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Taking deliveries:

South Land Park resident hand delivers donated clothing items and more to the homeless

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Lions Women
Tennis team goes
down in CKM
School history

See page 20



Land Park
Farmers' Market
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See photos page 27



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PARENT

Sacramento's first hospice house to be operated on a sliding scale

By MONICA STARK
editor@valcomnews.com

Sacramento's first hospice house will break ground on Thursday, Jan. 8 in the Walnut Avenue area. Operated by Advanced Home Health and Hospice, the \$2.9 million, 7,000-square-foot facility is planned to feature 12 beds and will be on a sliding scale.

No one will be turned away for lack of funds.

Marie Copher has worked as a hospice social worker for five years and prior to that, as an adult protective services social worker. She said she has seen first-hand the need for a facility that can accommodate people who are facing the end of their journey in life in a place that "offers safety, an appropriate high level of care, warmth and respect."

"There are many people who continue to fall through the cracks and do not have the

healthcare and/or the support they need to address their medical, physical, emotional and spiritual needs during this time in their lives. Our hospice house will provide everyone who resides in it, all those things, plus a beautiful setting to call their home during the last moments in life."

Advanced Home Health and Hospice owners, Dr. James Sehr and Angela Allen-Sehr, a registered nurse, have donated their 2.5-acre lot as it has been a longtime dream of theirs to offer this service to hospice patients. Additionally, James and Angela will be donating about 99 percent of the construction costs.

In an interview with Valley Community Newspapers, Marie said if all goes as planned, the facility will open with the first six bedrooms by next fall. Additionally, the

See Hospice, page 16


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In an interview with Valley Community Newspapers, Marie said if all goes as planned, the facility will open with the first six bedrooms by next fall. Additionally, the first phase will include about 20 clinical/care rotating personnel and approximately 20 peripheral personnel (housekeeping, grounds maintenance, marketing, etc.). The second phase, which is set to include six additional beds will be serviced by staff that will be added as determined at that time. "Often times the people that will need the help are people who are coming from hospitals or skilled nursing facilities where there are social workers or case managers where their job is to find a home for this person. There are certain populations that get lost in the shuffle. Lately I've gone to various places to



Photo by Monica Stark

Regina King and her 17-month-old son Rex stand outside of their South Land Park home. Regina is starting up her annual homeless supply drive. She is currently collecting cold weather items and hygiene products.

let people know this is coming up (and to describe) what it will look like."

Dr. James Sehr, a retired orthopedic surgeon; and Angela Allen-Sehr, a registered nurse, is the heart of advanced home and hospice branch of the multifaceted business.

"She and her husband owned the land, (the hospice house)

just was something they had been talking about it, so they just decided to donate the land. They started a charitable foundation. We have fundraisers that continue to fund the home, so that we can build it. So (the land) was a complete donation on their behalf."

"The land was vacant and (Angela's) a huge animal lov-

er. She's had goats and would just spend some time out there and she decided that would be the perfect place for the hospice house. They had already drawn up plans for the home. We have a contractor ready to go."

As a hospice and palliative care specialist, Marie often

See Deliveries, page 12

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Former Setzer Forest Products sales manager to turn 99 years young

By LANCE ARMSTRONG
lance@valcomnews.com

Mary C. Caplis, who spent three decades working for Setzer Forest Products, at 2570 3rd Street, just south of Broadway, will celebrate her 99th birthday next week. And although many people could test their luck at guessing her age, most of them would likely guess wrong.

Certainly, Mary has the appearance of a much younger woman, and just about anyone who has attempted to keep pace with her during one of her brisk walks knows that when it comes to moving her feet, she has not slowed with age.

Last week, while taking one of her speedy walks, Mary came to a halt for a couple of hours to share a few details about her long and eventful life.

Mary, who was born in Missoula, Mont. on Dec. 15, 1915, was one of the five children of John James and Marie (Hoffman) Caplis. Her father was of Irish descent and her mother emigrated from Germany when she was about 16 years old.

After being asked to describe her father, Mary said, "He was a typical Irish (person), easy going. He was on the lazy side. I don't think my father ever picked up a shovel. I don't think he ever did anything around the house. He was very intelligent. In fact, he read through 'History of the World' by (John Clark) Ridpath by the time he was 12. He was always considered as a graduate from Stanford (University) or something, but he finished two years of high school, if he did

that. He was an extemporaneous speaker, and spoke for a lot of the politics."

In discussing her father's political side, Mary said, "He served two terms in the legislature in Montana. He was really for Democratic. I'm Republican. My father was head of the home loans in Los Angeles under (President Franklin D.) Roosevelt, and he was kind of buddy, buddy with Senator (William Gibb) McAdoo."

Mary also spoke about her mother, saying, "My mother was a businesswoman. She came over and worked as a domestic until she learned the language. And then she moved to Montana and worked in a rooming house, and then she sold the rooming house and bought the hotel in Missoula. That's where she met my father.

"My mother was all business. She was very strict, typically German, very family oriented. We were always taught that it was a hell of a cruel, cold world out there and that we all better stick together. And right or wrong, whatever it (was) a person did, you (would) back them. It's your family and your kids and your brothers and sisters. So, we were all very loyal to one an-



Photo by Lance Armstrong
Sacramento resident Mary C. Caplis, who worked for Setzer Forest Products for 30 years, will celebrate her 99th birthday next week.

other. It was a different kind of era."

Mary said that she was 6 years old when she moved from Montana to Los Angeles with her mother and her siblings.

"My mother didn't like the climate in Montana," Mary said. "She just couldn't stand it, and she didn't like the politics. She said, 'In California, you can pick the oranges off the trees and it's gorgeous country.' She just took (her children to Cal-

ifornia). My father had to finish his (legislative) term, so he didn't get to California for another year, or maybe six months. See, my mother was a businesswoman that was going to go where she wanted to go."

Mary's mother died at the age of 73 on March 29, 1950, and by 1953, Mary, her father and her sister, Anna May, were living together in a house they had purchased at 1414 40th St.

In recalling her discovery of that East Sacramento home, Mary said, "I spotted a house. I went down to see (an East Sacramento resident, who was related to her San Francisco friends, Milton and Frances Mecchi) and she said that the woman's husband died and she's anxious to move East and she's ready and real hot to go. And I (told Anna May), 'I think she'll negotiate a deal and it's three bedrooms in the right part of town.' And I (added), 'I don't know about father.' She said she would phone him and he would phone me, if he was interested. So he called me and I told him all about it and that I thought it was a good deal real estate-wise, and we could handle it (financially). So, we agreed (to live together). I moved in, two months later my sister makes it, and six months later my father makes it."

See Mary Caplis, page 7



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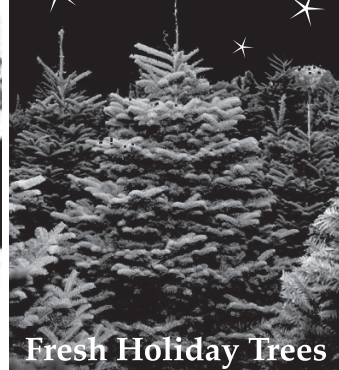
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Mary Caplis:

Continued from page 6

John James died at the age of 69 on Sept. 21, 1957 and Mary and Anna May continued to reside in their East Sacramento home until about 1964.

During the previous year, Mary and Anna May had a two-story, seven-unit apartment building constructed at 2517 U St. at a cost of \$48,200. They resided in Apartment #1 and managed the apartments until 1970.

Mary said that she then moved with her sister to 1395 Los Padres Way, because they had grown "tired of people losing their keys and knocking on our door at 2 o'clock in the morning."

Anna May, who continued to reside with her sister for the remainder of her life, died at the age of 100 on May 12, 2013, and Mary returned to live in East Sacramento on Nov. 13, 2013.

In continuing to discuss details about her life, Mary said that her employment years in Sacramento included working for about two weeks at the Joseph Magnin Co. women's clothing store at 931 K St. and for 30 years at the aforementioned Setzer Forest Products.

Mary recalled acquiring her job with Setzer through the unemployment agency.

"I went down to the unemployment (agency) and they went on and said (the Setzer job) wasn't this and that, but if I didn't mind (working) out in kind of the tules, there's a lumber company and they want a person and they don't care whether it's a man or a woman. It sounded like kind a rough situation, because I think there's a sawmill there. It's a box factory down at 5th (Street) and (just south) of Broadway. So, I thought, 'Well, maybe lumber might be a good thing, outdoors and everything. So, I just went out there and interviewed. Well, they wanted an invoice clerk. So, I talked with this man (at Setzer named Frederick M. Olmsted) and he was kind of enthusiastic."

Mary was offered the job and she was allowed to take a week to decide whether she would accept the offer.

And in recalling her acceptance of that position, Mary said, "There were a lot of things about (the job) that suited me, so I called (Olmsted) and I went back (to Setzer). So, he said, 'Can you start tomorrow?' and I said, 'A little soon. You've got to give me a few days. I've got to get organized.' So, I rented a room in a house somewhere on V Street (and would later reside at 2330 Capitol Ave.). Anyhow, I (soon) went to work (for Setzer). I started as the invoice clerk and worked quite a few years under different sales managers."

Mary said that she was eventually called into the Setzer office and presented with the opportunity to become the company's first female sales manager.

"(During that meeting, Setzer Forest Products owners), Cal and Hardie Setzer said, 'The Proud-foot company (which had then-recently evaluated Setzer) has chosen you as the sales manager (for Setzer).' I said, 'As a lady, I'm chosen as a sales manager?' He said, 'They've chosen you and they told us that you should be able to step right in.' I thought, 'Hell, this isn't bad.' So, I accepted (the offer), of course."

Mary also later became president of the Western Wooden Box Association.

In commenting about that position to The Sacramento Bee in the 1970s, she said, "The important thing is not that I was the person elected (to an otherwise all-male member trade organization), but that it shows a woman can advance in areas that once were considered the province of men. It might encourage other women."

Long after Mary had retired from her position at Setzer, she attended the funeral of Hardie Setzer.

At the funeral, Mary was approached by Hardie's son, Scott Setzer, who complimented her regarding her work at his family's company.

In recalling that compliment, Mary said, "(Scott) said, 'Mary, I want you to know that while you were sales manager, we were never in the red. We were always in the black.'"

Toward the end of her interview for this article, Mary, who for many years of her

life enjoyed cooking, fishing and golfing, presented a flyer for a golf tournament that will be held in honor of her 99th birthday at the Bing Maloney Golf Complex at 6801 Freeport Blvd. on Dec. 12 at 1 p.m.

Although Mary will not be playing in the tournament, due to a rotator cuff injury, she said that she will definitely be in attendance at the event.

After being asked to explain whether a healthy lifestyle attributed to her longevity, Mary responded with a comment that would cause many mothers to cover the ears of their children.

"I smoked for 82 years," said Mary, who also had a brother, Frank, who lived to be 94 years old. "I got expelled from a Catholic high school for smoking. I started smoking at 12. My mother would give me a quarter for a good, hot lunch at school. It cost 10 cents for cigarettes and then I had 15 cents (remaining) and I could get an ice cream, and I had that for lunch."

Mary also mentioned that there were times in her youth when she "drank excessively."

Since not all aspects of Mary's approach to personal health during portions of her life would serve as a model for others seeking longevity in their own lives, she was then asked to discuss her overall philosophy on life.

"Do what you can with the tools that you've got," Mary



Photo by Lance Armstrong

Left to right, Mary C. Caplis, Nancy Jo Plescia, Helen Smernes and Theresa Just participated as a team in a golf tournament at Rancho Murieta in 1985. Caplis enjoyed golfing with friends from the early 1960s until 2000.

said. "I just feel that you have to have a principal. I think God gives you freewill and with your freewill you develop your principals. Unfortunately, a lot of this has to do with parenting for a few years, I think. But anyway, I think it's within yourself. I believe that you love alone, you live alone and you die alone, (and) that you and God will eventually work it out. In the meantime, all you're obliged to do is the best you can with the tools you have. I don't know whether it's essential to have a specific religion or not, but I do think you should believe in God and the hereafter."

You've got to be honest with yourself, and as Shakespeare said and that way you can't 'be false to any man.' (This) is true, if you're honest to yourself."

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Rev Your Engines for 30th Annual Docent Course at the California Automobile Museum

Docents are volunteer teachers/tour guides who interpret a museum's story to visitors from around the globe. At the California Automobile Museum, docents are the heart and soul who bring a sense of camaraderie to the nonprofit organization. This course is for dreamers, history enthusiasts, conversationalists, museum dwellers, university students, all around good nature people looking to share the stories of a world-class collection of cars, and to be the face of the museum.

"Our Docent Training Course is the envy of the museum world," said Karen McClaflin, Executive Director, Docent Class of 2007. "Museums from all over the country have requested our training manual to find out how we are able to have such a comprehensive class each year that's so well-attended."

Ron Vogel, Docent Council Chair from the Docent Class of 2009, said in a written statement that students from previous years have joined as docents with diverse backgrounds and skills acquired from various occupations that don't always apply directly to cars. "You'd be surprised how many ways the history of cars can relate to our community as a whole and how it's effected our daily lives. This is the perfect class for someone who enjoys history, and meeting new people from all over the country, if not, the World," he said.

The 20-week docent course begins Jan. 7, 2015 and will take place on Wednesday nights at the California Automobile Museum. The course focuses on an array of historical and influential figures, artifacts, and vehicles that have streamlined concepts of design and have impacted the evolution of the way we drive in present day. A large part of the course will allow the new class to become familiar with the museum's collection with help from alumni from previous years.

Students can expect to learn about early automobiles, road construc-



Shown here, back row, from the left: Mike Hess, Gordan Van Alstine, Roy Hechteman, Robert Daloia Dennis Larson, John Turner. Front row, from the left: Michael Aceituno, Joe Conley, Ken Smith, Eldon Lowe, Tom Jones, Patty Vassilopoulos, Paul Cocciante, Kenn Bucholz, Larry Goldberg and Jerry Reynolds.

tion, cars throughout the eras and the masters behind vehicle evolution. The course is presented by 45 automotive history experts, stories from the world's makers of automobiles, and interpreted information. In this course, prospective docents will experience a hands-on, visual, and lecture-based curriculum, giving them an overall concept of automotive evolution.

McClaflin said the docent training course typically graduates more than 30 new docents each year, so the museum currently has about 120 active docents and another 50 or so volunteers serving in other areas, each belonging to their own "class" so their badges might say "Class of 2003" indicating when they graduated.

The 30th Annual Docent Course is open to all walks of life for ages 18 and older. Those interested in other aspects of the museum are also encouraged to apply as there are a variety of activities available to participate in. The museum is accepting up to 40 applicants for this course, so it is encouraged to apply in advance to guarantee a position in the class. There is a \$99 fee, which includes a customized docent badge, course materials, and a one-year membership to the California Automobile Museum.



Photos courtesy

Shown here: Paul Cocciante, Mike Corcoran and Gene Blackmun.

More opportunities for docents

The course will focus on the history of the automobile, but the docent program offers plenty of other activities that welcome a range of talented individuals. The Museum offers a variety of opportunities for docents which include driving our cars, helping in the gift shop, coordinating exhibits, running school tours, acting as our security during private events, and help coordinate Mu-

seum fundraisers like our annual Car Cruise. This is the perfect course for someone looking to get out of the house, challenge their history skills, meet new people, and put their talents to great use!

More information and application available online at Calautomuseum.org. The California Automobile Museum is a 501(C)3 nonprofit organization whose mission is to preserve, exhibit, and teach the story of the automobile and its influence on our lives.

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A Taylor's Market Christmas

Taylor's Market annual open house was held Wednesday, Dec. 3 and featured Santa Claus and local vendors such as Puur Chocolat, Preservation and Co., Yulicious Gourmet, Taylor's Kitchen appetizers and desserts, Messy Meow, a trademarked pet supply business run by Land Park resident Maria Morais Shields. Messy Meow is on Facebook.

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Sacramento's Chinatown fell to revitalization project in the 1960s

By LANCE ARMSTRONG
lance@valcomnews.com

Editor's Note: This is part six in a series regarding historic Asian districts of Sacramento.

Chinese history in Sacramento is a story of gradual growth, dedicated laborers, family values and overcoming adversities. And the perseverance of earlier generations of the city's Chinese led to their integration and increased acceptance into the mainstream society.

As mentioned in the latter portion of the last article of this series, Lincoln School at 4th and Q streets provided a formal education for children in Chinatown and other places in that vicinity.

Some local Chinese children attended McKinley School at 705 G St. and William Land Elementary School at 1116 U St.

These students continued their education at the old Sutter Junior High School and Sacramento High School. And some Chinese students

attended C.K. McClatchy High School, which opened in 1937.

In addition to becoming students at the general public schools, Chinese children were also educated in Chinese language schools on weekday evenings and on Saturdays.

Besides Chinese laundries, which were also mentioned in the last article of this series, other common businesses in the early days of Sacramento's Chinatown were restaurants and grocery stores.

Many longtime Sacramentans recall the now defunct Hong King Lum restaurant, which was located at 304 I St. in its early years and relocated to 415 J St. in 1969.

A 1934 advertisement for the restaurant reads: "Hong King Lum Café, dine and dance, no cover charge, we serve a real Chinese full-course dinner, 304 Eye (Street), cor. 3rd (Street), MAIN 1841."

Among the Chinese restaurants in Sacramento during the 19th century were eateries on I Street, between

2nd and 3rd streets; 104 I St., between 4th and 5th streets; on the south side of I Street, between 5th and 6th streets; in the brick building on the north side of I Street, between 6th and 7th streets; on J Street, near 12th Street; on the east side of 3rd Street, between I and J streets; and on 6th Street, between J and K streets.

Certainly, the opening of Chinese grocery stores in Chinatown proved to be the beginnings of much greater operations, as the existence of those small stores led to the opening of Chinese-owned, post-World War II supermarkets such as Bel Air, Farmers Market, Jumbo Market and Giant Foods.

Today, only one of those supermarkets' histories continues, as locals can still shop at locations of Bel Air, which was acquired by Raley's from the Wong family in 1992.

The roots of the store began in the 1930s, when Chinese immigrant Gim Wong, who came to America in 1916 and



Photo by Lance Armstrong
A statue of Dr. Sun Yat-sen stands in front of the Sun Yat-sen Memorial Hall in this 2007 photograph.

eventually helped his family establish Bel Air, began selling produce that he grew on his 5-acre farm in Penryn, about 30 miles east of Sacramento. Assisting him with his business was his wife, Lee Shee Wong, and their children.

After establishing his produce-selling business on his farm, Gim eventually opened his own store in Penryn. And after moving to Sacramento in the late 1940s, he founded a grocery store at 28th and P streets.

The first Bel Air Market opened at 6231 Fruitridge Road in 1955.

Another very successful Chinese owned business founded in Sacramento is the General Produce Co., which began its operations in 1933 and continues its existence in the capital city today. The business was founded by Chan Tai Oy, who immigrated to Sacramento from Canton, China in the early 1900s.

A significant moment in local Chinese history occurred in the 1950s, when the city's Chinese were granted the legal right to purchase homes in Land Park.

In 1959, the Confucius Temple was constructed at the southeast corner of 4th and I streets.

The three-story building, which was a \$500,000 proj-

ect of the Chinese Benevolent Association, was constructed as a center for worship, social activities and education, and includes classrooms, a gymnasium and other features.

During 1960s, a major urban redevelopment project called for the demolition of old Chinese buildings on I Street, marking an end to the city's historic Chinatown.

That project was followed by the Sacramento Redevelopment Agency's establishment of Chinatown Mall, which is located between 3rd, 5th, I and J streets.

The mall became home to such places as some Chinese associations, a bank and a hotel.

Additionally, the Sun Yat-sen Memorial Hall at 415 Chinatown Mall was opened on June 6, 1971. A statue in Sun's likeness stands in front of the structure.

Sun (1866-1925), who once visited Sacramento, was known for leading the Chinese revolution to overthrow the Manchu monarchy in 1911.

The Wong Center senior citizen, low income apartment building opened in Chinatown Mall in 1973.

Although Sacramento's historic Chinatown is a thing of the past, the mall is both a reminder of that past and a treasure for present and future generations.



Photo by Lance Armstrong
An entrance to the Chinatown Mall is shown in this 2007 photograph. The mall was created in the 1960s as an urban redevelopment project.

Witherell's holding first Sacramento estate auction—live January 10, 2015

On Saturday, January 10, 2015, "Antiques Roadshow" appraiser, Brian Witherell, will hold his first estate auction live in the warehouse across from Witherell's showroom at 300 20th Street, Sacramento.

"We are excited to finally be able to make furniture—including mid-century modern—silver, jewelry, Asian art, paintings and décor from estates in the region available to local residents at very reasonable prices," said Brian Witherell, chief operations officer of the local auction house.

The auction starts at 10 a.m. and continues until items are sold.

People can preview items from 8 a.m. to 10 a.m.

Estate sale items are valued at \$1,000 or less unless they are furniture, which could be worth more if the cost of shipping is prohibitive.

By offering estate sales, Witherell's will be able to pro-

vide full-service auction services to people who have antiques and fine art, but want to sell complete estates.

The estate auction is being held in conjunction with Witherell's winter online auction of mid-range fine art and antiques.

On Mother's Day weekend in the Gold Country, Witherell's also holds an on-site sale of unique items from the old west.

Witherell's Old West Antiques Show Grass Valley, is one of the highlights on the "Antiques of the West" year.

The event also is held in conjunction with an online auction of high-end pieces from the Old West valued at \$25,000 and more.

Founded in 1969, Witherell's is part of half-a-dozen companies nationwide that sell fine art and antiques online through igavelauctions.

For information on the auction, go to www.witherells.com.



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Deliveries:

Continued from page 5

acts as the face of the Sehr-Allen Charitable Foundation, which is the back-bone for this project. She provides trainings for professionals. She talks with patients and families.

"For me, everything hospice is about education and that means education for everybody, the young and old, that they know about death and dying. It could be a very special gift to be allowed to be a part of the process at the end of someone's journey. It's truly an honor and a gift," she said.

The hospice house will benefit those who are coming from hospitals or skilled nursing facilities where there are social workers or case managers who tell them or their loved ones to find a home. But, as an expert in her field, Marie knows there are certain populations that get lost in the shuffle.

"The hospice house, therefore will accept patients from any hospice in Sacramento that needs to place a hospice patient. There's a huge need for that. There are times people who don't meet medicare (qualifications)," she said.

"All the medications, all the equipment, all the staff that comes out — medicare pays it. (Veterans Administration) also pays for veterans, so veterans will come in and they can choose to use medicare or their VA benefits. But if you don't qualify for medicare (or VA benefits), you have your private insurance pay. Some have benefits for hospice, some don't. They end up paying out of pocket. So, this house will work with people on a sliding scale. Angela's words are 'no one will be turned away.' There are plenty of people who fall through the cracks. Often people who are homeless have nowhere to go.

"They have no family, no one. So we're left with (the question), What do we do with this patient? If this person doesn't have money, where do they go? It's a huge issue. There are a lot of families that don't want to die in their own homes."

Marie said she's had patients tell her they don't want to die at home because they don't want their loved ones to remember their home that way. "This is something that

quite honestly (happens frequently). We will need more than one hospice house. But James and Angela said, 'Let's do this.'"

According to Marie, the hospice home will employ staff who are able to dispense the medications that the patients need, which is a quality that is not found in all end of life facilities. Additionally, the home will have a special focus on veterans, which is something near and dear to Angela's heart. She was born in China and she came to the United States, and she is a very proud citizen of the United States. So, she gives a lot of credit to veterans, as we all should, for her freedoms and her success. So, there's a large focus on veterans (at the hospice house)."

That said, Marie explained the importance of the training the staff will have in regard to end-of-life care for veterans. "They have special issues at the end of their lives. They have had to see and do things we have not. There are spiritual issues that need to be addressed. Many times, if there is PTSD or Alzheimer's, there could be issues of combativeness so our staff would be able to treat and respond to these behaviors and treat (them)."

In addition to the 12 bedrooms, the home will include various family meeting rooms. Each bedroom will have a large French door that will lead out into the garden and the property grounds. The ability for each resident to have private outdoor access is another highlight Marie stressed in the interview with this publication. "A lot of times when they are facing end of life facilities, they don't get to go outside. Not only is that such an awesome benefit to have, it is also a safety issue because we can then get hospital beds in and out of the building fast. For a patient that is bedridden, we can push the bed out to the outdoors so they can enjoy the outdoors. Also, this house will accept patients' pets so they can have their loved ones at the end."

Should the need arise that no friends or family are there to accept the pets, the hospice house staff will adopt the pets, as there are plans to have a pet sanctuary on site.

www.sehrallenfoundation.com

Daisy Girl Scout "Grandma Troop"

On Oct. 15, Daisy Girl Scout Troop No. 245 met for the first time, and in November, they won first prize for the Land Park Service Unit's annual canned food drive. In that short time, they managed to collect 10 bags loaded with groceries then delivered them to Parkside Community Church to support the Sacramento Interfaith Partnership food closet. The SSIP serves approximately 7,000 people on a monthly basis and tends to close early due to a lack of food.

The 12 members of Daisy Troop No. 245 meet twice monthly at Sutterville Elementary School and are working on their Daisy Petals this year. Each petal has a focus, and their first petal represents the values of being friendly and helpful. The troop also assembled 80 individual bags of cat and dog food which they delivered to the Front Street Shelter to help the animals. In addition to being helpful at home and at school, for their December community

service project, they are stenciling tote bags for needy children.

These energetic first graders were very excited to win the canned food drive and are ready to do community service projects as they continue in Girl Scouting.

Affectionately known as "The Grandma Troop," the idea to form the troop originated when former Sutterville PTA presidents Carolyn Farrar and Marilyn van Löben Sels discovered their granddaughters were in the same first grade class.

They and their daughters had been girl scouts, so leading a new troop just seemed like a fun thing to do, while carrying on the family tradition.

Daisy grandmothers Jane Hing, Peggy Tel-schow, and Sue Wohle also assist at meetings as part of the team. The future is bright for these young Girl Scout as they continue earning their Daisy Petals and helping others.

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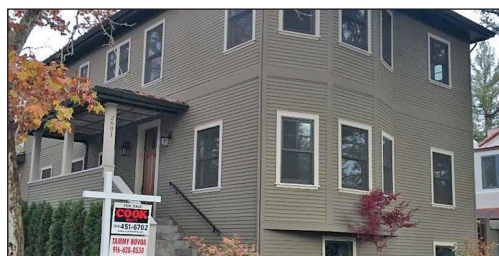
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Hospice:

Continued from page 3

first phase will include about 20 clinical/care rotating personnel and approximately 20 peripheral personnel (house-keeping, grounds maintenance, marketing, etc.). The second phase, which is set to include six additional beds

will be serviced by staff that will be added as determined at that time. "Often times the people that will need the help are people who are coming from hospitals or skilled nursing facilities where there are social workers or case managers where their job is to find a home for this person. There are certain populations that

get lost in the shuffle. Lately I've gone to various places to let people know this is coming up (and to describe) what it will look like."

Dr. James Sehr, a retired orthopaedic surgeon; and Angela Allen-Sehr, a registered nurse, is the heart of advanced home and hospice branch of the multifaceted business.

"She and her husband owned the land, (the hospice house) just was something they had been talking about it, so they just decided to donate the land. They started a charitable foundation. We have fundraisers that continue to fund the home, so that we can build it. So (the land) was a complete donation on their behalfs."

"The land was vacant and (Angela's) a huge animal lov-

er. She's had goats and would just spend some time out there and she decided that would be the perfect place for the hospice house. They had already drawn up plans for the home. We have a contractor ready to go."

As a hospice and paliative care specialist, Marie often acts as the face of the Sehr-Allen Charitable Foundation, which is the back-bone for this project. She provides trainings for professionals. She talks with patients and families.

"For me, everything hospice is about education and that means education for everybody, the young and old, that they know about death and dying. It could be a very special gift to be allowed to be a part of the process at the end

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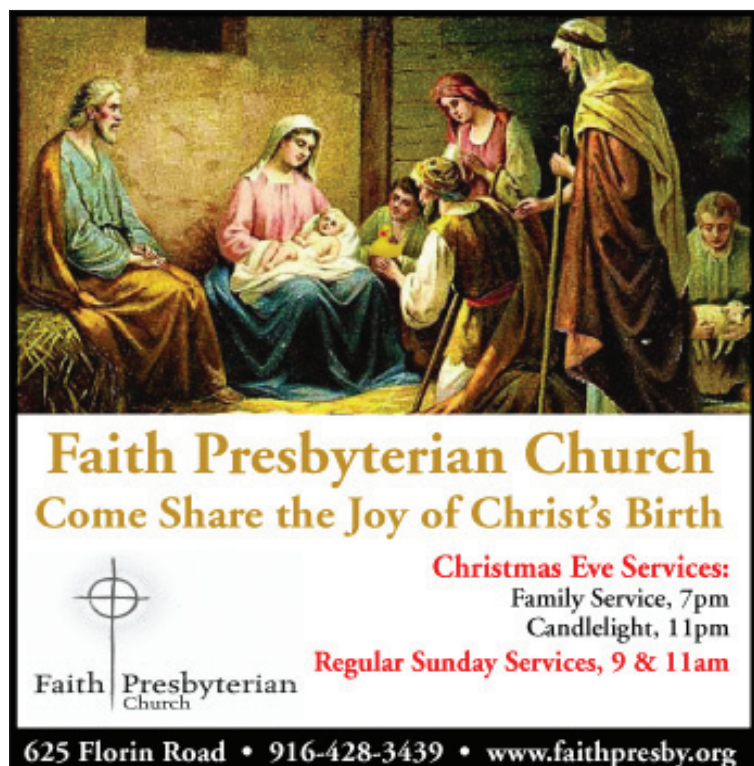
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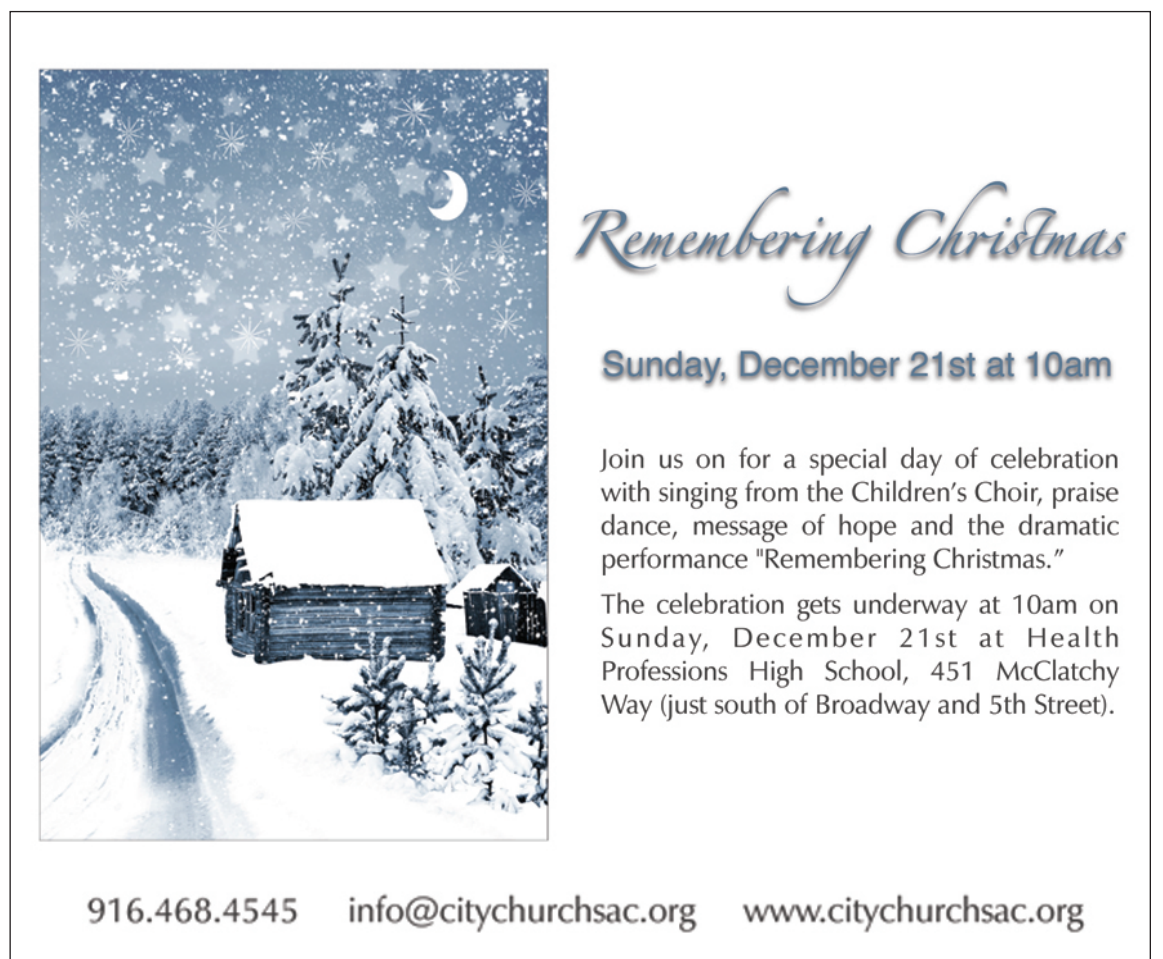
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Sacramentan reminisces about stealing Fairytale Town's Humpty Dumpty in the '60s

By MICHAEL SAELTZER

Now it's November, the day after the hauntings and undead. At Clubhouse 56 over breakfast and cocktails I fall into conversation with River Park resident Rick Winn. Through small talk, we learn we are all multi-generational Sacramentans who happened to collide here and stir it up a bit like only multigenerational Sacramentans can.

Then the story unfolds. It starts because we are talking of pranks we played in Sacramento on Halloween and or other times. We agree that to a large degree it all starts with toilet paper and then moves up from there. Rick tells me he stole Humpty Dumpty off the wall at Fairytale Town one night with his friend many years ago.

He says he and a pal were 17 years old when this happened. It was the early 1960s, a special time here in Sacramento. Like always when you are young and 17 years old hanging out with your buddy, you are down for pretty much anything, which for them, included getting a homeless man to buy them a six pack. They drank it in William Land Park and there sat Humpty looking back at them just sitting there on the wall. They started silly schem-

ing and ultimately decided to kidnap Humpty -- got him down by simply using a wrench in the trunk to undo the four bolts holding him to the wall.

They were creative and well intentioned, but they got in a bit over their heads, as we Sacramentans love to do. Rick explains that they made it look like they had actually kidnapped Humpty. They tied his hands behind his back, placed a sheet around his eyes, and then plopped him in the trunk facing backwards.

Before going home, they cruised K Street, causing more shenanigans. Then, Rick dropped his buddy off, and driving a few houses down to his house, he realizes he still had Humpty in the trunk. He backed up the car, retrieved his friend, and for some reason they placed Humpty on the diving board in Rick's backyard.

The next morning Rick woke to his mother who was upset by what she saw in the backyard. She recognizes that it's Humpty from Fairytale Town. Rick's father is livid.

Rick goes to school that day and returns to begin folding his Sacramento Bee newspapers to deliver them on his paper route. He opens the first bin and sees front page headlines that Humpty has been

stolen. Ricks said the exact headline was "All The King's Horses". Now his father is really angry. He demands that Rick and his friend submit a type-written statement detailing how they are going to fix the situation.

Rick and his buddy's idea is that they are going to sneak Humpty behind home plate at the local school's baseball diamond. Then they were going to call the police from the pay phone up the street at the gas station and anonymously report the location. His father oddly approves the plan with one stipulation. They have to write a formal apology, including to the children who are now missing Humpty, and tape it to the back of Humpty's head. The deal is sealed, and the plan actually works. According to Rick they even signed the note, "The Three Little Pigs."

To certify the experience, Rick invited me over to his River Park home. He said he has a photograph he can show me with him and Humpty. I follow him into River Park. I go inside and its a beautiful home, one of a number of properties he owns he explains. He introduces me to Marge who helps us find the picture of him and Humpty. It's blurry, but authentic.



Rick and myself at his place where we each verified the authenticity of the other. The small picture he holds is the shot of him and Humpty shown up close in the other photo. The large photograph we hold together between us is the one Rick presented me with to test my authenticity. We both passed each other's tests.

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The 50th Anniversary of Freedom Summer

By LEIGH STEPHENS

Activist Karen Duncanwood spoke of sheltering in a dilapidated house outside Jackson, Mississippi. As a then-20-year-old San Francisco State freshman she volunteered to be a Freedom Rider the summer of 1964. In the Freedom House, she and a hand full of others put blankets over the windows so their silhouettes wouldn't be a shotgun target.

She said, "The terror we experienced that summer was something out of a horror movie."

Duncanwood recently shared her experiences in the crowded community room at the Robbie Waters Pocket Library, a program sponsored by the American Association of University Women.

She told of fire bombings, beatings, murder, and law enforcement officers who wore the uniform in daytime and the Ku Klux Klan sheet at night. She said she was shocked at local, state and even the FBI's lack of support during that fateful time in our country. In the fall of 1963, a Birmingham, Alabama black church bombing had killed four little girls attending Sunday school, and more than sixty black churches and buildings were burned to the ground by the end of summer 1964.

Freedom Summer of '64 found civil rights activists, pushing for black voting rights and school de-segregation in the South. They set up tables across college campuses to recruit blacks and whites to volunteer to go to Mississippi. Although many counties had a predominately black population, few blacks voted because of segregation and American apartheid. Activists thought that if young people risked their lives, the powerful national press would follow so the nation could hear of the atrocities and take action.

The 1960s television news showed police knocking down people with powerful fire hoses, beating them with clubs, and blocking them from schools and voting centers. Strict segregation kept blacks from white businesses, white churches, and white schools.

Karen Duncanwood says she walked by a table set up by the Students Non-violent Coordinating Committee (SNCC) on her San Francisco college campus. She saw pictures of police barricades, physical assaults, black church burnings and other attacks on citizens whose actions Southern authorities described as "civil disobedience." She said she thought it was appalling that people were killed in America for wanting to vote.

Against her parents' wishes, she signed up for the project to go to Mis-



Photo by Leigh Stephens

Karen Duncanwood spoke about being a Freedom Rider in the 1960s.

issippi. She grew up in the small white community of Novato, California where her high school history teacher described happy slaves on the plantation, picking cotton, singing gospel songs and eating watermelon.

Karen was sent to an Ohio college for training in non-violent protest. Her initiation into the real world included training on how to fall on the ground, roll into a ball, and put her hands over her head and neck to protect herself from billy clubs.

Her trainer was Rita Schwerner who told the group that her husband was missing in Mississippi along with two other men among the first volunteers sent. Schwerner said they had been missing for 16 hours and were not expected to be found alive. The other two men, Andrew Goodman and James Chaney, along with Mickey Schwerner were later found murdered.

Duncanwood was sent with the second volunteer group. She says the volunteers were greeted by groups of angry white people, yet welcomed by the black community. Karen and several others were taken to the small rural town of Canton, about 10 miles outside of Jackson. They were put in an unfurnished and shabby rural house called the Freedom House that served as dorm and office.

During the whole summer the telephone company refused to install a telephone so the volunteers set up a CB radio in the back room. Fearing attacks and wanting to secret their only means of communication,

she says they crawled on their knees under windows to the radio so they could contact headquarters.

The first meeting the volunteers attended was in a black church. Only minutes into the meeting there was a loud pounding on the front door. The local sheriff and deputies had come to tell them they should leave. The sheriff spoke to the group, telling them that the blacks would beat up their men and violate the women. They were taken to the station, fingerprinted and numbered mug shots taken just as though they were criminals.

In other experiences Duncanwood says she and two other white girls attended the Canton Episcopalian Church one Sunday since she had been raised in the religion. Shortly after sitting down an usher tapped her on the shoulder and told them they were not welcome in the church. As they left the service a lineup of men showed brass knuckles.

Community whites who sympathized with the blacks were terrorized with threats. One white woman who owned a grocery store had it fire bombed because she sold the volunteers cold sodas.

Karen was assigned as a Freedom School teacher at a black church. She taught remedial skills required to vote and black history to instill courage and pride in the blacks.

At that time many blacks who tried to vote lost their farm shareholder jobs, were kicked off the land and left homeless. Fear ruled the land and

some people disappeared and were later found dead. The Mississippi River was dredged years later and hundreds of body remains were found.

To vote, blacks had to pass strict voting registration exams which could require the registrant to write an essay explaining any paragraph pulled from the Mississippi State constitution. They were also charged a poll tax that would stop any poverty-stricken black from even wanting to vote.

Now in our country 50 years later, citizens are still experiencing voter blocking by cutting off crowds who have stood in lines for hours to vote, asking for ID's that are not possible for citizens to get, and changing voter rules even after people have voted by absentee ballots. Thousands of eligible people have been purged from voter rolls.

This last summer there was a 50-year reunion of the summer workers in Jackson where they renewed friendships and shared the amazing things that had been accomplished since 1964. Yet they agreed so much still needs to change.

Karen Duncanwood says, "It is my observation that Dixie South lives today in far right politics where politicians vote against any progressive legislation for the country's majority such as the quality of national healthcare. Sadly there is still privilege for the few and insecurity for many in our country."

Leigh Stephens is a CSUS retired professor of Journalism and author of *Covering the Community*.

2014 CKM Women's Tennis Team goes down in school history

The 2014 C.K. McClatchy High School Women's Tennis team reached the finals of the CIF Sac-Joaquin Division II tennis playoff for team competition last month. This is the first time in the team's 42-year history the tennis squad got that far.

The high school itself, friends, alumni, and coaches at other high schools have all hailed the season as a landmark for CKM. Speaking with the Land Park News about the season and the championships, head coach Willard Hom said, "Although the team does wish it could have gone a tiny bit further to take home the section championship, everyone has rejoiced at our season of competitiveness, personal progress and the irreplaceable camaraderie that this long season gave them."

The team peaked for the three matches in the post season. CKM first defeated a strong Vista Del Lago team 5-4 in the quarter final round on Nov. 4. At that match, senior Carmen Nguyen paired with freshman Debby He at No. 1 doubles to fight for three sets in partial darkness (the sun had set during the third set) and clinch the critical fifth match.

Next, CKM beat a perennial nemesis in Bella Vista in a semifinal on Nov. 10 on the Bella Vista courts. CKM's top two players, Olivia Lok and Taylor Chan turned in clutch performances to give the team a 3-3 tie going into doubles matches. With CKM's depth of talent, the Lions swept all three doubles matches to close out the match with a 6-3 score.

In an epic playoff final, CKM's (on Nov. 12) lost 5-4 at Benicia High. Freshman Taylor Ishida gave them a great start with a quick win at No.6 singles and Amy Dao added a win at No. 3 singles to tie the teams at 2-2 at the midpoint of the match. Although Carmen Nguyen and Debby He lost a well-fought match at No. 1 doubles, another win by No. 3 team of Robyn Noguchi and Shirley Kwong evened the score at 3-3. But as Catherine Kong and Rachel Wagner were decisively turning around a match at No. 2 doubles, the No. 1 and No. 2 players (Olivia Lok and Taylor Chan) couldn't stem the home-crowd-fueled comeback runs of their Benicia opponents. Both ladies fell in heroic three-set battles that lasted about three hours.

Recapping the matches, Willard said the close scores proved that the team belonged in the final round and that the CKM players could compete well even under highly stressful conditions. "Because we actually had a match point in one singles match to make the score 4-4 while our No. 2 doubles team was convincingly winning its match, I feel that our team is essentially equal to the section's championship team. In other words, if CKM had won that one match point, then the media would be reporting us as section champs with a 5-4 win in Benicia. The two teams were that even."

Ironically, the largest coaching change he made this fall was the decision to keep a roster of 38 players. In reality, that number of players exceeded the capacity of the six courts and of the coaching staff, and this meant that the starting players (our top 12) would actually receive less court-playing time and less attention from each coach than they received in 2013 when they had a much smaller roster.

But Willard said he felt that his job is not solely about creating a championship team. "I feel that I should give as many students as possible a chance to learn this beautiful game so that they can both enjoy their growth years at CKM and acquire life long habits that I have enjoyed for more than four decades.

"For me, the 2014 season validated my philosophy of emphasizing sportsmanship, effort and technique. It also demonstrated that a team can achieve an effective balance between athletic competitiveness, high-demand, academic work and having fun. However, I will need to frame heightened expectations for continued success in 2015 with the uniqueness of the 2014 team (its strong core of five seniors). The 2014 team will need to earn its own unique set of expectations. It's interesting to consider what I did differently as a coach in 2014 to contribute to this success."

couldn't do it without the help of our coaches, team mom, and parents)." **Catherine Kong:** I joined the C.K. McClatchy women's tennis team my freshmen year. When I started, I was inexperienced and barely knew how to hit a forehand. Luckily, I was able to improve tremendously with the coaching I received from our wonderful coaches. Being on the CKM women's tennis team has taught me how to play tennis, the concept that determination and hard work truly pays off, sportsmanship, but above all, it has taught me what it feels like to be a



Photos courtesy of Willard Hom

Shown here are players from the C.K. McClatchy Women's Tennis Team.



CKM women's tennis player Taylor Chan hits the ball with a forehand technique at John F. Kennedy High School during the conference match with JFK

Meet players from the CKM tennis team

Taylor Chan (team captain): "I'm a senior in the HISP program at CKM and have played on the varsity team since freshman year. I have been playing tennis for five years. When I first joined the team, I had no confidence and was very shy. But, the team welcomed me with open arms and by the time senior year rolled around, I was named captain. There is other no team in the area that is as close as ours and that, I believe, is what makes us so successful (also we

couldn't do it without the help of our coaches, team mom, and parents)."

Catherine Kong: I joined the C.K. McClatchy women's tennis team my freshmen year. When I started, I was inexperienced and barely knew how to hit a forehand. Luckily, I was able to improve tremendously with the coaching I received from our wonderful coaches. Being on the CKM women's tennis team has taught me how to play tennis, the concept that determination and hard work truly pays off, sportsmanship, but above all, it has taught me what it feels like to be a

See Tennis Team, page 21

Tennis Team:

Continued from page 20

part of a special team filled with wonderful girls, coaches, parents, and the best team mom.

Karli Ching: I started playing tennis the summer before freshman year, and played JV for two years. Determined to play singles my junior year, I began lessons with Brian Martinez and spent nearly every night during the summer on the courts and I learned what it really meant when someone says, "Practice makes perfect." In addition to tennis, I have dedicated a lot of my time to piano and viola, participating in the Sacramento Youth Symphony. At the end of the day, the day is never done because there's always the pile of homework awaiting every HISP student.

Carmen Nguyen: I've been playing for the tennis team for four years. I started playing tennis in middle school, but only really got into it once high school started. I'm so glad I joined this team, as each year has brought on new experiences and challenges. The tennis team is a supportive and close-knit group of girls too, which helps especially at such a big high school. It was great to have gone as far as we did for my last season of tennis, and I hope that we can continue to improve throughout the years.

Olivia Lok is a senior this year, and was born in Sacramento. Her friend who was ranked quite high in USTA, convinced her to try tennis. In her freshman year, she joined the high school tennis team and almost gave up because she was not good enough. However, her coach told her to stick around and to keep practicing. She did just that and by sophomore year, she had improved and was able to play #4 singles in the team. Through hard work, strong determination, and practice, she was able to improve her tennis skill bit by bit each year. To her, tennis is a fun lifetime sport that she highly encourages everyone to play.

Robyn Noguchi: I am a junior at C.K. McClatchy High school. I have been on the tennis team since my freshman year, and I have loved playing on the team ever since. Each year we grow as individual players and we also grow as a team, making new friends and creating many memories along the way. This team is supportive and caring, and has taught me how to open myself up to new people and experiences. I'm so grateful for having joined this team!

Debby He: As a freshman, I love to do a lot of sports and art pieces. My first tennis season was wonderful. The team was so supportive and positive that everyone became family.

Amy Dao: I'm a senior on the team. I've been playing for four

years on the team, and this season was certainly one of the more exciting ones. It was so amazing that our team made it to the finals this year and almost won the sectional championship by a mere two points. It was heart-breaking to know that we were so close, but the team put all of its efforts into playing and I couldn't be more proud of the match we played. I'll certainly miss being on the team but I know that the McClatchy tennis team will keep up its amazing legacy for many more years to come.

Shirley Kwong: The C.K. McClatchy tennis season this year was by far one of the best experiences yet of high school. As a freshman it was great meeting new people who also went to the same school as I did. Everyday after school I looked forward to playing tennis and hanging out with the other girls on the team. No other team is like McClatchy!

Taylor Ishida: When I first started playing tennis, around (age) 10, I didn't take it very seriously. But as my coach told me about the intensity of high school tennis, I knew I had to be prepared. This past summer, I played almost every day- thanks to C.K.M's summer fundraiser. In the beginning of the season, I did not think I would be ranked where I am now on the ladder. Sure we worked hard to each get to the spot we are today, but we all got there as a team, together, while having fun. We had so many team bondings that now we're like a family. This first season of mine on the McClatchy tennis team sure was memorable.

About Willard Hom

Willard began coaching tennis in the spring of 2010 when a vacancy arose in the head coaching job for the CKM men's team. Willard's eldest son, Wilson, had just completed his freshman season on the tennis team in 2009, when Willard was recruited to take over the men's team in 2010.

Willard continued the men's team's prominence in area tennis by coaching the men to five straight Metro Conference titles and one semi-final finish in the CIF Sac-Joaquin Section playoffs. Although his oldest son graduated in 2012, Willard grew to enjoy the work with the men's team so much that he chose to remain as head coach. He's now looking forward to his sixth year as the men's head coach.

In 2012, Coach Richard Sarkisian asked Willard to join him as the co-head coach for the CKM women's team because he wanted to share the workload with someone. Sarkisian eventually moved to Maui this summer and he took over as the solo head coach for the women's team.



Shown here are players from the CKM women's tennis team. In the front row, from the left, is Taylor Ishida, Catherine Kong, Carmen Nguyen, and Robyn Noguchi. Shown here, from the left, back row, is Shirley Kwong, Rachel Wagner, Karli Ching, and Natalie Wagner.



CKM women's tennis player Carmen Nguyen forehand hits the ball with a forehand technique at John F. Kennedy High School during the conference match with JFK.



Shown here in the front row, from the left, is Jessie Chen, Catherine Kong, Kylea Wong, and Alexi Ishida. Shown in the back row, from the left, is Clara Ginnell, Gigi Castaneda, Taylor Ishida, Robyn Noguchi, Taylor Goto, Shirley Kwong, Natalie Wong, and Debby He.

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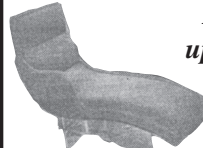
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Visitation Days –

Dec. 15th & 16th

& Jan. 13th & 15th

Please call to schedule

(916) 433-5039

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Nutcracker & Christmas Angels

Saturday, Dec. 20 – 7 p.m.

Sunday, Dec. 21 – 2 p.m.

"The Center" 2300 Sierra Blvd., Sacramento

\$15 adults; \$12 Seniors/Students; \$10 Children

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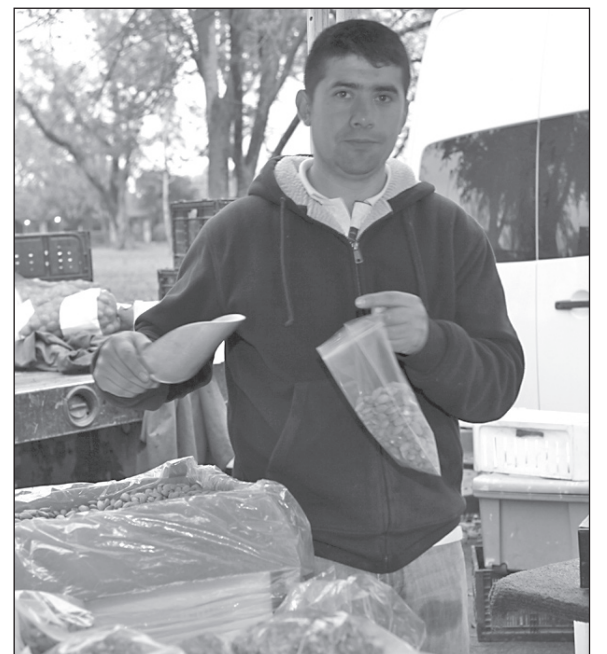
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Faces and Places:

Land Park Farmers' Market

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

Now underway, the Land Park Farmers' Market in William Land Park is held every Sunday from 9 a.m. to 1 p.m. at the corner of Sutterville Road and Freeport Boulevard. The market is full of great, local produce and many vendors currently are on hand selling great holiday gifts. Shown here is a collection of photographs from the Sunday, Nov. 30 market. For more information, call 484-7000.



CALENDAR

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

ONGOING

"Stretch, Strengthen, and Thrive" at ACC:

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility, 5-6 p.m. Mondays and Wednesdays. \$5 per class if pre-paid; drop-in fee is \$6. ACC Senior Services Center, 7375 Park City Dr., 393-9026 x330, www.accsv.org.

Easy Tai Chi at ACC

Learn 24-form Yang Style Tai Chi at a slower pace. Experience the gentle flow and treat your whole body to a gentle and relaxing workout. \$16 per month or \$5 Drop-in class. For schedule call 393-9026, ext 330, www.accsv.org. ACC is located at 7375 Park City Dr.

Senior Fitness at St. Anthony's

Senior Fitness meets Monday, Wednesday and Friday at 9:45 a.m. at St. Anthony's Memorial Hall at 660 Florin Road. Cost is \$2 per class. Do not have to belong to the church. Class incorporates dyna bands, small hand weights, balls, and rubber bands plus cardio. Chair and standing exercises for flexibility, strength and balance accompanied by music of "the good ol' days." Participants do not have to get down on the floor! Paula has a Masters in Exercise Physiology and has been in the fitness business over 25 years. Equipment supplied if needed.

Riverside Wesleyan Church offers older adult fitness class

Oasis, a fitness class for older adults, is held Monday, Wednesday and Friday from 9:30 to 10:30 a.m. at the Wesleyan Church, 6449 Riverside Blvd., in the Pocket/Greenhaven area. The charge for each class is \$2. Participants do not have to be affiliated with the church. The class has about 40 regular members, but the area used to exercise is large and can accommodate more.

Senior Yoga at ACC

This class is designed to maintain joint mobility, muscle strength and flexibility. A yoga mat is required. \$25 per month or \$6 drop-in class. For schedule call 393-9026, ext. 330, www.accsv.org

Taiko for fun at ACC

Learn the history and basics of Taiko which refer to the various Japanese drums. Wear comfortable clothing. \$16 per month or \$5 drop-in class. For schedule call 393-9026, ext 330, www.accsv.org. ACC is located at 7375 Park City Dr.

Stretch, strengthen and thrive

This class is designed for the needs and abilities of active older adults interested in gaining or maintaining mobility. These exercises will help participants maintain their cardiovascular health, muscular endurance, and vitality, enhancing their range of motion and increase energy with a mix of full body stretches, body weight exercises, strength training and active stretching. 8:30 to 9:30 a.m., Wednesdays and Fridays at ACC Senior Services Center, 7375 Park City Dr. Pre-registration is preferred but drop-ins are welcome. For detail, call 393-9026, ext 330, www.accsv.org

ACC presents Senior Yoga

Enjoy movements designed to maintain joint mobility, muscle strength, and flexibility. This class is gentle, easy to follow and uses the floor and chair. 10:30-11:30am Wednesdays at ACC Greenhaven Terrace, 1180 Corporate Way. Pre-registration is preferred but drop-ins are welcome. For detail, call (916) 393-9026, ext 330, www.accsv.org.

Tai Chi/CQ Gong

Learn the simplified 24-forms of Tai Chi, plus Qi gong exercises, a healing art combining movement, meditation, and visualization. Ideal for students new to Tai Chi. 9:00-10:00am, Thursdays at ACC Greenhaven Terrace, 1180 Corporate Way. Pre-registration is preferred but drop-ins are welcome. For detail, call (916) 393-9026, ext 330, www.accsv.org

Free Young Adult Bereavement Counseling:

The UC Davis Hospice Program and UC Davis Children's Hospital Bereavement Program will offer an eight-week Young Adult Bereavement Art Group for individuals 17 to 24 who are coping with the recent loss of a loved one. The sessions will be held on eight consecutive Monday evenings from Sept. 29 through Nov. 17. Each session will be held from 6 p.m. to 7:30 p.m. at the UC Davis Home Care Services Building, 3630 Business Dr., Suite F.

Stretch, Strengthen, and Thrive!

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility. The class consists of a mix of full body stretches, body weight exercises, strength training, and active stretching. 5:00-6:00 p.m. Mondays and Wednesdays. \$5 per class if pre-paid. Pre-registration and pre-payment is preferred, but drop-ins are welcome at a rate of \$6 per class. Held at ACC Senior Services Center, 7375 Park City Dr., Sacramento, 393-9026 x330, www.accsv.org.

Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs, 808-5888. Your wheelchair can be a tax deductible dona-

tion, and four zoo tickets will be offered as a thank you.

Support group for alienated grandparents

Meeting is the last Friday of each month at 2717 Cottage Way, suite 4. Meeting is at noon. 761-9121.

Tai Chi at Hart Senior Center

Focuses on low impact form of ancient Chinese exercise, combining slow movements with relaxation. Mondays, 10:30 -11:30 a.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Try it once for free! Stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$23 for five classes.

Zumba for Seniors at Hart Senior Center

Zumba for Seniors incorporates physical exercise and dance steps to the rhythms of

Cumbia, Merengue, Mambo, Salsa, Samba, and much more. Tuesdays 9:30-10:30am and Fridays 3 to 4 p.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Sacramento (27th and J streets). Try it once for free! For more information or to register, stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$20 for five classes; \$40 for 10 classes.

Active Yoga at Hart Senior Center

Increase your strength and flexibility, improve balance, and enhance the ability to relax and release stress. Classes are Mondays and Wednesdays, 2:30 p.m. - 3:30 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th St. For more information or to register, stop by the Hart Senior Center front desk or call 808-5462. Cost: \$35 for five classes or \$70 for 10 classes. Try the class once for free and see if Active Yoga is right for you.

See more Calendar, page 26

Crockett-Deane Ballet Company & Deane Dance Center
Saturday, Dec. 20th, 7pm &
Sunday, Dec. 21st, 2pm, 2014

Featuring
The Nutcracker
(one act with narration)
and **Christmas Angels**



Tickets at the door:
Adults \$15
Seniors/Students \$12
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The Center at Twenty Three Hundred
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Questions? Contact Deane Dance Center
916.453.0226

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CALENDAR

Continued from page 25

Singers with Hart

Experienced and beginning singers age 50 and above are welcome. New sessions start every nine weeks and are held at the Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Pre-registration is required. For more information, visit the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$15.

Run with a Recruiter

Every Friday at 6 a.m., the public is invited to join the Sacramento Police Department. This provides a unique opportunity for potential police candidates and those in the hiring process to run together.

Emotions Anonymous

Meets regularly Tuesdays, Thursdays, and Saturdays. Meeting information is available at www.emotionsanonymous.org. Free 12-step program/support group for those who desire to become well emotionally healthy. Acquire a new way of life, sharing experiences, and learning to live with unsolved emotional problems. Meets Tuesday 6:30 - 7:30 p.m. Parkside Community Church 5700 South Land Park Dr.; Tuesday 6:30 - 7:30 p.m., Sierra Arden Church of Christ, 890 Morse Ave (at Northrup), Room F-4. Thursday 7 - 8:30 p.m. at Church of the Good Shepherd, 1615 Morse Ave. (at Arden Way) left of choir room. An optional newcomer orientation occurs on Saturdays from 1 to 1:30 p.m. at Wellness Re-

covery Center, 9719 Lincoln Dr. Ste. 300. Also on Saturday from 1:30 to 2:30 p.m., there will be a topic for discussion at WRC, 9719 Lincoln Dr., Ste. 300.

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.

Youth Connections Unlimited announces fundraising campaign

Did you know that one Sacramento organization can reduce recidivism for crimes committed by youths by up to 70 percent? Youth Connections Unlimited has been providing mentoring and other services to incarcerated and probationary youth for over ten years that gives youth tools for staying outside the juvenile justice system. YCU works with the Sacramento County Probation Department with a focus on re-entry mentoring and preventative programming with a commitment to the principles of Restorative Justice. The support youth get from YCU and its volunteers gives hope to Sacramento County youth, make communities safer and save taxpayers money. For more information, call David Taft at 835-1147 or visit <http://www.sacycu.com>

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

Each second Tuesday of the month at Revolution Wines at 6:30 p.m., Women With Good Spirits invites a community non-profit to present on its mission work. 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. 2831 S St. Visit www.womenwithgoodspirits.com or find the group on Facebook.

The Community Housing and Services Coalition monthly meetings

Originally created by the Sacramento Community Services Planning Council, the Community Housing Coalition (CHC) was created as a vehicle to provide information and educate community leaders and decision makers regarding housing for low income, disabled and older adults. CHSC monthly meetings are free and open to the public; they are held from 9:30 to 11 a.m. on the last Tuesday of each month (except December) at the Sacramento Sheriff's South Area Office Community Room at 7000 65th Street, Sacramento (the Sacramento County Voters Registrar Building). At each meeting a guest speaker is invited to attend and give a 30-minute presentation with 10 minutes for Q&A. Speakers are selected for their expertise and knowledge in their respective fields, and agencies/organizations. The speakers are encouraged to provide handouts, fliers, and other informational materials to the 15 to 30 attendees. If you have any questions, please contact either: Alex Eng at 424-1374; email xeng916@sbcglobal.net; or Cindy Gabriel at 916/732-6189; email cynthia.gabriel@smud.org.

Your social security questions answered at Hart Senior Center

Meet with a Social Security Administration representative every third Thursday of each

month at the Hart Senior Center and learn general information about Social Security, Supplemental Security Income (S.S.I) as well as retirement, disability, and survivors benefits. Make an appointment at the Hart Senior Center, 915 27th Street (J and 27th streets) or call 808-5462. Cost: Free.

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.

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 St. www.eastsacmidtownkiwanis.com. Meeting/Membership info: 761-0984, volunteers always welcome!

Food trucks at Carmichael Park

Every first Thursday of the month from 5 to 8 p.m. (July will be held on July 10) food trucks hit Carmichael Park, 5750 Grant Road.

The Sacramento Capitolaire meeting

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

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.

DECEMBER

Mission Oaks Computer Club meeting

Dec. 11: The Mission Oaks Computer Club will meet from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. The meeting will include a problem-solving clinic, led by Adam Lacey of Applications, Etc. First-time visitors are welcome. For additional information visit www.missionoakscomputerclub.org or send an email to mocc@missionoakscomputerclub.org.

Dessert and Coffee with Superintendent Banda

Dec. 11: Superintendent Banda is hosting a "Dessert and Coffee" community meeting to meet parents and other stakeholders and to gather feedback on our schools at Luther Burbank High School (3500 Florin Road) from 6 to 8 p.m. Free childcare and translation services will be provided.

Jingle Bell Run/Walk

Dec. 13: The Sacramento Jingle Bell Run/Walk® is a fun, festive event for the whole family! Put on your reindeer antlers and your running shoes and come join us for some holiday cheer at Crocker Park in downtown Sacramento. The event is fun for all and open to all ages. You can participate in the 5-K timed race or the 5-K Fun Run/

Walk with holiday themed activities all along the course! Bring your friends, family, coworkers, and your furry friends, too! Crocker Park is located at 211 O St. For more information, call 368-5599 or email edahler@arthritits.org. Packet Pick-up and late registration is available at Sports Authority in Natomas, 3632 N. Freeway Blvd. From 10 a.m. to 7 p.m. Santa's Community Village (vendors) will be available from 7:30 to 8:30 a.m. Registration is from 7:30 to 8:15 a.m. Candy Cane Kids Run will be held from 8:15 to 8:25 a.m.

The timed 5-K run will take place from 8:30 to 9:30 a.m. and the family fun run/walk will take place from 8:45 to 9 a.m. Awards and entertainment will follow from 9:45 to 10 a.m. Fees: 5K Run/Walk - Early Bird: \$30; Adult Registration Candy Cane Kids Fun Run is \$15.

zpizza Tap Room Lagunitas Take-over - 12 Beers of Christmas

Dec. 19: From 6 to 8 p.m., enjoy signature, artisan brick-fired pizzas, fresh salads and tasty appetizers along with discounts on all Lagunitas beers. There will be free zpizza appetizers while supplies last and free Lagunitas Mason jar for the first 60 people. 7600 Greenhaven Dr.

JANUARY

ACC presents: "Advanced wellness: Topics helpful to both veterans and non-veterans" Jan. 13: The presentation will address public benefits, resources and how to access them, pre-planning for the future and how to prevent crisis, dealing with the Veteran Affairs Aid and Attendance Pension program. Free of charge; class will be held from 10 to 11 a.m. at ACC Senior Services Center, 7375 Park City Dr. Pre-registration is required. For detail, call 393-9026, ext 330, www.accsv.org

East Sacramento Preservation Speaker Series presents talk by historian Paula Peper

Jan. 14: Paula Peper, historian, author and US Forest ecologist at the Center for Urban Forest Research-retired will present: East Sacramento: From Swamp to Urban Forest, Jan. 14 from 6-7 p.m. Peper's presentation will provide a brief overview of the development of Sacramento and, particularly East Sacramento from pre-white settlement to becoming the central resource for Northern California orchard and vineyard development through the 1800s, and neighborhood establishment in the 1900s. Today's East Sacramento street trees attract many new homeowners to the community. She will share lessons learned from research on these trees, including successes and mistakes in management past and present. The presentation includes a free raffle of eight full-color, heirloom quality books from the Roots of the Past series on Sacramento park neighborhoods, trees and townships. Light refreshments will also be served.

ACC presents "5 Wishes" classes

Jan. 15: This educational workshop discusses your rights and medical decisions. California and Federal laws give all competent adults, 18 years and older, the right to make their own health care decisions. Learn about a free legal document which gives your medical decisions a voice when you may not have the ability to express them. Free of charge; class will be held 1:00-2:00pm on January 15, 2014 at ACC Senior Services Center, 7375 Park City Dr. Pre-registration is required. For detail, call 393-9026, ext 330, www.accsv.org

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Belle Coolegge December events

Belle Coolegge Library, 5600 South Land Park Dr., is open Sunday and Monday: Closed; Tuesday: noon to 8 p.m.; Wednesday and Thursday: 10 a.m. to 6 p.m.; Friday: 1 to 6 p.m.; Saturday: 10 a.m. to 5 p.m. For more information, call 264-2920 or visit www.saclibrary.org.

River City Bee at Belle Coolegge

Dec. 12, 20: Get together with fellow needlework enthusiasts to sew work on any project you choose meet some new people and share ideas at 9 a.m. Bring your own equipment and supplies and work on your own projects. We provide irons and ironing boards and extension cords. This program is offered in collaboration with the River City Quilters Guild.

Art for All Seasonal Card and Wrapping Paper Party

Dec. 12: An hour of seasonal decorative crafts aimed at making wrapping paper and greeting cards will be offered at 3:30 p.m. Craft supplies provided. You bring the creativity! This program is intended for all ages!

Saturday Sleuths Book Club

Dec. 13: The book club will get together at 2 p.m. to discuss "Dissolution" by C.J. Sansom.

Make your own Gingerbread House

Dec. 16: Design and construct something flashy daring or just plain sweet at our Gingerbread House Maker Party starting at 4 p.m. We will provide supplies (while they last) and we encourage builders of all ages to join!

Eco-Safari

Dec. 19: Starting at 4 p.m., Eco-Safari will present an interactive wildlife education program that focuses on animals and the ecosystems they are a part of as well as the roles they play in nature.

Read to a Dog:

Dec. 23: Read to a Dog is a fun and proven method for boosting a child's reading skills by reading to a trained therapy dog and adult volunteer. Children may bring their own books to read to these furry friends or they may borrow a book from the library's collection. The event will be held in the community room at 6:30 p.m.

Noon Year's Eve celebration with Mister Cooper

Dec. 31: Ring in the new year with neighborhood favorite Mr. Cooper! After 30 minutes of music time and freeze dancing we'll have a craft activity meant to help you celebrate the new year. Designed for ages 3 to 7 years. Program starts at noon.

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PENDING

CUTE CURTIS PARK CRAFTSMAN

2 or 3 bedrooms 1½ baths, high boxed-beamed living room ceiling open to the dining room (shared gas log see-through fireplace) with French doors opening to private deck and enchanting yard with winding paths, cute guest cottage and storage shed. \$349,500

DAVID KIRRENE 531-7495
JERRY KIRRENE 455-1001



A BYGONE ERA

Beautifully renovated from head to toe - The Didion House - Rich wood, fine detailing and spacious rooms. Historical in in both style, heritage and culture. 4 bedrooms 2 full baths and 2 half baths with new kitchen, three floors, including media room, and a full basement. \$1,395,000

SHEILA VAN NOY 505-5395



SOUTH LAND PARK HILLS

Wonderfully spacious ranch style home in desirable South Land Park. Double doors open to a beautiful entry and inviting family room with plantation shutters and view of backyard. 3 or 4 bedrooms 2½ baths, kitchen pantry living room w/ wood burning fireplace insert. \$459,000

BETH SHERMAN 800-4343



PENDING

SOUTH LAND PARK TERRACE

Mid-century ranch in the hills of South Land Park Terrace. Living area opens to beautiful backyard and pool. 3 bedroom, 1½ bath family home; bright and light and oh so charming. Perfect for entertaining. Convenient location. New roof! \$449,500

SHEILA VAN NOY 505-5395



PRETIGIOUS RIVERLAKE

High quality Parker-built halfplex with a spectacular floor plan! 4 bedrooms 3 full baths with downstairs bedroom and bath. Fantastic courtyard for extra living space. Spacious loft/den. Gorgeous formal dining room; and a large nook in charming kitchen. Rare 3-car garage. \$550,000

MONA GERGEN 247-9555



PENDING

PERSONAL PARADISE

Spacious entry welcomes you to a large living room with detailed fireplace and loads of light. Enjoy the dining room with French door leading you to the huge .17 acre lot. Don't miss the hidden grove under the back tree canopy! The kitchen opens to a sunny, large breakfast nook, laundry room, large pantry closet. \$349,500

SHEILA VAN NOY 505-5395



PENDING

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. \$325,000

SHEILA VAN NOY 505-5395
ERIN STUMPF 342-1372



PENDING

CLASSIC SPANISH IN LAND PARK

Traditional features include hardwood floors, beautiful front picture window, vaulted ceilings, gas fireplace, formal dining room, custom kitchen tile, one-of-a-kind decorative stairway, tile roof, dual pane windows and storage galore! 3 or 4 bedrooms 2 baths and drought tolerant landscaping! \$575,000

KELLIE SWAYNE 206-1458



POCKET AREA MOVE-IN READY

Enjoy this well maintained home! Highly sought after single story 4 bedroom 3 bath home with roomy master suite. The family room adjoins the kitchen and is perfect for the chef to chat while making dinner! Located on a quiet street just steps from the Sacramento River. Pretty backyard. Welcome home! \$425,000

PAULA SWAYNE 425-9715

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