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# Book by Land Park author celebrates children of immigrants

Special to Land Park News

Some 40 people who grew up as children of immigrants in the United States are featured in a new book entitled "Proud Americans: Growing Up as Children of Immigrants." The book is the work of Land Park resident Judie Fertig Panneton.

Inside is a collection of inspirational stories about people's joys and struggles while coming of age in the United States.

Included are Hollywood stars, high-profile business and media people, award-winning athletes, members of the President's cabinet, elected officials and those whose names may not be recognizable but whose stories are filled with wisdom and inspiration.

According to Fertig Panneton, the children of immigrants are different. They are their parents' bridge to American ways, their translators, their support system and their hope for a more promising future. They have fought to live independent lives while being true to their families' roots and expectations.

The stories in "Proud Americans: Growing up as Children of Immigrants" are based on research and extensive interviews with people who live across the United States and whose family roots stretch around

the globe. During each personally conducted interview, the subjects tap into their memories about growing up in America and how being children of immigrants has affected their lives.

Also featured, based on research, are: Hines Ward, Dr. Mehemet Oz, Jay Leno, Ann Curry, George Stephanopoulos, Dr. Sanjay Gupta, Leonardo DiCaprio, Rahm Emanuel, Jennifer Aniston, Christina Aguilera, Michael Savage, Ivanka Trump, Apolo Ohno, Maria Menounos, Maurice Sendak, Timothy Geithner, Michael Dukakis and Margaret Cho.

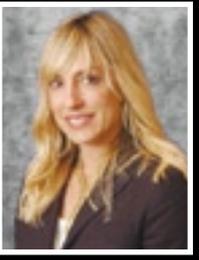
Children of immigrants and their parents are a growing force in America. More than 60 percent of American children will be children of immigrants by the year 2050, according to the U.S. Census Bureau. Election outcomes will be determined in the near future by children of immigrants and their parents, as predicted by an Immigration Policy Center study.

Fertig Panneton is herself a child of immigrants and an award-winning journalist. This is her second book based on a collection of stories.

"Proud Americans: Growing Up as Children of Immigrants" is available on amazon.com. Also visit www.proudamericanspeak.com.



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# Chinese 'Year of the Dragon' Sacramento Chinese Catholic Community Chinese New Year celebration

Special to Land Park News

Chinese Catholics will celebrate the Chinese New Year on Sunday, Feb. 5, with a

Mass with Bishop Jaime Soto and a Tribute to Ancestors Ceremony.

The Mass will be held at 3:pm at the Cathedral of the Blessed Sacrament, located at 1017 11th Street in Sacramento.

A Chinese New Year dinner will follow at 6 pm at the Holiday Villa Restaurant, located at 7007 South Land Park Drive in Sacramento. Cost for the dinner is \$17 per adult, \$8 per child between the ages of five and 12.

The Sacramento Chinese Catholic Community (SCCC) was formed in 1986 with the purpose of establishing a base for Chinese-speaking people to be involved in the Catholic church. However, language barrier and ethnic differences kept many from fully participating in church services and activities. Most priests did not speak the various Chinese dialects.

As the church entered the new millennium, Bishop Wil-

liam K. Weigand wanted the diocese to continue to reach out to the Chinese-speaking people in the greater Sacramento area. With much effort, he arranged to have Father Nicholas Ho travel from Singapore in 2002. Bishop Weigand appointed him as vicar for ethnic Chinese ministry.

Father Ho was ordained and served in Singapore for 25 years in various priestly duties. He speaks fluent Mandarin, Cantonese, and English.

Chinese Catholics in the Greater Sacramento area meet every Sunday at the Cathedral, promoting the Catholic faith and serving the spiritual needs of people in Mandarin, Cantonese and English.

All are welcome at these events. For more information or to reserve a seat for dinner, contact Gloria Fong (916) 442-7178 or Barbara Chow (916) 396-9783.

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# McClatchy High School seeks to establish 'Athletic Hall of Fame'

Special to Land Park News

Efforts are underway to establish a McClatchy High School Athletic Hall of Fame honoring the best of the student-athletes since the school was founded in 1937.

The effort coincides with the school's 75th anniversary and is being headed up by Restore the Roar, a booster group of alumni, parents and friends of McClatchy sports.

The organization is seeking nominations for the initial hall of fame class from all interested parties. More information is available on the organization's website at <http://www.Restoretheroar.org>. The site includes student-athletes and coaches already nominated and information on how to submit additional nominations.

Identifying the best athletes during the school's seventy-five years of existence is proving to be an immense challenge, according to the Website.

The core committee has researched *Sacramento Bee* files, California Interscholastic Federation-Sac-Joaquin Section historical data and input from veteran McClatchy observers to come up with a list of nominations. There is a link to view nominations on the site.

"It is envisioned that the first class honored will be comprised of about 40 of the top tier athletes and coaches that have represented McClatchy over the past seventy-five years," the Website states. "This will mean that many fine student-athletes and coaches will have to wait for induction into the Hall of Fame in subsequent years. Subsequent classes of inductees would be fifteen to twenty inductees annually."

The core committee that is compiling the list of nominees was Jim Coombs ('57 and faculty member), Mike Nishio ('63 and faculty member), Bob Sertich ('67) and Jan Olmstead (faculty member).

Restore the Roar is asking for alumni help with additional nominees and information, as well as their help in arriving at the final selections and making the Hall of Fame a reality.

- Alumni can provide any information about the nominees that alums think the committee should consider in making its final determinations.
- Alumni can nominate additional student athletes for consideration in the final hall of fame selections.
- Alumni can provide personal information that they have about any of the nominees so that committee may contact them if proposed for induction.

Restore the Roar needs other help to make the Athletic Hall of Fame a reality.

First, help is needed with filling out the selection committee. The committee will meet in March 2012 to make the final decision on the 2012 inductees after it receives the final nominations and information on the nominees. Alumni can volunteer to be on the final selection committee or suggest people they believe would be good additions to the committee.

Help is also needed to coordinate the dinner event that will be held in May or June 2012.

Finally, Restore the Roar can always use sponsorships to help make this effort a super success.

To help with any of these things, e-mail [golions@restoretheroar.org](mailto:golions@restoretheroar.org).

Restore the Roar hopes to have final selection made from among the nominations by late March 2012. There are still opportunities to serve on the selection committee or to assist with the initial Hall of Fame Banquet and induction ceremony later in the spring.

Restore the Roar was established in 2007 by a group of alumni supporting McClatchy athletics. In 2009, it was incorporated and received official non-profit status from the Federal IRS and the California FTB. Since it began, the organization has helped support recognition activities for student athletes, secured cash and in-kind donations in support of McClatchy's sports teams and supported the student study hall at the school. The organization is currently working to broaden its partic-



Land Park News file photo, Susan Laird

RESTORE THE ROAR is a group of C.K. McClatchy High School alumni which seeks to establish an "Athletic Hall of Fame." The organization seeks to acknowledge alum athletes from the school's proud 75-year history.

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Know your neighbor

# Land Park's Mannie Viera reminisces on early South Sacramento

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

*Editor's note: This is part one of a two-part series about Sacramento resident Mannie Viera.*

At 88 years old, Sacramento's Manuel J. "Mannie" Viera, Jr. has experienced many things in his life, including growing up as the son of a railroad worker.

## Dad immigrated

While sitting inside his home in Sacramento last week, Mannie spoke about his father, Portuguese immigrant Manuel J. Viera, Sr. (1892-1962).

"My dad came over (to the United States) from Faial, Portugal by himself when he was about 12 years old and he had a sign on him that (read), 'California, Sacramento, and a loaf of French bread,' said Mannie. "I guess he had enough money to travel (to Sacramento) by train. When he got here, he lived on the corner of 6th and U (streets), right across from Southside Park. He never told me much about that time. All I know is that from then he went on to work at the (Southern Pacific) shops. He would go over there and work on the engines and stuff like that. And later on when I got older, I went to the work for the railroad, as well. So, I worked on Front and J (streets) and he worked



Manuel J. Viera, Sr. stands behind the bar in his Southside Park area business, Viera's Place, in this c. 1940 photograph. The people to the left of the photograph are unidentified.

over (at 4th and I streets) at the shops."

Manuel Viera Sr. married Goldie Mae Dias (1893-1974) in about 1920. Mannie was born in San Francisco, and moved to the capital city

when he was about six months old, when his parents adopted him.

## Viera's Place

Mannie said that his father was well known by

many locals for his ownership of Viera's Place, a bar at 1914 3rd St., between S and T (streets), in the Southside Park area.

He added that during that time, the Southside Park area

was populated with people of different cultures.

"There were a lot of Portuguese, Italians and Slovenians who all lived right

See Viera, page 7

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# Viera: Clients at 'Viera's Place' ranged from senators to a beer-drinking goat

Continued from page 6

there in that area," Mannie said. "There's a lot of history down in that neighborhood."

Although Mannie said that he does not know exactly when his father established the bar, he said that he believes the business was actually open and selling "beer and wine and stuff like that during the bootlegging days" of Prohibition.

## Grocery bar?

Additional information regarding Mannie's father and his bar was discovered during research for this article.

The 1921 city directory, for instance, shows that Manuel J. Viera, Sr. was already associated with 1914 3rd St. at the time, but was then operating a grocery store at that address.

However, it is possible that the grocery store was then doubling as a bar, despite the fact that Prohibition had already gone into effect.

Mannie said that his father closed the bar in 1923 due to the risks of running an alcohol vending business during Prohibition.

Following the repeal of Prohibition, Mannie's father reopened the bar on April 14, 1933.

## From senators to goats

Included among the clientele of Viera's Place were Senator Earl Desmond, who served in the Legislature from 1933 to 1958, and other senators and assemblymen.

Mannie said that one of the more unusual customers at his father's bar was a goat.

"This customer of my dad's, he used to come in after work and have a beer and he'd bring his goat into the bar," Mannie said. "And my dad said, 'What about your goat? Do you want to buy him a drink or do you want to be a cheapskate?' And (the customer) said, 'Why? Do you want to feed him a beer?' So, my dad got a bottle of beer and the goat came up on the bar and my dad had a beer bottle opener, of course, and he put (the

bottle) in the mouth of the goat and the goat drank the whole darn bottle of beer. So, that was a ritual every day. When the fellow came off of work, he'd stop by my dad's bar and he'd get a bottle of beer (for the goat) along with his order."

When asked whether the goat showed any effects from drinking beer, Mannie said, "No, he cut him off at one bottle."

## Check, please

Mannie added that the bar was also a place where people would pick up their paychecks.

"My dad owned a rooming house at (nearly) the same address (as the bar) at 1914 4th St.," Mannie said. "A lot of their checks would go to my dad's bar and since it was only a block away, they'd come pick up their checks."

In addition to the barroom, Viera's Place also included a kitchen, an office and restrooms.

## Will Rogers

While looking at a vintage photograph of the inside of the bar, Mannie pointed to a picture that was hanging on the wall to the left of a clock and said, "My dad always had a picture of Will Rogers on the wall. He liked Will Rogers."

Rogers' popularity in Sacramento reached a higher level in 1935, when he came to the capital city for the filming of "Steamboat 'Round the Bend."

Mannie said that he was among the people who went to the banks of the Sacramento River to view the filming of the movie.

## The boxer

In addition to his previously mentioned employment, Manuel earned money by participating in boxing matches

at the old L Street Arena at 223 L St.

"He would go down there and box whenever he needed some extra money," Mannie said.

## Land Park move

When Mannie was 6 years old in 1929, he moved with his parents from 430 1/2 T St. to 3200 Riverside Blvd., across the street from where Vic's Ice Cream opened 13 years later.

The Vieras property was one of four lots in the vicinity on the west side of the street.

'Nothing but hayfields and Japanese gardens'

Mannie recalled a very rural area from his vantage point on the boulevard at that time.

"(The area) wasn't very populated at all back then," Mannie said. "My dad had chickens and he had rabbits and he had dogs, cats, a regular menagerie. And at that time, when we lived there, you could look from there over to where Holy Spirit Church (at 3159 Land Park Drive) is now and there was nothing but hayfields and Japanese gardens. A lot of strawberry farms were out there at that time. The Swanstons rented the land out to Japanese (strawberry) farmers. And (Sanford A.) Woodruff, the guy who had a house a block down from ours (at 3300 Riverside Blvd.), had a stable (at 2643 Riverside Blvd.), right by where the Riverside Clubhouse is now (at 2633 Riverside Blvd.). He had horses he rented out and people used to ride them out by the levee and come down by Riverside Baths (the old public swimming pool at 3640 Riverside Blvd.)."



Land Park News photo, Lance Armstrong

Mannie Viera has many fond memories about his long life in the capital city.

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# Local coffee shop continues to brew up business in Curtis Park

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

Despite a Seattle-based coffee shop located less than a mile away, Espresso Metro Café, located at 2104 11th Ave. and Freeport Boulevard, continues to be the neighborhood coffee joint that locals and students who attend Sacramento City College go to for a good cup of Joe.

It's such a community staple, the little coffee shop around the corner has never closed a single day in its 23 years of operation. That milestone is all the more special when one considers how many other establishments along the square off of 11th Ave. have come and gone in the last two decades.

"It's a funky café," laughed owner Joan Riordan. "I think people like that it's a place they can come and hang out. It's a place where a lot people do know your name and maybe even your drink order."

Coffee, espresso, smoothies and homemade cookies straight from the oven have been served here since 1988 when Riordan decided to take over the ownership.

"I used to work at a coffee shop when I was at UC Davis, and after graduation this opportunity came up and I took it," she said.

Over the years, Riordan has worked to establish a close relationship with the community and her customers, knowing many of them by name.

"You want to really come close to your community and establish a good name," Riordan said. "From then on it's just a lot of hard work."

Open the front doors of the Espresso Metro Café and you may find professors gathering over espresso and lattes for a meeting, College students are studying at neighboring tables, stealing quick glances to see who the next patron is walking through the door.

What can a local shop offer that a big coffee business can't?

The sparse one room café with basic table and chairs, photographs and paintings on the wall done by local artists, and a genuine antique Italian hydraulic lever-style espresso machine giving off an aroma of 'simplicity,' – that's what local attorney Charles Barnes likes



Land Park News photo, Elizabeth Valente  
JOAN RIORDAN keeps tabs on local trends in coffee and coffee shop foods that are popular with her customers. She keeps prices reasonable, because she remembers how important coffee was to her when she was a college student.

See Espresso Metro, page 16

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Comfort pillows for breast cancer patients

# Necessities Bag 'Pillow Party' a success

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

The Fellowship Hall at the Central United Methodist Church was filled with women of all ages bustling about, getting work stations set up for the quarterly "Pillow Party" on Jan. 9.

Necessities Bag Volunteer Coordinator Joan Eddy felt the energy in the room and began the evening by thanking the volunteers who came to make comfort pillows for women recovering from breast cancer mastectomies.

"I anticipated around 45 volunteers, but I know we have more than that," Eddy said. "Our goal is to make 120 pillows and I think we will exceed that amount."

The final headcount for the evening was 68 volunteers and Eddy said a "whopping 262 pillows."

Necessities Bags are reusable totes filled with handmade pillows for wound care, comfort and practical items given to women facing mastectomies.

Sacramento resident Ellen Mack started necessities Bag Sacramento in August 2005 after she underwent surgery for a bilateral mastectomy and reconstruction and found the surgery traumatic.

She wanted to comfort other women going through this surgery and had read an article about an organization in Connecticut that provided a tote filled with practical items and information specific to women facing mastectomies. Mack believed women needed this service in Sacramento and by April 2006, Necessities Bag Sacramento was incorporated. There are 15 affiliates throughout the country.

Omega Nu Sorority member Wendy Weir said their group donates the money made from Bunko Night to Necessities and most of them attend the quarterly "Pillow Party."

"This is a good way to give back," Weir said. "And I do have friends who have or have had breast cancer."

Dixon resident Grace Be doian who is a breast cancer survivor sees this as a way to help other women. She has attended six of these parties. She hopes the person receiving the pillow is comforted.

"Doing this makes me feel warmer," breast cancer survivor Sue Clark said. "These pillows are good for women who have had radiation treatments too."

*See Pillows, page 15*



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## A visit with original Kings owner Greg Lukenbill

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

*Editor's Note: This is part one of a two-part series about East Sacramento native Gregg Lukenbill's many activities in the capital city.*

For many local residents who recall the days when the capital city was introduced to major league sports through the Sacramento Kings, the name Gregg Lukenbill is very familiar.

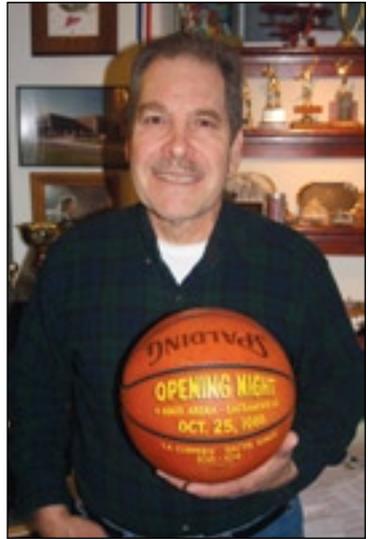
Gregg was part of the group that purchased the Kansas City Kings in 1983. The team then relocated to Sacramento for its inaugural 1985-86 season.

Although it may seem surprising to many people, this is the 20th year since Gregg sold his stake in the team.

During his interview with Valley Community Newspapers, Gregg spoke about his former association with Sacramento's National Basketball Association franchise, as well as other details about his life.

In sharing a bit of a chronological voyage of his life, Gregg, who presently resides in East Sacramento, noted that he actually grew up in the area.

"I was born right over there at Mercy (Hospital at 4001 J St.) and I lived at 44th and C (streets) for the first 10 years," Gregg said. "We ended up with five kids in one room and it was a little crowded over there, so my dad (Frank Lukenbill) bought a bigger house on Meister Way, which is about four blocks away. I lived there until I lived on my own."



Land Park News photo, Lance Armstrong  
GREGG LUKENBILL holds a basketball from the first regular season Sacramento Kings game, which was held in 1985.

Gregg's educational background consisted of attending Sacramento schools, as he was initially a student at Sacred Heart School at 3933 I St. before being enrolled at Jesuit High School.

After a year at Jesuit, Gregg, who was his parent's only son, transferred to Sacramento High School, where he graduated in June 1972.

Gregg said that he became employed for the first time at a very young age, as he began to work for his father, who was a construction superintendent.

"I always worked for my father during the summertime, so that's just the way that it was from the time I was about seven years old on," Gregg said. "In about 1962, I think I got my first paycheck. Back then, I was just doing labor - cleaning up the job sites."

See Lukenbill, page 11

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# Lukenbill: Sacramento childhood included local work, education

Continued from page 10

He used to build houses and commercial buildings and remodels and things like that, so there was always cleaning up to do after the work."

Eventually, Gregg began learning how to hammer nails, dig ditches, move dirt and use a saw.

Gregg said that with this experience, he became a "mass production kind of a guy" by the time he was about 12 years old.

When Gregg was about 17 years old, he began to construct buildings and foundations on his own.

At the age of about 20, Gregg went into business with his father, who was the

co-owner of the construction company, Lukenbill Bros. Together they formed Frank Lukenbill & Son.

As part of the creation of Lukenbill & Son (later Lukenbill Construction), Frank's brother, Berkley Lukenbill, who was the other partner of Lukenbill Bros., sold his interest in the company to Gregg for about \$12,000.

Among the places where Gregg and Frank worked on projects together were the California Almond Growers Exchange at 1802 C St., where the Lukenbills had established a longstanding contract, and Superior Ambulance at 1221 30th St.

Gregg said that it was also during this time that he began to construct commercial tilt-up buildings.

"I started with the tilt-ups, because I was watching Buzz Oates and Joe Benvenuti build these tilt-ups around town and I thought that was a pretty efficient and fast way to build a building," Gregg said.

To assist with the construction of two of these buildings, Gregg hired Mike Chilimidos, a high school friend of his who was then working at Knott's Pharmacy at 4819 J St. Chilimidos later served as the superintendent for the construction of today's Power Balance Pavilion.

Gregg was very close to his father. Frank Lukenbill died about two weeks before his 88th birthday in 2007. Gregg said that his father was a great business partner.

"I always trusted him and he trusted me and he was a godsend for me, because he was always a natural with people and a great hands-on guy," Gregg said.

Overall, Gregg said that he was very fortunate to have parents who made such an impact on his life.

"I was just really blessed growing up," Gregg said. "My mom (Leona Lukenbill) was a fanatic about school and my dad was a fanatic about work.

My dad was a really hard worker and my mom was a really hard worker from an educational standpoint."

In honoring the paths of both of his parents, Gregg worked in the daytime and attended college at night.

Gregg took classes at American River College, Sacramento City College and Sacramento State University. He continued with these studies until the fall of 1978, when he was 23 years old.

Although he did not know it at the time, Gregg was on a path that would bring a major league sports franchise to Sacramento just seven years later.

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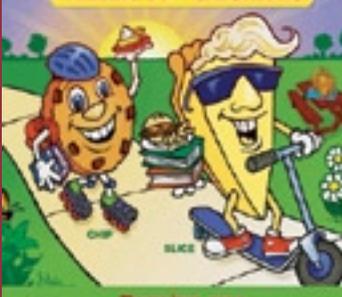
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Pocket News photo, Sally King

A-WHIR WITH ACTIVITY, volunteers for Necessities Bag manned six stations to create comfort pillows for women recovering from breast cancer mastectomies on Jan. 9. Some cut fabric, others pinned it, some sewed while others trimmed, stuffed or finished the pillows. The groups goal was to create 162 pillows, but a "whopping 262" pillows were made in one evening.

## Pillows: Volunteers meet every quarter

Continued from page 9

The pillow protects the area where it's sore from the treatment."

Buford Goodenough said he showed up because he likes to volunteer and this is a project that is near and dear to his heart. He works with a breast cancer survivor.

Volunteers could choose one of six stations to work. The first station had women busy cutting fabric, the second group matched fabrics up and pinned them together. There was a whirl of sewing machines where volunteers were sewing fabric together at the third station. The group at station four trimmed the corners and turned the fabric right side out and handed them off to a small group iron-

ing the fabric. The next group stuffed Polyfill into the pillows and handed them off to the last group who hand sewed the small opening on the side of the pillow together.

Through the whole evening, only one small hitch interfered with the assembly line process. Early in the process some of the sewing machines lost power, but Eddy had it fixed right away.

This is the Jaime Clifton's second time volunteering for this project. She attends Laguna Hills High School and sees this as a good way to receive community credits.

A young boy and girl whose mother recently passed away from breast cancer and their aunt

were helping sew the pillows together.

Lynn Smith is 88 years old and was stuffing the pillows.

"This is my meditation," Smith said. "I have to keep busy after losing my husband of 53 years and this makes me feel good."

Ask any of the volunteers who showed up and there would be a big smile and a feeling of warmth as many of them expressed how much they enjoy being a part of this quarterly event, knowing that somewhere there is someone who is using that small pillow as a comfort in a painful, scary situation.

To learn more, and to read comments from Necessities Bag recipients, visit <http://necessitiesbagsac.org>.

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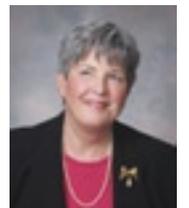


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# Espresso Metro: Where everybody knows your name, coffee order

Continued from page 8

about the place. For years, this Curtis Park resident has come in to order fresh-brewed beverages at the bar before sifting through his legal briefs and transcripts, using his laptop and the café's wireless Internet connection.

"I bike from home to here," Barnes said. "It's more relaxed, more of a community atmosphere. It's important to support your neighbors, whether it's buying a cup of coffee or admiring the local artwork on the wall. Everybody knows you."

"There's always some place to sit, even when it feels packed," commented another local patron who chose to be anonymous. "Wait a few minutes and you'll find a friendly seat, someone willing to share their table with you."

While other businesses have sales or gimmicks to bring in customers, Riordan hasn't. She said her prices are comparable and are already low...which has given the café a sales boost.

"We try to keep the prices reasonable because I remem-

ber what it was like to be a student and how helpful coffee was to me when I had to study," Riordan said. "You can get a good judge of it by what you're selling and what's left at this point in time. It's come out pretty good so far."

As for the future, "Sometimes I think when my lease is up I'll just close up shop and say it was fun," she said. "But then there are days I look around and see this is a place people feel safe, come and gather, to study, and talk. It's a good feeling and I couldn't think to close my doors to anyone."



Land Park News photo, Elizabeth Valente

THE LITTLE COFFEE SHOP around the corner from Sac City College, Espresso Metro Café has never closed its doors once in 23 years of business.

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The coffee Riordan serves at Espresso Metro is from the Peerless Coffee Company, based out of Oakland. The East Bay company brings 80 years of roasting experience. The company offers more than 125 different types of coffee including varietals, estate coffees, organics and flavored beans. First established in 1924, Peerless has cemented its roasting status as one of the Bay Area's oldest – if least known – specialty coffee company.



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# Soroptimists, Library look to raise awareness on human trafficking

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

Here's something you may not know about Sacramento: the capital city is among 18 medium-sized US cities identified by the Federal Bureau of Investigation (FBI) as a hub for human trafficking.

Sacramento is among the top cities experiencing an epidemic of child prostitution, according to the nonprofit refugee resettlement agency Opening Doors. The agency's Website said an estimated 600,000-800,000 people are trafficked across international boundaries every year, and some 14,500-17,500 people are trafficked into the US.

## Modern slavery

What is human trafficking? According to Opening Doors it is defined as "modern slavery" – victims as young as 13 and as old as 54, and of both genders, are forced, frauded or coerced into the commercial sex industry, involuntary servitude, debt bondage or slavery.

What makes Sacramento such a hub for human trafficking? Opening Doors said one reason is its large immigrant population. And Kathleen Crone, treasurer of Soroptimist International of Sacramento South (SISS) said it also has to do with Sacramento's location.

"We're so centrally located to so many freeways. If a group has been identified, it's very easy for whoever is in charge of this group to get them out of Sacramento quickly," Crone said. "And (it's) then easy access to Reno, Las Vegas, Los Angeles – it's just kind of the hub of the wheel."

## Lack of information

As ending human trafficking is one of the major programs of Soroptimist International, the South Sacramento chapter was looking for a way to help by educating their members on the subject. As they started the process, however, they soon found that for a city where human trafficking is a problem, the information was not that easy to find.



*Photo courtesy, Soroptimist International of Sacramento South (SISS)*  
HUMAN TRAFFICKING, or modern slavery, exists in every part of Sacramento. The members of Soroptimist International of Sacramento South (SISS) donated books on this issue to the Sacramento Library, which did not have any literature on this issue prior to the donation.

"I started acquiring some books (on human trafficking) that I passed around to (our) members, but some of them were very expensive that we wanted to read," said SISS member Dori Holmer. "So I contacted the (Sacramento Public Library) to find out what they had and they had nothing – they had not supplied any human trafficking books to their readers at all. So one of our members suggested: why don't we buy some books for the library. So we did."

## Books at library

Holmer said SISS presented the Sacramento Public Library with a list of 20 suggested books on human trafficking. SISS chose 10 of those books to purchase and donate to the library system, while the library purchased the other books to add to their collection.

"Any time someone approaches us and they want to donate materials, especially when they are quali-

ty materials of a nature that is current and it's relevant to the community, we want to take those in and make those available to the public," said Brenda Haggard, strategic communications officer for the Sacramento Public Library.

## Travelling display

However, SISS also felt it was important for library patrons to know such books were available. To help spread the word, they asked Sacramento Public Library if they could put up a display about the books and the human trafficking issue and the Library said "Yes."

"We felt that we needed some way of letting people know that the books were there and available and to create an interest in reading them," Holmer said. "We had discovered in talking to people that they are shocked to learn that first of all slavery exists, and second that it exists in Sacramento. So we thought a display would be helpful."

The books and human trafficking display were officially made available on Jan. 11, which was International Human Trafficking Awareness Day, Haggard said.

"(The display) will be at the Central Library for about a month and then travel to five other libraries in the system over the next few months," she said.

According to Crone, the display will be moved to the Colonial Heights Library in March, Belle Coledge Community Library and Martin Luther King, Junior Regional Library in April, and Rancho Cordova Library in May. The display includes information on the human trafficking books, as well as informational sheets, objects that represent trafficking – such as handcuffs and barbed wire – and also posted hotline numbers in the hopes if a trafficked individual happens to see the display they would have access to ways of help, Crone said.

## Awareness is first step

Both SISS and the Sacramento Public Library hope both the books and the display will help create awareness around the issue of human trafficking.

"Awareness is always the first step to solving a problem, so providing the information that brings the awareness will be a vehicle to help solve the problem we hope," Haggard said.

Crone hopes this project may be the beginning of more for SISS, such as possibly utilizing rooms at various libraries to make presentations and other projects to help make hotline numbers more accessible to trafficking victims.

"We hope that we can do a little bit more than just this – it's really just the beginning of a big problem," she said.

For more information on SISS, visit <http://soroptimistssacramentosouth.com>.

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### Florin Sears Store Farmer's Market

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### Food Addicts Anonymous

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### Rotary Club of Pocket/Greenhaven

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Jan. 27, Feb. 3, 10, 17, 24: 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

### Bella Vista Football Booster Crab Feed

Jan. 28: Enjoy a mouth-watering meal of soup, salad, the best crab in town and dessert. Open to the public, tickets \$40/person. Silent and live auctions, raffle, dessert auction, dancing by Rodney Cooper and Night Groove. 6 p.m.–11 p.m. at Divine Savior Church, 9079 Greenback Lane, Orangevale. To order tickets, call (209) 676-0053 or [bvcrabfeed@hotmail.com](mailto:bvcrabfeed@hotmail.com). Also visit [www.bellavistafootball.com](http://www.bellavistafootball.com)

### Country Club Plaza Farmer's Market

Jan. 28, Feb. 4, 11, 18, 25: 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](http://www.california-grown.com)

### Food Addicts Anonymous

Jan. 28, Feb. 4, 11, 18, 25: 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.

### Winter Bird Festival

Jan. 28: Enjoy a celebration of birds and family fun! The 5th annual Galt Winter Bird Festival offers free bird tours (Pre-registration for tours required – sign up soon by visiting [www.ci.galt.ca.us](http://www.ci.galt.ca.us) or call 209-366-7115), arts & crafts, free kid's activities, local food vendors, live animal demonstrations. McCaffrey Middle School, 997 Park Terrace Dr., Galt.

### Winter Wonderland Bridal Show

Jan. 29: Check out the latest fashions and bridal necessities for the perfect wedding. \$50 for bride and two guests. Get tickets now! 12 noon–6 p.m. 990 Meadow Gate Rd., Meadow Vista. (530) 878-2332 [info@thebedaplace.com](mailto:info@thebedaplace.com)

### Carmichael Farmer's Market

Jan 29, Feb. 5, 12, 19, 26: Carmichael Farmer's Market. 8 a.m.–1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. [www.bemon-eysmartusa.org](http://www.bemon-eysmartusa.org)

### Co-Dependents Anonymous

Jan 29, Feb. 5, 12, 19, 26: 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

Jan 29, Feb. 5, 12, 19, 26: 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](http://www.elks6.com)

### Families Anonymous

Jan. 29, Feb. 5, 12, 19, 26: Meet with other parents who are dealing with a daughter or son who is experiencing mental, emotional or addition problems. Meets every Sunday without fail. 3 p.m. Del Norte Swimming and Tennis Club, 3040 Beccera Way, Sac. Jane (916) 402-2465

### State Parking Lot Farmer's Market

Jan 29, Feb. 5, 12, 19, 26: 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](http://www.california-grown.com)

### Sunday Support for the Widowed

Jan 29, Feb. 5, 12, 19, 26: 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

Jan. 30, Feb. 6, 13, 20, 27: 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

Jan. 30, Feb. 6, 13, 20, 27: 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

Jan. 30, Feb. 6, 13, 20, 27: 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](http://www.rotary.org).

### Tai Chi & Chi Keung

Jan. 30, Feb. 6, 13, 20, 27: 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

Jan. 30, Feb. 6, 13, 20, 27: 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](http://www.klassytalkers.freetoasthost.org)

### Rotary Club of Arden-Arcade

Jan. 31, Feb. 7, 14, 21, 28: 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](http://www.ardenarcaderotary.org)

### Rotary Club of Carmichael

Jan. 31, Feb. 7, 14, 21, 28: 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](http://www.rotary.org)

### Upholstery class

Jan. 31, Feb. 1, 7, 8, 14, 15, 21, 22, 28,29: 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

Feb. 1, 8, 15, 22, 29: 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.

### FEBRUARY

### Rotary Club of East Sacramento

Feb. 1, 8, 15, 22, 29: 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](http://www.rotary.org)

### Senior Wednesday Club

Feb. 1, 8, 15, 22, 29: The Senior Wednesday Club meets to chat, play bridge, pinocle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

### Toastmasters

Feb. 1, 8, 15, 22, 29: All area business people invited to hone their speaking skills. Noon–1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

### Best Friend Fridays

Feb. 3, 10, 17, 24: Enjoy a fun, no-pressure, no-risk networking environment that benefits the local community non-profits. Hors d'oeuvres, wine & beer, games, raffle drawings, door prizes. Bring your best friend and make new ones. \$5 admission. Each Friday is hosted by a different non-profit group with all proceeds from the raffle donated. Garden Room and Courtyard, Sierra 2 Center, 2791 24th St., Sac. (916) 452-3005 [www.sierra2.org](http://www.sierra2.org)

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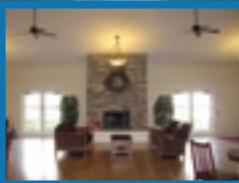


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Faces and Places

## 3rd Saturday Paint Out at the Tower Theater

Photos by STEPHEN CROWLEY  
Land Park News photographer  
stephen@valcomnews.com

Despite the wet and stormy weekend, a few daring *plein air* painters turned out during a break in the weather to participate in the 3rd Saturday Paint Out at the Tower Theater on Jan. 21.

The Tower Theater was recently repainted, giving artists a "fresh" palette of inspiration to work with.



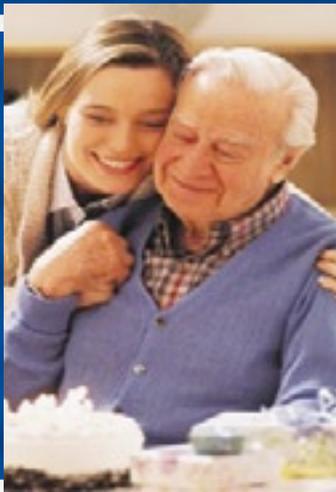
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# 'Music of the Heart' concert to include poignant tribute

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

At this season's opening concert for the Folsom Symphony, Maestro Michael Neumann conducted a brief experiment with the audience.

"Listen to this passage from Tchaikovsky's 'Symphony No. 4,' he told them before the symphony performed a few brief phrases of the piece.

The music was beautiful. "Now, close your eyes," the Sacramento conductor said. "And this time, I want you to think of someone you love very much... someone you have not seen in a very long time."

The symphony repeated the music. But this time, eyes were tearing up – and many were reaching for the Kleenex.

Neumann's point to the audience that evening was this: Music is able to communicate on a variety of levels. It has the unique ability to reach into the

deepest parts of the human soul.

February's annual "Valentine's" concert is appropriately dubbed "Music of the Heart." But this year's performance will have an additional component: the symphony is mourning the loss of one of its own.

On Dec. 15, Alexander Ashton, the assistant principal cellist, passed away unexpectedly at the age of 27. He was a founding member of the symphony, much beloved by his colleagues. Mr. Ashton was a member of the Sacramento Youth Symphony Premier Orchestra for eight years, and he also played with the Sacramento Valley Choral Society for seven years. He was a member of the Broken Iris and Green Audio, both popular Sacramento area bands.

The symphony will dedicate a selection from the Feb. 11 performance to Mr. Ashton's memory. Sir Edward Elgar's "Enigma Variations" was dedicated by the composer "to

my friends pictured within." Composed from 1898 to 1899, this work has fascinated musicians ever since. What is the mystery about the people portrayed in the music? Elgar said there was a hidden theme that is "not played," but no one guessed it during his lifetime. He took the secret with him to the grave. It is entirely appropriate that this most popular of Elgar's works be dedicated to Alex Ashton.

In keeping with the theme of immortal love, Neumann will conduct the symphony through 11 soul-stirring and romantic works from both the classical and popular repertoire, including: "Romeo and Juliet" (Tchaikovsky), "Pavane" (Fauré), "Moonlight Sonata" (Beethoven) and "Marriage of Figaro" (Mozart).

Audience members can expect a performance of the first order at this concert that has so much significance for members of the Folsom Symphony. Al-

ways thinking of others, these talented musicians will also be performing for one of their own. And that is music from the heart.

"Music of the Heart" will be performed one evening only, on Saturday, Feb. 11 at 7:30 p.m. The main Three Stages theater at the Folsom Lake College Per-

forming Arts Complex is located at 10 College Parkway (just off East Bidwell Street) in Folsom. Parking is free.

Single tickets are \$25 to \$55. Discounted season tickets and student rates are available. To purchase, call (916) 608-6888 or visit [www.folsomsymphony.com](http://www.folsomsymphony.com).

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