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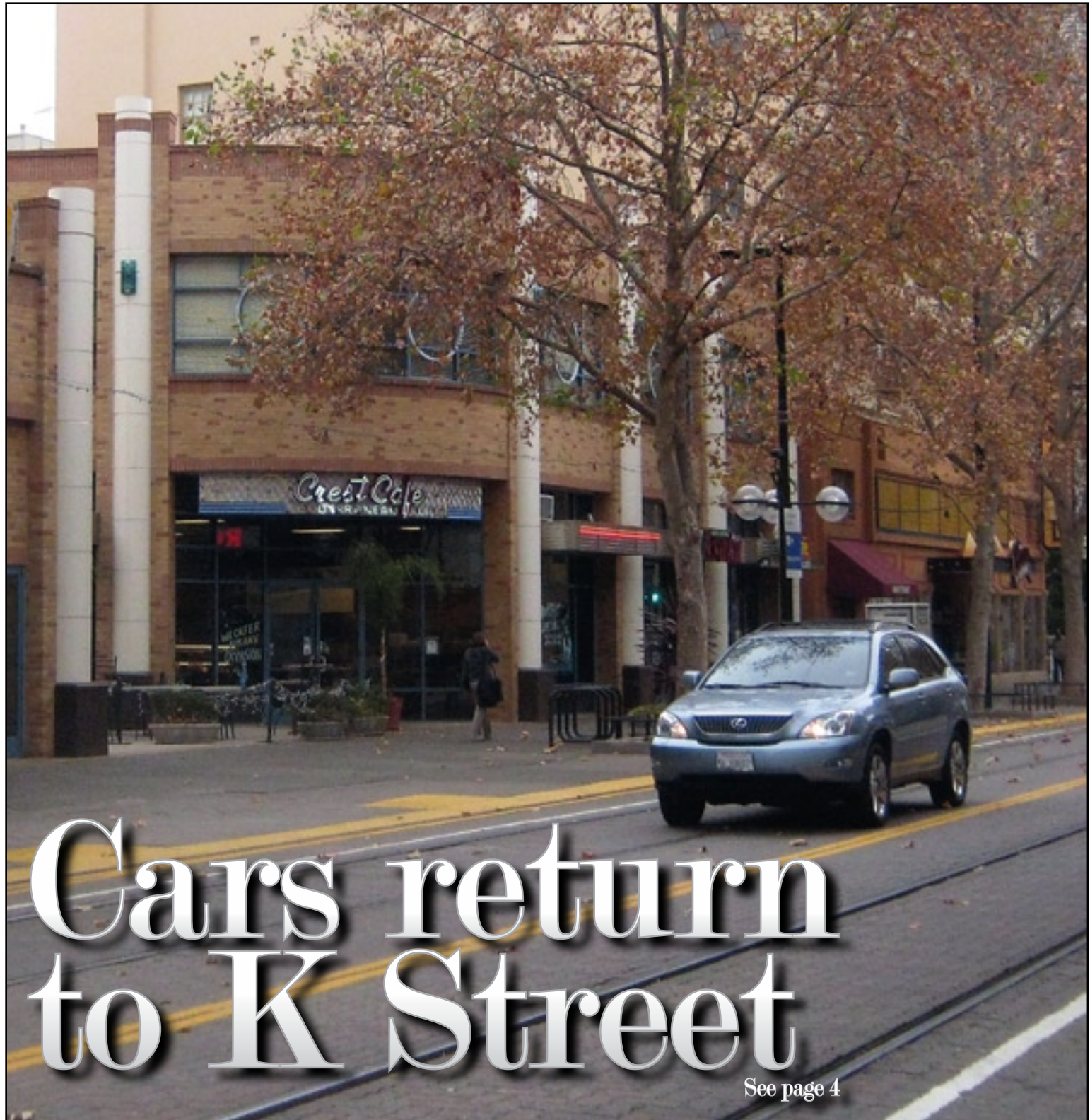
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Janey Way Memories

Terry takes ping pong to a new level



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

In August of the summer of 1960, Dad noticed we were looking bored and restless, so he decided to do something about it.

He drove off early one Saturday morning, and came home with a big box in the back of the car.

When he opened it up, we saw it was a new ping pong table. Wow, that was great. Soon dad had the table all set up and my brother Terry and I began to play. It didn't take long for the kids to come over and line up to play.

We decided to establish an order of play for our games. Two people played and when the game ended, the loser went the end of the line. The winner played whoever was first in line.

This way, everyone got to play. Soon we were playing ping pong daily in our driveway. We even had tournaments, with no prizes of course, just bragging rights.

One day during the week, Terry and I played while a group of other kids waited in line. I usually beat Terry easily, but he was improving quickly, the more he played.

That game was close, with Terry winning his serves and me winning my serves. However, in the end, Terry edged me out, much to my chagrin.

Terry began to tease me about his victory. I got so mad, I threw down my paddle and said, "I am going to kill you, Terry."

Then, I chased him around the table two or three times, until finally, he ran in the house and locked the door.

Still fuming, I started another game with Randy Puccetti.

As we played, Terry suddenly streamed out the door carrying a little league baseball bat, saying, "Now I am going to get you, Marty."

Fearing for my well-being, I ran around the table, then down the driveway, turned left and sprinted, full speed, all the way to the corner where I grabbed the street sign pole, spun around, and gazed back toward our home.



'I had to admit, Terry got the best of me that day. He had summoned up the courage to stand up to me, and I think our relationship changed forever that morning.'

Terry stood there at the end of the driveway waving the baseball bat at me in triumph.

I stood there helplessly. I could not return with him wielding a bat.

Eventually, however, he ran back up the driveway and resumed playing ping pong. I waited five, ten...then 15 minutes.

Finally, I returned home. Terry continued playing his game. The bat was nowhere in sight, and I was left to ponder what had just happened.

I had to admit, Terry got the best of me that day. He had summoned up the courage to stand up to me, and I think our relationship changed forever that morning.

These days, when we talk about such things, we always have a good laugh.

Now, the day that Terry elevated ping pong to a new level is just another game-changing Janey Way memory.

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Upcoming fun at the McKinley Library

Special to East Sacramento News

Try your hand at something new this month at the McKinley Library!

Fleece Crafts

On Jan. 7, make a scarf, hat of smartphone "Snuggie" from durable, colorful fleece. No prior sewing knowledge is necessary, and all materials will be provided. Fleece is easy to cut and work with, because it doesn't fray or unravel.

This adult program will be held at the library from 1 p.m. to 2 p.m.

Chinese New Year

On Jan. 19, come celebrate the Chinese Year of the Dragon! Chinese dragons traditionally represent strong, good pow-

ers, especially with control over water, rainfall, hurricanes and floods. The dragon is also a symbol of power, strength and good luck.

This school-age program will be held on Thursday afternoon from 3 p.m. to 4 p.m. Make crafts and have your Chinese horoscope read.

The McKinley Park Library is located at 601 Alhambra Boulevard in Sacramento. For additional information, call (916) 264-2700 or visit www.saclibrary.org.



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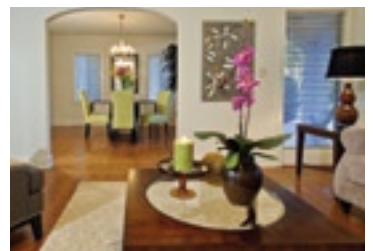
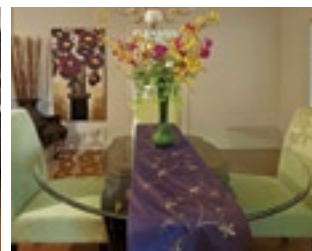
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Vehicles driving new life to K Street businesses

By ELIZABETH VALENTE
East Sacramento News writer
elizabeth@valcomnews.com

January 12 will mark two months since cars returned to K Street between 8th and 12th streets. The last car to drive down the four block commercial streets was back in 1969 when gas cost an average 35 cents per gallon.

The drive to reopen K Street to motorists was to reconnect people to new and old businesses at the former pedestrian mall. According to a survey conducted by the Department of Transportation last August, other reasons in support of returning vehicles to K Street also included "safety from street persons, general revitalization, and potential for increased business."

"Adding cars back to K Street will only further this effort, spur economic vitality, and provide that additional ingredient needed to continue the renaissance of this key downtown street," said Mayor Kevin Johnson.

Efforts by the City, its redevelopment agency and the Downtown Sacramento Partnership, to bring more business to K Street already have had some success.

"Businesses are thrilled to see cars return to K Street as they expect it will provide additional exposure for their businesses as well as increased convenience with the passenger drop-offs," explained Amy Williams, City media and communications officer.

"Vehicle traffic to K Street has also added visibility to the street, we can access drivers to Old Sac. and to mid-



East Sacramento News photo, Elizabeth Valente

DRIVERS AND PEDESTRIANS need to be on the lookout for one another, now that K Street is open to motorized vehicles. Sacramento police are issuing traffic warnings to the unwary.

town. It's a way of connecting people better to those properties," added Lisa Martinez, director of marketing and outreach for the Downtown Sacramento Partnership.

Some merchants and daily pedestrians who work in the area say they have seen little change, while others say they have seen a positive difference in their business.

Chuck Karajeh, who manages the Midtown Mini Market at 1026 K St., said he has seen no changes in business so far.

"Not many people know that cars can drive on the street and there's no place to park, so nothing has changed,"

he said. "If they had street parking, it would help."

Pizza Rock and Dive Bar, new eateries that opened at the beginning of the year as part of a redevelopment project spearheaded by the City Redevelopment Department, both say business has been good. They are seeing increased activity on the weekends and at night.

Kim Anderson, general manager at Ambrosia Café located at 1030 K Street, said this was the best December the café has had in the eight years it's been open.

"It's been OK, still too early to tell, but we have seen a new batch of cus-

The Department of Transportation plans to release a new K Street Vehicle Traffic Data Study, between 8th and 12th streets, in February. The purpose of the new study is to determine the benefits, impacts and feasibility of allowing cars on K Street.

"The new research will help us gather the latest traffic data such as changes of driver's behavior, speed, determine the benefits, impacts and trip frequency," said Linda Tucker, spokesperson for the Department of Transportation.

The department is currently working on tweaking some of the roadway operations, including more signs alerting pedestrians they now must cross only at intersections, not midblock.

"The cars on K Street are new, drivers and pedestrians need time to adjust to using the road," explained Sergeant Dave Valdez, Sacramento Police Department Motor Unit. "Some pedestrians like to cut across directly to a business."

Sgt. Valdez said his team is cracking down on jaywalkers, but not necessarily with citation tickets.

"We are focusing on educating pedestrians by stopping them and giving them warnings, not necessarily citations," he said. "Now that vehicles can drive down K Street, it's become a unique environment. It's new traffic, a lot of construction and confusion."

See K Street, page 5



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K Street: Sacramento police handing out warnings to drivers, pedestrians

Continued from page 4

tomers who say, 'we drove by and saw your café, which is always good,' Anderson said. "In years past, December has been very slow for us because legislative session is closed for the holiday, but because the street has opened up, it has been a definite plus."

For many drivers this means another option when driving across town.

"J Street has been so congested for a number of years," said Joan Starke, Carmichael motorist. "It will be so nice to know that I have this option now."

Mark (declined to share his last name), who walks down K Street nearly every day, said he's seen traffic slowly picking up.

"Bringing cars back to K Street is not just about being able to see the shops or the drive down the street, but that it is also about changing the psychology of the space," he said. "That will take time and obviously more than just cars."



K STREET is open to vehicular traffic after being closed for over four decades.

East Sacramento News photo, Elizabeth Valente

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Pedestrians:

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Healthcare in early Sacramento a priority for pioneers

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

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

Many firsts occurred at Sutter's Fort, including the establishment of the area's first hospitals. And among these hospitals was the city's first hospital, Sacramento Hospital, which was founded by Dr. Charles H. Cragin and Alex G. Abell.

On Dec. 24, 1849, Cragin and Abell sold the Sacramento Hospital to Dr. Robert M. Stansbury, who began operating his practice at this institution.

Five days later, *The Sacramento Union* published rates for the hospital.

These rates were \$16 per day for a patient occupying a room alone (\$721 in today's dollars), \$12 per day for patients occupying a room with two or three patients (\$541) and \$10 per day for ward patients (\$451).

These charges covered board, lodging, the washing of towels and bed linen, medicines, medical and "other necessary attendance." Additional costs were charged for surgical operations.

The Union also noted that Dr. J.W.H. Stettinius and Charles E. Abbot were associated with the Sacramento Hospital at that time.

Flood troubles

Sacramento's major flood of January 1850 led to a local rumor that patients had been left to drown in area hospitals.

In attempting to spread the truth regarding this topic, the *Placer Times* referred to the rumor as an "absurd story" and reported that the sick had "all been comfortably provided for."

The *Times* also noted that "those in the Sacramento Hospital, near Sutter's Fort, were taken into the fort, around which there (had) been several acres of dry land when the water was at its highest point."

A brief summary about the hospital was published in the Sept. 24, 1850 edition of the *Transcript*.

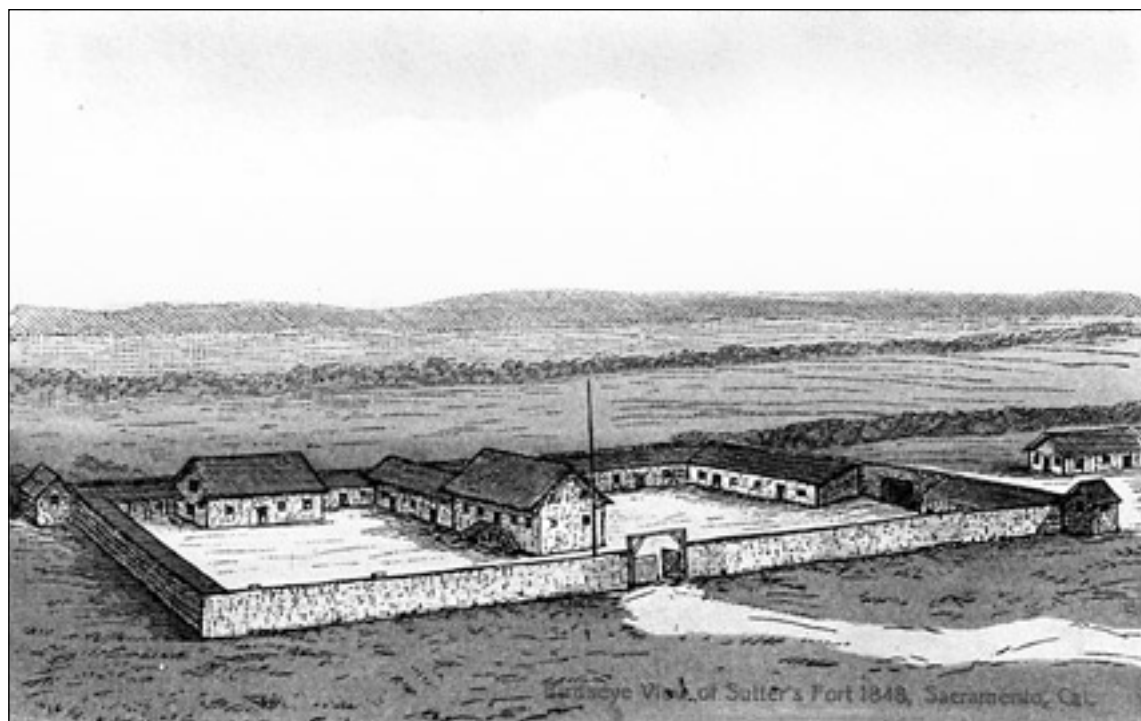
It was reported in this summary that "the gentlemanly physician Dr. R.M. Stansbury" said that 68 patients, including 52 from the city, were being cared for at the hospital.

It was also mentioned in the same summary that a "new and admirably constructed house was in (the) process of erection near the hospital, in which a portion of the invalids were to be placed."

Although the Sacramento Hospital may have existed for a longer period of time, it continued to serve patients until at least late 1850.

Sutter's Fort Hospital

In October 1849, another hospital, which was known as Sutter's Fort Hospital, opened in one of the bastions of the



SUTTER'S FORT, shown in this drawing depicting the landmark in 1848, was the site of Sacramento's early day hospitals. Photo courtesy, the Lance Armstrong Collection

fort with Dr. W.G. Deal and Dr. James S. Martin serving as its physicians.

Two months later, Dr. Benjamin R. Carman replaced Deal at the hospital, which had also then-recently undergone repairs for the winter.

In its April 16, 1850 edition, the *Transcript* noted the following information regarding the hospital: "The salubrity of the location is evident to everyone. The hospital being in a large adobe building, it is exempt from that extreme heat, which is incident to this climate during the summer."

Masons and Odd Fellows Hospital

Another early hospital at Sutter's Fort was the Masons and Odd Fellows' Hospital, which was located in the southeast corner of the fort on property that was purchased by Deal in August 1849.

Under the heading, "City Hospital - Charity Movements," an early report about this hospital appeared in the Dec. 8, 1849 edition of the *Times*, as follows:

"The Odd Fellows have purchased one corner of Sutter's Fort and have since been joined by the Masons in their work of benevolence. Their arrangements for its government are good; each association have (sic) elected three trustees - the sixth elect a seventh, who is to be a Mason and Odd Fellow both.

The Board thus formed have (sic) exclusive control over the affairs of the hospital. These two institutions of charity and the hospital of our city will soon be able, we hope, to relieve in a measure the sufferings of the unfortunate."

The Transcript reported on May 2, 1850 that since the hospital's opening, Deal was serving as the institution's physician, minister, trustee and friend "without hope of reward, save that reward so freely flowing from an approving conscience."

Financial woes

The following day, *The Times* informed the public that the hospital had a debt of \$15,000 and would not be able to continue its operation without the assistance of liberal aid.

The article noted that Deal had contributed \$2,000 and Brannan donated \$500 toward saving the hospital, which benefitted both members of these societies and others.

Additionally assisting in the early efforts to save the hospital was a benefit that was held at the Tehama Theatre on Tuesday evening, May 7, 1850. A portion of the \$1,129 raised through the event was contributed to the cause of lowering the hospital's debt.

The benefit featured a spirited presentation of the "Lady of Lyons," a performance by several men from Donnelly's Minstrels, and a capital farce of "A Day in Paris."

Another successful benefit for the hospital was presented 10 days later by Rowe's Circus Company at the Pacific Theater.

An announcement regarding the hospital appeared in the June 25, 1850 edition of *The Transcript*, as follows: "Yesterday, before the Masonic procession had disbanded, a large collection was taken up of one hundred and seventy dollars and a subscription of nine hundred, in aid of the Masons and Odd Fellows' Hospital."

Furthermore, as a donation to the hospital, the Sacramento firm of Dewey & Smith relieved the hospital of its debt of \$350 in July 1850.

It was also during this time that Dr. McClure was serving as the hospital's resident physician and attendance in the general ward cost \$35 per week.

The Transcript reported on July 16, 1850 that since the previous October until several weeks prior to the report that seven to 20 patients were being treated at the hospital.

The Board of Trustees members for the hospital during 1850 were: Deal, president; Dr. John Frederick Morse, secretary; Colonel A.M. Winn; Chief Justice Hastings; Captain Cunningham; and Judge Doughty, treasure.

The Masons and Odd Fellows' Hospital continued to survive through volunteer subscriptions throughout the majority of its existence, which continued until at least October 1851.

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Red Cross offering free disaster preparedness training in January

Special to East Sacramento News



American Red Cross

Throughout the month of January, the American Red Cross is offering a free disaster preparedness workshop at a number of neighborhood libraries around the capital city.

Each workshop is just one hour, and will help equip you and your family with the necessary knowledge and skills to Be Red Cross Ready. The workshop will focus on three important steps: Get a kit, make a plan and be informed.

The workshop will be offered on the following dates:

- Jan. 10, 6 p.m.: North Highlands-Antelope Public Library, 4235 Antelope Rd., North Highlands
- Jan. 12, 6 p.m.: Martin Luther King Jr. Public Library, 7340 24th Street Bypass, Sacramento
- Jan. 17, 6:30 p.m.: Colonial Heights Public Library, 4799 Stockton Blvd., Sacramento
- Jan. 25, 6:30 p.m.: Southgate Public Library, 6132 66th Ave., Sacramento
- Jan. 28, 1:30 p.m.: South Natomas Public Library, 2901 Truxel Rd., Sacramento

For more information, contact Amanda Barker at the American Red Cross at (916) 993-7065.

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College entry workshops offered at Robbie Waters Pocket-Greenhaven Library

Special to East Sacramento News

The Sacramento Public Library will host two free workshops to provide useful information for college-bound students at its Robbie Waters Pocket-Greenhaven branch on Jan. 11 and 18.

Each program will present the basics of the four types of financial aid (grants, scholarships, work study and loans), plus the details of the FAFSA (Free Application for Federal Student Aid) -- the one financial aid application form all college-bound students should fill out.

Wednesday, Jan. 11 at 6:30 p.m.: Learn about the online FAFSA application, when to apply, and where you can go for help when filling it out.

Wednesday, Jan. 18 at 6:30 p.m.: The Scholarship Search workshop will help participants learn when and where to look for scholarships and the basics to include in any scholarship essay.

Leading both workshops will be Marilyn Van Loben Sels, a certified college counselor, who has been helping students and their families for more than fifteen years.

Registration is required by calling the Sacramento Public Library at (916) 264-2920 or visiting by www.saclibrary.org. The Robbie Waters Pocket-Greenhaven Library is located at 7335 Gloria Drive in Sacramento.

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No sewing skill needed

Volunteers needed to help make pillows for cancer patients

Special to East Sacramento News

The non-profit organization, Necessities Bag Sacramento (NBS), invites members of the public to participate in its quarterly "Pillow Party" event on Monday, Jan. 9 from 6 p.m. to 8:30 p.m. at Central United Methodist Church. Come, bring a friend and volunteer on behalf of Sacramento women with breast cancer.

This is an opportunity for community volunteers to craft comfort pillows for local women undergo-

ing mastectomies due to breast cancer. *You need not be skilled at sewing.*

Eight stations allow for work at any skill level.

NBS provides a free tote bag of comfort and wound care supplies to patients. The most beloved items in the bag are two small, soft pillows made from cheery cotton fabrics. The women use these as support for their arms after surgery. The pillows provide a buffer under seatbelts (to and from doctor appointments) and allow wom-

en to rest more comfortably, while still sensitive to draining tubes and stitches.

Women use the pillows throughout their recuperations and reconstructive surgeries. They are a comforting, valuable resource.

To learn more, and to read comments from Necessities Bag recipients, visit <http://necessitiesbagsac.org>. RSVP to Joan Eddy at (916) 451-3831 or eddyjk@comcast.net. Central United Methodist Church is located at 5265 H Street (corner of 53rd and H) in Sacramento.



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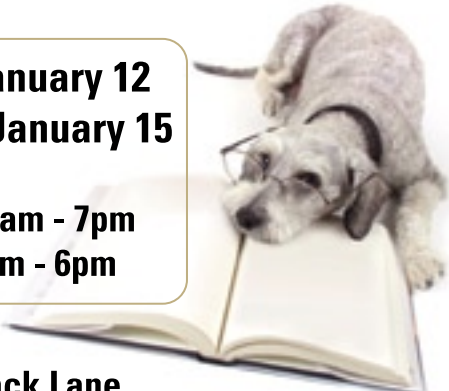

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Leafy controversy sure to raise a few rakes in Sacramento

By ELIZABETH VALENTE
East Sacramento writer
elizabeth@valcomnews.com

To help the City of Sacramento save money, collecting your next batch of leaves from in front of your home may cost you more, particularly if you live in a very "leafy" neighborhood.

Yard waste collection is provided by the City's Department of General Services. Residents with this service can place a single pile of yard waste, up to two cubic yards, between the sidewalk and the curb for collection.

This spring the Department of General Services will ask the City Council to place a measure on the November 2012 ballot repealing 1977's Measure A, the law which prohibits the City from requiring containerized yard and garden collection.

"Our primary objective is not to raise rates for several years, but part of the challenge is it's very inefficient and expensive to have two different green waste programs," explained Steve Harriman, integrated waste manager. He said his office operates like a business and staff are currently looking at different scenarios for the collection programs.

"The monthly collection fees we charge customers pay for labor, employees, disposal of the material, equipment, maintenance and replacement," Harriman said.

The City collects a total of 80,000 tons of green waste through the City's two programs, the Containerized Yard Waste Collection Program and the Loose-in-the-Street Collection Program.

City officials say that current rates for the Loose-in-the-Street program aren't enough to pay for the program. An increase may need to occur to help the city's budget.

Nearly 13,000 residents on the program pay \$13.71 a month to have their bags collected. Only those on the program have their piled leaves on the streets picked up. If rates don't increase, frequency of pick-up of leaf piles and lawn trimmings for those who don't use green bins would have to be reduced.

"During leaf season, between Thanksgiving and New Year's, the City collects nearly 27,000 tons of yard waste," said Harriman. "Containers are not enough during this time of the year. The leaf collection program helps keep leaves from blocking storm drains and prevents



Photo courtesy, Steve Harriman

LEAF COLLECTIONS are often made with tractors in neighborhoods such as Land Park, Curtis Park, East Sacramento and the Pocket.

decaying leaves from polluting our lakes and streams."

Nearly 103,000 city residents use the 96 galloon green bins that the City provides, at a monthly rate of \$10.35 for the weekly pick-up. They also benefit from the loose leaf service eight times a year. A majority of the residents on the program live in midtown, Land Park, Curtis Park, East Sacramento, the Pocket, and Del Paso Heights.

"It only takes one employee and one vehicle to pick up the bin collection, therefore using much less fuel, less traffic congestion," Harriman said. "Versus the Loose-in-the-Street piles takes two employees and two vehicles with rear loaders and 'claws' that scoop up the leaves. The container program also leaves the street quite a bit cleaner,

See Leaves, page 12

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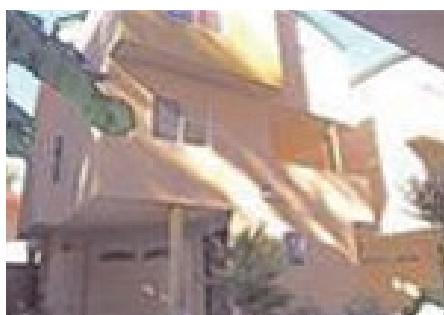
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Leaves: City to consider changes to how yard waste is collected

Continued from page 10

less spillage on the curb, less danger of leaves spilling over onto drains, less residue left behind.”

Brady Helmes lives in the leafy district of Curtis Park and said, “Leaf collection is a basic city service that should be funded through existing revenue. The goal is to have storm drains free from clogs and our neighborhoods looking clean. If this system doesn’t work, then we need to explore other options.”

City staffers are currently working with the Utilities Rate Advisory Commission to come up with new solutions.

“In the next couple of months, we’re also getting ready to go out into the community and neighborhood associations to ask for people’s input,” said Harriman.

One idea the City is playing with is having a bi-weekly collection for their curbside recycling collection.

“All the other jurisdictions inside Sacramento County pick up every other week. Weekly collection is very convenient and easy

for customers, but it’s also very expensive,” Harriman added.

“We used to have it as a bi-weekly pick up in the past, and I think I can live with that if it keeps my monthly rate down,” said Land Park resident Pete Madefield.

The City offers containerized customers eight scheduled Loose-in-the-Street collections per year. To comply with state law, the City can only provide the service as it is defined onto those customers who are paying for it.

- January: Collection second full week
- February: Collection last full week
- May: Collection last full week
- October: Collection last full week
- November and December: Collection will be two times per month, however schedules may vary during leaf season

For more information about the Containerized Yard Waste and Loose-in-the-Street Service Guidelines log onto www.cityofsacramento.org/utilities/solid-waste-recycling

Illegal dumping an issue for City collectors

City officials from the Waste Program are conducting “spot checks” of city streets to make sure there is no illegal dumping in neighborhoods.

“It’s a headache, people are abusing the program and it’s costing the City money that we could use in other places,” said Harriman. “Gardeners doing yard maintenance in other cities are driving their waste into the City of Sacramento and dumping it in neighborhoods where they know we have regular pickups.”

The Department of General Services has one code enforcement officer whose job is to locate and cite the illegal dumping.

“It’s a big city and the enforcement is difficult, especially when the dumping happens at night,” explained Harriman. “We’ve confronted a number of gardeners, but it’s also helpful if residents that see the illegal dumping report it so we can take action.”

Where does all the waste go?

Waste collections from city residents are not recycled back to Sacramento.

“The collected leaves are made into compost to fertilize agriculture lands and landscaped areas outside of Sacramento,” explained William Skinner, collections superintendent. “Compost places in urban areas like

Sacramento are hard to manage. They always have an odor that affects the neighboring homes.”

Yard waste consists of materials normally generated in the maintenance of gardens, yards, lawns, or landscaped areas whether residential, commercial or public. This includes leaves, grass clippings, plants, shrubs and pruning. State law says that 50 percent of all waste generated in the City of Sacramento is to be recycled.

The Department of General Services works with a private company that takes the collected material for different types of recyclable usage:

- **Alternative daily cover** goes to Yolo County Landfill. The garbage has to be covered with dirt and other material, such as yard waste to keep birds and other animals away from the landfill.
- **Cogeneration facilities** burn waste materials as a fuel source at Rio Bravo-Rocklin Power Station in Lincoln. The burning occurs mainly in the spring and summer months.
- **Compost and mulch facilities** turn waste into compost and this then goes to Napa County. The compost is mixed with manure and sold for agricultural use in the area.

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'Young at Art 2012' opens vista of possibilities to region's middle school students

By SUSANLAIRD
East Sacramento News editor
susan@valcomnews.com

Art is a path for the exploration of beauty...a door to an infinite number of possibilities. It is not intended to be enjoyed – or created – only by the cultured or the elite. It is for all people, and for every age group.

This is especially true for young people, who see the future through a unique and hopeful perspective.

For the past four years, the annual "Young at Art" show for middle school students in the Sacramento region has showcased the work of young artists. Students and schools from Sacramento, Davis, Auburn, Woodland, Granite Bay, Folsom and El Dorado Hills have participated in the past.

This annual student art show is highly anticipated and well attended. It is sponsored by St. Francis Catholic High School, which is known statewide and nationally for its programs in the visual and performing arts. Although St. Francis is a high school for young women,

entries from both boys and girls are encouraged. The competition is open to students from public, private and home schools.

At a time when arts programs are operating in a "reduced" (or perhaps, non-existent) role in some schools, this program provides individual students an opportunity to shine. There are no entry fees, and the grand opening of the show is a fun experience. The young people of this area are extremely talented.

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

The grand opening of the art show will be held on Feb. 1 in the St. Francis High School Arts Complex at 5 p.m. All artists and their families are welcome. Awards will be presented at 6 p.m.

The prizes are pretty cool. These include art supplies (sketchbooks, charcoal, paints and more), gift certificates to

local art supplies stores, etc. The grand prize is a full scholarship to the St. Francis High School Summer Arts Workshop for Middle School Students, worth \$275. The grand prize winner will have the opportunity to pursue his or her arts passion with the direction of the Troubadour Art Department's amazing faculty.

Entry details: Students and schools should deliver art works to the St. Francis High School Art Theatre Complex Foyer on Thursday, Jan. 26 between 3:30 p.m. and 5 p.m. Artwork will not be accepted at any other time or date. The campus is located at 5900 Elvas Avenue in Sacramento, just off 65th Street and Highway 50.

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



Image, courtesy

YOUNG AT ART 2012 will give local middle school artists an opportunity to create and show a variety of artworks – and gain recognition in a regional Sacramento show.

The limit for submissions is up to 25 pieces per school and one work per student. All mediums and sizes of art are accepted. For more information, call (916) 737-5002.

Art is a vital expression of the creative mind. It encourages solutions-oriented thinking.

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Special to East Sacramento News

In addition to hitting schools, irrigation systems and traffic signals, copper wire thieves have left approximately 175 neighborhood locations throughout Sacramento in the dark over the course of the last several months.

Some of these neighborhood locations involve several blocks of street lights out within each location reported.

The City is asking the public to help stop copper thieves, as the situation has risen to a level in which repairs to streetlights are backlogged for up to three to four months – even with a four-person crew working seven days a week and a just hired contract crew.

Calls from the public about streetlights out have increased dramatically since the end of daylight savings time. The City continues to receive on aver-

age four to five reports weekly of new neighborhood areas that have been hit by copper wire thieves.

Please be vigilant about reporting to Sacramento Police any suspicious activity around streetlights in which a truck without a City seal and workers without uniforms and badges are visible.

To date the Department of Transportation has spent \$200,000 replacing copper wire. The Department has encumbered \$95,000 for contractor costs, \$86,000 in copper wire stock and \$90,000 in pull box security lids. The department will ask the city council to approve additional funding in January to purchase more security lids, as there are 40,000 streetlights and two pull boxes per streetlight that will ultimately be needed.

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Know your neighbor

Compounding pharmacy, gift store & spa offer that unique 'something' for every one

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

It's hard to walk into Parkside Pharmacy in Sacramento without sampling a body lotion or perusing the many cards made by local artists.

Now open for two and a half years, Parkside was formally known as Land Park Pharmacy. Ted and Georgia Econome opened the pharmacy in 1953 and are now retired. Current owner John Ortego worked for Land Park Pharmacy three years before the Econome's retired. When the pharmacy closed, Ortego saw the perfect opportunity to remodel it based on an idea he and his wife Michelle had discussed.

John graduated from the University of Pacific and had a vision of running a compound pharmacy. Compounding is the mixing of drugs by a compounding pharmacist to fit the unique needs of a patient. This may be done for medically necessary reasons, such as to change the form of the medication from a solid pill to a liquid, to avoid a non-essential ingredient that the patient is allergic to, or to obtain the exact dose needed. It may also be done for voluntary reasons, such as adding favorite flavors to a medication.

John wanted to run an independent, whole wellness pharmacy that included a spa.

"John entered a nationwide competition with the idea of having a whole wellness pharmacy that included the compounding pharmacy, boutique and skincare and won," Michelle said. "He received a lot of recognition for his idea."

In addition to servicing the local community, he also makes compound medications for his neighbor, the Sacramento Zoo. Compound medications make it easier to treat the animals there.

John hired Gary Thomas to help him run the pharmacy. Thomas previously ran the Land Park Pharmacy for 35 years.

"Gary is a celebrity," Michelle said. "He reminds me of the old-fashioned doctors, who used to make house calls."

Michelle wanted a boutique where people could purchase jewelry, paintings and cards made by local artists.

"Our cards are provided mostly by Papyrus and a local artist known as Artey Mas," Michelle said. "Artey Mas is owned by Marisa Gutierrez, who happens to be my cousin."

Gutierrez also brings in featured paintings by local artists in the area.

Michelle said another popular item in the boutique is hand-stitched baby booties, made by a woman who lives in Land Park.

"Our biggest hit in the boutique is the jewelry, which is from all over the world and very unique," Michelle said. "We have a variety of price ranges too."

With a medical background in skin care, Michelle wanted to make sure the spa had a medically trained aesthetician on hand.

Michelle has over 10 years experience working with dermatologists. She bought a medical grade machine for the microdermabrasion treatments and said it took her a while to find a good aesthetician.



East Sacramento News photo, Sally King
THE BOUTIQUE section of Parkside Pharmacy features local and international items that are unique and one-of-a-kind. Perfect for gift giving.

"Everyone loves Marla, our aesthetician, and we even have Arden Park residents coming in for spa treatments," Michelle said. "I eventually want to add a massage therapist."

Michelle said her goal for the new pharmacy was pulling in the newer generation with the spa and cosmetics. With more light coming into the building now, it appears larger and warmly inviting.

Michelle promotes local business to the visitors who come to her store. She thinks it is important to support the local economy and said it is a big deal to her.

The store is set up with the compounding pharmacy located in the back and the boutique and spa in the front. Parkside has a website with a calendar listing their

monthly events. A book signing at the store in early December delighted Wayne Thiebaud fans. Children recently had the opportunity to pose with Santa. Parkside is also presenting the "12 days of Christmas" that include spa specials.

An email is sent every second Saturday with daily specials to Parkside's email listing. Michelle said this has become quite popular.

Both John and Michelle say that running the Parkside Pharmacy has been a lot of work, but also a lot of fun in the making.

Parkside Pharmacy is located 4404 Del Rio Road in Sacramento. Call (916) 452-2200 or visit www.myparksidepharmacy.com.

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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

'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 exhibition reveals the intense emotion, saturated color, and refined brushwork that char-

acterized 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

JANUARY

Art Appetizers

Jan. 5, 14, 18, 26: Get a taste of the Museum's most recent exhibitions. Never the same tour twice, Art Appetizers is a 50-minute gallery experience designed to fulfill your art cravings. Wed. at 12 noon, Thurs. at 6 p.m., Sat. at 4 p.m. Free with Museum admission. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Bilingual Toastmasters

Jan. 5, 12, 19, 26: 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!

Jan. 5, 12, 19, 26: 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

Film Frame: "Sunset Boulevard"

Jan. 5: (1950, 110 Minutes) Director Billy Wilder's Academy-Award-winning classic connects Baroque drama with a modern medium. Film scholar Kristen Anderson Wagner will introduce the film and give the audience a sneak peek of Film Frame features to come in 2012. Seating is limited and available on a first-come, first-served basis. 6:30 p.m. Free to Museum members, \$5 nonmembers in advance, \$10 nonmembers at the door. Purchase tickets at crockerartmuseum.org, the Museum Admission Desk, or by calling (916) 808-1182. Film Frame is part of the program series Thursdays til 9. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Florin Sears Store Farmer's Market

Jan. 5, 12, 19, 26: 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

Jan. 5, 12, 19, 26: 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

Jan. 5, 12, 19, 26: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

Rotary Club of Pocket/Greenhaven

Jan. 5, 12, 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sacramento Downtown Plaza

Farmer's Market

Jan. 5, 12, 19, 26: 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

Jan. 5, 12, 19, 26: 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

Jan. 6, 10, 13, 17, 20, 24, 27, 31: 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

Jan. 6, 13, 20, 27: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

Rotary Club of Point West

Jan. 6, 13, 20, 27: 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

Jan. 6, 13, 20, 27: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Country Club Plaza Farmer's Market

Jan. 7, 14, 21, 28: 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

Food Addicts Anonymous

Jan. 7, 14, 21, 28: 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.

Highlight Tours

Jan. 7, 14, 21, 28: Discover the essence of the Crocker's permanent collection and special exhibitions in this general tour of the Museum. 11 a.m. and 1 p.m. Free with Museum admission. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Pancake Breakfast

Jan. 7, Feb. 4: Two light, delicious, warm pancakes, a tasty patty of sausage, Log Cabin syrup, tea and coffee, all for only \$3/person! 8:30 a.m.-10 a.m. Every First Saturday of the Month. Benefits the Wednesday Club. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Carmichael Farmer's Market

Jan. 8, 15, 22, 29: 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

Co-Dependents Anonymous

Jan. 8, 15, 22, 29: 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

Jan. 8, 15, 22, 29: 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

Jan. 8, 15, 22, 29: 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

Jan. 8, 15, 22, 29: 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

Jan. 9, 16, 23, 30: 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.

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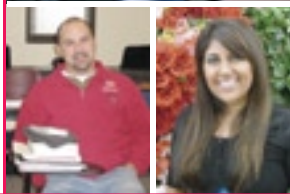
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Faces and Places Happy New Year!

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Residents of East Sacramento and the surrounding area gathered in Old Sacramento to usher in the New Year and say goodbye to 2011.

Members of the Sacramento Walking Sticks Volkssport Club chose to start 2012 off with the burning of calories. Others chose to say goodbye to 2011 by attending the festive celebrations sponsored by the City on New Year's Eve.



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Amazing 2 bedroom home on one of East Sacramento's best streets, Pala Way. This spacious floorplan has great hardwood floors, central heat and air, a quarter basement a vintage fireplace, and good sized bedrooms. All and all.... a great buy. See: www.484palaway.epropertiesites.com \$320,000

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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. Also included is central/heat and air, a vintage fireplace, and a 2-car garage. See: 60837thst.ihousenet.com \$335,000

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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

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