## THE LAND PARK NEWS

October 27, 2011

**Community News in Your Hands** 

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### Land Park artist honored

### Java Lounge returns

COMMUNITY CALENDAR, PAGES 24-25 • KNOW YOUR NEIGHBOR, PAGE 19 • FACES AND PLACES, PAGE 27



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### THE LAND PARK NEWS

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### Sacramento community to walk for pancreatic cancer research

Special to Land Park News

Pancreatic cancer is the fourth leading cause of cancer death across the planet. There is a poor survival prognosis at all stages...the one- and five-year relative survival rates are 25 percent and six percent, respectively.

Local Sacramento residents are taking action to improve these numbers by walking in a fundraiser for pancreatic research.

The Sacramento Affiliate of the Pancreatic Cancer Action Network will host the first annual PurpleStride Walk on Saturday, Nov. 5 at 10:30 a.m. at Elk Grove Park.

The walk begins and ends at Elk Grove Park. Registration is now open at www.purplestride.org. Pancreatic cancer survivors, families, friends and supporters are invited to attend the walk to help raise awareness and much-needed funds for pancreatic cancer research. The walk will be followed by a silent auction, musical entertainment and other family-friendly festivities in the park.



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### Correction



Photos courtesy, Jill Booth Macdonell

CORRECTION. The photos from the cover story on water safety concerns at Duck Lake in the Oct. 13 issue Land Park News were actually taken by Land Park resident Jill Booth Macdonell. Her photos appear on pages 8 and 9 of that publication, and are correctly attributed in the online story, which can be read at http://tinyurl.com/landparkducklake.

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#### LAND PARK

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#### LAND PARK

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### KCRA 3 Kids Can Food Drive at John F. Kennedy High School



Every Thursday Night at 6:30pm, Elks Lodge #6 New Low Buy-In: 2 Packs for \$10 per player, extras are \$5 each Early Bird is \$5 per Pack • 80/20 Split Pay-Offs

This is a Local Charity game at our Elks Lodge #6. Lighted safe parking with security. Join us every Thursday Night.

### Special to Land Park News

John F. Kennedy High School is participating in the annual KCRA 3 Kids Can Food Drive, sponsored through the school's California Scholarship Federation (CSF) Club.

Donations of canned goods and non-perishable food items are needed.

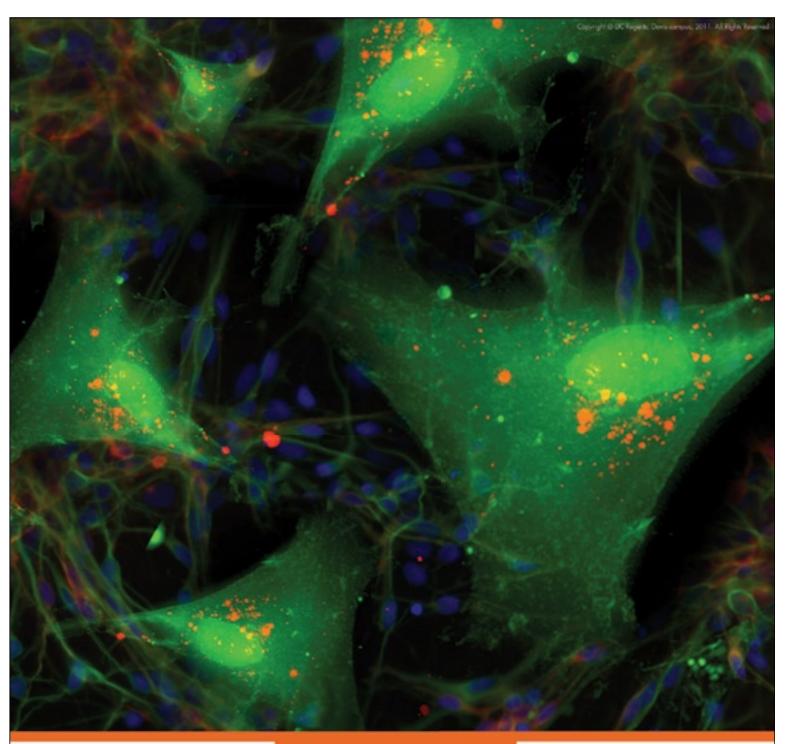
These items will help to feed hungry families in the local community. All the goods will benefit the South Sacramento Interfaith Partnership (SSIP) Emergency Food Closet, which serves local families. Due to the tough economy, the program's outreach has significantly increased since last year. Over 7,000 people are now being helped every month.

Members of the community are encouraged to bring their items to the high school. The CSF Club's goal is to collect over 5,000 cans – about 2.5 tons of food.

Canned goods and non-perishable foods can be dropped off at the school front office through Nov. 18. There will also be a Community Drive-Through can collection on Saturday, Nov. 5 from 10 a.m. to 1 p.m. CSF club members will gladly collect goods in the front of the school.

John F. Kennedy High School is located on 6715 Gloria Drive in Sacramento.





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### Councilman Fong won't run for Re-election to 4th District Says Successor Should have Integrity and Character

By ELIZABETH VALENTE Land Park News writer Elizabeth@valcomnews.com

Councilman Robert King Fong, 52, announced on Oct. 12 that he will not seek reelection when his term ends in November 2012.

Fong, who is a Land Park resident, served eight years on the City Council and six years on the Sacramento City Unified School District board. He said that after 14 years as a 'citizen-politician,' he's ready to go back as a 'full-time citizen.'

"I'm done with the elected side of my life," he said. "I'm just ready to start something new."

That 'new' part of his life is to return to a career in consulting and lobbying with Sacramento-based KP Public Affairs.

"I just feel that I have a couple of big adventures left in me," Fong said. "I am looking forward to getting back into the private sector."

The announcement caught many residents by surprise,



Councilmember Rob Fong.

questioning whether if some of the City's top measures are to blame for the leave.

"I am taken aback, and surprised," said Fred Stone, Land Park resident. "I think he has done an outstanding job representing the people of his district and in helping to bring important change to Sacramento. I do wonder if the pressure to build the new sports arena downtown was too much stress."

Fong said, "I pride myself in taking on the big issues because

it doesn't only affect me, but everyone around me as well. I am still committed to working on the arena project and anything else Mayor Johnson wants me to work on. I don't know if we'll get an arena deal done, but I'm going to give it my best shot."

"My relationship with Council Member Fong dates back to Sac High in 2002," said Sacramento Mayor Kevin Johnson. "While we haven't always been on the same side of every issue, I certainly extend my gratitude for his public service. He's been an advocate for his constituents, a champion for the homeless, and a key partner in efforts to reform our public schools. And, I salute his tireless efforts to bring a new entertainment and sports complex to Sacramento that will create jobs and bring new economic and cultural vitality to our downtown and region."

The obvious open-ended question on everyone's mind is 'Why now?'

Fong began his political career when former Mayor Joe Serna asked him to help reform the schools in SCUSD. He served on the school board until 2004 when he won the City Council seat for District 4.

"I never saw myself as a career politician," he said. "So for the most part I was able to do what I thought was right without giving a thought to what it would mean for a political career."

With the new changes of redistricting the neighborhoods that the City Council approved this past September (which went into effect October 6), District 4 now covers Land Park, nearly all of downtown and midtown, Old Sacramento and more than seven miles of Sacramento riverfront.

The councilman said that he gave Mayor Kevin Johnson a one year notice in order to give time for candidates to emerge and run real campaigns.

Though Fong won't speculate on who he considers would be a good replacement for his council seat, he says his successor should have character and integrity. "This is a great district and populated with really smart voters and capable people. I have absolute trust they will make the right decision," he said. "I think at the end of the day character is really important. There's great power in listening."

Fong plans to stay in office for the remaining13 months until the elections are over and people are seated.

"I intend to serve out the rest of my term with as much energy and resolve as I can," he said. "I was born and raised here, I love the district. I care very much for its present and future."

While some kids dream of growing up to become mayor, governor, even the President of the United States, Fong says politics was never originally on his mind. He had something bigger in mind:

"It's been a privilege to serve in public office and I have enjoyed every second of it," he said. "But when I was a kid I wanted to play for the Oakland A's."





### Popular, alternative, art-focused coffee shop returns to Land Park area

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

Java Lounge, the art-friendly, alternative coffee shop on 16th Street, north of Broadway, that ceased operation about two years ago, is back in business and under new ownership.

An independent establishment that was never confused with any large chain-type coffee shop, Java Lounge built a dedicated clientele based on its desire to be different from its larger competitors – or any other competitors for that matter.

From the outside of the building alone, one could observe that the business was not overly concerned with blending in with the area's environment.

Along the north, outer wall of the Java Lounge building at 2416 16th St., the business's former owner Jake Albus had the notable artist, Skinner, paint a very colorful, 80-foot mural that became an immediate conversation piece. Similar artwork by Skinner was painted at the top and right hand corner of the front of the building, as well as on the back side of the upper portion of the wall above the structure's roofline. The mural's artwork includes sword-fighting monsters in battles against one another, a blue, pink-horned unicorn wearing a saddle, and a large red dinosaur standing on its hind legs with its front claws out and its mouth opened wide toward the sky.

Java Lounge's new owner, Land Park resident Toben Woodman, said that the building's art is an expression of the business itself.

"(Java Lounge) is a place where people come and make art happen," Woodman said. "It really doesn't matter what kind of art it is."

The unique appearance of the original Java Lounge certainly did not end on its outer walls, as those who entered its front door were greeted with original artwork hanging on its inner walls and non-traditional business furnishings that collectively gave the place the look and feel of a living room from about a half-century ago.

From very early on in its existence, Java Lounge was recognized as a place that was much more than a location to make a pit stop to grab "a cup of Joe."

And adding to its art-friendly environment, the business gained notoriety in the region as a small, all-ages, live music



THE ART-FRIENDLY Java Lounge coffee shop at 2416 16th St. will hold its grand reopening every Saturday through mid-No-vember.

venue, which drew many local and out of town acts.

Being that Java Lounge was much more than a neighborhood coffee shop, when the business folded, many locals lost a place that in many ways was like a second home to them.

One such person was Woodman, who described the old coffee shop as having a uniqueness that extended well beyond Sacramento.

"I've traveled the entire world and I've never seen another place like Java Lounge," Woodman said. "I've seen places that have Internet stuff, have beer, have wine, and whatever they serve, lunch and things, but you don't hang out and there are 20 artists in the room with you. And the conversations they have there, and if you're into that kind of thing, which clearly we all are, it's really a fun place to go and hang out a little bit and not worry about all the other

Because Woodman, whose business experience includes working as a banker and a skateboard shop owner, missed Java Lounge so much, he opted to purchase the business and re-create it, as well as "make it better."

But working at Java Lounge was never part of Woodman's vision.

Woodman said that he instead wanted to bring the business back under Albus' direction.

"(Java Lounge) opened in 1997 and Jake purchased it a

See Java, page 7



Beautiful Land Park Home



### **Java:** More than a place for 'a cup of Joe' – a favorite local hangout Continued from page 6

few years later," Woodman said. "(The original owner) only did coffee. He didn't do (music)

coffee. He didn't do (music) shows and he didn't promote art necessarily. So, Jake started doing that and that's when we met. (Albus) brought in the art, he brought in the music and beer and wine, and he made a stab of it. He did rather well, but he collapsed under the pressure of it all. I watched this happening. He's my friend and I was watching this whole thing. His business was working and I liked it. I liked hanging out there and this was the spot where I was meeting friends, and it was the only place in Sacramento where I really wanted to hang out and it was closing. So, this is really a pet project for me to help my friend out and let him get back on his feet."

Following the demise of the original Java Lounge, the coffee shops, 16th Street Café, Off Broadway Bean and Crum's Place, each briefly operated at separate times.

Woodman said that despite the energy behind the reopening of Java Lounge, the reality was that the business was not expected to ever return.

<sup>*in*</sup>The crazy thing about (reopening the business) is that we never thought it would actually happen," Woodman said. "(Albus) would say, "There's actually no way I would ever do that again.' And then it came up (that the business was available) and I said (to Albus), 'Hey, you want to do it?' And he said, 'Absolutely.""

To further liven up the new Java Lounge in an artistic manner, Woodman arranged for artists Shaun Turner (aka. Shaun Burner) and Daniel Osterhoff – the artists who completed the music-themed mural work on the old Tower Records, Broadway/then R5 Records building in 2008 – to paint a mural on the inner, north wall of the coffee shop. The interior's south wall will be used for hanging up original, local artworks.

Prior to Java Lounge's reopening, several local artists, including Craig Martinez, showed their support of the coffee shop by donating some of their art pieces to the business.

As of the mid-part of last week, dust was flying during



Land Park News photo, Lance Armstrong WORK IN PROGRESS. This portion of an in-progress mural inside Java Lounge was taken shortly after it was painted by local artist Shaun Turner.



Land Park News photo, Lance Armstrong

COLLABORATIVE ARTISTS. In addition to their recent work at Java Lounge, artists Shaun Turner and Daniel Osterhoff collaborated on this Land Park area mural featuring the legendary jazz singer Billie Holiday and fancy, artistic lettering. The mural is located on the west side of the old Tower Records, Broadway building.

long work sessions that extended into the early morning hours, as Woodman, Albus' girlfriend Kayla Clark, and others were preparing for the business's month-long grand reopening, which will be held every Saturday through the middle of November.

Shortly before Java Lounge's scheduled Oct. 22 reopening, the only other signs of the coffee shop's return were the words, "Java Lounge Lives," which were painted in red paint on the building's front window, and an 8 and a halfinch by 11-inch sheet of white paper taped on the inside glass portion of the front door. The paper read, "Ahoy Mateys! Sorry, but we are closed for now. But check back in soon for the return of the Java Lounge."

Despite Java Lounge's emphasis on the arts, Woodman assured that the business would not have a "we've got a secret that nobody knows about kind of attitude," but it would instead be an inviting place that "everybody can enjoy."



Land Park News photo, Lance Armstrom JAVA LOUNGE is making its return to this 16th Street site, which has been home to various coffee shops in recent years. During the 1970s, the building was home to the Old Sacramento Armory and a business known as the Stereo Center.



## Sacramento Zoo saddened by animal deaths

Special to Land Park News

Two deaths at the Sacramento Zoo – that of a long-lived and much-beloved orangutan, and of a recently-hatched, rare bird – have saddened the zoo community within two days this month.

One died from old age, the other from as yet unknown causes.

Ginger, the zoo's female Sumatran orangutan died first. Ginger, born in Sumatra in 1955, died the morning of Oct. 18. She came to the Sacramento Zoo in 1984 where she surpassed all expectations, becoming the oldest Sumatran orangutan in the U.S.at the age of 56.

Leslie Field, supervisor of mammals, noted, "Ginger has always been a strong personality... even with keepers, she could be strong-willed. As the matriarch of the orangutan group, Ginger was a spectacular ambassador for wildlife; she inspired and motivated Zoo visitors to take an active role in conservation."

Ginger was being treated for age-related illnesses, including arthritis, for some time. More recently, Sacramento Zoo veterinary and animal care staff attempted to treat neurological issues which had affected both her eyesight and coordination. Ginger was not physically able to move inside from her habitat last night. Discussion during her last days focused on Ginger's quality of life and potential for improvement. After careful consideration among zoo administrators, animal care and veterinary staff, the decision was made to euthanize her to avoid any suffering.

Sumatran orangutans are native to the island of Sumatra in Indonesia. They are listed as endangered and are especially vulnerable to loss of habitat because they are only found on one small island. Current estimates indicate that there are only 20,000 to 30,000 orangutans left in the wild. Orangutans can live up to 30 years in the wild and 50 years in captivity.

The other zoo death occurred the next day, when a male Abyssinian ground hornbill chick, hatched on June 15, died early in the morning on Oct. 19.

"We do not have a specific cause of death at this time, but will share necropsy results as they become available," said Tonya Swank, spokesperson for the zoo.

Like all 54 different hornbill species, the Abyssinian ground hornbill wild population is vulnerable. Ground hornbills from Sub-Saharan Africa are the largest of the hornbills. They have a bony horn on top of their bill called a casque, which makes their calls louder and easier to hear over great distances. Abyssinian ground hornbills fly only when dis-



Photo courtesy, Sacramento Zoc

SEEN HERE at 47 days, this rare, endangered Abyssinian ground hornbill chick was being raised at the Sacramento Zoo using careful wildlife protocols developed by the San Diego Zoo. He died on Oct. 19 from unknown causes.

turbed or when crossing areas of dense brush, preferring to walk or run from danger. The greatest threats to the hornbill are human-related and include habitat loss and illegal hunting.



### Land Park artist wins three honors in last two months

By CORRIE PELC Land Park News writer corrie@valcomnews.com

The last two months have been rather busy for Land Park resident Liv Moe. Since September, Moe – who is currently the executive director of the nonprofit Verge Center for the Arts in downtown Sacramento – has been named "Best Gateway Drug for Sacramento's Art Scene" by Sacramento News & Review, listed as one of "Sacramento's 12 Women to Watch" by Sacramento Magazine, and just two weeks ago was named Arts Executive of the Year by the Sacramento Arts and Business Council.

What does Moe have to say about these recent honors? She's excited, surprised, honored and flat-tered.

"I went to school to be an artist, but I didn't go to school to be an arts administrator or curator. I never thought I would have been the executive director of any organization," she said. "To find myself in this position and then have it going as well as it is ... wow."

It's Moe's road to becoming an artist that put her where she is today. Moe has been creating art for over 10 years and holds a bachelors degree in art from the University of California at Davis and a masters in art from Sacramento State. After being introduced to a love of art at an early age by her mother, Moe originally decided to study traditional painting at UC Davis. That all changed when, after the prodding of friends, she signed up for a sculpture class with instructor Lucy Puls.

"Everybody told me that she was really hard and it was going to be really stressful," Moe recalled. "And she is really hard. She's really demanding and she makes you think a lot about what it is you're trying to do and if it's successful or not. Through taking her class, I started hearing these names like Eva Hesse and Paul McCarthy – these artists that were doing really unique, interesting uses of different types of media. It also introduced me to installation work."

Moe became so fascinated with what she learned in the class that she later talked Puls into allowing her to take an advanced class despite not having the prerequisites for it. Moe spent that time listening to everything her classmates were saying, writing down names and soaking up every last bit that she could. "It was like in young adult fantasy books where the kid knocks three times on his closet wall and some weird other world opens up," Moe explains. "It was seriously like a parallel dimension of art that I didn't realize existed."

This new dimension set Moe on her own artistic path and ended up dictating every college class she took after that, every trip and everything she researched. Most important, she learned how to understand this new form of contemporary art by learning the vocabulary she needed to help decipher these works she was so enamored with.

"I love going and thinking about experimental forms of media, even if they are not necessarily things that I like," she said. "I just love thinking about how they function and if they're successful and how they operate. It's something I could spend the rest of my life doing."

Moe's own form of art is what she calls "domestic or mundane," discovering alchemic relationships through the re-contextualization of materials such as vacuum cleaners, brick-a-brack, furniture and hair. Her recent explorations have focused on hair as a sculptural medium, incorporating it into threedimensional works that includes found linens and other domestic items.

After graduation from Sacramento State in 2008, Moe was hired as a gallery sitter at the Verge Center for the Arts while she was pondering what her next career move would be.

Sacramento does not have many resources available for working artists. The Verge Center is a nonprofit that works to expose the Sacramento art region to internationally recognized contemporary art, while providing vital resources to local career and emerging artists.

Verge's combination of working artist studio space and exhibit space is what gave Moe the resources she needed, as it has done for other artists in the Sacramento area.

"If you go to San Francisco, you've got the Headlands (Center for the Arts in Sausalito), in the East Bay you've got the Richmond Art Center. In Sacramento, you don't have any of that," Moe said. "We've picked up a lot of artists out of grad school in the region because they get out, they look around Sacramento, and it's like what am I going to do here.



ARTIST LIV MOE during the Verge Success Party.

There's not a lot of resources or community here for working contemporary artists. I think by giving them resources that encourage them to make a home in Sacramento and career here, that will do a lot for the overall arts scene."

Photo courtes

As the executive director of Verge, Moe sees a bright future ahead as the Center's relocation last year to a new 22,000 square-foot facility is enabling the organization to expand its programming to include educational offerings as well, including a classroom and print-making lab.

"Giving (the studio artists) the opportunity to teach in the classroom and have the public come in and learn from them and continue this dialogue about art and ideas – that interconnection – is what I think will lead to really enhancing and supporting the Sacramento arts community," Moe said.



### **Community Tap and Table Cooking Club pairs cuisine & beer with fun**

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

The Community Tap and Table Cooking Club started out as a challenge, says Emily Baime, co-owner.

Baime and Darin Michaels, who share the business, met when she was setting up a special event for her employer, the City of Stockton, and he was the beer distributor delivering the beer.

They started dating shortly after they met. Michaels had a lot of knowledge on beer and how to pair it with food. Baime had experience in catering. They both enjoyed pairing beer with their meals and had lots of fun exploring different beers. They started talking about the idea of sharing their knowledge with others. Michaels challenged Baime on the idea of turning this into a business one night and Baime said that's how it started.

Baime said the first year they tested out their idea on their friends.

"We wanted to make sure it was something we were skilled enough to do outside of our close friends," Baime said. "We have officially been in business one year this August."

Baime said they provide four to six dinner classes a month at their home along the river in the Little Pocket area. She said the first twenty minutes, Michaels talks about the different beers selected for the meal and why each beer was selected. Next, the group moves to the kitchen and prepares the food with prewritten recipe cards. During this time, Baime gives the group tips to use in the kitchen. When the food is ready, everyone sits down to enjoy the meal.

"The whole process takes about one and a half hours," Baime said. "When we first started out, the process would sometimes last three hours and we served too much food."

Michaels said he learned about beer when he was a beer distributor for a company in Reno, Nevada. Michaels said he serviced Reno and Lake Tahoe.

"I had to conduct beer dinners for casino guest," Michaels said. "I had to pair four to five different flavored beers perfectly with the meal."

Baime said they also put on dinners with local chefs in the area, showcasing the chef's specialty. They recently had a beer pairing with Chef Ruben at the Lighthouse Marina, Restaurant and Resort in Isleton.



PAIRING BEER AND FOOD and making it all fun is what the owners of the Community Tap and Table Cooking Club are all about. Left to right, co-owners Darin Michaels, Emily Baime.

Sue Tipton, who is the chairperson for Slow Foods of Lodi said she attended the dinner. "One of the beers served looked like champagne, Tipton said. "It greatly enhanced the food.

Baime said they are involved with Slow Food Sacramento and Slow Food Stockton. Slow Food's website said they host's educational events to introduce people to some of the regions foods, farms and restaurants. Slow Foods champions locally produced vegetables, fruits, wines, meats and cheeses.

Baime said the hardest part of her job is working directly with the farmers and making sure an item is available. She said she uses vegetables and fruits that are in season and sometimes an item is not

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Created by Taylor's Chef Luke Pfost

available. Baime said she uses local beef and pork farmers and they are not always able to provide a certain cut of meat. The only items Baime said she buys at the grocery store are staples such as salt and flour.

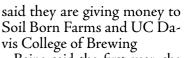
Baime said they pick a different theme every month. She said one month she was teaching folks how to make ricotta cheese. In August she was showing people how to cure bacon

"I have attended three of their events," Tipton said. "At one of the events, they served an apricot ale paired with a grilled peach sprinkled with white cheddar cheese and a delicious chimichurri sauce for dessert."

Baime said they give part of their profits to non-profit organizations. This year, she

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Baine said the first year, she and partner Michaels asked themselves, "What is this" She said now they are in year two and they asked, "What is this?" They rewrote their mission statement and said their goal is to become a hub for beer and food pairing.

"Right now people are finding us through word of mouth, our website and Facebook," Baime said. "We send regular email newsletters to people who sign up with on our website, informing them of upcoming events."

She said she plans on putting together farmers market tours, where she will talk about how to pick good produce, what to buy and what a good price is. She said she likes the idea of picking out a seasonal food such as tomatoes and then coming up with five ways to use fresh tomatoes in a recipe. Baine said they want to increase their reach and will be making a cookbook that includes beer pairings. She said another idea she is thinking about, is having a cooking class that includes kids, or maybe have a sitter for the kids, so young couples with children can participate in the dinners.

"I have mistakes along the way with this business," Baine said. "But we still have a lot of fun doing it."



DOPT ONE



## Friends of the Library gather for 'One Book' dinner

Photos by TOM PANIAGUA Land Park News photographer tom@valcomnews.com

The Sacramento Public Library held its First annual All Friends' One Book Sacramento Dinner at Elks Lodge No. 6 in Sacramento on Oct. 14.

The event was for members of each library branch's chapter of "Friends of the Library." The "One Book" featured this year was "The Adventures of Tom Sawyer" by Mark Twain. Friends of the Libraries dressed in festive Halloween costumes and enjoyed a delicious evening of food, fellowship and love of literature.







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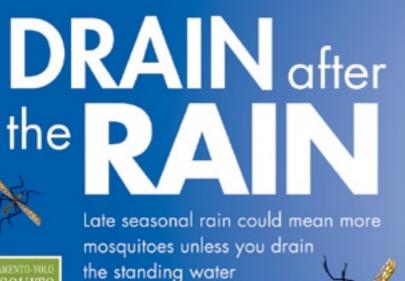
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## McClatchy, JFK students honored for sportsmanship, leadership

#### Special to Land Park News

Three high school student-athletes in the Sacramento area – including one from C.K. McClatchy High School – won Positive Coaching Alliance Triple-Impact Competitor scholarships for exhibiting exemplary character in their sports and beyond. The students were honored at a special ceremony at Stanford University on Oct. 19.

The students are: James Christopher Allison from John F Kennedy High School, Zackery Ramos-Taylor from C.K. McClatchy High School and Ryan Stewart from Pleasant Grove High School.

The winners earned their \$2,000 college scholarships for exemplifying Positive Coaching Alliance's model of the Triple-Impact Competitor:

- Personal Mastery Making oneself better
- Leadership Making one's teammates better
- Honoring the Game
  - Making the game better

"At Deloitte, 'doing the right thing' is what guides our people every day," said Mark Edmunds, vice chairman and managing partner of Deloitte LLP. "PCA's Triple-Impact Competitor Scholarship Program encourages student-athletes to strive for the same standard, and we are proud to support a program that cultivates this quality in these future leaders."

Allison, a football and rugby player at John F Kennedy High School, encapsulated the spirit of the Triple-Impact Competitor program in a speech at the ceremony – mentioning a new mentoring program, in which Deloitte employees are matched as mentors with each of the Northern California Triple-Impact



THE LIFE LESSONS in football are many. Fortunately, determination, sportsmanship and the value of hard work can be learned no matter what the final score is.

Competitor Scholarship Program finalists.

'This scholarship will help me achieve my dreams of higher education and playing these sports I love so much at a higher level," Allison said. "Honoring the Game, PCA's ideal of it, is not really about the outcome. It's about what you need to do on the field. It's about motivating your team, and it's about getting your guys to be what they really need to be on and off the field. am really looking for-Ι ward to working with my mentor, who will help me achieve these goals."

Kris Weems, assistant coach of the Golden State Warriors, was the keynote speaker at the ceremony. Weems emphasized the importance of players helping their teammates, sharing a story of Brevin Knight.

"Brevin was willing to do whatever it took to win, made sure everyone was on the same page and taught me how to take responsibility for my actions on and off the court and how leadership and confidence can make a difference in bringing out the best in your teammates,"he said. Positive Coaching Alli-

Positive Coaching Alliance Founder Jim Thompson summarized: "The power of the Triple-Impact Competitor model is hard to overestimate," said. "Our scholarship winners are the types of student-athletes who will remain leaders throughout their lives and have the potential to greatly impact our society. We look forward to all of our finalists and award winners having great sports seasons in their senior years of high school and continuing their contributions in the future.'







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### Volunteer Center of Sacramento gears up for 'Adopt-A-Family 2011'

Special to Land Park News

Sacramento, CA – Sponsors and volunteers are needed for The Volunteer Center of Sacramento's 2011 Adopt-A-Family program, which provides food and gifts for local, lowincome families during the holiday season. Without this program, these families may go without holiday dinner and gifts for their children.

Last year, more than 800 needy families in the Sacramento area signed up to be adopted through the program. Through the generosity of sponsors, 222 families were adopted, including 567 children.

This year, The Volunteer Center's goal is to find adopters for at least 300 families.

"In these tough economic times, more and more local families need our support," said Frank Kennedy, executive director of The Volunteer Center of Sacramento. "A small family can be adopted for as little as \$125 and we encourage groups to team up and adopt larger families together. So grab your family, friends, coworkers, club members – whoever

you know – and help us make sure all local families in our area have happy holidays."

In addition to adopters, the Adopt-A-Family Program also needs donations of extra gifts (new items only) and wrapping supplies. And if you have time to give, volunteers are needed to help run the program, everything from data entry to wrapping presents to managing the distribution center.

The list of adoptable families for the 2011 Adopt-A-Family Program will be available in early November. To request a list of Adoptable Families, email info@volunteersac.org or call (916) 567-3100. For more information on the Adopt-A-Family program, visit www.volunteersac.org/adopt-a-family.

Founded in 1962, The Volunteer Center of Sacramento works to strengthen the Sacramento community by connecting volunteers with opportunities to serve. The Center acts as a central location for all volunteers to learn about new volunteer opportunities. For a full list of volunteer opportunities in the Sacramento area, visit www. volunteersac.org.



Photo courtesy

ADOPT A FAMILY this holiday season. With these tough economic times, many families may go without a holiday dinner and gifts for their children. Volunteers know, parents always say, "I don't need anything...but something for the kids..." Learn more at www.volunteersac.org/adopt-a-family.

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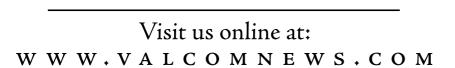
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## Urban Garden on Sutterville Road

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

Along Sutterville Road, toward the I-5 onramp and next to the railroad tracks, there is a delightful surprise for walkers, runners and cyclists.

Approaching the railroad tracks on the right hand side is a small hill. Look at it for more than a minute and out of nowhere appears a garden.

Amy Parker, a veterinarian who lives close by, started working on this urban garden two years ago.

"It is one of the entrances to Land Park and I wanted to create a focal point for people when they walked to the park," Parker said. "I hope to have a bench and birdbath added someday."

Parker said it should take four to five years until the garden is fully developed. She added that on occasion when she comes to work in the garden, a plant is trampled. Parker said she thinks it might be kids riding their bikes and not noticing it is a garden or dogs running to the park, but she said that is part of dealing with an urban garden.

Parker transports 30 gallons of water each week in the summer for watering. She explained there are no nearby water sources, so it is up to her to make sure the garden receives enough water.

"I love the quote, 'Let's be the change," Parker said. "I don't mind hauling the water over every week."

Parker said she has always been good at gardening. She started this garden with seven plants. She said the soil was hard – like rocks – so she had to add things to the soil, making it easier to work over time. She said another challenge of having a garden on a hill is that the water drains downhill and some of the plants die.

Parker said the plants are beginning to adapt to the environment. She said they are native to the area and require little water. She said once folks started to recognize it's a garden, it became easier to care for.

If any one wants to help, Parker said that would be great. Parker said she has enough plants but always welcomes more. If someone felt inclined to help with the watering, Parker said that has always been a challenge.

"The plants will adapt to the infrequent watering," Parker said. "With the water table being so close to the river, I think the roots will eventually find the water."

One of the methods Parker uses to retain moisture in the garden, especially on hot summer days, is leaving the cuttings on the ground, surrounding the plants with a loose covering. She said it also helps in breaking down the soil and making the garden grow faster.

Joy Culley, a Land Park resident, helps occasionally. Culley said she thinks what Parker is doing with the garden is cool.

"I enjoy watching the poppies and daffodils bloom in the spring," Culley said.



AMY PARKER is the creator of an urban garden on Sutterville Road.

Land Park News photos, Sally King

'I love the quote, 'Let's be the change.' I don't mind hauling water over every week.' –Amy Parker

Parker has noticed folks on their daily walks are thanking her as the garden develops and becomes more noticeable.

Chris Hopson, walking by with his dog, said it is wonderful to see this garden every day. "It's beautiful and adds to my walk," Hopson

"It's beautiful and adds to my walk," Hopson said. "It's much like a botanical garden."

The garden is made up of native plants of California and several cacti. Parker picked up a silver germander at a Farmers Market and several others at UC Davis plant sales. There is a Peruvian orchid, a Spanish Bayonet yucca, California fuchsia, wild lilac and many types of sages. Parker said the plants tend to attract butterflies and hummingbirds and there are lots of little lizards running around.

Parker said someone stuck a little American flag on top of the garden hill over the Fourth of July. She decided to leave it, adding that the flag brings a little character to this urban garden she started two years ago.



WATER BEARER. Land Park resident Amy Parker lugs in over 30 gallons of water to care for the urban garden during the summer months.

### Noah's Bagels Baseball Gang a hit with local ball players

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

Editor's note: This is part one of a twopart series highlighting local baseball players who live in the publishing area of Valley Community Newspapers.

For a group of mostly Sacramento natives who grew up playing baseball in this very rich baseball city and a few other places, a tradition was born about five years ago.

It was around this time that a group of seniors calling themselves the Noah's Bagels Baseball Gang began meeting once a week at Noah's Bagels in Town and Country Village.

Continuing their weekly gatherings since this time, this social group has grown to include 18 members.

The very first members of the group were Jim Westlake, Dick Alejo and the late Danny Mooradian, who are considered the founders of the group.

In speaking about the formation of the group, Dick said, "We just felt like every time we would go out and see some guy, we would say, 'Hey, we meet here for coffee. Why don't you join us.' Pretty soon, here we are (as a large group)." Joe Duarte, one of the earliest members to join the group, said that there are various ways that one can be eligible to become a member of the group.

"(To join the group, one should) know somebody, played ball with somebody (or) went to school with them and played ball with them," Duarte said. "Some of these guys played minor league baseball. Only one – Cuno Barragan – played in the big leagues. He caught for the (Chicago) Cubs for (three) years. Almost all of them, except for two or three, played high school baseball. I never played high school baseball. I never played high school baseball, because I went in the merchant Marines in 1944, when I was 15 years old."

Duarte said that he eventually became a baker, but chuckled when asked about bagels, saying (back then, in the 1940s), I'd never heard of them."

During one of the group's recent gatherings, the following members of the group in attendance shared information about their connections to baseball.

Barragan: "I was born (on June 20, 1932) and raised in Sacramento. I graduated from Sacramento High School in January 1950,



THE NOAH'S BAGELS Baseball Gang meets weekly at Noah's Bagels in Town and Country Village.

and I played football and baseball at Sacramento Junior College. I signed a contract with the Sacramento Solons in 1952, and I played my first year of professional baseball in 1953 for Idaho Falls and then came back and went in the service in 1954 and 1955. I did two years of active duty in the Navy. I went to spring training with the Solons in 1956, was optioned to Amarillo, Texas, Western League, and had a reasonably good year there, and played with the Sacramento Solons in 1957."

Barragan added that after a brief retirement in 1958, he eventually was drafted from the Solons by the Chicago Cubs in 1961.

"My first at bat was (at Wrigley Field on) Sept. 1 against the San Francisco Giants and I hit a home run off of Dick LeMay on

See Baseball Gang, page 21





FROM THE "BIGS." Cuno Barragan, a member of the Noah's Bagel's Baseball Gang, played baseball for the Chicago Cubs from 1961 to 1963.



BAGEL BOYS. Members of the "bagel boys," as the group is sometimes called, enjoy a moment during a recent gathering at Noah's Bagels.

### **Baseball Gang:** Social group has grown to include 18 members

citing.

Dick Alejo: "I was born in 1936. My professional career was not that big. I just went down to Mexico and played for a team, called Puebla, with Cuno Barragan and Sparky Anderson (who later played and managed in Major League Baseball). Besides that, I played for the American Legion Post 61, McClatchy High School and in the Winter League and at Sacramento Junior College. I did well, but I'm not going to (the National Baseball Hall of Fame in) Cooperstown!"

Nick Capachi: "I played on all the city leagues growing up – the 125-pound, 75-pound leagues then I played for (American) Legion, high school, county leagues, the Placer-Nevada League and

the first pitch. It was pretty ex- the KFBK all-star team," said Capachi, who turned 77 last April. "I also played on the (Sacramento Junior) College team. We won the state championship in 1953. We beat Long Beach for the state championship right here at (William) Land Park. I also played in the Army, while I was stationed in the Presidio (in San Francisco)."

Augie Amorena: "I went to Sacramento High School and gradu-ated in 1948. My parents (Amelia and Augustine Amorena) were immigrants from Spain. I started playing baseball when I was about 14. I played Summer League in the different weight divisions. I played (American) Legion, Sac JC and local Winter League, Spring League. We had a team in the Winter League, Julius Style Shop, and Joe Freitas was the manager. We were all young kids, just out of high school. The enthusiasm, the fun, we could hardly wait until Sunday to play ball. We did okay. We won a championship one year. And I played minor league baseball four years (including his time in the International League with the Edmonton Eskimos). I also played in the service for the Army team (in Hawaii)."

Mike Bakarich: "I was born on Mother's Day, 1944, at Sacramento County Hospital. When we were younger, there was no Little League. You played in the 100-pound league, got weighed. I grew up in West Sacramento and I had to take the Gibson bus and the streetcar to go to McClatchy Park to play baseball. They couldn't remember my name, so they called me 'the kid from across the river.' I played

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with these guys since I was in the 7th grade, probably. I went to Grant Tech (College, which was located across the street from Grant High School) and I played all three sports there. Then I played baseball in the Winter League, in the National Division, played in the County League and the Rural League and I quit playing hard ball in 1960 or 1961, because I like to play fast-pitch softball. We were playing maybe 75 or 80 ball games a summer, and trying to play baseball and softball was kind of tough. With the fast-pitch softball, I've been to two world tournaments and two national tournaments. I played all over the United States. I'm in the fast-pitch hall of fame and the baseball hall of fame in Sacramento."

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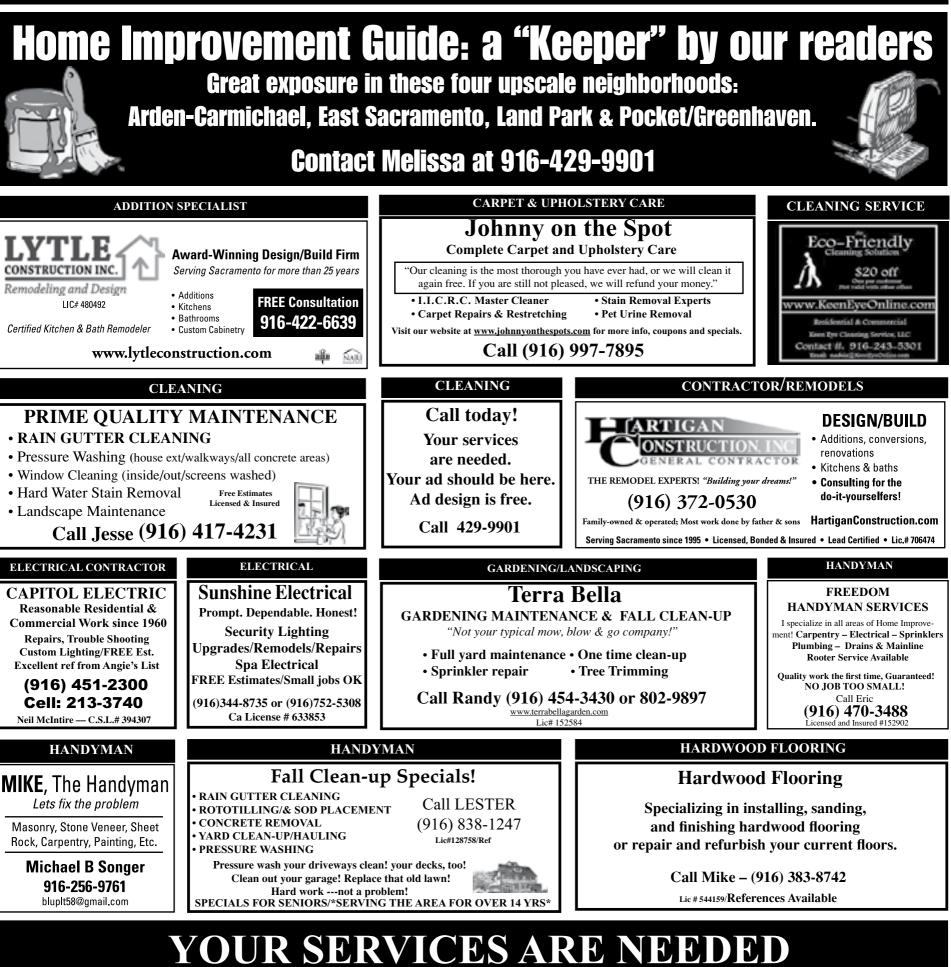
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### 'Magical World of Harry Potter' at Fairytale Town this weekend

Special to Land Park News

Muggles (non-magical people) have spotted the famous boy who defeated "He Who Shall Not Be Named" at Fairytale Town in Sacramento's Land Park.

Fairytale Town will host the 25th Anniversary of Safe & Super Halloween: The Magical World of Harry Potter. Fairytale Town will be transformed into a magical realm for four nights of Potter-themed fun and family friendly trick-or-treating.

Muggles (non magical people) will have a chance to search for the remaining horcruxes, seek the Room of Requirement, take free family photos inside Bellatrix Lestrange's vault while holding off the white dragon – all at Fairytale Town on Oct. 28 and 29.

Visitors can head to the Children's Theater to test their Harry Potter knowledge in a game show, presented by the Puppet Art Theater.

Included in the fun will be handson activity classes in Divination and Potions, a craft activity to create a Deathly Hallows pendant, all while making the rounds to 17 candy stations, and more.

Stop by the Leaking Cauldron to purchase Pumpkin Juice or Butter Beer to complete your Potter experience. Be sure to stay clear of those nasty Dementors – they can ruin anyone's day.



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#### 'Bingo: the Musical'

Through Jan. 8, 2012: Everybody gets to join in the fun at this musical. Call for times, prices. The Cosmopolitan Cabaret, 10th and K streets., Sac.. (916) 557-1999 www. CosmopolitanCabaret.com

### **Clayton Bailey's World of Wonders**

Through Jan. 15, 2012: 180 works and complementary ephemera span 50 years of Bailey's prodigious production of genuine marvels. A ceramist, sculptor, and self-proclaimed "mad scientist," Bailey aims to surprise and delight with his art. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.org

#### Florence and the Baroque

Through Feb. 12, 2012: Drawn from the largest private collection of Florentine Baroque painting in the United States, this exhibition reveals the intense emotion, saturated color, and refined brushwork that characterized painting in 17th-century Florence. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuse um.org.

### **The Art of Disegno: Italian Prints** & Drawings

Through Feb. 12, 2012: This exhibition, from the collections of the Georgia Museum of Art and Giuliano Ceseri, explores the variety and beauty of Italian draftsmanship through drawings and prints from the 16th

through 18th centuries. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www. crockerartmuseum.org.org

### **O**CTOBER

### **Bilingual Toastmasters**

Oct. 27, Nov. 3, 10, 17, 24: 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!

Oct. 27, Nov. 3, 10, 17, 24: 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

### Florin Sears Store Farmer's Market

Oct. 27, Nov. 3, 10, 17, 24: 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**

Oct. 27, Nov. 3, 10, 17, 24: 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**

Oct. 27, Nov. 3, 10, 17, 24: 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. Danea Horn (503) 319-4247

### **Rotary Club of Pocket/Greenhaven**

Oct. 27, Nov. 3, 10, 17, 24: 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**

Oct. 27, Nov. 3, 10, 17, 24: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May–Sept. 10 a.m.–2 p.m. 4th & K streets, Sac. www.california-grown.com

### **Script Your Future Health Fair**

Oct. 27: Free workshop and health fair. 11:30 a.m.-1:30 p.m. Asian Community Center, 7375 Park City Dr., Sac. Sonia Behl (916) 600-1491

### Sutterville Heights Optimist Club

Oct. 27, Nov. 3, 10, 17, 24: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corrall, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

#### **Ballroom Dances**

Oct. 28, Nov. 1, 4, 8, 11, 15, 18, 22, 25, 29: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/ person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

#### **Kiwanis Club of East Sacramen**to-Midtown

Oct. 28, Nov. 4, 11, 18, 25: 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.eastsacmidtownkiwanis.com

#### **Rotary Club of Point West**

Oct. 28, Nov. 4, 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Double Tree Hotel, 2001 Point West Way., Sac. www.pointwestrotary.com

#### Soroptimists of Sacramento

Oct. 28, Nov. 4, 11, 18, 25: 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

#### **Country Club Plaza Farmer's Market**

Oct. 29. Nov. 5, 12, 19, 26: Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.-noon. Watt & El Camino. Butano Dr. parking lot, Sac. www.californiagrown.com

### Food Addicts Anonymous

Oct. 29, Nov. 5, 12, 19, 26: 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**

Oct. 30, Nov. 6, 13, 20, 27: 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**

Oct. 30, Nov. 6, 13, 20, 27: 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** Oct. 30, Nov. 6, 13, 20, 27: 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

### Day of the Dead Garden Fiesta

Oct. 30: Skull art painting for kids, wildflower seed sowing, garden tour, native plant tips, native plants and seeds sale, raffle, and free refreshments will kick off the CA Native Plant Demonstration Garden's fall season. 10 a.m.-1 p.m. Free admission. Sacramento Historic City Cemetery, 1000 Broadway, Sac. Enter the cemetery on Broadway at 10th St. Follow signs to the Garden. (916) 374-8116 cnpsgarden@ gmail.com www.sacvalleycnps.org

### Fall Craft Fair & Pumpkin Carving Contest

Oct. 30: Over 40 artisan & craft vendors, farmer's market & specialty food vendors. Live music, free crafts for kids. Free admission. Enter the pumpkin carving contest - entries due by 8:30 a.m. Winner announced at 3:30 p.m. Event runs 8 a.m. to 4 p.m. Carmichael Park Clubhouse, 5750 Grant Ave., Carmichael (916) 484-7000

### **Holyween Harvest Festival**

Oct. 30: Looking for a fun time for the whole family on Halloween? Northminster Presbyterian Church invites everyone to its Holyween Harvest Festival. There will be music, fun games, cake walk, face painting, caramel apple making, popcorn, cotton candy, and hot apple cider w/goodies. This event is for children of all ages to dress up in their Halloween costumes and come have some fun! Free. 2 p.m.-5 p.m. 3235 Pope Ave., Sac. (916) 487-5192.

### EVENT LISTING SECTION

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers. Call (916) 429-9901 for rates.

CHAMBER MUSIC SOCIETY OF SACRAMENTO 25th YEAR OF BEAUTIFUL MUSIC! Concerts 2011 - 12/17 Concerts 2012 - 2/11, 3/10, 4/15, 5/5, 6/12 <u>cmssacto.org</u> 443-2908	<ul> <li>HOLYWEEN HARVEST FESTIVAL</li> <li>Sunday, October 30, 2 to 5 p.m.</li> <li>Join the fun at the Holyween Harvest Festival– a free event for the whole family. Enjoy music, games, cake walk, face painting,</li> <li>caramel apple making, popcorn, cot- ton candy and more.</li> <li>Northminster Presbyterian Church 3235 Pope Avenue, Sacto For info, call (916) 487-5192</li> </ul>	City of Sacramento SAFARI TOURS TRAVEL FAIR <i>Featuring Collette Tours</i> <i>2012 Trips</i> Thurs. Nov. 1 ~10 a.m. to Noon Coloma Community Center 4623 T Street, Sac 95819 Call, 808-8687 for more info.	Sacramento Emblem Club's Annual Holiday Craft & Gift Show Unique giftsone of a kind crafts, great food Space avail: (916) 686-0347 Sat., Nov. 12~ 9 a.m. to 4 p.m. Sacramento Elks Lodge No. 6 6446 Riverside Blvd. Sacto 95831	OYAKO & the Buddhist Church of Florin will hold an event to benefit the Florin Buddhist Women's Association Saturday, Nov. 19, 9 to 3 Featuring women's clothing, casual to special occasions, jewelry, bags, purses, wallets, cards, home decor, food & many gift items. 7235 Pritchard Road, Sacto For info, call Lois (916) 422-1265 or Peggy (916) 686-5621
Sierra Oaks 7th Annual Holiday Boutique Unique vintage boutique shopping for the Holidays Local vendors – handmade gift items – Café on site Saturday, November 12 10 a.m. to 3 p.m. Multi Purpose Room,171 Mills Road Contact Ann Casentini <u>mikeanncas@hotmail.com</u>	The Art Market Saturday, November 12 10 a.m. to 5 p.m. Locally sourced art, jewelry, cloth- ing & décor for every home, plus great gifts for any budget! Discount advance tickets: <u>www.saintmaryschool.com</u> or 916 452-1100 St. Mary School 58th & M Streets in East Sacramento	Mission Oaks Holiday Craft Faire Saturday, November 5 9 a.m. to 3 p.m. FREE Mission Oaks Community Center 4701 Gibbons Dr., Carmichael VENDORS INVITED – Call Now! 972-0336 MORPD.com	33rd Annual "Holiday Show of Hands" CRAFT FAIR Friday, Dec 2, 5 to 9 p.m (\$3) Saturday, Dec 3, 9 a.m. to 7 p.m. Sunday, Dec 4, 9 a.m. to 3 p.m. Unique, hand-crafted gifts, decorator items, collectibles, Hot lunch - Shuttle from Elks Club St. John the Evangelist School 5701 Locust Avenue, Carmichael	TRUNK OR TREAT SUNDAY, OCTOBER 30 5:30 to 7:30 p.m. GAMES•PRIZES•TREATS Greenhaven Lutheran Church 475 Florin Road (at Gloria Drive) (916) 428-8449

#### State Parking Lot Farmer's Market

Oct. 30, Nov. 6, 13, 20, 27: 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** Oct. 30, Nov. 6, 13, 20, 27: 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

Oct. 31, Nov. 7, 14, 21, 28: 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**

Oct. 31, Nov. 7, 14, 21, 28: 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 **Rotary Club of South Sacramento** 

Oct. 31, Nov. 7, 14, 21, 28: 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.

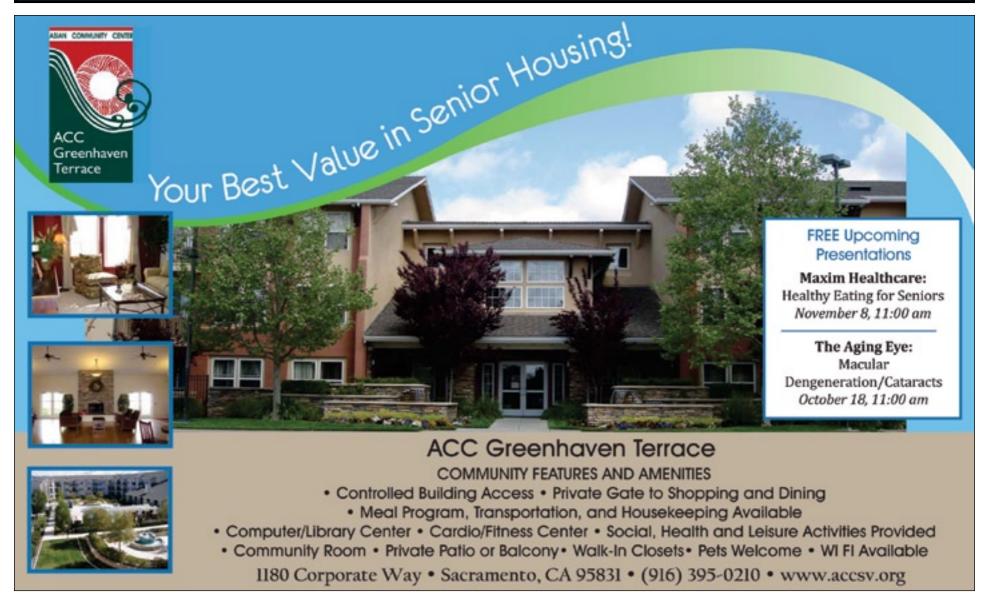
#### Tai Chi & Chi Keung

**Oct. 31, Nov. 7, 14, 21, 28:** 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



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Land Park News file photo, Susan Lairo

PATRON SAINT OF THE ENVIRONMENT, the namesake saint of St. Francis High School stands at school's entrance. The school is taking a green energy stance, becoming the first Catholic school in the area to adopt solar power to meet its energy needs.

## St. Francis High School to adopt solar power

By KATE ELY Land Park News contributor

After nearly a year of crunching numbers, creating charts, sketching diagrams, reviewing technical details, learning new jargon and discussing the possibility of failure, apprehension was replaced by anticipation at St. Francis High School regarding ways to power the campus.

Stepping away from the drawing board, the school's administration has approved the installation of photovoltaic panels to capture solar energy to power the campus.

With this effort, St. Francis will be the first school in the Diocese of Sacramento to adopt solar power.

The movement to bring solar energy to the campus began in the school's finance department, but quickly grew to encompass something much larger. Now, solar panels will provide environmental, economic, educational and religious benefits to the campus community.

The panels will produce 30.6 percent of the electricity required by the school, reducing carbon dioxide emissions by 294 metric tons – the equivalent of 32, 978 gallons of gas.

Largely funded by federal treasury grants and SMUD rebates, the initial cost of \$1.3 million was reduced to around \$300,000.

The project is cash flow positive from the beginning, returning over \$1 million over the next 25 years.

Science teachers can use the panels, as well as the accompanying technology and resources, during class to teach students different environmental and meteorological concepts.

Themes of stewardship and personal responsibility can be emphasized in theology classes, with the panels as a concrete example. The project also coincides with the position of the Catholic Church on environmental issues: Pope Benedict XVI recently added "ecological" evils, committed individually and collectively, to the modern list of sins, encouraging every individual to consider their lives in the context of a greater community.

In light of all the positive aspects of the project, the benefits it would deliver to the community, and the example it would set, it seemed nothing lay in the way of gaining the necessary signatures for approval.

The solar group consisted of Sharon Tobar, St. Francis High School director of finance; Tim Lien; Josh McDonald of Valley Solar; and this writer, as a student representative. An initial proposal by the group was rejected by the Diocese's finance committee. However, a revised proposal met with the approval of the Diocese last September. With the approval of Bishop Soto and his financial advisors, St. Francis will now move forward with its plans for installation.

The high school plans to start construction in November, with completion planned for early spring. Both the federal grant and SMUD rebate require a certain percentage to be completed by the end of the year in order for the returns to process, so St. Francis and Valley Solar are working together to expedite the process and begin installation as soon as possible.

It is hoped that the solar panels will not only contribute to St. Francis High School, but also inspire other schools and organizations in the community to adopt similar ecofriendly policies.

DUNNIGAN



### Faces and places

### **Chinese Community Church celebrates** culture and community

Photos by LINDA POHL Land Park News staff member linda@valcomnews.com

Members of the Chinese Community Church hosted the 28th annual Fall Fellowship and Food Festival on Oct. 22.

Members of the community enjoyed delicious foods, including barbeque chicken, pot stickers, won tons and more. Live entertainment and games were enjoyed by all ages.

Got News?

E-mail Susan Laird, susan@valcomnews.com













**HOLIDAY GREETINGS** from your business to the community

Deadline: November 23, 2011 Publishes: December 1st & 8th, 2011 Arden-Carmichael News • East Sac News • The Land Park News • The Pocket News

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