

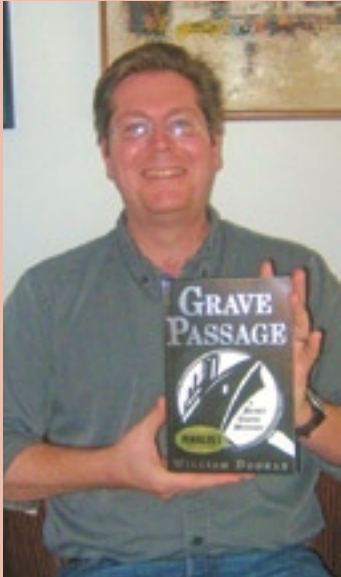
Emergency Preparedness and Self-Reliance Fair on Oct. 16

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'Janey Way Memories'
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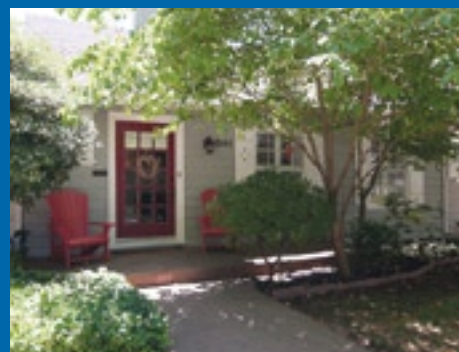
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Sacramento author wins Indie Excellence Book finalist ranking

By ART GERMAN
East Sacramento News writer

Sacramento City College archeology professor William Doonan may soon be moving into the authorship niche currently occupied by the likes of such suspense and mystery-novel superstars as Agatha Christie, Dashiell Hammett and Sir Arthur Conan Doyle.

Doonan, a 45-year-old Sacramento resident, recently published his first novel, "Grave Passage," and it has just won a finalist ranking in the Indie Excellence Book Awards, a kind of "Oscar" for new and promising authors.

"Grave Passage" is the first of what promises to be a continuing series of mysteries by Doonan to mark the fictional adventures of 84-year-old Henry Grave, who is described in the book as "a veteran of World War II, during which he survived a harrowing period as a prisoner of the Nazis."

Doonan said he's already completed a second novel, "Mediterranean Grave." This book is due to be released around the end of the year by the publisher, Glencannon Press of Palo Alto. A third novel is already planned for 2011.

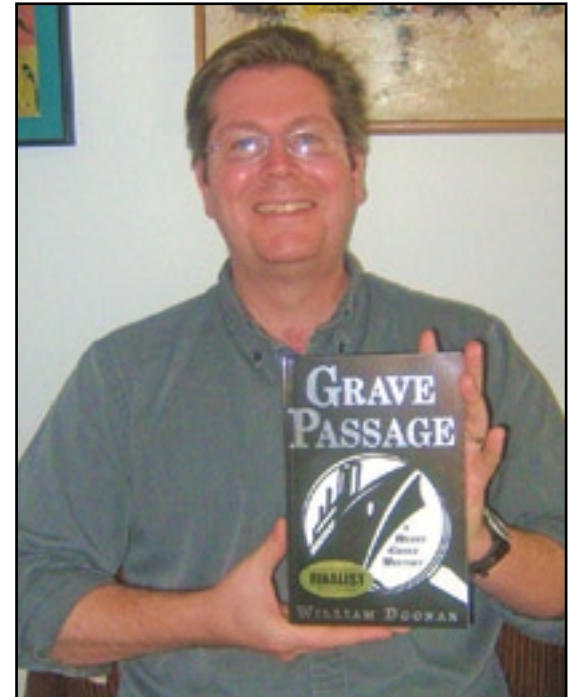
Protagonist Henry Grave relates his story in the first person. Early in the book, he reveals that he's an investigator for the Association of Cruising Vessel Operators, a Washington-based organization that doesn't exist in real life. In real life, cruise ship crimes are customarily handled by the ship's security staff, according to author Doonan.

As the book unfolds, following the discovery of the body of an FBI agent with a colorful past slain on the deck of a cruise ship – the Contessa Voyager – in the midst of a Caribbean cruise, Grave is surreptitiously dispatched to the scene.

On board the cruise ship, Grave blends easily with one and all as a fun-loving passenger, with his true identity known only to the ship's top brass. Meanwhile, he has a great time with the other passengers, flirting with the ladies, attending parties and various special events, and keeping pace effortlessly with everyone he meets, often drink for drink at the bar.

All the while, Grave's 84-year-old mind remains fully alert to deal with his mission to solve a sinister shipboard murder and bring the perpetrator to justice while the majority of passengers have no idea what he's really trying to accomplish. For an octogenarian, he comes off as a truly amazing social and professional wizard who seemingly can almost always tell what's true and what's not.

Author Doonan had no trouble creating an interesting cast of shipboard men and women who enrich the mystery of just who committed the crime and why. The cast of characters and would-be suspects includes a Russian cosmonaut, members of the Mafia, and a South American political fugitive, among others. All challenge Grave's mind by seeming to have logical motives for murder, but the hero remains



East Sacramento News photo/Art German
Land Park resident and Sacramento City College professor William Doonan is the author of "Grave Passage" – an award-winning adventure-suspense novel. It is the first in a series of soon-to-be-published works.

equal to the task until the very end to get to the bottom of every mental challenge.

Author Doonan explained that his idea for the Grave series seemed to develop naturally from his own background and interest in writing, along with insights into life on cruise liners. He indicated that basing the series on a cruise liner could work out very well for the current and future books.

"I've always dabbled in writing," said Doonan, who majored in archeology at Brown University in Rhode Island and received his PhD at Tulane University in Louisiana before joining the archeology teaching staff at Sacramento City College in 1998. Since arriving, he has married, and he and wife Carmen now have two sons ages three and four.

Two years after arriving in Sacramento, Doonan began spending several weeks of each summer vacation as a guest lecturer on cruises, mostly discussing his research with ancient civilizations in the Caribbean. These summer stints gave Doonan insights into what life is like aboard cruise ships, including the reality of how crew members do their jobs and how they interact with their co-workers and passengers. He also developed a thorough knowledge of what it is like in the below-decks areas where the crew members live when off-duty.

Doonan feels this background experience at sea has contributed to a high measure of cruising-life reality in his book. All told, Doonan figures he's been a guest lecturer on 14 cruises over the past decade.

As for his own future, Doonan hopes it will include many more opportunities to add new episodes to the Henry Grave odyssey. And who knows? Someday, perhaps, Henry Graves may be right up there with Sam Spade, Miss Marple and Sherlock Holmes.



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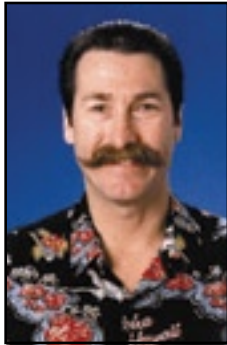
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Tale of 'The Silver Tooth of Marty's Youth'



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

About the time I reached twelve years of age, I had an accident while swimming at Glen Hall Pool. I dove too deeply into the shallow end of the pool and struck my face on the bottom.

As a result of the collision, I chipped my upper front tooth almost half off. A few days later I visited our family dentist. He put a silver cap on the damaged tooth and told me, "Since your teeth are still growing Marty, I can't repair this damage until they have finished growing."

So, that was that. The cap remained on the tooth until I reached 17 years of age.

I damaged my teeth even worse a year later, when I fell into a concrete porch while playing on Janey Way. That accident knocked my other front upper tooth completely out. So, in addition to the silver cap, I had a gap in my front teeth.

This damage to my teeth had an effect on me. One day, a boy looked at me and asked, "Where did you get that silver tooth?"

I responded, "What's it to you?"

Fearing repercussions, he said nothing more, but having the silver tooth definitely embarrassed me. Over the next several years, I rarely smiled, and then, only with my mouth closed: a kind of Mona Lisa smile.

My friends were great, they never taunted me about this. Others were not so kind.

Later, when I attended Sacramento High, I participated actively in athletics, grew up, and soon forgot about the silver tooth. However, people always thought me a very serious person, as I rarely smiled. My high school graduation picture reflects this serious demeanor.

In 1964, the summer after I graduated from high school, I went to the dentist for a routine checkup.

As he examined my teeth, he said, "Your teeth have fully matured now Marty. It's time to put in a bridge where your two front teeth have been damaged."

So, over the next few months, I saw the dentist several times. He made a plaster of Paris impression of my teeth and from that constructed a bridge to fill the gap between the teeth. Finally, he installed the bridge in my mouth.

After he put my new front teeth in and had adjusted them to fit properly, he said, "Nurse, take Marty over to the big mirror and show him his new teeth."

When I looked into the mirror and smiled, a feeling of joy came over me which I can hardly explain.

For the first time in five years, my teeth looked straight and white and beautiful. After that, I smiled often.

People sometimes say to me, "You sure smile a lot." And I do. My mother always said that a smile doesn't cost one cent, yet sometimes it can bring joy to other people. Now the silver tooth of my youth is just another not very happy Janey Way memory.

Preparedness and Self-Reliance Fair to prepare Sacramento residents for potential emergencies

Special to East Sacramento News

California is home to natural and man-made disasters: earthquakes, fires, flooding and even extreme weather situations, such as tornadoes, are not out of the realm of possibility here.

Because of the on-going potential for emergencies in the Sacramento region, city and county organizations and officials are co-sponsoring the Sacramento Emergency Preparedness and Self-Reliance Fair on Saturday, Oct. 16 from 10 a.m. to 2 p.m.

Guest exhibitors will include the Sacramento Office of Emergency Services, the American Red Cross, the Sacramento City Fire Department, the California Emergency Management Agency, the Drowning Accident Rescue Team (DART), the Sacramento Police Department, Army Corps of Engineers,

United Animal Nations, Pacific Gas & Electric, the California Conservation Corps, CERT (Community Emergency Response Team) and many more.

Visitors to the event can learn about: building disaster-resilient families, having an emergency plan,

emergency communication, emergency shelters, power generators, first aid kits, employment, wills, trusts, estate planning, budgeting and saving, a three-month supply of rotatable food, crime prevention, Neighbor-

See Fair, page 11

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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 17



East Sacramento News photo/Tom Paniagua

The new entrance to the Crocker Art Museum is at street level. Visitors can enter the first floor at no charge, where they can enjoy dining in the museum's café, shop in the museum store or attend a lecture. The museum collections are on the second and third floors.

Crocker Art Museum to hold expansion grand opening celebration Oct. 10

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

A new era in the history of Sacramento's famed Crocker Art Museum will officially begin Oct. 10 or as often referred to on "10-10-10," as the museum will hold a free, public opening celebration of its \$100 million, 125,000-square-foot expansion.

The event, which will be held at the 216 O St. museum from 10 a.m. to 10 p.m., will allow guests of the gathering to view the interior of the new expansion, which was designed by Gwathmey Siegel and Associates Architects.

Beginning with the 10 a.m. opening ceremony on O Street, the event will continue with a full slate of entertainment and other attractions.

These attractions include: the Sacramento Youth Jazz Band at 11 a.m., the West Coast's largest art car show at noon, Kalanjali: Dance of India at 1:30 p.m., Kennelly Irish Dance at 4 p.m., Capital Roots at 6 p.m. and a laser show grand finale at 9:30 p.m.

The long-awaited expansion, which tripled the size of the museum, which was founded in 1885, will be inaugurated with a series of spe-

cial exhibits in its new galleries. These exhibits include works by the renowned Sacramento artist, Wayne Thiebaud.

Also on display will be master drawings from the museum's "pioneering collection" and a display of promised gifts to the museum such as French Barbizon paintings, Tang Dynasty sculpture, American impressionism and contemporary California art.

The opening of the museum expansion marks almost 10 years since planning began and a little more than three years since the groundbreaking for this state-of-the-art expansion, which has been considered a necessity for the museum for many years.

In addition to the Crocker's new galleries for displaying temporary and permanent collections, the expansion includes a 260-seat, multi-purpose auditorium for films, concerts and lectures, the Bobbin and Patrick Mulvaney-operated Crocker Café with free Wi-Fi, a courtyard and a museum store.

Lial Jones, the museum's director, emphasized that although much focus has been

See Crocker, page 7

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Crocker: Expansion triples the size of the museum, will allow for traveling exhibits

Continued from page 6

placed on the construction of the expansion and the free event on Oct. 10, the opening of Crocker's much-anticipated addition certainly marks only the beginning of the new Crocker's offerings.

"The whole idea of (the public opening celebration) is that's what starts people coming here and continuing to come (to the museum)," said Jones, who was instrumental in launching the \$100 million capital campaign to support the expansion.

And the Crocker will offer plenty of attractions to keep the public continuously interested in visiting the museum. These offerings include various educational and community programs and a wide range of temporary exhibits.

Following the Oct. 10 event, the Crocker Art Museum will be regularly open to the public on Tuesdays and Wednesdays from 10 a.m. to 7 p.m., Thursdays from 10 a.m. to 9 p.m. and Fridays through Sundays from 10 a.m. to 5 p.m.

For additional information about the Crocker Art Museum's Oct. 10 event, visit the Web site www.newcrocker.org.



East Sacramento News photo/Tom Paniagua

The expansion of the Crocker Art Museum is intended to reflect the "high contemporary architecture" of the 21st century, just as the original structure represented the high contemporary architecture of the 19th century.



East Sacramento News photo/Tom Paniagua

Additional space allows new collections – and old favorites – to be more greatly appreciated by visitors. The beauty of each piece can now stand out.



East Sacramento News photo/Tom Paniagua

Progress II is a fiberglass, resin and acrylic paint sculpture by artist Luis Jimenez. The work is electrified with glowing red eyes.



East Sacramento News photo/Tom Paniagua

The expansion of the Crocker Art Museum uses a muted color palette that is compatible with the original Victorian Italianate structure next door.

Applying to college is like another extracurricular activity

By Marilyn van Löben Sels
East Sacramento News columnist

By now, high school seniors are fully aware that CSU, UC, The Common App and other colleges have posted their applications for Fall 2011.

As one student aptly commented, "Applying to college is like having another extracurricular activity." By planning ahead, students can make the process go much more smoothly and efficiently.

After deciding on a college list, the most important task is to make a timeline for each college, the type of application it requires, potential scholarship

opportunities, and all due dates. For the Common App and many other non-state schools, students need to note additional requirements such as teacher recommendations, art and athletic supplements as well as the secondary school, midyear and final reports completed by their high school counselor.

Some colleges even invite students to submit additional recommendations, and all of these application parts need to be coordinated and completed on schedule.

By using a special calendar or plotting all of this information on an Excel spreadsheet, students can really see their job in its entirety, break it down

Application hints make the job easier

into parts, and get each task done on time.

To make the application process smoother, students can work ahead and organize information for easy input. They will need the following information:

- + A copy of their high school transcript so they can record their grades;
- + SAT and/or ACT scores (these must also be sent colleges);

- + A list of their activities and jobs and the amount of time involved in each;
- + Their parents' annual income (information on tax records or pay stubs);
- + Their Social Security Number (memorizing it saves time and keeps it secure);
- + Their Statewide Student ID (printed on high school transcripts or obtained from the school registrar or counselor);

+ A credit card to pay for application fees and additional SAT/ACT scores (Parents may want to be on hand, since these can easily get out of hand

See Colleges, page 17

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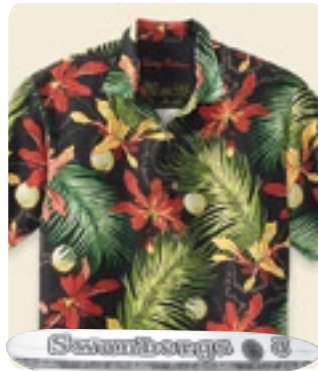
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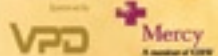
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Fair: Emergency Preparedness Fair will teach self-reliance skills

Continued from page 5

neighborhood Watch, flood preparedness, water storage and purification, children's emergency activities and much, much more.

This event is open to everyone in the community.

The event will be hosted by members of The Sacramento California Stake of the Church of Jesus Christ of Latter-day Saints.

Sponsors include the Sacramento City and County Office of Emergency Services, Council Member Robbie Waters, Council Member Bonnie Pannell and County Supervisor Jimmie Yee.

Individuals of all ages will have the opportunity to learn how to better prepare for natural and man-made disasters at this free event.

The Fair will include over 40 exhibits and displays highlighting topics such as: food and water storage, stretching your food dollar, employment, family evacuation plans, 72-hour kits, water purification, first aid, fire safety and much more.

Emergency vehicles will also be available for tours and close-up inspection, including an Army National Guard HH60 helicopter, a Coast Guard rescue boat, ambulance, high-

way patrol car and a CERT (Community Emergency Response Team) trailer. The Army National Guard HH60 plans to land around 10:30 a.m. and CERT will be performing several "triage" demonstrations throughout the day.

"The fair has been designed to provide useful information to families regardless of where they are in the wide spectrum of emergency preparedness and self-reliance," said John Cassinat, president of the Sacramento Stake. "There will be meaningful experiences and valuable information for the person or family who doesn't know where

to begin, as well as for those who are well on their way to sustainable independence and self-reliance during most emergencies."

The Fair will be held at a large property owned by The Church of Jesus Christ of Latter-day Saints located at 7401 24th Street in Sacramento.

This event is free and family oriented. Translators will be available for multiple languages.

"It is important that we as a community are prepared for any kind of unanticipated event," Cassinat said. "The more educated we are as a community, the more resilient we will be."

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Art and Soul

When: Saturday, October 16, 7-10pm
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Gorgeous open floor plan gourmet kitchen overlooking great room, hardwood floors, skylights, plantation shutters, huge laundry rm, 2 fireplaces, slate and brick, pool & spa with updated solar panels. An Entertainer's Dream! Too many upgrades to list. This home is a must see! 1380 Munger Way..... \$389,000



Charming East Sac Home

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Desirable Camden Park Home

Attractive 4 bedroom, 3 bathroom home. Two story with bedroom and full bath downstairs. Large kitchen with island & plenty of cabinets, 2 sided fireplace, hardwood flooring. Nice backyard with pool & separate spa. Conveniently located near freeway, parks, shopping and schools. 8833 Mandalay Way..... \$249,000



Stunningly Beautiful Bungalow

Remodeled kitchen w/ corian countertops, Elkay sin & Kohler fixtures, restored original wood floors. Deck overlooking koi pond and Japanese Garden. Custom window coverings, gas fireplace, carport, original lead glass windows in front of home, Anderson window replacements in back. 1476 33rd Street \$324,900



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CALENDAR

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

OCTOBER

Big Band Dance

Oct. 7, 14, 21, 28: 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

Oct. 7, Nov. 4, Dec. 2: Ray Clark Chapter No. 35 of the Disabled American Veterans. First Thursdays, 7 p.m., Veterans' Memori-

al 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

Oct. 7, 14, 21, 28: 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

Oct. 7, 14, 21, 28: 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

Oct. 7, 14, 21, 28: 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

Oct. 7, 14, 21, 28: 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

Oct. 7, 14, 21, 28: 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

Oct. 8, 15, 22, 29: 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

Oct. 8, 15, 22, 29: 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

Backyard composting seminar

Oct. 9: 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. Southside Community Garden, 5th and W streets, Sac. Call 311 or visit www.cityofsacramento.org/utilities

Family History Day

Oct. 9: Family History Day at the California State Archives. 20+ genealogical classes, tours, Root Cellar Library, exhibitors. Free. 8:30 a.m.–4 p.m. 1020 O St., Sac. http://fhd2010.blogspot.com or familyhistoryday2010@gmail.com

First 5 Sacramento Children's

Celebration

Oct. 9: Fun, resources, food, entertainment, activities, exhibits and more for Sacramento children under age six and their families at Fairytale Town. Adults and families must be accompanied by at least one child age five or under to be admitted. 10 a.m.–4 p.m. Fairytale Town – William Land Park, Sutterville Road & Land Park Dr., Sac. (916) 876-5865

Food Addicts Anonymous

Oct. 9, 16, 23, 30: 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.

How to complete CSU and UC apps

Oct. 9: Applications to the CSU and UC systems are due Nov. 30. Marilyn van Loben Sels, a certified college counselor, will present to college-bound students and their parents the latest information on the college application process: how to complete forms efficiently and effectively, how the apps differ, what each item is looking for. Also an



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overview of the UC essay section. Free workshop. 10 a.m. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

Jensen Garden workday

Oct. 9, Nov. 6, Dec. 4: Come join with other volunteers to keep the Jensen Botanical Garden beautiful all year. 9 a.m.–1 p.m. Bring work gloves, hand pruners and your lunch. 8520 Fair Oaks Blvd., Carmichael. Tracy Kerth (916) 485-5322 x23 tracy@carmichaelpark.com

Urban Farm Stand

Oct. 9, 16, 23, 30: Soil Born Farms' newest urban agricultural project, a farm stand featuring seasonal, local and organic fruits and vegetables. Saturdays through Nov. 20 from 9 a.m.–1 p.m. www.soilborn.org

'A Pioneering Collection'

Oct. 10–Feb. 6: 'A Pioneering Collection: Master Drawings from the Crocker Art Museum.' The finest early collection of European drawings in the U.S. Works by Dürer, Fra Bartolommeo, van Dyck, Fragonard and Ingres. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

Co-Dependents Anonymous

Oct. 10, 17, 24, 31: 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

Oct. 10, 17, 24, 31: 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. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Crocker Grand Opening

Oct. 10: Celebrate the grand opening of the new 125,000-square-foot Teel Family Pavilion with entertainment for children, families and adults. The all-day art festival. Free. 10 a.m.–10 p.m. Ribbon cutting ceremony with community and Museum leaders. Performing and visual artists on multiple stages; a global arts block party with food, beer and wine; a creative community center with hands-on art activities and performances by regional dance troupes, bands and puppeteers; artist demonstrations; roaming street performers and living history interpreters; swing and salsa dance contests; and much more. (916) 808-7000, www.newcrocker.org

Holistic Peace Healing Circle

Oct. 10: Experience and partake in healing therapies, such as massage, reiki, aromatherapy, tarot, energy healing and more. Find the right healing modality for you. Admission \$10. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Cathleen (916) 600-1916

National Feral Cat Day 5K Walkathon

Oct. 10: Get out with your neighbors, enjoy some exercise and "Put Your Best Paw Forward" to help felines in need. Proceeds benefit the Coalition for Community Cats Feral Cat Spay/Neuter programs. Entry fee: \$20 for walk & t-shirt. Walk free & get free t-shirt with \$20 or more in pledges. T-shirts: \$10 (while supplies last). Rain or shine. Registration 8 a.m.–9 a.m. Walk starts at 9 a.m. Meet at California Auto Museum, 2200 Front St., Sac. (916) 392-6575 or (916) 452-9046 www.coalition4cats.org

St. Francis High School open house

Oct. 10: (All girls). Prospective students and their families are invited to tour the St. Francis High School campus, speak with administrators, teachers, students and their parents about all the opportunities St. Francis has to offer and to sign up for the Jan. 22 placement test and a Shadow Day. 1 p.m.–4 p.m. St. Francis High School, 5900 Elvas Ave., Sac. (916) 452-3461 www.stfrancis.org

'Tomorrow's Legacies'

Oct. 10–Jan. 9: "Tomorrow's Legacies: Gifts Celebrating the Next 125 Years." Exhibit celebrating the Crocker Art Museum's 125th anniversary and 125,000 square foot expansion. 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

'Wayne Thiebaud: Homecoming'

Oct. 10–Nov. 28: Exhibit of Sacramento's most famous artist, Wayne Thiebaud, as he begins his 90th year. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

Co-Dependents Anonymous

Oct. 11, 18, 25: 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.

Gray Eagles

Oct. 11, Nov. 8, Dec. 14: Social group sharing WW II history of military or sport aviation. Former air, ground, or carrier crew, or anyone interested will enjoy our monthly speakers. Group meets 2nd Monday each month. 11:30 a.m.–1:30 p.m. Hometown Buffet private dining room, 4300 Florin Rd., Sac. 11:30–1:30. Lou (916) 421-0844, www.grayeagles.net

Sudoku answers

From page 6

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

Colleges

Continued from page 8

if a teen decides to apply to additional colleges at the last minute by simply clicking on additional buttons and then hitting "send." Sticker shock could ensue.

This list seems long, but it will really expedite the application process and keep stress levels down to a manageable level. After students send in their applications, they should check their email every day and respond to college's messages as soon as they pop into their inbox. At the recent CSU Counselors Conference, campus representatives asked us to tell students to be sure to read to the bottom of each page and to make the time to reply to each request promptly.

At times during the application process, students can get bogged down. One student said, "No one will even read my application."

Admissions offices actually read each application carefully and at least twice. In some cases, when readers are not in agreement over an applicant, a third person reads the application, and the three make a recommendation.

Senior year is definitely busy and applying to colleges does take a lot of time, but getting organized before beginning the process will result in time to go out to a movie or just to hang with friends plus the satisfaction of a job well done.

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



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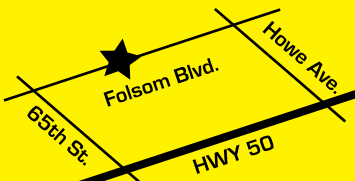
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Sutter Medical Center expands

SACRAMENTO - Celebrating a significant milestone in the midtown expansion of Sutter Medical Center, Sacramento, Mayor Kevin Johnson and City Councilmember Steve Cohn, along with Sutter leadership and physicians, formally welcomed the public to the Sutter Capitol Pavilion, a 200,000-square-foot medical office building at 2725 Capitol Ave., which features numerous specialist offices, exam rooms, outpatient services, as well as a new surgery center, on Oct. 5.

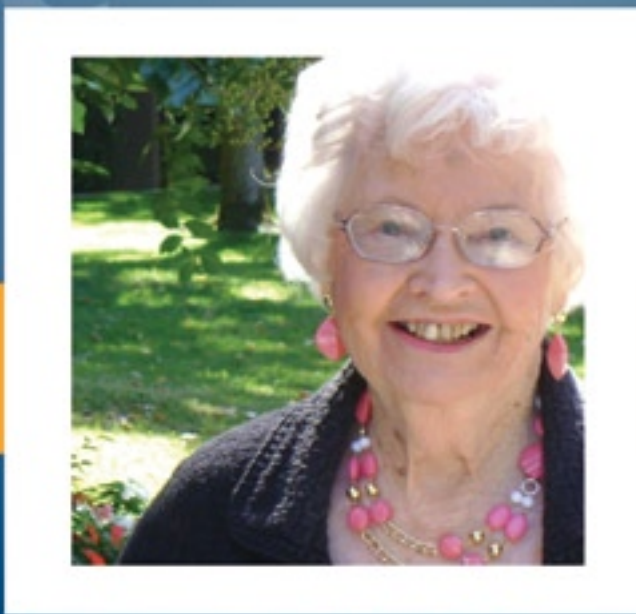
The Sutter Capitol Pavilion will house 40 specialist physicians' offices, 128 exam and procedure rooms, four outpatient operating rooms and 13 outpatient imaging rooms, along with endoscopy and interventional radiology services. There are four floors in the building plus a basement that houses the Energy Center for the entire SMCS campus.

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Faces and Places
**Sacramento
 parishes
 and schools
 observe St.
 Francis Day
 by blessing
 animals**

East Sacramento News
 photos by STEPHEN CROWLEY

Monday, Oct. 4 marked the observance of the feast day of St. Francis of Assisi, the patron saint of animals and the environment. Catholic and Episcopal churches and schools in the Sacramento region observed the occasion before and during the weekend by conducting their annual "Blessing of the Animals."

Bishop Jaime Soto blessed dogs, rabbits and even a snake at St. Francis High School on Oct. 1. The all-girls Catholic high school celebrated the school's patron saint with a Mass and full day of celebrating "All Creation Gives Glory to God." The girls wore outfits representing clothing styles of the 1940s, '50s, '60s, '70s and '80s.

At St. Anthony Parish, Father Michael J. Hebda blessed a number of pets on Oct. 3. The doggies seemed especially interested in the aspergillum, an instrument used to sprinkle holy water.



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