

EAST SACRAMENTO NEWS

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Janey Way Memories:
Fifty Years



By **MARTY RELLES**
marty@valcomnews.com

On September 27, 2014, I attended my 50-year high school reunion.

It turned out to be quite an experience. I saw some friends I had not seen since high school. The night was almost surreal.

We had begun our reunion weekend with a cocktail party the night before. That proved a good starter for a great weekend. One hundred fifty people filled a small room adjacent to the Clubhouse 56 sport bar.

As soon as I entered, I saw Tony Stratton, a fellow hurdler from the track team. We had lots of good memories to share. Later, I met a girl who I had asked out on a date back then, but she turned me down. She seemed to regret her decision now. How time changes our perspective of things.

Next, I met some of my friends from the junior varsity football team. We recalled how our team came together as the season progressed and how it ended with a great victory in our final game.

Then we talked about our coaches, our teachers, and our great principal at Sacramento High School: Albert Sessarago. We are so proud and thankful we attended this fine school.

The next night, 300 of us attended the reunion dinner/dance at the Dante Club. We literally filled the place up. We had the whole facility to ourselves. As I sat down for dinner, I looked around our table and saw both new and old friends. On my left sat Kathy and Dave Bristol

who worked with me on the reunion committee. Across the table, I saw Wayne Alamo who grew up in River Park. We laughed when we recalled all the characters who grew up in that enclave: Tom Watson, Richard Carroll, Vince Angell and others. Back then we all hung out at Paradise Beach on the American River. Those days seem like such a long time ago.

After dinner, we all gathered for a group photo, just like we did for our senior ball. Then the DJ began playing the old songs—our songs. That brought back memories of attending concerts at the Memorial Auditorium. I almost always got in free then because my dad was a Sacramento police officer. We just went around to the back door, and the officers working the event would let us in. We saw the Beach Boys, the Rolling Stones, James Brown and others that way. How could we forget those good old days?

As the evening progressed, I wandered out to the bar for a beverage and just surveyed the whole scene. There, I noticed a couple of guys who were the “big men on campus” back then. They looked a little funny to me now. They strutted the same way they did back then, but now they are bald on top and paunchy in the middle. Time, it seems, is a great equalizer.

As I sat there checking things out, I thought about my best friends from high school, both deceased now: Albert Wilson and Mike Gilson.

I used to drive around with Al in his 1950 Chrysler sedan. We cruised K Street, and ate pizza at Shakey’s Pizza Parlor on 56th and J streets. Those were good times.

I went to St. Mary’s School with Mike Gilson. Our teacher, Mother Carmela, gave him a hard time. He just did not have the patience for school. Later, we swam at the river, played football and basketball at the school, and slept out on warm summer nights. Sadly, he lost his life in Viet Nam.

Now, the good times we had then are just a bittersweet Janey Way memory.

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The Sacramento Public Library has purchased The Sacramento Bee digital archives for the years 1900 to 1983

Over the next four years, the Library will make nearly 2 million pages of The Bee free to search online with a library card. Access to these historic archives will revolutionize research for historians, genealogists and others on frequently-sought items such as:

- Histories of families and houses
- Businesses, clubs and events
- Advertisements and obituaries

This extensive collection will add to the library's existing database of papers from 1984 to the present, provided by NewsBank. Patrons may log in using their library card information at www.saclibrary.org/sacbee. Until now, these papers have only been available on microfilm, which can be difficult and time-consuming to search.

The new digital archive will have many useful features, such as:

- A high-quality, exact image of each page of the newspaper for every day it was published
 - Keyword search using the digital archive's optical character recognition (OCR) software. This feature is particularly useful for finding often searched-for but hard-to-find items like advertisements and obituaries
- "This is going to be one of our most useful online resources for local history research, helping patrons explore the history of their homes, families and communities," said Amanda Graham, the archivist of the Library's Sacramento Room historical collections. "It will be invaluable for researchers covering hard-to-find topics or tracking a subject across decades."

Because of the large amount of material, the Sacramento Bee archives will be rolled out over a four-year period as follows:

- 1940-1959: Introduced Sept., 2014
- 1960-1969: July 1, 2015
- 1970-1979: July 1, 2016
- 1980-1983: July 1, 2017
- 1900-1939: July 1, 2018

The Central Library will continue to offer all issues of the Bee, from the 1857 founding of the paper to the present, on microfilm. Issues from 1857 through 1899 will continue to only be available on microfilm.

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The lives we touch inspire us

Like many girls her age, Precious loves animals of all kinds. At 8 years old, after playing with a feral cat, she became ill with what doctors first suspected might be the flu.

Soon unable to swallow or stand, Precious was flown to UC Davis Children's Hospital where she was diagnosed with severe brain inflammation caused by rabies – a combination that's almost always fatal.

A team of UC Davis critical care and infectious disease specialists placed her in a drug-induced coma. With the help of antiviral medication and her own tenacious spirit, Precious fiercely wrestled the disease and became the third person in the U.S. to survive rabies without a vaccine. Today, this vibrant young girl dreams of becoming a veterinarian.

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384 Wyndgate Rd - \$599,000



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Historic East Sacramento cleaners served community for nearly three decades

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part two of a two-part series about the life of Lester Spurgeon and his business, Spurgeon's Cleaning & Dyeing Works.

Spurgeon's Cleaning & Dyeing Works, as mentioned in the first article of this series, was a longtime operating business in East Sacramento.

In 1919, after having returned from his service in World War I, Lester Spurgeon opened the first location of his cleaners at 2224 3rd St.

That business site, which had been vacant for about a year, was formerly the location of Acme Fancy Cleaners, which was owned by Fred M. Law.

A Leonard E. Spurgeon, who had previously worked as a janitor in Sacramento, was recognized in the 1921 city directory as working at Spurgeon's at that time.

Spurgeon's, which was relocated to East Sacramento in 1925, was referred to in the city council notes of March 26, 1925. It was mentioned that Lester's request for a permit "to install two 500-gallon gasoline storage tanks, two feet underground outside of building on his premises 3210 Folsom Boulevard" was granted. The tanks would be used to store cleaning solvent.

While his business was being operated at that location, Lester would occasionally attend cleaners' conventions with his Canadian-born wife, Sue.

Among those conventions were the 22nd annual con-

vention of the National Association of Cleaners and Dyers in Memphis, Tenn. from Jan. 15-18, 1929, and the Northern California Cleaners and Dyers Convention in San Jose and San Francisco in the early 1930s.

At different times during that era, Lester, who had a stepson named Edwin Davidson, served as vice president and treasurer of the Northern California Cleaners and Dyers Association.

In 1930, Spurgeon's Cleaning & Dyeing Works had its address changed to 3200 Folsom Blvd.

An advertisement for the business appeared in the Dec. 1, 1930 edition of The Bee.

The advertisement includes the following words: "This week marks the close of our eleventh year in business. These eleven years seem but a short time to so thoroughly gain the explicit confidence of Sacramento's cleaning and dyeing patronage.

"This public confidence, justified by a modern plant operated by the most skilled craftsmen, has gained for us our enviable reputation.

"We wish at this time to extend our thanks to the many hundreds of satisfied customers who have made our success possible."

In about 1933, Spurgeon's added a branch at 1011 8th St., and by the following year the business had a third location at 1601 O St.

On Aug. 5, 1935, The Bee reported the unfortunate news that Lester, who was then residing at 1407 32nd St. in East Sacramento, had died

See Spurgeon's, page 16



Photo by Lance Armstrong
Betty Dias, who has fond memories of her Uncle Lester Spurgeon, holds a vintage, wooden hanger from her uncle's cleaning and dyeing business.

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14-1

On the Curbs: East Sac Pet Pals is more than just dog walking

By Michael Saeltzer

Rick Edwards is the former owner of East Sac Pet Pals. He used to be seen jamming around in his small jet black super charged 2003 Honda Element with the pink stripe around it reading "East Sac Pet Pals."

He owned the business with his wife Deb who overcame one bout of ovarian cancer, but ultimately was not able to overcome the disease. After Deb passed away, he transferred the business entirely over to Leanne Mack who is quickly making herself known in our community for her decision to quit corporate life and pursue a different lifestyle. Rick and Leanne both experienced situations in their lives that unexpectedly included pets, community, and personal transformation. This is their story.

We met one morning at the Queen of Tarts to have coffee and chat about how they both left incredibly well paying jobs to end up in the pet sitting business. It turns out Rick's background was in aerospace. He was a master scheduler at Vandenberg Air Force Base, located about nine miles north of Lompoc, Calif. in Santa Barbara County. There, he worked extensively on the Space Shuttle program, and then eventually transferred to Aerojet Rocketdyne in Rancho Cordova. After 12-13 years of intense pressures at work, and a realization that eventually computers would be taking over a large portion of what he did, Rick took advantage of the package that was offered and "retired."

Having a degree in Business, Rick always wanted to start and run his own company. He drew up business plans and models for about six different ideas. Having volunteered as a dog trainer, and at the SPCA, the idea of pet sitting was one of them. Surprisingly, this model stood out as far and away the best, at least from a numbers standpoint.

As Rick explains, "I was incredibly afraid to do it. I

mean coming from the security and pay in my past career I just thought I cannot possibly make a decent living pet sitting." He decided to attend a conference designed to help entrepreneurs.

The gentleman teaching the course asked, "There are three birds sitting on a fence and one decided to fly off, so how many are left on the fence?" The answer: Still three birds, because the one bird only decided to fly, but never actually did.

Rick went home and within a week started East Sac Pet Pals generating clients largely through his volunteer work at the SPCA. Eventually, he ended up doing The Pet of the Week on TV with well known personality Dewey Hopper.

Rick jokes that every Wednesday he was on the air - except it was only his shoes as the camera was pointed at the dog. Soon, he was invited to do Good Day Sacramento with Tina Macuha. One day, she asked Rick what he did for a living and he told her. Her jaw dropped as he explained he was making enough to live quite comfortably in one of Sacramento's most desirable neighborhoods. During that



Leanne and Rick, owners of East Sac Pet Pals.

Photos by Michael Saeltzer

day's broadcast Tina put her arm around him and introduced the viewers to "Uncle Rick" and East Sac Pet Pals. It was an incredible plug, and business accelerated.

Because of their connections and referrals, Rick and Deb never had to advertise, other than having the car and business cards. Deb was pre- vet at UC Davis and besides overseeing the care of the cats that also needed to be sat, she worked closely with the SPCA and The Sacramento

Animal Hospital on 57th and H streets.

When Deb fell ill with ovarian cancer, she, Rick and Leanne began to get to know each other. Leanne came from a 20-year career as a high level executive sales and marketing director in the hotel and hospitality industry. She worked for Hyatt and The Hilton franchise which included the Double Tree and Embassy Suites. Moving 15 times in 20 years (different cit-

See Pet Pals, page 17

Hand bell choir to hold performance at Sacred Heart Church

Sac State's Chamber Choir and Women's and University choruses welcome the hand bell choir of Christ Community Church at their next concert, 8 p.m. Saturday, Nov. 15 at Sacred Heart Church, 39th and J streets. Works include Debussy's "Trois Chansons," three area premieres, and "Nyon, Nyon," a wild choreographed work for chamber choir. Tickets are \$10 general, \$7 seniors and \$5 students, at the University Ticket Office, www.csus.edu/hornettickets or 278-4323. Contact: 278-5191.



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VALLEY COMMUNITY NEWSPAPERS

Digital media taught at Sutter Middle

Students learn new technologies for creative courses

By JANET WEEKS

If Jack Milliken becomes the next Steven Spielberg, he might want to thank Sutter Middle School in his Oscar acceptance speech.

Milliken, 14, is one of dozens of Sutter eighth graders getting a chance to learn about video photography, special effects, editing and broadcast journalism through the school's new Creativity and Innovation Center, which opened this fall.

"I'm really into making feature films and videos," Milliken, an eighth-grader, says. "I plan on having a feature-length movie out next year."

The Creativity and Innovation Center is a converted computer laboratory which functions like a digital media sandbox for students in Kyle Heckey's Science Concepts class and in Paula Turner's newly expanded photography classes.

"It's actually pretty awesome," says Principal David Rodriguez. "The kids are getting really involved."

Rodriguez says the idea for the new center stemmed from conversations with students interested in learning more about digital media and parents who wanted their children to have more hands-on experiences with technology.

"We knew there was a need to move us forward with technology," Rodriguez says. "We needed to catch up. We offer a lot of great programs but we were lagging with digital media. So, with parent support, it's becoming a reality."

Funding for the cameras and other equipment -- \$15,000 -- was raised at last year's Sutter Miners' Social, an adults-only silent auction and Oktoberfest. The MacBook Air laptops used in class were purchased by the school district with Measure Q bond funding.

Measure Q was approved by Sacramento voters in November 2012.

On a recent afternoon, the students were learning how to make stop-motion animation videos. Teams of students videotaped molded clay figures inside dioramas decorated like tiny classrooms. Each video will demonstrate a different aspect of science lab safety. Heckey says the videos will be shown to science students to help them learn safe practices.

"But the goal for the students making the videos is to get the basic concepts of audio and video producing," he says.

Tori Belton, 13, was part of a group making a video about the dangers of working with an open flame. "This is actually one of my favorite classes," she says. "We get to use cameras. It feels like you're a professional."

The Creativity and Innovation Center is also being used to produce "The Pick," a weekly magazine-style program that alerts the Sutter community to upcoming events and other news. "The Pick" is videotaped and made available to language arts teachers, who show it in class every Monday. It replaces the old loudspeaker announcements.

A recent episode opened with Milliken telling a joke to co-anchor Amber Vicari, 13: "What do you call a Sutter student with too much homework? A mad Miner."

At a table in front of a green screen, the students went on to report on basketball tryouts, Mathlete meetings and the sale of birthday-grams. Milliken says his work in front of the cameras is making him a minor (miner?) campus celebrity. "Kids say 'Hey, you're from The Pick,'" he says.

To learn more or to view episodes of "The Pick," visit www.sutter.scusd.edu.



Photo by Natalie LaClerc

Students from Advanced Photography.

Sutter Middle School will be hosting a canned food drive from Nov. 13-19 with all nonperishable food and money donations going back to Sutter community. Students will then be making food baskets and delivering them to families in our area. For those who wish to donate, can drop off canned goods or checks made out to Sutter Middle School from Nov. 13-19.

CALENDAR

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

ONGOING

Free Young Adult Bereavement Counseling:

The UC Davis Hospice Program and UC Davis Children's Hospital Bereavement Program will offer an eight-week Young Adult Bereavement Art Group for individuals 17 to 24 who are coping with the recent loss of a loved one. The sessions will be held on eight consecutive Monday evenings from Sept. 29 through Nov. 17. Each session will be held from 6 p.m. to 7:30 p.m. at the UC Davis Home Care Services Building, 3630 Business Dr., Suite F.

Tai Chi at Hart Senior Center

Focuses on low impact form of ancient Chinese exercise, combining slow movements with relaxation. Mondays, 10:30 - 11:30 a.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Try it once for free! Stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$23 for five classes.

Zumba for Seniors at Hart Senior Center

Zumba for Seniors incorporates physical exercise and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba, and much more. Tuesdays 9:30-10:30am and Fridays 3 to 4 p.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Sacramento (27th and J streets). Try it once for free! For more information or to register, stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$20 for five classes; \$40 for 10 classes.

Active Yoga at Hart Senior Center

Increase your strength and flexibility, improve balance, and enhance the ability to relax and release stress. Classes are Mondays and Wednesdays, 2:30 p.m. - 3:30 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th St. For more information or to register, stop by the Hart Senior Center front desk or call 808-5462. Cost: \$35 for five classes or \$70 for 10 classes. Try the class once for free and see if Active Yoga is right for you.

Singers with Hart

Experienced and beginning singers age 50 and above are welcome. New sessions start every nine weeks and are held at the Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Pre-registration is required. For more information, visit the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$15.

Your social security questions answered at Hart Senior Center

Meet with a Social Security Administration representative every third Thursday of each month at the Hart Senior Center and learn general information about Social Security, Supplemental Security Income (S.S.I.) as well as retirement, disability, and survivors benefits. Make an appointment at the Hart Senior Center, 915 27th Street (J and 27th streets) or call 808-5462. Cost: Free.

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 St. www.eastsacmidtownkiwanis.com. Meeting/Membership info: 761-0984, volunteers always welcome!

NOVEMBER

Elks Annual Holiday Arts and Crafts Fair

Nov. 8: The annual holiday arts and crafts fair at the Sacramento Elks Lodge, with more than 70 crafters and artisans of hand-made crafts and unique gifts, will be held from 9 to 3 at the Sacramento Elks Lodge No.6, 6446 Riverside Blvd. Free admission, free drawings to benefit local community scholarships and charities. Stay to indulge with friends and family at the Elks Bistro and Bakery for a fun day of shopping and getting acquainted with Sacramento area's special artists, authors and crafters. The Benevolent Protective Order of Elks volunteers are involved with many local children's programs and charities for disabled children. Call Mary-Jo at 691-3059 for more information on this worthwhile and fun event.

Holiday Boutique at Land Park's Parkside Community UCC

Nov. 8: From 9 a.m. to 4 p.m., enjoy food, music, lots of fun raffles, crafts from local artisans, and gift baskets to jump-start your holiday season at the annual holiday boutique at Land Park's Parkside Community UCC.

There's plenty of fun on tap for kids and families: face-painting, games and crafts activities, and a Fun Photo Booth from 10 a.m. to 2 p.m. The Perkside Cafe baristas will serve up your favorite morning brew from 9 to 11 a.m., and there will be baked goods galore. Proceeds from the event will support Parkside's missions of community involvement in South Sacramento neighborhoods, including the South Sacramento Interfaith Partnership

See more Calendar, page 22



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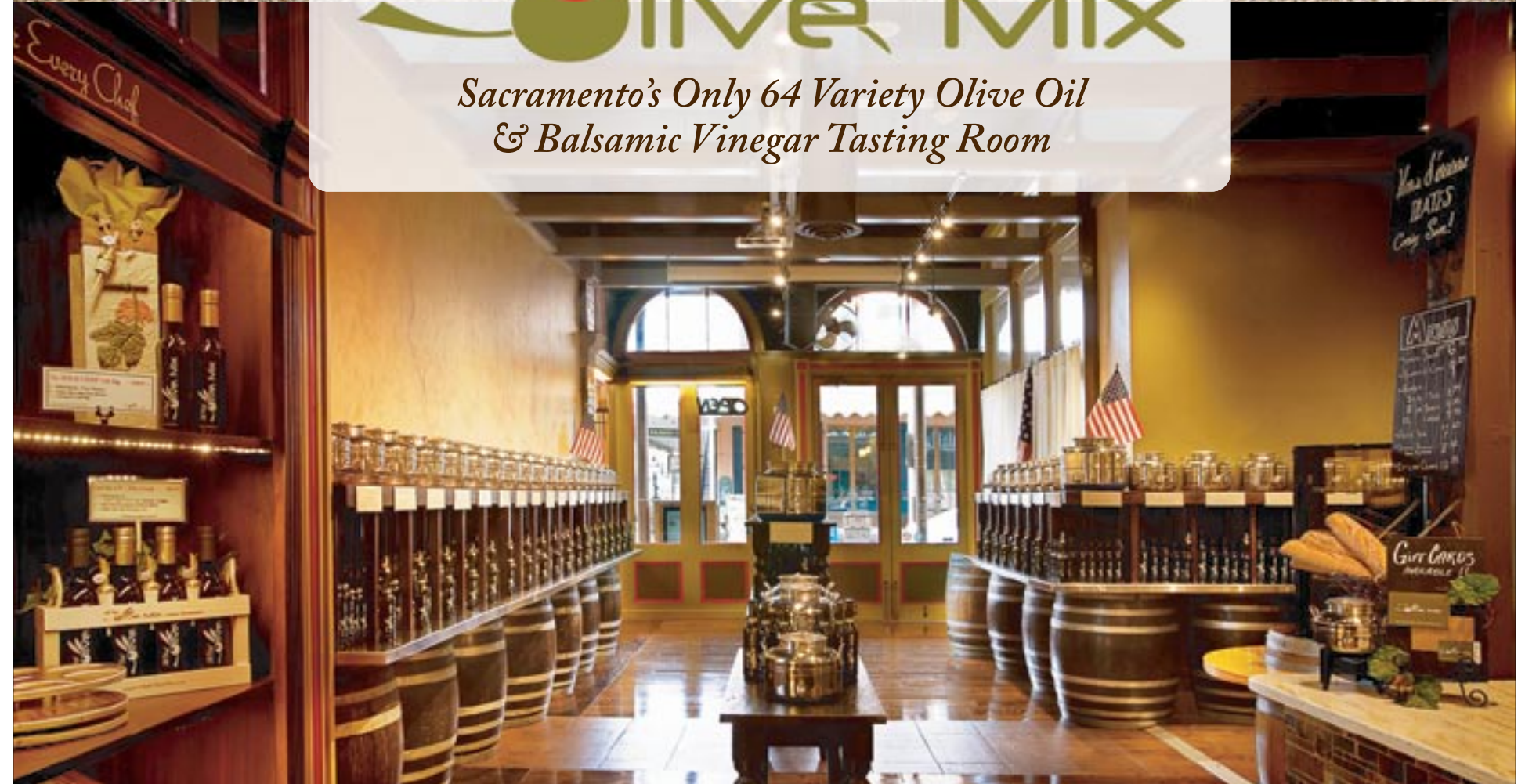
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Arts & Activities

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Arts & Activities

62nd Season Sacramento Community Concert Association

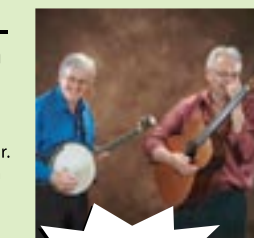
Music Around the World

Saturday, Nov. 15, 2014 at 7:30pm

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Free Family Concert
Sunday, November 9th

- River City High School, West Sacramento

Both events will be held at the Sacramento City College Performing Arts Center
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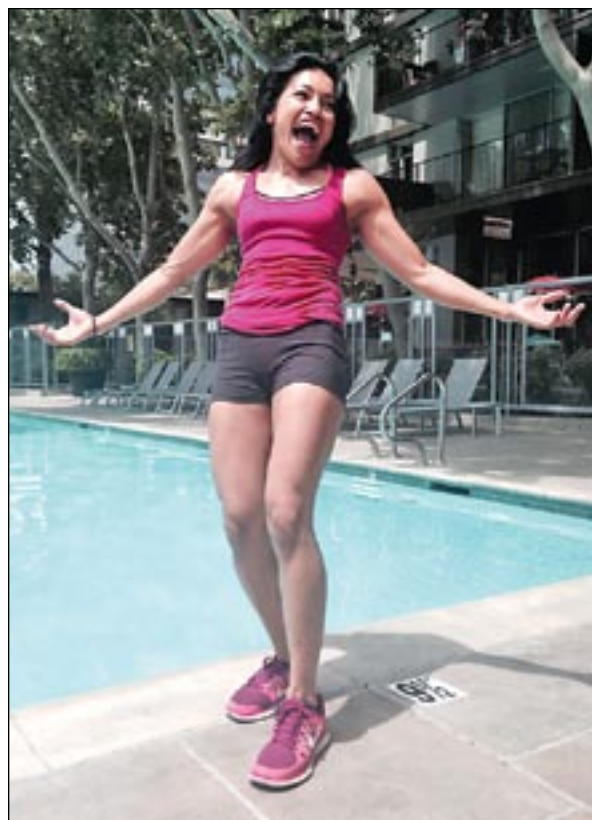
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Push-ups to Feed the Hungry:

Sacramentan attempts to beat the world record for push-ups at the Run to Feed the Hungry

Sacramentan Maria Tobar is trying to break two world records – one for the most amount of push ups over 24 hours and one for the most in an hour, which she plans on starting 23 hours into the challenge. Currently, Eva Clarke from Australia holds the record, but Maria wants the record to be held here in the United States. The marathon of push-ups Maria is soon to undergo will take place just before the start of the annual Run to Feed the Hungry.

“We’re going to call it ‘Push Ups to Feed the Hungry,’” Maria said

in a brief interview with the East Sacramento News. “Right now we are training. It’s going to be a very mindful challenge, but I want to give it a try,” she said.

And if that wasn’t enough, Maria plans on running the 10-K race after 24 hours of push-ups.

Working out with Savage Workouts, an independent trainer located at 1500 7th St., Maria said 16 people she trains with regularly are signed up for the race.

The current record for most push ups in an hour is 1,206 and Maria’s best currently stands at 878 in an hour. Meanwhile, 9,241

is record for most amount of push ups over 24 hours.

She said a year and nine months ago, she couldn’t do 20 push ups, but now she is hitting 900. “I always liked to do exercises and all that, but the reason we are doing this is to break a record.”

As her trainer Chris Savage told Valley Community Newspapers, she just kept pushing and soon got over 550 without a break.

“We found out the world record was measured in one-hour increments and we attempted

See Push-ups, page 15

Push-ups:

Continued from page 14

(to break) the world record (earlier this year). She performed 878. So we measured her 100 push-up time since she needed more speed. Now we have increased the workload a bit and she gets 614 in a half hour, just ahead of world record pace. We have her do total body training – so dead lifts, pull ups, burpies, sprints, etc. She is an Olympic level athlete and this takes awhile to build. In our personal trainer school, we focus on one month of stability, one month of muscle building, one month of max strength and then power workouts.

In addition, Mary had many corrective issues at the beginning (tight hip flexors, tight calves, asymmetrical weight shift). Maria spent her first year of training just realigning her body. She averaged eight hours of intense training per week since January 2013. After spending the first year realigning her body, 2014 has been all about performance enhancement.

“Since she no longer had corrective issues, all of her workouts make her better. Sometimes people don’t spend the time to correct their posture and they end up injured or note being able to improve. Maria was a very receptive student and always did what she was told. Her diet is per-

fect and she had a positive mental attitude.”

Since the team is now in “power mode training,” a typical workout after 15 minutes of stretching, is as follows:

- Sprint one mile (at 7 minute pace)
- Do 100 pushups
- 50 dead lifts (100 pounds)
- 50 body weight pull ups
- Repeat three times in 45 minutes

Describing the dedication to complete the exercises, Chris said, “These workouts are extremely taxing, both mentally and physically. You always know when Maria is working hard because she starts giggling.”

And the results cannot be underestimated. Maria is now in the best shape of her life at 40 years old. She lost 40 pounds. She is the world record holder for consecutive pushups without leaving plank position. She can complete 14 dead hang pull ups.

Whoever wants to join Maria over the 24-hour marathon can, she said. “People will be taking naps but I will be doing push ups. We have been training a lot, getting upper body strength, working our shoulders and core. It’s a challenge but I think I can get it accomplished. Also we are doing it for a charity.”

People can donate to Push Ups to Feed the Hungry at <http://www.gofundme.com/pushups4thehungry>

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Wed. Nov. 26, 2014, 7 a.m.

If you would like to donate, visit gofundme.com/pushups4thehungry for more information.
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Spurgeon's:

Continued from page 5

during the previous day of bronchial pneumonia at Sutter Hospital at 2820 L St.

Lester's services were held during the afternoon of Aug. 6, 1935 at the Miller & Skelton chapel at 1015 20th St. under the auspices of Sacramento Elks Lodge No. 6. And his entombment rites were directed by Sacramento Post No. 61 of the American Legion in the East Lawn Cemetery mausoleum.

According to Lester's obituary, he was well known in political circles and active in welfare work.

Sacramento resident Betty Dias, whose mother, Vail Lorbeer, was one of Lester's half-sisters, fondly recalled her Uncle Lester.

"Whenever he saw us, he gave us a dollar," Dias said. "I would be with my Aunt Lottie's son, Bob Johnson. (Lester) was generous and he was kind of flamboyant. He was a good dresser and he was a man you looked at and you knew he enjoyed life. There was no doubt in it. He was always very kind, absolutely."

Dias, whose full birth name was born Maude Betty Lorbeer, added that she was named after Lester's sister, Maude.

At the time of Lester's death, Spurgeon's was recognized as one of the Sacramento Valley's largest cleaning and dyeing plants and was an employer of 65 persons.

Among the workers of the business, and the approximate years they worked at that establishment, were Lena O. Scanlan, 1935-40; Mary Alice Scanlan, 1937-40; Ellen O. Scanlan, 1937-40; Merry E. Tweedy, 1939-40; Carrie M. Bonetti, 1946-50; and Dorothy M. Gray, 1948-49.

Spurgeon's continued to operate after Lester's passing under Sue's direction.

A third Spurgeon's location, at 1437 Del Paso Blvd. in North Sacramento, was added in about 1937.

A 1942 advertisement for Spurgeon's has a list of the types of items that could be cleaned at the business at that time. Included in that list are rugs, draperies, blankets, upholstered furniture, ski garments and furs.

About seven years later, Spurgeon's added branches at 15th and L streets and at the Arden Town Shopping Center at Watt Avenue and Fair Oaks Boulevard.

It was also around that time that an 800-gallon storage tank for cleaning solvent was installed at Spurgeon's main facility on Folsom Boulevard.

In about 1951, Sue, who had been residing for several years at 1516 35th St. in East Sacramento, transferred the ownership of Spurgeon's to George E. Davidson.

George then added another branch of the business, at 901 O St. However, that branch was closed by the following year.

An advertisement for Spurgeon's in the January-November 1952 issue of the Police and Peace Officers Journal of the State of California reads: "Spurgeon's - cleaning and dyeing. Sacramento's leading cleaners for the past thirty-one years, 3200 Folsom Boulevard, Sacramento, California, Phone HI 6-6451."

Spurgeon's Cleaning & Dyeing Works ceased operating in about 1954, and its East Sacramento location was replaced by Harms Furniture Co., which was owned by Land Park resident David L. Harms.

Pet Pals:

Continued from page 6

ies, not just neighborhoods) and working 12-hour days every week took its toll on Leanne's health.

When she moved to Sacramento, she told her bosses that this was where she intended to stay - no more moving. Arriving in East Sacramento, she knew she would have to immediately hire a gardener, a new hair stylist, and of course a dog sitter. Her schedule was fiercely tight.

Having moved so often, her dog was especially nervous and not used to men. Her neighbor referred her to Rick and Deb but said they might not be taking on new clients. No problem for Leanne.

She used her sales and marketing skills to arrange a meeting with her, one of her best looking friends - who "just happened to be over", and made the pitch. She explained that her dog would need care five days a week and that often she would be called upon to wine and dine clients after work hours. She was asking a lot. But, nothing that Rick and Deb often handled for their clients.

Rick explained to Leanne that East Sac Pet Pals is much more than a simple dog walking business. They provide the full package emphasizing home security and safety (Rick worked with the Sac Police to develop best practices for pet sitters), the ability to help out in a jam (think locking your keys in your car on your lunch), and years of knowledge about pet behavior and their health needs. Also included as part of the service is a daily journal of your pet's day, pictures sent via the web, and a special package of care upon their passing - which is always a time of grief.

Because Rick knew Leanne's dog was nervous around men he simply ignored the dog during the meeting. Leanne laughs and explains, "Any time a

man ignores the opposite sex, that makes them even more interested and soon my dog could not help but come over for some affection."

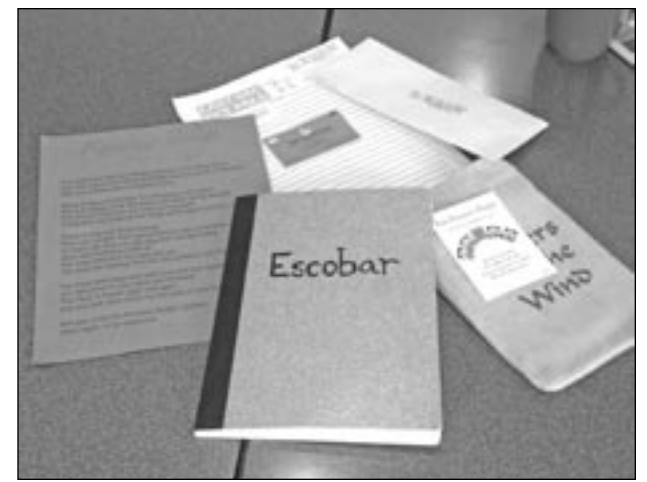
The deal was sealed.

Unfortunately Leanne's work schedule again made it difficult for her to take proper care of herself. Her health began to fade. She was getting sick often, something that Rick and Deb noticed because she would not need service on those days. Eventually, Deb shared with Leanne that she was suffering from ovarian cancer, something that Leanne had survived. The two grew close and were relieved when the first bout was successfully treated.

Leanne began planning to exit her demanding career and become a consultant. She quit her job and began to discover a sense of peace, balance, and health, now having to work about half the hours she had to in the past and actually having time to meet new people and go out on the weekends.

When Deb got sick again with cancer, Leanne knew that Rick was getting stretched thin being the caretaker of his wife, and having to run more and more of the business on his own. Leanne said she offered to help and soon she was really enjoying it. "I grew up in a town of 700 people in Humboldt on a farm. I was riding horses literally at the age of two. When I was four I was riding and roping in the rodeo. I paid for my education at Sac State with pigs I sold at the fairs. When I was a girl growing up I always thought I would work with animals as a large animal veterinarian."

Tragically, Deb did not survive her second fight with cancer and Rick and Leanne pretty much had become business partners. Leanne brought to the table new ideas about marketing, social media, and supervising staff. Rick was always focused on the animals, and shied away from those parts of the business.



Photos by Michael Saeltzer

Included in East Sac Pet Pals services are a daily journal documenting your pet's day and a special poem to help clients coping.

He jokes, "Leanne would constantly request that we start a Facebook page. I just was not into it. I did not want more clients and did not see very much value in it."

As time passed, another unexpected event happened. Rick fell in love with Laura Lee who also lives in Sacramento. And, he decided he no longer wanted to work. Instead, he wanted to retire and live out the rest of his life traveling, surfing, riding fast motorcycles and being with his new-found life partner. This meant that he would turn over the entire business to Leanne.

Now, new clients are slowly being accepted, East Sac Pet Pals has a Facebook page, and that black Honda that had a pink stripe around it has a blue Hawaiian "leah" around it. Rick loves Hawaii and often vacations there. Leanne has always loved animals and giving back to her community. Look for her wearing a pink East Sac Pet Pals T-shirt walking about the neighborhood with her friends.

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Woman Warrior: Sacramento General Mary J. Kight talks about her career and veterans' issues

By LEIGH STEPHENS

What led a little girl from Monterey, California to a career in the military where she reached heights few women have ever attained? General Mary J. Kight would say life happens while you do your job well, persevere, and serve others.

Since 1775, courageous women have served in our country's military and but originally as nurses, aides, cooks or in other domestic duties. Yet, few know that in Revolutionary times women bound their breasts, wore men's clothing, and took men's names; all this to fight along with men. Not until 1976 were women admitted to a military academy. Since the conflicts in Iraq, Afghanistan, and now other parts of the Middle East, women have been allowed to serve in combat.

Why would a woman want to enter the military? The service provides equal pay for equal work as well as medical care, living quarters, and education. Many women join to support their families with benefits as well as for career advancement.

General Kight says, "Education is one of the reasons I enlisted in the Air Force." I went to a job fair while attending California State University, Chico and discovered opportunities the military offers. My family could not afford to send me to college although they were always supportive of me."

In 2010, then-Governor Arnold Schwarzenegger appointed Mary J. Kight, the first female Adjutant General of The California Military Department. She is also the first Afri-

can-American woman to attain this position in the nation.

Mary Kight has received many awards including the Distinguished Service Medal, the Legion of Merit, the Defense Meritorious Service Medal, and the Bronze Oak Leaf Cluster. When she retired in 2011, she was awarded The Order of California. In part it reads, "Under her leadership, the California National Guard quickly and effectively responded to every request to support citizens of California during emergencies." It added that General Kight's "...warrior-statesman approach proved effective in ensuring collaboration with the California Legislature."

With a completed BA from Chico State, in 1974, Mary Kight says she wanted to put her skills to work so she enlisted in the U.S. Air Force in Spokane, Washington. At each place she was stationed around the country, she continued her education completing several higher degrees and attending various military colleges. She eventually returned to California and moved from active service to reserve.

General Kight has continued to break barriers throughout her career and champion veterans' rights. Her co-workers say she has great leadership style, concentrating on getting the job done and helping others succeed. She is focused, demanding, a consensus builder, and knows how to get things done with a smile.

Today, General Mary J. Kight is a retired hero who after 37 years of active service spends her time working with military and civilian organizations mentoring others and working on veterans' issues. Her work includes Women in

Military Service for America, the American Red Cross, the American Legion, and the Air Force Association. Her current passion is working with the Sacramento Food Bank and Family Services. Civilian and military people go to the program where food, clothing, and job referrals help those in need.

Veterans' issues are at the top of the news today: promises made to thousands and promises not kept by our country. General Kight says, "There certainly have been problems in the past, but I believe we are on the right road to providing the entitlements veterans need and deserve."

Four major problems face veterans returning home after years of service to this country.

Mental and Physical Issues

Nearly three in 10 Gulf War II-era veterans have mental and physical problems related to service. Post Traumatic Stress is rampant among vets. One in three Iraq and Afghanistan veterans have PTS. Psychiatric issues range from depression and nightmares to violent behavior and suicide. It is difficult to pick up relationships when returning to civilian life. Divorce and social alienation are common.

For example, recently a disturbed veteran with a knife stormed the White House saying, "The atmosphere is collapsing." He is a veteran with multiple tours of duty in Iraq. With luck, no one was injured, but dozens have not been so lucky in numerous incidents involving weapons.

Physical problems involve loss of limbs, disfigurement, and devastating, long-lasting wounds. Both mental and physical issues many times create



Photo courtesy of Kight

rejection from the family, the job market and from the community.

Sexual harassment has also been a devastating issue.

Lack and Timing of Medical Services

This year, U.S. Department of Veterans Affairs Chief Bob McDonald said before Congress, "Tens of thousands more medical staff are needed."

Military medical facilities and hospitals cannot keep up with the backlog of vet claims, both mental and physical. A recent scandal in Veterans Affairs revealed that in the Phoenix, Arizona system, 35 veterans died while waiting for appointments and care. This spurred a criminal investigation where a Veterans Affairs audit nationwide revealed that 120,000 veterans are waiting for or never got care.

Veterans Affairs has now laid out a 90-day mandate to fix the problems.

See Vet issues, page 20

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Vet issues:

Continued from page 19

One positive is a pending bill, HR4810, the *Veteran's Access to Care Act of 2014* stating that the VA can enter into civilian contracts for hospitals and other medical facilities to provide timely care if the military cannot provide. Another provision in the bill states that if veterans do not live within 40 miles of a military facility they can get civilian care.

U.S. Senator Kirsten Gillibrand (D-New York) says, "While we can never truly repay the debt we owe our heroes, the least we should do for our brave veterans is to ensure that the government takes a proactive approach to delivering the services and benefits they have earned, so they can access the care they need and so richly deserve."

As of this writing, the bill is still in committee and with the stalemate in Washington, it's anyone's guess as to when and if it might make it through to reality.

Homelessness

Veterans make up 13 percent of the country's homeless where many are living on the streets. The majority of that number are women. About 900,000 vets nationwide rely on food stamps to survive. These include the homeless but also those living on the fringe trying to support themselves and their families.

According to the American Bar Association's Commission on Homelessness & Poverty, "Nearly 60,000 veterans experience homelessness on any given night in our country."

Even though the U.S. economy has gone through a recession, General Kight encourages veterans not to give up. At one Working World job fair in the Bay Area she advised, "Look for opportunities. Transition to civilian life even at an entry level if you have to. Highlight all the skills you learned in the military. You are a valuable resource to the civilian job market. Veterans are highly skilled and disciplined. Given the opportunity, time and effort you can rise in the civilian work world."

Education

The G.I. Bill was the most successful government education program in the country's history. Thousands of World War II veterans earned college credits and degrees under the program. Yet, when the government shut down in 2013, Tuition Assistance was suspended in the military. This left thousands of veterans without funds to begin or continue their educations.

Tied to homelessness is a reduction of federal funds for veteran education. A recent \$85 billion in government cuts were in the veterans' education programs. All branches of the military have had to make cuts in their Tuition Assistance programs.

According to a recent *Stars and Stripes* report, some funding has been restored but with more stringent requirements applying. The Army Tuition Assistance Benefits in place from Oct. 1, 2014 through Sept. 30, 2015 are: funds will be granted for 100 percent of the tuition up to 16 hours cred-

it; not to exceed \$250 per credit hour or a \$4,000 cap per fiscal year. This is a reduction in previous funding.

The Air Force has made changes similar to the Army. The Coast Guard had the most drastic changes in that it reduced its benefits to 75 percent tuition while members must pay the remaining 25 percent. The Guard also reduced the total number of credit hours per year.

General Mary J. Kight continues to fight fearlessly for the members of the military; her weapons: encouragement, mentoring, and support.

When speaking to the members of the 146th Airlift Wing at Channel Islands, she said, "As airmen we need to understand our capabilities as individuals and the impact those have. Our people coming up through the ranks are tomorrow's leaders. We owe them our greatest assets, and they are essential to meeting current and future challenges. We owe them our unwavering commitment, encouragement, and support."

Faces and Places:

47th Annual Oktoberfest at Sacramento Turn Verein

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

Sacramento Turn Verein (3349 J St.) celebrated German culture with live polka and rocktoberfest bands, including: Main Festhalle, The Gruber Family Band, Upstairs in the Festhalle, AKA LIVE at its 47th annual Oktoberfest held on Friday, Oct. 10 and Saturday, Oct. 11. In addition to the bands, there was traditional German folk dancing and a traditional German choir, a biergarten, Oktoberfest beer from Munich, wine and Kaffeehaus. Coming up at Sacramento Turn Verein, on Nov. 8, The Sacramento Turner Harmonie presents a free event: Revisiting 160 years of the Turner Harmonie in the grand hall. Doors open at 2:30 p.m., concert begins at 3 p.m. The event will be followed by a concert and dinner dance. Price for the later event is \$40 per person. There will be no-host cocktails starting at 5 p.m., followed by dinner. Then, dance the evening away to the sounds of Don Sommerfeld. For information and reservations, contact Barbara Ellis at 799-9557.



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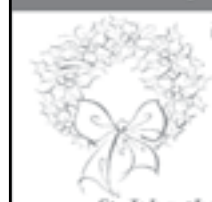
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CALENDAR

Continued from page 9

food closet—bring a non-perishable food item for the SSIP food closet and exchange it for a free raffle ticket. Tickets will also be available for sale at the event. Parkside UCC is located at 5700 South Land Park Dr., at the corner of 35th Avenue. For more information, contact Parkside at 421-0492.

Sacramento Antique Faire returns to 21st and X streets

Nov. 9: The Sacramento Antique Faire returns to 21st and X streets with 300 vendors every second Sunday, 6:30 to 3 p.m. The faire thanks the public for 10 years of support.

Protect Yourself from Identity Theft

Nov. 10: Sacramento's seniors can learn how to minimize their risk of becoming a victim of identity theft and online fraud by attending this workshop presented by the Victims of Crime Resource Center at the Hart Senior Center on 915 27th Street (J and 27th Streets) in midtown at 2 p.m., 808-5462. Cost is free.

Alternative Christmas Market

Nov. 10-11: Several local and international charitable organizations will feature Benevolence Gifts supporting their mission goals. Appropriate gift cards will be provided. Crafts from Third World Countries will be on sale from 9:30 a.m. to 1 p.m. Fremont Presbyterian Church, H St. at Carlson Drive, Sacramento. Free admission. Call 452-7132 or visit fremontpres.org.

La Sierra High School Vietnam Veterans Memorial

Nov. 11: From 10 a.m. to 2 p.m., the community is welcome to visit the La Sierra High School Vietnam Veterans Memorial (5325 Engle Road). Colors will be presented at 11 a.m. Join on these special days to honor and remember those who served. If you have any questions, call Linda Jones at 944-2393. The La Sierra High School Class of 1969 are planning at 45th reunion. It will be held on Veterans Day 2014 and all classes are invited. Contact Karl Winkler at kwinkler2009@yahoo.com

Community Skill Exchange meeting

Nov. 13: Community Skill Exchange invites you to a Friends and Neighbors Time Bank potluck from 5:15 to 7:30 p.m. Make new friends and learn about a Friends and Neighbors Time Bank, a community system where people share their skills, whereby one hour equals one time dollar. Door opens at 5:15 p.m. for information, presentation, and video at 5:30 p.m. Potluck dinner begins at 6:15 p.m. Bring a food dish to share. Trade skills and talents with each other. Sacramento Food Bank, Community Room No. 1 3333 3rd Ave. (big blue door on 34th St.) RSVP to emurray68@att.net

"Hands on History: The Donners and Other Emigrant Wagon Parties"

Nov. 15: In an effort to provide high-energy, interactive and educational activities, Sutter's Fort State Historic Park (SHP) is proud to present a special "Hands on History: The Donners and Other Emigrant Wagon Parties" event from 10 a.m. to 5 p.m. During this special "Hands on History" event, Nancy Herman, author of All I Left Behind: Virginia Reed and the Donner Party, will offer special presentations at 11 a.m. and 1 p.m. that will include photo-

graphs from the author's personal collection. Fort visitors also be able to pack a wagon, write in their journals with a quill pen, make a corn husk or rag doll and create their own pioneer souvenir item to take home. Plus, Nancy Herman's book about the Donner Party is available in the on-site Trade Store for those interested. Sutter's Fort SHP is open daily and more information about this event or the Park in general is available by calling 916-445-4422 or visiting www.suttersfort.org. 2701 L St. \$7 per adult (18 and older), \$5 per youth (ages 6-17), free for children 5 and under; 445-4422 or visit www.suttersfort.org

Dandelion Arts and Crafts show

Nov. 16: Sacramento Senator Lions club sponsors the 2nd Annual Dandelion Arts and Crafts Show from 9 a.m. to 3 p.m. at Elks Lodge #6, 6446 Riverside Blvd. (at Florin Rd.) Featuring many handmade craft items for the holidays, 100 percent of profits will be used for community projects including the Sensory Garden at the Sacramento Zoo, Fairytale Town's Japanese Garden, and the Society for the Blind. For a complete list of projects please see www.SacramentoSenatorLions.org. If you have questions, please call (916) 421-2950.

Sac State annual rock auction

Nov. 21: Gemstones, garden rocks, colorful geodes, fascinating fossils and more unique gift items are up for grabs at Sac State's annual Rock Auction. More than 150 pieces in all in silent and live auctions – plus games for children. Geology is fun and beautiful! Free, 6-8:30 p.m. Friday, Nov. 21, in the Alumni Center, on campus, 6000 J St. Contact 278-6337 for more information.

10th Annual Twelve Gals and a Guy Craft Show

Nov. 22: There will be the huge neighborhood craft show from 10 a.m. to 5 p.m. at 1716 41st St. Contact Ruby at 591-8460.

DECEMBER

Sacramento City College Annual Holiday Art Sale

Dec 3, 4, 5: Buy unique handmade art/gifts and support SCC art students and the Kondos Gallery. Great prices! Dec 3 and 4 from 10 a.m. to 2 p.m. and 5 to 6:45 p.m., on Dec. 5 from 10 a.m. to noon, Sacramento City College Cafeteria, 3835 Freepoint Blvd. For more information, call 558-2559 or email griffj@scc.sacramento.edu or visit www.kondos-gallery.org for information. Parking is \$2 (you get a parking slip from a vending station)

East Sacramento Showcase

McKinley Park, Priced to Sell!



**Judy Cuong
Samantha Tov**
947-4312
www.SamanthaTov.com
CalBRE# 01258764

Charming & Classic McKinley Park Counter- Lot Cottage Bungalow. Newly Renovated with Spacious 3 Bedrooms w/1 Bath, Partial Basement & Detached Garage, Craftsman Detail Thru-out w/Built-in Cabinets, New Kitchen Cabinets & Granite Counter-top w/Subway Tile Back Splash, New Stainless Steel Gas Range, Dishwasher, Fridge, New Interior & Exterior Paint. Corner from McKinley Park & Rose Garden.
417 Alhambra Blvd - \$389,000

Charming McKinley Park Bungalow



Kim Merrell Lamb
916-837-4674
www.kimmerrell.com
CalBRE# 01376040

Located one block from the park! Beautifully maintained 2 bedroom 1 bath and an additional office/den with French doors leading to a private flagstone patio. Many period details such as oak hardwood floors, wood frame windows and a built in hutch with leaded glass. Updated kitchen and bath, central heat and air, plantation shutters, laundry room and whole house fan. Alley access garage.
432 33rd Street - \$420,000

Contemporary Doll House



Stephen Haley
955-9112
www.RealEstateSac.com
CalBRE# 01903161

Upgrades everywhere. Two full baths, both with custom tile and granite, all new carpet in 3 bedrooms. Cabinets and storage galore. 2 car detached garage, complete with AC and facilities. Three water features in the easy maintenance backyard. Large living area w/adjacent dining/bonus room. Updated windows, appliances including sub-zero built in. All, just a short walk to McKinley Park.
257 36th Way - \$485,000

Pride of Ownership Sings Loudly



Lachlan J.K. MacIntyre
471-9571
LachlanHomes.com
CalBRE# 01925831

This charming 3 bedroom combines tasteful upgrades, fine touches, countless features, and harmonizes in its immaculate condition. Gorgeous wood floors throughout, amazing kitchen, spacious rooms and more. Laundry and tons of storage in the garage. Step outside to the welcoming back yard. Yield fruit and vegetables, in this wonderfully fertile garden, and make use of the patio which hosts a built in natural gas BBQ, patio & cabana.
5101 H Street - \$464,900



Joints are replaceable. Playing with your grandkids is not.

There has never been a better time to have a joint replacement, and with Sutter there has never been a better place. Joint replacement surgery has been refined over the past 30 years making it one of the most successful surgical procedures for the treatment of arthritis. And with Sutter Medical Center, Sacramento, you get access to a designated Joint Replacement Center that includes board-certified orthopedic surgeons, orthopedic certified nurses, dedicated physical therapy and rehabilitation teams, classes, support groups and more. And that's another way we plus you.



Get the facts, along with special exercise techniques to help you get moving.

sutterorthopedics.org/JointReplacement





EAST SAC AT IT'S BEST

Fabulous Forties 3 bedroom 2½ bath home; meticulously updated for your enjoyment. This spacious home has an office; a finished basement that could be a playroom or movie room; and a fully renovated master bath with designer tub and large shower. Master suite with fireplace. \$699,000
TIM COLLOM 247-8048



BEAUTIFUL ENGLISH TUDOR

Fabulous 44th Street! 1920's charm preserved while many modern upgrades were added, including remodeled bathrooms, kitchen and den. 4 or 5 bedrooms 2½ baths, Newer roof, instant hot water system with tank-less heater. Relax in front courtyard and lovely backyard with beamed patio cover. \$1,069,500
DAVID KIRRENE 531-7495



MAGNIFICENT MCKINLEY PARK

Recent remodel includes a spectacular upstairs addition featuring 3 bedrooms, 2 baths and over 400 sq. ft. of storage space! 2 downstairs bedrooms and 2 baths, this home has every amenity you can dream of including a finished basement man cave or playroom! Beautiful finished landscaped yard! \$1,099,000
JAMIE RICH 612-4000



SPACIOUS AND REDONE!

3 bedroom 3 bath home just a couple blocks from the park. Living room has high ceilings and lots of natural light. The kitchen is large enough for family dining or entertaining and overlooks the large family room with high ceilings and a gas log burning fireplace. \$549,900
DAVID KIRRENE 531-7495



BRICK TUDOR CHARMER

4 or 5 bedroom 3 bath home on beautiful tree-lined 36th Street. First time on the market in years. Beautifully refinished hardwood floors in the living and dining room. Brand new carpet in all four bedrooms as well as the paneled den and guest cottage. Roof and windows have been replaced too! \$550,000
SUSAN BALDO 541-3706



T STREET PARKWAY

Enjoy the Parkway as your front yard! This cute 2 bedroom cottage home has beautifully refinished hardwood floors, fresh paint throughout, dual paned windows and plantation blinds. Waiting for your landscaping touches. This home is priced to sell. \$395,000
DAVID KIRRENE 531-7495



CONVENIENT EAST SAC HOME

This 3 bedroom 2 bath home is located minutes from downtown and is virtually in walking distance to everything East Sacramento has to offer. The large open floor plan is perfect for entertaining and family gatherings. You will also find a large master suite, one car attached garage, a fireplace. \$359,000
TIM COLLOM 247-8048



UNIQUE EAST SACRAMENTO

Looking for something unique? This 3 bedroom 2 bath home has had a few recent upgrades - newer roof, dual paned windows and CH&A - but is waiting for a new owner to make it their own with cosmetic touches! Skylights in most rooms and a deck off master suite. Close to good eateries! \$250,000
DAVID KIRRENE 531-7495



COMFY AND QUIET

Wonderful, quiet street. All homes well-maintained. Classic 3 bedroom with recently refinished floors and inside painted with attractive colors. Dual pane windows. Just blocks from grocery, restaurants, coffee shops and neighborhood park. \$329,900
DAVID KIRRENE 531-7495
JERRY KIRRENE 455-1001

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