

EAST SACRAMENTO NEWS

September 6, 2012

Community News in Your Hands

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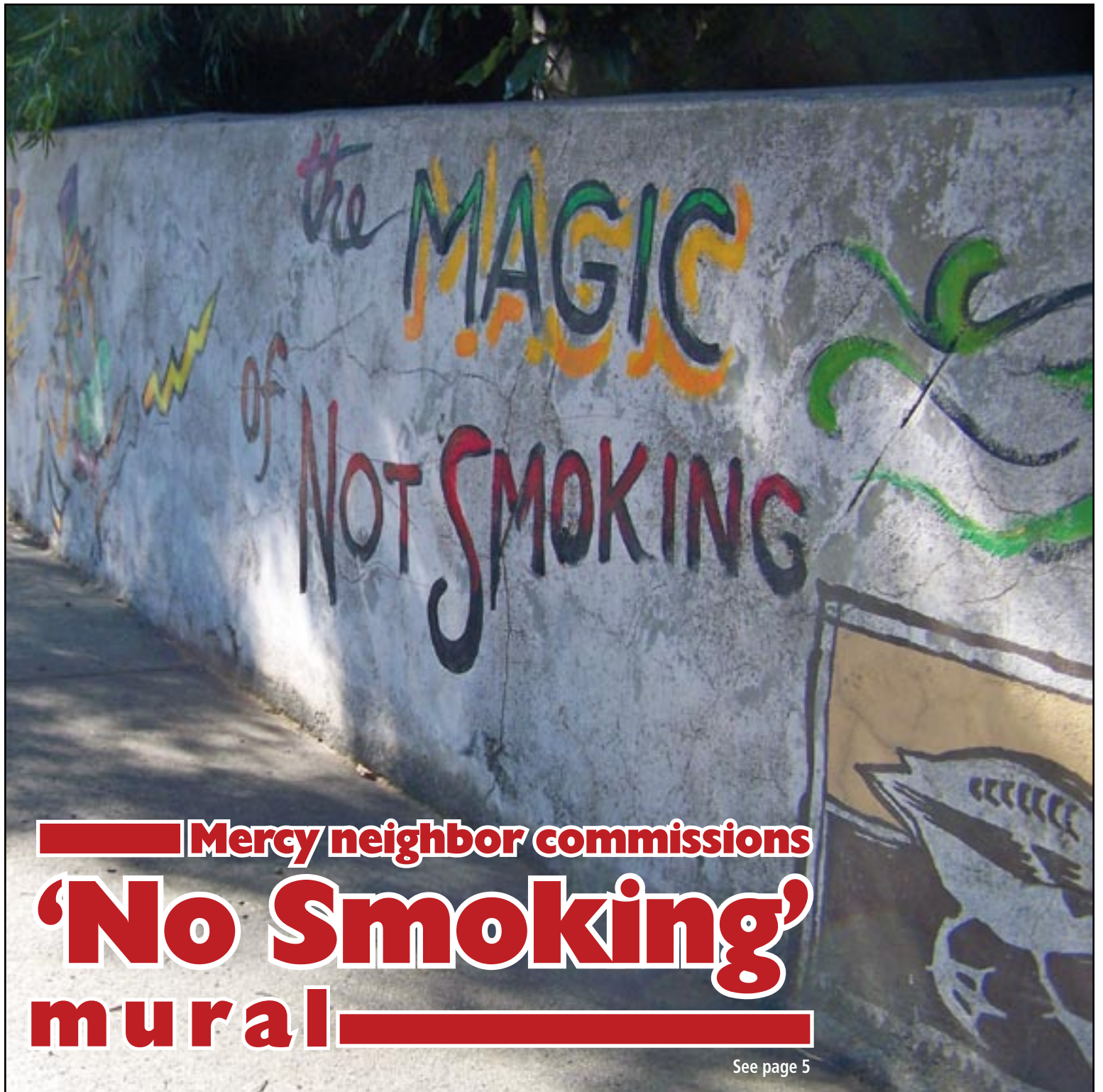
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Sacramento Zoo to be closed Monday, Sept. 10

WHAT'S HAPPENING: The entire Zoo will be closed to the public so that the walkway pavement can be resurfaced. The Zoo will reopen to guests Tuesday, Sept. 11.

WHERE: Sacramento Zoo, Corner of West Land Park Dr. and Sutterville Rd. in William Land Park

WHEN: All day, Monday, Sept. 10.



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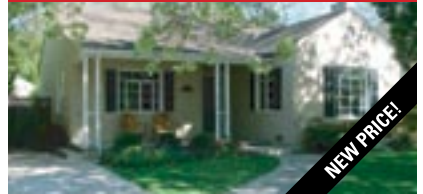
Faces and Places

East Sacramento soccer teams kicked off the season Aug. 25

Photos by ALDEN PARKER

All U6 teams played their first game of the season at Kit Carson Middle School on Aug. 25. They started their day participating in a parade. The kick-off event also featured juggling, dribbling, shooting competitions, face painting, a drunk tank, banner contest, equipment swap, club gear sales and food concessions. East Sacramento News wishes all teams the best of luck this season. You can always send us your photos and photo captions to editor@valcomnews.com

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American River Parkway Foundation offers ways to give back

By **CORRIE PELC**
East Sacramento News writer
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On Saturday, Sept. 15, about 2,500 volunteers are expected to take part in the American River Parkway Foundation's annual Great American River Clean Up.

According to Stacy Springer, volunteer manager for the American River Parkway Foundation, which is based in Carmichael, these volunteers will spend three hours that morning cleaning up 20 site locations along the American River of trash and other debris. "And that does not even include the huge kayak and dive teams that go out and address the shoreline and deeper water channels," she said.

Springer said it's easy to volunteer for the Great American River Clean Up – volunteers just need to register on the Foundation's website, www.arpf.org, and then show up on the day of the clean-up wearing closed-toe shoes and long pants, plus sunblock and hat if the day is sunny and warm.

Cleaning Up

Each location is manned by a site captain, such as Heidi Steger – an East Sacramento resident who has been a site captain for the Great American River Clean Up for the past four

years. Steger oversees the Howe Avenue river access location, which she said covers from Sacramento State to the Watt Avenue location.

On the day of the Clean Up, Steger is in charge of putting up signs, handing out gloves to those who don't have their own, distributing trash bags, waters and snacks, and giving some basic safety instructions to about 100 volunteers at her location.

She said there are both paved and unpaved portions of the parkway, so volunteers can feel comfortable depending on their abilities. "If you're the kind of person who doesn't feel bad about walking through high grass or even under trees and through some brambles, that's fine, but if you're the kind that wants to stick to the path, that's fine, too," she said.

When out on the parkway, Steger said volunteers are asked to pick up everything from cigarette butts to car tires. "There's cans, bottles, paper trash, paper bags, plastic containers – it's a mix," she said.

There's an emphasis on picking up cigarette butts at the Clean Up site location of Michael Rebensdorf, who has been a site captain for almost 10 years. At his site at Sailor Bar – just below Nimbus Dam, across the river from the fish hatchery – Rebensdorf holds a contest for



Courtesy of the American River Parkway Foundation
Volunteers from last year's Great American River Clean Up collected trash all along the river. About 1,500 volunteers are expected this year on Saturday, Sept. 15.

picking up the most cigarette butts. "People walk by the little trash – they want to get the big trash to fill their bag up," he said.

Having an Impact

Rebensdorf said through his years as a site captain at Sailor Bar, he has seen the amount of trash picked up each year decline significantly. "It's

probably 25 percent now from when I first started," he said.

He said this is because people are more conscious of not throwing things on the ground and littering. "At Sailor Bar, there's an entry point for fisherman to the river and I think they've become a lot more aware," he

See *Clean up*, page 22

No butts about it: East Sacramento resident aims to stop smokers with mural

By **CORRIE PELC**
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"Mercy Have Mercy," "Respect Our Air," "No Butts Please," "Don't Make An Ash Of Yourself," "Smoke Free Zone"

These are some of the anti-smoking messages that are part of a mural painted on a ledge at 42nd and J Streets. The mural has been a point of controversy between an East Sacramento couple and Mercy General Hospital.

The mural is the idea of 26-year resident Joanie Ferry whose home is directly next door to the hospital.

Ferry said for the past year and-a-half since Mercy became a non smoking campus, she and her husband, Jim, have dealt with patients and visitors to the hospital who sit on the ledge to eat and smoke, leaving their trash and cigarette butts on her property for her to clean up.

Ferry is allergic to cigarette smoke and she said the smell enters her home. "If I go into somebody's home and they smoke, my eyes start to swell up and I can't take it," she said. And though Ferry politely would ask those smoking by the ledge to move, she said sometimes they would apologize and move on, but other times they would be confrontational.

Ferry said she and her husband have petitioned Mercy General Hospital to try to fix the problem, including placing "no smoking" signs or building the ledge up higher to keep people from using it as a hang out. "(Mercy) kept saying it's private property, there's nothing we can do, and I just got tired of the nos," she said.

The Ferrys also suggested Mercy try to create a smoking area somewhere on campus. "My husband and I are both somewhat retired and we're home a lot, and I don't want the cigarette butts nor the smell coming in my home," she said. "I don't smoke, I've never done it, I don't understand it, but I guess that (if) people need to relax, then make them a place."

Phyllis Baltz, Mercy General Hospital Interim President

said that while Mercy General Hospital's parent organization, Dignity Health, instituted a smoke- and tobacco-free policy for each of its sites, it also respects its neighbors.

"We do not have control over and cannot enforce what happens on a public sidewalk. If employees or visitors wish to take a smoke break, we encourage them to do so on the sidewalk in front of the facility and not impact our neighbors. We take active steps to remind employees, patients and visitors of our policy," Baltz said in a written statement.

Off the Wall

Fed up with hearing "no," Ferry decided to take matters into her own hands and commissioned local Sacramento artist Robert Gordon to design and paint a mural with an anti-smoking message.

Gordon – whose work can also be seen at Taylor's Market and various Paragary restaurants – said he was given free reign over what paint and decided to make his mural look like a comic strip. "I didn't want it to look like a mural. It had to be more like a story," he said.

The brightly colored work mixes anti-smoking sayings with pictures of people and animals making unhappy faces, a "clean air" town and crossed-out cigarettes.

Ferry said smokers have left the space since the mural was completed in July. "They're not smoking," she said. "They look at it and then they walk across the street to the empty building. It seems to be working."

As for her neighbors, Ferry said she had not heard any negative comments to the artwork. And according to a City of Sacramento spokesperson, the mural is not considered to be graffiti.

Painting the mural has caused Gordon – a smoker – to rethink his habit. "It actually made me think about smoking, why (am I still smoking), and how expensive it is," he said. "It's a wake-up call for the whole neighborhood thanks to (Ferry)."



Toby Lewis / Special to East Sacramento News

Part of a mural commissioned by Mercy Hospital neighbors, Joanie and Jim Ferry.

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Eugene Fotos reminisces about his early experiences in East Sac, other memories

By LANCE ARMSTRONG
East Sacramento News writer
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Editor's Note: This is part two of a two-part series regarding the memories of Eugene Fotos, who grew up in East Sacramento.

The number of people who recall what life was like in the 1930s in East Sacramento and its surrounding area is continuously declining as the years pass by. But fortunately for history's sake, Sacramento native Eugene Fotos maintains a fairly vivid memory of what the area was like during that decade and many of the years thereafter.

As presented in the first part of this two-part series, Eugene played an integral role in the founding of the annual Greek Festival, which is presented by the Greek Orthodox Church of the Annunciation.

Many festival attendees recognize Eugene, who turned 80 years old on Sept. 4, as the official photographer of this event.

Every year since the inaugural edition of this popular festival, which was first held in 1964, Eugene has been capturing memories of the event through still photography.

And undoubtedly, being a photographer in any capacity may seem to be a very fitting role for a man with such a shutterbug-like surname.

During his 49 years with the festival, Eugene has taken thousands of photographs at this event and paid for film, developing and any other related costs out of his own pocket as a personal contribution.

Many East Sacramentans are familiar with the aforementioned Greek church, which is located just west of McKinley Park.

Eugene's earliest memories of the East Sacramento area predate the 1951 opening of the current church building by a substantial number of years.

But in presenting a more thorough history of Eugene's life, it is important to recognize his earliest recollections from his time living in downtown Sacramento.

In briefly telling about this time, Eugene said, "We lived in a rental house at (615 9th St.) around a number of old Greek families and the old (Greek) church was downtown at 620 N St. I was 4 years old when I moved with my family to (403 38th St.) in East Sacramento."

Eugene said that he was one of the six children of Dan A. and Despina "Despo" Fotos, as he also grew up with his siblings, Fotine, Mary, Antonia, Manuel and Demetre.

As the Fotos family grew, so did their house in East Sacramento, as two more bedrooms and a second bathroom were added to the structure, which originally had three bedrooms, two bathrooms and a very large, finished basement with a kitchen.

The basement was quite notable for its use as a sort of social hall for various Greek gatherings, including family reunions and church functions, and other events.

The Fotos' East Sacramento house was located on a full acre of property and included a large garden.

Eugene fondly remembers the garden as a place that was rich with fruit.

"We had a big garden with a grape barber that was 60



Photo by Lance Armstrong
Eugene and Agnes Fotos, who began their married life together in East Sacramento 55 years ago, are longtime members of the Greek Orthodox Church of the Annunciation, which is located just west of McKinley Park.

feet long by 20 feet wide," Eugene said. "You could pick grapes like crazy and there were white and black fig trees, plum and peach trees, apricot trees, pomegranates, oranges and pears. And we also had a walnut tree."

My father's oldest brother (Peter Fotos) was never married and he did the gardening (on the property)."

Using their own grapes, the Fotos family also made their own homemade wine.

The Fotos family also owned an additional 50-foot by 146-foot lot that was adjacent to the south side of their house.

Eugene said that he resided in his family's East Sacramento home from 1936 to 1958 and that the home remained in his family until late 2002.

During his interviews with this publication, Eugene spoke about his father with much respect and fondness.

"My father was a wonderful man," Eugene said.

Dan, who was an immigrant of the small village of Kapeleto in western Greece and volunteered for service in the U.S. Army during World War I, was born as Dionisios Augerinos Fotopoulos.

Along with his twin brother, Niko "Nick" Augerinos Fotopoulos, Dan was born on Aug. 15, 1891.

Dan was living in Sacramento by as early as 1928, when he was a resident of the State Hotel at 906 4th St.

The hotel was owned by Tom

Karamanos, who would later select Dan to be the best man at his wedding.

Eugene said that his parents had a marriage that was atypical for most Sacramento couples.

"They had an arranged marriage and were married in a hotel in Havana, Cuba in 1931," Eugene said. "My father went all the way to Cuba to meet her when she came in on a ship."

When Dan, who was 5 feet, 9 inches tall, first saw the 5-foot-tall, small-framed Despo, he told her that he would not marry her, because she was too small of a woman for him and he wanted to have many children.

Based on the photograph that Despo had sent to Dan, Dan believed that Despo was much taller.

Despo said that she would not disappoint her parents and return to her home in Greece as an unmarried woman, and she promised Dan that she would bear him as many children as he wanted.

The couple was then married and Despo wasted little time in beginning to fulfill her promise, as Eugene was conceived in Havana and born in Sacramento nine months later.

For many years, Dan supported his family through his work as a laundryman.

By 1934, he was operating his own business, Dan Fotos Linen & Towel Supply,

which was located at 1515 Cascade Laundry at 1515 20th St.



Photo by Lance Armstrong
With much enthusiasm, Eugene Fotos tells a story related to his early life in East Sacramento.

Fotos: East Sac man loved McKinley Park and Alhambra Theatre

Continued from page 6

at Cascade Laundry at 1515 20th St.

A 1939 advertisement notes that the business laundered such items as aprons, coats, uniforms, caps and towels for doctors, nurses, dairies, garages, etc.

Dan relocated his laundry service to 2112-2114 Alhambra Blvd. in 1940 and renamed his business, Alhambra Laundry and Fotos Linen Supply.

Eugene said that his father had his Alhambra Boulevard building constructed in a manner that would benefit his employees.

"When my father built his laundry (building), he thought of his employees in a big way," Eugene said. "He arched the building with a humungous arch on top of it and on the very top of the arch - which was at least 30 feet (tall) - he had windows (installed). They would open up the windows and the steam would actually leave the building, so the workers didn't have to fight the (hot) steam. Other laundry businesses (of the time) had ceilings that were about 10 feet high and these places were all full of steam. He also put bay windows in the place and the press operators could see outside (through these windows). And he was also concerned about his customers and he built a big canopy out in front, so the customers' laundry wouldn't get wet during storms. He was so big hearted."

Eugene also remembers John Bone's drugstore at 3608 McKinley Blvd.

"In those days, a lot of the drugstores like Bone's also had a fountain and you could buy sodas and ice cream and they had the little swivel seats with soft cushions," Eugene said. "The pharmacist would leave the pharmacy and go and make you an ice cream. But (John's wife) Mabel Bone, who was an attractive wom-

an, would usually take care of the fountain. So, invariably, I would go there and get ice cream."

Eugene, who graduated from Sacramento High School in 1950, added that it cost five cents to buy an ice cream at Bone's drugstore during his childhood.

Additionally, Eugene, who has been married to his wife, Agnes, for 55 years and has two sons and a daughter, recalled that during his childhood he would ride downtown on the No. 1 bus with his sisters to attend Greek school three times per week at the Greek church.

During the latter part of his final interview for this series, Eugene commented that two of his favorite East Sacramento landmarks were McKinley Park and the Alhambra Theatre.

"I loved going to McKinley Park and I even learned how to swim in the park's pool," Eugene said. "Of course, the Alhambra Theatre was one of the most unique theaters - as we all know - in Sacramento. Our family used to walk to the Alhambra Theatre from our house and go through the cemetery (where Sutter Middle School is presently located). And that wonderful walkway to the theater and that magnificent theater. It was such a beautiful place. It was just wonderful growing up in East Sacramento during the 1930s and 1940s."

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Fundraising efforts to rebuild neighborhood park brings renewed spirit to the community

By ELIZABETH VALENTE
East Sacramento News writer
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The first community meeting to discuss potential rebuilding plans and associated costs to the McKinely Park Rebuild Project will be on Thursday, Sept. 6, at the Clunie Community Center on 601 Alhambra Boulevard, just across the street from where the stains of the charred ashes still remain after a suspicious fire destroyed the wooden playground on July 28. Though no arrests have been made, Sacramento firefighters have claimed the fire as a case of arson.

East Sacramento Councilmember Steve Cohn from District 3, along with Sacramento Parks and Recreation Department staff and the public will have an opportunity to view and comment on two rebuild options at the meeting.

"It's an opportunity to decide whether to rebuild the burned section of the

park and bring remaining playground up to code or whether to rebuild the entire playground," said Councilman Cohn. "We will also discuss safety measures such as improved visibility from the street, lighting, security cameras, maybe even a sprinkler system. I expect the community to be engaged every step along the way, from planning what gets rebuilt, to raising money, to volunteering labor and materials."

Fundraising Campaign

As devastating as the fire was to the children, it has brought out a new wave of hope and enthusiasm to East Sacramento residents trying to rebuild their neighborhood playground. Donations for the project started pouring in less than 24-hours after news broke out that part of McKinely Park had burned down. From personal checks to benefit concerts at Shine coffee-house that featured Lindsey Pavao,

from NBC's "The Voice," to a 5k Run/Walk and Kids' 1/2 mile Fun Run - neighbors, and not just in East Sacramento, have been coming together to do all they can to rebuild the 18-year-old park.

"All proceeds benefit the playground. This is a neighborhood icon. Everyone wants to pitch in the best way they can," explained East Sacramento resident, Robin Little. "The "Run for the Playground" will take place on Sept. 8 with the start line at the McKinely Park Playground. It's open to all ages."

Even the demolition work was donated. American Technologies had offered to donate its services to tear down the burned remains. With all the fundraising efforts happening, Emma Talley, 11, did not want the opportunity to help rest solely on the shoulders of adults. In two days she managed to put together a block par-



Charred McKinely Park Playground. Courtesy photo

ty car wash, volunteering fellow playmates from nearby homes.

"We want to bring the playground back quicker," said Talley. "The first 30 minutes of the

See Park, page 9

Park: Community comes together for playground

Continued from page 8

car wash was incredible. It began with just neighborhood cars and then after that people from all over Sacramento came. In the first hour we made a couple of hundred dollars, people are being over generous and we appreciate it."

The City of Sacramento is pitching in by selling bricks and park benches to help raise money. For a tax-deductible contribution of \$150, a person can get a 4" x 8" brick personalized with up to three lines of text. Park benches are also available with personalized plaques: 4-foot benches are offered for a \$5,000 tax-deductible donation, and 6-foot benches are available for \$8,000. Both items will be installed in the playground when construction is complete in 2013, according to the Sue Brown, District 3 Director.

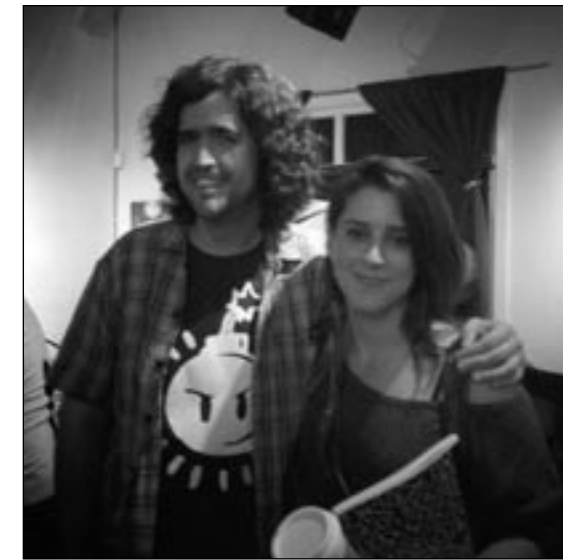
The idea stems from when the playground was first built in 1994; a wall of personalized tiles was installed to commemorate the contributions of the community members who helped make the playground a reality. In an earlier interview, Cohn said the undamaged children's wall brought back memories.

"I saw the two tiles with my own children's hand prints. My initial reaction upon hearing news of the fire was probably like most: anger, giving way to sadness, giving way to a steely determination to get this playground rebuilt as soon as possible."

Some local restaurants, like Sacramento's Firehouse and Ten22 restaurants, have also donated portions of sales proceeds to help raise money for the rebuild.

Budget Cost

Through all the donations and fundraising events, the City has raised near-



Joshua Krage with Lindsey Pavao. Photo by Joshua Krage

ly \$45,000 so far. The cost of rebuilding the park is estimated at close to \$500,000, and the City has insurance to cover the playground, but there is a \$100,000 deductible and it will only cover the cost of rebuilding the damaged portion of the playground.

"It is likely that rebuilding the damaged portion would trigger upgrades to the rest of the structure to meet modern safety codes, and maybe even trigger replacing the entire structure, which would add significant costs," Cohn said.

To guarantee donations will go to the redevelopment of McKinely Park, checks should be made out to "Gifts to Share/McKinley Playground," and mailed to City Councilman Steve Cohn at City Hall, 915 I Street, 5th floor, Sacramento, CA 95814. For more ways to donate go to www.rebuildmckinley.org.

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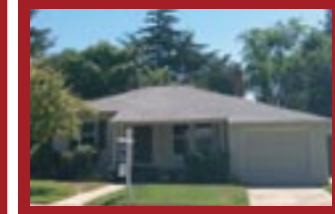
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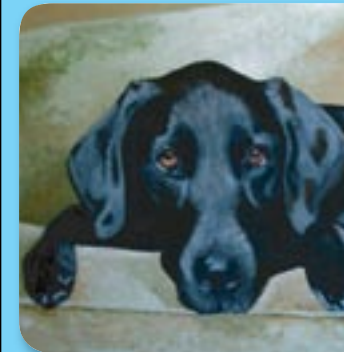
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Children enjoyed Firehouse No. 1 open house

Photos by LINDA POHL

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School District creates rigorous program to support a more focused education

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

For 9-year-old twins Colin and Caleb Quinn, the idea of going from their first elementary class to their high school graduation at the same school, with the same group of friends, trailing the same administrative staff, is a pretty cool concept.

"I think it will be exciting, to be part of a new program that keeps me and my friends at the same school until we graduate high school," Colin said.

Because East Sacramento does not have a neighborhood high school, kids entering their last few years of school right now have to transfer to McClatchy or Rosemont, or other district high schools, which can become frustrating not only to the kids, but the parents as well.

That is one reason why Dawn Blacker decided to get involved with the Sacramento City Unified School District in building a plan to create a K-12 International Baccalaureate (IB) pro-

gramme in East Sacramento at both Caleb Greenwood K-8 School and Kit Carson Middle School.

The program would not only allow Dawn's twin boys to stay at Caleb Greenwood, but it would also bring a more focused and intensive curriculum she feels is needed to the school district.

Michael Minnick who is a part of Design Team' which includes parents, teachers, staff, neighbors and students said: "I'm very excited ... I am a big fan of options, every kid learns differently and I think this program will work for many kids," Minnick said. "Teachers will be able to work as a team to develop a curriculum that fits right for the school and the kids that are enrolled. No cookie-cutter plan."

Educating Staff

This summer, Amy Whitten, Caleb Greenwood's new K-8 principal, along with Charlie Watters, the principal at Kit Carson, attended a three-day Institute ses-



Colin and Caleb Quinn support having an IB Programme at Caleb Greenwood K-8 School.

Photo by Elizabeth Valente

sion specific to either Primary Years Programme (PYP) or the Middle Years Programme (MYP).

Whitten participated in many small group discussions with school ad-

ministrators from Morocco, Iraq, Kenya, Japan, and Korea. "I knew, of course, that IB was an international program and there were IB schools all over the world, but the experi-

ence of sharing our common ideals for educating our children and creating schools that will help them thrive in an ever-changing global society was very inspiring," she said.

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Thursday, September 20

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Robbie Waters Pocket-Greenhaven Library 7335 Gloria Drive, Sacramento, CA 95831

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Please join us... **NBS Pillow Party Event**
To Help Local Mastectomy Patients

Monday, September 10th, 2012,
6:00 - 8:30 p.m.

Central United Methodist Church Social Hall
5265 H Street

6pm: Summer Harvest Potluck
Guest speaker Ally Goi *This 10 year old will present 30 pillows she has made to NBS, working towards her Girl Scout Silver Award.*

6:30-8:30pm: Pillow stations

Sewing skills not required • **BRING A FRIEND**

Contact Person: Joan Eddy at 451-3831 or eddyjk@comcast.net

This Pillow Party Service Project is sponsored by Central United Methodist Church and The Table at Central, in conjunction with the nonprofit, Necessities Bag Sacramento.

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September 15
9-11 a.m.

McKinley Park
3300 McKinley Boulevard, Sacramento

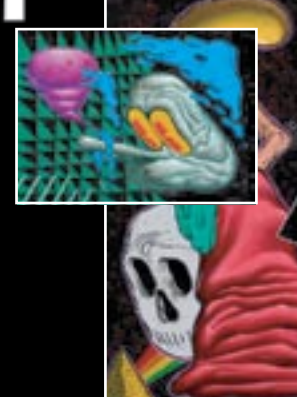
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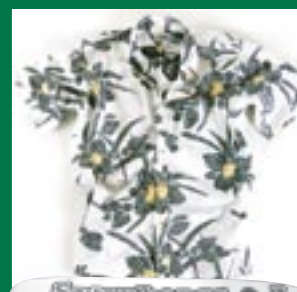
Second Saturday Reception
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Harvest Time: The real gold in California

Special to the East Sacramento News

Before gold was discovered in 1848, John Sutter had initially envisioned an agricultural empire and had amassed 10,000 cows, 5,000 sheep, more than 2,500 horses and mules and produced an amazing 50,000 bushels of wheat harvest. Then, just when he was ready to reap the rewards of his hard work, the Gold Rush derailed his plans -- his land was overrun by gold seekers, his crops were trampled or neglected and his livestock stolen or chased away. Sutter's diligence eventually prevailed and his dreams of an agricultural bounty were realized.

During the next "Hands on History: The Real Gold in

California" event on Saturday, Sept. 15, visitors to Sutter's Fort State Historic Park will participate in corn shucking contests, threshing, winnowing and grinding wheat. Fort visitors can also watch demonstrations of goat milking, spinning and weaving wool and property branding.

Cannon firing demonstrations will take place at: 11 a.m., 1 p.m., 3 p.m. and musket demonstrations will take place periodically throughout the day during Fort hours, which are 10 a.m. to 5 p.m. The cost is \$7 per adult (18 and older), \$5 per youth (ages 6-17) and children 5 years and under are free.



Photo credit

Sutter's Fort State Historic Park is operated by California State Parks with financial assistance from the nonprofit Friends of Sutter's Fort. As of Jan. 1, Sutter's Fort State Historic Park is open Tuesdays through Sundays from 10 a.m. to 5 p.m. Located in midtown

Sacramento on L Street between 26th and 28th Streets, the Fort offers monthly "Hands on History" activities and special events throughout the year. Established in 1839 by Swiss immigrant John Augustus Sutter, Sutter's Fort was at the center of a flourish-

ing agricultural empire named New Helvetia (New Switzerland.) This empire established Sacramento's earliest settlement and the first European settlement in California's Central Valley. For more information, call (916) 445-4422 or visit www.suttersfort.org

JANEY WAY MEMORIES:

Vacationing in Santa Cruz



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

Around the end of the 1950s, with their children growing up quickly, the families of Janey Way began engaging in a proud old American tradition: the Summer holiday. Some went east to camp out in the Sierra Nevada mountains. Others preferred coastal venues like Bodega Bay, Monterey and Santa Cruz.

We wanted to join our friends the Puccetti's and the Costamagna's in Santa Cruz. This proved easier said than done, however. Taking a family of six on holiday for a week can be quite expensive. My mom came up with a solution to this problem.

Her mother Ethyl lived on a fruit ranch in the Santa Cruz Mountains with her

second husband Floyd, so she gave her mother a call and asked if we could visit. Grandma Angelsberg said yes, so in August off we went to grandma's house.

We loaded all our gear and ourselves in our 1957 Chevy wagon and headed for the coast. We were in for a surprise when we got there. The two and one half hour trip was fun. We ate cookies, sang songs and took in country we had not seen. Eventually, we arrived at Grandma Ethyl's house, or should I call it a cabin.

There were six of us, and the house only had two bedrooms in addition to a bathroom, kitchen, and combined living room/dining room. It was pretty small. Mom assessed the situation and arrived at a solution. She and dad would share the bedroom and the kids would sleep on

the covered, screened porch in the front of the house. It was like camping out with a roof over our heads--we loved it.

Things settled into a pattern during the week we stayed. Grandma arose early and made coffee and toast using bread she made fresh daily. We slathered it up with lots of jam made from the fruit they grew in their orchard. Then, after breakfast we headed into Santa Cruz. The trip, a curving 14-mile ride down the mountain, was always fun and thrilling. We stopped at a little store on the way and picked up sandwiches for lunch.

Then we were off to the beach. There, we spent our days swimming in the cool ocean water until our teeth chattered. Then we sat on the beach until we warmed up and returned to the water to swim some more. Some days, we went up to the boardwalk to play in the fun house and ride the "Big Dipper" roller coaster.

Other days we went on field trips to the red woods, Monterey and Half

Moon Bay. The trip proved a better experience than we ever imagined.

When we weren't on the beach, we played outside on the 30-acre ranch. It teemed with game: deer, quail, cottontail rabbits and squirrels. It overlooked the entire inland area. A creek ran down the east side of the property. There, we played in the water and tried to catch fish with our bare hands.

We also got to know our grandma and her hard working husband a little better that week. It gave us a respect for what farming and living in the country was all about. The week went by all too quickly. Eventually it did through, so we piled into the car and headed home.

As I recall, we spent two more summer holidays at our grand mother Ethyl's house, every one as good as the first. I think she and Floyd enjoyed having us visit as much as we enjoyed seeing them. Now our summer vacations in Santa Cruz are another breezy Janey Way Memory.

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CALENDAR

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

SEPTEMBER

CSUS 'Lost & Found' exhibit
Now through Sept. 27: Sacramento State's Art Department scattered treasures are being brought into the light with, "Lost & Found: Selections from Sac State's Art Collection," in Kadena Hall's Else Gallery. The collection includes limited edition lithographs by luminaries such as Pablo Picasso, Andy Warhol, Frank Stella and Rufino Tamayo. Other sculptures, paintings, drawings and prints are by regional masters and familiar Sac State names such as Robert Else, Ruth Rippon, Robert Arneson, Irving Marcus and Jack Ogden. Gallery hours are noon-4:30 p.m. Monday-Thursday. 6000 J St. Sacramento.

Purple Hope Campaign
Now through Sept. 30: This month, the Alzheimer's Association of Northern California and Northern Nevada will present the First Annual Purple Hope faith-based outreach campaign. The four-week campaign will begin the week of Sept. 3 and will culminate the week of Sept. 24 through Sept. 30 ('Purple Hope Week') when members will be encouraged to wear purple at faith gatherings. Annual Walk to End Alzheimer's is on Oct. 6 at the State Capitol. No registration fee, but fundraising is encouraged for the walk. 764-4834, 396-8771, danhinnenkamp@sbcglobal.net

David Middlebrook's 'Balancing Act'
Now through Dec. 15: "Balancing Act" is both the name and description of Middlebrook's free art exhibit in Sac State's Library Gallery on the campus, 6000 J Street. Middlebrook specializes in sculptures of stone, marble and bronze. "Balancing Act" will feature a number of precariously balanced pieces. Gallery hours are 10 a.m.-5 p.m., Tuesday through Saturday, 278-4189.

'Artistry of the Traditional Quilt'
Sept. 7-20: A Centennial "Four Eagles" quilt is part of a double exhibit at Sac State Library Annex on campus, 6000 J Street. Hours are 10 a.m.-5 p.m., T-Sat. Reception is 5 p.m. Friday, Sept. 7. "Piecing the Past Together: Nineteenth Century Quilts" runs Sept. 7-Dec. 20 in the Library Special Collections and University Archives. Hours are 9 a.m.-4:30 p.m. M-F. These personal pieces of history are from the Carol Gebel collection. Contact: (916) 630-9240.

Bi-Polar Anonymous
Sept. 7, 14, 21, 28: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Volunteer in the garden
Sept. 8: Jensen Garden, located at 8520 Fair Oaks Blvd. in Carmichael, is holding a volunteer garden work day from 9 a.m. to 1 p.m. Bring work gloves, hand pruners, lunch and a drink and join with other volunteers to keep the garden beautiful all year. All skill levels are needed. Tracy Kerth (916) 485-5322 ext. 23 or email tracy@car michaelpark.com.

Fire Station 19 open house
Sept. 8: Come visit Fire Station 19 at 1700 Challenge Way. Free. 2 to 5 p.m. Presentations at 3 p.m. (916) 808-1347

Volkssport walking
Sept. 8: Sacramento Walking Sticks Volkssport Club monthly meetings are held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St. Those who wish to walk before the meeting, meet at Starbucks, 1420 65th St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or nussb@surewest.net. Also www.SacramentoWalkingSticks.org

Asian Community Center Fundraiser
Sept. 8: This year's event celebrates the 25th anniversary of the ACC Nursing Home and honors donor support throughout the first 25 years. It features a buffet of Asian foods, a silent auction and entertainment. Held at Elk's Lodge #6, 6446 Riverside Blvd., 6 to 9 p.m., cost is \$60 each in advance; \$75 at the door. For more information or to reserve tickets, contact Terisa Lee at (916) 394-6399, ext. 141 or tlee@accsv.org. Mail checks to, or visit the ACC Administration office located at 7311 Greenhaven Dr., Suite 187.

Annual Nursing Home Fundraiser
Sept. 8: Celebrates 25th anniversary of the Asian Community Center Nursing Home and honors donor support. Features an Asian food buffet, silent auction and entertainment. From 6-9 p.m. at the Elk's Lodge, 6446 Riverside Blvd., \$60 in advance; \$75 at the door.

Capitol Artists' Studio Tour 2012 weekend one
Sept. 8-9: Open studios at various locations from 10 a.m. to 5 p.m. throughout downtown, midtown, Land Park and Natomas Studios include:
Verge -- 625 S St., 448-2985;
Arthouse -- 1021 R St., 444-2787;
14th Street Studios -- 215 14th St
14th Street Studios -- 201 14th St.

Kennedy Gallery Art Center -- 1114 20th St., 446-1522
Clay Time -- 1500 27th St., 455-4409
Panama Pottery -- 4421 24th St., 452-7181

East Sacramento Edible Garden Tour
Sept. 8: 10 a.m. to 4 p.m. Tour will take visitors through six different edible gardens in East Sacramento. Tickets are \$20 in advance; \$25 day of. www.ediblegardensac.org; 709-6748

Step-by-Step (Water Bath Canning) - Master Food Preserver Demonstration
Sept. 8: From 10 a.m. to noon, Sacramento County Master Food Preservers present a basic introduction to safe water bath canning techniques. This is a free class. Location: UC Cooperative Extension -- Auditorium, 4145 Branch Center Rd. Sacramento 95827

35th Anniversary of the Old Sacramento Schoolhouse Dedication
Sept. 9: On this day in 1977, the Old Sacramento Schoolhouse was originally dedicated. To celebrate, they will showcase the successful programs and projects the Schoolhouse has completed over the years. At 12:30 p.m., the public is encouraged to stop by and join the fun. For more, visit www.scoe.net/oldsacschoolhouse.

Stepping Out to Cure Scleroderma
Sept. 9: The 10th annual Stepping Out to Cure Scleroderma 5k Run and 2 mile Walk/Fun Run in William Land Park, Village Green area. Registration begins at 8 a.m. and is followed by a 9:30 a.m. run and 9:35 a.m. walk. There are cash prizes for the top three male and female finishers and 3-deep awards to male and female age groups. Reduced rates are available for youth and children age 4 and younger are free. Cost: free to \$35. www.scleroderma.org/2012sacramento.

NBS Pillow Party Event
Sept. 10: Event to help local mastectomy patients from 6 to 8:30 p.m. at Central United Methodist Church Social Hall,

5265 H St. At 6 p.m., there will be a summer harvest potluck with guest speaker Ally Goi who will present 30 pillows she has made to NBS as part of her Girl Scout silver award efforts. From 6:30 to 8:30 p.m., visit the pillow stations. Contact Joan Eddy at 451-3831 or eddyjk@comcast.net.

Literacy Little League
Sept. 11: Come join the 17th year of a successful tutoring program that lets you get to know a third grade student in need of help with reading comprehension. 2:30 p.m., St. Marks United Methodist Church, 2391 St. Marks Way, upstairs in the Fireside Room. Tutoring will start in late September. Contact Dorothy Marshall, (916) 488-2578; dorothy@csus.edu.

CSUS faculty recital
Sept. 12: CSUS professor and saxophonist Keith Bohm presents a faculty recital with John Cozza on piano, at 8 p.m. in Capistrano Hall 151 on the campus, 6000 J St. The performance will include "Concerto for Alto Saxophone" by Ronald Binge, "Four Seasons of Buenos Aires" by Astor Piazzolla and more. Tickets are \$10 general, \$7 seniors and \$5 students and are available at the University Ticket Office, (916) 278-4323. Contact: (916) 278-5191.

Rotary Club of Pocket/Greenhaven
Sept. 12: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Wednesday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Crochet Guild
Sept. 12: Crocheters of all levels of ability and all ages are invited to join the Sacramento Crochet Guild. Learn new crochet techniques, exhibit at State Fair, do charity work. Mentoring program. Show and tell. Mini classes. Library and newsletter available. Club member of the Crochet Guild of America. Meets the second Wednesday of the month at 6:30 p.m. Seniors: \$6 per year. Enter from parking lot. Church of the Cross, 45th and H St., Carolyn (916) 457-4044

Referrals Plus
Sept. 12: Referrals Plus, a women's networking group, helps women in business with connections, resources, promotions and ideas. Meets the second Wednesday of every month. 12:15 p.m. for meeting/luncheon in Greenhaven area. RSVP required. www.referralsplus.org

Volunteer recruitment
Sept. 13: Enjoy rewarding community service as a volunteer with the Los Ninos Service League. Members work in the dining room, kitchen or garden at the Casa Garden Restaurant in Curtis Park. Recruitment begins at 9:30 a.m., at 2760 Sutterville Rd. RSVP at (916) 452-2809.

After Hours at Fairytale Town
Sept. 14: This year marks the 20th Annual After Hours at Fairytale Town event and the 40th Anniversary for Sacramento Area Emergency Housing Center. There will be an auction as well as food and wine provided by area restaurants and wineries. 5:30 to 8:30 p.m. \$60. Fairytale Town, 3901 Land Park Drive, Sacramento, CA 95822.

Folsom Public Library Fall Book Sale
Sept. 14-16: Shop for bargains of thousands of gently used books, audio books, videos, CDs and much more in both children and adult materials. All proceeds benefit the Friends of the Folsom Library. Early bird sale: Friday, Sept. 14 from 5 to 8 p.m., admission is \$5. General sale: Saturday and Sunday, Sept. 15-16 from 9 a.m. to 4 p.m., admission free. Fill a bag for \$5 on "Bargain Sunday." 411 Stafford St. (916) 608-8743.

Composting Workshop -Composting Tips and Tricks
Sept. 15: 10 a.m. to noon, Sacramento County Master Gardeners UC Master Gardeners will present a "Composting Tips and Tricks" workshop. Composting for the home gardener is a great way to recycle yard and some kitchen waste, improve the soil, and nourish the garden. The workshop covers basics of composting, troubleshooting compost pile problems, and additional information for those who have composting experience. Location: Colonial Heights Library 4900 Stockton Blvd., Sacramento.

Fire Station 57 open house
Sept. 15: Come visit Fire Station 57 at 7927 East Parkway, Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

St. Anthony Parish 19th Annual Community Festival
Sept. 15: Includes international food court and games such as video game theater, pull tabs, cake spin, bingo, wine spin, country store, book booth, raffle prizes. If you bring two cans of food, you'll get a free hot dog. Items will be donated to the Sacramento Interfaith Food Locker.

Pups in the Park:
Sept. 15: Parade and costume contest with guest MC Uncle Matty, renowned author, trainer, and host of the PBS television series, WOO! It's a Dog's Life. Event includes 1k parade, silent auction, raffle, food, live music, on-site pet adoptions. \$25. Proceeds benefit: City of Sacramento Animal Care Services, Sacramento SPCA, City of Sacramento Parks and Recreation, Youth Development Network; McKinley Park 3330 McKinley Blvd. For more information, visit http://www.ydnetnetwork.org/2012pups_in_the_park or call 394-1584.

'Hands on History -- Harvest
Time: The Real Gold in California'
Sept. 15: Cannon firing demonstrations will take place at: 11 a.m., 1 p.m., 3 p.m. and musket demonstrations will take place periodically throughout the day during Fort hours, which are 10 a.m. to 5 p.m. Cost: \$7 per adult (18 and older), \$5 per youth (ages 6-17), free for children 5 years and under. Sutter's Fort State Historic Park, 2701 I. St. 916-445-4422, www.suttersfort.org

California conference will explore connections
Sept. 14: This year's Envisioning California Conference, titled "Connected (or Disconnected): California's Culture, Technology and Politics," will be held from 9 a.m.-3:30 p.m. at the Sacramento Convention Center. Free of charge. 1400 J St. 95814

Plant Sale to benefit local nonprofit
Sept. 15-16: From 9 a.m. to 3 p.m., a selection of hard to find and unusual perennials not generally seen in local nurseries. Plants from starters to gallons. Gifted Gardener 18th and J St. Sacramento. Benefits Sunburst Projects' efforts to provide a healthy meal and presents for annual Adopt-A-Child program. Sunburst Projects helps children and families with HIV/AIDS.

Capitol Artists' Studio Tour 2012 weekend two
Sept. 15-16: Open studios at various locations from 10 a.m. to 5 p.m. throughout East Sacramento, Carmichael, Tahoe Park, Arden Arcade and Fair Oaks. Addresses include:
-320 Alhambra Blvd., Sacramento 95816
-388 36th Way, Sacramento 95816
-1020 41st St., Sacramento 95819
-1055 41st St., Sacramento 95819
-5276 L St., Sacramento 95819
-5523 F St. Suite A, Sacramento 95819
-875 57th St., Sacramento 95819
-3460 2nd Ave., Sacramento 95817
-3522 4th Ave., Sacramento 95817
-2373 39th St., Sacramento 95817
-2379 39th St., Sacramento 95817
-4210 2nd Ave., Sacramento 95817
-3624 58th St., Sacramento 95820
-5806 U St., Sacramento 95817
-4016 Greywell Way, Sacramento 95864
-1216 El Toro Way, Sacramento 95864
-4365 Morpheus Ln., Sacramento 95864
-4505 Hazelwood Ave., Sacramento 95821
-5656 El Camino Ave., Carmichael 95608

-7425 Winding Way, Fair Oaks 95628
-4448 New York Ave., Fair Oaks 95628
-2701 Prospect Park Dr. No. 120, Rancho Cordova 95670

Community concert
Sept. 16: The Sacramento Community Concert Association (SCCA) is kicking off its 59th season with Boston Brass, known for burning jazz standards, exciting classical arrangements and works from the band's original repertoire. 3 p.m., Crest Theater, 1013 K St., Sacramento. Doors open one hour before curtain time. Open seating only. Subscriptions are \$90 adults, \$45 students, \$80 groups of 12 or more. Single shows are \$25. For tickets, visit www.sacramentocommunityconcerts.com or call (916) 974-1357.

Children's Choir at Northminster
Sept. 16: The Asante Children's Choir, a 25-voice group from Burundi and Rwanda, is touring the US, and will sing at Northminster Presbyterian Church's service, 3235 Pope Avenue, Sacramento, and give a concert after worship. They sing, dance, have incredible costumes, and are inspirational. (916) 487-5192 or visit northminsteronline.org.

Sacramento Geranium Club
Sept. 17: From 10 a.m. to 1 p.m., Bonnie Hanson, The Mansion Gardener, Volunteer Program Coordinator will present "Garden Through the Years," an overview of the history of the Governor's Mansion State Historic Park garden. 3330 McKinley Blvd.

Rotary Club of Pocket/Greenhaven
Sept. 19: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Wednesday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Greenhaven Mothers' Club Kick-off Meeting
Sept. 20: For moms-to-be and any interested moms in 95831. Learn about club activities and how to be involved. 6:30 to 9 p.m., Aviators Restaurant, Sacramento Executive Airport, 6151 Freepoint Blvd. info@greenhavenmothersclub.org http://www.greenhavenmothersclub.org/



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— EVENT LISTING SECTION —

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Call (916) 429-9901 for rates.

FREE LUNCHEON SEMINAR
"The Privilege of Planning"

Tuesday, September 18 – 6:30 to 7:30 p.m.
Tuesday, September 25 – 11:30 a.m. to 12:30 p.m.
Wednesday, October 31 – 11:30 a.m. to 12:30 p.m.

Presenter: Josh Tuttle
General Manager
East Lawn Mortuary & Sierra Hills Memorial Park
Funeral Director Lic#3435

Seating is limited to 30 attendees per seminar
St. Francis Community Hall
6700 Verner Avenue, Sacramento, CA 95841
(1-80 @ Greenback)
Reservations Required RSVP to Lisa West @ (916) 732-2020


Annual Shred Event
Saturday, October 6
9 a.m. to Noon

Holy Spirit Parish Parking Lot
3159 Land Park Drive
443-5442

\$10 Donation per file box
To benefit Saint Vincent de Paul Society
(Iron Mountain Shred Company)

CRAFTERS NEEDED
St. Josephs Catholic Church in Clarksburg is holding its Annual "Craft Faire," "Chili Cookoff," & "White Elephant Sale" on Sat. & Sun, October 6 & 7.

We are looking for Homemade Arts & Crafts. If are interested in participating, call Joan Kleist @ (916) 392-9946 or for more info & display table reservations.



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September 16, 2012
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TO ADVERTISE YOUR EVENT
in the Arden Carmichael News, East Sacramento News
The Land Park News and The Pocket News

Clean-up: Volunteers are gearing up for Sept. 15 river clean-up

Continued from page 4

said. "It's more conscious in people's minds that if you come out here and throw your things on the ground, you're not going to be able to come out and fish anymore."

Steger said the clean up also helps community members get a feel for what the riverbanks are like. "They figure out if you want to be able to enjoy this wonderful gift of the American River, you've got to take care of it a little bit," she adds.

And Stringer says Clean Up volunteers leave with an awareness that everyone is responsible for their backyard regardless of where the trash comes from. "As good citizens and good Samaritans, we want to make sure that if we have to pick up somebody else's trash because it's laying there, then that's what we do - it's taking on a higher level of responsibility," she said.

Adopt-a-Mile

In addition to the Great American River Clean Up, the American River Parkway Foundation has volunteers

that help keep the Parkway clean all year long through various programs. One of these programs is the Volunteer Mile Steward program, where individuals and groups adopt a mile of the parkway and commit to 20 hours of service per quarter to help keep it clean, according to Springer.

"Every mile is a little different - 99 percent of it is trash removal, but we have graffiti removal issues at times," Springer said. "That's a very popular program and we have very dedicated volunteers."

Two of those volunteers are Land Park residents Theresa and Steve Graham. About seven years ago they adopted Mile 4, which starts behind the REI in the Arden area and runs down to Cal Expo. Steve said he and Theresa decided to adopt that particular mile because as an avid bicyclist he was using it all the time and realized he should give back.

Steve said he and Theresa go out two hours about twice a month to pick up trash on their mile and report any

graffiti or encampments they encounter. "We pick up every little bit because I don't want an animal stepping in this or eating this, so even if it's a flip-top from a can it all comes up because we've got to keep this clean for the animals as they are there all the time," he said.

Theresa enjoys their work on the mile as she enjoys being outside and exploring the nature in the area, as well as the flexibility the program offers. "You can do it at what time-frame works for you - you can make it work into your schedule, which really works for us," she said.

And she also likes the good internal feeling volunteering gives her. "You feel like you're contributing to the good of the society," she explained. "I think everybody should do something for the good of their community - it just gives you pride in it."

For more information on the Great American River Clean Up or volunteering with the American River Parkway Foundation, visit www.arpf.org.

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Fourth Annual Pups in the Park

Special to the East Sacramento News

It's now the dog days of summer and the heat is doggedly staying with us, but soon there's an event that you'll want to leave a dog pile of chores to attend.

On Saturday, Sept. 15, from 9 to 11 a.m. at McKinley Park, the 4th Annual Pups in the Park will feature dogs in costumes parading in the park and competing for top costume prizes. Visit vendor booths, take a photo with your "best friend" in the Pup Photo Booth and spend time with Bodie, Sacramento's K9 Hero. There will be food, musical entertainment by the Kyle Rowland Duo and more.

Sign-ups are \$25 to enter the contests. Enter individually or compete in the "team" costume contest with friends or coworkers. The winners are the team's dogs who most represent that group's mission (ie: dogs in vests and ties could be "bankers" for a bank.) There will be prizes for the most creative costume, the best Lady Gaga impersonator and a dog/owner look alike contest!

Make no bones about it - this will be a boon-dog-gle of the most fun degree as we find out who are the Top Dogs in Sacramento. Register online at https://www.ydnetwork.org/2012pups_inthe_park/

The Youth Development Network (YDN), VIBE Foundation (VIBE), the Front Street Animal Shelter and the Sacramento SPCA are working together to raise funds benefiting homeless animals in our region, while contributing to the healthy recreation and development of Sacramento's youth. Proceeds benefit the Friends of McKinley Park Tennis. And no need to be Dog-Matic, just tether up your best furry friend and come on down! Prizes include: Gift cards from Raley's, Ettore's, Bistro 33 and Opa! Opa! Grand prize for "team" winner: Wine tour for up to 20 at Scribner Bend Vineyards on the Sacramento River.



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UNDERSTANDING MEMORY LOSS, ALZHEIMER'S DISEASE & DEMENTIA

September 18th, 2012 @ 2:00pm

Presented by Denise Davis,
Alzheimer's Association Program Director

This program will cover topics such as:

- Warning signs of dementia
- Differences between dementia and Alzheimer's disease
- Diagnosis and risk reduction
- Research
- Principles of "person-centered care"
- Six steps to successful care-giving
- Maintaining optimal health accessing community resources

Refreshments & Appetizers will be provided.

Please RSVP by September 14, 2012. You can contact us for more info @ (916) 392-3510



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*Sacramento Business Journal, August 10, 2012. 'Industry Focus: Residential Real Estate Companies'

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