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East Sac's old 'Shakey's' to become 'Clark's Corner'

East Sacramento News staff

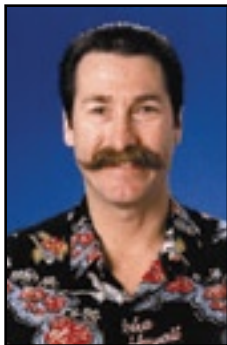
A native of East Sacramento with childhood roots to the old "Shakey's Pizza Parlor" building at the corner of 57th and J streets plans to renovate the structure and re-open it as "Clark's Corner."

The building has an interesting history. Originally a remodeled grocery store, it was opened on April 30, 1954 by Sherwood "Shakey" Johnson as the first Shakey's Pizza Parlor – the beginning of a successful chain of popular pizzerias. It remained a pizza parlor until the mid-1990s.

Jerry Thompson and his son, Joel, opened their successful venture, "The Corner," in the building. Joel Thompson has a successful acting career, with recent major film projects including "Money Ball" with Brad Pitt and "Red Tails," a George Lucas film.

Clark Branscum, who grew up in East Sacramento, is an experienced restaurateur and bar owner. When he learned that Joel's acting career had taken off and that he needed to relocate full time to Los Angeles, Branscum jumped on the chance to own and transform a piece of Sacramento history where he spent time as a kid.

The restaurant will be closed temporarily to make way for design changes and a kitchen transition. The staff of "The Corner" will remain, and a new chef, Marlaw Seraspi, a graduate of the California Culinary Academy will come on board. He most recently worked at Google's Bon Appétit corporate dining center. The menu will feature "Classic American" cuisine and creative pub fare. The restaurant will open as "Clark's Corner" in late May.



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As she was hospitalized for the better part of two months...we got to know the nursing staff and some of the physicians fairly well.

There are so many of your staff that we would like to thank, such as the Acute Rehab staff. They were certainly patient and always generous with their time. The Mercy Sisters... routinely came to check on Nina. Also, Dr. Alan Shatzel, Dr. George Luh, Dr. Mohammed Shaikh, Dr. Alex Nee, and Dr. Christopher Stephenson.

We are profoundly grateful to the third floor SICU nurses who cared for Nina... Their compassion, diligence and professionalism was not only terrific, but a real boost to our collective confidence that Nina would pull through. They were a tremendous source of comfort to our family.

In closing, I was born at Mercy and so have always had a soft spot in my heart for your hospital. Your hospital holds a much valued and respected place in our East Sacramento community. Its vital presence is a true gift to our neighborhood.

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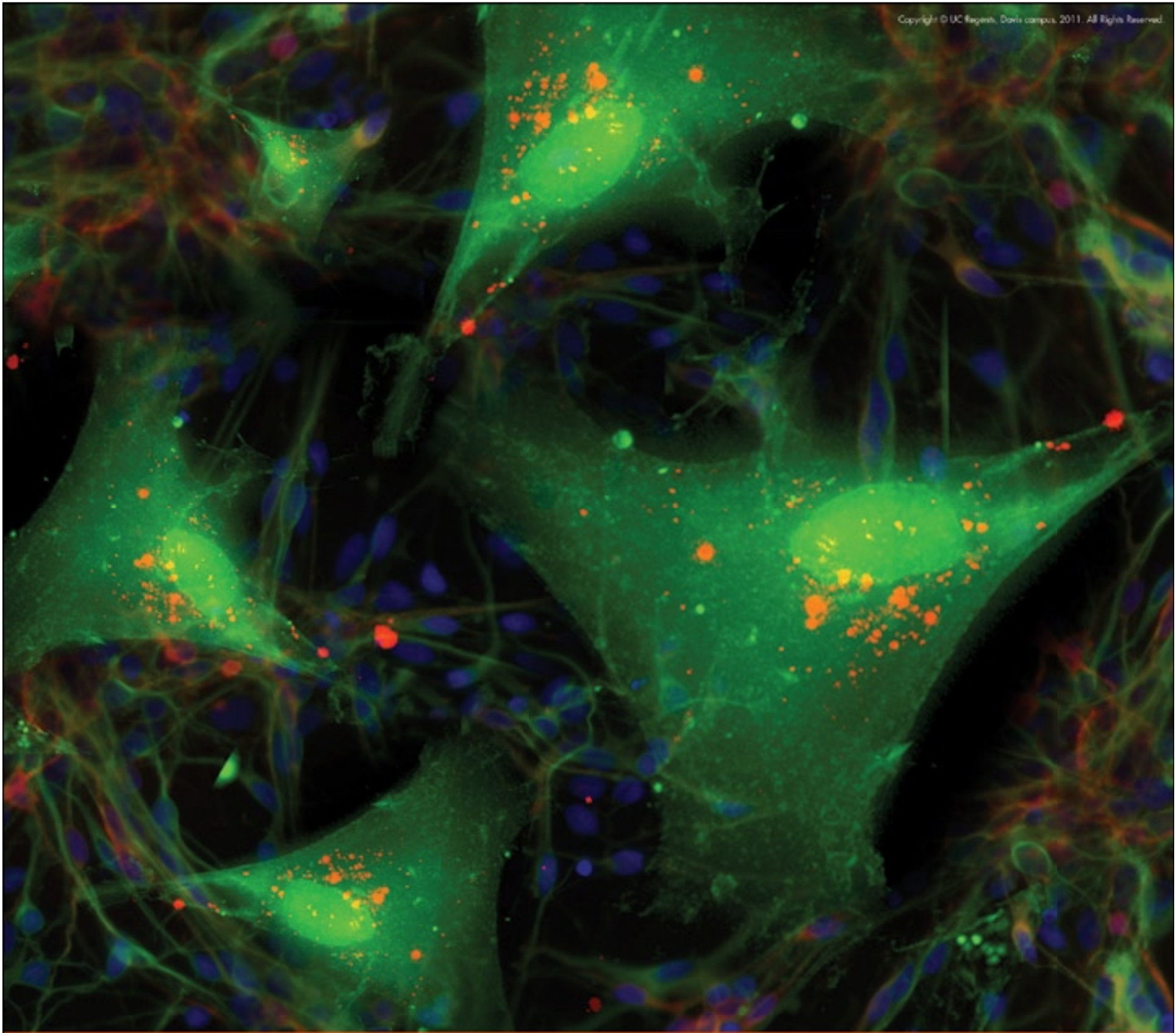
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"This letter is in regards to the care your center is giving my mother, Frances. I would like to take this opportunity to let you know that my family and I are extremely happy in which your staff addresses my mother's needs, both physically and mentally. I especially wanted to thank you personally for your help with my mom's situation when I was away for a few weeks taking care of my in-laws. It's always difficult to take care of things when I can't be on-site right then and there, but you make all the difference in the world in helping diffuse that situation quickly and efficiently. In closing, I would like to say that I am grateful my mother resides at Rosewood Rehabilitation and am thankful you and your staff truly have compassion and concern for all your residents. If there is EVER anything I can do to help you with anything in the future, please don't hesitate to contact me. Thank you again!" Katherine J.



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'Meals for Health' program at Sacramento Food Bank & Family Services a resounding success

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

During April, the Sacramento Food Bank & Family Services partnered with EarthSave and Whole Foods Market to sponsor a new program called "Meals for Health." The goal was to teach a group of low-income Sacramento residents a healthier way to eat. Participants celebrated with a "graduation ceremony" on May 7.

The Meals for Health educational program involved lectures from national leaders in the "plant-strong" and "whole foods" areas of nutrition, exercise, physician supervision and boxes of healthy foods. It was an inaugural program at the food bank that organizers hope to learn from...and to hopefully "roll out" nationwide.

According to EarthSave, which provided the curriculum for the program, "hunger and obesity are often flip sides of the same malnutrition coin. Both hunger and obesity can be symptoms of poverty. Obesity, heart disease, diabetes, high blood pressure, bowel diseases, arthritis and a host of other degenerative conditions are rampant in communities experiencing food insecurity. Being poor and having serious health problems create nearly insurmountable obstacles to success."

EarthSave is a non-profit non-profit organization

dedicated to helping people "make food choices that promote health, reduce health care costs and provide greater health independence."

Participants learned from national nutrition leaders and speakers on topics such as "The Starch Solution," "The Amazing Digestive System," "The Pleasure Trap," "How to Eat Whole - and Why Should I?" and "Healthy Living Made Easy."

The results from the four week program were astonishing.

Not only did every single participant graduate from the program (organizers had anticipated up to a 30 percent dropout rate) - they thrived. On average, each of the 21 participants:

- Dropped 30 points in total cholesterol
- Dropped 21 points in LDL (bad) cholesterol
- Dropped 7 points in fasting blood sugar
- Lost 17 pounds
- Dropped 10.4/10.3 points in blood pressure

Dr. Donald Forrester, supervising physician, noted that all participants had improved skin tone, a reduced (or eliminated) need for medication, a better sense of balance and an overall better sense of well-being. Several participants, who started the program on canes, graduated on their own two feet - no walking aids necessary. One diabetic observer, who followed the

guidelines for the program along with the participants, dropped 100 points in fasting blood sugar - without medication.

"No one had any complaints about the program," Forrester said.

The Sacramento Whole Foods Market located at the corner of Arden Way and Eastern Avenue donated over \$5,000 worth of whole food products that participants learned how to prepare and enjoy.

"Whole Foods Market is an active participant in the local community," said Christina Clarke, marketing team leader for Whole Foods. "Our core values at Whole Foods Market include caring about our communities and promoting the

health of our stakeholders through healthy eating education. The Meals for Health Program is a great way for (us) to support community members and show our commitment to promoting healthy eating education."

"Sacramento Food Bank & Family Services is thrilled to partner with Earth Save on the wonderfully successful and impactful Meals for Health program," said Kelly Siefkin, communications director at the food bank.

"The results participants earned through modifications in their diet are tremendous. We hope to teach many individuals who access programs at Sacramento Food Bank & Family Services about the benefits of eating a plant-based

diet and the simple steps they can take to positively impact the health of their family."

Leaders at EarthSave concur.

"I want to thank you for all sticking with it," John Robbins, founder of EarthSave, told the graduates. "It's your example that will speak to people. You are now on a pathway to health and increased opportunities. Once your eyes are opened to something - you can't not see it.' Eating healthfully is one of the most compassionate things you can do for yourself."

For more information and videos about the Meals for Health program in Sacramento, visit EarthSave's website at www.EarthSave.org.

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Sacramento Rose Society is in its seventh decade

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

Considering the old, often-repeated phrase, "April showers bring May flowers," perhaps there is no better time to present the history of a certain longtime local organization, the Sacramento Rose Society.

However, as local rose growers are well aware, one does not have to wait until May to enjoy the beauty of roses.

Rose growers in the Golden State are especially fortunate due to the state's climate, which allows a longer blooming period. Roses consistently bloom, with the exception of the coldest times of the year.

Because of a group of 23 local residents' passion for roses, the Sacramento Rose Society began its long history with its founding on June 27, 1940.

These first members had been meeting and sharing their interests in roses for six months prior to making the decision to form the society.

The organization, which was originally headed by its president, Raymond Newman, a bacteriologist who resided at 1170 Marian Way, near Riverside Boulevard in Land Park, was established to "encourage and educate the public in growing and showing roses."

It was likely a coincidence, but 1940 also marked the beginning of All-America Rose Selections. The selections for this first year were the salmon red hybrid tea, "The Chief," the scarlet red hybrid tea, "Dickson's Red," the Oriental red, climbing hybrid tea, "Flash," and the deep red floribunda, "World's Fair."



Sacramento Rose Society members gather outside the Iva Gard Shepard Garden and Arts Center in East Sacramento. The society meets at the center monthly, with the exception of July and August.

Although the society presently meets at 7:30 p.m. on the second Thursday of every month – except in July and August – in East Sacramento at the Iva Gard Shepard Gar-

den and Arts Center, 3330 McKinley Blvd., the original members initially met in the clubhouse at William Land Park.

According to a brief history of the society by Adena Kalal, one of the organization's members, various early activities of the society were influenced by wartime conditions.

In her history of the society, Kalal noted the following: "Minutes were not read because of a possible blackout (and) garden tours were limited to nearby urban gardens, because of gas rationing. Lack of rubber bands was blamed for (a) 40 percent loss of budded stock per California nurseryman A.W. Lloyd in his December 1943 program on budding."

In 1945, the society combined with an iris show to present its first rose show, which was held at an earlier garden and arts center that was replaced by the afore-

mentioned center at McKinley Park.

To financially assist the society during its earlier years, the organization's members held such fundraisers as rummage sales and summer picnics, and operated fireworks booths.

The society, which at its peak consisted of as many as about 225 members and presently has about 100 members, also achieved local notoriety during its earlier years through its rose displays at shopping centers and at the old fairgrounds on Stockton Boulevard.

Although she was not among the first members of the society, longtime society member Muriel Humenick, 85, joined the organization so early that she recalls former society president, Laura Sutter, who co-owned the Bill & Joe Lunch eatery at 2760 Sac-

See Rose Society, page 7

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Longtime Sacramento Rose Society members Betty Ann Cassina (left) and Muriel Humenick enjoy the scent of several freshly cut roses.



East Sacramento News photos, Lance Armstrong
The Sacramento Rose Society was founded on June 27, 1940.

Rose Society: Society members share their love for organization, roses

Continued from page 6

ramento Blvd. (present day Martin Luther King, Jr. Boulevard).

Sutter, who resided at 1820 C St., served as the society's fifth president in 1947 and 1948.

Other members who joined the society prior to when Muriel joined the organization in the late 1950s were: Lou Vern White, Charles Bryson and Orville Penick.

Muriel remembers Penick well, because he served as the show chairman while her husband, Bill, who worked for the Aerojet-General Corp., was serving as the assistant show chairman.

Muriel said that she joined the rose society with her husband after spending time with him as Camellia Society of Sacramento members.

"We decided that we enjoyed roses more (than camellias), so after we built a home in Orangevale, we went down and joined the rose society,"

Muriel recalled. "My husband, Bill, was in the April show in 1960 and he took first prize, a gold medal, with a rose, called 'Pink Parfait.' And my Lord, that is what set him off. All you need to do is get a blue ribbon or a certificate with a gold medal on it and you're hooked."

In the early 1960s, Bill and Muriel became rose show judges, which furthered their love for roses.

Muriel, who is a longtime consulting rosarian, eventually managed the rose department at Fountain Square Nursery in Citrus Heights for about 20 years, beginning in 1978, and was affectionately known as "The Rose Lady."

Although Bill passed away on May 14, 2008, Muriel remains extremely dedicated to roses – and yes, that is "Extremely" with a capital "E."

In addition to her dedication to the society, her work

as a rose show judge and her authoring of the book, "Growing Roses in Northern California," Muriel, who is a California Certified Nurserywoman, has owned and operated her own nursery, Rose Nursery, since 1980.

The four-acre nursery includes about 3,000 planted rose bushes and about another 300 potted rose bushes. It is located at 6641 Crystal Blvd. in the historic town of El Dorado on Highway 49, can be visited by appointment only. The telephone number of the nursery is (530) 626-1722.

Another longtime society member, Carmichael resident Betty Ann Cassina, also shared details about her involvement with roses.

Cassina, who joined both the Sacramento Rose Society and the American Rose Society 29 years ago, said that she may have gained

her interest in roses in East Sacramento during the late 1940s.

"I first saw the McKinley Park rose garden as a child, actually, because the swimming pool was right there (at McKinley Park) and I used to come visit my grandmother (Matilda Rieb), who lived (at 21st and N streets), said Cassina, who was residing in Rio Linda at the time. "Maybe that's where my interest in roses came from. It was just so amazing to see so many flowers in one place."

Cassina, who has since owned as many as 450 rose bushes and who presently has a rose garden with 300 bushes, said that although it is difficult to name her favorite rose, one of her favorite roses is the shrub variety rose, Sally Holmes.

"Sally Holmes is what I'd call a bulletproof rose," Cassina said. "It's extremely healthy and never shows a

sign of disease. It just puts on a glorious (white) bloom. It's fabulous."

A multiple winner of the Queen of Show, the society's annual, free rose show's top prize, Cassina said that participating in the show never gets old.

In discussing the show, she asked, "What's better in your life than being in a room full of roses?"

The society's president, Arden area resident Kent Duncan, posed his own question regarding roses, as follows: "What is better for your garden than a flowering plant that blooms practically all year, can have fragrance, can give you cut flowers and really appreciates the care you give it?"

For additional information regarding the Sacramento Rose Society, including how to become a member, call (916) 408-3455 or visit the Web site www.sactorose.org.

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California State Fair sets May 27 deadline to apply for exclusive Ag Heritage Club

Special to East Sacramento News

The California State Fair is looking for the oldest businesses in California's largest industry – agriculture – to be considered for the prestigious California Agricultural Heritage Club (CAHC).

Any agricultural business or affiliate, including farms, ranches, equipment dealers, accountants, trade or marketing organizations, universities/colleges, irrigation districts and

others, are invited to apply for induction into the elite association. The deadline for submitting an application is Friday, May 27. The CAHC application can be downloaded from the State Fair's website at www.bigfun.org. Honorees will be informed if their application has been accepted by Friday, June 10.

CAHC members receive a plaque of recognition and a special invitation to the State Fair's Annual Induction

Ceremony and Brunch specifically for designees. The 2011 event, co-sponsored by the California Exposition & State Fair, the California Farm Bureau Federation, California Grain and Feed Association, California Farmer Magazine and the California Milk Advisory Board is scheduled for Friday, July 29. Honoree guests are invited to attend the event for \$25 per person which includes parking, fair admission and the Recognition Ceremony and Brunch.

Sacramento County companies inducted in 2010 with 100 years or more of continuous operation included Blue Diamond Growers (est. 1910), California Wool Growers Association (est. 1860), Van Maren Ranch (est. 1854) and Van Vleck Ranching and Resources, Inc. (est. 1856).

For more information about agricultural inductees or the application process, please call Teresa McEntire at either tmcentire@calexpo.com or (916) 263-3598.

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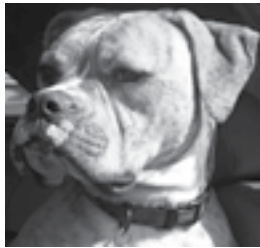
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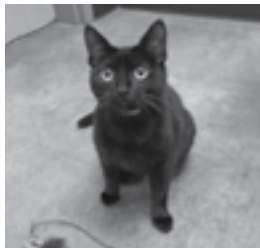


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 Age: 6 years 11 months
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Happy tales from Happy Tails

By ELLEN COCHRANE
East Sacramento News writer

The longhaired, blue-eyed punk scaled a 30-foot tree and got himself stuck in the canopy for eight days. He made the evening news. A tree-trimming crew bagged the bad boy and rappelled him down. He then spent time in the pokey until Happy Tails bailed him out. With three of his nine lives ticked off, he is one lucky kitty.

Cats like Tarzan are “second chance cats” and they are Happy Tails Pet Sanctuary’s specialty.

Rescued from an uncertain fate at the Sacramento City Animal Shelter, he was brought to Happy Tails on Folsom Boulevard for a second chance at adoption. He was cleaned up, micro-

chipped, checked, vaccinated and neutered.

Happy Tails won’t refuse a cat.

“But first do everything you can to help us out,” says Cathryn Rakich, events coordinator. “Ask everyone if they’ll adopt the cat. Try to find the owner. People should know that we are bursting at the seams.”

Established in 1993, and located at 60th Street and Folsom Boulevard, the Sanctuary is a no-kill facility (all cats are kept until adoption or death, no euthanasia). An all-volunteer team of 300 people, with 50 foster homes, moves a continuing cycle of cats, like Tarzan, through a careful adoption system.

From cage cleaner to board member, there are no paid positions.

Volunteers can work from one to 20 hours a week. There are no set requirements for volunteers. People do what they can.

About 70 percent of the felines come from the Sacramento area community and about ten percent are rescued from other shelters. These are cats like Tarzan – with lots of character and pizzazz that deserve a second chance.

Happy Tails also has an adoption partnership with PetSmart. The store provides a holding room, bank of cages, food and litter for adoptable felines. The Happy Tails team maintains the Arden and Watt PetSmart location and shows animals

for adoption at the on Saturdays from 10 a.m. to 4 p.m. and on Sundays from 11 a.m. to 5 p.m.

Kitty out!

A brindled tabby squirmed quickly through an open condo door.

“Kitty out!” several volunteers shouted. The crew hustled to secure the middle and exterior doors to catch the escapee. Speed saved the day and the cat (with a surprised look on his face) was returned.

The Folsom Boulevard site includes exam and intake rooms, a sick bay and a triple secure door system: interior, middle and exterior door.

The residents aren’t kept comfortable in cages, instead there are seven glass walled enclosures, or condos, that divide different populations. One is for the more senior residents, two are for adults and four are for special needs cats.

Special needs include positive tests for cat leukemia, FIV, or social challenges and provides sick cats ‘assisted living’ until they’re back on their paws.

Every room is decorated with toys, cat trees and ample bedding. Cleaners keep the rooms clean and the cats are relaxed.

Kitten season

The saddest time of the year for cats may be spring.

“Traditional kitten season kicks in when the weather warms up,” Rakich said. “It



East Sacramento News photo, Ellen Cochrane
Cathryn Reynolds cuddles one of the cats that is available for adoption to a “forever home” at Happy Tails Pet Sanctuary in East Sacramento.



East Sacramento News photo, Ellen Cochrane
Cats at the Happy Tails Pet Sanctuary live in comfortable, home-like rooms – just like an indoor cat in a home would experience. The cats are relaxed and ready to give humans a second chance.

used to be primarily May through July but now it runs late April through September.”

This is the time when unsprayed mom cats give birth to kits that are very hard to

place in good homes. The cat population swells, as do deaths and abuse.

Happy Tails kittens are kept in foster homes. On the

See Happy Tails, page 12

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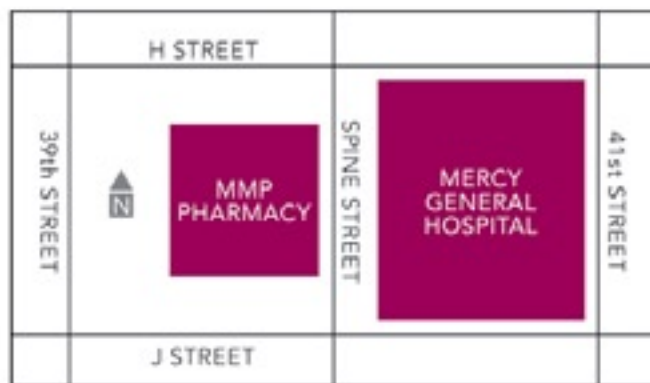
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East Sacramento News photo, Ellen Cochrane
Tarzan is a "second chance cat." His days of outdoor adventure are over, however, and he is awaiting a new forever home as an indoor kitty.

Happy Tails: No-kill facility strives for happy endings to tough beginnings

Continued from page 10

day this writer visited, there was a wiggling carry bag on the floor.

"A homeless man found four abandoned kittens and put them on the conveyor belt at PetSmart," said Joelle McChesney, Adoption Center coordinator. She gently poked a rubber nipple into a grey kitten's protesting mouth. "These are young, maybe three weeks old."

McChesney will be a surrogate mom, feeding and loving the babies, until they are old enough to be put up for adoption.

The bag of kittens was on its way to a foster home because the sanctuary is not equipped for kitten needs. "Each kitten takes more than \$100 to move through the adoption process," said McChesney.

Life on the edge

Feral cats also fall under the protection of the shelter.

"We have two secret feral cat colonies in Sacramento," said Rakich. "We practice catch and release – spay and neuter, and feeding. The sites are secret so people won't dump cats near the area."

"A hard life does not make a grumpy cat," Rakich continued, stroking and hugging a chubby black tom named Bronco. He was moved into the sanctuary from the feral population. Purring and limp, Bronco carries a ragged neck scar from a collar that had grown into his skin. His frayed ears and nicks made him look like a hardened felon.

"We have to have thick skins," said Rakich. "We never get used to (the cruelty). We want all cats to be safe, sound, nurtured and have a home to blossom in."

Help needed

Happy Tails needs any help the Sacramento community can offer, but it especially needs homes for the cats.

Potential adopters are screened carefully and some balk about the shelter's no outside cat rule. All new owners must pledge to keep the cat indoors, no exceptions.

See HappyTails, page 13

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Happy Tails: Spring kitten season is especially challenging

Continued from page 12

"It's just safer for the cat," says Rakich.

Rakich ponders the plight of the animals.

"People say it's not their responsibility...I just found it...or 'I'm just helping to get it to the shelter'...I believe it's everyone's responsibility to help these animals."

By the way, Tarzan, the bad boy acrobat – he's happy, fluffy, reformed and waiting at Happy Tails for a loving forever-family.



East Sacramento News photo, Ellen Cochran
Chow time. During the spring kitten season, Happy Tails volunteers foster kittens in their homes. This little one is about three weeks old.

How you can help

You don't need to adopt a cat to help. Happy Tails welcomes all kinds of support. Here are some ideas.

- Donations (any amount)
- Join the volunteer program
- Tell a student about the Junior Program for community service credit

- Donate goods, vehicles or make a bequest
- Come to the Barking Lot Sale on May 21, 8 a.m. to 2 p.m. at 6001 Folsom Blvd.
- Visit the Kitten Adopt-A-Thon, Saturday June 18, 10 a.m. to 2 p.m., at 30th and B streets

The website at www.happytails.org has complete details. All donations are tax deductible. Happy Tails is a 501(c)(3) non-profit organization.

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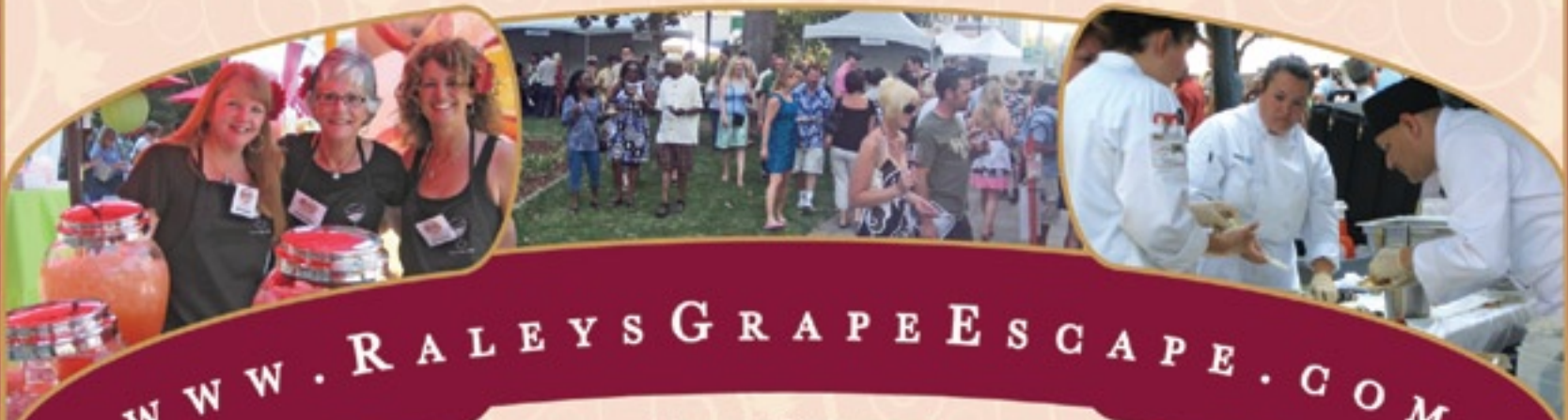
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Ever wonder about the life of honey bees? Where do they live? How long does a honey bee live? What are the differences between a queen bee, a drone, and a worker bee?

Learn all these fascinating facts and more from Uncle Jer's Traveling Bee Show at the McKinley Library on Saturday, May 21 from 2 p.m. to 3 p.m.

This family program is appropriate for all ages. Library patrons who attend will be able to ask questions, learn fascinating facts about humanity's important relationship with the honey bee, and try some fresh honey.

The McKinley Library is located in the north wing of the Clunie Clubhouse in McKinley Park at 601 Alhambra Blvd. in Sacramento. This beautiful library opened in 1936 and has retained its beautiful interior, complete with original walnut paneling and original Gustav Stickley furnishings. For more information, call (916) 264-2700 or visit www.saclibrary.org.

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Walking to the old California State Fair

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

Back when I grew up, the Cal Expo only existed as a blue print on somebody's drawing board. Instead, we had the California State Fairgrounds. It stood proudly at the intersection of Stockton Boulevard and Broadway in south Sacramento.

The stately brick building called the Governor's Hall cov-

ered that corner and marked the entrance to the fair. Old Merlino's Orange Freeze was right across the street from that entrance to the fair.

The old fairgrounds stretched for almost a mile north and east from that intersection. The western border of the fairgrounds stretched north from Broadway all the way up to X Street where it went east up to 48th Street then snaked in a southerly direction back towards Broadway. Un-

like the modern Cal Expo, which seems a little cramped to me. The old State Fair spread out across a vast expanse of land.

We attended the old State Fair annually, usually on Kid's Day (the first day of the fair) when kids got in for free. We always entered the fair at the north gate on approximately 48th Street. From there, we walked south down a broad avenue past a line of stately buildings.

First came the Hall of flowers. We loved entering that building, not only because of the beautiful flowers on display, but because they kept it very cool to preserve the fresh cut flowers. A watery mist always seemed to fill the air in that building.

Next came the Counties Building, another beautiful brick edifice which featured exhibits from every one of California's 58 counties. The theme of each county exhibit reflected the agriculture and industry which characterized that county. Placer County always featured a 49er panning for gold. Yolo County had rice and tomatoes. Los Angeles County showcased – what else – movies. The exhibits changed yearly and always fascinated us.

Next in the line of buildings came the Hall of Industry with vendors hawking their various wares including: blenders, choppers, window cleaners, etc. We loved that building because the vendors always offered samples to all, even the kids who never bought anything.



Photo courtesy, the Lance Armstrong collection
The entrance to the old California State Fairgrounds. The old fairgrounds were located at Stockton Blvd. and Broadway in Sacramento.

From there, the street through the fair turned east, headed for the carnival, our favorite stop, but not before passing the race track on the north, and livestock barns on the south.

Strangely enough, we loved walking through the livestock barns. The cows, sheep and pigs always fascinated us: a bunch of city boys who only saw animals at the zoo. Here we could literally reach in and pet the critters. Somehow that made them seem a lot more real than at the zoo.

Finally, came the carnival where we spent our hard-earned dimes and quarters on rides like the Ferris Wheel, the Hammer and the Tilt-a-Whirl. We played games like the Derby which emulated a real horse race. We drank soda pop, ate corn dogs and saw mysterious things like the two-headed boy and the bearded lady.

At night, they held outdoor dances adjacent to the carnival for

the teen aged kids like we were at the time. In the early '60s, the bands at the fair played surf music. Remember *Wipeout*? How about Dickey Dale and Deltones? A friend of ours, Danny Blakolb, actually played with a surf band at the fair. We danced, sang along and generally had a blast.

Days at the old State Fair always ended with fireworks at 9 p.m. They shot them off above a lake in the center of the old race track. Seeing the beautiful, if short, display always capped a great day of fun and adventure. It wasn't Disneyland, but it was one heck of a lot of fun.

Our days of fun at the old State Fair are nothing but a long past memory to me now. I rarely attend Cal Expo. Somehow, its concrete structures don't measure up to the brick buildings and tree-lined streets of the old fair – yet another cherished Janey Way Memory.

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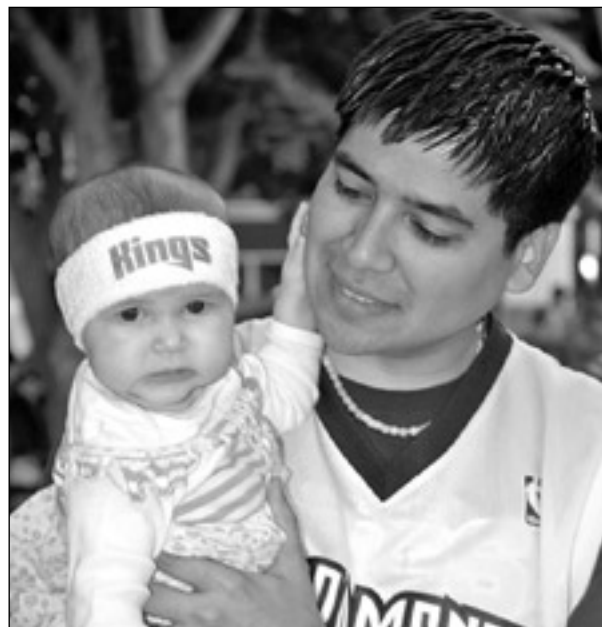
'#HereWeBuild' rally in César Chávez Park

Photos by TOM PANIAGUA
East Sacramento News photographer

Whether they came by foot, regional transit or rode in from East Sacramento by bike...they all wore purple, as fans of the Sacramento Kings turned out in large numbers for the #HereWeBuild Rally at César Chávez Park last week on May 10.

#HereWeBuild is a social media fan movement geared toward building a new Sacramento arena for the Kings. The rally took place before the city's weekly council meeting. Many members of this social medium are also members of Here We Stay – another community movement dedicated to keeping the Kings in Sacramento.

Fans have pledged over \$800,000 toward the new arena effort on the organization's website, www.herewebuild.com.



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Faithful campus monitor 'Miss Faye' retiring from Phoebe Hearst Elementary

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

The phrase "You could be my grandmother" is not one that a person wants to hear under most circumstances. But for Faye Young, there may not be a more flattering sentence in the world. Young, 71, is a campus monitor at Phoebe Hearst Elementary School in East Sacramento.

She began in 2003, when her two youngest grandchildren attended the school. Initially, she stayed during school hours because her trek from her home in North Sacramento was simply too long to make twice a day.

Over the years she has "done just about everything on campus from the time school starts until it ends," according to Phoebe Hearst physical education teacher Bryan Moreno. Young is a yard duty at recess and lunch, wipes down tables after lunch and helps in any other way she can.

"She's kind of like the glue here," he said. "Everything is smooth when she's here and when she's not...we definitely notice."

That's just the way Young is. After all, she only gets paid for three hours of work and yet she works more than seven hours each day. Not everyone has the capacity to deal with 400 children every day, but Young honed her

skills as a cafeteria monitor and teacher's aide for the North Sacramento School District years ago.

But like all good things, Young's seven-year run as campus monitor is coming to a close. Her grandchildren, now 24, 15 and 12, have moved on to other schools and it just seems like the time is right for a new chapter.

Phoebe Hearst Elementary just might never be the same.

Carmen Moreno (no relation to Bryan) is the school's other campus monitor. She has worked with Young for two years.

"She has that old-fashioned mother and grandmother way about her," Carmen said. "She has a special relationship with the kids. They rely on her."

Carmen didn't stop there. Young has had such an influence on Carmen that she went so far as to say that everything she does as a campus monitor is based on what she has learned from Young.

"I follow her value and morals," Carmen said. "We work together well as a team. We were in sync right away."

Carmen will take over the duties as sole campus monitor next year for the students at Phoebe Hearst. Even though Young will be gone, Carmen hopes that the friendship they have



Photo courtesy, Tammy Blunk
Faye Young has served as a campus monitor at Phoebe Hearst Elementary School for the last seven years. She came to the campus originally to "help out" when her two youngest grandchildren attended the school.

See Miss Faye, page 23

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Miss Faye: Devoted campus monitor a role model for youth and adults alike

Continued from page 22

created over their time together will continue to grow. There will be ample opportunities for it, as Young's grandchildren go to school with Carmen's children.

Young has made such an impact at Phoebe Hearst that faculty, staff and students affectionately refer to her as "Miss Faye."

Young and her love of the students as though they were her own grandchildren is all part of the charm of the school.

"The atmosphere is like no other," Carmen said. "It's family; it's unity."

Her departure will impact some of the students in a big way, but Bryan knows that the students will get used to her absence and carry on.

"There will be a little bit of a shock," he said. "They know that she takes care of them."

It was Young's grandchildren that helped her make up her mind about her retirement. They wanted her to

retire and she agreed that it was time. Young came back this year despite her grandchildren moving on because she enjoys watching the students so much.

Not surprisingly, Young looks forward to relaxing during the morning hours in her newfound time off. She opens the gates to the school at 7:30 a.m. and closes them at 2:40 p.m. every day. With recesses, lunch and anything else in between, rest sounds heavenly just reading that schedule.

But she's not the type to just sit around in her down time.

"I would like to travel," she said.

But not to tropical, exotic lands far away. Instead, she intends to travel all over her home state of California and visit all the places she has yet to see in the Golden State.

While her time at the school is coming to an end, Young wanted to make sure that the children know just how important they are to her.



Photo courtesy, Tammy Blunk

"Miss Faye" cares about each student at Phoebe Heart Elementary School. Adults on the campus point to her clear moral compass as an example of leadership and responsibility for youngster and grownup alike.

"I want them to remember how happy I was being here," she said.

Students and faculty alike enjoyed the last seven years just as much. That sentiment shines through in the gushing words of Carmen and Bryan.

"It's going to be hard coming back without her," Carmen said. "She's my role model."

"You can't have a great community without someone like Faye Young," Bryan said.



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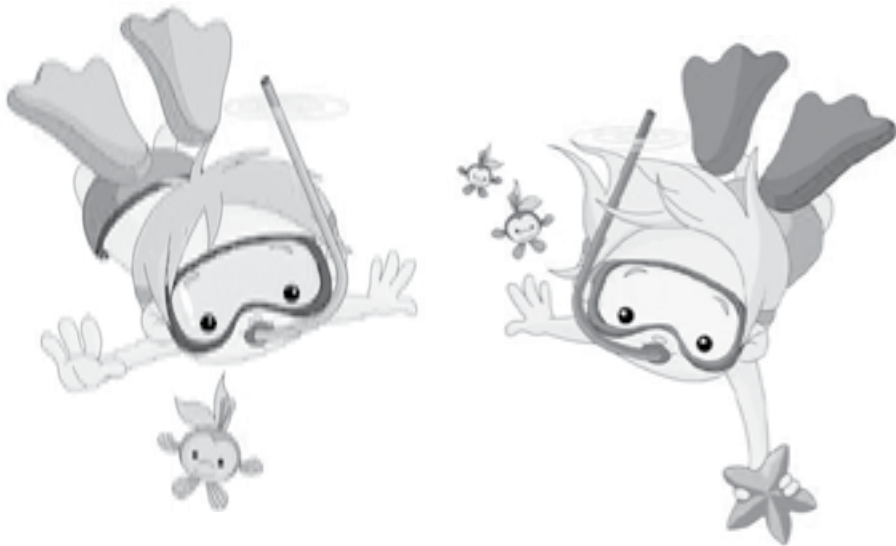
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Living Positive with Chronic Disease group

May 19, 26: 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

Ohana Dance Troupe

May 19: Learn the proper Hawaiian names for the hula steps, which are introduced as the dances are performed. Great fun for all. 4 p.m. Arden-Dimick Library, 891 Watt Ave., Sac. www.saclibrary.org

See more Calendar page 26



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East Sacramento Garden Tour and Tea for David Lubin Elementary well attended

Story and photos by SUSAN LAIRD
 East Sacramento News editor
 susan@valcomnews.com

Sunny and mild weather greeted visitors to the 13th annual East Sacramento Garden Tour and Tea on Saturday, May 7. If the weather was a little more on the chilly side on Sunday, May 8, visitors to the gardens didn't seem to mind.

Seven residences opened their gardens to the public, and East Sacramento residents walked, rode bikes or drove to visit the gardens.

Each garden featured spaces for gathering and entertaining. Some featured quiet sanctuaries to retreat from the outside world. Many featured raised vegetable garden beds. (It's time to plant those tomatoes).

Proceeds from the tour, tea and gift boutique will benefit the programs at David Lubin Elementary School, according to Lynn Soto, principal of the school.

"Funds raised during this even will help to provide additional classroom aides, assist in maintaining our high quality library program, offer and After School Arts Academy and provide a resident artist all of which would have been removed from our school due to a lack of funding," Soto said in the garden tour's guide book. "Programs such as these have enabled David Lubin to meet the academic and creative needs of students as evidenced with our school receiving a California Distinguished School Award and the CDE Title 1 Academic Achievement Award two years in a row. With your continued support of the East Sac Garden Tour, our school is able to preserve the high quality of education David Lubin Elementary families have come to expect."



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CALENDAR

For more Calendar entries visit
www.valcomnews.com

Continued from page 24

Rotary Club of East Sacramento

May 19, 26: 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

May 19, 26: 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

May 19, 26: 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

Big Band Dance

May 20, 24, 27, 31: 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

Kiwanis Club of East Sacramento-Midtown

May 20, 27: 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

'Murder-Go-Round'

May 20, 21: St. Michael's Actors' Guild presents a comedy, "Murder-Go-Round" by Fred Carmichael. \$15 general, \$12 seniors & students. Call for times, special packages. St. Michael's Episcopal Church, 2140 Mission Ave., Carmichael (916) 557-0151

Rotary Club of Point West

May 20, 27: 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

May 20, 27: 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

Barking Lot Sale

May 21: Antiques and collectibles galore at this "Barking Lot Sale" to benefit the animals at Happy Tails Pet Sanctuary. To donate, call (916) 556-1155 or email purrball@happytails.org. Sale is 8 a.m. to 2 p.m., Happy Tails Pet Sanctuary, 6001 Folsom Blvd., Sacramento.

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