

'African American Treasures' an inspirational exhibit for all peoples

Special exhibit at The California Museum profiles an important facet of American history

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Editor's Note: In the February 11, 2010 edition of The Land Park News, we published a special commentary on the development of the Curtis Park Village Project at the railyards adjacent to Sacramento City College. We will print your thoughts in the March 11, 2010 edition of The Land Park News. For those who have not yet, please share with us your thoughts about the development plan. E-mail ryanrose@valcomnews.com. Read the original commentaries at www.valcomnews.com.

New look for www.valcomnews.com

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.



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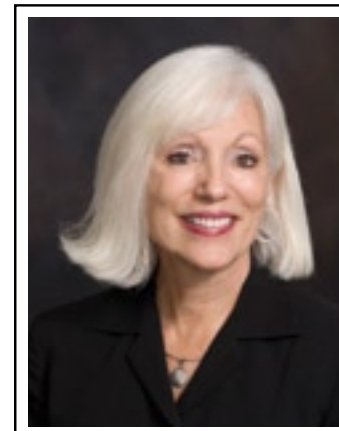
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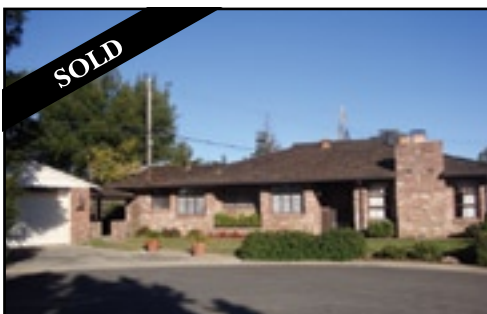
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Know your neighbor

Man of merit: Frank Palmer is Boy Scout for life

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

It's been exactly a century since the Boy Scouts of America became a national organization in the winter of 1910. This is a milestone that 81-year-old Hollywood Park resident Frank Palmer believes that no one, young or old, should let pass unnoticed.

From childhood to senior years, "the Boy Scouts have always meant a great deal to me," Palmer said. "It's been a big part of my life."

Born in Sacramento, Palmer in his youth was a Boy Scout and Eagle Scout – scouting's highest ranking achieved for earning numerous merit badges for outstanding behavior and all-around commitment to others. Raised by his mother in a single-parent home, Palmer found the equivalent of a father in Ed James, a scoutmaster who helped guide him through several scout rankings on his way to Eagle Scout.

As an adult, Palmer's involvement with scouting has remained intense. He's been a frequent traveler over the years to jamborees and other scouting events worldwide and has amassed a large col-

lection of trophies, plaques and other memorabilia in his home on Fernandez Drive, just east of the Sacramento Executive Airport.

Palmer's collection includes several roomfuls of Boy Scout exhibits, and several weeks ago he arranged to put them on display at the Marie Callender's Restaurant on Freeport Boulevard. Abe Khan, the local restaurant's franchise owner, is a long-time friend of Palmer, and the two recently traveled to Pakistan, where Khan was born.

Coming to the U.S. as a youth, Khan has achieved his segment of the American dream. He began as a Marie Callender's kitchen worker and was eventually able to buy the local franchise.

Patrons waiting for their tables can view the Boy Scout exhibits near the restaurant's front door.

Widowed since the death of his wife, Virginia, three years ago, Palmer lives with his cat, Pepper, a surprisingly friendly four-year-old feline, amid a variety of displays representing several different hobbies. In addition to the Boy Scout memorabilia, there's a model railroad that Palmer has assembled himself and several dozen replicas of



Land Park News Photo/Art German
Frank Palmer and Abe Khan with Palmer's Boy Scout memorabilia collection.

lighthouses from all parts of the nation, that he's fashioned from clay. As a long-time member of the U.S. Coast Guard Auxiliary, Palmer has visited lighthouses throughout the nation, and became fascinated by them.

Palmer, who earned his living as an independent contractor specializing in home and business building additions and renovations before his retirement, said he's sometimes inspired by world events in fashioning special exhibits. His front yard, for example, is highlighted by a replica of a plane crashing into the Twin Towers in New York that he fashioned from wood.

"I wanted people to remember what happened that day of 9-11," he explained. "Many of the neighbors turned out to inspect the towers and they really seemed to like what they saw."

Khan and Palmer first met some years ago when Palmer was hired to remodel Khan's Marie Callender's Restaurant.

Another close local friend of Palmer is Loren Hov, a South Land Park resident who graduated with him from McClatchy High School in 1937. Hov, who is active as a docent with the Sacramento History Museum, is hoping eventually to relocate Palmer's Boy Scout materials to that muse-

Scouts find start

William Boyce, a Chicago publisher who felt that a national organization for boys growing toward adulthood was a vital need in the U.S. of the early 20th century, founded the Boy Scouts of America in 1910. The organization soon developed a familiar creed—a slogan to "do a good deed daily" and a motto to "Be Prepared."

um. Some of the documents and other parts of the collection go back almost a century.

Palmer also recalls that he owes a bit of thanks to this newspaper for publishing an article in January warning of the dangers of falling.

After tripping and falling on his front sidewalk a few weeks later, Palmer said, "I remembered what was written, 'To lay on the ground, roll over on my stomach and use my hands to get back on my feet. That's what I did and I turned out to be okay.'"

For larger photos of Palmer's collection, visit www.valcomnews.com.

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Land Park residents keeping Camellia Show in full bloom

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

A Sacramento tradition will continue Saturday and Sunday, March 6 and 7, when the 86th annual Camellia Show will be held at the Memorial Auditorium. But before the venue's doors ever open, many locals will be heavily involved in various aspects of the long-time popular event.

Land Park resident Carol Schanz, who has served as president of the Camellia Society of Sacramento since 2008, said that she is very appreciative of the many society members, who help make the show a success.

"Our members come from many parts of the Sacramento area, including Land Park, East Sacramento, Arden, Carmichael and the Pocket-Greenhaven area, as well as Lincoln, Auburn and West Sacramento," Carol said. "Without the society members' dedication and hard work, this show would not be able to continue. And personally, I'm excited to be a part of this event that has been a tradition of Sacramento for the past 86 years."

Celebration and ceremony

The free event is a celebration of the city's official city flower and was once a part of an earlier Sacramento tradition known as the Camellia Festival.

From 7 to 10 a.m. on Saturday, competitors will place their blooms on tables at the auditorium to be judged.

The venue's doors will open to the public at 3 p.m. and attendees can observe the many freshly-presented ribbons and trophies awarded to the most worthy exhibitors.

The show continues until 6 p.m. on Saturday and from 10 a.m. to 5 p.m. on Sunday.

During the opening ceremony, Mayor Kevin Johnson and Supervisor Roger Dickinson will welcome guests of the event and be available for a meet and greet session.

The show, which is presented each year by the Camellia Society of Sacramento, will also include a plant sale, where guests can purchase their own camellia plants.

Carol said that the show presents a great opportunity for people in the community with camellia plants to become camellia exhibitors.

"Members of the society will be available to identify and help new exhibitors place their flowers," Carol said. "Also, people who are interested in camellias, but are not familiar with the different kinds of camellias will find the show to be a perfect opportunity to see the many varieties of camellias and select the ones that they like for their own yard."

In addition to camellia blooms, the Floral Design Guild will have a camellia floral arrangement competition.

One of Sacramento's sister cities, Matsuyama, Japan, will also have a display at the event.

The show includes competitions for the best camellias in a wide variety of categories, which feature these popular, winter-blooming flowers, which grow on evergreen shrubs or small trees.

As in its previous years, the event, which draws hundreds of camellia lovers each year, will showcase many different colors, shapes and sizes of camellias entered by veterans, novices and first time exhibitors.



Land Park News Photo/Lance Armstrong
Carmichael resident Don Lesmeister, who serves as one of the co-chairs of the Camellia Show, admires one of his camellias.

A flower favorite

Carmichael resident Don Lesmeister, who serves as one of the co-chairs of the Camellia Show and has been involved with camellias for the past 30 years, provided tips for newcomers of the event who are interested in showing their camellias.

Lesmeister said that the flowers should be carefully transported in small cups of 7Up or water with a little sugar, and without touching another flower or leaf.

He added that stems should be no longer than an inch and blooms can be protected by cotton or shredded newspapers to prevent bruising.

Carol added that she still utilizes an important tip about placing flowers from

her father, who taught her to turn a flower on a show table until "its smiles."

Because of its longtime presence in Sacramento, the camellia can be found throughout the city in a variety of ages, varieties and sizes.

Among the many members who grow camellias in their own yards is Pocket area resident Jackie Randall, a past president of the society.

When asked what she enjoys most about the Camellia Show, Randall said, "It's the people. They are like family. My husband (Jim, a former society president) showed camellias for many years and after his death, the only reason I continued to show camellias

See Camellia, page 7

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Camellia: 'Opportunity to celebrate our city's official flower'

Continued from page 6

is I needed to be with my camellia family."

Another member of the society, East Sacramento resident Patty Bonnstetter said that she first heard about the show while working at Sacramento City College.

"In 1981, secretaries at the college were selling Camellia Show buttons, so I decided to go to the show," Bonnstetter said. "In 1983, I bought a house in East Sacramento with 25 camellia plants. I have been attending the shows every year and buying a button and last year, I entered five flowers for the first time and won four ribbons."

Carol, who is a second-generation Camellia Society of Sacramento member, is the daughter of Herbert and Harriet Martin, who were passionate camellia growers and exhibitors.

Herbert and Harriet's initial experience showing camellias resulted from admiring blooms on a camellia plant in their yard, Carol explained.

"My parents were given a couple camellia plants in 1944 as house warming gifts for their home in Oak Park and their interest in the camellias grew as the plants grew," Carol said. "Around 1955, they saw an announcement for the Camellia Show in a local newspaper, picked some of their flowers, entered them in the show and won blue ribbons. This experience began their lifelong love for camellias."

Carol said that her parent's love for camellias was contagious, as she and her husband, Gary, a 1964 graduate of McClatchy High School, became involved with the society and its shows.

In about 1970, Gary began to take an interest in Herb and Harriet's camellias and soon afterward began a camellia collection of his own.

For the past 38 years, Gary and Carol have been actively involved in the Camellia Society and showing camellias throughout the state.

Carol said that like every year, guests of this year's Camellia Show are very important as they support a longstanding Sacramento tradition.

"I would like to personally invite members of the community to come to the show and be a part of this treasured Sacramento event," Carol said. "It is a great opportunity to celebrate our city's official flower and its rich history."

Sacramento's Camellia History

The camellia, with its history dating back to at least 500 B.C. in China, has been a part of Sacramento's landscape for almost every year of the city's existence.

Becoming Sacramento's official flower on Feb. 7, 1941, the camellia dates back to 1852 in the capital city, which is known as the "Camellia Capital of the World."

The popular flower, which is generally seen in solid or combinations of reds, pinks or whites and occasionally yellow, was first introduced to Sacramentans by former Boston resident, James Lloyd Lafayette Franklin Warren, who owned Warren and Co. New England Seed Store at 15 J St. in Sacramento.

Although an effort to designate Sacramento as "The Camellia City" failed in 1910, the camellia's popularity reached a much high-

er level in 1924, when the city's first Camellia Show was held at David Lubin School at 3700 K St.

The Tuesday Club, a local women's organization, sponsored the first three years of the show, followed by the Sacramento Garden Club, which was founded in 1927, and then the Camellia Society of Sacramento, which was formed through the efforts of the garden club's 18-member Planting Committee in 1943.

The Camellia Show was later moved to the State Fair grounds' Garden Court at 49th and V streets, before establishing its most memorable home at the Memorial Auditorium in 1948.

Among the most notable camellia shows at the Memorial Auditorium occurred in 1972, when the nation's first lady, Pat Nixon, and California's first lady, Nancy Reagan, attended the event.

The show, which gained further popularity with the

1955 founding of the once very well-attended, now nonexistent Camellia Festival, was held at the Sacramento Community Center from 1975 to 2003, with the exception of 1982, when it was held at Country Club Plaza.

In 2004, the Camellia Show took a step back in time, as it returned to the Memorial Auditorium.

But no matter where the event has been held, Sacramento's Camellia Show, which is currently part of an eight-show camellia show circuit in Northern California, has continued to be a success.

Furthermore, since its inception, Sacramento's show has been the largest camellia in the world.

For additional information regarding the Camellia Show and the Camellia Society of Sacramento, call Carol Schanz at (916) 447-1969 or Don Lesmeister at (916) 967-8420 or visit the Web site www.camelliasocietyofsacramento.org.

For additional information regarding the Camellia Show and the Camellia Society of Sacramento, call Carol Schanz at (916) 447-1969 or Don Lesmeister at (916) 967-8420 or visit the Web site www.camelliasocietyofsacramento.org.



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'African American Treasures' an inspirational exhibit for all peoples

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

The mission of The California Museum in Sacramento is to engage and enlighten visitors to California's rich history and its unique contribution to the world through ideas, innovation, art and culture. It seeks to inspire all people to dream the California dream and to dare to make their mark on history.

One Southern California couple is making a mark in California history by preserving an important part of the American experience. For the past three decades, Bernard and Shirley Kinsey have collected a wealth of memorabilia with the intent to preserve and present key aspects of America's black heritage. A part of their collection is currently on display at The California Museum.

"African American Treasures: History and Art from the Collection of Bernard and Shirley Kinsey" is an exhibit of the history and courage of a people whose story is an important part of the fabric of American history. The Kinsey's personal collection is extremely diverse, spanning three cen-

turies of politics, art, literature and culture. The story of a people is told here. Tales of suffering, courage, resilience, innovation and achievement.

In a sense, the collection is also a commentary on the Kinseys themselves. As African Americans, both overcame business and social barriers to become one of Los Angeles' most respected couples. Throughout their 43-year marriage, they have demonstrated their commitment to two simple principles: "To whom much is given, much is required;" and "A life of no regrets."

Over 30 items are on display, ranging in age from 1720 to as recent as 2006. It is a remarkable collection of art, books and manuscripts. This is an inspirational exhibit for everyone: every age, race and background.

The exhibit may seem small – only one long hallway in the museum – but plan to spend at least an hour. This is an exhibit of incredible depth, with great balance and sensitivity given to all peoples. The viewer is encouraged to think of each item within the context of its era, as well as today. Visitors will want to take time to read the documents on



Photo courtesy of The California Museum

The California Museum is a place to learn about California's prodigious achievements and contributions to the world.

display, as well as to admire the artwork.

For example, one document on display is a bill of sale. Henry Butler, a free man, purchased the freedom of his wife, Susan, and her children from Mary Anne Graham for \$100 in 1839. The display notes that Graham must have held Butler in high regard, because she sold his family to him for a significant financial loss.

A female slave in her child-bearing years was worth nearly \$2,000.

Other documents show the lack of regard for the humanity of slaves, who were considered property.

Perhaps one of the most disturbing artifacts on display is a letter written by A.M.F. Crawford to dealers in 1854. In the letter, she directs the dealers to sell the 17-year-old young woman who brought

the letter to them. "She does not know she is to be sold," Crawford wrote. The reader is left to ponder the state of Crawford's conscience, especially after reading that the girl was to be sold to purchase horses – and that Crawford "just couldn't" bear to tell the girl's family that she was to be sold. Did her conscience bother her that she had sep-

See Treasures, page 9

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Treasures: 'Significant that we spotlight this collection during Black History Month'

Continued from page 8

arated a family? Or was she only worried about paying for property? One wonders what happened to each of the people in this human tragedy, now swallowed up by the mists of time.

Other items on display include a rare Matthew Brady portrait of Hiram Rhoades Revels, the first black U.S. Senator, letters from Martin Luther King, Jr. and Malcolm X, sculptures by Ed Dwight, Artis Land and Vickson Kaphambe and artwork by African American artists dating from 1870 to the present day.

The exhibit is sponsored by the California Legislative Black Caucus and The California Museum in honor of Black History Month.

"The Kinsey Collection is an important collection of art and history that reflects the unique experience of the African American Community before and since the Mayflower sailed to America," said California Senator Curren Price (D, 26th Senate District). "It is significant that we spotlight this collection during Black History Month, because it reflects a story that every member of California's diverse population can relate to. We are pleased that The California Museum will make this ex-



Photo courtesy of The California Museum African-American Revolutionary Soldier (Ed Dwight, circa 1980, bronze sculpture).

hibit available to citizens of all ages who visit the state capital."

"African American Treasures: History and Art from the Collection of Bernard and Shirley Kinsey" runs through May. 2. The California Museum is located at 1020 O Street in Sacramento. Hours are 10 a.m. to 5 p.m. Monday through Saturday, and noon to 5 p.m. on Sunday. Admission is \$8.50 for adults, \$7 for seniors and students with valid ID, \$6 for children ages six to 13 and free for children ages five and younger. Parking is free on weekends. For more information, call (916) 653-7524 or visit www.CaliforniaMuseum.org.

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Good things grow at county organic gardening club

By **BENN HODAPP**
Land Park News Writer
benn@valcomnews.com

A lot of things seem to be taking the "green" approach these days. But this movement seems to have only started in the last few years as far as cars and other machinery are concerned. One Sacramento club, however, has been advocating the green motto for 25 years in the form of gardening.

The Organic Gardening Club of Sacramento County is a non-profit organization founded in 1985, in the absolute infancy of the movement.

"Nobody really knew much about it at the time," club president Barbara Schulte said. "But now I think a lot more people are going organic."

The club meets on the first Friday of each month at Carmichael Park, 5750 Grant Ave. in Sacramento. The meetings are open to the public and one of the goals of the club is to educate people about the benefits of organic gardening rather than just how to do it.

"It is absolutely the healthiest way to grow food both for the environment and for people,"

Schulte said. "It is very important to grow without pesticides and trying to make the healthiest soil possible."

Healthy soil doesn't just aid in the growing of different fruits and vegetables, it also acts as a nature-made insect repellent, according to Schulte.

"If the soil is healthy it keeps away the harmful insects," she said.

There is a misconception that going organic is a difficult thing to do that leads to much more work being done by the gardener; Schulte described why that's simply not the case.

"It's absolutely easy to do," she said. "You can make it difficult if you want to, but you certainly don't have to. Most nurseries have organic products and staff that can answer any questions you have about it."

As with anything else, there are levels of difficulty depending on how far you want to get into it. Schulte spoke of the organic growing of flowers and plants that can actually attract beneficial insects to an organic garden, which could greatly aid growing.



Photo by kafka4prez via Flickr.com
Healthy soil doesn't just aid in the growing of different fruits and vegetables, it also acts as a nature-made insect repellent, according to Organic Gardening Club of Sacramento County president Barbara Schulte.



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She also believes that the word is getting out about the benefits of organic gardening, partly thanks to groups like hers.

"I think it has become more common recently," she said. "There are many articles out about the different ways to become an organic grower. People are beginning to realize that it isn't complicated and our programs teach them what to do. People are really starting to learn that it's a healthy way to grow."

The group welcomes new members, but Schulte asks that people attend a couple of the monthly meetings before deciding whether to join. The meetings are open to the public and are a good way to introduce yourself to the concept of going organic.

She also said that the Fair Oaks Horticulture Center has an organic exhibit that could be helpful for interested parties.

The March meeting (which will take place on March 5) will welcome master gardener Mary Ose, who will talk about spring gardening preparation.

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Boxing at the Relles Gym



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

One Christmas, my father gave two pairs of boxing gloves to my brothers and me. He hoped this would help us learn to defend ourselves. Terry and I put on the gloves and sparred. Soon other kids came over to try on the gloves and box. We set up an imaginary ring in our backyard. A large tree marked one side of the ring, the garden in the rear marked another, the patio another side and the fence opposite the patio completed the square.

Soon we began scheduling regular 3-round bouts. I fought Dan Petrocchi and he bloodied my nose. He won in a TKO. I fought him later that year in a return match and bloodied his nose. I fought both the Ducray boys. They were tough fighters. I moved adroitly around the ring, kept jabbing and avoided heavy blows. I "flew like a butterfly," but did not "sting like a bee."

We had many other good fights in the newly founded Relles gym. I remember one fight in particular. Lou Viani fought a barnburner with Bob Pesce. They came right out throwing blows as if the fight would last only one round. No blood appeared, but faces reddened from the contact of the gloves. In the second round, the pace slowed. The boys slowly ran out of gas. By the third round, the pace of the fight slowed to a crawl, but the boys kept throwing leather, missing mostly. At the very end of the round, Lou slipped to the ground and in the heat of battle, Bob kept punching. We rushed in to halt the bout. By this time, the two boys were very angry at each other, but we made them shake hands and called the fight a draw. After that, the two good friends walked away with arms around one another's shoulders.

Bob Pesce died from a stroke last year. Lou Viani, a successful architect here in town, found the time to attend his old friend's funeral. They might have once traded blows, but the bond of friendship they forged on Janey Way lasted a lifetime.

The days of boxing at the Relles gym are only a memory now, but dad was right, the boxing did teach us self-defense. It taught us more. We learned to settle our differences by the Marquis of Queensbury rules, not the rules of the street. This lesson was doubtlessly more important than simple self-defense.

"They might have once traded blows, but the bond of friendship they forged on Janey Way lasted a lifetime."

Fundraiser for student trip

Sacramento New Technology High School, 1400 Dickson St., has been selected to attend the International Festival of Tolerance in the Czech Republic. This is the first time that a Sacramento-area group has been selected to attend this exclusive festival near Prague. As a small school of about 330 students, they need outside assistance in order to make their goal of raising \$10,000 in order to afford the round trip flight to Europe, housing, and conference fees. They have had many fundraisers, but now they are asking the community for help. They also will be hosting a pancake breakfast (\$5.00 for adults and \$3.00 for kids 12 and under), Rummage Sale and E-waste Fundraiser on Saturday, Feb. 27, from 8 a.m. to 3 p.m. at the school. To make a direct donation to their cause, call (916) 433-2839.

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Eppie's restaurants, The Great Race founder reminisces about his local memories

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

When it comes to local history, there have certainly been a great number of businesspersons who have gained widespread recognition within the capital city. But of these individuals, few have maintained such a lengthy career as Eppaminondas "Eppie" Johnson.

Many East Sacramento area residents remember Eppie, 81, for the first of his chain of restaurants, which were each known as Eppie's Restaurant and Coffee Shop.

This restaurant, which opened at 3001 N St. on June 15, 1964, was designed by the

Los Angeles architects Louis Armet and Eldon Davis.

The building, which fronted James and Geraldine Burkett's Imperial 400 Motel at 1319 30th St., was no ordinary structure, as within a year it was named the "Best Designed Coffee Shop in the Country" by Institution Magazine.

Built at a cost of \$285,000, the popular eatery was originally operated under a lease from Edwin J. Bedell, a former Sacramento hotel and restaurant owner.

Launching a legacy

The grand opening of the restaurant, which was attended by Mayor James McKinney and other notable Sacra-

mento figures, included the first dollar paid to the business by Richard Rathfon, who was the head of the city's planning commission and a then-future city manager.

Rathfon's contribution of a 1957 Silver Certificate dollar was additionally significant, since Rathfon had suggested the 30th and N streets site to Eppie.

Eppie recalled his desire to own his own restaurant and coffee shop.

"I always wanted to do a 24-hour coffee shop like Denny's and Carrow's, so I heard that Eddie Bedell owned a whole half a block at 30th and N streets," Eppie said. "I contacted Mr. Bedell, who was in Car-



East Sacramento News Photo/Lance Armstrong

Eppie Johnson, who established the very popular chain of Eppie's restaurants, has had a very notable life during his six decades in the capital city.

mel and he came up to see me, but it looked like Sambo's really wanted it. (Bedell) wanted a \$15,000 lease deposit, so I assured him that I had the money that I didn't have and then I started selling stock to different

people. I wasn't to sure if I was going to get the site and one day, (Bedell) called and he said, 'Let's make a deal. I went to Sambo's and the place is filthy.' So, we kind of shook hands on it and

See Eppie's, page 15

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Eppie's: 'They share with me their memories of the place' said DeWitt

Continued from page 14

we went ahead and hired an architect. I went to Los Angeles and I found the best restaurant architect I could find."

Expansion of Eppie's

Eventually, Eppie's restaurants expanded to include many locations, including sites in Las Vegas, Cameron Park, Turlock and other Sacramento area locations, including 6341 Florin Road, 4600 Madison Ave., 2525 Watt Ave. and 4657 West Capitol Ave.

Eppie said that the opening of other locations of his restaurant was spurred through customers who would often ask when he was going to open new locations of the restaurant.

Eppie, who was once recognized on the cover of Sacramento Magazine with the title, "The Greek Tycoon," explained that although he is most widely known for his Eppie's restaurants, his establishment of these restaurants, which folded about a decade ago, were far from his first experiences in local restaurant service.

Many longtime residents remember that Eppie once worked at his father, George

E. Johnson at Del Prado Restaurant, which was located at 5500 Stockton Blvd.

Eppie said that after being raised by his mother, Anastasia Johnson, in the Astoria neighborhood of Queens, New York, he attended New York University, before heading to Sacramento in 1950 to work for his father.

George, who was born in Broussa, Turkey in about 1900, was well established as a successful businessman by the time Eppie became a Sacramentan himself.

In addition to owning the Del Prado Restaurant, George at various times also owned the Little Giant Restaurant near Hart's Cafeteria on K Street, Cordova Lodge at 10701 Folsom Blvd. in Rancho Cordova and 8 Pillars Coffee Shop on Stockton Boulevard at Fruitridge Road, adjacent to Del Prado Restaurant.

Eppie's story

Coming to America at the age of 13 and volunteering for the United States Army five years later, George was an essential member of the Greek Orthodox Church of the Annunciation in Sacra-

mento and a nationally known figure in Democratic politics.

Eppie said that in addition to working for his father, he spent time as a caterer for such places as The Limelight bar on Alhambra Boulevard and many Bar Mitzvahs in South Sacramento.

Eppie also purchased tennis clubs in Davis and in the south area at 6000 South Land Park Drive.

These days, Eppie no longer owns any restaurants or tennis clubs, despite common confusion caused by the fact that his old West Sacramento location that bears his name is still in operation – it is privately owned by a different owner – he is still very active in the community.

His current activity in the community consists of the continuation of one of the city's better known annual events, The Great Race, which is sponsored by Eppie's Great Race Foundation.

This year, the 37th edition of this nonprofit run, bike and paddle event, which was first held on July 27, 1974, will be held along the American River Parkway on July 13.

Today, the 30th and N streets Eppie's building – a newer,

yet still classic structure that was built after a fire struck the original building – still stands awaiting a new tenant.

While working on the upkeep of this building last week, handyman Per DeWitt explained that although The Great Race is Eppie's last remaining major public endeavor, people certainly have not forgotten about their fond memories of Eppie's restaurants.

"Every single time I'm working here, 15 to 20 people will come up to me and ask me about the

restaurants and this (location)," DeWitt said. "Anyone from street people to bus drivers ask me when the restaurant is going to open and they share with me their memories of the place. Everyone just really loved Eppie's."

Eppie added that East Sacramento residents and others should eventually be able to dine at the old restaurant site, once he finds the "right people to lease to."

"I have had offers for the place, I am just waiting for the right people to come along," Eppie said.



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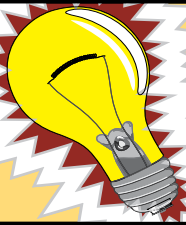
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Love at first bite: Sushi Café offers unique feast

By JENEKA SANFORD
Land Park News Writer
reporter@valcomnews.com

It's hard to remember the first time I stepped foot there, but it was love at first bite.

I'd heard about Sushi Café several times before we ever went. Various friends were always saying, "We found the best new sushi place!" I was curious what all of the commotion was about because for years, East Sacramento has been known for many things, but great sushi restaurants were never one of them.

Located at 1221 Alhambra Blvd. behind the old Andiamo's restaurant, Sushi Café can be hard to find, but it has become a favorite among East Sacramento residents. When we walk in, we are always greeted with a warm and friendly "Irashaimase," which means "welcome" in Japanese, from the hostess and sushi chefs, and we rarely have to wait for a table.

We usually start with two tall Asahis and an order of their barbecued albacore, which is delicious. The menu offers 68 different sushi rolls, but we always order our two favorite rolls, which are the Café Special and the Alhambra rolls.

The Café Special roll includes shrimp tempura, snow crab, avocado, fresh salmon, sauce, green onion and masago. Not being a sushi chef or connoisseur, I can't claim to know what makes this roll so tasty, but I think it has to do with the combination of the crunchy shrimp tempura, the special sauce and the fresh snow crab that makes the Café Special truly special.

The Alhambra roll, which includes spicy lobster, tempura scallops, and lightly torched salmon with garlic sauce, works so well because the end result is a very savory, spicy-sweet combination that does not disappoint.

What to expect

Although we are only there once or twice a month on average, our favorite servers, Phoebe and Michelle, always remember our order, and service is always speedy and efficient.

On a recent Friday night, we decided to try happy hour, since we'd been told they had great deals on happy hour. As usual, we weren't disappointed. Happy

hour, which is offered on Mondays through Saturdays from 2:30 to 5:30 p.m., is very popular among East Sacramento residents, especially on Fridays. Rolls are \$5.00, and beers on draft (Kirin and Sapporo) are only \$2.50 a pint. On most nights, the owner, Dean Louie, can be found having a beer or shot of sake with friends and restaurant patrons. A sake enthusiast, he has a wealth of knowledge regarding sake made both locally and abroad. Ironically, he said he is not a huge sushi lover, which I found unbelievable considering how incredible his restaurant's sushi rolls are. He prefers sashimi, he told me, along with the great selection of sake and beer they have to offer. The general manager, Damon Lee, however, does love the rolls, and his favorites are the Paradise, Freeport, and Alhambra rolls.

The Sushi Café in East Sacramento has been open since late 2007, and the other Sushi Café, which is located at 4491 Freeport Blvd., has been open since 2002. My fiancé and I can't ever go there without running into several friends and acquaintances, which is always so nice. If their present success is any indicator, I imagine that Sushi Café will be a well-loved East Sacramento establishment for years to come.



Photo by Robert Ossa
Meghan Vasquez, on left, and sister Arielle Hill at East Sacramento's Sushi Café. The rolls they are enjoying are the Café Special roll and the Alhambra roll.



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From left: Wes, Ted, and Henry

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GET IN THE CALENDAR

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.

FEBRUARY

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 UUSS 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.

Pocket girls softball

Register now through March 1 for the 2010 season or visit www.pocketgirlssoftball.com. For girls ages 4 1/2 to 16.

Short Story Contest

Open to ages 16 and older. \$5 entry fee. Please make checks payable to Friends of the Elk Grove Library. Deadline for entries is 5 p.m., Saturday, April 3, 2010. Entries may be fiction or non-fiction and not longer than 1,000 words. Manuscript must be typed and double-spaced. Final word count to be written at the top of the title page. Name, address, phone number, email address and story title to be written on a 3x5 card and attached to the entry. Do not put your name on the manuscript. Winners will receive cash awards. First place-\$100 Second place-\$75 Third place-\$50. Awards will be presented at the Elk Grove Library Writer's Workshop, April 17, from 10 a.m. until 2 p.m. Submissions will not be returned. Mail or bring your manuscript to Elk Grove Library Short Story Contest, 8900 Elk Grove Blvd., Elk Grove, Ca 95624.

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.

American Guild of Organists concert

Feb. 26, Friday, at 7:30PM at St. John's Lutheran Church, 1700 L Street, Sacramento, \$10 suggested. The Sacramento Chapter of the American Guild of Organists joins with St. John's Lutheran Church in present-

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

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ing the famous Wanamaker Grand Court Organist, Peter Richard Conte. Known for his orchestral transcriptions played on the organ, Conte performs at the Macy's store in Philadelphia 2 times daily. That organ is the largest fully functioning organ in the world. Conte's performance in Sacramento will include a silent movie "The Kid" (Charlie Chaplin). More information about Conte is available from his management association: www.concertartists.com. Information about the organ at St. John's is available from nmetzger@rcip.com.

FEBRUARY 27

Friends of the Library event for schools

Pocket-Greenhaven Friends of the Library is hosting an event to donate children's books at Dude Where's My Yogurt! on Saturday, February 27, and receive a discounted yogurt! School with most donations will win a Borders \$100 gift card for their School's Library Books will be sold at the Pocket-Greenhaven Friends of the Library annual book sale in the spring.

Free E-Waste Recycling

All residents and businesses are welcome to donate their e-waste Saturday, Feb. 27 from 10 a.m. to 3 p.m. at McClatchy High School, 3066 Freeport Blvd., in the front parking lot. This service proudly brought to you by McClatchy Aquatics and Neuwaste Business Recycling.

Concert at First Christian Church

Singer/Songwriter, Dan Paul brings his guitar to First Christian Church on Saturday, February 27. The concert begins at 7:00 p.m. and will also feature "Celebration." All members of the community are welcome. No tickets, the concert is on a donation basis, with donations going towards the Disciples of Christ regional ministries in N. California. Suggested donation, \$10 for adults and \$5 for 21 and younger. First Christian Church is located at 3901 Folsom Blvd. in Sacramento. For more information call, (916)452-7661.

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Faces and places

Year of the Tiger roars into the region

Throughout the week of Feb. 16 to Feb. 19, students from Kennedy High School celebrated the Chinese New Year, which was February 14. According to tradition, this is the "Year of the Tiger." And it was certainly cause for excitement at Kennedy High, where students performed traditional Chinese dances and heard speeches from local political leaders like Sacramento County Supervisor Jimmie Yee, who is also a former Sacramento mayor.

Pictures and cover by Land Park News photographer Noah Winn.

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Special commentary: Women and the gravity of aging

By **DARBY PATTERSON**
Land Park News Columnist
darby@valcomnews.com

I am surely not the only person (okay, woman over 50) who watched Nancy Pelosi sit at the President's left side during the State of the Union Address and make faces. From her inaugural ap-

pearance as the first woman on the dais in 2009, she's been, well, a distraction.

More than a year ago Pelosi, 69, staged her own performance as Mr. Obama made his first speech to the nation. She contorted her face, pursed and un-pursed her lips, scratched her cheek, pushed

her hair, ran her tongue across her teeth and engaged in what my grandmother would have called "monkeyshines."

Now, I mention this in the context of my aging and longevity column because I believe I understand her desire to be facially animated. Simply put, stern faced women over a certain age are worried about looking like shar pei's – with deep wrinkles creasing from nostril to outer lip. Television cameras make this effect (and the presence of wrinkles – that seem to have miraculously disappeared from Pelosi's face) even more pronounced. In short, pulling back the facial muscles with a slight smile is a female device (and an effect of Botox) to minimize the effects of gravity.

Vice President Biden, 68, had no such worry because, surprise, life is not fair. As men age and their hair turns silver (or vanishes altogether) they assume the look of wisdom, the cache' of experience. Thus, as Biden sat stone faced through the speech, resembling one of those unhappy emoticons people add to e-mails, he looked just fine.

The issue of personal appearance as women age is complicated by America's cultural mores' – we worship the young

and beautiful. We Botox, eye-lift, chin-tuck and pile on expensive serums guaranteed to shrink your bank account, but not those wrinkles. Of course, the ideal is to grow older with grace, accept physical changes that we can't control and focus on characteristics that matter – personal traits that make us unique and bring value to people in our environment. That's the ideal, not our reality.

The poster-woman for remaining youthful through the wonders of cosmetic surgery is Joan Rivers who swears she would have been out of work 20 years ago had she not dubbed herself the Face Lift Queen. Who knows, she may be right. Although her humor is as ribald and sharp as ever, it may have not been enough to keep the moguls of show biz laughing with her.

I can neither condone nor condemn the surgical solution because I am experiencing the conundrum faced by women who continue to work in a competitive professional environment. I want to be the wise sage that develops greater inner beauty as the outer shell transforms. At the same time, I fear my contributions will be discounted in the presence of youthful enthusiasm.

However, those of us in the second half may find ourselves

in good company. With the Baby Boomer generation about to take center stage, aging issues and preconceptions are changing. Surprisingly – or perhaps not so surprising – Hollywood may be leading a charge. In the past few years, mature women have been winning leading roles that don't make them look like dithering fools. Recently, Meryl Streep appeared as a love interest sans lots of glamour; she'll turn 60 this June 22. Helen Mirren is 64 and landing substantial roles; and Judy Dench still gets great parts and appears to have gone knife-less.

We're learning much more about healthy longevity for our bodies, and for our minds. I'm hoping that this growing demographic and new scientific research will help create new perceptions about growing older and, in many ways, better. Perhaps women will become beneficiaries of changing attitudes and expectations. It would be nice – comfortable – to simply grow better with age that mirrors the beauty of our spirit.

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

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Sun 9 to 6



2924 Freeport Blvd
Sacramento, Ca
916-443-5154
www.taylorskitchen.net
Wed - Sat 5 to 9:30

Upcoming Events at Taylor's

Butchering 101 - Lamb

Presented by Danny Johnson

March 20th ~ 10am at Taylor's Kitchen

\$40.00 per person ~ tickets available at Taylor's Market

Cheese Basics

Presented by Cheesemonger Felicia Johnson

March 27th ~ 10am at Taylor's Kitchen

\$25.00 per Person ~ tickets available at Taylor's Market



red all over

D E S I G N

New offer from Valley Community Newspapers!

Valley Community Newspapers, Inc. (publishers of the Arden-Carmichael News, the East Sacramento News, The Land Park News, The Pocket News, California Kids!, The Valley Shopper and The Valley Wedding), has a new service to offer our clientele.

Red All Over Design, our in-house design department, will utilize its experience and expertise in the newspaper industry to ensure YOU, our client, receive the greatest impact in the visual medium.

Red All Over Design will help build your brand. Let us create your personal marketing package. Our design services are available for:

- Advertisement design
- Commercial flyers
- Logo development
- Political campaigns
- Public service announcements
- Brochures
- Posters
- Postcard mailers
- Identity systems (business card, letterhead, envelope)
- Any print design

Contact Ryan Vuong at 916.429.9901 or e-mail RedAllOver@valcomnews.com for more information. Invoicing available and we accept all major credit cards.

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Valley Community Newspapers, Inc. is located at 2709 Riverside Boulevard. Learn more about us and our family-owned company at www.valcomnews.com.





Windermere

Dunnigan Realtors



RIVERLAKE HALF PLEX

Custom Half Plex in Riverlake's Dutra Bends upscale neighborhood. Walking distance to the Sacramento River, walk/jog walkway, Marriott Park, Garcia Bend Park & boat launch. Plantation shutters, gas log fireplace. Hardwood floors in kit & breakfast area. One bedroom & full bath downstairs main level. Newer tile-type roof. Inviting pool & spa in backyard. See www.7706RioBarcoWay.com \$359,000

CONNIE LANDSBERG 761-0411



QUIET NEIGHBORHOOD

South Land Park home well cared for by long time owner. Tiled central entry, LR & FR overlooking patio & yard. Refinished hardwood floors, dual pane windows & doors thru-out. Plantation shutters, newer roof, water heater & HVAC. Master suite w/slider to patio. See www.1388SanClementeWay.com \$319,000

ELAINE OWENS 747-8479



LAND PARK CUTIE!

New roof, new central heat & air conditioning, fresh exterior paint, clear pest report, new sod & sprinklers on timers in front yard. Beautiful hardwood floors in all rooms except bath. Large covered patio views large backyard with trees. See www.1804LarkinWay.com \$225,000

CONNIE LANDSBERG 761-0411



LAND PARK TUDOR

Beautifully remodeled Tudor located in Land Park's prestigious College Track. 5 bedrooms, 2 baths w/ over 2800sf on .27ac. Dual pane windows, clear pest work & pristine condition. An amazing value! See www.3401CollegeAve.com \$659,000

KARA LABELLA PARKER 716-3313
LIBBY LABELLA NEIL 539-5881



RIVERLAKE HALF PLEX

Sparkling Half Plex home located in private gated Bridgeway in Riverlake. Lake access with picnic tables and boat dock. 3 master suites. One bedroom and full bath downstairs main level. New carpet and fresh interior paint. Laminate floors in dining area. Newer tile type roof. Cul-de-sac. See www.7724BellBridgeWay.com \$359,000

CONNIE LANDSBERG 761-0411



THIS HOME HAS IT ALL!

Amazing 5 bedrm, 3 bath, 3 car gar, tile roof w/ huge.20 acre lot. Gorgeous kitchen overlooking a spacious family room. Kitchen w/granite, stainless steel appliances, center island & much more. New interior paint. Spectacular floor plan with elegant spiraling staircase. See www.8620BlueMaidenWay.com \$274,500

MONA GERGEN 247-9555

ROUNDTREE CONDO

Gated community with pool and clubhouse plus covered parking. 2 Story unit with 3 Bedrooms and 1.5 bathrooms. Fireplace in living room. Unit is sold as is and needs your updating touches to make it a great home. See www.302RoundtreeWay.com \$99,000

RON ROBERTS 808-0118

BIG YARD, WELL TENDED

Good sized, well-kept ranch style home. Roof & Central Heat & Air less than 2yrs old. Large covered patio with large yard and many fruit trees. Some hardwood floors. Nice brick fireplace in family room with built in bookcases. Personal property in home is negotiable. See www.7267SLandParkDr.com \$269,950

JOHN WONG 531-7150

NOT YOUR GRANDMA'S BUNGALOW

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 hdwd floors throughout. See www.1438PerkinsWay.com \$459,999

LISA MARTIS 612-7548
NANCY WEEGE 600-5458

EICHLER BUILT

Artistic ambiance, open & **PENDING** roof & central heat & air. Mid-Century contemporary - one of a kind and wonderful. Don't miss this one - you will love it inside and out. Private peaceful and tranquil! See www.6430OakridgeWay.com \$375,000

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