

# LAND PARK NEWS

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## A 'Field of Dreams'

Volunteers recognized for building and maintaining Dooley Field

See, page 4

- Over the Fence ..... 3
- Sports ..... 4
- Lance Armstrong history feature ..... 6
- Faces and Places..... 9
- Calendar.....21

Writer Lance Armstrong received award from Sacramento County Historical Society

■ See page 2



C.K.M. to present 'Little Shop of Horrors'

■ See page 16



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# Congratulations to our very own: Lance Armstrong

The Sacramento County Historical Society recognized Valley Community Newspapers's very own historical writer, Lance Armstrong, at its annual dinner, on Tuesday, March 25 at the Dante Club, 2330 Fair Oaks Blvd. See next issue for biographies on the other awardees.

Lance Armstrong was born at Sutter Memorial Hospital in Sacramento and has had a lifelong interest in the rich history of his native city and region.

At a very young age, Lance excelled in English courses and writing proficiency and creativity, and as a teenager, he was awarded a special medal for his excellence in creative writing by the San Juan Unified School District.

It was also during his teenage years that he created his own single-page newspaper, which he distributed to friends in various states. And because of this fact, occasionally Lance has humorously told people that by the time he was 16 years old, he was the editor of a national newspaper.



Photo courtesy

Valley Community Newspapers's Lance Armstrong was awarded general excellence for publications by the Sacramento County Historical Society, on Tuesday, March 25.

Lance's early interest in history led to his many years of researching local histories and preserving historical documents, photographs and other historical items from throughout Sacramento County and other areas of the Golden State in his vast personal collection, which is recognized as the Lance Armstrong Collection.

After graduating from California State University, Sacra-

mento with degrees in journalism and music, Lance began his professional writing career, which includes his work for local newspapers such as the *East Sacramento News*, *Land Park News*, *Arden-Carmichael News*, *Pocket News*, *Elk Grove Citizen*, *The Sacramento Union*, *Capitol Weekly*, *Sacramento Downtown News*, *Sacramento Midtown News*,

See Award, page 8

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# Over the Fence



with Greg Brown

It'll be Off The Bike Chain. Is your bike road ready? My bike has been sitting in the garage collecting cobwebs all winter long. I'm dusting it off and taking it over to the Neighborhood Bike Tune-up Clinic in Hollywood Park.

The Bike Tune-up Clinic takes place on Saturday, April 19, from 10 a.m. to noon, at 2208 Murieta Way inside some lady's garage. That lady is Glenda Marsh and she's opening up her garage to help people get ready for spring and summer bike riding. Get advice on good routes about town, safety equipment, and how not to get mowed down on Freeport!

Perhaps you haven't hopped on your bike for awhile. Maybe you have a creaking saddle or squealing brakes. Some dudes from the Bicycle Business will be at Glenda's garage to let you know what you need done. Free advice!

Minor bike adjustments will be done on site for free. You'll get a list of what you might need done on your own, or at a local bike shop. We have quite a few great bike shops nearby. Bicycle Business, College Cyclery and Vintage Bicycle Supply are all in the area.

I know I have to get my rear end off the La-Z-Boy

recliner and onto my Electra Cruiser.

If you need more info about the bike tune-up, email marshmellow8562@yahoo.com

Vintage Bicycle Supply is now on Broadway. Look for the small neon sign in the window just past 17th Street on Broadway. The shop was originally housed in a warehouse space in Hollywood Park, but owner Mike Shaneyfelt wanted a store front. "We were looking for a place with windows and a showroom and all that stuff."

He actually wanted to stay in Hollywood Park, but couldn't convince building owners on a location on Freeport Boulevard for needed renovations. He still does restoration work out of the warehouse in the HP.

Shaneyfelt found the perfect storefront at 1710 Broadway - a nice, small space that used to be a Mail Boxes Etc. He recently installed a sign that lights up cool neon at night.

He's selling vintage bikes, vintage parts, new parts, fix gear. They do restorations; they'll service your vintage bike, anything you want or need. They also buy sell and trade. Drop

in if you're looking for an old Schwinn.

"We customize stuff here, we try to set the bike up to what somebody wants. If they don't like that color, we'll paint it."

He also doesn't charge exorbitant prices to tune up a bike, just about \$40 for a bike with gears.

Vintage Bicycle Supply also puts on events and swaps.

Mike and his friend Ted put together an annual custom bike show and swap meet called "Sacramento Cyclefest" in Fremont Park. This year it will be on Sunday, May 18. "Everybody comes out to the park and it's a lot of fun - real kid-friendly," Mike told me. They have

See Over the Fence, page 14

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# SPORTS



## A 'Field of Dreams':

Volunteers recognized for building and maintaining Dooley Field

By **MONICA STARK**  
[editor@valcomnews.com](mailto:editor@valcomnews.com)

Smiles and cheers of joy for the upcoming Land Park Pacific Little League season took over the neighborhood, as the spirit of 60 years of hard work by countless volunteers energized the hundreds of people who came out for opening day ceremonies, which were dedicated to the efforts by Doc Oliver, Charles Schanz and

longtime friend and retired firefighter Lawrence "Doolley" Bertolani who together worked to build a little league ball park. But the dedication did not stop there, as volunteers today continue on with a legacy of hard work and good sportsmanship

Beginning with a parade of nearly 50 floats decorated by managers, coaches, parents, and players on the west side of William Land Park

behind the Tiny Tots playground, the ceremonies continued at Dooley Field where news trucks and fans awaited the players' arrival. The celebration proceeded with guests showing their support including California Senator pro Tem Darrell Steinberg, and Sacramento Councilman Steve Hansen. News 10's Walt Gray was the master of

*See Little league, page 5*

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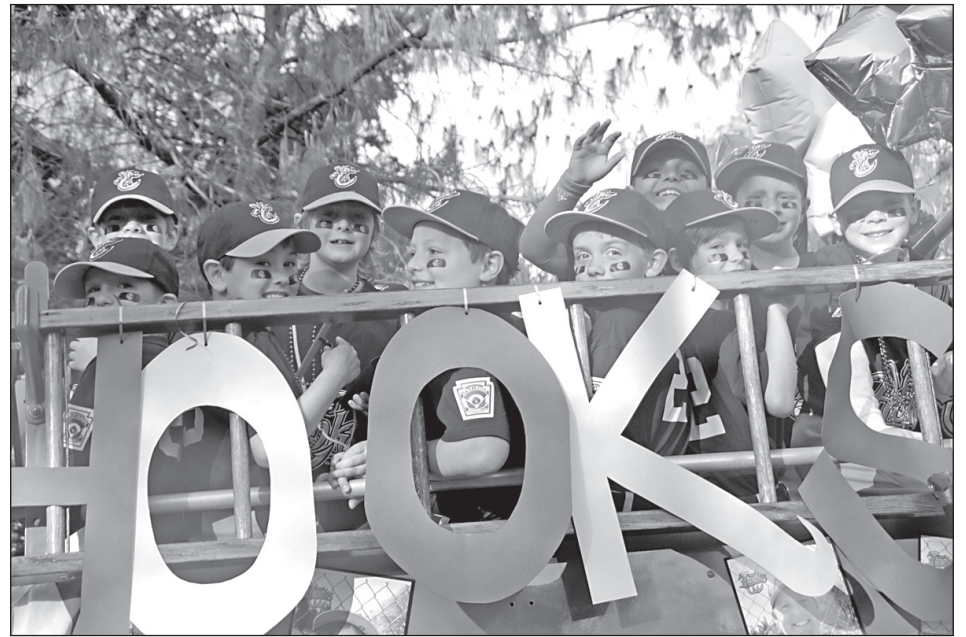
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## Little league:

Continued from page 4

ceremonies. Kevin Schanz, son of league founder Charles Schanz, threw the ceremonial first pitch.

"After 60 years, it's great to see this league still going strong," said Kevin Schanz. "My father would be very proud of its many achievements during the last six decades."

Bertolani, whose backyard opened up to the fields, remained involved in the day-to-day maintenance of the baseball diamonds for more than 30 years. The fields bear his name in remembrance and appreciation of his decades-long service. Dooley Field tout some of the nicest little league diamonds to be found, which include field level dug-outs, elevated scorers' booths, and a full-service snack shack with patio seating.

"It was always my dad's vision to provide kids with fields and facilities that were like the big league, like the ones he played in," Kevin Schanz remarked. Kevin Schanz regularly assisted Bertolani with the care and upkeep of the fields for many years and took over the field maintenance operations from 1991-2006.

In her opening remarks, LPPLL President Kelley Taber described the story of Dooley Field that continues to this day.

She said: "Dooley was legendary for being an irascible, curmudgeonly father figure. One minute he could be growling at players for spitting seeds on his immaculately kept ball fields and in the next, he could be seen in the bullpen, teaching

a boy to get more spin on his curve ball. The fields are his legacy, but this league is defined by much more than Dooley Field."

This league and these fields exist today stronger and more beautiful is testament to the work of Dooley and the hundreds of volunteers over the past six decades.

Kelley said the current league has more than 560 players on 46 teams, in baseball and softball, from T-ball to Juniors. To accommodate the significant growth the program, this year the league has created three new beautiful fields – two at Land Park and one at Leonardo da Vinci School.

Thousands of area youth, many multi-generational, have played through LPPLL. The league has had many successful teams, including the 1983 All Stars team that went to the Little League World Series in Williamsport, Pennsylvania, and the 1973 All Stars team that made it to the California State championship game. Its 2014 season has more than 560 players and 46 teams in Juniors, Majors, AAA, AA, Rookie, T-ball and softball divisions. In addition to Dooley Field, LPPLL's home fields are the baseball fields located in William Land Park.

Originally, Dooley Field was the home solely of Pacific Little League, which was founded in 1954. Through the years, some of the area little leagues merged. In 1994, Dooley Field also became the home to Land Park Little League. In 2000, Curtis Park Little League merged into the league.



All photos by Monica Stark  
The Land Park Pacific Little League held its opening day ceremonies of the 60th season, beginning at William Land Park with a parade that ended at Dooley Field. The ceremonies there were dedicated to the countless volunteers over the decades who have made the league what it is today.

Anne Pierce, a mother of 5-year-old Land Park Nationals T-ball player Abigail and wife of the team's coach Steven Pierce, was at the opening day ceremonies taking photographs of the festivities. She described the team as played by the sport's youngest players: "They don't really play positions; they are (ages) 4, 5, and 6. It's kind of like a rugby scrum. The ball gets hit and they all just pile on."

While 60 years of the league's success can't be overstated, Anne said opening day festivities each year are a big deal. "It's a pretty intense league," she said.

As part of the celebration, LPPLL has been collecting photos and other memorabilia to display throughout the season and a major contributor to that effort has been Little Pocket resident Bob Nevis, who continues to play baseball to this day. According to a Feb. 16, 2012 article in this publication by Lance Armstrong, while playing on the exhibition team, the Can-

Sirs, a cancer awareness team for men, Bob was awarded the Most Valuable Player award in 2011. Bob is a prostate cancer survivor.

"In about 1965, Bob, who worked for 57 years as a residential home painter, hurt his right hip and quit playing league baseball. He raised a family in Sacramento and has three sons, Lance, Mike and Joe, and a stepdaughter, Schnee," the article reads.

Today, Bob recalls how things operated in the 1970s before the two-story announcer's booth was built. "We used to store uniforms in garages; and all the baseball bats and all that stuff that's now upstairs, and downstairs there's room for all the lawnmowers and signs."

This publication is grateful to Bob for sharing his memories as well as memorabilia from years past. Much of what he let borrow includes pamphlets and programs introducing the then-upcoming seasons.

One in particular described that in 1974, before

the merging of the aforementioned leagues, the Pacific Little League was in danger of losing the sport altogether. League president Jim Culver wrote the following in the president's message: "We are in danger of losing this great outlet for our children because of apathy among the parents of Pacific! Let's not sit back and complain about how our league is run by a few individuals. Let's get in and work towards a better season this year and an even better season next year."

That cautionary theme continued in the 1994 program, which commemorated the merger of the Land Park and Pacific Little Leagues. The unsigned President's Message described the merger as a necessity, as neither league was likely to have found 200 players, from T-Ball to Majors; and, neither league was likely to have fielded the required four major league teams. The president wrote

See LPLL, page 23



# Odd Fellows lodges established today's Camellia Lawn Cemetery in 1968

By LANCE ARMSTRONG  
Lance@valcomnews.com

*Editor's Note: This is part 11 in a series regarding Sacramento area cemeteries.*

Odd Fellows Lawn Cemetery, the Riverside Boulevard cemetery featured in the last article of this series, stands as the local I.O.O.F. lodges' only cemetery. And although few people are aware of the trivial point today, those lodges (Sacramento Lodge No. 2, El Dorado Lodge No. 8, Capitol Lodge No. 87 and Occidental Encampment No. 2) were once the proprietors of an entirely different Sacramento area cemetery.

Those other burial grounds, which are presently known

as Camellia Lawn Cemetery and located at 10221 Jackson Road, were established by the aforementioned Odd Fellows lodges through the Sutter Realty Co. under the name of Pioneer Memorial Lawn.

The latter name was a previously selected name for the Jackson Road cemetery, as the earlier, proposed name for the cemetery was Odd Fellows Lawn Memorial Cemetery. The certificate for that name change was filed with the county clerk on Feb. 20, 1968.

On March 14, 1963, the Sutter Realty Co. officially entered into a purchasing agreement with Alice Menke of 6006 4th Ave. for the then-future cemetery property – a 38.9-acre site on the



Photo by Lance Armstrong

Camellia Memorial Lawn was opened as the second Sacramento Odd Fellows cemetery in 1968. The cemetery was sold to 13 funeral businesses, including Land Park's Harry A. Nauman & Son and George L. Klumpp.

north side of Jackson Road, between Excelsior and Bradshaw roads.

Historically, the property was listed in Book 2 of Surveys, Map No. 14 as "Plat of Tract of Land Owned by Wm. M. Russell." That information was recorded in the office of the county recorder of Sacramento County on May 29, 1917.

And on an even earlier historical note, the cemetery grounds are located in the area of the old Rancho Rio de los Americanos, which was granted by Alta California Governor Manuel Micheltoarena to William Leidesdorff in 1844.

A declaration of intent to use the property for cemetery

purposes was signed by Sutter Realty Co. President Robert C. Chidester and Harold C. Louks, the company's secretary, on April 17, 1963.

A detailed map of the planned cemetery was recorded in the office of the recorder of Sacramento County on June 13, 1963.

The map, which has the title, "Odd Fellows Memorial Lawn Cemetery, No.2, Jackson Road, Sacramento, California," includes the following words: "The undersigned corporation (Sutter Realty Co.) consents to the preparation and recording of the map and declares the property delineated thereon is hereby dedicated exclusively to cemetery purposes."

While managing the Odd Fellows cemetery on Riverside Boulevard, Robert E. "Bob" Uhls had his duties increased, as he also began managing Pioneer Memorial Lawn, which officially opened in 1968.

As mentioned in the previous article of this series, Uhls resided in a house that was located on the present grounds of the Odd Fellow Lawn Cemetery.

The cemetery's first interment was that of Guido Del Bucchia, who died at the age of 62 on May 28, 1968.

Guido, a California native who last resided at 75 Taylor Way in East Sacramento with his wife, Sue Grace, was a crane operator for A. Teichert & Son, Inc. (now known simply as Teichert). That Sacramento historic institution was advertised at that time as an "engineering

contractors, paving, grading and sewage" business.

The funeral services of Guido were held at the Land Park Chapel of Harry A. Nauman & Son at 4041 Freeport Blvd. on May 31, 1968 at 2:30 p.m. He was buried at the cemetery later that day.

According to Guido's gravestone, he served in the U.S. Navy during World War II and had risen to the rank of machinist's mate first class.

The 1931 city directory is the first such directory to include a listing for Guido.

According to that directory, he was then working as a carpenter and residing at 1908 G St.

The 1940 U.S. Census lists Guido as living with his wife, Elizabeth, at 1209 55th St.

To the right of Guido's grave is the resting place of Grace Del Bucchia Rogers (1902-1974).

Only four interments occurred at the Pioneer Memorial Lawn during its inaugural year.

There were an additional eight interments per year at the cemetery in 1969 and 1970, and 18 more interments in 1971.

The number of interments increased considerably in 1972.

During the first eight and a half months of 1972, the interment total for that year was 48.

Five years after its establishment, Pioneer Memo-

See Cemeteries, page 7

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Photo by Lance Armstrong

Camellia Memorial Lawn is located at 10221 Jackson Road.

## Cemeteries:

Continued from page 6

rial Lawn was sold to the following 13 funeral businesses: Harry A. Nauman & Son (Land Park), George L. Klumpp (Land Park), N.G. Culjis & Son (East Sacramento), Lombard & Co. (Arden area), Sierra View Funeral Chapel (Carmichael), Miller-Skelton & Herberger, Morgan Jones Funeral Home, Thompson Funeral Home, Nightingale's Funeral Chapel (now Sharer-Nightingale Funeral Chapel), North Sacramento Funeral Home, Price Funeral Home, Cochrane's Chapel of the Roses (now Cochrane & Wagemann) and Davis Funeral Home.

The new ownership, which was led by its director, Robert Carnes, who owned Sierra View Cemetery in Marysville, incorporated as the Pioneer Management Co.

Under that ownership, the name of the cemetery was changed to Camellia Memorial Lawn.

The contract of sale and purchase between the Sutter Realty Co. and the Pioneer Management Co. was dated June 11, 1972.

As for the golden question of why the Odd Fellows lodges sold the old Pioneer Memorial Lawn cemetery, Tony Pruitt, Odd Fellows Lawn's manager, explained that he could not answer that question with 100 percent certainty.

"The rumor basically is that the mortuaries here in Sacramento did not want a cemetery to own another property with a mortuary on it, so they told (the Odd Fellows Lawn trustees) if they didn't sell the property that they would have to boycott our cemetery," Pruitt said. "And

that's it. The story has been told down the line. Basically, it was just stuff that we were told from other older trustees here. Because I'd ask a question what happened here and they would kind of give us the story, but all the guys who gave us the story are long gone. So, now it's just passing down word of mouth. So, do we have the proof with that situation? No, it's just what we were told. At one time we did own (the cemetery on Jackson Road) and then we sold it. For what reason? We don't know. It's only what rumor tells us."

Today, Camellia Memorial Lawn continues its daily operations in its still relatively rural location.

Its grounds are beautified with well-kept lawns and trees and are inviting to



Photo by Lance Armstrong

The cemetery is home to many butterflies, squirrels and birds, including this rooster.

nature, as one can view the scenes of many butterflies, squirrels and birds.

The most surprising bird to appear during this pub-

lication's recent visit to the cemetery was a colorful rooster, which made its

See Armstrong, page 15

## Just Listed in Woodlake...



### 731 Blackwood Street

Modern Beauty in coveted Woodlake. Incredibly remodeled home with bamboo floors, fireplace with marble and granite, gourmet kitchen with granite counters, bamboo cabinets and stainless appliances. Spa-like baths with onyx and marble, glass enclosed shower and upgraded fixtures. Beautiful doors to the lush yards, Brazilian wood deck, wood and iron gates and a detached art studio with air conditioning. This home is bathed in natural light and has every upgrade imaginable!

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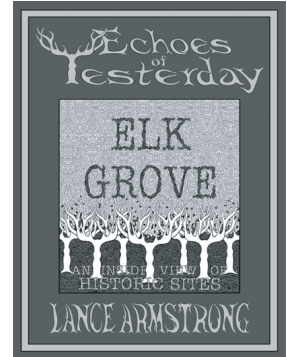
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# Award:

Continued from page 2

Old Sacramento News, Natomas Journal, The Folsom Telegraph and the Sacramento News and Review.

Lance, who is presently employed by Valley Community Newspapers in Sacramento, has used his knowledge, researching abilities and personal archives in the process of producing local history articles for each of these publications.

These informative and entertaining articles provide a valuable resource for the present and future understanding of the area's rich history.

The majority of Lance's local history articles include oral history quotations from his interviews with people from various levels of society.

His local history articles have been positively recognized by various newspapers and organizations.

For instance, in a review of local newspapers in the Jan. 8, 2009 edition of the *Sacramento News and Review*, one of that publication's writers, Cosmo Garvin, wrote: "Lance Armstrong's writing on Sacramento history is always interesting."

In 2006, the Elk Grove Historical Society presented Lance with an honorary lifetime membership for his continuous articles and other efforts in preserving the 150-year history of the Sacramento County city of Elk Grove.

Lance, who is also a member of the Sacramento County Historical Society, received another honorary lifetime membership six years later from the Portuguese Historical and Cultural Society (PHCS) for "his work in documenting the lives and contributions of the many Portuguese and Portuguese descended persons who were instrumental in developing the Riverside-Pocket area of Sacramento."

In commenting about the latter honor, PHCS President Mary Ann Marshall said, "We are very appreciative of the many Portuguese-related articles that (Lance) has written for the *Pocket News* and we are pleased with the opportunity we have to archive them for future generations to have access to them. Lance did a wonderful job in making these stories come to life."

In another honor, Lance received national recognition from the Grand Lodge of the Benevolent and Protective Order of Elks, in 2011, for his article, "Elks Lodge No. 6 has extensive history in Sacramento."

The article, which was first published in the January 7, 2010 edition of the *Pocket News*, was selected as the country's best newspaper article written about the Elks that year.

In addition to his hundreds of local history newspaper articles, Lance is the author of *Echoes of Yesterday: Elk*

*Grove* – the first book in his *Echoes of Yesterday* history book series.

In 2007, *Echoes of Yesterday: Elk Grove* was recognized as the nation's top regional history book for that year by the American Authors Association.

Lance is presently nearing the completion of several comprehensive history books about Sacramento from the times of Captain John Augustus Sutter to present.

His other endeavors include his regular contributions as a professional newspaper photographer and volunteering as a judge at the annual Camellia Society of Sacramento Camellia Show Photography Contest. He is also a public speaker, a musician and an avid music memorabilia collector with an emphasis on collecting concert posters and LP records, ranging in genres from rock and blues to jazz and country.



Linda Pohl

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Faces and Places:

# Fun in the sun at William Land Park

Photos by MONICA STARK

The beautiful weather has been bringing out large crowds to William Land Park the last few weekends. These photos were taken on Saturday, March 15 at Funderland, the WPA Rock Garden and the pony rides.



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# Debbie O'Hearn: A fashionista with a heart of gold

By MONICA STARK  
editor@valcomnews.com

She gets giddy. Like a kid in a candy store, Land Park resident Julie High gets ecstatic each time her good friend Pocket resident Debbie O'Hearn photographs her wearing the latest styles. But get this: Julie has owned some of these outfits for at least five years and hasn't worn them, but maybe just once before. This may seem like a contradiction of sorts, in reality, however, this is all part of Debbie's magic.

Debbie, a longtime Pocket resident and transplant from the Midwest is a fashion consultant with a big heart. The bubbly trendsetter gets some of her energy from watching a transformation occur right before her very eyes.

One February Saturday morning, Debbie came over to Julie's and went through

her closet and evaluated her clothes. Julie's square-toed shoes – not in fashion anymore! Those could go, but as soon as Debbie had Julie try different combinations of clothing items on together, the eyes from her longtime friend widened and her smile grew.

Meanwhile, Debbie photographed Julie wearing outfits she liked for the purpose of putting them all in a personal "look book." Together, they created 31 outfits with only two pairs of pants, and, after a shopping trip to Nordstrom's, Debbie hopes to get 100 outfits together and place them in Julie's book, so she can flip to her outfit of choice and be on with her day.

Julie's excitement was overwhelming; "I had to say, 'Down girl!' We had a ball," Debbie said.

Debbie started her interest in fashion as a very young child, dressing up

her dolls, and as she got a little older, she made her own clothes, including her very own prom dress. Debbie, the prom queen, was a trendsetter back then, and people look to her today for fashion advice and inspiration.

Displaying photographs of previous and current clients donning their outfits, Debbie described their clothes, noting the brand names (or not) whilst saying how beautiful each woman is no matter her age or weight. "They're all adorable," she said.

"I want them to be happy. Fashion forward." That's the nonchalant message Debbie relays over a glass of ice tea at Cafe Bernardos, in an interview with this publication, whilst demonstrating her affect on even the most modest individuals, including clients who declined hav-

See O'Hearn, page 11



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# O'Hearn:

Continued from page 10

ing their photographs published in this newspaper. "Of course, she didn't want to have her photo taken," Debbie says of one of her lovely clients.

Debbie sees beauty everywhere, and the price tag of high fashion outfits don't ever need to be known.

"I have one client who the only place she shops is at Thrift Town. She's gotten Nike athletic wear with the tags on, and an \$800 Gucci dress she paid \$6 or \$8 for," Debbie said. Then there's another client who's about 45 years old and who shops at Forever 21. "It's not about the age," Debbie reiterated. "She looks amazing, and no one needs to know where it came from, and no one needs to know the price. It's the look. It's how you pull it off. It's the look you want to achieve. I said to her, 'Do not tell anyone it came from Forever 21.'"

Then there's Land Park resident Jennifer Fitzgerald who began working with Julie a while ago. "I started her a while ago and just finished her up with her colors. She just needed help with casual looks using only her

colors. She knows business attire and evening looks, but needed help with more casual looks. I suggested adding much needed cream pants for business, nice casual, and even cocktail outfits when paired with sequins."

Known at local stores, such as Arden-based Madame Butterfly, or at the mall, be it at Nordstrom's or Macy's, Julie and her guests are often given the red-carpet treatment, with coffee brought out to them, or if they are hungry, something to munch on. "If I tell (the stores) in advance that we're coming, oh yeah – the manager used to do it all the time."

With a fashion merchandising degree from the University of Arizona, Debbie was a buyer Weinstock's for women's ready-to-wear styles and designer shoes. Later, she was an account executive for Lancôme Cosmetics. The job required a lot of traveling, but having children later in life, she was able to accomplish all of that before raising a family. As she raised her children, she kept fashion at home. She would dress her mother-in-law in outfits, and it was she who suggested Debbie make a living out of this type of consulting work.

Debbie's children and their education have been so important to her that she helps the schools as often as she can.

Active in fundraising at Holy Spirit Parish School and Christian Brothers High School, Debbie has one daughter who will be graduating from CBHS this year, a daughter who graduated there in 2011, and a son who's in eighth grade now at HSPS and who will be a freshman at CBHS next year. "We love, love, love that school. It's just a genuine community. They have the best teachers, the best leaders. The kids leave ready to fly, ready to take on the world with a new-found Christian confidence. They leave different, wonderful. The Christian Brothers community knows every child. It's just a very special environment over there – everything about that whole school."

On Saturday, March 29, Debbie herself will be one of the auction items at the annual benefit auction at Christian Brothers. Someone donated a limo for her to take six ladies to San Francisco where she will take them shopping and help pick out outfits. "(Christian Brothers) will flash me on the screen in front of 800 peo-

ple. All (six people) have to do is stick up their paddles. If no one buys it, I'm in trouble," she laughed. The shopping will start at Union Square where they will hit up the big department stores and if there's interest, Debbie will take them consignment shopping off Sacramento Street, which has the best "good buys" and "vintage on consignment." Of course, they can choose where they want to shop and Debbie will take them anywhere. She'll splurge for coffee and lunch. All they have to do is write a check to Christian Brothers. "A lot of auction money goes to tuition assistance," she said. "They do a lot of great things."

And so does she.

Debbie and her husband have helped out with the auctions for the last five years. The two have put on pre-auction parties. While their efforts are grandiose, Debbie notes the whole parent community helps out. "Everyone is doing it. There are parents putting on the whole show. There are parents at every meeting – they don't have to ask. Everyone wants to help out. It's a unique environment. We are just blessed to be a part of it. It's a wonderful journey," she said.



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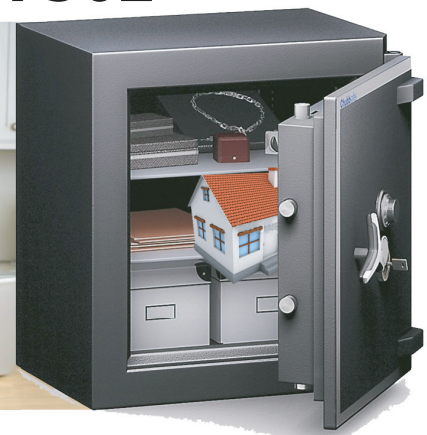
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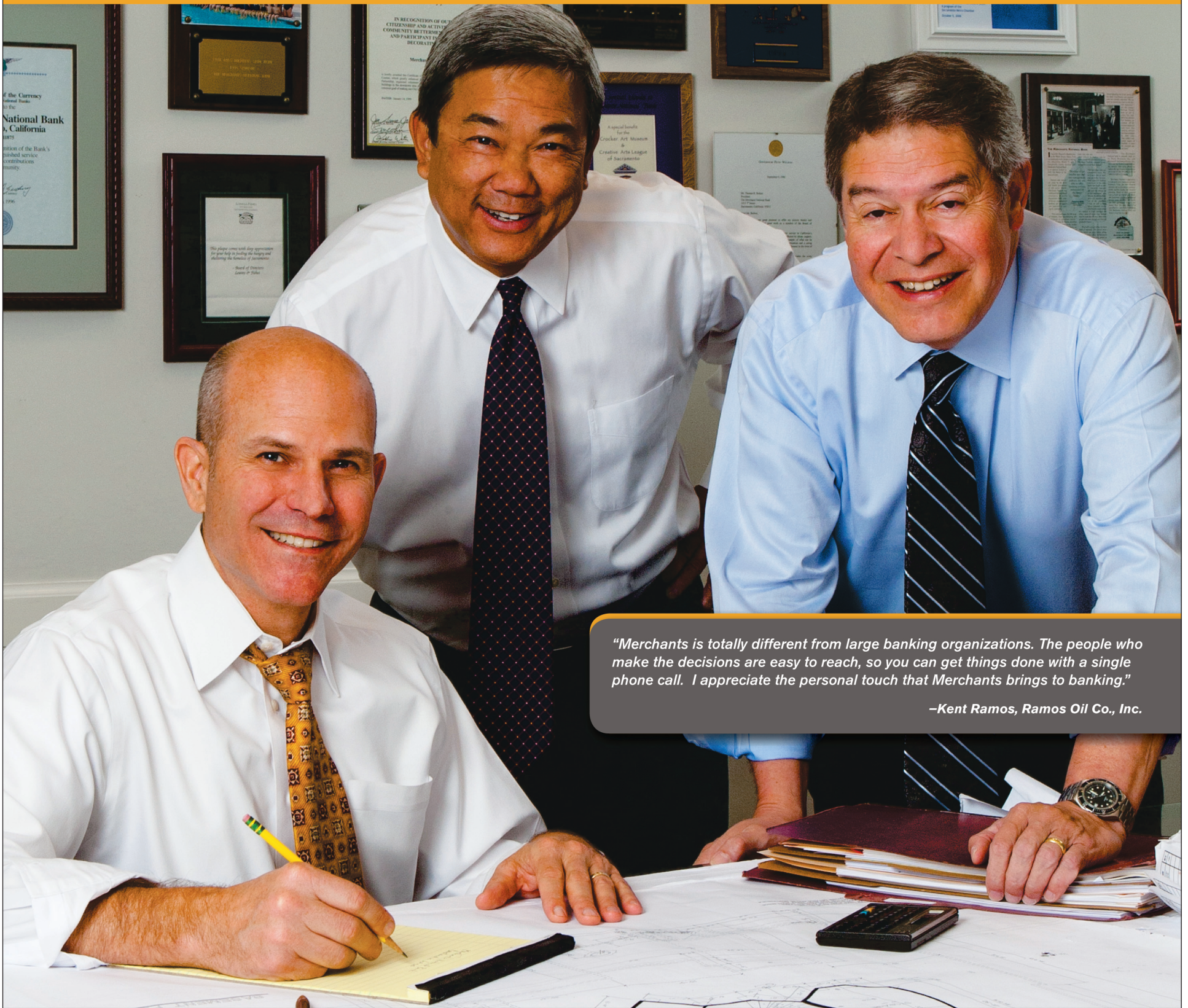


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## Over the Fence:

Continued from page 3

jumpers and all that stuff. Food trucks, too.

I guess new owners had taken over Futami Japanese Restaurant a few years ago and it was all downhill from there. Some folks on Yelp! even cautioned, "Stay away from the sashimi."

Futami's is now closed.

The restaurant (5609 Freeport Blvd.) has been empty since last year, but will have new life under a new name and new owner.

They're calling it Fatty Cow Hot Pot. I've had a Hot Pocket but never a hot pot. For those who don't know, hot pot is stew or soup simmering in the middle of the table with a vari-

ety of thinly sliced meat, seafood, leaf vegetables, wontons and egg dumplings. Fatty Cow is "looking to serve the younger and more hip crowd," according to the owners. The interior of the building will be getting a big facelift, too.

Perhaps you've seen the irreverent sign driving down Freeport Boulevard. The logo is an animated cow licking his lips with a big ole soup spoon soaking in a hot pot. The owners had a logo design contest on the website, 99Design.com. They asked for a logo that is catchy and "represents our business name." Also, they didn't want anything "too high-class looking."

"I do not want to scare customer away making them think that they can't afford to eat here."

I hope the restaurant is as good as the new logo.

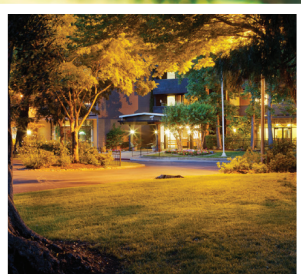


Photo by Greg Brown

Fatty Cow Hot Pot is a new business where Futami Japanese Restaurant was before, 5609 Freeport Blvd. This logo of an animated cow licking his lips with a big ole soup spoon soaking in a hot pot, was the winner of a logo design contest.

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# Armstrong:

Continued from page 7

presence known when it appeared from behind a tombstone.

The cemetery includes several sections, including the Camellia Terrace Garden, the Shrine of Rest Garden and the Vietnamese Memorial Garden.

At the center of the cemetery is a large, white cross leaning on a base within a small rose garden.

Underneath that cross is a plaque, which includes the words: "This rose garden is dedicated to the life and memory of Olyn 'Bud' Nightingale (1926-1977)."

Sacramento native Kenya Golston, who has seven family members and about five of his friends interred at Camellia Memorial Lawn, said that he is very fond of that cemetery.

"(Camellia Memorial Lawn is) a real, real nice cemetery," said Kenya, who graduated from Sacramen-

to High School in 1991. "It's awesome, great. I love that place. They keep their grounds pretty nice. Basically where it's at, it really gives you a lot of peace when you go up there. It's a really nice cemetery, even when you walk inside (the main cemetery building). It's really nice how people are always polite. When you go up there (to the main building), they'll come and help you. If you forgot where somebody's (burial place is located), they'll tell you where they're at and everything.

"Whenever I go, I want to be buried there. That's how much it's peaceful to me. That's how much I appreciate my family being over there. My dad was the first one that I can remember (being) buried up over there. That was in the 1980s. The majority of my family who passed away is (interred) there. It's a beautiful place and hopefully they'll keep it that way."



Photo by Lance Armstrong

The cemetery includes several sections, including the Vietnamese Memorial Garden.

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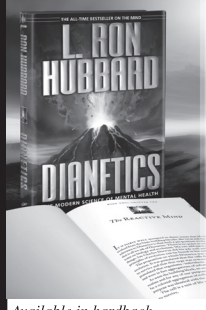
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C.K. McClatchy High School presents:

# 'Little Shop of Horrors'

Directed and produced by Patrick Stratton, C.K. McClatchy High School presents, "Little Shop of Horrors", which debuts on Monday, March 31 at 4 p.m. and ends on with a 7 p.m. show on Friday, April 11.

With 24 actors and an additional 23 technical staff and musicians, the show is double cast, which main character Seymour being played by Tom Block and Tylen Einweck. Audrey is played by Isa Flores-Jones and Evelyn White.

"Little Shop of Horrors" is a musical comedy by composer Alan Menken and writer Howard Ashman about a nerdy florist shop worker who raises a vicious, raunchy plant that feeds on human blood. Produced through special arrangement with Music Theatre International in New York, CKM's production gets its technical direction and set design by Tyler Allin, its orchestral and vocal direction by Chris Congdon and its choreography by Chauté Singleton.

The lead actors provided the Land Park News with biographies and insights into their personal enjoyments working on this production of "Little Shop of Horrors."

Tom Block has previously appeared in CKM productions of "As You Like It", and "Macbeth", both directed by Will Block. He has been in numerous productions at the Sacramento Theatre Company, both as part of their Young Professionals Conservatory and on the main stage.

"One great thing about working on 'Little Shop' is the fact that the character of Seymour is such a sweet guy, the not-so-smart underplayed hero type who has to find himself throughout the course of the story. Another appealing thing about this show is that it is a Faustian story. Audrey II is the Mephistopheles to Seymour's Faust. Seymour is slowly corrupted by the promise of love and power. It is a fascinating study in the fatal flaw of man. That said, the best part of this experience has been working with such an excellent cast and crew."

Isa Flores-Jones's past CKM productions include: "Guys and Dolls", in which she played Arvida Abernathy; and "The Music Man" in which she played Mrs. Paroo and Marian. Also this year, Flores-Jones appeared as Beth in STC's "Little Women". Previously, she was in Music Circus's productions of "Les Miserables" as Young Cosette, and was part of the Children's Chorus in "Evita".

Flores-Jones said that for her, the best part of the rehearsal process for "Little Shop of Horrors" has been working the music. "(It's) wicked, funny and wonderful. Everyone comes together when they sing, and I love feeling, the energy, the excitement which 'Little Shop' creates."

"Little Shop" is Tylen Einweck's third production with CKM. He has been featured in other productions around Sacramento, such as "After Juliet" and "Julius Caesar".

"Little Shop of Horrors" has been an amazing experience for me. As a freshman, I did not expect to get a lead role, and when I was told



Photo courtesy

Tylen Einweck and Evelyn White star in C. K. McClatchy's production of "Little Shop of Horrors", which begins on Monday, March 31 at 4 p.m.

I was cast as Seymour, I was ecstatic. I get to work with a group of wonderful people and everyday I learn a way to improve my acting," Einweck said.

Evelyn White performed in "The Music Man" last year and is excited to be cast in her second musical at CKM. She has always had a passion for the arts and hopes to pursue theater and poetry in the future.

"I have really enjoyed working with the script and cast of this production because this show brings out characters and personalities that one does not often find in musical theater. The energy that this musical brings out of its actors, and the freedom to explore that the script provides, makes for a dynamic experience," White said.

Director Patrick Stratton described her satisfaction with the end result of the production, as follows: "Every cast personalizes the show and takes it to make it their own. There's nothing I have to change."

If you go:

**What:** CKM's production of "Little Shop of Horrors"

**Where:** C.K. McClatchy High School, 3066 Freepoint Blvd.

**When:** April 2, 4, 5, 9, 10, 11, at 7 p.m.; March 31 and April 7 at 4 p.m.

**Cost:** \$10 general admission; \$5 for students and seniors age 65 and older; \$2 on Mondays and Wednesdays

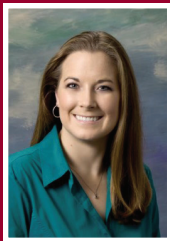
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## The Crossword

by Margie E. Burke

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**ACROSS**

1 Rocky projection  
5 Backpack part  
10 Perched on  
14 Bring on board  
15 Barely chewable  
16 Nada  
17 All tied up  
18 Wilde's "The \_\_\_\_\_ of \_\_\_\_\_ of Being Earnest"  
20 Cheap way to live  
22 Out like a light  
23 Chisholm or Santa Fe  
24 English assignment  
26 Toy block brand  
29 Stick with it  
33 Add up  
37 Hit the sauce  
38 Quaint lodge  
39 Spiral-shaped  
42 Part of pewter  
43 Salon specialty  
45 Nomadic  
47 Immune system booster  
50 Upper hand  
51 Bowler's button  
53 Autumn bloomer  
57 Like some fingerprints  
60 As it happens  
63 "Wait your turn!"  
65 Type of rug  
66 Night light?  
67 Long-snouted critter  
68 Be inclined  
69 Time in office

**DOWN**

1 Flintlike rock  
2 Mancini's "Moon \_\_\_\_\_"  
3 Hockey venue  
4 Non-Jewish person  
5 Recipe direction  
6 Hefty volume  
7 Delhi dough  
8 Earlier  
9 Idiom, e.g.  
10 Wall Street worker  
11 Fine-tune, as muscles

12 Way back when  
13 Chick's chirp  
19 Russian ruler  
21 Bygone Crayola color  
25 Coined money  
27 Gosh!  
28 One way to shop  
30 Frat letter  
31 Former pop music magazine  
32 Camping gear  
33 Flaky rock  
34 Auth. unknown  
35 Make baby booties  
36 Command to Fido

40 Come-go link  
41 Paper size  
44 Revolver, e.g.  
46 Say again  
48 Lady's counter-part, briefly  
49 Probate concern  
52 Hogwash  
54 Tuckered out  
55 Touch up, as text  
56 Set preceder?  
57 Confused  
58 Poker stake  
59 Word before gas or drop  
61 Arab chief  
62 Eagle's nest (var.)  
64 Scottish cap

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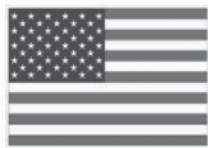
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# Yoga Seed Collective expands out into the community

By MONICA STARK  
editor@valcomnews.com

More than eight years ago, Land Park resident Bob Reed was drawn to the practice of yoga and experienced life changing experience. "I wish it was 30 years ago," he laughs today. "It was something when I got into it, it swept me away and I realized I was probably exposed to some aspects 30 years ago, but I wasn't ready. Asana is the entrée and all of a sudden you come out with a little buzz. You wonder why this is going on, which suddenly leads you to other things, psychically, emotionally—your breath and how it affects your thoughts and impulses."

Bob is a founding board member for The Yoga Seed Collective, a nonprofit (501c3) yoga studio that is based downtown with a unique mission – to bring yoga and its benefits out to the community and to those who have not had access to it.

"We have a strong sense of community. People come and go and maybe someone cannot pay for classes, but they can contribute to the space. That's a pretty central way we're different (from other yoga studios)," Bob said.

In fact, the collective takes donations without pressure. A bowl sits inside and people put their money in it, no questions asked. One of the Yoga Seed's founders and outreach coordinator, Zack Pasillas, an Arden resident, explained the nonprofit's monetary exchange. "From the beginning, it's not the typical

point of exchange. We have a bowl out, and no one ever looks at what you give. It's important not to create the boundary. If someone finds a home with us, we accept them."

According to the organization's website, The Yoga Seed Collective started, as most dreams do, with \$50 and a dream of a healthier, more socially just community. Fellow for-profit studios, other businesses, and yogis around town were so excited to see the manifestation of the nonprofit's mission that they donated props, shared funds and held garage sales to raise money for the first month's rent at the studio space at 1400 E St. The organization collected the money, along with donations from local yoga studios to supplement the start.

Bob oversees the nonprofit's budget and described the growth of the organization in an interview with this publication. Bob said, since 2011, the first full year since its operation, the organization made \$65,000; the second year, \$145,000; last year, \$250,000; and so far this year, \$330,000. "That feels really good. Because of that, we have five staff members and 30 teachers, compared to a core of 10 volunteer teachers (when they started)," he said.

Zack said the organization's mission gives the nonprofit the liberty to do things that aren't in the typical business model. For instance, whereas Vinyasa may be a popular class, which would then be good for the bank account, it's important to Yoga Seed to

offer what others don't – a yoga therapy component. "It's put us in a great place to be different. Anyone can come to Yoga Seed and we are bringing the mission outside the studio walls and that's where it comes to a place of leadership," Zack said.

That leadership, he said, is critical with the work they do in the community. Yoga Seed's outreach program targets specific groups, including inmate populations at Folsom and Solano state prisons, children with disabilities at Sierra School (1150 Eastern Ave.), at-risk youth, mental health patients at Sutter Center For Psychiatry (7700 Folsom Blvd.), and people with diabetes at Sacramento Native American Health Center (2020 J St.). At the studio, the nonprofit offers an all-bodies class, where students can practice yoga in a seated position.

Zack explained how when he places teachers he wants to make sure they are comfortable with their settings. "I never put a teacher who's less experienced out in the community. Outreach is not a place for a teacher to get their chops. (Working in) the studio is totally different," he said. "But I feel we attract teachers who have heart and work along side us and work with us. They become Yoga Seed," he said.

## Yoga Seed at Sierra School

Take teacher Reno Gorman for instance. Between his love and knowledge of yoga coupled with his background tutoring children with

special needs over the years made him a perfect fit for teaching yoga at the Sierra School, where for two years now, he and Lisa Tseu have taught classes to middle and high school age students.

Zack said they've had a great response from on-site staff who have been surprised by the amount of attention the middle school and high school age students give their yoga teachers. With classes every Monday inside the school gym, Reno and Lisa serve more than 20 students whose disabilities range from low to high functioning and some who are emotionally disturbed. The yogis are able to bring the techniques of teaching mindfulness and anger management to the students in a way they can understand and adopt.

Just on the physical level, for instance, Zack described a brief success story, as follows: "A Sun Salutation is an easy move for an adult, but for a kid who deals with autism, the student was able to stick with the breath and stick with the movement."

## Yoga Seed in prisons

About a year ago, Zack started teaching yoga to a Buddhist meditation group at Folsom Prison. With a sincere response from the men there, he said they were able to find peace in the "crazy environment." The demeanor

See Yoga Seed, page 20

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## Land Park News

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## Yoga Seed:

Continued from page 19

or of one man, in particular, named Chris "totally changed," Zack said.

"You could see it in his eyes. He now helps set up the yoga mats. You could see when he gets upset, but now he has impulse control. It's awesome and that's invaluable," Zack said.

Mentored by James Fox of the Prison Yoga Project, an organization that has brought yoga to San Quentin inmates for 12 years, Zack said he's been using some of Fox's curriculum at Folsom and Solano state prisons, the latter of which has about 25 students.

For Yoga Seed teachers who have brought their talents and expertise to prison, Zack said they've gotten training from the Prison Yoga Project, which offers three-day events, in which they work directly with inmates and people who have dealt with trauma. "It's a definite training process. You learn how to be safe and how the program is going to go. And you learn how to incorporate mindfulness."

## Yoga Seed helping students with Type 2 Diabetes

As briefly mentioned previously, Yoga Seed also offers classes to students with Type 2 Diabetes at SNAHC. Yoga Seed started with a trial run and it turned out after the class ended its session, the former students told administrators: "We need the yoga class back." It's been proven that yoga can lower stress (cortisol) levels. With exercise and meditation, focusing on breath, the students saw its benefit and now Yoga Seed has classes set up there for an entire year.

Because some of the students are overweight, and in some cases, obese, the yoga teachers teach to their students. Explaining the teaching techniques employed there, Zack said: "They don't do down dog. They don't get up from the ground. You have to start from where they are. And our teachers grow because they get skilled because they have to. They have to make sure they are not hurting themselves. That's what's happening at SNAHC."

## Yoga Seed fundraising

While The Yoga Seed Collective continues to grow, its expansion comes from the community it invests so much into. Volunteers today help the core staff because they are driven to give back. Volunteers today are not the primary teachers, though there might be some who hold assistant roles. The 40 or so volunteers offer their services in variety of ways, including helping clean up the studio space, fliering, or tabling at different events.

"People ask us how they can help all the time," Bob said.

Bob said that while much of the nonprofit's revenue comes through classes, fundraising supplements how much of the outreach programming is funded.

That's not to say that recommended amounts for donations aren't solicited during class. "We may be saying what we need and why—why we need to ask for \$15 because one-third of our classes are out in the community and are free of charge to those participants," Zack said.

## Upcoming event

**What:** Cross Pollination, a fundraiser for The Yoga Seed Collective

**When:** Saturday, April 12 from 7 to 10 p.m.

**Where:** At The Yoga Seed and Shine Cafe (1400 E St., Suites A and B)

**Details:** It's a coming together of different parts of our community: Yogis, artists, musicians, dancers, outreach program participants, etc. "Cross Pollination" will feature a live community mural, Nusku Tribe, dance fusion and fire with live drumming; Bob Woods Swampbilly, Zydeco/Blues; and free massages. Artist Ron Kenedi, figurative expressionist, will also be featured. It's a family-friendly event. The Yoga Seed Collective is Sacramento's only 501c3 Non-Profit Yoga Studio.

# – EVENT LISTING SECTION –

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.

Call (916) 429-9901 for rates.

### 50 - YEAR REUNION

FOR THE CLASS OF 1964 – FROM LUTHER BURBANK

September 20, 2014

2 to 7 p.m.

\$35.00 includes catered food/beverages/music

Casual Attire

The event will be held at a private residence. For more information contact:  
Janis (Chapman) LaBella (916) 704-9464 or [janis.labela@att.net](mailto:janis.labela@att.net)  
Dennis Baer (916) 393-7839 or [dbaer1@pacbell.com](mailto:dbaer1@pacbell.com)

Crockett-Deane Ballet & Deane  
Dance Center present...

"The Story of Noah's Ark"

Saturday, May 17th at 7 p.m.

Sunday, May 18th at 2 p.m.

The Center @ 2300 Sierra Boulevard,  
Sacramento 95825

Adults \$15, Seniors/Students \$12, Kids \$10  
Tickets – at the door or (916) 453-0226  
[DeaneDanceCenter.com](http://DeaneDanceCenter.com)

### Smoke Detector Battery Campaign for Pocket Greenhaven Residents

On April 5, the Rotary Club of Pocket Greenhaven and JFK High School's Interact Club partnering with the Sacramento Fire Department to distribute smoke detector batteries to those residents requiring the service in the Pocket Greenhaven community.

Rotary and Interact volunteers will be able to install two batteries per household on a first come, first served basis. To qualify, you must be an owner occupant of the resident where you wish to have the batteries installed.

To schedule an appointment for our volunteers to come to your home, please contact, Keiko Wong, a Pocket Greenhaven Rotary member and Cook Realty Agent. She can be reached at (916) 718-7400 or at [KWong@CookRealty.com](mailto:KWong@CookRealty.com).  
Appointments scheduled between 10 a.m. and 3 p.m.

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classified Ads work!

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Rain gutter's cleaned, concrete removal, sod placement, rototilling, pressure washing/power spray, yard work, hauling, painting, tree & shrub removal, general labor, fence repair, odd jobs & more. References available. Licensed. 17 yrs exper. Call Les at 838-1247.

### HARDWOOD FLOORS

#### REFINISH OR INSTALL

Install, sand & finish hardwood flooring or refurbish your existing hardwood floors. Call Michael at (916) 383-8742. Lic#544159 Ref available

### HELP WANTED

#### DOOR TO DOOR DELIVERY

Openings for individuals to deliver community newspapers door-to-door in Sacramento neighborhoods every week. Must have a car. Call George (Tues & Wed only) at (916) 429-9901 for more information.



Sell your car fast  
in the classifieds

### TAX PREPARER

#### #1 TAX PREPARER

31 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820, Nevada (775) 410-3422. Same low 1990 rates. [www.taxirene.info](http://www.taxirene.info) [taxireneinfo@gmail.com](mailto:taxireneinfo@gmail.com)

### BOOKKEEPING

#### #1 BOOKKEEPER

31 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. [www.taxirene.info](http://www.taxirene.info) [taxireneinfo@gmail.com](mailto:taxireneinfo@gmail.com)



# CALENDAR

Send your event announcement for consideration to: [editor@valcomnews.com](mailto:editor@valcomnews.com) at least two weeks prior to publication.

## ONGOING

### AARP tax aide seeks volunteers for 2014

The nation's largest free, volunteer-run tax assistance and preparation service is seeking volunteers for tax assistance/preparation and leadership coordinators. Volunteers of all ages and backgrounds are welcome. Each year from Feb. 1 through April 15, AARP Tax-Aide volunteers prepare federal, state, and local tax returns for low and middle income taxpayers, with special attention to those age 60 and older. Volunteers are especially needed to assist with electronic filing of tax returns. You do not need to be an AARP member or retiree to volunteer. For more information on how you can join the AARP Tax-Aide team in Northern California, contact Ron Byrd at [NoCalTaxAide@Outlook.com](mailto:NoCalTaxAide@Outlook.com) or visit website at: [www.aarp.org/taxaide](http://www.aarp.org/taxaide)

### Mahogany Urban Poetry Series - Queen Sheba - poetry readings

Each Wednesday from 8-11 p.m. at Queen Sheba in Sacramento, local talent makes it way to the restaurant for weekly open-mic events. \$3-\$5. 1704 Broadway.

### Registration Open for Nature Bowl Science and Conservation Competition

Registration is now open for the 29th annual Nature Bowl, an elementary school activity-based competition held in the spring. Coordinated by the California Department of Fish and Wildlife (CDFW) in partnership with local organizations and agencies, the Nature Bowl increases the science and conservation literacy of third through sixth grade students in the Sacramento Valley and Sierra foothills. The Nature Bowl is open to students from any school, group or organized youth club. Participants employ teamwork, creativity and critical thinking while participating in group learning activities centered on local and regional natural environments. The first round will be held at 10 locations from mid-March through early May. Teams will consist of three to seven students each and several teams will advance to the finals to be held at California State University, Sacramento on May 17, 2014. Teachers, youth group leaders or parents can coach a team. The semifinal at Nimbus Hatchery is scheduled April 3, 2014. To register, call (916) 358-2884. To

register, call (916) 489-4918. A new semifinal is also being offered at Sutter's Landing Regional Park in Sacramento on May 1 or 2 (date to be determined). For more information, please call (916) 284-1627. For more information about the Nature Bowl, please call (916) 358-2353 or visit the CDFW website at [www.dfg.ca.gov/regions/2/naturebowl/](http://www.dfg.ca.gov/regions/2/naturebowl/).

### Brain Gymnasium

Exercise your mind and have some fun at this on-going Brain Gymnasium class! Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 9:20 a.m. Thursdays. \$6 per class. Call 441-1015 for more information.

### Women with Good Spirits monthly meeting

Women With Good Spirits is a networking group that engages women in the Sacramento community with non-profit organizations that make contributions to our quality of life and care for our fellow residents. Each month, Women With Good Spirits invites a community non-profit to present on its mission work. The meeting is held at Revolution Wines on the second Tuesday of each month and starts at 6:30 p.m. The presenter will start their presentation promptly at 7:15 p.m. and will last 15-20 minutes with an open question and answer forum after. RSVP is appreciated as well as a \$5+ donation per person that will go directly to the non-profit presenting that month. Revolution Wines is located at 2831 S St. Visit [www.womenwithgoodspirits.com](http://www.womenwithgoodspirits.com) or find the group on Facebook.

### Davis Art Center invites teen girls to write and publish

The Davis Art Center is offering a six-week creative writing class for girls ages 13-18 from 4 to 6 p.m. Tuesdays starting February 11. The class will offer a positive, supportive space for girls who love reading and writing and are interested in discovering and developing their individual voices. Participants will use short stories by a diverse range of contemporary women writers as jumping off points for their own writing sessions. Each student will pick her best writing to include in a class-produced literary magazine. The class will be taught by Elise Winn Pollard, who earned her M.A. in creative writing from UC Davis. The fee is \$95 for Art Center members and \$105 for the general public. To enroll, stop by the Art Center at 1919 E. St., call (530) 756-4100 or register online at [www.davisartcenter.org](http://www.davisartcenter.org). Students must be registered at least two weeks before the first class session.

### Gentle Qi Gong

Learn powerful relaxation techniques reduce stress, reduce physical pain and emotional suffering, lower blood pressure, increase immune response and improve balance. Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 3 to 4 p.m., Wednesdays. \$7 per class. Call 441-1015 for more information.

### Attn. students: Submit now for water efficiency video contest

High school students can win cash prizes and the chance to view their video on the Raley Field Jumbotron by entering the 2014 Water Spots Video Contest. The contest, sponsored by the Regional Water Authority (RWA) and the Sacramento Bee Media in Education (MIE) program, challenges teens to create compelling and original 25-second Public Service Announcement (PSA) videos on a select water efficiency topic. The 2014 water efficiency theme is: Don't be a gutter flooder: Prevent overspray and runoff. Judging will be based on creativity, entertainment value, accuracy, originality and incorporation of the water efficiency topic. Finalist videos will be displayed on the Raley Field Jumbotron screen and winners announced at a Sacramento River Cats game in April 2014. Winning students and their teachers will also get cash prizes. The grand prize winner's spot may become part of RWA's 2014 television ad campaign. Submissions due Feb. 28. Visit [www.BeWaterSmart.info](http://www.BeWaterSmart.info) for more information and tips on using water more efficiently and to submit entries or get more information about contest rules, judging and prizes, visit [www.sacbee.com/water-spots](http://www.sacbee.com/water-spots)

### California Youth Basketball League taking applications


CYBL is a non-profit year round league for ages 4 through 18 that prides itself on being well organized that aims to develop basketball skills, sportsmanship and self-esteem through coaches, gym official and organizers. Visit [www.cybhoops.com](http://www.cybhoops.com) or call 391-3900.

### Kiwanis Club of East Sacramento-Midtown

Visitors Welcome, weekly breakfast meeting on Fridays at 7 a.m. 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.

*Coffee Garden & Coffee Garden Gallery*

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[www.thecoffeegarden.com](http://www.thecoffeegarden.com)  
457-5507

[www.eastsacmidtownkiwanis.com](http://www.eastsacmidtownkiwanis.com). Meeting/Membership info: 916-761-0984, volunteers always welcome!

### The Sacramento Capitolaire meeting

A men's Barbershop Harmony group, meets every Tuesday night at 7 p.m. at Pilgrim Hall (Sierra Arden United Church of Christ), 890 Morse Ave., Sacramento. Info: [www.capitolaire.org](http://www.capitolaire.org), call 888-0877-9806, or email [info@capitolaire.org](mailto:info@capitolaire.org)

### Artisan holds Food Drive

Artisan Salon is participating in the Spirit of Giving Food Drive. Over the last 17 years, the Spirit of Giving (SOG) drive has helped Sacramento Food Bank collect and distribute over 4.6 million pounds of canned and non-perishable food items for local families in need. Help support families in need by participating in this year's drive! Artisan Salon is located at 3198 Riverside Blvd.

### Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group meets at Aviator's Restaurant, 6151 Freeport Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m. The meetings discuss our fund raising Projects and Community Service, often with speakers from our community.

## APRIL

### 'The Benefit Plant Sale' to be held at McKinley Park

April 5: Bob Hamm, perennial grower and founder of The Benefit Plant Sale announces that The Valley Benefit Plant Sales, benefiting the kids summer camp programs of Sunburst Projects (<http://www.sunburstprojects.org>) will have a spring plant sale in the back patio area of the Sheppard Garden and Arts Center, 3330 McKinley Blvd. The sale will run from 10 a.m. to 4p.m. and will feature a wide range of perennials for the yard including many new, rare and hard to find varieties in sizes ranging from starters to one gallon containers. Cash and checks will be accepted, but not credit cards. For more information, contact Bob Hamm at 617-7516.

### Services clubs, the Fire Department and Energizer to change the batteries on your smoke detectors

April 5: Rotary of Greenhaven/Pocket and Kennedy High School's Interact Club are partnering with the fire department and Energizer to change the batteries on your smoke detectors, free of charge. The following are the qualifications: 1) you must have a residential address; 2) it must be owner-occupied; 3) Be on of the first 100 households, first come first serve; 4) Up to two batteries per household. To participate or for more information, please contact, Keiko Wong at 718-7400 or by email at [kwong@cookrealtynet](mailto:kwong@cookrealtynet)

See more Calendar, page 23



**Congregation B'nai Israel**  
3600 Riverside Blvd. Sacramento

**Ticket Prices at the door:**  
\$20 general, \$15 senior, \$10 student

**Jewish Composers**  
Sunday, March 30th, 3 p.m.  
Congregation B'nai Israel Choir

LuAnn Higgs, soprano, CBI Director  
Robert Samson Bloch, violin  
Mary Blanchette, violin  
Rhennie Boyle, viola  
Gay Currier, viola  
Rejean Anderson, cello

• Carl Whitacre: Hebrew Love Songs  
• Mendelssohn: String Quartet No.2, Op 87  
• Carl Nalnai, Jr.: Serenata Nocturna

For further information, call (916) 428-7379 • [www.capitolchamberplayers.org](http://www.capitolchamberplayers.org)

## ESTATE SALE

Whole house; tools, furniture, kitchen, electronics, art work and bric-a-brac, all gently used.

**Friday, March 28, Noon to 4 PM**  
**Saturday, March 29, 9 AM to 4 PM**  
**Sunday, March 30, 11 AM to 4 PM**

**Location:** 9265 Castlevue Drive, Elk Grove, CA 95758  
Off Franklin between Laguna Blvd. and Elk Grove Blvd.

**Greenhaven Lutheran Church and Angels Nest Early Childhood Education Center's**

## EASTER CARNIVAL

**Saturday, April 12th**  
**10am - 12pm (Rain or shine!)**

FEATURING:

- Carnival Games
- Craft Activities
- Bounce House
- Refreshments
- Easter Egg Hunt
- The Easter Bunny

**Greenhaven Lutheran Church**  
475 Florin Road, Sacramento, CA  
(at Gloria Avenue)  
916-428-8449 [www.greenhavenlutheran.org](http://www.greenhavenlutheran.org)



### Solution to Crossword:

C	R	A	G		S	T	R	A	P		A	T	O	P
H	I	R	E		T	O	U	G	H		N	O	N	E
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# LPPL:

Continued from page 5

about the changes that have occurred because of the merger: "The merger has killed many of the old traditions. And, there has been mumps (sic) in the road due to culture changes. Issues such as field maintenance at Dooley Field, snack shack duty, and candy sales have caused concern for some parents; scheduling games in the park have been concerns for other parents. Some have expressed concern over the budget. The main problem, without question, is the lack of effective communication in the face of rapid changes."

The message of the necessity of parents working together was reiterated at the 60th anniversary celebration. Gray had the hundreds of parents repeat after him: "I will teach all children to play fair and do their best. I will positively support managers, coaches, and players. I will respect the decisions of the umpires. I will praise a good effort, despite the outcome of the game." After a receptive response, he continued: "Well done, no homework."



The LPPLL's regular season goes on from mid-March to early June with Tournament of Champions (for Majors and AAA divisions) and All Stars teams playing beyond the regular season. Included here are upcoming events for the league. For more information, visit [www.lppll.com](http://www.lppll.com).



## Upcoming events for the Land Park Pacific Little League

- April 6: Picture day, noon to 3 p.m.; Chipotle Sunday, 3 to 8 p.m.
- April 24: Big Spoon Tuesday, 2 to 10 p.m.
- April 27: Challenger Day, noon to 2 p.m. at Dooley Field; River Cats Day at 2 p.m. at Raley Field
- May 3: Pancake Breakfast, 8 to 11 a.m.
- May 4: Home Run Derby, 1 p.m.
- May 8: General Meeting, 7:30 p.m. at Cal Middle School
- May 17: Movie on the Mound, featuring the film "Sandlot", dusk

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### INTERNATIONAL GYMNASTICS CENTRE, USA

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International Gymnastics Centre offers a number of exciting full and half-day camps all year for children ages 5 through 12

**Mon-Fri, April 14-18: Spring Break Camp**

**Mon-Fri, April 21-25: Spring Break Camp**

And register early for our Summer Camps.



Your children will gain focus, balance, strength and flexibility. Most importantly they will have fun! Early care (7:30 am-9:00 am) complimentary with enrollment. Feel free to drop your child off on the way to work to be taken care of until instruction begins.

**CALL 916-372-4496 to reserve your space!**

916-372-4496 • 1260 Triangle Ct. • [www.SacramentoGymnasticsCentre.com](http://www.SacramentoGymnasticsCentre.com)





# Bringing smoke detectors to you:

Rotary Club of Pocket Greenhaven & JFK High School's Interact Club are Partnering with the Sacramento Fire Department for a Smoke Detector Battery Campaign for Pocket Greenhaven Residents

## Working smoke detector's save lives!

On Saturday, April 5, the Rotary Club of Pocket Greenhaven and JFK High School's Interact Club are partnering with the Sacramento Fire Department to distribute smoke detector batteries to those residents requiring the service in the Pocket Greenhaven community.

Many people who die in fires die from inhaling poisonous gases and smoke. A working smoke detector provides a warning signal to allow escape. Smoke detectors are the single most important means of preventing residential fire deaths and are one of the best safety features to protect yourself and your family.

The Rotary Club of Pocket Greenhaven and JFK's Interact Club want to help our neighbors make sure these life saving devices are equipped with working batteries. The Sacramento Fire Department has generously donated 200+ batteries for Rotary and Interact volunteers to distribute and install them free of charge for Pocket Greenhaven neighbors who need assistance.

Rotary and Interact volunteers will be able to install two batteries per household on a first come, first served basis. To qualify, you must be an owner occupant of the resi-

dence where you wish to have the batteries installed.

To schedule an appointment for our volunteers to come to your home, please contact, Keiko Wong, a Pocket Greenhaven Rotary member and Cook Realty Agent. She can be reached at 718-7400 or at [KWong@CookRealty.com](mailto:KWong@CookRealty.com). Appointments will be scheduled between 10 a.m. and 3 p.m. on Saturday, April 5.

In addition to encouraging everyone to install and confirm working smoke detectors, the Sacramento Fire Department has the following helpful, potentially life saving, suggestions everyone should know to protect themselves.

First, make sure all members of the household know what the smoke detector alarms sounds like and what to do if it goes off. Hold a fire drill at night to make sure that sleeping family members awakened at the sound of the alarm. Studies have shown that some children may not awaken to the sound of the smoke detector alarm. Know what your children will do before a fire occurs.

Second, make sure to have an escape plan with all household members: 1) Knowing two ways out of each room, 2) Agreeing to a safe place to meet out of the house, 3) Knowing

that once outside of the house not to go back in, and 4) Planning to use a cell phone or a neighbor's phone to call 911.

Third, Sacramento City residents who are in need of a smoke detector or know someone who does can call the Sacramento City Operator at 264-5011 for assistance.

Rotary International is an organization of business and professional leaders united worldwide to provide humanitarian service and help

to build goodwill and peace in the world. Rotary club members are volunteers who work locally, regionally, and internationally to combat hunger, improve health, sanitation, clean water, literacy provide education and job training, promote peace, and eradicate polio under the motto 'Service Above Self.' Interact is Rotary International service club for high school students. Interact clubs are sponsored by individual Rotary Clubs,

and JFK's is sponsored by the Pocket Greenhaven club. The Rotary club provides support and guidance but the Interact clubs are self-governing and self-supporting.

For more information on the Rotary Club of Pocket Greenhaven contact us at [www.pocketgreenhavenrotary.org](http://www.pocketgreenhavenrotary.org) or Randy Burton at [Burton@BurtonandWhite.com](mailto:Burton@BurtonandWhite.com). Interested JFK High School students can find Interact on campus.



**Steve Walker**  
Real Estate Broker SRES  
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**Home Energy Efficiency Expo**

**Saturday, April 12, 2014**  
**9 a.m. - 4 p.m. at SMUD**

Get the latest in energy efficiency information and technology all in one place.

Meet SMUD experts, attend workshops, see demos and talk to 50 local businesses about **lighting, heating/cooling, insulation, solar, pool pumps**, and much more. Bring the kids for Radio Disney's Team Green and fun activities all about energy.

Great prizes including Samsung Refrigerator/Dishwasher, Washer/Dryer or TV!

**Free admission, no registration required.**  
Visit [smud.org/energyefficiencyexpo](http://smud.org/energyefficiencyexpo).

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*Community Worship*

**Greenhaven Lutheran Church**

475 Florin Road (at Gloria Dr.) • 428-8449  
9:00am Bible Study & Sunday School  
10:15am Traditional Liturgical Sunday Worship Service  
[www.GreenhavenLutheran.org](http://www.GreenhavenLutheran.org)  
Angels Nest Pre School 2 yrs. - 5 yrs. (916) 428-4651

**Riverside Wesleyan Church**

6449 Riverside Blvd. • 391-9845  
Sunday School: 9:15am • Sunday Worship: 10:30am • AWANA (Children's Ministry)  
• Youth - Jr. High - Sr. High - College - Young Adults • [www.rwscac.org](http://www.rwscac.org)

**Holy Spirit Catholic Church**

3159 Land Park Dr. • 443-5442  
A Spirited and Welcoming Community  
Mass times are Saturday, 5:15pm, Sundays at 8:00, 9:30 & 11:00am. Children's Liturgy of the Word at 9:30 \* 11am Mass. Holy Spirit Catholic School ~ 448-5663

**Crosswalk Christian Ministries**

Belle Cooleage Community Center, 5699 S. Land Park Drive  
801-1588 • [www.crosswalksacto.org](http://www.crosswalksacto.org)  
Sunday Worship: 10:00am with Children's Program





**LAND PARK CHARMER**

Charming 2 bedroom cottage located on a wonderful street in Land Park. Old World touches include crown molding and hardwood floors. The large backyard has a wonderful covered trellis perfect for outdoor entertaining. 2 car garage is wonderful extra storage space. \$379,000

**CHRIS BALESTRERI**



**SOUTH LAND PARK HILLS**

Fabulous brick home in a wonderful SLP Hills location! Quality built 3 bedroom 2½ bath home with spacious living room, curved family room fireplace, covered patio, inside laundry room and big 2-car garage! \$399,500

**SHEILA VAN NOY 505-5395**



**SKIP TO VIC'S ICE CREAM!**

Adorable 3 bedroom, 2 bath home with a gorgeous swimming pool in Land Park, and just steps away from Vics. Great street, large yard, refinished hardwood floors, new paint and more. Location, location, location!

**JAMIE RICH 612-4000**



**S LAND PARK HILLS AT ITS BEST**

Amazing renovation features 3 bedrooms 2½ baths with open concept living! Fantastic kitchen and baths boast quartz and custom cabinetry. Kitchen and living and dining combo connects to the yard through a beautiful wall of glass! \$488,900

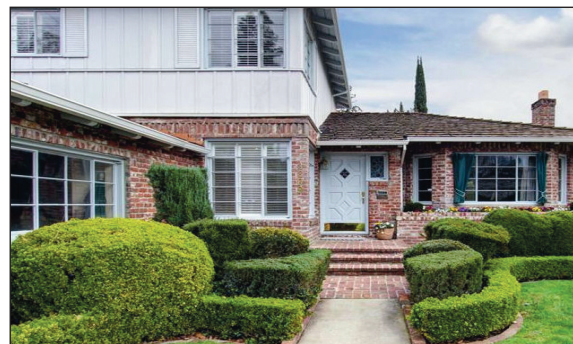
**JAMIE RICH 612-4000**



**STYLISH SOUTH LAND PARK**

Gracefully appointed, 3 bedroom 2 bath home. The home combines natural elements of wood, masonry and light to create alluring spaces throughout. Lush landscaping, pool and koi pond and spacious 2 bedroom guest cottage. Come see the magic! \$667,000

**STEPHANIE GALLAGHER 342-2288**



**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. \$1,000,000

**PAMELA RICHARDS 716-3615**



**CUTE SLP CONDO**

Lower level 2 bedroom 2 bath cutie; spacious and open. Walk-in closet in the master bedroom, detached 1-car garage with opener. Pool and spa with clubhouse. Lush landscaping. Great value. Private patio. Inside laundry closet. Convenient location close to shopping, restaurants, library. \$124,000

**LISA MCCAULEY 601-5474**



**CUTE 3 BEDROOM**

Wonderful brick exterior home in the desirable Land Park neighborhood on a cul-de-sac street. An open floor plan with newer upgrades including dual pane windows, composition roof, two remodeled bathrooms and much more. 3 bedrooms 2 baths, charming yard. \$329,000

**MONA GERGEN 247-9555**



**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. \$329,000

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