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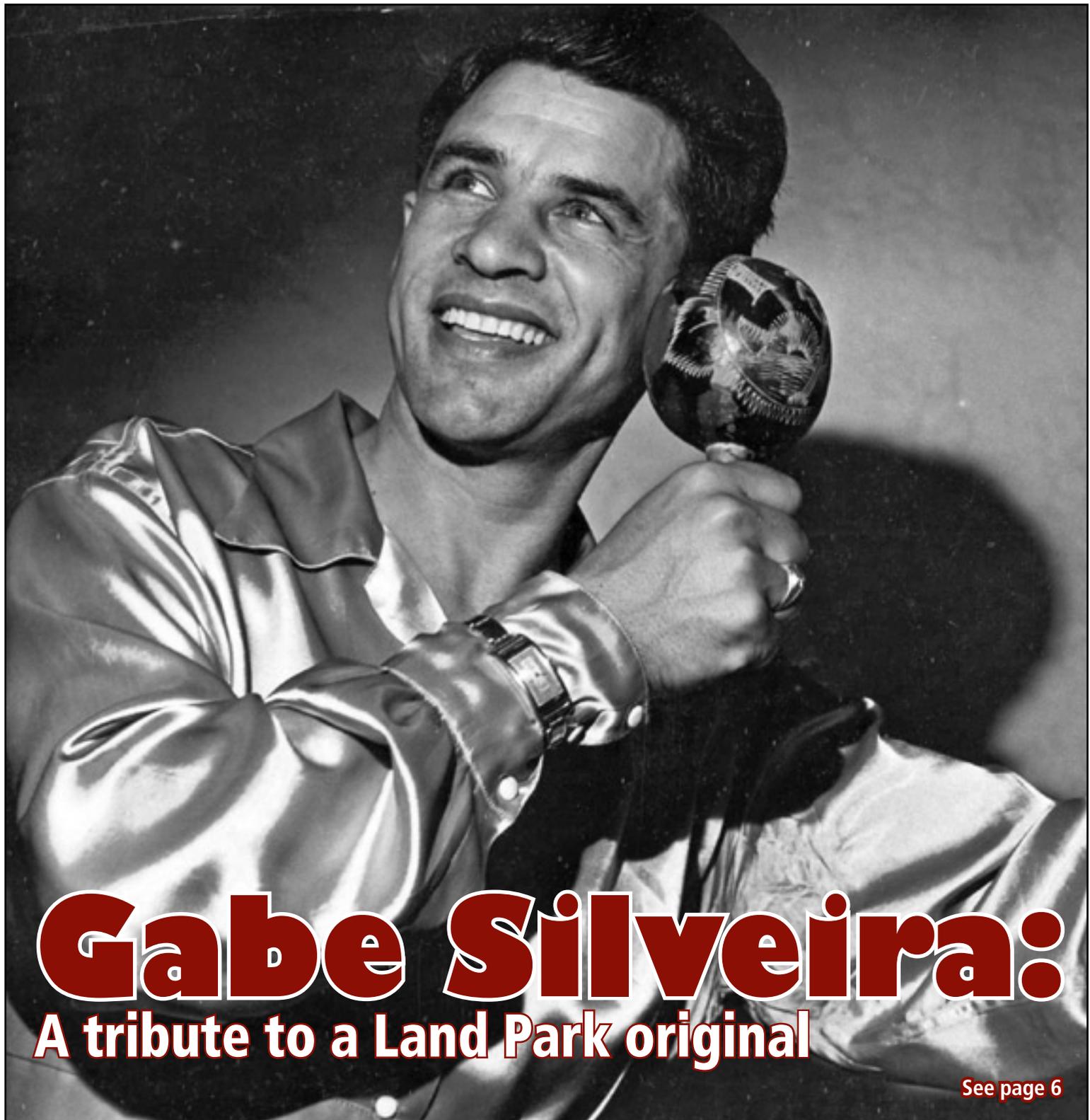
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A tribute to a Land Park original

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Vol. XIX • No. 15

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

2709 Riverside Blvd.
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Susan Laird
Art Director..... John Ochoa
Junior Designer..... Ryan Vuong
Advertising Executives..... Linda Pohl
Patty Colmer, Marc Harris Desilés, Melissa Andrews
Distribution/Subscriptions..... George Macko

Cover photo by:
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Letter to the editor

In your July 22 edition, the article about Corregidor ("Land Park resident remembers the pre-WWII years on Corregidor") brought back memories of the few days I spent on the island after Japan had surrendered. Thousands of us G.I.s were still in Fort Snelling, Minn. Learning the Japanese language, preparing for the invasion of Japan. When Japan surrendered, we were sent to the Philippines, where we were to ship to Japan to do some occupational work.

While in the Philippines, I, with the rank of staff sergeant, was appointed team leader of 100 men. Our title was Luzon Prisoner of War Processing Team. As translators, interrogators and interpreters, our job was to process the thousands of Japanese POWs scattered in work battalions all over the island, and to be especially alert for any prisoners that could be classified as a war criminal. Incidentally, we had two of the highest-ranking Japanese generals who were considered war criminals and both were put to death. General Homma, who I personally processed, asked to be shot. As this was a more honorable way to die, he was hung.

Then we got word from our headquarters in Corregidor, saying they had a bunch of prisoners that needed

to be processed. A dozen of us sailed from Manila to Corregidor by P.T. boat. As we landed, we saw eight Japanese soldiers lined up as if for inspection. On inquiry, we found out that they had just come out of hiding to surrender. Apparently, they had been hiding in a cave just a stone's throw away from our headquarters. They said they raided the garbage cans for food and appeared very healthy, though their faces were ashen from hiding during daylight hours. I wish I had taken the time to check out the place they had been hiding.

With the use of the Japanese POW work battalions, the place was pretty decently cleaned up. I remember that signs had been posted on notable places like the General Douglas MacArthur pre-war home, the U.S. Army cemetery, the POW cemetery, General Jonathan Wainwright's surrender area. I'm wondering if these things are still there.

One of my men had been carrying a small camera through all our travels, so we got some pretty good pictures in Corregidor and Manila.

I'm anxiously waiting for Gloria Bagby's book to be published.

Sincerely,
Ard Kozono
Sacramento

Military announcements

Army Pfc. Mark A. Bray has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and

ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

He is the son of Gary and Terri Bray of Whitney Ave., Carmichael, Calif.

Bray is a 2005 graduate of Rio Americano High

See Military, page 27

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Gabe Silveira: A tribute to a Land Park original

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

Among the many locals who have made notable marks during Sacramento's 161-year history is, undoubtedly, the late Land Park resident Gabriel "Gabe" Luiz Silveira.

Although many Sacramentans today are unfamiliar with this name, with this year marking 40 years since his passing, it is a good time to familiarize more people with this notable, local figure.

An immigrant of Santa Amaro, Pico in the Azores islands of Portugal, Gabe first came to Sacramento with his mother, Mariana, and his sisters, Marie and Gabriella, in about 1917 when he was about 10 years old.

Those most familiar with Gabe are quite aware of his lifelong love for entertaining others.

The early years

When he was 21 years old, Gabe began the first of his six years of composing music with another Portuguese immigrant, John Nunes.

It was also during this era that Gabe performed



Gabe Silveira performs with his orchestra in this early 1960s photograph.

Photo courtesy of the Silveira family

in leading roles and sang Portuguese songs in Portuguese language plays held for the benefit of the St. Elizabeth Roman Catholic Church.

The plays were originally held in the basement of the church at 1817 12th Street and later at the Tuesday Club House at 2722 L St., across from Sutter's Fort.

During the late 1930s, Gabe, who married another Portuguese immigrant Gloria Peters (the anglicized version of the Portuguese name Pires) on Nov. 20, 1933 and had two children, Don and Diane, began hosting a program, called "Memories of Portugal," on the local radio station, KROY 1210 AM.

The program, which included live music by Gabe and other Portuguese musicians, was entirely presented in Portuguese.

The program run with KROY came to an end due to World War II, since all foreign language stations were discontinued during this time.

'The Lost Gaucho'

KFBK picked up the program in an altered version, as the program, which continued for 16 years, became known as "The Lost Gaucho" and was presented in English and featured recorded versions of Latin music, including Portuguese songs.

Don said that many Latinos in Sacramento were very familiar with his father due to the program's popularity with local Latinos during this era.

Gabe was also known for performing with his own

bands at Sacramento venues, including the Hotel El Dorado – today's Radisson Hotel – at 500 Leisure Lane, the Argentina Café at 610 J Street and the Trianon Ballroom at 910 K Street, above the Senator Theatre.

Gabe and his bands, one of which included his son on trumpet during the 1960s, also played across the Tower Bridge at venues on the old Davis Highway – now West Capitol Avenue in West Sacramento. These venues were the extremely popular El Rancho Hotel and Club Mocambo.

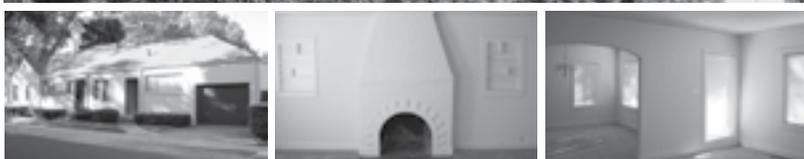
During this time, Tuesday evening dance exhibitions were presented at the El Rancho by the Arthur Murray Dance Studio of Sacramento.

Gabe's bands provided Latin tempos on these evenings and on many occasions Gabe

See Silveira, page 7

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Silveira: Community benefactor, business owner, entertainer

Continued from page 6

could be found on the dance floor.

While recently reminiscing about her father, Diane said, "My father was an outstanding dancer."

Diane added that her father was a perfectionist in every activity in which he became involved and that he was a very motivated person, noting that he taught himself how to play music.

Furniture store owner

In addition to his notoriety in the local music world, Gabe was also well known as the owner of a furniture store, called G.L. Silveira Co., which he operated with Gloria.

After working during the mid-1930s as a delivery driver for the Dallman Supply Co., a plumbing, heating and engineering supplies and roofing materials business at 6th and Q streets, Gabe went to work at the household appliances and furniture business of George F. Lamb.

But after a dispute with Lamb, whose business was located at 1516 Del Paso Boulevard in North Sacramento, Gabe, who was Lamb's top salesman, left the business in 1939 and established G.L. Silveira Co.

The opening of this business, which was located at the former site of Chris Pulon's grocery store at 1616 Broadway, marked the beginnings of Gabe's longtime notoriety as a furniture dealer.

Two years after opening his Broadway store, Gabe relocated the business to 2325 21st Street, where Joseph Gentner, a longtime Sacramento sausage maker and grocery store owner formerly resided.

Apparently, Gabe's store did not immediately focus on furniture, considering that a 1941 Sacramento telephone book lists the business as specializing in electrical appliances.

The following year, however, the city directory lists G.L. Silveira Co. as one of Sacramento's 22 retail furniture dealers.

Commenting about these listings, Don said that although his father always sold furniture from the time he opened the business, he believes that his father may have had more electrical appliances because he was still in the process of increasing his furniture inventory.

In 1947, Gabe had his own building constructed at 2100 X Street, across the street from Joseph Gentner's Gentner's Market. The market building, which included upstairs apartments, was located on the northeast corner of 21st and X streets, while the furniture store was located on the southeast corner.

A 1952 advertisement for Gabe's business presents the store's offerings at the time as follows: furniture, Frigidaire appliances, Occidental gas ranges, Youngstown dishwashers, Easy washing machines and Beauty Rest Sealy and Englander mattresses.

The store, which eventually sold drapery and carpets for many years, was also one of the city's earliest television dealers, as the business exclusively offered Zenith television sets.

Although Gabe, who only had one grandchild, Valerie Cortopassi, passed away on July 22, 1970, Don continued



Gabe Silveira poses with a pair of maracas for this 1940s publicity photograph.

Photo courtesy of the Silveira family

to operate the furniture store until his retirement in 2002.

Today, the building is home to The Antique Company, dealers in an eclectic mix of antique, English imports, including a large selection of furniture.

Community patron

Always very active in the community, Gabe was involved in many affairs outside of his participation in local entertainment and operating his store.

These things include: assisting in efforts to sponsor the city's first civic ballet (1946), serving as president of Sacramento's Cabrillo Club No. 5 (1958) and the club's state

president (1961), assisting in the naming of Cabrillo Elementary School at 1141 Seamas Ave. (1958), serving as the chairman of Cabrillo Day at the State Fair (1958-1970) and running for a city council seat (1961).

As a Cabrillo Club representative, Gabe worked to have Portuguese taught in schools and dedicated many hours to an effort working with the governor's office to proclaim Sept. 28 as "Cabrillo Day" in honor of Juan Rodriguez Cabrillo, who sailed into San Diego Bay in 1542.

Knighthood by Portugal

Among the many awards that Gabe received during his

life was the Ordem do Infante Dom Henrique (Order of Prince Henry the Navigator) for his "undying devotion to the Portuguese-American community" in Sacramento. The honor is a Portuguese national order of knighthood.

Don described this award as being a "very prestigious" honor, adding that the award is the highest Portuguese award that one can receive without being a Portuguese citizen.

Although it has been four decades since his passing, Gabe leaves behind a very rich legacy – one that should be recognized and appreciated for many years to come.

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County Board of Supervisors declares 'Voices of Meningitis Week'

Special to The Land Park News

The Sacramento County Board of Supervisors will partner with the California School Nurses Organization, Sacramento County Department of Health and Human Services, and Sacramento Healthy Community Immunization Coalition to declare Aug. 16-20 as "Voices of Meningitis Week." A special ceremony to present the declaration will be held Aug. 16 at Norwood Junior High School in Sacramento.

The action is being taken in support of the National Association of School Nurses (NASN) Voices of Meningitis campaign, a program that brings together the many "voices of meningitis" –

*Families urged
to get pre-teens,
teens vaccinated*

school nurses, parents, survivors of the disease and public health officials – to help educate families of preteens and teens about the dangers of meningococcal meningitis and the importance of vaccination. Following the declaration, local Sacramento preteens and teens will lead by example by receiving their meningococcal vaccination.

Local "voice" of meningitis, Rose Kwett, who tragically lost her 15-

year-old daughter MaryJo to meningitis within 13 hours of her first symptoms, will share her personal story to underscore the importance of vaccination for Sacramento preteens and teens, especially before going back to school.

Public health officials recommend meningococcal vaccination for preteens and teens 11 through 18 years of age and college freshmen living in dormitories. Yet, despite these public health recommendations, the National Immunization Survey found that less than half of California teens 13-17 years of age have been immunized, which is far below the Centers

for Disease Control and Prevention's goal of a 90 percent vaccination rate.

About 10 percent of the 1,000 to 2,600 Americans who get meningococcal meningitis each year will die. Death rates are up to five times higher among teenagers and young adults compared with other age groups. Of those who survive, one in five is left with serious medical problems, including amputation of limbs, brain damage, deafness, and other organ damage. Vaccination has been available for decades and is a safe and effective way to help protect against the disease. More information can be found at www.voicesofmeningitis.org.

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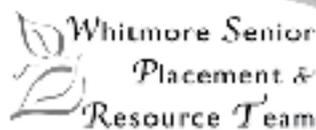
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Broadway comes to Janey Way



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

One summer on Janey Way in the hot days of August, boredom hung over the neighborhood like a cloud. The younger members of the Janey Way gang needed something interesting to do. Mary Puccetti had an idea. "Let's stage a show like they do on Broadway," she said. Her buddies, Diane Viani, Bernadette Tomassetti and Tom Harte, agreed and volunteered to perform. Her big brother Randy agreed to work backstage, and Lou Viani, one of the older boys, said he would direct the production. They were off and running.

Within days, Randy Puccetti began putting a set together – nothing complicated, just banners and small props. The performers practiced their songs, including old standards like "Yankee Doodle Dandy" and "God Bless America." Louie, acting like George M. Cohan himself, paced the yard and hollered out directions to the cast. Slowly, but surely, the production came together. In the meantime, the kids hand delivered invitations to every house in the neighborhood. Soon the show would take place. But would anyone come?

On the day of the show, Randy hurried around his backyard making final preparations. The performers, Mary, Bernadette, Tom and the others, ran through a final rehearsal of the show. Volunteers stood at the gate to the yard waiting to collect the 25-cent admission fee and seat people. The neighbors began to arrive about one half hour before the show began. First one or two, then more, then the whole neighborhood showed up. The kids were dumbfounded and a little scared. They did not expect this big of a crowd.

"Oh my God, it's time to begin."

Lou made the call of "Let the show begin," and the cast came marching out in their patriotic costumes blaring out "God Bless America." One by one, the cast performed each number perfectly. The neighbors cheered louder after each new song. To end the production, the cast performed a rollicking finale, almost as good as one of those Busby Berkeley show tunes. The cast received a standing ovation from the people of Janey Way. The show was an unqualified success.

The kids learned something in the process: There are no limits, only those that we place on ourselves. They had set out to do a successful Broadway-style production and they succeeded beyond their wildest dreams. Another inspirational Janey Way memory.

Know your neighbor

'Five Questions' with Jason Gundrons, mechanic at College Cyclery

By **NOAH WINN**
Land Park News writer

1. What is the specialty of College Cyclery in Sacramento?

"We usually work on and sale beach cruisers and family bikes, and we love to do restorations and re-furbishing bikes."

2. How long has college College Cyclery been open for business?

"This year it's our 75th anniversary, so come on out and show some support."

3. How long have you worked at the store?

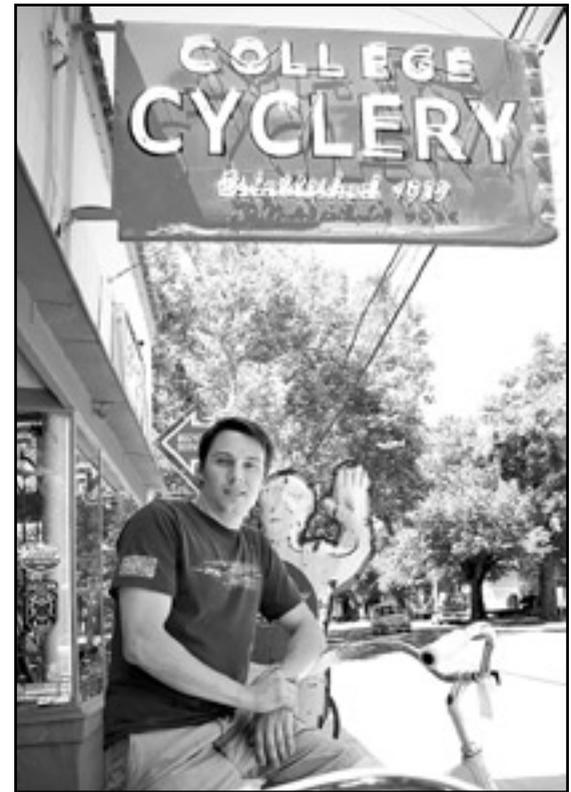
"This is my third year working here at the store and it's been great."

4. What is the most unusual bike you have worked on?

"The most unusual bike I have worked on was this crazy bike that was built like a car. It had four wheels and a second passenger option, so two can pedal at the same time. This car/bike had an independent drive train, but the thing was it didn't have a steering wheel."

5. Do you think in the future or in a few years we will be an all-bike society like some parts of China or Davis?

"No, we like our cars too much. Idealistically, it would be nice. It's just not going to happen."



East Sacramento News photo/Noah Winn
College Cyclery will celebrate 75 years in business this year. Bike mechanic Jason Gundrons enjoys doing bike restorations as well as repairs.

Bonus question: If Floyd Landis came into College Cyclery, had a flat tire and no money, would you help him out?

"Of course I would help Floyd out; I have helped out a lot worse."



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Making successful transitions as your child leaves for college

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

When I started college my parents drove me to school, helped me move in, and attended a few parent/student events. I wondered if they'd ever leave. Finally, we hugged and kissed, and they drove away. And with that I turned and sprinted across campus, beside myself with happiness, relief, and excitement. I was free and on my own.

Looking back, I realize my parents worked hard

the summer before I left to prepare me for this successful transition. They also took steps to prepare themselves for my departure. After all, I was their "baby" and their nest was about to be empty.

As departure day approaches, it is important to change the tone of your relationship with your teen, such that you become less of an authority figure and more of a guide. After all, your teen will soon be making the vast majority of decisions on his or her own. It is

important for them to begin this transition before they leave. I'm not suggesting letting your teen stay out all night and having full access to the wine cellar. You still need rules and expectations. But if they make poor choices, focus more on discussion and guidance than on consequences.

As much as your college-bound teen will be pulling at the reins, seemingly full of confidence, remember that they're also fearful and anxious about leaving home. When you sense this, reassure them that they'll be fine and you'll be there to help, if they need you.

So plan for regular check-ins, be it by phone, text, Facebook, Skype or email. Along with this, plan your teen's visits home. By doing this, your teen will have the

reassurance of knowing that you'll communicate regularly.

It is also important for parents to share some of what they are feeling. You want your teen to know how proud you are and how much you're going to miss him/her. Don't overdo it. If your teen gets the feeling that their departure is going to overwhelm you, then leaving will be more difficult. Share your more intense feelings with others.

After your child leaves, you'll have many different feelings, and most are normal and OK. Perhaps you'll feel depressed, empty and lonely. Or you might feel happy and relieved. Be patient, the feelings will get easier. If necessary, seek out the support of friends and family to help with your transition.

You will also have more free time now that you aren't going to games and monitoring homework. You need to figure out what to do. One option is to stay home and wallow in your feelings. Or you can find new things to do. It's your time to explore and do what you've always meant to do but couldn't find the time.

If your teen doesn't contact you as frequently as you'd like, try not to take it personally. Your teen is in a period of extraordinary change and excitement, and staying in-touch won't be a priority. Be patient and continue checking-in. Even if your teen seems disinterested and gives one-word responses, rest assured that your communications are helping with the adjustment.

When you do communicate, celebrate what's going well and offer to help with what isn't. Work hard not to judge and lecture. If your teen gets the message that you are there to guide rather than criticize, they'll be more likely to speak openly and seek your support.

When a teen leaves for college a family is thrown into a period of great challenge and transition. If parents and teens don't work hard to make it a positive experience, relationships can be strained or even damaged. However, if parents help their teens to prepare prior to departure and support them once they're at school, along with taking care of their own emotional needs, the likelihood of a successful transition for teen and parents is high.

In my next article, I will focus on how parents can help their younger children when their older siblings go to school.

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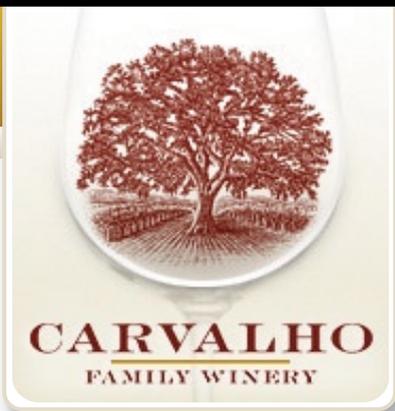
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Hospitals now 'hip' on joint replacement information

'Hipsters' group disbands after many decades

BY ART GERMAN
Land Park News writer

A phone call out came out of the blue the other day from a woman who identified herself as Land Park resident Martha Curry. She said she was calling on behalf of the Sacramento Hipsters, and she invited my wife and me to attend what she described as the organization's "final, farewell meeting."

For just a moment, the invitation hung precariously on a plateau of mystery, but the fog quickly cleared and I totally remembered the Hipsters and what this organization was all about.

The Hipsters were part of a story that began for me in 1971, when my wife and I were driving from downtown to our South Land Park home, and were hit head-on by a drunk driver. My wife happily suffered only cuts and bruises but an ambulance took me to the Kaiser Hospital on Morse Avenue where I spent the next seven weeks receiving treatment for a smashed left hip and a shattered lower right leg.

Eventually I was able to get around painfully with a cane. After about 15 more months, an orthopedist at Kaiser took me aside and told me about a new medical procedure that was just becoming available—something called a hip replacement. The shattered hip bone and socket would be replaced by an artificial new hip of plastic and other materials, he said, and this would be accomplished surgically at the Kaiser hospital on Geary Boulevard in San Francisco. The procedure was not yet being done in Sacramento.

And so it went. As soon as the surgery was over in September of 1973, the pain around my hip magically disappeared. After all, plastic rubbing against metal doesn't hurt. Soon I was able to travel, ride a bike, play golf and engage in other pursuits that had seemed totally out of reach for the preceding year-and-a-half.

As the years rolled on, the prosthesis wore out and loosened: first in 1987, and for a second time in 2003. Both times the necessary "repairs" were made at the new South area Kaiser hospital on Bruceville Road. On the day after the 2003 surgery, I re-

call that Arnold Schwarzenegger had entertained the patients and hospital staff by announcing his candidacy on TV to unseat Gov. Gray Davis on Jay Leno's "Tonight" show.

It had probably been around 1980 that I first heard about the Hipsters, an organization composed of hip replacement veterans. A member named Annie Beagler phoned to invite me to become a member, which I did. Hip replacements had been growing in popularity, Annie said, and the Hipsters were scheduling regular member meetings to learn all they could about hip surgery medical advances.

For several years, I went to the meetings on a regular basis. They were held at various venues, but finally took over a permanent site at the UC Med Center. I attended the meetings for around 10 years, but finally dropped out, mainly because of access problems for me at the med center.

Finally, the 2003 hip replacement came to a sudden end for me after my wife and I emerged from a July 2005 performance of "The Music Man" at the 24th Street Theater. I tripped over a rise in the sidewalk and crashed to the pavement. When I tried to climb to my feet, it turned out

to be impossible. An ambulance took me to the South area Kaiser where I underwent a fourth hip replacement, along with a repair of the broken femur.

By this time I'd learned that my chief early-day contact at the Hipsters, Annie Beagler, had died, and I put the organization out of my mind.

And so it remained until this past month, when Martha Curry phoned to extend her invitation to a "final" Hipsters' meeting. It would be held at Luau Gardens, a Chinese smorgy across from the Arden Fair mall. The Hipsters had been meeting there regularly during the past few years.

When my wife and I arrived, there were about 50 people on hand, none of whom I recognized. The emcee was Bill Oliver of West Sacramento, a retired state Water Resources employee and an early Hipsters member. He shared that his one hip replacement—the result of a school days football injury—had lasted virtually intact for close to 30 years.

After a toothsome excursion by all through the Luau Gardens' array of won ton, chow mein and other oriental goodies, Oliver told the audience that the Hipsters were coming to an end primarily because member-

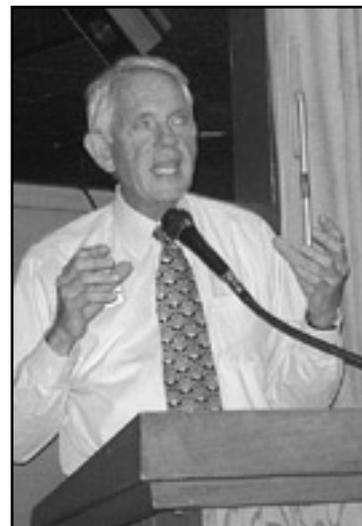
ship has been declining for some years. The group's information programs about hip replacements (and most recently, knee replacements) had been taken over by the hospitals themselves.

Also, recent advances in joint replacement technology have attracted younger patients, were less inclined to attend Hipsters meetings. As a result, there was a sharp drop in the more than 200 members who attended regular meetings in the past, Oliver said.

The Hipsters' featured speaker for its final official meeting was a local medical superstar in the development of artificial knees and hips to replace joints that function with severe pain: Dr. William L. Bargar, an orthopedic specialist who practices primarily at Sutter Hospital.

A one-time engineering student, Bargar is among the first U.S. surgeons to use robotic procedures that were developed abroad. These procedures and the use of titanium as a metal for the prostheses, have simplified the technique that Bargar calls "Robodoc," or robotic surgery.

During the actual surgery using Robodoc, Bargar said, a robot precisely mills the bone surfaces, ensuring a precise fit



He's not a Robodoc, but he works with one. Dr. William Bargar, who specializes in robotic surgery, spoke to the final meeting of the Sacramento Hipsters about the development of artificial knee and hip replacements. The group disbanded in July because area hospitals are now sharing information about joint replacements, rendering the group's mission: Accomplished.

and position of the implant based on a plan developed before the operation. This assures the surgeon that the final bone preparation will match the pre-operative plan exactly, he added.

A suggestion to hold an annual Hipsters reunion was warmly endorsed by all. That get-together—probably at Luau Gardens—will be held in July, 2011.



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AUGUST

2010 Vintage Sale

Aug. 12: Event to benefit the American Cancer Society. Items for sale include sensational items from the 1880s to the 1980s. 10 a.m.-6 p.m. Discovery Shop, 2744 Marconi Ave., Sac. (916) 484-0227, www.DiscoveryShop-Sacramento.org

Food Addicts Anonymous

Aug. 12, 19, 26: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Method-

ist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Howe Park celebration

Aug. 12: Beautification project by SCOE community school program students (including small dog park, refurbished park benches, walking bridges and remodeled landscaping) will be unveiled. 11 a.m.-12 noon. Howe Park, corner of Howe Ave. & Cottage Way.

Rotary Club of Pocket/Greenhaven

Aug. 12, 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sutterville Heights Optimist Club

Aug. 12, 19, 26: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

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Banana Festival

Aug. 13-15: Experience many cultures represented in the region in a positive & fun environment. Many foods from many cultures, including breads, puddings, chips, lumpia, ice cream, smoothies, more. Fri. 4 p.m. - 8 p.m., Sat. & Sun. 11 a.m.-8 p.m. General admission, \$5. Family 4 Pack, \$15. Kids 11 and under, free. Consumnes River College, 8401 Center Pkwy., Sac. www.bananafest.org

Soroptimists of Sacramento

Aug. 13, 20, 27: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Fairytale Town Troupers

Aug. 14-Aug. 29: "A Princess of Stars aka. Sleeping Beauty in Space" presented by the Fairytale Town Troupers. Sat. & Sun. matinee performances at 12:30 p.m. and 1:30 p.m. Admission \$1 per person in addition to paid park admission. Children age 2 and under free. Fairytale Town Children's Theater, 3901 Land Park Dr., Sac. (916) 808-7462 www.fairytaletown.org

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Friends of the River Banks walk

Aug. 14: Renowned Davis photographer naturalist and dragonfly specialist, Greg Kareofelas, will lead an educational riverside walk. 9:00 a.m. Dress appropriately for a riverside-walk and to bring both sun block and water. Participants are encouraged to bring their own binoculars. Sutter's Landing parking lot at the far end of 28th St., Sac. All ages welcome. Laurie Litman (916) 443-2976, llitman@pacbell.net

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Aug. 15, 22, 29: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac. (866) 794-9993.

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Aug. 15, 22, 29: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m., every Sun. \$8. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

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Rotary Club of South Sacramento

Aug. 16, 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

Aug. 16, 23, 30: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

Aug. 16, 23, 30: Have fun while improving speaking & leadership skills. Kassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Executive Airport, 6151 Freepoint Blvd., Sac. Jan (916) 284-4236, www.sacramentotoastmasters.com

Compassionate Communication and Challenging Behaviors

Aug. 17: Learn how to communicate compassionately with your loved one with dementia who may be exhibiting challenging behaviors. Mary Gillon, regional director of the Alzheimer's Association Northern Nevada-Northern California will present this free workshop. 10 a.m. - 11:30 a.m. Asian Community Center, 7375 Park City Dr., Sac. To register, contact Lucy Chao at (916) 393-9026 x 322

Medicare counseling

Aug. 17, 24, 31: Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appts. every Tuesday with John Gallapaga, call (916) 376-8915 to schedule. For appts. in Spanish, call Marta Erismann at (916) 231-5110.

Rotary Club of Arden-Arcade

Aug. 17, 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

Aug. 17, 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m. Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Senior Wednesday Club

Aug. 18, 25: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Myrrt (916) 348-8114

Starting a business workshop

Aug. 18: Learn about planning, startup procedures, and managing one's new business from experts from Golden 1 Credit Union who will share information and resources that will help at any stage of the business

life-cycle. Free. 6 p.m. Arden-Dimick Library, 891 Watt Ave., Sac. Register at www.saclibrary.org or call (916) 264-2920

Toastmasters

Aug. 18, 25: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

Wednesday Night Dance

Aug. 18, 25: Dance to the rhythms of the Sensible Sounds Dance Band every Wed. Enjoy Ballroom and Line dance. Swing to rock to country music. \$7 admission. 7 p.m.-10 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336 x 228

Community sing-along

Aug. 19, 26: Harmonize on old hymns and folk songs, just for pleasure. Shower singers welcome. Free. 6 p.m. - 8 p.m. Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd., Sac. (916) 457-4527

Rotary Club of East Sacramento

Aug. 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

Learn about Birds

Aug. 20: Learn about our feathered friends in the neighborhood with the Friends of Grant Park and Julie Serences of the Sacramento Audubon Society. 10 a.m.-noon. New Era Community Garden, 208 - 26th St. (between B and C streets). Tiffanie Simpson tsimpson7@aol.com

Rotary Club of Point West

Aug. 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

Day Club open house

Aug. 21: Primrose: Living with Memory Loss will host an open house for its Adult Day Club, which is for seniors who live with memory impairment. Free. Seniors, family members, caregivers and medical professionals welcome. 11 a.m. - 2 p.m. Primrose, 7707 Rush River Dr., Sac. (916) 392-3510, www.primrosealz.com

Land Park Neighborhood Backyard BBQ Bash

Aug. 21: Eskaton Monroe Lodge will celebrate its 37th anniversary by hosting a neighborhood party celebrating the Land Park neighborhood. Event features: mini-golf put-put on the newly completed putting green, a classic car Show, Vic's Ice Cream, traditional BBQ food. "Heritage Row" celebrating local family-owned businesses. All welcome. 11:30 a.m.-2 p.m. 3225 Freepoint Blvd (Freepoint & College Ave.), Sac. (916) 441-1015

Screen on the Green

Aug. 21: "The Rookie" (G). Movie begins at sundown. East Portal Park, 1120 Rodeo Way, Sac. www.sacscreenthegreen.com

Turtlerama

Aug. 21: Exhibit of live turtles and tortoises for the purpose of educating the public as to the care of these special creatures at home, as well as how to preserve them in the wild. Free. 11 a.m. 4 p.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. Sacramento Turtle and Tortoise Club (916) 421-1134

Harpichord Recital

Aug. 22: Fundraiser for Concert Series. 5 p.m. \$10 suggested at door, \$25 for reserved seating in advance. All Saints Episcopal Church, 2076 Sutterville Rd., Sac. (916) 455-0643, www.allsaintssacramento.org.

Nature Center event

Aug. 22: Join Effie Yeaw Nature Center docent Gail Philippart for a guided tour of a replica Maidu village. Learn about the Maidu lifestyle, then take a walk through the Nature Preserve and learn about the plants and animals used for food, shelter, clothing, medicine, games and art. Best for ages eight and older. Free, but donations gladly accepted. 1:30 p.m. Effie Yeaw Nature Center, inside Ancil Hoffman County Park, California Ave. & Tarsches Dr., Carmichael. Betty Cooper (916) 489-4918 x238, www.effieyeaw.org

Water conservation workshop

Aug. 23: Water conservation, volunteer info and training. Community volunteers needed to train as Water Conservation Ambassadors to help educate neighbors about saving water and natural resources. Part of the "Blue Thumb" program. 6 p.m.-8 p.m. Asian Community Center, 7375 Greenhaven Drive, Sac. (916) 808-1400, www.BeWaterSmart.info

Dance Movement Therapy Classes

Aug. 24-Nov. 9: Cancer patients and survivors are invited to dance movement therapy classes taught by Nandi Szabo, a registered dance movement therapist. Free. Tuesdays.

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Two times available: 10:30 a.m.-12:30 p.m. or 6:30 p.m.-8:30 p.m. Sutter Cancer Center, 2800 L St., Sac. Call (916) 529-1079 or email zoefotoni@comcast.net to register.

Kitten adopt-a-thon

Aug. 28: It's "kitten season" - Happy Tails Pet Sanctuary is partnering with Extra Space Storage to find loving, permanent homes for Sacramento's homeless kittens. 10 a.m.-2 p.m. Extra Space Storage, 3000 B St., Sac. www.happytails.org

Screen on the Green

Aug. 28: "Aladdin" (G). Movie begins at sundown. Glenn Hall Park, 5415 Sandburg Dr., Sac. www.sacscreenthegreen.com

Alzheimer's & Dementia workshop

Aug. 30: Teepa Snow will lead a workshop to help families recognize the differences between dementia and forgetfulness. Free. 9 a.m.-12 noon. Aegis of Carmichael, 4050 Walnut Ave., Carmichael. RSVP to (916) 972-1313 as space is limited. www.AegisofCarmichael.com

SEPTEMBER

Tea and Talk Book Club

Sept. 1: Adults, bring a tea cup, sip tea and discuss this month's featured book, "Zeitoun" by Dave Eggers. Free. 10 a.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. (916) 264-2920, www.saclibrary.org

Disabled American Veterans

Sept. 2, Oct. 7, Nov. 4, Dec. 2: Ray Clark Chapter No. 35 of the Disabled American Veterans. First Thursdays, 7 p.m., Veterans' Memorial Building, Carmichael Park, 5750 Grant Ave., (corner Fair Oaks Blvd. & Sue Palm Dr). All disabled veterans invited to attend. (916) 635-7608

Chalk It Up Sacramento

Sept. 4: Art, kids' creative corner, food, live music, beer garden, crafts, fun for the whole family. 10 a.m.-6 p.m. Fremont Park, 16th & Q streets, Sac. www.ChalkItUp.org

'Willy Wonka'

Sept. 5: Movie night at Fairytale Town featuring "Willy Wonka & the Chocolate Factory." Outdoor theater, lawn seating only. No outside food or beverages. Admission \$5, Fairytale Town members receive 2-for-1 admission, children ages 2 and under are free. Tickets available online, www.fairytale-town.org. 3901 Land Park Dr., Sac. (916) 808-7462

Recorder music group

Sept. 7: The Sacramento Recorder Society meets under the baton of Hanneke van Proosdij, a Bay Area early-music specialist. Newcomers welcome. 7 p.m.-9:15 p.m. Please bring your instrument, a pencil and a music stand. (916) 391-7520, www.sacreorders.org

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Organic produce available at McKinley Park fruit stand

By BENN HODAPP
Land Park News writer
benn@valcomnews.com

It's not hard to find a fruit stand around the Sacramento area. Depending on the season, you can probably find any number of stands that sell the produce you're looking for. But not many of these stands can boast that they are certified organic with all produce coming from a collection of local farms. Since the beginning of July, however, McKinley Park has been home to such a stand.

Soil Born Farms, the organization that runs the stand, has sold produce around the Sacramento area for the past three years, according to Carolyn Reuman, coordinator of the McKinley Park stand. In looking for a place to put a new stand, Reuman said that the organization needed to find a financially viable destination and a place where many people from East Sacramento and beyond come together. If the first month's returns are any indication, the park might be the best place they could have picked.

"(McKinley) Park draws from a wide population," Reuman said. "It's been really popular so far."

So popular, in fact, that there may be a need to add more vendors to catch up to demand. Reuman said that the workers welcome suggestions from the community when it comes to what else people would like to see at the stand. Coffee has been the main suggestion thus far.

Some of the things currently for sale at the stand include carrots, beets, peaches, corn, bok choy, tomatoes, lettuce, cucumbers, onions, eggplant and watermelons. But there is an odd piece of produce currently making its way into the bags of many shoppers.

"Ground cherries are very popular right now," Reuman said.

Each ground cherry comes naturally wrapped in its own little husk that is peeled away to reveal the cherry tomato-sized fruit. Reuman called the taste a cross between a tomato and a pineapple. Many people arrive at the stand unaware of the fruit's existence and end up walking away with some in their bags.

The stand opened on July 1 and will run through October 30 at its location in front of the McKinley Library on Alhambra Boulevard. It is only open on Saturdays from 9 a.m. until 1 p.m. With produce flying off the shelves and no end to the demand in sight, Reuman and her associates have kicked around the idea of keeping the stand open dur-



Land Park News photos/Benn Hodapp
Will and Darla Lackey are loyal customers of the organic produce available at the Soil Born Farms fruit stand at McKinley Park. The popular, nonprofit stand is open on Saturdays from 9 a.m. to 1 p.m.

ing the winter months in some capacity.

"We are looking at options to keep it open during the winter," she said.

She is unsure of how exactly this can be done with the threat of inclement weather, but the idea is very much alive.

The potential extension was music to the ears of Sacramento residents Darla and Will Lackey. They keep coming back for more of the high quality produce they have found at the stand. The bags of mustard greens, bok choy, beets, tomatoes, peaches, corn and yes, ground cherries that they carried away from the stand spoke of the couple's loyalty.

"It's so great to have this," Darla said. "We'll continue to come back."

In addition to the McKinley Park stand, Soil Born Farms prides itself on getting the word out to as many people as possible about the benefits of organic produce. The 501(c)(3) nonprofit organization offers many educational opportunities for youths, high schoolers and adults.

Soil Born also contributes to a cause called Harvest Sacramento, a group that collects unwanted fruits and vegetables from backyards across Sacramento and donates them to local food assistance programs for the less fortunate. On the group's website (www.soilborn.org) there is a



Delicious, fresh produce is available every Saturday morning. Current offerings include carrots, beets, peaches, corn, bok choy, tomatoes, lettuce, cucumbers, onions, eggplant, watermelons and ground cherries.

place to donate to the educational fund as well as the Harvest Sacramento fund. They also ask for donations of functional gardening equipment such as shovels, wheelbarrows and weed whackers.

The stand sells produce from small farms and growers from Sacramento, Yolo, Placer, El Dorado, Yuba, Sutter, Solano and San Joaquin counties. People are encour-

aged to bring their own bags with which to fill up with produce. According to the stand's brochure, proceeds from the stand are used to "subsidize prices of food for others in our community who need assistance."

General inquiries as well as those wanting information about becoming a volunteer can be emailed to Soil Born Farms at info@soilborn.org.

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Military

Continued from page 5

School, Sacramento, Calif.

Army Pvt. Stephen M. Bunch has graduated from Basic Combat Training at Fort Sill, Lawton, Okla.

During the nine weeks of training, the soldier studied the Army mission and received instruction and training exercises

in drill and ceremonies, Army history, core values and traditions, military courtesy, military justice, physical fitness, first aid, rifle marksmanship, weapons use, map reading and land navigation, foot marches, armed and unarmed combat, and field maneuvers and tactics.

He is the son of Steve Donnenwirth of Carmichael, Calif.

Bunch is a 2004 graduate of El Camino High School, Sacramento, Calif.

David J. Heaphy has entered Basic Cadet Training at the U.S. Air Force Academy, Colorado Springs, Colo., in preparation to enter the first academic year at the academy. The six-week, two-phased orientation program must be successfully completed by the cadets prior to entering their freshman year. The training prepares men and women to meet the rigorous mental and physical challenges experienced by new cadets.

Phase one involves personal in-processing, orientation, and training in the fundamentals of being a cadet. Cadet trainees are prepared to adjust from civilian to military life and disciplines, and learn proper wear of the uniform, saluting policies and procedures, drill and ceremony, marching, and living quarters standards.

During phase two, cadets train outdoors living in tents while learning to function in field conditions. Cadets apply and practice team work, cohesion and learn to deal with physically and mentally demanding situations. They complete the obstacle, confidence, assault, and leadership reaction courses, and participate in a rescue mission termed Operation Warrior.

He is the son of Angelica and David Heaphy of Glancy Drive, Carmichael, Calif.

Heaphy is a 2010 graduate of Jesuit High School, Carmichael.

Air Force Airman Michael T. Hom graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associ-

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See Military, page 27

Military

Continued from page 26

ate in applied science degree through the Community College of the Air Force.

He is the son of Nancy Hom of Bay River Way, and grandson of Pearl Hom of Griggs Way, both of Sacramento, Calif.

Hom is a 2006 graduate of C.K. McClatchy High School, Sacramento.

Army Pfc. **Renny K. Kaczmarek** has graduated from Basic Combat Training at Fort Sill, Lawton, Okla.

During the nine weeks of training, the soldier studied the Army mission and received instruction and training exercises in drill and ceremonies, Army history, core values and traditions, military courtesy, military justice, physical fitness, first aid, rifle marksmanship, weapons use, map reading and land navigation, foot marches, armed and unarmed combat, and field maneuvers and tactics.

He is the son of Kevin and Sohair Kaczmarek of Javan Lane, Carmichael, Calif.

Kaczmarek is a 2006 graduate of El Camino

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