

## Public art display planned for Pocket-Greenhaven library

Two major public artworks to be unveiled when new library opens this fall

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once Pocket pillar

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Artisan Salon finds  
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## Making a case for shopping local

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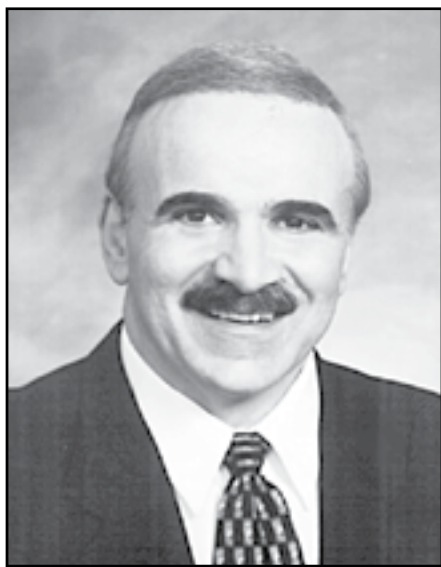
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**Editor's Note:** Concerning the 2010 election cycle, The Pocket News will offer expansive coverage of the local races, including Sacramento County Sheriff and Sacramento City Councilmember for District 7. Look for our one-on-one interviews and print debates with each candidate beginning in the April editions of The Pocket News. As this paper is a forum for local thoughts and opinions, your letters are always welcome. Contact the editor at [ryanrose@valcomnews.com](mailto:ryanrose@valcomnews.com). - Ryan Rose

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# Economic expansion and development on Riverside Blvd.

By **BENN HODAPP**  
Pocket News Writer  
benn@valcomnews.com

When Jennifer Benton, Jason Williams and Carol Hernandez began their business two years ago, it was the culmination of a business relationship that had spanned 10 years. Their shop, Artisan Salon, soon built a clientele in its little lot at 3193 Riverside Blvd., all while making the most of the 1,100 square feet at their disposal.

But before long, space became an issue and the opportunity to expand was staring them right in the face.

"I would sit in the lobby and look at the place across the street," Hernandez said of the large vacant building visible from their shop.

The three business partners reacted swiftly to en-

sure that the building at 3198 Riverside Blvd. remained vacant no longer. In fall of 2009, the process of making the short, but giant leap across the street was underway.

First, they had to secure all the necessary permits to make the move. This process was especially nerve-racking for them. Hernandez described the process as "a lot of hurry up and wait." Once the permits were acquired, it was time to get down to the next phase – moving in.

The move began in early January and took three weeks to get everything squared away in its new proper place. The lot, which was formerly Taylor's Coffee Emporium and also Central Valley Coffee, is roughly 2,000 square

feet according to Hernandez. The extra space provided for plenty of room to play around with – something that the old location simply didn't provide.

The extra space has allowed them to add two additional stations as well as an area for the newly minted on-staff massage therapist. Hernandez said they hope to soon have a manicurist on staff as well.

"It's a beautiful building," Hernandez said. "It has some history behind it in the area."

The building sat dormant for a long time before Artisan moved in. But now that the large shop once again has an identity, the Riverside Boulevard Business Corridor might just get a shot in the arm, Hernandez believes.

"It brings a new life. We think that it will bring people to the area and will be a welcome place for people to visit."

The new digs, now at 3198 Riverside Blvd., come complete with what Hernandez called an amazing staff of 12 stylists and the aforementioned massage therapist. Five of the styl-



Artisan Salon owner Carol Hernandez tends to a client at their new shop at 3198 Riverside Blvd.

ists are brand new to the salon.

As for the old location, nothing has been decided as of yet in regards to what might one day fill its walls, but it is rumored that a business in the area could soon move in to fill the void.

The salon had a soft opening on Feb. 9. It was the end of a long process, a quick move and hopefully a long stay for the owners. In the short time that the salon has been open, many residents have stopped by to see what is going on with the

newly filled space. Clients, both new and old, helped to make the process as easy as possible according to Hernandez.

For those who are unaware of the salon's opening last month, don't worry, a grand opening is in the works for the end of March.

"We want to make it a customer appreciation-type thing," Hernandez said. "We want to show the people in the community that we're here and that we really do appreciate them."

She also spoke of drawings for hair products as well as having half price haircuts on Tuesdays and Saturdays.

The salon offers full service hair care including facial waxing, extensions, highlights, lowlights, make-up and special occasion hair. The shop is open Tuesday through Friday from 10 a.m. to 8 p.m. and Saturday from 9 a.m. to 5 p.m.

For more information about Artisan Salon and the services it provides, call (916) 443-5478 or visit the salon's Web site at [www.artisanlandpark.com](http://www.artisanlandpark.com).



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Faces and places

# Buddhist Church Spring Food Festival

The Adult Buddhist Association and Buddhist Women's Association of the Sacramento Buddhist Church hosted their annual spring food festival March 14 at 2401 Riverside Blvd. in their church social hall. This event is the "little brother" of the Annual Buddhist Church Bazaar held each summer in August. The Spring Food Festival is much smaller, but provides attendees the opportunity to sample a variety of Japanese dishes such as maki, inari and chirashi sushi, teriyaki, udon, salads and sandwiches, and pastries.

Photos by Pocket News photographer Noah Winn.



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Know your neighbor

# Fueling a legacy: Enos Service Station was Pocket's place for gasoline

By LANCE ARMSTRONG  
Pocket News Writer  
lance@valcomnews.com

as his father, also Frank Enos, was born in Pico, Azores Islands, Portugal.

The Riverside-Pocket area is certainly rich with history and among the earlier stories of this area is the history of the Frank Enos Service Station.

Opening in about 1921 on 3.7 acres of property purchased by Frank Enos, Jr. from Frank George on the levee side of Riverside Road (now Riverside Boulevard) near 35th Avenue, the business was the only service station between Y Street (today's Broadway) and the town of Freeport.

In its early years, the service station was essential to many people in the area who had transitioned from horse and buggies and surreys to Model Ts and other early automobiles.

Like many people in the area at the time, Frank Enos was of Portuguese heritage,

## From slough to service station

Frank Enos, Jr. (who for the remainder of this story will simply be referred to as Frank) was born in 1872 on his father's 27-acre ranch, adjacent to Babel Slough in Freeport in the area that is now known as Clarksburg.

Following the death of his father, Frank, along with his brother Joe, inherited his family's ranch.

In about 1890, Joe purchased his brother's portion of the ranch and the two brothers opened Enos Bros. Grocery on the northwest corner of 10th and O streets.

A few years later, Frank purchased Joe's percentage of the business and moved the business to the northwest corner of 4th and L streets, where Macy's de-



Louie Enos stands next to a gasoline pump during the late 1920s at the Frank Enos Service Station, which was the only service station in the area south of Y Street (today's Broadway). Photo courtesy of PHCS

partment store is located today.

With this move, a bar was added to the business, which was renamed Frank Enos Grocery Store and Bar.

Occasionally during this era, other bars were also connected to grocery stores, including the Portuguese businesses, the Da Rosa grocery store on Riverside Road and the Souza grocery store on Freeport Road in the town of Freeport.

While operating his grocery store and bar in 1897, Frank married Philomena "Minnie" Brown, the daughter of prominent Freeport resident John Joaquim "King" Brown, who also had two sons - John, who was a guard at the Bank of Italy (later Bank of America) at 6th and K streets, and Manuel, who was the captain of the dredger, Argyle.

The newlyweds moved into their newly purchased home at 2419 L St., where they resided until they moved to Riverside in 1913.

It was in this year that Frank purchased the property where the service station was built and opened about eight years later.

The property also included the family's new home - a small, white, two-story, c. 1910, wood-frame house.

The service station, which was referred to by many local residents as "Frank Enos' gas station," originally included three pumps, which provided regular and ethyl gasoline. The station was later downsized to include only two pumps.

In addition to offering gasoline, the station included large scales, which were used to weigh horse-drawn

wagons and small trucks with loads of hay and produce that were shipped out on boxcars on Front Street, near today's Sacramento History Museum in Old Sacramento.

## People, property and petrol

Pocket native Dolores (Silva) Greenslate recalled a very early story relating to the Frank Enos Service Station.

"In about 1923, my father (Victor Silva), who at the time worked in dredging around Sutter Bypass raising the levels of the existing Sacramento River levees, upon leaving for work in the Riverside area, discovered his Model T Ford truck was low on gas," Greenslate said. "Frank Enos' gas station was not yet opened for morning business, so he

See Enos, page 7

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# Enos: 'Those were very special times, but the area has changed...'

Continued from page 6

pushed his little truck up Riverside Road to Y Street in order to buy gas from Ed Fortado's gas station, which was the next closest station. It is hard to believe that he had the strength to push the truck over the Sutterville Road hill and still had strength enough to push it about another mile to Y Street. I knew he was very strong, but I didn't know he was that strong."

Greenslate said that Frank was a very kind man who would have gladly been awoken to assist her father to accommodate him on his way to work.

She added that her father, however, would not have wanted to inconvenience Frank at that pre-dawn hour.

"My father was a very polite and classy man," Greenslate said.

Greenslate further described Frank, referring to him as a "short, wiry man, who was mild-mannered and kind-hearted."

Eventually, two of Frank's three sons, Alfred and Louis "Louie" Enos, regularly assisted him with various service station duties, including pumping gas, changing oil and changing tubes in tires.

Louie later worked as a junior high school teacher, including his time at California Junior High School at 2991 Land Park Drive at Vallejo Way, where he was a substitute English teacher during the 1930s.

Ironically, Greenslate, who attended California Junior High School from 1935 to 1937, was one of Louie's students.

## Fueled legacy

Although the Frank Enos Service Station was closed



Photo courtesy of PHCS  
Frank Enos, Jr. (left) stands alongside his son, Melvin Enos, at the Frank Enos Service Station during the late 1920s.



Photo courtesy of PHCS  
Alfred Enos poses at a gasoline pump in the late 1920s at the Frank Enos Service Station. In the background stand Jake Buckley and Evelyn "Toodie" Lewis, near what is most likely Buckley's automobile.

in 1940 and Frank and Minnie passed away in the early 1960s, the Enos presence in the area continued after this time, as Alfred, who was a lifelong bachelor, had a house built on his property at 5720 Riverside Blvd. Alfred resided in this small, stucco, single-story house, which still stands today, until at least 1982.

Greenslate said that the site of the old service station, which is located near Interstate 5, represents one of the historic landmarks of a much changed Riverside-Pocket area.

"I experienced the last of the horse-drawn wagons and surreys going up and down Riverside Road and then we had Frank Enos' gas station, which was the beginning of automobiles commonly traveling along Riverside Road. (The station)

is part of my many memorable childhood recollections, as we always stopped by (the station) before we went any place and my parents would talk to Frank while getting their gas. It was just one of the notable places that I remember being in

the area, which also included my grandmother's house and other farmhouses and farmlands. Those were very special times, but the area has changed drastically since these days and is obviously a much different place today."

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# St. Francis Troubadour Theater Arts rock on in 'Starmites'

By **SUSAN LAIRD**  
Pocket News Writer  
susan@valcomnews.com

St. Francis High School brings an unusual, Tony Award-nominated musical to the Sacramento area this week, with the debut of its production of "Starmites." So much so that the creator of the musical will fly out from New York to teach the students at a special seminar and will attend one of the performances.

"Starmites" is not a musical about cosmic insects...

but it certainly is outside of the realm of "average" musical theater.

The plot centers around an introverted, shy teenage girl named Eleanor, who creates a fantasy world from the characters in her science fiction comic book collection. In Eleanor's quest to help good conquer evil are the Starmites – a teenaged band of space youths dedicated to fighting the deadly forces of the Universe.

This is quite a fantasy, with numerous musical genres to match. In fact, it is difficult to describe the genre of "Starmites" – "space opera" might be close, but that really wouldn't be accurate.

"I love how much fun the show is and Starmites has a great score," said Cheryl Watson, arts/performing arts department chair and theater director at St. Francis High. "It's a Sci-Fi musical along the lines of 'Little Shop of Horrors' and 'The Rocky Horror Show' but a lot sweeter in places. We like to mix up what we do with our productions and I can honestly say this is the first show we've done in this genre. It's a rock-based musical with influences of many genres including, Gospel, Tribal, Pop and traditional Broadway ballads. It's got everything."

"Starmites" made its New York debut off Broadway in 1987. Composer Barry Keating wrote the music and lyrics. It received six Tony Award nominations, including one for Best Musical. There is also a "Starmites" book written by Keating and Stuart Ross.

"St. Francis students Katelyn Rothleder, Morgan Henry, Annie Guthrie, and Camille Totah are the leads in 'Starmites,'" Watson said. "Also, we have a wonderful group of supporting characters with major importance to the script."

The St. Francis Theater Arts program is known for its efforts to connect young artists with the subjects they are portraying. This opportunity is extended to male cast members who attend other high schools, since St. Francis High is an all-girls college prep school. This production's male thespians hail from Jesuit and Oakmont high schools. For example, stu-

dents met with survivors of the Nazi Holocaust to gain an understanding of the horrors of World War II while preparing to perform "Playing for Time" a few years ago.

This year, Keating is flying out from New York City to meet the students and to attend a performance of the musical. It will be a unique opportunity for the students to learn from and engage a New York composer and director one-on-one. Thespians and theater technicians ("techies") will participate.

"The techies work as hard as the actors in making the magic happen," Watson said.

In addition to his work with "Starmites," Keating composed the score and co-wrote the book and lyrics to a gospel/hip-hop/rock adaptation of "The Jungle Book" that was staged at the New Victory Theater on 42nd Street in New York City in 1997. The critically acclaimed musical toured nationally and was praised for its "innovate style and charm." He wrote a book, music and lyrics for Jim Henson's "Muppet Babies' Magic Box," and a cabaret, "Hollywood Opera." He directed Penn & Teller's first

See Starmites, page 9



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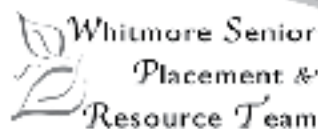
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# Starmites: 'Theatre is a collaborative art form'

Continued from page 8

stage show and Jim Steinman's "Neverland."

Keating is an honors graduate of Amherst College and is the author of four children's books for Jim Henson and the Muppets.

St. Francis High School has a good reputation in the theater community, and often wins regional awards (Ellys). When asked what kind of pressure students feel to perform in any production, Watson said that the focus is never on winning an award.

"Actually there is no pressure," she said. "We never choose, nor do I direct, a show for awards. Our arts council looks for a varied experience for our actors and theatre technicians in selecting each production. Hopefully, our students and staff can stretch themselves. For example, in the past two years, we presented a drama by Arthur Miller, an original musical written by faculty member David Blanchard and Thom Green, a comedy by Shakespeare and now a Sci-Fi space rock musical. Quite a large range of style and content. Of course I am proud of the awards, but I'm most happy about the opportunities and experiences provided to our students. The faculty members involved in the productions are profession-



Photo courtesy  
"Starmites" opens on March 11 with a special \$25 per ticket gala evening at 7:30 p.m. Regular performances are at 7:30 p.m. on March 12, 13, 19 and 20.

al artists in their individual disciplines and in choosing our shows we like to challenge ourselves. Theatre is a collaborative art form and it is wonderful to collaborate with our students and each other."

"Starmites" opens on March 11 with a special \$25 per ticket gala evening at 7:30 p.m. Regular performances are at 7:30 p.m. on March 12, 13, 19 and 20. Tickets for per-

formances on March 12, 13, 19 and 20 are \$10 for students under age 19 and \$15 for adults. There will also be a matinee on March 20 at 1:30 p.m. Tickets to performances at St. Francis High School sell out quickly. St. Francis High School is located at 5900 Elvas Ave. in Sacramento. For more information and to order tickets, visit [www.ticketguys.com/stfrancis](http://www.ticketguys.com/stfrancis).



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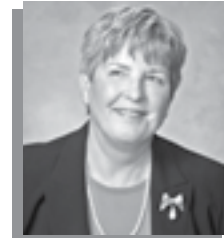
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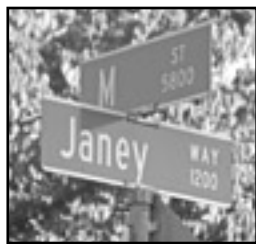


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From left: Wes, Ted, and Henry





## Poker at the Ducrays' House



By **MARTY RELLES**  
Pocket News Columnist  
marty@valcomnews.com

We had lots of fun growing up on Janey Way. We built forts in the pit. We played touch football on the street. We played basketball at St. Mary's Elementary School. And yes, we played poker at the Ducrays' house. The stakes were small – nickels, dimes, quarters – but we contested every hand to the end.

One summer day we had a big game going with eight or nine players. With this number playing, pots grew very big. Naturally, in our enthusiasm, we made quite a bit of noise. This must have perturbed the Ducrays' neighbor, Old Joe, a sort of Oscar the Grouch. He called the police to complain. Eventually, a police cruiser rolled up in front of the Ducrays' house. An officer stepped out and walked slowly up to the front door. When he knocked on the door, we quickly grabbed our cash and put it away. One of the Ducray boys answered the door. The officer poked his head in the door, saw the cards on the table, and said, "Can you boys keep it quiet in here?" We all nodded our heads "yes," so the officer turned around, returned to his patrol car and drove away. Looking out the front window, we saw Old Joe standing on his lawn trying to figure out what had just happened. We continued playing our games and as kids lost their stake, they moved outside to the Ducrays' front lawn.

Soon all of us stood on the lawn, wondering what to do next. Old Joe came out on his front porch. He exchanged words with us, still apparently miffed that the officer had not put an end to our game. We bantered back at him. Eventually, we grew bored and went on our merry ways. Over the years, we had many run-ins with Old Joe. He didn't like us and we didn't like him. That was that.

After more than fifty years, the Janey Way Gang still gets together once in a while for a hotly contested game of poker. We play Texas Hold'em with a \$20 buy-in. We always bring lots of food and have a nice meal and some good conversation first. We retell stories of poker games and the other fun we had growing up on Janey Way. Then we play the game. Sometimes we win, sometimes we lose, but after all this time, this poker game is more about long held friendships than winning at cards.

*The officer poked his head in the door, saw the cards on the table, and said, "Can you boys keep it quiet in here?"*

# Public art planned for Pocket-Greenhaven library

Special to The Pocket News

Two major public artworks by noted California artists Mildred Howard and Deborah Aschheim will be unveiled when the Pocket Library opens this fall.

Conceived specifically for the library, the artworks will be seamlessly integrated into the architecture of the building's exterior facade and the interior walls that frame the teen and children's sections within the library.

After being selected by a panel, which was comprised of members of the Pocket and library communities, the Arts Commission, and arts professionals, both artists spent months researching and determining what their works should "say" to the people who will use the library over many decades to come.

"I'm interested in the systems that operate within buildings," says Aschheim, who holds a BA in Anthropology from Brown University and an MFA from the University of Washington. "The connections between the physical structure of a space and the human activities housed within."

Aschheim spent much of last summer researching how library books are organized and tracked, interviewing li-

brary staff, Council Member Robbie Waters, and others in the community. The objective of her research was to find a metaphor to illustrate the unique content of the library's book collection as well as the way it is organized.

The resulting artwork is titled "Taxonomy" (a term to describe the practice and science of classification) and is a delicate sculptural wall hanging to be installed on the east and south sides of the building. Made with glass and lit from the inside, the piece looks like a vine or plant that has escaped from the inside of the library and is growing across the buildings south and east facades. It has ten branches, inspired by the ten classes of the Dewey decimal classification system, and suggesting the patterning of rivers and canyons, the synaptic axons of neurons, or the tributaries of veins and arteries. It is meant to make us think of the "tree of knowledge" and will be an illuminated portrait of the specific book and media collection of the Pocket-Greenhaven Library, which is itself a portrait of the intellectual and cultural life of the Pocket-Greenhaven community.

Aschheim says, "Although I am basing the form of the artwork on the statistical information about the library collection, overall, the artwork is a metaphorical portrait and not a literal representation of (what used to be called) the card catalog. My objective is to invite patrons to think about all of the information in the library as part of an interconnected larger system of in-

formation that grows and is, in a sense, 'alive.'

In contrast, the proposed artwork, "Meaningful Contrasts Between Utterances, 2010," by Mildred Howard, has an entirely different purpose. Integrated into the walls that frame the children and teen areas of the library, Mildred chose to make something that evokes the power of the river. She says the artwork is meant to, "make us think about how rivers and flows are managed, and how they mix (like the flows of people across time) and how this has shaped, and continues to shape the Pocket-Greenhaven area."

The artwork is composed of a series of windows constructed of multicolored green and blue glass panes that appear to be woven and pleated together. The glass, in some areas, will be etched with letters of the alphabet. The letters will look as if they are fading in and out, disappearing and reappearing as if they were below the water.

In her statement about the piece, Howard points out that the earth upon which the library stands is composed of sediment deposited over eons of flooding, "The land is a remnant or memory, if you will, of past flows. I envision the glass for the main window running along these lines, a vitrified moment of flow, a reminder of the power of the river and a celebration of its beauty."

Both artworks are made possible through the city of Sacramento's "percent for art" program which reserves a portion of construction dollars from city projects for art.

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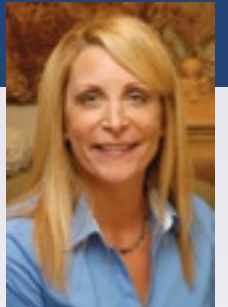
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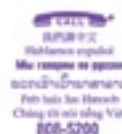


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# Connecting with the City Council, the community

By **ROBBIE WATERS**  
Sacramento City Councilmember  
Special to The Pocket News

## Spring Egg Hunt

Our annual Spring Egg Hunt is Saturday, April 3rd at Parkway Oaks Park, next to Lisbon Elementary School, and begins at 9:30 a.m. Mark your calendars! Bring your own baskets to collect lots of candy-filled eggs. Parents should bring cameras to this photogenic annual event where the Easter Bunny will pose with young children for photos. Call 808-3821 for more information.

## 2010 Census

You will be receiving a 10 question U.S. Census Form in the mail shortly and this is a reminder how important participation in the census is for you and for your community. Each person represents thousands in federal dollars over the next 10 years to Sacramento for various programs including public safety, health, and education. Your responses to the census survey are kept confidential and that confidentiality is protected by law. Your participation in the census can help Sacramento get its fair share of millions of dollars distributed over the next decade by completing and mailing back your form and by encouraging others to do so as well. For more information visit [www.2010census.gov](http://www.2010census.gov).

## Didion E-waste Recycling Event

On April 10 from 9 a.m. to 1 p.m. Didion K-8 School will be hosting an Ewaste recycling fundraiser. This event is a great opportunity to get rid of your old electronics and benefit our local school! Didion is located at 6490 Harmon Drive and the event is in the west parking lot. For questions, contact Tim Gergen at [tgergen@yahoo.com](mailto:tgergen@yahoo.com).

## Water meters come to Pocket-Greenhaven

The latest in the city's efforts to retrofit our wa-

ter system brings water meters along Windbridge Drive from Garcia Bend Park to Greenhaven Drive in March. As the third water meter retrofit since last fall, this latest improvement will add approximately 2200 meters to the Pocket area, completing about one third of Pocket. South Pocket and Riverlake were installed in fall of 2009 and earlier this year. A reminder that if you received your meter in the last 12 months, you should check the back of your monthly city utility bill to see what you would have been charged if you were billed by the meter. The 12 month adjustment period is the time to become familiar with your water use and the meter readings.

## Redistricting Topic of April Meeting

Getting ready for redistricting of city council districts will be the topic of the April Pocket-Greenhaven Coalition meeting on Monday, April 19. This meeting date has changed from a previously announced date. We will hear from experts from the

City Clerk's Office and the City Attorney's Office on the process as well as discuss getting organized to effectively keep the Greenhaven and Pocket areas together as the one community we surely are! Join us on Monday, April 19 at 6:30 p.m. at Martin Luther King K-8 School at 480 Little River Way. We will meet in the multi purpose room.

## Fourth of July Parade

July 4 Parade will be on Saturday, July 3 this year. The parade will start at 10:00 a.m. Please mark your calendars.

## Keeping our quality of life

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criminal activity at a certain address? Have a vehicle parked on the street for more than the 72-hour limit? Call 311 and report the activity. Or call my office at 808-7338. You can remain anonymous. We need you to partner with us, neighborhood associations and neighborhood watch groups to send the message that we are a family-friendly neighborhood and crime and/or blight will not be tolerated.

## Need more information?

My office sends out helpful community information on an e-mail list. To join the list, visit the main city Web page at [www.cityofsacramento.org](http://www.cityofsacramento.org) and use the "e-mail alert" link to sign up.

## Boards and Commissions

For a list of openings on city Boards and Commissions, check the city Web page at [www.cityofsacramento.org](http://www.cityofsacramento.org) and click on the "Boards & Commissions" icon on the left side of the main page for updated information throughout each month or call the City Clerk's Office at 808-7200. Applications can be found on the Boards and Commissions page.

Councilmember Waters' mailing address is City Hall, 915 I Street, 5th Floor, Sacramento, Calif. 95814. Phone is 808-7338. E-mail is [rwaters@cityofsacramento.org](mailto:rwaters@cityofsacramento.org). Web site is [www.cityofsacramento.org/council](http://www.cityofsacramento.org/council) then choose "Robbie Waters."

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# Making a case for the Sacramento Farmers' Markets

By JENEKA SANFORD  
Pocket News Writer  
jeneka@valcomnews.com

It took traveling to Cuba and Kauai, and marveling at what the farmers' markets there had to offer to make me realize just what I might be missing back home. Sure enough, once I went to the farmers' market here in Sacramento, I never looked back.

The farmers' market is held every Sunday from 8 a.m. to noon under the freeway at 8th and X streets, and boasts a plentiful array of seasonal fruits and vegetables, as well as vendors selling freshly baked bread, eggs, cheese, flowers, tortillas, meats, poultry and seafood, and many other items.

With the price of food increasingly going up, and the local economy struggling due to the recession, the Certified Farmers' Markets of Sacramento County offer a solution to both: pay less for your groceries while supporting your local economy. But it doesn't stop there: About half of the vendors there offer or-

ganic produce, often at a much better price than local stores. And perhaps the most convincing argument of all: eating both locally grown food and what's in season helps to cut down on carbon emissions. Produce imports and exports add a huge debt to our carbon footprint because of the amount of jet fuel it takes to keep up this endless cycle of international produce shipments. So shopping at the farmers' market means going green, too, and most people even bring their own reusable shopping bags.

At the moment, artichokes, asparagus, mushrooms, all kinds of citrus fruit, kiwis, and rainbow kale are all in season, among several other items. Produce items change by the season, but the cheese, bread, egg, olive oil and organic meat vendors are there year round.

### Touring the market

On a recent Sunday morning, there with my friend Becca Popham, I asked her what she loved about it. She said, "My trip to the farmers market has become a Sun-



Delicious and fresh, colorful and nutritious – the goods at the farmers' market on W Street, near Southside Park.

Photo by Robert Ossa

day ritual. The variety is endless: organically raised meat, seasonal fruits and vegetables, flowers for my table, free-range eggs. My favorites right now are the many varieties of daffodils and mandarin oranges. You can even find locally made tortillas – garlic and butter tortillas are my favorite

– and fresh bread. The big bonus – everything is fresh and grown or raised close to home. I love that my money goes directly to the hard-working farmers!"

Barbara Kingsolver, prolific writer and gardener extraordinaire, expounded further on this subject in her most recent book, "An-

imal, Vegetable, Miracle." She wrote: "Concentrating on local foods is a strategy that will keep grocery money in the neighborhood, where it gets recycled into your own school system, and local businesses. The green spaces sur-

See Market, page 19

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# Market: 'Just fresher, and tastes better'

Continued from page 18

rounding your town stay green, and farmers who live nearby get to grow more food next year, for you."

But enough about the politics involved in this debate. Chances are, in the fast-paced lives we lead, not everyone can make it to the farmers' market every week, and most people need to supplement whatever they buy at the local supermarket, which is fine. When asking people why they shopped at the farmer's market, there was one answer that everyone had in common: the freshness of the fruits and vegetables, often picked that very morning, and the taste. Because this produce didn't have to travel or stay preserved for a long length of time, it's just fresher, and tastes better.

If you're not convinced yet, taste heirloom tomatoes in the summer time at the farmers' market, and compare it to a hothouse tomato. The hothouse tomato is mealy and flavorless. The heirloom tomato at the farmers' market tastes like sunshine. Have I convinced you yet? If not, go and see for yourself. You won't be disappointed.



Photo by Robert Ossa

Rebecca Popham buys daffodils from Joy Farm Flowers at the farmers' market on W Street, near Southside Park.



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Life after 50

## Age: More than a state of mind

By DARBY PATTERSON  
Pocket News Columnist  
[darby@valcomnews.com](mailto:darby@valcomnews.com)

If you are over the age of 50 it's likely that you've been told the following; "Age is just a state of mind." I certainly was told that by my daughter when she was in her early 30s – like anyone in their 30s is an expert on age?

The truth about this assertion is a mixed bag of "yes" and "no." The state of one's mind certainly does affect how we feel. There are measurable differences in the health and well being of people who have positive vs. negative attitudes – at any age. When people are laughing, happy, energetic and optimistic the release of endorphins in the body increases. According to a paper presented to the American Physiological Society last year, stress hormones such as cortisol, epinephrine and dopac are reduced by as much as 70 percent under the influence of laughter. When these stressors are diminished, the immune system appears to benefit - leading to improved health.

It's important to note that regular aerobic exercise offers similar benefits. Clearly, being active, upbeat and involved with life offers benefits that support the "state of mind" theory. On the other hand, aging is also a purely physical state. Undeniable things happen with the passing years. After the age of 60 we get shorter – women lose more height than men. We gain weight in midlife and lose it in later years. Without compensating exercise, muscle strength diminishes, and both men and women can experience bone loss in the form of osteoporosis.

We also lose aerobic capacity over the decades. A 2005 study by a coalition of university researchers showed accelerated decline after the age of 40 – more profound in men than in women. However, according to UC geriatrician Michael McCloud, MD, physically active older people can actually have "greater aerobic capacity than young sedentary ones." That's good news because this is an area over which we have some control.

A bodily state that accompanies aging becomes most apparent in the skin. We get those wrinkles that are often more disturbing to females of the species than to men (who generally think they're gorgeous no matter what). I, for one, certainly never look down at myself in a reflective surface because I see a Shar Pei staring back. Interestingly, if we cared about the effect of time upon the epidermis and dermis while we were young, this is yet another aspect of aging which we may control. About 90 percent of damage to skin comes from the sun and not from the biological clock. It's time to tell our granddaughters about this!

There is a growing body of information about the real dynamics of aging and much of it comes from a study launched in 1958. The Baltimore Longitudinal Study of Aging followed more than 1,400 volunteers and examined multiple aspects of aging. The study continues to this day – providing valuable information never before available. Among the findings are some general conclusions that provide us with encouragement and a measure of hope for a healthy future: There is no master clock; chronological age isn't a good predictor of performance; there is significant individual variation, and lifestyle decisions (such as smoking, drinking alcohol in excess, a sedentary lifestyle and diet choices) have an observable influence on occurrence of disease, among other conclusions. According to Dr. McCloud, with normal aging, we should be able to live independently at least until the age of 100! That's because, outside of serious diseases such as cancer and Alzheimer's, there is a lot that's within our control. The good doctor is fond of say "hardly anyone dies of old age."



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By LANCE ARMSTRONG  
Pocket News Writer  
lance@valcomnews.com

*Editor's Note: This is part one of a two-part series. Read part two in the April 1 edition of The Pocket News.*

Among the many entertainment venues of the capital city, few can boast such a profound history like Land Park's Hughes Stadium.

From football and baseball games and motor sport competitions to boxing, graduations and concerts, the stadium, which was originally known as Sacramento Stadium, has been home to many memorable local events.

Although the stadium is certainly not the major entertainment venue that it once

was, as its formerly golden reputation and popularity has considerably faded in more recent years, its legacy undoubtedly continues to shine.

The story of the stadium dates back to the 1920s when efforts were being made for the selection of a site and the construction of the venue, which would become the only one of its kind in Superior California.

Prior to the decision to build the stadium on the campus of Sacramento Junior College – today's Sacramento City College – an earlier proposal to construct the stadium in William Land Park had received considerable attention.

On April 2, 1926, The Sacramento Bee reported that efforts to build a stadium in the park had been abandoned.



Photo courtesy

To add to the public's enthusiasm of the new stadium, a "Pack the Stadium" on opening day campaign was launched in the late 1920s.

With this decision, which was made upon the advice of several attorneys, including City Attorney Robert L. Shinn, City Manager H.C. Bottorff began to investigate alternative stadium sites.

### Founding and funding

Following his eight-month search, Bottorff presented his findings to a group of local cit-

izens and various officials at the annual Sacramento Service Club Forum banquet.

During the Dec. 7, 1926 gathering, Bottorff said that he felt that the new stadium, which he added should include a quarter-mile track and an accompanying, nearby parking lot, should be constructed on at least a 14-acre


area on the junior college property.

Estimating that a 15,000-seat stadium could be built for \$75,000, Bottorff added that it should be paid for by script, the municipal budget and the school board.


Bottorff's plan was well received at the meeting, but per-

See Stadium, page 23

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# Stadium: 'Pack the Stadium' on opening day campaign was launched

Continued from page 22

haps the most important endorsement of the idea came from Mayor A.E. Goddard, who attended the banquet and pledged his support for Bottorff's proposal.

Also attending the gathering was Robert G. Sproul, controller of the University of California, Berkeley, who described the importance of the stadium.

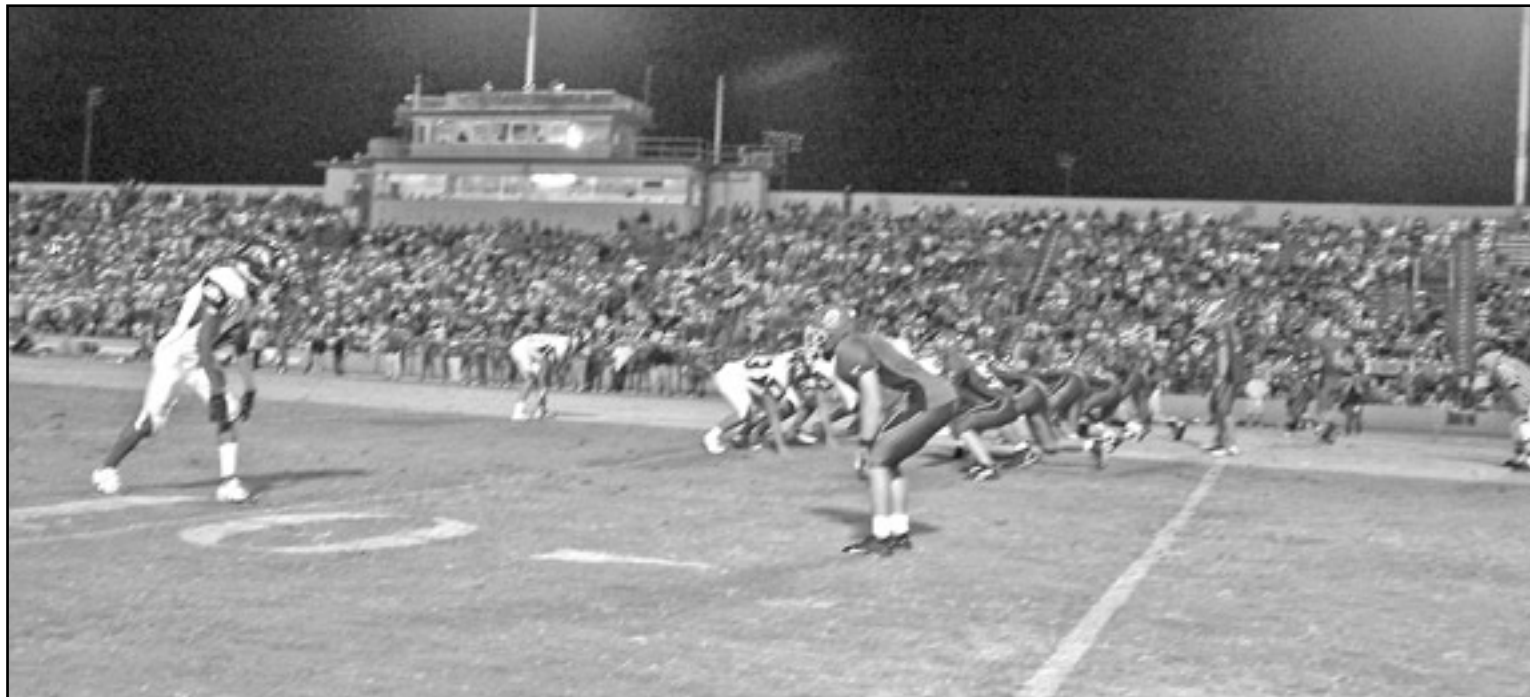
"A stadium is a social asset to a city and will certainly promote sport," Sproul said. "With one, a city may give pageants, use it for graduation exercises and it will be invaluable for the schools of this vicinity."

Additionally, Sproul suggested that the stadium be constructed as a "horseshoe-shaped arena" with sufficient space "to expand it without too much cost."

## Constriction and building

As the efforts to have the stadium constructed at the junior college site continued, the Sacramento Stadium Commission was formed and by April 27, 1927, the commission issued a statement in *The Bee* declaring that the commission trusted that there would be no delay in its plans to bring a stadium to the people of Sacramento.

A major event in the stadium's history occurred in February 1928, as ground was broken for the new, 23,000-seat stadium, which would eventually be built for about \$200,000.



Hughes Stadium has played host to a number of Sacramento's historic gridiron contests, including the "Holy Bowl" between Christian Brothers and Jesuit high schools. *Pocket News Photo/Ryan Rose*

Six months later, the stadium, which was designed by Dean and Dean and constructed by George D. Hudnutt, Inc., was nearly completed.

Final details of the stadium were finished as the venue was readied for its dedication and inaugural day's events, which were to be held on Saturday, Oct. 13, 1928.

To add to the public's enthusiasm of the new stadium, a "Pack the Stadium" on opening day campaign was launched.

So great was the drive to fill the stadium on this historic day that even local businesses participated in special efforts to encourage Sacramentans to support the campaign.

Retail sporting goods supplier, the Kimball-Upson Co., for instance, ran a large advertisement in *The Sacramento Union*, which included the following words: "To pack the stadium on its opening day should be a pleasurable duty of every resident of Sacramento city and valley who can possibly arrange to attend the formal opening — another victory marker on the highway of progress and a magnet that will draw to this city its full quota of the important athletic activities of the valley."

## The opening day

This memorable day in Sacramento history finally arrived as the Sacramento High

School band marched onto the field at 12:40 p.m.

Twenty minutes later, the crowd roared as a gridiron contest between Sacramento and Modesto high schools began.

Following the game, a dedication ceremony commenced at about 2:35 p.m., as high school and college bands entered the field and began playing, followed by a drum corps performance and the entrance of a dedication party.

At about 2:50 p.m., the stadium was officially dedicated during a 20-minute ceremony, which included speeches by Dr. Lester R. Daniels, president of the stadium commission, California Gov. C.C. Young and Murray Hulbert, president of

the Amateur Athletic Union and a director of the international Olympic Games.

The ceremony was also attended by the new stadium's manager, Edward S. Loder, who formerly served as the manager of operations of Stanford Stadium and was in charge of large events at the Rose Bowl in Pasadena.

The historic day's activities ended with a second football game, a contest between Sacramento and Santa Rosa junior colleges, thus concluding the earliest beginnings of the community's long relationship with its cherished stadium.

*Read part two in the next edition.*





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# CALENDAR

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## GET IN THE CALENDAR

Is your club, group, church, school, or organization having an upcoming event? Let us know. Send information about your event—including date, time, location, a brief description, cost (if any), and contact information—to Calendar, c/o Valley Community Newspapers, 2709 Riverside Blvd., Sacramento, CA 95818, or e-mail [ryanrose@valcomnews.com](mailto:ryanrose@valcomnews.com). Deadline is one week before publication. Priority is given to events that are in the community and/or of little or no cost. There is no guarantee that events submitted will appear in the calendar. To ensure placement within the newspaper, please call 429.9901 to place an advertisement.

## MARCH

### Gardening Classes

Classes are four hours (10 a.m. to 2:30 p.m. with a 30 minute break for lunch included in fee) on either of the days given and are held at the house, address below. Cost per person, per class is \$40 or both classes for \$70. Reservations should be sent, with payment, to: Robert Hamm, 1689 Vallarta Cicle, Sacra-

mento CA 95834. First come first served, as all classes have limited availability. For more info email me or call. Gardening in Sacramento – A class for people new to Sacramento Gardening – Tuesday, March 16 or Saturday, March 20; second class is Plant Propagation for Home Gardeners on Tuesday, March 30 or Saturday, April 3.

### March Benefit Plant Sales

Plant sales at the Gifted Gardener through March 2010: March 13-14, and March 27-28. All of the sales will be in the covered parking area on 18th St, behind the store at 18th and J Streets. Sales rain or shine. Hours will be 10 a.m. to 4 p.m.

### Jo Anne Marquardt art show

The Unitarian Universalist Society of Sacramento presents an exhibition of the artwork of Land Park resident Jo Anne Marquardt Jan. 22 to Mar. 21, 2010 at the USS Auditorium located at 2425 Sierra Blvd, Sacramento. An opening reception will be held on Friday, Jan. 22 from 5:30 to 7:00 p.m. This event is free. For more information visit [www.uuss.org](http://www.uuss.org).

### Short Story Contest

Open to ages 16 and older. \$5 entry fee. Please make checks payable to Friends of the Elk Grove Library. Deadline for entries is 5 p.m., Saturday, April 3, 2010. Entries may be fiction or non-fiction and not longer than 1,000 words. Manuscript must be typed and double-spaced. Final word count to be written at the top of the title page. Name, address, phone number, email address and story title to be written on a 3x5 card and attached to the entry. Do not put your name on the manuscript. Winners will receive cash awards. First place-\$100 Second place-\$75 Third place-\$50. Awards will be presented at the Elk Grove Library Writer's Workshop, April 17, from 10 a.m. until 2 p.m. Submissions will not be returned. Mail or bring your manuscript to Elk Grove Library Short Story Contest, 8900 Elk Grove Blvd., Elk Grove, CA 95624.

## MARCH 18

### Candidate Night at the Didion Gym

Do you know who is running for District Seven City Council? Join your neighbors and other community members from 7 p.m. to 8:30 p.m. on Thurs. March 18, 2010 at the Didion/Lewis Park Recreational Center to meet the three candidates and hear their views on community and citywide issues. Candidate are: Ryan Chin; Dir. Strategic Communications Sac State; Darrell Fong; Ret. Police Capt. Sac PD; and Robbie Waters; Incumbent. The Didion/Lewis Park Recreational Cen-

ter is located at 6490 Harmon Dr., Sacramento, CA 95831.

### Voetberg Family Band to perform

Enjoy a special evening with the Voetberg Family Band in a free family concert at 6:30 p.m., Thursday, March 18, in the Tsakopoulos Library Galleria, at the Central Library, 828 I Street, Sacramento. Based in Centralia, Washington, the Voetberg family members will perform their unique music with bluegrass, gospel, country, folk, jazz and Celtic influences. The Voetberg's 10 children, from ages from eight to 25, have garnered many awards including 10 Washington state fiddle championships, eight Washington State Music Teachers Association awards for outstanding keyboard and vocal performance, 20 regional fiddle championships, 10 top-five placements at the National Fiddle Competition, and the title of 2007 National Young Adult Fiddle Champion. For more information, telephone the Sacramento Public Library at (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org).

## MARCH 20

### 10th Annual Vendor Sale

10th annual vendor sale is March 20 from Saturday 9 a.m. to 3 p.m. at the Shepard Garden and Art Center, located at 3330 McKinley Boulevard in McKinley Park. The Perennial Plant Club is once again sponsoring an extraordinary collection of specialty nurseries, many from just outside the immediate Sacramento area to

help you get a jump-start on this year's gardening season. They will also offer used books and magazines for sale at bargain prices and this year will have Timber Press Books available at discount prices. Proceeds from this event will help fund our work supporting community gardens and local horticulture projects.

### Greenhaven Lutheran Church Annual Crab Feed

The Annual Crab and Pasta Feed (all you can eat) will start at 5:30 p.m. with dinner at 6:00 p.m. on Saturday, March 20, in the parish hall. The Crab and Pasta Feed is the major fundraiser for the youth gathering in New Orleans. Tickets are \$40 per person. The event includes a silent auction and 50/50 raffle. Tickets are available by contacting the church at (916) 428-8449 or Stephanie Lack at [steph\\_lack01@yahoo.com](mailto:steph_lack01@yahoo.com) or by phone at (916) 201-3898. Come hungry!

## MARCH 21

### Sacramento Symphonic Winds Concert

Event is Sunday, March 21, 2010 from 3-4:30 p.m. La Sierra Community Center, 5325 Engle Road, Carmichael. \$5 per person, seniors and kids under 12 FREE. Plenty of FREE parking.

### City College concert

The Sacramento City College World Music Ensemble, directed by Bob Wren, will present Middle Eastern music and dance, featuring the Ottoman Traders Middle Eastern Dance Troupe accompanied by the World Music Ensemble on Sunday, March 21, 2010 from 5:00 to 7:00 p.m. at the Davis Art Center, 1919 F Street, Davis 95616. Admission is free.

### Wine Tasting & Silent Auction Fundraiser

Wine tasting and auction fundraiser to be held at Evan's Kitchen, 57th Antique Row, 855 57th St., from 4 to 7 p.m. Appetizers, live music, silent auction items, as well as raffle prizes benefiting Discovery Montessori Preschool, an East Sacramento non-profit educational preschool. Tickets are \$30 at the door. For more information, call 739-1462 or email [dmontessori@sbcglobal.net](mailto:dmontessori@sbcglobal.net).

## MARCH 22

### Free grief support

Beginning Monday, March 22 at 7 p.m. Parkside Community Church will convene a 6-week series providing participants the opportunity to work through their grief in a supportive and caring environment. Led by Joe Lumello, a licensed therapist specializing in grief support, attendees will be equipped to heal their grief over the death of a loved one, loss of a job, or dissolution of a relationship. The group will meet in the church Library and is open to the community. For more information, please contact the church office at 421-0492. Parkside Community Church is located at 5700 South Land Park Drive (on the corner of 35th Ave and S. Land Park Drive—across from Vic's Market). Parkside is an open and affirming congregation.

## MARCH 24

### Embroiderer's Guild of America

Embroiderer's Guild of America, 7 p.m. Wednesday, March 24, 2010, SMUD Building, 6301 S Street. Christine Anderson will discuss Embroidery Designs applied to Garments. Visitors welcome. (916)961-3558.

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### Library hosts Digital Library Festival

No matter if it is a holiday or late at night when libraries are closed, there are numerous services Sacramento Public Library card holders may access online 24/7. A Digital Library Festival is planned from 10 a.m. to 4 p.m., Wednesday, March 24, on 9th Street, between I and J streets, Sacramento (in front of the Tsakopoulos Library Galleria at the Central Library). Several booths will provide useful information of online library programs and services, as well as community resources, that include finding jobs, improving one's health and wellness, tracing a family's genealogy, grade- and subject-specific homework help for 3rd to 12th grade students, self-help law resources, small business assistance, self-paced language learning courses and test tutorials, how to invest money wisely, library volunteer and support opportunities, and more.

### MARCH 27

#### Land Park Egg Hunt

Held Saturday, March 27 from 9 a.m. to 10:30 a.m. near Riverside Boulevard between 12th and 13th avenues. Ages 0-3, 4-6, 7-9 and 10-plus. Presented by the LPCA and the city of Sacramento, the hunt begins at 10 a.m. sharp. Bring your own basket. Enjoy music, games, face painting and photos with the Easter Bunny. Free admission. Awards for best hats at 9:30 a.m.

### MARCH 27-28

#### Chamber Music Society event

The Chamber Music Society of Sacramento invites you to a concert featuring the return of Philip Myers, horn soloist with the New York Philharmonic, and

Gwendolyn Mock, a popular pianist. Performances will include a Beethoven Horn Sonata, a duo for violin and piano by St. Saens, and Horn Trios by Sydean and Brahms. Saturday, March 27, 7:30 p.m. at Bet Haverim Synagogue in Davis; Sunday, March 28, 7:30 p.m. at the Sac State Capistrano Hall's music recital auditorium, off State University Drive West in Sacramento. Tickets \$20-24. Details at [www.cmssacto.org](http://www.cmssacto.org).

#### Spring Sale at McKinley Park

Held March 27-28 from 9 a.m. to 4 p.m. at Shepard Garden and Arts Center at McKinley Park. An extraordinary variety of plants for sale in time for Spring planting. Lots of hand-crafted accessories for the garden. Wonderful hand-crafted gift items. "Recycled" books and tools for the garden. Food and beverages will be available.

#### Benefit Plant Sale

The first week of spring and The Benefit Plant Sale benefiting the kids of Sunburst Projects living with HIV/AIDS will be on March 27th & 28th, 10am to 4 pm both days in the covered parking area on 18th St, behind the Gifted Gardener at 18th and W. A huge assortment of perennials will be available including many new, unusual and hard to find varieties. Several new 2010 introductions will be available. For further information contact Mr. Hamm at 916-943-6183

### APRIL

#### German Language and Cultural Classes

German Language and Cultural classes for adults and children offered at Central United Methodist Church 5265 H Street (H

& 53rd) spring sessions beginning April 5, 2010. For information call 916 488-7922 or [www.irmgardschlenker.com](http://www.irmgardschlenker.com).

### APRIL 2

#### California Writers Club

The California Writers Club's Writer's Network meeting on April 2 at 9 a.m. at IHOP Restaurant, 2216 Sunrise Blvd. in Rancho Cordova just north of Hwy. 50 will present Elva Anson, MA, MFT, author of five books and a number of articles, speaking on "A Writing Wonderland." Guests welcome. For more information, call (916) 944-3185.

### APR 7

#### Poetry Reading

Held from 6:00 - 7:30 p.m. at the Sacramento Public Library, 828 I St., the Sacramento Poetry Center will hold a poetry reading in the Sacramento Room on the first Wednesday of each month. April's offering features three poet-publishers: Robert Grossklauss of Polymer Grove Press, Brad Buchanan of Roan Press and Kathy Kieth of Rattlesnake Press. They will read their poems and also talk about their local publishing ventures. Street parking is free after 6 pm. For more info: 916-264-2920 or [www.saclibrary.org](http://www.saclibrary.org)

### APRIL 8

#### Computer club meeting

The Mission Oaks Computer Club will meet on Thursday, April 8, 2010 from 1:00 PM to 3:00 PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "Computer Networking", presented by Adam Lacey of Applications, Etc. Adam will lead a problem solving clinic immediately following the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at [www.missionoakscomputerclub.org](http://www.missionoakscomputerclub.org).

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## Parkside Community Church United Church of Christ

### Holy Week Services

#### Palm Sunday, March 28, 10:30am:

Palms commemorate Jesus' welcome into Jerusalem, Chancel choir will perform selections from "Godspell"

#### Maundy Thursday, April 1, 6pm:

A Simple Soup Supper and Candlelight Service featuring a special drama presentation.

#### Good Friday, April 2, 12 noon:

Parkside will hold ecumenical services featuring a special drama presentation.

#### Easter Sunday, April 4, 10:30am:

Celebrate Christ's resurrection with special music. A canned tuna & colored egg hunt will follow the service.

#### Holy Humor Sunday, April 11, 10:30am:

A wacky service that continues Easter's resurrection joy.

Parkside offers an ongoing Bible Study on Sundays at 9am and a weekly Sunday service at 10:30am. Child care is available.

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# Shamrock Club puts the spirit in city's St. Patrick's Day Parade

By LANCE ARMSTRONG  
Pocket News Writer  
lance@valcomnews.com

As Sacramento once again came alive with a variety of activities to celebrate St. Patrick's Day, one local organization believes in making the celebration of Irish heritage and traditions a yearlong activity.

This organization, The Shamrock Club of Sacramento, is dedicated to its mission of "fostering and preserving the traditions of Ireland for the people of the greater Sacramento region."

The club is also very well connected with the Arden, Carmichael and Land Park areas of Sacramento, explained Chris Brown, a South Land Park resident, who grew up within a lion's roar of the Sacramento Zoo.

"We have about 15 members from the Arden and Carmichael areas and about a dozen more from the Land Park area," Brown said. "Our many valued members span from Grass Valley to Lodi and areas throughout Sacramento. We couldn't expand our club into the fu-

ture without our founding and new members. But we also have plenty of room for more members who have interests in things Irish."

Shamrock Club member Jane Lamborn, a 25-year resident of Carmichael, said that the club is a very enjoyable and educational organization.

"I joined the club three or four years ago and it's just a lot of fun," Lamborn said. "It's a great group of people. They have that quick wit when you're with the group and they're friendly and open and welcoming. They promote Irish culture and Irish history, so you get a chance to learn about it, to enjoy it and they're just a great group of people."

Lamborn added that much of her interest in the club derived from the fact that her mother is half-Irish and her stepfather is 100 percent Irish and that she enjoys learning about Irish music and dance.

"They (her mother and stepfather) traveled extensively in Ireland, they lived there for a short period of time and growing up

with her, I really learned about Ireland and that background," Lamborn said. "I discovered the club when I went to the Scottish games in Woodland and they were there with some of their members playing music and I stopped to listen to the music and learned about the club. A lot of the enjoyment in learning (through the club) is with music and dance, so you've got bagpipes, fiddles, flutes, drums and they really promote music, which I particularly enjoy and that caught my attention."

### Putting on the parade

As the capital city's only Irish club, the Shamrock Club worked with the Old Sacramento Business Association to bring the city's 14th annual St. Patrick's Day Parade to Old Sacramento on Saturday, March 13. Other sponsors of the event were the Historic Old Sacramento Foundation, Fanny Ann's Saloon and radio station, Mix 96.

The family-friendly event, which was designed to cele-



Photo courtesy of The Shamrock Club of Sacramento  
Shamrock Club President Chris Brown, right, and Vice President CJ Kennedy are among about 100 members of their club, which was formed as Sacramento's only Irish club in 2005.

brate the diversity and richness of the community, featured Irish dancers, costumed marchers, floats, military regiments, school bands, police and fire representatives and various cultural organizations.

Participants in this year's parade included the White Hackle Pipe Band, the Sacramento Fire Department Pipes and Drums corps, the Ophir Prison Marching Band, Irish dancers in Celtic costumes, tartan-clad Highlanders and Gold Rush re-enactors.

The Shamrock Club, which selected Kitty O'Neal of radio station KFBK 1530 AM as the parade's grand marshal, encouraged parade participants to "Go Green by Wearing Green."

Lamborn said that the parade is a fun celebration of Irish history and culture.

"It's a chance to experience Irish music and dance, to see the people in the community who participate in those ac-

tivities and to learn a little bit about it," Lamborn said.

### Hearts in Ireland

Emphasizing that Irish heritage is mostly recognized one day per year in the United States, Shamrock Club Vice President CJ Kennedy said, "Everybody wants to turn Irish on St. Patrick's Day, but we're active preserving the heritage of Ireland the whole year round."

Kennedy, who comes from both Irish and Scottish heritage and is very knowledgeable about Irish history, added that although the club takes its position as an Irish heritage preservation group seriously, its members never forget that they belong to a social club.

"We want to be known as a well-known, nonpolitical and nonreligious club in Sacramento and the Northern California region that is serious about Irish heritage, but we also want to just kick up our heels and have a good time, too."

In addition to meeting on the second Wednesday of every month, the group also makes sure to work the attendance of live performances of Irish music and various Irish-related field trips into its schedule.

Activities of the club have included social nights at de Verés, the Fox and Goose and the Streets of London pubs in Sacramento, an annual Christmas party and a trip to the United Irish Cultural Museum in San Francisco.

Upcoming club events will include Celtic Heritage Night at the

See Shamrock, page 27

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# Shamrock: 'We're gathering more and more kindred spirits,' Brown said

Continued from page 26

Sacramento River Cats game on July 1 and a "Halfway to St. Patrick's Day" party in September.

The organization, which has met in Sacramento at SMUD and de Vere's Irish Pub, began in 2005 through the efforts of its founder Chris Brown and about 15 other founding members.

Brown, who is serving in his fifth term as the club's president, said that his idea to establish the club derived from his love for his own Irish heritage and the fact that Sacramento was without an Irish club.

"There was an Irish club in Sacramento that failed and there was a point in time that there was no Irish club (in Sacramento)," said Brown, who is a member of fourth and fifth generation Irish families in Sacramento. "So, we founded the Shamrock Club in late 2005 and built it from the ground up."

## Historic and honored

Unlike many Irish clubs, which were established in and around the political difficulties in Ireland, the Sacramento club, Brown explained, took a different route in its formation.

"A lot of the Irish clubs 10 to 15 years ago were sort of formed (in connection) to the troubles in Ireland," Brown said. "We're just not fostering any of that political stuff and in essence, Ireland is at peace right now and it's doing well with peace."

Sacramento's Shamrock Club, which is affiliated with about seven Shamrock Clubs throughout the nation, patterned itself after The Shamrock Club of Columbus, Ohio.

And because of its growth, Sacramento's club, which consists of about 100 members, reached a level and ability to assist a group in New Jersey

in its efforts to form a Shamrock Club.

Brown, who graduated from Bishop Armstrong High School in 1965, said that the Sacramento club is on a course to grow extensively during the next two years.

"We have survived the test of time and we're into our sixth year and we have been continually growing," Brown said. "We're gathering more and more kindred spirits, but not just kindred spirits, but people who are willing to take an active part in ensuring the longevity and the expansion of the Shamrock Club."

Brown said that 80 percent of Sacramento's Shamrock Club members are of Irish heritage and the remaining 20 percent of the club members "just enjoy things Celtic and want to be a part of the group."

"It's just a fun group of people," Brown added.

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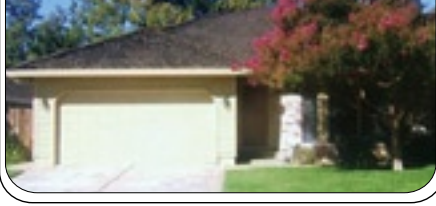
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