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May 10, 2012

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

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Susan Laird
Art Director..... John Ochoa
Junior Designer..... Serene Lusano
Advertising Executives
Linda Pohl, Patty Colmer, Melissa Andrews, Jen Henry
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Dan Carmazzi appointed to athletic leadership at Christian Brothers High School

Special to Land Park News

This summer, Dan Carmazzi will join the faculty at Christian Brothers High School as co-athletic director, faculty member and assistant football coach.

He has extensive experience in the coaching arena. For more than three decades, Carmazzi was a member of the Social Studies and Physical Education departments at Jesuit High School, as well as that high school's head football coach.

"Dan has dedicated most of his professional life to Jesuit, and we are grateful for his service to our Jesuit High School community and his efforts with our student-athletes," said Jesuit High School principal Brianna Latko.

A 1971 graduate of Christian Brothers High School, Carmazzi started his coaching career at his alma mater before going to Jesuit as an assistant football coach in 1977. He assumed the duties of head foot-



Photo courtesy, Jesuit High School
CB ALUMNUS DAN CARMAZZI will return to Christian Brothers High School this summer, as co-athletic director, faculty member and assistant football coach.

See Coach, page 3

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Coach: Carmazzi brings over three decades of experience to CBHS

Continued from page 2

ball coach in 1981, and went on to earn an overall record of 230-102-3.

Carmazzi was selected as the CIF State Model Coach of the Year in 2004 and helped develop three NFL quarterbacks: Ken O'Brien, Gio Carmazzi and J.T. O'Sullivan. During his tenure, the Marauders reached the City Championship five times and won two CIF Sacramento Section Championships and nine league titles. Carmazzi also excelled as a teacher in the classroom.

"We wish Dan well as he returns to his alma mater to finish his career," said Chris Fahey, director of athletics at Jesuit High School. "It was our expectation that Dan would return as our head football coach next year, so his decision came as a surprise. But we understand Coach Carmazzi's reasons for seeking new challenges and we respect the decision he has made."

"We are pleased to have Dan join the CB community. He brings a wealth of coaching knowledge and teaching experience with him," said Christian Brothers President Lorcán Barnes. "We look forward to continuing to build our athletic program in the years ahead. Bringing Dan on board is an investment in excellence

that will serve our students well for years to come."

"I would like to thank Lorcán Barnes and Mary Hesser for extending to me the opportunity to return to Christian Brothers," Carmazzi said. "I will always have tremendous respect for, and be grateful to, the Jesuit High School community for educating my sons and giving me the opportunity to teach and coach these past 35 years. But, a part of me has always wanted to return to Christian Brothers. Christian Brothers provided me with an excellent education and athletic experience under the guidance of such outstanding teacher coaches as Dick Sperbeck, Ron Limeberger, Jack Witry, Dave Hoskins, Mel Fontes, John Zupan and Ralph Villanueva. This is a good time for me personally to make this transition and affords me the opportunity to give back to the school."

Carmazzi will join Jill Bennett, CB's athletic director for the past nine years.

"I am really looking forward to returning to CB blue and working with Jill Bennett to lead the athletic program," Carmazzi said. "I'm excited and optimistic about the future direction of Falcon athletics."

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Community blood drive May 17

Special to Land Park News

The Rotary Club of Pocket Greenhaven will host a community blood drive on May 17 from 9:30 a.m. to 2 p.m.

A BloodSource bus will be parked at the Pacific Business Center, located at 1104 Corporate Way in Sacramento.

"To meet the daily demand for blood, BloodSource must

collect an average of 700 pints each day. More than half of that comes from community-sponsored drives, and the Pocket Greenhaven club is proud to participate," said Keiko Wong, the Club's President. The Club's goal is to raise 40 pints of blood on the day of the event.

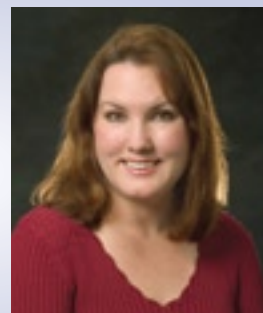
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Leaving a legacy:

St. Francis' first president to retire after 11 years of service

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

After 11 years of service, St. Francis High School's first-ever president, Marion Bishop, will retire on May 31, leaving behind a legacy that includes a capital campaign, technology, campus ministry, and a growth spurt in student population.

The 'President-Principal Model'

In 2001 Bishop, who at the time was working in the Catholic Schools Department for the Diocese of Sacramento, was appointed president of St. Francis High School to bring the president-principal model to St. Francis that other Catholic schools in the area were already using. This model calls for a principal to handle the academics of the school and a president to handle the business side of the school, including fund raising.

"Research had indicated that when a high school reaches an enrollment of 600 or more students that it really becomes impossible for a single administrator to take care of all the academic concerns of the campus, as well as all the business," Bishop recalled. "St. Francis was at the threshold of that 600 students and it was time to move in to this new model. I just happened to be first in line to be hired to implement the new model."

St. Francis' current principal, Patrick O'Neill (who has been principal for three years and was assistant principal for two years before that), said the president-principal model that Bishop initiated was instrumental in the growth of St. Francis' student body from 600 to now 1,100 students. Having this model allows him to effectively concentrate on the academics of the school, while having a compatriot handling the business side.

"Marion and I have clicked from Day One,"

O'Neill said. "We see things the same way and she's been outstanding to work for."

Making improvements

As part of her role as president, Bishop played an integral role in the improvements made to the St. Francis campus over the years. For instance, when she first arrived in 2001, the school was beginning the first phase of a capital campaign to expand the campus.

"I was really privileged not only to be part of that capital campaign to raise monies to improve the campus and expand it, but also I oriented the expansion itself," Bishop said. For example, she played a pivotal role in the development of the school's current Performing Arts Center and gymnasium.

Throughout her 11 years Bishop continued to make improvements to St. Francis.

"She listened to the student body and what was going on in the education world, and then would be strategic in trying to weave that into the direction of

the school, whether it be technology, safety or the green movement," explained Shannon Terwedo, past St. Francis High School Board member whose daughter graduated from the school in 2007.

Past Board member Helen Pierson – whose two daughters graduated from St. Francis in 2000 and she herself graduated from the school in 1974 – said Bishop always had St. Francis' best interest in mind in all the decisions she made and that she was someone who could see what was important for the school.

"It's a challenge to have an all-girl high school and keep it running – a lot of different schools have had to go different ways and unfortunately some even had to close," Pierson explained. "St. Francis has been very fortunate because of the leadership that has enabled it to stay above the water and keep itself as a place where young ladies want to go. It's a great school and she's been at the helm for many years and I think it's because of that."



Photo courtesy of St. Francis High School

TWO BISHOPS. St. Francis High School President Marion Bishop, left, with Sacramento Bishop Jaime Soto on the campus of St. Francis High School. She will retire from the diocesan high school at the end of the month.

Having faith

One area Bishop focused on building upon during her tenure at St. Francis was in the school's Campus Ministry Department.

"Under Marion's leadership, she's put a lot of work, emphasis and resources into building up our program so we have more of a holis-

tic approach to ministry, to where it's not just prayers and retreats, but also service and faith community life," explained Director of Campus Ministry Linda Norman.

As part of the Campus Ministry Department, Bishop said one of her proudest

See Legacy, page 10

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Know your neighbor

Sacramento native recalls 98 years of life in capital city

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

Sacramento is undoubtedly a place in which many people take pride. But when it comes to life experiences in this city, few people remember Sacramento better than Lou Bordisso, Sr.

For the great number of years he has lived in Sacramento alone, Lou cannot help but have many memories of the city. But his connection with the area extends well beyond simply living here.

Native son

Born in Sacramento on Nov. 17, 1913, Lou was one of the three children of Italian immigrants Frank and Maria Bordisso.

Frank worked for the Pacific Gas and Electric Co. and Marie was a local cannery worker.

During his early childhood, Lou grew up with his family at 1919 14th St. The family, who also included Lou's siblings, Bill and Katherine, moved to 2710 X St. in about 1927.

Attended local schools

Lou began making friends with many local children while he was attending William Land School at 1116 U St.

He continued his schooling at Newton Booth School at 2620 V St. and

Sutter Junior High School at 1820 K St. before becoming a student at Sacramento High School in the early 1930s.

While at Newton Booth and Sacramento High, he was a classmate of Herb Caen, who would eventually become a renowned columnist for the *San Francisco Chronicle*.

Baseball captain

Like many boys growing up in Sacramento at the time, Lou was very interested in the sport of baseball.

And with this interest, Lou began playing baseball at Southside Park when he was 12 years old.

Among Lou's fondest memories in the game were his years as a third baseman on Sacramento High's team, which was led by its coach, Edmond A. "Ed" Combatalade.

In reminiscing about these years, Lou said that the Sacramento High team included Alex Kampouris (1912-1993).

"The players named me the captain of the team and we also had (then-future Major League Baseball player) Alex Kampouris on the team," Lou said. "I remember when we went to Berkeley to play and Kampouris - he was fussy about who he liked - picked me to stay over night. I almost fell over."

Another notable player on the Sacramento High team was Bill Svilich, who later played for the Sacramento Senators, and Joe Bagley, who was known to practice baseball on a nightly basis at Southside Park.

Minor league player

Lou's success in baseball in Sacramento led to his signing with the Des Moines (Iowa) Demons, the minor league affiliate of the Chicago Cubs.

And through this experience, Lou was able to practice at Chicago's famous Wrigley Field.

"I worked out on the Cubs squad with Dolph Camilli (1907-1997), first baseman," Lou said. "That was a thrill for a kid. I was only 20 years old."

Camilli, who played for 11 years in the majors, later managed the Sacramento Solons.

The Winter League

Lou was also a baseball manager, as he led his Winter League team to 11 championships. At different times, the team was sponsored by Julius Men's Shop at 1023 K St. and Matt Transfer and Storage at 851 Richards Blvd.

Local golf phenom

In addition to baseball, Lou also experienced notable success in golf.

Although he did not begin playing golf until after he retired, Lou accom-



Land Park News photo, Lance Armstrong
NEARLY TEN DECADES OF EXPERIENCE. Lou Bordisso, Sr. has seen many things during his 98 years in Sacramento. His memories include playing and coaching baseball in the capital city and owning two local bars.

plished a feat that is only dreamed of by most golfers.

Lou made hole-in-one shots on both the first and second holes at Bing Maloney Golf Course at 6801 Freeport Blvd.

Several years later, some of Lou's friends from Joe Marty's bar at 1500

See Bordisso, page 7



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Bordisso: Owned the Old Ironsides and Flame bars

Continued from page 6

Broadway had a bench installed and named in his honor at the 12th hole at William Land Park.

Family life

Another one of Lou's fondest memories was his Oct. 30, 1938 marriage to Rose Elizabeth "Sunny" Thomas. The couple was married by the Rev. Silvio Masante at St. Mary's (Italian Catholic) Church at 1915 7th St.

Fifteen years later, the couple adopted their only child, Lou Anthony Bordisso.

The adoption was made possible through a letter that was written by Grace "Ciss" Kennedy, who was a friend of Sunny.

The couple's son, who was adopted through an agency in San Jose, was given the middle name of Anthony as a show of appreciation to the Kennedy family. Ciss's son is U.S. Supreme Court Justice Anthony Kennedy.

Bar proprietor

While there are many people who associate Lou with his baseball days, others know him as the former owner of two local bars.

After returning from his service in World War II, Lou partnered with his brother in the ownership of Old Ironsides at 1901 10th St.

In 1968, Lou sold his interest in Old Ironsides and purchased the Flame Club at 2130 16th St.

Despite selling the Flame Club a decade later, Lou spent little time away from the bar business before accepting a part-time position as a bartender at Joe Marty's.

Lou continued to work at Joe Marty's for a few more years, at which time his legs became too weak to withstand the pressures of standing for hours at a time.

'Local living legend'

During an interview with this publication, Lou Anthony said that his father is somewhat of a local celebrity.

"There is not a place where we can go to in Sacramento where my father is not rec-

ognized and approached," Lou Anthony said. "People always come up to him to reminisce and share with him how he has influenced their lives. He really is like a local living legend."

Man about town

Despite being less than two years away from becoming a centenarian, Lou remains active in every day life.

Lou continuously dedicates himself to his social life, which includes writing letters to friends and weekly visits to one of his favorite local businesses, the La Bou Bakery and Café at 4400 Del Rio Road, just south of the Sacramento Zoo.

He also often returns to the Old Ironsides and the Flame Club for lunch and reminiscing about his local baseball days and his other fond memories in the capital city.

When asked what his secret to success has been for maintaining a healthy and happy lifestyle for nearly a century in his hometown of Sacramento, Lou said, "My life has been very good, very good. I exercise and



Land Park News photo, Lance Armstrong

FAMILY TIME. Lou Bordisso, Sr. and Lou Bordisso, Jr. continue to enjoy each others' company on a regular basis.

eat pretty healthy. I stayed out of trouble, had a good marriage, had a very good boy (Lou Anthony). I've had everything I've wanted, a nice business, a lot of fun in baseball and (other) sports and I've made a lot of friends. Things have been good. That's all you can ask for in life."

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La Salle Club honors new baseball hall of fame inductees, others

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

More than 200 people arrived at Christian Brothers High School to attend a dinner honoring the latest inductees to the La Salle Club Baseball Hall of Fame on April 28.

For those who are unfamiliar with this annual event, the gathering serves as one of the club's most important fundraisers.

In its dedication to provide financial assistance to the high school's athletic programs, the club raises funds through the event, while honoring some of the most accomplished baseball players, managers, scouts or umpires of the past.

This year's Hall of Fame inductees were Jim Barr, Pat Fall, Mike Furtado, Ken Hottman, LeRon Lee, Don Murphy, Bob Puccinelli and Rich Separovich.

Although the La Salle Club is directly associated with Christian Brothers High, the criteria to be inducted as a member of the Hall

of Fame extends beyond the high school. Or in other words, inductees need not have any connection to the high school.

And by adding non-Christian Brothers High associated members, the Hall of Fame offers a much more thorough representation of baseball talent from the region.

Furthermore, the mere existence of the club provides additional evidence of Sacramento's longtime notoriety as a baseball city.

Hall of Fame members are all notable baseball people who have performed or resided in the greater Sacramento area.

All inductees are named by the La Salle Club Baseball Hall of Fame Selection Committee.

This year, an amendment was made to the requirement that a person being inducted into the hall be living. Posthumous selections will be made for the first time next year.

As part of the evening's program, a tribute was made to the seven Hall of Famers who passed away during the last 12 months.



Land Park News photo, Lance Armstrong

NEW INDUCTEES. Left to right, Bob Puccinelli, Don Murphy, Ken Hottman, Mike Furtado, Rich Separovich, LeRon Lee, Jim Barr and Pat Fall were named to the 2012 class of the La Salle Club Baseball Hall of Fame.

Following the dinner, which was served by Christian Brothers High parents and students, a special recognition was given to the 1962 Bishop Robert J. Armstrong High School championship baseball team, which

was led by its head coach, Dick Sperbeck.

The team, which made history as one of the most successful high school

See La Salle, page 9

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La Salle: Criteria for Hall of Fame extend beyond high school

Continued from page 8

baseball teams in the city's history, posted a 22-2 win-loss record, beat four Northern California conference champions and was eventually recognized as the state's "Team of the Year" by Cal-Hi Sports.

As part of the program, Sperbeck shared various memories about his former players who were in attendance at the event.

One of these former players was Carmichael area resident Bernie Church, who serves as president of the La Salle Club.

Church, who was a teacher for 36 years and a baseball coach for 20 years at C. K. McClatchy High School, received additional recognition earlier in the day when McClatchy's baseball field was named in his honor.

In commenting about his recent honors, Church said, "It was a pretty special week. That's for sure."

As the featured segment of the evening, the Hall of Fame award presentations for new inductees was well structured and enhanced by a comprehensive program, which was composed and edited by 1970 Christian Brothers High graduate Rick Cabral.

After being individually introduced as newly inducted members of the hall, each of the inductees shared some of their baseball experiences.

The following are biographical information and excerpts from these new Hall of Famers' acceptance speeches:

Jim Barr

Barr attracted many Northern California baseball fans, as he played 10 of his 12 years in Major League Baseball as a successful pitcher for the San Francisco Giants.

In describing the game, he said, "Baseball is a way of life."

His love for baseball and the relationships he has developed while being involved in the game has kept him active in the sport since his youth.

Barr, who later excelled in men's senior league games and was a pitching coach at Sacramento State University, pres-

ently works with the Granite Bay High School baseball team.

Pat Fall

A 1966 graduate of McClatchy High, Fall earned all-city honors as a pitcher during his senior year at McClatchy.

His talents on the diamond led him to be drafted by the Kansas City (now Oakland) A's. He played in the A's organization and later in the California (now Los Angeles) Angels organizations and was the winning pitcher of the National Division of the Winter League championship game for the Carmichael Merchants in 1971.

Fall paid tribute to Sacramento's many baseball sponsors, saying, "Without the sponsors, we wouldn't be able to play the game we play."

Mike Furtado

Furtado was a standout pitcher at McClatchy High and Sacramento State during the 1960s, played many years of bush league baseball and later achieved success coaching the Elk Grove High School varsity baseball team.

Furtado, who mentioned that he met his wife through baseball, closed his speech saying, "Those were some great years (and) years I'll never forget. And as (Roberto Clemente) said, 'Baseball has been very, very good to me.'"

Ken Hottman

After successful years playing baseball at Elk Grove High and Sacramento City College, Hottman played seven years of professional baseball, including a year with the Chicago White Sox. He also played Winter League ball in Sacramento.

In remembering his playing days in Sacramento, Hottman noted that the high level of competition resulted in an even higher level of achievements by those participating in the games.

Don Murphy

Murphy, who graduated from Bishop Armstrong High in 1964, played catcher for Sperbeck's teams for two years.

His baseball highlights also included catching for American River and St. Mary's colleges, playing in bush league games and catching a no-hitter thrown by Bob Forsch of Sacramento.

Murphy said that baseball taught him valuable lessons in life.

"Through baseball, I learned how to win, how to lose, success, failure, teamwork, competition," Murphy said.

LeRon Lee

A former all-city baseball star at Grant High School, LeRon Lee played eight years in Major League Baseball and 11 years of professional baseball in Japan.

Lee, who also played in the Winter League, credited Sacramento for being the place where his success in baseball began.

"It all happened before I left (Sacramento) and it all happened because we had such great competition, great coaches (and) great players to work with," Lee said.

Bob Puccinelli

Puccinelli, who was an outfielder for Sacramento High from 1953 to 1955, was named to the all-city team of *The Sacramento Union* during his senior year.

His other baseball highlights include participating on the 1957 College World Series champion University of California, Berkeley team and signing with the Cleveland Indians organization.

The theme of Puccinelli's speech was the "we concept" and the benefits that could be had by working as a team.

Richard Separovich

Richard, who was also a high school all-star in 1955, was a standout baseball player at Christian Brothers High.

He also played for Southside American Legion, several Winter League teams, the Sacramento Solons Rookies and Sacramento State.

Richard, who coached the Charles M. Goethe Junior High School (now Rosa Parks Middle School) baseball team during the 1970s, expressed his appreciation to the voters for allowing him to join his other family members in the Hall of Fame.

Separovich family members in the Hall of Fame also include Richard's father, Michael, and Richard's uncles, Tony and Mark.

Since the Hall of Fame's inception in 1953, more than 400 people have been inducted into the hall, including Wally Westlake, Johnny McNamara, Cuno Barragan, Ronnie King, Woody Held, Joe Marty, Eddie Fitzgerald and Joe Kirrene.

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Photo courtesy, St. Francis High School

FAITH, FAMILY, FRIENDS AND FUN. Capital campaigns and fundraisers are hard work, but St. Francis President Marion Bishop always led the way with a faithful and encouraging heart.



Photo courtesy, St. Francis High School

HIGH TECH. During Marion Bishop's tenure as president, the population of the school nearly doubled, and academic and extra-curricular programs – such as robotics – expanded.

Legacy: Bishop led St. Francis High through significant years of growth

Continued from page 5

accomplishments is the establishment of an integrated retreat program where each year's class has their own retreat, culminating with a senior retreat (called Kairos) their final year.

"This for many of our girls is a life-changing four-day student-lead retreat experience," Bishop explained. "It has been the single-most item that our graduating se-

niors comment on as their most significant moment at St. Francis, and so I'm very proud of that because I think it speaks to the whole person, the whole student, and what she's taking with her when she leaves here. That's one program I'm very, very proud of."

Additionally, Bishop began a mother-daughter retreat program in 2003,

which Terwedo attended with her daughter. Terwedo recalled Bishop attending this retreat and talking to the mothers and daughters about her own experiences.

"She shared her personal journey with her daughter and as a daughter herself – the good, the bad, the challenges of dealing with a daughter in the teenage years," she recalled. "She just took off the mantle of being president and put on the mantle of being a woman that was both a daughter and a mother."

'A huge heart'

Now on the eve of her retirement, Bishop is excited for the Disney cruise she, her husband of 42 years, and family will be taking, and then occupying her time with gardening, playing and praying.

"I do feel like I have another life in me somewhere," she said. "I still feel very young although I'm at retirement age. I feel like there's something else there and I've been praying a lot about what that is and how it's going to express itself."

Although she is looking forward to her retirement, Bishop said she will greatly miss the students and staff at St. Francis and that she hopes the school continues to grow and prepare the young women that attend to serve the greater community.

"When I came here, I hoped that I would really bring the school 'heart' and I think that I have done that and I'm very proud of that," Bishop said. "I think the school has a huge heart and it shows itself in many, many ways."



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I've got to tell you something that I've never said out loud.

But, what I'm going to tell you makes so much sense that you'll probably get mad that no one has told you this before.

I've been a doctor in this town for 12 years now. And, to this day I've never cured anyone. You may think that the word would get around and that no one would come to me anymore. The opposite is true. The more people who understand, the more people come to see me.

Several times a day patients thank me for helping them with their health problems. But I can't really take the credit. I've never healed anyone of anything. What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by healing itself! And, we get terrific results! That's why our office is filled with people that haven't found help anywhere else.

Let me tell you a little about myself before I tell you about a terrific offer I have for you.

Twenty seven years ago something happened to me that changed my life forever. When I was eleven years old, I fell ten feet out of garage rafters. I crashed on my back onto a table with my left leg dangling off the edge! Ten years of horrible back pain that increased to leg pain, groin pain and leg numbness was scary. I was a student athlete for Sacramento City College (baseball), when the pain in my back and legs got so intense that I couldn't stand up straight, sit down, bend, or even put on my socks or under-

wear. I was scared with the thought that I would never get better. I was also concerned of losing my scholarship to the University of Tennessee. After considering injections and surgery (that was the only option according to the surgeon) I decided against it. But, there is more...



A coach of mine convinced me to give his doctor a try. This new doctor took a history, did an exam, and took X-rays of my spine. He then pointed out where my nerve was pinched by my spine and he "adjusted" the vertebrae. The adjustment didn't hurt, it actually felt good. I got instant relief, and shortly thereafter, I could sit, stand, bend, and even play baseball again! Oh, did I mention that this doctor was a chiropractor? This experience made such a remarkable difference in my life that I went to chiropractic school. And that's how it happened!

I adjusted my three children within hours of their birth. They obviously didn't complain of neck or back pain; I adjusted them to keep their spines in alignment so there were no pinched nerves to cause problems or pains... as with all the children I care for in my office.

For the last 12 years, people from Sacramento and the surrounding area have come to see me with their back and leg problems.

They also come to me with their:

- Headaches
 - Migraines
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 - Backaches
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 - Athletic injuries
 - And general wellness
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"After getting knocked down by waves all day at the beach, I was in serious pain. As weeks turned to months, the pain got nothing but worse.... and running down my thigh. I could barely walk and my wife had to tie my shoes for me. Their idea (my M.D.) of pain relief was to put me on anti-depressants. I have Dr. Espinosa and his courteous and supportive office staff to thank for bringing me back to normal and giving me my life back, not only for me, but for my wife and two children."

W. Chandler-Sac.

"When my daughter (Molly) was born we discovered she had some neck issues (head stuck in rotation). She went from painful cries to big smiles and giggles.... and began straightening her head and enjoying adjustments. There is no other person I would trust more with me or my family's health than Dr. Espinosa. **K. Groves- Sac.**

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Great care at a great fee... Please, I hope that there's no misunderstanding about **quality of care** just because I have a lower exam fee. You'll get great care at a great fee. My qualifications...I am a graduate of Palmer College of Chiropractic, I've been entrusted to take care of tiny babies to 101 year olds as well as professional athletes that you may know. I've been helping your neighbors in Sacramento since 2000. I just have that low exam fee to help more people who need care.

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-Ray Espinosa, D.C.

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Grief and mourning seminar offered May 14

Special to Land Park News

The Buddhist Church of Sacramento welcomes the community to join in exploring life's challenges through the First Noble Truth taught by Buddha: All human beings face difficulties and dissatisfaction in life.

Dr. Satsuki Ina, marriage and family therapist, and Rev. Bob Oshita, minister at the Buddhist Church of Sacramento, will lead a seminar discussing "Grief and Mourning" on Monday, May 14 from 7 p.m. to 9 p.m. at the Buddhist Church of Sacramento. The free seminar will discuss the separation from loved ones.

Topics of discussion will include:

- Grief: What is it? How does it feel? What are the symptoms?
- What are the stages of grief?
- How can we heal our grief?
- How can we help others who are grieving?
- What resources are here in the community for grief counseling?

The seminar will follow with a discussion of Buddhist perspectives, led by Rev. Oshita.

To attend, all one needs to do is sign up in the Temple Office. For more information, contact Rev. Patti Oshita at the Buddhist Church of Sacramento at (916) 446-0121. The Buddhist Church of Sacramento is located at 2401 Riverside Boulevard in Sacramento.



Land Park News photo, Susan Laird

A GRIEF AND MOURNING seminar will be held at the Buddhist Church of Sacramento on May 14. All are welcome. Contact the Temple Office to register.

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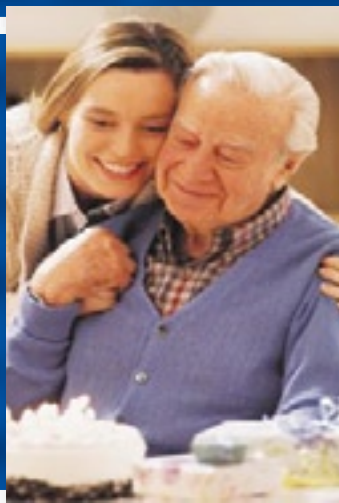
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Janey Way Memories:

Remembering my father's garden

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

Last week, I planted my summer garden.

I started by digging up the soil in my raised bed. Then, I hoed the dirt, raked it, poured manure on it and then raked it again.

After watering the plot, I planted tomatoes, squash, green beans, green peppers and lettuce.

Doing this brought back memories of father's vegetable garden.

One day, back in the late 1950s, my dad came home from a rough day at work and said, "This year I will plant a summer vegetable garden, like my father did."

Sure enough, that weekend, Dad began to dig in the back yard.

Soon, he had dug up almost one third of the yard.

After digging, he hoed the soil until it had a nice even texture, then he amended it with fertilizer. Finally, he raked the soil into neat rows with watering channels in between, and planted different vegetables in each row: tomatoes, green beans, squash, cucumbers, radishes and lettuce.

We were skeptical.

After all, don't they sell all these things in the store.

But, within a few weeks, the little plants began rising from the soil. It seemed like a miracle.

By summertime, a full-fledged vegetable garden filled the back part of our yard.

Dad had done it: grown a garden just like his step father, Rosario Petta did in his big side yard.

During the great depression, Rosario had fed his big family with the vegetables he grew in his yard. Now Dad would feed us with the bounty harvested from his plot.

We grew to love the produce harvested from Dad's garden: the fresh green lettuce, the sautéed squash, the tender green beans and crisp cucumbers. Vegetables grown in our own garden did, indeed, taste much



better than those from the store.

Dad even cooked up fresh tomato sauce for spaghetti, just like Grandma Petta made.

Growing his own summer garden did more for Dad than just provide food for the table. It relieved the stress from his job, and gave him a connection to the earth. He worked in that garden right up until the day he died.

Now, as I plant my summer vegetables, I think of Dad and the wonderful things he grew. I hope that someday my daughter will grow vegetables in her own garden. She is already a wonderful cook.

Now the thought of my Dad's summer harvest is just another bountiful Janey Way memory.

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Second bird tests positive for West Nile Virus

Special to Land Park News

The Sacramento-Yolo Mosquito and Vector Control District received confirmation today that an American Crow has tested positive for West Nile virus (WNV) in the Tahoe Park area of Sacramento County.

This is the second bird of the 2012 season to test positive for the disease.

"With the very warm temperatures we've seen recently, West Nile virus is starting to amplify in our region," said David Brown District Manager.

"While we know WNV is here to stay, this bird is a clear sign and a reminder to all that we need to protect ourselves against mosquitoes and diseases they transmit."

Residents are strongly encouraged to report all dead birds by calling the California Department of Public Health hotline at (877) 968-2473 or online at www.westnile.ca.gov.

Some species of birds such as crows, jays and magpies are very susceptible to the virus and are more likely to die from the infection. Birds are hosts for WNV and mosquitoes transmit the virus by biting an infected bird and then biting a person or other animal.

"Dead bird reports provide important surveillance information to track WNV activity in our area and offer valuable information of where positive mosquito samples and human cases may develop later in the season," Brown said.

Lack of dead bird reports decreases the District's ability to detect higher risk locations and protect public health.

In 2011, 9 deaths and 158 human WNV cases were reported in California.

To report a neglected swimming pool or other mosquito breeding problems, call 1 (800) 429-1022 or fill out a service request online at www.FIGHTtheBITE.net.



Photo courtesy, Sacramento-Yolo Mosquito & Vector Control

WEST NILE VIRUS has expanded in the Sacramento area. Infected mosquitoes have expanded their range into neighborhoods near East Sacramento, due to the wet, late spring and recent warm weather.

Sacramento Police officers receive MADD awards

Special to Land Park News

On April 25, 2012 Mothers Against Drunk Driving (MADD) recognized 18 Sacramento police officers and one sergeant for their dedication in education and enforcement to combat impaired driving.

MADD awarded the following officers for their superior effort: Luis Canela, Stephen Chipp, Christopher Clatterbuck, William Conner, Tim Davis, Deo Farrales, Curtis Gates, Ethan Hanson, Amber Hawley, Ken Leonard, Marcel Loriaux, Tim Monelo, Daniel Morlan, Nvard Msryan, Christina O'Shea,

Christopher Swift, Andrew Stewart, Keri Wilson and Sergeant Chris Prince.

Officers Stephen Chipp and Chris Clatterbuck were additionally recognized for their outstanding performance in "Avoid the 17" campaign.

The "Avoid the 17" campaign is a partnership of 17 law enforcement agencies in the county combined to fight impaired driving and enforce traffic related laws.

Officer Stephen Chipp received the State regional award for the highest number of impaired driving arrests in 2011.

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Historical Sacramento cemetery tombstones discovered in backyard

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

Another link to Sacramento's long-gone New Helvetia Cemetery was recently discovered when three missing historic tombstones from the cemetery were found in a local backyard.

Mystery of the missing markers

New Helvetia Cemetery, which had its first burials in the mid-19th century, was located south of McKinley Park at the northeast corner of Alhambra Boulevard and J Street – the present site of Sutter Middle School. Many of the former cemetery's gravestones have been missing for more than a half-century.

The news of the discovery of the three previously missing tombstones was brought to the attention of this publication by Dr. Bob LaPerriere, co-chair of the Sacramento County Cemetery Advisory Commission.

Recent discovery

During a discussion regarding other local historic cemeteries, LaPerriere mentioned how the tombstones were discovered.

"I found out about the tombstones through an e-mail from a friend who had worked with me in the past, helping to enter data on New Helvetia Cemetery," LaPerriere said. "A friend of hers was visiting homes for sale in the area near Sutter Middle School and had noted several grave markers in the backyard of one of the homes."

After being informed about these markers, LaPerriere contacted the realtor who provided the contact information for the owner of the home.

After LaPerriere explained the importance of the New Helvetia Cemetery and the need to continually memorialize those who were buried there, the homeowner agreed to allow LaPerriere to remove

the stones from the backyard.

The cemetery advisory committee's assumption is that the markers had made their way to the backyard in the 1950s, when the city removed the remains of more than 5,000 people.

The removal of these remains occurred in preparation for the construction of the new site of Sutter Junior High School – now Sutter Middle School – which was built on the old cemetery grounds.

After LaPerriere removed the tombstones and loaded them into a van, the stones were then cleaned and stored away as they awaited the completion of research to determine where they should be placed.

A diverse community

In discussing the names that are on the stones, LaPerriere said, "They certainly reflect that even back then, Sacramento had a very diverse population."

The full wording of the stones read as follows:

Jane A. Hall. Died Mar. 24, 1878. Aged 53 years.

R. Takahashi, Died Nov. 28, 1911. Aged 7 Mo's, 5 Da's.

Yee Lon Jem. Died 1906.

Yee's tombstone also includes characters of his native language.

Research regarding these stones revealed that Jane Hall was removed to the Sacramento Historic City Cemetery at 1000 Broadway as a "known," which was a term used by the city at the time.

'Knowns'

There were about 400 "knowns" removed from

See Discovery, page 19

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Discovery: More grave markers may be in Sacramento alleys, gardens, driveways

Continued from page 18

New Helvetia Cemetery to the city cemetery in the 1950s.

On the day after Hall's death, the *Sacramento Record-Union* published the following notice: "Sacramento, March 24 – Jane A. Hall, 53 years. (San Francisco papers please copy.) Friends and acquaintances are respectfully invited to attend the funeral, which will take place from the Baptist Church, Ninth Street, between L and M, this afternoon at 2 o'clock."

'Unknowns'

Takahashi was listed in the roster of those buried in the New Helvetia Cemetery, and the assumption was thus made by local cemetery researchers that his remains were buried in the New Helvetia section at East Lawn Memorial Park at 4300 Folsom Blvd.

Also located in that section are the remains of 4,690 others who were buried in the New Helvetia Cemetery and were recognized as "unknowns."

Credit for memorializing these unknowns is attributed to the generosity of East Lawn Memorial Park, as the city of Sacramento never erected a single memorial for these forgotten early Sacramentans.

Unfortunately, no New Helvetia Cemetery records for Yee Lon Jem have been located.

However, LaPerriere said that he is confident that Yee's marker also came from the New Helvetia Cemetery.

Hidden in backyards?

The recent discovery of the New Helvetia Cemetery tombstones supports the cemetery advisory commission's belief that more of the old cemetery's burial markers remain in local yards.

LaPerriere described the discovery of the markers as a gratifying experience.

"It's always gratifying to locate more markers from



Photo courtesy, Dr. Bob LaPerriere
BACKYARD FIND - BEFORE. The gravestone of Jane A. Hall (1828-1878) is shown in the state it appeared when it was recently discovered in an East Sacramento backyard.



Photo courtesy, Dr. Bob LaPerriere
BACKYARD FIND - AFTER. The cemetery marker of Jane A. Hall is shown after it was removed from an East Sacramento yard and cleaned. Hall's remains, which were previously buried in the New Helvetia Cemetery, are presently buried in the Sacramento Historic City Cemetery.



Photo courtesy, Dr. Bob LaPerriere
CHINESE HISTORY. Yee Lon Jem is believed to have been buried in the New Helvetia Cemetery in 1906.

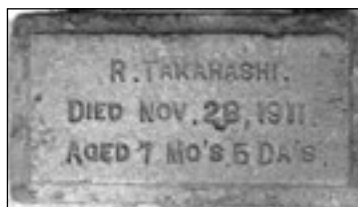


Photo courtesy, Dr. Bob LaPerriere
A CHILD'S MARKER. R. Takahashi, whose name appears on this historic gravestone, died at the age of seven months.

early Sacramentans who have been buried in various areas throughout the county," LaPerriere said. "It reminds us of the importance to memorialize and remember these early Sacramentans. As an example, one of the unknowns that was moved to the New Helvetia section in East Lawn was Sheriff (Joseph) McKinney (who was Sacramento County's first sheriff). So, there are a lot of prominent people who have been forgotten who are being remembered as we locate their markers and reveal their history."

Help solve the mystery

Anyone with information regarding missing gravestones from the New Helvetia Cemetery is encouraged to call the Sacramento County Cemetery Advisory Commission at (916) 874-9103 or write to the e-mail address, cemeterycommission@saccounty.net.



Land Park News photo, Lance Armstrong
CARE AT LAST FOR THE PAST. Dr. Bob LaPerriere cleans the surface of the recently discovered tombstone of Yee Lon Jem, who passed away in 1906.

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Book tour, Kennedy speaking schedule keep active senior busy

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

It should not be difficult to imagine that anyone who has reached the age of 93 years would have plenty of stories to share with others. And for one 93-year-old Arden area resident, his stories draw rooms full of people, often on a weekly basis.

While sitting on a comfortable chair inside his cozy Arden area home last week, Ted Robinson met with the *East Sacramento News* to tell just a few of these stories.

And after three hours of continuous, eventful story telling had passed, he asked, "So, what else would you like to know?"

Ted has fine tuned his story telling, as his monthly calendar is never far from his reach, so that he might arrange for another public speaking engagement or check for any kind of a scheduling conflict.

He said that he averages giving more than 100 speeches per year.

JFK speeches popular

Although Ted has prepared a variety of speeches on different topics from his life experiences, it is almost always the details about his personal World War II adventures with John F. "Jack" Kennedy that people are most eager to hear.

"When I go out to speak, who wants to hear about my grandpa?" asked Ted, who resides with his wife of 66 years, the former Caroline "Lynne" Bryer. "They want to hear about Kennedy, Kennedy, Kennedy. Everything's Kennedy. So, I give the Kennedy talks."

Present at ramming of PT-109

Certainly many people are familiar with the story of Kennedy's heroics while serving in the U. S. Navy in the waters of the Solomon Islands during World War II.

In August 1943, the PT-109, which was under the command of Kennedy, was rammed by a Japanese destroyer and was consequently sliced in two.

As a result of this attack, Navy seamen Andrew Jackson Kirksey and Harold W. Marney were killed.

In reminiscing about his connection to Kennedy, Ted said, "I was the radar officer on the lead boat (PT-159) in the entire attack, the night he was rammed. I was standing next to the commanding officer (Henry "Hank" Brantingham) listening to his orders. There was a chance that they never heard (the orders) because of problems with Army walkie-talkies. We couldn't use our regular radios, because the Japanese were tuned into our frequency."

In continuing his story, Ted explained that it was not until a week later that he found out that there were any survivors of the PT-109.



Land Park News photo, Lance Armstrong

ADVENTUROUS AND ENGAGING. World War II hero Ted Robinson stands in his Arden area backyard, which resembles a well maintained city park. Among his activities is serving as a Sacramento County parks commissioner.

'Roommate' with JFK

Ted, who was involved in the dangerous mission that rescued Kennedy and 10 other PT-109 survivors, said that he eventually shared a tent with Kennedy in the island of Tulagi.

"I was in the same tent with Jack for about two and a half months and that's when I got to know him very well," Ted said. "I was with him when he got his orders to go home. He had malaria, he could hardly walk. He was in awful shape, but he ripped (the order) up right in front of me."

With the exception of about a week, when another officer was assigned to the tent, Ted and Kennedy were the only ones to room together in the tent during the two and a half months.

Ted described Kennedy as "very intellectual" and said that his conversations with him mostly revolved around college.

He also noted that Kennedy believed that not everyone should attend college, since people are needed for many jobs that do not require a college education.

Furthermore, he said that Kennedy was very interested in learning about the Solomon Islands natives and their customs.

On one of their days together, Kennedy and Ted took individual photographs of each other leaning on Ted's cane.

Although the cane and photographs were donated to the Smithsonian Institution last year, Ted has professional quality copies of all of these items.

Ted said that his firsthand testimonies about the truths of Kennedy's wartime experiences are very im-

portant in today's world, since "there is nobody around (except for himself) who was actually there who is sticking up for (Kennedy)."

From fortune to poverty

Prior to his service in the war, Ted experienced the highs and lows of living in a family who underwent an extreme lifestyle change.

After being born in Seattle, Ted became a resident of Flushing, Queens, New York when he was only a month old.

His father, Wendell, died about seven months later in that era's great influenza pandemic.

During World War I, Wendell was the manager of W. R. Grace & Co.'s steamship lines, which was the world's second largest steamship line.

Wendell, who Ted referred to as a genius, was later called back to New York at the age of 32 to become the lines' vice president.

Ted said that his family's financial status drastically changed during the Depression.

"We went into total poverty," Ted recalled. "My mother (Lillian) had a Packard car, a chauffeur, a governess, a maid. She had everything going for her. My mother was the hostess at Carnegie Hall and she was entertaining (Enrico) Caruso, Madame (Ernestine) Schumann-Heink (and other famous entertainers). She went from that to walking in the snow door to door, trying to sell cheap greeting cards."

Family sacrificed

Ted said that his life started to change for the better when he be-

See Robinson, page 21

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Land Park News photo, Lance Armstrong

MEMORIES OF WWII. Ted Robinson shows off a replica of his cane, which was once used by future U.S. President John F. Kennedy during World War II. The original cane is housed at the Smithsonian Institution.



Photo courtesy, Ted Robinson

WITH JFK DURING WWII. In October 1943, John F. Kennedy and Ted Robinson took individual photographs of each other leaning on Ted's cane.

Robinson: World War II hero discusses his long, eventful life

Continued from page 20

gan attending Duke University in 1936.

"Back then, it was under \$1,000 (per year) for everything (to attend Duke)," Ted recalled. "I went there because it was cheap and we were poor. My family had to auction off their furniture to send me to Duke. My grandpa said to me, 'Son, look at my hands.' His hands were beat to a pulp. He said, 'All my life I worked with my hands for people who worked with their brains. You came out number two in Flushing High School with 4,500 students. You're going to college.' I said, 'Grandpa, how am I going to go to college? We have no money.' And he said,

'You watch.' And that's how I got to college."

Ted eventually served as president of the Northern California Duke Alumni Association in the early 1950s.

Public speaker

Ted graduated from Duke in 1940 and after the war he began his long career with the Pacific Bell telephone company.

It was during that time that he gained much experience as a speaker, as he was the phone company's head speaker for the entire West Coast.

Ted's present speaking engagements promote his book, "Water in My Veins: The Pauper Who Helped Save a President."

The book's title is quite appropriate considering Ted's lifelong connection to water, which includes his father's work with the steamship lines, his time in the Navy and his position as a Sacramento County parks commissioner in charge of the American River Parkway.

His water roots in America date back to his relative, James Tobey, who landed in the New World in about 1640.

Active speaking schedule

Ted tours with his book throughout the nation, speaking at such places as the Smithsonian, the United States Naval Academy in Annapolis and Duke University.

Adventurous as ever

Toward the end of his interview with this publication, Ted explained that despite his age, he is far from slowing down.

"I was always an adventurous kid and I still am," Ted said. "People think I'm crazy the way I live at 93. I'm still playing tournament singles tennis. I gave up skiing when my ski partner had to give it up, because he was getting old, and he's 11 years younger than I am."

And while motioning to a ladder in his back yard, which could be seen through his living room window, Ted said, "See that ladder? Well, I'm about to climb up it and saw off that top limb up there. And at 93, you're not supposed to be doing stuff like that. But that's nothing to me."

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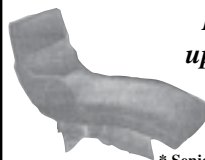
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CALENDAR

For more Calendar entries visit
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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

MAY

Bilingual Toastmasters

May 10, 17, 24, 31: Una oportunidad única para mejorar sus habilidades bilingües y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

Capitol Mall Farmer's Market

May 10, 17, 24, 31: Capitol Mall Farmer's Market. Every Thursday, May-Sept. 10 a.m.-1:30 p.m. 6th St. & Capitol Mall, Sac. www.california-grown.com

Florin Sears Store Farmer's Market

May 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

May 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

May 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

May 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

May 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

May 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

Volkssport walking

May 10: Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65th St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or nussb@surewest.net. Also www.SacramentoWalkingSticks.org

Ballroom Dances

May 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

Carmichael Geranium Society

May 11: Come to the monthly meeting of the Carmichael Geranium Society. Guests welcome. Meets every Second Friday of the month, 10 a.m.-12 noon. No mtg. in Aug. Carmichael Park Community Clubhouse, 5750 Grant Ave., Carmichael. Jean (916) 481-2076

Kiwanis Club of East Sacramento-Midtown

May 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

May 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

May 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

Fire Station 10 open house

May 12: Come visit Fire Station 10 at 5642 66th St., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Food Addicts Anonymous

May 12, 19, 26: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

Carmichael Farmer's Market

May 13, 20, 27: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

Co-Dependents Anonymous

May 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

May 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

May 13, 20, 27: Meet with other parents who are dealing with a daughter or son who is experiencing mental, emotional or addiction 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

May 13, 20, 27: State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.-noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

Sunday Support for the Widowed

May 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

May 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

May 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

May 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.

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'Third annual Youth Media Forum for Social Change' honors local high school media

Special to Land Park News

Local talent from the area's high schools and middle schools was in the spotlight at Access Sacramento's "Third annual Youth Media Forum for Social Change" on May 4.

The event ran live on AccessLocal.tv and was hosted by Sacramento Press.

The annual Access Sacramento event honors youth-created digital media projects from throughout the region. Teachers and students from around the world were invited to participate online.

For the first time, John F. Kennedy and C.K. McClatchy high schools joined the live "streaming" television program as virtual studios. Middle-school students from Will C. Wood also demonstrated their "Youth Block Reports" project. Eight other video projects and their young creators were featured and discussed.

All youth participants received special "The Story is You - My Voice Counts" t-shirts, thanking them for their participation.

Access Sacramento, UC Davis - School of Education, and The California Endowment, awarded \$750 in Apple product gift cards to projects juried from the Tower of Youth Teen Digital project entries. Ron Cooper, Access Sacramento executive director, presented the "My Voice Counts"



Photo courtesy, Jen Henry

ACCESS SACRAMENTO WINNERS. Christian Brothers High School students Jessica Szarek and Ryan Peadboy received first place in the juried Tower of Youth Teen Digital project entries at Access Sacramento's "Third annual Youth Media Forum for Social Change." Their entry dealt with the subject of texting and driving.

awards and t-shirts to the following winning projects:

First Place: "Texting and Driving - It Can Wait" from Christian Brothers High School students Jessica Szarek and Ryan Peadboy.

Second Place: "Think Before You Act" by Granite Bay High School students Eric Urmanita and Carson Johnson.

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Sunflower Farmers Market to open in Land Park on May 16

Land Park News staff

Sunflower Farmers Market will open its first store in Sacramento's Land Park, and its third location overall in the California market, on Wednesday, May 16.

Just one year since entering California for the first

time, the full-service all-natural and organic grocery famous for "serious food at silly prices" will open its doors at 7 a.m., following a ribbon cutting at 4408 Del Rio Road in Sacramento.

The Land Park store will celebrate its grand opening with special savings, ex-

citing giveaways, kids' activities, live music, vendor booths and more all day long.

The first 200 customers in line on grand opening day will receive a numbered ticket that can be redeemed at checkout for a FREE reusable shopping bag filled with healthy groceries, valued at over \$50 (with purchase).

The first 10,000 shoppers will receive a free reusable grocery bag with purchase (one per customer).

Exciting grand opening events and fun for the whole family will take place throughout the day with terrific savings in every department.

Sunflower Farmers Market shoppers will find an expansive produce department piled high with value-priced fresh fruits and vegetables, including organic and local selections. The meat department will feature all-natural, grass-fed ground beef, handmade sausages, all-natural chicken and more. Wild caught seafood will be available, as well as vegetarian and gluten-free products, fresh-baked breads and bakery items, ready-to-go deli selections, convenient frozen foods, and an impressive line of private label products. Natural living health and wellness products, including herbs and vitamin supplements, will be on



Photo courtesy, Sunflower Farmers Market

A GROCERY STORE in Land Park, at long last. Sunflower Farmers Market will open its first store in Sacramento, and its third location overall in the California market, on Wednesday, May 16.

hand in Sunflower's Natural Living aisle.

"We've been very pleased with our reception in California since opening our first two stores in Roseville and Modesto last year," said Sunflower CEO Chris Sherrell. "We're incredibly excited to bring our value approach to natural and organic groceries to Sacramento this May."

Sunflower Farmers Market is slated to continue expanding into California this year, in the San Francisco Bay Area. Like the Land Park location, each new store space will continue Sunflower's commitment to eco-friendly practices and initiatives, utilizing energy efficient light fixtures, recycled and refurbished equipment, cases and fixtures, and water-saving devices like sensor operated sinks and a hot water reclaim tank.

Possible name change?

On March 9, according to the Sprouts Farmers Market website, Sprouts CEO Shon Boney announced that Sprouts Farmers Market and Sunflower Farmers Market are planning to merge, under the majority ownership and sponsorship of Apollo Management, LP, one of the world's leading private equity firms.

Subject to regulatory approval, the combined company will have 142 stores and about 10,000 employees at the time the transaction closes, which is expected to be in mid-Spring, with several more stores slated to open in 2012 and beyond. That will make Sprouts one of the largest grocery retailers specializing in fresh and natural foods in the region, and will extend the company's footprint into Nevada, Utah, New Mexico and Oklahoma. For now, Sprouts and Sunflower remain competitors, but if the deal is approved they will eventually unite under the Sprouts Farmers Market name.

According to the website, "Nothing will change for a while, because the transaction still has to be approved. Even after that, it will take many months of behind-the-scenes work before big changes start to occur. Eventually, the Sunflower stores will probably all change their name to Sprouts. In terms of products and service, we will take the best of both companies to create something that is greater than the sum of its parts."

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Faces and places

Let the SUN shine in!

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

The students, staff and faculty at St. Francis High School celebrated the blessing of newly-installed solar panels on the campus at a special event on May 3.

Kelly Brothers was master of ceremonies. Father David Suwalsky, S.J. blessed the panels. Paul Lau spoke on behalf of SMUD.

The 309.3 KW photovoltaic (PV) system, consisting of 1,316 panels on the rooftops of seven campus buildings is projected to produce 30.6 percent of the high school's currently electricity requirements – saving \$1 million over the next 25 years.

Aerial photo courtesy, St. Francis High School

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HOLLYWOOD PARK

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PRETTY LAND PARK

Delightful 3 bedroom 2 bath home with inviting open floor plan. Nicely appointed kitchen is a chef's delight, with granite counters and updated appliances. The master suite boasts a spacious bathroom and walk in closet; backyard patio with splashing fountain. Welcome home! \$499,000 PENDING

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CURTIS PARK COTTAGE

Wonderful 2 bedroom home on pretty tree-lined street close to the park. Features include hardwood floors, bay window, lovely living room fireplace, formal dining room and updated kitchen with Silestone counter tops and updated appliances. Brick patio off of the dining room. \$300,000

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NATHAN SHERMAN 969-7379



CLASSIC CURTIS PARK

Charming 4 bedroom home on Park. Updated kitchen with granite counters, vintage light fixtures, leaded glass, china cabinets, hardwood floors with mahogany inlay. Huge master with 2 large closets, updated stone bath with skylight. See: visualtour.com/shownp.asp?t=2753508 \$639,900

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3 bedrooms plus den (or bedroom), 3 baths, a large inviting master suite with sitting room, huge walk-in closet, formal dining area, comfortable family room with fireplace and a large living room. Deep 2-car garage and large yard; upgrades show pride of ownership. \$289,900

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LAND PARK DUPLEX

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