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## Janey Way Memories



# The Death of Bernie Hart



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

I was so sad. I truly wondered what was in store for them.

But, surprisingly, Rose and her young family did move on from this terrible tragedy.

Bernie, a wise man, had provided sufficient insurance to pay off the family house and tide them over until Rosie found work.

And, she did find work.

It seemed Dr. Max Sudoff, a respected Sacramento ear, nose and throat specialist was looking for a receptionist at this time, and Rose fit the bill. He hired her, and this began a work relationship which lasted until Dr. Sudoff retired in his late 70s.

With the help of the Janey Way family, Rose's children did well too.

Little Suzie took up dance and performed regularly in Sacramento events including the popular "Best of Broadway" series. Young Tom graduated from Sacramento High School and earned his bachelor's degree in political science from UCLA. Today, he is a deputy director at the California Redevelopment Agency.

Rosie continued to live amongst her friends on Janey Way until she passed away some years back. She never remarried, saying, "I will never meet another man as good as Bernie."

Now, the story of the death of Bernie Hart is yet another inspirational Janey Way Memory.

Early one Saturday morning in 1961, I woke up to the sound of sirens screeching down Janey Way.

Startled, I sat straight up and then walked up the hallway to the front door. I opened the door and looked out.

There, up the street, in front of the Hart's house, I saw a fire truck, an ambulance and a police car.

This did not look good, so I went right back to my parent's bedroom and woke up my mom to tell her what had happened.

She dressed immediately and walked down the street.

Minutes later she returned and said, "It's Bernie Hart. He had a heart attack. It doesn't look good."

It wasn't good.

Later that day, we found out that Bernie had passed away, right there in the hallway of his own home.

Shockwaves reverberated across Janey Way. What would Rose Hart and her two children, Tom age seven and Suzie, age two, do?

I remember attending the funeral and seeing young Tom, in a grey suit, and little Suzie in a dark dress standing next to their grieving mom.



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# Goulish fun at the McKinley Library

Special to East Sacramento News

Get into the spirit of the Halloween season with a crafty, fun school age program at the McKinley Library on Friday, Oct. 14.

Decorate ping-pong balls to look like creepy eyeballs, then participate in an "eyeball toss." Tons of Halloween fun!

The McKinley Public Library is located at 601 Alhambra Boulevard in East Sacramento. For more information, call (916) 264-2700 or visit [www.saclibrary.com](http://www.saclibrary.com).

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Photos courtesy

of the Capital City Bonsai Association's annual Bonsai Show on Oct. 22-23.

## 12th annual Bonsai Show in McKinley Park

Special to East Sacramento News

The Capital City Bonsai Association will host its 12th annual Bonsai Show at the Sacramento Garden & Arts Center in McKinley Park on the weekend of Oct. 22 and Oct. 23.

Bonsai is the Japanese art of growing miniature trees in containers. The purposes of bonsai are primarily for contemplation for the viewer and the exercise of ingenuity for the grower.

The art form uses cultivation techniques to grow miniature trees. These techniques include pruning, root re-

duction, potting, defoliation and grafting to produce small trees that mimic the shape and style of mature, full-size trees.

There will be demonstrations on both days at 1:30 p.m. The Bonsai Show will be open from 10 a.m. to 5 p.m. on Saturday, Oct. 22 and from 10 a.m. to 4 p.m. on Sunday, Oct. 23. Benefit drawings, vendors and refreshments will be available, also.

The Sacramento Garden & Arts Center is located in McKinley Park at 3330 McKinley Boulevard in Sacramento.

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Know your neighbor

# Phoebe Hearst sixth grader wins Nicholas Green Distinguished Student Award

Special to East Sacramento News

A sixth grade student at Phoebe Hearst Elementary School is the California winner of the Nicholas Green Distinguished Student Award, sponsored by the National Association of Gifted Children (NAGC).

Olivia Sison was honored for her achievements in dance, excellence in academics and her demonstrated leadership abilities. Olivia is president of the Phoebe Hearst Student Council, a Girl Scout, an accom-

plished ballerina, a member of the Middle School Speech and Debate League and is taking algebra at Kit Carson Middle School as a sixth grader.

She is one of only 50 children nationally (one per state) selected for the award and will receive a \$500 US savings bond.

Olivia has been taking ballet lessons since she was three. Her favorite subjects are math and science and she hopes to become a ballerina and a heart surgeon when she grows up. In a composition written for Cali-

fornia Association for the Gifted, which selected Olivia for the award, she wrote:

"I thought I would get pointe shoes at my first ballet class. I didn't realize that I would have to work for over seven years until I would earn those breathtaking pointe shoes and feel the immense satisfaction of being *en pointe*. . . Dancing has taught me that things that are important require hard work, determination and passion."

The Nicholas Green Foundation was established by Maggie and Reg Green to honor the

memory of their seven year old son, Nicholas, who was killed in a drive-by shooting while visiting Italy in 1994. The Greens paired with NAGC to start the Distinguished Student Awards because they wanted to recognize young people who are "working hard to make the most of their lives to devel-

op their unique gifts and talents and around the age of Nicholas at the time of his death."

Phoebe Hearst Principal Andrea Egan says the school is very proud of Olivia. "In addition to her many talents, she is a wonderfully kind and generous person - a true inspiration to the Phoebe Hearst community."

# Bishop Soto to lead Walk for World Peace

Special to East Sacramento News

Bishop Jaime Soto of the Diocese of Sacramento will lead a peaceful rosary walk for world peace in Carmichael on Oct. 13.

Participants will pray the rosary as they walk. Bishop Soto will head the walk and the benediction afterwards. The event will begin at Our Lady of the Rosary Church, 6811 Fair Oaks Blvd., at 6 p.m. and will end at St. John Church, 5701 Locust Ave.

The estimated time of the walk is between 45 minutes to one hour. The benediction will be at St. John's Parish for 15 minutes.



Photo courtesy BISHOP JAIME SOTO of the Diocese of Sacramento will lead local area Catholics in a Rosary Walk for World Peace on Oct. 13.

Those with questions can email [mccsacramento@gmail.com](mailto:mccsacramento@gmail.com) or call Kamiel Beshara at (916) 247-6419 or Carolyn Aboubechara at (916) 832-2288.

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# Remembering Sac State's Frederick Westphal

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

In the post-World War II era, Sacramento State College – today's California State University, Sacramento – became the city's first, and still only, four-year college. And playing an important role as a member of the school's original faculty was Dr. Frederick Westphal.

Although Frederick, who served as the college's first associate professor of music, passed away at the age of 87 on Dec. 23, 2003, his legacy remains strong due to the impact he made while contributing to the success of the school.

Born in the small, northeast Arkansas town of Walnut Ridge, which was founded as a railroad town in 1874 and is locat-

ed about 75 miles east of Memphis, Tenn., Frederick took an early interest in music.

Frederick's interest in music led him to study in this field at the University of Illinois – today's University of Illinois at Urbana-Champaign – where he received bachelor's degrees in conducting and arranging (1937) and public school music (1938).

In 1939, Frederick, who played the clarinet, earned a master's degree in music education at the Eastman School of Music in Rochester, New York. This prestigious school, which is within the University of Rochester, was established in 1916 by Eastman Kodak Co. founder, George Eastman.

During the same year, Frederick, at the age of

23 and having completed his master's degree, was hired to teach music classes at Texas State College for Women – today's Texas Woman's University in Denton, Texas, between Dallas and Fort Worth. He continued to work in this role, which by his third year included taking charge of a concert band, until 1946.

Another one of Frederick's endeavors in music was his summertime employment at the National Music Camp – later Interlochen Arts Camp – where he was responsible for music for the performance groups during the camp's eight-week sessions.

Additionally, during the annual camp, where he taught from 1935 to 1942 and 1944 to 1945, Freder-



East Sacramento News photo, Lance Armstrong  
River Park resident Hinda Westphal holds a first edition copy of her late husband Dr. Frederick Westphal's book, "Guide to Teaching Woodwinds."

ick instructed clarinet in relief of the famous 20th century clarinetist and clarinet teacher Gustave Langenus, when his schedule was overloaded, conducted bassoon sectional rehearsals for band and orchestra and was a guest conductor of the high school band for a one-week session.

During the latter part of his time at the music camp, Frederick married Traverse City, Mich. native Hinda Cunningham, a violinist, whom he met at the camp. Hinda worked at the camp

from 1941 to 1942 and again from 1944 to 1946.

Hinda and Frederick were engaged on Frederick's birthday (April 25) in 1943 and were married about two months later on Hinda's birthday (June 22).

Frederick furthered his education in music following his time at the camp, as he once again attended the Eastman School of Music and earned a performers certificate in clarinet in 1947 and a doctor-

See Westphal, page 7



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# Westphal: Designed Sac State's music department from the ground up

Continued from page 6

ate's degree in music a year later.

In his memoirs, Frederick explained that the completion date of his doctorate's degree was very timely.

"When my doctorate was completed, I was recommended for a position at a new California State College at Sacramento, one of several that were created following World War II," Frederick wrote. "I accepted the position primarily because it was a new institution with no long range traditions and my job would be to create and develop the music department curricula and faculty. While still in Rochester, I provided the architectural specifications for a music facility to be built on a permanent campus in Sacramento."

During Frederick's early years with Sacramento State on the old Sacramento Junior College (today's Sacramento City College) campus, the state college offered junior and senior level classes, while the junior college provided freshman and sophomore level instruction.

Sacramento State relocated to its current, 242-acre campus in 1953, at which time it became a four-year college.

Reflecting upon his introduction to the current Sacramento State campus, Frederick, according to *The Sacramento Bee*, in 1983, said, "I had to get out my old rubber boots from my days in the East, because there was a lot of mud and there weren't any



Photo courtesy, Hinda Westphal  
Dr. Frederick Westphal is shown in this c. 1948 photograph.

sidewalks. We had three little buildings for classrooms, office space, storage and the piano classes. We held a few classes in the administration building, too."

Among all of Sacramento State's academic departments, the music department was the first to obtain national accreditation.

Frederick, who served as chairman of the music department for 15 years, was also well known in the community for his work as a member of the Sacramento Symphony Association's board of directors from 1961 to 1981.

Additionally, he was the principal clarinetist of the Sacramento Municipal Band and the State Fair band, a founding committee member of the Sacramento Youth Orchestra – predecessor to today's Sacramento Youth Symphony – the first vice president of the Sacramento Community Concerts, a two-term president of the Northern California section of the California Mu-

sic Educators Association, chairman of the founding committee of the Golden Empire Music Festival, which was originally co-sponsored by California State University.

Hinda, who said that she is not sure if she is 90 or 91, since she spent the early part of her life without a birth certificate, said that she first arrived in Sacramento with Frederick on Aug. 8, 1948.

"When we got to Sacramento, the State Fair was going on, so we couldn't find lodging," said Hinda, who earned bachelor's degrees in music and English and a music teacher's credential at what is now Northern Michigan State University. "We ended up staying in a hotel on Marconi (Avenue). We later got a duplex at 2100 H St."

In October 1948, Frederick and Hinda moved into their first Sacramento house at 2130 Stover Way in Hollywood Park, and by about 1953, they permanently moved to River Park, where they raised their sons, Frederick III, who is commonly known as "Rick," and Carl, who is currently serving as the principal of Crocker/Riverside Elementary School in Land Park.

One of Frederick's greatest contributions to music was his work as an author and editor of music textbooks for the former Dubuque, Iowa-based William C. Brown Co. Publishers, which was later designated Brown and Benchmark, and even later

purchased by another publishing company, McGraw-Hill.

Frederick contributed to 276 music books, including three books, which he authored.

The most notable of these three books was the very popular, "Guide to Teaching Woodwinds," of which eight editions were published.

Although Frederick resigned as Sacramento State's music department

chairman in 1963, he remained a part of the faculty, teaching one semester per year until 1983.

At the time of his retirement, Frederick had the notoriety of having the longest tenure of any faculty member in the history of the school.

When asked to summarize the time that Frederick spent at Sacramento State, Hinda briefly, yet enthusiastically replied, "He loved every minute of it."

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# Howling good fun during the month of October

Special to East Sacramento News

There is lots to do in the Sacramento area during the month of October...pumpkin patches, corn mazes, haunted houses, harvest festivals... the list goes on and on. Here are a few of the many fun options out there.

## Go bats at the Discovery Museum

With Halloween upon us, ghosts, goblins and witches abound. For the weekend of Oct. 29 and 30, from 10 a.m. to 4:30 p.m., the Discovery Museum is highlighting another infamous creature of the night: BATS.

Bring the family to explore some of the science behind these nocturnal mammals. A small display is set up in the museum classroom, as well as a fun bat craft for kids. On Sunday, two 45-minute presentations are planned with Corky the Bat Lady at noon and 2 p.m. Space is limited for the presentations, so plan to arrive early to obtain a pass. Planetarium shows at 1 p.m. and 3 p.m. are included with admission (ages 4 and up only).

The Discovery Museum Science and Space Center is located at 3615 Auburn Blvd. in Sacramento. For information, call (916) 808-3942.

## Boo at the Zoo

Celebrate Boo at the Zoo at the Sacramento Zoo on Oct. 30 and Oct. 31 from 5 p.m. to 8 p.m. Kids can safely trick-or-treat and enjoy spooky entertainment, creepy creature encounters, fun crafts and tons of ghoulish goodies. The zoo is traffic-free and a natural place to go a little wild on Halloween. General admission is \$10. Children one and under are admitted free. Call (916) 808-5888 or visit [www.saczoo.org](http://www.saczoo.org).

## Halloween Harvest Festival

Looking for a fun time for the whole family on Halloween? North-

minster Presbyterian Church, invites everyone to its Holyween Harvest Festival on Sunday, Oct. 30, from 2 p.m. to 5 p.m.

There will be music, fun games, cake walk, face painting, caramel apple making, popcorn, cotton candy, and hot apple cider w/ goodies. This event is for children of all ages to dress up in their Halloween costumes and come have some fun! Free for all. Northminster Presbyterian Church is located at 3235 Pope Ave. in Sacramento. For more information call (916) 487-5192.

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# Photography as art on show

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

When Stephen Crowley left a lucrative career in software sales in the Bay Area in 2006, he knew he was ready for something that would bring more joy and meaning to his life. The dog-eat-dog world of Silicon Valley, frankly, left him feeling rather burnt out.

A native son of Sacramento, Stephen decided to return to the city of his roots – and to pursue something he always loved: photography and art.

Since that time, he has steadily built an impressive portfolio – and honed his skills in the craft. With his warm smile, patience and easy-going manner, Stephen has the ability to capture the “inner essence” of his subjects...a valuable skill in portraiture.

His photography business, Crowley Photography, specializes in portraits, events and weddings throughout Northern California. Stephen's freelance work is also seen at the Sacramento River Cats, *The Capitol Weekly* and in Valley Community Newspapers, which includes the *Land Park News*.

The Coffee Garden in Sacramento is hosting a show of Crowley photographs from Oct. 3 to Nov. 5. The show will feature views and landscapes around Sacramento and Northern California.

There will be an artist's reception on the Second Saturday of the month, Oct. 8, from 5 p.m. to 9 p.m. The community is invited to attend.

The Coffee Garden is located at 2904 Franklin Boulevard in Sacramento. Hours are Monday through Saturday, 6 a.m. to 11 p.m. and Sunday from 7 a.m. to 10 p.m. For more information, email [scrowleyphotos@yahoo.com](mailto:scrowleyphotos@yahoo.com).



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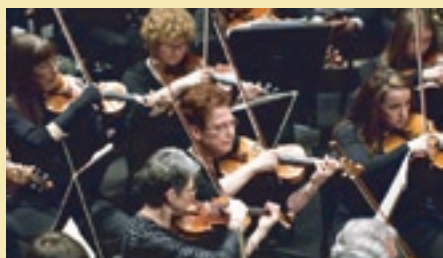
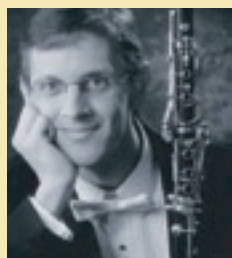
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# Chandler Copps Amphitheater dedicated at Camp Mokitana

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

The first phase of the renovation of Camp Mokitana – the old Camp Fire Girls camp located in River Bend (formerly Goethe) Park – was celebrated when the camp's amphitheater was dedicated in memory of Rotarian Chandler Copps on Sept. 15.

Dignitaries from the county, Rotary District 5180 and SaveMart Supermarkets were on hand for the dedication – as were members of the American River Parkway Foundation, which had voted just the night before to become partners in the restoration of the facility.

Located in the heart of River Bend Park, Camp Mokitana's 10 acres are in the heart of the bend of the river. In effect, the rest of the park "barbells" around it. The restoration of the old camp

by the Rotarians and their partners will restore this prime property to the Sacramento community, for use by scouting groups, Boys and Girls clubs, church youth groups and other family groups.

Rotary District 5180 and SaveMart have jointly committed to raise \$500,000 to the restoration effort over a five-year period.

The camp site is significant and holds great sentimental importance to generations of Sacramento area children – now adults – who attended summer Camp Fire camps at Camp Mokitana for well over a half century.

The property was originally gifted to the Camp Fire Girls by Charles M. Goethe, a strong believer in conservation. The Sacramento-Sierra Camp Fire Council ran decades of successful day camp and overnight camp programs for Sacramento Valley youth there.



Photo courtesy, Rotary District 5180

**PRESENTATION.** Sacramento County Supervisor Don Nottoli presented a plaque of commendation from the county to Elaine Copps, widow of Clarence Copps, for whom the camp's amphitheater was named. The restoration project is a project headed by Rotary District 5180.

When the council closed in 2008, the property reverted back to Sacramento County – with the provision that it remain a camp for youth in

the region, and that any future Camp Fire youth would have access to the camp.

At the dedication, eyes grew misty as a Dutch-

man's Pipevine butterfly flew over the heads of those dedicating the renovated camp amphithe-

See Rotary, page 15

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# Rotary: American River Parkway Foundation joins renovation efforts

Continued from page 14

ater in memory of Rotarian Chandler Copps, who saw the need to restore this resource to the community – and took action to make it happen. The butterfly’s caterpillar, called “Charley” by campers, can only survive on Dutchman’s Pipevine, which grows abundantly at Camp Mokitana. It is a precious habitat.

“We’ve become friends, working together on this project,” said Don Beans, director of community relations for SaveMart Supermarkets. “Our primary giving interests center around health, wellness and feeding the hungry. This project really fit into ‘health and wellness’ for young people and families. We’ve been here four years and we are doing our best to get involved with the community. We are proud to be working with Rotary, because they always take on the tough projects.”

“I want to acknowledge and thank to Rotary and SaveMart and others for supporting the renovation,” said County Supervisor Don Nottoli. “We now have an opportunity with a strong local cadre involved in the restoration and improvement, and hopeful-



DEDICATION. Members of the community gathered to dedicate the Clarence Copps Amphitheater at Camp Mokitana in River Bend Park. Those attending included Rotarians, representatives from SaveMart Supermarkets, the American River Parkway Foundation and former members of Camp Fire Boys and Girls. Rotary and SaveMart have committed to raise \$500,000 for the restoration effort over five years. / Photo courtesy, Rotary District 5180

ly once it is completed it will be an area in the American River Parkway where people can come enjoy the natural setting and get a better sense of what a crown jewel this really is. We tend to forget that young people in the area don’t get to experience something like this.”

“We are over 40 Rotary clubs in the area and almost 2,000 Rotarians strong,” said Jack Taylor, District 5180 governor. “Rotary has been successful because of the partnerships we’ve formed with SaveMart and others. Our theme for this

year is ‘Share Your Rotary Passion.’ This is one example of the many, many ways Rotarians share their passion for the community.”

Elaine Copps, Chandler’s widow, perhaps summarized things best at the dedication.

“Not too long ago, I found a note in Chandler’s desk, in his hand,” she said. “It said: You do not get love. You give love. And it returns the favor.”

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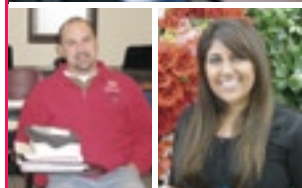
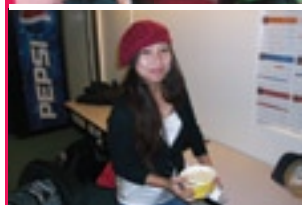
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# 'Yoga Aid Challenge' for Africa in McKinley Park

Photos by STEPHEN CROWLEY  
East Sacramento News photographer  
stephen@valcomnews.com

Hundreds of area residents assembled in McKinley Park on Saturday morning, Oct. 1, to do an "extreme" yoga practice...all to benefit the Africa Yoga Project.

The event was part of a nationwide "Yoga Aid" event, taking place at multiple locations throughout the United States. The Sacramento event was one of the largest yoga classes in Sacramento history.

Participants completed 108 "sun salutations" over three hours as part of the Yoga Aid Challenge.



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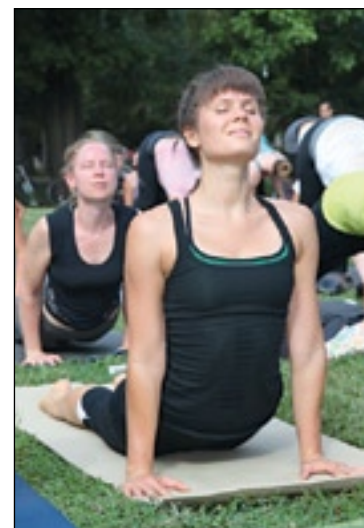
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# Land Park Home Tour gracious, creative

Story & Photos by SALLY KING  
East Sacramento News writer  
sally@valcomnews.com

Firehouse Station 5 and seven Land Park homeowners graciously welcomed guests into their homes on a cool, fall Sunday, Sept. 25.

Each home had distinct features and personal styles created by the homeowners.

A Spanish style home built in 1931 was the first home on the tour. Home owner Joan Riordan, who has a sister living in Tunisia, designed the custom cabinets in the master bedroom. She added a Tunisian motif. The bathroom was redesigned using rain forest marble. There was a colorful life size paper crane in the upstairs hall.

"Our family made most of the artwork displayed," Riordan said.

The second home was a traditional brick home, defining the Georgian style and was built in 1943. The master bath was remodeled using cherry cabinets and marble counters. Not unusual was the heated travertine flooring – but the toilet seat was heated too.

"This is my favorite room," said homeowner Iris Yang.

The third home was a 1946 cottage-style home. An interesting feature of this home was the guest bath floor, which was made out of pennies. The wooden floors throughout the home used recycled railroad ties from Thailand.

Home four was a 1941 cottage style. The large kitchen has custom organizers. A new Trex deck in the backyard leads to a Mexican style casita featuring colorful paper birds. The casita is used as a guest home and replaced the garage without disturbing gorgeous Dogwood trees.

Home five was originally a ranch style home from 1936. A second story was added in 1996, giving it more of a Mediterranean look. The owners, Mark and Maura Abrahams designed the remodel. The upstairs addition was designed as a self-contained one-bedroom unit for the future.

The sixth home on the tour was originally built in 1938 and has Art Deco styling. The kitchen features an authentic 1950's O'Keefe & Merritt stove, supplemented with a convection/microwave oven.

The seventh home was built in 1937. The owners designed the interior. The new U-shaped kitchen has red oak flooring that came from a Wisconsin sawmill owned by the homeowner's father. The wainscoting in the master bath was recycled from the old porch ceiling. The laundry room was redone using their old kitchen cabinets and they kept the original laundry sink.

The last home on the tour was Fire Station 5, located at Broadway and 8th Street. This firehouse was rebuilt in 2005 due to seismic issues. The original firehouse was on 9th Street between T and U. The kitchen has a Viking range and three refrigerators. Three shifts of firefighters rotate in and out of the dormitory. Each worker has his own bed and locker storage. A pole was added upstairs and the firefighters get to choose whether to go down the pole or the stairs when the bell rings.



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# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

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

## ONGOING

**Gardens and Grandeur: Porcelains and Paintings by Franz A. Bischoff Through Oct. 23:** After beginning his career as a china painter in Bavaria, Franz A. Bischoff immigrated to the United States in 1885 to become one of the foremost porcelain painters of his day. He won numerous awards and earned the title "King of the Rose

Painters." "Gardens and Grandeur" features approximately 40 examples of Bischoff's work, including porcelains, still lifes, and landscapes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.org

## 'Bingo: the Musical'

**Through Jan. 8:** Everybody gets to join in the fun at this musical. Call for times, prices. The Cosmopolitan Cabaret, 10th and K streets., Sac.. (916) 557-1999 www.CosmopolitanCabaret.com

## OCTOBER

### Bilingual Toastmasters

Oct. 6, 13, 20, 27: Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/ Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

### Bingo!

Oct. 6, 13, 20, 27: Enjoy a great local charity game of bingo every Thurs. night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

### Florin Sears Store Farmer's Market

Oct. 6, 13, 20, 27: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

### Food Addicts Anonymous

Oct. 6, 13, 20, 27: 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

Oct. 6, 13, 20, 27: 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 Pocket/Greenhaven

Oct. 6, 13, 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freepoint Blvd., Sac. Kelly Byam (916) 684-6854.

### Sacramento Downtown Plaza

**Farmer's Market**  
Oct. 6, 13, 20, 27: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

### Sutterville Heights Optimist Club

Oct. 6, 13, 20, 27: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

## - EVENT LISTING SECTION -

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.  
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### HOLYWEEN HARVEST FESTIVAL

Sunday, October 30, 2 to 5 p.m.

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Northminster Presbyterian Church  
3235 Pope Avenue, Sacto  
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### OYAKO & the Buddhist Church of Florin will hold an event to benefit the

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Oct. 7, 11, 14, 18, 21, 25, 28: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.–3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

**Kiwanis Club of East Sacramento–Midtown**

Oct. 7, 14, 21, 28: 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.east-sacmidtownkiwanis.com

**Rotary Club of Point West**

Oct. 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way., Sac. www.pointwestrotary.com

**Soroptimists of Sacramento**

Oct. 7, 14, 21, 28: 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

**Country Club Plaza Farmer's Market**

Oct. 8, 15, 22, 29: Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.–noon. Watt & El Camino, Butano Dr. parking lot, Sac. www.california-grown.com

**e-Waste drive**

Oct. 8: Free e-waste drop-off fundraiser. Don't even get out of your car, just pop the trunk or open the door and we'll unload for you! Most electronic items accepted, no appliances. All hard drives are shredded. Benefits the McClatchy Speech and Debate Team. 9 a.m.–1 p.m. McClatchy High School, 3066 Freepoint Blvd. (916) 457-1965, cearinc.com

**Family Magic Show**

Oct. 8: 13th annual Family Magic Show at Mission Oaks. Sure to amaze and entertain. Doors open 6:30 p.m. Show at 7 p.m. \$5/person, kids 5 and under/free. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

**Food Addicts Anonymous**

Oct. 8, 15, 22, 29: 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.

**Semi-annual parking lot sale**

Oct. 8: Huge parking lot sale. Lots of items to choose from. 8 a.m.–2 p.m. Sponsored by Sacramento Emblem Club. Vendors welcome to set up from 6 a.m.–8 a.m. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 714-1301

**Carmichael Farmer's Market**

Oct. 9, 16, 23, 30: Carmichael Farmer's Market. 8 a.m.–1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

**Celebrate Women's Suffrage**

Oct. 9-10: Commemoration of the 100th anniversary of California women winning the right to vote – nine years before the passage of the 19th Amendment in 1920. Come and dress in 1911 fashions to add to the spirited memory of the CA Suffragists narrow campaign victory in passing Proposition 4 that gave women right to vote nine years before nation and encourage all women and men to register to vote in the next election! Fun and free series of events. Three suffrage films at the Crest (Oct. 9, noon–4 p.m.). Welcome ceremony at California Museum and stroll to Capitol steps (Oct. 10, 11 a.m.). Capitol activities (Oct. 10, noon–3 p.m.). Speakers & music at California Museum (Oct. 10, 3:30 p.m.–7 p.m.)

**Co-Dependents Anonymous**

Oct. 9, 16, 23, 30: 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. 9, 16, 23, 30: 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

**State Parking Lot Farmer's Market**

Oct. 9, 16, 23, 30: State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.–noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

**Sunday Support for the Widowed**

Oct. 9, 16, 23, 30: The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine – holidays included. 3 p.m.–5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

**Hatha yoga**

Oct. 10, 17, 24, 31: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.–4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

**Nicotine Anonymous**

Oct. 10, 17, 24, 31: Nicotine Anonymous meeting. Meets every Monday, 5:30 p.m.–6:30 p.m. Westminster Presbyterian Church, 1300 N St., Sac. Brandi Bowman (916) 984-3501

**Rotary Club of South Sacramento**

Oct. 10, 17, 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

**Tai Chi & Chi Keung**

Oct. 10, 17, 24, 31: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

**Toastmasters**

Oct. 10, 17, 24, 31: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.–8:30 p.m. Mondays. Executive Airport, 6151 Freepoint Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freestoasthost.org

**Rotary Club of Arden-Arcade**

Oct. 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

**Rotary Club of Carmichael**

Oct. 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

**Upholstery class**

Oct. 11, 12, 18, 19, 25, 26: Learn how to upholster! All types: furniture, auto, boat. Adult ed class taught by an upholstery professional. Tuesdays, 11 a.m.–3 p.m., Wednesdays, 9 a.m.–1 p.m. \$45 for four weeks. McClaskey Adult Center, 5241 J St., Sac. Jerry Prettyman (916) 806-2172

**Chavez Plaza Farmer's Market**

Oct. 12, 19, 26: Chavez Plaza Farmer's Market. Every Wednesday, May–Oct. 10 a.m.–2 p.m. 10th & J streets, Sac. www.california-grown.com

**Co-Dependents Anonymous**

Oct. 12, 19, 26: 12-Step group for those who struggle to maintain healthy relationships. Meets Wednesdays. 7 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

**Referrals Plus**

Oct. 12, Nov. 9: Referrals Plus, a women's networking group, helps women in business with connections, resources, promotions and ideas. We meet the 2nd Wed. of every month. 12:15 p.m. for meeting/luncheon in Greenhaven area. RSVP required. www.referralsplus.org



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# St. Francis Water Polo undefeated, best in Northern California?

By PATRICK IBARRA  
East Sacramento News writer  
patrick@valcomnews.com

The St. Francis High School varsity water polo team should be the No. 1 team in all of Northern California. Technically, it isn't, but neither is anyone else.

After starting the season undefeated with a 14-0 record, including winning championships in its first two tournaments, the Troubadors feel they've earned the title as the best in NorCal. Unfortunately, the title doesn't exist.

"We don't have an official ranking system (for Northern California)," St. Francis coach Chris Borasi said. "If you polled the coaches, they'd probably say we were No. 1. We've played two big tournaments and we've played and beaten most of the big teams in Northern California."

St. Francis knocked off elite competition recently, winning the St. Francis of Mountain View Tournament Sept. 9-10, beating Burlingame 17-1, Leland 8-4, and St. Francis Mountain View 5-4, before beating Davis in the finals 6-3.

The tournament showcased Northern California's best teams, and St. Francis came out on top, earning a spirited victory over its rival Davis, who has topped the Troubadors in the Sac-Joaquin Section finals the past two years.

"We've had a great start; it's the best possible start you could imagine," Borasi said.

*'...as a team, we were able to pull it together at the last minute. It feels pretty great to be undefeated.'*

**-Bryce Beckwith,  
Team Co-Captain**

"Fortunately, we beat some of the better teams. We've been fortunate to come out on top. We've been getting good production from players on the team. I'm happy with how we've started."

The Troubadors also won the Woodcreek Invitational Sept. 24-25, using triple overtime in the championship match to stay undefeated.

"We came close to losing in our last tournament," Co-Captain Bryce Beckwith said. "But, as a team, we were able to pull it together at the last minute. It feels pretty great to be undefeated."

Beckwith is one of the reasons St. Francis has been so successful this season. She's the leading scorer on the team, often racking up most of the points in many matches.

"She's our biggest offensive threat," Borasi said. "She's had some games where she scored the majority of the goals and carried us offensively."



Photo courtesy, St. Francis High School

GOAL! The St. Francis High School varsity water polo team is currently undefeated – and is considered the top team in Northern California.

Beckwith and Co-Captain Brooke Vowell are playing their fourth year of varsity together, and are leading the team through another stellar season.

"My goal for the rest of the season is to continue to practice and play hard, and hopefully the rest will fall into place," Beckwith said. "It would be great to finish my last season with a perfect record. I believe our team is so special this year because our whole team is extremely dedicated."

"Our biggest team leader is Brooke," Borasi said. "This year her offense is the reason why we are winning tournaments instead of taking runner-up. She has maintained consistency on defense, and is carrying us on both sides."

The strength of St. Francis comes not from scoring, but from stopping the other team from doing so.

"Our biggest strength is on the defensive side of the ball," he said. "We are really tough to score on defensively. We are a defense-first team. Our goalkeeper Kat Menz has been fantastic this year."

That leaves room for improvement, though.

"We could always improve offensively," Borasi said. "Offensively, we've had just enough to win games. Right now we are working on getting as many players as we can to contribute to increase our depth for playoffs. We don't want to peak too early so we can play this well come playoff time."

The success so far is great, but it's not good enough for St. Francis yet, as the Troubadors have bigger sights set this season. St. Francis will meet rival Davis again on Oct. 12 at Jesuit High School, and the section play-

offs start in November. Both are the focus of the rest of the year.

"We will both go (to the playoffs)," Borasi said of St. Francis and Davis, who have competed for the section title eight out of the last nine years. "We finished second the last two years. I'm 3-3 with Davis in the six years I've been here."

"Our main rival is Davis," Beckwith echoed. "It is always such a great opportunity to play them. We look forward to playing them in the section final."

The season is at the midway point, with big matches still to come, but none can argue St. Francis has made a name for itself in the water once again, No. 1 ranking or not.

"Our goal every year is to win our league," Borasi said. "Right now we are 2-0 in league. Then there's the NorCal Championship tourney at the end of October. We'd like to win that. We'd like to win sections. We hope to obtain that this year."

But Borasi has even one more goal in mind, one he finds just as important.

"Hopefully, we can provide the opportunity to send some girls to college to play water polo," he said.

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# Runners moove it at 7th annual Urban Cow Half Marathon

Photos by **STEPHEN CROWLEY**  
East Sacramento News photographer  
stephen@valcomnews.com

The day dawned crisp and cool for the annual running of...the humans at the 7th annual Urban Cow Half Marathon in Sacramento on Sunday, Oct. 2.

The event included a half marathon, a half marathon relay and a no-boundaries 5K fun run and walk. Nearly 6,000 people participated.

Runners came from throughout the region to participate on the new USDA prime course, which started in William Land Park, and ran through grassy meadows under treetop canopies, through Old Sacramento and back to finish at the park.

Runners and relay teams had a four hour time limit...or until the cows came home.



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### CHARMING EAST SAC

Fantastic 3 bedroom 1 bath on a great street in East Sacramento! This charming home has a great feel to it with pristine hardwood floors, a vintage fireplace, a remodeled bathroom, dual pane windows, central heat and air, and a very spacious floor plan. The backyard is perfect for entertaining and backyard parties. Walk to Bertha Henschel Park in minutes. See 100 Coloma Way \$347,000

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### HIGHWATER BUNGALOW

This large high-water bungalow has had extensive remodeling done in recent years. The entire upstairs was redesigned with 2 large, sunny bedrooms and an impressive Master Suite with an office, walk-in closet, changing area, master bath w/jetted tub, large shower. See [www.1545SantaYnezWay.com](http://www.1545SantaYnezWay.com) \$599,950

**DAVID KIRRENE 531-7495**



### AMAZING VALUE

A very private 4 bedroom East Sacramento home tucked away from the street. This spacious house, with 3 fireplaces (LR-wood + Fam Rm-gas log + Master Bd-gas log), is located on a very large lot with an updated kitchen that opens up to a large family room. See 1425 57th Street \$445,000

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### IN THE HEART OF EAST SAC

Amazing 4 bedroom 2 bath home located in the heart of East Sacramento. This home has a superb floorplan with very spacious rooms throughout. As you walk through the remodeled kitchen you will find an amazing view of a large backyard with a pool. Simply a must see! See 1517 Santa Ynez Way \$659,000

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### G STREET HOME

Stunning 24' entry, open floor plan. Great craftsmanship. Wide plank cherry floors, huge kitchen/great room combo w/huge fireplace, home theater & surround sound. Built-in refr, comml grade appliances & granite counters. Separate laundry room with Corian and laundry chute. See [www.GStreetHome.com](http://www.GStreetHome.com) \$1,179,000

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### GREAT NEIGHBORHOOD

This 2 story doll house has storybook charm. The cozy living room has hardwood floors, a fireplace flanked by built in shelves & recessed lights. The galley style kitchen is updated w/granite counters & newer cabinets w/adjoining nook overlooking the front garden. See [www.1704-50thSt.com](http://www.1704-50thSt.com) \$349,900

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