

'Young @ Art' competition shines spotlight on local youth

Second annual event is art show for local students in the sixth, seventh and eighth grades

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Community 'Stands Up to Falling'

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now expecting

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Expression engine



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Vol. XIX • No. 1

The Land Park News is published on the second and fourth Thursdays of the month and delivered by mail and home delivery in the area bounded by Broadway to the north, Interstate 5 on the west, Florin Road on the south and Freeport Boulevard/21st Street on the east.

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General Manager..... Kathleen Egan
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Distribution/Subscriptions..... George Macko

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Meet a new neighbor

First baby of Sacramento County born at East Sac's Mercy General Hospital

By **SUSAN LAIRD**
Land Park News Writer
susan@valcomnews.com

Little Kymani Wynne was the first baby in Sacramento County to come into the world on New Year's Day. He was born at Mercy General Hospital at 12:06 a.m.

Mom Ulyessia Wynne checked in to the hospital some three hours earlier with dad Matthew Moa. When the moment came for Kymani to make his grand entrance into the world, the nurses at Mercy General let Matthew deliver his youngest son. Kymani weighed in at 7 pounds and was 20 inches long.

"This is the first one I've delivered," Matthew said with a smile.

Ulyessia was delighted that their son was the first baby born in Sacramento County for 2010.



Land Park News Photo/Susan Laird

Embraced by his loving family, sporting a cap knit by the Mad Hatters and swaddled in a blanket proclaiming him the "First Baby of 2010, Mercy General Hospital," little Kymani Wynne is the first baby born in Sacramento County for 2010. Left to right, Si'Ala Wynne, Matthew Moa, Sitaniselao Wynne, Kymani Wynne and Ulyessia Wynne.

"It feels good," Ulyessia said. "I'm going to tell him that he was the first to rock the city."

Among Kymani's first visitors were his two older brothers, Sitaniselao (age three) and Si'Ala (age one), and their grandmothers, Karla Wynne and Toa Uhatafe. The grandmothers live

only a block apart in South Sacramento.

"It's a special bond between us," said Toa. "We have a special friendship as grandmas."

"It's a relief to have him here," said Karla. "He's the first male baby to be born here in the Sacramento area. That's exciting, to be a part of his history."



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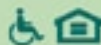
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Red River Hogs now at Zoo

Special to The Land Park News

New at the Zoo are Red River Hogs. The two new Red River Hogs joining the Zoo family are the first of the species to come to Sacramento. Daisy is from the Brookfield Zoo in Chicago, and the male, J.D., is from the Bronx Zoo. Swine have an excellent sense of smell and a squared-off snout for digging. They also have great hearing and communicate with one another using a variety of grunts, squeaks, and chirrups. Red River Hogs are best known for their long curly ears and reddish-brown fur. Red River Hogs are native to the dense tropical jungles of Central to West Africa.

For information about the Sacramento Zoo, call (916) 808-5888 or visit saczoo.com.

See a related story on page 15.

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The Valley Community Newspaper, Inc. Web site, www.valcomnews.com, has received a massive makeover, providing for a new and interactive experience when searching for your local news or downloading your favorite community newspapers: the Arden-Carmichael News, the East Sacramento News, The

Land Park News, The Pocket News, The Valley Shopper quarterly publication and the California Kids! monthly magazine.

We appreciate your comments on these developments. Send your thoughts, comments and news tips to ryanrose@valcomnews.com.

Sue Olson

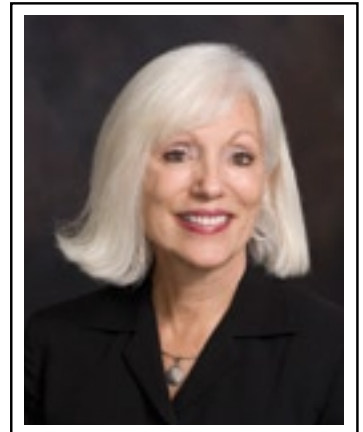
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Local Prudential offices seek community input for inaugural 'Giving Day'

By SUSAN LAIRD
Land Park News Writer
susan@valcomnews.com

Prudential Realty offices in the Arden Carmichael and East Sacramento area are soliciting suggestions from members of the community for the company's first annual "The Giving Day."

"This event will be held companywide on Saturday, March 6," said Cathy Harrington, director of marketing for Prudential California/Nevada Realty. "Every one of our 39 offices has been tasked with choosing a project in which everyone can participate, and that will take four hours or more to complete."

There are over 1,800 agents at Prudential, according to Mark Paul, manager of the Arden Carmichael branch. Each branch office will select a community service project to perform and complete on March 6.

"On this corporate day of giving, it is our goal to have 100 percent participation of agents and employees through the giving of time or treasure," Paul said. "There is huge power and energy when people come together. My mission is to find a local task that will benefit from that focus."

Part of what makes this project unique is that it already has the willing volunteers and a modest budget.

Possible suggestions could be: cleaning, painting and "sprucing up" a community facility. Planting flowers or shrubs. Perhaps a senior center or a public or private school in need of help. Any idea is welcome. Members of the community are encouraged to put their thinking caps on and send in their ideas. Agents will vote for the "winning" project.

"Whatever project is chosen, we want it to sparkle," Paul said. "This is going to be fun, fulfilling and great for the community."

"We are looking for ways to give back to the community in big and little ways," Harrington said. "This might be painting school classrooms, helping at a soup kitchen or family shelter, or any number of ways."

"The Giving Day" is being held in honor of the founder of Prudential Realty.

"March 6th is the birthday of our company's president, Ed Krafchow, and we want to honor him by holding the Company Giving Day on his birthday," Harrington said. "This will be throughout Northern California and Northern Nevada. This is the first Giving Day in the company's history, and we plan to make this an annual tradition."

Harrington stressed that this annual event will be a "hands-on" service project.

"While giving financially is rewarding, we want these projects to allow our people to serve their community in some way," she said. "Giving in a tangible way will make it more relevant and real for all concerned. We are encouraging our real estate agents and employees to bring in another person to the 'The Giving Day.' We will include clients as well."

Paul sees "The Giving Day" as an opportunity to focus on the things that really matter.

"Out there in the Big Scheme of things..." he said. "Things seem to come through the door when you let the light in."

The deadline to submit ideas is Jan. 18. Suggestions should be written and addressed directly to Mark Paul. The Arden Carmichael branch office is located at 855 Howe Avenue, Suite 2; Sacramento, CA 95825. Paul will gather the suggestions for the Arden Carmichael area, and will forward suggestions for the East Sacramento area to Tina and Rich Wilks, owners of the branch office located at 19th and K streets in Sacramento.



JIM JEFFERS

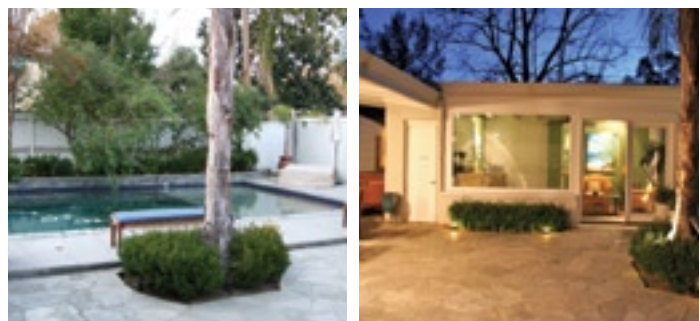
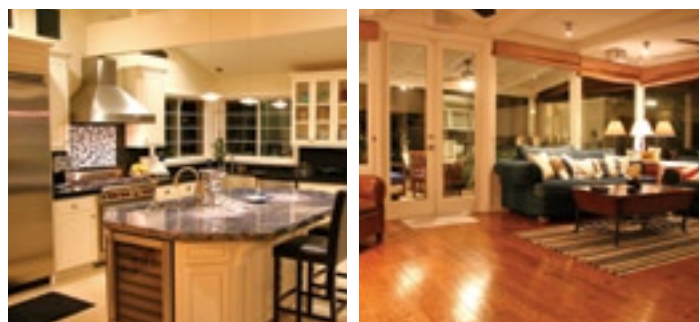
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McClatchy High student wins fifth annual Sacramento County 'Poetry Out Loud' event

Special to The Land Park News
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Talented and energetic students from 17 local high schools took center-stage January 7 at Rosemont High School in Sacramento County's fifth annual Poetry Out Loud recitation contest. Before a live audience and a panel of judges, each student presented two memorized poems. Students were judged on physical presence, voice and articulation, appropriateness of dramatization, level of difficulty, evidence of understanding, and overall performance.

The winner was Maya Haines of C.K. McClatchy High School, in the Sacramento City Unified School District, who will advance to the California Poetry Out Loud competition in Sacramento on March 22-23. Marsalis Cannady from Pleasant Grove High School, in the Elk Grove Unified School District, was selected as runner-up.

The Sacramento County Poetry Out Loud competition was presented by the Sacramento County Office of Education to encourage high school students to learn about great poetry through memorization, performance, and competition. The program provides students with the opportunity to perform poetry in English classes, encouraging youth to learn about great poetry through memorization and performance. Students who won contests at their high school qualified to compete at the county level.

Schools represented in Sacramento County's 2010 Poetry Out Loud competition included: Bella Vista High School (Joshua Velasco); C.K. McClatchy High School (Maya Haines); Center High School (Stephanie Martinez); Del Campo High School (Danielle Biesanz); Elinor Lincoln Hickley Jr.-Sr. High School (Raven Blanson); Elk Grove High School (Daniel Horne); Galt High School (Alani Pineda); Gerber High School (Keshon Stewart); Inderkum High School (Ambrosia Greene); John F. Kennedy High School (Nancy Lu); Leo A. Palmiter Jr.-Sr. High School (Ian Reynolds); Mesa Verde High School (Ashley Cooke); Monterey Trail



Photos courtesy Sacramento County Office of Education
Maya Haines, a student at C.K. McClatchy High School, was named the winner Jan. 7 at the countywide Poetry Out Loud recitation contest. Haines, pictured here with McClatchy High School teacher Janet Weeks, right and poet Michele Krueger, left, will advance to the California Poetry Out Loud competition in Sacramento on March 22-23.

High School (Dalvin Clifford); Natomas Charter High School (Jillian Wilson); Pleasant Grove High School (Marsalis Cannady); Rio Linda High School (Cyle Hellwig); and Sacramento Country Day (Barrie Feusi).

Sacramento County Board of Education trustees Adriana X. Echandía and Greg Geeting assisted Bob Stanley, the 2009-10 Poet Laureate of Sacramento City and County, and event Master of Ceremonies, with congratulating the participants and distributing the awards.

California's overall winner will receive \$200 and an expenses-paid trip to compete in the national competition in Wash-

ington, D.C. The National Finals and Semifinals will be held April 26-27. A total of \$50,000 in scholarships and school stipends will be awarded at the national finals, with a \$20,000 college scholarship awarded to the national champion.

Sacramento County's Poetry Out Loud judges included: Tim Kahl, poet and Sacramento City College professor; Alexa Mergen, California Poets in the Schools; Dr. L. Steven Winlock, regional theater performer and education consultant; Peter Mohrmann, co-founder of Capital Stage; Jeff Knorr, author and poet; poet JoAnn Anglin, Los Escri-

tores del Nuevo Sol; Michele Krueger, California Poets in the Schools; Theresa McCourt, poet; Joshua McKinney, poet and English professor at California State University, Sacramento; and Joshua Romano, writing instructor.

Sacramento County's Poetry Out Loud program is funded in part by the Sacramento County Office of Education, the Sacramento Metropolitan Arts Commission (with support from the City and County of Sacramento), and the California Arts Council through funding from the National Endowment for the Arts and the National Poetry Foundation.

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Former students reminisce about McClatchy High's first principal

By LANCE ARMSTRONG
Land Park News Writer
lance@valcomnews.com

For most students who attended C.K. McClatchy High School during the years 1937 to 1962, the name Sam Pepper is synonymous with the school itself.

After all, as the school's first principal during these years, Pepper was a McClatchy original.

Pepper, a Denver, Colo. native and World War I veteran who moved to Sacramento in 1928, was present for the school's dedication and opening in 1937 and so many other events, including the school's first graduation ceremony and the 1948 championship football game against Sacramento High School.

And even after his retirement, he would delight for-

mer students by visiting with them at various McClatchy reunions.

Despite his death a quarter century ago at the age of 87, Pepper, who resided at 871 42nd St. with his wife Hattiebell and his children Robert and Sheila, continues to be a fond and very much alive topic among many alumni of the school.

Echoes through time

Donna (Machado) Hodson of the Class of 1956 recently shared her remembrances about Pepper.

"He was not just a wonderful principal, he was also a wonderful man," Hodson said. "He was just always a friendly, loving, giving, sweet and very nice man. We never heard a harsh word out of that man's mouth, but yet he

had that school under control all those years he was principal. He came to anything that he was invited to and he was always there to cheer you on or back McClatchy. He loved McClatchy just as much as we did."

Hodson added that Pepper was known to show his school spirit through his attire.

"He always had a red tie and red socks and he would always pull his pant leg up to show us that he had those red socks on," Hodson said.

Rosalene (Correia) Nielsen of the Class of 1955 said that Pepper was responsible for choosing the school's red and white colors.

"He told us one time that he picked the colors for McClatchy, because he thought they would show up against the green grass better than any other colors," Nielsen said.

Like many other alumni, Nielsen has fond memories about Pepper.

"(Pepper) was just a really nice guy," Nielsen said. "He knew everything that was going on in that school. If someone was not doing well, I would see him walking down the hall with his arm around the guy's shoulder and when someone did really well, you

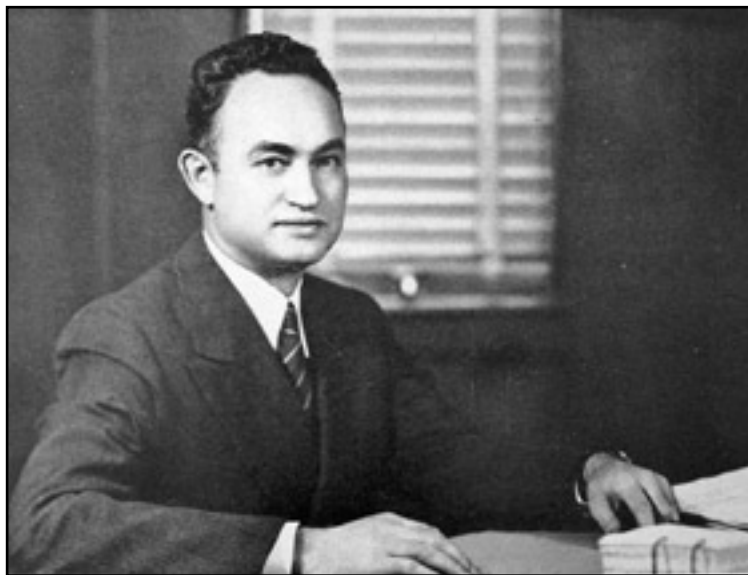


Photo courtesy of McClatchy High School
Sam Pepper served as the first principal of McClatchy High School from 1937 to 1962.

would see him there shaking the guy's hand. He was just always all over the place. He was just a great guy. I don't know anybody who had a principal like him."

Nielsen said that in appreciation of Pepper, some female students at McClatchy would knit him argyle socks, scarves and of course, red ties.

Friend, mentor – and funny

For some of McClatchy's earliest students, having Pepper as a school principal was a longtime tradition, considering that prior to his arriv-

al at McClatchy, at separate times, he served as principal of Newton Booth and William Land elementary schools and California Junior High School – now California Middle School.

Class of 1942 alum Lois (Lippi) Espigares remembers spending many years with Pepper as her principal.

"We had the same principal all through our school years, starting with kindergarten to junior high to high school – Sam Pepper," Espigares said.

See McClatchy, page 7

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McClatchy: 'The image of McClatchy was just paramount in his goals'

Continued from page 6

"He was an excellent principal. He was (about 6 feet) tall and just a wonderful man."

In addition to his time working at Sacramento schools, Pepper was an instructor and athletic coach at a school in New Mexico and a superintendent of schools in Oregon.

Lee Watters of the Class of 1947 said that he mostly remembers that Pepper was notorious for telling "dumb jokes."

"He was a good principal, but mostly what I remember about him is his dumb jokes," Watters said. "I do remember one of those jokes that he told. It went like this: These two guys are out there and here comes a whole flock of ducks. One guy says, 'I wonder how many ducks are up there' and the other guy says, 'Well, there are 206 ducks up there.' The first guy says, 'Well, how do you know there are 206 (ducks)?' The guy that told him how many ducks that were there said, 'Well, I counted the legs and I divided by two.' And that was a Sam Pepper joke."

When asked how he has remembered the joke for so many years, Watters said, "He told the same jokes a lot and he told that one quite often."

James Wycoff of the Class of 1950 said that Pepper would use his humor during school assemblies.

"There is only one line that I remember (Pepper) using with any frequency

at an assembly," James said. "He would say, 'And the winner of this contest gets a year's supply of dental floss.' It was just a phrase he'd use to see who was paying attention."

James emphasized, however, that there was much more to Pepper than his humor.

"Sam Pepper was well liked by the student body and I never heard a discouraging word about him," James said. "He had a sense of humor, but he also had a sense of (respectability). He was in charge."

James' sister, Carol (Wycoff) Laquaglia of the Class of 1942, said that Pepper had a very unique, professional demeanor.

"(Pepper) was a man who commanded respect just by looking at him and by the way he carried himself," Carol said. "Sam Pepper always came across as being very nice. You never saw him bawling anybody out."

Memories of the man

John Gardner of the Class of 1956 said that the students' respect for Pepper generally affected their behavior in a positive manner.

"That was back in the days when you respected the principal of the school," Gardner said. "He had a way of communicating that if you messed up big time, he was very disappointed in you. And somehow that carried a lot of weight. The kids really looked up to him."

Carol said that her mother, Alice Wycoff, who was the assistant manager in McClatchy's cafeteria, spoke fondly about Pepper.

"She said that Sam Pepper used to come back there for something to eat and kid with (the cafeteria workers)," said Carol, who was later married to McClatchy teacher Nicolai Laquaglia, who worked at the school during Pepper's tenure as principal. "He was just a different person and people respected him."

During his time at McClatchy, Pepper had a philosophy about school and education that he described as follows: "The purpose of school is to help develop personality and develop proper traits and habits. These furnish the students with the central knowledge and skills to continue their education or to help them to cope with future life. The function of any school is to prepare any student for life."

Ted Morris, who served as the student body president of the Class of 1955 dur-

ing his senior year, acknowledged that the success of McClatchy and its students was very important to Pepper.

"(Pepper) just had a tremendous feeling of honor to the school," Morris said. "The image of McClatchy was just paramount in his goals. He kind of felt that the students who left there were a reflection on him and he was always proud of the students who went on to the university to further education."

In addition to his dedication to McClatchy, Pepper traveled extensively with his wife and was a member of American Legion Post

61, the Comstock Club, the Host Lions Club, Provident Masonic Lodge No. 609 and the Scottish Rite Bodies.

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In celebration of the life of Samuel Albert Pepper (February 15, 1897 to May 29, 1984), a special memorial was held in McClatchy's auditorium on the morning of June 2, 1984.

Although Pepper no longer spreads his educational philosophy, friendly smiles and endearing "dumb jokes," his legacy remains strong through the many McClatchy alumni who fondly remember him.

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One-time Pocket vet 'Dr. Jim' releases new book

Local veterinarian now best-selling author returns to medical roots for latest book

Special to The Land Park News

With his new book "Altar of Eden," Pocket veterinarian-turned-nationally renowned author James Rollins ("Dr. Jim" or "Jim Czajkowski" to former Pocket patient families) breaks away from the thriller writer pack and distinguishes himself as the authority on smart, science-based thrillers.

As a practicing doctor of veterinary medicine who studied evolutionary biology, Rollins uses his medical and scientific knowledge to write novels that meld cutting-edge science and technology with history and religion, and creates books that are as authentic and smart as they are entertaining.

Rollins is particularly close to this novel as the main protagonist is a veterinarian, a career he practiced for many years in the Pocket and still practices on a charity basis.

In his latest book, Rollins takes a step away from his wildly popular SIGMA series and delivers his first stand-alone thriller in more than five years with "Altar of Eden" (William Morrow, on sale now, ISBN 13: 9780061231421, \$27.99), a provocative look at genetic experimentation that includes the same breakneck pacing, gripping suspense and complex characters that make his SIGMA novels bestsellers.



Photo courtesy jamesrollins.com
James "Dr. Jim" Rollins is particularly close to this novel as the main protagonist is a veterinarian, a career he practiced for many years in the Pocket and still practices on a charity basis.

The story

Following the fall of Baghdad, two Iraqi boys stumble upon armed men looting the city zoo. The floodgates are opened for the smuggling of hundreds of exotic birds, mammals, and reptiles to Western nations, but this crime hides a deeper secret as "Altar of Eden" begins. Amid a hail of bullets, a hidden underground weapons lab is ransacked and something even more horrific is set free. Seven years later, Louisiana state veterinarian Lorna Polk is called in for her expertise when

the Department of Homeland Security's Border Patrol unit uncovers a ring of black market smugglers at the U.S. border carrying puzzling cargo—conjoined twin monkeys, a lion cub with saber teeth, a featherless Amazon parrot.

While each animal seems to have a completely different mutation from the next, they all share one uncanny trait: super intelligence. With U.S. Marshall Jack Menard on her side, Lorna will uncover mysteries of fractal intelligence, genetic engineering, and a secret history tied to the Book of Genesis to expose a horrifying secret that traces back to mankind's earliest roots. In the face of global terror and a genetic nightmare, Lorna will have to risk all to survive.

Rollins explores how research into genetics and DNA have spurred scientists to find out what makes humans human and how to manipulate intelligence through genetic experimentation. But more importantly, Rollins contemplates how scientific research and technology—if used by the wrong people—could produce appalling results.

"Dr. Jim" praised for new book

James Rollins and his SIGMA force series have grown in critical

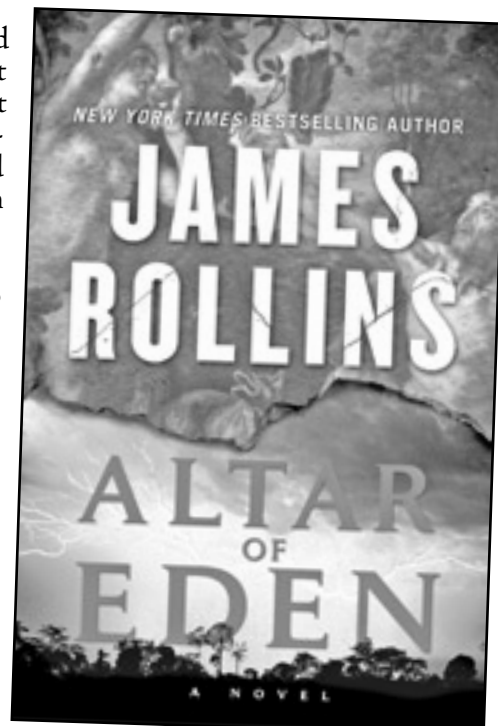


Photo courtesy jamesrollins.com
In his latest book, former Pocket veterinarian James Rollins takes a step away from his wildly popular SIGMA series and delivers his first stand-alone thriller in more than five years with "Altar of Eden."

and commercial popularity, with the most recent entry in the series, "The Doomsday Key," hitting No. 2 on the New York Times bestseller list. Reviewers and peers alike have praised Rollins and the series, with the Chicago Sun-Times declaring "Rollins combines real-world science with high-octane action to create rousing stories of adventure that are as exciting as any movie."

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Kindergarten registration open now in Sac City Unified for 2010-11 school year

Special to The Land Park News

Kindergarten registration for children in the Sacramento City Unified School District has begun and will run through June 17. Parents can reg-

ister their children by visiting their neighborhood school.

Children must be four years and nine months of age on or before Sept. 1, 2010 (previous release incorrectly

stated the date as Dec. 2, 2010) or five years of age on or before Dec. 2, 2010.

The following immunizations are required for kindergarten registration:

- + Polio – three doses if at least one dose was given on or after the fourth birthday
- + Diphtheria, Tetanus, Pertussis (Whooping Cough) – four doses if at least one dose was given on or after the fourth birthday; otherwise five doses are required

- + Measles, Mumps, Rubella (MMR) – one dose of each separately or combined on or after the first birthday. Pupils enter-

ing a kindergarten (or first grade if kindergarten skipped) are required to have two doses of measles-containing vaccine, both given on or after the first birthday

- + Hepatitis B – three doses
- + Chickenpox (Varicella) – one dose

For information about immunizations or the dental exam, parents may call the district's Health Services Office at (916) 643-9412. For other question about kindergarten information, parents may call the Student Hearing and Placement Department at (916) 643-9425.

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Second annual 'Young @ Art' competition shines spotlight on Sacramento-area youth

By **SUSAN LAIRD**
Land Park News Writer
susan@valcomnews.com

One of the most exciting art competitions for middle school students in the Sacramento region is calling for entries in early February.

"Young @ Art" 2010 is an art show for students in the sixth, seventh and eighth grades. It is sponsored by St. Francis High School, which is known statewide and nationally for its programs in the visual and performing arts. Although St. Francis is a high school for young women, entries from both boys and girls are encouraged. Students and their teachers will be recognized at the event.

The show will be held at the St. Francis High School Arts Complex on Wednesday, Feb. 24, from 5 p.m. to 7 p.m. Awards will be presented to students and teachers at 6:30 p.m. Entries should be submitted the afternoons of Feb. 8 or Feb. 9.

"The show is for sixth through eighth graders to show their artwork together," said Elizabeth Danielson, arts executive director and producer at St. Francis High School. "We are offering a venue for middle school students to show their work outside of their own art classroom or school halls. It elevates the importance of their work to show work at an outside gallery with other artists. The experience offers students the opportunity to see peer work, to be inspired and to feel validated. Art teachers have the opportunity to see projects, assignments and mediums that other teachers have used. They can talk to each other about the process and experience."

Last spring, some 35 schools entered the first annual "Young @ Art" show. It was a tremendous response, considering that the inaugural show launched on relatively short notice.

"We had no idea how many pieces of art to expect and were excited to see so many schools bring so much wonderful art onto our campus," Danielson said. "The opening was truly one of the warmest, fuzziest, fun events on the St. Francis High School campus. During last year's show, I silently walked amongst the hundreds of middle school artists and their support team: their parents, grandparents, siblings, and teachers who were talking to everyone, taking pictures of school groups and individuals with their art piece, high-fiving, hugging with congrats, and collaborating. It was great."

Danielson is certain that more schools will enter this year. She is looking forward to seeing some of last year's artists return with new work and new artists join in the fun.

The arts are viewed as an important part of the curriculum at St. Francis High School.

"Creativity is an exploration of one's thoughts put on paper or other media," she said. "It uses brain skills that other 'more academic' classes may not tap. For many, art can be a calming stress-reliever and others find it more interesting to express themselves through art than through writing. Offering the arts to students allows them to find out about themselves, how they best communicate to others, how to appreciate and interpret art, and how to enjoy the process. It makes for a well-rounded and interesting person."

The high school's art department and Patrons of the Arts board enjoy



"Young @ Art" 2010 is an art show for students in the sixth, seventh and eighth grades. It is sponsored by St. Francis High School, located at 5900 Elvas Ave.

hosting this annual event, according to Danielson, "because it encourages students to take art in school and to draw/paint/sculpt for fun in their free time. St. Francis teachers also take the opportunity to talk informally to the students about the St. Francis High School co-ed Summer Art Workshops for middle and high school students, as well as our well-rounded arts program for the St. Francis student."

Awards and gifts at the show will include a full scholarship to the St. Francis Summer Arts Workshop (a co-ed program worth \$350), a \$100 gift certificate to University Art, a \$100 gift certificate to Utrecht, a sketchbook and charcoal, St. Francis Arts t-shirts, thank you gifts for teachers and much more.

Artwork entries should be dropped off between 3:30 p.m. and 5 p.m. on

Feb. 8 or Feb. 9 at the school's Theatre Complex Foyer. The campus is located at 5900 Elvas Avenue in Sacramento, just off 65th Street and Highway 50.

The limit for submissions is up to 20 pieces per school and one work per student of any medium or size.

All pictures must be matted and labeled. (It is not necessary for canvases or sculptures to be matted). The 2" x 3" label must be permanently affixed to the front, lower right hand corner of the piece. The label should list: 1. the student's first and last name; 2. student grade level; 3. school name; and 4. art teacher's name.

For more information, interested parties are encouraged to contact Danielson at edanielson@stfrancis.org or (916) 452-3461 ext. 200. Information is also available at the school's Web site, www.stfrancis.org.



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Special community action: 'Stand up to Falls' program

By ART GERMAN
Land Park News Writer
reporter@valcomnews.com

A citywide campaign to keep local residents, especially seniors, safely on their feet moved to Sacramento's south area this month with a four-hour "Stand Up to Falls" seminar at the South Land Park Community Center.

Thirty seniors, including me and wife Phoebe, were on hand along with just one other married couple—south area residents William and Penn Yee. The remaining 26 seminar participants were all women, creating a sex imbalance that seemed to defy normal odds.

"Is there any explanation for this 28 to 2 breakdown among women and men?" I asked Kim Metcalf, the city's 50+ Wellness coordinator, and Kelly Ward, a certified fitness trainer and Sac State graduate student in gerontology, who handled most of the anti-fall exercise program, inspiring us to devote three hours to constant calisthenics. Both shook their heads and said they had no explanation for the attendance imbalance.

In my case, the danger from falling has long been a no-brainer. Five years ago, while strolling down on 24th Street after a Runaway Stage production of "The Music Man," I tripped and fell on an uneven sidewalk. My left femur was broken and an earlier hip replacement was dislocated and had to be redone. I've never forgotten the advice of South Area Kaiser orthopedist James Sehr after all

the harm was done and repaired: "Don't Fall Again!" he admonished.

That's easier said than done. I've fallen at least twice since the big thigh bone break of 2005, but lucked out both times with no further damage. It's clear, however, that getting a free ride down when you have a fall can't be counted upon forever. A show of hands in reply to Metcalf's question about how many have fallen during the past year indicated a "yes" reply from about half the attendees. Audience members were not invited, however, to describe their own experiences involving falls. Coordinator Metcalf told the audience that the "Stand Up to Falls" program was devised by the city's Older Adult Services division with support from Kaiser Permanente's South Sacramento Community Benefit service. In addition to the South Land Park seminar, similar programs are being offered at five other sites around Sacramento and Elk Grove through March 6. So far, Metcalf added, the free programs have been filled to capacity and reservations to attend future dates must be made in advance by contacting her at 808-1593.

In contrast to my own concern with tripping and falling outdoors, Metcalf and Ward agreed that most falling accidents happen in the home. Bathrooms are viewed as especially vulnerable falling sites. Slippery, wet floors and glass shower doors are considered special hazards. Stairs inside and outside the home are other prime accident sites. Metcalf also advised the seniors to watch out for loose

throw rugs and to steer clear of small pets that may run underfoot.

At one point, Metcalf introduced David Grantham, a project manager for Rebuilding Together, a non-profit service using volunteers who install safety improvements for low-income seniors without charge. Other seniors are charged a small fee, he added, if they can afford to pay. Offerings include grab bars, railings and banisters, stools where needed, fire alarms, safe electrical switches and other needs. Rebuilding Together can be contacted at 455-1880.

Most of the four-hour session was devoted to an exercise program led by Kelly Ward, who provided each participant with two elastic bands that were used to challenge muscles on various parts of the body, including arms, legs, neck and stomach. Good muscle tone, she said, can help an individual respond quickly when he or she trips to head off an actual fall. And if a fall does occur, she added, the victim needs to respond carefully to make certain there were no serious injuries.

"There's no need to hurry," she said. "Remain at first on the ground. Then roll over on to your stomach, and then pause before your use your hands to get back on your feet."

She urged her audience to set up a daily exercise regimen, drink at least five glasses of waters, which she described as "like what oil is to a car" and then get plenty of rest. At the end, all hands were treated to a free and delicious picnic lunch provided by Hannibal's Catering.



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Senior moments be gone

By DARBY PATTERSON
Land Park News Columnist
vcnnews@valcomnews.com

There is a common misconception that loss of mental acuity is a necessary corollary of the aging process. In fact, Sacramento's only daily newspaper carried a story recently broadcasting that popular belief. Pam Flohr, a member of the county's Adult and Aging Commission, very nicely set the editors straight on this issue, but the belief prevails and, I believe, creates a self-perpetuating situation that's not at all healthy.

It's very easy to accept and excuse changes in memory and responsiveness as age advances. After a certain decade, it's not uncommon to hear jokes about "senior moments." I do not find this trifle amusing and I never have – even as a younger woman. Perhaps it's because I've had lapses of memory for my entire life and find little difference now. Let me illustrate:

In high school there was a regular contingent (mostly from the music department) who would show up after early morning orchestra practice to deliver what I'd left behind in the cafeteria before class. Usually, it was my purse. I clearly recall losing a lovely yellow cardigan that was a Christmas present, the first day I wore it to school. Santa was not happy and never forgot. I lost gloves and hats (life threatening in a Minnesota winter) and went on to become a chronic loser of house keys, car keys, cars in parking lots, library books and whatever was figuratively not attached to my body.

Rather than become more acute, this loser syndrome has subsided with age. Now, it's usually just car keys – and they are misplaced, not lost. Like so many people, I've learned to compensate for a weakness and have it better under control now than ever before. I certainly don't attribute anything to "senior moments" and I urge you to also purge that expression from your vocabulary.

Consequently, I was very excited when I ran across a study published by the American Society on Aging in 2006. It was written by Gene D. Cohen, Ph.D., who recently passed away after many years of studying the aging process. The research, funded by a grant, drew upon numerous studies along with control group studies with older people at sites across the nation. Most fascinating for me – due to my passion for the arts – is that it focuses the positive impact that involvement in the arts can have upon the brain as we age. The results are physical (new pathways and connections that build in the brain), emotional (a heightened sense of well being), and social (a strong network of friends and acquaintances).

When we create and master something new, our sense of well being is enhanced. Doing a painting, learning a dance, performing music, participating in an arts activity shows that we are, indeed, capable of doing or learning something new. This success tells our brains that we have greater control of our lives. There are many other physiological changes that accompany participation in the arts as we age. It doesn't seem to matter what your creative weapon is – dancing is great as is singing in a choir. People benefit from painting, sculpting, working with fabric, wood carving – there is no limit to the artistic medium. The key ingredients include the challenge to do something new, interaction with other people in the activity and a sense of accomplishment. Together, there is real evidence these elements combine to build brain power, a positive attitude and improved health in the second half of life.

Darby Patterson is a member of the Sacramento County Adult and Aging Commission and the author of "Meow.org, The Cat-Napping Capter." Visit Darby at www.storiesand-books.com.



From children, to children Sutter Middle School students' 'shear' commitment to charity

Special to The Land Park News

Students at Sutter Middle School are a few inches shorter these days – but it is for a good cause.

Ten students at Sutter Middle School, 3150 I St., contributed lengths of their hair at a special lunchtime event Dec. 15 for the national Locks of Love charity organization. The event was organized by Language Arts-History teacher Charlie Vallejo, who also contributed his hair at the event.

The Locks of Love organization provides its recipients with a custom, vacuum-fitted hairpiece made entirely from donated human hair. The vacuum fit is designed for children who have experienced a total loss of scalp hair and does not require the use of tape or glue. Most of the applicants suffer from an autoimmune condition called alopecia areata, for which there is no known cause or cure. Others have suffered severe burns, or endured radiation treatment due to cancer, in addition to many other dermatological conditions that result in permanent hair loss.

Donors, like these students at Sutter Middle School, provide the hair (which must be at least 10 inches in length); volunteers open and sort the donations; and the manufacturer hand-assembles each piece, which requires approximately four to six months.

Amazingly, children comprise more than 80 percent of the donors, making this a charity where children have the opportunity to help other children.

Photos by Land Park News Photographer Stephen Crowley.



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Land Park News Photo/Ryan Rose

At the Janey Way Reunion: Front Row, left to right: Jim Todd, Barbara Relles, Mary Puccetti, Randy Puccetti, Pat Puccetti (his wife), Allison Puccetti (his daughter). Back Row, left to right: Terry Relles, Dave Jurin, Marty Relles, Tom Hart, Russell Sharp, John Tomassetti, Larry Simpson, John Relles, Dabby Todd. Not pictured: Jim Ducray.

'Janey Way Memories' come alive at reunion

On Dec. 27, 2009, the Janey Way gang of the mid-20th century held a reunion party at Randy Puccetti's Elk Grove home. Puccetti, a member of the gang of children that grew up in East Sacramento during the 1950s, 60s and 70s, hosted more than a dozen of the former residents of Janey Way, including Land Park News columnist Marty Relles.

Since July, Relles has been sharing his memories of his childhood in East Sacramento through his twice-monthly columns. The party, which featured

good food, good wine and good stories, also connected Relles to a number of memories that will soon turn into future columns.

Of the reunion party, Relles said that while his childhood friends are now closer to 60 and a few retired, they are all still tightly connected, no matter how much time passes.

Read Marty Relles' column on the reunion party at the right. Photos by Land Park News editor Ryan Rose.

Janey Way Memories



Reunion party: Good times, good friends



By **MARTY RELLES**
Land Park News Columnist
marty@valcomnews.com

On Dec. 27, the Janey Way gang held a reunion party. We celebrated 50-plus years of friendship and adventure. After our childhood days in East Sacramento, our lives have swirled off in very different directions, but the bonds remain strong. Now, most of us are at or approaching 60 years of age. Some, like me, are retired; others continue to work at jobs they enjoy. No matter what, on this day we reminisced, laughed, told oft-repeated stories, drank a glass of wine and enjoyed the day.

It seems like only yesterday that we ran down the sidewalk on Janey Way and took a beeline into the pit (the abandoned sand and gravel pit that abutted Janey Way on the east). Now, St. Francis High School sits on the land that once was the pit. Forts we built, lost toys, my stolen Roadmaster bike and god only knows what else are buried in that hole. I can't help thinking that something special disappeared with the filling of the pit.

We also talked about poker games at the Ducray's house, ping pong on the Relles driveway, sand lot baseball in the vacant lot, roller derby at Phoebe Hearst School, one-on-one basketball at St.

Mary's, the hub cap trick, the great beer heist, and the whole lexicon of stories that are Janey Way. During the time since these events occurred, we have lost some dear friends: Michael Gilson, Josie Tomassetti, Bernadette Tomassetti and Lynne Thomsen. We have married, divorced, re-married, raised children and now have grandchildren. The days of our youth are now long gone, but these stories live on as a testament to our friendships and to the richness of our lives.

We were blessed. We lived in a neighborhood where people looked after each other, not just a place where people drove home to after work or school. When Tom Harte and Dan Rosenblatt lost their fathers too early, people cared and looked out for them. When Michael Gilson lost his life in Viet Nam, we all attended his funeral and grieved for him. And, when people moved away from the neighborhood, we were saddened, but we kept in touch and have continued our friendships well into adulthood.

Reunion parties, like this one we held late last month, are tributes to the bonds that these friendships we have forged. We have all changed dramatically, but we have not forgotten where we came from and who our real friends are. The Janey Way memories live on and as long as I can remember them, I will continue to write about them.

"These stories live on as a testament to our friendships and to the richness of our lives."

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Giant anteater confirmed pregnant

Anteater's baby – a first for the zoo – due early April

Special to The Land Park News

The Sacramento Zoo confirms pregnancy of its female Giant anteater, Amber. The ultrasound was performed in the Zoo's Dr. Murray E. Fowler Veterinary Hospital January 6. The anteater also received a full exam and is in good health. Her due date is estimated to be at the end of April. This will be the first Giant anteater baby born at the Sacramento Zoo.

The Sacramento Zoo started exhibiting anteaters in 2004. Amber arrived in March 2009. Zookeepers observed breeding behavior in May and again in September and October and a full exam and ultrasound was scheduled.

After a gestation period of 180 days, the mother gives birth standing up to a single offspring (two is rare). In the wild, Giant anteaters are solitary and the male is not involved in caring for the baby. That leaves the mother to do the heavy lifting, literally. Once the newborn lets out the first high-pitched screech, baby anteaters climb on their mother's back and many will ride there for up to a year. A mature anteater can weigh as much as 140

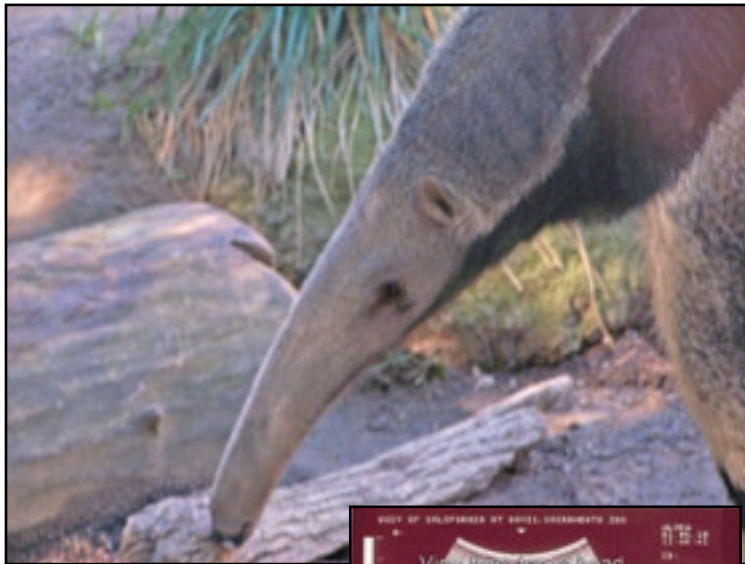


Photo courtesy the Sacramento Zoo
The ultrasound was performed on the anteater, pictured, in the Zoo's Dr. Murray E. Fowler Veterinary Hospital this morning (the ultrasound photo is inset). Her due date is estimated to be at the end of April.



pounds and stretch as much as seven feet from snout to tail tip.

About the Sacramento Zoo

Open since 1927, the Sacramento Zoo is home to over 140 native, rare and endangered species and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is whol-

ly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 10:00 am to 4:00 pm, general admission is \$9.50; children ages 3-12 are \$7.00 and two and under are admitted free. Parking is free throughout the park or ride Regional Transit bus No. 6. For information, call (916) 808-5888 or visit saczoo.com.

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Martial artists punch out domestic violence

Special to The Land Park News

Zen Martial Arts Center, WEAVE Inc., and Sacramento Parks and Recreation are teaming up to offer a free women's self-defense and empowerment seminar. The class will be held at the Colo-

ma Community Center in East Sacramento on Saturday, Jan. 23, at 1:00 p.m. It is completely free to all women in the community ages 13 and up.

"We wanted to make sure that this class was available to everyone - especially those that need it the

most," said Zen Martial Arts owner Mike Oliver.

The one hour class will not only teach women a series of easy to learn self-defense moves, but the experienced instructors will also share important awareness and safety tips that everyone should know.

"Self-defense is more than just punching and kicking," said Oliver. "Awareness is self-defense. Being around good people is self-defense. And believing in yourself and that you can achieve anything—that's real self-defense."

Before and after the class, donations will be accepted for WEAVE. One-hundred percent of all donations accepted will go directly to the non-profit organization. Donation receipts will be made available upon request. If you are unable to attend the class but would like to make a donation to WEAVE, you can do so at WeaveInc.org.



Land Park News Photo/Ryan Rose
Zen Martial Arts owner Mike Oliver welcomes the community to a special WEAVE fundraising event Jan. 23 at the Coloma Community Center in East Sacramento.

About Zen Martial Arts Center:

Zen Martial Arts Center is a martial arts school

that gives children and adults the tools of the martial arts to empower themselves and turbo-charge their lives. All classes are separated by age and experience level and are taught in a safe and non-embarrassing environment. To learn more about the programs offered at the center or to schedule a trial class for you or your child, call 530-613-6779 or visit ZenMartial.com.

About WEAVE:

WEAVE is a non-profit organization that is committed to bringing an end to domestic violence and sexual assault in partnership with the community. WEAVE is the only provider of comprehensive services to victims of domestic violence and sexual assault in the county. While there are other organizations providing portions of what WEAVE provides, WEAVE is the only organization that provides the 14 core domestic violence services required by the State of California. For more information, visit WeaveInc.org.



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Faces and places

Elks' Hoop Shoot Contest

Elks Lodge No. 6 held its annual Hoop Shoot Contest Jan. 10 for all local boys and girls. The

event, hosted at the Elks Lodge No. 6, 6446 Riverside Blvd., was an opportunity for local youth to participate in organized athletic activity and play for a chance to win scholarship awards. Winners from the lodge advanced to the district competition scheduled for Jan. 23. The Land Park News will provide information on that event in the next edition. For more information on Elks Lodge No. 6, call (916) 422-6666.



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Is your club, group, church, school, or organization having an upcoming event? Let us know. Send information about your event—including date, time, location, a brief description, cost (if any), and contact information—to Calendar, c/o Valley Community Newspapers, 2709 Riverside Blvd., Sacramento, CA 95818, or e-mail ryanrose@valcomnews.com. Deadline is one week before publication. Priority is given to events that are in the community and/or of little or no cost. There is no guarantee that events submitted will appear in the calendar. To ensure placement within the newspaper, please call 429.9901 to place an advertisement.

JANUARY

Jo Anne Marquardt art show

The Unitarian Universalist Society of Sacramento presents an exhibition of the artwork of Land Park resident Jo Anne Marquardt Jan. 22 to Mar. 21, 2010 at the USSS Auditorium located at 2425 Sierra Blvd, Sacramento. An opening reception will be held on Friday, Jan. 22 from 5:30 to 7:00 p.m. This event is free. For more information visit www.uuss.org.

JANUARY 14

Computer club meeting

The Mission Oaks Computer Club will meet on Thursday, January 14, 2010 from

1 p.m. to 3 p.m. at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "Digital Photography." A problem-solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our Web site at www.missionoakscomputerclub.org.

JANUARY 15

Organic gardening

On January 15, 2010, the Organic Gardening Club of Sacramento County will meet at the Carmichael Park Administration Building, Room 1, 5750 Grant Avenue, Carmichael, at 10 a.m. The program will be "Soil...not just a dirty word" by guest speaker, Steven Zien, CA Certified Nursery Professional, Living Resources Company and Sacramento's Organic Advocate. Call 916-635-6724 for information.

JANUARY 16

Elks Lodge crab feed

Elks Lodge No. 6 is holding a crab feed Jan 16. Activities include no host cocktails at 6 p.m. Dinner is at 7 p.m. There will be a raffle after dinner. Tickets are \$28. Proceeds benefit lodge scholarships for students. The event takes place at the Elks Lodge No. 6, 6446 Riverside Blvd. For more information call, (916) 422.6666.

JANUARY 18

MLK Jr. march

Monday, January 18th, 2010 Martin Luther King Jr. March and Celebration, Get Involved and Make a Difference. Visit www.mlk365.org for more information or call 920-8655.

JANUARY 20

Genealogical Association meeting

The Genealogical Association of Sacramento will have its regular meeting on Wednesday January 20, 2010 in the Belle Cooledge Library at 5600 South Land Park Drive,

Sacramento. The meeting is at 1 PM The speaker will be Karen Paige from the California State Library. She will teach us how to navigate the many resources held at the California State Library. Members are encouraged to attend and please bring a friend. Interested guests are welcome too.

Tour Through the Root Cellar

Root Cellar – Sacramento Genealogical Society - January 20, 2010. Informal workshop to exchange ideas, get help and share research experiences. Presentation: "A Tour Through the Root Cellar Website" with Sandi Benward. Merrill Gardens (Garden Square Room), 7418 Stock Ranch Road, Citrus Heights, 1pm-3pm. Sign-in at front desk, get a guest badge, sign out when you leave. Free, everyone welcome. Contact John Jay (916) 331-0963, jklsjay@sbcglobal.net, or www.rootcellar.org.

JANUARY 21

Brown Bag Poetry Readings

The Sacramento Poetry Center, 828 I Street, will hold a poetry reading from noon to 1 pm, the third Thursday of every month, at the Central Library. Brown Bag poetry begins Thursday, January 21st and continues through the year. Sacramento poet Mary Zeppa will host the readings with assistance from poet Lawrence Dinkins and Poet Laureate Bob Stanley. Bring a brown-bag lunch and your favorite poem, or you may select from material available in the library. More information: 916-264-2920

JANUARY 22

Annual hot crab feed

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at 7:30 p.m. Located at the Dante Club, 2330 Fair Oaks Blvd. Tickets can be purchased at the school: 205 24th Street, Sacramento, CA 95816. For more information contact the school at 916-442-5395.

JANUARY 23

Women's Self-Defense Class/WEAVE Fund Raiser

Held Saturday, Jan. 23, at the Coloma Community Center, 4623 T St., from 1 to 2 p.m., learn the tools necessary to increase your awareness, defend yourself from bodily harm, and turbo-charge your life by becoming self-empowered in this safe, fun, and non-embarrassing seminar for women. The instructor has taught active law enforcement and security guards the same proven techniques that you will learn. Start the new year feeling smart, safe, and strong! This Women's Self-Defense Seminar is being offered to the community for free as a fundraiser for WEAVE by Zen Martial Arts and Sacramento Parks and Recreation. Donations for WEAVE will be accepted at the class. Receipts available. For more information, call 530-613-6779 or visit ZenMartial.com.

JANUARY 27

Embroiderer's Guild meeting

Embroiderer's Guild of America, 7 p.m. Wednesday, January 27, 2010, SMUD Building, 6301 S Street. We will be stitching Kissing Pillows. This is a national project donated to the military. Visitors welcome. For more information, call (916)961-3558.

FEBRUARY 1

Free Hula Dance Class

Enjoy fun, exercise, and friendship ~ Hawaiian Style on the February 1st, from 9:30 to 11am. Move your hands and hips to the soothing sounds of traditional island music. Learn to do the Hula the fun and easy way. Anuhea Toyama will teach simple dance steps and graceful hand movements in this free class. Please sign up in advance by phoning 808-5462.

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FEBRUARY 2

Wine social at Casa Garden

The next event at the Casa Garden Restaurant: It's different from the usual lunch/show in that it's a wine social. The chosen presenter describes the white wine being poured as Casa serves a hors d'oeuvre that compliments white wine. After a little more discussion about the winery/vineyard, the presenter describes the red wine being poured while a different hors d'oeuvre is offered. Then you are served the entree you've selected, non-alcoholic beverage, and dessert – tax and gratuity all for \$20.00!! Reservations are required. For more info or tickets, call (916) 452 2809.

FEBRUARY 3

Zumba Class

Event is Wednesday sessions beginning February 3, 2010 from 6:30-7:30 p.m. La Sierra Community Center, 5325 Engle Road, Carmichael. \$20 for 4 week sessions. FREE parking. Register at La Sierra Community Center. Call 483-7826 for more information. The latest in cardiovascular workouts! Move and groove to Latin rhythms for an aerobic exercise that burns 600-800 calories all while having fun.

FEBRUARY 6

School crab feed

St. John the Evangelist School presents its 27th Annual Crab Feed Dinner on Saturday, February 6th from 6pm to midnight. No host bar from 6pm to 7pm, 7pm to 9pm is dinner and raffle and from 9pm to midnight is dancing. Tickets are \$39 per person and can be purchased in the school office at 5701 Locust Avenue, Carmichael. Dinner includes salad, pasta, crab and dessert. All proceeds go to the school for yearly expenses. Call 481-8845 for more information.

FEBRUARY 6-7

Jewish Film Festival

Humor Abounds at the 13th Annual Sacramento Jewish Film Festival, Saturday February 6 and Sunday February 7, 2010. It all happens at the Historic Crest Theatre 1013 K Street. Advance tickets are on sale now at the Crest Box Office and tickets.com. Tickets are \$10 general admission, \$8.50 for seniors, students and Friends of the Festi-

val. Festival passes are \$34 general, \$30 for seniors, students and Friends of the Festival. Saturday and Sunday Day passes are \$18.00, \$16.00 for seniors, students and Friends of the Festival. For additional information go to www.thecrest.com, www.sacjff.org or by calling 916-442-7378.

FEBRUARY 9

Gray Panthers meeting

Pending state and federal health legislation will be the topic of the February 9th meeting of the Gray Panthers of Sacramento. Specialists in the health field, as well as members of the audience, will express their views on this subject. The meeting, which is open to the public, will be held at 1 PM at the Hart Senior Center, 915 27th Street, Sacramento (between I and J Streets). Further information can be obtained by calling (916) 921-5008.

FEBRUARY 11

Computer club meeting

The Mission Oaks Computer Club will meet on Thursday, February 11, 2010 from 1:00 p.m. to 3:00 p.m. at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The meeting topic will be "Using Online Bill Paying Systems." A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our Web site at www.missionoakscomputerclub.org.

FEBRUARY 14

Concert at All Saints

Matthew Walsh, Organist and Maria Caswell, Violinist, in Concert at All Saints Episcopal Church, 2076 Sutterville Rd., Sacramento, on Sunday, February 14, 2010 at 4:00 PM. Music by Rheinberger, Bach and others, with \$10 donation. For more information, visit www.allsaintssacramento.org or call 455-0643.

FEBRUARY 15

American Heritage Day

American Heritage Day event at 10 a.m. to 2 p.m., 8201 Greenback Lane, Fair Oaks. The 8th Annual American Heritage Day will be held at Mt. Vernon Memorial Park. This event brings history to life for children

with hands on/re-enactment performances. Families can enjoy over 17 different performances and continuous free entertainment. For more information, call (916) 969-1251.

FEBRUARY 18

What Do I Do with All This Stuff?

Event is Thursday, February 18, 2010 from 10 a.m. to 11:30 a.m. Carmichael Park Clubhouse, 5750 Grant Ave, Carmichael. FREE class, but must pre-register by calling 485-5322. Start 2010 with a clean-sweep! Surrounded by clutter? Need to organize years of belongings, mementos and paper? This class will help you begin the task of sorting and disposing of clutter to help keep things manageable.

FEBRUARY 24

Los Ninos Service League

The Los Ninos Service League is holding its next recruitment drive for volunteers to work within our organization. We would greatly appreciate it if you would post the following notice in your next upcoming publication. Thank you in advance for your continued support of the Casa Garden Restaurant and Sacramento Children's Home. Want to give back to our community and

have fun too? Become a volunteer in the dining room, kitchen, or garden at the Casa Garden Restaurant. The restaurant, located in the Curtis Park neighborhood, has been raising funds for the Sacramento Children's Home since 1974. For more information about being a volunteer, please join us at our restaurant on February 24, 2010, 9:30 a.m., at 2760 Sutterville Road, Sacramento, CA 95820. Please RSVP by calling (916) 452-2809, as we look forward to meeting you.

Embroiderer's Guild of America

Embroiderer's Guild of America, 7 p.m. Wednesday, February 24, 2010, SMUD Building, 6301 S Street. "Petite Project" from National EGA. (A bookmark). Visitors welcome. (916) 961-3558

FEBRUARY 26

Crab feed

South Sacramento Rotary invites you to attend its 28th Annual Crab Feed and Silent Auction, Friday, February 26 at 6 p.m. The event will be at the Elks Lodge No. 6, 6446 Riverside Blvd. All proceeds go to support schools/charities in the community. Call (916) 428-0311 or (916) 396-7244 for tickets. Tickets: \$40.

MARCH 6-7

2010 Camellia Show

The Camellia Society of Sacramento's 86th Annual Show will be held Saturday, March 6 and Sunday, March 7 at the Sacramento Memorial Auditorium, 1515 "J" Street. Sacramento's official flower is scheduled for public viewing from 3 p.m. to 5 p.m. on Saturday, and 10 a.m. to 5:00 p.m. on Sunday. Admission is free. Doors to the exhibit hall will open Saturday, March 6, at 7:30 a.m. for registration and entry of competitive camellia blooms and or floral arrangements, and will close at 10:00 a.m. All entries must be in place and completed by 10:00 a.m. at which time judging will commence. Entry cards and show information may be obtained in advance of the show from Bob Logan, 500 Stillwater Court, Lincoln, CA 95648, (916) 434-8618 or Don Lesmeister, 4512 Marble Way, Carmichael, CA 95608, (916) 967-8420 or Gary Schanz, 1177 Cavanaugh Way, Sacramento, CA 95822, (916) 447-1969. Entry cards will also be available at the show. For information and space reservations regarding floral arrangement entries, please contact Floral Arrangement Chairperson Mary Arakelian (916) 632-0220.

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Tickets: \$15 \$10

Information and tickets: (916) 454-1141

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Funded in part by the Sacramento Cultural Arts Benefit Program of the Sacramento Metropolitan Arts Commission with support from the City and County of Sacramento.

Cookie season begins

U.S. troops enjoy local scout cookies in Middle East

Special to The Land Park News

American troops stationed in the Middle East and Afghanistan are treated to Girl Scout cookies. The De Fazio family of Greenhaven shipped the popular Girl Scout cookies half way around the globe to American troops in Afghanistan and Iraq.

This year's Girl Scout cookie season started on Jan. 8 when local Girl Scouts, between the ages of 5 to 17, begin taking pre-orders for cookies. Starting Feb. 19, girls will begin delivering cookies, and will be hosting site sales – the community's opportunity to purchase Girl Scout Cookies at their local storefronts. Girls will be implementing their Girl Scout Cookie Program marketing plans, using their money management skills and testing their customer service talents

There are eight kinds of Girl Scout Cookies offered this year. Thin Mints, Carmel DeLites, Peanut Butter Patties, Peanut Butter Sandwiches, Shortbread, Lemonades, Thanks-A-Lot and Daisy-Go-Rounds. In addition, to address the health related concerns of many customers, all varieties, including the popular Thin Mints and Carmel DeLites, will now feature zero trans fat per serving. Cookies are \$4 per box.

The goal of Girl Scouts is to provide a safe and accepting atmosphere where girls will develop strong character and become motivated to succeed in their future careers. The annual Girl Scout Cookie Sale remains their centerpiece for entrepreneurial and business development and ensures that girls gain an understanding of the financial marketplace. In partnership with caring adults, girls develop qualities that will serve them all their lives, such as strong values, social conscience, and conviction about their own self-worth.



Photo courtesy Pawel Sowa

Through her travels as a TEFL instructor, Autumn Yates has had the benefit of teaching English to young children and touring some of the most beautiful temples and natural gardens in Thailand and Korea.

From Carmichael to Thailand Former ValComNews reporter and Carmichael resident now TEFL instructor

By TIM TORKILDSON
Special to The Land Park News

When she worked at the Valley Community Newspaper group in 2005, first as an intern and then as a crime beat reporter, Autumn Yates was fascinated by the stories she discovered in the police blotter.

Ultimately, her stories ran the gamut from comedy to tragedy, and re-enforced

her conviction that the English language is a vehicle of great and profound passion. Yates, a recent Carmichael resident before moving abroad, still recalls with awe her freshman English teacher at Del Oro High School, in Loomis, Calif. – Mr. Albertazzi. She says that although he had been a professional teacher all his life and

See Yates, page 23

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2327 SWARTHMORE DR. CAMPUS COMMONS
\$324,500

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Wendi REINL

916.206.8709

WendiReinl.com

Yates: 'They all had these beautiful scenes of mountains and forests'

Continued from page 22

was in his last year before retirement, he still cried when quoting from William Shakespeare's "Romeo and Juliet."

There's only one word for that kind of attitude, said Yates: "Awesome!"

When you are around Autumn Yates, you'll hear that word often.

International living

The only daughter of Kirk Yates and Marie Jeanne deForet, a Navy Seal and an environmental chemist, respectively, she brings total commitment and enthusiasm to whatever project she has at hand, whether it's news reporting, cartography, or, just recently, teaching English as a foreign language overseas.

She graduated from California State University, Sacramento in 2007 with a degree in English, having put herself through school drawing maps for the phone company. She developed a great desire to travel while working as a map-maker, from the computer screen savers she noticed on everyone's desk at work.

"They all had these beautiful scenes of mountains and forests, places you'd love to visit on vacation – and then when their real-time vacation kicked in they were too tired and broke to do anything but sit at home watching TV," she said. "I decided I wasn't going to let that happen to me."

She decided that teaching English overseas would be her means of obtaining escape velocity.

True to her vow, when she graduated in 2007 she immediately contacted a recruiter and was offered a teaching position in South Korea. She sold her brand-new Jeep

Wrangler for initial expenses ("I'm still making payments on it!" she laments).

She stayed a year in Korea before the knuckling got to her. She explains: "In Korea, the elderly are especially revered, and whenever I would be in front of an elderly lady in a line, she would give me a knuckle in the small of my back, just bore right in, to let me know she wanted my place. One day I finally got so tired of it that I started poking people back myself."

She also admits that, being a true Californian at heart, she didn't care for the frigid Mongolian winds that swept down the peninsula during the winter months.

Off and away

Looking for new worlds to conquer, Yates decided on getting a Teaching English as a Foreign Language certificate at a one-month course offered by TEFL International in Rayong, Thailand. She had researched the facility carefully before applying, but admits that her decision on attending the course in Thailand was due to the center's proximity to the beach – just a half block away on the Gulf of Thailand.

While taking the TEFL International course, she realized that in Korea she had just been a body in a classroom – the teacher trainers at TEFL International gave her the motivation to become sincerely involved with her students.

After graduating, she was offered a position as a teacher at the Rayong school. She now works teaching English to grade school children in a specially prepared classroom on the grounds of TEFL



Photo courtesy Pawel Sowa

Pictured here are backpacker friends of Autumn Yates while on a tour she provided of local temples.

International. She loves every minute of it.

"I'm minutes away from beaches that belong on a postcard," she said.

Advice to those back home

Yates has advice to offer to others who are thinking of a TEFL career.

"Just do it! There's an amazing amount of freedom in teaching English overseas. If you don't like one place, you can just move on to another place," she said. "There's always going to be a job waiting."

Ultimately, Yates hopes in a few years to move on with her boyfriend to Poland, where his grandmother has promised to teach her the secrets of Polish cooking. In her own words, Yates thinks her whole TEFL experience has been – well – "awesome."

The Web site for TEFL International is www.teflife.com.



Photo courtesy Pawel Sowa

Former Carmichael resident Autumn Yates decided on getting a Teaching English as a Foreign Language certificate at a one-month course offered by TEFL International in Rayong, Thailand. She now works at the school in Rayong.

Got News?
E-mail Ryan Rose at ryanrose@valcomnews.com



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Desirable Land Park home featured in both Sacramento Magazine & the Sacramento Bee, has been stylishly updated. The kitchen boasts marble counters w/a 1930's O'Keefe & Merritt stove oak hwd floors throughout. See www.1438PerkinsWay.com \$479,000

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MONA GERGEN 247-9555

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