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## Over 50 years dedicated to helping, healing

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# Janey Way Memories

## How 'the Pit' changed as I grew up



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

I moved to Janey Way in 1952 just after celebrating my fifth birthday.

The day after I arrived, my next door neighbor, Butch, took me down to play in the "Pit," a vacated sand and gravel site which abutted the back yards of the houses on the east side of Janey Way.

It must have looked like the Grand Canyon to a five-year old boy. The site sank about 30 feet into the ground and stretched in an L pattern from M Street on the south all the way over to Elvas Avenue on the north, then across to 62nd Street on the east. It covered about 40 acres of the land on which the St. Francis Catholic High School now stands.

At that time, a dirt road snaked down into the bottom of the Pit from the M Street side of the site, just behind the Petrocchi house at the beginning of Janey Way. Big trucks entered the Pit almost daily to dump their contents in an effort to backfill the big hole. They dumped things like broken pieces of concrete, waste lumber and dirt.

We used this debris to build forts to play in. We also did things like racing our bikes over and around the mounds of dirt left by the trucks, playing cowboys and Indians and staging mock battles between pretend armies.

The Pit was our playground and because it changed shape daily that made it all the more fun.

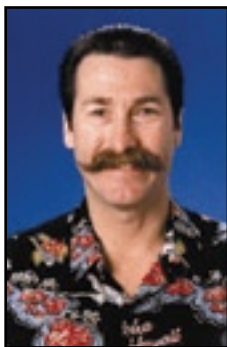
But the Pit went through many changes as we grew up. By the late 1950s, the entire east end of the pit was level ground. In 1959, the East Sacramento Little League built a baseball diamond on that section of the site. It was a beautiful diamond with bright green fences all around, built-in dugouts, stands for the fans on both sides of the field and a two story structure behind the back stop for a snack bar and a public address system. I played my first and only year of Little League baseball in that park.

Soon after that, all the rest of the Pit was leveled to look like a large vacant lot except for a tall mound of dirt in the middle we called Mount Everest. We played often on that hill. We used it as lookout, as a hide out, and as a stage for great military maneuvers. The younger Janey Way kids actually staged gladiatorial fights on the top of Mount Everest.

On July 4th, we lit fireworks on top of Mt. Everest even before Red Devil and Freedom fireworks were sold in town. Dom Costamagna lit flares and popped fire crackers. Once he even shot off a naval flare which turned the night sky red over the top of our Mt. Everest. However, soon after that even Mt. Everest disappeared.

By the mid 1960s, the Diocese of Sacramento constructed St. Francis High School on the area we once called the Pit. We had grown up then and our days of playing army, riding bikes and building forts had long since ended.

Now the Pit is just another cherished Janey Way memory.



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## McKinley Park: Kinship, kids and critters

Photos by STEPHEN  
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East Sacramento News  
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The chilly, foggy weather of recent weeks has not kept couples, families, kids, pets and the waterfowl away from East Sacramento's famous McKinley Park.

Youngsters encountered their first duck or goose at the local park, and some even fed the animals – all under the watchful eyes of their parents. Others took advantage of the park's play structures.

The park is also a popular place to jog or walk with canine companions.



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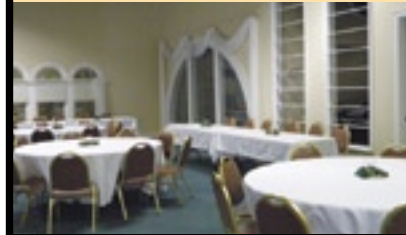
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### Stunning Brick Tudor in the Fabulous Forties

Elegant decor, newly painted with designer colors, refinished hardwood floors, high coved ceilings, incredible beaded glass windows, newer CH&A, basement perfect for wine cellar. Large formal living and dining rooms, lovely landscaped yard and detached garage. This home is loaded with style and architectural details. 1017 44th Street ..... \$850,000



### Charming Home

3 bedrooms, 2 bathrooms, approx. 870 square feet. This charming home has many upgrades, a must see! 2155 51st Avenue..... \$85,000



### Beautiful Home in East Ranch

Largest model #5. Light and open floorplan with gorgeous wood floors. Large updated gourmet kitchen. Spacious bedrooms and very large master suite. Plantation shutters. Two lovely patios. Attached garage. Great location within complex. This is a must see! 200 East Ranch Road..... \$499,000



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### East Sacramento Bungalow

Very charming home in great East Sacramento location. Light and open floorplan with hardwood floors and lots of updating. Large formal living and dining plus exceptional breakfast room with built-in hutches. Lovely large yard plus detached garage. Just a great home! 901 55th Street ..... \$350,000

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# Fight the bite: Mosquitoes are already out

Special to East Sacramento News

It might only be January, but the warmer than usual temperatures and dry weather have created the ideal conditions for mosquitoes.

"We're starting to see many mosquitoes now," said David Brown, district manager of the Sacramento-Yolo Mosquito & Vector Control District. "Mosquitoes that had been resting for the past few months are already out and aggressively biting, ready to begin their life cycle."

The above average rainfall total for December has left many potential water sources in and around homes, requiring regular household water management to prevent mosquitoes from developing later in the season.

"We urge all residents to check for mosquito

breeding sources around their home," said Brown. "It is important to empty containers that may collect water, such as buckets, flower pots, bird baths, cans and old tires. This will go a long way in ensuring that mosquitoes are not breeding on your property."

With the continued depressed economic market and high number of foreclosed homes in the area, neglected swimming pools are of special concern for the District. Pools can be a significant threat because if left unattended, they can produce thousands of mosquitoes – and can infect an entire neighborhood. The District continues to work closely with residents and city and county agencies to identify homes with neglected pools so potential

problems can be addressed quickly and efficiently.

To report a neglected swimming pool or other mosquito breeding problems, call (800) 429-1022 or fill out a service request online at [www.FIGHTtheBITE.net](http://www.FIGHTtheBITE.net).

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# Vocation of serving, healing others finds daily higher purpose

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

Every morning, Billie the dog wakes up in his doggie bed, stretches and looks for his human to get the day started. The beagle/fox terrier mix knows the basic routine. His human does important work

at Kaiser Social Services in adult psychiatry, and helps others by visiting them, too. Today will be a visiting day. He's excited, because he knows he will meet new people and old friends today.

His human, Sister Catherine Connell, SSS, has already been up for an hour

of prayer. She says it is "really essential, so I can be present to those I am serving and see God's presence in them. As well as helping them see God's presence then in me in the work I am doing to help them come to healing."

Sister Catherine's day begins early, at 4:40 a.m. After her hour of prayer, she and Billie have their breakfast and a morning walk in Land Park.

Each day is dedicated to the service of others, and has been ever since Sister Catherine, a licensed clinical social worker, became a member of the religious order known as the Sisters of Social Service. It is a calling she heard when she was a teenager in the late 1950s.

## The Call to serve

"I entered at the age of 19," Sister Catherine said. "I'd never heard of the Sisters of Social Service until I wrote to a 'Q&A' column in the *Davenport Catholic Messenger* when I was 18. I didn't include my name because I was really trying to keep this call quiet. Monsignor Conway wrote a response in the newspaper, suggesting this order. So, I wrote to Sister Frederica Horvath, our foundress in the U.S. She wrote back with the expectations of the order, which included a health exam. I still re-



East Sacramento News photo, Susan Laird  
Sister Catherine Connell, SSS has dedicated her life to helping others find healing. She and her dog, Billie, continue to make a difference in the Sacramento community.

member the doctor's report: 'Perfectly normal, healthy female.'

The middle child of five children, she grew up in a Catholic family. Still, "a lot of communication went back and forth" between the sisters at the Sisters of Social Service and the teenager before she approached her parents for their blessing. It also meant having to tell someone else about the call she was hearing to dedicate her life to others.

"I had a steady boyfriend at the time," Sister Catherine said. "He wanted to marry me, but I felt I needed to check this (calling) out first. It was a strong feeling that I needed to go and pursue this to see: is this what God really wants for me?"

The two parted as friends. He later married another girl and had a happy marriage.

When she left her home in Muscatine, Iowa for the "Mother House" in Los Angeles, "it was quite a send-off with my grandparents, parents and three priests," she said. "It wasn't until I was on my way to the airport that I burst into tears because I realized I was leaving."

When she entered the "novitiate" stage on Feb. 1, 1959, Sister Catherine began a journey that would include religious studies, a college education and hands-on field work, known then as "family visits" in parishes.

"It was a wonderful preparation," she said. "The prayer, the classes, the different assignments. You learned the focus of living a spiritual life."

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See Sister Catherine, page 7

# Sister Catherine: Lifetime of service giving dignity with love and compassion to others

Continued from page 6

Mount St. Mary's College with a degree in sociology, and from the Catholic University of America in Washington, D.C. with a master's degree in social work. She took her final religious vows of poverty, chastity and obedience in 1967.

Her field work took her around the nation, from working at Holy Name Parish near the Watts area of Los Angeles ("During the Watts Riot, I went to work anyway,") to working at Walter Reed Army Hospital during the Vietnam War ("I worked in a ward of 80 men. Every last one of them was missing legs, arms, eyes...There were major disabilities,") and finally, to Sacramento, where she became known for her work in opposing the state's death penalty and for her support for making state prisons true places of rehabilitation. Last year, she was honored by Death Penalty Focus' Friends Committee on Legislation.

## Wellspring Women's Center

In the 1987, Sister Catherine and Sister Claire Graham founded the Wellspring Women's Center in Sacramento. Wellspring Women's Center is a drop-in center for women and their children established to foster the innate goodness and personal self-esteem of all who enter its doors. "Hospitality with dignity and love" is the foundation on which Wellspring is built.



Photo courtesy

Sister Catherine Connell's first assignment was to Holy Name Parish in Los Angeles. She was working with families there during the Watts Riot of 1964.

Guests at Wellspring are diverse in age, personal background, and ethnicity. Many guests are young mothers seeking adult companionship or a break from child rearing. Wellspring provides a sense of "family" to older single women without a support system. Administered today by the Institute of the Blessed Virgin Mary, the center will celebrate 25 years of service to the community this year.

## Cancer survivor

A new phase of Sister Catherine's life would come in 1998 that would change her life forever, when a visit to the doctor came back with a diagnosis of ovarian cancer.

"I began a year of chemo in 1999," she said. "Dr. Ernie Bodai was my doctor. He is wonderful."

She beat the cancer, but four years later she learned

See Sister Catherine, page 18

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# 'Tower of Power' celebrates 40 years with new album release

By CELIA GREEN  
East Sacramento News writer

It's rare for a car to last forty years. Some marriages don't make it that long.

So it's unusual to hear about a band that is celebrating forty years in the music business.

But that is just what a local Sacramento area band, Tower of Power, has done. To mark the occasion, they threw a party and planned to release a CD and DVD.

"Someone came up with the idea 'Let's get everybody together who's ever been in the band,' and so we did," said longtime band member, Roger Smith. "We had the ten of us onstage (current band members) plus another 23 alumni for an amazing concert."

The set list was over two hours long, and the band played favorite hits for young and old alike.

"We played everything," Smith said. "It was exhausting, but so much fun. The Fillmore was packed with friends and family and fans, some from as far as Denmark."

That concert was held at The Fillmore in San Francisco in October 2008, but because of editing challenges and a failed business agreement, the CD and DVD will be released this spring.

The DVD will include footage from the concert, a history of Tower of Power and shows the founding members, Emillio Castillo and Doc Kupka visiting some of the band's old haunts.

This will be the 25th album the band has produced, although the band's famous horn section

has been featured on a myriad of albums from other artists, from Elton John to Santana to Josh Groban.

Tower of Power still tours worldwide some 150 to 180 days a year, and is still producing new music. The band's most recent album was released in 2009.

"Our sound is unique," Smith said. "There's not another band like it. We didn't try to sound like Chicago or Earth Wind and Fire."

The band's sound has been called a fusion of funk, jazz and R&B.

"Every one of these guys is an excellent musician," he added.

In addition to his full-time job with Tower of Power, Smith has another career. He writes

*See Tower of Power, page 9*

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# Tower of Power: Band still tours worldwide

Continued from page 8

and records as a soloist. He has produced six albums, and writes and records as his alter ego "Jazz Roscoe," with two albums under that name.

"I play only three to five gigs a year of my own music, because Tower of Power keeps me so busy," he said.

Not enough? Smith also writes music for the occasional movie, produces all genres of music and is fostering an up-and-coming artist named Robbie Christmas.

Smith was born in Texas, moved to Sacramento as a child and graduated from Luther Burbank High School. After a stint in the army, he lived in Austin, Texas, where his musical career began.

"Austin was my musical beginning," he said. "A lot of musicians came through there. I was like a kid in a candy store. Every day was a musical adventure."

Smith came back to Sacramento seven years ago when he and his wife of 30 years bought a home in Land Park.

"I love it. It's like we've been here forever," he said. "We have great neighbors. And I live walking distance from Vic's Ice Cream - that's dangerous."



Photo courtesy  
Longtime band member of Tower of Power, Roger Smith helped the band celebrate 40 years and is part of the popular group's upcoming album release.

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# East Lawn Tennis Club: Nine decades of tennis traditions

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

Rich with history, East Sacramento is home to various notable sites, which conjure up memories of days gone by. And among the more historical sites of the area is the Sutter Lawn Tennis Club.

Founded in 1919, the private, family-oriented tennis club is not only the capital city's oldest continuously operating tennis club, but it is also one of the oldest tennis clubs in the state.

The story of the club began with a group of 10 East Sacramento and midtown Sacramento prominent residents who raised \$20,000 to have the club constructed at its current location of 3951 N St. The group acquired these funds by selling 2,000 shares at \$10 each.

These founders, who purchased the block of land bordered by 39th, 40th, M and N streets, had been regularly playing tennis on a court located in the yard of a local dentist at 21st and J streets.

As reported by *The Sacramento Bee*, a groundbreaking ceremony for the club was held in late April 1919, as the first shovelful of dirt was turned by Sacramento Chamber of Commerce President Charles E. Virden.

Hanging on a wall near the fireplace in the original portion of the Sutter Lawn clubhouse is a framed, enlarged copy of the article, which marks this proud moment in the club's history.

Accompanying the article is a photograph from the groundbreaking, which shows Virden standing next to the club's directors, including Joseph I. Brunschwiler, who served as the club's first president.

Opening later in the year with seven courts and a membership limited to 200, the club began to build its rich legacy, which includes serving as the site of several notable tournaments.

## Important tournaments

Sutter Lawn's first tournament, an event featuring the tennis great, Helen Wills (1905-1998), was the predecessor of the Central California Tennis Championships.

This tournament was an important event for tennis players, who were working their way up in the rankings.

Although it is not as notable as it was in the past, the Central Cal, which was first held at Sutter Lawn in the 1940s, continues to be held at the club today.

Another earlier tournament held at Sutter Lawn was the National Hardcourt Tennis Championships, which was sponsored by the U.S. Tennis Association.



East Sacramento News photo, Lance Armstrong  
The Sutter Lawn Tennis Club features five tennis courts, as well as a swimming pool, an exercise room and a clubhouse.

This tournament, which was held from about 1962 to about 1973, once drew some of the professional circuit's premier players, including Stan Smith, Arthur Ashe, Ilie Natase, Tony Trabert, Alex Olmedo, Billie Jean King, Nancy Richey and Rosemary Casals.

And although he was not well known at the time, Bjorn Borg played as a 16-year-old in the tournament, which at its peak had prizes for its players totaling \$37,500.

In bleachers that were set up near the fence lines, about 1,200 fans would gather to watch these high level players.

The former director of the National Hardcourt Tennis Championships, Bill Demas, who is one of Sutter Lawn's longest tenured members, having joined the club when he was 15

See Tennis, page 11

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# Tennis: Sutter Lawn Tennis Club became an important venue for players, competitions

Continued from page 10

years old in 1948, described the magnitude of the event.

"We had the national championships, in which there were four in the country," said Demas, who was once a nationally-touring player. "One was the grass court at Forest Hill, the indoor in New York, the clay courts in Cincinnati and the national championship here in Sacramento (at Sutter Lawn). It was fantastic and it was a lot of fun."

Demas added that one of the many highlights involving the tournament, which was the last major tournament before the U.S. Open, was Sutter Lawn's negotiation to host the 1968 United States Davis Cup team.

"We brought the United States cup team to Sutter Lawn in 1968," Demas said. "That Davis cup team consisted of Charlie Pasarell, Arthur Ashe, Stan Smith, (Bob) Lutz, Eric Van Dillon and Donald Dell."

## Recent tournaments

More recently, the Swanston Challenger, which is now held at the Natomas Racquet Club, was held at Sutter Lawn from 2005 to 2008.

Among the top players to participate in this tournament, which was sponsored by the now-late Sutter Lawn member Bert Swanston, were: Mark Philippoussis, John Isner, Sam

Querrey and the homegrown talent, Sam Warburg.

For most of Sutter Lawn's history, the club has been home to five courts.

## Swim history

During the Depression, when a section of the Sutter Lawn property was sold to assist with the club's financial difficulties, one of the courts was eliminated. And in 1951, another court was removed and replaced by a swimming pool, thus marking the beginning of the club's recreational swimming and swimming tournament history.

Bob Reid, who served as the club's manager from 1974 to 1976 and was the club's swim coach during the 1960s, said that Sutter Lawn has experienced other changes, while also maintaining various traditions.

"It's a very East Sac club and in the past - a Fab '40s club," said Reid, who grew up swimming and playing tennis at the club during the 1950s. "Now it is a much more broad membership with family orientation. We are still very much interested in tournament tennis."

Other changes to Sutter Lawn, which had Ronald Reagan as one of its members during his governorship from 1967 to 1975, were a major remodel of the clubhouse in the 1980s

and the addition of an exercise room in the 1990s.

Former Mayor Burnett Miller, world-renowned artist Wayne Thiebaud and prominent real estate developer John "Jack" Bowker are among the club's more notable members.

Miller, who began playing tennis at Sutter Lawn in about 1956, said that he joined the club due to its proximity to his house.

"I moved to 40th Street and I started playing tennis and spending some time (at Sutter Lawn) and it has existed the same for my whole life," Miller said. "It has always been a wonderfully democratic organization. You have far more pleasure out of the place if you play tennis, and the better you play tennis, the more people you have to play with. It's a hang out for the whole family."

Additionally, members of Sutter Lawn are much like one big family, considering that the club only allows 50 more members than it did in its earliest years.

Membership costs are \$105 per month and new members pay a \$1,500 initiation fee. Currently, the club, which is led by its president, Roy McDonald, has a waiting list for new memberships with about 15 names.

Although memberships are generally required to play tennis at Sutter



Photo courtesy, SLTC

Bjorn Borg, who later became the number one ranked tennis player in the world, plays a match at the Sutter Lawn Tennis Club in the early 1970s.

ter Lawn, tennis lessons are offered to non-members by Jason Johnson, who can be contacted at (530) 300-4036.

For additional information regarding the Sutter Lawn Tennis Club, call (916) 455-9519 or visit [www.sutterlawn.com](http://www.sutterlawn.com).



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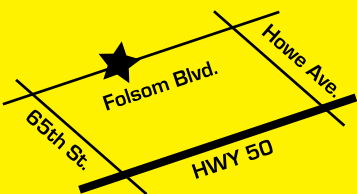


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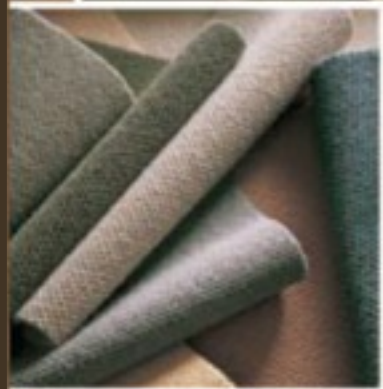
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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

## FEBRUARY

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### 'The Vase and Beyond'

Daily, through Feb. 6: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300 artists, this collection showcases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.com

### Tai Chi

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### Big Band Dance

Feb. 3, 8, 10, 15, 17, 22, 24: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

### Food Addicts Anonymous

Feb. 3, 10, 17, 24: 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.

### Living Positive with Chronic Disease group

Feb. 3, 10, 17, 24: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247.

### Rotary Club of East Sacramento

Feb. 3, 10, 17, 24: 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

Feb. 3, 10, 17, 24: 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

Feb. 3, 10, 17, 24: 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

Feb. 3, 10, 17, 24: 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

### Kiwanis Club of East Sacramento-Midtown

Feb. 4, 11, 18, 25: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

### Rotary Club of Point West

Feb. 4, 11, 18, 25: 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

Feb. 4, 11, 18, 25: 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

### Book Club

Feb. 5: Enjoy lively book discussions and light refreshments as we discuss "Depths of Glory: A Biographical Novel of Camille Pissarro" by Irving Stone. 11 a.m. Arcade Library, 2443 Marconi Ave., Sac. (916) 264-2920 www.saclibrary.org

### Food Addicts Anonymous

Feb. 5, 12, 19, 26: 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.

### Junior League crab feed: Denim & Diamonds

Feb. 5: Like crab? Everyone is invited to join the Junior League at their festive, 6th annual Crab Feed fundraiser. \$45/ticket in advance, \$50/ticket at door, if available. 5 p.m.-10 p.m. St. Mary's Catholic Church, Giovanni Hall, 1333 58th St., Sac. www.jlsac.org

### Sac Sheriff's Dept. on 'COPS'

Feb. 5: Check local listings on FOX for the Sacramento Sheriff's Department, which will be featured on upcoming episodes of "COPS" at 8 p.m. or 8:30 p.m. Episodes can be downloaded from iTunes after airing or viewed on www.Hulu.com

### Calling all astronauts

Feb. 6: Have a blast at the Discovery Museum! Visit the new *Space Quest!* exhibit - out-of-this-world fun for the entire family. Celebrate the Founding of NASA: kids can remember their visit by making a take-home astronaut finger puppet. Planetarium shows at 1 p.m. and 3 p.m. are included with admission (ages 4 and above only); live animal shows at Noon and 2 p.m. are for all ages. The 10:30 a.m. Sunday Science Cinema presentation is *The Next Frontier*. 12:30 p.m.-4 p.m. \$6 adults, \$5 seniors & teens, \$4 children ages 12-4, free for kids under 4. Discovery Museum Science & Space Center, 3615 Auburn Blvd. Sac. (916) 808-3942

### Co-Dependents Anonymous

Feb. 6, 13, 20, 27: 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

Feb. 6, 13, 20, 27: 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

### Free Museum Day

Feb. 6: 13th annual Sacramento Museum Day. 26 museums in the greater Sacramento area will offer free admission all day. Sacramento Museum event hours are 10 a.m. to 4 p.m. but note all participating museums close at 5 p.m. (with the last guests admitted at 4 p.m.). Detailed information about participating museums, suggested parking, public transit options, and free event shuttle routes is available at [sacmuseums.org](http://sacmuseums.org) (click on "Events"), or by calling the Sacramento Convention & Visitors Bureau at (916) 808-7777.

## - EVENT LISTING SECTION -

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# Third annual 'Young @ Art' show open to all Sacramento area middle school students

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

The Third annual 'Young @ Art' show for middle school students in the Sacramento region is calling for entries on Feb. 10 and 11.

The highly attended art show is sponsored by St. Francis Catholic High School, which is known statewide and nationally for its programs in the visual and performing arts. Although St. Francis is a high school for young women, entries from both boys and girls are encouraged. The competition is open to students from public, private and home schools.

The show is an opportunity for students to experience the procedures for entering an art show, as well as to have their talents acknowledged in a regional forum. It is an opportunity for inspiration and validation.

Pictures must be matted, but canvas and sculptures do not need matting. A 2"x3" label should be permanently affixed to the front lower right hand corner of the work. Information on the label should include: 1. Student first and last name; 2. Student grade; 3. School name; and 4. Art teacher name.

The limit for submissions is up to 20 pieces per school and one work per student.

All mediums and sizes of art are accepted. In the art world, one is limited only by human imagination.

"This year I know we have quilts coming in from a youth quilt class," said Elizabeth Danielson, arts executive director and producer at St. Francis High School. "The show is open to all 6th through 8th graders from the Sacramento area. Schools from Davis, Auburn, Woodland, Granite Bay and El Dorado Hills have participated in the past."

A few details: students and schools should deliver art works to the St. Francis High School Art Theatre Complex Foyer on Thursday, Feb. 10 or Friday, Feb. 11 between 3:30 p.m. and 5 p.m. Artwork will not be accepted after Feb. 11. The campus is located at 5900 Elvas Avenue in Sacramento, just off 65th Street and Highway 50.

The show will be held at the St. Francis High School Arts

Complex on Wednesday, Feb. 23 from 5 p.m. to 7 p.m. Awards will be presented to students and teachers at 6:30 p.m. All artists, teachers, parents and families are invited to the opening.

There are some pretty good prizes for students who enter "Young@Art," too. The grand prize is a full scholarship to a St. Francis Summer Arts Workshop – worth \$350. Other prizes include \$100 gift certificates to University Art and Utrecht art supply stores, a sketchbook and charcoal, a St. Francis Arts t-shirt, thank you gifts for teachers and more.

The arts are viewed as an important part of the curriculum at St. Francis High School, according to Danielson.

"Creativity is an exploration of one's thoughts put on paper or other media," she said. "It uses brain skills that other 'more academic' classes may not tap. For many, art can be a calming stress-reliever and others find it more interesting to express themselves through art than through writ-

ing. Offering the arts to students allows them to find out about themselves, how they best communicate to others, how to appreciate and interpret art, and how to enjoy the process. It makes for a well-rounded and interesting person."

For more information, visit the St. Francis High School website at [www.stfrancishs.org](http://www.stfrancishs.org). Scroll to the bottom of the page for photos from last year's competition. Questions can be directed to Danielson at [edanielson@stfrancishs.org](mailto:edanielson@stfrancishs.org) or (916) 452-3461 ext. 200.

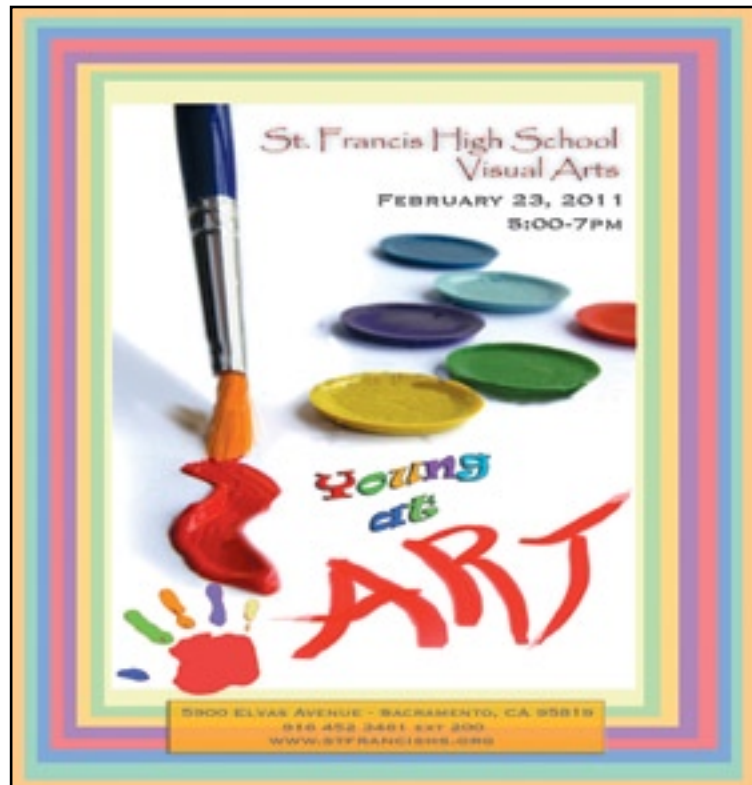


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# Sister Catherine: Religious life rich in community relationships

Continued from page 7

that she was in the early stages of breast cancer. Because of early detection, she beat this cancer, also.

"My nephew, Timothy Kur-ringer, was having his family tested to see if they had the gene for breast cancer," she said. "He asked me if I would be interested in being tested. I took the test, and they found

that I not only had the gene, but I also had the cancer in its earliest stages. It was a miracle – breast cancer is usually not found so early."

Because of the ovarian cancer and the side effects of chemotherapy, Sister Catherine decided to step down from her position as director at Wellspring.

"That's when I decided to try something where I wasn't managing a whole agency, but could still serve," she said.

## Clinical therapist

Sister Catherine applied for and accepted a position as a therapist at Kaiser. Each week, Sister Catherine directs two groups: a code-

pendency group that covers "every variety of codependency: relationships, etc." and a bipolar support group.

Because she is still vowed to poverty, her paychecks go to the Sisters of Social Service, who in turn support her with housing, food and any other needs.

She works at Kaiser three days a week.

"Those are my very busy days," she said. "On my less busy days, Billie and I go out on our visits."

Sister Catherine and the little dog (rescued from the Sacramento City Animal Shelter) visit a wide variety of people. Together, the two stay "very much in touch" with the religious community and the community at large, meeting countless needs for a kind word, dignity and support. They have many friends. Included in their rounds is Mercy McMahon Terrace, a residence for seniors.

"The seniors there love Billie, and he loves them. Billie also loves to visit with Bishop Quinn," she said with a smile. "He is one of Billie's favorite people."

Each day is full, and through it all Sister Catherine has found that the motto she adopted when she took her final vows – "That In All Things God May Be Glorified" – is appropriate to every day.

"It certainly has been true for me," she said.

susan@valcomnews.com

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## February 15 @ 2:00pm

Presented by **Lynne Richard-Brown**, Co-Founder of Crime Prevention Consultants (C.P.C.)

Crime Prevention Consultants provides the community with the necessary information needed to stay safe. They deliver this information through their "Stay Safe Seminars", community events, home security assessments and personal safety consultations. This seminar will teach seniors how to protect themselves from the most common types of crimes and give information on what to do if victimized. Lynne will be focusing on the four most common types of senior crimes: Financial Crimes, Property Crimes, Elder Abuse, and Violent Crimes.

*\*Refreshments & Appetizers will be provided.\**

Please RSVP by February 10, 2011 or contact us for more info @ (916) 392-3510

 **Primrose**  
Living With Memory Loss

7707 Rush River Drive Sacramento, CA 95831

LIC 347001338; 347001342

# DUNNIGAN<sup>®</sup>

## Realtors



### SUTTER BROWNSTONES

Unique & modern 2 year old townhome. Features stainless steel appliances, honed granite countertops, slate & hardwood flooring. Upgraded Samsung refrigerator included. Fantastic media/family room w/lots of space (30' x 13') on lower level, set up for entertainment. One car garage. 6 inches of space between townhomes. See [www.SutterWalk.com](http://www.SutterWalk.com) \$450,000

**COLLEEN WIFVAT 719-2324**



### ULTIMATE URBAN LIVING!

Recently remodeled by Viray designs, home has modern conveniences & charm. Kitchen w/granite counters & stainless appliances. The Master Suite has 2 closets & private entrance to the garden. Upgrades incl CH&A, roof, sewer, copper plumbing, electrical, bathrooms & more. 1512 55th Street. \$339,000

**DAVID KIRRENE 531-7495**



### PHENOMENAL EAST SAC

Quiet, tree-lined street. 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](http://www.163341ststreet.isnowforsale.com) \$480,000

**TIM COLLOM 247-8048**

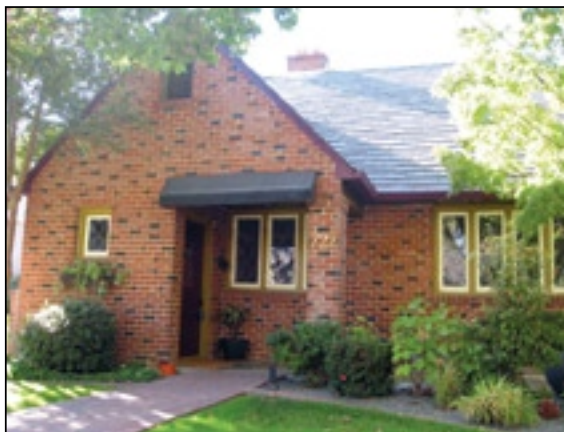
**LIBBY NEIL 539-5881**



### RED BRICK TUDOR

Beautifully remodeled 2nd story added in 2000. New kitchen in 2006 w/granite counters, stainless appliances & hardwood floor. Large master w/sitting room, large closet, marble slab counter, dual sinks & jetted tub. Original charm w/coved ceilings, mahogany inlay in hardwood floors. Family room w/wet bar & French doors leading to gorgeous yard. See [www.354-34thSt.com](http://www.354-34thSt.com) \$824,900

**COLLEEN WIFVAT 719-2324**



### CLASSIC BRICK TUDOR

East Sacramento w/leaded glass windows. 2 bedroom, 2 bath w/ a true master suite w/bathroom & walk-in closet. Kitchen w/newer appliances including dual dishwasher. Newer CH&A. Inside laundry w/ storage. Refinished hardwood floors throughout. See [www.72246thst.isnowforsale.com](http://www.72246thst.isnowforsale.com) \$489,900

**LEIGH RUTLEDGE 612-6911**

**BILL HAMBRICK 600-6528**



### EAST SAC MEDITERRANEAN

Amazing 4 bedroom 3 bath Spanish Mediterranean in East Sacramento! This spacious home has been completely remodeled within the last few years. Four very large bedrooms, a gourmet kitchen, top of the line fixtures, laundry upstairs and downstairs, and a phenomenal master suite are all included. Simply a must see. 1721 41st Street \$749,900

**TIM COLLOM 247-8048**

**LIBBY NEIL 539-5881**

### RIVER PARK

Remodeled in Feb 2009. New windows, new CH&A, all lead removed, new exterior stucco, new insulation, new carpet, new paint, new bathroom & updated kitchen. Newer roof. Move in & add your own style! See [www.5383monaleeave.isnowforsale.com](http://www.5383monaleeave.isnowforsale.com) \$359,900

**LEIGH RUTLEDGE 612-6911**

**BILL HAMBRICK 600-6528**

### FOUR BEDROOM

Fantastic 4 bedroom 2 bath in the center of East Sacramento! Walk right down the street to Bertha Henschel park. This 4 bedroom home has refinished hardwood floors, new carpet, a large family room and a 2 car garage. See [www.4640brandway.epropertysites.com](http://www.4640brandway.epropertysites.com) \$399,900

**TIM COLLOM 247-8048**

**LIBBY NEIL 539-5881**

### SPACIOUS BRICK TUDOR

Inlay hardwood floors, plantation shutters, formal living (w/fireplace) & dining rooms, 2 bedrooms downstairs, master suite upstairs (includes walk-in closet, private bath & sitting room with fireplace). 2 car garage converted to guest house. Private backyard with stamped cement patio. See [www.1736BerkeleyWay.com](http://www.1736BerkeleyWay.com) \$599,000

**KARA PARKER 716-3313**

### VINTAGE EAST SAC CHARM

Large two story home has vintage East Sac charm with nice modern amenities. The remodeled kitchen has granite counters, recessed lights and modern appliances. Other recent updates include the roof, dual paned windows, light fixtures and interior paint. The bathroom has new granite counters and a subway tile shower/tub surround. See [www.600SanAntonioWay.com](http://www.600SanAntonioWay.com) \$329,000

**DAVID KIRRENE 531-7495**

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