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Greek Orthodox Church of the Annunciation presents annual Christmas concert

Special to East Sacramento News

The Greek Orthodox Church of the Annunciation Choir will host its annual Christmas concert on Sunday, Dec. 18 at 7 p.m. at Annunciation Greek Orthodox in Sacramento.

Under the direction of William Bobolis, and accompanied by LuAnn Higgs, the 35-voice choir will sing traditional carols and liturgical hymns of the season. The concert will be narrated by Georgia Larson.

"It's a nice church choir, and at this time of year, we enjoy presenting a nice concert for the entire community," Bobolis said. "It's become quite a tradition at the Church of the Annunciation - about 20 years, I think. I'm glad to have such a great choir and the energy to direct it."

Christmas numbers included in the concert are: "O Holy Night," "Joy to the World," "I Genesis," "Angels We Have Heard on High," "Lo How a Rose E're Blooming," "The First Noel" and "While By My Sheep," "Ave Maria," "Mary Mary Where is Your Baby?" "The Virgin Mary Had a Baby Boy," "Mary Did You Know," "Mary had a Baby" and "Mary's Little Boy Child."

The concert will feature a "Sept. 11 Memorial Tribute," that will include



"Give Me Your Tired, Your Poor," "No Man is an Island," "This Is My Country" and "America."

There will be a sing-along as part of the concert and a reception will follow the concert. There is no admission charge for the concert. A free-will offering will be taken and there will be opportunities to light a candle.

Annunciation Greek Orthodox Church is located at 600 Alhambra Boulevard in Sacramento, at the corner of F Street. For more information, call (916) 443-3022.

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More memories of Janey Way Christmases past and present

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

I drove down Janey Way last weekend.

I saw neighbors putting up their Christmas lights. It brought back wonderful memories of past Janey Way Christmases. One memory in particular flickered in my mind.

It dates back to the end of the 1959. Christmas vacation had just begun and a group of us loitered in front of the Relles house. The neighborhood looked festive. Christmas lights adorned the front of each house. The priests had decorated the exterior of St. Mary's Church and nightly, Christmas carols echoed from the speaker atop the church tower. We wondered what could we do this year to make the season special – and a great idea came to mind.

"Why don't we go Christmas caroling in the neighborhood one night this year?"

All the guys loved the idea, so we planned out the event as we stood right there in front of our house.

First, we decided to only sing a few songs that we knew really well. That way, we wouldn't embarrass ourselves. We picked four songs: "Silent Night," "Joy to the World," "Oh Come all Ye Faithful" and "Jingle Bells."

Second, we went into the back yard and practiced singing them. We actually sounded almost as good as a choral group.

Finally, we scheduled a day and time: Dec. 23 at 7 p.m.

That night, we gathered in front of my home. Then, at 7 p.m. pm "on the dot" we walked across the street to the Thomsen house, knocked on the door and began to sing:

"*Silent night, holy night...*"

Soon the door opened and a befuddled Phyllis Thomsen opened the door and said, "My, my, what is this?"

We finished "Silent Night," than sang "Joy to the World." When we finished that, Phyllis clapped and said, "Great job boys." Then she went inside and came back out with a candy cane for each of us.

Next we walked to the Costamagna house and sang "Oh, Come all Ye Faithful" and "Jingle Bells."

After we finished there, Leda Costamagna gave each of us a cookie.

Then we went to the Puccetti house and sang two songs

and so on an so forth, down the street to the Thomasetti home where we finished our singing for the night.

Our Christmas caroling was an unparalleled success. The neighbors talked about it for days afterward.

Sadly that was the last time we sang carols in the neighborhood.

These days during the holiday season, I spend a lot of time with my family. Last Sunday, for example, our daughters and their children came over to help decorate our Christmas tree. Little Gabrielle and young Angelo carefully hung ornaments from the tree, then ran up and

down our hallway. Grand gave them Christmas candy to eat.

On Christmas Eve, we will go to Aunt Alice Petta-Goldie's house for a wonderful feast of homemade pizza, Italian sausage and ravioli. Then we will sing Christmas carols and get a visit from Santa Claus.

On Christmas day, all will come to my house for Christmas dinner and the opening of presents.

But, I have not forgotten the days of Christmas past on Janey Way. The days of singing Christmas carols, serving Mass at St. Mary's Church and making Christmas tree forts are all lingering Janey Way memories.

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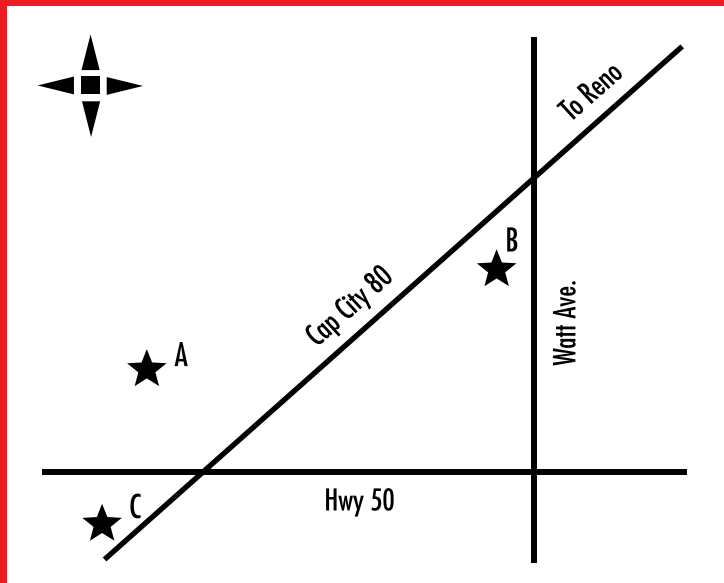


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Undersheriff Mark M. Iwasa selected as Sac State police chief

Special to East Sacramento News

Sacramento County Undersheriff Mark M. Iwasa is Sacramento State's new campus police chief effective Tuesday, Jan. 3.

The announcement was made Monday by Ming-Tung "Mike" Lee, Sacramento State's interim vice president of Administration and Business Affairs, and chief financial officer.

Iwasa is already familiar with the campus, holding two degrees from Sacramento State. He has a B.A. in Economics with a minor in Criminal Justice (1990) and

an M.A. in Public Policy and Administration (1993).

In his announcement, Lee notes that Iwasa brings more than 25 years of progressively expanding experience that includes criminal investigation, coordinated communication with neighboring municipalities, and administration of community-oriented programs.

"Undersheriff Iwasa is a seasoned officer with demonstrated knowledge, experience and skills in federal and California statutory code, case law, civil law and standards," Lee says.



Photo courtesy, Sacramento State University
 MARK M. IWASA is Sacramento State's new police chief.

Iwasa replaces former Chief Dan Davis, who retired in November. Former campus chief Ken Barnett has been serving as interim chief.



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Food for all

Titanic's Pantry helps Sacramento families feed their four-legged family members

By **CORRIE PELC**
East Sacramento News writer
corrie@valcomnews.com

The last few years have been very rough for everyone economically – every day families struggle just to put food on the table. And for many families, that includes a struggle to provide food for their pets also.

That's where Sacramento's pet food bank, Titanic's Pantry, comes in.

"When you have to make a decision between paying your mortgage, your car payment or buying dog food, that's a real conundrum," explained Gina Knepp, acting manager of the City of Sacramento Animal Care Services. "It's a terrible dilemma for anyone to have to face. If you find yourself in dire straits where you need pet food, come get it from us because we don't want people to surrender their pets to the local shelters – that's the last thing we want to do."

The pantry is seeing an increase in need, just as local food banks for humans are seeing an uptick – at this time of year, especially. Every neighborhood in the region is affected.

Penny Cistaro, now chief operations officer for the Sacramento SPCA, started Titanic's Pantry in November 2009. She got the idea for the pantry while in Washington State.

"When I came back to California, there wasn't a (pet) food bank in the region, and having had a (pet) food bank up in Washington State at the shelter I had worked at and seeing the benefits there, I wanted to start one here," Cistaro said.

A team effort

Now about two years later, Titanic's Pantry is a collaborative effort of the City of Sacramento Animal Care Services, Sacramento County Animal Care and Regulation, the Sacramento Society for the Prevention of Cruelty to Animals

(SPCA), and Happy Tails Pet Sanctuary.

According to Knepp, those in need of pet food can visit the city, county, or SPCA shelter once a month for a donation.

The City's shelter has the biggest client base – more than 2,000 people come there each month and they distribute at least 3,000 pounds of food a week. Additionally, Titanic's Pantry provides a number of other supplies that people may need for their animals; everything from cat litter and litter boxes to dog biscuits, leashes, collars, beds and even toys.

Who is eligible?

So who is eligible to receive assistance from Titanic's Pantry?

Anyone who needs it, according to Knepp. There is no application to fill out or proof of eligibility.

"If they're not registered with us, the first time they come in they show us a picture ID and we'll put them in our computer system to keep track of how many people we're helping,"

Knepp explained. "Then once a month they can come back if they need to and get food from us. We have some people that come back several times. And then we have some people that come back and bring us a bag of food to thank us because we helped them when they were in trouble."

Bags of food needed

And it's those bags of pet food coming in to Titanic's Pantry that are so desperately needed right now.

"One of the biggest challenges is to keep the shelves constantly stocked because you rely on donations," said Shari Lowen, senior services coordinator for the Sacramento SPCA and volunteer that helped Cistaro start Titanic's Pantry. "You may get a huge truckload of donated food and that might last a few weeks and then somebody comes in and there's absolutely nothing to give them."

Donations of pet food – dry cat and dog food – are

See Titanic Pantry, page 11



Photo courtesy, Titanic's Pantry

PETS IN NEED. As the economy stumbles, humans aren't the only family members in need. Families are struggling to feed their furry children, too. Titanic's Pantry exists to help.

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Early Sacramento hospitals were located at Sutter's Fort

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

Editor's Note: This is part one of a two-part series regarding hospitals that were located at Sutter's Fort during the mid-19th century.

As the Sutter Medical Center continues to draw attention for its major expansion on 29th Street, just west of East Sacramento, it is a prime time to present the area's earliest hospital history.

In providing a thorough summary of early, local hospital history, it is important to begin with Capt. John A. Sutter.

Earliest hospitalization at the fort

Even before the great California Gold Rush of 1849 brought tens of thousands of new arrivals to the Sacramento Valley, Sutter used a medical book and provided medical care and hospital facilities for the citizens of his settlement of New Helvetia and the thousands of Indians working on his land and living throughout the valley.

Shortly after he arrived at the fort with the Swasey-Todd party on Sept. 27, 1845, St. Louis native Dr. William Brown Gildea became the fort's physi-

cian. His office was located inside the fort's central building.

Gildea, who had left St. Louis with the aforementioned California-bound party in April 1845, appears to have been the first official physician to have practiced at Sutter's Fort.

Following the death of Gildea on Jan. 24, 1846, other doctors used Sutter's hospital facilities and the most prominent of these doctors was a Dr. Bates.

Bates began treating patients at New Helvetia in July 1847 and later during the same month, Sutter made a financial arrangement with Bates "to cure my sick Indians."

Several entries in the "New Helvetia Diary" in the summer of 1847 mention a fever that was sweeping through the valley and was affecting the Indian population.

On July 14, 1847, the diary mentions: "A good many Indians are sick. Dr. Bates is attending to them."

In bearing evidence that this epidemic was not confined to the native population, an entry written in the diary a week later reads: "Dr. Bates attended to a great many sick Indians and some white persons."

The epidemic was so intense and wide spread that Bates was forced to make house calls.



East Sacramento News photo, Lance Armstrong
EARLY MED-CENTER. The first local hospitals were located at Sutter's Fort at various times during the mid-19th century.

Sutter notes in the diary on July 15, 1847 that he was visiting sick people in the Indian rancheria with Bates.

Because Bates was administering to the sick outside the fort, a Mr. Rumshöttel was hired on July 16, 1847 to serve as the steward of the fort hospital.

Eleven days later, a Mr. Huffner volunteered to assist with the hospital and make calls on the rancherias with Bates, and less than two months

later, Sutter hired another steward, a Mr. Burns.

Bates, who was mentioned many times in the diary as being away from the fort treating patients and working in the hospital, was joined by many other doctors at various times.

On May 9, 1848, the diary noted that Bates "returned from his exploring [in the mountains] and [had] dis-

See Hospitals, page 7

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Hospitals: First doctor died four months after arriving at fort

Continued from page 6

covered quicksilver, silver and gold, etc." The diary, however, does not mention if Bates struck it rich.

On the second to the last day that the diary was kept – May 24, 1848 – it was written that Bates was "moving and making room for Mr. [Samuel] Kyburz."

Sacramento Hospital

Following the founding of Sacramento City – the original name of Sacramento – the city's first hospital, Sacramento Hospital, was established by Dr. Charles H. Cragin and Alex G. Abell.

The hospital was located in an adobe structure that had formerly housed the S. Brannan and Co. store, which was operated by Samuel Brannan and C.C. Smith.

A public announcement regarding this hospital, which was located near Sutter's Fort, was published in the Aug. 4, 1849 edition of the *Daily Alta California*, the San Francisco newspaper that descended from Brannan's *California Star*.

Under the heading, "Sacramento Hospital," readers were informed that the "large and commodious" building had recently been converted into a fully furnished hospital and was prepared to admit patients.

In *Grimshaw's Narrative* – a work that was written in 1872 and published in 1964 by the Sacramento Book Collectors Club – William Robinson Grimshaw, who worked as a clerk in one of the stores at the fort, noted that the building was a single-story structure, "about 100 feet long by 30 feet wide

[and] situated about 50 yards east of the fort."

Continuing, Grimshaw wrote: "[During the S. Brannan and Co. era], there was a loft filled with hides and other relics of trade before the mines were discovered. The building had been erected by Capt. Sutter for the use of emigrants who were without shelter, and somehow acquired the name of the 'old penitentiary.' After Brannan and Co. vacated this building, it was occupied as a hospital by Alex G. Abell and Charles Cragin of Washington, D.C. It was then used as a brewery by M. Yager and the last vestige of it disappeared in the flood of 1862."

The *Alta California* also reported in the Aug. 4, 1849 article that the hospital building was "believed to be better adapted to such a purpose than any other house in the country, being spacious, cool and well ventilated."

The hospital, which used a water source from a then-recently sunk well, was also reported to have "good nurses and attendants" and a "good cook."

At the conclusion of the *Alta California* article, it was noted that "no pains (would) be spared to supply the establishment with every comfort and convenience for the sick" and "no sick man [would] be refused admission because [he was] destitute of money."

About a month following the opening of this hospital, Sacramento's first newspaper, the *Placer Times*, ran a complimentary letter to the editor from a person, named Sante.

In the letter, Sante wrote: "The Sacramento Hospital, conducted by Dr. Cragin and Mr. Abell, is No. 1, as yet among such institutions of California. The house is large, cool and airy, apart from the noise, dust and bustle of the city and a few (if any) mosquitos [sic] to annoy. The very entrance into this establishment, where every attention and convenience are to be had, is enough to check the disease of any invalid. I would say to any person having sick friends or acquaintances to take them there in preference to attempting a cure even in private houses."



Photo public domain

JUST A COUNTRY DOCTOR? Even before the great California Gold Rush of 1849 brought tens of thousands of new arrivals to the Sacramento Valley, Capt. John A. Sutter used a medical book and provided medical care and hospital facilities for the citizens of his settlement of New Helvetia and the thousands of Indians working on his land and living throughout the valley.

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Sacramento animal shelters unite for 'Home for the Holidays' adoption campaign

Special to East Sacramento News

The Sacramento SPCA, City of Sacramento Animal Care Services, Sacramento County Animal Care & Regulation and Happy Tails Pet Sanctuary are holding a joint "Home for the Holidays" pet adoption special which will run through Dec. 30.

The goal of the holiday adoption promotion is to increase adoptions community-wide and to ultimately find new homes for 1,000 homeless animals by the end of 2011. During "Home for

the Holidays," adoption fees for all animals will be reduced by 75 percent.

The four participating shelters will take in more than 35,000 homeless animals this year alone. This figure represents an increase over previous years due to the poor economy and other factors. Sacramento animal shelters are overburdened with hundreds of animals seeking permanent homes. Through "Home for the Holidays," the shelters will work together to boost adoptions, and will strive to facilitate 1,000 additional adoptions before the end of the year.

"We're hoping that when people are thinking of adding a furry family member to their household this holiday season, that they will visit their local animal shelters first, and give an animal a Home for the Holidays," said Rick Johnson, Sacramento SPCA CEO.

For more information on "Home for the Holidays," visit www.sspca.org, www.happytails.org, www.sacpetsearch.com, or www.SacCountyShelter.net.



Photo, courtesy

ONE THOUSAND dogs and cats are seeking a fur-ever home in the Sacramento area. Three shelters are joining forces to find homes for these furry friends so they, too, can be "Home for the Holidays."

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'Vanishing art' very much alive at South Sacramento upholstery shop

By SALLY KING
East Sacramento News writer
sally@valcomnews.com

Bill Clausen, owner of B&T Upholstery Repair in Sacramento, has reupholstered furniture for over 46 years. The B stands for Bill and the T for his wife, Terri.

"I became interested in reupholstering furniture when I was 11-years-old," Clausen said. "I used to hang out at an upholstery shop located on 21st Street and 2nd Avenue."

It started with cutting class

Clausen said he hung out there because his friend lived above the shop. Clausen's last class of the day was woodshop and he didn't like the class. One day Clausen caught his shop teacher drinking, so he made a deal with him, that he wouldn't tell anyone what he saw as long as he could skip the class. The teacher agreed, so Clausen spent his afternoons watching the shop owner through the window while waiting for his friend to come home.

Leading to a career

After six months of watching through the window, the shop owner asked him what he was doing. When Clausen told him, the owner asked him if he wanted to work there, sweeping and cleaning up. Clausen



THIS HEIRLOOM antique chair will be handed down to future generations, thanks to professional restoration efforts and reupholstering.



East Sacramento News photos, Sally King

ARTISTS IN THEIR OWN RIGHT. Left to right, Bill Clausen and John Combs bring cherished, heirloom and collectible furniture pieces back to life at B&T Upholstery Repair. From re-covering dining room chairs, to complex projects...these men can do it all.

agreed and he worked at the shop for seven years, learning how to reupholster furniture.

Shop owner Richard Combs younger brother John, now works for Clausen.

Quality reupholstering for quality furniture

There is no limit to the types of furniture that can be reupholstered. Clausen offers his years of knowledge

to customers, whether they are novices or veterans in the restoration of furniture.

B&T Upholstery Repair offers free estimates, pickup and delivery. Clausen lets his clients know if their furniture is worth being reupholstered. He said most of the time it costs more to reupholster a piece than to buy new, which is the one big misconception most people have. He believes if

the furniture is quality, it is worth the price of reupholstering.

Recliners are popular

He receives many requests to reupholster old recliners. His clients like the older style.

He also reupholsters art deco and modernist period furniture for col-

See B & T, page 22

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Titanic's Pantry: Pet food donations, volunteer help needed

Continued from page 5

how the community can help support the Pantry, Cistaro said.

"Buy a 20, 30, or 40 pound bag of food and bring it to the SPCA or take it to the county or the city (shelters) – whichever shelter is closest or whichever one is closest to your heart," Cistaro said. "Just bring in food – even a 10-pound, 5-pound bag of dry food. It's easy to transport, it lasts, that's what will help."

Participate in a pet food drive

According to Knepp, donations can be made on-site to the city,

county, SPCA, or Happy Tails. She added that the community can pitch in to help by setting up pet food drives for the Pantry in their neighborhood.

For example, Knepp held a drive in Hollywood Park, raising 800 pounds of food for the Pantry. She then passed it on to Curtis Park – which brought in over 3,000 pounds of food donations – and now is trying to get Land Park "to take up the gauntlet."

Knepp said a pet food drive can also be a great project for groups, such as high schools.

Help pets by volunteering

Titanic's Pantry is also always in need of volunteers to help with picking up donations of pet food. For example, a Save Mart store in Vacaville currently supplies the Pantry with donations of food from broken bags, which Knepp says can sometimes add up to about 7,000 pounds of dry kibble for the Pantry. Volunteers are needed to help bag the loose kibble for distribution using empty sand bags Knepp obtained from the Department of Transportation.

"Our volunteers will come in and fill the sand bags up with dog food

and we tie the tops just like sand, but it's dog food, and (we) give that out," she explained.

Keeping Titanic's Pantry going will continue to help enable people to keep their animals, Cistaro said.

"Animals play a powerful role in someone's life," she said. "People lose so much, the last thing they should lose is a family member and an animal is a family member."

For more information on Titanic's Pantry, including volunteer and donation information, visit www.sacpetfoodbank.org.

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—Hyrum Gray



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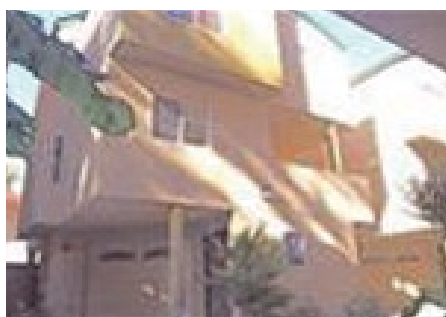
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St. Francis High School athletic program makes history

Special to East Sacramento News

St. Francis High School in Sacramento made sports history this month, as five female sports made it to section finals and finished with one runner-up and four Sac-Joaquin Section Titles.

The Sac-Joaquin Section has been in existence for 70 years. There are currently 195 schools in the section and no female sports program has ever accomplished what the Troubadour's fall sports did this year.

All five sports (cross country, golf, tennis, volleyball and water polo) made it to section finals and finished with one runner up and four Sac-Joaquin Section titles. St. Francis is the first female sports program to win four section titles in the fall.

Highlights from the season

Water Polo won the Norcal Championship Tournament and finished second in Division I Sac-Joaquin Section Playoffs.

Cross Country: the Frosh/Soph, Junior Varsity and Varsity teams swept the Delta River League, Subsections and Division I Sac-Joaquin Sections. They won their eighth section title overall and finished fourth in the state.

Golf won the Division I North Section Championship for their 19th Sac-Joaquin Section Title. They finished fourth in Norcals.

Tennis won The Santa Catalina Tournament and their seventh Division I Section Championship in a row and ninth overall. Tennis made it to the Northern California semi-finals.

Volleyball won the Super 8 Tournament and Division I Section Championship for their 11th section title overall.

Top program in state

This makes 81 Section Titles for St. Francis High school, the most of any female sports program in the Section and one of the top programs in the state.



Photo courtesy, St. Francis High School

LETTERS OF INTENT SIGNERS. This fall, eleven seniors at St. Francis signed letters of intent to play college sports in 2012. Top row, left to right: Cora Stebbins (swimming), Paige Sellers (swimming), Haley Hughes (soccer), Emalia Seto (crew), Tessa Sandoval (tennis), Kamali Houston (crew), Nicolette Valicenti (crew). Bottom row, left to right: Ashley Noda (golf), Clara Nowinski (crew), Bryce Beckwith (water polo), Catherine White (crew). Crew is not an SFHS sport.

In the last 10 years, from the 2001-2002 school year to 2010-2011, St. Francis has won the most section titles out of any high school in the Sac-Joaquin Section for just one gender. [St. Francis girls (48), Jesuit-boys (40), Davis-girls (27), Oak Ridge-girls (21)].

When both genders are considered, only Davis High has as many titles as the St. Francis Troubadours. [St. Francis-girls (48), Davis-both genders (48), Jesuit-boys (40), Granite Bay-both genders (35), Oak Ridge-both genders (29)].

Letters of intent

Another aspect of the Troubadour athletic program is the number of students who sign letters of intent to play sports at colleges and universities across the United States. This fall, eleven seniors signed letters of intent. They are: Bryce Beckwith (Water Polo), Kamali Houston (Crew – not an SFHS sport), Haley Hughes (Soccer), Ashley Noda (Golf), Clara Nowinski (Crew), Tessa Sandoval (Tennis), Paige Sellers (Swimming), Emalia Seto (Crew), Cora Stebbins (Swimming), Nicolette Valicenti (Crew) and Catherine White (Crew).

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Season of Giving:

Ways families can give back this holiday season

By CORRIE PELC
East Sacramento News writer
corrie@valcomnews.com

'Tis the season for good will and giving back. A number of great organizations in the Sacramento area need help from the community this holiday season.

Here are a few to get families and individuals started, along with some additional resources – for now and the entire year.

Adopt-A-Family

Volunteers are needed from now until Dec. 23 to help with data entry, organizing and decorating the Gift Distribution Center, loading/unloading presents, wrapping presents, and much more. And families can still be adopted until Dec. 15. Contact Katrina Balcus at kbalcius@volunteersac.org or (916) 567-3100.

Be a Santa to a Senior

Visit www.beasantatoasenior.com and search for participating companies or businesses in your area. Once you find one, you can pick an ornament off their giving tree, purchase the present, and bring the present to the participating vendor to be distributed to the senior in need.

"Bring the Heat" Blanket Drive

Sponsored by The Tween-er Club (a youth group) at the George Sim Community Center and the Flaming Knights Motorcycle Club, this third annual drive is looking for donations of blankets and volunteers to distribute on Dec. 17. Contact vroberson@cityofsacramento.org for more information or contact the FKMC Hotline at (916) 719-0754 or email flamingknightssac@yahoo.com.

Gifts From the Heart

This annual program of the Department of Health and Human Services provides presents for children, teens and adults they serve. Donations and volunteers needed! Contact Tammy Lieu at (916) 875-2027 or email LiuT@saccounty.net.

Meals on Wheels

About 2,300 Sacramento County seniors receive services through Meals on Wheels and both volunteers and donations are always needed. For more information visit <http://mowsac.org>.

Sacramento County Sheriff's Department's Toy Project

The Project builds toys and repairs bikes all-year round, which are then distributed during the holidays to children and families in the unincorporated areas of Sacramento County

and Rancho Cordova. Donations are needed. For more information, visit www.toyproject.org.

St. John's Shelter for Women and Children

Donations of wrapping paper, gift boxes, tape,

gift tags, tissue paper, bags and bows are needed, as well as 100 plastic 66 quart storage bins for gift distribution. If you can help, contact Sara Amin at samin@stjohnshelter.org or (916) 453-1482, ext. 15.

Ushers for Holiday Productions

The Capital Stage Company needs ushers for its productions of *Every Christmas Story Ever Told* and *It's a Wonderful Live, a Live Radio Play* from now until Jan. 1. Contact Lisa Thew at lthew@capstage.org or (916) 995-5464.

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Know your neighbor

Sacramento girl studies the history of war at the United States Naval Academy

By SALLY KING
East Sacramento News writer
sally@valcomnews.com

Alexandra Chan is slender and petite with short hair and dark eyes. On first impression, one might think that is someone who might enjoy ballet... not someone who competed in the Navy's Marine Sea Trials – a grueling 14-hour day of extreme physical endurance testing based on Marine Corps principles.

"I was elated to just finish it," Chan said. "It was hard."

Local girl with love of history

Chan is attending the United States Naval Academy in

Annapolis, Maryland. Growing up in the Sacramento area, she remembers always having an interest in the military. Her favorite subject is history and especially the history of war. As a young child, she watched the *Wishbone* series on television and her favorite episode was the "Red Badge of Courage," a story about the American Civil War.

Chan graduated from St. Francis High School in Sacramento. She approached her parents with the idea of attending military school during her sophomore year.

"I was nervous about telling my parents," Chan said. "But they were very supportive of my decision."

What sold her on joining the military was being able to attend one of the best schools in the country and not having to pay tuition...plus, she would be serving her country. (The value of a USNA education, if one were to pay for it outright, is nearly \$400,000 per student.)

Chan said a friend of hers, Shelby De La Mora – who also graduated from St. Francis High – was the one who convinced her to join the Naval Academy. De La Mora, a senior at St. Francis, had already applied to Annapolis Naval School when Chan was a freshman Troubadour.

Chan took her oath of office on July 1, 2010 and is a



Photo courtesy, Alexandra Chan

ALEXANDRA CHAN, seen here with her parents, Shelleyanne Chang and Charles Chan of Sacramento, is in her second year at the United States Naval Academy.

member of the USNA Class of 2014. She is working on a Bachelor of Science degree in history. Normally, history is listed as a liberal arts degree. The academy includes additional science and math classes in its program to make it a science degree. She loves her "History of Warfare" class and recently had the opportunity to use her knowledge of the conflict in Afghanistan at a leadership conference in Washington D.C.

"I have the best teachers," Chan said. "They always make themselves available."

In shape

Chan enjoys the challenge of having to stay in topnotch shape and likes that morals are part of the education program. A plus are the close re-

lationships she has made at the academy.

"We are taught we have to do the right thing," Chan said. "I have formed some close relationships because as a group we go through so much together."

Chan said she has many good role models in the other students and teachers.

Emani Decquir is a junior at the academy and is Chan's mentor. She also grew up in the Pocket area and is a graduate of St. Francis High School. Both young women had the same recruiting officer and he introduced them to each other.

"If Chan has a problem she knows she can come to me," Decquir said. "We both have the same type of personali-

See Chan, page 17

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Photo courtesy, Alexandra Chan



Photo courtesy

(above) THEY'RE NOT TOUGH...NO, NOT MUCH. Pocket resident Alexandra Chan, far left, plays on the USNA Softball Team.

(left) SACRAMENTO RESIDENT Alexandra Chan is in her second year at the United States Naval Academy. Here, she is seen competing in the Navy's Marine Sea Trials. Don't let the pretty picture fool you. The Sea Trial is a grueling 14-hour day of extreme physical endurance testing based on Marine Corps principles.

Chan: Naval Academy students take on moral, physical and mental challenges

Continued from page 16

ties where we want to do our best.”

Pocket ball...in the Navy

The Pocket area of Sacramento has a strong tradition of girls' baseball. For seven years, Chan played Little League in the Pocket (for the Marlins, Cubs, Tigers and Reds teams), then played Delta River League softball for St. Francis. Her love of the sport continues, and she is a member of the Navy Softball team.

Challenging college app

“The process to get accepted into the Navy Academy is rigorous,” Chan said. “I started the paperwork the end of my sophomore year.”

There are several parts in the process.

The first part is filling out the paper work. Required are: the student's transcripts from high school, SAT scores, a personal statement, two letters of recommendation, plus a nomination from a senator, congressperson, or the vice president or president of the United States.

Congresswoman Doris Matsui wrote Chan's recommendation.

In addition, one must be medically cleared. Chan said this was her biggest hurdle because she must wear corrective lenses. After initially receiving an acceptance letter into the academy, she was medically denied because of her poor vision. Chan didn't let that stop her and with some persistence on her part, the academy reversed its decision.

Chan said the most challenging part of the program, so far, has been the Sea Trials.

Navy traditions

Chan enjoys the traditions carried out in the military. She is required to attend every football game and the tradition is standing through the whole game.

Chan likes the diversity of the Naval Academy. When she finishes school, Chan said she will have many options available to her.

A prestigious academy

An academy brochure explains the Naval Academy was founded in 1845 and is considered a prestigious four-year service academy that prepares

midshipmen morally, mentally and physically to be professional officers in the naval service.

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CALENDAR

For more Calendar entries visit
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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

ONGOING

'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

Clayton Bailey's World of Wonders

Through Jan. 15: 180 works and complementary ephemera span 50 years of Bailey's prodigious production of genuine marvels. A ceramist, sculptor, and self-proclaimed "mad scientist," Bailey aims to surprise and delight with his art. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Florence and the Baroque

Through Feb. 12: Drawn from the largest private collection of Florentine Baroque painting in the United States, this exhibi-

tion reveals the intense emotion, saturated color, and refined brushwork that characterized painting in 17th-century Florence. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

The Art of Disegno: Italian Prints & Drawings

Through Feb. 12: This exhibition, from the collections of the Georgia Museum of Art and Giuliano Ceseri, explores the variety and beauty of Italian draftsmanship through drawings and prints from the 16th through 18th centuries. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

DECEMBER

Art Appetizers

Dec. 21: Get a taste of the Museum's most recent exhibitions. Never the same tour twice, Art Appetizers is a 50-minute experience designed to fulfill your art cravings. Free with Museum admission. Check online or call for times. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Bilingual Toastmasters

Dec. 15, 22, 29: 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!

Dec. 15, 22, 29: 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

Dec. 15, 22, 29: 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

Dec. 15, 22, 29: 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

Dec. 15, 22, 29: 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

Playlist: Autumn Sky

Dec. 15: Join local indie darling Autumn Sky for a night of original folk and pop. Sky is an award-winning, multi-instrumentalist singer and songwriter from Sacramento. She will play songs from past releases and her sophomore album, "The Hallelujah Chorus." 7 p.m. \$6 Museum members, \$12 nonmembers. Purchase tickets at crockerartmuseum.org, the Museum Admission Desk, or by calling (916) 808-1182. Playlist is part of the program series Thursdays 'til 9. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Rotary Club of Pocket/Greenhaven

Dec. 15, 22, 29: 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

Dec. 15, 22, 29: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

Sam Brannan Middle School

Visitation Days

Dec. 15, Jan. 10, 11, 12, 17, 18, 19: Sam Brannan Middle School will host parent and 6th grade student visitation days. Come discover the exciting transformation taking place at Sam Brannan Middle School. See first-hand some of the best teaching taking place in Sacramento! All classrooms will be open to students and parents to visit, 8:30 a.m. - 12 noon. Contact the school office to schedule your visit. (916) 264-4350 x 1001.

Sutterville Heights Optimist Club

Dec. 15, 22, 29: 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

Ballroom Dances

Dec. 16, 20, 23, 27, 30: 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

Dec. 16, 23, 30: 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

Dec. 16, 23, 30: 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

Dec. 16, 23, 30: 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

Dec. 17, 24, 31: 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

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Food Addicts Anonymous

Dec. 17, 24, 31: 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.

Architecture Tour

Dec. 18: Explore the distinct architectural elements of the Teel Family Pavilion and the historic buildings in a tour that emphasizes looking, conversation, and group interaction. 12 p.m. Free with Museum admission. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Carmichael Farmer's Market

Dec. 18, 25: 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

Christmas concert

Dec. 18: Christmas concert with Patriotic and Traditional hymns. 7 p.m. Free concert with complimentary post-concert reception. Greek Orthodox Church, 3022 F St., Sac. (916) 443-3022

Classical Concert: Bel Tempo Ringers

Dec. 18: Bel Tempo Ringers, a Sacramento-based hand bell choir, will ring in the season with holiday music in this family-friendly performance. 3 p.m. \$6 Museum members, \$12 nonmembers. Purchase tickets at crockerartmuseum.org, the Museum Admission Desk, or by calling (916) 808-1182. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Co-Dependents Anonymous

Dec. 18, 25: 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

Dec. 18, 25: 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

Dec. 18, 25: 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

Dec. 18, 25: 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

Dec. 19, 26: 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

Dec. 19, 26: 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

Dec. 19, 26: 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

Dec. 19, 26: 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

Dec. 19, 26: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

Baby Loves Art

Dec. 20: Children will sing, move, groove, touch, and play while building key cognitive and motor skills. This program is for children from infancy to 36 months old and their caregivers. For registration and schedule details, call (916) 808-5499. 10:30 a.m. and 1 p.m. Registration begins at 9 a.m. on the first day of the month. This registration process ensures equitable access to this very popular program. Free with Museum admission. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Rotary Club of Arden-Arcade

Dec. 20, 27: 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

Dec. 20, 27: 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

Dec. 20, 21, 27, 28: 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

Co-Dependents Anonymous

Dec. 21, 28: 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.

December 18th, 2011 at 11am
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B & T: 'Vanishing art' very much alive at South Sacramento upholstery shop

Continued from page 10

lectors. In some cases, Clausen explained, people want the same exact style and color of the original piece of furniture.

Another reason folks consider reupholstering is the sentimental value of a piece of furniture being passed down in the family.

"Sometimes I have to rebuild the piece to make it good enough to reupholster," Clausen said. "It usually turns out better than the original piece."

Jim Burrus, owner of Garland Fabrics, has known Clausen since 1956.

"His work is superior," Burrus said. "We have a good relationship and trade customers back and forth all the time."

Clausen said he only uses the best foam and it has a five-year guarantee. He also reupholsters a lot of antique furniture. He has a list of referrals customers can use for wood refinishing and painting.

Redesign advantages

Clausen said in this economy, people often would rather pay to have a piece of furniture repaired, rather than to buy new. An advantage to reupholstering a piece of furniture, Clausen explained, is an unlimited choice of fabrics. He also restyles furniture. He can shorten, add height, or restyle the arms on chairs and sofas.

A vanishing art

Clausen said he views his work as a dying art. There are

many rules and regulations he must follow and thinks that is why there are not as many people in the industry today.

Bob Locke, a Sacramento resident, said he owns a unique three-piece sofa set he bought 35 years ago. He had Clausen reupholster it because one of the pieces had mold developing on it.

"Bill was gracious, knowledgeable and accessible," Locke said. "I am very pleased with his work. The sofa originally stood close to the floor and

Bill added two to three inch legs under the sofa, so it isn't so hard on my knees to get up."

Clausen has many customers in the Bay Area, Reno and Tahoe. He said most of his art deco clients live in the Bay Area.

Upholstery may be a "dying art," but Clausen said he is booked through the end of the year "and that is really good."

B&T Upholstery Repair is located at 1600-B Kitchner Road, off Freeport Boulevard, near Executive Airport. Call (916) 392-1959 for more information.

Wishing you and your family a
Happy Holiday Season



Dr. Alan Sladky and
Staff at Eyelusions

Thank you for your continued
support throughout the year.

7465 Rush River Drive
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testimonial

"We are thrilled to advertise with Valley Community News Paper. The staff is warm and welcoming. They make every effort to help us grow our clientele. They truly go above and beyond. The design team is fantastic. The Newspaper Delivery staff always delivers with a smile ear to ear. Thank you Valley Community News Paper for being a part of our business growth over the past 22 years."

Sincerely, Melissa Johnson,
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Faces and places

Skating IN A WINTER WONDERLAND

Photos by STEPHEN CROWLEY
East Sacramento News photographer

The young and the young-at-heart are taking advantage of the crisp weather by strapping on ice skates and stepping out onto the ice at the Downtown Sacramento-to Ice Rink.

The rink is open daily through Jan. 16 at 7th and K streets. Regular hours are Monday through Thursday from 2 p.m. to 8 p.m., Friday and Saturday from 10 a.m. to 10 p.m. and Sunday from 10 a.m. to 8 p.m. The rink will be closed on Christmas Day, but be open on Christmas Eve and New Year's Eve from 10 a.m. until 6 p.m.



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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. Spectacular master suite with 3 closets, granite custom cabinet sinks. See www.GStreetHome.com \$1,129,000

COLLEEN WIFVAT 719-2324



GORGEOUS FAB 40'S

Single Story home in East Sacramento's Fabulous Forties. 3 Bedroom 2 Bath with open floor plan featuring random oak flooring, Pella windows, custom cabinetry & woodwork. Large family room/den with 10-ft. ceilings & built-in bookcases. Murphy bed, crystal chandeliers, custom leaded-pane windows. See: www.1415-44thst.com \$819,000

LINDA WOOD 802-8042



HIGHWATER BUNGALOW

Large high-water bungalow extensively remodeling; upstairs was redesigned with 2 large, sunny bedrooms and an impressive master suite with office, walk-in closet, changing area, master bath with jetted tub, large shower, and a deck overlooking the newly-sodded backyard. See www.1545SantaYnezWay.com \$574,950

DAVID KIRRENE 531-7495



REMODELED EAST SAC

This 2 bedroom bungalow is minutes away from Mckinley Park and coffee shops in the heart of East Sacramento. Over \$80,000 spent in the kitchen remodel with top of the line appliances, cabinets, and flooring. The open floor plan also includes two extra spaces for an office or hobby room. See: 60837thst.ihousenet.com \$335,000

TIM COLLOM 247-8048



FABULOUS RIVER PARK

Cute 3 bedroom remodeled home with a deep park like backyard. Entertain your friends with this show piece. You will love to cook in the chef's kitchen with beautiful cabinets, granite counters and stainless steel appliances. See: 5180moddisonave.epropertysites.com \$299,000

DAVID KIRRENE 531-7495



MCKINLEY PARK BUNGALOW

Fantastic 2 bedroom home located close to Mckinley Park. This bungalow also includes a large bonus room which is perfect for an office or a children's playroom. Just down the street from The Park and virtually minutes to Midtown/downtown. See: www.21632ndstreet.ihousenet.com \$325,000

TIM COLLOM 247-8048



WHAT A CHARMER!

This beautifully maintained and incredibly charming 2 bedroom 1 bath home has all the right upgrades! Wood floors in great condition and dual pane windows, tons of light and open floor plan. . See: 31258Nstreet.epropertysites.com \$289,000

TIM COLLOM 247-8048 • LIBBY NEIL 539-5881



SPANISH MEDITERRANEAN

Amazing 4 bedroom 3 bath in East Sacramento! Completely remodeled within the last few years. Four very large bedrooms, a gourmet kitchen, top of the line fixtures, laundry upstairs & downstairs and a phenomenal master suite are all included. See www.172141ststreet.epropertysites.com \$615,000

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RIVER PARK

3 bedrooms and 2 full baths with functional layout and large backyard complete with dog run. Kitchen has maple cabinets, Corian countertops, walk-in pantry. Hardwood floors throughout with cherry inlay in dining room. See: 4301breunerave.ihousenet.com \$335,000

STEPHANIE GALLAGHER 342-2288

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