

## Land Park Community Assn. to host Family 'Picnic and Flick'

See page 2

C.K. McClatchy reunions

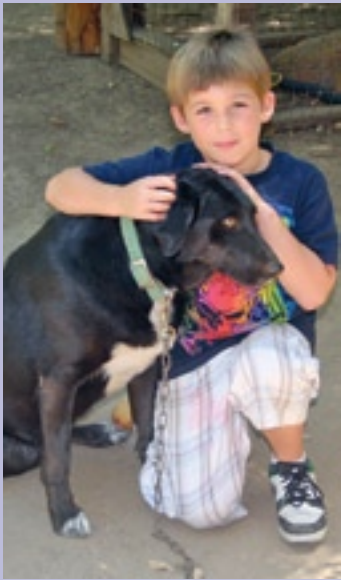
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A Land Park dog and cat rescue

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## Sacramento's annual gridiron classic between Christian Brothers, Jesuit

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## Family 'Picnic and Flick' at Land Park Amphitheater

Special to Land Park News

The Land Park Community Association will host Family "Picnic and Flick" at the Land Park amphitheater (right by Fairytale Town) on Saturday evening, Sept 17.

The feature presentation of the evening will be the Pixar movie, "Up." This 2009 American computer-animated comedy-adventure film is a favorite with kids, as well as a treat for adults. The film centers on

an elderly widower named Carl Fredricksen and an earnest young Wilderness Explorer named Russell who fly to South America by floating in a house.

"Up" won the Golden Globe for "Best Animated Feature Film" and "Best Original Score, and five Academy Award nominations, including "Best Picture."

All are welcome to bring a picnic, lawn chair and blankets. Popcorn, beverages and snacks will be available for a nominal fee. The movie will start at dusk – approximately 7:15 p.m.

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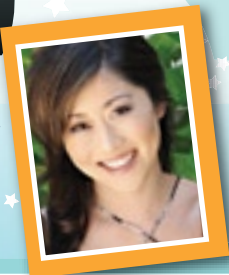
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Photo courtesy, Sacramento Children's Home

THE SACRAMENTO CHILDREN'S HOME, headquartered in Sacramento's Land Park neighborhood, has served children in need for 144 years.

## Sacramento Children's Home provides help for kids, families in crisis

By SALLY KING  
Land Park News writer  
sally@valcomnews.com

Since 1867, the Sacramento Children's Home, located at 2750 Sutterville Road, has been known for its residential program. But there is more to this facility than meets the eye.

Christine Airola, director of fund development and communications for the Children's Home, said the facility has evolved over the years to adapt to the community's needs, providing additional services beyond housing for kids in need.

"We (now) have seven campuses, ranging from pre-natal care to transitional age programs for children traditionally in the foster care system," Airola said.

The Sacramento Children's Home offers several arrangements for kids in need, including a crisis nursery program, a residential program, after-school education, "wrap around" programs, counseling, family resource centers and a transition age program. These programs strive to help kids – and their families – to heal.

### Crisis Nursery Program

The Children's Home offers two crisis nurseries, one in the north area and one in the south area. Services are set up for infants and toddlers, ages zero to five. Any parent (s) in crisis may leave their child from two hours to thirty days without the risk of having the child removed from their care.

### Residential Program

The Sacramento Children's Home used to house up to 100 children. Today, just 30 children reside there. This is because the fo-

cus today is to reach out to families before they get to the point of losing children.

Ray Alexander, CEO of the Sacramento Children's Home, said the national trend is to reduce the number of children in group homes or foster care.

"Our first priority is to place the child with another family member or a non-family member considered part of the family but not blood related, before placing in foster care," Alexander said. "Our programs here are designed to keep kids out of the system."

With the increase in trying to keep families together, Airola said the Children's Home is seeing fewer referrals to outside sources. The Children's Home is a level 12 facility; which means they see the kids who have been bounced from 10 to 12 different foster families. Airola said with each placement change, there is trauma. They receive the most traumatized children, who have not been successful in the family environment. Airola said they try to stabilize these children and heal them to a point where they can be reintroduced to a family at some point.

### After-School Education Program

The Children's Home offers reading programs and preparation for preschool and kindergarten, with a strong focus on early education. Often these children do not own a book and have not been exposed to reading or educational activities.

"Our program is phenomenal," Airola said. "It bridges the gap for kids that live here."

An important part of this program is that the children are kept in their school of or-

See Children's home page 9

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More than just ponies

# Land Park Pony Rides owner operates dog and cat rescue

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

Lynn Hagemann, whose pony rides business at William Land Park was featured in the Aug. 11 edition of this publication, has a love for animals that extends well beyond ponies.

For the past 23 years, she has operated a dog and cat rescue business, known as Hagemann Rescue. And in those years, Hagemann has found homes for about 1,200 dogs and about 800 cats that would have otherwise been euthanized.

In speaking about her efforts to save the lives of animals, Hagemann said, "We go to the pound to see whose time is up and that's who we choose."

Hagemann, whose love for animals began during her childhood, said that her road to establishing her dog and cat rescue business mainly began when she was a United Parcel Service driver.

"I've always rescued dogs and picked them up off the streets and stuff like that," Hagemann said. "I worked for UPS and my mom (Fran Pederson) worked in a veterinary hospital and people would have their dogs and they wanted to put them to sleep, because they couldn't afford the bill. My mom would tell me about certain dogs and I'd ask people on my UPS route and try to find them homes, which I did."

In an attempt to assist more animals, Hagemann went to the local animal

control shelter at 2127 Front St. and inquired about providing volunteer work.

After being turned away, because the shelter did not accept volunteers, Hagemann discovered an advertisement for the Yolo County Animal Services.

"The Yolo County animal control, they advertised that they wanted volunteers, so I went in there and I started taking animals down to (William Land) Park," Hagemann said. "I talked to the people who run my contract there (at the park) and they said as long as they (obtained approval of) everyone around the area – the zoo, the animal control, the SPCA, everybody



Land Park News photo, Lance Armstrong

SOUTH SACRAMENTO resident Edward Cervantes, Jr. recently made friends with Daisy the dog at Hagemann Rescue in William Land Park. Daisy is currently available for adoption.

See Rescue, page 7

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# Rescue: Adoptable dogs, cats popular with visitors to the Pony Rides

Continued from page 6

– and (the animals) were spayed and neutered, I could have them (at the park)."

Today, most of the animals available to the public for adoption through Hagemann's rescue business are dogs that she acquires from the Sutter County Animal Control shelter in Yuba City.

Hagemann said that she feels especially good about taking animals out of the Yuba City shelter, because the animals at this Sutter County facility are housed in very tight quarters.

Generally, Hagemann selects mixed breed dogs, since purebred dogs are more likely to be adopted from animal control shelters.

The dogs and cats of Hagemann Rescue are strategically placed within a gated area near the entrance to the Land Park Pony Rides, in order that these animals receive the best exposure to guests of the pony rides and the nearby Funderland.

Hagemann Rescue animals are popular with many park guests and many times people arrive at the pony rides area sim-

ply to visit the dogs, and cats, if any are present.

In a show of appreciation, many people who have acquired animals from Hagemann return to visit her at her place of work.

Hagemann recalled that a woman recently visited her with some photographs of her dog.

"A lady came here and she had pictures of her little Chihuahua mixed dog, and they have two acres, and she was telling me how this dog sleeps on her husband's arm at night on their bed and how spoiled it was and how they loved the dog," Hagemann said. "And that's what happens all the time with the dogs that people get here. And I love it when people get dogs here, because we get to turn around and get another one."

When asked whether she is active with any hobbies, Hagemann was quick to mention that her involvement with animals is her hobby.

"(Working with animals) is in the blood, I guess," said Hagemann, who in addition to her ponies, horses and mule, owns six "keeper dogs," three cats and various geese and chickens on her property in Sheridan in Placer County. "I've al-

ways loved animals from the time I was a little kid. I'm not sure whether my mom and dad loved animals. Maybe that's where it came from, but I love almost any kind of animal. I'm not real big into reptiles, but anything with fur on it."

"My interest is animals and that's why I give the pony rides, because I love animals and that gives me an excuse to have (the ponies), and they pay for themselves pretty much. And I never get tired of going to the pound and getting new dogs to take home and teach them how to walk on a leash, and (working) with them."

Considering that Hagemann said that she does "not make a penny" on placing dogs and cats in new homes, it is evident that she operates her rescue business because of her love for animals.

"We put (the animals) up for adoption for the money that I have into them," Hagemann said. "So, actually they cost me, because I'm not like most of the rescue groups that charge for going to get the dogs, their time, gas and everything else. I just charge for the price of purchasing the dogs and shots, (de-

)worming and that sort of thing. There's no money in it. This is my hobby. I don't drink beer, alcohol or anything like that, so I feel that if I don't get all the money out of the dogs, that's okay, because it makes me happy."

On average, the cost of adopting a dog from Hagemann is about \$60, and a cat from Hagemann costs an average of about \$40.

For additional information regarding, Hagemann Rescue, call (916) 645-1161.

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# Bricktastic Wednesday at the Belle Cooleage Library

Special to Land Park News

Kids of all ages are welcome to participate in Bricktastic Wednesday at the Belle Cooleage Library on Wednesday, Sept. 21, from 3:30 p.m. to 4:30 p.m.

Thousands of tiny Lego and Duplo construction blocks (Megablocks, too) will be available for kids of all ages to try out their building skills. Join other builders for some brick

building fun in the community room at the library.

Parents should remind kids that all creations will be taken apart at the end of the hour. Bring along a camera (or cell phone with a camera feature) to "save" valuable creations.

The Belle Cooleage Library is located at 5600 South Land Park Drive in Sacramento. For more information, call (916) 264-2700 or visit [www.saclibrary.org](http://www.saclibrary.org). Click on "Events."

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# Children's Home: Intergenerational cycles of abuse are broken

Continued from page 5

igin. If they "jump" schools, there is a loss of records and it becomes hard to determine where they left off in their education.

"We drive the children to 17 different locations because we fully believe in commitment to education," Airola said. "The child deserves to be in the school that fits his or her educational needs. We want integrity for the child."

After school, Airola said the big focus is educational advocacy, bridging the gap between education at home and education at school. She said foster children have no one to stand up for them. The Children's Home takes over that role. An educational advocate meets with teachers and administrators, to ensure the children receive the attention they need and don't fall through the cracks.

"They have so much potential," Airola said. "We don't want them to get lost in the school system."

The Children's Home provides tutoring and assistance with homework. Caregivers at the Home know the students' assignments. According to Airola, the Children's Home was recently chosen by the United Way to be partners in the foster literacy program. Children in grades one through three,

behind in literacy, are given referrals by their teachers. A tutor is provided for each child, to bring the child up to grade level within a year.

Airola pointed out that certain states gauge their prison population by their reading level as third graders. She said this has proved to be a strong indicator of truancy, completion of high school, college, and entering the criminal justice system. She said they want to reach these children before they get to that point. Airola said they use third grade literacy because up to the third grade, children are learning to read. In the later grades, they are reading to learn.

Another program developed with Children's Home Services and Walmart is called "A Book for Every Child." Airola said Walmart provides a book to every child in the household.

"Often this is the child's first book," Airola said.

The Children's Home provide education in many languages, educating a diverse group of families. Sacramento is a very diverse community, and the Children's Home works to meet each family in the language and culture where they are.

## Wraparound Program

Children living at the Home, typically stay be-

tween eight months and a year, Airola said. Their ages range from 6-18-years old.

"The goal is to find permanent homes for these children, so they are not dependent on this place," Airola said.

The Children's Home often goes back to the family to find a cousin or aunt or even back to the original family to place a child - if the family has done adequate work and progress and are willing to work the program to improve their parenting skills. Airola said they call this their Wraparound program, designed to take children identified as being healed enough that they can potentially live with a family.

"We wrap that family in services," Airola said. "We provide therapy for the family and the child. We have individual parenting classes and provide community resources."

Airola said one of the stumbling blocks in bringing a child home is not having a bed for that child. There is an agreement a bed must be provided for the child before he or she can move into the home. Airola said Sleep Train has a program that provides beds for these children.

Airola said they give the family a realistic snapshot of what it is going to take to bring

See Children's Home, page 10

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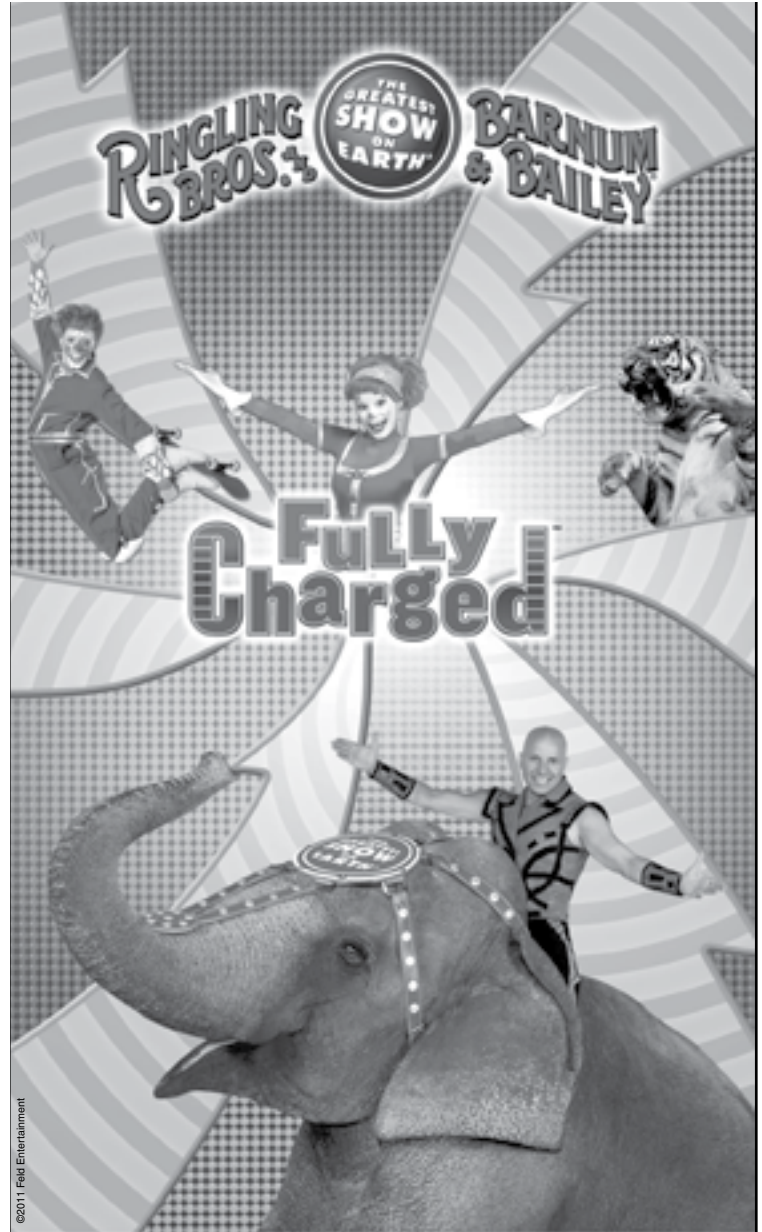
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# Children's Home: Volunteers provide valuable resources for recovering kids

Continued from page 9

a child home permanently and form a family unit that is going to be strong enough to withstand past traumas and residual behavioral challenges in the child. After a child is placed in a permanent family, Airola said the Children's Home continues to wrap that family in services, until they have determined the family is strong enough to stand alone, and has a support system as a resource.

Airola said this is an effective program. In the past, children used to be removed from families. Now the methodology used is keeping families together and educating them. This helps the parent to change the family dynamics.

Airola said a big barrier in this program is change. The families are not used to these types of parenting methods, and there is great resistance to change in some environments. The parents feel they will be seen as different because they are changing their parenting style. Airola said sometimes relatives see the family moving from traditional roles and think they are no longer respected. She said there have been occasions when other family members disengage themselves because there is a sense they are doing something wrong. Airola said the

mindset is that you have to break the expectation of what is OK and what's not OK.

## Family Resource Centers

The Family Resource Center program is focused on infants and children ages zero to five and is partially funded by the First Five Commission. There are three family resource centers. Airola said these centers have been placed in areas identified by the county as the highest risk for incidents of child abuse and neglect. Airola said their purpose is to provide parenting education and outreach classes.

Child Protection Services provided these services prior to the budget cuts. Airola said the Children's Home stepped in and took over these services.

CPS provides the Children's Home with a list of families at risk. The Home provides home visitation and intervention. Most at risk families participate and are often grateful for the services provided. They learn alternate ways of parenting. Airola said the outcome is very positive, breaking intergenerational cycles of child abuse. She said most of these young parents were in foster care themselves.

## Many hands, many hearts support Sacramento Children's Home

Four auxiliaries support the Sacramento Children's Home. These are: the Casa Garden Restaurant, the Crisis Nursery, the Sacramento Home Guild and the Los Amigos Group.

Over 700 dedicated volunteers work in the four auxiliaries – a powerful statement of community support for the Home. A host of additional volunteers work with the kids as well. The volunteers are dedicated and committed.

"We see them as an extension of the staff," Airola said. "We could not provide as much as we do to as many children as we do without them."

Coaches come to teach basketball skills. Others rock babies or read books to the kids.

An active board of directors, made up of highly committed individuals, brings

a myriad of talent and skills to the organization. Airola said she is constantly amazed by their dedication and willingness.

"It is refreshing to see the level of commitment and dedication and true altruism," she said. "To give us their precious time is phenomenal."

Airola said she believes with the down economy, people are realizing volunteering is what is going to sustain the Children's Home well into its next century of serving Sacramento area children and their families.

To learn more about how to help the Sacramento Children's Home or to make a donation to help kids in need, visit [www.kidshome.org](http://www.kidshome.org) or call (916) 452-3981.

Part of the program includes home visitation. Once a week, a Children's Home worker goes to the home, observes the interaction between the parent and child, and offers positive feedback.

## SCH Counseling Center

The counseling center is moving on campus this fall, according to Airola. The Children's Home accepts referrals from Sacramento County in general, and from the mental health clinic for children and families. The Children's Home has a grant to work

with the mental health system in violence prevention and family intervention through school districts. It is similar to the reading outreach program, with school counselors and administrators identifying children exposed to violence, having trouble in school or becoming violent or the family is exhibiting some behaviors of violence.

## Transition Age Program

Airola said children in a group home or foster home setting lack a model of acceptable standards of be-

havior. For example, paying bills, how to find a job, talking to a landlord.

"We work with them on life skills, teaching them how to live in a community," she said.

The Home is always trying to grow its residential program. There is a vocational program working with teenage boys. The boys respond well to working on campus. Providing incentives has proven to be effective.

"We recently have done something not done before in Sacramento," Airola said. "We found private funding for the 6-to-12 year-old age group."

The Yocha DeHe Tribal Board generously granted funding for CPS referrals in the 6-12 age group, according to Airola. This age group is a huge subset of the neglected population. Now the Children's Home has the ability to provide services and a referral base.

"I am really excited about this," Airola said. "The program begins in September. If we can touch these children's lives, that is what we are here for. We are constantly evolving into what we think and feel the community needs," Airola said. "We meet each family where they need us to be."



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# C.K. McClatchy High School reunions

Special to Land Park News

September class reunions are in the works for the C.K. McClatchy High School Classes of 1961, 1971 and 1976. If you, a family member or a friend are members of these classes, take note – your classmates are looking for you!

## C.K. McClatchy High School 1961

C.K. McClatchy High School, Sacramento, Class of 1961, is holding their 50th high school reunion at the Sutter Club on Sept. 17. Tickets are \$75. The evening includes hors d'oeuvres, carving station, complimentary wine, no-host bar, music, free parking and a great time with old friends. Other events scheduled for Sept. 16, 17. Visit [www.mcclatchy61.com](http://www.mcclatchy61.com) or email [McClatchy61@hotmail.com](mailto:McClatchy61@hotmail.com). (916) 443-4161 Send check payable to McClatchy 61 Reunion, c/o Linda Longtin McCurdy, 3101 Adams Road, Sacramento, CA 95864 or payment via credit card at [www.mcclatchy61.com](http://www.mcclatchy61.com)

## C.K. McClatchy High School 1971

C.K. McClatchy High School, Sacramento, Class of 1971, is holding their 40th high school reunion at the Frasinetti Winery on Sept. 17. Contact [McClatchy71@gmail.com](mailto:McClatchy71@gmail.com) or Cyndy Wright at (916) 704-4952, or Steve Chan at (916) 421-7777 for details.

## C.K. McClatchy High School 1976

C.K. McClatchy High School, Sacramento, Class of 1976 is hosting its 35th high school reunion at the Radisson Hotel in Sacramento on Sept. 24. Golf Classic is on Sept. 23. Contact [CK-McClatchy1976@yahoo.com](mailto:CK-McClatchy1976@yahoo.com) or visit [www.facebook.com/pages/CK-McClatchy-Class-of-1976/256399844375802?sk=wall](http://www.facebook.com/pages/CK-McClatchy-Class-of-1976/256399844375802?sk=wall) or [www.mcclatchy1976.com](http://www.mcclatchy1976.com) for more information.



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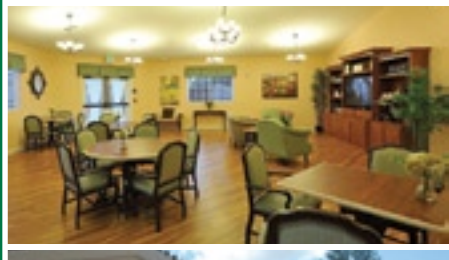
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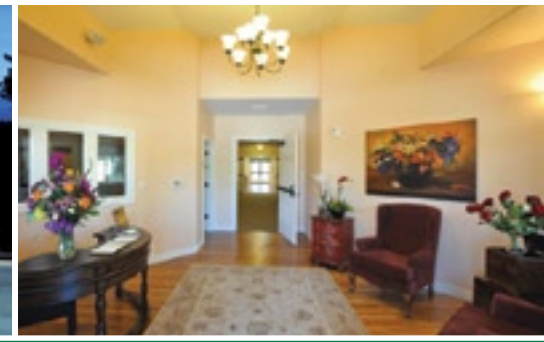
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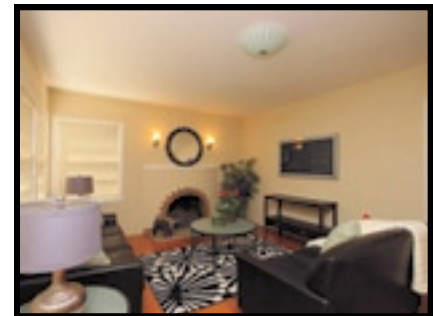
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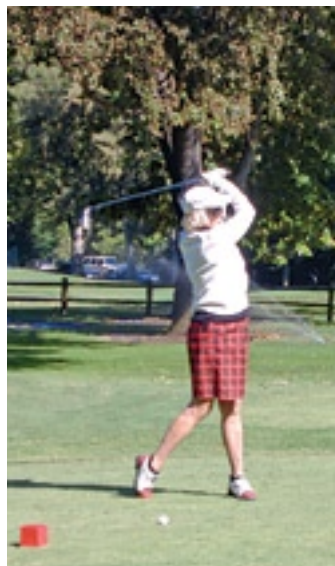


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# St. Anthony's Festival is Saturday

Special to Land Park News

St. Anthony's Parish will celebrate its 18th annual Community Festival this Saturday, Sept. 10 from noon to 9 p.m. All are welcome.

There will be games and fun for the entire family. Come enjoy carnival games, pull tab fun, a cake spin, bingo, a wine spin and more.

There will also be shopping opportunities, including a country store, book booth and more.

International foods will shine in the food court: enjoy the cuisines of Italy, Ireland, Germany, Greece, Mexico, Nigeria, the Philippines and Poland. American favorites such as hamburgers, hot dogs, snow cones and dessert waffles will be available also.

Live entertainment and raffle prizes will top off a full day of wholesome, fun family entertainment.

Admission to this fun, community event is free. St. Anthony's Catholic Church is located at 660 Florin Road in Sacramento. For more information, call (916) 428-5678 or visit stanthony-sacramento.org.

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# ALZHEIMER'S AID SOCIETY TIPS, TRICKS, EARLY STAGE & WARNING SIGNS

Please join us for our next Monthly Seminar!

Topics to include: Lunch with Grandma, Early Stage Alzheimer's vs. Alzheimer's, Useful tricks for caring for an Alzheimer's Patient, Useful tricks for coping with behaviors, Warning Signs

## September 20th @ 2:00pm

Presented by **Sheryl Ashby**, President of the Alzheimer's Aid Society

Sheryl Ashby graduated from UC Chico in 1990 with a BA in Education. She was the owner of a referral agency "Respect Your Elders" for 12 years. The focus of that agency was to help find Assisted Living Facilities for elderly people who could no longer live independently. They also provided family members with other resources needed.

In January 2000, Sheryl began volunteering for the Alzheimer's Aid Society facilitating support groups and later was asked to be a member of the Board of Directors. By January 2010, she was asked to take on the position of President of the Alzheimer's Aid Society. This has been her passion since she began volunteering over 10 years ago.

*\*Refreshments & Appetizers will be provided.\**

Please RSVP by September 15, 2011. You can contact us for more info @ (916) 392-3510

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# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

## REUNIONS

### C.K. McClatchy High School 1961

**Sept. 17:** C.K. McClatchy High School, Sacramento, Class of 1961, is holding their 50th high school reunion at the Sutter Club. \$75. The evening includes hors d'oeuvres, carving station, complimentary wine, no-host bar, music, free parking and a great time with old friends. Other events scheduled for Sept. 16, 17. Visit www.mcclatchy61.com or emailMcClatchy61@hotmail.com. (916) 443-4161 Send check payable to McClatchy 61 Reunion, c/o Linda Longtin McCurdy, 3101 Adams Road, Sacramento, CA 95864 or payment via credit card at www.mcclatchy61.com

### C.K. McClatchy High School 1971

**Sept. 17:** C.K. McClatchy High School, Sacramento, Class of 1971, is holding their 40th high school reunion at the Frasinetti Winery. Contact McClatchy71@gmail.com or Cyndy Wright at (916) 704-4952, or Steve Chan at (916) 421-7777.

### C.K. McClatchy High School 1976

**Sept. 24:** C.K. McClatchy High School, Sacramento, Class of 1976 is hosting its 35th high school reunion at the Radisson Hotel in Sacramento. Golf Classic is on Sept. 23. Contact CKMcClatchy1976@yahoo.com or www.facebook.com/pages/CK-McClatchy-Class-of-1976/256399844375802?sk=wall or www.mcclatchy1976.com

## ONGOING

### Defending the Caveman'

**Through Sept. 11:** Broadway's smash comedy about the sexes, written by Rob Becker. Call for times, prices. The Cosmopolitan Cabaret, 10th and K streets., Sac. (916) 557-1999 www.CosmopolitanCabaret.com

### Landscapes from the Age of Impressionism

**Through Sept. 18:** This exhibition of approximately 40 paintings includes many of the finest examples of mid-19th through early 20th-century French and American landscapes from the collection of the Brooklyn Museum. These works form a broad survey of landscape painting as practiced by leading French artists such as Gustave Courbet and Claude Monet, as well as their most significant American followers, including Childe Hassam and John Singer Sargent. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

### Transcending Vision: American Impressionism, 1870-1940

**Through Sept. 25:** "Transcending Vision" traces the development of Impressionism in the United States and the growth of a truly American style of painting. The exhibition includes works by more than 75 prominent American artists including George Bellows, George Inness, Childe Hassam, Ernest Lawson, Lilla Cabot Perry and Julian Alden Weir. Crocker Art Museum, 216 O

St., Sac. (916) 808-7000, www.crockerartmuseum.org

### Gardens and Grandeur: Porcelains and Paintings by Franz A. Bischoff

**Through Oct. 23:** After beginning his career as a china painter in Bavaria, Franz A. Bischoff immigrated to the United States in 1885 to become one of the foremost porcelain painters of his day. He won numerous awards and earned the title "King of the Rose Painters." "Gardens and Grandeur" features approximately 40 examples of Bischoff's work, including porcelains, still lifes, and landscapes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

## SEPTEMBER

### Bilingual Toastmasters

**Sept. 8, 15, 22, 29:** Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

### Bingo!

**Sept. 8, 15, 22, 29:** Enjoy a great local charity game of bingo every Thurs. night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

### Capitol Mall Farmer's Market

**Sept. 8, 15, 22, 29:** Capitol Mall Farmer's Market. Every Thursday, May-Sept. 10 a.m.-1:30 p.m. 6th St. & Capitol Mall, Sac. www.california-grown.com

### East End State Capitol Park Farmer's Market

**Sept. 8, 15, 22, 29:** East End State Capitol Park Farmer's Market. Every Thursday, June-Sept. 10 a.m.-1:30 p.m. 15th & L streets, Sac. www.california-grown.com

### Florin Sears Store Farmer's Market

**Sept. 8, 15, 22, 29:** Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

### Food Addicts Anonymous

**Sept. 8, 15, 22, 29:** 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

### Living Positive with Chronic Disease group

**Sept. 8, 15, 22, 29:** Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support:

best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

### Rotary Club of Pocket/Greenhaven

**Sept. 8, 15, 22, 29:** 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.

### Sacramento Downtown Plaza Farmer's Market

**Sept. 8, 15, 22, 29:** Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

### Sutterville Heights Optimist Club

**Sept. 8, 15, 22, 29:** 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

### Kiwanis Club of East Sacramento-Midtown

**Sept. 9, 16, 23, 30:** Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.east-sacmidtownkiwanis.com

### Rotary Club of Point West

**Sept. 9, 16, 23, 30:** Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way., Sac. www.pointwestrotary.com

### Sacramento Kaiser Farmer's Market

**Sept. 9, 16, 23, 30:** Sacramento Kaiser Farmer's Market. Every Friday, June-Nov. 9:30 a.m. - 1 p.m. 2025 Morse Ave., Sac. www.sierrafresh.com

### Saint Rose of Lima Park Farmer's Market

**Sept. 9, 16, 23, 30:** St. Rose of Lima Park Farmer's Market. Every Friday, June-Sept. 10 a.m. - 1:30 p.m. 7th & K streets, Sac. www.MarketLocations.com

### Soroptimists of Sacramento

**Sept. 9, 16, 23, 30:** 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

### 24th annual 'Wine, Beer & Food Extravaganza'

**Sept. 9:** Enjoy open tastings from vintners and craft breweries, along with ample foods and desserts by area restaurants and caterers. New this year: bourbon and port tastings with a cigar in the Cigar Lounge! Live music by the New Originals Trio, the Dan Drewis Band and Mustache Harbor. 7 p.m.-10 p.m. Event shuttles from East Sac, Downtown and Midtown locations. Proceeds benefit tuition assistance at Christian Brothers High School. For tickets, visit www.cbhswinetasting.com

### Country Club Plaza Farmer's Market

**Sept. 10, 17, 24:** Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.-noon. Watt & El Camino, Butano Dr. parking lot, Sac. www.california-grown.com

### Food Addicts Anonymous

**Sept. 10, 17, 24:** 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

### Carmichael Farmer's Market

**Sept. 11, 18, 25:** Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

### Co-Dependents Anonymous

**Sept. 11, 18, 25:** 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.

### Community Sunday breakfast

**Sept. 11, 18, 25:** 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. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

### State Parking Lot Farmer's Market

**Sept. 11, 18, 25:** State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.-noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

### Sunday Support for the Widowed

**Sept. 11, 18, 25:** The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine - holidays included. 3 p.m.-5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

### Hatha yoga

**Sept. 12, 19, 26:** Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

### Nicotine Anonymous

**Sept. 12, 19, 26:** Nicotine Anonymous meeting. Meets every Monday, 5:30 p.m.-6:30 p.m. Westminster Presbyterian Church, 1300 N St., Sac. Brandi Bowman (916) 984-3501

See more Calendar page 25

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# Christian Brothers has high hopes to make it to the playoffs this season

By MATT LONG  
Land Park News writer

After a somewhat disappointing 6-5 record last season, Christian Brothers' varsity football team has a new head coach with some big goals set for 2011.

Long-time assistant George Pettrissans has taken over for Andre Johansen and wants his team to win a few playoff games instead of being eliminated in the first round like they've been the last four seasons and in five out of the last six.

Petrissans lost a lot of seniors from last year's team, but does have some key players returning, most notably senior quarterback Ryan Peabody, who was a part-time starter a year ago. With the graduation of Jerimiah Sims, the job is Peabody's.

"Ryan has a mixture of intangibles," Pettrissans said. "He's extremely intelligent and is athletic and he's a leader that brings a lot to the team."

Peabody is excited to be the No. 1 guy this year.

"I'm definitely very excited for the season," Peabody said. "Our head coach was the offensive coordinator last year and he's put some new things in to spread the ball out. We're looking pretty good and we're trying to get better."

Joining Peabody in the backfield is senior fullback Chris Hedum and junior running back Avante Yarber, who will miss part of the season as he recovers from a fractured ankle. Until he returns, Pettrissans said it will be running back by committee, led by junior Cory Lutz.

"Avante has great speed and quickness and a unique set of talents," Pettrissans said.

Petrissans is also high on his receivers, juniors Jalen Walker and Omari Gray alongside senior tight end Chris Lusich, who played fullback a year ago.

"I think Jalen is someone to watch out for," Pettrissans said. "He's fast and has good size (6'0", 175 pounds) and can go up and get the ball."

Up front senior Alex Wagstaff is the leader of the offensive line at left tackle, while senior right guard Kyle Castaneda is another return-

ing starter. Michael Rose will start at center and Vinny Johnson plays right tackle. Either Justin Cappello or Nate Ashby will start at left guard.

After running the ball about 80 percent of the time last year, the Falcons plan to do some more passing this year.

Four starters return on defense, including Lusich at inside linebacker and Wagstaff at defensive tackle. Senior Jonathan Lockwood also returns at inside linebacker and lines up next to Lusich, while senior CJ Goodier returns at cornerback.

Hedum joins Wagstaff on the interior line with Johnson and Castaneda playing on the ends. Senior Marcos Raymundo plays outside linebacker, while junior Avery Baker starts at cornerback. Danlee Hightower starts at safety.

One thing the Falcons have going for them is that they're developing nicely into a team instead of bunch of individuals.

"We're young, but we've come together," Wagstaff said. "We have no superstar. We will play hard and all of us love football. We're more cohesive this year and because we have no superstar, that will force us to play as a team."

The Falcons placed third in the Capital Valley League last year behind Del Campo and Casa Roble. Pettrissans wants a league championship and a playoff win. He says Del Campo and Casa Roble are always tough opponents, while Rio Linda and Oakmont will also be in the mix.

"Coach is always talking about how hard work pays off," Lusich said. "He's been preaching togetherness and teamwork and with that we will overcome and adapt to adversity."

Peabody added, "I think the key for us is execution. When we execute our game plan on offense and our defensive strategies, we're pretty good."

While the Falcons are looking for playoff success, there's also a big non-league game on their schedule every year that holds great importance and that's the Holy Bowl, the annu-

al battle with Jesuit High School.

"When you get close to 18,000 people at the game, you know it's a big rivalry game," Pettrissans said. "No matter what people think of the talent on either team, the game's always close. There's a lot of emphasis on the game. If we play hard and play with enthusiasm and with good energy, good things will happen."

The players for sure love the Holy Bowl.

"In terms of football it's just another game, but it's always fun to play in front of that many people," Peabody said. "It's an exciting game."

"It's obviously an important game," Wagstaff said. "It's a whole different experience as a junior. You get to feel what the rivalry is all about."

Lusich added, "It's definitely a fun game to play in. You have the drumline leading you in and there are 18,000 fans and your adrenaline is pumping. It's a pretty amazing feeling; one you won't forget."



Land Park News photo, Tom Paniagua

CB SENIOR Ryan Peabody is this season's senior quarterback for Christian Brothers High School. He will lead the Falcons against rival Jesuit High School at this year's Holy Bowl on Sept. 17.

## Christian Brothers High School Varsity Football Roster

No.	Name	Position	Class	Height	Weight
2	RYAN PEABODY	"QB, DB"	Sr.	5'7"	160
3	JALEN WALKER	"WR, DB"	Jr.	6'1"	185
4	DANLEE HIGHTOWER	"WR, DB"	Sr.	5'10"	185
5	MARCO MOLINA	"WR, DB"	Jr.	5'9"	165
6	OMARI GRAY	"WR, DB"	Jr.	6'1"	183
7	ANTHONY CASTANEDA	"WR, DB"	Sr.	5'11"	170
8	AVERY BAKER	"WR, DB"	Jr.	5'9"	170
9	JONATHAN LOCKWOOD	"RB, LB"	Sr.	6'1"	185
10	CADEN NOON	QB	Jr.	6'1"	175
11	TUXI MCGEE	"WR, DB"	Jr.	6'1"	180
12	CALEB STRINGER	"WR, DB"	Sr.	5'10"	180
18	CHRIS HEDUM	"FB, DL"	Sr.	6'1"	200
20	BEN MCFADDEN	"TE, LB"	Jr.	6'1"	195
21	CJ GOODIER	"WR, DL"	Sr.	5'9"	175
22	AUSTIN HART	"RB, DB"	So.	5'10"	190
23	RYAN GRAGGS	"RB, DB"	So.	5'7"	170
24	MATT BIRD	"K, DB"	Jr.	5'10"	180
25	AARON VAUGHN	"RB, DB"	Jr.	5'10"	180
28	ANGEL HERNANDEZ	"WR, DB"	Jr.	5'10"	180
30	MARCOS RAYMUNDO	"WR, LB"	Sr.	6'1"	210
32	CORY LUTZ	"RB, LB"	Jr.	5'9"	180
33	AUSTIN GUILLEN	"FB, LB"	Jr.	5'7"	160
34	AVANTE YARBER	"TB, DB"	Jr.	5'7"	160
35	CHRIS LUSICH	"RB, LB"	Sr.	5'11"	205
44	KENDALL WILLIAMS	DL	Jr.	6'4"	220
50	NATE ASHBY	"OL, DL"	Jr.	5'11"	200
52	STEVEN GOMEZ	"OL, DL"	Jr.	5'10"	220
53	DANIEL LAHEY	"OL, DL"	Jr.	6'1"	210
54	ALEX WAGSTAFF	"OL, DL"	Sr.	6'1"	225
55	RICHARD ROBEY	"OL, DL"	Sr.	6'1"	215
56	MICHAEL ROSE	"OL, DL"	Jr.	6'1"	220
61	JOSH SPRINGER	"OL, DL"	Sr.	5'11"	190
62	NIKO BERENQUER	"OL, DL"	Jr.	5'11"	210
65	KYLE CASTANEDA	"OL, DL"	Sr.	6'1"	195
66	VICTOR HERRERA	"OL, DL"	Sr.	6'1"	200
70	JOSHUA HAMMER	"OL, DL"	Sr.	6'1"	200
72	JUSTIN CAPPELLO	"OL, DL"	Jr.	6'1"	220
74	VINCENT JOHNSON	"OL, DL"	Jr.	6'5"	225
75	JORDAN REGINO	"OL, DL"	Jr.	6'3"	215
77	NICK HANSEN	"OL, DL"	Sr.	5'10"	220
80	ZAC BROOKS	"WR, DB"	Jr.	5'11"	160
84	MODDY JONES	"WR, DB"	Sr.	6'1"	185
87	DANIEL POARCH	"TE, LB"	Sr.	6'1"	185
89	RICHARD LACISTE	"TE, LB"	Sr.	6'1"	215
90	JAMES ST. CHARLES	"OL, DL"	Sr.	6'1"	210
95	CHARLIE PETERSON	"OL, DL"	Jr.	6'1"	220



# Jesuit Varsity team young, inexperienced...but loaded with potential

By MATT LONG  
Land Park News writer

It's been four years since Jesuit's varsity football team has had a winning record.

For some programs, that might not be a big deal, but to Jesuit it seems like a lifetime since the team went 8-3 and made a trip to the postseason in 2007. The following year the Marauders slipped to 5-5 and the past two years the Marauders have posted 4-6 records.

This year head coach Dan Carmazzi is hoping a switch to the spread offense will help the team put some more points on the scoreboard, and the Marauders will also have to improve defensively if they want to reach the postseason.

"Record-wise (4-6) is not what we shoot for," Carmazzi said. "Obviously, we'd like to have a better record than that. We had a really solid offseason and the kids did a great job in the weight room and we also did some passing leagues."

The Marauders lost 30 seniors off last year's squad and have only 16 players returning so young and inexperienced are two words that describe this year's squad. Junior Thomas Sperbeck, last year's junior varsity quarterback, and senior Mason Pigman are battling for the starting job at quarterback. Sperbeck, son of Sac State coach Marshall Sperbeck, is the odds on favorite to be the starter.

"Thomas is very mobile and he's a competitor," Carmazzi said. "He's accurate and makes good decisions. He's a great athlete, as he reached the section meet as a long jumper and a high jumper last year."

Senior Cameron Todd is the team's top returning rusher, while Pat Barrientes returns at fullback. Fellow seniors Scott Rogers and Parker Abercrombie will start at wide receiver with senior Jared Elenberger holding down the job at tight end along with senior John Frank. Sophomore Lake Lutes, all 6-foot, 5-inches of him, will see plenty of action at wide receiver and could be a big threat for the offense.

Abercrombie, who also starts at safety, said he likes this year's offense.

"Offensively, both quarterbacks are capable to step up and both have good leadership qualities," Abercrombie said. "We hope to catch some teams off guard with our spread package, as we have a



THE JESUIT MARAUDERS look to repeat their 2010 Holy Bowl win over rival Christian Brothers.

Photo courtesy, Jesuit High School

lot of playmakers on offense, including a strong receiving core."

The offensive line is led by senior George Vrame, a returning starter at left tackle. Senior Blake Rogers will start next to Vrame, while the center will either be senior A.J. Calnero or junior Rafael Aguilar. Garrett Strohmaier, a junior, starts as right tackle, while the right guard position is still being decided.

Perhaps the top offensive player is senior kicker Andrew Nave, who Carmazzi said might be the school's top recruited player.

The Marauders have several two-way players, as Todd (outside linebacker), Barrientes (cornerback), Abercrombie and Sperbeck (safety), Blake Rogers and Strohmaier (defensive tackle) and Calnero and Vrame (defensive end) play key roles on defense.

The leader on defense is senior middle linebacker Nathan Zielke. At 5'9" and 170 pounds, he's not going to physically intimidate opponents, but make no mistake, he's all business.

"Nate's our top returning tackler and his motor is always running," Carmazzi said. "He's undersized, but he's tough and aggressive."

If Zielke is the team's top tackler, Frank is right behind him at safety. Junior Casey Reilly will play defensive end, while junior Connor Frey is a starter at outside linebacker. Junior Matt Ternan will play a lot in the secondary, while senior Steven Tavenner starts at cornerback.

"Defensively, our line is solid and we've got great camaraderie, we talk a lot and we pursue and attack the ball," Abercrombie said.

After finishing tied for third place in the Delta River League

a year ago with Oak Ridge and Sheldon with a 2-3 record, the Marauders know to finish higher, they will need to beat the playoff teams. Last year the Marauders picked up league wins over Ponderosa and Sheldon, while losing to Oak Ridge, Folsom and Pleasant Grove.

"We've got to beat the playoff teams," Carmazzi said. "We haven't been able to beat the top-ranked teams and that's our goal this year."

Abercrombie added, "I have high expectations for this team. We're definitely planning on making the playoffs and pushing for a section title run. We want to win Holy Bowl, which is big for us, and we want to beat some of the top teams in our league."

Jesuit did win a big non-league game a year ago, when they de-

feated Christian Brothers, 18-15 to win the annual Holy Bowl.

"The Holy Bowl is a great tradition that I've been apart of on both sides since I graduated from Christian Brothers and now coach at Jesuit," Carmazzi said. "It's great to go out there and play in front of 12 to 15,000 fans and the kids eat it up. Both teams get great community support and it's one of the highlights of the year. Whenever I talk to alumni, they don't ask what our record is; all they want to know is if we won Holy Bowl."

"It's a very emotional game and both teams leave everything on the field," Abercrombie added. "There are a lot of emotions going into that game and it's something that we'll tell our kids about someday."

See Jesuit, page 24

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# Holy Bowl XLI a strong Sacramento tradition

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Since 1969, the Christian Brothers Falcons and the Jesuit Marauders have met each fall on the gridiron for the annual classic Holy Bowl. This year will mark the 41st competition between the rival schools.

Dubbed the "Holy Bowl" because both schools are Catholic, this event is the largest Catholic event in the entire region, with some 18,000 people attending. That is nearly 700 more people than Power Balance Pavilion can seat for a full-capacity Sacramento Kings game.

The crowd is not limited to eager parents of players. Alumni from both high schools attend, as well as members of the St. Francis High School community. Alumni of now closed Catholic high schools, such as Loretto and Bishop Manogue, also attend to cheer family members on.

This year's Holy Bowl will be held at Sacramento City College on Sept. 17. Kickoff for the freshman game is at 3 p.m., JV kickoff is at 5 p.m. and Varsity kickoff is at 7 p.m. Visit [www.cbhs.ca.campusgrid.net](http://www.cbhs.ca.campusgrid.net) or [www.jhssac.org](http://www.jhssac.org) for game ticket information.

# Jesuit: Team had solid offseason, time in weight room

Continued from page 21

## Jesuit High School Varsity Football Roster

No.	Name	Position	Class	Height	Weight
1	Jack Brown	"RB, DB"	Sr.	5'7"	155
2	Devin Kelly	"WR, DB"	Jr.	5'8"	155
3	Steve Heath	"WR, DB"	Jr.	5'9"	140
4	Kristian Williams	"WR, DB"	Jr.	5'8"	135
5	John Frank	"TE, SS"	Sr.	6'3"	180
6	Matthew Ternan	"RB, DB"	Jr.	5'10"	180
7	Patrick Barrientaes	"RB, SS"	Sr.	5'10"	185
8	Ian Hause	"RB, OLB"	Jr.	5'9"	185
10	Lake Lutes	WR	So.	6'5"	185
11	Andrew Hoy	"WR, K"	Jr.	6'1"	170
12	Mason Pigman	"QB, WR"	Sr.	6'3"	210
14	Thomas Sperbeck	"QB, DB"	Jr.	6'1"	175
15	Scott Rogers	WR	Sr.	6'4"	185
17	Garrett Holmes	"WR, DB"	Jr.	5'9"	140
18	Matthew Banicki	QB	Jr.	6'1"	165
20	James Avila-ellington	"RB, DB"	Jr.	5'10"	185
21	Parker Abercrombie	"WR, DB"	Sr.	5'10"	175
22	Cameron Todd	"RB, OLB"	Sr.	5'7"	195
23	Austin Ambrosini	"WR, DB"	Jr.	6'1"	185
24	Gilbert Caigoy	"TE, DB"	Jr.	6'3"	200
25	John Sierra	"WR, DB"	Jr.	5'5"	140
27	Andrew Nave	K	Sr.	6'2"	175
28	Steven Tavenner	"RB, DB"	Sr.	6'1"	170
30	Drake De Anda	"WR, DB"	Jr.	5'11"	165
31	Loren Pilorin	"RB, DB"	Sr.	5'9"	175
32	Nathan Zielke	ILB	Sr.	5'9"	170
34	Connor Frey	"RB, LB"	Jr.	5'10"	195
35	Andrew Zboralske	"RB, LB"	Jr.	5'10"	200
41	Dolan Jones	"WR, LB"	Jr.	6'1"	185
42	Robert Baggary	"RB, LB"	Jr.	5'10"	150
44	David Beeskau	"RB, LB"	Sr.	5'9"	160
52	Rafael Aguilar	"QB, DE"	Jr.	6'2"	230
54	Nunzio Dichristopher	"OL, DL"	Jr.	6'1"	195
55	Yanik Jain	"OL, DL"	Jr.	5'11"	230
56	Joseph Garcia	"OL, DL"	Jr.	6'2"	250
57	Blake Rogers	"OL, DL"	Sr.	6'1"	255
62	Timothy Johnstone	"OL, DL"	Jr.	6'3"	212
64	Michael Ordorica	"QB, DL"	Jr.	6'1"	200
65	Christopher Soto	"OL, DL"	Sr.	5'8"	199
67	George Vrame	"OL, DL"	Sr.	6'3"	265
70	Dallas Gilbert	"OL, DL"	Jr.	5'9"	185
71	Casey Reilly	"C, DL"	Jr.	6'1"	200
72	Jackson Pinkoski	"OL, DL"	Jr.	6'1"	240
74	Anthony Calnero	"OL, DE"	Sr.	6'2"	215
75	Garrett Strohmaier	"OL, DL"	Jr.	6'3"	270
76	Franklin Chinn Iii	"OL, DL"	Jr.	5'10"	220
77	Anthony Smith	"TE, LB"	Jr.	6'1"	186
80	Matthew Molitor	"TE, OLB"	Jr.	6'3"	190
81	Patrick Risley	"WR, DB"	Jr.	6'1"	175
84	Jared Elenberger	"TE, LB"	Sr.	6'3"	205
85	Andrew Endicott	"K, P"	Jr.	5'9"	150
86	Alec Garofalo	"TE, OLB"	Jr.	6'1"	200
88	Adam Vaira	"WR, DB"	Jr.	5'8"	145

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# Calendar

Continued from page 19

## Rotary Club of South Sacramento

Sept. 12, 19, 26: 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

Sept. 12, 19, 26: 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

Sept. 12, 19, 26: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.–8:30 p.m. Mondays. Executive Airport, 6151 Freepoint Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

## Fremont Park Farmer's Market

Sept. 13, 20, 27: Fremont Park Farmer's Market. Every Tuesday, May–Sept. 10 a.m.–2 p.m. 16th & P streets, Sac. www.california-grown.com

## Roosevelt Park Farmer's Market

Sept. 13, 20, 27: Roosevelt Park Farmer's Market. Every Tuesday, May–Sept. 10 a.m.–2 p.m. 9th & P streets, Sac. www.california-grown.com

## Rotary Club of Arden-Arcade

Sept. 13, 20, 27: 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

Sept. 13, 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

## Upholstery class

Sept. 13, 14, 20, 21, 27, 28: Learn how to upholster! All types: furniture, auto, boat. Adult ed class taught by an upholstery professional. Tuesdays, 11 a.m.–3 p.m., Wednesdays, 9 a.m.–1 p.m. \$45 for four weeks. McClaskey Adult Center, 5241 J St., Sac. Jerry Prettyman (916) 806-2172

## Co-Dependents Anonymous

Sept. 14, 21, 28: 12-Step group for those who struggle to maintain healthy relationships. Meets Wednesdays. 7 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

## Chavez Plaza Farmer's Market

Sept. 14, 21, 28: Chavez Plaza Farmer's Market. Every Wednesday, May–Oct. 10 a.m.–2 p.m. 10th & J streets, Sac. www.california-grown.com

## Elk Grove Regional Park Farmer's Market

Sept. 14, 21, 28: Elk Grove Regional Park Farmer's Market. Every Wednesday, May–Aug. 4 p.m.–7 p.m. Elk Grove & Florin roads, Elk Grove. www.california-grown.com

## Rotary Club of East Sacramento

Sept. 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon–1:15 p.m., every Wed. Evan's Kitchen, 855 57th St., Sac. (in the 57th St. Antique Mall) www.rotary.org

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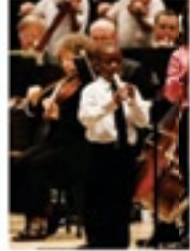


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September 18, 2011

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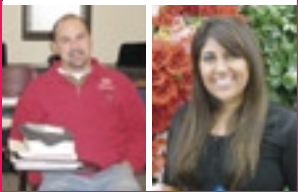


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CONCERNED ABOUT A LOVED ONE FALLING?

Weds. Sept. 21, 2011  
10:00 - 11:00 am

### FALL PREVENTION - HOME SAFETY

Thurs. Sept. 22, 2011  
10:00 - 11:00 am

# Fall Prevention Week

Pre-registration required for all classes. To register, contact Lucy Chao, 916-393-9026 x322 7375 Park City Dr. Sacramento, 95831

# Got News?

E-mail Susan Laird, [susan@valcomnews.com](mailto:susan@valcomnews.com)

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### T STREET PARKWAY

This beautiful cottage located on one of Elmhurst's most darling parks has been lovingly updated & cared for without losing the sweet nostalgia of the 1940's. Tasteful paint colors, gorgeous hardwood floors, remodeled bathroom, super clean 2 car detached garage, on-demand H2O heater. See [www.5001tstreet.epropertiesites.com](http://www.5001tstreet.epropertiesites.com) \$289,000

**ALISON COUCHMAN 248-1060**



### WASHINGTON SQUARE

Better than new 3 year old 2 bedroom 2½ bath condo is centrally located to all downtown has to offer ... restaurants, galleries, parks, light rail and shopping! Energy efficient with cherry cabinets, granite countertops, wooden blinds. 2-car garage. See <http://41317thst7.canbyours.com> \$310,000

**NANCY WEGGE 600-5458**

**LISA MARTIS 612-7548**



### QUAINT CURTIS PARK

Here is a Curtis Park charmer that is move-in ready. 2 bedrooms, 1½ baths, pretty hardwood floors, granite countertops, formal dining room and breakfast nook; inside laundry. Easy care yard and great patio. Walk to Taylor's Market and Light Rail. Easy living in a great neighborhood! See: [www.2114marshallway.epropertiesites.com](http://www.2114marshallway.epropertiesites.com) \$269,000

**JAMIE RICH 612-4000**



### WOW WHAT A SURPRISE

Behind an unassuming exterior lies a wonderful home described by the owner as "The House of Glass and Steel". An entire wall of glass overlooks a peaceful courtyard framed by towering bamboo, with stained concrete patio and a tranquil pond. 2 bedrooms and many unique features. See: [www.3717jeffreyave.epropertiesites.com](http://www.3717jeffreyave.epropertiesites.com) \$125,000

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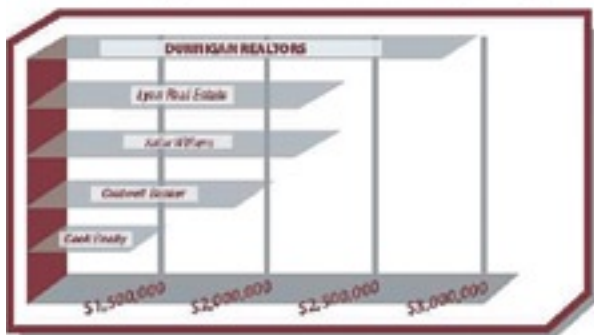
### GREAT LOCATION!

Nestled near the curve of the road at Regina & Swanston. Both upstairs bedrooms have their own bathrooms. 2 fireplaces, one in bedroom. Lots of built-ins and storage! Inside laundry room. New exterior paint & new exterior shutters 3 yrs ago. See [www.1209swanston.epropertiesites.com](http://www.1209swanston.epropertiesites.com) \$349,000

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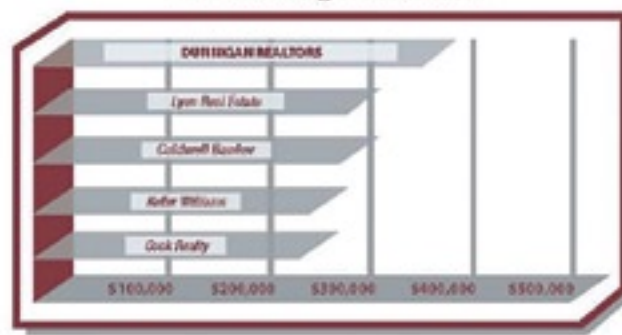
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### A Comparison of Sacramento Real Estate Firms:

Based upon the information compiled in the Business Journal "List of Residential Real Estate Firms," published August 12, 2011.

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