

# EAST SACRAMENTO NEWS

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# Heart Kids Rock event to be held at Sutter Children's Center

A rockin' evening for heart kids and their immediate family members with free dinner, dancing and entertainment will be held on Feb. 15 from 4 to 7 p.m. at the Sutter Cancer Center. This event is put on by non-profit Angels for Hearts and open to all heart kids, regardless of hospital affiliation. Valet parking is available. Parking is also available in the garage on 29th Street between K and L Streets. The event will be held in the classrooms on the first floor of the Sutter Cancer Center, located at 2800 L St., Sacramento. Reportedly, Radio Disney is excited to come and provide a cardiac safe dance party. So get your party clothes ready and come and celebrate that

"Heart Kids Rock". RSVPs are needed since a spaghetti and meatball dinner will be donated by Lucca Restaurant. Panera is donating cookies for dessert; Happily Ever Laughter is coming with Faeries from the treehouse to do face painting and Giggle & Riot is coming with their signature open photo booth, kids get to be crafty and decorate musical instruments and there will be more surprises. RSVP to: <http://www.checksutterfirst.org/children/heartkids> or call 243-5244. Heart Kids are invited regardless of one's hospital affiliation. You just have to be a heart family with a heart child ages 0-18 or be a heart angel family and have siblings ages 0-18.

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5912-5914 Rye Way  
\$325,000



Great location! This 2 bedroom 1 bath home needs lots of work. Looking for a visionary with cash to restore the charm in this original cottage home.

2117 48th Street - \$180,000



This charming 3 bedroom home has pool & spa with open floor plan. Kitchen features granite counters & opens to family room. Jacuzzi tub, amazing master shower.

2431 Negrara Way - \$250,000

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## Meet the Poodlums. Sacramento kindie-rock that teaches

By GREG BROWN  
greg@valcomnews.com

The Poodlums are a playful Sacramento kindie-rock band that perform at libraries, schools, and fundraisers, as well as children's birthday parties.

They're more fun than a bounce house.

The Poodlums are Anne Howard and her husband Jason Wright, who are not hoodlums, but their standard poodles Murray and Dina are. It's how they jokingly came up with the name of their band. Jason said, "I think I was just trying to make Anne laugh and kinda put poodles and hoodlums together." Anne interjected: "And because our poodles act like hoodlums!"

They recently performed a show at the Belle Coolege Library. The place was packed with children and parents singing along and tapping their toes to songs like "Five Little Pigs".

*Five little pink pigs*

*Living on the farm*

*The farmer rings the dinner bell (sou-ee!)*

*And one runs into the barn.*

They have the children gleefully join in on the sou-ee! part. The parents get a kick out of it, too. It's a catchy ditty that's sung partly in Spanish. "Tres Cerditos"! It's also a fun video that's available on Youtube and their website.

Another song they perform live and on the Poodlums disc is Alphabet Soup. The guitar has a Green Day sound to it. It compliments the melodic vocal styling of Anne. Anne wears a red apron and oven mitt while stirring a bowl of soup. Jason dons a tall white chef's hat.

And word to your mother - they also do a little alphabet soup rap with the kids.

The Poodlum's concerts last about an hour and really capture the children's attention, which isn't easy to do. The kids are transfixed on the duo while they sing songs and tell stories. No kids running around, screaming, playing with the curtains. "That is the goal," Jason quipped.

All of the original songs the Poodlums perform have educational value. The married duo are board certified music therapists. They both graduated from the University of the Pacific Conservatory of Music in Stockton.

Anne told me, "The way we look at it is, kids are learning and they don't even know it because they're having fun."

There's a science to the clapping, singing, stomping and storytelling.

Anne went on to say: "Music therapy is built on a principle that music and rhythm organizes motor output. Whether it's clapping your hands or stomping your feet or it's oral motor output where you're singing. All of your learning is going to be measured in those motor output forms and music is a great way to optimize learning and a great way to address skills in cognition, communication, and motor skills."

When The Poodlums got started in 2008, they targeted individuals with special needs. Anne said, "We originally, and we still, target individuals with special needs of all ages, but we found once we got started that children who don't have special needs love the music as well."



Photo by Samantha Deleon

They also think it's important for the parents to enjoy the music, too. "We want our stuff to be fun for grown-ups because they're going to be playing our CDs over and over," Jason said.

He told me he grew up watching The Muppet Show and they always had music with a lot of puppets and humor. "That was part of our goal with the Poodlums, to have (something) music parents aren't going to be bored with and something they can enjoy." Jason is the comic relief of the duo. "I try to cater to the adults in the room. Sometimes the kids laugh at the same jokes as the parents and sometimes the jokes are just for the parents. I don't really have a plan, I just do it."

During the Belle Coolege Library concert, quite a few parents were bopping their heads up and down to the tunes and laughing along with the jokes. That doesn't really happen when Barney, the dinosaur, is playing. Some parents just want to leap out the window when they hear the I Love You song over and over. It can be maddening!

The Poodlums incorporate fun theatrics into each song, using props and costumes they discovered at local thrift

stores. The old retro Samsonite suitcases they use in their shows were bought at a couple of garage sales. "We are collecting things as we go." Anne said.

They're also building up their puppet collection. Anne's parents instilled the importance of being creative with stuffed animals and puppets when she was growing up. "Our stuffed animals each had a different personality and were almost like another family member," she said.

It's obvious The Poodlums love to perform for children. The duo is always smiling and animated on stage. Anne said, "I really love to connect with kids on a level of pure joy and fun where everyone can engage in a musical experience together. Experiences like that have always meant a lot to me as a kid and grownup too. I feel like I'm getting to connect with kids in that important time of life."

The Poodlums will be performing at a local library near you. Like them on Facebook or check out their website www.thepoodlums.com for upcoming concert dates, music videos, and merchandise including the Poodlums CD. They're available for birthday parties, too!

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# Remembering Captain Sacto, other kiddie show hosts

By LANCE ARMSTRONG  
Lance@valcomnews.com

Editor's Note: This is part six in a series about Mitch Agruss and other kiddie show hosts, who brought joy to many young television viewers in the Sacramento Valley.

Back in the days when East Sacramento residents had very few choices in television stations to watch, many young television viewers were familiar with kiddie show hosts who became iconic figures in their lives.

## Harry Martin

Certainly one of the most well known television kiddie show hosts in the city's history was Harry Martin, who was born as Harry Martin Uhlenberg on Feb. 4, 1927.

And with his long television career, which extended

beyond kiddie shows, Harry was also one of Sacramento's better known television personalities.

Harry's television days were preceded by his radio work, which began at a small Pittsburg, Calif. station in 1950. He would later work his first television job for Channel 36 in Stockton.

In the mid-1950s, Harry, a California native who grew up in Redwood City and majored in broadcasting at the College of the Pacific (today's University of the Pacific), made local television history, as he became Sacramento's first kiddie show host as an employee of Channel 40.

Harry was interviewed three decades later by another locally famous Martin, musician Mick Martin, who was then working as an entertainment writer for *The Sacramento Union*.

During that interview, Harry spoke about his kiddie show host character, Bonanza Bill, saying, "He was a uranium prospector. The show would start out on film with me pulling up at the studio in my Jeep. Then I would run in, hurtle the desk and fall down. I couldn't do that today."

During his time as Bonanza Bill, Harry would compete for popularity with Fred Wade, who played Captain Sacto on Channel 3.

And oddly, Harry, as many locals recall, would later take on the role of Captain Sacto at Channel 3.

In recalling the situation in which he became Captain Sacto, Harry, in his interview with Mick, said, "I went to (Channel) 3 as an announcer-director, and Fred wanted out of the show. So, they talked me into it."

Harry spent seven years as Captain Sacto, and alto-

gether more than 30 years with Channel 3, as he also anchored the news, was an evening show host and conducted many interviews with celebrities.

In a reminiscent article about his life, which was published in *The Sacramento Bee* in 1988, it was noted that those celebrities included Johnny Carson, Clint Eastwood, Tom Hanks, Goldie Hawn, Bob Hope, John Lennon, Leonard Nimoy and John Wayne.

Harry, whose final day on the air with Channel 3 was Jan. 1, 1989, retired to his South Land Park Hills home with his wife, Polly, and passed away on Feb. 17, 2008.

## Fred Wade

As previously mentioned, Fred Wade took on the role of the original Captain Sacto.

Wade, who was born in Altadena, Calif. on July 13, 1927, graduated from Redondo Beach High School in 1945 and served in the Navy, had already gained substantial experience in radio and television by the time he joined Channel 3 in 1955.

Recently, Mitch Agruss, aka Cap'n Mitch and Cap'n Delta, shared his copy of author Tim Hollis' book, "Hi There,

Boys and Girls!: America's Local Children's TV Programs," as a research tool for this chapter.

In addition to a section about Agruss, the book also refers to Wade's background as a kiddie show host.

Hollis noted that one of the early shows of Channel 3 was a children's show, which literally featured the boots of Wade.

In furthering explaining that point, Hollis wrote: "Wade's boots were the only part of him seen by the kids watching at home."

On the show, Wade's celebrated boots played the role of Dirty Boots McGee.

Wade eventually spent two and a half years as Captain Sacto before gladly relinquishing the position to Harry Martin.

Among Wade's other activities in life included managing his business, Wade Advertising Agency, and serving as a county supervisor from 1975 to 1980.

His service with the Sacramento County Board of Supervisors began in January 1975, when then-Gov. Ronald Reagan appointed him to complete the unexpired term of Eugene Gualco, who had

See Captain Sacto, page 7

## Captain Sacto:

Continued from page 6

he could actually sing and sound a lot like Bing Crosby."

Coppola added that Bill established an orchestra that was "the love of (Bill's) life."

"(By) his retirement in 2004 or 2005, he had done 7,500 performances, not only with his big band, but with his small combo, too."

From 1952 to 1963, Bill worked as a disc jockey for KCRA 1320 AM.

Bill was also the producer and emcee for Channel 3's talent show, "The Bill Rase Show," which aired from 1955 to 1964.

And Bill's involvement as a kiddie show host ran from 1959 to 1963.

In speaking about that show, Coppola said, "(Bill was asked) by (the owners of Channel 3) to be a host of a kiddie show. (He played the role of) Bosun Bill. He had never been in the Navy, but he had a Navy outfit and he wore it on stage. The kids would come in and sit in the stands down inside the studio, and he would then chat with them and give them things and all that stuff."

"(As Bosun Bill, Bill) had a special introduction, which was shot of him while he was getting on board a destroyer or something in San Francisco Bay - some Navy ship down there. They showed him getting on the gangway and that type of thing."

In 1965, Bill established his recording studio and talent center, which would be known as Bill Rase Productions, Inc., at 2904 Franklin Blvd. The business was later moved to 955 Venture Court and expanded its of-

ferings at various times during its history.

Bill also became involved in State Fair entertainment, including working as an emcee and vocalist.

## Stu Nahan

Another TV kiddie show host in Sacramento was Los Angeles native Stu Nahan.

In a 1987 interview with *The Union*, Harry Martin recalled the creation of Nahan's Skipper Stu kiddie show, saying, "The reason 'Skipper Stu' was started was because so many sponsors were trying to get onto the Captain Sacto show. I would have Wonder Bread and Keds as sponsors,

so we had to have Skipper Stu to get Rainbo and P.F. Flyers."

As a "radio man," Coppola was quite familiar with Nahan, who was the kiddie show predecessor on Channel 3 for the Bosun Bill show.

And in recalling Nahan, Coppola said, "A fellow, who I worked with in sports by the (kiddie show character role) name of Skipper Stu, was Stu Nahan. (He) was a brand new announcer who (Channel 3) had hired from Modesto. He had played ball in the New York Giants' farm system in Jersey City, (N.J.) and he also had played a lot of hockey (which included his six-year minor league hockey career). He and I were good friends and he and I did play-by-play broadcasts at the first of the Sacramento State football games. I taught him a lot of language of football. We went to a lot of out of town games. We did stuff



Photo courtesy of Lou Coppola

Bill Rase was a kiddie show host from 1959 to 1963.

live. Stu Nahan (later) became very famous in the Los Angeles area with a number of the leading stations down there with a special sports show. He also became well-known with the hockey world. He did national hockey games, play-by-play for the Philadelphia Flyers (with Gene Hart), as well as for the Los Angeles Kings. When Stu left to (work) in Los Angeles, Gary Gerould got hired."

During his time in the Philadelphia area, Nahan also was a play-by-play announcer for the Philadelphia Eagles football team, and he used his experience as a television kiddie show host in Sacramento to land a similar job as the astronaut attired Captain Phil-

adelphia for the now defunct WKBS Channel 48, which served the Philadelphia television market.

Nahan, who also had roles in "Brian's Song" (1971), all of the "Rocky" films (1976, 1979, 1982, 1985, 1990, 2006) and in "Fast Times at Ridgemont High" (1982), passed away at the age of 81 on December 26, 2007.

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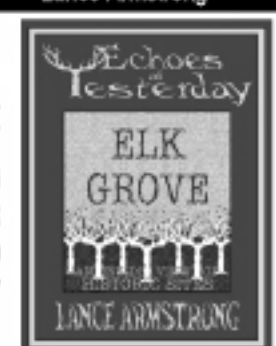
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# ARTS

## SMUD exhibition features watercolor paintings by 8 local artists

AWASH: an exhibit of watercolor paintings by eight Sacramento area artists is now open at the SMUD Art Gallery, 6301 S St. The exhibition offers different approaches to watercolor painting by emerging and established Sacramento area artists:

Elaine Bowers, Lynne Canady, Sandy Delehanty, Linda Clark Johnson, David Lobenberg, David Peterson, Steve Walters, and Kathrine Lemke Waste

Elaine Bowers' photo-realistic approach to the Sacramento landscape in "Above the Vineyards - Colby Ranch" takes on an abstract pattern when viewed from the aerial perspective.

Kathrine Lemke Waste takes a similar hyper-realistic approach, but zooms in on her subject, rather than out. Her paintings yield a luminous glaze, as in "Lucky Number 7", where she realistically captures the volume and glossy surface of billiard balls.

Steve Walters' similarly colorful painting, "Sunland Parade" treats subjects of everyday life realistically and non-idealized. In stark contrast to Walters' realistic style is David Peterson's loose and gestural approach in "Lost", which portrays a



Dave Peterson's "Lost"

familiar neighborhood scene in a humorous and enigmatic way.

The Art in Public Places Program was established by the City and County of Sacramento to provide visual art experiences in public locations. The SMUD Art Gallery is a partnership between the Sacramento Municipal Utility District and the Sacramento Metropolitan Arts Commission.



Steve Walters' "Sunland Parade"

If you go:  
**What:** SMUD Art Exhibition featuring a variety of watercolor paintings  
**When:** Now until March 19. Gallery hours are Monday through Friday, 8 a.m. to 6 p.m.  
**Where:** SMUD, 6301 S St. (near 65th Street)  
**Contact:** Lorrie Kempf (831) 624-3072, e-mail: lorriekempf@gmail.com  
**Cost:** Free

## Janey Way Memories: Marty Ships Out



By MARTY RELLES  
 marty@valcomnews.com

In September of 1969, I completed my advanced infantry training at Fort Lewis, Washington. On Friday morning, we marched to the parade field to mark the occasion. There, the Base Commander congratulated us for completing our training and sent us on our way. Then, we marched back to our company headquarters where our First Sergeant, a good man, handed out orders to all 160 men. Most were headed to Viet Nam.

I lucked out though. My brother Terry was already in Saigon serving in a military police detachment, so my orders sent me to West Germany. Wow, I couldn't believe I had orders for Germany.

That evening, I boarded a plane and headed home for a 2-week leave. After four and a half months of training, returning home felt great. My parents treated me like a hero, and all the Janey Way guys: Jim Ducray, Randy Puccetti, Mike Roa and the rest came over to see me. I really enjoyed that leave, but I looked forward to my new assignment, too. Germany! I still could not believe my good fortune.

Two weeks later, I boarded a plane headed for Fort Dix, New Jersey, where I was held over three days waiting to land a spot on a charter plane headed for Europe. Soon, I was on my way.

After a nine-hour flight, we landed at Rhine-Main Air Base in Frankfurt, Germa-

ny where we boarded a bus bound for the 29th Replacement Battalion, housed in a World War II vintage building in the heart of town. Sadly, we were confined to quarters there. I remember the Sergeant saying, "Gentlemen, they serve German beer at the enlisted men's club. Be careful drinking it. It is much stronger than American beer." Some of the men did not heed his warning and paid the price.

A few days later, with my final orders in hand, I boarded a nice bus headed for the 510th Ordinance Battalion, in Gunzburg, West Germany. I remember sitting on the bus watching the world go by. Everything looked different. The cars were smaller. The buildings were much older, like something out of Hansel and Gretel. The signs were all different. This was awesome.

Hours later, I pulled into a German Army Base: Prinz Eugane Kaserne. It would be my home for the next 17 months. The bus driver stopped right in front of the headquarter's office of the 512th Administrative Group where a Specialist IV welcomed us to the base and walked us over to our temporary home. We stowed our gear and headed over to the mess hall for dinner. All the guts seemed really nice.

Next day, I received my assignment—Company B of the 510th Ordinance Battalion. My military occupational specialty was about to change from infantry to ordinance: a step up in the military world. My platoon sergeant was a hard-boiled little southerner named Johnnie Cochran. When he learned I came from California, he said, "What are you Rayless (that's how he pronounced my name), some kind of hippie?"

I replied, "No sarge. I am a soldier.

I will tell you more about Sergeant Cochran and the 510th Ordinance Battalion in upcoming episodes.

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Photos by MONICA STARK

Sutter's Fort participated in the 16th annual Sacramento Museum Day on Saturday, Feb. 1. Visitors experienced the pioneer spirit of families arriving in wagon trains at the dawn of the California Gold Rush free of charge. Free Museum Day was presented by the Sacramento Association of Museums (SAM) and proudly supported by Umpqua Bank. A number of participating museums (including all Capital District State Museums and Historic Parks) welcomed guests for Free Museum Day.

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# The New Year greets unfinished relighting

By BILL LAWS

A new relighting project south of 14th Avenue has been underway now for more than three months in the Tallac Village area. Called traditional or "acorn lamps", the street lights have a quaint or antique "feel" that evokes the highways of an earlier era. The acorn-shaped, tapered and cylindrical bulbs at the end of a long shaft sprouting from the curb suggests the gas lamps of the 19 Century. According to Linda Tucker, Media Communications Specialist for the City Manager's Office, 88 of these new lamps are being installed as replacements to shorter, green acorn lamps in the neighborhood around Tallac Village shopping center. The older lamps, although with a softer color and a better "human scale" than the new ebony models, are now almost 65 years old.

As can be seen by shoppers at Tallac Village's retail outlets, some of the project sites for street-light removal and replacement have become a minor nuisance. At one location across the street from Milano Pizza, for example, bushes have been torn up and a piece of plywood slapped over an excavation in anticipation of a new



(above left) The first use of the "modern" black posted, 15 foot acorn lights. This one is in front of Don Meyers' home near 53rd St. and 9th Ave. It seems to crooked and is chipped at the base.

(above right) An example of the shorter, green acorn light on 11th Avenue by the park. While some have been adorned with municipal signs, these smaller, softer lights have more of a "human scale" than the new black acorn lamps.



street light. Nevertheless, according to shop owners at nearby Tallac Village shopping center, the construction on this particular corner at 60th Street has been going on for at least a month. When contacted, M & M Electric, the servicer of the contract and winner of the million dollar installation, explained that work could continue "until sometime in February."

According to the City Report for the Tallac Village Street Light Replacement project, which includes this small job site,

work on the 88 new street lights must be completed in two months. However, in the contract specifications in the City's Project Report, \$2,000 is required for "traffic control." On some jobs, this safety allocation mandates at a minimum that, along with safety cones, actual barriers need to be erected to dissuade pedestrians and children on bicycles from entering the essentially unguarded construction area.

While the entire project costs over a million dollars, the lamps themselves appear to represent the same basic technology of the older lamps which utilize compressed phosphorous gas to provide illumination. According to the official report of the Tallac Village Street Light Replacement project, a large rationale for the renewal is to cut future maintenance and replacement costs connected with the ageing infrastructure.

An area realtor, who refuses to be identified asks "Why should light structures be totally replaced? Many of the homes are just as old or older. We don't tear up the houses to replace the plumbing."

Further questions remain about the technology of the new street lights. "Ac-

ording to the City report on the project, actual lamp hardware is only a 10th of the \$694, 553 installation cost of the 88 lights being installed around the shopping center.

According to Dash Antel, a long-term Tahoe Park resident who works for an international planning agency, many "planners in the dark-sky movement prefer streetlights with a reflective cap that doesn't waste light by throwing it into the sky." On its website, the "dark-sky movement" recommends lamp housing that reflects or mirrors light rays down toward the ground so that, among other benefits, blossoms in the crowns of trees and tall bushes can be protected.

James Bolton, project manager with M & M Electric that holds the contract for the 88 street lights says that the current Union Metal acorn lights have a "refractive glass" that bends the light downward. Others claim, however, that only an opaque or mirrored lid above the light element is adequate to shield the rays from unwanted dispersion. Similar questions arise about the reason for remaining with the old technology and not moving toward more efficient metal halide lamps

which are used in other parts of Sacramento.

In the course of investigating the use of the new acorn lights manufactured by Union Metal, it has been uncovered that these same lights have been previously utilized in Tahoe Park.

Located in Tahoe Parks west of 53rd Street toward Stockton Boulevard, these lamps are about 14 or 15 feet tall. Painted black like their twins near Tallac Village, they are gracefully fluted with decorative recesses or grooves that give the shafts a "pillar-like" appearance.

And similar to the same models currently being installed south of 14th Avenue around Tallac Village, these lamps face the strong probability a practical reality. They chip, run down or stop working completely. Although they seem quaint and rustic, from time to time they need service.

Don Meyers, a retired State of California accountant, owns a house north of 53rd Street on 59th Avenue where a black shafted acorn lamp towers over his front lawn. Meyers declares that his lamp "is a pain in the neck and it works like a defective

## Lamp Posts:

Continued from page 14

product." As can be readily seen, the lamp post is crooked. Paint is chipping away from around the cement base of the lamp structure. "That started as soon as it was installed," says the home owner.

At one point, the light entirely stopped working. A ballast or small transformer that regulates voltage needed to be replaced. "It took the City six or eight weeks to respond to my light, and then another two weeks to replace the ballast," explains Meyers. This was despite the claim on the City website that individual streetlight outages are dealt with in no more than four weeks time.

In the current project to replace 88 similar poles near Tallac Village, project manager Bolton, says that his company's warranty for defective part extends only one year beyond his completion date which is likely to be some time in February. This guaranty, he says, would

include parts such as the light bulb or the ballast. Bolton also states that he has been aware of the chipped paint issue in other black acorn street-light installations such as those east of 53rd Street. According to Bolton, however, this problem has been remediated by Union Metal, the manufacturer of the new acorn lamps.

However, on inspection of the City of Sacramento report on the Tallac Village project, which includes contract requirements, no mention of the better paint or adhesive mentioned by Bolton that would alleviate this concern is included.

Ten years or so ago, Meyers and his neighbors accepted an annual assessment from the City to pay for the traditional-looking acorn lights. "We asked for traditional lighting," he says "instead of the more modern looking styles."

Meyers is satisfied with the original acorn design. However, he continues to pay \$76.50 a year to the City for the original levy to pay for the lighting north

of 53rd Street. He feels, of course, that service on the tall, black acorn lamps should be more prompt. The chipped paint around the base of the lamp, moreover, is still there and is getting worse.

Located east of 53rd Street toward 65th Avenue are the smaller, green acorn streetlamps. Similar to the black acorn lamps on the other side of town, these lamps provide curb appeal and an old-fashioned texture to neighborhood streets.

However, like the other traditional acorn lights, problems circle like unwanted moths.

In some places, such as on 11th Avenue along the park, trees have overgrown the streetlights. Branches and leaves of decorative trees block the ability of the acorn lamps to illuminate large sections of both roads and sidewalks. In the sunny seasons, in particular, trimming back green landscape from municipal signs and street lighting has long been a problem. Allowing a large tree to obstruct or virtually en-

gulf a smaller, green acorn light can be the result of neglect from either the City or the property owner who share responsibility for lighting safety.

Despite the problems associated with these shorter, green acorn lamps, unlike the taller Union Metal lamps, they seem to belong in the neighborhood. In size, they are closer to the height of a human being and are very close in size to many trees planted in Tahoe Park yards. According to Dash Antel, in fact, not having an

immense amount of glaring street light is a good thing.

In 2013, according to the City Manager's office, a similar, small scale relighting project using the newer, taller, Union Metal lamp posts is scheduled for completion. One hopes that there is more neighborhood discussion and preparation for this eventuality. Public awareness of the project, moreover, might lead to a greater sensitivity toward how the replacement contracting is actually executed.

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# St. Francis students ensure an experience to remember for Japanese exchange students

By GINA LORENZO

The sister school of Saint Francis High School is Nakamura Gakuen Girls' High School in Fukuoga, Japan. For more than a decade, teachers and students from each school, including Christina Connolly, have had the opportunity to visit each other's campus, stay with families, and become involved in the daily life of a student. They learn about the culture, high school, and home life.

Most recently, St. Francis students hosted 28 Japanese students in March. "I hosted an exchange student my freshman year," Christina explains. "At first, I wasn't too interest-

ed in going to Japan but my dad, who is half Japanese, encouraged me. After the earthquake in my freshman year, it was postponed for a year."

"We participated in flower arranging, self-defense, shopping, etc. and I felt that our program didn't have the same kind of energy. They sent 30 students, almost three times as many girls who came here, so my friend and I decided to revamp our program because of our experience. I was asked to make a presentation to the school to talk about my experience."

Christina told the St. Francis students that these girls do not fit the stereotypical girl who has interests such as Hello Kitty.

"They love what we love," she said, adding: "We needed to make this amazing for them so we organized field trips to the zoo, cathedrals, the Capitol. We introduced them to the gourmet club, scrapbooking and so many activities suited for teenagers. We also organized trips to Lake Tahoe and San Francisco," she said.

Christina's family continued to host for her sophomore and junior year. And it is no surprise that Christina took it upon herself to ensure a great experience for these visitors. Outside of the exchange program this self-described normal teenager is quite motivated and involved. Christina's high school 'resume' includes a

mock trials course and four years of Certamen, which is an academic team focusing on classical Latin culture and history, expanding the learning of Latin culture in modern day by playing games, learning about Roman history and even discussing *Harry Potter*.

"When thinking about taking Latin, everyone warned me that it was difficult. I thought, 'Challenge accepted!' And regarding the mock trials course, I love learning legal terms, mock trials, love to teach too. Our team increased ranking from ninth to fifth to third over past three years."

Christina's community service includes helping to create a San Francisco guidance center for children in the summers. "This center is where youth can go and feel safe. I helped the homeless and listened to their stories. It was educational. You hear their stories; some were once business people. Homelessness crosses all boundaries. I really am still helping children even though I am not physically there."



Photo courtesy

Christina Connolly is one of the many Saint Francis High School students who have participated in an exchange program with her school's sister school, Nakamura Gakuen Girls' High School in Fukuoga, Japan. For more than a decade, teachers and students from each school have had the opportunity to visit each other's campus, stay with families, and become involved in the daily life of a student.

When asked what advice Christina would give families with teens who want to host an exchange student, she replies, "There is hesitance to host a student because of the language barrier, but after the first day or two you get comfortable and then you get to share what America and Sacramento is like. It is not just you, but your school and your family getting involved. We may be across the sea but we are still basically the same teenage girls."

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# CALENDAR

Send your event announcement for consideration to: editor@valcomnews.com at least two weeks prior to publication.

Editor's note: City Councilmember Kevin McCarty told the East Sacramento News the city council has likely postponed the vote for the controversial student housing project, Campus Crest, to Jan. 14. It was previously scheduled for the Dec. 10 meeting.

## ONGOING

### AARP tax aide seeks volunteers for 2014

The nation's largest free, volunteer-run tax assistance and preparation service is seeking volunteers for tax assistance/preparation and leadership coordinators. Volunteers of all ages and backgrounds are welcome. Each year from Feb. 1 through April 15, AARP Tax-Aide volunteers prepare federal, state, and local tax returns for low and middle income taxpayers, with special attention to those age 60 and older. Volunteers are especially needed to assist with electronic filing of tax returns. You do not need to be an AARP member or retiree to volunteer. For more information on how you can join the AARP Tax-Aide team in Northern California, contact Ron Byrd at NoCalTaxAide@Outlook.com or visit website at: www.aarp.org/taxaide

### Brain Gymnasium

Exercise your mind and have some fun at this on-going Brain Gymnasium class! Inviting all seniors to Eskaton Monroe Lodge, 3225 Freepport Boulevard, 2 to 3 p.m., Wednesdays. \$7 per class. Call 441-1015 for more information.

### Davis Art Center invites teen girls to write and publish

The Davis Art Center is offering a six-week creative writing class for girls ages 13-18 from 4 to 6 p.m. Tuesdays starting February 11. The class will offer a positive, supportive space for girls who love reading and writing and are interested in discovering and developing their individual voices. Participants will use short stories by a diverse range of contemporary women writers as jumping off points for their own writing sessions. Each student will pick her best writing to include in a class-produced literary magazine. The class will be taught by Elise Winn Pollard, who earned her M.A. in creative writing from UC Davis. The fee is \$95 for Art Center members and \$105 for the general public. To enroll, stop by the Art Center at 1919 F St., call (530) 756-4100 or register online at www.davisartcenter.org. Students must be registered at least two weeks before the first class session.

### Gentle Qi Gong

Learn powerful relaxation techniques reduce stress, reduce physical pain and emotional suffering, lower blood pressure, increase immune response and improve balance. Inviting all seniors to Eskaton Monroe Lodge, 3225 Freepport Boulevard, 2 to 3 p.m., Wednesdays. \$7 per class. Call 441-1015 for more information.

### Attn. students: Submit now for water efficiency video contest

High school students can win cash prizes and the chance to view their video on the Raley Field Jumbotron by entering the 2014 Water Spots Video Contest. The contest, sponsored by the Regional Water Authority (RWA) and the Sacramento Bee Media in Education (MIE) program, challenges students to create compelling and original 25-second Public Service Announcement (PSA) videos on a select water efficiency topic. The 2014 water efficiency theme is: Don't be a gutter flooder: Prevent overspray and runoff. Judging will be based on creativity, entertainment value, accuracy, originality and incorporation of the water efficiency topic. Finalist videos will be displayed on the Raley Field Jumbotron screen and winners announced at a Sacramento River Cats game in April 2014. Winning students and their teachers will also get cash prizes. The grand prize winner's spot may become part of RWA's 2014 television ad campaign. Submissions due Feb. 28. Visit www.BeWaterSmart.info for more information and tips on using water more efficiently and to submit entries or get more information about contest rules, judging and prizes, visit www.sacbee.com/water-spots

### California Youth Basketball League taking applications

CYBL is a non-profit year round league for ages 4 through 18 that prides itself on being well organized that aims to develop basketball skills, sportsmanship and self-esteem through coaches, gym official and organizers. Visit www.cybhoops.com or call 911-3900.

### Kiwanis Club of East Sacramento-Midtown

Visitors Welcome, weekly breakfast meeting on Fridays at 7 a.m. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com. Meeting/Membership info: 916-761-0984, volunteers always welcome!

### The Sacramento Capitolaire's meeting

A men's Barbershop Harmony group, meets every Tuesday night at 7 p.m. at Pilgrim Hall (Sierra Arden United Church of

Christ), 890 Morse Ave., Sacramento. Info: www.capitolaire.org, call 888-0877-9806, or email info@capitolaire.org

### Artisan holds Food Drive

Artisan Salon is participating in the Spirit of Giving Food Drive. Over the last 17 years, the Spirit of Giving (SOG) drive has helped Sacramento Food Bank collect and distribute over 4.6 million pounds of canned and non-perishable food items for local families in need. Help support families in need by participating in this year's drive! Artisan Salon is located at 3198 Riverside Blvd.

### Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group meets at Aviator's Restaurant, 6151 Freepport Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m. The meetings discuss our fund raising Projects and Community Service, often with speakers from our community.

## FEBRUARY

### Sacramento Community Concert Association performance

Feb. 22: Celebrating Black History Month, SCCA presents Tenor Darron Flagg & Soprano Candace Johnson and The UC Berkeley Gospel Chorus at 7:30 p.m. at Westminster Presbyterian, 1300 N St. Singer-actor Darron Flagg is recognized as a standout professional bel-canto tenor, lauded for his heart-felt performances. A few of Mr. Flagg's engagements include the Lincoln Center, theaters in Eastern Europe, Walt Disney Hall, as well as the San Francisco and Sacramento Opera companies. Candace Johnson is a dynamic vocal artist who has experience in musical theater, television commercials, poplar songwriting, and piano performance. Among her many accomplishments, she held the title of Ms. Black Tennessee, and she was a finalist in the National Leontyne Price Competition. The UC Berkeley Gospel Chorus started in the 1970s as an informal student activity. Since 2007, director D. Mark Wilson has taken the Gospel Chorus in new directions, building a repertoire, which includes traditional and contemporary gospel music, spirituals, and classically influenced gospel anthems. Regular subscription: \$90, Group discount (8 or more people): \$75, Students subscription: \$45, Single Ticket: \$25. For more information, contact Sacramento Community Concert Association www.sccaconcerts.org; info@sccaconcerts.org; 400-4634.

### 2014 Polar Plunge: Polar Plunge so a Special Olympics athlete can compete

Feb. 15: Swim at the Sacramento State Aquatic Center to benefit Special Olympic Northern California & Nevada! This is the first plunge in Sacramento. Know that while the water may be cold, you're Plunging so that 19,000 Special Olympics athletes in your community may compete. 1901 Hazel Avenue in Gold River! Every Plunger is required to raise a minimum of \$125, which sponsors one Special Olympics athlete for a sports season. You will be fundraising to support Special Olympics Northern California & Nevada. Visit http://www.kintera.org/faf/home/default.asp?event=1080725# for more information.

### Sacramento International of Sacramento, Inc. annual crab fiesta

Feb. 15: All you can eat crab, silent auction, dessert bar auction, live auction; Saint Mary's Giovanni Hall, 58th and M streets. Doors open at 6 p.m., dinner at 7 p.m. Cost is \$50 per ticket and funds are used for services to support vulnerable women and children. 2013-14 funds support Tubman House, a program of Waking the Village. The program provides 18 months transitional housing and other life skills training and support for local women and children. Call 709-6748, or visit the Crab Fiesta website at www.crabfiestasac.org to purchase tickets. Visit us at www.soroptimistsacramento.org.

### Camellia Chapter, Embroiderers' Guild of America at their meeting

Feb. 18: Starting at 7 p.m., SMUD Building, 6201 S Street for a hands-on program on Assisi needlework. Guests welcome. Free. 223-2751.

### Casa Garden 'Girls Just Want to Have Fun' lunch and Red Hat fashion show

Feb. 26: "Girls Just Want to Have Fun" lunch and Red Hat fashion show at 11:15 a.m. and 1:15 p.m. seatings at the Casa Garden Restaurant, 2760 Sutterville Road, Sacramento. Entree choices: Chicken Stuffed with Spinach and Smoked Gouda or Black Bean Tostada Salad with Grilled Chicken Breast; dessert: Chocolate Torte with Raspberry Coulis -- \$22 per person, includes tax and gratuity. First-come, first-served group reservations by one person, one check. Reservations a must -- call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

# Unique Valentine's gift: Singing Valentines

By MONICA STARK editor@valcomnews.com

When love is in the air, a beautiful serenade from a Capitolaire's Barbershop Chorus quartet might be the perfect surprise for your sweetie. Along with a performance of love songs between "Let Me Call You, Sweetheart" and "Story of the Rose: Heart of my Heart", members will present the lucky one with a silk rose, box of chocolates and a personalized greeting card from the sender. In the past, such gifts have come with marriage proposals, with future grooms on bended knee.

Besides singing to the romantics, the Capitolaire's have received requests to perform their Singing Valentines in schools, usually by the request of a teacher for her class and also in businesses where coworkers have gotten to enjoy the harmonizing of a tenor, baritone, bass and lead. Simply put, singer Joe Samora told Valley Community Newspapers: "We do songs for men and women."

Last year, the Capitolaire's sold 47 valentines. One quartet had 16 valentines to sing in one day, with 12 being the typical amount. While they generally stick to the greater Sacramento area, Samora said last year they accepted a request from a military officer serving in Afghanistan for a Singing Valentine for his sweetheart who was living in Yuba City. Also in the past, they delivered a Singing Valentine to a staff



Photo courtesy of the Capitolaire's have sung Valentine's tunes in years past.

member in the Mayor's Office and also sang to nurses and donors at BloodSource.

This year, the organization is hoping to sell 60 valentines and performed amongst the five quartets.

With more than 30 members of local singing phenomenon, the Capitolaire's turns 70 years old in 2016. Formed in 1946, it is the second oldest barbershop harmony chorus along the Northwest coast with Reno being the first. Besides the annual Singing Valentines fundraising event, the

group performs for children and their families each December at the Polar Express event where Santa and trains mixed with Christmas music gets visitors in the holiday spirit.

The Capitolaire's belong to the Sacramento Metro Chamber of Commerce and are sponsored by Sacramento Metro Arts Commission as they have qualified to receive grants for the past several years. From events like the Singing Valentines and the Polar Express, they raise funds to help pay for teaching

four-part harmony to high school boys at a camp in Pollock Pines each September. The boys memorize the words and the notes.

The quartets will deliver the Singing Valentines on Friday Feb. 14 and on Saturday, Feb. 15 between the hours of 8 a.m. and 10 p.m. with a four hour delivery window for \$50. If you're interested in giving the gift of song, all you have to do is call (888) 877-9806 or order at www.capitolaire.org and express where you want the quartet to show up.

## JOB OPENING!

### DOOR-TO-DOOR DELIVERY

Openings for individuals to deliver our community newspapers door-to-door. Must have a car.

Call George (Tuesday & Wednesday only) at (916) 429-9901 for more information.


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# East Sacramento residents plead for more access out of McKinley Village

By MONICA STARK  
editor@valcomnews.com

Hundreds of McKinley Village opponents packed the Clunie Center Grand Hall on Monday, Feb. 3 at a community forum hosted by Councilmember Steve Cohn, as traffic and safety issues remain a top concern to many of his constituents, many of whom argued there are flaws in the project's Draft Environmental Impact Report. The City of Sacramento's planning commission is tentatively set to review the final EIR on March 13.

Residents called upon the developer Phil Angelides to make a \$28 million railroad tunnel suitable for car traffic at Alhambra Boulevard.

The proposed McKinley Village consists of development of 328 residential units, a neighborhood recreation center, parks and other public spaces on about 48-acre site located along the south side of the Capital City Freeway, north of the Union Pacific rail lines, largely east of Alhambra Boulevard and largely west of Lant Street in the northeast area of downtown Sacramento.

## A tunnel for cars?

City traffic engineer Hector Barron said the idea of a tunnel at Alhambra is not a new concept, as staff was first asked to look at the idea back in 2009, stating that back then improvements were estimated to cost more than \$20 million and that current estimates cost more than \$28 million. But because the issue continues to come up at community meetings, Barron said the city will do an analysis of what a tunnel suitable for cars would look like.

Concerning traffic and safety on the midtown side of the project, Barron said staff tried to address that in the DEIR with the suggestion of diverting traffic from southbound 28th Street and forcing it east bound with a left on C Street and installing a half street closure at 28th and C streets, in effect forcing a left turn onto 29th Street for south bound traffic. The implementation has been suggested to commence after the development is built, but he added residents want it sooner than later and preferably at B Street.

During the public comment period during Monday's forum, resident Michael Murphy said he sat down with the developer to discuss issues he's had about the proposed development.

He said: "Compromise and consensus doesn't seem to be happening. Access has always been a problem with this project. Our neighborhood could create a positive project everyone could live with."

## Traffic

The issue of traffic came up throughout the meeting and ever since the project took off the ground. Comments on the issue were posted to the city's website in January after the DEIR came out late last year.

Amongst the comments, Tracey Frost, Caltrans interim chief office of transportation, SOUTH, said the agency has serious concerns regarding "the lack of adequate traffic analysis" as she described the methods used to calculate eastbound Business 80 traffic. "(It) is incorrect because it did not consider the cumulative delay caused by bottlenecks downstream on mainline Business 80."

A member of a local organization called East Sacramento Residents for a better community,

Ash Pirayou argued a similar point in the comments on the city website, stating the DEIR fails to disclose or mitigate the project's true traffic impacts. "The DEIR fails to analyze impacts to several residential streets that are likely to experience significant traffic volume due to the project. Indeed, Hexagon Transportation Consultants Inc., a traffic engineering firm, opined that traffic on 33rd Street could increase by as much as 67 percent, which would undoubtedly impact the quality of life for residents who live in that neighborhood."

## Safety

At the forum, another resident Rob Finley of the organization Neighbors United for Smart Growth said his concerns surround children's safety. "Kids deserve a safe route to school. My question is who is responsible for the safe routes? I heard it's not the school district. Who is responsible?"

## School impact

Sacramento City Unified school board member Jeff Cuneo described the impacts the development might have on schools, namely Theodore Judah Elementary (the closest school to the project), Sutter Middle School (the closest middle school to the proj-



There were stacks of signs like this one that residents held. They were being passed out by East Sacramento Preservation. Photos by Monica Stark

ect and Kit Carson Middle School, a school with a unique International Baccalaureate program.

Historically the McKinley Village site has been the purview of Twin Rivers School District. Last year, he said, the TRSD and the Sacramento City Unified School District initiated a territory transfer so that McKinley Village residents could attend east Sacramento schools. After a number of community meetings, school board members voted unanimously to approve the transfer, which the Sacramento County Office of Education board of trustees also did back last December.

Cuneo said McKinley Village will generate \$2.1 million in developer impact fees due to 259 additional students, most of whom would likely attend Theodore Judah. "Will there be an effect? Yes, obviously. The capacity issue is a big issue," he said.

The more the school board member thought about the impact of the project on schools over time, he said, it's not just about the amount of students. Amongst his comments, he said: "It's also about the programs. What makes Theodore Judah, Theodore Judah?"

## Working together

In a quick 5-minute presentation Angelides reiterated what he's said before at community meetings and in interviews, describing his life-long commitment to Sacramento and specifically East Sacramento where he lived before moving across to William Land Park. As far as access out of the project, he said he's spent several hundred thousand dollars to help with access issues. "The bike path tunnel wasn't recommended by the community and not the council."

In terms of other things the firm has included as far as improvements or changes go, Angelides said this year

there have been 50 significant changes. "I believe it's a better project. We reduced the density because of traffic concerns and no two homes will be alike."

He said he is committed to work with the neighborhood group.

At the forum, neighborhood activist Steve Swindle, who many remember as being instrumental during the McKinley Park playground rebuild efforts said what made that project work was that everyone worked together to get it done. In relating those efforts to McKinley Village, he said: "We need to get the Alhambra access done that eliminates the traffic problems. We need to make this happen in order to help Phil do it."

## In summary

In brief, the project is proposing to upgrade A Street and the freeway overpass to current City roadway standards. Improvements include widening the bridge to add a second sidewalk and upgrading the guardrails.

A second vehicle access is proposed in the eastern portion of the site through the extension of 40th Street through the Cannery site connecting C Street between 40th Street and Tivoli Way. This connection would require an underpass to be constructed under the UPRR embankment. A pedestrian/bicycle tunnel is also proposed under the UPRR embankment connecting to the eastern terminus of Alhambra Boulevard and B Street, in the southwestern portion of the site. The proposed project also includes a storm-water detention basin in the western portion of the site, on the north side of A Street.

Public comments for the DEIR have been included on <http://portal.cityofsacramento.org/Community-Development/Planning/Environmental/Impact-Reports/McKinley%20Village>

# Hart Senior Center held grand re-opening celebration

By MONICA STARK  
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Sacramento's older adults gathered at the Ethel MacLeod Hart Senior Center to sing, dance and make new friends during the Grand Re-opening Celebration Open House and Information Fair held on Jan. 16. The event also featured Yoga and Tai Chi demonstrations, music performed by the Southside Ensemble and special remarks from Sacramento City Councilmember Steve Hansen and City Manager John F. Shirey.

The event was held to celebrate the return of regular programming to the Hart Senior Center in early January 2014. Programming at the Center was moved from its home on 27th and J Streets to a temporary location at the Coloma Community Center in July 2013 in order to replace the Center's roof and heating and air conditioning system. Construction was completed in December 2013.

The Hart Senior Center serves as the heart of operations for the City of Sacramento's Older Adult Services Division. Seniors find the center as a welcoming spot for trying new leisure activities and enjoying old favorites, finding senior assistance and referrals, making new friends, and discovering the joys of life after 50. The center serves several hundred people each week from exercise tai chi, yoga, drumming, writing classes, noon-time meals and other special workshops.

In an interview with the *East Sacramento News*, Rosanne Bernardy, Superintendent for Older Adult Services, described the magnitude of the need for improvements. Included in her description, she said: "This is a 53-year-old building that needed a new roof and it was determined the center would operate more efficiently with new air conditioning. We've had a leaky roof for 5 to 10 years. There's a drip, drip here and there.

Bernardy said the Center is in "pretty good shape now." Now, the main concerns regard general upkeep and she's



Photo courtesy Johnny Lo and Nancy Chen danced the afternoon away during the Hart Senior Center's grand reopening celebration.

It was more of a hassle than anything else."

Also the center is now able to vary the temperatures in different rooms based on the activity. For instance, if seniors are exercising, then that room would be kept at a cooler temperature than a room where seniors are doing arts and crafts.

The total cost for the repairs of the 12,000-square-foot building, Bernardy estimates between \$500,000 and \$600,000 and funds came from the City of Sacramento's deferred maintenance budget.

During the time the Hart Senior Center held programs at the Coloma Community Center, Bernardy said the Center developed more programs and because of voter approved Measure U it will be open an additional hour and a half at the tail end of the afternoon, extending the hours to 8 a.m. to 5 p.m.

While the Center saw a bit of a decline in attendance over the course of the relocation to the Coloma Community Center, Bernardy said by now all those who missed out on programs during that time have followed them back. Moreover, the Center gained new participants who live near the Coloma Community Center and just started attending classes while it was held there and who have since followed the program back to midtown.

Bernardy said the Center is in "pretty good shape now." Now, the main concerns regard general upkeep and she's

hoping for upgrades in that area at a later date. "Things are going really well around here. We will be starting a Hart choral initiative and use a professional musician who will lead a singing group for older adults for some who never really had a chance to sing but who would really love to. Most meet in the evenings," Bernardy added. The Center has contracted with Carmichael musician Christiana Quick-Cleveland, Owner/Director at Tiana Music Enterprises and former Music Coordinator at Rudolf Steiner College in Fair Oaks.

"It seems like she is going to be great. There were a lot of people that interviewed," Bernardy said.

The program will be funded through a partnership with the Sacramento Metro Arts Commission and will be starting with a four-week session, which will start Friday, March 7 and will continue to be offered every Friday from 10:30 a.m. to noon. Based on types of singers, she will determine on how to go from there.

"We have funding for at least two years and hopefully it will be an ongoing program," Bernardy said.

Hart Senior Center's Grand Re-opening Celebration was sponsored by Eskaton Monroe Lodge and the Ethel MacLeod Hart Trust Fund for Senior Citizens. For more information about activities offered at the Hart Senior Center, visit the Older Adult Services page of [www.cityofsacramento.org](http://www.cityofsacramento.org).

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