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Over the Fence



By **GREG BROWN**
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with **Greg Brown**

A man got trapped inside the old Masonic Cemetery nestled between Odd Fellows and the Sacramento City Cemetery on Riverside Boulevard. There are plenty of places to lie down in there but he was having none of that. The folks at Valcom News heard lots of loud, panicky honking coming from across the street -- loud enough to wake up the dead. They went outside to see what all the commotion was about and turns out there was indeed a man trapped inside the Masonic Cemetery. There's a posted sign that tells visitors the gates close at 4:15 p.m. and are locked at 4:30 p.m. The man, John Lozano, said: "they saw me come through the gate."



They usually do a thorough search but sometimes they "miss somebody in the shadows under the trees" according to Tony Pruitt who manages Odd Fellows Cemetery. With all the chaos the employees from George L. Klumpp's Chapel of Flowers across the street came outside to see what was going on. Turns out a cou-

ple of their staff have keys to the gate. Unfortunately, they didn't have the correct keys since all the locks had been changed recently due to theft. Don Macvicar, who manages the Masonic Lawn Cemetery, had his car broken into awhile back at the cemetery and the thieves

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Casa Garden Restaurant selected in marketing makeover contest

The Casa Garden Restaurant, a non-profit agency that supports the Sacramento Children's Home, was recently selected as one of eight finalists in a local Sacramento contest to win a \$50,000 Marketing Makeover, stated Marlene M. Oehler, vice president of public relations. "After nearly 40 years in business, we really need a marketing makeover. Our website needs some polishing, we desperately need to come into the 21st century with social media, and we need better outreach to appeal to new clients. Winning this contest will help us enormously to update our marketing efforts. If we have to purchase these projects it means fewer dollars for the Children's Home," Oehler said.

The contest winner will be selected by public vote. To vote, click on <http://marketingmakeover.net/contestants> and choose Casa Garden Restaurant. The voting deadline is Oct. 18, and the winner will be announced on Oct. 21. So there is not much time.



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Breaking barriers:
Wheelchair basketball team takes the court at the YMCA

By MONICA STARK
editor@valcomnews.com



When the whistle blows, the Royals wheelchair basketball team begins learning, conditioning, and working on drills. It's a Friday night inside the Central YMCA gymnasium and players are giving it their all. Organized like a pro-team, players come into practice early, get in their chairs strapped up and ready to go. Practices are every first and third weekends (Friday-Sunday) of the month and it is mandatory players have a reversible jersey.

Organized by Wheelchair Basketball Director Christian Rodriguez, the team masters all the fundamentals he's learned through his 12-year career and collegiate experience at the University of Arizona. There are three captains, Mike Applegate (University of Arizona), Darwin Walters (13 years experience), and Alicia Szutowicz (University of Arizona) to help reinforce the exercises.

Born with a condition called Arthrogyrosis a disabling congenital disorder that left him wheelchair bound the rest of his life, doctors told Rodriguez he was never going to be able to play sports.

A basketball fanatic since he was a young child, Rodriguez, now 23, found his outlet and proved doctors otherwise when he was introduced to wheelchair basketball at age 13 by Peter Hughes, the Women's Wheelchair Basketball Coach of the University of Arizona, who started a juniors program in Chula Vista. "I never thought I'd play sports," Rodriguez said.

Paralyzed now for three years after a horrible car wreck, Josh Carroll, 32, (a former cage fighter) suffered from depression but playing for the team helped him get out of it. He drives 2 and a half hours to get to Sacramento where he has all of his accommodations taken care of. "I want to come here every weekend," he said.

with some of them and discussed if they wanted to make a National (NWBA) team," Rodriguez said. They only had enough to fill five players, so he and Alicia recruited a few people from Santa Rosa to put them at seven. And since that point, they've been the Sacramento Royals NWBA team.

Having tournaments and practices solely on the weekends allows the six men who come from out of the area twice a month to play. Coming from Chico, Santa Cruz, Santa Rosa and Turlock, these players get to come into town, stay with family or teammates and practice all weekend. "That way they are not spending the gas coming back and forth on weekdays. Plus, I feel like it really gives the guys that chemistry when they get to spend time away from the courts. This is how I got accustomed to the college program," Rodriguez said.

That passion and positive attitude Rodriguez puts into the game trickles down to the players, who have stated how the team has changed their lives.

Forward/center Brian Dean loves the camaraderie of the team. "We're always trying to make each other better. It's really fun to play ... people don't see us in the same light after watching us. To see us playing this hard, they see we are not broken. We just find other ways to do things." Dean is a veteran from the war in Afghanistan and suffered a serious TBI and spinal chord injury after mortar blew up behind him when he was stationed in Khost. His parents live in the Sacramento area, which makes it convenient for the weekend practices.

Part of Teaming Individuals Emphasizing Sports (T.I.E.S.) whose mission is "to integrate people living with and without physical disability through recreational and competitive sports," The Sacramento Royals last year had difficult finding any gym in Sacramento that could accommodate them. "I almost went to the extreme and started choosing public parks," Rodriguez said. Eventually they found a local gym but the scheduling was complicated. "We had to sometimes practice at 10 p.m. to midnight to get a clear court. We, as a team, though, fought very hard our first year."

Currently the team has 14 players: Rodriguez, Alicia Szutowicz (Amputee) (Cancer survivor), Mike Applegate (Arthrogyrosis), Darwin Walters (Paraplegic), Brian Garber (Paraplegic), Josh Carroll (Paraplegic), Scott Harrington (L6 Incomplete), Fabian Acosta (Pinched Nerve), Romeo Capell (Arthrogyrosis), Steven Davis (Depleted stomach, Hamstring) (Navy veteran), Brian Dean (Army veteran), Will Hudson (Paraplegic), Sandeep Tandel (Paraplegic), Gary Labonte (Amputee and cancer survivor).

After that first year, Rodriguez began calling around again because it was about time to host the home tournament. "Again, I tried to get in contact with all of the different gyms and city locations. Left messages, nothing. And finally, (YMCA Membership Director) JR (Springer) called me back and said he would love to host our team tournament and had dates available. We hosted our games January 2013 at the Downtown YMCA with great success. It was a perfect location."

After we had the baby, we played on the Recreational Team here in Sacramento in 2011. But I came to find, the competition wasn't what we were used to. I observed and played alongside these guys on the recreational team and saw that there was complete potential for a very good team. I got together

After that first year, Rodriguez began calling around again because it was about time to host the home tournament. "Again, I tried to get in contact with all of the different gyms and city locations. Left messages, nothing. And finally, (YMCA Membership Director) JR (Springer) called me back and said he would love to host our team tournament and had dates available. We hosted our games January 2013 at the Downtown YMCA with great success. It was a perfect location."

Although the team currently has adults only, Rodriguez said he's "open to anyone that's in high school." He is working on building a junior team for ages 4-17. "That's my biggest goal and hurdle," he said.

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Leaf Season Starts Nov. 1 for Residential Yard Waste Collection

City of Sacramento residential customers can legally place yard waste piles in the street for collection during the City's designated leaf season of November, December and January. The first day yard waste piles can be placed on the street for collection is Friday, Nov. 1.

The last day piles can be placed on the street will be Friday, Jan. 31, 2014. Leaf season service is for residential customers only. Commercial properties may not place yard waste in the street.

Weekly yard waste container collection will continue year-round on the regular collection day. Leaf pile pickup typically occurs every 7 to 10 days. The City encourages res-

idents to use the container first, and then create a pile. "We collect 75,000 tons of yard waste a year," states Steve Harriman, the Integrated Waste General Manager for the City of Sacramento. "More than one third, about 27,000 tons, is picked up November thru January. By using the container, along with the pile, our crews can clear streets faster and the Claw may come through your neighborhood more frequently."

Claw Schedule Container collection is predictable, with weekly collection occurring on a customer's normal garbage collection day. Pile collection by the Claw is unpredictable and varies due to weather and the amount of material on the streets. City crews work rain or shine six-days-a-week, including holidays. Stormy weather or days with high volume piles in one neighborhood may impact the speed of clearing an area and moving to the next neighborhood. From Oct. 28 through Jan. 31, 2014 customers can get an estimate

of when pile collection will occur in their neighborhood by visiting www.sacrecycle.org or calling 311. A new Claw schedule feature will provide information to users about the last day that piles were collected on their street, and an estimate of when the Claw will return for the next pile pickup.

Leaf Pile Guidelines

- Place the pile six feet from any obstruction (cars, boats, basketball hoops etc.)
- Make sure there is space between the curb and pile to allow water to flow to storm drains. Do not place piles in bike lanes.
- Do not put pet waste in any yard waste pile or container. Pet waste goes into the garbage container.
- Piles should not be in plastic bags.
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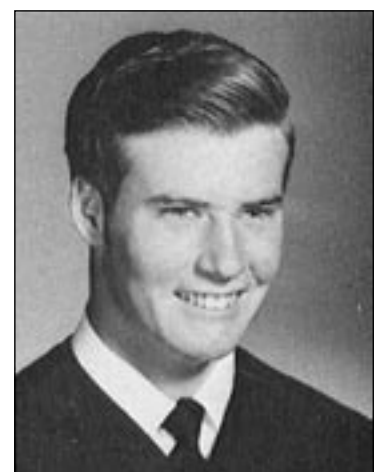
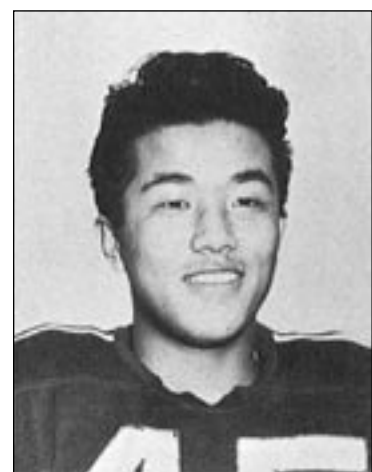
McClatchy star athletes return to CKM to teach and coach for over 90 years

By JIM COOMBS

Four of C. K. McClatchy's greatest athletes chosen for this year's CKM Sports Hall of Fame returned to McClatchy and have 90 years of coaching experience. The induction ceremony will be held Friday night October 11 at the Asian Sports Foundation off Laguna Blvd.

Mike Nishio (1963), an all-city running back on two Metro-League football championship teams, returned as a teacher, coach, and athletic director is the first member to be recognized. Last year the Hall of Fame honored Bill Whiteneck and Roger Swearingen who also returned to teach and coach at CKM.

John Warren (1971), an all-city defensive back who intercepted four passes on



(from left to right) Mike Nishio (1963), John Warren (1971), Brad Klopp (1972), Jeff Ota (1978).

Photos courtesy

Thanksgiving Day against Sacramento High and an outstanding high school pitcher who played on the 1971 baseball team that lost only one game, is the second athlete chosen for the 2013 Sports Hall of Fame who returned to teach and coach at McClatchy.

A third CKM Sports Hall of Fame inductee is Brad

Klopp (1972) who played both baseball and basketball while at McClatchy before returning to become a coach and counselor for more than 30 years.

The last member of the 2013 inductees who graduated from McClatchy but came back to coach is Jeff Ota (1978). Ota, one of the greatest shooters in Mc-

Clatchy basketball history and a two-time all-city player, also had a son and daughter play for the Lions basketball teams.

In his junior year at McClatchy, Ota at 5'9", led the Sacramento area in scoring. In 2000 he was named one of the top 100 basketball players ever in the Sacramento area. Ota went on to star

at Sacramento City College, Humboldt State, and San Francisco State. One of the highlights of his career was leading SF State to a victory over Sacramento State that clinched the title.

Ota, a Sacramento businessman, returned to McClatchy in 2004 to help

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Hall of Fame:

Continued from page 8

Harvey Tahara coach the girls basketball team and eventually coached his daughter, Trish. In 2009 he became the head boys basketball coach and later coached his son Troy.

As a basketball official, I was fortunate to officiate Jeff in many Asian league basketball games over the years. He was extremely competitive, a team leader, and probably one of the greatest shooters and scorer I have ever seen in 45 years of officiating. I once saw him score over 30 points in the first half of an Asian league high school game.

Ota has been married to Julie for 25 years, and she put up with him building an indoor gym at the house. Over the years from his gym, Jeff has taught more than 100 players the proper techniques of shooting a basketball.

When asked what brought him back to McClatchy to coach, he commented, "I just like the vibe at the school; it is truly integrated, and I feel comfortable here."

Mike Nishio, pound for pound, was one of the toughest football players I have ever watched. With Tommy Tash up the middle and Nishio off-tackle or around the end, the 1962 Lions were one of the best teams in the area. Mike made all-city in the Sacramento Union and lat-

er played in the Elks Valley all-star game in Lodi.

Mike attended San Jose State where he played freshman football but came home and graduated from Sacramento State. He returned to McClatchy in 1984 after teaching at Fern Bacon. He coached the freshman boys basketball team for 16 years along with freshman football to give the Lions outstanding coaching leadership in the 1980's and 90's with many outstanding teams.

From 1984 to 2004, Nishio coached football, basketball, tennis, and golf for the Lions and was the athletic director from 1996 to 2003. He even assumed the role as interim head boys basketball coach for one year.

Mike and Aileen have been married for 45 years. Mike coached his daughter Cindy in tennis and his son Matt in basketball and golf.

Klopp, who played on the Airport Little League team that went to the Little League World Series in the 1960's, played both baseball and basketball for the Lions. In his senior year, he was the team's most valuable player, and chosen "all tournament" in two pre-season basketball tournaments. He was also an outstanding baseball player.

Klopp played basketball at Sacramento City College and became one of Sacramento's top javelin

throwers at Sac City and Sacramento State. Brad would show his true loyalty to the Lions by returning to McClatchy as a coach where he coached multiple sports for 30 years while teaching and counseling at the junior high level. He finally got on the McClatchy staff in 1999 as a counselor after 21 years of off-campus service.

Along with Nishio (frosch), Klopp (soph), and Tahara (varsity) the Lions boys basketball program was one of the best in the Sacramento area throughout the 1980's and 90's, winning many Metro League championships at all three levels. Klopp alone won four Metro League JV titles as coach and had a 54-game win streak at one point.

From 1989 to 95 Klopp took over as head football coach from Bob Sandoval winning a Metro League championship during that time. In 1995 he began a 12-year stint as head varsity basketball coach where he would again win a Metro League championship.

Keeping this all in the family and bleeding true Lion red, Brad married his high school sweetheart Ronda (who was also his basketball scorekeeper for almost 30 years), and his daughter Nicole played soccer, volleyball, and basketball for CKM.

John Warren is the fourth inductee who also

bleeds Lion red. I first met John as a 14-year-old playing in the Land Park Pony League with Terry Teale, another inductee. I was also fortunate to have John in a summer school US history class in 1969 where he was one of my very top students.

To say that John is a Renaissance Man would be understating it. He has been an outstanding science teacher at CKM for 36 years. Dr. Warren holds a Masters Degree and PhD in Physiology. He developed the AP biology class for McClatchy that most university-bound seniors take.

In 1971 Warren was named all-Metro League and all-city as a defensive back in football. His greatest claim to fame was that Sac High quarterback Tony Thomas threw him four passes in a Turkey Day game setting a single game section record for interceptions that will probably never be broken.

Warren also pitched and played on the 1970 section

champion baseball team and became a star pitcher on the 1971 team that lost only one game. Accepted to Stanford, John chose instead to attend UC Davis where he played one year of football and four years of baseball.

Warren has been an assistant football coach for 30 years, and he has also coached JV and frosh baseball (10 years) as well as basketball and track.

When you look up in the sky at night with a telescope, you might even see the John Warren Star. One of his ex-students who went back during the summer to Harvard discovered an un-named star. So she named it after her favorite science teacher, John Warren.

The 2013 C.K. McClatchy Hall of Fame players and teams come primarily from the years 1963-1979. Next year we will plan to choose athletes and teams from the 1980's as well as going back and picking up athletes/teams we missed from the first 40 years.

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Land Park resident authors his first novel

By LANCE ARMSTRONG
Lance@valcomnews.com

Land Park resident Bruce Janigian has lived a very eventful life, and the latest of his accomplishments was penning his first novel, "Angel Landing."

Long before making the decision to become a book author, Janigian had been raised with two brothers in a notable family in San Francisco.

Janigian, who graduated from that city's historic and well-known Lowell High School in 1968, began his higher education studies at the University of California, Berkeley during the same year.

When he was 19 years old, Janigian spent his junior year attending the American University of Beirut, because he was studying international relations and issues associated with international diplomacy.

It was also in 1968 that Janigian joined the United States Navy Reserve.

During his 31 years as a naval reservist, Janigian took on various roles, including seaman recruit, captain and legal adviser to all major naval and joint commands.

While studying on the Berkeley campus, Janigian was in the honors program in his field of study and was a Phi Beta Kappa member.

Janigian's educational experience also included attending the University of California, Hastings College of Law from 1972 to 1975 and The George Washington University National Law Center from 1980 to 1982.

His career featured many noteworthy positions, some of which brought him to different places outside of the United States.

Janigian's resume reveals his extensive work experience, which includes serving as adjunct professor at the McGeorge School of Law, the attorney-adviser for the U.S. Agency for International Development, visiting professor of law at the University of Salzburg in Austria, vice president for development and government relations at the American University of Armenia, deputy director and general counsel of the California Employment Development Department, chairman of the California Agricultural Labor Relations Board and principal attorney of the Law Offices of Bruce Janigian.

Although Janigian's new book is a fictional work, it should not take readers long to realize that his accumulated knowledge played a strong role in his ability to write his first novel.

Janigian, who writes under the nom de plume, Avery Mann, also develops his book's central character, Mark Jamison, after aspects of his own life. And he extends those details beyond his own educational and working experiences.

For instance, during his recent interview with this paper, Janigian mentioned that due to his personal respiratory issues, he also maintains a home in the Marin County town of Tiburon. Mark also found a Bay Area home that he found suitable for his respiratory problem.

Mark's wife, a kindergarten teacher named Sarah, completes that similarity, as she spent the majority of the book residing in California's capital city. Janigian resides in Sacramento with his wife, an elementary school teacher named Susan.

Meeting the author face to face revealed a personality that mirrored the book itself.

While Janigian presented a pleasant and cordial demeanor, he also was selective in his approach to immediately reveal certain details about his life.

With such an approach to his writing, Janigian, through his book, maintains a stronger hold on readers.

"Angel Landing" periodically reveals new information about characters, thus further capturing the attention of readers as they anticipate a better understanding of the story.

And that story is one of intrigue, as Mark Jamison, a retired government agent, finds himself involved in many adventures, which begin in a rented house in the Marin coastal community of Angel Landing.

Mark finds himself in a house full of witches who are interested in discovering a method of reproduction without the need of males.

Furthermore, due to his governmental knowledge, Mark becomes involved with the government once again, because of a concern regarding missing nuclear weapons entering the bay.

In a battle to essentially "save the world," Mark also must battle to save his own life and the life of his wife in the process.

Janigian, who noted that he was inspired by his famous author playwright cousin, William Saroyan, said that his first novel is intended as the first book in a series.

"Ideally, I would like to do three of these (books) and put them in a hardbound compendium of the Mark Jamison adventures," Janigian said. "This is how a lot of books used to be - novellas - and I think they're coming back because people don't have the time to read lengthy novels, especially men and busy people. So, my

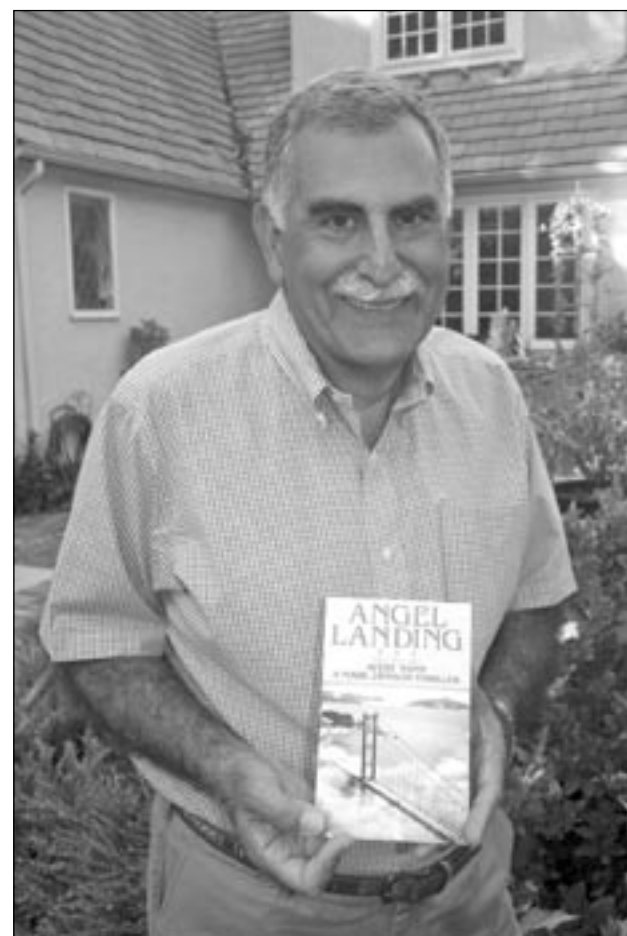


Photo by Lance Armstrong
Bruce Janigian holds a copy of his new novel.

notion was to have books out there that if you like the author, you like style, you like the characters, you could read one on the plane to New York City, finish it in your hotel room, pick up another one at the airport and read it on the way back. And that would be a very good, entertaining way to do it. Most people start books and they never finish them. Everyone that's reviewed my book said that they couldn't put it down once they started reading it."

And this instance was no different, as this reviewer remained intrigued by "Angel Landing" from cover to cover.

Although local book signings for this new novel are still in their scheduling phases, Janigian will be holding a book signing at The Depot Bookstore and Café at 87 Throckmorton Ave. in downtown Mill Valley on Oct. 25 from noon to 3 p.m.

The book is available for purchase at Avid Reader at 1600 Broadway, Chicory Coffee & Tea at 1131 11th St., through www.amazon.com, www.barnesandnoble.com, iBooks, Kindle and Nook, or at the author's Web site at www.averymannbooks.com.

Boo at the Zoo:

Two nights of ghoulish family fun coming soon

There will be two nights of ghoulish family fun, on Wednesday, Oct. 30 and Thursday, Oct. 31. Rain or shine, kids can safely trick-or-treat around the lake at 25 different candy stations. Other activities include magic shows, costume dance party, ghoulish games, and lots of family fun. You can also

ride the Spooky Train or Creepy Carousel for an additional fee. Only the front half of the Zoo will be open during this event. Thespoookiness is appropriate for children under 10 years of age.

Advanced ticket prices are \$10 for general tickets, \$8 for members and children 1 year old and younger are free. Day of ticket prices are \$12 and children 1 year old and younger are free. Tickets can be purchased online by phone, 808-5888 or in person at the zoo daily, 9 a.m. to 4 p.m.

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Over the Fence

Continued from page 2

stole keys to everything - the office, the gate, garage and storage facility. So he had to change the locks.

The man was still trapped. The sun was going down and the cemetery takes on a whole new spooky feel to it at night. It's rumored to be haunted. There have been reports of several ghosts, including a young girl playing near the headstone of a deceased child, a couple dressed in black and even a dog that follows visitors around the cemetery.

Maybe the ghost dog could have dug a hole under the fence for John to crawl through to get out. That would have made a great story!

Mr. Macvicar received a call about a man stuck in the cemetery while he was "watching the news eating dinner." Don drove all the way back to the cemetery and was able to unlock the gate and let the man out.

Let's hope they got some duplicate keys made for the next time somebody gets trapped in the cemetery.

Phono Select Records is now open to the public. They've moved from their K Street location and have a new spot on 24th Street near Panama Pottery in an industri-



Phono Select Records is now open in Hollywood Park.



Photos by Greg Brown

al part of town. There's plenty of free parking and plenty of vinyl records. I love the new location. Their new approach involves being open to the public one Saturday each month to start; private appointments and special events will still be available during the remainder of the month.

When I dropped in on their grand re-opening people were elbow-to-elbow browsing through the racks looking for their favorite artists on vinyl and CD.

The owner of Phono Select, Dal Basi, told me he likes the

new location because "it only takes him five minutes to get here." He and his family live in nearby Mangan Park. They lost their lease at the old K Street location.

Dal told me, "We're trying to get the more eclectic side of all the genres. We're not genre snobs. It could be punk to heavy metal, space rock, experimental, 20th century weird classics, the outer fringes, whatever you want to call it."

Scott Burns of South Land Park said he "had to be here for the grand opening and was looking for anything un-

usual and interesting". And he definitely had that. Scott was purchasing an old Clara Rockmore record. She was a virtuoso performer of the theremin, an electronic musical instrument she helped popularize.

Scott added, "They were the best record shop when they closed, I wish them every bit of success. They have such a unique product that people are gonna find them."

Kevin Hawkins of South Land Park, who found some Live Neil Young, Gary Moore live as well as a Bonnie Raitt

record said, "The Beat went away which left a hole in the record community and it seems like this community is large enough to be able to support a handful of record stores. The new location is pretty cool, too."

When I asked him what he was looking for at Phono Select Kevin said, "I like just going into a record store and letting what's there dictate what I walk out with. I like to be surprised."

Don't be surprised if Phono Select is a big hit in its new location.

Land Park's Sol Collective teams up with Historic Old Sacramento for 2nd annual 'Souls of the City'

In honor of "Day of the Dead" activities celebrated each year in Mexico and in major cities around the world, Land Park's Sol Collective and the Historic Old Sacramento Foundation have teamed up to present a series of 2nd Annual Dia De Los Muertos/"Souls of the City" events and activities in Old Sacramento that take place throughout October and culminate on November 1, 2013. The annual tradition -- a national holiday in Mexico -- is showcased by friends and families building elaborate altars to honor loved ones who have died then gathering in remembrance and celebration.

A series of fun pop up art labs and special activities will be held in October that showcase the traditions and/or demonstrate how to create some of the special items used in "Day of the Dead" celebrations. A schedule of the free workshops and special activities follows:

Decorate Calaveras (Skulls) Pop Up Art Lab - Saturday, Oct. 12 from 11 a.m. to 2 p.m. at Sacramento History Museum/Stanford Gallery (111 I St., next to Museum)

Mini Altars Pop Up Art Lab - Saturday, Oct. 19, 11 a.m. to 2 p.m. at Sacramento History Museum/Stanford Gallery (111 I St., next to Museum)

Honoring Our Past Community Lecture Series - Thursday, Oct. 24, 6:30 to 9 p.m. at Sacramento History Museum (101 I St.)

Dia De Los Muertos Celebration — Friday, Nov. 1, 6 p.m. to midnight in front of the Sacramento History Museum (101 I St.)

The finale Dia De Los Muertos Celebration includes a traditional procession and lighting of the altar led by Kalpuli Maquilli Tonatiuh (Aztec Dancers), interactive community alters, a pop up art exhibit, family activities and games, food, face painting, live music and more. This symbolic "gathering of the spirits" celebration offers Sacramento area residents and Old Sacramento visitors a chance to experience and learn more about the cultural tradition that is highlighted by chanting, singing, dancing, the building of the altar with personal items, intricate offerings of orange Mexican marigolds on the altar, and much more.

More information about the Dia De Los Muertos/"Souls of the City" events is available at www.historicoldsac.org or www.solcollective.org.

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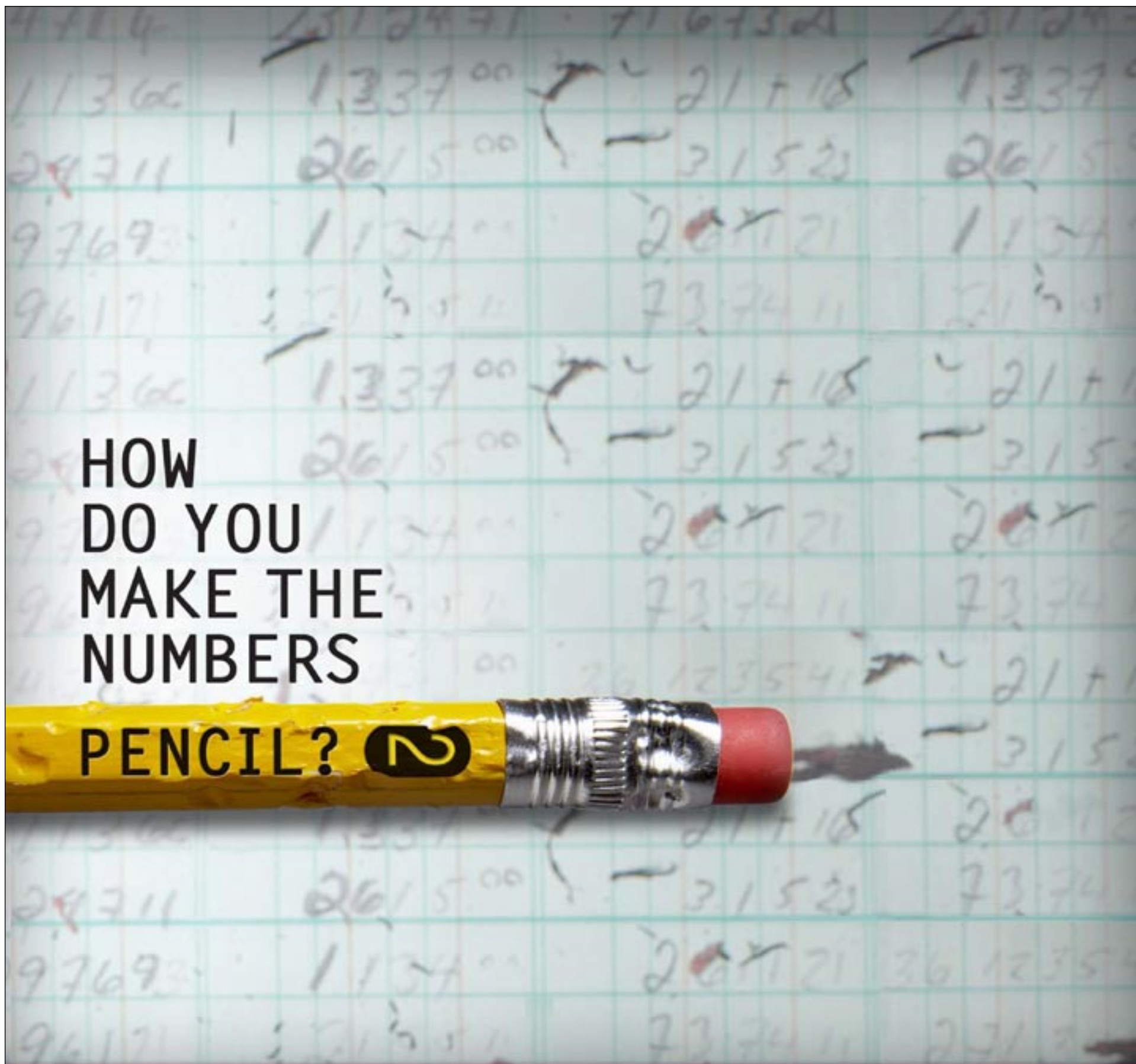


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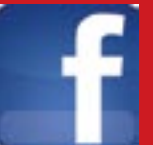
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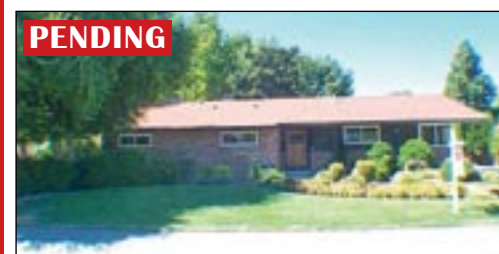
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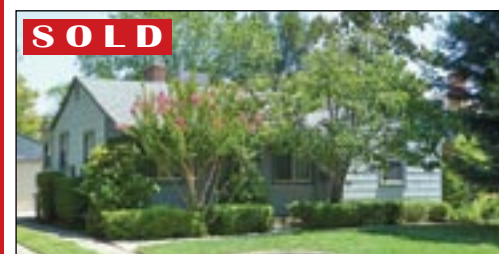
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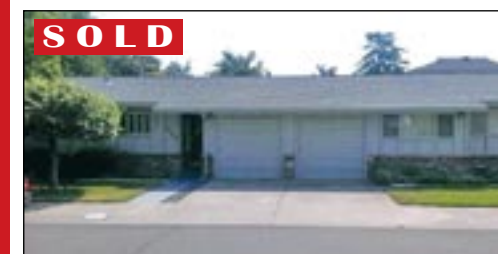
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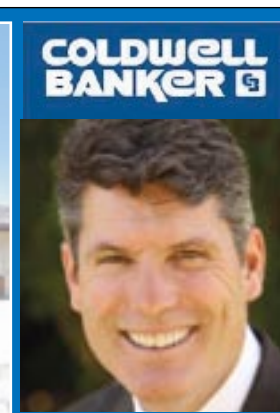
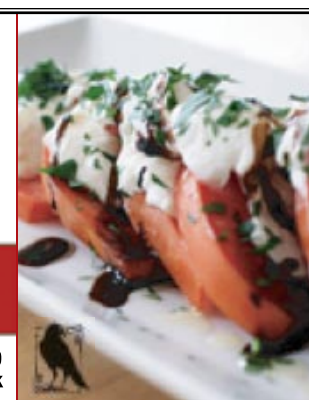
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A dynamo Sacramento couple: Sacramento Kings' top executive gives wife gift of a lifetime

By MONICA STARK
 editor@valcomnews.com

What do you give to the woman of your dreams on your 11th wedding anniversary-

ry? Phillip Horn, a Vice President with the Sacramento Kings basketball team, said it was a no-brainer - he's giving his wife, Danae, a kidney.

This is no ordinary couple. They are both powerhouses from Sacramento. Danae's new book *Chronic Resilience* was released, August 1 - the same day she learned she was in kidney failure. That grave diagnosis from the doctors didn't stop her from moving full speed ahead with her arduous West coast book tour, before agreeing to a transplant date of October 1. The scheduled surgery falls just two weeks before both the Kings' pre-season opener and the couple's 11th wedding anniversary.

"Traditionally the 11th year anniversary symbol is steel, which symbolizes the strength of marriage," said Danae. "This generous and unconditional gift from Phillip - at one of the busiest times in his career - creates an emotional

bond stronger than anything, including steel, ever could. It's an amazing thing to do together and I love that we're a match in so many ways."

Phillip continues, "I feel so lucky to be a match. It was against the odds. Usually we go to a nice place the first or second week of October to celebrate our anniversary. This time it was from a hospital bed, yet it will likely be the most memorable place of them all. "People are always looking for that gift that money can't buy and this is definitely one," Phillip said.

Born with one kidney, Danae has fought VACTERL association - a disorder that affects many body systems, including the kidneys - since birth. By the time she was 2 years old, Danae had survived 10 reconstructive surgeries. It has not been an easy journey. "I've managed chronic kidney disease for years," she said. She kept asking her doctors when there

See Donor, page 19

Donor:

Continued from page 18

would be a point when her kidneys would be able to function. "I almost had to laugh at timing," she said. In the matter of a month, functioning rate went down from 15 to 12 to 6 percent.

While there are many unknowns as to the cause of VACTERL association, Danae said one of the best things she's learned about good kidney health is keeping blood pressure down.

They had to postpone the surgery to Monday, Oct. 7 because of a stomach bug Phillip caught. The two are not nervous about the transplant. "We are just waiting; we're excited," Phillip on Wednesday, Oct. 2.

"It was a pretty good, straight match," Phillip said. The two are taking it easy now so they are in a good place for recovery.

Said Danae: "I think we're on for Monday. I think we're sort of ready. The anticipation sort of builds and builds and builds. I am looking forward to regaining my health. Looking forward to the day to start."

A young couple, each just 34 years old, the two plan on adopting children in the near future. They actually started the adoption process last year but put that on hold. "It will be something to celebrate at the end of the (recovery)."

Inside their Pocket residence, the couple has the love and support from family and friends to help them get through this time of their lives. "Our moms moved in with us on Sunday and we have lots of other people who are going to come and visit," Danae said.

Even as her health started plummeting, Danae kept her scheduled appearance as moderator and author at the Capitol Region Women's Conference on Sept. 27, at the Sacramento Convention Center, just five days before the transplant was first scheduled.

"I was one of the many speakers. The panel I moderated was on 'Embracing Change.'" To embrace change, she said, you have to let go of something and grasp something else. "A lot of things are not in our control. It takes a lot of trust. My book is about having resilience," she said.

That message has helped with having to cope with the rescheduled surgery and knowing what they can do to help get

through the week in preparation for Monday. "Everybody is resting up and making sure we are healthy. It's definitely a practice not an, 'oh I understand.'"

"I titled my book 'Chronic Resilience' because I realized that to be the essence of gracefully coping with illness," said Danae. "Spiritual growth is a 'side effect' of chronic illness. Illness is your license to be as deliberate and thoughtful with your time as you want to. Live as you would live at the end of your life right now, today. That is a gift."

Phillip echoes his wife's thoughts, "Danae and I have similar philosophies - life is meant to be lived. I don't want to sit and watch it pass me by. I embrace challenging experiences. When I look back on my life, I know I'm going to be most excited about how resilient I was in overcoming life's obstacles,

versus backing down. Life is meant to grow from, and the more challenges we can take on the more we are going to grow."

Danae said book sales have been going so well that she's "bummed" to have to have taken a break.

Phillip, living Danae's Chapter 3 message of setting attainable, inspiring goals while healing, has his sights set on recovering quickly to be in the building when the Kings take the court for the first time in this season of exciting change for the franchise.

Phillip's gift of life continues into the Kings' season. On February 19, in the Kings' home matchup against the Golden State Warriors, he is spearheading a "Kings Donate Life Night," in order to help raise awareness of the critical need for organ and tissue donors. Fans will be encouraged to sign up to give life



through the DMV when getting a license, or online at: www.donateLIFEcalifornia.org.

He's also tremendously excited for the upcoming basketball season, which will be his fourth as VP for the team. "Shaqi is a big personality. He's great for our team."

The couple has lived in Sacramento for three years. Danae grew up in San Diego and Phillip on the Oregon Coast. "We feel very blessed. It's such an easy city to live in and we've gotten involved in the community more."

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Cycling for the youth:

Land Park resident discusses 40-mile ride to benefit youth programs

Land Park resident Glenda Higgins wore in her first set of pedals at the age of four, biking the streets of Live Oak in Sutter County with her childhood friends. She took up long distance cycling years later, up to 100 miles per trek, at the age of 50.

"I had started rowing out at the port in West Sacramento," said Higgins. "Cycling and rowing are both heavily dependent on legs, and it was kind of a natural progression."

Higgins helped scout the trail and will be volunteering the day-off for October 10th's GearUp Cycle for Youth, a 40-mile trek put together by District 5 Councilmember Jay Schenirer and West Sacramento Mayor Christopher Cabaldon that will kick off at City Hall in West Sac, loop around the Sacramento River through Clarksburg and end at Cesar Chavez Park.

Proceeds from the trek will benefit Cabaldon's Future Ready youth outreach program, currently raising funds to provide college scholarships to West Sacramentan high school students, as well as Schenirer's WayUp Sacramento, a revitalization initiative primarily focused on children and families in Oak Park.

"WayUp has a number of different components," said Schenirer. "Our goal right now is to make sure that every student is screened, has a physical and is signed up into a medical home – which means that they have health insurance. Hopefully by working with the students, we also get to their families. So the goal this year is really 100 percent coverage for all kids and many of their families as well."

According to Schenirer, the program, currently in its third year, has received positive response from the

community. He credits the initiative's success to solid short and long term strategies.

"We are showing the community we can improve the day-to-day lives of students and their families, whether it be our youth leadership camp or community gardens. There are a host of things we've done that people physically see change, while at the same time planning for long-term sustainability. But we are not doing these things sequentially."

The route itself was chosen to appeal to both avid cyclists and weekend riders, with a total ascent of near 270 feet and a maximum elevation of just less than 70 feet.

"The ride will wind through some really beautiful areas, Delta areas, where there are views of the river, grapevines, pear trees," Higgins said, "the kind of places that, if you really don't know the area, you probably wouldn't go out there."

Interested cyclists can register for the ride at gearupforyouth.org. Registration costs \$45 and includes a GearUp T-shirt and water bottle. In addition, snacks will be provided along the way at Dave's Pumpkin Patch and the Old Sugar Mill in Clarksburg. Schenirer said that, after the ride, food trucks Big Red Bus, Slightly Skewed, Sacratomatoes and Wicked Wich will be at Cesar Chaves Park, where local band Solution Set will perform.

"I like making bikes more visible by any means possible," said Higgins on her involvement. "I also believe in both of the programs. When you have kids you have a captive audience, so I think directing resources to programs like WayUp and Future Ready is great."



GearUp Route Information

Route information: This is a 40-mile bike ride from West Sacramento to Downtown Sacramento. The bike ride has a total ascent of 269.03 feet and has a maximum elevation of 68.9 feet. The ride begins at West Sacramento's City Hall and loops around the Sacramento River through Clarksburg and finishes at Cesar Chavez Park in Downtown Sacramento. There will be three rest stops along the way and a final rest stop at Cesar Chavez Park with lunch, music and more.

Rest Stops

- * Dave's Pumpkin Patch
- * Old Sugar Mill
- * Bill Colin Park & Sports Complex (water and restrooms only)

Day of Info

Start and end location, address:

Start: West Sacramento City Hall 1110 W Capitol Ave, West Sacramento CA 95691

End: Cesar Chavez Plaza Park 9th and J Streets, Sacramento CA 95814

Parking info: There will be public parking available adjacent to the finish line near Chavez Park in the parking garage at 10th Street between I and J or the Capital Garage located on 10th Street near L Street. Valet bike parking at Chavez Park will be available.

Parking will be available in West Sacramento at City Hall or the Big Lots/Safeway parking lot.

Start time / course close time: Registration at West Sacramento City Hall will open at 8 a.m. The ride will begin at 9 a.m. The course will close at 2:30 p.m. End of ride party info – Lunch will be provided for all registered riders and available for purchase for non-riders. Each rider will have their choice of lunch from one of several different gourmet food trucks. Live music from local musicians and band.

What people need to bring/cannot bring: bring water, sunscreen and spare bike supplies. (a support vehicle will be on the course) Do not bring: any weapons, performance enhancing drugs, ear buds, earphones or headphones.

Source: <http://gearupforyouth.org/register/>

30 years in the making

Chinese food at its best

By MONICA STARK
editor@valcomnews.com

Photos by BOB FONG

Don Lee knows that just about everything at the 30th annual Chinese Food Festival will be cooked from recipes from the "old family culture". Through the 30 years he has been serving up fried rice and chow mein, he has known grandmothers and great-grandmothers who have passed on their secrets with love. It's not the fast food type food; this is what you call home-cooking," Lee says, as he's preparing pot stickers in advance for the big day, held this year on Saturday, Oct. 19 from 11 a.m.–6 p.m.

From pot stickers, curry chicken, baked goods, chow mein, and fried rice to the main focus — barbecue chicken with a Hoisin-based Chinese marinade — much of the food every year for the last 30 years has been made hot on the spot. Lee said they serve up about 300 pounds of noodles and 200 pounds of rice each year.

Lee, whose wife Joey is the event coordinator, said festival preparations really hit home. A man with a good sense of humor, he said: "If I don't cook, I don't have a roof over my head. (My wife) is really involved in the festival."

Parishner Maybelle Whang has been involved with the food festival since the beginning and said besides moving the event from the summer to October and holding it on just one day instead of two, not much has changed. "We are well known for the food. We don't dare change the food," she says. "We're well known for the barbecue chicken. We're told it's the best in town. And our chow mein – we use a secret marinade." She said the aroma lifts through the air and permeates through out the neighborhood.

Though most of the food is made day-of, some of it is made ahead with the help of hundreds of volunteers making pot stickers. "It's like a dumpling- take meat and mix it ... It's a little hard but not that hard to learn. We have hundreds of volunteers," Lee said. Lumpias are also made days in advance and heated as needed. They used to make egg rolls, but they became a little soggy and Lumpias, though Filipino, hold up a little better, Lee said.

Lee said that while he does recruit volunteers to help with the cooking, he is hopeful they will learn secrets that can be passed to future generations. "I'm teaching younger kids my secrets. Both my daughters are great cooks," Lee said.

Besides the food, the entertainment is not to be missed. There will be a ukulele band and a hula dancing group (both of which are from the Church). Whang has been hula dancing for 10 years and got her first try at the festival. "They needed entertainment, so we learned there," she said. "Shirley Stassi – she still teaches us every Friday ... Sometimes 20 to 30 people come. It's open to everybody."

And that sentiment sums up the idea of the festival. While it's a great community outreach to welcome new potential church members, the festival, which annually attracts between 3500 to 4,000 people, is open to the public to enjoy the food and entertainment.

IF YOU GO

WHAT: Chinese Food Festival
WHEN: Oct. 19, 11 a.m.–6 p.m.
WHERE: Chinese Community Church, 5600 Gilgunn Way
COST: Free admittance, food costs vary



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Balance and mobility training to reduce falls class

Kelly Ward, Parkside Community Church's "Fall Prevention Lady" will be presenting a 4-week Beginning balance and mobility class on Monday and Wednesdays 11:30 a.m. to 12:30 p.m., starting Oct. 2 through Oct. 30 at Parkside Community Church at 5700 Land Park Drive. The one-hour classes will include warm up, balance and mobility training, muscle building exercises, flexibility, and range of motion exercises, followed by a cool down segment to review the day's lesson. Wear loose comfortable clothing and sneakers. Kelly Ward is a certified fall, balance and mobility instructor and a certified Senior Fitness Training, M.S. Therapeutic Aging. For questions, call 821-5715.

OCTOBER

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welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Start Writing Family Stories by Marian Kile

Oct. 10: Writing short stories can bring your ancestors to life at the Root Cellar Sacramento Genealogical Society meeting. Pre-meeting roundtable tips/tricks start at 6:15 p.m. Free, visitors welcome. 7 to 8:30 p.m. Main meeting - Christ Community Church, 5025 Manzanita Avenue, Carmichael

Rotary Club of South Sacramento meeting

Oct. 10: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noon to 1 p.m. at Iron Steaks Restaurant, 2422 13th St, Sacramento, CA 95818.

The Mission Oaks Computer Club meeting

Oct. 10: From 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The club will be celebrating its 25th anniversary with member presentations and a finger-food potluck. First-time visitors are welcome to bring a finger-food item as well. A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

Ghost Tours at the Sacramento History Museum

Oct. 11, 12, 18, 19, 25 and 26: Visitors to Old Sacramento can journey back in time to hear ghostly tales and spooky stories as they walk through the history-rich streets and re-live 19th century lore. Entertaining yet knowledgeable tour guides will take daring and inquisitive guests through Old Sacramento's infamous locales to experience a bit of the dark side of California's history. For more, go to www.historicoldsac.org <http://www.historicoldsac.org> .

Bi-Polar Anonymous

Oct. 11: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Kiwanis Club of East Sacramento-Midtown

Oct. 11: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com. Meeting/Membership info: 916-761-0984, volunteers always welcome!

Curtis Park clean up day

Oct. 12: Help clean up the park. Meet near the tennis courts. 9 a.m. to noon. For more information, email ncc@sierra2.org or call 452-3005.

Art Show/Sale

Oct. 12: Patty Colmer, artist and photographer will be holding an art show complete

with canvases, glass cutting boards, prints, cards, tiles, door prizes, appetizers, beverages and more from 11 a.m. to 4 p.m. at the Sacramento Elks No. 6., 6446 Riverside Blvd. Call 261-3850 for more information.

GearUp Cycle for Youth Ride

Oct. 12: The GearUp Cycle for Youth Bike Ride was conceived by Sacramento Councilmember Jay Schenier and West Sacramento Mayor Christopher Cabaldon to fund-raise for educational youth programs that target the underserved children in the Cities of Sacramento and West Sacramento. GearUp Cycle for Youth is a 40-mile bike ride from West Sacramento to Downtown Sacramento on the morning of Oct. 12. The ride begins at West Sacramento's City Hall and loops around the Sacramento River through Clarksburg and finishes at Cesar Chavez Park in Downtown Sacramento. There will be three rest stops along the way, and a final rest stop at Cesar Chavez Park with lunch, music and more. Both West Sacramento Mayor Christopher Cabaldon and Sacramento City Councilmember Jay Schenier are longtime advocates of education, after-school programming and wrap-around services for our region's young people. All proceeds from the GearUp Cycle for Youth will benefit WayUp Sacramento, a wrap-around youth support network and FutureReady: The Mayor's Trust for Youth charity. Corporate sponsorships are still available for GearUp Cycle for Youth.

AAUW meeting set to feature mental health discussion

Oct. 12: From 1 to 2:30 p.m., the Citrus Heights/American River branch of AAUW (American Association of University Women) will host a panel discussion of mental health programs and issues in Sacramento County. The meeting takes place at the Sylvan Oaks Library located at 6700 Auburn Blvd in Citrus Heights. Representatives from Sen. Darrell Steinberg's office, the Sacramento County Dept. of Health and Human Services and the Calif. Institute of Mental Health will discuss recent legislation, bullying in Sacramento area schools and steps families can take to get help with mental health issues. This meeting is a public service open to the public and coffee, tea and baked goods will be served. Contact Mary Tountonghi for more information at mtoutonghi@comcast.net

CAL Middle to hold second annual multicultural fair

Oct. 12: California Middle School PTSA and planning committee is hosting a second annual multi-cultural fair at the school site to celebrate the cultural diversity of the school population and Sacramento region. The multicultural fair will be held from 11

a.m. to 3 p.m. and will feature a variety of food trucks, arts, entertainment, dance, music, crafts and artisans from various cultures from around the world. There will be "theme" baskets and a fun raffle with prizes. CAL Middle School is located at 1600 Vallejo Way and is the "Pride of the Land Park Community." The special event is a fundraiser for CAL Middle School's art, music and field trip programs. Kids will visit various booths represented by different countries for educational information with their international passports. For additional information, contact, Katherine Akin at 612-5993 or katakin@att.net

Nichiren Buddhist Church Japanese food sale

Oct. 12: The Nichiren Buddhist Church is having a food bazaar 11 to 3 p.m., 5191 24th St. (2 blocks north of Fruitridge.) Food items: Barasushi, Bento Box, Spam Musubi, Teriyaki Beef Sandwich, Teriyaki Chicken, Udon Noodles. Please order ahead by Oct. 5. Call 456-8371 or visit the church to order. Make checks payable to Nichiren Buddhist Church.

Annual Hunger Walk

Oct. 13: The Sacramento CROP Hunger Walk is celebrating the event on the west steps of the State Capitol at 1:30 p.m. The Walk has been traditionally known through out Sacramento as an excellent ecumenical family and youth event. Twenty-five percent of the funds will benefit local Sacramento area agencies: South Sacramento Interfaith Partnership Food Closer, St. Matthews Food Closer, River City Food Bank, Northminster Seniors Brown Bag Program. The event is free with a canned food donation. Participants are asked to collect pledges and walk through downtown and Old Sacramento. Registration begins at 1 p.m. 826-0513, 444-7783, or 297-2767 or online at www.churchworldservice.org.

CSUS Arboretum Tree Tour

Oct. 13: From 11 a.m. to 1 p.m., explore the CSUS Arboretum on a guided tour with the Sacramento Tree Foundation. This dog friendly tour takes place rain or shine. Meet at the Arboretum sign, State University Drive across from parking lot No. 1. The tour is free, but to ensure that you're included, please RSVP to www.sactree.com/events. CSUS Arboretum, 6000 J St., Sacramento.

Free golf lessons offered at Bing Maloney Golf Complex

Oct. 13: Are you interested in starting to play golf, but not sure where to begin? Bing Maloney is offering Free Family Clinics for 2013. These clinics are family oriented for any level of golfer. Each clinic will be held on Sundays from 1 to 2:15 p.m. at the Bing Maloney Golf Course: 6801 Freepoint Blvd. in Sacramento. Call 808-2283 for more information.

Winterfest Dance Performance

Nov 14-16: Winterfest Dance Performance stage setting is in an old time circus tent. Dancers are from the St. Francis High School Dance Co and Apprentice Companies. A must-see show. Tickets are available at www.ticketguys.com/stfrancis <<http://www.ticketguys.com/stfrancis>> or at the door. Matinees and evening shows are appropriate for ages over 4. No strollers or children in laps during performances. Bring your birthday parties, scout groups, family outings, and grandparents. Ticket prices are \$5-\$15.

The Mission Oaks Computer Club meeting

Nov. 14: The meeting topic will be 'Vehicle Technology' presented by Nick Gillette of Kuni Chevrolet/Cadillac. A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. The meeting goes from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gib-

bons Drive, Carmichael. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

Rotary Clubs of Arden-Arcade, Carmichael

Oct. 15: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Ruth's Chris Steakhouse in the Pavilions on Fair Oaks Blvd. (916) 925-2787. Carmichael meets at 6:30 p.m., Ancil Hoffman Golf Club. www.rotary.org

Soroptimist International of Sacramento North meeting

Oct. 15: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

East Sac Rotary

Oct. 16: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Jim Dane to be guest speaker at Genealogical Association of Sacramento meeting

Oct. 16: The Genealogical Association of Sacramento will be visited by Jim Dane at

the Belle Coolee Library. He will speak about the soldiers of the War of 1812. Jim will display the persona of his grandfather James Dean (Dane) to please come to the meeting of GAS to experience this time travel. Meetings are the third Wednesday of each month, except December, July and August. 5600 South Land Park Drive Sacramento 95822. The doors open at noon; the meeting will begin at 12:30 p.m. It is free and the public is welcome. New members are welcome. For more information, visit gensac.org or call Melanie at 916-383-1221 or email melnesia@comcast.net

Rotary Club of Pocket/Greenhaven

Oct. 17: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Rotary Club of South Sacramento meeting

Oct. 17: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noon to 1 p.m. at Iron Steaks Restaurant, 2422 13th St, Sacramento, CA 95818.

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Nov. 1-3, 2013 | cranefestival.com | 800-581-8150 | Look, CA
Nature Tours
Family Activities
Wildlife Demos
Workshops
Music
Exhibit Hall
Art Show
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SANDHILL CRANE FESTIVAL

Legacy Corps Information Session
Interested in joining Legacy Corps Program as a volunteer?
Sign up to attend an Information Session! Volunteers provide caregiver support services to U.S. military veterans and their families and seniors. Volunteers may receive a stipend and education award. Sessions will cover program requirements, expectations, and application process.
Program Year: November 1, 2013 to October 31, 2014
All sessions held at ACC Senior Services:
7311 Greenhaven Drive, Suite 187, Sacramento 95831
Sign-up is required
Please call Khonnie Lattasima at (916) 394-6399 x143 or email volunteer@accsv.org

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ADMISSION IS FREE
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Delicious Chinese Food (BBQ Chicken, Pot Stickers, & More)
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CALENDAR

Fall Faire at the Historic Blue Goose

Oct. 17: 3-8 p.m., Oct. 18: 9 a.m. to 8 p.m. and Oct. 19: 9 a.m. to 4 p.m. 3550 Taylor Rd., Loomis, 95650, on Boutique style handmade only craft show. Holiday decorations and unique gifts. Centralized checkout for our customers convenience. SALE ROOM. Free admission. More info: www.craftytreasures.com.

Kiwanis Club of East Sacramento-Midtown

Oct. 18: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCDC Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.kiwanis.org.

eaststacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

Bi-Polar Anonymous

Oct. 18: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

The Kids Are Y, Tasting and Benefit Auction

Oct. 18: The YMCA's annual The Kids Are Y, Tasting and Benefit Auction will be held on October 18, 2013 at the Masonic Temple in downtown Sacramento. Funds from the event provides year-round program support and scholarships for local kids who would like to participate in YMCA programs and activities but cannot afford the program fees due to financial hardship. The Kids Are Y will provide our guests with food, wine and beer from local area restaurants, wineries and breweries while placing bids on unique silent and live auction items. Masonic Temple Association, 1123 J St, Sacramento.

Chinese Food Festival

Oct. 19: Celebrate Chinese Community Church 30th Annual Fall Fellowship and Food Festival, featuring delicious Chinese food, culture, entertainment, games for kids, 11 a.m. to 6 p.m., 5600 Gilgum Way (Off Fruitridge Rd. between S. Land Park and Freepoint Blvd.) Admission is free. www.cccsac.net

Sunburst Projects Perennial Sale

Oct. 19-21: Fall perennial sale. Cash and check accepted. Benefits Sunburst Projects. From 10 a.m. to 3 p.m. 3072 24th St. Curtis Park.

Sacramento Community Concert Association performance

Oct. 19: SCCA presents Solo/duo pianists Richard Cionco and Natsuki Fukasawa

wa at 7:30 p.m. at Westminster Presbyterian, 1300 N St. Concert pianists Richard Cionco and Natsuki Fukasawa will present a varied program of solo, duet, and 2-piano repertoire. Known for their powerful solo performances, this concert is a rare opportunity to hear these artists combine their powers to give you twice the enjoyment. Regular subscription: \$90, Group discount (8 or more people): \$75, Students subscription: \$45, Single Ticket: \$25. For more information, contact Sacramento Community Concert Association www.sccaconcerts.org; info@sccaconcerts.org; 400-4634.

Embroiderers' Guild of America meeting

Oct. 21: Join the Embroiderers' Guild of America at their monthly meeting to hear Lois Kershner's lecture on designing a threadscape. Meeting at 7 p.m. at SMUD, 6201 S Street, Sacramento. Guests welcome. Free. 916-223-2751.

Carmichael author A. K. Buckroth and illustrator Amy Pichly-Meyer to sign books

Oct. 22: Carmichael author A. K. Buckroth and illustrator Amy Pichly-Meyer to autograph copies of "Me & My Money...a child's story of diabetes," at Skip's Kitchen, 4717 El Camino Avenue, Carmichael, between 11:30am and 1:30pm to meet the author and the illustrator.

Rotary Clubs of Arden-Arcade, Carmichael

Oct. 22: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Ruth's Chris Steakhouse in the Pavilions on Fair Oaks Blvd. (916) 925-2787. Carmichael meets at 6:30 p.m., Ancil Hoffman Golf Club. www.rotary.org

East Sac Rotary

Oct. 23: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacroty.org.

Capitol Park Tree Tour

Oct. 23: From noon to 1 p.m., explore the trees of Capitol Park on a guided tour with the Sacramento Tree Foundation. Meet on the North Steps of the Capitol, near L Street. The one hour lunchtime tour is free, but to ensure that you're included, please RSVP to www.sactree.com/events. Capitol Park, 10th and L Street, Sacramento 95814

Coffee Garden & Coffee Garden Gallery

Sunshine in CG Gallery

Bob Miller in Coffee Garden

Second Saturday Reception & Craft Faire, 6pm-9pm Exhibit runs thru November 2nd Wednesday - Friday, 5-7 Saturday 1-4

2900 & 2904 Franklin Blvd.

www.thecoffeegarden.com
457-5507

Rotary Club of Pocket/Greenhaven

Oct. 24: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Kiwanis Club of East Sacramento-Midtown

Oct. 24: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCDC Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eaststacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

Rotary Club of South Sacramento meeting

Oct. 24: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noon to 1 p.m. at Iron Steaks Restaurant, 2422 13th St, Sacramento, CA 95818.

Bi-Polar Anonymous

Oct. 25: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Second annual Gala at the Garden and Casa Boutique

Oct. 25 and 26: Tickets for the Oct. 25 gala opening night reception are available at www.casagardenrestaurant.org. Enjoy fine wines and hors d'oeuvres and the first opportunity to shop the Casa Boutique. Last year's event was a sell out, and organizers hope you take advantage of this first-come, first-served opportunity to join them this year. OR plan to visit the Casa Boutique on Saturday, Oct. 26. There is no entry fee and there will be live demonstrations by Open Studio at Lakeside. The boutique will offer holiday shopping opportunities that include: pottery, jewelry, scarves, shirts, mosaics, handbags, titanium clocks, cards/ornaments, hand-felted wool hats/accessories, gourmet jams/jellies/chutneys, aromatherapy body/bath products.

River Park Tree Tour

Oct. 26: From noon to 1 p.m., explore the trees in River Park on a guided tour with the Sacramento Tree Foundation. Meet at the shopping center on Carlson near Lovella. This dog friendly tour takes place rain or shine. Bring comfortable walking shoes, water and don't forget a camera (for all the beautiful trees). The tour is free, but to ensure that you're included, please RSVP to www.sactree.com/events. River Park Community, Carlson Drive, Sacramento, CA 96819

'Fur! Fall! Fun!': Third annual Front Street Shelter Haunted Open House

Oct. 27: From noon to 4 p.m., the Front Street Shelter will have a haunted open house with a shelter dog costume contest. There will be free hot dogs, sodas and dessert. 2127 Front Street, Sacramento.

Rotary Clubs of Arden-Arcade, Carmichael

Oct. 29: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Ruth's Chris Steakhouse in the Pavilions on Fair Oaks Blvd. (916) 925-2787. Carmichael meets at 6:30 p.m., Ancil Hoffman Golf Club. www.rotary.org

Faces and Places:

12th annual YMCA Senior Fair

Photos by MONICA STARK

On Sept. 27, the Central YMCA had workshops where people learned from local vendors about nutrition, health, fitness, diabetes prevention, health care, dance, art, animal adoption, housing, childcare services, gardening, transportation, communication, legal services, volunteerism, and So Much More™. The Sacramento Central YMCA is located at 2021 W St.



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PENDING

REMODELED LITTLE POCKET

Wonderful remodeled 3 bedroom 2 bath home in the highly desired Little Pocket area. Remodeled in 2000: kitchen, baths, electrical, walls/insulation, corian counter, appliances, dual pane windows, cabinets, heat & air, flooring, lighting, recessed lights, whole house fan, and more! \$315,000

MONA GERGEN 247-9555



DESIRABLE LAND PARK

Lovely home completely remodeled in 2008. 3 bedroom, 2 bath with an exceptional master bath featuring tub, shower and two sinks. Master bedroom walk-in closet and access to backyard. Hardwood floors throughout, large living room; 2-car garage. \$585,000

**LEIGH RUTLEDGE 612-6911
BILL HAMBRICK 600-6528**



FANTASTIC CURTIS PARK

Hard to find 4 bedroom 2 bath home in Curtis Park!! Master bedroom has a balcony overlooking the sparkling pool. Formal dining room and breakfast nook. Backyard is perfect for entertaining. Tree lined street - steps to Curtis Park. This truly is the perfect place to call home! \$549,500

SHEILA VAN NOY 505-5395



EXCEPTIONAL PROPERTY

The "Didion House" in Poverty Ridge! 4 bedrooms 2 full baths and 2 half baths with 3rd floor media room that features state-of-the-art equipment. Turn of the century woodwork and detailing; new kitchen and full basement. Beautifully updated while reserving the home's original quality and style! \$1,650,000

SHEILA VAN NOY 505-5395



SPACIOUS ELEGANCE

Unique 3 or 4 bedroom 3 bath home with a lovely garden and pool; that also includes an additional lot in rear. Downstairs master with sitting area, fireplace, walk-in closets. Large separate family room marvelous sunroom and remodeled kitchen with great storage. \$1,200,000

PAMELA RICHARDS 716-3615



BEAUTIFULLY RENOVATED

What a great home; open and bright. 3 bedrooms 2½ baths, great for entertaining. Gleaming hardwood floors, open floor plan, new kitchen and bathrooms, new roof, new windows - the list of new and improved is so long. Cheery and bright, lovingly restored and ready for you! You'll have to come and see!!! \$599,500

SHEILA VAN NOY 505-5395



4 BEDROOM HOME

Super clean, close in, and ready to go! Hard to find 4 bedroom home with 2½ baths in Land Park! Energy efficient and beautifully maintained. Conveniently located, an easy walk to Land Park, Vic's Ice Cream and Crocker Riverside Elementary School. It's waiting for you! \$375,000

SHEILA VAN NOY 505-5395



LAND PARK AREA DUPLEX

Great Location! Close to City College and Land Park. Walkable and so convenient! 2 bedrooms 1.5 baths plus single car garage on each side. Each unit is 1200sf per owner with dishwashers disposals, refrigerators and stove. Bedrooms look out to the treetops! Great location, great opportunity! \$399,000

SHEILA VAN NOY 505-5395



PENDING

SOUTH LAND PARK

Spacious custom, 3 bedrooms 2½ baths with new paint, carpet and window coverings. Large formal living room with fireplace, separate family room and sunroom, bright spacious kitchen with room to dine and a huge laundry room. \$339,900

**ROSLYN LEVY-WEINTRAUB 952-6602
KELLIE SWAYNE 206-1458**

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