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Re: Curtis Park Village Project

**Your thoughts, your feelings, your letters**

*Editor's Note: In the December 10, 2009 and February 11, 2010 editions of The Land Park News, we published two special commentaries on the development of the Curtis Park Village Project at the railyards adjacent to Sacramento City College. You e-mailed letters and opinions. We've included a few of those letters here. Read the original columns online at [www.valcomnews.com](http://www.valcomnews.com).*

**Impressed by Grimes**

I was extremely impressed with the special commentary in your December 10, 2009 edition of the Land Park News regarding the Curtis Park Village Project.

I have been a resident of Land Park for over 20 years. My children grew up in Land Park. Our family lived the dream life that can only be provided by a quality neighborhood like Land Park. We enjoyed high caliber schools, neighbors, recreational facilities and gladly reaped the benefits afforded us.

During this period, I have driven countless times over the railroad tracks on Sutterville Road on my way to and from Highway 99 and observed the toxic and blighted area abandoned by the Union Pacific Railroad. Each time, I have

thought to myself that perhaps someday that area will attract someone bold enough and imaginative enough to turn that into another fine neighborhood asset instead of an eyesore.

Five years ago, my wishes for that area seemed to be on the way to being granted. A fine developer, Paul Petrovich, who has put together several widely acclaimed projects in Sacramento that have made our town a better place to live and shop, took on this monumental project. I have followed his progress through the media, conversations with other residents and at Town Hall type meetings arranged by Mr. Petrovich.

The last meeting I attended was held in one of Mr. Petrovich's projects that actually transformed a habitual eyesore into a viable and attractive addition to the Land Park neighborhood, Stone Pointe Shopping Center. The meeting was very well attended and completely organized and funded by Mr. Petrovich. It was his attempt to put forth the facts regarding his development known as Curtis Park Village. Mr. Petrovich was extremely forthright in his presentation regarding the project. He clearly and respectfully pre-

See Letters, page 3



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# Letters: Your opinions

Continued from page 2

sented the accurate history regarding the evolution of this project and refuted the falsehoods being propagated by what appeared to be members of the central committee of the Curtis Park Neighborhood Association (CPNA).

The meeting convinced me that the CPNA has a vacuum of leadership and needs to reassess the direction they are taking regarding this project before it is too late. I know it is hard to motivate people to join and participate in neighborhood associations because of all of the other time consuming activities that confront us on a day-to-day basis. We all have limited amounts of time and energy to devote to any project.

I am now afraid that my hopes and dreams about the favorable rebirth of the Union Pacific Rail yard are going to be dashed by the actions of a few people seemingly without rational basis and common sense. If this project does not work in the fashion proposed by Mr. Petrovich then I fear it will never be done right and this area will either stay the blight it has been for decades or become a light industrial center, neither of which is part of the neighborhood I want to see left for my descendants. Mr. Petrovich has clearly approached this project investing a great deal of

thought, deliberation and incorporation of CPNA ideas, not to mention his personal fortune, and come up with an extremely viable plan.

I think Ms. Grimes probably hit the nail on the head in her article. I also think that all of the residents of Land Park need to rethink this situation and the effect of failure on our neighborhood. We will all travel by that area for the rest of our lives and see either a thriving neighborhood and retail village as envisioned by Mr. Petrovich or the continued eyesore that has been there for too long.

- Timothy Zeff

### Concerned by plan

OK – I, too, sympathize with Petrovich. He seems to be a very nice guy with the best of intentions. And he has been cooperative with requests for changes. He certainly has invested a lot of money in the project – although much of the \$40 million has come from government sources, not his own bank account. And the railroad company definitely and grossly lied to him about the extent of poisoned soil – seems to me they should be responsible for the remaining cleanup, not Petrovich.

On the other hand, it is very evident that the plan for huge development in the railyard is not very compatible with the

life styles of residents in Curtis Park and Land Park.

Do you really believe that hundreds of new houses will not create more traffic on already-crowded Sutterville Road and Freeport?

Do you really believe there will be almost no more traffic on residential streets in Curtis Park?

Do you really believe there is a need for more retail stores when Freeport Blvd. is lined

with almost anything a person can ask for?

Do you really believe that a years-long procession of noisy and polluting construction trucks parading all day every day will be a pleasant addition to our lives?

You apparently believe that the entire opposition is created by part of the SCNA board of directors. Agreed that they have been very insistent on lots of things. Perhaps they are just trying to stop any development. If this is

the case, why not make a concerted attempt to get a straw vote from residents of Land Park and Curtis Park to see what the current residents think? Makes better sense than arguing endlessly, doesn't it? At least it would show what people really feel about the very unusual areas they live in.

And yes – do any good things possible, such as working at a bike/pedestrian bridge over the railyard.

- Allen Jamieson

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# Connecting with the City Council, the community

By **ROB FONG**  
Sacramento City Councilmember  
Special to The Land Park News

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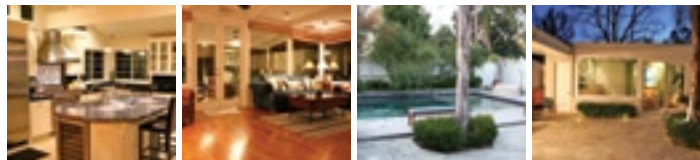
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# Open letter to the community from the nature center director

By MARILEE FLANNERY  
Effie Yeaw Nature Center Director  
Special to The Land Park News

*Editor's Note: As many in the region already know, the Effie Yeaw Nature Center, located at 2850 San Lorenzo Way, may close due to Sacramento County budget cuts. Originally, the nature preserve was to be closed April 1; the center has since received a reprieve, staying open until at least June 30. Now the director of the center is offering an innovative way for this hidden treasure of the Carmichael area to stay open.*

Great news – The County of Sacramento Department of Regional Parks will not close Effie Yeaw's doors on April 1 as previously announced.

Because we face high budget cuts for the next fiscal year beginning July 1, we will propose a transition to a nonprofit founda-

tion. Fairytale Town and the Sacramento Zoo each transitioned from a unit of the City of Sacramento to individual nonprofits in the 1990s.

We will need your help to accomplish this major step of becoming a nonprofit organization.

Your help has been critical. Since the first budget cuts announced in September 2009 there has been a tremendous outpouring of concern, donations and people asking how they can help. Thank you to all of you who have given your money, your extra hours, your passion and your heart to the Effie Yeaw Nature Center.

You have opened your wallets and checkbooks to fill our donation box, or clicked the Web site link (or e-mail at [eync@saccounty.net](mailto:eync@saccounty.net)) to donate. Thank you.

You have trusted us with your children. Thank you.

You have given us your precious time: those late-night hours building exhibits from next to nothing, those afternoons cleaning smelly animal cages, those early mornings stoking the fire in celebration of Maidu Indian Day. Thank you.

Maybe you worked for me and with me and now you sit at home because we've already had to cut so many staff hours at the beginning of this fiscal year. You deserve special thanks. No one will ever know how much you have managed to do with so little.

### What can you do now?

The Effie Yeaw Nature Center is the heart of the American River Parkway and you the volunteers, supporters and staff all made it what it is. Though it is winter and the heartbeat is quieter, we know spring will soon arrive. As spring wakes the Na-

ture Area and it thrums with life, the Nature Center will begin an exciting transition with your help.

The EYNC will certainly need some financial support from the County of Sacramento while it transitions from a unit of County Parks into a strong nonprofit foundation of the American River Parkway. We hope this transaction will be accomplished so that the schools of the Sacramento Region can continue to receive our popular nature education programs, and the nature preserve will be protected and safe.

If you have skills that can help to guide this transition, please volunteer to help the American River Natural History Association (visit them online at [www.arnha.org](http://www.arnha.org)) negotiate a transition contract with the County of Sacramento.

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Know your neighbor: The building of a landmark

# Hughes Stadium's legacy began more than 80 years ago

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

*Editor's Note: This is part one of a two-part series. Read part two in the March 25 edition of The Land Park News.*

Among the many entertainment venues of the capital city, few can boast such a profound history like Land Park's Hughes Stadium.

From football and baseball games and motor sport competitions to boxing, graduations and concerts, the stadium, which was originally known as Sacramento Stadium, has been home to many memorable local events.

Although the stadium is certainly not the major entertainment venue that it once was, as its formerly golden reputation and popularity has considerably faded in more recent years, its legacy undoubtedly continues to shine.

The story of the stadium dates back to the 1920s when efforts were being made for the selection of a site and the construction of the venue, which would become the only one of its kind in Superior California.

Prior to the decision to build the stadium on the campus of Sacramento Junior College – today's Sacramento City College – an earlier proposal to construct the stadium in William Land Park had received considerable attention.



Photo courtesy

To add to the public's enthusiasm of the new stadium, a "Pack the Stadium" on opening day campaign was launched in the late 1920s.

um in William Land Park had received considerable attention.

On April 2, 1926, The Sacramento Bee reported that efforts to build a stadium in the park had been abandoned.

With this decision, which was made upon the advice of several attorneys, including City Attorney Robert L. Shinn, City Manager H.C. Bottorff began to investigate alternative stadium sites.

### Founding and funding

Following his eight-month search, Bottorff presented his findings to a group of local citizens and various of-

See Stadium, page 7

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# Stadium: "Pack the Stadium" on opening day campaign was launched

Continued from page 6

ficials at the annual Sacramento Service Club Forum banquet.

During the Dec. 7, 1926 gathering, Bottorff said that he felt that the new stadium, which he added should include a quarter-mile track and an accompanying, nearby parking lot, should be constructed on at least a 14-acre area on the junior college property.

Estimating that a 15,000-seat stadium could be built for \$75,000, Bottorff added that it should be paid for by script, the municipal budget and the school board.

Bottorff's plan was well received at the meeting, but perhaps the most important endorsement of the idea came from Mayor A.E. Goddard, who attended the banquet and pledged his support for Bottorff's proposal.

Also attending the gathering was Robert G. Sproul, controller of the University of California, Berkeley, who described the importance of the stadium.

"A stadium is a social asset to a city and will certainly promote sport," Sproul said. "With one, a city may give pageants, use it for graduation exercises and it will be invaluable for the schools of this vicinity."

Additionally, Sproul suggested that the stadium be constructed as a "horseshoe-shaped arena" with sufficient space "to expand it without too much cost."

## Constriction and building

As the efforts to have the stadium constructed at the junior college site continued, the Sacramento Stadium Commission was formed and by April 27, 1927, the commission issued a statement in *The Bee* declaring that the commission trusted that there would be no delay in its plans to bring a stadium to the people of Sacramento.

A major event in the stadium's history occurred in February 1928, as ground was broken for the new, 23,000-seat stadium, which would eventually be built for about \$200,000.

Six months later, the stadium, which was designed by Dean and Dean and con-



Hughes Stadium has played host to a number of Sacramento's historic gridiron contests, including the "Holy Bowl" between Christian Brothers and Jesuit high schools.

structed by George D. Hudnutt, Inc., was nearly completed.

Final details of the stadium were finished as the venue was readied for its dedication and inaugural day's events, which were to be held on Saturday, Oct. 13, 1928.

To add to the public's enthusiasm of the new stadium, a "Pack the Stadium" on opening day campaign was launched.

So great was the drive to fill the stadium on this historic day that even local businesses participated in special efforts to encourage Sacramentans to support the campaign.

Retail sporting goods supplier, the Kimball-Upson Co., for instance, ran a large advertisement in *The Sacramento Union*, which included the following words: "To pack the stadium on its opening day should be a pleasurable duty of every resident of Sacramento city and valley who can possibly arrange to attend the formal opening - another victory marker on the highway of progress and a magnet that will draw to this city its full quota of the important athletic activities of the valley."

## The opening day

This memorable day in Sacramento history finally arrived as the Sacramento High School band marched onto the field at 12:40 p.m.

Twenty minutes later, the crowd roared as a gridiron contest between Sacramento and Modesto high schools began.

Following the game, a dedication ceremony commenced at about 2:35 p.m., as high school and college bands entered the field and began playing, followed by a drum corps performance and the entrance of a dedication party.

At about 2:50 p.m., the stadium was officially dedicated during a 20-minute ceremony, which included speeches by Dr. Lester R. Daniels, president of the stadium commission, California Gov. C.C. Young and Murray Hulbert, president of the Amateur Athletic Union

and a director of the international Olympic Games.

The ceremony was also attended by the new stadium's manager, Edward S. Loder, who formerly served as the manager of operations of Stanford Stadium and was in charge of large events at the Rose Bowl in Pasadena.

The historic day's activities ended with a second football game, a contest between Sacramento and Santa Rosa junior colleges, thus concluding the earliest beginnings of the community's long relationship with its cherished stadium.

Read Part two in the next edition.

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# Economic expansion and development on Riverside Blvd.

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

When Jennifer Benton, Jason Williams and Carol Hernandez began their business two years ago, it was the culmination of a business relationship that had spanned 10 years. Their shop, Artisan Salon, soon built a clientele in its little lot at 3193 Riverside Blvd., all while making the most of the 1,100 square feet at their disposal.

But before long, space became an issue and the opportunity to expand was staring them right in the face.

"I would sit in the lobby and look at the place across the street," Hernandez said of the large vacant building visible from their shop.

The three business partners reacted swiftly to ensure that the building at 3198 Riverside Blvd. re-

mained vacant no longer. In fall of 2009, the process of making the short, but giant leap across the street was underway.

First, they had to secure all the necessary permits to make the move. This process was especially nerve-wracking for them. Hernandez described the process as "a lot of hurry up and wait." Once the permits were acquired, it was time to get down to the next phase – moving in.

The move began in early January and took three weeks to get everything squared away in its new proper place. The lot, which was formerly Taylor's Coffee Emporium and also Central Valley Coffee, is roughly 2,000 square feet according to Hernandez. The extra space provided for plenty of room to play around with – something that the old

location simply didn't provide.

The extra space has allowed them to add two additional stations as well as an area for the newly minted on-staff massage therapist. Hernandez said they hope to soon have a manicurist on staff as well.

"It's a beautiful building," Hernandez said. "It has some history behind it in the area."

The building sat dormant for a long time before Artisan moved in. But now that the large shop once again has an identity, the Riverside Boulevard Business Corridor might just get a shot in the arm, Hernandez believes.

"It brings a new life. We think that it will bring people to the area and will be a welcome place for people to visit."

The new digs, now at 3198 Riverside Blvd., come com-



Land Park News Photo/Linda Pohl

Artisan Salon owner Carol Hernandez tends to a client at their new shop at 3198 Riverside Blvd.

plete with what Hernandez called an amazing staff of 12 stylists and the aforementioned massage therapist. Five of the stylists are brand new to the salon.

As for the old location, nothing has been decided as of yet in regards to what might one

day fill its walls, but it is rumored that a business in the area could soon move in to fill the void.

The salon had a soft opening without a lot of fanfare on Feb. 9. It was the end of a long process, a quick move and hopefully a long stay for the owners. In the short time that the salon has been open, many residents have stopped by to see what is going on with the newly filled space. Clients, both new and old, helped to make the process as easy as possible according to Hernandez.

For those who are unaware of the salon's opening last

See Artisan, page 9

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# Artisan: Salon is now open for business

Continued from page 8

month, don't worry, a grand opening is in the works for the end of March.

"We want to make it a customer appreciation-type thing," Hernandez said. "We want to show the people in the community that we're here and that we really do appreciate them."

She also spoke of drawings for hair products as well as having half price haircuts on Tuesdays and Saturdays.

The salon offers full service hair care including facial waxing, extensions, highlights, lowlights, makeup and special occasion hair. The shop is open Tuesday through Friday from 10 a.m. to 8 p.m. and Saturday from 9 a.m. to 5 p.m.

For more information about Artisan Salon and the services it provides, call (916) 443-5478 or visit the salon's Web site at [www.artisanlandpark.com](http://www.artisanlandpark.com).



Jennifer Benton, owner Artisan Salon, at work at her new shop after moving her salon location across Riverside Boulevard.

## Janey Way Memories



# The Janey Way Tree Fort



By **MARTY RELLES**  
Land Park News Columnist  
[marty@valcomnews.com](mailto:marty@valcomnews.com)

In 1960, Gary Costamagna built a tree fort behind our house on Janey Way. He picked this tree because it featured four limbs roughly square with each other. The tree stood in a line of trees separating the pit (the vacated sand and gravel excavation lot where St. Francis High School now stands) from the residential housing on Janey Way.

He began by nailing spikes on each side of the tree up 20 feet to where the base of the fort would be. Then, he sawed off the limbs level with each other. After that, he nailed four two by four inch pieces of wood connecting the four limbs. On top of that foundation he fastened plywood for a floor. The next step in the process involved building four-foot high walls around the fort. Finally, he attached a roll of canvas to one side of the structure. This could be rolled back over the top in the event of inclement weather. It took him about a month to complete the project.

*"The pit had been our playground during childhood and finally, like all things, it disappeared along with our tree fort."*

The fort with its clean new wood looked majestic sitting high above the pine tree behind our backyard. Standing in it, facing west, you looked out over the rooftops above Janey Way. Facing east you gazed at the full expanse of the pit. By this time, the pit had been almost completely leveled. Mt. Everest, the mound in the middle of the pit, remained, but the rest of the pit contained mostly small piles of dirt and debris.

We spent hours in the tree fort, playing cards, eating lunch, drinking cokes and just hiding out. After school, I would climb up there to get away and contemplate the events of the day. We also used the fort as a lookout post to monitor activity in the pit or on the block.

Our tree fort lasted about three years. Eventually, workers cut down the entire line of trees on that side of the pit in preparation for the construction of St. Francis High School. That marked the end of an era on Janey Way. The pit had been our playground during childhood and finally, like all things, it disappeared along with our tree fort.

Later in life, Gary built his own home in El Dorado Hills. So the tree fort he built was only a prelude to many building projects he would take on in life. Oh, by the way, Gary went on to be the fire chief of the city of Sacramento, one of many Janey Way success stories.

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## 2010 U.S. Census

# Special Commentary: Millions of dollars for Sacramento at stake

By LINDA BUDGE  
and KEVIN HANLEY  
Special to The Land Park News

As neighbors in the greater Sacramento region, our fates are tied together. The air we breathe, the roads we drive, and where we work and learn cross jurisdictional boundaries. As the U.S. Census Day approaches on April 1, it's important to every community that everyone take the Census. For every man, woman and child not counted, we will lose \$17,000 over 10 years.

If just one percent of people in our six-county region sit out, we will lose \$380 million. Dozens of state and federal programs allocate funds to your community based on how many people live there. Every 10 years, the Census is used to make sure every community across the country gets a fair count.

The potential losses to our community are real—and we've already been feeling them for the last decade. Sacramento County is one of the top ten hardest to count places in the country. That adds up to an enormous loss for our schools, roads, and services.

We need to count everyone regardless of ethnicity, country of origin, or the circumstances in which they live. Our representation in Congress for a decade is based on how many people are here on April 1. It's too important for anyone to not be counted.

Tell your friends, family and neighbors to take the Census. Your answers won't be shared with other government departments, but by filling out the form, you will help fund schools, roads, and services for your community.

*Linda Budge is a Rancho Cordova city councilmember and Kevin Hanley is an Auburn city councilmember. For more information on the 2010 U.S. census, visit [2010.census.gov](http://2010.census.gov). For more on local census efforts, visit [www.valcomnews.com](http://www.valcomnews.com).*

# Local family adopting baby with Down syndrome from Eastern Europe orphanage

Special to The Land Park News

Hector and Jennifer Sanchez in East Sacramento are in the process of adopting Sofia, a one-year-old girl with Down syndrome, from an Eastern European orphanage. They are fundraising the \$25,000 they need to bring Sofia home at the Saving Sofia Crab Feed and Silent Auction on March 19. Additional charitable donations can be made to the Sofia Sanchez Adoption Fund.

When Jennifer first saw Sofia's picture on Reece's Rainbow – an international adoption Web site focused on children with special needs – this past December, she fell in love with the then 10-month-old girl. Jennifer made a small donation to sponsor Sofia in hopes that it would help a family adopt her. But over the holidays, Jennifer could not stop thinking about Sofia.

"I was convinced that there was no way we could actually adopt Sofia," Jennifer said. "How could we? Our house is small. We're crazy busy with three active boys. We have lim-

ited resources. But there were other strong whispers telling me...she has nothing...she has no one...she is alone in this world...what we have is a mansion compared to the crib she is confined to...we have so much love to give...we have everything she needs."

Hector and Jennifer talked with their three biological sons – Diego (age 6 1/2), Mateo (age 5) and Joaquin (age 2 who has Down syndrome) – about the idea of adopting Sofia. And as a family, they decided to adopt Sofia to give her a better life and a family who loves her. Hector and Jennifer are finally going to have the daughter they always wanted, and their boys were finally getting the baby sister they hoped for.

Now their family and friends are rallying to help Hector and Jennifer raise the \$25,000 they need to bring Sofia home. They have organized the Saving Sofia Crab Feed and Silent Auction on March 19.

The Sanchez Family partnered with the local non-profit organization Down Syndrome Information Al-



Photo courtesy Family and friends are rallying to help Hector and Jennifer Sanchez in East Sacramento raise the \$25,000 they need to bring Sofia home.

liance (DSIA) for their fundraising efforts. The DSIA is sponsoring the event and created the Sofia Sanchez Adoption Fund.

Anybody wishing to help Hector and Jennifer offset the cost of Sofia's adoption can make a tax-deductible contribution to DSIA by going to <http://www.downsyndromeinfo.org/donatenow> and writing "Sofia Sanchez Adoption" in the comment section.

Hector and Jennifer are eager to bring their new baby girl home. Go to <http://savingsofia.blogspot.com> to learn more about the Sanchez Family's journey to adopt Sofia.



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# Shamrock Club puts the spirit in city's St. Patrick's Day Parade

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

As Sacramento once again prepares to come alive with a variety of activities to celebrate St. Patrick's Day, one local organization believes in making the celebration of Irish heritage and traditions a yearlong activity.

This organization, The Shamrock Club of Sacramento, is dedicated to its mission of "fostering and preserving the traditions of Ireland for the people of the greater Sacramento region."

The club is also very well connected with the Arden, Carmichael and Land Park

areas of Sacramento, explained Chris Brown, a South Land Park resident, who grew up within a lion's roar of the Sacramento Zoo.

"We have about 15 members from the Arden and Carmichael areas and about a dozen more from the Land Park area," Brown said. "Our many valued members span from Grass Valley to Lodi and areas throughout Sacramento. We couldn't expand our club into the future without our founding and new members. But we also have plenty of room for more members who have interests in things Irish."

Shamrock Club member Jane Lamborn, a 25-year res-

ident of Carmichael, said that the club is a very enjoyable and educational organization.

"I joined the club three or four years ago and it's just a lot of fun," Lamborn said. "It's a great group of people. They have that quick wit when you're with the group and they're friendly and open and welcoming. They promote Irish culture and Irish history, so you get a chance to learn about it, to enjoy it and they're just a great group of people."

Lamborn added that much of her interest in the club derived from the fact that her mother is half-Irish and her stepfather is 100 percent Irish and that she enjoys learning about Irish music and dance.

"They (her mother and stepfather) traveled extensively in Ireland, they lived there for a short period of time and growing up with her, I really learned about Ireland and that background," Lamborn said. "I discovered the club when I went to the Scottish games in Woodland and they were there with some of their members playing music and I stopped to listen to the music and learned about the club. A lot of the enjoyment in learning (through the club) is with music and dance, so you've got bagpipes, fiddles, flutes, drums and they really promote music, which I particularly enjoy and that caught my attention."

## Putting on the parade

As the capital city's only Irish club, the Shamrock Club is presently working with the Old Sacramento Business Association to bring the city's 14th annual St. Patrick's Day Parade to Old Sacramento on Saturday, March 13 at 1 p.m. Other sponsors of the event are the Historic Old Sacramento Foundation, Fanny Ann's Saloon and radio station, Mix 96.

The family-friendly event, which was designed to celebrate the diversity and richness of the community, will feature Irish dancers, costumed marchers, floats, military regiments, school bands, police and fire representatives and various cultural organizations.

Participants in this year's parade will include the White Hackle Pipe Band, the Sacramento Fire Department Pipes and Drums corps, the Ophir Prison Marching Band, Irish dancers in Celtic costumes, tartan-clad Highlanders and Gold Rush re-enactors.

The Shamrock Club, which selected Kitty O'Neal of radio station KFBK 1530 AM as the parade's grand marshal, encourages parade participants to "Go Green by Wearing Green."

Lamborn said that the parade is a fun celebration of Irish history and culture.

"It's a chance to experience Irish music and dance, to see the people in the community who participate in those activities and to learn a little bit about it," Lamborn said.

Additional information about the parade can be obtained by calling the Old Sacramento Business Association at (916) 442-7644.

## Hearts in Ireland

Emphasizing that Irish heritage is mostly recognized one day per year in the United States, Shamrock Club Vice President CJ Kennedy said, "Everybody wants to turn Irish on St. Patrick's Day, but we're active preserving the heritage of Ireland the whole year round."

Kennedy, who comes from both Irish and Scottish her-

See Shamrock, page 13



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# Shamrock: 'We're gathering more and more kindred spirits'

Continued from page 12

itage and is very knowledgeable about Irish history, added that although the club takes its position as an Irish heritage preservation group seriously, its members never forget that they belong to a social club.

"We want to be known as a well-known, nonpolitical and nonreligious club in Sacramento and the Northern California region that is serious about Irish heritage, but we also want to just kick up our heels and have a good time, too."

In addition to meeting on the second Wednesday of every month, the group also makes sure to work the attendance of live performances of Irish music and various Irish-related field trips into its schedule.

Activities of the club have included social nights at de Vere's, the Fox and Goose and the Streets of London pubs in Sacramento, an annual Christmas party and a trip to the United Irish Cultural Museum in San Francisco.

Upcoming club events will include Celtic Heritage Night at the Sacramento River Cats game on July 1 and a "Half-

way to St. Patrick's Day" party in September.

The organization, which has met in Sacramento at SMUD and de Vere's Irish Pub, began in 2005 through the efforts of its founder Chris Brown and about 15 other founding members.

Brown, who is serving in his fifth term as the club's president, said that his idea to establish the club derived from his love for his own Irish heritage and the fact that Sacramento was without an Irish club.

"There was an Irish club in Sacramento that failed and there was a point in time that there was no Irish club (in Sacramento)," said Brown, who is a member of fourth and fifth generation Irish families in Sacramento. "So, we founded the Shamrock Club in late 2005 and built it from the ground up."

#### Historic and honored

Unlike many Irish clubs, which were established in and around the political difficulties in Ireland, the Sacramento club, Brown explained,

took a different route in its formation.

"A lot of the Irish clubs 10 to 15 years ago were sort of formed (in connection) to the troubles in Ireland," Brown said. "We're just not fostering any of that political stuff and in essence, Ireland is at peace right now and it's doing well with peace."

Sacramento's Shamrock Club, which is affiliated with about seven Shamrock Clubs throughout the nation, patterned itself after The Shamrock Club of Columbus, Ohio.

And because of its growth, Sacramento's club, which consists of about 100 members, reached a level and ability to assist a group in New Jersey in its efforts to form a Shamrock Club.

Brown, who graduated from Bishop Armstrong High School in 1965, said that the Sacramento club is on a course to grow extensively during the next two years.

"We have survived the test of time and we're into our sixth year and we have been continually growing," Brown said. "We're gathering more and more kindred spirits, but not

just kindred spirits, but people who are willing to take an active part in ensuring the longevity and the expansion of the Shamrock Club."

Brown said that 80 percent of Sacramento's Shamrock Club members are of Irish heritage and the remaining 20 percent of the club members "just

enjoy things Celtic and want to be a part of the group."

"It's just a fun group of people," Brown added.

For more information regarding The Shamrock Club of Sacramento, including how to become a member, call Brown at (916) 447-6511 or visit the Web site [www.shamrocksac.com](http://www.shamrocksac.com).

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Local eatery was originally established in Old Sac

# East Sacramento's Español Restaurant has century-old roots

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

When it comes to Sacramento history, few places in the city have such a rich heritage as the Español Restaurant.

To the average commuter, this East Sacramento eatery's historic building and its accompanying old neon sign have the appearance of a business that has stood the test of time.

Although such an impression is undoubtedly correct, the historic building and sign represent only a part of this restaurant's rich past.

With a few steps inside this old building at 5723 Folsom Blvd., which was built in 1946 as the new home of the Square Deal Café, one can observe a business that is swarming with history.

Immediately inside the front doors of the place, black and white photographs of days of old begin to tell the story of a business that began long before it opened at its current site in 1965.

Hanging on the walls of the lobby area, which is an addition to the original structure, are photographs of the business's previous site at 231 I St., as well as other images such as photographs of members of the Luigi family. The business is currently owned by Perry Luigi, Paula (Luigi) Serrano and Karen (Luigi) Zito, whose father Frank "Babe" Luigi and uncle Mario Luigi previously owned the business.

The longtime tradition of the restaurant, however, began long before Babe and Mario purchased the business in 1959.

The restaurant, in fact, was established in an even earlier location than the 2nd and I streets site, near today's historic Southern Pacific train depot.

## Español of yesteryear

During the 19th century, the city was home to many hotels such as the Pacific Hotel at 916-918 11th St., the International Hotel at 320-326 K St. and the Tremont Hotel at 112-114 J St.

At the site of the Tremont Hotel, a new hotel, known as Hotel Español, emerged as early as 1919.

The Hotel Español, which was primarily operated as a Basque boarding house, was initially home to sheepherders who were hired out to local ranchers.

It was at this hotel, which in its early years was owned by Victoriano Urrutia and then Castro Arrate and Mamerto Fernandez, that the Español Restaurant began to evolve.

On the ground floor of the large, brick building, food such as oxtail stew, pig knuckles, lamb fries, lamb chops, tripe, chicken and veal were prepared and cooked for the Basque tenants.

News of these meals eventually made its way to many outsiders of the building, as others were introduced to the boarders' food and the eatery increased in popularity.

During the early 1930s, the well-known Sacramentan Ancil Hoffman, who has a park named in his honor in Carmichael, became the owner of the building.

With the 1952 sale of the Hotel Español building, the Español Restaurant was relocated to the Commercial Hotel, which had been constructed about 15 years earlier.

This move was arranged following Arrate's retirement and under the direction of the restaurant's chef Joe Trueba and his close friend, Joe Martinez.

The restaurant, which continued to increase in popularity and serve Basque tenants who relocated to the Commercial Hotel, was operated by Trueba and Martinez until the business's sale to Babe and Mario Luigi, who brought in the eatery's Italian food offerings.

The development of Old Sacramento, which included the nearby extension of Interstate 5, resulted in the second relocation of the restaurant within a 13-year span of time.

## Moving to East Sac

Opening at its current site in 1965, the Español Restaurant, despite no longer serving unique food to Basque hotel tenants, carried forth many of its traditions in East Sacramento, near the historic Little Italy neighborhood.

Among these traditions included the presence of the popular waitress Mary Tra-

bazo, who worked at all three sites of the restaurant.

Beginning her career with the Español in 1936, Trabazo retired from the restaurant 52 years later.

Waitress Leah Alcanter also dedicated her fair share of time as an Español waitress, as she worked at the restaurant for 35 years.

Many other employees, including 26-year waitress Diane Lara and 25-year dishwasher David Larsen, have spent many years at the restaurant throughout its history.

This history includes various famous diners such as actress Ann Sothorn, actor Leo Carrillo, singer Frankie Laine, boxer Max Baer, flamenco dancer Jose Greco, Gov. Earl Warren and Secretary of State Frank Jordan, Sr.

East Sacramento native Willie DaPrato, who was part owner of the restaurant with Babe and Mario from 1978 to 1985, said that he enjoyed working with the Luigi family.

"I had a great time and (Babe and Mario) were two wonderful people," DaPrato said. "I had no problems. I went in on a handshake and I left on a handshake. Every now and again, I still drop into the restaurant. It's one of the finest family-owned restaurants in town with lots of home-style cooked food and it's just very good."

On Jan 1, 1988, Perry, Paula and Karen, who began assisting their father at the restaurant as children, purchased the Español from Babe, who passed away three months later.

Louise Luigi said that she is proud of her children's accomplishments as owners of the restaurant.

"They have done a wonderful job running the place and my husband (Babe) would be very proud to see that it is continuing on today," Louise said.

With a look around the Español on any given day, one can observe people who have been dining at the restaurant for many years, as well as those who are much newer guests of the establishment, which also includes a popular bar.

## Rave reviews

Español customer Mary Giacomotto said that she has



Land Park News Photo/Lance Armstrong  
Pictured left to right, Paula (Luigi) Serrano, Perry Luigi and Karen (Luigi) Zito are the owners of East Sacramento's historic Español Restaurant at 58th Street and Folsom Boulevard.

been enjoying visiting the restaurant since it was located at 231 I St.

"In the old days, it was wonderful just going (to the restaurant) with our parents and (Rosemary and Ted Lehy) and their children," Giacomotto said. "It was very family-oriented and we would sit and have (soup) and wait for our parents to return from the bar. I also remember how my father (John Bateman) would start to sing there (at the restaurant) and then we would all sing and everybody around us would sing. Those were wonderful, wonderful times."

Perry said that the secret of the restaurant's longtime success is its traditional, family-style Italian dishes, as well as its great value and fine service.

The Español offers dishes ranging from veal cutlets and chicken cacciatore with polenta to cheese ravioli pesto and lasagna. Guests can also enjoy traditional spaghetti and raviolis with meat sauce.

Also among the restaurant's many menu items is its famous minestrone soup, Perry explained.

"People come from miles around to buy our minestrone soup-to-go for their dinners and family functions such as Christmas Eve," Perry said. "I think I sell more soup than any restaurant in Sacramento."

Complete lunches and dinners include tureen of minestrone soup, salad, an entrée of one's choice, pasta, vegetables, coffee or iced tea and spumoni.

Prices for these lunches range from \$9 to \$11 and the dinner prices range from \$15 to \$20. And for those who prefer a lighter meal, soups and salads cost about \$5.

The restaurant also includes the following daily specials: roast turkey, mashed potatoes and gravy on Tuesdays, veal stew on Wednesdays, corned beef and cabbage on Thursdays and meatloaf on Fridays.

Paula said that people are attracted to the restaurant, in general, because it reminds them of the traditional, family-style restaurants of New York, Chicago and San Francisco.

"It reminds them of the Godfather-type restaurants," Perry added with a chuckle.

Español Restaurant, which has a seating capacity of 160, is open Tuesdays through Saturdays from 11 a.m. to 9 p.m. and on Sundays from 11:30 a.m. to 9 p.m.

Perry said that he takes great pride in carrying forth the tradition of what he refers to as "the Italian restaurant with a Spanish name."

"We're proud of our long history in East Sacramento, as well as the Old Sacramento area, and we invite people to take a step back in time and drive to East Sacramento to enjoy Sacramento's oldest restaurant," Perry said. "Come on in, join us and experience traditional, family-style cooking and be part of the Español family."

For additional information about Español Restaurant, call (916) 457-1936.





### Local Jazzercise group dances for charity

On Jan. 30, members of the local Jazzercise Center, located at 5962 South Land Park Dr., participated in the Sacramento Kings' halftime show, performing for the crowd to raise funds for the Make a Wish Foundation. A number of regional Jazzercise centers contributed members and monies, but the Land Park-Pocket center had the largest representation (pictured): out of the 136 participants, 19 were from Land Park Jazzercise (17 students and two instructors).

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Annual Curtis Park Home and Garden Tour is April 24

# An inside look of Curtis Park's finest homes and gardens

Special to The Land Park News

The Sierra Curtis Neighborhood Association is hosting its 24th annual Curtis Park Home and Garden Tour on Saturday, April 24 from 10:00 a.m. to 4:00 p.m. in the Curtis Park Neighborhood.

Curtis Park reflects a remarkable collection of period houses built between 1910 and 1925 that at the peak of popularity for Bungalow and Craftsman styles. Six residences will be featured with a focus on these styles including a two story Craftsman featured on the cover of Sacramento's Curtis Park book by local author Dan Murphy, and a very unique home and former residence of local artist and Sacramento State University art professor Jack Ogden.

The annual tour is a showcase of each homeowner's own creativity and enjoyment of a fine older home. Tour goers will enjoy beautiful original interiors balanced with recent-



Photo courtesy

Curtis Park reflects a remarkable collection of period houses built between 1910 and 1925 that at the peak of popularity for Bungalow and Craftsman styles.



ly updated kitchens, baths and master suites. Enjoy patios and gardens including one crowned by a massive oak tree surrounded by wood seating, decking, and used brick pathways.

Known as the "happiest day in the neighborhood", tour goers will enjoy a lovely Spring day walking or bicycling from home to home in the shade of ma-

ture tree canopies. Relax and enjoy live music, refreshments including lunch, vintage cars, self-guided residential walking tour brochures and history displays at the north end of Curtis Park at Donner Way and 26th Street.

There will be a price break for those purchasing tickets in advance; tickets can be purchased on-line at [www.Sierra2.org](http://www.Sierra2.org), or at the Sierra 2 Center, The Fringe, The Ivy House, The French Hen or Collected Works. Advance General Admission tickets are \$20 (\$15 for SCNA members), and day of the tour tickets are \$25 (\$20 for SCNA members).

The event is a fundraiser for the Sierra Curtis Neighborhood Association and benefits the Sierra 2 Community Center and SCNA programs. Refreshment sales benefit the Sacramento Children's Home, a Curtis Park neighbor on Sutterville Road.

Cook Realty returns as major sponsor. Their continued support of this fundraising event is appreciated.

For more information, call Sierra 2 at 452-3005 or visit [www.Sierra2.org](http://www.Sierra2.org).

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Drive and dine

# From rancher to restaurateur: Big Al's BBQ and Deli

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

A lot of barbecue joints claim to have the best ribs in town, but not all owners can make the claim as life-long ranchers. Such is the story of Al and Sue Kuhn, owners of Big Al's BBQ in Elk Grove.

The Kuhns make their residence in the Pocket area and have been there for nearly five years, according to Al. But the journey from rancher to restaurateur was a long time in the making.

Al's family lived on a ranch for 50 years, beginning in 1946 at the Circle K Ranch. While there, he met Sue in grammar school. After tying the knot, Al and Sue worked on a ranch they own together in Elk Grove.

As housing developments went up all around their Elk Grove ranch, the Kuhns held occasional barbecues for the industrial workers. The gatherings regularly drew 90-120 people, and several compliments from the workers gave the Kuhns an idea.

"A lot of people said they thought we should open up our own barbecue place," Al said.

As industry and housing continued to encroach in all directions, the Kuhns decided it was time to move on, eventually moving in to the Pocket.

But they would be back – to work, anyways.

When a developer bought some of their land in Elk Grove to put up more new housing, the Kuhns found themselves with a chunk of money to do with what they pleased. They decided to take over a Mexican restaurant that was failing and Big Al's BBQ was born.

The restaurant opened on December 4, 2008 to booming business.

"Business started out great," Al said. "Lately it's been a little slow, but it has started to pick back up."

Despite Elk Grove's apparent lack of barbecue restaurants, Al stands by his claim that you will love his barbecue and the ranch culture.

"Unfortunately, I can't think of any other places around that have barbecue," he said. "But people seem to really enjoy what we serve."

The ambiance of the restaurant is one of the Old West, with pine interior, many old pictures and old branding irons on the walls.

## On the menu

The Kuhns take pride in offering affordable prices for their food as well.

"A family of four can eat for around \$45 including drinks," Sue said. "It probably comes out to about \$10-12 per person."

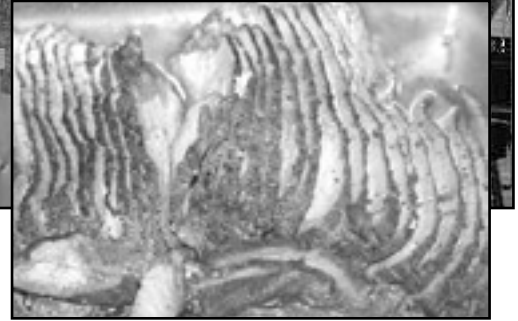
As far as customer feedback, Elk Grove residents are quite clear about their opinions.

"People have come up to me and said that our ribs are the best they've ever tasted," Sue said. "People really love our chili, too. We have had a lot of return customers."

But it's not all ribs, ribs, ribs. Al and Sue ran down the menu, which includes tri-tip, chicken, potato salad, onion rings, french fries, okra, salad and coleslaw. Soon they will be introducing hamburgers to the menu as well.



Photos courtesy Big Al's BBQ and Deli  
An appetizing view: Elk Grove's Big Al's BBQ and Deli, located at , is famous in the area for their ranch-style decorations and delicious meals.



"We eat there quite a bit," Al said. "We are there a long time every day."

Both Al and Sue said that their favorite item on the menu is the tri-tip sandwich, which comes with a house barbecue sauce. That pretty much takes care of giving a good fallback option if you're unsure of what

to order when gazing at the menu. Al also likes the Old Susanna Salad served with chicken. Since he and Sue eat there often, they try to make sure they don't eat red meat for every meal.

The next step for the restaurant is to one day soon have live entertainment in the form of singers. During the

spring months they can use the porch to house a band to perform, but nothing is set as of now.

Big Al's BBQ is located at 8976 Grant Line Rd. in Elk Grove. The restaurant's hours are Monday-Saturday 11 a.m. - 8 p.m. For more information, you can call the restaurant at (916) 867-8609.

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From left: Wes, Ted, and Henry

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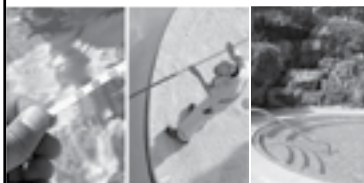
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Church originally constructed in Carmichael

# Sacramento's St. Maria Church is historical Portuguese landmark

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

Among the many historic sites of the Pocket area, the St. Maria Church on Pocket Road is a very important part of Portuguese heritage.

Located on the old Riverside Road, which evolved into Park Riviera Way and then Pocket Road, the church had a unique beginning, considering that it was built as a clubhouse about 12 miles northeast of its present site.

## Constructing the church

Constructed in the Carmichael area in 1897 for the Associacao Azoreana do Divini Espirito Santo (Azorean Association of the Divine Holy Spirit) - AADES, Grant - the organization utilized the building for its meeting hall.

The structure was also used for the storage of religious artifacts such as flags, banners and the crown for the Portuguese Holy Ghost Festa - a religious festival in honor of Portugal's 13th century queen, Isabela, who later became a saint.

The decline of the Portuguese population in the

Grant area resulted in the relocation of the Portuguese lodge to the Riverside area, which had developed into a Portuguese settlement.

The move was prompted by Francisco J. Luiz (later Frank J. Lewis, Sr.), who with his neighbor, Antonio Pereira Rodrigues (later Antone Rodrigues Perry), traveled from the Pocket area to the Grant area to attend the AADES lodge meetings.

In order to persuade the AADES, Grant members to relocate, Luiz proposed that two acres of his land be used for a move and expansion in the Riverside area.

Additionally, Luiz offered to move the lodge building to his property.

AADES members voted and agreed that Luiz's offer was best for the future of the lodge.

In 1909, the building was cut in half, transported via large wagons and teams of horses and reassembled on the land that Luiz had offered.

The relocation of the structure proved to be a profitable endeavor for the lodge in that it attracted many Portuguese from the Pocket and city areas.

As a result, the AADES treasury increased to an extent that the lodge was able to construct a two-story hall adjacent to the clubhouse.

With the building of the hall, which was completed in 1913, the clubhouse was converted and remodeled into a church, which was necessary for the establishment of the Holy Ghost Festa.

Around this time, the AADES, Grant ceased to exist and instead became AADES, Riverside and the church was established as the Igreja de Santa Maria (later known as St. Maria Church).

In the will of Frank J. Lewis, Sr., who passed away on Sept. 13, 1918 at the age of 61, the land, which he deeded to AADES, was required to be used specifically for the lodge's hall and church and the holding of the Holy Ghost Festa. If this agreement was not fulfilled, the property, according to the will, would revert back to the Lewis heirs.

## Celebrations and ceremonies

With the hall and church in place, the first Riverside

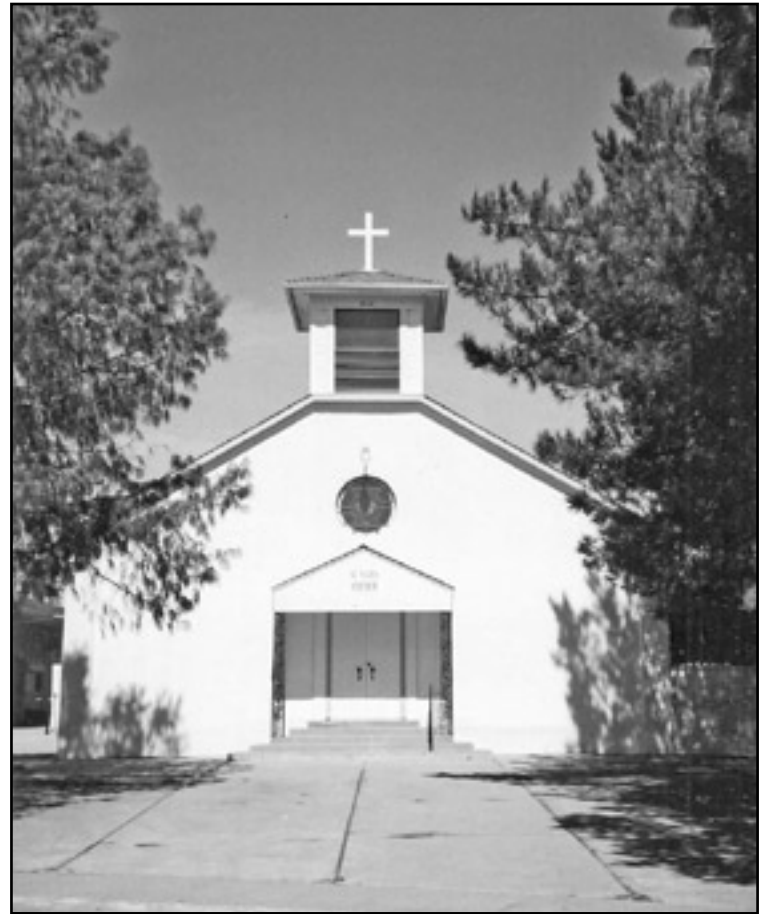


Photo courtesy of PHCS

The St. Maria Church building on Pocket Road has been a part of the Riverside-Pocket area for more than a century.

Holy Ghost Festa was held in conjunction with the church's dedication on May 31, 1914.

During the first festa, Mary Silva, who was about 15 years

old at the time, was selected as the first festa queen.

Through the establishment and dedication of the

See Church, page 23

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# Church: 'So much has changed, but the church and the hall remain'

Continued from page 22

church, it became a parish of St. Joseph Church in Freeport in the historic postal area of today's Clarksburg in Yolo County. The St. Joseph Church was founded by the Portuguese in 1893.

The Portuguese priests from St. Joseph Church in Freeport would cross the Sacramento River via a platform, cable ferry to Riverside to celebrate Mass at the newly dedicated church.

To carry on the Portuguese customs and traditions in their own language, Portuguese priests from St. Joseph Church, until 1922, continued to baptize and perform communion at the Riverside church and in the homes of people who were unable to attend Mass due to health reasons.

Following this time, Portuguese-speaking priests were mostly unavailable, so the church resorted to priests of other nationalities. But on occasions when a Portuguese-speaking priest was needed to perform baptisms, the Portuguese priest from St. Elizabeth Portuguese National Church on 12th and S streets came to St. Maria Church.

Also during the early years of the Riverside church, young Portuguese men from the Riverside-Pocket area, including Frank J. Lewis, Sr.'s grandson, John Lewis, and the sons of Manuel and Mary (Dutra) Rosa, Martin and Michael Rosa, became altar boys.

Additionally, Portuguese women from the area performed maintenance duties in care of the altar.

Mary Florence, the daughter of Frank J. Lewis, Sr., was the first to perform these duties, which included crocheting altar doilies.

Many marriages were also performed in the church, including the marriages of Manuel and Mary (Dutra) Rosa and King and Beatrice (Mauricio) Silva. King was a member of one of the prominent Silva families of the Pocket area.

## Remaking and rebuilding

The church had various remodels throughout the years,

including the addition of a bell tower, a widening of the building to accommodate side aisles, additional small sections of pews, the construction of a double-door entry and the revision of the altar, so that the pastor faced the congregation.

Furthermore, the old standard windows were replaced with stained glass windows that were individually donated by members of the church.

The construction of Interstate 80, necessitated the move of the Portuguese association, the Ordem do Divino Espirito Santo, Sacramento, located at 5th and W streets.

In the early 1960s, the Portuguese organization merged with AADES, Riverside and the new name of the organization became Sacramento Portuguese Holy Spirit Society.

Jack Lewis, the grandson and heir in the will of Frank J. Lewis, Sr., instigated the signing of a release, along with the other heirs, for SPHSS to receive clear title to the acreage.

Although the old church still stands, the original hall was demolished and a new hall was built in the exact location. The new hall was dedicated on Oct. 21, 1967.

St. Joseph Church administered to St. Maria Church until 1974 and Father Brenden O'Sullivan, pastor of St. Joseph Church, was the last pastor to celebrate Sunday Mass on a regular basis at St. Maria Church.

Since St. Joseph Church no longer administered to St.

Maria Church, pastors from St. Elizabeth Portuguese National Church celebrated Mass at St. Maria Church.

Pastors during this time included: Valdemiro Fagundes, Jose Rebeiro and Eduino Silveira.

## The church now

Today, the church building, which comfortably seats 300 parishioners and is hardly recognizable as the wooden, rectangular building of the days of old, is owned by SPHSS. The release in ownership was designed to avoid any future challenge of ownership of the land, which included the St. Maria Church.

The festa continues at St. Maria Church each year under the direction of Antonio Luiz Dos Santos Medeiros, one of the Congregation of the Sacred Stigmata with contract to assist St. Elizabeth Portuguese National Church.

It is unknown if Medeiros will continue to perform this service following this year's festa in May, since the contract for this assistance will expire in mid-July 2010.

Pocket native Dolores Greenslate said that as a person of Portuguese heritage, she is proud of the history of St. Maria Church and its accompanying hall.

"It is an important part of Portuguese history in the area," Greenslate said. "So much has changed in the Riverside-Pocket area, but the church and the hall remain and it gives me great happiness to see them."

**Riverside Wesleyan Church**

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**High School Youth Group**  
Tuesday Evening - 6:30-8:00 PM

# Supplementing the second half of life

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

Mini Med School, sponsored by the UC Davis School of Medicine provides ample food for thought for people seeking to make life's second half, the better half. The six-week course features top medical professionals, strictly focused on the topic of healthy aging. And, oh yes, entertaining the assembled class of about 500 people at the same time. For example, in February, we were treated to a dance (ala Michael Jackson) by a respected doctor and lecturer.

We also gobbled up a lively presentation called "Nutrition for Grownups" by Calvin Hirsch, M.D. With ever increasing advertising dollars being spent in major media by both the pharmaceutical and nutraceutical companies, it's very easy for consumers to be thoroughly confused.

Anti-aging diets and supplements should be aimed at mitigating diseases that sometimes come with age, according to Dr. Hirsch. The conditions we worry about as we ease around the biological clock to our 60s and well beyond include heart disease, strokes, diabetes, respiratory disease, cognitive decline and, oh, so many other nasty possibilities. The point to knowing what supplements are effective in building defenses against health threats, is that most of these conditions are preventable. Without disease and disability, aging can be a process of continued growth, contentment and stimulation.

It's also true that we are bombarded by unsubstantiated claims for the positive effects of nutraceuticals. These are the ads we see in newspapers, magazines, direct mail campaigns and on cable TV. Here are a few warning signs for consumers: Beware of concoctions that make fantastic claims that are based on little science and lots of personal testimonials. The people who offer their endorsement of the product look like you and me, and we can usually identify quickly with their pain and yearn for similar quick relief. Be suspicious of offers of "free" products with a toll-free phone call; ads that boldly declare, "As seen on TV," and any pressure to get you to "act quickly" because "supplies are limited."

Since the FDA does not regulate nutraceuticals, vitamins and herbs, consumers have little information about the origin, content and quality of many products. In general, carefully read the labels on vitamins - be wary of those that come from China (heavy metals and lead have been found in some brands) and labels that tell you nothing at all! Like Dr. Hirsch says, "Advertising makes us think we are deficient in almost everything." Not so. A chapter or more could be written on each of the supplements that show scientific promise for healthier longevity (or those that only benefit quick-buck, flimflam companies). To learn more about nutraceuticals and supplements here is a credible and robust Web site to get you started: [www.consumerlab.com](http://www.consumerlab.com).

Being only a humble columnist and Baby Boomer, I can't responsibly suggest dosages or specific products. I must, however, report that our Mini-Med docs caution us about herbs and supplements because many interact with medications. But, it doesn't hurt to get educated and then ask our own doctors about a regimen of supplements that may bring healthy blessings to the better, 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 Caper." Visit Darby at [www.storiesandbooks.com](http://www.storiesandbooks.com).*

# CALENDAR

## 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](mailto: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.

## MARCH

### Gardening Classes

Classes are four hours (10 a.m. to 2:30 p.m. with a 30 minute break for lunch included in fee) on either of the days given and are held at the house, address below. Cost per person, per class is \$40 or both classes for \$70. Reservations should be sent, with payment, to: Robert Hamm, 1689 Vallarta Cicle, Sacramento CA 95834. First come first served, as all classes have limited availability. For more info email me or call. Gardening in Sacramento – A class for people new to Sacramento Gardening – Tuesday, March 16 or Saturday, March 20; second class is Plant Propagation for Home Gardeners on Tuesday, March 30 or Saturday, April 3.

### March Benefit Plant Sales

Plant sales at the Gifted Gardener through March 2010: March 13-14, and March 27-28. All of the sales will be in the covered parking area on 18th St, behind the store at 18th and J Streets. Sales rain or shine. Hours will be 10 a.m. to 4 p.m.

### 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](http://www.uuss.org).

### 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.

## MARCH 11

### Mission Oaks Computer Club meeting

The Mission Oaks Computer Club will meet on Thursday, March 11, 2010 from 1:00 PM to 3:00 PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "What's New in Computers and Computing" presented by Steven Walker of Fast Break Tech. 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](http://www.missionoakscomputerclub.org).

### Moms in Motion Information Meeting

Women of all ages and fitness levels are invited to hear more about the Moms in Motion team, connecting women through fun, fitness and philanthropy. 7 p.m. at the REI store in Folsom. RSVP MIM\_EDHFolsom@yahoo.com or (530) 903-7765.

### California Citizens for Health Freedom

March 11, 2010 - Sponsored by California Citizens for Health Freedom, a free lecture on "Yoga for Your Eyes" will be presented Meir Schneider, Ph.D., L.M.T., from 7 - 9 p.m. at the SMUD Auditorium (the old SMUD Building), 6201 S Street, Sacramento. Call 916-635-6724 for information.

## MARCH 12

**Carmichael Geranium Society meeting**  
Carmichael Geranium Society March Meeting, Friday March 12 at 10 a.m. at the Carmichael Community Clubhouse - 5750 Grant Ave. Carmichael. This will be a workshop on soils, watering, fertilizer, pruning & shaping. Bring 1 or 2 plants for this hands on workshop

## MARCH 13

### Alzheimer's and Dementia Support Group

Families and people with Alzheimer's Disease or a related dementia will benefit by learning how to live with memory loss, meeting with others in similar situations and working with compassionate, professional facilitators. Held Saturday, March 13, 10:00-11:30 a.m. at the Asian Community Center, 7375 Park City Dr. Free of charge. For more information contact: Susan Sarinas, 393-9026 Ext. 339, [ssarinas@accsv.org](mailto:ssarinas@accsv.org).

### Fe Gallery Artist Reception

The event is March 15 and runs from 6 p.m. to 9 p.m. at Fe Gallery, 1100 65th St. March's show is going to be fun and exciting with a one of kind creations from tape artist Danny Scheible who carries his art with him, and even if Danny does not say a word you will remember Danny and know he has been in your world. Also featured are the unique metal mask portrayals by Douglas Pryor. A blacksmithing demo at 7:30 p.m., please join us at the corner of Elvas and 65th just north of Folsom Blvd for more information about the gallery or artists visit [www.FeGallery.com](http://www.FeGallery.com). Current show runs March 8 through March 31.

### Kiwanis event

Saturday, March 13 at 7:30 a.m. Mr. Gerald Clemens will be the guest speaker He will be speaking on: Programs of the Highway Patrol. The location of the Kiwanis Club of Elk Grove is Denny's Restaurant located at 8707 Elk Grove Blvd., Elk Grove, CA 95624. The public is invited to attend. For additional information and/or questions, please call President Dan Birks at 869-4711

## MARCH 14

### International Folk Dance Concert

A colorful show of ethnic dance and music for the whole family. March 14, 2010, 1 p.m. CSUS Student Union Ballroom, 6000 J St, Sacramento, Free Parking, \$7 per person, under 18 years free. This is our 54th year presenting a variety of groups performing dances from around the world – originally started as part of the Sacramento Camellia Festival. [Folkdancesac.org](http://Folkdancesac.org).

## MARCH 17

### St. Patrick's Day Concert with The Swingmasters

Event is Wednesday, March 17, 2010 from 6:30-8:30 p.m. La Sierra Community Center, 5325 Engle Road, Carmichael. \$5 per person. Plenty of FREE parking! Get your green on and come dance an Irish jig. Festive refreshments for sale.

### Genealogical Association meeting

The Genealogical Association of Sacramento will meet March 17 at the Colonial Heights Library on Stockton Blvd and 21st Ave. Our March speaker will be Enoch Haga and his topic will be "Publishing a Genealogy" He most recently published "Some Norse Families" by Henrik Lunde. His talk will be of special interest to people of Scandinavian ancestry and those who are almost ready to publish their family history. The meeting starts at 1 PM Please join us and bring a friend. The group is also planning a bus trip to the Sutro Research Library in San Francisco on Wed March 24th The cost is \$35.00 for GAS members and \$40.00 for non members. If interested please contact Melanie H. 916-383-1221 or [melnesia@comcast.net](mailto:melnesia@comcast.net)

## MARCH 18

### Candidate Night at the Didion Gym

Do you know who is running for District Seven City Council? Join your neighbors and other community members from 7 p.m. to 8:30 p.m. on Thurs. March 18, 2010 at the Didion/Lewis Park Recreational Center to meet the three candidates and hear their views on community and citywide issues. Candidate are: Ryan Chin; Dir. Strategic Communications Sac State; Darrell Fong; Ret. Police Capt. Sac PD; and Robbie Waters; Incumbent. The Didion/Lewis Park Recreational Center is located at 6490 Harmon Dr., Sacramento, CA 95831.

### Voetberg Family Band to perform

Enjoy a special evening with the Voetberg Family Band in a free family concert at 6:30 p.m., Thursday, March 18, in the Tsakopoulos Library Galleria, at the Central Library, 828 I Street, Sacramento. Based in Centralia, Washington, the Voetberg family members will perform their unique music with bluegrass, gospel, country, folk, jazz and Celtic influences. The Voetberg's 10 children, from ages from eight to 25, have garnered many awards including 10 Washington state fiddle championships, eight Washington State Music Teachers Associ-

ation awards for outstanding keyboard and vocal performance, 20 regional fiddle championships, 10 top-five placements at the National Fiddle Competition, and the title of 2007 National Young Adult Fiddle Champion. For more information, telephone the Sacramento Public Library at (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org).

## MARCH 20

### 10th Annual Vendor Sale

10th annual vendor sale is March 20 from Saturday 9 a.m. to 3 p.m. at the Shepard Garden and Art Center, located at 3330 McKinley Boulevard in McKinley Park. The Perennial Plant Club is once again sponsoring an extraordinary collection of specialty nurseries, many from just outside the immediate Sacramento area to help you get a jump-start on this year's gardening season. They will also offer used books and magazines for sale at bargain prices and this year will have Timber Press Books available at discount prices. Proceeds from this event will help fund our work supporting community gardens and local horticulture projects.

### Greenhaven Lutheran Church Annual Crab Feed

The Annual Crab and Pasta Feed (all you can eat) will start at 5:30 p.m. with dinner at 6:00 p.m. on Saturday, March 20, in the parish hall. The Crab and Pasta Feed is the major fundraiser for the youth gathering in New Orleans. Tickets are \$40 per person. The event includes a silent auction and 50/50 raffle. Tickets are available by contacting the church at (916) 428-8449 or Stephanie Lack at [steph\\_lack01@yahoo.com](mailto:steph_lack01@yahoo.com) or by phone at (916) 201-3898. Come hungry!

## MARCH 21

### Sacramento Symphonic Winds Concert

Event is Sunday, March 21, 2010 from 3:43:00 p.m. La Sierra Community Center, 5325 Engle Road, Carmichael. \$5 per person, seniors and kids under 12 FREE. Plenty of FREE parking.

### City College concert

The Sacramento City College World Music Ensemble, directed by Bob Wren, will present Middle Eastern music and dance, featuring the Ottoman Traders Middle Eastern Dance Troupe accompanied by the World Music Ensemble on Sunday, March 21, 2010 from 5:00 to 7:00 p.m. at the Davis Art Center, 1919 F Street, Davis 95616. Admission is free.

## MARCH 22

### Free grief support

Beginning Monday, March 22 at 7 p.m. Parkside Community Church will convene a 6-week series providing participants the opportunity to work through their grief in a supportive and caring environment. Led by Joe Lumello, a licensed therapist specializing in grief support, attendees will be equipped to heal their grief over the death of a loved one, loss of a job, or dissolution of a relationship. The group will meet in the church Library and is open to the community. For more information, please contact the church office at 421-0492. Parkside Community Church is located at 5700 South Land Park Drive (on the corner of 35th Ave and S. Land Park Drive—across from Vic's Market). Parkside is an open and affirming congregation.

## MARCH 24

### Embroiderer's Guild of America

Embroiderer's Guild of America, 7 p.m. Wednesday, March 24, 2010, SMUD Building, 6301 S Street. Christine Anderson will discuss Embroidery Designs applied to Garments. Visitors welcome. (916)961-3558.

### Library hosts Digital Library Festival

No matter if it is a holiday or late at night when libraries are closed, there are numerous services Sacramento Public Library card holders may access online 24/7. A Digital Library Festival is planned from 10 a.m. to 4 p.m., Wednesday, March 24, on 9th Street, between I and J streets, Sacramento (in front of the Tsakopoulos Library Galleria at the Central Library). Several booths will provide useful information of online library programs and services, as well as community resources, that include finding jobs, improving one's health and wellness, tracing a family's genealogy, grade- and subject-specific homework help for 3rd to 12th grade students, self-help law resources, small business assistance, self-paced language learning courses and test tutorials, how to invest money wisely, library volunteer and support opportunities, and more.

## MARCH 27-28

### Chamber Music Society event

The Chamber Music Society of Sacramento invites you to a concert featuring the return of Philip Myers, horn soloist with the New York Philharmonic, and Gwendolyn Mock, a popular pianist. Performances will include a Beethoven Horn Sonata, a duo for violin and piano by St. Saens, and Horn Trios by Sydemann and Brahms. Saturday, March 27, 7:30 p.m. at Bet Haverim Synagogue in Davis; Sunday, March 28, 7:30 p.m. at the Sac State Capistrano Hall's music recital auditorium, off State University Drive West in Sacramento. Tickets \$20-24. Details at [www.cmssacto.org](http://www.cmssacto.org).

### Spring Sale at McKinley Park

Held March 27-28 from 9 a.m. to 4 p.m. at Shepard Garden and Arts Center at McKinley Park. An extraordinary variety of plants for sale in time for Spring planting. Lots of hand-crafted accessories for the garden. Wonderful hand-crafted gift items. "Recycled" books and tools for the garden. Food and beverages will be available.

## APRIL 2

### California Writers Club

The California Writers Club's Writer's Network meeting on April 2 at 9 a.m. at IHOP Restaurant, 2216 Sunrise Blvd. in Rancho Cordova just north of Hwy. 50 will present Elva Anson, MA, MFT, author of five books and a number of articles, speaking on "A Writing Wonderland." Guests welcome. For more information, call (916) 944-3185

## APRIL 8

### Computer club meeting

The Mission Oaks Computer Club will meet on Thursday, April 8, 2010 from 1:00 PM to 3:00 PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "Computer Networking", presented by Adam Lacey of Applications, Etc. Adam will lead a problem solving clinic immediately following the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at [www.missionoakscomputerclub.org](http://www.missionoakscomputerclub.org).



**APRIL 10**

**Sewing Garage Sale**

Held Saturday, April 10, 2010, 9:30 a.m. to 1:00 p.m., North Highlands Community Center, 6040 Watt Avenue, Sacramento. Sponsor: Sacramento Chapter, American Sewing Guild. Admission: Free, open to the public. Highlights: The sale includes hundreds of yards of quality and bargain fabric sold at \$1 to a few dollars per yard. Also for sale are sewing notions and equipment, craft items, sewing patterns, books and magazines. Sewing items may be donated to the sale or made available for sale - see the contact information below. Coffee and baked goods will be available for purchase. For more information contact: Ellen Alexander, (530) 432-5477, 1dande2@comcast.net.

**"Art for MS"**

The event is from 5 to 9 p.m. at Fe Gallery, 1100 65th St. Please join former mayor Heather Fargo for "Art for MS" a Silent Art Auction and Raffle to benefit for Multiple Sclerosis at Fe Gallery, 1100 65th Street, Sacramento. Your support will bring awareness to our community and make a difference to those living with Multiple sclerosis. Enjoy demonstrations of blacksmithing, glass blowing, portrait drawing, best in the show awards and much more. Please join us for this worthy and enjoyable event. Call 916.456.4455 or visit [www.fegallery.com](http://www.fegallery.com) <<http://www.fegallery.com/>> for more information and updates about "Art for MS."

**Free E-waste Collection**

A fundraiser for The Didion Forum, the event is Saturday, April 10 from 9 a.m.-1 p.m. at Genevieve Didion K-8 School, West Parking Lot, 6490 Harmon Dr. They will accept: monitors, televisions, desktop and notebook PCs, VCRs, stereo equipment, speakers, keyboards, mice, PDAs, digital cameras, zip drives, telephones, small kitchen equipment (blenders, toasters, etc.), cell phones, printers, copiers, laser and multifunction scanners and fax machines. Simply arrive between 9:00 a.m. - 1:00 p.m. the day of the event! They will unload your E-Waste for you and generate money for our school. Questions? Contact, Tim Gergen, Forum Vice President, at [tgergen@yahoo.com](mailto:tgergen@yahoo.com)

**APRIL 17**

**Holy Spirit Parish charity shred event**

Holy Spirit Parish, 3159 Land Park Drive is having a Shred Event on Saturday April 17, 2010 from 9 a.m. to 12 noon in the church parking lot. This is an opportunity for the Sacramento Community to support the needy through the St. Vincent de Paul Society. \$10.00 a file box donation.

**Sacramento & California History Tour**

Let history entertain you on this Saturday morning tour at the Sacramento Historic City Cemetery! Informa-

tion of the cemetery are gravely needed and greatly appreciated. -----  
**Open Garden**  
Experience the splendor of heritage roses in a unique 19th century setting! The Sacramento Historic Rose Garden will be in full bloom for the annual Open Garden Event, Saturday April 17 from 9:30 a.m. to 2:00 p.m. The Open Garden will feature free tours of the beautiful gardens located within the Sacramento Historic City Cemetery, 10th and Broadway, Sacramento, California. The sale of rooted rose cuttings and snacks and a raffle will raise funds for the maintenance of the gardens.

**APRIL 24**

**E-waste Recycling**

Saturday April 24 from 9 a.m. to 5 p.m. at 6207 Riverside Blvd at the Cabana Club North in Greenhaven - All residents and businesses are invited to help the Sacramento Stingrays Swim Team by donating their E-Waste (PCs, Monitors, Televisions, Notebooks, Small Electronic Equipment, Printers, Copiers, Fax Machines etc.) Please come to drop off your unwanted E-Waste but please no Microwaves, chemicals, batteries or other non e-waste items. Help the planet and help the Sacramento Stingrays too. The more TV's, Monitor's and PC's the better. For more information, please call Rob at (916) 549-7404



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



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# Local artists turn to furry friends for 'Animal House' exhibit

Special to The Land Park News

It's a zoo in there. There are certainly a lot of animals at the Sacramento Fine Arts Center these days. Co-sponsored by the Sacramento SPCA and the Carmichael Recreation and Park District, the Fine Arts Center's annual Animal House show opened February 23. The animal themed art show will run through March 13 featuring paintings, sculpture, photography and mixed media, all about animals and the animal kingdom.

To invite serious artists to participate, there are \$3,000 in cash prizes to be awarded at the gala reception, March 13, which will feature a jazz band, an SPCA animal rescue operation, an Audubon exhibit, painting demonstrations, and, of course, fabulous art.

"We have over 200 entries in this juried show," said Bonnie Otto, president of the fine arts center, "but only space for the 100 to be selected." The judg-

es included Susan Sarback, nationally known artist, author and educator, Ann and Doug Otto, one of Sacramento's premier fine art photographers.

The March 13 reception will open at 5:30 p.m. Painting demonstrations by Rene Reyes and David Peterson will begin at 2 p.m. Dogs and cats to be rescued will be present. Both the demonstrations and the reception are free to the public. Great food and drinks will be available. And, of course, fabulous art.

The Sacramento Fine Arts Center is a non-profit community based organization dedicated to education in the arts, providing exhibit opportunities to both aspiring and accomplished artists, and sponsoring workshops and classes in a wide variety of art media. The Sacramento Fine Arts Center is located at 5330-B Gibbons Drive in Carmichael.

"We urge everyone with an interest in art or animals to come out and enjoy this show," Otto said.

# Top 5 topics to talk about before saying 'I Do'

By STEVE DEBENEDETTI-EMANUEL  
Land Park News Family Columnist  
steve@rivercitycounseling.com

If this is the year that you're finally going to put a ring on her finger, you'll get about five minutes to enjoy your new status before you need to start making seemingly infinite decisions about your wedding. As important and all consuming as this process can be, it's also crucial to set aside time to examine issues you'll face after you say, "I do."

Start by examining how well you communicate and solve problems. If she comes from a family where the arguments were loud, started with the morning coffee and continued all day long, while your family solved problems by ignoring them and hoping they went away on their own, you'll have some work to do. Commit to finding a style in which each of you feels heard and respected and solutions are agreed upon. Once you find this balance (which is different for each couple,) you'll have a foundation established to discuss five crucial issues.

Physical intimacy is a good place to start. Although most couples are sexually active before getting married, it's important to anticipate that your sexual relationship will change. It's crucial to discuss issues like frequency and who initiates romantic contact.

This leads naturally into a discussion of whether or not you want children. And if so, how many do you have? If you do have children, you'll need to explore philosophies on childrearing. Are you of the "spare the rod and spoil the child camp," while she doesn't think it's ever OK to spank a child? Do you think nightly family dinners are important, while she thinks that people should eat when they're hungry and where they're comfortable? Do you want to point your child towards a college education, while he thinks children should be able to figure it out without pressure or expectations? Do you think children should have one parent stay at home, while he thinks both of you need to be working to support your lifestyle?

This leads to a conversation about money. Begin by examining your attitudes around saving and debt. Do you want to purchase a house? Who will make the big decisions on investing, and who will be responsible for paying the bills and managing the day-to-day budget?

As tedious as it may be, it's also important to discuss household duties. This is a sticking point for many couples, as one spouse (typically the man) expects to live in a house similar to that of his childhood.

Times have changed and most of the women I've talked to aren't OK with this traditional set-up. They need their spouse to pull his weight both inside and outside the home. With this in mind, it's crucial to discuss this and develop a blueprint for who's going to do what.

Finally, it is important to consider if religion and spirituality are going to be a part of your relationship. If so, will you go to church every week, or only on holidays? If you have children, how important is it to attend church regularly and as a family? Also, do you plan to pray at home?

Granted, these conversations are going to be long and challenging. However, it's crucial to talk about these and other difficult issues before your big day. If you're comfortable with your decisions, you'll be able to walk down the aisle with your eyes wide open, knowing that you've developed the skills to talk through the difficult issues that you'll face for the rest of your married life.

*Steve DeBenedetti-Emanuel is a licensed marriage and family therapist based in the Sacramento area. Steve's columns appear periodically in the Valley Community Newspapers. Ask Steve your questions – e-mail him at [steve@rivercitycounseling.com](mailto:steve@rivercitycounseling.com).*

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