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Unique gift to Cal Middle School

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# Local interest for Whole Foods Market in Curtis Park

Special to Land Park News

Some residents of Land Park, Tahoe Park, Curtis Park and the surrounding area are hoping to get the attention from the developer of the Curtis Park Railyards Project and Whole Foods Market.

A Facebook webpage has been set up at <https://www.facebook.com/#!/wholefoodstocurtispark>.

The "Bring Whole Foods to Curtis Park/Land Park" Facebook page has, as *Land Park News* goes to press, 181 "likes."

Comments posted to the site were positive overall, with a nod to the existing markets on Freepoint Boulevard.

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# Kops-N-Kids summer camp fun for kids

Special to Land Park News

Online registration is now open for the Kops-N-Kids summer camp program that teams Sacramento youth with local law enforcement.

The 2012 Kops-N-Kids summer camp runs June 18-22 at Rosemont High School at 9594 Kiefer Blvd. in Sacramento. The hours of camp are 8 a.m. to 4 p.m., Monday through Thursday, and 8 a.m. to 2 p.m. on Friday. The cost of the camp is only \$32 for the entire week. Bussing is available from select local school districts.

Kops-N-Kids is a non-profit organization that hosts a weeklong summer sports camp for children ages 9-13 in the Sacramento area. Kops-N-Kids has provided this meaningful and enriching camp for 26 consecutive years. The focus of the camp is to educate children about gang resistance, violence prevention, gun avoidance, and to promote positive choices. Youth are given the opportunity for positive interaction with law enforcement and fire department role models.

The kids experience sports clinics, learn about life skills and anger management. Kops-N-Kids have added a new educational element addressing internet safety.

The Sacramento Police Department, in partnership with local law enforcement agencies, fire departments, businesses, civic and community organizations, takes extreme pride in this program that promotes confidence, courage and teamwork in our community's youth.

There are a limited number of spaces available. Visit the website or register online at [www.kopsnkids.com](http://www.kopsnkids.com).



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# Spring 2012 'Fight the Bite' contest winners announced

Special to Land Park News

The Sacramento-Yolo Mosquito and Vector Control District announced the winners of the 2012 annual "Fight the Bite Design a Calendar Page Contest" for students in grades K-12.

In an effort to have children learn about mosquito prevention, the contest encourages kids to use art and creatively design a page promoting the FIGHT the BITE theme to inspire everyone to practice any or all of the District 7 D's of Mosquito Prevention: Defend with insect repellent, Drain any

standing water, Dress appropriately and have working Doors and windows with screens.

"The contest was very successful and we are very impressed by the quality of the artwork submitted" said David Brown, district manager. "The children are skilled artists and their entries are very creative. We're happy to know they can use art to understand the important concept of reducing mosquitoes and diseases such as West Nile virus" said Brown.

Students were divided into three grade categories: K-3, 4-6 and 7-12. The winning entries were based on: creativity, originality and the ability to effectively communicate one or more of the District D's of Mosquito Prevention. Winners were determined by a panel of judges and will receive a cash prize. First place contest winners will record a radio commercial that will air throughout the summer.

Since many area schools are struggling with budget cuts, prizes will also be awarded to

the school of each winning student. All winning contest entries will be used in the 2013 Fight the Bite calendar which will be distributed later this year.

First place winners are: (K-3) Emma DeWulf from Cordova Gardens Elementary in Rancho Cordova; (4-6) Khizer Anwar from Capital City School in Sacramento; and (7-12) Deanna Nguyen from Natomas Pacific Pathways in Sacramento.

For a complete list of winners in all categories visit [www.FIGHTtheBITE.net](http://www.FIGHTtheBITE.net).

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# California Middle School receives generous gift for students

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

Land Park's Cal Middle School was the recipient of a generous gift over the winter holidays.

While students and staff had two weeks off, the boy's gym locker room received a \$13,000 face-lift in honor of John Peyton Spurlock, who attended Cal Middle School in 1952.

It has been twenty years since John Spurlock passed away and his children; Katie, Bob and Dave wanted to remember their father's warm and generous spirit with a gift to the school. John's two grandsons also attended Cal Middle School.

"My dad was not enthusiastic academically but was passionate about sports, particularly baseball," Katie Spurlock said. "He thought there was nothing better than the experience of being on a team where everybody encouraged each other to do their best and have fun."

Bob said the idea of the gift came up in a discussion last October – the 20th anniversary of their father's passing. They all agreed their dad took great joy in being around young people and their activities. As they discussed the idea of a gift, Bob said

certain things bubbled up immediately.

"Our dad was generous, giving, liked kids, really rooted for them," Bob said. "If he knew you, he was rooting for you."

Dave remembers his dad helping a friend out who was a student at UC Davis and needed money. John gave the money to Dave's friend and didn't want to be paid back, he was happy he could help. Dave said his dad always took pleasure in the success of others.

"I made a personal decision to be more like my father to keep his spirit alive," Dave said. "We all wanted to honor our dad with a permanent gift."

John Spurlock grew up in Land Park on 10th Avenue. His parents were long-term Land Park residents who had their home built in 1940 and they remained there until 1989. John attended Cal Middle School and McClatchy High School. He played baseball while attending UC Davis and went on to receive an MBA from the Stanford Graduate School of Business

Bob said after he and his siblings decided they wanted to donate money to Cal Middle School he discussed how the money should be spent with Principal Elizabeth Vigil.




Land Park News photo, Stuart King  
CAL MIDDLE SCHOOL Athletic Director David Carson with the school's new lockers. The boy's locker room in the school gym had not been refurbished for over 50 years.


Vigil said when she was told the Spurlock family wanted to honor their father with a gift to the school; she thought it would be nice to have something permanent put in place.

"The boy's locker room was in horrible disrepair,"

See Cal Middle, page 8



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Know your neighbors

# Locals share memories of Land Park's Edmonds Field

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

When longtime Sacramentans reminisce about landmarks of the Land Park area, certainly William Land Park and the Tower Theatre come to mind. But around this time of year, many locals begin to think about the old ballpark, which was located at Riverside Boulevard and Broadway.

## Glory days

This old stadium was for many years home to the Sacramento Solons of the Pacific Coast League. However, at various times, the team, as well as the stadium, underwent name changes.

Long gone are the sounds of cheering crowds, cracks of bats connecting with fastballs and the thumps of hardballs hitting players' gloves at this historic location.

On the site of what was once a playing field, stands for the fans and other features of the stadium is a large parking lot and a Target store.

Unfortunately for the sake of local baseball memories, the scene at this location does little to remind anyone of these glory days of Sacramento.

As a respectable and noble tribute, yet in many ways a sort of dim consolation prize, is a marker with a plaque near the northwest corner of the parking lot.



MINOR LEAGUE BALL in Land Park. Fans attend a game at Edmonds Field in the 1950s. The pictured stadium was the second stadium at the site, as the first stadium was destroyed by fire in 1948.

The inscription on the plaque reads: "Edmonds Field, 1910-1960: This was the site of home plate at Edmonds Field, home of the Pacific Coast League's Sacramento Solons baseball team for fifty years. More than 4,200 games were played here over those years and Solons fans set several PCL attendance records. The Solons won the pennant in 1942. Their fans were some of the best in all of base-

ball. Dedicated July 26, 1998. Sponsored by Play Ball! Sacramento."

Historic photographs and memories of longtime locals indicate that the marker does not actually designate the precise site of home plate.

Another plaque commemorating the ball park is inside the Target store, near the exit. Shoppers pass by daily with nary a glance.

But such information is merely trivial when considering the value of displaying information regarding the old stadium.

The brick marker serves as a reminder for those who were familiar with the old stadium.

But in some ways even more valuable is the fact that this tribute presents the opportunity for those who were either born too late or moved

to Sacramento in latter years to become somewhat familiar with the stadium's history.

## History hidden

Since the plaque is affixed to the east side of the roughly 5-foot-tall marker, it is often at least partially visually obstructed by parked automobiles.

Because of this fact, many Sacramentans are unfamiliar with the meaning behind the small, brick wall — or marker — that pays tribute to those memorable days of baseball in the capital city.

On any given day of the week, somewhere in the city, one should be able to locate a gathering of people who collectively remember the stadium with great fondness.

After all, the stadium, which during its latter years was known as Edmonds Field, was a place that many seniors grew up with during their childhoods.

## Longtime fans

An example of a group of longtime baseball fans with

See Baseball, page 7

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# Baseball: From 'shagging' baseballs to memorable plays—Edmonds Field was fun

Continued from page 6

connections to the old stadium and its ballgames was found just north of the Tower Theatre at the Flame Club at 16th and V streets last week.

Sitting together discussing their memories of games at the stadium were Norman Greenslate, Joe Duarte, Henry Torres and Wesley Silva.

## Roof shagger's tale

Like many longtime Sacramentans, Greenslate played baseball in local leagues during his youth and was a fan of the city's PCL team.

But unlike many youth of the time, he was paid to attend the games.

"In 1937, after I got my Social Security card, I began working there (at the stadium shagging balls on the roof)," Greenslate said. "We used to get a buck a night and a buck and a half on Sundays. We got paid every two weeks. We got \$13. And Ronnie King (who later became a Major League Baseball scout) started working there a little bit after me. He was on the right hand side and I was on the left hand side. So, the ball goes up on the roof and if it didn't bounce over (the roof), I would go up the stairway and get the ball and come down (the stairs). Then they had a little shoot right by the hot dog stand and I'd drop the ball down the shoot and it come out at the bottom where the ball boys were."

Although Greenslate does not know the names of the ball boys at that time, he said that "Smity" and "Shorty" were among the field's groundskeepers. Duarte said Horace Smith was the birth name of "Smity."

In recalling a particular memory about Smity, Greenslate chuckled and said, "He thought I stole a ball once and so that night he fired me. The next day, he came over to my house and hired me back."

After the games, Greenslate, King and ushers would collect and stack up the seat cushions that had been

rented out for 10 cents per cushion.

In exchange for that job, Greenslate and King were allowed to eat leftover hot dogs.

"Those were good hot dogs and they had good, good mustard," Greenslate recalled. "The closest mustard I found since is Morehouse (mustard)."

Greenslate shagged the balls off the roof for about two years.

During a telephone interview held later in the day, King said that he worked at the stadium from 1937 to 1946, first as ball shagger, then as a batboy, then as a scoreboard operator and lastly he worked in the clubhouse.

## Memorable moment

After listening to Greenslate's ball shagging stories, with a smile, Duarte said, "I was just a fan. I was a (ball shagger) out there just in the stands. They didn't trust me up there on the roof."

Duarte said that one of his dominant memories of the stadium was the night Marino "Chick" Pieretti (1920-1981) threw a ball over the grandstand.

"The Solons were ahead and Pieretti was pitching and some guy got a base hit to right field and one run scored and there was still a couple of guys on," Duarte recalled. "The ball came back in and they threw it over to Pieretti. There was no time out yet and (Pieretti) looked up and here comes the manager. He saw the manager coming out to get him and he took the ball and he threw it over the third base stands onto Broadway. Two runs scored and (the Solons) lost the game."

## Tough ticket

Henry, 91, who was raised by his parents Jesus and Lupe Torres at 806 Q St., said that although he could not afford to go to baseball games, he discovered that balls that were hit outside the stadium were basically as good as a ticket.

"If you wanted to go to a game (for free), you had to stand outside and wait for a ball to come out over the



Land Park News photo, Lance Armstrong  
BASEBALL LORE OF YORE. Longtime Sacramentans, left to right, Wesley Silva, Henry Torres, Joe Duarte and Norman Greenslate, recently shared their memories about baseball games played at Riverside Boulevard and Broadway.

fence," Henry said. "I only did that once or twice and then I got tired."

## School memories

While living off 35th Avenue, Silva attended a Solons game with some of the students from the old Sutter Union School, where Cabrillo Civic Club #5 now operates.

Adding to his excitement of attending the game was the satisfaction he felt when the Solons won the game.

## Highs, lows

Of course, there was no greater victory for the Solons than their final game in 1942, when they won the PCL championship.

But as high as fans felt at that moment, they felt at least equally as low six years later when the stadium was destroyed by fire.

Fortunately for the Solons and their fans, the stadium was rebuilt and the team eventually returned to playing at the site.

## The game goes on

Although the days of baseball at Riverside Boulevard and Broadway are long gone, minor league baseball is alive today with the PCL's Sacramento River Cats.

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# Cal Middle: Late Land Park resident's memory honored

Continued from page 5

Vigil said. "I thought this would be a good way to honor him."

Athletic Director David Carson said the locker room had not been renovated in over 50 years. The lockers were rusty and broken. The kids would change their clothes and then take everything with them outside during P.E. because they had nowhere safe to store them. The school hired a contractor who worked with Bob to better organize the placement of the lockers. The renovation included removing half the old lockers and replacing them with brand new lockers, and repairing and painting the other half. Cal Middle School now has 124 new dress lockers, 114 new box lockers and 280 refurbished box lockers.

Carson said the students appreciate that there are enough dress lockers for each student to use during P.E. to safely store their clothes and personal belongings such as cellphones and wallets.

"This gift is exactly what we needed," Carson said. "It came at the right time."

The goal for the Spurlock family was to provide a gift that benefits the students, so renovating the lockers made sense and in keeping with their father's spirit.

The Spurlock family is having a plaque placed near the entrance of the doorway to the boy's gym. In their father's memory it states:

"In honor of his joy for young people and enthusiastic support of their activities."



NEW LOCKERS adorn the boys' gym locker room at California Middle School. The lockers were donated in memory of late Land Park resident John Peyton Spurlock. Students can now store their items safely.

Land Park News photo, Stuart King

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# Classical Masters Music Festival seeks young talent

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

The artistic and musical talent of the youth in the Sacramento region never fails to amaze adults in the audience. Young people are emerging from theater troupes such as El Dorado Musical Theatre – and making their way to Broadway in New York. Musicians like young Chase Onadera of Sacramento are playing classical guitar at Carnegie Hall at the tender age of 11.

This isn't the talent seen on school stages even as recently as 20 years ago. The bar is much, much higher today.

This rising tide of talent is due to a number of factors: excellent teachers who choose to live in the Sacramento region because they like the area, parents who personally invest in their children's extracurricular education, and members of the community – both individuals and businesses – who provide opportunities for emerging talent to shine and be recognized.

One such venue for young people is the Classical Masters Music Festival. It was founded by Austin Lee, a 16-year old resident of Granite Bay. Lee's vision was to provide "an annual performing arts festival for young musicians in a remarkable venue within our

wonderful Sacramento region." The event is held at the Three Stages Arts Center in Folsom, a part of the Los Rios Community College system.

The festival is a classical music competition for musicians ranging from ages four to 18. It includes both competitive and non-competitive categories for piano and string ensembles. Exceptional local young musicians and an international competitor will perform during the festival. Music lovers are invited to enjoy an impressive two-day event filled with concerts, competitions and master lectures.

This year's event will be held June 9 and 10. Young people from throughout the Sacramento region and Northern California will be competing for musical prizes and recognition. There will also be master classes for music teachers, aspiring novice pianists, chamber music ensembles and advance young pianists.

The opening concert will feature two of last year's competition winners, both young and talented pianists: Dominic Pang, Category A (ages 4 – 7) winner and Christopher Son Richardson, Category B2 (ages 11 – 12) winner.

The featured guest pianist will be Yeol Eum Son, the Silver Medalist of the



Photo courtesy, Emmet Welch  
YOUNG MUSICIANS from throughout the Sacramento region and Northern California will compete in the Classical Masters Music Festival on June 9 – 10. Applications for the completion are still being accepted. The deadline is May 1.

13th Van Cliburn 2009 International Piano Competition and the Steven De Groote Memorial Award for the Best Performance of Chamber Music. A native of South Korea's Kangwon Province, she is on the list of young international artists to watch in the world of classical music.

Local youth musicians are encouraged to apply now for festival competition. There are many different categories for musicians. The application deadline is May 1.

Information on how to sign up to perform at the event is

available online at [www.classicalmastersmusicfestival.org](http://www.classicalmastersmusicfestival.org).

Ticket information for those who wish to attend the festival is available at [www.threestages.net](http://www.threestages.net) or call (916) 608-6888.

Lee's vision for this event is receiving a groundswell of support from local businesses and education leaders who believe in the importance and value in the lives of

young people. Having a competitor from the internationally respected Van Cliburn competition headline the event brings credibility to this event, as well.

Today's arts have come a long way. Take a moment to experience these moments in musical history. You may well find yourself saying, "I saw him/her perform years ago, back in 2012..."

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# Over the Hill Gang loves sports, enjoys good times, reminiscing

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

Among the capital city's social/service clubs is the uniquely named Over the Hill Gang. But don't let the name fool you. This is one lively bunch.

Certainly, despite this all-men's group's name, its members are never too old for fun times.

## A foundation of fun

The foundation of the club, in fact, was laid in the name of fun.

The Over the Hill Gang was established a quarter century ago by a group of Sacramento men who knew a lot about having fun and shared a common interest in sports.

Larry Gunst, who is the youngest surviving member of the group, recently shared his memories about how the organization was formed.

"Gene Sullivan was a customer of mine, who was referred to me by Bobby Rehm, who was an old Stockton Ports (California League baseball) player," Gunst said. "Sullivan had someone at his house (at 2751 12th St.) every day. I would stop by about twice a week. I loved to hear their stories."

## 'Español' beginnings

Gunst added that Sullivan eventually called him on the telephone and invited him to a luncheon, which was to be held on Dec. 10, 1985 at the Español Restaurant on Folsom Boulevard in East Sacramento.

"(Sullivan) asked me to bring a couple of wines for advertising," Gunst recalled. "He would also pass out my business cards. He was a very generous man. A hundred and four (people) showed up at that gathering."

Gunst recognizes the luncheon at the Español Restaurant as the event that led to the official establishment of the Over the Hill Gang.

"The party at the Español was the beginning of the real thing," Gunst said. "About March of 1986 at Sullivan's house, we discussed making Over the Hill Gang a real club, and we would start selling annual memberships. I remember most members wanted \$6 for the dues. I said, 'If we charge \$10, there would be less trouble with change.'"

So, upon Gunst's recommendation, the initial, annual cost to be a member of the club was \$10. Today's annual membership cost is \$15.

## Early members

The first continuously active members of the "gang" were Sullivan, Charles "Babe" Anderson, Del Silva, Frank Nugent, Billy Rico, Sonny Valine, John Rakela and Lou Brusato.

The earliest occasionally attending members of the club included Gunst, Bill Conlin, John Giannoni, Elmer Enos, Bernie Bernard, Woody Scott, Elton "Lefty" Rogers, Vic Zito, Les Lollis, Carlo Dallosta and Ronnie King.

Sullivan served as the club's first president, Nugent was the original treasurer and Rakela was the first secretary.

## Regular meetings

As an official group, the "gang" began meeting on a monthly basis, mostly at the Golden Tee across from the Haggin Oaks Golf Complex, but also at The Distillery, the Palomino Room, Joe Marty's and the Hereford House. Occasional mid-week gatherings were also held at the Sheldon Inn on Grant Line Road and Glenn Dufour's Broken Arrow Inn in Rocklin.

The club has been meeting monthly at the Dante Club at 2330 Fair Oaks Blvd. since the early 1990s.

Some of the members of the group also enjoy spending time visiting with fellow member, Sam Kanelos at Old Ironsides, which is owned by some of the members of the Sam Kanelos family.

## Mostly baseball today

In general, the "gang" has evolved from an all-sports club, which included Dallosta, John Giannoni and Milt Cupish, who were involved in football, and soccer player Harry Slaughter, to mainly a baseball club.

A May 12, 1988 article in *The Sacramento Bee* notes that the roots of the group date back to 1946, "if not to Sister Inez's first grade class at St. Francis school, where 'gang' president Gene Sullivan and treasurer Frank Nugent were classmates in 1922."

The 1946 reference refers to when Sullivan, Nugent and other former local athletes began meeting every Friday at the Commercial Hotel at 231 I Street, near the Southern Pacific depot.

## Fast friendships

It should come as no surprise that the group has deep roots, considering that its earliest members were simply men who grew up in the capital city, played local sports and attended area high schools. As a result, many of the members were friends long before the establishment of the "gang."

Gunst, who will turn 74 in July, said that when he joined the "gang" as its seventh member, he was the youngest member of the group.

Besides Gunst, Rico is the organization's only other original founding member.



Land Park News photo, Lance Armstrong

THEY STILL LOVE THE GAME. Shown left to right, Sam Kanelos, Harry Dunlop, Larry Gunst and Ronnie King are among the longtime members of the Over the Hill Gang.

Rico, 89, said that he has fond memories of the early years of the Over the Hill Gang.

"I was one of the original guys," Rico said. "We really had a good group when we started off. Gene Sullivan was one of the original guys and we used to meet at his house all the time. He was a nice guy. He went to St. Mary's College and he went to Christian Brothers (High School). Most of the guys (at the time) were Catholic and Christian Brothers guys."

## A place to share

For Rico, who was a successful local baseball player in the Sacramento area for three decades, the group presents an inviting environment for him to share and listen to baseball stories.

Rico's most notable accomplishment in baseball was managing and playing for the Carmichael Firemen baseball team, which won the first Canadian-American "World's Series" for Non-Professional Baseball in 1946.

Harry Donlop is another member of the group who has plenty of baseball memories to share with the "gang."

Altogether, he spent 50 years in the game as a player and coach. This experience included working as a Major League Baseball coach.

Dunlop said that among the many highlights of his career was catching three no-hitters in 14 days in the Appalachian League in 1952.

When asked about the group, Donlop showed off his sense of humor, saying, "Whenever I've been around, I've always gone to the Over the Hill Gang. We meet down at the Dante Club and we tell each other a bunch of lies."

Like Donlop, during part of his membership in the "gang," King was not always able to attend meetings of the group on a regular basis due to his baseball commitments.

King played semi-pro baseball and is a former Major League Baseball scout, who signed many notable players, including Steve Sax and Bob Oliver.

## Giving back

As a service club, the Over the Hill Gang originally raised funds and made donations to the Stanford Home for Children.

The group has also donated to the Shriners' Burn Center, the Sacramento Food Bank and St. Patrick's Home for Children.

The Over the Hill Gang encourages any man with an interest in sports and socializing to visit with the group on any third Thursday at the Dante Club.

The Thursday luncheons feature different guest speakers. Speakers of the past have included former Major League Baseball players Don Larson, Dusty Baker, Greg Vaughn and Ricky Jordan, former National Football League players Danny Bunz and Skip Vanderbundt, and professional referees and umpires.

Arrangements for speaking engagements are generally made by Jim Jorgensen.

The group also holds annual picnics, which have been hosted at the trap shoot at Haggin Oaks Golf Complex, St. Joseph Church in Clarksburg and at the Dante Club.

For additional information regarding the Over the Hill Gang, call (916) 419-4406.

# Janey Way Memories: Wednesday Night Bingo at St. Mary's Church



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

In the mid-1950s, the good priests at St. Mary's Church decided to build a Catholic primary school (grades one through eight) adjacent to the church on 58th and M Street.

In 1956, a brand new school began operation at that location.

Unfortunately, the church had to take on debt to build the new school. So, to help pay off the loan for the school, the priests pondered alternative sources of revenue. Subsequently, they decided to host parish dinners staffed by parishioners and to have weekly cash bingo games.

Soon after, Wednesday Night Bingo started up in St. Mary's Hall.

My dad and our neighbor, Louis Viani Sr., volunteered to work at this weekly event. Louis called the numbers and Dad and others sold the bingo cards.

It took a while, but eventually Wednesday Night Bingo became quite popular. That caused a problem, not expected when the idea first surfaced.

How do you safely park all the attendees?

Consequently, the church decided to hire an enterprising young man to act as a parking attendant for the games.

That's where I came into the picture. Sensing a financial opportunity, I volunteered to take on the job.

So, on the following Wednesday, I showed up for work at 6:30 p.m. on the dot. Soon, the cars came streaming into the school yard to park. To tell you the truth, at first I was overwhelmed; but by 7:30 p.m., the bulk of the players had entered the lot and safely parked.

Phew, that was a little more than I expected. By 9:30 that evening, I happily headed home, my evening's work done, and \$10 richer.

On the next Wednesday at 6:30 p.m., I stood at my post and resumed parking the enthusiastic bingo players. It soon became my weekly routine. The bulk of the cars came early and I made sure they parked in neat rows and always left wide lanes in between the rows so cars could exit the lot safely. In case of an emergency, public safety vehicles could enter the lot unobstructed.

Typically, most of the cars entered the lot between 6:30 p.m. and 7:30 p.m. After that, I sat on my folded chair at the entrance to the lot and took it easy.

Around 8 p.m., Tiny Hansen, the off-duty police officer responsible for security, usually toured the parking lot.

When he did that, Tiny always brought me a soda pop and spent some time talking with me.

Tiny worked with my dad on the Sacramento Police Department's Detective Bureau and had great stories to tell about solving crimes and dealing with criminal offenders. Like all policemen, he started as a beat cop working the lower end of the city. In this capacity, he often had to break up fights, arrest drunken men and pursue thieves on the dark streets of lower end Sacramento where Old Sacramento now stands.

It all made for some very exiting stories to tell and I always enjoyed hearing them. Soon Tiny returned to the hall, and I resumed my parking duties.

I retained my job as a bingo parking attendant well in to the 1960s. It gave me cash for movies, swimming at Glenn Hall Pool and attending Catholic Youth Organization dances. A little extra money always came in handy.

The days of Wednesday Night Bingo at St. Mary's church have long since passed. The church eventually paid off the debt for the new school. Indian gaming rose to popularity, and the little church bingo operations all went out of business.

Now, my days of parking cars at Wednesday Night Bingo are just another financially rewarding Janey Way memory.

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# Sacramento SPCA's 19th Annual Doggy Dash is coming up on June 9

Special to Land Park News

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Join the Sacramento SPCA for the 19th annual Doggy Dash and Bark at the Park Festival, where an estimated 5,000 animal enthusiasts will gather both with and without their canine companions to raise funds for animals sheltered at the Sacramento SPCA.

The event will be held on Saturday, June 9 in beautiful William Land Park. Walk registration begins at 7:30 p.m. at the Village Green area, and starts at \$25 per person. The festival begins at 8 a.m. and runs until approximately 1 p.m. The walk will begin at 9 a.m.

Come for the 2k or 5k walk, and stay for the SPCA's Bark at the Park Festival, where you can enter your canine pal in

the Pup Show, high-flying disc contest, or the ever-popular pug races! Watch canine demonstrations, participate in a variety of canine contests, visit with pet-friendly businesses, learn about Sacramento-area animal rescue organizations, or sit back and just enjoy all of the action.

Proceeds from the Doggy Dash will help the Sacramento SPCA care for more than 13,500 homeless animals in 2012.

Whether you choose to bring a canine companion or invite a two-legged friend, mark your calendar and join us for Doggy Dash and the Bark at the Park Festival. Register as a solo participant, start a team or join an existing team.

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The Belle Coolegge Branch Library is located at 5600 South Land Park Drive in Sacramento. For more information, call (916) 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).



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# Author Marty Relles' Sacramento roots run deep

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

Sacramento native Marty Relles, who is well known through this publication as the author of the column, "Janey Way Memories," and his new book by the same name, will be holding a book signing on Thursday, May 3.

The event, which will be held at the Dante Club at 2330 Fair Oaks Blvd. from 7 to 9 p.m., will present one of the first opportunities the public will have to meet the author and purchase a copy of his new book.

As one who grew up in Sacramento and attended local schools, Marty developed a love for his youth that is cleverly presented in his columns and new book, which was published by Ecco House Publishers and released last month.

## Born in East Sac

Marty is a person whose East Sacramento roots are so deep that he was even born at East Sacramento's old Sutter Maternity Hospital, which was the original name of Sutter Memorial Hospital.

Marty grew up on Janey Way, a few houses down from St. Mary's Church and adjacent to what is now St. Francis High School.

He was raised by his parents, Martin and Mary Relles, along with his two brothers, Terrence and John, and sister, Pat.

## Local schooling

His education included attending Tahoe School, El Dorado School, St. Mary's School, Christian Brothers School and Sacramento High School, Sacramento City College and Sacramento State University.

After his schooling, Marty spent 31 years working for the state.

Another one of Marty's East Sacramento connections is his link to the longtime East Sacramento business, Relles Florist, which is owned and operated by his cousin, Jim Relles.

## Book project

Because of his fond memories of growing up on Janey Way, Marty started to write down his memories in antic-

ipation of writing a book in 2002. However, the project never materialized until recently.

When asked why he had discontinued this project a decade ago, Marty said, "I didn't have the discipline to finish it. But after my mom died, who was the last of my (surviving) parents, it became much more compelling to write down my stories, while they were still in my mind."

## A columnist is born

Although he did not complete his book in 2002, Marty was presented with an opportunity to begin writing about Janey Way in early 2009.

Marty said that it was during that time that he was approached by then-Valley Community Newspapers editor Ryan Rose.

"Ryan said, 'I want you to write a column for (the *East Sacramento News*) about your memories of Janey Way,'" Marty recalled. "He said, 'I know you have a lot of fun stories about what you did as a kid. I think people would really like to hear them.' I told him that I didn't know if I could do that, and he said, 'Sure, you can do that. You're a good writer. Just send me one column and we'll see how that goes, and if everything works out, you'll be a regular columnist for the paper.'"

Fast forwarding nearly three years, Marty has written over 70 "Janey Way Memories" columns, the most recent of which can be read in *East Sacramento News* and online at [www.valcomnews.com](http://www.valcomnews.com).

Soon after Marty began writing his column, he decided that he would finally create the book that he began to write in 2002.

Using 38 of the stories from the first two years of his column, Marty began putting together his book last August.

## 'Poignant collection'

Marty's publicist Erica Benzinger described his book as "a poignant collection of tales growing up in Sacramento in the 1960s."

She added that the book is "filled with boyhood pranks, oddball neighbors and a few tear jerkers," and that he is

"able to show us all that childhood memories do matter."

Benzinger also noted that upon reading Marty's book, one can understand the passion that he feels for his childhood, what it meant to him and how it helped to make him the type of person who he is today.

The introduction of the book describes the 47 children who resided on East Sacramento's Janey Way and referred to themselves as the "Janey Way Gang."

In the introduction, Marty wrote: "If you lived there (on Janey Way), you always had someone to hang out with. Life was good."

## 'The Pit'

Although Marty is only a young 65 years old, he is old enough to remember "the pit," which was the remnant of an abandoned sand and gravel plant that abutted Janey Way and was located in the area of the present site of St. Francis High School.

Regarding the pit, Marty wrote: "Rather than a place with swings and slides and teeter-totters, the pit was a big ravine, filled with broken pieces of concrete, discarded lumber and piles of dirt and sand. It became a theater for military maneuvers, a stage for Old West gunfights, a place to build forts made of concrete and waste lumber, and a track for off-road bicycle races."

## The families

The following segment of his book refers to those who lived on Janey Way – the parents and children – and friends from outside the neighborhood.

For instance, one chapter tells the story of a young man from the neighborhood who was killed in the line of duty while serving in the Vietnam War in 1966.

Marty said that the story about this Vietnam veteran is one of the most compelling stories in his book.

He added that the greatest reward from writing the book came when he received a call from the veteran's uncle, who is a Jesuit priest, who thanked him for taking the time to write a story about his nephew's service to his country.



Land Park News photo, Lance Armstrong  
MARTY RELLES sits at the desk where he wrote the stories for his new book, "Janey Way Memories."

"You get a feeling of the power of the press when (after having the story published in the *East Sacramento News*) I received a call from the uncle of my friend who was killed in Vietnam," Marty said.

## Laughter, tears

In discussing his approach to writing the stories in his book, Marty said that he wanted to portray much emotion in these stories.

"I want people to identify with the stories, and in my writing I try to achieve pathos, and be moved and have an emotional connection when they read the stories," Marty said. "Most of the stories have that emotion-

al feel to them. They'll make you laugh, they'll make you cry."

Marty, who in his spare time enjoys cycling, golfing, cooking and travelling, is already working on his second "Janey Way Memories" book and plans to write a book about the history of the Relles family coming to the United States in 1912.

For additional information about Marty's upcoming book signing at the Dante Club or to learn more about his book, visit the Web site [www.janeywaymemories.com](http://www.janeywaymemories.com).

The book is also available through the site in a downloadable electronic version.

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# Susan Gilmore finds future alarming for adult ed in Sacramento

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

Pocket resident Dr. Susan "Sue" Lytle Gilmore has had a long, successful career, including two decades as the director of adult education for the Sacramento City Unified School District.

## A Sacramento childhood

Although Gilmore was born in Philadelphia, it was not long before she became a resident of Sacramento.

With her parents, Ford and Astrid Lytle, she moved to the capital city when she was three years old in 1945. Ford was a legal investigator and Astrid was a homemaker.

Gilmore's favorite activities as a child were swimming, playing tennis and reading.

## Attended local schools

Her schooling in Sacramento included attending kindergarten at Tahoe School at 3110 60th Street, first through sixth grades at Sierra School at 2791 24th Street, and seventh through ninth grades at California Junior High School at 2991 Land Park Drive.

Gilmore also attended high school in Land Park, as she graduated from McClatchy High School in 1960.

During her time at McClatchy, she served as the chair of the service committee and belonged to various clubs, including the Latin and science clubs.

Soon after receiving her high school diploma, Gilmore began attending the College of the Pacific, which had its name changed to the University of the Pacific in 1961.

Despite having initially desired to become a pediatrician, Gilmore changed her career goal following her freshman year at Pacific.

## Speech pathology majors

After interviewing all of the school's department chairs, Gilmore decided to study speech pathology.

Although she earned a bachelor's degree in speech pathology at UOP in 1964, Gilmore had not yet completed her educational studies, as she earned her master's degree in speech pathology at the same university a year later.

Gilmore then attended graduate school at Ohio University, where she earned her doctorate's degree in speech pathology in 1968.

Using her education, Gilmore began teaching speech pathology at Louisiana State University.

## Family ties

Although she had settled into her role as a professor at LSU, Gilmore left the security of this position in 1978 to care for her father in Sacramento.

"My mother had passed away (in 1977) and I felt that my father needed some sup-

port, and I had separated from my husband, so my son and I moved to Sacramento to take care of my dad," Gilmore said.

Gilmore initially lived with her father in Land Park until moving with him and her son, who was also named Ford, to the home that she had acquired in the Pocket area.

She continued to care for her father in her Pocket area home until he passed away in 1982.

## SCUSD beginnings

In regard to her employment years in the capital city, Gilmore explained how she came to be a SCUSD employee.

"I moved back here (to Sacramento) and I didn't have a job, and a former student from LSU was working for (the district) in special ed," Gilmore recalled. "I got a phone call one day from somebody (in the district's special education department) I didn't know and (that person) said, 'I heard you were in town. Do you do independent evaluations?' (The district soon) hired me to do an independent evaluation on a student and they liked the job I did. So, then I did it on a few more students and the next thing I knew, they said, 'Why don't you apply for this job?'"

After taking advantage of this suggestion, Gilmore was hired by the district to serve as the supervisor of designated instruction and services. The position basically called for the supervision of all of the district's special education speech therapists.

Gilmore, whose first day as a full-time district employee was Aug. 15, 1979, worked in a variety of positions within the district's special education department until 1992.

## Adult education

Following her time in the special education department, Gilmore continued working for SCUSD, as this year marks the 20th year that she has served as the director of adult education for the district.

Gilmore said that she is very proud of the progress that has been made during her time as the district's director of adult education.

"I was assigned here because of problems," Gilmore said. "Many parents in the Sac City schools weren't pleased with the program here. And in the time I've been here, we've made major advances. We've been awarded Program of Excellence by the California Department of Education, which in adult ed is similar to (the California) Distinguished School (award) for the K-12 system. We received the award in 1998, 2002 and 2005. They have since abandoned the award, but we get to keep the designation. I also supervise parent ed and we've gotten that designation for parent education."

## Leader in education

Gilmore has been very active in professional organizations during her

time as the district's adult education director.

She has served as the president of both the California Council for Adult Education and the Association of California School Administrators' Adult Education Council, and she spearheaded the sesquicentennial celebration of adult education in California in 2006.

## Fond memories

Gilmore said that she has fond memories of an "older adult program" that the district formerly offered.

"Older adults would come in and learn how to use computers, so we had Mac lab and PC lab," Gilmore said. "Two different (Mac lab) students, who went through the internment camp experience, actually wrote books that were published."

One of these authors, Kiyoko Sato, was awarded the William Saroyan International Prize for Writing in nonfiction for her book, "Dandelion through the Crack."

## Mission to save adult ed

Although Gilmore has accomplished many things during her time working in adult education, she is presently involved in her greatest challenge as the district's adult education director.

"Right now I'm just trying to save adult ed," Gilmore said. "The Legislature, in trying to balance a budget in 2007-08, moved all the adult ed funds into the flexibility, along with all the other categoricals, so that the district can do what they want. Unfortunately, in order for our district to balance the budget for next year, they've had to use the \$12.5 million for K-12. So, the only things that we will have going next year (in adult education) are things that are self-sufficient, self-sustaining."

## Schools scheduled to close

As a result of this financial cutback, both the Fremont School for Adults at 2420 N St. and the A. Warren McClaskey Adult Center at 5241 J St. are scheduled for closure.

The Fremont adult school alone would need \$2.5 million to remain open.

These closures would also cause uncertain futures for two historic school buildings, as the Fremont building originally housed the Fremont Primary School and the McClaskey center was home to El Dorado School.

## Loss of opportunity for parents

Gilmore explained an important need for having adult education opportunities available in Sacramento.

"I guess where I am most concerned is we're an intercity school district and we have huge achievement gaps at most of our schools," Gilmore said. "A lot of the explanation for that is be-

cause of the educational level of the parents, and their inability to be their children's teachers. So, if we take away the parents' opportunities to improve their skills and get job skills, so that they can provide better for their family, the kids are never going to get out of poverty. (Adult education) is a system that's been in existence for 140 years in this school district, where we have been helping the parents of the children. No, it hasn't solved the achievement gap. We still have it, because not all parents take advantage of the service. But the opportunity would be taken away, and I guess that's what hurts the most."

## Looking for solutions

Gilmore is also working with the Alta California Regional Center in hopes that it will be able to fund the adults with disabilities program, so that the program can continue to operate.

Various corporations have also been contacted in the search for financial support for the district's adult education.

Furthermore, Gilmore, who has been a Sacramento Kings season ticket holder since 1988, said that she contacted the National Basketball Association in hopes that the city's adult education programs could be included in the NBA's community assistance program.

Although Gilmore said that she is worried about the future of other adult education programs, she said that the parent education program is scheduled to continue next year. However, that program's fees have nearly doubled.

Fundraisers play an important part of earning funds for adult education in Sacramento.

One of these fundraisers will be an e-waste collection day, which will be held at the McClaskey center on Saturday, June 2 from 9 a.m. to 1 p.m.

## Funding decreases

Unfortunately for Gilmore, the current state of adult education in Sacramento leaves her much less time to celebrate her personal achievements as an adult education director.

"(The Legislature says it is) funding education, but in the past few years, they've cut it by \$18 billion in real money," Gilmore said. "Districts can't survive. I guess we need this high speed rail between the north and south. That would be great, but maybe this isn't the time to be doing it. Maybe the money that's going into that should be going into education. Maybe we shouldn't be the 47th ranked state for the funding of public education. When I was a student here, we were number one."

# 'ZooZoom' biggest kids' race in Sacramento

By ELIZABETH VALENTE  
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elizabeth@valcomnews.com

On April 15, more than 3,000 people laced up their running shoes and ran, walked, and rolled their way through Land Park Drive and Sutterville Road for the 32nd Annual ZooZoom 5K/10K run, which benefited the Sacramento Zoo. Out of the thousands that participated, nearly 700 were kids under the age of 12 who worked up a lot of fun sweat.

The children joined in the 4 kids races sponsored by Sacramento's Fleet Feet Sport. The Saucony "Run For Good Kid Fun Runs" included: 220-yard run for ages four and under, 440-yard run for ages five and six, a half-mile run for ages seven to nine, and the one-mile run for ages 10 to 12. All kids that entered received a special shirt, race number 1, and a finish medal.

"The day was gorgeous, we had a lot of elementary kids from various running groups that came out," said Kim Parrino, Race Director, Fleet Feet Sport Event Management. "ZooZoom ends up being the biggest kid's race in Sacramento."

## Kids run wild for health

For the sixth year, Fleet Feet Sports, with additional support from Saucony, provide \$2,000 in grants to schools that have the most total runners and the highest percentage of kids entering the event. The grants are designated to the physical education departments of the six winning schools.

For the second year in a row, Carmichael's Mission Avenue Open Elementary School once again was one of the winning schools that had the highest number of students participation. Principal Janis Stonebreker credits the schools after

school running group program for the high number of student involvement.

"We are so excited to hear that we won the grant," said Principal Stonebreker. "Our running program is a project that was started by a parent to encourage kids to stay active. We encourage our kids to develop healthy habits that will serve them for the rest of their lives."

Schools can use the grant money to purchase physical education equipment or health education. At Mission Ave. Open Elementary School, the money will go back to the running club. "The money will help pay for entry fees, supplies, clothing, like shoes," explained Principal Stonebreker. "We don't want kids to not participate for lack of money."

"Running programs promote fitness, discipline, team work, and responsibility," said Parrino. "It helps kids feel good about themselves and it encourages others to join in the fun."

"Programs like these are low cost, active, and helps get kids passionate about running that will serve for the rest of their lives," said Principal Stonebreker. "It doesn't matter what age, level of activi-

ty, or how fast a student is, it's a matter of meeting their own goals that they set."

For some parents the run/walk was a way to share in on a fun activity. "Kids today are not getting the amount of exercise they need to keep their bodies and minds sharp and in shape," said Peter Eza, parent and Greenhaven resident. "Not only does this event help to foster good health, it helps to support the Zoo."

**Zooming Through the Years**  
The run/walk event through tree-trimmed Land Park and finished near the back entrance to the Zoo, has become a part of the community in the 32 years since its inception.

"The popularity of the event demonstrates the importance that the community puts on not only on the race but on the Zoo, which has been in the community for the last 85 years," explained zoo spokesperson, Tonja Swank.

## Conservation and education

Athletes of all levels were sweating it out in either the 5K run/walk (3.1 miles) or the 10 km run (6.2 miles). Regardless how long it took them to finish, or if they finished, everyone agreed the goal was a race for conservation and education.

"As you can imagine the bill to feed the animals can get very expensive. Proceeds from ZooZoom benefited the Sacramento Zoological Society for animal care and enrichment," said Swank. "This includes thousands

of pounds of food, upgrades to their exhibits and enrichment to help nurture their natural behaviors and skills while keeping their minds sharp."

With more than 450 animals that call the Sacramento Zoo home, helping to fill their bellies and mind can become a difficult and expensive task. "In order to keep their minds and skills sharp a variety of enrichments need to be made daily," Swank said. "Enrichments emulate foraging for food and the use of skills that would be necessary in the wild."

To feed all the animals at the Zoo each year it takes 42,000 pounds of fruits and vegetables; 55,500 pounds of chow (a dry food similar to dog or cat food but specialized for various animals at the Zoo); 55 gallons of powdered Tang; 15,000 pounds of meat and 341,800 worms.

## 2012 Saucony Grants ZooZoom went to:

Woodridge Elem - all kids entered 5km	\$600
Mission Ave. Elem - all kids entered 5m	\$360
Cowan Fundamental - 21 kids race; 4-5km	\$300
John Bidwell all in kids fun run	\$300
Crocker Riverside all in kids fun run	\$220
Our Lady of Assumption - all in kids fun run	\$220
	\$2000 grants

## Statistics

111 kids 12 & under in 5km
583 kids 12 & under in Kid Fun Run
693 Kids Participation

See photos, page 26

According to the California Obesity Prevention Program, a funded program within the California Department of Public Health that works to increase physical activity, improve nutrition, and prevent obesity, schools across the state have reduced physical education programs and recess

time. The attraction of video games and television is allowing today's kids to develop sedentary lifestyles. This is a leading problem in increased childhood obesity and the development of diabetes.

According to the U.S. Center of Disease Control, in the next 15 years, Type 2

diabetes in adults will quadruple. Diabetes in youth is now considered one of the most common chronic diseases in the U.S. In California, obesity affects 24.8 percent of adults, 17 percent of children ages six to 11, and 17.6 percent of 12 to 19 year olds. The Hispanic and African-Amer-

ican communities experience higher rates of obesity, and low-income communities suffer from both social and health inequities. That is why the state is offering community grants for obesity prevention to local health departments and community organizations across California.

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# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

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

## APRIL

### Bilingual Toastmasters

**April 26, May 3, 10, 17, 24, 31:** 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.sacramentoastmasters.com

### Bingo!

**April 26, May 3, 10, 17, 24, 31:** 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

**April 26, May 3, 10, 17, 24, 31:** 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

**April 26, May 3, 10, 17, 24, 31:** 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

**April 26, May 3, 10, 17, 24, 31:** Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

### Rotary Club of Pocket/Greenhaven

**April 26, May 3, 10, 17, 24, 31:** 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

**April 26, May 3, 10, 17, 24, 31:** Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

### Sutterville Heights Optimist Club

**April 26, May 3, 10, 17, 24, 31:** Come enjoy community speakers and community projects for youth. 12 noon, every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

### Ballroom Dances

**April 27, May 4, 11, 18, 25:** 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

### Best Friend Fridays

**April 27:** 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

### Kiwanis Club of East Sacramento-Midtown

**April 27, May 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

**April 27, May 4, 11, 18, 25:** Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way., Sac. www.pointwestrotary.com

### Soroptimists of Sacramento

**April 27, May 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

### Composting Tips, Tricks

**April 28:** Composting for the home gardener workshop. Learn a great way to recycle yard and some kitchen waste, improve the soil and nourish the garden. The workshop covers the basics of composting, troubleshooting compost pile problems and more. Free. 11 a.m.-12:30 p.m. Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 875-6913 www.ucanr.org/sacmg

### Food Addicts Anonymous

**April 28, May 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.

### Health and Wellness Awareness Day

**April 28:** Ask a Doctor Forums: Medical professionals in the fields of internal medicine, general practice, pediatrics, rheumatology, oncology, pharmacology, physical therapy, nutrition, and more will be present. Screenings for blood pressure, cholesterol, and BMI; Chi Gung (Chinese exercise); Kid's Zone with free books. Door Prizes, snacks; music. Free to the public. 10 a.m.-3:30 p.m. Chinese Grace Bible Church, 6656 Park Riviera Way, Sac. www.chinesegracebiblechurch.org

### Sac Dreamin' Battle of the Bands

**April 28:** The Upper Eastside Lofts, a student-housing complex associated with Sac State, is hosting a benefit concert to raise money for the Sweet Dreams Foundation - which supports children diagnosed with a life-threatening disease. Donations gratefully accepted. Live music, interactive games, raffles, more. 1 p.m.-6 p.m. Angel Nazir (916) 505-7068 Angel.Nazir@gmail.com

### Carmichael Farmer's Market

**April 29, May 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.bemon-eysmartusa.org

### Co-Dependents Anonymous

**April 29, May 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

**April 29, May 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

### Families Anonymous

**April 29, May 6, 13, 20, 27:** 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

**April 29, May 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

Galt District Chamber of Commerce presents

## Wine, Berries & Jazz Scholarship Fundraiser

Friday, May 11, 2012 6:00 p.m. - 9:00 p.m.  
Chabolla Center 600 Chabolla Avenue Galt, CA

Wine Tasting  
Complimentary Commemorative Wine Glass  
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Live Jazz Music

\$25.00 Per Person 21 and Over  
Galt District Chamber of Commerce 209-745-2529

Proceeds from the event support scholarships for Galt, Liberty Ranch and Estrellita High School

# - EVENT LISTING SECTION -

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

### Health and Wellness Fair

FREE ADMISSION

Saturday, April 28 -10 a.m. to 3 p.m.  
Chinese Grace Bible Church  
6656 Park Riviera Way

- Ask-a-Doctor: Talk with health and medical professionals
- Screenings: Blood Pressure, Hearing, BMI
- Bone Marrow Drive
- Tai Chi / Chi Gung (Chinese Exercise)
- Kid Zone, Prizes, Refreshments

www.chinesegracebiblechurch.org



### FREE LUNCHEON SEMINAR

#### "The Privilege of Planning"

Thursday, April 26 - 11:30 a.m. to 12:30 p.m.  
Tuesday, May 22 - 11:30 a.m. to 12:30 p.m.  
Seating is limited to 30 attendees per seminar

#### St. Francis Community Hall

6700 Verner Avenue, Sacramento, CA 95841  
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Reservations Required RSVP to Lisa West @ (916) 732-2020

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30-minute presentation  
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Fundraiser for  
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**Sunday Support for the Widowed**  
**April 29, May 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**  
**April 30, May 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**  
**April 30, May 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**  
**April 30, May 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**  
**April 30, May 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

**Toastmasters**  
**April 30, May 7, 14, 21, 28:** Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.–8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

**MAY**

**Fremont Park Farmer's Market**  
**May 1, 8, 15, 22, 29:** Fremont Park Farmer's Market. Every Tuesday, May–Sept. 10 a.m.–2 p.m. 16th & P streets, Sac. www.california-grown.com

**POWERtalk International**  
**May 1, 5:** Want to improve your public speaking and presentation skills? POWERtalk International, a nonprofit public speaking organization, provides coaching in leadership skills, sales presentation, interviewing, confidence building and more. Meets First Tuesdays of the month 10 a.m.–1 p.m. and First Saturdays of the Month 12 noon–3 p.m. Aviators Restaurant, 6151 Freeport Blvd., Sac. Liz Richardson (916) 208-9163, erichardson1202@yahoo.com www.powertalkinternational.com

**Roosevelt Park Farmer's Market**  
**May 1, 8, 15, 22, 29:** Roosevelt Park Farmer's Market. Every Tuesday, May–Sept. 10 a.m.–2 p.m. 9th & P streets, Sac. www.california-grown.com

**Rotary Club of Arden-Arcade**  
**May 1, 8, 15, 22, 29:** Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

**Rotary Club of Carmichael**  
**May 1, 8, 15, 22, 29:** Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

**Upholstery class**  
**May 1, 2, 8, 9, 15, 16, 22, 23, 29, 30:** 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

**Chavez Plaza Farmer's Market**  
**May 2, 9, 16, 23, 30:** Chavez Plaza Farmer's Market. Every Wednesday, May–Oct. 10 a.m.–2 p.m. 10th & J streets, Sac. www.california-grown.com

**Co-Dependents Anonymous**  
**May 2, 9, 16, 23, 30:** 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.

**Elk Grove Regional Park Farmer's Market**  
**May 2, 9, 16, 23, 30:** Elk Grove Regional Park Farmer's Market. Every Wednesday, May–Aug. 4 p.m.–7 p.m. Elk Grove & Florin roads, Elk Grove. www.california-grown.com

**Rotary Club of East Sacramento**  
**May 2, 9, 16, 23, 30:** 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

**Senior Wednesday Club**  
**May 2, 9, 16, 23, 30:** 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**  
**May 2, 9, 16, 23, 30:** 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

## 14th Annual

### East Sac Garden Tour

## Mother's Day Weekend

Treat Mom to a tour of seven beautiful East Sac Gardens, shop at the Garden Boutique and enjoy a delicious Buffet Luncheon catered by Vanilla Bean Bistro at the Historic Sutter Lawn Tennis Club.

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**TOUR: 10AM - 4PM • TEA: 12NOON**

**Tour Only: \$20 in advance \$25 day of tour**  
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# Zoo Zoom: Race for conservation and education benefits animals and kids

Continued from page 21

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