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EAST SACRAMENTO NEWS

September 20, 2012

Community News in Your Hands

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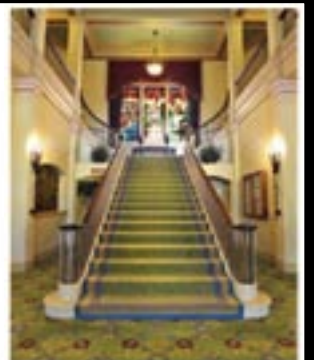


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Rebuild McKinley playground: Parents offer design suggestions

By **MONICA STARK**
East Sacramento News writer
editor@valcomnews.com

As the Rebuild McKinley playground efforts are well underway, with donation coffers holding about \$72,000, it would be an understatement to say that early indications from the Sept. 6 community meeting are that the community favors a complete rebuild of the playground.

At the meeting, the dozens of concerned citizens were given each a red sticker and were asked to stick it on the poster they preferred. They had two choices: a complete rebuild or a minimum rebuild, which would replace what was lost in the fire and bring the remaining playground up to code.

Near the end of the meeting, the minimum rebuild poster just had one sticker and the complete rebuild poster was blanketed with red stickers. The minimum rebuild would amount to about \$200,000 while a full rebuild would

cost about \$600,000. If you couldn't make the meeting and want to chime in your opinion, email Sacramento City Councilmember Steve Cohn's office by Sept. 28 at: sbrown@cityofsacramento.org.

While people looked at the two proposals, they also got a chance to see in some detail what some of the designs would look like.

East Sacramento resident Bridget Muck, a mother of two, was there to show her plans. Muck works for Miracle PlaySystems, a playground design company, and she said when she heard the playground burned down, she wanted to know how she could help.

"Most playgrounds I wouldn't be as invested, but this is where my kids play," Muck said. She said when she was pregnant with her first child, she thought it was a boy, but they ended up having a girl and named her Kinley after the park.

One of the problems Muck had with the old playground



Photo by Monica Stark
Aimee Moulin, mother of three, wants to get involved in the rebuild efforts, though she doesn't know what she can do to help.

was poor visibility. When she put her youngest in a swing, and let Kinley run around, she would soon be at a point where she couldn't find them.

Similarly, Aimee Moulin, mother of three, said the playground before the fire

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Rebuild: New plans promote visibility

Continued from page 2

she was not safe as it was but that she wants to get involved in the rebuild efforts, though she doesn't know what she can do to help. She said she'd buy commemorative bricks, though she's not sure what else yet.

Other concerns parents had with the old design was that the fact that it wasn't enclosed even though the duck pond is nearby or that older kids would run in and out of the playground, making it unsafe for the smaller children.

So, Muck's plans promote more visibility.

At the meeting, Cohn said that he thinks they can "drum up enough money" for a full rebuild if the community can raise \$100,000. To do that, he said they'd need a lot of volunteers, adding that the city had 2,500 when it was first built in 1994. He said the effort could use volunteers for the actual construction part as well as volunteers to help out with public relations, fundraising and food and

other services for those who end up working on building the structure.

On Tuesday, Sept. 11 at the Sacramento City Council meeting, Lloyd Harvego, on behalf of the Harvego family, presented Councilmember Steve Cohn with a check of \$25,000 to help rebuild the McKinley Playground. The Harvego family also committed to donating 15 percent of revenue generated from Aug. 19-25 from both of their local restaurants, The Firehouse and Ten22 to help restore the neighborhood playground.

On Oct. 28 from noon to 4 p.m., there will be a Sacto-MoFo event at Sutter's Landing Park to benefit Rebuild McKinley.

To donate, 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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Know your neighbor: Amber Stott

Fostering an appetite for food literacy

By HEATHER TEOH
Special to the East Sacramento News

The "real food" movement is gaining ground in California with a growing number of farmers' markets, food access programs and urban gardens. However, until recently, a gap existed. There was a need to help individuals improve their knowledge, mind sets and behaviors toward real food. Local food blogger and East Sacramento resident Amber Stott hopes to cultivate a food literate population through her nonprofit California Food Literacy Center.

With a passion for local, healthy food and 12 years of nonprofit management, Stott, who runs the blog Awake at the Whisk, founded California Food Literacy Center in July 2011. The Center defines food literacy as "understanding the impact of your food choices on your health, the environment and our community."
"Only 25 percent of Americans eat five servings of fruit and veggies daily, and in California, 38 percent of children are overweight," Stott said. "There's an overabundance of food information out there so it's hard to know where to

go. That's where we come in."

Growing up in rural Illinois, Stott learned how to garden and cook food from scratch from her grandmother and mother, and continues that tradition in her backyard garden in East Sacramento.

Stott believed she could do much more than blog about the problems of our food system when she created the community outreach and education platform at California Food Literacy Center. Every week, the Center's volunteers teach 100 kids from low-income families with school lessons from the "Your Sandwich Can Save the World!" curriculum Stott developed with the help of education and nutrition experts. These K-5 graders are learning where their food comes from, what is healthy for their bodies and even how to follow an easy and nutritious recipe. To reach a larger community, the Center's website provides education about seasonal, healthy foods, and presents accessible recipes using these ingredients.

"We try to reinforce the positive choices people are already making such as using olive oil to cook or eating healthy peanut butter,

rather than telling people what not to eat," Stott said. "Ultimately, we want to make food literacy a fun experience for everyone."

In just a year, Stott and a team of dedicated volunteers have created a curriculum for K-5 grade, taught 100 kids and measured results, and sponsored a statewide resolution authored by Assemblymember Roger Dickinson proclaiming September as Food Literacy Month. They also created a slew of activities to celebrate the month including a kids' recipe contest, a food literacy fair at the Oak Park farmers market, restaurant and blogger campaigns, and a launch party for the Center. Stott hopes to expand her curriculum by partnering with additional nonprofits and schools in Sacramento as the organization grows.

"People can join us in our Food Literacy Month activities or donate online to our cause," Stott said. "Our passion for food literacy propels us forward, but we can do much more with community support."

For more information about Food Literacy Month activities, or to make a donation, visit California Food Literacy Center's website: californiafoodliteracy.org.



Courtesy photo
East Sacramento resident, Amber Stott, who founded the California Food Literacy Center and partnered with Assemblymember Dickinson to declare September as Food Literacy Month.

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DAYS OF '49

CELEBRATION BROUGHT MANY THOUSANDS TO SACRAMENTO IN 1922



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

The great California Gold Rush of 1849 drew thousands upon thousands of people to Sacramento City, as Sacramento was then known. And the allure of those days was still very strong 90 years ago this year, as is evident by an event, which was held in the capital city from Tuesday, May 23 through Sunday, May 29, 1922.

It was during that week that a well-planned festival, called Days of '49, brought large crowds of people to various parts of Sacramento.

The event began with a Tuesday morning reenactment of the August 1839 landing of Captain John A. Sutter on the American River.

The reenactment was held on the Sacramento River at the foot of R Street and Hobart Bosworth portrayed Sutter.

Following this attraction, Bosworth, in still portraying Sutter, was escorted to Sutter's Fort at the head of a large parade, which also included floats, bands and Native Americans portraying Indians of that time.

A 13-gun salute greeted the procession, which was also met by many spectators who had gathered together at the L Street entrance of the fort.

At the fort, Bosworth continued to portray Sutter, as he was involved in a skit, in which he made peace with the Indians near the south wall of the fort.

Playing the role of an Indian chief was Edwin B. Normington, great prophet of the Red Jacket tribe of the Improved Order of Red Man in Sacramento.

"Slim" Cole of Huntington Lake in Tulare County portrayed the guide of Sutter and his landing party.

The opening day reenactment, parade and scene at



Photo courtesy of the Lance Armstrong Collection
The Gold Rush days were celebrated during the Days of '49 festival, which was held in Sacramento from May 23-28, 1922.

the fort marked the launching of a festival that was made possible through the dedicated planning and labor of many people and the cooperation of various communities. Other areas involved with the event included Stockton, Red Bluff, Chico, Lincoln, Roseville, Galt, Fair Oaks (now Fair Oaks) and Yolo County.

In expressing San Francisco's intended support of the event, James Rolph, Jr., mayor of that city, said, "We will be with you several hundred strong; all dressed up and raring to go, and if we do not make our presence felt, it will not be for lack of trying."

An example of the preparation that occurred to assure a successful and memorable event was the work of hundreds of carpenters who built Mining Town, which featured a wide variety of exhibits. The entrance of Min-

ing Town was at 3rd and I streets.

Among the features of Mining Town was a reproduction of James Marshall's cabin and a man-made mountain.

A constant reminder and a sort of advertisement leading up to the Days of '49 could be literally seen on the faces of many men in Sacramento.

Long before the event's opening day, a city ordinance compelled local males to refrain from cutting their whiskers, and as a result, many men had beards and other facial hair of various lengths during the celebration.

The Sacramento Bee was not short on praise for the whisker-growing actions of the Whiskerinos, as these men were known.

In referring to these participants, the publication noted in its May 23, 1922 edition that through the Whiskeri-

nos, "Sacramento (had) put over one of the greatest publicity campaigns in the history of the country."

Another form of advertisement for the Days of '49 was the wearing of sombreros - an act, which, although not typical of the actual Forty-niners, caught on quickly after Charles H. Farrell, a solicitor for The Bee, initially suggested it.

The act of dressing up for the event was quite popular, as many people of that time took the celebration's slogan, "Be a Forty-niner," to heart.

Everyday clothes of the time were temporarily put away in closets and replaced by such clothing as red flannel shirts and boots for men and hoop skirts and bonnets for women.

Some men wore period clothing of miners, while others wore garb-representing

See Celebration, page 7

Celebration: Event included festivities at Sutter's Fort

Continued from page 6

outfits worn by frontiersmen or aristocrats of the Gold Rush period.

Jewelry with gold nuggets and old-fashioned brooches were also often seen during the celebration week.

Even local stores participated in the celebration by placing adobe and log facades on their business structures.

Additionally, horses and stagecoaches temporarily replaced the city's streetcars.

The Bee, in its May 23, 1922 edition, described the event as the "greatest celebration (in the city's) history."

At 1:30 p.m. on the event's opening day, the famous locomotive, C.P. Huntington, No. 1, left 5th and I streets and the Mining Town entrance on its journey encircling the city.

A half hour later, Mining Town, which cost thousands of dollars to construct, was opened to the public.

The day's attractions concluded with aerial flights and fireworks over Mining Town. The fireworks shows were also presented at the site during the remaining evenings of the Days of '49.

Wednesday, May 24, 1922 was recognized as Pioneer and Fraternal Day in Sacramento.

Featured on this day was a reception for pioneers, a rodeo parade on J and K streets and the grand opening of the \$10,000 prize round-up at the fairgrounds on Stockton Boulevard. This grand opening included an appearance by Tom Mix (1880-1940), the famous cowboy of the movies, and his entire company.

The next day was designated as California Day and included a grand parade of representatives of California communities, the Governor's Ball at the state Capitol, Gov. William Stephens' presenta-

tion of a medal to the winner of the longest beard contest and a Bret Harte dinner and pageant for newspaper and magazine writers.

Although few editors from the 22,000 newspaper editors from throughout the nation who had been invited to the dinner were present at the gathering, the Days of '49 received attention in many publications from coast to coast.

Among the notable people attending the dinner were Rolph, Sacramento Mayor Albert Elkus, members of the Sacramento City Council and Clyde L. Seavey, city manager and chief of the Whiskerinos.

Every day of the celebration featured a parade and on Friday, May 26, 1922, a parade made its way along J and K streets and out to Sutter's Fort.

Friday's attractions also included fancy and exhibition

shooting by Captain A. H. Hardy at the fairgrounds, and rock drilling contests and presentations of awards for best costumes at Mining Town.

On Saturday, which was recognized as Tom Mix Day, many of the city's whisker-growing men were featured in a Whiskerinos parade.

In addition to the opportunities that were presented to Days of '49 guests to see or meet Mix, throughout the days of the festival, Godard's Theatre at 519 J St. showed "The Fighting Streak," a film featuring Mix.

At 7:30 a.m. on the final day of the Days of '49, an automobile caravan left the Chamber of Commerce building on 7th Street, between I and J streets, for religious services at a historic church in Coloma. Special services were also held at churches in Sacramento.

The final day of the event was also the last day of the rodeo at the fairgrounds. The rodeo began at 1 p.m. and another shooting exhibition with Hardy was held at Mining Town at 3 p.m.

The well-received Days of '49 celebration came to a close on that Sunday evening with a 10 p.m. fireworks show at Mining Town.

Through this event, the thrill, romance and adventure of the Gold Rush was re-created and enjoyed in Sacramento by well more than 100,000 people.

In summarizing the Days of '49 in its May 29, 1922 edition, The Bee noted: "Sacramento in that spectacle proved conclusively that she had staged her celebration as a success of which she can well be proud."

Local community unites to Walk to End Alzheimer's on Oct. 6

By SUSAN LAIRD
East Sacramento News writer
slaird@handywriting.com

You may - or may not - have heard about The Walk to End Alzheimer's event in Sacramento. This year's walk will be held on Oct. 6 at the State Capitol. Participants can choose to do a three-mile walk, or a one-mile "short-cut" walk.

Officially dubbed "The Alzheimer's Association Walk to End Alzheimer's," residents throughout the Sacramento area have quietly marked their calendars and raised funds. Local businesses are forming teams - and many have held special fundraisers for the cause.

"Alzheimer's Disease isn't fair," said Erin Stone, special events manager for the Sacramento office of the Alzheimer's Association. "This is a devastating disease. There are 5.4 million people with Alzheimer's in this country."

Alzheimer's Disease is named after German neuropsychiatrist Alois Alzheimer, who first diagnosed the condition in 1906. Alzheimer's Disease, according to the Alzheimer's Association, is a progressive, ultimately fatal, disorder in which certain types of nerve cells in particular areas of the brain degenerate and die for unknown reasons. It begins with memory deficits, followed by gradual erosion of judgment, reasoning ability, verbal fluency and other cognitive skills.

To say that this is a devastating disease is to put it mildly. This condition is tough for the entire family and extended community, as family members eventually become round-the-clock caregivers. Assisted living facilities that special-

ize in dementia care are now a necessity in every community. Local facilities include The Meadows, Primrose and Cimino Care.

"One out of every two Americans now knows someone with Alzheimer's," Stone said. "This disease is the sixth leading cause of death in this country. And it is the only Top 10 cause of death that we cannot stop, prevent, - or cure."

The national "Walk" began three years ago. This year, there will be 14 Walks. Local businesses - and especially those industries touched by Alzheimer's - have been stepping up to raise both awareness and funding for research. Ideas for fundraisers range from the conventional to the creative.

East Lawn Memorial Park in East Sacramento dedicated an Alzheimer's Memorial Wall this past summer to commemorate those touched by this condition. Its theme is "Never Alone, Never Forgotten." Last summer, East Lawn partnered with the Fab 40s 5K Run/Walk to raise funds to benefit the Alzheimer's Association. Families can still sponsor a name on the wall.

"This is an important cause," said Mark Cimino, CEO of CiminoCare, which is a regional sponsor of the Walk. "We are all fighting to find a cure." The 2012 Sacramento Walk to End Alzheimer's will be held at the South Steps of the State Capitol in Sacramento. Check-in for the walk starts at 8 a.m., and the Walk begins at 10 a.m. There is no fee to participate, but donations are welcome. Participants can also donate later. For more, visit www.act.alz.org, or contact Erin Stone at (916) 930-9080 or erin.stone@alz.org.

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Throw your pitch to
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Where are They Now?



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

I recently completed the 81 episode of Janey Way Memories. So, I think this column provides a good juncture to review what has happened to various members of our gang since we played on the street of Janey Way over 50 years ago.

Let's begin with Gary Costagmagna who invented the hubcap trick and constructed the Janey Way tree house on the edge of the pit (the vacated sand and gravel site behind the houses on the east side of our street.)

After attending Sacramento City College, Gary joined the Sacramento City Fire Department where he rose to the position of Fire Chief before retiring. He lives with his wife Penny in El Dorado Hills these days and enjoys reading this column.

Gary's brother Jim moved to Montana in the 1970s, and began a career with the Montana Department of Forestry. Like his brother, Jim worked as a fire fighter. He recently retired and resides with his wife in a home near Missoula Montana.

Harry Viani, who had the famous scuffle with Kenny Stone on the side of St. Mary's Church, attended the University of Santa Clara, and then entered dental school at Marquette University. He still practices here in Sacramento.

Harry's cousin, "little" Lou Viani attended U.C. Berkeley after leaving Janey Way. He works as an architect locally, and has done much to beautify the skyline of our wonderful city. Lou and I lunch out occasionally and reminisce about our exploits in the pit and on the basketball court at St. Mary's school.

My good friend Jim Ducray survived a rebellious youth and a tour of duty

in Viet Nam before going on to earn a masters degree in Family Counseling at Sacramento State College. After completing his education, he took up residence near Jackson, California where he continues his practice today.

Tom Hart, who played the role of Spartacus in the battle for Mt. Everest in the pit, went on to study at UCLA. Then among other jobs, he served as the Assistant City Manager of Yuba City. He is semi-retired now with plans to fully retire next year. These days, we play golf together with our fellow Janey Way friend, Dennis Tommasetti.

Finally, the Relles children explored many different career callings. My sister Patricia earned a degree in Art at San Francisco State College, then a degree in English at Sacramento State before marrying and having two children. She teaches now at a Waldorf School in Clinton, Washington. My brother Terry served in the U.S. Army in Viet Nam, then attended the culinary institute. He worked as an executive chef with specialty restaurants, before beginning a 20-year career with Sysco Food Services where he works today as a District Manager. My brother John has worked for 30

years as a floral designer with Relles Florist. I served a two-year hitch in the U.S. Army, earned a Bachelor of Arts degree in Social Science at Sacramento State College, then began a 30-year career with the State of California. I retired in 2002 as the Chief of the Bureau of Administration at the Teale Data Center. Then, in July of 2009, I began a second career as the writer of this column. I published my first book, a compendium of the Janey Way stories, earlier this year.

Sadly, the Janey Way Gang has lost four of its good friends: Michael Gilson, Josie Tommasetti, Bernadette Tommasetti and Lynn Thomsen, but the survivors of the gang remain friends almost 50 years after leaving Janey Way.

Over all this time, our old neighborhood has remained relatively unchanged. Children still play in the street like we did so many years ago. Our friend Tom Hart and my brother John have actually moved back into the neighborhood and sit out on their porches in the evening, like our parents did in the 1950s and 60s. Now, the things we did so many years ago have become our Janey Way memories.

Risk of West Nile virus continues

Special to the East Sacramento News

2012 West Nile virus activity update:

Though Labor Day has passed, mosquito activity and the risk of West Nile virus continues for all area residents. The Sacramento-Yolo Mosquito & Vector Control District reminds the public to protect themselves from mosquitoes.

Currently Sacramento County has reported three human cases of West Nile virus. Throughout California, activity continues to increase and currently there are 44 human cases and 2 deaths. Nationwide, according to the Centers for Disease Control and Prevention, the 1590 reported human cases of West Nile virus are the most reported to date since the mosquito transmitted disease was first discovered in the United States in 1999.

Sacramento County: 3 human cases, 429 dead birds, 407 mosquito samples, 17 sentinel animals, 1 horse have tested positive for West Nile virus to date.

Yolo County: 66 dead birds, 112 mosquito samples, 1 horse, 2 sentinel animals have tested positive for West Nile virus to date.

The district has the following advice:
DRAIN all standing water
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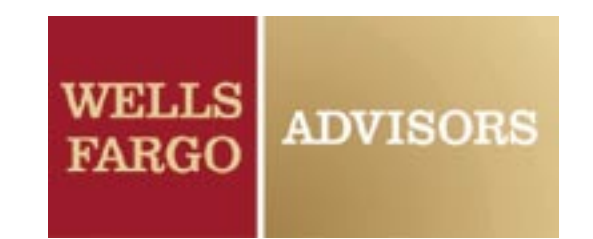
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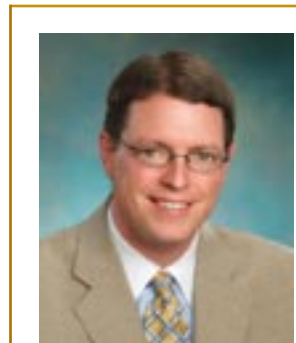
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To view Joseph's website, simply scan the code with your smartphone.



McKinley Park neighborhood bustling with projects

East Sacramento News

It seems like a lot of renovations are going on over in the McKinley Park neighborhood. According to the McKinley East Sacramento Neighborhood Association, Wednesday, Oct. 3's 6:30

p.m. meeting at the library is jam packed with discussions about various upgrades in and around the park.

Here are the bullet points on that night's agenda: "Councilman Steve Cohn discussing the rebuild efforts of the McKinley Park

playground partially destroyed by fire.

"Ed Cox and Deb Newton from the City of Sacramento and SABA (Sacramento Area Bike Advocates) will discuss H Street speed, new traffic counts and traffic control efforts recently implemented. An update on



Photo by Monica Stark

The public seems to favor the "total rebuild" option for the playground.

the Carlson Corridor will also be included and discuss possible changes to bicycle routes /lanes at Carlson and H Street.

"Stonebridge Properties will be presenting their proposal for the Sutter Memorial Hospital site. This discussion will include displays of the proposed development and results of community meetings.

"The Greek Anunciation Church will present their planned project and

discussing their efforts to enhance present church facilities and provide a visual linkage with McKinley Park.

"Friends of East Sacramento will be providing an update on the McKinley Park Rose Garden renovation and status of the Clunie Community Center management transition to their organization."

For more information contact mena@eastsac.org.

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Faces and Places:

4th Annual Pups in the Park

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

Saturday, Sept. 15 was the 4th Annual Pups in the Park, which featured dogs in costumes parading in the park and competing for top costume prizes. People got to take photos with their "best friends" in the Pup Photo Booth and spend time with Bodie, Sacramento's K9 Hero. There was food, musical entertainment by the Kyle Rowland Duo and more.

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 benefited the Friends of McKinley Park Tennis.

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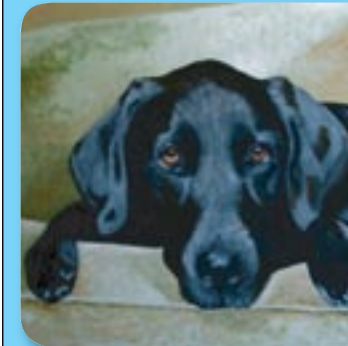


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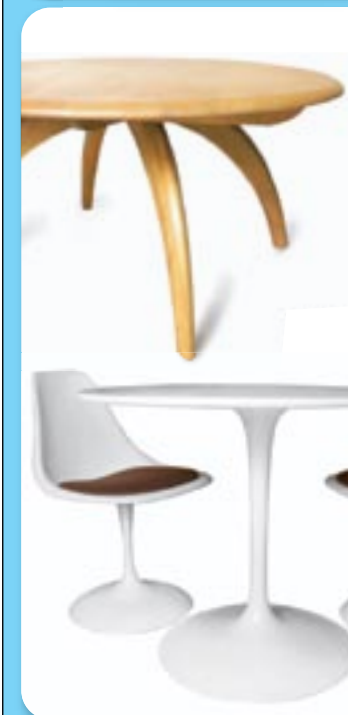
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A choir of the Sacramento Children's Chorus performs.

Photo courtesy Sacramento Children's Chorus

Sacramento Children's Chorus Celebrates 20 Years On a High Note

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

About 20 years ago, Sacramento native Lynn Stevens decided to create a children's choral program as her master's degree project when attending California State University, Sacramento.

Now in 2013, the Sacramento Children's Chorus will celebrate its 20th anniversary as a nonprofit organization that provides choral music education and performance opportunities to children throughout the Sacramento area.

Keep the Beat

According to Stevens, who grew up in Land Park and has now lived in the Pocket area since 1986, the mission of SCC is twofold - to give the youth of Sacramento a place to learn the fine art of singing, and to give artistic organizations such as the Sacramento Opera and Sacramento Ballet that may need a youth ensemble for certain productions.

Stevens said she got the idea when she returned to Sacramento in 1986 after spending 25 years in Southern California attending college and teaching. "There was a concert that was going on with the Sacramento Symphony and they had imported the San Francisco Girl's Chorus to come over to do parts that required children's voices," she said. "I thought that was ridiculous - we should have our own group."

From there the idea for SCC was born. Each year approximately 150 children ages 7 to 19 attend the music education program, according to Daphne Tom Quist, SCC's executive director. The program begins right after Labor Day in September and runs through May, and

rehearsals and classes are held at the Lutheran Church of the Good Shephard on Morris Avenue in the Arden area.

Sing It Out

SCC now has five different levels of programming broken down by grade level and experience, starting with second grade and running to early college age, including training choirs and a touring high school ensemble. Quist said they begin at the second grade level as they have found kids at that age are more likely to be able to sit still and pay attention to fully absorb the information they are given.

However, starting this year SCC has expanded its programming to include an eight-week KinderChorus for kindergarten and first grade students. "They don't perform, but kindergarten and first grade do early experiences with music because so much of that is being cut out of the schools," Stevens said.

During their experience at SCC, Stevens said students learn the "fine art of singing," as well as music history and music theory, and are introduced to a wide range of music including choral, Broadway, jazz, folk, and classical.

Students have performance opportunities throughout the year, including annual holiday and spring concerts, plus special invites throughout the year. "We do wedding, inaugurations, funerals, we've sung at the opening of the legislature, we've sung at the River Cats, (and) we've joined the symphony and opera," Stevens said.

And older students part of the touring choir have the chance to go global with their music. Stevens said over the years the group has traveled and performed in England, France, the Czech Republic, Canada, Hawaii, and Scandi-

See *Children's Chorus*, page 15
Valley Community Newspapers, Inc.



Photo courtesy Sacramento Children's Chorus
Lynn Stevens conducts the Cantoris group of the Sacramento Children's Chorus.

Children's Chorus: Students learn more than just music

Continued from page 14

navia. And in 2013 as part of their 20th anniversary the touring choir will travel to perform in China.

Music to the Ears

In addition to learning about music, both Stevens and Quist say their students take away lessons they can apply to other areas of their lives and education.

For example, Quist said children at SCC learn life skills such as responsibility by needing to bring their music to their rehearsals. "(And they learn) time management so that they have time to do their homework as well as come to rehearsal," she said.

Stevens said SCC students learn how to work with other people and also how to express themselves. "At this very young age when their voices and personalities are developing, they want to find ... a safe place," she said. "I always say this is a safe place for all of you to express yourselves, express your feelings, and tap into the talent that you have."

And Stevens said what kids learn at SCC can help support their school subjects. For example, music history exposes the kids to different eras of history, helping to support the history lessons in school, and it helps with developing reading and math skills. "It's supporting all the other subjects that are being taught, but it's also teaching us about our humanity," she said.

Marching Forward

With celebrating its 20th anniversary this year, SCC is planning a celebratory concert at the Crest Theatre in downtown Sacramento on April 21, 2013. Stevens said they are planning to invite SCC alumnae to perform by solo and as part of their choirs.

As for the next 20 years, Quist said they are considering bringing SCC to those who can't come to them. "Right now parents have to bring their child to our rehearsal venue and for some families that's a struggle," she said. "We're looking at trying to see what it would be like if we could bring this program into neighborhoods."

And Stevens hopes SCC will continue to raise the bar of excellence in the music scene in Sacramento, as well as educating young people in the possibilities of fine artistic achievement. "I would just really love to see it grow and thrive, and be a very known visible part of the arts scene in Sacramento," she said.

For more information to visit their website, <http://www.sacramentochildrenchorus.org>, or call 646-1141.

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Pillow Party: Event gathers necessities for women with breast cancer

By **BRENDA JEW WATERS**
Special for The East Sacramento News

A Pillow Party took place in the social hall of Central United Methodist Church. Yes, you heard right -- a pillow party.

This is not a typical one. You see, organizer Joan Eddy from Necessities Bags Sacramento, <http://necessitiesbagsac.org/>, gathers volunteers three to four times a year in the social hall of Central United Methodist Church to work in stations to cut and match beautiful, donated fabrics, pin, machine-stitch, turn and iron the squares, stuff, and finally hand-stitch shut comfort pillows to be included in a Necessities Bag.

The Necessities Bag is a reusable tote filled with bandages, essentials for wound care, hygiene and personal comfort that is distributed by medical professionals in local hospitals to women newly diagnosed with breast cancer.

Typically, dozens of volunteers, both men and women, turn out 100 pillows in an evening. Following the potluck dinner on Sept. 10, a presentation was given by Ally Goi, the 10-year-old daughter of Corlene Goi and Corlene's mother Grace Kotani, who have been volunteering at the pillow parties. Ally solicited



Photo courtesy of Brenda Jew Waters
The next pillow party will be on Monday, Jan. 7, 2013 in the social hall of Central United Methodist Church. Thousands of pillows have been made by volunteers at this location.

ed donations to make and present 30 pillows on her own as part of her Girl Scout Silver Award.

As a nonprofit, charitable organization, NBS depends on grants, donations, and sponsors to purchase most of the supplies--and on the many volunteers who lovingly hand-craft items and assemble the totes. If you can help, please send your donations to **Necessities Bag Sacramento Inc.**, P.O. Box 160201, Sacramento, CA 95816, email: info@necessitiesbagsac.org or phone: 860-214-9972.

Delightful and diverse: SacWorldFest 2012 performance schedule unveiled

Annual event in Old Sac celebrates cultural diversity on Oct. 6 and 7

Special to East Sacramento News

With more than 40 performances planned on six stage areas throughout Old Sacramento on Oct. 6 and 7, the complete SacWorldFest 2012 schedule is now available online at www.SacWorldFest.org. Designed to embrace the region's cultural diversity, the annual event offers an impressive and eclectic line-up of live musical performances, visually exciting ethnic dance, engaging storytellers, a dynamic Global Village and more. In fact, since the inaugural festival in 2008, SacWorldFest has hosted more than 120 performances from more than 500 performers reflecting more than 40 ethnicities, cultures and nations.

SacWorldFest 2012 kicks off the first Saturday evening in October with a very special international headliner performance by Band H'sao during a high-energy "Spotlight On: AFRICA!" outdoor event. Band H'sao draws from gospel, traditional African music, as well as their Chadian roots for a unique sound that displays clear soul, pop, and R&B influences.

Then on Sunday, Old Sacramento is transformed into an elaborate and sprawling multi-cultural center complete with multiple stage areas offering free public shows by talented performers, a sampling of which includes the following:

- Z'Amico -- Brazilian and Afro-Caribbean beats, soulful songwriting and inter-community action for social change;
- Halau o Keikiali'i of Sacramento and San Francisco -- Traditional Hawaiian hula kahiko (or ancient dance) performances with chants, songs, stories and more;
- Rasa Vitalia -- a powerful multi-disciplinary artist, professional music and dance performer focused on celebrating life through art;
- Charged Particles -- crosses stylistic boundaries and blends multiple traditions to create vital new sounds in the electric jazz arena;
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Grandparents Day: Families enjoy time together at Fairytale Town

By **JOHN COOPER**
East Sacramento News writer
jcooper@valcomnews.com

On Sunday, Sept. 9, Land Park's own Fairytale Town celebrated the 33rd annual National Grandparents Day by offering grandparents free admission to the park with their grandchildren. From 9 a.m. to 4 p.m., grandparents with children ages 0-12 explored all the fun and games for no cost at all. The program, made possible by ScholarShare College Savings, encourages Sacramento's grandparents to connect with their grandchildren through play and activities.

The park offered plenty of opportunities for grandparents and children to have fun together, from a live performance on the lawn to chalk art and scavenger hunts. Special workshops were held in shaded pavilions that gave families the chance to play prince or princess with props sized for kids and adults, and finger painting tables large enough for children and their grandparents were abundant. The play struc-

tures scattered through the park provided excellent photo ops for grandparents to capture some memories with their grandkids in pictures. Many of these structures are designed such that smaller kids are able to climb up towards the shoulders of adults, so that older family members don't have to kneel; the sighs of relief were audible from the knees of the seniors.

The design of the park couldn't have been more perfect for the occasion. The large number of trees growing around the walkways, providing plenty of shade, blocked the hot summer sun. Only the number of benches matched the amount of foliage, so that the seniors could keep cool and rested as they watched their second generation of progeny run around and play.

Doris Jane, a Land Park local, has been enjoying the scenery for years. Several sets of grandchildren have kept her coming back again and again. "They love the slides," she said. It's the park itself that she and grandpa love. The shade is wonderful, she explained, and it keeps the park nice and cool. "[The staff] has kept the park up nicely," she said confidently, leading

one to believe that the pleasant atmosphere this year was not just an isolated event. It's no coincidence that the park has been able to keep bringing the summer crowds, both young and old, for all this time.

Fairytale Town's Land Park setting was ideal considering how many people attended the event. Residents from all over Sacramento, as well as tourists from outside the state and even outside the country, were greeted by adequate parking spaces on the surrounding streets. Additionally, hungry patrons found themselves within easy walking distance from several restaurants, although the park's snack stand offered plenty of cheap, healthy meals for both kids and adults.

If you missed the event, or just did not get enough time with your grandchild and want more to enjoy the park, Fairytale Town would like to remind you that September is Grandparents Month. Through Sept. 28, the park is offering free admission and activities for grandparents and their grandchildren Monday through Friday, from 2 to 5 p.m.

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Hornets' buzz kill the University of Colorado Buffaloes

By **BENN HODAPP**
East Sacramento News writer
Bigbenn19@gmail.com

One of the misconceptions in college football is that bigger is better. The teams from bigger conferences schedule scrimmages, eggs to be crushed beneath their steamroller. The Hornets, however, dug a ditch in the path of that steamroller for the second straight season on Sept. 8 in the form of a 30-28 win over the University of Colorado. It was a win that shocked the college football world and put the big-time conferences officially on notice.

The score itself doesn't tell the whole story, though. Not by a long shot. Another misconception comes from the assumption that the biggest, strongest, and fastest players will make the biggest plays when they matter most. But for the Hornets, it wasn't 6-foot-7 tight end T.J. Knowles that made the play of the game, nor was it 372-pound offensive lineman Devonte Martin who scored the decisive blow.

With the score reading Colorado 28, Sac State 27, the Hornets took over on their own 15-yard line with just over two minutes remaining. All they needed for the win was a field goal, but for a program that has struggled in recent years in the kicking game, that was a thought that didn't exactly ease the minds of Hornets supporters.

Sac State quarterback Garrett Safron led the team down the field, carving up the Buffaloes for gains of 12, 10, and 20 respectively. Two defensive penalties by Colorado kept the drive moving until finally it was time to set up for that all-important moment...

In stepped 5-foot-9, 175-pound Edgar Castaneda – the Hornets' brand spanking new kicker. Castaneda had already converted two field goals earlier in the game, but nothing quite matches the pressure of a kick that will either win or lose a game.

"I was at about a six or a seven," Castaneda said about his anxiety level before setting up for the 30-yarder that would decide the game.

Unlike in baseball, where no one goes near a pitcher in the middle of a no-hitter, Castaneda received support from his teammates who put him in position to be a hero. "Some of the guys told me they believed in me and they would be there for me even if I missed," he said.

He didn't miss. The kick was a no-doubter -- right down the middle, according to onlookers.

"I've always dreamed about (kicking a field goal as time expired)," he said, adding that he "couldn't have imagined" being in that situation when he woke up that day.

As for the immediate aftermath of the ball splitting the uprights, Castaneda admitted to screaming and jumping around in excitement. "It took a while for (what happened) to sink in," Castaneda remembered.

Safron didn't waste any time in his celebration either. "I was excited. I ran around giving everyone hugs," said the victorious quarterback. "Edgar got all the love," Safron added. "We're not used to having kickers make kicks."

Safron speaks the truth. In all of 2011, the Hornets converted three field goals – the entire season. Castaneda made three in the Colorado game alone and through three games has made five.



Photo taken by Dean Hendrickson. Provided by Brian Berger, Media Relations Director of Sac State Athletics. Sac State players celebrate on the field after a wild 30-28 victory over the Buffaloes of Colorado.

The game was a huge step in what could be a pivotal time in Hornet football history.

The Hornets began their season with a 49-19 loss to New Mexico State. "Turnovers were the biggest part of the first game," said Sac State head coach Marshall Sperbeck. "(Against Colorado) we didn't give up as many big plays and we bounced back after being down early."

While his celebration may have been more outwardly tempered in comparison to his players, Sperbeck allowed himself some joy out of the situation. "I am very proud of them. They gave a great effort and showed a lot of heart."

The game started off poorly for the Hornets as Colorado scored twice to lead 14-0 just seven minutes into the game. Behind the arm of Safron (who finished the game with 312 passing yards and two touchdowns), Sac State remained in the game the rest of the way after tying the game 14-14 shortly thereafter.

Castaneda kicked field goals of 28, 31, and 30 yards and cemented himself as big man on campus for the foreseeable future. As far as his new-found fame, it has been mostly his teammates ribbing him about it. Some of his teammates have begun to call him

"Celebrity" because of his clutch kick. As a first-year Sac State student, however, Castaneda has blended in on the campus to this point.

If he keeps kicking the ball the way he has been, however, the quiet, reserved kicker may have to start dealing with a little more attention from fellow classmates.

It was the second straight year that Sac State thwarted a Pac-12 Conference team early in the season. Last year the Hornets went in to Corvallis, Ore. and took down the Beavers of Oregon State by an eerily similar final score of 29-28. That same Oregon State team beat Wisconsin, the then No. 13 team in the country, the same day that Sac State dealt the loss

Sac State received \$450,000 for agreeing to play the game against Colorado, regardless of outcome. Last year's game against Oregon State netted the university \$425,000. In 2013 the Hornets have yet another Pac-12 team on the schedule, this time in the form of the Arizona State Sun Devils.

The Hornets improved their record to 2-1 on the season with a 28-17 win over Northern Colorado in the team's Big Sky Conference opener on Sept. 15 at Sac State.

CALENDAR

For more calendar entries visit
www.valcomnews.com

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 Kadema 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 Elser, 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

Bi-Polar Anonymous

Sept. 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.

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), <http://www.greenhavenmothersclub.org/>

STEM lecture on 'artificial brain' kicks off fall series

Sept. 20: "Neural Networks: The Quest for an Artificial Brain" will be presented by V. Scott Gordon, a professor of Computer Science at Sacramento State in the University Union Redwood Room. Questions may be directed to the Center for STEM Excellence at (916) 278-2789 or e-mail stem@csus.edu.

CSUS harpsichord faculty recital

Sept. 21: CSUS professor Lorna Peters presents a harpsichord faculty recital with Jubal Fulk on violin, at 4 p.m. in Capistrano Hall 151 on the campus, 6000 J St. The two form the baroque duo "Corde a vide," whose music has been described as "fiery." Pieces include "Jupiter" by Jean-Baptiste Forqueray, "Sonata in E Minor, BWV 1023" by Bach 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.

Pancake breakfast

Sept. 22: The Fair Oaks Host Lions Club will kick off the Carmichael Founder's Day celebration with a pancake breakfast from 8-11:30 a.m. at Carmichael Park Clubhouse, 5750 Grant Ave. (916) 765-8611 or johnfboss@comcast.net.

Founders Day

Sept. 22: Carmichael's Founders Day Saturday at Carmichael Park. Pancake breakfast, classic car show, music, vendors, food, activities for kids, arts and crafts and more. Free admission. For more information, call (916) 485-5322 or visit www.carmichaelpark.com

Horticulture Center Workshop

Sept. 22: From 8:30 to 11:30 a.m., learn herb pruning techniques and all about composting with worms. Irrigation tools: focusing on meters, controllers, low volume systems, and scheduling. Learn why mulching your garden is important. Tour the water efficient gardens, view plant groupings featuring both seasonal and year round beauty and see examples of efficient irrigation. The workshops will feature key components of the Seven River Friendly Landscaping principles that enrich the home landscape, save water, and reduce maintenance costs. Fair Oaks Horticulture Center, 11549 Fair Oaks Blvd. Fair Oaks, CA 95628

Fire Station 18 open house

Sept. 22: Come visit Fire Station 18 at 746 No. Market Blvd. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

JFK High School Cheer Car Wash

Sept. 22: The cheer program is washing their back-to-school car wash, from 9 a.m. to 1 p.m. in the parking lot of the Elks Lodge, located at 6446 Riverside Blvd. Benefits the 2012-2013 cheer program. Donations welcome.

Feast at the Fort at Sutter's Fort State Historic Park

Sept. 22: To the delight of foodies and history enthusiasts...Friends of Sutter's Fort is proud to present "Feast at the Fort," a unique culinary event that includes a four-course, sit-down dinner prepared by Sacramento's top chefs amid a beautiful setting inside the historic walls of Sutter's Fort State Historic Park. New this year, the historic food preservation technique of curing – popular in the heyday of Sutter's Fort – will be a special focus and showcased in newly created recipes using vibrant local ingredients. 6:30 to 9:30 p.m. 2701 L St. Cost: \$75 if purchased before Sept. 3 or \$85 if purchased Sept. 4 or later. More Info: Call (916) 323-7626 or visit www.suttersfort.org

CKM Class of 1992 20-year reunion

Sept. 22: From 7 to 11 p.m., the reunion will take place at Beatnik Studios. Email CKm1992@eventbrite.com for ticket information.

Mission Oaks Community Center 30th Anniversary

Sept. 24: Come celebrate 30 years of the park district. There will be music and refreshments from 2 to 4 p.m. at 4701 Gibbons Dr., Carmichael. 972-0336.

Registration days for JFK Cheer Camp

Sept. 22: From 10 a.m. to noon at Elks Lodge, located at 6446 Riverside Blvd.
Sept. 26: From 4 to 6 p.m. at JFKHS, located at 6715 Gloria Dr. Camp dates are Oct. 22-25 from 4 to 6 p.m. and halftime performance on Oct. 26. Campers will learn three cheers and a dance routine and more. This is for ages 5-12 or grades K-8. Cost: \$70, includes t-shirt, poms, cheer instruction, and two game tickets. For more information, email: jfkcheercoach@comcast.net.

Jan Ken Po Gakko Arts and Crafts Fair

Sept. 22: From 9 a.m. to 3:30 p.m., features Asian arts and crafts, new vendors, food, gifts items, dolls, framed art, jewelry, raffle. Located at the Sacramento Asian Sports Foundation, 9040 High Tech Court, Elk Grove. Contact Michelle Yamanaoka at 769-5619, or email 4yams@sbcglobal.net for more information. www.jankenpogakko.com

Fall native plant sale

Sept. 22-23: From 10 a.m. to 3 p.m., there will be native plants on sale at the Shepard Garden and Arts Center. It's free admission, and there will be free advice. There will also be a free slide show of local native plants inside the center at 1 p.m. on both days. Contact: Chris Lewis at 812-2876 or visit <http://SacValley.CNPS.org>

Rotary Club of Pocket/Greenhaven

Sept. 26: Guest speakers address local, regional and international topics. Visitors are welcome. 7:30 a.m., every Wednesday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Yav Pem Suab Academy fundraiser

Sept. 28: Fundraiser for this independent charter school within the Sacramento Unified School District. From 6-11 p.m., the banquet format will consist of a full-service, family style dinner, a keynote speech, and student and staff performances. The goal is to raise \$100,000. 5731 Stockton Blvd., Sacramento 95824. (916) 433-5289.

45th Annual Native American Day at the State Capitol

Sept. 28: Steeped in culture and tradition, the 45th Annual Native American Day is devoted to maintaining Native culture, including stories, languages, and traditions for today and for future generations. With a special "Honoring Native Women" theme this year, guests will enjoy free cultural demonstrations, compelling guest speakers, the Tule River Color Guard, traditional games, music and dancing, and much more. State Indian Museum, 2618 K St. (916) 324-0971. For information, visit www.parks.ca.gov/indianmuseum.

Roaring 20's Gender Bender weekend day one

Sept. 28: Come out at Player's Night – A Flapper & Dapper Soiree, which will be a swanky fundraising dinner. 1920's Speakeasy theme with gender bending added for fun. This event will include food, beer by Hoppy Brewing a program produced by Jovi Radtke, a silent art action featuring art by local artists, a live auction, and a museum full of classic cars! 7 p.m. at the California Automobile Museum, located at 2200 Front St. <http://calautonomuseum.org> Roaring 20's Gender Bender Weekend is the Gender Health Center's (GHC) official coming out bash. <http://www.thegenderhealthcenter.org/events/>

Roaring 20's Gender Bender weekend day two

Sept. 29: Come out at the Gender Bender Ball – Fun annual dance-party, carnival side-show theme, add 1920's for fun. Live music by DJ Freeze, dancing, beer by Hoppy Brewing, a show produced by Carrie Martin showcasing local performers, a drawing with prizes donated by local companies, and custom made pizza cooked on the spot. 7 p.m. at the Brickhouse Gallery, located at 2837 36th St. <http://www.brickhouseoakpark.com/> Roaring 20's Gender Bender Weekend is the Gender Health Center's (GHC) official coming out bash. <http://www.thegenderhealthcenter.org/events/>

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CALENDAR

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www.valcomnews.com

Fire Station 60 open house

Sept. 29: Come visit Fire Station 60 at 3301 Julliard Dr., Sac. Free. 2 p.m. – 5 p.m. Presentations at 3 p.m. (916) 808-1347

SERTOMA (SERvice TO Mankind) celebrates its 7th annual Oktoberfest

Sept. 29: Authentic German food, live music, dancing, mustard tasting, 50/50 raffle, silent and live auctions. Proceeds will benefit local deaf and hard of hearing children and adults as well as many local charities. 6 to 10 p.m., \$25 ticket includes dinner (beverages extra). La Sierra Community Center is located at 5325 Engle Rd., Carmichael 95608, 362-5557.

Festa do Chicharras (Mackerel Festa)

Sept. 29: Sacramento Portuguese Holy Spirit Society presents Mackerel Festa, located at 6676 Pocket Road, Sacramento, CA 95831. 2-5 p.m.: Kids Activities (Grape stomping, games) 5 p.m.: Mackerel dinner, 6 p.m.: Sueca tournament (Portuguese card game). Cost: \$15 All you can eat Mackerel dinner (Chicken will be available on a pre-order basis, by calling Aires Machado at 997-5074), \$3 kids meal (includes, drink, chips and fruit). See www.facebook.com/sacphss, www.sphss.org, or email sacphss@gmail.com

CSUS Piano Series

Sept. 29: Sac State Professor Richard Cionco kicks off the University's Piano Series with a concert at 7:30 p.m. in the Music Recital Hall on the campus, 6000 J St. Cionco performs throughout the U.S. as well as in Italy, Germany and China, and has per-

formed in Slovakia, Japan, Canada and many other countries. Tickets are \$20 general and \$15 students and seniors and are available at the University Ticket Office, (916) 278-4323. Contact: (916) 278-5191

Union Pacific Railroad celebrates 150th anniversary

Sept. 29-30: A huge, two-day signature event will be held in Old Sacramento and will commemorate 150 years since President Abraham Lincoln created the original Union Pacific by signing the Pacific Railway Act of July 1, 1862. Other highlights will include train rides on Union Pacific's popular miniature train, UP 956, and free weekend excursion train rides on the Sacramento Southern Railroad, based on availability. Also, complimentary entrance all weekend long to the California State Railroad Museum. Open from 10 a.m. to 5 p.m. each day. www.up150.com and www.californiarailroadmuseum.org.

SPCA Mobile Adoption

Sept. 29: Adoption trailer will be at Kuni Chevrolet, 2341 Fulton Avenue, Sacramento, from 10 a.m. to 2 p.m.

SPCA Mobile Adoption

Sept. 30: Adoption trailer will be at SPCA Thrift Store, across the street from the store located at 1517 E Street, Sacramento from 11 a.m. to 2 p.m.

Community concert

Sept. 30: The Sacramento Community Concert Association (SCCA) presents A Far Cry Chamber Orchestra of Boston. 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.

Community outreach fair at Elks Lodge No. 6

Sept. 30: Sacramento Elks Lodge No. 6 is holding a special outreach event from 1 to 5 p.m. at 6446 Riverside Blvd. Learn about community services offered by the Elks Lodge as well as other organizations, businesses. Refreshments and tours offered. To reserve a table, call (916) 607-8347. Cost is \$25 for 6-foot table, \$50 for 12-foot table. Breakfast will be served at the Lodge from 8:30 to 11 a.m. for \$9.

Mustard Seed Spin

Sept. 30: Annual bike family bike ride along the American River Parkway, beginning and ending at William Pond Park. The event starts at 11 a.m. and is a benefit for homeless children in downtown Sacramento. Includes bicycle raffle and lunch.

OCTOBER

Sacramento Geranium Club presents: "Good Bugs – Bad Bugs"

Oct. 1: From 10 a.m. to 1 p.m., Dave Davis of Green Acres will give a presentation on "Good Bugs – Bad Bugs" and how to use natural controls. 3330 McKinley Blvd. Sacramento, CA

POWERtalk International

Oct. 2: Want to improve your public speaking and presentation skills? POWERtalk International, a nonprofit public speaking organization, provides coaching in leadership skills, sales presentation, interviewing, confidence building and more. Meets First Tuesdays of the month 10 a.m.–1 p.m. and first Saturdays of the month, noon–3 p.m. Aviators Restaurant, 6151 Freepoint Blvd.,

Sac. Liz Richardson (916) 208-9163, erichardson1202@yahoo.com www.powertalkinternational.com

Author Lecture Series

Oct. 3: Sacramento State Art Professor Elaine O'Brien kicks off this year's popular Friends of the University Library's Author Lecture Series at 3 p.m. in the University Library Gallery on the campus, 6000 J St. O'Brien will discuss "Modern Art in Africa, Asia and Latin America: An Introduction to Global Modernisms," an anthology that sheds fresh light on modern art beyond the West. The presentation is free. Contact: (916) 278-5954.

'It's Fun to Be Smart'

Oct. 3: Students in grades 4 through 6 are invited to the Brain Quest competition at 4 p.m. at the McKinley Library to test their knowledge of American history, culture, milestones, ingenuity, and spirit: What U.S. leader was "first in war, first in peace, first in the hearts of his countrymen"? Can you name the most famous whale in American literature? What do we call the first 10 amendments to the U.S. Constitution? Students who want to challenge others in this United States trivia contest are asked to register at McKinley Library by Sept. 26. The library is located at 601 Alhambra Blvd., Sacramento

First Wednesday Art: Play

with Clay with ArtWorks at Belle Coolidge Library, Oct. 3: At 3:30 p.m., Families can play with clay at this art program. Younger participants will measure, make, and mold their own clay shapes. Older participants will learn how to make colorful clay jewelry. 5600 South Land Park Drive, Sacramento.

Rotary Club of Pocket/Greenhaven

Oct. 3: Guest speakers address local, regional and international topics. Visitors are welcome. 7:30 a.m., every Wednesday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Make Kokeshi Dolls at Ella K. McClatchy Library

Oct. 3: At 6 p.m., for youngsters, ages 5 to 18, create mini folk-art presidential wooden figures. 2112 22nd Street, Sacramento.

Bi-Polar Anonymous

Oct. 5, 12, 19, 26: 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.

Sacred Heart Fall Festival

Oct. 6: Live music, beer garden, food and wine, festival games and prizes. 856 69 St. 11 a.m. to dusk. Facebook event page: tinyurl.com/4yoxys

Asian Food and Cultural Bazaar

Oct. 6: From 11 a.m. to 3 p.m., at the Sacramento Japanese United Methodist Church, menu items include: teriyaki chicken, sesame chicken, Korean beef, chow mein, sushi, udon and there will be entertainment by Tai-ko Dan as well as a crafts sale and kids games. 6929 Franklin Blvd. Sacramento 95823.

Paper shred event

Oct. 6: Save your confidential papers for our Shred Event. 9 a.m. to noon, Holy Spirit Parish, 3159 Land Park Drive, Sacramento. \$10 donation per file box. Proceeds go to

the Saint Vincent de Paul Society for food, clothing and emergency housing for those in need. (916) 443-5442

Volunteer in the garden

Oct. 6: 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@carmichaelpark.com.

Fire Station 8 open house

Oct. 6: Come visit Fire Station 8 at 5990 H St., Sac. Free. 2 p.m. – 5 p.m. Presentations at 3 p.m. (916) 808-1347

Sacramento Archives Crawl – Building Sacramento, Building Communities

Oct. 6: Four downtown Sacramento locations that include the California State Archives (1020 O Street), the California State Library (900 N Street), the Center for Sacramento History (551 Sequoia Pacific Blvd.) and the Sacramento Public Library (828 I Street). Even goes from 10 a.m. to 4 p.m. and it is free of charge; 808-7072 or www.sacarchivescrawl.blogspot.com

Land Park Volunteer Corps

Oct. 6: Got work gloves and a "let's get down to business" attitude? Then the Land Park Volunteer Corps is for you! Come join members of the community as the group maintains, improves and beautifies William Land Park. First Saturday of every month, March to November. Free. 8 a.m. meet behind Fairytale Town, 8:25 a.m.–11 a.m., work on projects as assigned. Light breakfast, lunch provided by local businesses. (916) 718-3030 ckpinsacto@aol.com

Pancake Breakfast

Oct. 6: Two light, delicious, warm pancakes, a tasty party of sausage, Log Cabin syrup, tea and coffee, all for only \$3 per person. 8:30 a.m.–10 a.m. Every First Saturday of the month. Benefits the Wednesday Club. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

22nd annual SCNA's wine tasting, silent auction and beer garden

Oct. 6: Delicious food and drinks from local wineries, breweries and restaurants. Will include auction, raffles and door prizes. From 4 to 7 p.m. at the Sierra 2 Center, 2791 24th Street, Sacramento, 452-3005. \$35 for SCNA members, \$45 for non-members through Oct. 3, \$50 for everyone after Oct. 3., www.sierra2.org or 452-3005. Donations needed for silent auction, contact Melissa at mmckenzie55@comcast.net

Annual Shred event

Oct. 6: Save confidential papers. This fundraiser is for the Saint Vincent de Paul Society at Holy Spirit Parish, where they take care of feeding, clothing, and paying emergency housing for those in need. \$10 donation per file box. 9 a.m. to noon, church parking lot. 3159 Land Park Dr., (916) 443-5441.

Art, craft and plant sale

Oct. 6-7: The Shepard Garden and Art Center is hosting its annual fall art, craft and plant sale from 10 a.m. to 4 p.m. Plant sales benefit local horticulture clubs. The two-day event takes place at the Shepard Garden and Art Center, 3330 McKinley Blvd. 95816. (916) 808-8800, www.sgac.org.

An ongoing attempt at being river friendly



By MONICA STARK
East Sacramento News editor
editor@valcomnews.com

When my husband Adam and I first moved into our home last summer, we had grand ideas about what we should do with our front and back yards. He is an intern architect, so he has access to computer programs that facilitate all of our planning. But planning is just the beginning and now I feel overwhelmed after visiting the garden tended by Sacramento resident, David Roberts.

Roberts is an environmentalist who draws on nature for inspiration. He is a professional landscaper by trade, so I shouldn't be too hard on myself when I look at the Bermuda grass that blankets my front yard. I've heard time and again that lawns suck up so much water, so I'd like to get rid of that one day and plant an orchard of fruit trees, which is easier said than done, I know.

When I found out that Roberts used Round-Up to get rid of his Bermuda grass back in 1987, I realized even the most environmentally friendly people use that stuff I've heard called many bad names.

Even though our hottest days are probably gone for the year, Roberts said there's still some opportunity to get to "ground zero" if I want to get rid of my crummy lawn. He added that it's actually a good time if you want to get started. "Planning as you get into the cooler season is great, because the soil is warm still, but the temperatures begin to moderate and the plants are able to be under less stress."

This is good news because as I learned from Dave Tamayo, environmental specialist for Sacramento County, no matter what kind of plant you get, if you put it in a place not too healthy, it will be stressed and won't be able to fight off chemicals such as the Round-Up I'm about to purchase.

Tamayo is an entomologist, or as I'd like to say a bug expert, who explained that most bugs in your garden aren't necessarily bad bugs. And, Roberts teaches a Green Gardener course in West Sacramento (which is now underway). He's trying to change the minds of professionals.

"(They) think they know the industry, which from their perspective, they do, but we're trying to bend their minds into new practices and change the way things are done a bit," he said. That is, he's trying to get people to be more environmentally friendly.



Tamayo and Roberts are both advocates for River Friendly Landscaping guidelines. There are seven of them that I need to remember as we undergo this major landscaping transformation.

One includes water conservation – which by getting rid of my lawn will eventually get me there. That is the foot in the door, as Roberts says, but it's still just one piece of the pie.

Another is to create a healthy soil. Roberts said native plants don't always need a lot of fancy nutrients, but when you have an old garden that may have been doused with fertilizers, you will have to rebuild the health of the garden.

"We're taking a lesson from nature, instead of from man," he said. "We invented fertilizers, which helped us with our crops, but on the other hand, we also ignored the natural systems, and, in some cases, helped to deteriorate them through chemical use."

Roberts explained that the soil food web is all the microorganisms: fungi, bacteria, bugs, that all create soil structure. Just by having organic matter as mulching, he said, begins the process because the mulch gets deteriorated and it's taken into the ground by certain organisms.

OK, but how can you differentiate between good bugs and bad bugs? That was my question for Tamayo, who chuckled a little before simply stating if you see bugs damaging your plants, those are the bad ones. Then he threw a wrench into the logic and said if your plant is having a problem, you need to be sure you know what's causing it. I guess you could think bugs are killing your plants when something else is.



Photos courtesy of Dave Roberts
Shown at top: Dave Roberts' front yard, which harbors more than 100 species.

Leaves blanket Roberts' yard in the Fall and decompose throughout the Winter.

Tamayo said people apply insecticides to lawns, even though in California insects are rarely the problem to them. There are a bunch of tests you can try on your lawn if you think bugs are ruining it. (See <http://ucipm.ucdavis.edu/QT/parasitesinsectcard.html> for more on that.)

Fortunately when you do have lawn insects, a lot are susceptible to nematodes, or micro worms, that can harm the insects that are damaging your lawn. I understand you have to be good at following directions if that's the route you go as they are susceptible to drying out, not to mention, expensive. Tamayo said rather than killing the insects, the nematodes give the insects a bacterial disease, turning some insects red.

I feel like I've learned a lot about environmentally friendly gardening, but am nowhere closer than I was before. Well, Roberts did at one point during an interview call his plants his children and, at another,

said that not all his clients want to tend a garden -- they want a landscape.

Maybe that's more my style. I'd love to be all Zen and take the 10 minutes a day to unwind by tending the garden, but shoot, it's going to be dark by the time I get home.

If I ever get to that point of Zen gardening, I plan on incorporating all of the river friendly landscape guidelines: Water conservation, soil health, water and air quality, landscape locally, wildlife habitat, less to the landfill, and conserve energy. Read more: <http://www.msa.saccounty.net/sactostormwater/RFL/>

And I'll remember to water only between the hours 4 p.m. and 7 a.m. For spring through fall, odd number addresses water on Tuesdays, Thursdays and Saturdays. Even number addresses water on Wednesdays, Fridays and Sundays. During winter, watering is only allowed on Saturdays or Sundays.



STATELY ELEGANCE

Built in 1911, this stunning 4 bedroom, 4 bath home sits on an oversized lot with a heated pool, lawn area and sports court. Charm and craftsmanship from an era gone by, you'll enjoy leaded glass windows, well-kept hardwood floors, beautiful crown molding and more. Remodeled kitchen includes soap stone counters, custom glass faced cabinets and high end appliances. \$1,350,000

DAVID KIRRENE 531-7495



HISTORIC VICTORIAN

Inviting entryway, parlor, large dining room and kitchen with 1 bedroom and bath upstairs; downstairs includes family room, 2 bedrooms and a bath. Period details include beautiful stained glass and light fixtures, high ceilings and wood flooring. Large lot, mature trees and decomposed granite; 3-car garage with alley access. \$460,800

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FABULOUS EAST SACRAMENTO

Enjoy the modern amenities of a completely rebuilt home and old world charm of this fabulous East Sac street! 4 bedrooms 3½ baths, honed granite countertops and top end appliances in the spacious chefs kitchen, luxurious master suite has two walk-in closets, a huge shower and a pedestal soaking tub, and so much more. All brand new and waiting for you! \$999,000

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RIVER PARK

This fantastic River Park 3 bedroom 2 bath home has been completely remodeled for your enjoyment. The seller has spared no expense with a newer roof, remodeled kitchen, completely landscaped front and back, insulation, dual pane windows and a very large laundry room. Freshly painted and a turnkey property for the buyer that wants to move right in! \$383,000

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PENDING

FABULOUS 40S HOME

Well-maintained 3 bedroom 2 bath home in Fabulous 40s, awaiting updating. Beautiful hardwood floors and marble fireplace. Spacious rooms, lots of storage. Newer CHA & hot water heater. Updated plumbing. 4 ceiling fans. Separate formal dining room, separate indoor laundry room. Shady covered patio. Oversized garage with storage loft, sink and work area. \$549,000

COLLENE WIFVAT 719-2324

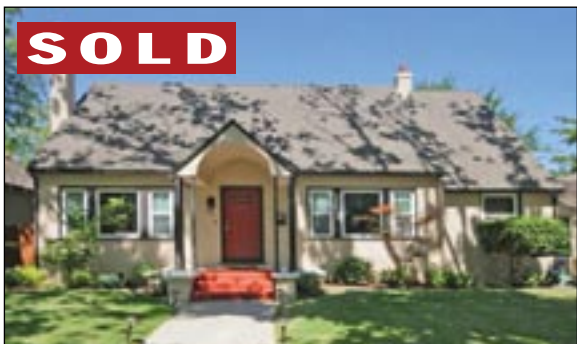


SOLD

CONVENIENTLY LOCATED

Great 3 bedroom home in the heart of East Sacramento. Refinished hardwood floors, large yard - great value. Living room fireplace, central heat and air conditioning. 2-car garage. 1268 square feet. Ready for your finishing touches! Walking distance to Sellands, Starbucks, and other great places. \$292,000

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SOLD

MCKINLEY PARK

Pristine 2 bedroom 1 bath home near McKinley Park. This classic charmer includes hardwood floors, newer carpet in bedrooms, remodeled kitchen and bath with granite counters, inside laundry, CH&A, bookcases on either side of the large brick fireplace; and large formal dining room. Large backyard! \$342,500

TIM COLLOM 247-8048 • LIBBY NEIL 482-2326



PENDING

UPDATED RIVER PARK

Come take a look at this fantastic 3 bedroom 1½ bath River Park home that is ready to move into! This great home at a great value includes pristine hardwood floors, an updated kitchen, a large dining room, and a good size yard. Conveniently located just minutes from Sacramento State, coffee shops, and the river. A must see! \$319,000

TIM COLLOM 247-8048



PENDING

BOULEVARD TERRACE

Adorable 2 bedroom home! You will love the wood floors, coffered ceilings, cozy fireplace, formal dining room, breakfast nook, large bedrooms, updated bathroom, detached 2-car garage. Great location close to UCDCM, public transportation, and more. Don't wait! \$169,000

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