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Photo courtesy, Stuart King

NOT WEIRDOS AND GEEKS, the St. Francis Fembots hosted the FIRST Robotics Practice Day for high school robotics teams throughout the region. Teams came from as far away as the East Bay Area. Robotics students are highly desirable candidates at colleges and universities nationwide.

FIRST Robotics Practice Day held in East Sacramento

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

It is unusual to see groups of teenage boys walking around the campus of St. Francis High School, an all-girls school, but on Saturday, Feb. 18, they outnumbered the girls.

The St. Francis High School Fembots hosted a "Practice Day" for the FIRST Robotics Competition known as FRC. FIRST is a non-profit group and the acronym means, 'For Inspiration and Recognition of Science and Technology'. FIRST was founded in 1989 by Dean Kamen, inventor of the Segway Human Transporter. Twelve countries, four provinces and 49 states support the 2,343 FIRST robotic teams. They have over 3,000 sponsors and nearly \$14 million in scholarships.

January kits

FRC sends each team a robot kit the first week of January. The teams are given specific instructions on the robot's capabilities. Each team has six weeks to design and build the robot. At the end of the six weeks, the robots are packaged up and the teams are not allowed to work on them or use them until the competitions begin. Having a practice run to test out the robots right before they are boxed up allows the students to make fixes and adjustments to the robot. Teams came from all over northern California to test their robots at St. Francis.

Having fun while learning

The Fembots explain on their website this multinational non-profit organization encourages and inspires young minds to study and have fun with science, math, engineering and technology.

Elbert Lin and Ankit Shah, both from the Fremont Unified School District helped prepare and program the robot from Team 2489.

"I noticed the robot booth when I was in the eighth grade," said Shah. "That's when I got hooked carting the 120 pound beast around."

Shah who is now a sophomore in high school is the lead designer for the robot he and fellow classmates built. He designed most of this year's robots

chassis ball manipulation. His team has four days left to complete the finishing touches on their robot.

"This weekend at St. Francis gives us the opportunity to see how the robot is working out," Shah said. "Now is the time to make any necessary changes. On Tuesday we have to box it up until our first competition the end of March."

This is the first year Brian Dodson, a teacher at St. Francis, is involved with the Fembots, the all-girl robotic team. They are one of the few all-girl robotics teams in the nation. Dodson said the Fembots have participated in FRC for 12 seasons. They attend three regional competitions, Sacramento, Central Valley and Silicon Valley. This year, some 20 teams participated on practice day.

Fembot member Liz Arikawa, a junior at St. Francis said this is her second year participating. She enjoys the social aspect of it, handling public relations and working on the website.

Not all geeks

"It's more than science and technology," Arikawa said. "We are not all geeks and weirdos. It's a lot of fun and everyone is so nice. It's a great experience."

Teri Benart is the Senior Mentor for FIRST in northern California. She said the most coveted award for these kids is the Chairman's Award.

"It is a guaranteed ride to the championships," Benart said. "Regardless of what the student does on the field, the award is based on how that student builds sustainability, the student's business plan and how the student communicates first out in the community, and how the student shows gracious professionalism. That is what drives these kids to a different behavior than what you see in normal sports."

Janet McKinley has been volunteering at St. Francis for six years. She said hosting 'Practice Day' is an amazing accomplishment for the Fembots. The girls build the whole field, so students can get a feel of what the competition will be like.

Bumpy field tests machines

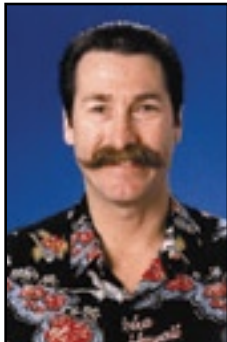
"The robots have to stay balanced because the field has bumps," McKinley said. "The first

See Robotics, page 11

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Dead bird first sign of 2012 West Nile Virus

Special to East Sacramento News

The Sacramento-Yolo Mosquito and Vector Control District received confirmation on Feb. 14 that a house finch has tested positive for West Nile virus in Sacramento County.

This is the first bird to test positive in the entire state and the first sign of West Nile virus activity in the area for the 2012 season.

"Finding the first positive bird is significant because it means that the virus is present in our area" said David Brown, district manager. "With the very mild winter and the warm temperatures we've had so far, it's not unusual to find a positive bird so early."

Dead birds provide an early indication of where positive mosquito samples may also be found and where human cases may develop later in the season.

The public is encouraged to report dead birds by calling the California Department of Public Health hotline at 877-WNV-BIRD (877-968-2473).

'Looking Ahead to High School' at the library

Special to East Sacramento News

Middle school students and their parents will learn how to prepare for the high school years at a special session, hosted by College-GPS at the Arden-Dimick Library on March 14 at 6:30 p.m. Registration is required to attend this event.

The high school years lay the foundation for a successful college experience. Students

and parents will learn how to select coursework and extra-curricular activities during high school so as to ensure a successful college application process in the future.

CollegeGPS guides, prepares and supports students and their families as they navigate the college admissions process. The primary goal is to help students find the right fit: the college where they will be successful academically and socially and where they

will grow and develop into young adults prepared for life and work in the 21st Century.

There are over 3,000 colleges in the United States. Programs such as this one helps families to find the best match.

The Arden-Dimick Library is located at 891 Watt Avenue in Sacramento. To register, visit the library, call (916) 264-2700 or visit www.saclibrary.org and click on "Events," then select the Arden-Dimick Library location.



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Empty Bowls aims to raise awareness of hunger issue in Sacramento

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

Hunger is a bigger problem in Sacramento than you may think, according to Eileen Thomas, executive director of the River City Food Bank based in midtown Sacramento.

In 2011, the food bank served 47,408 people, with about every fourth person a child. Thomas said the food bank is also seeing an increase in seniors – who are living on fixed incomes and pensions with not enough money to go around – as well as those on disability.

To help raise awareness about the hunger problem in the Sacramento area, for the past nine years River City Food Bank has hosted Empty Bowls – an annual fundraiser designed to raise

funds for the food bank and awareness about hunger in the community. Thomas said this year's event will be held at the Sacramento Convention Center on Monday, March 5 with a dinner session from 5:30 p.m. to 7:30 p.m. for \$60 per person, and Tuesday, March 6 for a lunch session from 11 a.m. to 1:30 p.m. for \$30 per person.

"Hunger is one of those problems that can be hidden very easily because you look around and you go 'Oh, there's nobody really starving in our community,'" Thomas said. "Starvation looks a little different to us in America then it does like in a third-world country, so some of the people who are starving are actually suffering from malnutrition. They're not eating healthy because they don't have enough money



EMPTY BOWLS is a major fundraiser for the River City Food Bank. This year's ninth annual event will be held March 6 and March 5.

for healthy food. Empty Bowls really speaks to the idea that hunger is something that is here in our community and it can be helped."

At Empty Bowls, attendees come to either a dinner or lunch session to enjoy a soup of their choice donated by a Sacramento area restaurant.

"We try to get the very best restaurants in Sacramento to donate," Thomas said. Participating restaurants include Cafe

Bernardo, Classique Catering, Scott's Seafood Grill and Bar, Vizcaya and Greek Village Inn. To serve the soups to hungry patrons, the food bank enlists the services of honorary servers from local government and businesses, Thomas said. Some notable servers on tap for this year include City Councilmembers Rob Fong and Steve Cohn.

However, the real draw to the event is the hand-

made bowl that each attendee gets to pick out to take home. Thomas said this year they will have about 1,200 bowls for guests to choose from made by both professional and student artists. Additionally this year, the event will feature a selection of wood and glass bowls, plus some of the professional artists will showcase their other art at the Potters' Market

See Empty Bowls, page 5

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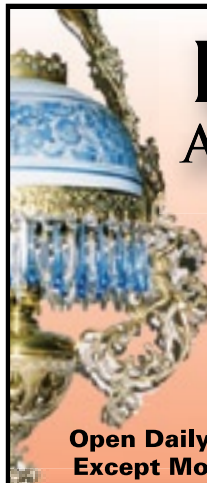
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Empty Bowls: Event will be held over two days, March 5 – 6

Continued from page 4

held in conjunction with the event.

This year's Empty Bowls also includes a change in venue. For the first time, the event will be held at the Sacramento Convention Center. This is because the event has grown in popularity.

"We started out nine years ago and we had about 350 people attend – we thought that was pretty good, and then it's grown and grown," Thomas explained. The new location also means tickets for the event will not be sold at the door. However, Thomas said patrons will be able to purchase tickets online at www.rivercityfoodbank.org (including the day of the event). Tickets can also be purchased in person at The Avid Reader and the Cathedral Book Shop at Trinity Cathedral on Capitol Avenue.

For Empty Bowls 2012, Thomas said the River City Food Bank hopes to hit its goal of raising \$125,000, which will "help us keep the lights on, to keep our building and operation run-



ning. It will also pay for some of the food that we have to buy for our food bank," she explained.

Additionally, Thomas said they hope this year's Empty Bowls will help them spread the word about the food bank and the hunger issue in Sacramento.

"We hope to gain support for River City Food Bank and raise awareness in the community that this is a real problem and there are people who need not only food, but they need healthy food, they need good nutrition, they need educa-

tion about nutrition," she added. "We want to make sure that we explain the programs that we provide the way that people can help to make a difference in their community."



Photo courtesy, River City Food Bank
HAND-CRAFTED bowls created by local artists and students are the must-have item at this annual event.

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Jesuit High School math teacher educates through YouTube

By **CORRIE PELC**
East Sacramento News writer
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The ability to take and post videos to the Internet with ease has become a very large part of our mainstream lives over the past few years, mainly in thanks to the website YouTube. According to an article on RealSEO.com, over 2 billion videos are viewed each day on YouTube, and over 35 hours of video are uploaded by users each minute.

While you may think the majority of those videos are of cats doing silly things, there's a new movement toward using YouTube as an educational tool. And this movement is being driven by teachers like Vito Ferrante, an algebra teacher at Jesuit High School in Carmichael.

Ready for his close-up

Two years ago, Ferrante wanted to try using video tech-

nology for classroom instruction, so he created his own YouTube channel, "Ferrante Math," and began posting videos of himself working out different algebra problems, showing just his hand writing out the problem and his voice explaining the process. Ferrante now has about 100 videos on his YouTube channel that he has used his iPhone or iPad to record and upload.

"In a sense it's become a type of online textbook and the kids can access it at any time if the need to," Ferrante said.

Ferrante said giving his students access to these instructional videos at all times of the day has helped him reach the various different types of learners in his class.

"Anytime you have over just one-on-one instruction, you're going to have 20 to 30

different types of learners in one classroom," he explained. "And just because an instructor said something once or even twice, that doesn't mean that everyone gets exactly what's being said. So rather than needing to repeat things over and over the kids can go home and look again (at) what the instruction was."

Handy for homework

For freshman Andres Ramirez, having access to Ferrante's videos has been helpful when he's home studying or doing homework.

"A lot of times when you see a teacher do a math problem, it seems really easy in the classroom and I find when I get home I totally forget how to do it," he explained. "It's really helpful when Mr. Ferrante posts the videos because I can go over what we learned in class and just refresh it in my memory so it will help me."

Turning the tables

Due to the success of Ferrante's instructional videos for his students, he decided to turn the tables and see how the students do making their own videos utilizing their smart phones. Starting this semester, every student in Ferrante's accelerated algebra class has their own YouTube channel. They work in teams in the class during the week, taking turns videotaping each other working out algebra problems. The teammates then



Photo courtesy, Jesuit High School
USING NEW TECH. Two algebra students, Joseph Nyguen and Chris Ruggles, left to right, work on a YouTube video.

critique each others' work and at the end of each week they must upload one video to their YouTube channel for Ferrante to look at. This allows him

to hear the student "thinking aloud" the problem and its solution, giving him the opportunity to accurately pinpoint where a student may be going wrong or "they're doing something very clever that maybe I hadn't thought of," Ferrante said.

Ferrante also said this process allows the students to learn how to work in pairs, how to give constructive criticism to a teammate, and how to use technology in both an innovative and responsible way.

"I'm a real firm believer that teachers need to model the usage of technology because we care about all the bad things that happen with texting and sexting and all that sort of thing, and we can model for the kids there are better ways to use these devices," he added.

Freshman Spencer Bluett has found the process of mak-

See Math, page 7

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Math: Traditional curricula are meeting new technologies for teaching

Continued from page 6

ing his own videos has helped teach him how to combined education and technology. He also enjoys working with his partner on the videos and has found it be helpful when trying to figure out math problems.

"I like how Mr. Ferrante gives us freedom (to) go off and work together," he said. "I think that really helps us understand because we're the same age and we have the same questions — we can talk about it and discuss what we think about how it's done."

The Future

Through this process of combining education with technology, Ferrante said it has quite honestly made him a better teacher.

"I was always pretty well aware of the limitations of just a traditional classroom — I can be as eloquent as I need to be, but the reality is that in a sea of 25 faces, I'm only hitting a certain percentage of those kids that understand what I am saying," he explained. "What it's done for me now is it's allowed me to have a better differentiation in the classroom. I'm able to target much more succinctly each



Photo courtesy, Jesuit High School
ALGEBRA STUDENTS at Jesuit High School Logan Kemper (left) and Michael Fat (middle) work on a math video while Vito Ferrante (right) looks on.

one of the individual kids and I think that's where education is going, quite honestly, into differentiation, individualized learning."

Ferrante's success has other colleagues at Jesuit interested in the prospect of doing something similar in their classrooms.

"In education, we often talk about the importance of in-

tegrating technology and instruction to enrich lessons," said Jesuit High School Principal Brianna Latko. "Tony Ferrante does this in incredibly creative ways, engaging students both in and out of the classroom. His innovative approach to technology as a tool for learning has benefited his students and our school community greatly."

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Save Mart Supermarkets lead \$1 million fund-raising effort for local pools

Special to East Sacramento News

What is more satisfying on a hot summer day than a cool dip in a swimming pool? Everyone can relate but sadly with severe budget cuts needed across municipalities nationwide, many children only look longingly at their local community pool with disappointment.

Save Mart stores in Sacramento want to change that and help local families be able to enjoy their community pools by the time the mercury starts to rise in the Valley. Through the "Help Save Mart Save Our Pools" campaign, Save Mart has pledged to

match up to \$500,000 in donations from businesses and the community at large, thus potentially making \$1 million dollars available to support pool maintenance and programs within the City of Sacramento.

Beginning on Valentine's Day, Save Mart will kick off its community fund-raising campaign in partnership with the City of Sacramento. Businesses and the community at large are asked to give generously at their local Save Mart stores by purchasing a paper "Help Save Mart Save Our Pools" icon for a \$1.00 or more. The campaign will run for two months from February 14 to April 10, ending just

in time for the City to begin maintenance needed for the pools to open on time.

Save Mart supports the communities where it does business and after reading the New York Times article, the Sacramento City pools seemed like the perfect opportunity for Save Mart to give back to the neighborhoods surrounding its Sacramento stores. "Every bit helps," explained Steve Junqueiro, President and Chief Operating Officer of Save Mart. "We'd love to see businesses join us as a sponsor, but we'd also love to see kids in those neighborhoods be inspired to hold car washes or lemonade stands and then

donate their money to their local Save Mart where we can double their effort through our matching commitment."

"For Sacramento, this opportunity comes at the perfect time. Every day, community pools across the country are closing their doors as funds dry up," said Sacramento Mayor Kevin Johnson. "But thanks to 'Save the Pools,' Sacramento has the chance to bring back a traditional summer activity for families and become a model for how public-private partnerships can succeed. I look forward to working with Save Mart on a campaign that will be a huge win for Sacramento."

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Reunite, reconnect and rebuild after military deployment

Special to East Sacramento News

The Capital Region Chapter of the American Red Cross is offering Reconnection Workshops, presented by Walmart, on March 3 and March 24 at its Sacramento office, located at 1565 Exposition Boulevard in Sacramento.

Four facilitated sessions will be offered to focus on skills building to enhance the likelihood of positive reconnections with armed forces personnel and their families following a military deployment.

"Deployments are a fact of life in the military," said Trisha Johnson, emergency services manager. "Whether a service member's absence is due to a training exercise, sea duty, combat, or unaccompanied duty in a remote location, separation and reunification pose unique opportunities as well as challenges for all family members. The American Red Cross, with support from Walmart, developed a series of workshops to assist all military families in managing the family's readjustment to the service member's return."

Actively licensed and specially trained Red Cross mental health professionals lead participants through information and discussions designed to help them identify and respond to the challenges of readjusting to and transitioning back to a changed family dynamic. The workshops are targeted to service members and their spouses, children, parents, siblings and significant others. Topics include Communicating Clearly, Exploring Stress and Trauma, Relating to Children, and Working Through Anger. Par-

ticipants have the option of choosing any or all of the workshops.

Each workshop is approximately two hours in length. Participants can take them in any order and select those most applicable to their situation. Workshops are free to military members and their families and occur in a supportive and confidential environment.

For more information about the current workshop being offered or to register for future workshops visit www.redcrossrc.org or contact Samantha Clark at (916) 993-7087 or clarksam@usa.redcross.org.

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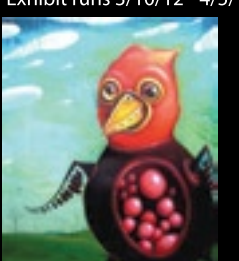
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Robotics: St. Francis Fembots host regional event

Continued from page 2

15-20 seconds the robots run autonomously on their own. During that time the students can adjust it so the robot changes course."

Jacob Clark belongs to Team 3598 and lives in the Parkway area. He is a junior at the School of Engineering and Sciences. His part involved designing the robot. This is his second season. Clark joined FRC because there wasn't a lot to do after school. His friends encouraged him to join and said it was fun.

"I am captain of the design team. As the designer you have to stay ahead of what is being built because the end product may wind up being a little different than what was originally anticipated," Clark said. "It is really challenging, at times it hits you like a freight train."

Lucas Sherman, a freshman at Jim Elliot Christian School in Lodi is part of Team 1662. His dad, Mike Sherman, said his son has learned plenty after joining the team. Head coach and mentor for eight years, Tom Brey said this is the one thing on campus that everyone can become a pro.

College bound kids

"Because of robotics, kids get into colleges they couldn't normally get into," Brey said. "One of my previous team captains is in graduate school and the Navy is paying for it. Many of my students are accepted to University of the Pacific, Cal Poly and other good schools."

Brey's team is headed to Tel Aviv next week to compete against teams from Bosnia, Israel and other Arab countries. He said there is no war going on at these meets.

Ryan Neal is co-captain of team 1662 this year. He said he has always been involved in engineering.

"I decided to expand upon my learning," Neal said. "The biggest thing I learned from this is how important it is to work well with others."

Neal plans to attend University of the Pacific and study mechanical engineering.

As Team 1662's robot fell over during the first practice session, no one seemed too worried. They all just went to work on making adjustments and reprogramming the robot so it would glide over the bumps the next time out. All thanks to the St. Francis Fembots and their Practice Day for all the FRC teams.

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Know your neighbor

Hank Stoffel dedicated to preserving, promoting German history, culture

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

Local Sacramento organization

While sitting inside the local Turn Verein building at 3349 J St. in East Sacramento last week, Stoffel, 72, spoke about his life and his devotion to what he refers to as his "mission."

"My main function right now is Germanic history and the propagation of that information, the research," Stoffel said. "I spend 50 hours a week (researching and promoting German history and culture)."

Stoffel said that in today's world, promoting German heritage has become increasingly important.

Learn your heritage

"There are many, many German-Americans who are so integrated by now,

they have no idea (about their heritage)," Stoffel said. "They may have a German last name, but that's the last thing on their mind. All I'm trying to do is say, 'You know what? If you're interested, come to the (Turn Verein) library, join the group, read the books, watch the films.'"

German contributions

Stoffel added that one of the activities that he enjoys doing is familiarizing the public about German contributions or "what the German-Americans, German-American immigrants have brought to this country."

"The list is very long," Stoffel said. "Heinz ketchup, Kraft Foods, Schwinn bicycles, Schick razorblades, Boeing aircraft company, Weyerhaeuser lumber, Werner von Braun with the rockets, (etc.). This list goes on and on, but you go out to the average supermarket and nobody knows anything about it. The whole medical instrument field, any hospital you go (one can find) X-Rays (and other German medical instruments)."

Stoffel added that the green colored glass of the Coca Cola bottle was made by German chemists, a German named Rudolph Diesel originally designed the diesel engine and both the Brooklyn and Golden Gate bridges were designed by German-Americans.

One of the specific points of interest for Stoffel is studying the transformation of Berlin from its earlier years to present times.



East Sacramento News photo, Lance Armstrong

SACRAMENTO TURN VEREIN member Hank Stoffel dedicates 50 hours per week to researching and promoting German history and culture. In addition to his membership with the Sacramento Turn Verein, Stoffel belongs to 16 other German associations.

A buffet of information

Stoffel said that through his research he provides information for others to increase upon their own knowledge.

"Whatever new knowledge I've gained, I try to bring it into this (local Turn Verein) organization and they can have at it," Stoffel said. "In other words, here it is, here's the buffet, help yourself. And we're getting more and more educated people who are beginning to nibble at the trough."

Many people in the community are familiar with the Sacramento Turn Verein due to its annual public events such as Oktoberfest and Bockbierfest.

A place to learn German culture

But the local Turn Verein, which has been located in its two-story, East Sacramento building since 1926, is actu-

ally much more than an organization that hosts such events.

The Sacramento Turn Verein describes itself as a place where "folks with German ancestry and people with an interest in German culture congregate to socialize, to study German, to party, to exercise and to carry on some old German traditions."

Continental roots

Despite being one of the oldest Turn Vereins in the United States, the local Turn Verein did not begin in Sacramento or the United States.

It instead has its roots in Prussia, where it was founded by Friedrich Ludwig Jahn (1778-1852) in 1811, just five years following the Prussian army's defeat by Napoleon's armies.

Although the organization was established through Jahn's desire to build up his countrymen by way of physical and mental enhancements through gymnastics, the Sacramento Turn Verein no longer includes a gymnastics section.

Modern-day activities

Modern-day sections of the Sacramento Turn Verein include: the Harmonie choral group, the Soccer Club, the Handball/Racquetball Club, the Actives, whose main function is to promote Turn Ver-

See Stoffel page 13

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Stoffel: Sacramento Turn Verein has maintained German culture since 1854

Continued from page 12

ein activities, and the German Language School.

Cultural Center-Library

And as previously referred to by Stoffel, the local Turn Verein also features its German-American Cultural Center-Library, which is open every Saturday from 10 a.m. to 2 p.m.

East Coast childhood

Stoffel, who serves as the interclub liaison for the cultural center-library, said that he is an extreme example of a German-American, since he was born in New Jersey to Wuppertal, Germany immigrants Otto and Martha Stoffel.

"My parents came to the United States in 1935," Stoffel said. "There hasn't been anything else (but German heritage) in my family to my knowledge. There might be a Viking in there somewhere. I think on my mom's side (a relative) came down from Denmark, because several people in my family are very tall and that's Viking."

Stoffel, who stands 6 feet tall with wavy, gray hair and

very blue eyes, said that his father was a well-educated man who owned two textile factories in Germany and could speak, read and write English, French and German.

Despite being born in New Jersey, Stoffel, who is also fluent in German, spent his youth growing up in the Bronx and graduated from Christopher Columbus High School in New York City in 1957.

In that same year, Stoffel was hired by the Remington Rand corporation as a computer programming trainee.

But Stoffel, who was a Civil Air Patrol cadet in 1949 and 1950, wanted to become a pilot.

Although Remington Rand offered him a promising future, he abandoned a career in computer science and followed his dream in aviation.

NATO interpreter

After joining the U.S. Air Force, Stoffel was stationed in Frankfurt, Germany from 1957 to 1961, and served

in various positions including a pilot, an interpreter for the German Federal Aviation Agency and a liaison for NATO between Frankfurt and Paris.

Airline pilot

Following his time in the military and while approaching his 21st birthday, Stoffel was hired by Pan American World Airways and soon became a flight instructor in the New York-New Jersey area.

When he was 26 years old, Stoffel became a pilot for Trans World Airlines and flew between America and Europe for 25 years. He also managed an airport and operated an air taxi service.

After his international piloting days, Stoffel dedicated five additional years to Trans World Airlines, instructing young cadets in St. Louis how to fly. He retired in 2000.

Chose Sacramento to retire

When asked how a world-traveled German man from the Bronx ended up becoming an active member of the Sac-

ramento Turn Verein, Stoffel said that he became interested in the Placer County city of Auburn while flying above the place at various times. He eventually decided to purchase a retirement home in the area.

Joined Turn Verein

With a pleasant and reflective tone to his voice, Stoffel shared his memory about discovering the Sacramento Turn Verein.

"Quite by chance, one day I was driving on J Street to some destination east of (the Turn Verein) and I was stopped at the traffic light and I saw (the Turn Verein) building," Stoffel recalled. "As I drove by I (read) Turn Verein (on the building) and I said, 'I know what a Turn Verein is. I was at a Turn Verein when I was a kid in New York City.' So, I pulled my car around and got out and they had a sign in the window (that read) German classes. So, that was my initial exposure to this place."

Stoffel joined the Sacramento Turn Verein in April 2000 and has remained ac-

tive in the organization since that time.

Another contribution that Stoffel made for the local advancement of German culture was his campaigning to have the German television network, Deutsche Welle, available to view at the local Turn Verein.

A healthy organization

Unlike many old organizations, Sacramento Turn Verein is not struggling to find new members.

Stoffel said that the Turn Verein's membership is "increasing constantly, like two or three (new members) per month."

Ladies welcome

Among these members are female members, who were allowed to join the local Turn Verein for the first time in the early 2000s.

Stoffel noted that he was one of the 10 men who supported adding women to the organization's membership.

Today, the Sacramento Turn Verein consists of 225 members.

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Janey Way Memories: Rosie and Mom



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

In 1952, my family moved into a three bedroom, one bathroom house on Janey Way.

With three young children and another child on the way, my dad felt like we needed a "bigger" house. Our family fit right into this neighborhood, as it was filled with other young families. Not only did my brothers and I meet lots of new friends, but my parents also met a whole group of great neighbors.

The Thomsens who lived across the street, the Costamagna's next to them and the Puccetti's and Viani's down the street all welcomed Mom and Dad to

the neighborhood. Phyllis Thomsen, Leda Costamagna and Pat Puccetti all pitched in to help Mom who was pregnant with my brother John at that time.

However, soon after we moved onto Janey Way, another family moved in down the street who would become Mom and Dad's closest friends: Bernie Hart, his wife Rose and their infant son, Tom.

Like my dad, Bernie worked as a patrolman for the Sacramento Police Department. He met Dad there and probably moved to Janey Way because of the things he heard about our neighborhood.

Soon after the Harts moved in, Mom became fast friends with Rose who everyone affectionately called Rosie. It would prove to be a lifelong friendship.

It's hard to figure what made these two young women such good friends. Their backgrounds could not have been more different. Rosie hailed from the back woods of West Virginia and mom grew up on the seacoast in Santa Cruz, California. Rose had a wry wit and told racy jokes and tall stories. Mom took things seriously. I am sure she made a good "straight man" for Rosie.

Every morning, back then, Rose left her home early, got into her mint green Cadillac sedan and drove up to our house. When Mom saw her coming, she always put a fresh pot of coffee on the stove to brew, then let Rosie in the kitchen door. Then they sat down at our big round maple dining table to drink coffee, smoke cigarettes and talk for the entire morning.

I remember even today the great stories Rose told about her childhood in West Virginia. She could really spin a yarn. Mom too, had wonderful stories about growing up with five brothers in Santa Cruz. When they weren't telling

stories, they chatted about the goings-on in our neighborhood. It seems like they spent an entire lifetime sitting at that table talking.

Right around noon, Rosie gathered up her young son Tom and drove off the grocery store to buy something to cook for dinner. Mom often took my little brother John and went with her. I remember them driving off in Rosie's big caddy while my brother Terry and I played in our front yard. It seems so long ago now.

Rosie passed away several years back. In 2009, my mom followed her. I guess she missed Rosie and wanted to join her.

There is an interesting twist to this story. My brother John lives now in our family's home on Janey Way. Rosie's son Tom inherited her house and has recently remodeled it. Later this month, he and his wife Diana will move into the home where his mom lived for her entire adult life. Both John and Tom look forward to being Janey Way neighbors again.

I bet that Rosie and Mom are looking down from the heavens and smiling.

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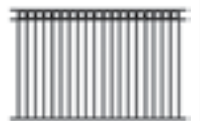
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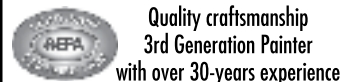
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Patriot Guard Riders honor those who serve, sacrifice for America

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

As 15 Patriot Guard Riders lined up on each side of the escalator at Sacramento International Airport, an arriving passenger headed for the escalator, saw the line and immediately stepped aside.

The other arriving passengers followed his course, leaving the escalator empty, until a woman with big blonde hair showed up.

She stepped onto the escalator smiling and thanked everyone for greeting her. The Guard Riders had not noticed as she stepped off the escalator, she stayed with group. The long awaited soldier finally appeared and proceeded down the escalator, while shaking hands and being cheered by Guard members. As he stepped off the escalator the woman with the big blonde hair stepped forward, threw her arms around him and said, "Welcome home."

Mike Doyle, a former sailor who served in the Navy during the Vietnam War and a member of the Patriot Guard Riders for two and a half years, said that is one of his favorite stories.

"The thrill of seeing a soldier come down the escalator of an airport and back to the arms of loved ones is just absolutely incredible," Doyle said. "If a family invites us to come, how can we not."

American Legion connection

Patriot Guards began in Westboro, Kansas in August 2005, when a group from the American Legion Riders Chapter 136 was appalled to hear that a group of misguided religious zealots were protesting the Iraqi war at soldiers' funerals. Their chapter established a mission statement requiring the Guards receive permission from the families to attend the funerals and to include the local police. On Oct. 18, 2005, the Patriot Guard name was established.

There for the family

Doyle said the Guards simply form a flag line and quietly stand in front of the protesters, blocking them from the family and funeral. They are not there to confront anyone.

"Funerals are extremely sad and emotional," Doyle said. "But it is also such a point of pride to be able to honor these people, particularly those who have given the ultimate sacrifice."

When the Guard is invited to attend the funeral of a soldier, there are anywhere from 40 to over 100 riders showing up. Doyle said at a recent funeral in Anderson, Calif., hundreds of riders showed up to honor the local sailor who had been killed. There are close to 400 Guard members in the Sacramento region.

It's about R-E-S-P-E-C-T

The Patriot Guards mission statement establishes that the one thing members have in common (besides riding motorcycles), is an unwavering respect for those who risk their lives for America's freedom and security.

Although a motorcycle group started the organization, Doyle wants people to know that riding a motorcycle is not a requirement to be a member of the Patriot Guard. There are no dues or meetings and it is not required to have served in the military. The only requirement is that respect and honor are shown to the soldiers and their families.

Working with families

There is no solicitation by the Patriot Guards. If a family request the presence of the Guard at a funeral or greeting the returning soldier at the airport, a ride captain from the Guard meets with the family to gather necessary information. The ride captain adds this information to the Guard website and sends out a notice to Guard members via a mailing list. There is no requirement that a Guard member must show up at an event. Occasionally the returning soldier is escorted home with flags attached to motorcycles and cars. Doyle said it is quite a sight to see.

All service members honored

Soldiers are amazed when they realize total strangers are waiting to greet them. And, Doyle added, if other military service members show up they don't know about, they receive the same greeting.

For example, right before Christmas, the Guard had been invited to greet one soldier at the airport.



Graphic iStockphoto
FAMILIES CAN REACH OUT to the Patriot Guard Riders, who honor America's military service members who serve and sacrifice for America. A family can request a warm welcome home at an airport, or help with privacy at funeral services for a fallen soldier, sailor, airman or Marine.

As the Guard members gladly stood at the escalator waiting for this one soldier, streams of military service members started coming down the escalator and they ended up greeting 44 returning soldiers.

The capitol region makes a special welcome home dog tag for returning soldiers. The Guard buys the tags and a local printing company donates the engraving on the tags.

When soldiers are greeted at the airport, they receive a card and the dog tag.

Tell a friend

Doyle said he wants to get the word out to all military families about what the Patriot Guard Riders do. He said they greet soldiers returning home from anywhere, even those who just get home from boot camp.

The national Website for the Patriot Guard Riders is www.patriotguard.org. There is information on the site so families across the nation can reach the Guard.

"Bottom line," Doyle said. "These soldiers are sacrificing their lives for their country."

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MARCH

Bilingual Toastmasters

March 1, 8, 15, 22, 29: Una oportunidad única para mejorar sus habilidades bilingües 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.sacramentoastmasters.com

Bingo!

March 1, 8, 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

March 1, 8, 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

March 1, 8, 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

March 1, 8, 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

Rotary Club of Pocket/Greenhaven

March 1, 8, 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

March 1, 8, 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

Sutterville Heights Optimist Club

March 1, 8, 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

March 2, 6, 9, 13, 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

Best Friend Fridays

March 2, 9, 16, 23, 30: Enjoy a fun, no-pressure, no-risk networking environment that benefits the local community non-profits. Hors d'oeuvres, wine & beer, games, raffle drawings, door prizes. Bring your best friend and make new ones. \$5 admission. Each Friday is hosted by a different non-profit group with all proceeds from the raffle donated. Garden Room and Courtyard, Sierra 2 Center, 2791 24th St., Sac. (916) 452-3005 www.sierra2.org

Kiwanis Club of East Sacramento-Midtown

March 2, 9, 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

March 2, 9, 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

March 2, 9, 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

March 3, 10, 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

Food Addicts Anonymous

March 3, 10, 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.

Land Park Volunteer Corps

March 3: Got work gloves and a "let's get down to business" attitude? Then the Land Park Volunteer Corps is for you! Come join members of the community as we maintain, improve and beautify lovely William Land Park. First Saturday of every month, March - Nov. Free. 8 a.m. meet behind Fairytale Town, 8:25 a.m.-11 a.m., work on projects as assigned. Light breakfast, lunch provided by local businesses. (916) 718-3030 ckpinsact@aol.com

Pancake Breakfast

March 3, April 7: 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

POWERtalk International

March 3, 6: Want to improve your public speaking and presentation skills? POWERtalk International, a nonprofit public speaking organization, provides coaching in leadership skills, sales presentation, interviewing, confidence building and more. Meets First Tuesdays of the month 10 a.m.-1 p.m. and First Saturdays of the Month 12 noon-3 p.m. Aviators Restaurant, 6151 Freepoint Blvd., Sac. Liz Richardson (916) 208-9163, erichardson1202@yahoo.com www.powertalkinternational.com

Carmichael Farmer's Market

March 4, 11, 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

Co-Dependents Anonymous

March 4, 11, 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

March 4, 11, 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

Families Anonymous

March 4, 11, 18, 25: Meet with other parents who are dealing with a daughter or son who is experiencing mental, emotional or addiction problems. Meets every Sunday without fail. 3 p.m. Del Norte Swimming and Tennis Club, 3040 Beccera Way, Sac. Jane (916) 402-2465

State Parking Lot Farmer's Market

March 4, 11, 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

March 4, 11, 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

March 5, 12, 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

March 5, 12, 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

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By **BILL CONDRAY**
East Sacramento News writer
bill@valcomnews.com

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Students came from Del Campo, El Camino, Kennedy, Mira Loma, Rio Americano and other high schools. After a one-hour orientation on the nature of the environmental preserve and how to properly plant the trees, the youth worked hard, planting 2,700 trees. A reward of pie was enjoyed by all after the tree plantings.



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Fantastic home on a very charming street in East Sacramento. This spacious 2 bedroom has an updated kitchen, dual pane windows, vintage hardwood floors, living room fireplace, a charming bathroom, and plenty of storage. All of this on a very large lot with room to add-on if needed. A must see: 224sanmiguelway.ePropTours.com \$339,900

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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 \$534,000

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Large 2 bedroom 2 bath home has a unique floor plan and a lot of charm. The Master Suite is spacious with plenty of closet space and a large bathroom with Roman tub and separate shower. Remodeled kitchen has recessed lights, granite counters and overlooks the formal dining room. See: 59 Taylor Wy \$349,000

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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. See: www.1415-44thst.com \$819,000

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PENDING!

G STREET HOME

Stunning 24' entry, open floor plan. Great craftsmanship. Wide plank cherry floors, huge kitchen/great room combo w/ huge fireplace, home theater & surround sound. Built-in refrigerator, commercial grade appliances & granite counters. See www.GStreetHome.com \$1,099,000

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