added Kristoffer's father Steffan.

The 100 acts of kindness project has made such an impact that its effects have gone international. Kristoffer's uncle recently traveled to Uganda to work in an orphanage. While there,

of kindness to contribute to the cause.

'Kristoffer really gravitated towards this idea," Carmel said. "He told me that he thought he could get way more than 100."

How right he was.

For more information about Zen Martial Arts, visit www.zenmartial.com. There you can click on the "digital dojo" link where you can follow Kristoffer's journal entries through his 100 acts of kindness campaign.

Zen Martial Arts holds its classes at the Coloma Community Center at 4623 T St. in Sacramento.



Photo courtesy of Chris Piper Photography Kristoffer Brown's pursuit of a green belt in karate has resulted in a personal project involving 100 acts of kindness. The project was successful beyond his dreams. To date, his project log shows more than 242 acts of kindness performed for others around the globe.

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It's 'College Application Season' – the 'Common App' is a timesaver for students

By MARILYN VAN LÖBEN SELS Eást Sacramento News columnist

Every high school senior knows that fall is college application season, a topic of great interest and importance for students and parents since most applications must be submitted between November 30 and January 1.

As students make their college lists, they must be aware that colleges and universities have different kinds of applications – and still others have applications that are unique only to them. The California State Universities and University of California systems have separate applications, and now over 400 schools use the Common Application (Common App).

The CSU, UC, and Common Apps work basically the same way – students complete one application and then indicate the campuses to which they will apply. The completed form then travels to a processing center, which forwards the application to each school indicated by the student.

Originally developed by private schools to avoid duplication of efforts, the Common App is now used by public and private schools that use a holistic approach to admissions. They examine all aspects of the student: grades, test scores, activities, jobs and talents. Common App colleges include University of the Pacific, St. Mary's College of California, Claremont McKenna College, Westmont College, Pomona College, Lewis and Clark College, Colorado State University, the Ivies, and many more.

Most Common App schools require supplements with additional questions. They may ask:

- a student's intended major;
- why they want to attend that campus;
- if family members have attended the college;
- if students have visited the campus.

There are often additional essays. Each school, college and university is different.

It is very important for students to know not only the due date but also which application each school requires. The Common App was posted on Aug. 1. The CSUs and UCs will post their applications on Oct. 1 with deadlines of Nov. 30, but the word is to get them in early – don't delay!

Marilyn van Löben Sels is a certified college counselor. Contact her at marilyn@college-gps.com.

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Salvation Army: Community invited to an open-air street meeting on Sept. 18

Continued from page 5

mento Union provides an example of the Army's ongoing efforts to provide service.

In the article, it is reported that 1,200 homeless were served a Thanksgiving meal at the North B Street site.

Last year, The Salvation Army experienced a 118 percent increase in its social services.

Through the assistance of its many volunteers, the organization continues its efforts to help the less fortunate in obtaining their basic human needs.

The Sept. 18 public event will not mark the first time that the Sacramento Corps has celebrated a historic anniversary.

Centennial celebration

One such event occurred on May 4, 1985, when in honor of the organization's centennial, 100 musicians marched from the Capitol Plaza Holiday Inn at 300 J St. to Old Sacramento. Following this event, an open-air service was held, during which time a plaque commemorating the

100th anniversary gathering was presented to The Firehouse Restaurant.

The plaque was placed on the building, directly below another commemorative plaque, which recognized the 1885 Army meeting at this site. The earlier plaque was placed on the building in 1978.

Looking back, looking ahead

Maj. Lowcock said that the upcoming gathering at The Firehouse Restaurant, as well as other events of the weekend-long Sacramento Corps' celebration, provides an opportunity to reflect upon the history of The Salvation Army's presence in Sacramento.

"It gives us an opportunity

"It gives us an opportunity to look back on a very special history of the ministry of The Salvation Army in changing lives and affecting lives and impacting lives with the gospel for 125 years," Maj. Low-cock said. "Many of the people who are coming back for our anniversary are people who over the last 40 years

have been impacted by the ministry of the Army here. But before that with those who have died, it gives us an opportunity to see what the Army has done and also then to look forward to what it holds for the future. The tradition that we have establishes our identity, who we are as a people, what our mission is and then allows us to use that as a base to look forward to the future."

New projects

This future includes the Sept. 17 groundbreaking of a new day care center building at the Alhambra Boulevard site and a plan for transitional housing to assist families in crisis.

Syd Fong, public relations director for The Salvation Army in Sacramento County, said that the day care center is scheduled to be completed within the next six months.



Photo courtesy of The Salvation Army

The Salvation Army's Hanson McClain Child Development Center on Alhambra Boulevard is scheduled to open within the next sixth months. Shown above is an artist's rendition of this structure.

All are welcome

On behalf of the Sacramento Corps of The Salvation Army, Maj. Lowcock invites the community to attend the Sept. 18 open-air, street meeting.

"We would be happy for those interested to come and join us at The Firehouse (Restaurant at 1112 2nd St.) on Sept. 18 at 11 o'clock in the morning, as we celebrate the fact that The Salvation Army has been here in Sacramento for 125 years and the fact that The Salvation Army has become a valued part of the community," Maj. Lowcock said.

For additional information about The Salvation Army and this event, call (916) 452-9388.







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Randy Paragary celebrates 40-year anniversary in bar, restaurant industry

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

It has often been said that the first year in business is always the most challenging and many upstart businesses never survive their first year. But of course, longtime Sacramentan Randy Paragary has no firsthand experience of what it is like to have a business not excel past its first year.

To the contrary, Randy has built a strong legacy in this city as a man who has had four decades of success in the bar and restaurant industry.

And sitting down in one of his successful businesses, Café Bernardo at 2726 Capitol Ave., last week, Randy discussed his long business career in the capital city.

The early years

A 1964 graduate of Mc-Clatchy High School, Randy moved to Sacramento during his childhood.

Randy, 63, began attending the fourth grade at Woodlake Elementary School while residing in a two-bedroom, onebathroom duplex at 424 Bax-

ter Ave. with his parents, Sam and Charmaine Paragary, and his brother, Bruce Paragary.

When he was about 14 years old, Randy moved to South Land Park and began attending California Junior High School and later McClatchy High School.

First jobs

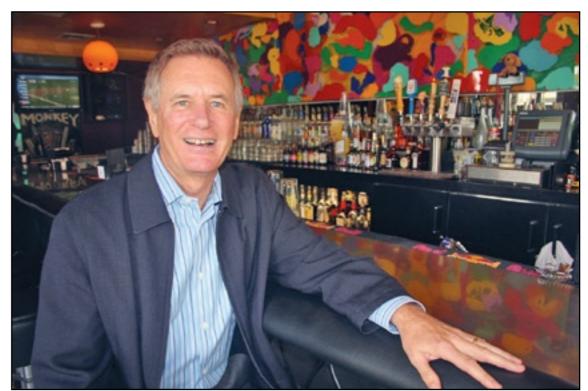
During his high school years, Randy obtained his first two jobs, the first of which was at Tuolumne County's Pinecrest Lodge, which was located about 30 miles above Sonora.

Randy said that his work at Pinecrest, where his father was the manager, was a summer job in which he worked as a dishwasher and busboy.

It was also during his time at McClatchy High that Randy was hired as a busboy at Bill Christie's Elbo Room at 2000 K Street, where Faces nightclub is now located.

Randy said that his time at the Elbo Room proved to be some of his best early training in the restaurant industry.

"I worked there (at the Elbo Room) as a busboy for two years while I was going to high



East Sacramento News photos/Lance Armstrong

Restaurant and bar owner Randy Paragary has owned many successful businesses in Sacramento during the past 40 years.

school," Randy said. "I would get out of school and drive there and do my three or four shifts per week. So, that's really where I got my first taste of the restaurant business. That was a very happening, very popular restaurant in its day. It had a lot

of diners and a good bar scene and I really enjoyed it."

The Parapow Palace Saloon

At the age of 23, Randy decided to use his experience in the restaurant and bar business to establish his own business.

On Nov. 8, 1969, Randy and his high school friend, Pat Powers, opened the Parapow Palace Saloon at 3000 O St.

Recalling the process of establishing the tavern, Randy said that it was opened for the purpose of filling a void in the local music scene.

"Pat Powers and I were really good friends and like friendship conversations go, he said, 'Wouldn't it be great to open a bar. There's no place for us to go to have the music we like to hear.' The (music) scene was bowling alley types of bars. I said, Well, we can open a place. Shoot, I've been a busboy before. I know a little bit about it.' And Pat said, 'We can do it."

Opting to keep their business simple, as well as lower their establishment's operating costs, Randy and Pat decided to maintain a beer-only bar.

While searching for a location for their business, it came to Randy and Pat's attention that the old Ritz Market site at 3000 O St. had become vacant.

After negotiating an arrangement to lease the site, Randy and Pat began the process of preparing their business for its opening.

"We had to go through the whole process of opening a business, beginning with a lease," Randy said. "We went to Alcohol Beverage Control and applied for a liquor license and

See Paragary, page 11



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Paragary: Restaurant mentor gave many their start in the industry

went to the IRS and got a federal ID number, so we could have employees and then we got our business license. Then it came time to get a set of plans together, so we could get a building permit to go do the plumbing and wiring. We then approached the beer companies and established credit. It's exactly the same process that I go through today to open a place. It was a fantastic appren-

Randy said that the Parapow Palace, which had a western theme with woodwork from old barns and maintained the Sunlamp Blues Band as its house band, proved to be a success, as it provided a much-needed, local entertainment venue during

"There was such a pent-up demand from our peers - guys, girls our age who were looking for a hippie-type of place to go that we really filled a void," Randy said. "The word got out really quickly, so it was super popular."

Law school

No longer associated with the Parapow, which was sold in 1972, Randy attended Mc-

George School of Law, where he passed the bar in 1976.

Restauranteur

A year earlier, Randy, along with a different business partner Jim Moore, opened an Italian restaurant, called The Arbor, at 2730 N St.

Fitting to its name, the restaurant, which became the Capitol Grille in 1990, featured a redwood, butcherstyle interior.

It was also during 1975 that Randy added a building across the street from The Arbor to his business endeavors. Within this building, which is located at 1401 28th St., Randy and Jim opened a bar, known as Lord Beaverbrook.

Today, many locals are familiar with this site, which has been the location of the popular Paragary's Bar and Oven since 1983.

In 1978, a second Lord Beaverbrook bar was opened at 2384 Fair Oaks Blvd., where Zito's Italian restaurant opened in 1985 and where the Zinfandel Grille operates today.

From 1980 to 1983, Randy owned Harry's Bar and Grill at 400 L St., where the 4th Street Grill is presently located.

To some people in the community, it may seem as if Randy opens a new business on an annual basis.

Although this is not the case, such a thought does not lie far from the truth.

Frequently continuing to provide food and beverage establishments in the Sacramento area, Randy opened the aforementioned Café Bernardo midtown location in 1993, Centro Cocina Mexicana at 2730 I St. in 1994, another Café Bernardo location at 234 D St. in Davis in 1995, the Monkey Bar at 2730 Capitol Ave. in 1997 and Esquire Grille at 1213 K St. in 1999.

Continuing to open businesses during this century, Randy opened Špataro Restaurant and Bar at 1415 L St. in 2004, a third Café Bernardo and the R15 Bar in the R Street Corridor area at 15th and R streets in 2007 and Cosmo Café at 1000 K St. in 2008.

Randy, who enjoys snow skiing, water skiing, playing golf and tennis, traveling and increasing his knowledge about food and wines, said that with the economy the way it is today, he has no plans to add other businesses anytime soon.

In the meantime, Randy, who resides in the Sierra Oaks area of the city and has a wife named Stacy and two children, Lisa and Sam, said that he will instead concentrate on improving upon the businesses which he currently owns.

Industry mentor

Looking back on his four decades as a business owner in the bar and restaurant industry, Randy said that he is proud of his many accomplishments, which include providing the training grounds for employees who later established their own successful businesses.

"Over the years, there's really a great list of committed, passionate people who have worked for me who now own their own places - guys like (The Waterboy restaurant owner) Rick Mahan and Patrick Mulvaney, who owns Mulvaney's (B&L restaurant)," Randy said. "And I can't leave out Kurt Spataro. He's the executive chef of all of these restaurants and has great

skills in both the cooking and administrative parts of being a chef. But the city is loaded with chefs and general managers who have worked for me who are now either owners of their own places or are in upper level management in Sacramento or other cities."

Randy, who mentioned that he has been inspired by such people as restaurant owners and chefs Alice Waters and Biba Caggiano and Corti Bros. Italian grocery store co-owner Darrell Corti, said that although 40 years have passed since he opened his first business, he continues to be passionate about his work.

"The never-ending search for cool concepts and menus is the exciting part of it," Randy said. That's what has enabled me to get the inspiration for continued growth. It's a lot of fun taking a space and converting it into something really exciting."

And based on his continued success and the support of his businesses' many loyal customers, Randy should be at the forefront of the local bar and restaurant scene for many more years to come.



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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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St. Francis High School celebrates 70 years of women's education

East Sacramento News editor susan@valcomnews.com

Over 100 alumnae gathered at St. Francis of Assisi Parish to celebrate the 70th anniversary of St. Francis High School in

Sacramento on Sept. 10.
The Mass and celebration were held on a Friday during school hours, so alumnae from the all-girls high school graduating decades of the '40s, '50s and '60s could more easily attend.

It was an appropriate setting, since the high school was founded on the third floor of the St. Francis Elementary School at 2500 K Street in 1940. That year, the school expanded its educational program to include its first ninth grade class. The first class was just 12 young women, who then transferred to St. Joseph's School, which was located at 8th and J streets. Students went on to graduate from Bishop Armstrong High School.

It was the girls who began their freshman year in 1941 became the first graduating class of St. Francis High School in

"We had 39 girls in our class," reminisced Marie Terribile Donnelly, who graduated in 1949. "We used to say "Thirty-nine in '49."

"And that was the largest class ever," laughed Dorothy Lavelle Massa, who also graduated in

Continuous growth

The school continued to grow, bit by bit.

During the post-World War II Baby Boom years, there was a need for more high schools in the Sacramento area. Bishop Armstrong became the school for the upperclassmen from St. Francis, St. Joseph and Christian Brothers high schools. Each junior high school maintained its own ninth and tenth grades. Bishop Armstrong High School was a co-ed school. The faculty there consisted of Christian Brothers, Sisters of Mercy, the Sisters of St. Francis, diocesan clergy and dedicated lay men and women.

'We were lucky to have Mr. Anton Dorndorf as our music teacher," Donnelly said. "He was also the church choir director."

In 1964, the Christian Brothers purchased Bishop Armstrong High to create a four-year boys' high school. (Christian Brothers would remain an all-male high school until 1990, with the closure of Bishop Manogue High School).



Photo courtesy of St. Francis High School

St. Francis students of yesteryear learned, in addition to their regular studies, home arts such as sewing by hand, social graces to "sit like a lady" and office skills such as typing.

St. Francis High School was moved to the old gravel pit site located at 6051 M Street. There were 520 students in the 10th, 11th and 12th grades. The ninth graders remained at St. Francis Elementary for one

more year. Alumnae from those days remembered "eating from the same canteen truck that came by to feed the workers who were building the school."

Soon the M Street facility was completed. The Sisters of Notre Dame and the Franciscan Sisters served on the campus until 1975, when they were no longer able to staff the school. Bishop Alden J. Bell appointed the Sisters of the Apostles of the Sacred Heart of Jesus to help staff the school. They served until 1999.

The M Street campus would serve young women in the Sacramento community until 2006, when the facility was expanded. The expansion included relocating the campus entrance to 5900 Elvas Avenue, a new performing arts center, a new gymnasium and a state-ofthe-art science wing.

Today, St. Francis High School's enrollment stands at 1,145 - which is a full capacity enrollment.

Curriculum changes

As the needs of students and the culture have changed, so too has the curriculum at St. Francis High School. Alumnae recall being taught by nuns or the occasional lay faculty member. They were provided instruction in such basics as sewing (by hand, since no sewing machines were available) and the "proper way to sit as a lady." Typing was introduced by Sister Geraldine and Sister Peter, who also directed the annual school play.

Today's students, in contrast, have a wide spectrum of options open to them. Young women at St. Francis High School participate in a rigorous college preparatory program that includes the opportunity to pursue additional studies in robotics, international diplomacy, speech and debate, moot court and mock trial and more. There are also national and international service projects that students can participate in during the summer months. The St. Francis Troubadours - named thus after their founding saint, who composed ballads to God - dominate on the sports field as well as in the fine and performing arts.

The Spirit of St. Francis

If there is one tie that binds every generation of St. Francis High School alumnae to-

See St. Francis, page 15



or visit The Sacramento History Museum to purchase tickets.

St. Francis: Early curricula taught typing, home arts and 'how to sit like a lady'

Continued from page 14

gether, it is what they refer to as "the Spirit of St. Francis." It is a powerful sense of community.

"It's a camaraderie," said Barbara LeDoux, who graduated in 1966. "It is the ability to connect with each other and feel like we have known each other all our lives."

"It's all about school spirit and sisterhood," said Victoria Elorduy, Class of 1965. "You can hear the walls talking."

"I feel as if we're all 15 again and in our uniforms," said Karyn Wendt, also from the Class of '65. "How much tradition there is...We had big sisters who showed us the way our freshman year, the uniforms. I'm grateful for the friendships."

"You want to see your friends," said Mary Doval, Class of 1966. "It's a big family reunion."

"This spirit is alive and continues to bloom in every St. Francis student, even after all these years," said Marion Bishop, president of St. Francis High School, in her remarks to the alumnae. "This spirit shined in those first dozen graduates, just as it radiated in the 262

graduates of the Class of 2010 – the largest class ever.

'Spirit is the single-most identified quality that students mention during their stay here, and that seniors comment on as the best characteristic of St. Francis High' during their exit interviews," Bishop continued. "Your lingering spirit is palpable when you enter the campus, and it continues to inspire young women to join the St. Francis ranks. And it flows beyond the walls of the campus into every community on the globe where St. Francis alums find their homes."

Enduring legacy

Today, St. Francis High School continues on as a four-year, all-female college preparatory high school. It is the only Catholic high school in Sacramento affiliated with the Diocese of Sacramento. It serves young women from over 50 private and public feeder schools. Students come from the counties of Sacramento, Yolo, El Dorado, Placer and Solano. It is fully accredited by the West-



Photo courtesy of St. Francis High School

Today's St. Francis Troubadours learned to keyboard at an early age. Now, they use the power of today's technology to research term papers, view educational videos and apply to universities.

ern Association of Schools and Colleges (WASC) and the Western Catholic Educational Association (WCEA).

The legacy of the school is much more than an academic one, according to alumnae, staff and students. The program for the celebration reflected this, stating "The legacy of St. Francis High School is one of spirit-filled community and educational excellence; of athletic merit and artistic

accomplishment; of peace and goodness (Pax et Bonum). At St. Francis, young women integrate their faith, knowledge and experience of communi-

See St. Francis, page 20



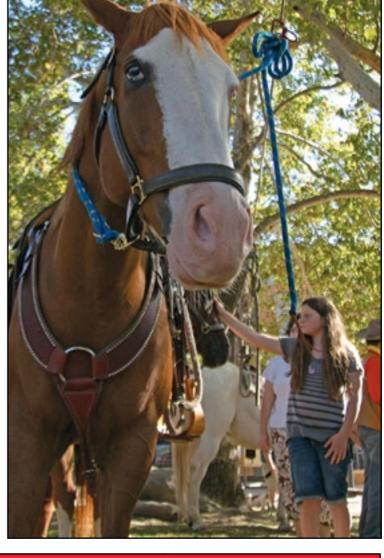


Faces and places **Gold Rush Days**

Sacramento's annual "Gold Rush Days," held over the Labor Day weekend, experienced greater crowds due to the cooler weather - and no competition from the California State Fair, which was held earlier this summer.

Photos by Danny Kam





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The St. Francis High School Robotics Team and CEAR, Inc. are sponsoring a free e-waste recycling day on Oct. 2.

Bring your old television sets, monitors, desktops and notebook PCs, VCRs, telephones, stereo equipment, digital cameras, cell phones, printers, scanners, photocopiers, etc.

These items will be recycled and their components melted down for re-use. For optimal security, CEAR, Inc. shreds all computer hard drives – so even if your computer was "fried" by that virus...no one will be able to "lift" your confidential tax or personal information from the old hard drive.

Items that can't be accepted are: household appliances, light bulbs, furniture, hazardous materials, paint, batteries and the like.

The e-waste drop off day will be held at the front of St. Francis High School on Oct. 2 from 9 a.m. to 1 p.m. The public is welcome and there is no charge to drop off e-waste. St. Francis High School is located at 5900 Elvas Avenue in Sacramento. For more information, email robotics@stfrancishs.org.



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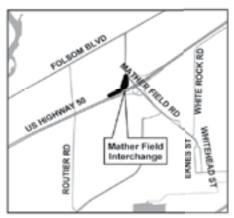
PUBLIC NOTICE

Public Scoping Meetings for SMUD Sacramento Solar Highways Project

The Sacramento Municipal Utility District invites you to participate in public scoping meetings to gather public comments on its proposed Sacramento Solar Highways Project. Sacramento Solar Highways is a demonstration project intended to determine the feasibility of installing photovoltaic (PV) electrical generation on publicly owned land along the state's highways and freeways.

The project would be located in the crescent-shaped parcel of land above the northern onramp to westbound Highway 50 at the Mather Field Road interchange in Rancho Cordova, a short length of cutslope west of that onramp; and the "Midtown" section of the north cutslope between 43rd Street and just east of 59th Street in the City of Sacramento. The total generation capacity expected is approximately 1.4 megawatts.





SMUD is the lead agency for the proposed project including preparation of the California Environmental Quality Act (CEQA) document. As required by CEQA pursuant to Section 21083.9 of the California Public Resource Code, scoping meetings will be held to solicit information that would be helpful in the CEQA and project planning processes. Members of the public and interested agencies are invited to the scoping meetings.

Participants will have several opportunities to provide comments regarding the proposed project:

SACRAMENTO MEETINGS

Tuesday, September 21, 2010-7:00 pm SMLID Customer Service Center

SMUD Customer Service Center 6301 S Street, Sacramento

RANCHO CORDOVA MEETINGS

Tuesday, September 28, 2010-7:00 pm

Rancho Cordova City Hall 2729 Prospect Park Drive, Rancho Cordova

Wednesday, September 22, 2010-7:00 pm
SMUD Customer Service Center
6301 S Street, Sacramento

Wednesday, September 29, 2010-7:00 pm
Rancho Cordova City Hall
2729 Prospect Park Drive, Rancho Cordova

Information regarding the proposed project and upcoming environmental process can be viewed online at: http://www.smud.org/en/about/Pages/reports-geqa.aspx. Questions or comments regarding the proposed project should be submitted to Kathleen Ave, SMUD P.O. Box 15830, MS B257, Sacramento, CA, 95852-1830, (916) 732-5302, or email to kave@smud.org before 5 pm Monday, October 11, 2010.



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St. Francis: Today's students committed to carrying the Spirit of St. Francis forward

ty to become effective Christian witnesses in our global society. This special mission makes St. Francis much more than the leading college preparatory school for young women in the Sacramento region. St. Francis graduates understand that they can make a difference in today's world - and make it."

Today's students are appreciative of this legacy they have received and are committed to blazing a trail for others to follow.

"It's an accomplishment to last this long," said Haley Damele, a senior "Troubie." "We thrive at everything, whether it's academics or athletics.

"I'm glad I'm a Troubadour," said Hannah Vice, a senior Troubie who plans to go on to major in business communications and law. "Looking back at all the hard work and dedication I've put in will pay off big time into my future. Those who went before set the pace with high expectations. So it really raised my expectations of myself."

These ladies are a gift to the Sacramento community," Bishop said of the St. Francis alumnae. In her remarks, she said "Many, many things have changed during these past 70 years - way too many to enumerate. Many memories have been initiated at St. Francis High School. In each of them, a glistening light shines: (a) wonderful, faithful and bright spir-

The Spirit of St. Francis - your spirit - has burned steadily for seven decades," Bishop said. "And I am certain it will continue for seven more.



Over 100 women gathered at St. Francis of Assisi Parish to celebrate the 70th anniversary of St. Francis High School on Sept. 10. The festivities included a Mass, reception and displays of memorabilia.

Community THRIFT SHOP

Sell your gently used items in our Communities: Arden-Carmichael, East Sacramento, Land Park and Pocket/Greenhaven Call Melissa at (916) 429-9901 for details and rates

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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

Big Band Dance

Sept. 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. 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 reg-

Medicare counseling

Sept. 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. HI-CAP 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.

Rotary Club of Arden-Arcade

Sept. 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. 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

Sacramento Asperger Syndrome

Sept. 14, Oct. 12: Support and education for women who are partnered with men who have Asperger Syndrome. Free. Meets second Tuesdays, 7 p.m.-9 p.m. UC Davis M.I.N.D. Institute, 2825 50th St., Sac, Sally Watkins, LCSW (916) 939-8249

Soroptimists of Sacramento South

Sept. 14, 28: Soroptimist International of Sacramento South, a service club for business and professional women, meets second and fourth Tuesdays. 12:15 p.m. Aviators Restaurant, Executive Airport, 6151 Freeport Blvd., Sac. www.soroptimistsnr.org

Cello concert

Sept. 15: Cellist Paul Cohen will perform. 7:30 p.m. \$5 students, \$8 general. Room 151, Capistrano Hall, Sac State campus, 6000 J St., Sac. (916) 278-4323 www.tickets.com

Food preservation demo

Sept. 15: The Sacramento County UC Cooperative Extension Master Food Preservers will present "Apples and Olives." \$3 per person. 10 a.m.-Noon. Sacramento Cooperative Extension Office, 4145 Branch Center Rd., Sac. (916) 875-6913

Genealogy meeting

Sept. 15: Genealogical finds and discoveries with the Genealogical Assn. of Sacramento. New faces welcome, and help to track down ancestors. Meets on third Wednesdays, 1 p.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. Melanie Howard (916) 383-1221

History of Sacramento's Chinatown

Sept. 15: 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. Sacramento Room, Central Library, 828 I St., Sac. (916) 264-2920, www.

Senior Wednesday Club

Sept. 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

Toastmasters

Sept. 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

Travel light in a carry-on

Sept. 15: Learn how to pack light with Jon Holloway. Travel for months in a carry-on sized suitcase. Trips to New England, New York, Texas, the South Pacific and more will be introduced. Free. 9 a.m. demo, 10 a.m. travel show. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336 www.morpd.com

Wild animal kids' program

Sept. 15: School-age children (ages 5-12) are invited to meet some endangered critters, including a python, parrot, chinchilla, frogs, iguana and bugs. Free. 4 p.m. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.sacli-

See Calendar page 22



Saturday October 2, 11am to dusk



- . See the Children's lip sync show.
- Bounce houses and games for the kids!
- Enjoy our world famous Steak Sandwiches
- . Bingo! Live music and many other activities for the young and old.



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- EVENT LISTING SECTION

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SUNDAY, SEPT. 19th

at Faith Presbyterian Church

9 a.m. to 11 a.m.,

Child care provided & refreshments

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SEPT 17th (FRIDAY) SEPT 18th (SATURDAY) SEPT 19th (SUNDAY) Sponsored by MIDTOWN BOU TIQUE DISTRICT

FASHION/CRAFT SHOW

Children's Fashion Show Saturday, October 16 2 to 4 p.m Fashion show •Artisans •Music•FREE 2580 FAIR OAKS BLVD. LYON'S VILLAGE

For info - (916) 480-0971

Golf Against Violence

The Sacramento County Office of Education's eighth annual Project SAVE Golf Tournament will be held at Rancho Murieta Country Club in Rancho Murieta on Monday, September 20. The tournament is a fundraiser for Project SAVE (Safe Alternatives and Violence Education), which seeks to prevent youth violence and bullying behavior at local schools. The golf tournament is Project SAVE's main source of funding. Entry fees for the tournament are \$150 per person or \$600 for a

foursome. Sponsorship opportunities are also available. For more information, contact Cheryl Raney at 228-2201

or via e-mail at craney@scoe.net

You're Invited to **Iyengar Yoga Workshop** OPEN HOUSE

With Certified Teacher of 27 years Janet MacLeod from San Francisco October 16 & 17 Sat. 1-4 p.m./Sun. 10-1 p.m. Call Mary Chan for reservations (916) 731-4831 or e-mail ma9777@aol.com

"STAGES FOR SENIOR CARE"

Presented by Home Instead Senior Care

Thursday, September 30 6 p.m. to 8 p.m at THE ATRIUM **5757 Cypress Avenue** Carmichael, CA 95608 (916) 486-3533

CRAFT FAIRE

Saturday, October 2 Carmichael Elks 9 a.m. to 4 p.m. 5631 Cypress - Carmichael (Stop by Patty Colmer's Booth and mention 30% OFF.) Artists, crafters and more! (916) 261-3850

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All Children Receive An Identification Card Courtesy of New York Life Insurance Company

Bring the whole family to the Robbie Waters Greenhaven Library for a day of fun, festivities and valuable safety tips

FREE ADMISSION

7335 Gloria Drive, Sacramento Saturday, September 25 11 a.m. to 2 p.m.

Chinese Community Church 27th Annual FALL FOOD FESTIVAL Saturday, October 16 11 a.m. to 7 p.m – Free Live entertainment• games for kids• dress Hawaiian & get a raffle ticket • BBQ, egg rolls, pot stickers, desserts & more! 5600 Gilgunn Way 424-8900 or www.cccsac.net

CALL (916) 429-9901 TO PLACE YOUR EVENT AT A VERY REASONABLE RATE!

CALENDAR

For more Calendar entries visit www.valcomnews.com

Continued from page 21

Big Band Dance

Sept. 16, 23, 30: 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

'Dying for a Date' book signing luncheon

Sept. 16, 17: Author Cindy Sample will sign her latest novel, "Dying for a Date" at this luncheon to benefit the Sacramento Children's Home. Entrée choice of ChickGouda or Dilled Shrimp and Pasta Salad. Harvest Cake for dessert. \$30 per person. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Reservations a must. (916) 452-2809

Food Addicts Anonymous

Sept. 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.

en Breast Stuffed with Spinach and Smoked

River-friendly landscape workshop

Sept. 16: Overview; shade tree planting, staking, mulching demonstration; Irrigation (part I); Conversion of Spray Zone to Drip demonstration. Free, but space is limited & pre-registration is a must. 6:30 p.m.-8:30 p.m. Susan Kumar (916) 874-8326 www. riverfriendly.org

Rotary Club of East Sacramento

Sept. 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. 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.

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Echoes of Yesterday PO Box 189113, Sacramento, CA 95818

Sutterville Heights Optimist Club

Sept. 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. 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. 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. 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

Andrew Oliver Kora Band

Sept. 18: Combined jazz and traditional West African music. Presented by Sacramento State's World Music Series. 8 p.m. \$8 students, \$15 general. Music Recital Hall, Capistrano Hall, Sac State campus, 6000 J St., Sac. (916) 278-4323 www.tickets.com

Backyard composting seminar

Sept. 18: Learn how to recycle your lawn clippings and fruit and vegetable scraps into a valuable soil amendment right in your own yard. Free. 8 a.m.-10 a.m. GEO Garden. 1221 South Ave., Sac. Call 311 or visit www.cityofsacramento.org/utilities

Food Addicts Anonymous

Sept. 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.

Sept. 18: Eunice Noell-Waggoner, president of the Center of Design for an Aging Society, will discuss lighting issues and what role our eyes play. Learn about the need for more light to see accurately, quality of light considerations and how to reduce glare in our environment. Free. Class space limited, registration required. 12:30 p.m.-3 p.m. SMUD Customer Service Center, 6301 S St., Rubicon Mtg. Rm., Sac. (916) 732-6738 Connie Samla, csamla@smud.org

History of Sacramento's Chinatown

Sept. 18: Lawrence Tom, author of "Sacrame

est Chinese communities in America and share

photos. 3 p.m. Free event. Copies of the book

will be available for signing and purchase. Belle

Cooledge Library, 5600 South Land Park Dr.,

Sac. (916) 264-2920, www.saclibrary.org

Lighting for the Aging Eye

to's Chinatown," will discuss one of the old-

Tongan Luau

Sept. 18: Come experience a Polynesian paradise without leaving the city. Authentic Tongan food and Polynesian entertainment. \$10/plate. 5 p.m. Centennial United Methodist Church, 5401 Freeport Blvd., Sac. (916) 452-4477

Urban Farm Stand

Sept. 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

Co-Dependents Anonymous

Sept. 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. 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

Planning a genealogy research trip

Sept. 19: Cemeteries, courthouses and other locations are places to gather family ancestry information. Genealogist Cat Nielsen will present how to get organized and prepare research. Free. 1:30 p.m. Central Library, 828 I St., Sac. (916) 264-2920 www. saclibrary.org

Faith Presbyterian Open House

Sept. 19: Looking to be a part of a warm, caring extended family? Come visit at Faith Presbyterian Church's Open House. Encouraging music, friendly fac-

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	2	1	6	4	8	7	5	9	3
	7	9	8	2	3	5	6	4	1
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	1	8	5	7	2	9	3	6	4
	4			6					7
	6	7	3	1	4	8	9	5	2







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KARA LABELLA PARKER 716-331



FABULOUS FORTIES

Charming Fab Forties home w/hardwood floors, remodeled kitchen, formal living room/dining room w/ fireplace & cozy family room that opens to the kitchen and offers views of the backyard. This 3 bedroom, 2.5 bath home is well maintained and located mid-block on a beautiful East Sacramento street. Great value and opportunity! See www.1414-40thStreet.com \$725,000

KARA LABELLA PARKER 716-331



RARE GREENBELT

Located on one of East Sacramento's rare greenbelts, this charming 1930's home has a great open floor plan. Enjoy cooking your favorite meals in the galley style kitchen that opens to the family room where friends and family can watch their favorite show. Get away to the upstairs master suite with its own private sun deck overlooking the pool. See www.1416SantaYnezWay.com \$539,000

DAVID LIRRENE 531-7495



RED BRICK TUDOR

Beautifully remodeled 2nd story added in 2000. New kitchen in 2006 w/granite counters, stainless appliances & hardwood floor. Lrg master w/sitting room, large closet, marble slab counter, dual sinks & jetted tub. Family room w/wet bar & French doors leading to gorgeous yard. In 2006 pool, waterfall & outdoor kitchen built with bbq, sink & refr. See www.354-34thSt.com \$829,000

COLLEEN WIFVAT 719-2324



EAST SAC WITH CHARACTER

Phenomenal East Sac Tudor located on a very quiet, treelined street. This home is filled with character!! Includes barrel ceilings, leaded glass windows, hardwood floors and a great fireplace. Also included is a remodeled kitchen with a Wolf range, a spacious bathroom and amazing dining room. See www.163341ststreet.isnowforsale.com \$489,000

TIM COLLOM 247-8048



HEART OF EAST SAC

Fantastic 3 bedroom 2 bath located in the heart of East Sacramento. This charming home offers a spacious floor plan w/hardwood floors, vintage fireplace in living room, formal dining room, large breakfast nook and possible 4th bedroom in basement. This backyard perfect for entertaining. See www.160040thst.isnowforsale.com \$535,000

TIM COLLOM 247-8048

CHARMER IN EAST SAC

Charming home in East Sacramento! This well-maintained home boasts refinished hardwood floors, dual pane windows, fireplace, newer central heating and air and a formal dining room. The backyard has new sod and a covered patio perfect for entertaining. It is walking distance to Restaurants, Stores, Public Transportation and the River. See www.1021-58thStreet.com \$309,000

ALEXIS JONES 715-0237

NEAR MCKINLEY PARK

Hardwood floors w/mahogany inlay. Large updated country kitchen. Dual pane windows & French doors lead to wood deck & spa. Vintage light fixtures. Custom window coverings. Quiet tree-lined street near hospitals, schools & transportation. See www.648-36thSt.com \$624.900

COLLEEN WIFVAT 719-2324

ITALIAN DISTRICT

Bienvenuto! Nestled in East Sacran PENDING Italian District, this well cared for home was designed for entertaining. The basement was converted into a wine cellar w/racks, the kitchen opens up to a large dining/family room that opens to a huge open patio overlooking a magnificent built-in fountain. See www.1055-57thStreet.com \$359,900

DAVID KIRRENE 531-7495

EAST SACRAMENTO

Immaculate 3 bedroom 2.5 bath in the heart of East Sacramento! This turn-key home features a spacious floor plan w/elegant dining room, gournet kitchen w/top of the line stainless steel appliances, imported tile, brushed nickel high end fixtures, Sunken tub & large walk in tile shower. Also included are remote control automatic gates, basement, new alarm system. See www.3997hstreet.com \$585,000

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