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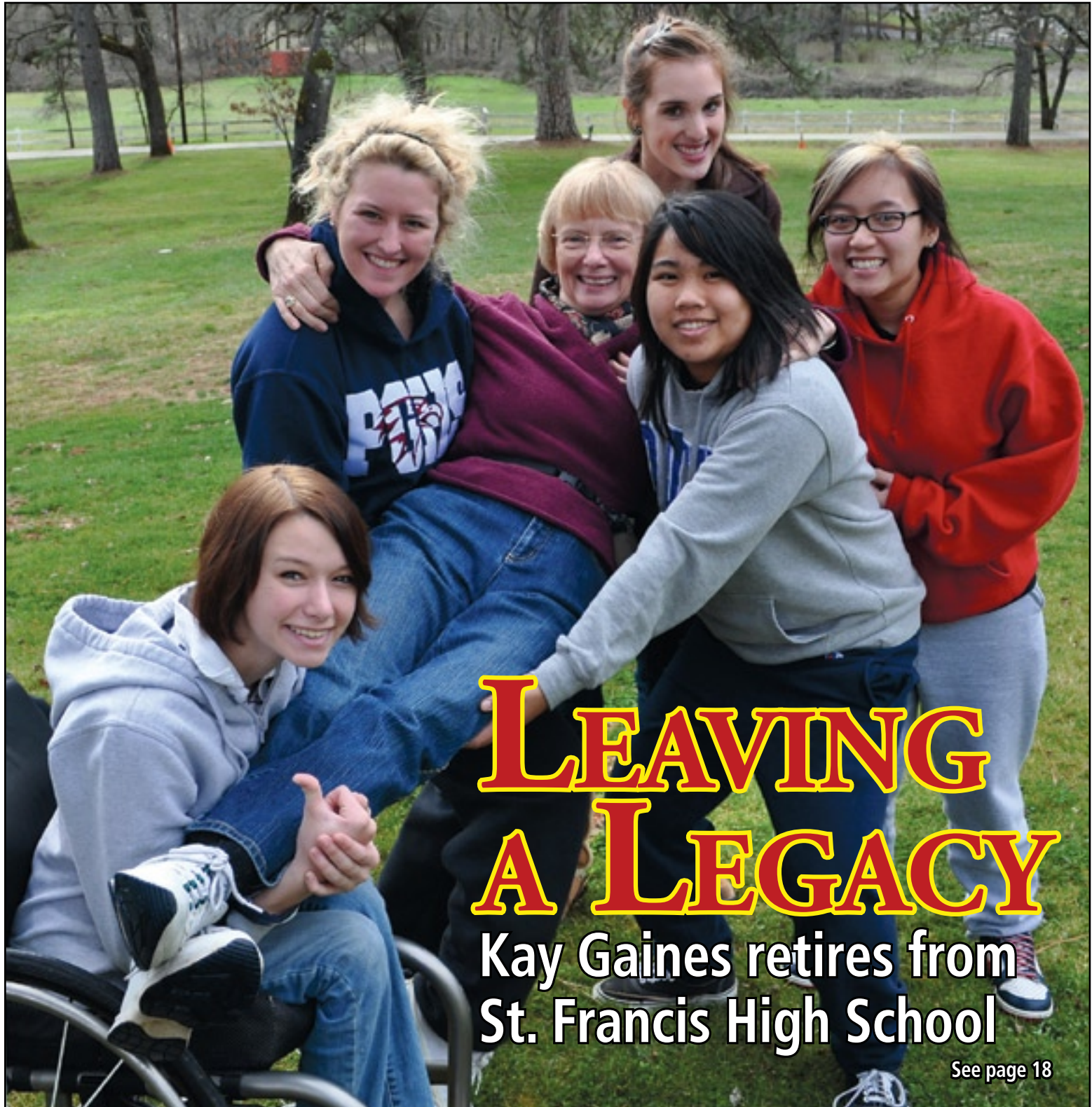
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East Sacramento News is published on the first and third Thursday of the month and delivered by mail and home delivery in the area bounded by Business 80 on the west, the American River on the north and east and Highway 50 on the south.

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Susan Laird
Art Director..... John Ochoa
Junior Designer..... Ryan Vuong
Sales Manager..... Patty Colmer
Advertising Executives..... Linda Pohl, Melissa Andrews
Distribution/Subscriptions..... George Macko

Vol. XXI • No. 6

2709 Riverside Blvd.
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Cover photo by:
Courtesy

Other photos:
Stephen Crowley
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2nd annual Steinberg Seussical Story Hour one for the story books

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

Youngsters and the young at heart came to enjoy the work and wisdom of Theodor Seuss Geisel at the Second annual Steinberg Seussical Story Hour at the Robbie Waters Pocket-Greenhaven Library on Saturday, March 10.

Celebrities Senate Pro Tem Darrell Steinberg, State Librarian Stacey Aldrich, former Councilmember Robbie Waters, Sacramento Public Library Director Rivkah Sass and Councilmember Darrell Fong were on hand to celebrate the creativity, wit and wisdom of the author of "Green Eggs and Ham," "Horton Hears a Who!" "The Cat in the Hat" and "One Fish Two Fish Red Fish Blue Fish" among many other works.



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Junior FIRST Lego League Expo a success for Fembots, students

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

The afternoon became very busy on Saturday, March 10, at St. Francis High School where the St. Francis Fembots hosted a Junior FIRST (For Inspiration and Recognition of Science and Technology) Lego League event for children ages six to nine.

The children had to display a robot made from Legos. The theme was 'Food Safety' and the robot had to represent a topic based on a 'Snack Attack.'

This was the first time the Fembots hosted this event and they said it was successful.

Chelsea Franklin, a freshman at St. Francis and Alex Bittle, a junior were in charge of the event.

"This is an awesome turnout," Franklin said. "The kids look so excited."

Bittle said around 30 children signed up to participate in this event, creating seven teams. Each team had a table with their robot, a large poster board explaining what the robot represented and what they learned about the subject they chose.

The Fembots explain on their website that they meet with the teams every Wednesday and explore the proper safety techniques on how to preserve food in order to keep everyone healthy.

Bittle and Franklin called on area Lego League coaches and mentors, encouraging them to bring a team to the event, letting them know what a great an opportunity and experience this would be for the younger students.

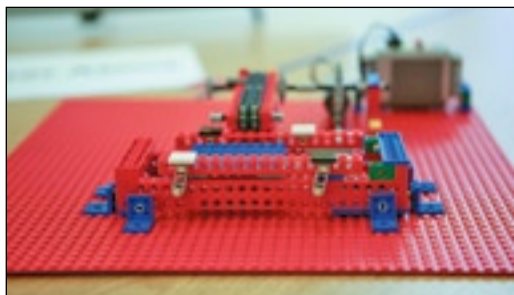
Nidhi Mukker, mother of seven-year old Anika, said FIRST is a phenomenal program. It teaches children team building and how things work.

"The program helps my daughter enjoy learning about the mechanics of how things work," Mukker said. "It helps develop her thinking process."

Kay Gaines, director of special projects for St. Francis was happy with the turn out. She said she thinks FIRST is a great program and is excited the Fembots made it to the national competition being held in St. Louis.

The public was invited to attend the Junior FLL Expo, which included an award for each team, scavenger hunts and snacks.

The smiles on the young faces indicated, they too, enjoyed being part of this event.



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Spring crafts for kids at McKinley Library

Special to East Sacramento News

Chicks and bunnies abound during the festive season of spring. The McKinley Public Library is offering a special school age program of spring crafts for children on Thursday, April 5 at 3 p.m.

Children will have an opportunity to plant a seed, color an egg, and make lovely paper flowers to welcome the season of growth and opportunity.

The McKinley Library is located in the north wing of the Clunie Clubhouse in lovely McKinley Park. The art-deco styled building opened in 1936. The library interior has been maintained with its original walnut paneling and Stickley furnishings. The marble fireplace is the focal point for the children's area.

The library is located at 601 Alhambra Boulevard in East Sacramento. For more information, call (916) 264-2700 or visit www.saclibrary.org.

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Sac State Wrestling Coach August Wesley awarded 'Coach of the Year'

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

The National Collegiate Wrestling Association named Sacramento State's new wrestling coach, August Wesley, conference coach of the year.

"It was humbling for me," Wesley said. "I was really surprised the coaches voted for me."

Sac State's wrestling team had been dormant since 1983. They hired Wesley as their coach in August, 2011.

Student initiated

Wesley said he was fortunate when he was hired because the team had already set up a business plan two years prior to the team becoming established. Michael Contreras, now a senior, was the person who set the club in motion. When he became a student in 2007 there was no wrestling program. He had wrestled competitively all through high school and wanted to activate a team at Sac State. In order to establish a wrestling team, Contreras joined the Olympic lifting club and learned the ropes on what he needed to do to create a wrestling club that would compete with other schools. Contreras is the organizer and communicator for the team. He said it took a whole semester to establish the team.

"I like wrestling because it is both a group sport and an individual sport," Contreras said. "You learn how to push through the pain when training and it teaches you leadership skills."

Sponsorships needed

Contreras is working on a degree in organizational communication and graduates in the spring. His primary goal, he said, is to find a sponsorship for the team to keep it going.

Teamwork

Wesley said Contreras and his teammates came together this year and cohesively made it work.

"When I was hired, the team was ready to hit the mat," Wesley said. "All I had to do was just get in and drive."

Wrestling family

Wesley became interested in wrestling when he was around 12-years old. He was visiting his uncle during the summer and was invited by his older cousin to wrestling practice. At first Wesley said no, then his other cousin was put on restriction and Wesley had nothing else to do, so he went to practice.

"When I came home I continued with the wrestling," Wesley says. "I like the fact that when you win and when you suffer defeat you can only blame or be happy with yourself."

Wesley's cousin, Anthony Amado was on the Olympic wrestling team in 1988 and competed in the summer Seoul Olympics. Wesley has wrestled competitively in many countries, has won a college national championship, a past world championship and is a Pam Am medalist.

Individual challenges

Even though wrestling is a team sport, Wesley pointed out when the wrestler is on the mat, it is what that wrestler has or hasn't done that makes the difference. Wesley always has a strategy for his wrestlers. The wrestler has to be able to endure three minutes for the first period, then two minutes for the second and third period. Plus, there is occasional overtime. If the player is not in good shape, Wesley said three minutes seems like forever.

Close-knit team

Paul Kellam has been wrestling since the 4th grade. He's a junior at Sac State and

ranked 16 out of 179 this year in the NCWA.

"Coach Wesley pushes us hard," Kellam said. "He makes us accountable for our actions."

Team member Javier Martinez followed in his brother's footsteps and has been wrestling for 13 years. He made number two in the Top Three Individuals at the 2012 West Coast Conference Championships.

"Coach Wesley made us believe in ourselves," Martinez said. "We wanted to be the best."

Martinez is the team captain. Wesley said Martinez has led by example all year. Sac State came in number four at the Conference Championships.

Interim Assistant Director of Intramural and Sports Clubs Sean Basso said this is a very dedicated team.

"Martinez represents pride and dignity for our school," Basso said. "Coach Wesley has taken a positive approach to the students and they really are an organization where the athletes are fully in charge."

Life lessons

Wesley said wrestling is a sport that teaches self-discipline, motivation and drive.

"The students can apply those intangible things to any aspect in their life," Wesley says. "These are the guys who are willing to do the extra work and lead by example."

Wrestling is not a high profile sport, there is little said about the sport in news or sports magazines, yet Wesley said they are considered some of the best athletes in the world.



Photo courtesy

COACH OF THE YEAR. Sacramento State University's new wrestling coach, August Wesley, center, was named Conference Coach of the Year by the National Collegiate Wrestling Association.

Wesley is really excited about the potential this team holds and enjoys the fact they all help each other, not just as wrestlers, but as students too. He knows they have de-

veloped self-confidence and are willing to work hard to be successful.

"After you have wrestled, everything else is easy," Wesley said.

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East Sac Rotary Club donates \$10,000 to K9 Unit in memory of Bob Jennings

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

The Rotary Club of East Sacramento donated \$10,000 for the purchase of a new dog for the Sacramento Police Department's K9 Unit. The Rotary Club presented the check to Department Chief Rick Braziel and members of the K9 Unit the evening of Wednesday, Feb. 29 in front of a crowd of about 50 Rotarians, officers, and supporters.

The purchase of the K9 dog is in memory of Bob Jennings, a Rotary Club past president and member for 30 years who passed away last year. Jennings, along with Rotary Club mem-

ber Les Schuler, were instrumental in the Rotary Club's first project with the K9 Unit, which was the construction of the Unit's current training facility at McClellan that is now reportedly used by K9 handlers throughout the Sacramento area. The training facility was named in honor of Schuler, who passed away in 2008, and it was announced the facility would be rededicated to include Jennings.

Current Rotary Club President Kevin Wilcox said he recalled how important the K9 training facility was to Jennings and how the club wanted to honor him by keeping the relationship with the K9 facility going.

"It was just something fortuitous that a series of events occurred where I could really get some people motivated to make an impact," he added.

The \$10,000 went towards the purchase of Echo – a two-year old Belgian Malinois handled by Officer John Azevedo, who has been with the Sacramento Police Department for almost 12 years and with the K9 Unit for going on six years. Azevedo needed a new dog since his first dog, Blitz, is up for retirement.

He said Echo has completed his first three years of training. The dog has been on the streets for about three weeks now, and it will take about six months to a year to bring Echo fully up to speed so he can fully retire Blitz.

"There's definitely a learning curve, there's definitely new dog issues that we have to deal with," Azevedo explained. "When I went through the first time with my first dog, it's such a different position than anything else in police or law enforcement, it's just completely dif-



Photo courtesy, Marsha Vacca

NEW PARTNERS. Officer John Azevedo and K9 Officer Echo, a Belgian Malinois. The addition of the new K9 will allow Azevedo's older dog, K9 Officer Blitz, to retire.

ferent. You're working with an animal and the dynamic of law enforcement and police work completely changes and it's just unlike anything else."

For Azevedo, who always wanted to be a K9 handler since first starting with the

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Photo courtesy, Marsha Vacca

A GIFT OF LOVE. Linda Schuler, wife of late Rotarian Les Schuler, spends a moment with K9 Officer Echo. Her late husband was instrumental in the construction of the K9 training facility at McClellan.



Photo courtesy, Marsha Vacca

A GIFT TO THE COMMUNITY. Rotarians present Sacramento Police Chief Rick Brazier with a check for \$10,000 – the amount that was necessary to purchase a new K9 for the department.

Rotary: Addition of K9 Officer Echo will allow K9 Officer Blitz to retire

Continued from page 6

Sacramento Police Department, the opportunity to work with a second dog is a dream come true.

“When we were looking for Echo, I said what I was looking for was ‘Blitz 2.0’ because I wanted that next dog that was going to be really, really

good and I wanted to take the knowledge I had learned over the last five years and just take it that much further,” he explained.

According to Mike Soto, community service director for the Rotary Club of East Sacramento – who himself

trains dogs for the Air Force – their donation to the K9 Unit is a boon to the Sacramento community as a whole.

“When you have somebody that’s out in the middle of a field or barricaded in a building, it could take a doz-

en officers six to seven hours to find that person and it will take a dog 20 minutes,” he explained. “What I’ve seen the dogs do on occasion is actually go find somebody who’s lost – a child, an old person. Before they get injured or exposed to the elements,

this dog can find them pretty quickly. But you’re not going to get that unless you have a tremendous amount of manpower and helicopters, so this dog just covers a lot of ground. They’re a tremendous asset to the community.”

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'Janey Way Memories: The Story of the Janey Way Gang' now in print

Special to East Sacramento News

It's been said that "If you live here, you'll know." That rings true in the first edition of Marty Relles' "Janey Way Memories."

In Marty's poignant collection of tales of his growing up in Sacramento in the 1960s, Relles weaves together stories of his childhood, photos from friends and neighbors of his youth, and a brilliant recollection of what it's like to be a true baby boomer.

Relles' column, "Janey Way Memories," has appeared in local papers for years. Readers

kept asking for more. So Marty put together the first of what will hopefully be many volumes of storytelling that only he could articulate with such finesse.

Filled with boyhood pranks, oddball neighbors, and a few tearjerkers, he's able to show all of us that childhood memories do matter.

After the first page, you'll see the passion Relles feels for his childhood, what it meant to him (and us), and how it shaped who he is today.

If only everyone were compelled to take the time to write their memories down, store them

somewhere, and be able to throw them out to the next generation with such ease, it would be a foundation that each generation could build upon and learn from.

Whether you're from Sacramento or not, old or young or somewhere in between, this book manages to touch a nerve with everyone. There is a paragraph somewhere that everyone can relate to in his or her own way...and that makes the book a true gem.

"Janey Way Memories: Volume One, The Story of the Janey Way Gang" is available for \$15 a copy. To order, visit www.Janeywaymemories.com.



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Sacramento area Easter Egg Hunts

Special to East Sacramento News

Easter Sunday is April 8 this year, and many festive events will be held leading up to the big celebration.

So, grab an Easter basket, put on your Easter bonnet and take the kiddos to your neighborhood Easter Egg Hunt. Dates and locations vary. There is even one egg hunt for the family pooch. Several neighborhood egg hunts are listed below, so you are sure to find something close to home or at Grandmas house:

3rd annual Easter Egg Hunt for Dogs

March 31: Bring your furry friend to join Wag Hotel for their 3rd annual Easter Egg Hunt for Dogs. The dogs will be able to hunt and sniff out over 1000 eggs filled with delectable treats. Hidden among the eggs will be five special eggs containing the word "Winner" that can be redeemed for prizes including a five day pass of All Day Play at Wag Hotels. Enjoy finger foods and photo opportunities with the Easter Bunny. Exciting doggy prizes will be raffled. Easter attire is encouraged for pets! A portion of the proceeds to benefit Nor Cal Boxer Rescue. 11 a.m. to 1 p.m. \$10 donation per family. McKinley Park, 601 Alhambra Boulevard, East Sacramento. To purchase tickets,

visit <http://tinyurl.com/egg-hunt4dogs>. (916) 373-0300

Easter Carnival

March 31: Greenhaven Lutheran Church and Angels Nest Early Childhood Education Center will host an Easter Carnival, rain or shine. Free to the community. 11 a.m. to 2 p.m. Featuring carnival games, bounce house, Easter Egg hunt, craft activities, refreshments and the Easter Bunny. Greenhaven Lutheran Church, 475 Florin Road (at Gloria Drive) in Sacramento. (916) 428-8449.

The Great Land Park Spring Egg Hunt

March 31: Egg hunt includes arts & crafts and an appearance by the Easter Bunny. Bring your own basket. 9:30 a.m. - 11:30 a.m. Egg hunt promptly at 10:30 a.m. William Land Park, 3800 Land Park Drive, Sacramento, west of the playground. (916) 808-7004.

Orchard Park Spring Egg Hunt

March 31: Spring Egg Hunt at Orchard Park, 2936 West River Drive, Sacramento. 2 p.m. Sponsored by Councilmember Rob Fong. (916) 808-7004.

Pocket-Greenhaven Spring Egg Hunt

March 31: Spring Egg Hunt at Portugese Park, 7350 Durfee Way,

Sacramento. 10 a.m. to 11 a.m. Sponsored by Councilmember Darrell Fong. (916) 808-7007

2012 Arden Easter Egg-Stravaganza

April 7: Community Easter celebration in Arden Park. Pancake breakfast 8 a.m.-11 a.m. (\$5 per person); Carnival Games 8 a.m.-10 a.m.; Egg Hunt \$3/person, 10:30 a.m. There is a special egg in each age division. Find the special egg and win a prize. The plastic eggs filled with candy are yours to keep. 1000 La Sierra Dr., Sacramento. (916) 483-6069 www.aprpd.org

Boss Kidz Community Easter Egg Hunt

April 7: Bayside Church of South Sacramento is sponsoring this community Easter Egg Hunt. 11 a.m. to 2 p.m., Valley Hi Park, 8185 Center Parkway, South Sacramento. (916) 715-7716.

Easter Egg Hunt & Pancake Breakfast

April 7: Hop on over for a HUGE egg hunt, pancake breakfast, fun crafts and a surprise guest! Don't miss this EGG-CEL-

LENT event. Breakfast is from 7 a.m. to 11 a.m. Adults \$5, children 12 and under \$3. Egg hunt is at 10 a.m. (arrive 30 min. early). Bring your own basket, ages eight years old and under, free. Egg hunt starts at 10 a.m. for all age groups. Carmichael Park, 5750 Grant Ave., Carmichael. (916) 485-5322 www.carmichaelpark.com

Fairytale Town Spring Eggstravaganza

April 7, April 8: Hop on down the bunny trail with Peter Cottontail at Fairytale Town's annual Spring Eggstravaganza. Egg hunts, puppet shows, art activities, photos with the Big Bun himself (photos cost extra). 11 a.m. - 3 p.m. Egg Hunts will be held promptly at 12 noon, 1 p.m. and 2 p.m. each day. Bring a basket for collecting eggs. The Egg Hunts are separated by age groups, 3 and under, 4-6, and 7-12. Admission: \$4.50/person, ages 2 and up. Kids 1 and under free. Puppet Art Theater will perform Bunny Boot Camp in the Childrens Theater. Puppet show tickets are \$2 (\$1 for members). Show times are 12:30 p.m. 1:30 p.m. and 2:30 p.m. 3901 Land Park Dr., Sac. (916) 808-7462 www.fairytaletown.org

Granite Regional Park Easter Egg Hunt

April 7: Egg hunt sponsored by the Stone Cold Riderz. 11 a.m. to 5 p.m. Granite Regional Park, 8200 Ramona Avenue, Sacramento. (916) 519-1091

Kiwanis Pancake Breakfast & Easter Egg Hunt

April 7: Come enjoy a delicious pancake breakfast (\$5 adults, \$3 children) and then enjoy a free Easter Egg Hunt for the little ones. Breakfast starts at 6 a.m. and the event runs through 1 p.m. Carnival style games for children, tickets available for purchase. Egg hunt times: Ages 0-1 (9:30 a.m.); Ages 1-2 (9:45 a.m.); Ages 3-4 (10 a.m.); Ages 5-6 (10:15 a.m.); Ages 7-8 (10:30 a.m.); Ages 9-10 (10:45 a.m.) McKinley Park, Clunie Clubhouse, East Sacramento. Sponsored by the East Sacramento-Midtown Kiwanis Club

Southside Park Easter Egg Hunt

April 7: Egg hunt includes arts & crafts and an appearance by the Easter Bunny. Bring your own basket. Children's entertainment, info booths, kid's activities, more. 10 a.m. Southside Park, 2115 6th Street, Sacramento.

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School lunches see increased nutrition – and prices

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

The school lunch line has come a long way over the years. Gone are the corndogs and French fries, and in are much healthier options like salad bars and soup. And the 'ole school lunch standby, pizza, has gotten a makeover as well – now it's made on a whole grain bread with a light marinara sauce and part-skim cheese.

"People think sometimes pizza is bad, we get a bad rap for that, but they get a healthy pizza here," said Brenda Padilla, manager of the Nutrition Services Department for the Sacramento City Unified School District (SCUSD).

Going greens

According to Padilla, over the past few years SCUSD has been implementing a number of changes in school lunches, including more whole grains, fruits and vegetables. Students also have access to a fresh salad bar every day.

"Of course, we want them to eat it. So we're introducing things to get them used to seeing them, things like spinach and kiwi," Padilla said.

These changes helped the district prepare for the US Department of Agriculture's (USDA) new rule, announced this January, that brings school nutrition meal pattern requirements in line with the latest Dietary Guidelines for Americans (DGAs). Padilla said the new regulations "change our meal patterns more than they have been changed in the last 15 years. We're required to serve a certain amount of things: that being meat, meat-alternate, bread, grains, fruits and vegetables, and dairy milk." She said the new regulations also look at sodium and calories.

San Juan Unified School District (SJUSD) is working proactively to make changes to its school lunch program that will put it in line with the new regulations, said Director of Food Services Monique Stovall.

"We already offer plenty of whole grains and fresh fruits and vegetables for our families," she said. "We're also working very, very closely with our food vendors to make sure that the foods we already serve meet the requirements of the regulations."

Additionally, Stovall said that SJUSD's Food Services Program follows the SHAPE (Shaping Health as Partners in Education) California nutrients and menu planning program, which requires the district to have an even more stringent nutritional guidelines.

"That means that we also look at fiber and sodium much more closely than the regulations require, so students are getting a pretty healthy meal," she said.



Photo iStockphoto
HEARTIER NUTRITION comes with a heftier price tag. The price of school lunches is going up across the country – and in the Sacramento City and San Juan unified school districts as well.

Better choices = Increased prices

As most people know, eating healthier comes with a slightly larger price tag. To help offset rising costs in school lunches, recent federal regulations are requiring all school district in the United States to raise their lunch rates to meet an approved rate, according to information on SCUSD's Website, www.scusd.edu. The site states that SCUSD raised its rates, starting Jan. 9, by 25 cents to \$1.50 per lunch.

Padilla said the rise in prices is through the Healthy, Hunger-Free Kids Act of 2010, which was signed into law by President Barack Obama in December 2010.

"There is a section in there, 'Meal Price Equity,' that does require districts to bring their full-price meal rates up," Padilla said. "The rationale is to get closer to what the Federal government reimburses us for the free rate. A lot of districts already have been incrementally increasing their paid lunch rates over time and those of us who hadn't needed to do it. We were leaning that way anyway, but now that that regulation came out, we want to be in compliance so we did raise ours to ensure we are in compliance."

SJUSD raised lunch prices over two school years, Stovall said, bringing its current lunch prices to \$2.75 for elementary and \$3.25 for middle and high schools.

"We were able to make assessments and make the adjustments in two phases to hopefully soften the impact on our families and set us up for several years to come so they don't have to see an increase every single year," she said. "We do not anticipate having to increase our prices, even with the new regulations, for hopefully at least another five years."

The extra funds generated from the increase in prices will help benefit the meal program, according to Padilla.

"The meal program is a partner in education because we all know kids can't learn if they're hungry. They need nutrition, so that money will go back in to help us," she said.

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Sacramento Camellia Show showcases Capital City's official flower

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

Sacramento is known as the Camellia City, and for good reason. These flowers flourish here.

The Camellia Society of Sacramento held its annual show at Memorial Auditorium on March 4. A wide variety of camellias were on show. Information on how to grow these beauties was available, as well as locally grown plants and art.

The Outstanding Flower of the Show award was presented to Arlene and Ron Morrison, for their specimen, "Dawn's Early Light."



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Janey Way Memories:

Boating with Uncle John Goldie



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

One Easter Sunday in the early 1960s, our large extended family gathered at my Aunt Alice Goldie's house for dinner.

As we sat around Aunt Alice's big family room eating ham, scalloped potatoes and salad, my brother Terry and I began a conversation with our uncle John Goldie.

Unlike, most of our aunts and uncles, John was Scottish, not Italian. In fact, he grew up in Glasgow, Scotland and served as an officer in the British Royal Navy during World War II. As we talked, Uncle John shared some of his naval wartime stories with us. We listened intently.

Then he said something which really got our attention: he had just bought a 17-foot boat, and he wanted to take us fishing in it. Wow, that sounded great. Soon, we had obtained permission from our parents and a date was set.

Two weeks later, on a Saturday morning, Uncle John pulled up in front our house, towing his new boat. To say we were excited would be an understatement. We grabbed our jackets and fishing gear, bid our parents farewell and headed out to Uncle John's waiting Chrysler sedan.

Off we headed in the direction of the Sacramento River, and thirty minutes later we pulled into Miller Park at the west end of Broadway. John circled around the parking area and headed down to the boat ramp.

Launching the boat proved to be quite an experience. First, our uncle circled the car around and began to back down the ramp. About half way down the ramp, the boat trailer began to jackknife. So, he stopped the car and pulled forward up the ramp to straighten the trailer up. Then he began backing the car up again and again the boat trailer jackknifed.

This time, Uncle John had Terry get out of the car to give him directions as he backed the boat up. That proved to be less than a good idea. Terry had a long-standing reputation as a curmudgeon. Laughing like a hyena, he provided little assistance in launching the boat.

Eventually, however, Uncle John got the trailer far enough down the ramp to launch the boat and off we went in the direction of Garcia Bend, where we would fish for striped bass. Uncle John proved to be an able boat man, and when we arrived at our destination, he dropped anchor, put a shrimp on each of our hooks and we began a long day of fishing.

Of course, we caught no fish, but had a great time. At noon, we ate a big lunch Uncle John had prepared for us, drank soda pop and listened to Uncle John's naval stories and the story of how he landed in the U.S. after the war.

The day skittered away and eventually, we had to pull anchor and head home. When we got back to Miller Park, we had a much easier time loading the boat onto the trailer than we had experienced while unloading it. By 5 p.m., and fully exhausted, we returned home, full of stories about our great fishing trip.

Sleep came easily that night.

It has been over fifty years since the day Terry and I went boating with Uncle John Goldie. We never did it a second time. Sadly, Uncle John passed away over ten years ago. But, the story of our fishing trip with him remains as yet another wonderful Janey Way memory.

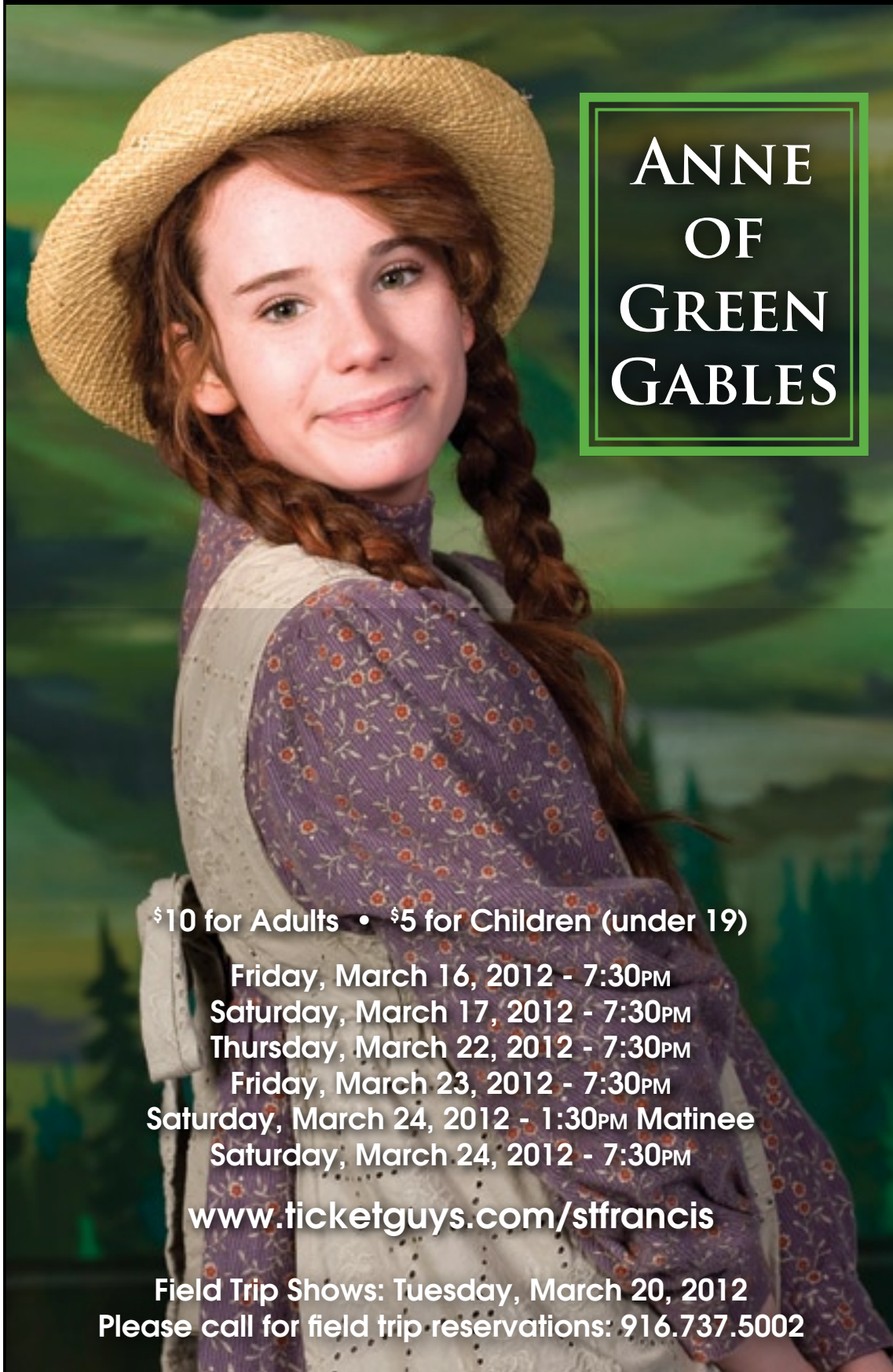


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Beethoven's 'Ninth Symphony' continues to resonate, 188 years later

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

The world of 1824 was an uncertain place.

The Napoleonic Wars that tore the European continent apart had ended nine years earlier at the Congress of Vienna. The crowned heads of Europe were focused on maintaining their hold on power, while a rebel thread of independence yearned to break free.

It was the age of the Monroe Doctrine, where those rebel Yanks told the European powers, essentially, to "stay out of our business." The Congress of South America had declared independence from Spain,

Mexico and any other nation and had established a republican form of government. Simón Bolívar had become president of Peru months earlier.

Radical ideas, such as freedom of conscience and the freedom to control one's own life were heady and dangerous.

Enter into this world a deaf German composer and pianist who desired to be a successful freelancer, free to express his own thoughts: Ludwig van Beethoven. In that year, 1824, he released the work that would shake the musical world to its foundations: the Ninth Symphony, also called "The Ode to Joy."

According to author Harvey Sachs, author of "The Ninth: Beethoven and the World in 1824," Beethoven had to "pay lip service to the rulers on whose patronage he depended and for whom expressions about universal brotherhood were only too reminiscent of the ideals bandied about by the French Revolution." He had to "toe the line" while simultaneously utilizing his freedom of expression.

The level of brilliance of the Ninth Symphony cannot be underestimated. It broke ground on many levels, and not just musically.

It was the first choral symphony. Listeners heard it speak to them of

grandeur, divinity, secular humanity...and universal brotherhood. Therein is part of its genius.

One of the greatest aspects of Beethoven's Ninth is its universal appeal. The monarchs loved it. The proletariat loved it. The churches of Europe loved it. Later, the Nazis loved it. The communists loved it. Every generation since 1824 has listened to the Ninth, found something there, and embraced it.

The Ninth is "an extremely intense, moving piece of music, not only because of the musical aspects but on a spiritual level," said Michael Neumann, music director and conductor of the Folsom Symphony. "Beethoven's Ninth Symphony is out in the stratosphere spiritually. Nothing was ever the same musically after Beethoven wrote his Ninth Symphony."

Aficionados of Beethoven have the opportunity to experience this seminal work on the weekend of March 24-25, when the Folsom Symphony and the Sacramento Master Singers will perform "Glorious Beethoven: His Magnificent Ninth Symphony" at Three Stages in Folsom.

"In my opinion, Beethoven's Ninth Symphony is the greatest mu-



Image public domain
The genius of Ludwig van Beethoven will be celebrated on March 24 and 25, when the Sacramento Master Singers and the Folsom Symphony perform "Glorious Beethoven: His Magnificent Ninth Symphony."

sical composition Western civilization has ever produced," Neumann said.

Performances are March 24 at 7:30 p.m. and March 25 at 3 p.m. For tickets or more information, call (916) 608-6888 or visit www.folsomsymphony.com.

Like a force of nature, the Ninth's power to reach the human heart continues to reverberate throughout the decades.

"Everyone should (experience) Beethoven's Ninth at least once in their lifetime," said Folsom Symphony President Bruce Woodbury. "This work is so spectacular we are offering it twice. The experience of the orchestral music with the Master Singers will make for an unforgettable evening."

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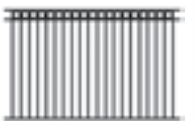
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MARCH

Bilingual Toastmasters

March 15, 22, 29: Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

Bingo!

March 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 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 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 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 15, 22, 29: 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

March 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 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 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 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.

ed. Garden Room and Courtyard, Sierra 2 Center, 2791 24th St., Sac. (916) 452-3005 www.sierra2.org

Kiwanis Club of East Sacramento-Midtown

March 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 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 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 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 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.

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Maundy Thursday.....April 5, 5:45pm
Good Friday Meditations....April 6, Noon-3pm
Solemn Liturgy for Good Friday, 7:30pm

GREAT VIGIL OF EASTERApril 7, 7:30pm
EASTER SUNDAY.....April 8, 7:30am, 9am, 11:15am,
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- EVENT LISTING SECTION -

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Saturday, April 28
10 a.m. to 3:30 p.m.
Chinese Grace Bible Church
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Sat., March 31, 9 a.m. to 3:45 p.m., doors open 8:30 a.m.

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Bring Them Back to Life: Developing an Ancestor Profile;
Push and Pull: The Reasons for Migration;
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Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd.
Advance registration required: \$25 members; \$30 non-members; after March 12-\$35.
Reg form at www.rootcellar.org. Contact Diane at rootcellarsgs@gmail.com

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The End of an era

Kay Gaines retires from St. Francis High School after 43 years of service

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

"A dynamically gifted person."
"She's been my mentor for 10 years."
"An impressive lady." "A remarkable woman." "Kay is St. Francis."

These are just a few of the myriad of comments by staff and alumni of St. Francis High School about Kay Gaines, who will be retiring from the school after 43 years on March 31.

"I think it's a good time to retire – I have my health, I have

my energy, so I want to move while I can still re-engage," Gaines said about her upcoming retirement and move to Lewiston, Idaho at the end of March so she can be closer to her sister's family, as well as her two grown sons and two 3½ year old granddaughters currently living in Colorado.

"It will be very difficult to leave my life-long friends in Sacramento, but I'll carry wonderful memories with me," Gaines said in a letter emailed out to St. Francis High School supporters

in February. "I have good health, lots of energy and a loving family, so I'm very fortunate."

Where it all Began

Gaines began her St. Francis High School career at literally the very beginning of 1969 – she came in to interview for a part-time social studies teacher position on Jan. 2 and started the very next day. Gaines worked part-time from 1969 to 1973, then became full-time from 1974 to 1984, and later the Social Studies Department chair from the mid-70s until 1985.

Rosemarie Bertini, a 1972 graduate of St. Francis who came back in 1997 to become an Italian instructor for the school, recalls Gaines' reputation as teaching difficult, serious classes.

"When you're a kid at that age, you're just going to do anything you can to not put yourself in that position, but when we got to senior year there was no way around it – Civics was Mrs. Gaines," Bertini said. "And I just thought, 'Am I going to live to see the end,' because I knew it was a lot of work!"

Reflecting on her student experience, Bertini said that although at a young age taking a class from Gaines might have been something a student would want to avoid, Gaines knew it was something her students could do. And Gaines would do what she could to keep them on track.



Photos courtesy, St. Francis High School
GIFTED AND TALENTED, Kay Gaines challenged the students to reach for their full potential at St. Francis High School for 43 years. Here, she is seen carrying books to her social studies class in 1975.

"In the end we were so full of accomplishment – when you left that class, you'd truly learned something and in addition you had this confidence in it," Bertini added.

Gaines herself admits she was a really tough teacher.

"I think that students can reach very high levels if you ask them to – they can learn

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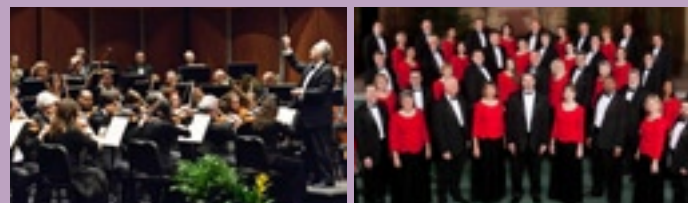
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Continued from page 18

skills, improve their own academic knowledge," she added. "We did a lot of writing in my history classes because that skill you'll take with you for the rest of your life."

St. Francis Theology Department Chair Rick Norman recalls beginning his own career at the school in 1977 when Gaines was the chair of the Social Studies Department. He said her long career has allowed her to have a real grasp of the history and vision of St. Francis as she's managed a number of transitions the school has gone through, from changes in campus location, buildings, administration and enrollment.

"She's had to weather all the transitions and she's been just incredibly graceful at guiding that school academically and administratively, and supporting just so many programs at the school," Norman said.

Also during her time as a teacher, Gaines taught the first advanced placement (AP) U.S. history course at St. Francis, which is a course high school students can take for college credit. According to St. Francis AP Literature teacher Rich Weldon, the AP program Gaines started then has grown. He said of the two English AP courses the school offers, over 100 students take the junior year course, while between 60 to 80 students take the senior year course.

"The AP programs, not just in English but in other departments, have really flourished under her because she just believes they could do it and it didn't matter if it was math or chemistry – it was kind of like move over boys, here come the girls," Weldon said.

Nora Wehrenberg Anderson, 1983 alumna, recalls her first interaction with Gaines in August 1981 in her AP U.S. history class.

"Lucky for me, I learned so much more," she said in a note she recently wrote to Gaines to wish her well on her retirement. "I learned how to think critically, to write well, and about how positive role models are all around us – people like you!"

Leaving a Legacy

Gaines continued to support the AP program at St. Francis as she made the move to assistant principal in 1985, followed by becoming principal in 1998. Gaines then decided to retire from the principal position in 2004 to take on her current role as director of special projects.

Gaines said her current role is a "catch-all" phrase that covers a wide variety of unrelated things, a good portion of which are connected to the school's academic teams, many of which Gaines started during her career, including the Mock Trial, Model United Nations, and Academic Decathlon, and others she also coached, such as the school's Robotics Team.



Photo courtesy, St. Francis High School

ACADEMIC TEAMS are a just a part of what St. Francis High School is known for. Kay Gaines established the first AP class at the all-girls Catholic high school, and established the school's teams for Mock Trial, Model United Nations, and Academic Decathlon. She coached others, including the Robotics Team.

St. Francis Director of Admission Moira O'Brien said Gaines is the reason why they have academic teams at the school. Although Gaines ran them herself for a while, she then found staff to take on each team and stick with them.

"We were the first all-girl school to ever go to the national championship in robotics, our speech team wins so many prizes," O'Brien explained. "It's all Kay's energy, she built them, and they are so successful and the girls love it."

And Norman said the building of these academic teams is what is bringing students to St. Francis today.

"For the first time we interviewed the incoming freshmen – many students now are coming to the school for academic teams," he said. "She was the one that really got all that rolling."

For 2010 graduate Amy Bush, being part of the St. Francis Debate Team is what she recalls most from her time at the school.

"Participating in debate meant a lot to me because I had spent eight years in speech therapy prior to coming to St. Francis," she recalled in a written note to Gaines. "To have St. Francis welcome me and make me feel that they were proud of me is something that has inspired me beyond measure, and still continues to."

Another program Gaines began and currently oversees is an exchange program with a sister school in Japan. The program with Nakamura Gakuen Girls High School in Fukuoka, Japan has been ongoing for 15 years now.

St. Francis 2001 graduate Jayme Hennessey recalls the exchange program and the impact it had on her education.

"That was really neat because we were able to experience a global perspective with girls our own age from another country," she recalled. "That was really something I remember a lot – especially as a high school student, it was pretty great."

Saying Goodbye

With the eve of her retirement upon her, Gaines reflects back on her experience at St. Francis and a comment a colleague she had taught with for 35 years said to her one morning that while driving to school one morning, he realized he had never gone to work a day in his life.

"And I said, 'Yup, I feel exactly the same,'" Gaines recalled. "I've never gone to work a day in my life. In 43 years I just came to play, and I think a lot of people here feel that way. We work really hard, we work really long hours because we wear so many hats, but it's just such a rewarding experience."

That constant drive has Gaines already making plans for her retirement, including involvement with the church, League of Women Voters, and schools in the area, as well as taking technology courses at the local community college.

"I don't intend to sit," she laughed.

When asked what she has learned the most from her experience at St. Francis, Gaines said one thing was that she grew in her own faith as a Catholic, which has become an integral part of who she is. And she also learned respect.

"Respect for my colleagues, respect for the kids and their parents," she added.

Gaines said what she will miss the most is the community.

"This is truly a family, truly a community – people really do care about each other," she said. "I will miss living in a truly faith-based community where it just happens so naturally and people just celebrate together and pray together."

And her parting words for her St. Francis family? Be creative, be adventurous, and love each other.

"I've just had the best career that I could ever possibly have desired and in the best place," Gaines said. "I've been blessed for sure."



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