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Special to the Land Park News

It's a "party for the planet" at the 30th annual ZooZoom, Sunday, April 11 from 7 a.m. to noon at the Sacramento Zoo, near the corner of Land Park Drive and Sutterville Road in William Land Park. The 5-km, 10-km and fun runs for children age 3 to 12 are sponsored by Fleet Feet and benefits the Sacramento Zoological Society.

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## Sue Olson

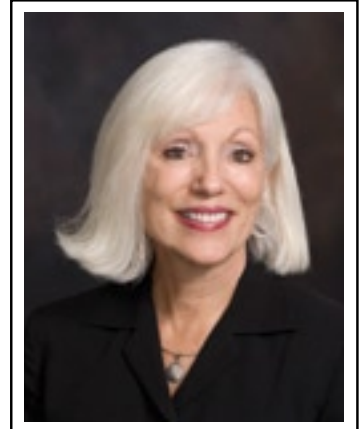
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# Bowling memories relived monthly by local senior ladies

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

Sacramento was once a bowling haven consisting of many more bowling alleys and bowling leagues competing throughout the city than there are today. And although bowling has declined in popularity since this time, a group of local ladies refuses to have these memories fade away.

Meeting monthly at randomly selected Sacramento area restaurants, the group, which is comprised of former, local women's bowling league members ranging from 75 to 94 years old, reminisces about their bowling memories, while celebrating one or more of its members' birthdays.

Gathering last week at the Elephant Bar restaurant, just south of the Arden Fair Mall, the women, some of who began bowling in leagues in the late 1940s, shared some of these memories for the readers of this newspaper.

Members in attendance were Peggy Gamba of the East Sacramento/midtown Sacramento area, Amy Kanemoto of Greenhaven, Louise Martin and Jean (Nakatani) Yego of Land Park, Bev Russell of Carmichael, Merle (Hendrix) Cale, Lillie (Rollerson) Reed and Inky Davis of south Sacramento, Rena Barsanti of Rancho Cor-

dova and Kay Hill of North Highlands.

Scattered about the Sacramento area in earlier years were such bowling alleys as the Alhambra Bowl at 1221 Alhambra Blvd., Alpine Alley at 2326 Florin Road, Capital Bowl at 1415 L St., Sacramento Bowl at 915 6th St., El Camino Bowl at 1194 El Camino Ave., El Rancho Bowl at 900 West Capitol Ave., Land Park Bowl at 5850 Freeport Blvd., North Sacramento Bowl at 1721 Del Paso Blvd., South Bowl at 5005 Stockton Blvd., and Town and Country Bowl at 2032 Fulton Ave.

A full listing of historic bowling alleys would certainly be much longer, as other bowling alleys were also located in the area.

Nonetheless, one would be hard pressed to mention a single bowling alley that has existed from the late 1940s to present that at least one person in the group could not describe.

For instance, Cale, 94, said that her favorite place to bowl was the Alhambra Bowl, which was located just north of Folsom Boulevard and included a large cocktail lounge.

"Alhambra Bowl was a really big, nice place with 16 lanes and there was a guy sitting up there (above the pins) and the pins were set up man-



Land Park News Photo/Lance Armstrong  
Members of a group of Sacramento area residents, who meet monthly to share their memories about earlier years of women's bowling in the capital area, gather outside a local eatery. They are pictured left to right: Lillie Reed, Bev Russell, Kay Hill, Rena Barsanti, Louise Martin, Peggy Gamba, Amy Kanemoto, Inky Davis, Jean Yego and Merle Cale.

ually," Cale said. "I bowled there from 1945 to 1969 and the owner was a man, named John Bascou. I was our team's captain and we won the championship as the Barristers (team) in 1947. Three sisters and two sister-in-laws completed the team."

Gamba, who bowled in Sacramento and other cities from 1948 to 1984, explained that participating in bowling

tournaments was only a part of the reason that she enjoyed bowling.

"I bowled in many places in Sacramento such as Alhambra, Capital Bowl, Sacramento Bowl and Town and Country and I had great times going to the nationals, but it was just nice to get together with friends," Gamba said. "I

See Bowling, page 5

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# Bowling: 'We found that (it was) a great way out'

Continued from page 4

really looked forward to those (bowling) nights and meeting the ladies and their husbands. And sometimes we would go out to dinner with them afterward. We just had a great time."

## Perfect games, perfect friends

It is evident that the camaraderie shared by many of the bowlers at the time is something that continues today through this monthly group.

But the friendly environment that bowling created should not be confused with how competitive the tournaments were during this time.

Inquiring about these ladies' best, all-time scores is a good way to find out how serious they took these matches.

"My best was a 697 (in a three-game series) and a 297 in a single game," said Reed, whose husband Ray also bowled in Sacramento. "I also bowled in 22 national tournaments."

Other bowlers in the group also bowled single games in

the high 290s, with even others bowling in the 280s.

Commenting about her single game high of 286, Yego said, "I could just never get to 300."

But bowling a perfect 300 game was something that was quite elusive for most bowlers.

One of the group's members said that a bit of Sacramento history was made when Doreen Lowry became the first female to bowl 300 in a single game at Alhambra Bowl.

Within the group, three members of the Sacramento Women's Bowling Association's Hall of Fame – Barsanti, Russell and Hill – sat at the restaurant's table. A former member of the group, the late Betty Allum, was also named to the same Hall of Fame.

Barsanti, a 1946 graduate of Sacramento High School, who was also named to the California Women's Bowling Association's Hall of Fame, related her finest moments in bowling.

"My finest moment as an individual was (winning) the California Women's Bowling

Association's Queens Championship Tournament (in 1973)," Barsanti said. "The California Queen was a (double elimination, four-game match) singles event. I was also the California Queen runner-up in 1970. As a team member, four times we took the Classic Division."

## Bowling for a good time

During these early years of bowling in Sacramento, local female bowlers were oftentimes members of the Women's International Bowling Congress, while male bowlers often bowled in leagues of the American Bowling Congress.

But joining these organizations was not an option for non-Caucasians prior to the 1950s, explained Yego, whose father, Soichi Nakatani, was born in Japan in 1889 and came to Sacramento in 1907, and whose mother, Mary (Takagi) Nakatani, was born in San Francisco in 1903 and came to Sacramento in 1928.

"My husband was able to bowl in 1948, because he was in the service, but it wasn't until the 1950s that Asian people could be members in men's and women's bowling associations in Sacramento and we couldn't bowl in tour-

naments," said Yego, who was celebrating her 80th birthday with the group.

Reed, who chuckled when the topic arose of being the youngest member of the group at 75 years old, said that black bowlers were held from the association's league until 1954.

"I didn't start bowling until 1968, but my husband talked about how tough it was bowling (during these segregated times)," Reed said. "He was eventually president of the Sacramento Bowling Association in the 1980s. He was also on the board of directors and I was on the board of directors, too."

Commenting about these days of segregation, Russell said, "Nowadays you don't think of people not being able to do something because of their skin color. We definitely live in better times for that."

Hill said that newspapers played a large part in publicity.

"The local newspapers would print the league scores," Hill said. "The funny part was The Bee would not print the names of our sponsors, but The Union would. (The Bee) would not put the sponsors' names, because they said they were advertisements. They would just put our names and our scores,

but they wouldn't put the name of the team we played on."

Also publicizing local bowling during the 1960s and 1970s was the Sacramento Bowling News, which was headed by its owner and editor, Bobbie Johnson.

Describing Johnson as a "life-saver," Reed added, "She used to hold contests for the best bowlers and different things. We really missed that paper when it had to fold."

## Longing for the lanes

When asked why she believes bowling has lost much of its popularity in Sacramento, Barsanti said, "I think part of it is there are so many more things for people to do (in Sacramento). When we started in the late 1940s or early 1950s, there wasn't a lot going on (in the city) and World War II had just ended. We were in that (era) when we didn't have to do a lot of really exciting things to be entertained. We found that recreational sports were a great way out and a great coming together."

But although these days are long gone and most of the members of the group no longer bowl, there is one thing that the members refuse to give up and that is their fond memories of bowling in a golden age in Sacramento.

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Raley's history includes its 1992 purchase of Bel Air Markets

# Local communities share part in Raley's 75th anniversary

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

The Raley's supermarkets chain is celebrating a very special anniversary, as this year marks 75 years since the chain's first store opened.

Since its founder Tom Raley opened this first location on Main Street in Placerville on Feb. 16, 1935, Raley's has grown extensively and is a rich part of Sacramento area communities.

Recognized as the state's 11th largest private company by Forbes magazine, Raley's owns and operates 133 stores: 85

Raley's, 21 Bel Air Markets, 22 Nob Hill Foods supermarkets and five Food Source stores.

These stores include Raley's stores at 4850 Freeport Blvd. in Sacramento and 5159 Fair Oaks Blvd. and 4005 Manzanita Ave. in Carmichael, and Bel Air stores at 7465 Rush River Drive and 1301 Florin Road in Sacramento.

### First link in the chain

The road to Raley's establishment is one with long roots beginning in Lead Hill (Boone County) Arkansas – Tom Raley's birthplace.

Raised in a family of seven boys and seven girls, Tom

Raley was taught to have good virtues, as the son of a Baptist minister and farmer, named Reglus Raley.

Following his high school years, Tom Raley earned a business degree from a business college in Missouri before moving to Los Angeles, where he worked for an ice and cold storage firm.

Eventually working for a Safeway grocery store in Los Angeles before transferring to a San Francisco store, Tom Raley was later offered, but declined an opportunity to serve as the district manager of San Francisco Safeway stores.

In 1934, despite being a Depression year, Tom Raley opted to instead establish his own grocery store.

In a 1972 interview with The Sacramento Bee, Tom Raley described the challenges he faced in opening his first store, which had a price tag of \$9,000.

"I wanted to build a store in Placerville and I had only \$120," Tom Raley told The Bee. "I needed credit, so I listed the chairman of the board of Safeway as a reference. Suddenly everybody was willing to help me."

Opening his Placerville store with only two assistants – a clerk and a butcher – Tom Raley experienced much success with his store, which led to his additional success in Sacramento.

His good fortunes with the Placerville store ended when it was destroyed by fire in 1942.

Less than a decade after opening his first Sacramento store, Tom Raley was at the helm of a chain of eight stores, including a store at 1700 Capitol Ave., where Compton's and Rick's Uptown markets were later located.

And this was definitely only the beginning of Raley's

growth, as the chain continued to expand throughout the years, making possible Tom Raley's goal of establishing 50 stores by Raley's 50th anniversary in 1985.

### Starting the superstores

The aforementioned Freeport Boulevard store was established in 1958, which was the very year that Raley's made history by opening the nation's first grocery store-drug store combination, which was known as a superstore.

Raley's was obviously proud of its superstores, as is indicative of an advertisement, which appeared in the Dec. 7, 1977 edition of The Sacramento Union.

"If there's no Raley's Superstore near you...move," the advertisement read.

The advertisement also invited The Union's readers to the day's opening of the 5159 Fair Oaks Blvd., at Walnut Avenue, location in Carmichael.

The Fair Oaks Boulevard store became Raley's 10th superstore.

Raley's also once had a presence in East Sacramento with

see Raley's, page 7

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# Raley's: 'It's been an honor to serve the greater Sacramento area'

Continued from page 6

its former store at 2815 L St., near Sutter's Fort.

Although it never materialized, during the late 1980s, plans were made for a 99,000-square-foot shopping center, which was to be known as Pocket Landing and anchored by a 61,000-square-foot Raley's Supercenter at the northeast corner of Pocket Road and Greenhaven Drive.

## Raley's acquired Bel Air

In 1992, Raley's acquired Bel Air Markets from the Wong family and like Raley's, Bel Air also has a very rich history, which has left a positive impression on many people throughout the region.

The roots of the store began in the 1930s, when Chinese immigrant Gim Wong, who came to America in 1916 and eventually helped found his family's supermarket, Bel Air, began selling produce that he grew on his 5-acre farm in Penryn, about 30 miles east of Sacramento. Assisting him with his business was his wife, Lee Shee and their children.

After establishing his produce-selling business on his farm, he eventually opened his own store in Penryn. And moving to Sacramento in the late 1940s, he opened a grocery store at 28th and P streets.

The Wong family's establishment of their first Bel Air Market at 6231 Fruitridge Road was, according to the business's corporate history, "still a novel concept at that time."

The same can also be said of Raley's during its early years as a supermarket.

Even by the early 1960s, the concept of the supermarket remained somewhat in its infancy.

In 1961, for instance, The Bee published an article that in today's world can be considered amusing to reflect upon.

The article explains that the Department of Agriculture created a pamphlet covering the topic of "why the American housewife's supermarket bill seems so high."

The pamphlet responds to this inquiry, noting that "she buys better food, spends less time in the kitchen and buys cigarettes, (lipstick, toilet articles), face lotion and even clothes" at the supermarket.

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Raley's supermarket at 4850 Freeport Blvd. is shown in this c. 1958 photograph.

Photo courtesy of Raley's Archives

and top-notch customer service, Bel Air capitalized on its success and had expanded to a chain of six stores within its first decade.

Today, the now-much larger Bel Air chain, which was formerly led for 40 years by its president, George Wong, has stores as far east as Cameron Park and as far north as Yuba City.

Among these stores, the Arden Way store opened on Aug. 14, 1958, the Florin Road store opened on Aug. 8, 1966 and the Rush River Drive store opened on Nov. 16, 1988.

## The local store

Other highlights in Raley's history include the opening of its first Food Source warehouse format store in Folsom

in 1994 and its purchase of the Nob Hill Foods chain in 1998.

Tom Raley passed away at the age of 88 on Dec. 27, 1991 and the company is now owned by his daughter, Joyce Raley Teel, who also serves as a co-chair of the Raley's board of directors. Her husband, James E. Teel, is the other co-chair.

Tom Raley's only grandson, Michael J. Teel, serves as Raley's president and CEO, while each of his four sisters, Claudia Doerhoff, Diane Perry, Laurie Struck and Lisa Davidson, serve on the board of directors.

Today, Raley's, which has its headquarters in West Sacramento and about 13,500 employees, continues to add to its legacy.

Raley's spokeswoman Amy Davis said that Raley's is proud

of its 75-year commitment to providing quality products and services for its customers.

"We are thrilled to celebrate Raley's 75th anniversary with the community," Davis said. "It's been an honor to serve the greater Sacramento area since 1935. Although our offerings and services have evolved over the years to meet the needs of today's consumers – including a recipe database on raleys.com, accounts on Twitter and an iPhone app for customers on-the-go – the foundation of customer service built by our founder, Tom Raley, remains constant as we welcome a new generation of customers through our store doors. As a regional, family-operated company, we look forward to serving you and your families for many years to come."



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'Painting Where the Wild Things Are'

# Gala reception to benefit cash-strapped Effie Yeaw Nature Center

Special to the Land Park News

On Saturday, May 15, the American River Natural History Association and Carmichael's Sacramento Fine Arts Center will present an all-day fiesta of painting, topped by an evening gala with light supper, music, and a silent auction of award-winning paintings. Called, "Painting Where the Wild Things Are," this event is a fundraiser for the Effie Yeaw Nature Center, which may be forced to close its doors this summer due to budget cuts.

"Painting Where the Wild Things Are" will take place at the Effie Yeaw Nature Center, located at 2850 San Lorenzo Way in Carmichael (off Tarshes Drive). The evening gala is from 5 p.m. to 9 p.m. Tickets for the gala reception are \$30.

### Art competition

Prior to the big day, the Fine Arts Center will request hundreds of artists to submit paintings of the American River Parkway. Interested artists should contact the arts center at (916) 971-3713.

The submitted artworks will be judged by the nationally renowned artist Gregory Kondos, and the 70 chosen paintings will be on display and for sale at the Fine Arts Center, located at 5330-B Gibbons Dr. in Carmichael, from April 27 to May 8. Special awards will be made to a few of the most outstanding paintings. A portion of any sales will be

shared by ARNHA for the Effie Yeaw Nature Center.

On Saturday, May 15, the paintings will move to the Effie Yeaw Nature Center for the gala event and may be browsed during the day. Additionally, many more artists will be creating plein air paintings throughout the Nature Area, and these paintings will be available through a silent auction in the evening.

Visitors may come and watch the artists at work. A children's painting program will offer families the opportunity to purchase paper, paints, and brushes, and each child's finished product may be offered for sale with proceeds split between the child and the Nature Center.

### Gala with live, silent art auctions

The evening gala event will feature music, food, wine and beer, and both silent and live art auctions. Gregory Kondos will donate a large print for live auction, and Jian Wang will donate an oil painting. ARNHA is requesting sponsorships/partnerships for "Painting Where the Wild Things Are." Sponsors and donors will be acknowledged in event publicity:

### Tickets

To purchase tickets, call (916) 489-4918 or e-mail [eync@saccounty.net](mailto:eync@saccounty.net). For more information about sponsoring this event, please e-mail Betty Cooper at [cooperbe@saccounty.net](mailto:cooperbe@saccounty.net).

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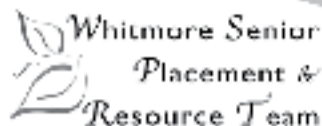
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# Growing goodwill worldwide, one flower at a time

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

A rose can mean any number of things to any number of people. It can symbolize love, friendship, appreciation and myriad other feelings. But what does it mean to have the best rose garden in the United States? The capitol rose garden in Sacramento hopes to find out come July.

But before the bells and whistles of competition, knowing what this rose garden is about is more important.

Odds are you've been there and seen the garden. It is a Sacramento landmark. But why is it there? Certainly many are glad that it is, but what is the real reason behind it?

If you were to ask people on the streets of Sacramento why the rose garden is part of the grounds of the Capitol Building, many would answer that it's a war memorial. Others might say that it's there just because it's pretty. Both good answers, but the message this garden conveys is on an even grander scale.

The full name of the garden is actually the State Capitol World Peace Rose Garden.

Why world peace? Simple, according to Sylvia Villalobos, former Sacramento resident and co-creator and President of International World Peace Rose Gardens.

"There's nothing more meaningful than peace and love," she said. "We wanted to try to unite people from all nations and religions."

T.J. David, Pocket area resident and co-creator and chief financial officer of the aforementioned group, talked about how these roses came to be in our own backyard.

"We got the concept in 1995," he said. "We wanted to create a garden for the community that would honor the diversity of California and the world."

The dedication of the garden took place in May of 2003, showing that the process was an arduous one.

The first step was to get permission to revitalize the pre-existing rose garden on the capitol lot. The idea was put before both houses of the state legislature, and was eventually passed by the senate and the assembly. Then it was a matter of coming up with fundraising programs and pitching presentations to a number of local groups.

This all took time. Not to mention the fact that the plan was delayed further after a truck slammed into the capitol building back in 2001. Before the dedication, the roses were transplanted from a location where they had been growing for two years prior in 50-pound pots. David said that the total weight of the transplanted roses weighed an astounding 16 and three quarter tons.

Villalobos called the whole ordeal "a million dollar project."

### The peace garden project

The garden is one of five world peace rose gardens in the world. The first of which was The Gandhi World Peace

Memorial in Pacific Palisades, California in 1984. Since then there have been gardens erected in Atlanta, Ga.; Mexico City, Mexico; Assisi, Italy and the one here in Sacramento. There are proposals in place for gardens in Vietnam, Brazil and China as well, according to Villalobos.

Throughout the Sacramento garden, there are messages of peace from children all over the area. Thirty-four local schools participated. There are also benches that were sponsored by different groups around Sacramento including the Muslim, gay/lesbian and Hmong communities.

All of the peace gardens are spectacular in their own right, but ask David or Villalobos what they think is the best-looking rose garden in the

world and they'll tell you it's the one just down the street.

"We believe ours is tops," Villalobos said. "It is elegant, well-maintained and has meaning to the community."

"Some gardens may be larger than ours, but none of them have our amenities," David said of Sacramento's half-acre spread. "It's like no other garden in the world. It's architecturally stunning."

Sacramento's garden has 165 different varieties of rose, according to David, and at any one time there can be as many as 700 blooms.

### The contest

The chance for the Sacramento garden to prove it grows the best blossom comes in the form of a contest put on by All-America Rose Selections (AARS), an organi-

zation that annually names official roses of the year. This year, however, a new contest has arisen to name the best rose garden in the United States.

The "America's Best Rose Garden Contest" is an online contest that is open for voting now through July 1. There are 134 accredited gardens in the country; 14 of which reside in California according to Villalobos.

"It's a contest about beauty, but also about meaning," Villalobos said.

If you think Sacramento's garden deserves to win it you can go to [www.worldpeacegardens.org](http://www.worldpeacegardens.org) and follow the directions therein. For more information about Sacramento's garden, go to the above Web site of call 1-800-205-1223.






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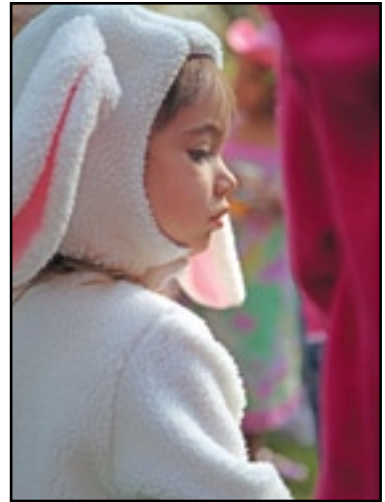
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Faces and places

# Egg-static egg hunt in Land Park

The city of Sacramento and the Land Park Community Association invited the public to attend the annual Land Park Egg Hunt on Saturday, March 27. Scores of local residents attended and enjoyed the music, games, face painting, photos with the Easter Bunny, and a "crazy hat" contest.

*Photos by Land Park News photographer Stephen Crowley.*



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# Land Park News writer's introduction to Ettore's European Bakery

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

In the life of a journalist, no day is ever the same and certainly there are those days that are much more unique than the others. And Sunday and Monday, March 14 and 15 was undoubtedly a pair of these more unusual types of days.

Invited to celebrate Ettore's European Bakery and Restaurant's 25th anniversary by stepping into the role of a baker for a day, I was intrigued by the idea of receiving a crash course in bakery science from the business's owner and Swiss native, Ettore Ravazzolo.

And those who question whether creating bakery goods is a science have likely never spent a single day as a baker.

After arriving at Ettore's at 9 p.m. for my graveyard shift – by far the most common shift for a baker – Ravazzolo gave me a quick tour of the bakery before explaining to me why he refers to baking a science.

"Baking is a science," said Ravazzolo with his endearing Ar-

nold Schwarzenegger-like accent. "If you do cooking, for example, and you make a sauce and the recipe says a half of cup of tomatoes, a cup of celery, a half of cup of onions or whatever, if you forget the onions, it's still okay. It maybe doesn't taste the same, but you don't have to throw away the sauce. In baking, you have to follow all the steps. If you have 10 steps, every step has to be perfect. Even if you forget one step, the whole product is shot."

So, talk about pressure going into the first day on the job.

With this science lesson, I was undoubtedly determined to not miss a single baking step.

But as a rookie baker working alongside one of the city's finest professional bakers, I felt confident that I would fair well.

This confidence was enhanced by the fact that I was presented with a traditional, white baker's apron that made me look the part of a baker, thus giving me perhaps a false sense of security that in the appropriate baker's uniform, learning to work in a bakery would suddenly become much easier.



Photo by Scott Kent

Ettore's European Bakery and Restaurant owner Ettore Ravazzolo and Arden-Carmichael News writer Lance Armstrong show off some of the baked goods that they prepared and cooked at the popular, local eatery.

I would soon gain a strong understanding, however, that baking is not only a science, but also an art.

### A dash of wisdom

My first lesson was learning how to roll dough in a rolling machine – one of the few processes that I would see during my time at the

bakery that was not performed by hand.

Having never prepared anything in a kitchen that required about a 5-foot-long by 2-foot-wide strip of dough, I knew that I was in for an interesting experience.

See Ettore's, page 15



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# Ettore's: 'Baking is not only a science, but also an art'

Continued from page 14

After placing a few ingredients on a counter, Ravazzolo said, "We're going to make cinnamon rolls."

He then taught me to brush a light layer of a buttery-like spread on the dough and add the correct amount of ingredients.

Next, I tightly rolled the dough and its contents together to arrive at a product that looked somewhat like a very long burrito prepared to serve a small army. I then cut many 2-inch sections from the main roll and placed them on cooking trays.

This entire act was repeated again, since with Ravazzolo's assistance, I made both raisin and fresh apple cinnamon rolls.

Among my other training, I learned how to make plain, ham and cheese, and turkey and cream cheese croissants.

I also had the opportunity to participate in an experiment to create a new bakery product – various flavors of bread puddings with different ingredients such as cinnamon rolls, croissants, brioche, chocolate and fresh berries.

Ravazzolo said that creating new products that are enjoyed by his customers is one of the most satisfying parts of his job.

After placing the cinnamon rolls and croissants in proof boxes that combine

heat to develop the yeast and moisture so the product does not dry out, we then put them in the oven.

One of my most delightful experiences at the bakery was smelling the wonderful aroma of the freshly-baked and very large cinnamon rolls as they were being glazed.

But even more delightful was tasting the very goods that I took part in creating.

Of course, it is always an important part of the job at a bakery to taste test for quality assurance and since I was new on the job, I figured that it was the right thing to do to volunteer to do the "dirty work."

## Visiting Ettore's

The cinnamon rolls and croissants are certainly worth a trip to Ettore's, but furthermore it is a good idea to visit the Web site [www.ettore.com](http://www.ettore.com) to preview descriptions of many of the business's other tasty treats.

Following a long night of baking, I sat down with Ravazzolo to discuss the history of his business and other interesting elements of his life and soon afterward it was 4 a.m., marking the end of my seven-hour shift at the bakery and one of the more interesting and memorable experiences of my career.

## Janey Way Memories



# The Mayor of Janey Way



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

The Viani family lived on the west side of Janey Way in the direction of the National Guard Armory: Lou Sr. (Big Lou), his wife Tina, Lou Jr. (Little Lou) and daughters Diana and Anna. Big Lou served in World War II under General George Patton. He participated in the invasion of Italy where he survived tough fighting in Sicily and then the Italian peninsula. Then he returned home and settled on Janey Way with his wife.

The Vianis had their first child, a boy they named Louis Jr., in 1947, the year I came into the world. When my family moved to Janey Way in 1952, Lou Jr. became my best friend. We played sports, we played in the pit (the vacated sand and gravel site located behind the houses on the east side of Janey Way) and we also spent a lot of time at the Viani house. Big Lou was in the process of landscaping his backyard and Little Lou and I watched, helped sometimes, and mostly just played. We also spent a lot of time inside the Viani house. They had one of those collections of Time/Life books called the "History of World War II." The books featured stark photos depicting the horrors of war. Pictures of war dead, demolished buildings and blank-faced looking soldiers festooned the pages. When Big Lou saw us buried in these volumes, he told of his experiences in the war. "Never gulp water from a canteen," said Big Lou, "you can choke that way," or "General Patton was the greatest general because he used the tactics of the great warrior Hannibal." Little Lou and I listened intently. Then, like all children, we went outside with our toy guns and pretended to be soldiers, not fully understanding the horrible reality of war.

In addition to these volumes about the war, Big Lou also had souvenirs from the war, including postcards showing the great sites in Italy such as St. Peter's Cathedral, the Trevi Fountain and coliseum. He also had a postcard showing Michelangelo's statue of Moses. It featured a dent just below the knee that supposedly resulted when the artist struck the sculpture and said, "Speak to me." That made an impression on me, and I said to myself, "Someday I will see it and all the other sights in Italy." Later in life, I did visit Italy and see these things.

People called Big Lou the "Mayor of Janey Way" because he seemed intimately involved in every activity that took place in our neighborhood. When he passed you on the street, he always stopped to converse and share the latest gossip from the neighborhood. All the neighbors knew and liked Big Lou. He seemed larger than life and always donned a smile and a story to share. He worked every Wednesday night calling numbers for bingo at St. Mary's church. He and my dad cooked at the church dinners, an all-day event. Every Christmas, Big Lou and Little Lou erected the nativity scene inside St. Mary's Church. Weeks before Christmas, they began this task, and during that time, the scene remained covered with sheets. On Christmas Day, the sheets disappeared, revealing a memorable depiction of the birth of Christ. We looked forward to that moment with great anticipation every year.

Big Lou, the last remaining father on Janey Way, has fallen on ill health lately; his family has placed him in a care facility. Some day soon he will pass. When that happens, a shudder will be felt across Janey Way like on the day the last shovel of dirt filled the pit and ended our childhood.

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# Now open for business: Sugar Plum Vegan Cafe

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

There are several reasons people choose to go vegan. Some are driven to it due to food allergies; others do it to stay away from processed foods; and some just think it's wrong to use animals as a food source. Thanks to a new vegan cafe in midtown near East Sacramento, there might be many more vegans in our neighborhood.

The Sugar Plum Vegan Cafe opened as a rousing success on March 14 during Second Saturday festivities. Co-owner Khyem Amri said that the line was out the door with folks ready to try all manner of baked goods and other vegan delicacies.

During the nearly two weeks since it opened at 2315 K St. in midtown, business has been good for Amri and his wife Melissa Wilhelm. Together, they hope to bring a new flavor to Sacramento cuisine culture.

The idea, however, did not materialize overnight.

Khyem and Melissa met in a farmer's market in Brentwood three and a half years ago. Melissa, who is the head chef and baker at the Sugar Plum, was there selling some of her vegan delights. Khyem still remembers his initial reaction to seeing Melissa that day.

"I had just gotten out of a relationship, so I tried to ignore what I was feeling when I saw her," Amri said. "But I couldn't ignore the fireworks."

He helped Melissa develop her business, which was a vegan food company called Jivana Vegan. They were a natural fit as far as business went, as Melissa did all the food preparation while Khyem drove the attention-getting portion that got people to stop at their booth. Eventually they went on to sell their products in a much more lucrative Los Angeles farmers' market where they soon quadrupled their profits.

## Sugar Plum in Sacramento

One of the early signs that they might have a chance at starting a restaurant was when one of Melissa's gluten-free carrot cakes took a silver medal in a culinary competition — impressive considering it was the

only vegan entry. While still in Los Angeles, Melissa became pregnant with the couple's first child. The business went on hiatus and the two thought about where they wanted to raise their son. Amri, who grew up in Sacramento and graduated from El Camino High School in 1999, suggested moving back up north.

Both have held a number of jobs since the birth of their child, but a fortuitous meeting set in motion what would one day become the Sugar Plum Vegan Cafe.

Melissa spoke at a meeting for the Sacramento Vegetarian Society and was immediately approached by an investor. They found a place in midtown that could accommodate all they needed and six months later, they were moving in.

The two-story Victorian house-turned-business was formerly a restaurant that featured Mediterranean cuisine. A temporary sign hangs above the entrance, making it difficult to know the cafe is there unless you knew beforehand.

"I think people are finding us pretty well," Wilhelm said. "We're working on a permanent sign to put out front."

Since the opening, there has been little rest for either of them, but both are quick to acknowl-

edge that being too busy is better than not being busy enough.

Moving back up to Sacramento allowed the couple to be close to Amri's family and they saw it as an ideal place to raise a child. But they also saw it as an opportunity to open up a place in an area brimming with vegans, vegetarians and quality-conscious foodies. In fact, the Sugar Plum is the first vegan bakery in Sacramento.

So far, it looks like the cafe might have found a permanent home.

"There are a lot of excited vegans around Sacramento," Wilhelm said. "There have been a lot of curious people coming in because they want to try a healthier way to eat."

Wilhelm went over a number of things having to do with veganism and why it may be a good idea for people to consider it as an alternative.

"Everything is fresh and organic," she said. "There are no preservatives or pesticides, so obviously that is good for your health."

## The menu

While you may notice that everything on display in the front of the store is of the dessert variety, the cafe does have a lunch and dinner menu featuring panini sandwiches, sal-

ads and nachos. They also recently featured a Portobello mushroom meatloaf.

The most popular lunch/dinner item is the nachos, according to Wilhelm. It consists of corn chips topped with black beans, olives, vegan meat alternatives, vegan cheese, avocados, salsa and vegan sour cream. A plate of them will cost you \$11, but will comfortably serve three.

As far as the dessert menu is concerned, the Sugar Plum has your sweet tooth covered. The cafe features 12 different types of dessert items ranging from cinnamon rolls to cookies, cupcakes and muffins, all made fresh daily.

## Visiting the Sugar Plum

The Sugar Plum Vegan Cafe is located at 2315 K St. Business hours for the cafe are Mondays, closed; Tuesdays through Thursdays, 8 a.m. to 8



Land Park News Photo/Benn Hodapp  
During the nearly two weeks since the Sugar Plum Vegan Cafe opened at 2315 K St. in midtown, business has been good for co-owners Khyem Amri and Melissa Wilhelm.

p.m.; Fridays, 8 a.m. to 9 p.m.; Saturdays, 10 a.m. to 10 p.m.; and Sundays, 10 a.m. to 8 p.m. For more information, call (916) 706-3302 or visit [sugarplumvegan.com](http://sugarplumvegan.com). Free wifi Internet access is available.

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A true friend

# Canine assistant a blessing of the four-legged variety

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

Dogs, it is said, have been humanity's best friends since the beginning of time. One ancient legend tells a tale that when Adam and Eve were banished from the Garden of Eden, the dog refused to leave them and willingly accompanied them into exile. In fact, the word "Fido" means "I am faithful."

Whether one believes such stories or not, it is undeniable that *Canis lupus familiaris* has served humanity well as a beloved servant, protector and

non-judgmental, empathetic friend. Every year, new canine talents are discovered by humans that continue to enhance lives – whether it is a dog that can detect medical conditions before they become apparent, or a pup who can console a troubled patient at a medical clinic.

Dogs are amazing, Pocket area resident Beth Graham would agree. For the past two years, her service dog, Sajak, has enhanced the quality of life of this spunky 29 year old.

Beth was born with a debilitating bone condition called Osteogenesis Imperfecta, or OI. Also known as "brittle bone disease," OI causes bones to easily break or fracture, and connective tissue is defective or unable to be produced in some cases. There are eight varieties of OI. These are graded as Level I, which is the least severe, to Level VIII, which is most severe. Persons with Level IV OI are small in stature with curved spines, barrel-shaped rib cages and have bone deformity that is mild to moderate. People born with OI are very bright and have a "can-do" attitude that is inspirational.

Beth was born with OI that is Level IV. She comes from a family of five, is the middle sibling and is the only one in the family with the condition. Her parents, while protective of her, raised her to reach for her full potential. So much so, that she moved from her native Pittsburg, Pennsylvania home to complete graduate school at Sacramento State and to land a job as a high school counselor at the Sacramento Academic and Vocational Academy (SAVA) in Elk Grove.

"I am completely independent," she said. "I am in a wheelchair, but I am able to take care of myself. I drive a van with hand controls. I go to work like anybody else."

It is the development of tools such as motorized wheelchairs, access-friendly vans and others that allow persons with disabilities to lead fulfilling lives. Dogs have long been a part of that equation. Beth was interested in exploring the option of having a canine assistant.

"I was substitute teaching at a school back east when a student with a severe case of muscular dystrophy told me about the Canine Assistants



Land Park News Photo/Susan Laird  
On the lookout for each other, Sajak and Beth Graham look down a Pocket area neighborhood sidewalk, on the lookout for any hazard that might come their way. Here, they watch out for friendly neighborhood dogs and squirrels.

program," Beth said. "He had a service dog who was amazing. I had grown up with dogs, so I decided to check it out."

Canine Assistants is a non-profit organization that trains and provides service dogs for children and adults with physical disabilities and other special needs. To date, the program has not only sponsored more than 1,000 Canine Assistants throughout the nation, but also changed the lives of those individuals and their friends and fami-

lies. In addition to physically assisting those with disabilities, Canine Assistants service dogs are instrumental in removing many of the barriers faced by the disabled in today's society.

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See Canine, page 21



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# Canine: 'He will just refuse to leave my side,' said Beth Graham

Continued from page 20

ity of service dogs are retrievers, including both goldens and Labradors.

The dogs are raised and screened for personality, temperament, and general health. All are trained to provide assistance to a human companion. Some are also trained as seizure response dogs for certain recipients. Following general training, seizure response dogs are trained to perform one of the following behaviors, depending on the recipient's need: remain next to the person during the course of a seizure, summon help in a controlled environment, or retrieve a phone prior to the seizure when indicated by the recipient. Certain dogs may even develop the ability to predict and react in advance to an oncoming seizure once they are placed with their recipient.

"My mom and I flew to Georgia to check it out," Beth said. "I had filled out all the paperwork, had my referrals from the doctor and physical therapist and was accepted as a candidate for a Canine Assistant. That's where I met Sajak."

Sajak, who was a year and a half old at the time, seemed a little too frisky to Beth at first.

"He was full of energy, and at first I was worried that he might accidentally hurt me," she said. "They breed the goldens so they are about 50 pounds lighter than the typical golden. Even then, Sajak looked pretty big to me."

However, Sajak liked Beth from the start. Sajak immedi-

ately took to performing tasks for Beth.

"Our trainer Jennifer told me that she had never seen a dog bond to a human so quickly before," she said. "He was still a puppy. Sajak has mellowed a lot since then."

For the past two years, Sajak has helped Beth every day. He picks up objects for her on command, turns lights on and off and – most important – can go get help should Beth ever need it.

"He knows the command 'Go get so-and-so' – and I'll name that person," Beth said. "He will search until he finds that person. At school, he will search the entire school. I am fortunate that we haven't had an actual emergency there, but it is good to know that he will go find the people I send him to look for. If he shows up without me, those people at school or in my neighborhood know that I'm in trouble and need help."

Sajak has also developed a talent for which he was not trained: he is able to warn Beth of impending bone breaks.

"He will just refuse to leave my side when I'm on the verge of a break," she said. "I may not even realize that I'm going to break a bone. There is a train of thought that OI may have chemical cycles that can be a factor in bone breakage. Whatever it is, Sajak is able to detect it – and I've learned to listen to him."

One hundred percent of the Canine Assistants programs budget comes directly from private donations made by

corporations, foundations and individuals. Those interested in learning more about the work of Canine Assistants can visit [www.canineassistants.org](http://www.canineassistants.org) to learn more about these remarkable dogs and how to support the work of the non-profit organization.

Companies such as Milk-Bone have played a huge role in the success of the Canine Assistants. This year, Milk-Bone has donated all marketing efforts to help promote the Canine Assistants program. This includes a return to broadcast advertising, with an ad campaign featuring Canine Assistants recipient Jake Jeter.

The Canine Assistants organization continues to provide assistance as needed to the dogs and their recipients. Should a team be in trouble, Canine Assistants will fly out to provide help if needed.

"Last year, Sajak got very sick. It turned out that he had a form of canine irritable bowel syndrome," Beth said.

In a turnabout of events, Beth was the caretaker of Sajak.

"I took him to the vet first thing in the morning," she said. "Sajak was very ill and in the hospital for three days. It was good to know that I could call Canine Assistants if I needed to. Fortunately, the vet I go to is amazing. To this day, Canine Assistants will even help with vet bills if I need it. It is a fantastic organization."

Fully recovered now, Sajak hops into Beth's van every morning and joins her in

her work at SAVA every day. The students all know him by name. After school, they travel home and go for walks in the neighborhood.

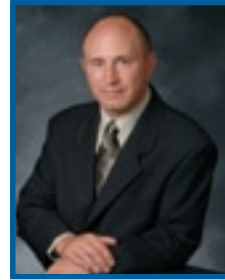
"He is so popular, I have to tell the students that they can greet Sajak only once a day," Beth said.

Because of Sajak, Beth has been able to juggle a chal-

lenging medical condition, independent living and a full-time job in the Sacramento area for over a year now.

Not only does Beth have a valuable assistant, she has a faithful, wonderful companion.

"He is a member of the family," she said.



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# 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.

## APRIL

### The Savvy Caregiver

Based on research by experts, this new 6-week course from the Alzheimer's Association will provide clinical-level training for family caregivers. The program provides over 12-hours of face-to-face training with dementia experts, a caregiver manual and CD-ROM. Six consecutive Tuesdays: April 6, 13, 20 and May 4, 11, and 18. 10 a.m. to 12 p.m., ACC Park City, 7375 Park City Dr. For a limited time, this \$75 course is being offered for free. Transportation and respite expenses can be covered by a grant. Please inquire. Pre-registration required by April 1. To register, please call Denise Davis at 916-930-9080 or e-mail at [Denise.Davis@alzncorcal.org](mailto:Denise.Davis@alzncorcal.org).

## 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 8-11

### Brundibar, a Holocaust-Era Opera

On April 8-11, 2010, the Sacramento Children's Chorus with support from the Sacramento Opera will perform Brundibár, the

internationally acclaimed 1938 children's opera. Musical accompaniment will be provided by the Sacramento Youth Symphony. The production will be held at the Hiram Johnson High School theatre, 6879 14th Ave., with four public performances and two matinee performances to accommodate school field trips. The final Sunday public performance will be held on Holocaust Remembrance Day (Yom HaShoah), April 11, 2010. The opera will be sung in English and accompanied by English super titles. Tickets are \$15 for adults and \$10 for students.

## APRIL 9

### Cultural Events Fair

The Cultural Events Fair takes place at McClatchy High School located on Freeport Boulevard on April 9 from 3:15 to 5:15 pm. It is a fair offered to students in the HISP Program (Humanities and International Studies program) as a way to learn

about different cultures outside the classroom. There are workshops held all over the campus. They include Sushi making, Painting in Pastels, Photography, Fencing, Drumming, Acupuncture, Belly Dancing to name a few. There are between 14 and 16 workshops. Most presenters are business and professional people from the area and they do both lectures, labs and hands-on. Usually they bring colorful and interesting props such as real fencing gear, food ingredients, posters, costumes etc. The event is highly spirited and positive and very well received among the students, parents and teachers.

### Carmichael Geranium Society April Meeting

Carmichael Geranium Society April Meeting is Friday April 9, 10 a.m. to noon at the Carmichael Community Clubhouse, 5750 Grant Ave. We will have an overview of how to use Geraniums in culinary recipes - visitors welcome. We will also make final plans for our May 1 annual Show and Plant Sale.

## 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](mailto: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).

### Rummage Sale and Pancake Breakfast

Held at Sutterville Elementary School, 4967 Monterey Way, the Rummage Sale is 7:30 a.m. to 2:00 p.m. and the Pancake Breakfast is 7:00 a.m. to 11:00 a.m. A preview story would also be great (if news is slow). Your hook could be the school district's budget crisis. Our PTA is doing all it can to raise money, because we know even more services are going to be cut. We already pay for a music teacher and an art teacher at our school along with various assemblies. Thanks so much! If you need more information, you can reach me at [therobbiebug@sbcglobal.net](mailto:therobbiebug@sbcglobal.net) or 456-4331.

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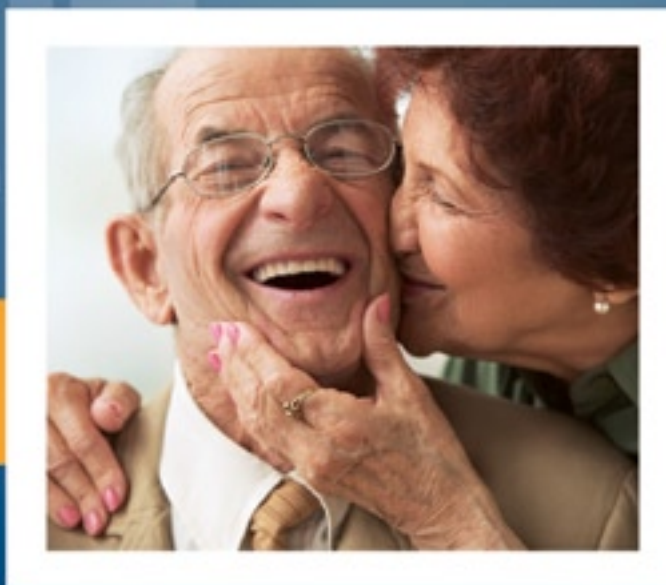
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# The beauty of nature, in miniature

Bonsai Sekiyu Kai of Sacramento presented the 33rd annual show of the Bonsai and Rock Exhibit at the Sacramento Buddhist Church at Betsuin Hall, 2401 Riverside Blvd. on Saturday and Sunday April 3-4. The annual event is a special, unique presentation of this classical gardening and geological art conducted by local masters in the discipline. See more photos online at [www.valcomnews.com](http://www.valcomnews.com).

*Pictures by Land Park News photographer Noah Winn.*



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This home is made for entertaining w/ gourmet kitchen, formal living room, large family room w/built-in wet bar. Updated features include new roof & windows in '04, new HVAC in '06 & new kitchen in '07. Classic features include hardwood floors, crown molding & LR & FR fireplaces. See [www.962RobertsonWay.com](http://www.962RobertsonWay.com) \$429,000

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**CONNIE LANDSBERG 761-0411**



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### 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](http://www.1388SanClementeWay.com) \$319,000

**ELAINE OWENS 747-8479**

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**DAVID KIRRENE 531-7495**

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**CONNIE LANDSBERG 761-0411**

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Immaculate charming 3br, 2 bath home in a nice neighborhood. Spacious living and family rooms. Updated kitchen and baths. New roof and partial dual pane windows. Wood floors. Covered patio & big tool shed. Nice size attic for extra room or storage. This is a wonderful home! See [www.5637johnsdr.view24hours.com](http://www.5637johnsdr.view24hours.com) \$175,000

**MONA GERGEN 247-9555**



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