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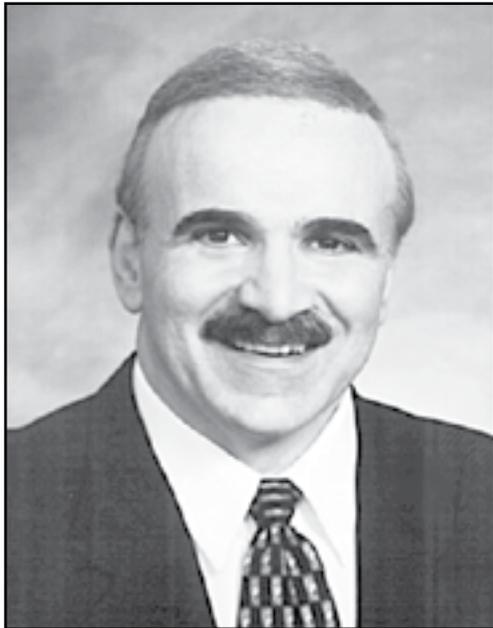
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The Key to Elegance and Serenity

Five awarded Eagle Scout rank over the summer

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

An Eagle Scout Court of Honor was held at Elks Lodge No. 6 on Aug. 29. The following young men were presented with their Eagle Scout award: Andrew Fong, Mason Kassis, Hyun Cheol Kim Randall Plant, Andrew Shirley, and Michael Signorotti.

Each Scout completed an individual Eagle Project and participated in numerous school and community activities.

Fong dismantled a large set of bleachers at the Park Terrace Swimming and Tennis Club and refurbished and rebuilt them at C.K. McClatchy High School's pool. During the process, he made repairs and improvements. The two bleachers now provide poolside seating for spectators during water polo and swimming events.

Kassis worked with Safely Out, a project of Citizen Voice, to distribute emergency evacuation kits to 250 low income, senior residents at the Natomas Apartment Complex. He held an information session and a reception for the seniors.

Kim's Eagle Project involved re-painting multiple parking lots at the Ark Mission Church of Carmichael. This project involved a lot of detailed cleaning

of the old asphalt and removal of cracked paint before new paint could be applied. In addition to repainting the parking lots, Kim also added designated parking for buses.

Plant's Eagle project involved organizing the planting of 27 trees at Fire Stations 21 and 23 in Citrus Heights. He worked with the Sacramento Tree Foundation and the Sacramento Metropolitan Fire District to select trees that would lower the energy costs of the buildings by providing shade, as well as trees that would screen unsightly training yards and equipment areas from the rest of the neighborhood. He coordinated the donation of the trees, mulch and volunteer help to plant the trees.

Shirley's project was to build a garden in front of Sam Brannan Middle School. This involved breakup and removal of a large slab of concrete before an improved sprinkler system could be installed and trees and flowers could be planted. The area was then mulched with woodchips.

Signorotti's Eagle project was the re-landscaping of the 440 square foot patio at St. Anthony's Parish. He removed 26 cubic yards of river rock and replaced 25 cubic yards of top soil. He planned new landscaping and an irrigation system. Si-



Photo courtesy of Craig Fong
New Eagle Scouts. These young men received their Eagle Scout award on Aug. 29. Left to right, left to right, Andrew Fong, Randall Plant, Andrew Shirley, Mason Kassis, Hyun Cheol Kim and Michael Signorotti.

gnorotti organized some 40 volunteers to complete the project, contributing approximately 240 total volunteer hours.

According to the Boy Scouts of America's website, the fact that a boy is an Eagle Scout has always carried a special significance not only in Scouting, but also as he enters higher education, business or industry, and community service. The award is a performance-based achievement in which standards have been well-maintained over the years.

Not every boy who joins a Boy Scout troop earns the Eagle Scout rank; only about five percent of all Boy Scouts do so. The goals of Scouting – citizenship training, character development, and personal fitness – remain important for all Scouts, whether or not they attain the Eagle Scout rank.

Last year, some 52,470 boys were awarded the Eagle Scout rank. Since the founding of the organization, there have been over 2,043,375 Eagles awards.

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Robbie Waters Pocket-Greenhaven Library vandalized over Labor Day weekend

By SUSAN LAIRD
Pocket News editor
susan@valcomnews.com

Within a week of its grand opening, the Robbie Waters Pocket-Greenhaven Library was vandalized over the Labor Day weekend.

Taggers virtually coated the library windows and stonework trim with blue spray paint.

"We were saddened that anybody would do such a thing to our library," said Jason Weekley, circulation supervisor for the library. "But fortunately, we were able to clean it up quickly."

Members of the community made calls of support to the library. Many others did the neighborly thing: they picked up buckets, scrub rags and sponges, rolled up their sleeves and got to work cleaning up the damage themselves.

"It really shows the support that the community has for the library," Weekley said.

Sacramento Police Detectives are continuing to investigate the case.

"Nothing evidentiary value came up on the surveillance tapes," said Sgt. Norm Leong, public information officer for the Sacramento Police Department. "A dark SUV was noticed in the early morning hours near the library that morning. However, that could simply have been



Photo courtesy of Lauren Pohl
Vandals covered the windows, stonework and walls of the Robbie Waters Pocket-Greenhaven Library over the Labor Day weekend. Citizens stepped forward to clean up the damage. An investigation is ongoing.

somebody dropping off library books. Or, that person may have been a witness."

Police received the first call about the library vandalism at 12:46 p.m. on Sept. 5.

"At this time, there are no new leads in the case," Leong said. "We continue to hope that someone will come forward regarding the vandalism."

Anyone with information regarding the vandalism of the Robbie Waters Pocket-Greenhaven Public Library is urged to call the Crime Alert Hotline at (916) 443-HELP (4357). Callers can remain anonymous.

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Answers on page 28





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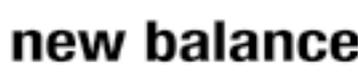
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Know your neighbor

Karate kid's journey to green belt begins with 100 acts of kindness

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

Kristoffer Brown is by all accounts a perfectly normal nine year old boy. He does homework, quarrels with his big sister and goes on vacations with his family. But this isn't a story about what makes him ordinary, but rather what makes him extraordinary.

Fourteen months ago, Kristoffer began taking karate at Zen Martial Arts in Sacramento. Five months ago, he completed his orange belt test by sparring and showing comprehension of a 400 year old fighting style. That in itself is a great accomplishment, but it pales in comparison to what he is undertaking on his way to the green belt.

In order for the children to take their green belt exam, they first must complete a community service project. It can be one of the child's choosing, or if a little inspiration is needed, instructor Mike Oliver can help with the brainstorming process. Kristoffer looked to his instructor for help, and together they came up with something truly revolutionary; Kristoffer would set out on a quest to do 100 acts of kindness.

He is the first to accept this challenge, and he started with a bang. He chose 10 acts of kindness to do by himself then asked family members to do 10 acts of their own and report back with what they chose to do. Accord-

ing to Oliver, the acts can range from very small to very big. Kristoffer chose to do things like sweep the driveway for his dad and fix an overturned potted plant for a neighbor. Before long, he was done with his list. Little did he know that his project would spread all over Sacramento.

By Aug. 31, Kristoffer and associates had demolished the goal of 100 acts of kindness more than twice over. With an astounding 242 acts of kindness recorded as of that date, results continue to pour in from all over with tales of their own community service.

"We want to show people that self-defense is more than just punching and kicking," Oliver said of the Zen Martial Arts approach. "We talk a lot about bullying in our dojo (school) and it's not enough to just not be a bully. Kindness is the opposite of bullying and that is what we are trying to teach our students."

"It has been really fun doing the acts of kindness," Kristoffer said. "It's a really good feeling doing things for other people."

Kristoffer is a child capable of great kindness to be sure, but he's no slouch when it comes to the performance aspect of karate. If he is to earn his green belt, he will have to prove that he has learned the proper history of karate as well as demonstrate proficiency in two forms of the martial art. It sounds daunting, but Oliver has faith in his pupil.

"There are times both in and out of class where he looks and sounds like a

black belt," Oliver said. "He has shown the commitment and skill needed to one day become one."

That is high praise indeed from Oliver, who is a black belt himself in the art of Isshinryu Karate.

"I like knowing that if a bad person comes up to me that I can handle the situation," Kristoffer said.

Zen Martial Arts operates under the slogan "Creating Futures with the Wisdom of the Past." Their goal is to teach the children how to avoid confrontation when possible as well as offer tips on how to eat healthy and how to manage their anger.

If the first year or so of training is any indication, Kristoffer is on his way to becoming a well rounded young man.

"He's a typical nine year old," said Kristoffer's mother Carmel. "He's very boisterous, but since he started karate he has a better attention span, better discipline and it has really helped bring out his passion."

"We are so pleased with what (Oliver) does with the kids," added Kristoffer's father Steffan.

The 100 acts of kindness project has made such an impact that its effects have gone international. Kristoffer's uncle recently traveled to Uganda to work in an orphanage. While there, he documented his 10 acts of kindness to contribute to the cause.

"Kristoffer really gravitated towards this idea," Carmel said. "He told me



Photo courtesy of Chris Piper Photography
Kristoffer Brown's pursuit of a green belt in karate has resulted in a personal project involving 100 acts of kindness. The project was successful beyond his dreams. To date, his project log shows more than 242 acts of kindness performed for others around the globe.

that he thought he could get way more than 100."

How right he was.

For more information about Zen Martial Arts, visit www.zenmartial.com. There you can click on the "digital dojo" link where you can follow Kristoffer's journal entries through his 100 acts of kindness campaign.

Zen Martial Arts holds its classes at the Coloma Community Center at 4623 T St. in Sacramento.

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It's 'College Application Season' – the 'Common App' is a timesaver for students

By MARILYN VAN LÖBEN SELS
Pocket News columnist

Every high school senior knows that fall is college application season, a topic of great interest and importance for students and parents since most applications must be submitted between November 30 and January 1.

As students make their college lists, they must be aware that colleges and universities have different kinds of appli-

cations – and still others have applications that are unique only to them. The California State Universities and University of California systems have separate applications, and now over 400 schools use the Common Application (Common App).

The CSU, UC, and Common Apps work basically the same way – students complete one application and then indicate the campuses to which they will apply. The completed form then travels to a pro-

cessing center, which forwards the application to each school indicated by the student.

Originally developed by private schools to avoid duplication of efforts, the Common App is now used by public and private schools that use a holistic approach to admissions. They examine all aspects of the student: grades, test scores, activities, jobs and talents. Common App colleges include University of the Pacific, St. Mary's College of California, Claremont McKenna College, West-

mont College, Pomona College, Lewis and Clark College, Colorado State University, the Ivies, and many more.

Most Common App schools require supplements with additional questions. They may ask:

- a student's intended major;
- why they want to attend that campus;
- if family members have attended the college;
- if students have visited the campus.

There are often additional essays. Each school, col-

lege and university is different.

It is very important for students to know not only the due date but also which application each school requires. The Common App was posted on Aug. 1. The CSUs and UCs will post their applications on Oct. 1 with deadlines of Nov. 30, but the word is to get them in early – don't delay!

Marilyn van Löben Sels is a certified college counselor. Contact her at marilyn@college-gps.com.

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Salvation Army to celebrate 125th year in Sacramento with open-air meeting

By LANCE ARMSTRONG
Pocket News writer
lance@valcomnews.com

The Sacramento Citadel Corps of The Salvation Army will celebrate its quasicentennial – 125 years of community service in the capital city – with an open-air, street meeting in front of The Firehouse Restaurant in Old Sacramento on Saturday, Sept. 18.

The event, which begins at 11 a.m. and will feature music and speeches, will not only commemorate this grand anniversary, but it will also have an important historical significance in regard to the location of this gathering.

It was at this very site on May 19, 1885 that the Sacramento Corps' first meeting was held.

Founded in England

The meeting was made possible through a series of events, which began 20 years earlier with the founding of this now-international, charitable Christian evangelical church by William Booth (1829-1912).

Booth, who began his ministerial career as a traveling evangelist in 1852, was invited to host a series of evangelical meetings in London in 1865, thus marking the beginnings of the history of The Salvation Army.

Early converts not 'traditional'

Maj. Tedd Lowcock, who serves as co-pastor with his wife Cindy Lowcock and is responsible for the operation of the community center and day care programs of The Salvation Army at 2550 Alhambra Blvd., said that because many of Booth's converts were formerly thieves, drunkards, gamblers and prostitutes, churches did not accept many of Booth's followers, which in the organization's early years were serving under the name, "The Christian Mission."

"(Booth) wasn't really looking to begin another church," Maj. Lowcock said. "He had it more in mind to be maybe an 1865 Bil-

ly Graham, who would take the message of the gospel to the working poor, but then once they became Christians, he sent them to established churches. The problem was the established churches didn't want these people, because they didn't look good, they didn't smell good. They were lower class people. He wound up with a lot of converts and no place to send them. Kind of by default, we became a mission, then a movement, then an established denomination."

As the years passed, the number of Booth's followers continued to increase, as the organization grew from 10 full-time workers in 1867 to 1,000 volunteers and 42 evangelists in 1874.

Originally 'The Christian Mission'

The name, "The Salvation Army," was established in 1878, when Booth, after reading a sentence in an annual report, which read, "The Christian Mission is a volunteer army," crossed out the word "volunteer" and wrote in the word "salvation."



Photo courtesy of The Salvation Army
Volunteers work at the annual Christmas distribution at Cal Expo last year. Nearly 5,000 needy Sacramento County families received holiday assistance of food and toys.

Two years later, The Salvation Army was established in the United States when it debuted in New York City, followed by the organization's West Coast expansion to San Francisco in 1883.

This West Coast expansion led to the establishment of the "Army" in Sacramento.

Since this historic day, 125 years ago, The Salvation Army has continued to grow and provide charitable assistance in the capital city.

Women warriors

According to Sacramento Corps historical records, the

See *Salvation Army*, page 12

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Sacramento Japanese United Methodist Church has local roots dating back to 19th century

By LANCE ARMSTRONG
Pocket News writer
lance@valcomnews.com

The Sacramento Japanese United Methodist Church, a church with roots dating back to the 19th century in the capital city, will be holding its 40th annual Asian Food and Cultural Bazaar on Saturday, Oct. 2.

Rich in flavor, tradition

The event, which begins at 11 a.m. and continues until 3 p.m., will feature a variety of Asian food cooked on site such as teriyaki chicken, sesame chicken, udon, Korean short ribs, kahlua pork, chow mein, sushi, and manju (Japanese confections).

Additionally, the event will include children's games and free entertainment, including performances by the ukulele group, ACC Pocket Pickers, Sacramento Taiko, guitarist Mark McLean, and the hula group, the Ohana Dance Group.

Guests of the bazaar will also have the opportunity to purchase nursery items and handmade crafts created by the church's Boutique Committee.

The bazaar is undoubtedly one of the church's richest traditions, since the church, which is located at 6929 Franklin Blvd., was founded in June 1968 and the bazaar was first held in 1970.

But as previously mentioned, the church has roots dating back to the 19th century, thus in many ways, it is much older than the 42 years that it has operated on Franklin Boulevard.

A tale of two churches

The formation of the Sacramento Japanese United Methodist Church occurred as a result of a merger between the Pioneer Methodist Church of Sacramento and the Florin Japanese Methodist Church.

Pioneer Methodist Church The older of these two churches is the Pioneer Methodist Church, which according to the book, "A Centennial Legacy: History of the Japanese Christian Missions in North America," was the third oldest Japanese Methodist church in the United States.

The roots of the Pioneer Methodist Church, which was originally known as the Japanese Methodist Church of Sacramento, date back to about 1891, when ministers from the Japanese Methodist Church in San Francisco traveled by riverboats to Sacramento, where they conducted worship services and roadside preaching for local Japanese residents.

The congregation gathered in a house at 510 L St. with its first appointed minister, the Rev. Sotohichi Kihara, in February 1892.



The Sacramento Japanese United Methodist Church at 6929 Franklin Blvd. in south Sacramento will be the site of an Asian food and cultural bazaar on Saturday, Oct. 2.

The following year, under the direction of Superintendent Harris, the church was formally organized.

According to an historic, translated record of the church, which at the time was referred to as the Japanese Methodist Mission, its members began meeting at 903 D St. in December 1893.

In 1895, the church relocated to 310 M St., where it remained until 1908.

The church held its services at 417 P St. for the following decade and in 1918 moved to its longtime site at 331 O St.

A new church building was dedicated at the O Street site on March 4, 1951.

In 1954, the former Japanese Methodist Church of Sacramento was renamed Pioneer Methodist Church.

Florin Japanese Methodist Church

Although it was not as old as the Pioneer church, the Florin Japanese Methodist Church had a long history of its own.

The history of this Florin church began in 1913, when Dr. H.B. Johnson worked with Japanese community leaders to establish Christian work and a Japanese language school in the town of Florin.

In 1915, the Florin church's first appointed minister, the Rev. Raiichi Minabe, was appointed and a two-story building was designated for the church and school.

The following year, a sanctuary was constructed for the Florin church, which began with seven members and seven children. A multi-purpose hall was added in 1927.

Despite the Japanese internment as a result of Executive Order 9066 in 1942, both churches resumed their operations in 1945.

These churches continued their services and other activities for the following two decades.

WWII internment contributed to merger

In the 1960s, efforts to merge this pair of churches began, as the Pioneer church was being forced to relocate due to city redevelopment and the Florin church's membership numbers had dwindled.

Tom Kushi, who was born in Florin in 1924 and graduated from Elk Grove High School in 1942, three days prior to the internment, said that a contributing factor to the Florin church's attendance woes was due to the internment.

"Most of the membership didn't come back to Florin (following the internment)," said Tom, who was raised on his father Shonosuke Kushi's farm at Stockton Boulevard and Gerber Road.

Tom said that less than a dozen former Florin church members are living today.

Among these former members is Sam Kashiwagi, who was raised on Stockton Boulevard, along the former Highway 99, about a mile south of Florin Road.

Kashiwagi said that the Florin church originally met in a structure at Florin and Pritchard roads – across the street from today's Buddhist

See Asian food, page 11

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Asian food, cultural bazaar to be held at local Japanese church Oct. 2

Continued from page 10

Church of Florin – that was connected to a parsonage. He added that a community hall was built on the site about 10 or 15 years later and by about 1958, a new parsonage was built just south of the hall.

Efforts to locate a home for a new church ended when the Merwin Memorial United Methodist Church at 6929 Franklin Blvd. dispersed and the Merwin church's four acres of property and its small building was obtained by the Pioneer and Florin churches for \$1, plus the payment of the Merwin church's debts.

The acquisition of the Merwin church and property was aided by a recommendation by Merwin church pioneer members, Eugene and Marion Drown.

Bill Taketa, who managed the Bank of America at 1515 Broadway and served as the church's treasurer, said that a considerably large cost of the new church was the addition of a \$20,000 parking lot.

The Japanese United Methodist Church

The merger, which occurred in June 1968, allowed the Pioneer and Florin churches to officially meet together as the Japanese United Methodist Church.

Initially, the then-new church met in the sanctuary

within the site's small building, but through the assistance of many of its members who helped to lower costs, a new sanctuary and multi-purpose social hall was completed in 1970 at a cost of \$250,000.

Roy Sato was among the members who helped lower the cost of the project, as he provided free heating and air conditioning labor.

Charles Kobayashi, a member of the church's history committee and a former member of the Pioneer church, said that the preservation of the church's history is an important endeavor, which includes a current project to translate about 12 volumes of handwritten Pioneer church journals. The journals were written from about 1892 to about 1940.

The church's pastor, the Rev. Motoe Yamada, who was born and raised in Tokyo, Japan, was the daughter of a Buddhist monk and became a Christian in the 1990s, said that it is important to remember the church's history and its early members.

"I think it's wonderful that we have such a rich history," said Yamada, who attended the University of Toledo in Ohio. "We don't want to forget that, because of the Isseis



Photo courtesy of SJUMC

Sunday school class members gather outside the Japanese Methodist Church of Sacramento at 331 O St. in 1936.

and what they went through and their experiences coming over all the way from Japan and being Christians and of course, second generation (Japanese) born here who experienced internment camps. Now we have third, fourth, fifth generation (Japanese) and we are becoming more mixed. I always want to make sure we learn from the history, so we will never forget how faithful those first and second generation (Japanese church members) were and the legacy they have."

In honor of the Issei Japanese, church members created a memorial garden between the old Merwin building and the 1970 structure. Last year,

a fountain was placed within the garden, which is cared for by a church group, known as the "Garden Angels." The "Angels" are led by Ed Kubo and Bob Sasaki.

Yamada said that in appreciation of members of the former Merwin church, a special ceremony will be held at the recently renovated Merwin sanctuary on Sunday, Nov. 7 at about 11:45 a.m., following the 10:30 a.m. worship service in the larger sanctuary.

Yamada emphasized that in addition to the importance of remembering the roots of the church and its early members, it is also important to stress that despite its name, the Sacramento Japanese Unit-

ed Methodist Church is very much a multicultural church.

"We are becoming more and more multicultural," Yamada said. "We have a Japanese-speaking ministry, but almost everything is done in English. And regardless of a person's age, race, gender or ethnic background, everyone is invited."

And like the church's Sunday services, the community is also invited to attend the Asian Food and Cultural Bazaar on Saturday, Oct. 2 from 11 a.m. to 3 p.m.

For additional information regarding the Sacramento Japanese United Methodist Church and its upcoming events, call (916) 421-1017.

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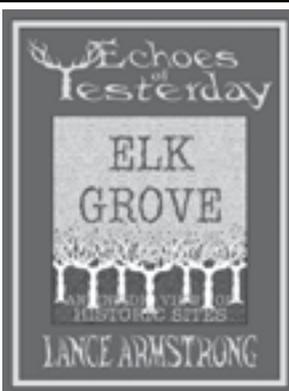
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Salvation Army: Plans for new day care center, transitional housing for families in crisis

Continued from page 9

"Army" in Sacramento included "women warriors," who performed "soul-saving work" in a mostly male, 19th century Sacramento with gambling, saloons and houses of prostitution.

Among The Salvation Army's earliest barracks in Sacramento were: 3rd Street, between J and K streets, 913-915 8th St. and 507 K St.

Currently, the Sacramento Corps maintains facilities at the aforementioned Alhambra site, an emergency shelter that houses about 150 men and women per night at 1200 North B St., family services at 4350 Raley Blvd. and its Del Oro Division site at 3755 North Freeway Blvd.

Of these facilities, the 11,000 square-foot North B Street site is one of the oldest, having opened in the mid-1970s, following the closure of its leased emergency lodge at 2700 Front St. The Front Street facility opened as part of the West End redevelopment in 1969.

On-going assistance

Many Sacramentans are familiar with the Sacramento Corps of The Salvation Army's popular, local thrift stores, as well as its many efforts to assist those in need within the community through projects such as its Toys for Tots drive, food collections and distributions, housing and day care.

In 1982, the Sacramento Corps made history when it helped feed the city's hungry through Salvation Army soup kitchens for the first time since the Depression.

An article in the Nov. 26-27, 1993 edition of *The Sacramento Union* provides an example of the Army's ongoing efforts to provide service.

In the article, it is reported that 1,200 homeless were served a Thanksgiving meal at the North B Street site.

Last year, The Salvation Army experienced a 118 percent increase in its social services.

Through the assistance of its many volunteers, the organization continues its efforts to help the less fortunate in obtaining their basic human needs.

The Sept. 18 public event will not mark the first time that the Sacramento Corps has celebrated a historic anniversary.

Centennial celebration

One such event occurred on May 4, 1985, when in honor of the organization's centennial, 100 musicians marched from the Capitol Plaza Holiday Inn at 300 J St. to Old Sacramento. Following this event, an open-air service was held, during which time a plaque commemorating the 100th anniversary gather-

ing was presented to The Firehouse Restaurant.

The plaque was placed on the building, directly below another commemorative plaque, which recognized the 1885 Army meeting at this site. The earlier plaque was placed on the building in 1978.

Looking back, looking ahead

Maj. Lowcock said that the upcoming gathering at The Firehouse Restaurant, as well as other events of the weekend-long Sacramento Corps' celebration, provides an opportunity to reflect upon the history of The Salvation Army's presence in Sacramento.

"It gives us an opportunity to look back on a very special history of the ministry of The Salvation Army in changing lives and affecting lives and impacting lives with the gospel for 125 years," Maj. Lowcock said. "Many of the people who are coming back for our anniversary are people who over the last 40 years have been impacted by the ministry of the Army here. But before that with those who have died, it gives us an opportunity to see what the Army has done and also then to look forward to what it holds for the future. The tradition that we have establishes our identity, who we are as

a people, what our mission is and then allows us to use that as a base to look forward to the future."

New projects

This future includes the Sept. 17 groundbreaking of a new day care center building at the Alhambra Boulevard site and a plan for transitional housing to assist families in crisis.

Syd Fong, public relations director for The Salvation Army in Sacramento County, said that the day care center is scheduled to be completed within the next six months.

All are welcome

On behalf of the Sacramento Corps of The Salvation Army, Maj. Lowcock invites the community to attend the Sept. 18 open-air, street meeting.

"We would be happy for those interested to come and join us at The Firehouse (Restaurant at 1112 2nd St.) on Sept. 18 at 11 o'clock in the morning, as we celebrate the fact that The Salvation Army has been here in Sacramento for 125 years and the fact that The Salvation Army has become a valued part of the community," Maj. Lowcock said.

For additional information about The Salvation Army and this event, call (916) 452-9388.

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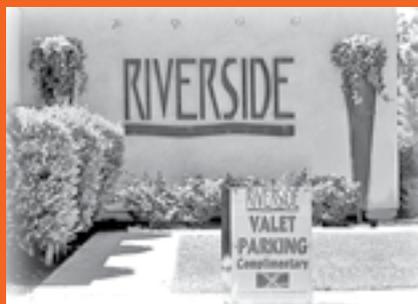
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**An excellent
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By **MARTY RELLES**
Pocket News columnist
marty@valcomnews.com

St. Mary's School opened for business in September of 1955. Initially, it included grades one through four, with plans to eventually provide education through the eighth grade.

St. Mary's Roman Catholic Parish had built the new school from the ground up on the corner of 58th and N streets, so everything about the school was new: the classrooms, the desks, the blackboards, the text books, the world globes standing at the front of the classrooms and the teachers.

The school opened with four new teachers, all nuns from New York City. When they arrived in Sacramento in August, they must have felt like they had landed square in the pit of hell as temperatures that year hovered around the century mark for most of the month. But, despite the weather, the nuns worked hard that month to prepare for the first day of school, and so on the day after Labor Day, classes began on schedule.

Since I started the fourth grade that year, my teacher was Mother Carmela, the sister superior (principal) of the school. She remained my teacher through the eighth grade – a stroke of good fortune for me. To this day, I refer to her as the best teacher I ever had.

Mother Carmela was a tough and demanding, but fair teacher. In a day when temporal punishment was still tolerated at private schools, the good mother handed out a fair amount of slaps to misbehaving students. I admit to taking my turn to receive a slap from Mother Carmela, but to this day, I plead innocence.

Aside from her harsh method of disciplining students, Mother Carmela was just an excellent teacher. In addition to reading, writing and arithmetic, we learned religion, history, geography and science – not art at St. Mary's school.

We learned how to diagram and write complete sentences, construct coherent paragraphs and present effective essays. In geography, we learned of the wondrous places in the world like the Coliseum in Rome, the Alhambra Palace in Granada, Spain and the Great Pyramids at Giza in Egypt. I am not sure Mother Carmela ever saw any of these places, but her descriptions of them were so compelling that I made a point of visiting all of them in my lifetime.

By the time I graduated from St. Mary's School, I had written a term paper complete with footnotes, participated in a class musical production and learned ballroom dancing. The nuns wanted all of us to be well-rounded young adults. To a student, I think we all agree they succeeded.

Like me, many of the students who began classes at St. Mary's School that September of 1955 went on to graduate from a university. All of the children who attended the school received a first class education no matter what they accomplished later in life. Though I don't know how St. Mary's School stacked up against all the other schools in Sacramento at the time, I believe it must have been at the very top. The fact that this school continues operations today, 55 years after it first opened for business, is a testament to the quality of education it has delivered to its students.

Sadly, the nuns no longer teach at St. Mary's. In time, they have given way to lay teachers. I am certain that Mother Carmela passed away years ago after a long successful career as a teacher and principal at St. Mary's. Every time I drive by the old school, I think of the good mother and the wonderful education she gave me: yet another inspirational Janey Way memory.

Sac State preview day

SACRAMENTO – Prospective students considering Sacramento State as their higher education destination in Fall 2011 are invited to tour the campus and learn about academic programs and student services during the university's preview day, Saturday, Oct. 2 from 8:30 a.m. to 12:30 p.m.

Sessions will be held in Capistrano Hall's Music Recital hall and Hinde Auditorium in the University Union to explain the admissions process, financial aid and housing. In addition to information sessions, an Academic and Student Services Fair will be held, providing future students and their families a chance to have informal conversations about majors, fields of study, services and other programs.

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Artistic animals provide pet sanctuary with a new revenue source

By ELIZABETH VALENTE
Pocket News writer
elizabeth@valcomnews.com

Did you know that man's best friend and several other cuddly pals not only make great pets, but that they are also known to have an artistic streak? True. Some wield a paintbrush while others produce streaks of green or smears of orange...always leaving a paw print, or two.

Don't take anyone's word for it, however. See for yourself the artistic talent and one-of-a-kind artwork at the Sixth annual "Painting for Paws" Art Show & Silent Auction at the Pavilions Shopping Center on Sept. 25 at 6 p.m. The event is hosted by the Happy Tails Pet Sanctuary, an all-volunteer, no-kill animal rescue group dedicated to protecting and improving the lives

of homeless and abused animals throughout the Sacramento area.

Critter creations

The paintings are done by the animals themselves, with some assistance from the volunteers.

"Each one is obviously different, totally abstract, and using different colors," said Cathryn Rakich, special events coordinator. "Every piece is matted and framed and accompanied with a bio and photo about the adoptable artist."

Animal art is not new. Zoos and aquariums have been selling animal art for years after discovering there is a market for it. Animal lovers have willingly paid hundreds – or even thousands – of dollars for

See Paws, page 21

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Paws: Paintings are done by the animals themselves

Continued from page 19

animal creations. At this year's auction there will nearly a hundred 8" x 10" framed artworks created by rescued cats and dogs up for bid.

"You can definitely tell which animal enjoys painting more than the others," laughed Rakich. "Our talented four-legged residents are prancing their paws and swishing their tails through water-based, non-toxic paint to create colorful and exciting works of art. It's fun."

Of course, beauty – and artistic talent – are in the eyes of the beholder. People who buy animal paintings are rarely art aficionados. Instead, they are typically animal lovers who know the money is going toward a good cause.

Food, vet care

Proceeds from the event go directly to the feeding and medical care of the animals at the Happy Tails Pet Sanctuary.

"Our vet costs are a significant portion of our bill. We have a lot of senior cats that need dental work or emergency surgeries," explained Rakich. "We take care of animals that suffer from diabetes and heart problems and many of these procedures range anywhere from \$16 to hundreds of dollars." Rakich added that funding also go to help pet

owners on fixed incomes who need assistance with their vet bills as well providing supplies to the Happy Tails foster home parents.

"We wouldn't be here if it wasn't for our wonderful volunteers who take in the dogs until we find a permanent home for them," she said.

Surge in abandoned pets

For the past 17 years staff at Happy Tails Pet Sanctuary have been rescuing animals from abusive and homeless situations. But it's been in the last two years that the Sanctuary has seen an increase of abandoned animals.

"It's due to the recession. We receive daily calls from people who can't afford to keep their animals anymore, or they have to move and the new place does not accept pets," said Rakich. "It is also kitten season and people are calling us saying they found a stray or a litter of new kittens in their backyard or abandoned home. It's sad."

No-kill facility

Unlike the SPCA, city and county animal shelters, Happy Tails is a no-kill facility, unless the animal is suffering. Their mission is to keep the animals for as long as it takes to find them safe loving homes. Space is always an issue.



Photo courtesy of Katie Rangle

Works of art created by adoptable pets in need will be the focus of "Painting for Paws," a fundraising event for the Happy Tails Pet Sanctuary on Sept. 25.

"The shelters often call us to pick up animals off the euthanize list, if we have room," explained Rakich. "We are a cage-free facility. We are always over our limit because there are so many homeless animals in Sacramento."

Happy Tails Pet Sanctuary also offers several programs to help the community take care of

their own pets such as "Senior Adoptions," "Helping Paws," and "Smokey's Emergency Fund," which provides for emergency veterinary care. The non-profit organization adopts out nearly 600 animals a year.

For more information on how to help or adopt a rescued animal, visit www.happytails.org.

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'Make me a channel of your peace...'

St. Francis High School celebrates 70 years of women's education

By SUSAN LAIRD
Pocket News editor
susan@valcomnews.com

Over 100 alumnae gathered at St. Francis of Assisi Parish to celebrate the 70th anniversary of St. Francis High School in Sacramento on Sept. 10.

The Mass and celebration were held on a Friday during school hours, so alumnae from the all-girls high school graduating decades of the '40s, '50s and '60s could more easily attend.

It was an appropriate setting, since the high school was founded on the third floor of the St. Francis Elementary School at 2500 K Street in 1940. That year, the school expanded its educational program to include its first ninth grade class. The first class was just 12 young women, who then transferred to St. Joseph's School, which was located at 8th and J streets. Students went on to graduate from Bishop Armstrong High School.

It was the girls who began their freshman year in 1941 became the first graduating class of St. Francis High School in 1945.

"We had 39 girls in our class," reminisced Marie Terribile Donnelly, who graduated in 1949. "We used to say 'Thirty-nine in '49.'"

"And that was the largest class ever," laughed Dorothy Lavelle Massa, who also graduated in 1949.

Continuous growth

The school continued to grow, bit by bit.

During the post-World War II Baby Boom years, there was a need for more high schools in the Sacramento area. Bishop Armstrong became the school for the upperclassmen from St. Francis, St. Joseph and Christian Brothers high schools. Each junior high school maintained its own ninth and

tenth grades. Bishop Armstrong High School was a co-ed school. The faculty there consisted of Christian Brothers, Sisters of Mercy, the Sisters of St. Francis, diocesan clergy and dedicated lay men and women.

"We were lucky to have Mr. Anton Dorndorf as our music teacher," Donnelly said. "He was also the church choir director."

In 1964, the Christian Brothers purchased Bishop Armstrong High to create a four-year boys' high school. (Christian Brothers would remain an all-male high school until 1990, with the closure of Bishop Manogue High School).

St. Francis High School was moved to the old gravel pit site located at 6051 M Street. There were 520 students in the 10th, 11th and 12th grades. The ninth graders remained at St. Francis Elementary for one more year. Alumnae from those days remembered "eating from the same canteen truck that came by to feed the workers who were building the school."

Soon the M Street facility was completed. The Sisters of Notre Dame and the Franciscan Sisters served on the campus until 1975, when they were no longer able to staff the school. Bishop Alden J. Bell appointed the Sisters of the Apostles of the Sacred Heart of Jesus to help staff the school. They served until 1999.

The M Street campus would serve young women in the Sacramento community until 2006, when the facility was expanded. The expansion included relocating the campus entrance to 5900 Elvas Avenue, a new performing arts center, a new gymnasium and a state-of-the-art science wing.

Today, St. Francis High School's enrollment stands at 1,145 – which is a full capacity enrollment.

Curriculum changes

As the needs of students and the culture have changed, so too has the cur-



Photo courtesy of St. Francis High School
St. Francis students of yesteryear learned, in addition to their regular studies, home arts such as sewing by hand, social graces to "sit like a lady" and office skills such as typing.

riculum at St. Francis High School. Alumnae recall being taught by nuns or the occasional lay faculty member. They were provided instruction in such basics as sewing (by hand, since no sewing machines were available) and the "proper way to sit as a lady." Typing was introduced by Sister Geraldine and Sister Peter, who also directed the annual school play.

Today's students, in contrast, have a wide spectrum of options open to them. Young women at St. Francis High School participate in a rigorous college preparatory program that includes the opportunity to pursue additional studies in robotics, international diplomacy, speech and debate, moot court and mock trial and more. There are also national and international service projects that students can participate in during the summer months. The St. Francis Troubadours – named thus after their founding

saint, who composed ballads to God – dominate on the sports field as well as in the fine and performing arts.

The Spirit of St. Francis

If there is one tie that binds every generation of St. Francis High School alumnae together, it is what they refer to as "the Spirit of St. Francis." It is a powerful sense of community.

"It's a camaraderie," said Barbara LeDoux, who graduated in 1966. "It is the ability to connect with each other and feel like we have known each other all our lives."

"It's all about school spirit and sisterhood," said Victoria Elorduy, Class of 1965. "You can hear the walls talking."

"I feel as if we're all 15 again and in our uniforms," said Karyn Wendt, also from the Class of '65. "How much tradition there is... We had big sisters

See St. Francis, page 23

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St. Francis: Early curricula taught typing, home arts and 'how to sit like a lady'

Continued from page 22

who showed us the way our freshman year, the uniforms. I'm grateful for the friendships."

"You want to see your friends," said Mary Doval, Class of 1966. "It's a big family reunion."

"This spirit is alive and continues to bloom in every St. Francis student, even after all these years," said Marion Bishop, president of St. Francis High School, in her remarks to the alumnae. "This spirit shined in those first dozen graduates, just as it radiated in the 262 graduates of the Class of 2010 – the largest class ever."

"Spirit is the single-most identified quality that students mention during their stay here, and that seniors comment on as the best characteristic of St. Francis High during their exit interviews," Bishop continued. "Your lingering spirit is palpable when you enter the campus, and it continues to inspire young women to join the St. Francis ranks. And it flows beyond the walls of the campus into every community on the globe where St. Francis alums find their homes."

Enduring legacy

Today, St. Francis High School continues on as a four-year, all-female college preparatory high school. It is the only Catholic high school in Sacramento affiliated with the Diocese of Sacramento. It serves young women from over 50 private and public feeder schools. Students come from the counties of Sacramento, Yolo, El Dorado, Placer and Solano. It is fully accredited by the Western Association of Schools and Colleges (WASC) and the Western Catholic Educational Association (WCEA).

The legacy of the school is much more than an academic one, according to alumnae, staff and students. The program for the celebration reflected this, stating "The legacy of St. Francis High School is one of spirit-filled community and educational excellence; of athletic merit and artistic accomplishment; of peace and goodness (Pax et Bonum). At St. Francis, young women integrate their

faith, knowledge and experience of community to become effective Christian witnesses in our global society. This special mission makes St. Francis much more than the leading college preparatory school for young women in the Sacramento region. St. Francis graduates understand that they can make a difference in today's world – and make it."

Today's students are appreciative of this legacy they have received and are committed to blazing a trail for others to follow.

"It's an accomplishment to last this long," said Haley Damele, a senior "Troubie." "We thrive at everything, whether it's academics or athletics."

"I'm glad I'm a Troubadour," said Hannah Vice, a senior Troubie who plans to go on to major in business communications and law. "Looking back at all the hard work and dedication I've put in will pay off big time into my future. Those who went before set the pace with high expectations. So it really raised my expectations of myself."

"These ladies are a gift to the Sacramento community," Bishop said of the St. Francis alumnae. In her remarks, she said "Many, many things have changed during these past 70 years – way



Photo courtesy of St. Francis High School

Today's St. Francis Troubadours learned to keyboard at an early age. Now, they use the power of today's technology to research term papers, view educational videos and apply to universities.

too many to enumerate. Many memories have been initiated at St. Francis High School. In each of them, a glistening light shines: (a) wonderful, faithful and bright spirit.

"The Spirit of St. Francis – your spirit – has burned steadily for seven decades," Bishop said. "And I am certain it will continue for seven more."



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World War II vet served with MacArthur, celebrates 100 years

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

Jesse Herbert Thomas has seen a lot – which is understandable, since he celebrated his 100th birthday at Merrill Gardens retirement community on Sept. 7.

Born and raised in Wilcox, Canada, he was the second of three children born to Jesse J. and Caroline Thomas. He grew up farming with his sisters in the Saskatchewan region until the family moved to Omaha, Neb. during his teen years.

During the Great Depression, he was the only member of the family who was fortunate to land a job to support the family.

During the years of World War II, Thomas served in the Pacific Theater as

a bodyguard for General Douglas MacArthur.

“MacArthur was quite a guy,” Thomas recalled. “He would do his best thinking while he was walking. There were six of us who were his bodyguards, and he kept us moving.”

After the war, Thomas worked for Union Pacific Railroad. He was married for 25 years to the late Teckla Thomas. He moved to Sacramento in 1988 to be closer to his nieces, Carol Harris and Sharon Collins.

He loves to socialize, enjoys card games and community activities. Thomas is often seen walking about the community.

When asked his secret to longevity, Thomas said he has no real advice, other than “to sit down, stay out of jail and eat right.”



Pocket News photo/Susan Laird

Jesse Herbert Thomas celebrated his 100th birthday at Merrill Gardens retirement community of Sept. 7.

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CALENDAR

For more Calendar entries visit
www.valcomnews.com

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

SEPTEMBER

Big Band Dance

Sept. 14, 21, 28: Dance to the rhythms of the Big Band era. Every Tues. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Dance Movement Therapy Classes

Sept. 14, 21, 28: Cancer patients and survivors are invited to dance movement therapy classes taught by Nandi Szabo, a registered dance movement therapist. Free. Tuesdays through Nov. 9. Two times available: 10:30 a.m.-12:30 p.m. or 6:30 p.m.-8:30 p.m. Sutter Cancer Center, 2800 L St., Sac. Call (916) 529-1079 or email zoefotoni@comcast.net to register.

Medicare counseling

Sept. 14, 21, 28: Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appts. every Tuesday with John Gallapaga, call (916) 376-8915 to schedule. For appts. in Spanish, call Marta Erismann at (916) 231-5110.

Rotary Club of Arden-Arcade

Sept. 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

Sept. 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m. Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Sacramento Asperger Syndrome Info group

Sept. 14, Oct. 12: Support and education for women who are partnered with men who have Asperger Syndrome. Free. Meets second Tuesdays, 7 p.m.-9 p.m. UC Davis M.I.N.D. Institute, 2825 50th St., Sac. Sally Watkins, LCSW (916) 939-8249

Soroptimists of Sacramento South

Sept. 14, 28: Soroptimist International of Sacramento South, a service club for business and professional women, meets second and fourth Tuesdays. 12:15 p.m. Aviators Restaurant, Executive Airport, 6151 Freeport Blvd., Sac. www.soroptimistsnr.org

Cello concert

Sept. 15: Cellist Paul Cohen will perform. 7:30 p.m. \$5 students, \$8 general. Room 151, Capistrano Hall, Sac State campus, 6000 J St., Sac. (916) 278-4323 www.tickets.com

Food preservation demo

Sept. 15: The Sacramento County UC Cooperative Extension Master Food Preservers will present "Apples and Olives." \$3 per person. 10 a.m.-Noon. Sacramento Cooperative Extension Office, 4145 Branch Center Rd., Sac. (916) 875-6913

Genealogy meeting

Sept. 15: Genealogical finds and discoveries with the Genealogical Assn. of Sacramento. New faces welcome, and help to track down ancestors. Meets on third Wednesdays, 1 p.m. Belle Cooleedge Library, 5600 South Land Park Dr., Sac. Melanie Howard (916) 383-1221

History of Sacramento's Chinatown

Sept. 15: Lawrence Tom, author of "Sacramento's Chinatown," will discuss one of the oldest Chinese communities in America and share photos. 6:30 p.m. Free event. Copies of the book will be available for signing and purchase. Sacramento Room, Central Library, 828 I St., Sac. (916) 264-2920, www.saclibrary.org

Senior Wednesday Club

Sept. 15, 22, 29: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Myrrt (916) 348-8114

Toastmasters

Sept. 15, 22, 29: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

Travel light in a carry-on

Sept. 15: Learn how to pack light with Jon Holloway. Travel for months in a carry-on sized suitcase. Trips to New England, New York, Texas, the South Pacific and more will be introduced. Free. 9 a.m. demo, 10 a.m. travel show. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336 www.morpd.com

Wild animal kids' program

Sept. 15: School-age children (ages 5-12) are invited to meet some endangered critters, including a python, parrot, chinchilla, frogs, iguana and bugs. Free. 4 p.m. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

Big Band Dance

Sept. 16, 23, 30: Dance to the rhythms of the Big Band era. Every Thurs. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

'Dying for a Date' book signing luncheon

Sept. 16, 17: Author Cindy Sample will sign her latest novel, "Dying for a Date" at this luncheon to benefit the Sacramento Children's Home. Entrée choice of Chicken Breast Stuffed with Spinach and Smoked Gouda or Dilled Shrimp and Pasta Salad. Harvest Cake for dessert. \$30 per person. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Reservations a must. (916) 452-2809

Food Addicts Anonymous

Sept. 16, 23, 30: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Continued on page 28

— EVENT LISTING SECTION —

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.
Call (916) 429-9901 for rates.

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October 2, 2 - 5 p.m.
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SEPT 18th (SATURDAY)
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FASHION/CRAFT SHOW
Children's Fashion Show
Saturday, October 16
2 to 4 p.m
Fashion show •Artisans •Music•FREE
2580 FAIR OAKS BLVD. LYON'S VILLAGE
For info - (916) 480-0971

Golf Against Violence
The Sacramento County Office of Education's eighth annual Project SAVE Golf Tournament will be held at Rancho Murieta Country Club in Rancho Murieta on Monday, September 20. The tournament is a fundraiser for Project SAVE (Safe Alternatives and Violence Education), which seeks to prevent youth violence and bullying behavior at local schools. The golf tournament is Project SAVE's main source of funding. Entry fees for the tournament are \$150 per person or \$600 for a foursome. Sponsorship opportunities are also available. For more information, contact Cheryl Raney at 228-2201 or via e-mail at craney@scoe.net

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Thursday, September 30
6 p.m. to 8 p.m
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CRAFT FAIRE
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Carmichael Elks
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Artists, crafters and more!
(916) 261-3850

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Bring the whole family to the Robbie Waters Greenhaven Library for a day of fun, festivities, and valuable safety tips.
FREE ADMISSION
7335 Gloria Drive, Sacramento
Saturday, September 25
11 a.m. to 2 p.m.

Chinese Community Church
27th Annual
FALL FOOD FESTIVAL
Saturday, October 16
11 a.m. to 7 p.m - Free
Live entertainment• games for kids• dress Hawaiian & get a raffle ticket • BBQ, egg rolls, pot stickers, desserts & more!
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CALENDAR

For more Calendar entries visit
www.valcomnews.com

Continued from page 27

River-friendly landscape workshop

Sept. 16: Overview; shade tree planting, staking, mulching demonstration; Irrigation (part I); Conversion of Spray Zone to Drip demonstration. Free, but space is limited & pre-registration is a must. 6:30 p.m.-8:30 p.m. Susan Kumar (916) 874-8326 www.riverfriendly.org

Rotary Club of East Sacramento

Sept. 16, 23, 30: Hear guest speakers address local, regional and international top-

ics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

Rotary Club of Pocket/Greenhaven

Sept. 16, 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sutterville Heights Optimist Club

Sept. 16, 23, 30: Come enjoy community speakers and community projects for youth.

Greenhaven Lutheran Church Garden Party

Benefiting the Charlotte Trantum Memorial Fund
October 2, 2010, 2-5pm • All Welcome!

Wine • Cheese • Fruit • Hors d'oeuvres
Tickets: \$25 per person

For tickets and information, call
Virginia Hadley at 395-1264 or Cindy Eaton at 391-2155
12431 River Road, Courtland, CA



WESTERN LIGHTS - "Bluegrass and Beyond" Dinner & Live Music Concert

**Elks Lodge #6
Saturday, October 23**

Come out to Elks Lodge #6 for a great evening of fun and entertainment including dinner and a live concert by Western Lights. If you like fine bluegrass, some classic Bob Wills-type Western Swing, and a little bit of everything in between, come to see the show and bring your dancing shoes.

Dinner Tickets \$10, Concert Tickets \$12

Dinner starts at 6pm, House Concert at 7:30pm

Tickets are available in the Lodge office. Call Cathy at 916-422-6666 or go to www.elks6.com or www.myspace.com/westernlightsmusic
6446 Riverside Blvd. Sacramento, CA 95831



Greenhaven Animal Hospital



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12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

Toastmasters

Sept. 16, 23, 30: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

Rotary Club of Point West

Sept. 17, 24: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Sept. 17, 24: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Andrew Oliver Kora Band

Sept. 18: Combined jazz and traditional West African music. Presented by Sacramento State's World Music Series. 8 p.m. \$8 students, \$15 general. Music Recital Hall, Capistrano Hall, Sac State campus, 6000 J St., Sac. (916) 278-4323 www.tickets.com

Backyard composting seminar

Sept. 18: Learn how to recycle your lawn clippings and fruit and vegetable scraps into a valuable soil amendment right in your own yard. Free. 8 a.m.-10 a.m. GEO Garden, 1221 South Ave., Sac. Call 311 or visit www.cityofsacramento.org/utilities

Food Addicts Anonymous

Sept. 18, 25: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

History of Sacramento's Chinatown

Sept. 18: Lawrence Tom, author of "Sacramento's Chinatown," will discuss one of the oldest Chinese communities in Ameri-

ca and share photos. 3 p.m. Free event. Copies of the book will be available for signing and purchase. Belle Cooleage Library, 5600 South Land Park Dr., Sac. (916) 264-2920, www.saclibrary.org

Lighting for the Aging Eye

Sept. 18: Eunice Noell-Waggoner, president of the Center of Design for an Aging Society, will discuss lighting issues and what role our eyes play. Learn about the need for more light to see accurately, quality of light considerations and how to reduce glare in our environment. Free. Class space limited, registration required. 12:30 p.m.-3 p.m. SMUD Customer Service Center, 6301 S St., Rubicon Mtg. Rm., Sac. (916) 732-6738 Connie Samla, csamla@smud.org

Tongan Luau

Sept. 18: Come experience a Polynesian paradise without leaving the city. Authentic Tongan food and Polynesian entertainment. \$10/plate. 5 p.m. Centennial United Methodist Church, 5401 Freeport Blvd., Sac. (916) 452-4477

Urban Farm Stand

Sept. 18, 25: Soil Born Farms' newest urban agricultural project, a farm stand featuring seasonal, local and organic fruits and vegetables. Saturdays from 9 a.m.-1 p.m. www.soilborn.org

Co-Dependents Anonymous

Sept. 19, 26: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

Sept. 19, 26: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m., every Sun. \$8. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Planning a genealogy research trip

Sept. 19: Cemeteries, courthouses and other locations are places to gather family ancestry information. Genealogist Cat Nielsen will present how to get organized and prepare research. Free. 1:30 p.m. Central Library, 828 I St., Sac. (916) 264-2920 www.saclibrary.org

Faith Presbyterian Open House

Sept. 19: Looking to be a part of a warm, caring extended family? Come visit at Faith Presbyterian Church's Open House. Encouraging music, friendly faces and messages that will have a positive impact on your week. 9 a.m. or 11 a.m. worship. Free refreshments after service. 625 Florin Rd., Sac. (916) 428-3439, www.faithpresby.org

Co-Dependents Anonymous

Sept. 20, 27: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Hatha yoga

Sept. 20, 27: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

Newcomer's Buffet

Sept. 20, Oct. 18, Nov. 15: All widows, widowers invited to The Widowed Persons Assn. of CA no-host "Newcomers" buffet. 5:30 p.m. Meets third Mondays. Plaza Hof Brau, 2500 Watt Ave. (corner El Camino). (916) 972-9722.

Rotary Club of South Sacramento

Sept. 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Sudoku answers

From page 6

3	5	4	9	6	1	7	2	8
2	1	6	4	8	7	5	9	3
7	9	8	2	3	5	6	4	1
8	4	2	3	9	6	1	7	5
5	6	1	8	7	4	2	3	9
9	3	7	5	1	2	4	8	6
1	8	5	7	2	9	3	6	4
4	2	9	6	5	3	8	1	7
6	7	3	1	4	8	9	5	2

St. Robert's 55th Annual

FALL FESTIVAL

October 2, 12-7pm • October 3, 12-6pm

Fun for the whole family!

Bingo all day! Vendor Fair, cash raffle, food, pumpkin patch, Jump house, Face painting, carnival games, Texas Hold Em Tourney, and live music!

RAFFLE TICKET

Grand Prize
\$1,000 cash

2nd \$300

3rd \$150

ST. ROBERT'S SCHOOL

2251 Irvin Way • Sacramento, CA 95822

Free e-waste recycling day scheduled for Oct. 2

SACRAMENTO – Wondering what to do with that old television that's sitting in the garage, now that you have that beautiful new flat screen television? Do you wonder how to safely dispose of your old computer that fried when it got that virus?

The St. Francis High School Robotics Team and CEAR, Inc. are sponsoring a free e-waste recycling day on Oct. 2.

Bring your old television sets, monitors, desktops and notebook PCs, VCRs, telephones, stereo equipment, digital cameras, cell phones, printers, scanners, photocopiers, etc.

These items will be recycled and their components melted down for re-use. For optimal

security, CEAR, Inc. shreds all computer hard drives – so even if your computer was “fried” by that virus...no one will be able to “lift” your confidential tax or personal information from the old hard drive.

Items that can't be accepted are: household appliances, light bulbs, furniture, hazardous materials, paint, batteries and the like.

The e-waste drop off day will be held at the front of St. Francis High School on Oct. 2 from 9 a.m. to 1 p.m. The public is welcome and there is no charge to drop off e-waste. St. Francis High School is located at 5900 Elvas Avenue in Sacramento. For more information, email robotics@stfrancis.org.

Ninth Annual
SACRAMENTO'S FALL HOME SHOW!

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 Friday 12 - 6 Saturday 10 - 6 Sunday 10 - 5
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<p>Sindy Kirsch 730-7705 DRE# 01483907</p>	<p>Debbie Davis 213-2323 DRE# 01237920</p>	<p>Sue Vitiello 212-1215 DRE# 00826116</p>	<p>John Woodall 421-5421 DRE# 01232653</p>
<p>South Land Park Hills on .31 Acre Ranch home with Spanish flair. 2 Master Suites. 2 living areas. Remodeled kitchen, wheelchair access, pretty yard with salt water pool. Many updates!..... \$379,000 Debbie Davis 213-2323</p>	<p>Trouble paying your mortgage? FREE CONSULTATION for HOMEOWNERS! Put my <i>Certified Short Sale Agent</i> experience to work for you! John Woodall, GRI 421-5421 jwoodall@golyon.com</p>	<p>NEW PRICE Wonderful Opportunity for Midtown Living Two bedroom one bath home, tree lined street with front porch. Inside laundry area, spacious kitchen and bath with new tile floors, hardwood in the living/dining room. Newly painted inside and out, good sized yard and off street parking. 2327 F Street..... \$276,000 Sindy Kirsch 730-7705</p>	<p>SOLD Land Park Peach! Three bedroom, one bath home has the perfect floor plan. Separate living room with fireplace, inside laundry and a formal dining room, nice sized yard. Newly refinished hardwoods, new kitchen flooring, freshly painted interior/exterior and a new two car garage. 1355 Perkins Way..... \$379,000 Sindy Kirsch 730-7705</p>
<p>Walk To Land Park This home oozes charm, bright & open w/ excess of 1200sf. Living & dining rooms are rich w/ parquet floors. Kitchen is completed w/ white granite counters & a new apron sink. Large utility room..... \$319,900 Sue Vitiello 212-1215</p>	<p>Future "Cute as a Button Bungalow" Awaiting your inspired completion! 2 bed, 1 bath, almost 1000sf. Newer rebuilt roof & sewer connections, bathroom rebuilt with copper plumbing/new fixtures, plus a new Trex deck. Hardwood floors, original built-in cabinets & cubbies. 1 car garage/possible RV storage..\$229,000 John Woodall 421-5421</p>		

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9:00AM – 3:30PM**

**Location:
Sacramento Asian Sports Foundation (SASF)
9040 High Tech Court
Elk Grove, CA 95758**

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- ❖ FREE Admission
- ❖ New vendors and yummy foods
- ❖ Gift Items, dolls, framed art, jewelry and much more!
- ❖ FREE raffle to win great prizes from our vendors!
- ❖ NEW accepting all major Credit Cards



Visit our website at www.jankenpogakko.com for more information about Jan Ken Po Gakko!



Pocket News Photo by Linda Pohl

Patriots were recognized at the Patriot Day celebration held by Elks Lodge No. 6 on Sept. 11. Left to right, Ron Brusato, Fire Captain Mark Ramirez, Police Captain Jim Maccoun and Police Officer Jeffery Silva.

Patriots recognized by Elks Lodge No. 6

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

Elks Lodge No. 6 commemorated the memory of 9-11 with a Patriots Day celebration on Sept. 11. At the dinner, which included patriotic items such as “Yankee Pot Roast” and “All-American Apple Pie,” Elks Exalted Ruler Ron Brusato presented plaques to “honor a fire fighter and a

police officer who have done meritorious work for the community.”

Captain Mark Ramirez of the Sacramento City Fire Department and Officer Jeffrey Silva were both honored by the Elks that evening.

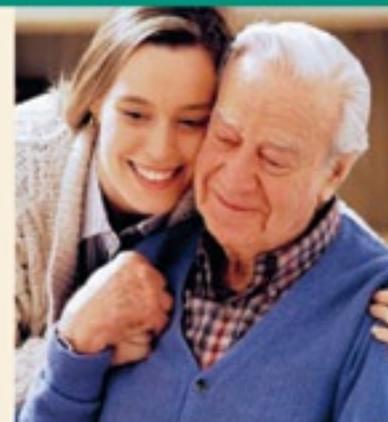
The purpose of the celebration, according to Brusato, was to never forget those who died on Sept. 11, 2001.

“If 9-11 is ever forgotten, the terrorists have won,” he said. “We won’t let that happen.”

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Faces and Places Young fun at St. Anthony's 17th annual Community Festival

Photos by Linda Pohl

A good-sized crowd of people both young and young-at-heart turned out for the 17th annual St. Anthony's Parish Community Festival on Sept. 11. The event proved to be an entertaining, as well as multicultural, time for all.

Visitors were able to sample delicious foods from around the world. Cuisine from France, Germany, Greece, Hawaii, Italy, Mexico, the Philippines and elsewhere made tastebuds water.

There were games for the children and prizes. The Ohana Dance Group, the Yemaya Salsa Dance Company and bands Hot Wire and Bump City provided continuous entertainment for all.



See More Photos & Open House Schedule for my "Featured Homes" at:
GreenhavenPocketHomes.com

261 Audubon Circ – \$580,000! >
Large Elegant Custom 5bd 3ba in the Pocket Area's Audubon Park! Fam/media rm. Gourmet kitchen w/granite. Formal dining rm. Huge master suite, plus loft! 4-car tandem gar! Apx 3,505 sf*



< 7515 Salton Sea – \$229,900!
Immaculate 3bdrm or 2+Den, 2 bath, 1-story. Upd windows & roof. Living/dining rm combo. Lrg kitchen w/ brkfst area. Mstr suite w/walk-in closet. Near 3 parks, bike path & shopping!

6940 Westmoreland – \$310,000 >
Quality built by Paul Harris, well maintained 1-owner home! 3bd 2ba, family rm, 2 fireplaces, Many big-ticket updates including roof, dual-pane windows, heat & air, more! Gas cooking! Apx 1,907 sf*



* Per public records or other sources deemed reliable, but has not been verified by agent or broker; interested parties to verify.

"Bill did a fantastic job in all aspects of selling our home in this market... total days on market was under 30 days! Bill is very professional and communicated with us constantly throughout the whole process. Thank you, Bill!" Naida Rasmussen, Seller – S. Land Park Hills



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SINGLE FAMILY, 5 BEDROOM, 3 BATH, APX 3303SF.
MARSHA CHAN 217-5500

261 AUDUBON CIRCLE \$580,000



SINGLE FAMILY, 5 BEDROOM, 3 BATH, 3505SF.
BILL BONNER 320-1888

423 CEDAR RIVER WAY \$437,000



SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2517SF.
LYNN LUK LEE 628-2843

7752 ROBERTS RIVER WAY \$389,500



SOLD

SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2228SF.
NICK LAPLACA 764-7500

6451 SURFSIDE WAY \$359,500



SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2151SF.
NICK LAPLACA 764-7500

12 PEBBLE COURT \$299,500

NEW PRICE



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1778SF.
NICK LAPLACA 764-7500



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6940 WESTMORELAND WAY \$310,000



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1907SF.
BILL BONNER 320-1888

94 HIDDEN LAKE CIRCLE \$285,000

SOLD



SINGLE FAMILY, 3 BEDROOM, 3 BATH, 1604SF.
KARLA OPLIGER 399-0478

7306 PEYTONA WAY \$260,000

NEW PRICE



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1644SF.
BOB WILSON 686-6868

7601 RUSH RIVER DRIVE \$249,000

PENDING



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1740SF.
BOB WILSON 686-6868

7709 EAST PORT (LOT 40 EASTSHORE) \$245,000



SINGLE FAMILY, LOT DIMENSIONS: 65 X 124 X 78 X 112
MARSHA CHAN 217-5500

7515 SALTON SEA WAY \$229,900



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1232SF.
BILL BONNER 320-1888

44 CACHE RIVER CIRCLE \$219,500

PENDING



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1180SF.
NICK LAPLACA 764-7500

500 COOL WIND WAY \$219,000

PENDING



SINGLE FAMILY 3 BEDROOM, 2 BATH, 1143SF.
BILL BONNER 320-1888

7056 RIVERSIDE BLVD \$199,900

NEW PRICE



HALF-PLEX, 4 BEDROOM, 3 BATH, 1623 SF.
JOLEEN JARVIS 717-3559

405 ROUNDTREE COURT \$85,000

NEW PRICE



SINGLE FAMILY, 2 BEDROOM, 2 BATH, 1074SF.
KARLA OPLIGER 399-0478

CLARKSBURG
RYDER ROAD-\$400,000
NEW LISTING
22.140 ACRES

TERRY MULLIGAN 775-1908

DAVIS

3463 KOSO STREET-\$449,999

PENDING

SINGLE FAMILY, 4 BEDROOM, 3 BATH, APPROX. 2161SF

JERRY LANDRETH 502-0928

ELK GROVE

5121 GOLDEN GLORY WAY - \$370,000

SINGLE FAMILY, 4 BEDROOM, 3 BATH, APPROX. 3146 SF

MARY J LEE 425-3749

8978 BRADSHAW ROAD-\$299,950
ACREAGE, APPROX. 5 ACRES
BOB WILSON 686-6868

FAIR OAKS

4751 LLANO LANE-\$169,950

SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 1208SF

BOB WILSON 686-6868

NORTH HIGHLANDS

6340 GARLAND COURT-\$99,000

SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 1120SF

BOB WILSON 686-6868

ORANGEVALE

6900 ALMOND AVENUE #23-\$24,900

SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 1296SF

KARLA OPLIGER 399-0478

SACRAMENTO

6534 BENHAM WAY-\$369,500

PENDING

SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 1639SF

NICK LAPLACA 764-7500

2940-2932 FREEPORT BLVD.-\$1,200,000

2 UNITS

TERRY MULLIGAN 775-1908

8736 WOODMAN WAY #C-\$99,900

PENDING

SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 1191SF

DAVID OHARA 600-9495

3256 VIA GRANDE-\$98,500

PENDING

SINGLE FAMILY, 2 BEDROOM, 2 BATH, APPROX. 1054SF

GINA LAPLACA 548-1628

894 PARKLIN AVENUE-\$269,900

SOLD

SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 1414SF

BILL BONNER 320-1888

WALNUT GROVE

14744 WALNUT GROVE-THORNTON ROAD-\$1,149,000

VINEYARDS HOME, 2 BED, 3 BATHS, 2400 SF.

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