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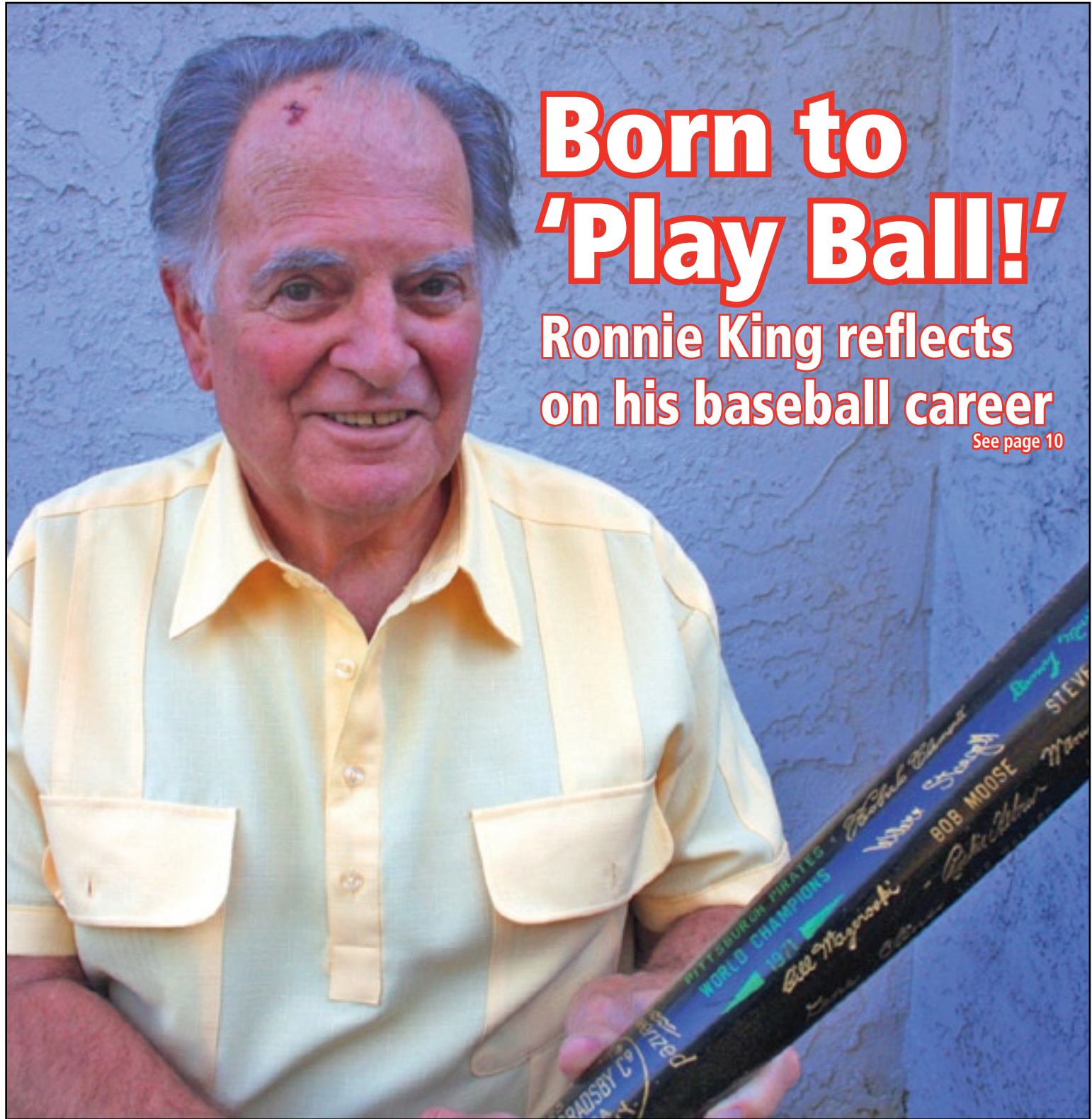
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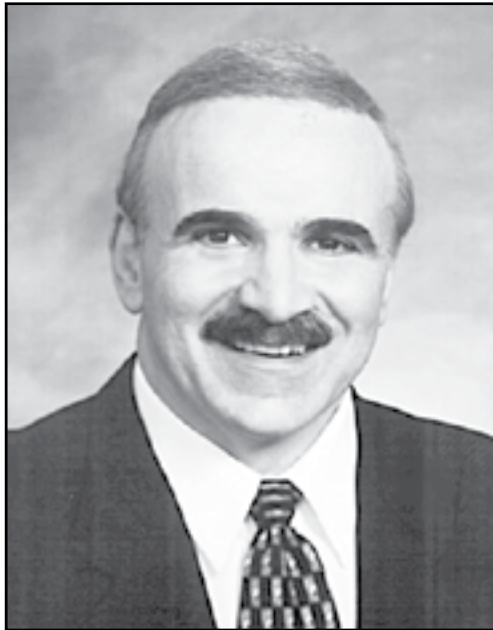


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## Tale of 'The Silver Tooth of Marty's Youth'



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

About the time I reached twelve years of age, I had an accident while swimming at Glen Hall Pool. I dove too deeply into the shallow end of the pool and struck my face on the bottom.

As a result of the collision, I chipped my upper front tooth almost half off. A few days later I visited our family dentist. He put a silver cap on the damaged tooth and told me, "Since your teeth are still growing Marty, I can't repair this damage until they have finished growing."

So, that was that. The cap remained on the tooth until I reached 17 years of age.

I damaged my teeth even worse a year later, when I fell into a concrete porch while playing on Janey Way. That accident knocked my other front upper tooth completely out. So, in addition to the silver cap, I had a gap in my front teeth.

This damage to my teeth had an effect on me. One day, a boy looked at me and asked, "Where did you get that silver tooth?"

I responded, "What's it to you?"

Fearing repercussions, he said nothing more, but having the silver tooth definitely embarrassed me. Over the next several years, I rarely smiled, and then, only with my mouth closed: a kind of Mona Lisa smile.

My friends were great, they never taunted me about this. Others were not so kind.

Later, when I attended Sacramento High, I participated actively in athletics, grew up, and soon forgot about the silver tooth. However, people always thought me a very serious person, as I rarely smiled. My high school graduation picture reflects this serious demeanor.

In 1964, the summer after I graduated from high school, I went to the dentist for a routine checkup.

As he examined my teeth, he said, "Your teeth have fully matured now Marty. It's time to put in a bridge where your two front teeth have been damaged."

So, over the next few months, I saw the dentist several times. He made a plaster of Paris impression of my teeth and from that constructed a bridge to fill the gap between the teeth. Finally, he installed the bridge in my mouth.

After he put my new front teeth in and had adjusted them to fit properly, he said, "Nurse, take Marty over to the big mirror and show him his new teeth."

When I looked into the mirror and smiled, a feeling of joy came over me which I can hardly explain.

For the first time in five years, my teeth looked straight and white and beautiful. After that, I smiled often.

People sometimes say to me, "You sure smile a lot." And I do. My mother always said that a smile doesn't cost one cent, yet sometimes it can bring joy to other people. Now the silver tooth of my youth is just another not very happy Janey Way memory.

# Area 6 candidates' forum for SCUSD School Board Oct. 12

SACRAMENTO – The Didion/Lewis Park Recreational Center Committee (DLPRCC) will present a candidates' forum with Area 6 candidates for the Sacramento City Unified School District (SCUSD) School Board on Tuesday, Oct. 12 from 7 p.m. to 8:30 p.m.

The forum will be held at the School of Engineering & Sciences, 6620 Gloria Drive in Sacramento. Michael Lang-

ley, formerly of News10 and founder of PocketOnline, will moderate the debate.

The slate of candidates for School Board Area 6 is:

- ♦ **Robert Barton**, retired Naval commander
- ♦ **Rob Gunn**, transportation engineer
- ♦ **Sharon Owens-Thomas**, teacher
- ♦ **Shane Singh**, community volunteer and attorney
- ♦ **Darrel Woo**, teacher/parent



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# Anthony 'Tony' A Disernia

1916 – 2010

Anthony 'Tony' A. Disernia, age 93, suddenly passed away on Sept. 13, 2010 in Sacramento, Calif. He was born on Oct. 27, 1916 to Anna Lena (née Silva) and Antonio Disernia in Marysville, Calif.

A machinist by trade, Tony retired after 35 years service at Bokan Bros. He loved woodworking and constructed many original designs. He enjoyed traveling, which prompted his collecting and wearing baseball caps from around the world.

Tony was a vigorous senior and had remarkable mental health, solving the *Sacramento Bee*

daily crossword puzzle and learning to use a computer. He was honored as one of the oldest active members of Sacramento Elks Lodge No. 6.

His greatest joy was being with his wife, family and friends. Tony will be missed by all. He is survived by his devoted wife, Dawn, with whom he shared 25 happy years; son Robert A. Disernia (Loletta); daughters D. Kemp (Mike) and Toni Dagherre; step-daughter Lisa Strebel (Chris) and step-son Glen Ballard; and many grandchildren and great-grandchildren.



Memorial services were held Sept. 25 at the Church of Jesus Christ of Latter-day Saints 2nd Ward in Sacramento.

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Answers on page 28

## Groundbreaking held for Emergency Food Closet

Special to the Pocket News

A groundbreaking celebration for a permanent building for the emergency food closet of the South Sacramento Interfaith Partnership (SSIP) was held at Bethany Presbyterian Church on Oct. 3. Members of many of the 17-member churches were present to grab shovels and start the dirt flying for the foundation of the new building.

SSIP was formed 40 years ago as a nonprofit organization. Today, it sponsors the food closet to aid families in need.

In recent years, the food closet literally operated out of a closet – a small room in the back of the church. Even in such a small space, it helps nearly 4,000 families every month. Now,

it will have its own new permanent building on the church grounds.

Before the ceremonial gold shovels came out, funds were raised to completely pay for the project. Funds came from a variety of contributors. Among them was Rich Fowler of St. Anthony's parish who raised over seven thousand dollars with his "Ride Against Hunger" project.

Others on hand to lift a shovel were Dave Anders, project architect, Keith Rauh, project contractor, and Charlie Brown and Frank Allen who are both of the SSIP building team.

The food closet will continue to help families in need during construction. To make a donation of food or funding, call (916) 428-5290.

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# Crocker Art Museum to hold expansion grand opening celebration Oct. 10

By LANCE ARMSTRONG  
Pocket News writer  
lance@valcomnews.com

A new era in the history of Sacramento's famed Crocker Art Museum will officially begin Oct. 10 or as often referred to on "10-10-10," as the museum will hold a free, public opening celebration of its \$100 million, 125,000-square-foot expansion.

The event, which will be held at the 216 O St. museum from 10 a.m. to 10 p.m., will allow guests of the gathering to view the interior of the new expansion, which was designed by Gwathmey Siegel and Associates Architects.

Beginning with the 10 a.m. opening ceremony on O Street, the event will continue with a full slate of entertainment and other attractions.

These attractions include: the Sacramento Youth Jazz Band at 11 a.m., the West Coast's largest art car show at noon, Kalanjali: Dance of India at 1:30 p.m., Kennelly Irish Dance at 4 p.m., Capital Roots at 6 p.m. and a laser show grand finale at 9:30 p.m.

The long-awaited expansion, which tripled the size of the museum, which was founded in 1885, will be inaugurated with a series of special exhibits in its new galleries. These exhibits include works by the renowned Sacramento artist, Wayne Thiebaud.

Also on display will be master drawings from the museum's "pioneering collection" and a display of promised gifts to the museum such as French Barbizon paintings, Tang Dynasty sculpture, American impressionism and contemporary California art.



The new entrance to the Crocker Art Museum is at street level. Visitors can enter the first floor at no charge, where they can enjoy dining in the museum's café, shop in the museum store or attend a lecture. The museum collections are on the second and third floors.

The opening of the museum expansion marks almost 10 years since planning began and a little more than three years since the groundbreaking for this state-of-the-art expansion, which has been considered a necessity for the museum for many years.

In addition to the Crocker's new galleries for displaying temporary and permanent collections, the expansion includes a 260-seat, multi-purpose auditorium for films, concerts and lectures, the Bobbin and Patrick Mulvaney-operated Crocker Café with free Wi-Fi, a courtyard and a museum store.

Lial Jones, the museum's director, emphasized that although much focus has been placed on the construction of the expansion and the free event on Oct. 10, the opening of Crocker's much-anticipated addition certainly marks only the beginning of the new Crocker's offerings.

"The whole idea of (the public opening celebration) is that's what starts people coming here and continuing to come (to the museum)," said Jones, who was instrumental in launching the \$100 million capital campaign to support the expansion.

And the Crocker will offer plenty of attractions to keep the

public continuously interested in visiting the museum. These offerings include various educational and community programs and a wide range of temporary exhibits.

Following the Oct. 10 event, the Crocker Art Museum will be regularly open to the public on Tuesdays and Wednesdays from 10 a.m. to 7 p.m., Thursdays from 10 a.m. to 9 p.m. and Fridays through Sundays from 10 a.m. to 5 p.m.

For additional information about the Crocker Art Museum's Oct. 10 event, visit the Web site [www.newcrocker.org](http://www.newcrocker.org).

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# Applying to college is like another extracurricular activity

By MARILYN VAN LÖBEN SELS  
Pocket News columnist

By now, high school seniors are fully aware that CSU, UC, The Common App and other colleges have posted their applications for Fall 2011.

As one student aptly commented, "Applying to college is like having another extracurricular activity." By planning ahead, students can make the process go much more smoothly and efficiently.

After deciding on a college list, the most important task is to make a timeline for each college, the type of application it requires, potential

scholarship opportunities, and all due dates. For the Common App and many other non-state schools, students need to note additional requirements such as teacher recommendations, art and athletic supplements as well as the secondary school, midyear and final reports completed by their high school counselor.

Some colleges even invite students to submit additional recommendations, and all of these application parts need to be coordinated and completed on schedule.

By using a special calendar or plotting all of this information on an

## Application hints make the job easier

Excel spreadsheet, students can really see their job in its entirety, break it down into parts, and get each task done on time.

To make the application process smoother, students can work ahead and organize information for easy input. They will need the following information:

• A copy of their high school transcript so they can record their grades;

- SAT and/or ACT scores (these must also be sent colleges);
- A list of their activities and jobs and the amount of time involved in each;
- Their parents' annual income (information on tax records or pay stubs);
- Their Social Security Number (memorizing it saves time and keeps it secure);
- Their Statewide Student ID (printed on high school transcripts or obtained from the school registrar or counselor);
- A credit card to pay for application fees and additional SAT/ACT scores

See Colleges, page 15

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# Sacramento parishes and schools observe St. Francis Day by blessing animals

Pocket News  
photos by STEPHEN CROWLEY

Monday, Oct. 4 marked the observance of the feast day of St. Francis of Assisi, the patron saint of animals and the environment. Catholic and Episcopal churches and schools in the Sacramento region observed the occasion before and during the weekend by conducting their annual "Blessing of the Animals."

Bishop Jaime Soto blessed dogs, rabbits and even a snake at St. Fran-

cis High School on Oct. 1. The all-girls Catholic high school celebrated the school's patron saint with a Mass and full day of celebrating "All Creation Gives Glory to God." The girls wore outfits representing clothing styles of the 1940s, '50s, '60s, '70s and '80s.

At St. Anthony Parish, Father Michael J. Hebda blessed a number of pets on Oct. 3. The doggies seemed especially interested in the aspergillum, an instrument used to sprinkle holy water.

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# Sacramento's on King reminisces about lifelong love for baseball

By LANCE ARMSTRONG  
Pocket News writer  
lance@valcomnews.com

When it comes to the topic of sports history in the capital city, despite what many loyal Sacramento Kings fans may say, baseball is king. And somewhat ironically, one of the renowned people in local hardball lore is a man with the last name of King.

This man, Ron King, who is known as "Ronnie" by many of his closest friends, grew up at 309 W St., near Southside Park, as the only child of Manuel and Anna King.

When he was about eight years old, Ron, 82, who presently resides in Sacramento with his wife Betty, began playing baseball.

It was at this time, during the 1930s, that Ron planted his roots toward becoming a notable figure in the city's professional baseball history, which dates back to the 19th century.

## Born to play ball

Baseball was very much a large part of his life at a very young age, Ron explained.

"I used to carry a catcher's glove with me all the time in case somebody wanted to play catch," he recalled.

Ron honed his baseball skills during his youth on Sacramento fields, as he

played in local city league games.

He also picked up a baseball job in 1937, when he became employed at Cardinal Field – home field of the Sacramento Solons of the Pacific Coast League – at Broadway and Riverside Boulevard.

Ron initially worked at the stadium as a visitors' batboy, then the following year, he gathered baseballs off the roof with Norman Greenslate, another young, local baseball player.

In 1940, Ron once again became the visitors' batboy, followed by the scoreboard operator in 1941 and 1942 and a visitors' clubhouse boy from 1943 to 1946.

While working as a scoreboard operator, Ron was paid 25 cents per game and 35 cents per doubleheader.

Considering Ron's love for baseball, working at Cardinal Field, which by 1945 was known as Edmonds Field, was a dream job.

Working at the stadium presented Ron with the opportunity to meet professional players. And for Ron, this was an experience that was the equivalent of a motion picture fanatic meeting Hollywood movie stars.

## The CB years

After gaining experience playing on city league baseball teams during his



Former Major League Baseball scout Ron King shows of a copy of a 1982 magazine with his photograph on the cover. *Pocket News photo, Lance Armstrong*

childhood, Ron played baseball for Christian Brothers High School, when the school was located at 21st Street and Broadway.

Since baseball was Ron's greatest passion in life, it did not take long for him to become known as a "baseball nut."

Evidence of Ron's love for baseball can be seen on a page of a 1946 edition of his high school newspaper, *The Talon*, which includes a write-up with the following words: "Do you want to

know anything about baseball? Ask Ronnie King."

Ron said that Brother Eugene Ward, Christian Brothers' principal at the time, was a big influence in his life.

"Brother Eugene said to me, 'If I asked you to read a page, you can't tell me what you read.'" Ron said. "I looked at him and said, 'No.' Right about when baseball was going to start, (Brother Eugene) gave me a poem and he said, 'I want you to learn

this poem. I'll give you a day to learn it and if you don't learn it, you're not going to play.'

Determined to play baseball at the school, Ron learned the poem so well that he can still recite the poem to this day.

Fortunately for Ron, who was given more than one lesson in discipline from Brother Eugene, and Christian Brothers High, Ron achieved much suc-

*See King, page 11*



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# King: 'Every time I woke up in the morning, I looked up at the sky and said, 'Thanks''

Continued from page 10

cess playing high school baseball.

In 1946, the year that he graduated from the school, Ron was named as one of the 12 players of *The Sacramento Union's* All-City Team.

Reminiscing about his four years of playing varsity baseball at Christian Brothers High, where he was also the student body vice president during his senior year, Ron said that the baseball team had much success during this time.

"We didn't lose too many games," Ron said. "Our pitching staff was pretty good. We had four pitchers on the team and three of them pitched in the National Division of the Sacramento Winter League and (this semi-pro division) was the big thing before pro football took over. The games used to draw quite a few people."

At the age of 15, Ron became the youngest player to ever join the National Division, which played its games at such places as William Land, McKinley and Stanford parks.

## The minor leagues

Following his time at Christian Brothers, Ron began to live out his dream, as he signed with the Cleveland Indians organization and played with its Bakersfield farm club in the California League in 1946 and 1947 and then in Billings, Mont. in the Pioneer League in 1948.

In 1949, Ron played in Dayton, Ohio and was part of a pennant winning team in the Double A Central League.

Ron took on a new role in baseball in 1950, when he served as a substitute catcher for various teams' catchers who were recovering from injuries.

Ron said that it was during this segment of his career, playing for teams in Dayton, Ohio, Cedar Rapids, Iowa, Wilkes Barre, Pa. and Oklahoma City, Okla., when he "learned how to travel."

After taking time away from baseball in 1951 and 1952 to serve his country during the Korean War, Ron joined a Reading, Pa. team, which ended up posting a 106-42 won-loss record in his first season

with the Eastern League club.

In 1954, Ron came home to play in familiar territory, as he became a member of the Sacramento Solons. But his time playing for his hometown team was short-lived.

In 1955 and 1956, Ron was a player-coach for the Salem Senators of the Northwest League.

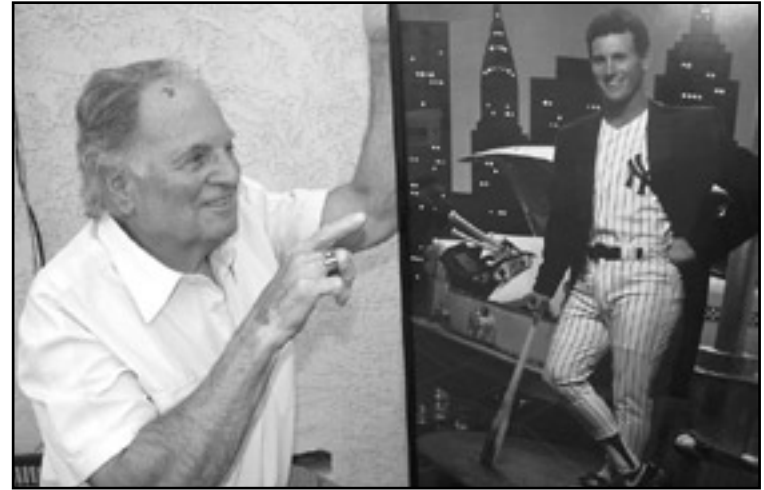
## Team manager

Ron was selected to manage the Senators on the road, because the team's owner, who was also the Senators' home manager, did not like to participate in the road trips.

Since it had been one of his dreams to manage a team, Ron said that he was excited to become the team's road manager.

Since minor league managers at the time were also required to be players, unless they owned the team they were managing, both Ron's playing and managing career came to an end during a playoff game in 1956, when he severely injured his back.

But true to the well-known line, "When one door closes, another opens," a new door opened for Ron



Pocket News photo, Lance Armstrong

Land Park resident Ron King points to a photograph of Steve Sax, one of the top players who he scouted during his Major League Baseball scouting career.

when he was contacted by Joe L. Brown, general manager of Major League Baseball's Pittsburgh Pirates.

## Talent scout

Ron said that Joe L. Brown, who was the son of the actor and comedian Joe E. Brown, offered him a job as a baseball scout for the Pirates organization.

"(Joe L. Brown) said to me, 'The streetcar only comes by every so often, so if you want to be a scout, you better get on the streetcar,'" Ron recalled.

Making the decision to jump aboard this figurative streetcar, Ron began his new role in baseball.

Ron said that becoming a scout was one of the best decisions he made during his many years in baseball.

And when asked how well he transitioned into the role of a scout, Ron showed how much of a natural he was for this position when he said, "Well, I don't know, you just went after the guys who could play and who had the tools. And I knew what I was supposed to look for in a player."

While working for the Pirates from 1960 to 1974, Ron scouted the following notable players from Sacramento:

See King, page 20

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# Pocket author provides culinary solutions in 'Perfectly Persimmon'

By CELIA GREEN  
Pocket News writer

It happens every year, in late autumn. They appear in the lunch room at work. Neighbors come over with bags full. They literally fall off the trees in Sacramento. Persimmons. And what to do with them, besides persimmon bread?

There is finally a solution to this dilemma, thanks to a Pocket area resident who has written a cookbook containing more than 1,000 persimmon recipes.

"With most recipe books you can't find persimmon recipes, so

I started collecting recipes from friends and the internet," said Jean Brine, author of *Perfectly Persimmon*. "I've been gathering recipes for 45 years, and for the last 20 years I've been thinking about putting them into a book."

Her fascination with persimmons began as a young woman, when she moved to Sacramento.

"I didn't know what a persimmon was," Brine said. "Our family owned three room and board houses on Capitol Avenue and there were fruit trees in the yard. I brought two huge boxes of the fruit to work, and asked my co-workers about them, and that day all the persimmons vanished."

The recipes sat for many years, and were shared and enjoyed by her family. But it was a friend who gave Brine the push to get them published.

"About 18 months ago, Kathi Windheim, a friend of my daughter Beth, urged me to get the book done in time for the opening of the Pocket-Greenhaven Library," she said. "Since then, I've spent several hours each day finding a publisher, choosing artwork and color, and then I proofread each recipe at least three times."

The cookbook is separated into categories such as appetizers, soups and salads, side dishes and – surprising-



Jean Brine, seen here in her Sacramento garden with her husband, Robert, is Sacramento's newest cookbook author.

ly – main dishes. Also included is basic information about persimmons and how to store, dry and freeze the fruit. The book lists farms, vendors and festivals throughout the United States.

"Jean is like an icon in the Pocket (neighborhood)," said Kathi Windheim, a Board Member of the Pocket-Greenhaven Friends of the Library. "Every time I saw her, I'd ask about the recipes. When at her house one day, I told her, 'If you can finish (the book) by the opening day of the library, you can be the first in our Local Authors series.'"

Brine did finish in time, and sold her books



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Photo courtesy of Jean Brine

"Perfectly Persimmon" features appetizers, side dishes, main dishes and desserts – all featuring this unique Asian fruit that is so common to California gardens.

on opening day, with 10 percent of the proceeds going to the library.

"I'm not doing this to be wealthy, it's a lifetime goal for me," Brine said. "I just want people to have the book and enjoy the recipes."

What are the favorite recipes of Sacramento's newest author?

"Oh, that's easy," Brine said with a laugh. "The Gumdrop Fruitcake and the Lemon Glaze Persimmon bars."

The book sells for \$20. For more information email [PerfectlyPersimmon@sbcglobal.net](mailto:PerfectlyPersimmon@sbcglobal.net) or visit Perfectly Persimmon on Facebook.



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# Colleges

Continued from page 8

(Parents may want to be on hand, since these can easily get out of hand if a teen decides to apply to additional colleges at the last minute by simply clicking on additional buttons and then hitting "send." Sticker shock could ensue).

This list seems long, but it will really expedite the application process and keep stress levels down to a manageable level. After students send in their applications, they should check their email every day and respond to college's messages as soon as they pop into their inbox. At the recent CSU Counselors Conference, campus representatives asked us to tell students to be sure to read to the bottom of each

page and to make the time to reply to each request promptly.

At times during the application process, students can get bogged down. One student said, "No one will even read my application." Admissions offices actually read each application carefully and at least twice. In some cases, when readers are not in agreement over an applicant, a third person reads the application, and the three make a recommendation.

Senior year is definitely busy and applying to colleges does take a lot of time, but getting organized before beginning the process will result in time to go out to a movie or just to hang with friends plus the satisfaction of a job well done.

Marilyn van Löben Sels is a certified college counselor. Contact her at [marilyn@college-gps.com](mailto:marilyn@college-gps.com).



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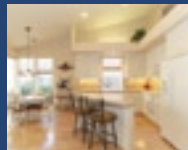
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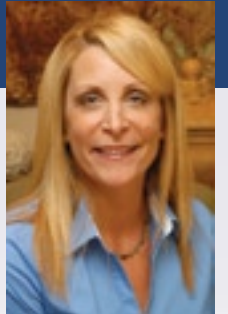
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Giner, a former emergency-room nurse whose experience includes more than a decade working with elderly and mentally challenged individuals in nursing homes, hospice and long-term care communities, will oversee operations at The Meadows. The facility at the corner of Florin Road and Country Place broke ground in August and is due to open in April 2011. Licensing with the California Department of Social Services is pending.

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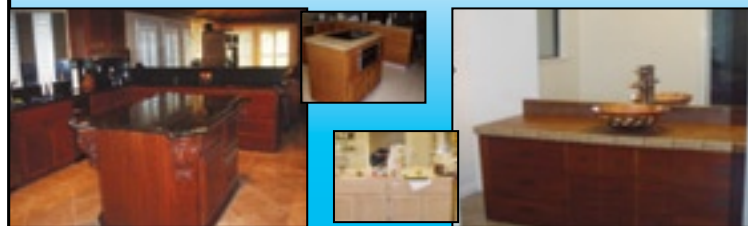
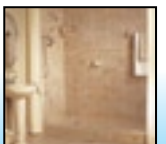


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## King: Named West Coast Scout of the Year in '97

*Continued from page 11*

Bob Oliver, Jim Nelson, Greg "Duke" Sims, Rod Scurry, Rich Standart, among others.

Commenting that different scouts have different methods of scouting players, Ron said that as a scout, he placed great emphasis on a player's speed.

"Speed was the big thing," Ron said. "Power became second and then the arm became third, except with the catcher, shortstop and the right fielder."

During a time when the Pirates wanted Ron to relocate back East, he instead took a scouting job with the Los Angeles Dodgers on June 25, 1974.

While maintaining his Sacramento home base with the Dodgers until 1987, Ron scouted various players, including Steve Sax, R.J. Reynolds and Rudy Law.

Sax was one of Ron's biggest recruits, as he was drafted into the Dodgers organization in 1978, won the National League Rookie of the Year award and was a five-time All-Star in 14 seasons.

Following his time with the Dodgers, Ron worked for three years as a national cross checker for the Philadelphia Phillies before taking a job as a national supervisor in his second stint with the Pirates.

Ron, whose best friend in baseball was Pittsburgh Pirates legend Willie Stargell, is also known for scouting many other notable players, including Max Venable, Rich Rodas, Matt Whisenat, Brian Clark, Joel Adams and certainly one of his favorites, the All-Star catcher, Jason Kendall.

One of the proudest moments in Ron's baseball career, which ended in 2000, came in 1997, when he was named the West Coast Scout of the Year by Major League Baseball.

Now in his retirement years, Ron, who still enjoys watching professional baseball games, as well as serving as president of the Southside Improvement Club and reading mystery books by James Patterson, Michael Connelly and John Sandford, said that he enjoys reminiscing about his many years working in baseball.

"I got to do everything I wanted to do," Ron said. "Every time I woke up in the morning, I looked up at the sky and said, 'Thanks.' When you get to do what you want to do all the time, you're pretty lucky. So, (being employed in baseball) was a dream come true."

## Free e-waste recycling day on Oct. 16

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The e-waste drop off day will be held at the John F. Kennedy High School parking lot, located at 6715 Gloria Drive in Sacramento, on Oct. 16 from 9 a.m. to 1 p.m. The public is welcome and there is no charge to drop off e-waste. For more information, call Todd Thompson at (916) 392-2885 or email [toddanddivanna@sbcglobal.net](mailto:toddanddivanna@sbcglobal.net).

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# Sacramento Buds win AA division softball title in Las Vegas

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

For the many of us who figured that our athletic glory days were behind us when we graduated from high school, the Land Park-based Sacramento Buds softball team might just be the inspiration we need to go pick up that old glove rotting in the closet.

The group of 18 men, ages 60 to 66, took home the AA division title at the Las Vegas Masters Tournament during Labor Day weekend. The double elimination tournament consisted of approximately 60 teams from all over the country. In the AA division alone there were teams from southern California, Arizona and Florida as well as host state Nevada.

The Buds ended up playing six games over the three day span, winning all of them. In the final they went up against the hometown team from Las Vegas and obliterated them by a score of 23-11.

Buds manager Russ Uda talked a bit about how this team came together.

"A lot of us have been playing softball together for 30 years," Uda said.

Most of the players know each other through work and school associations, he added. Uda became the player/manager five years ago when the Buds were a 55-and-over team. While many of the players on the Buds' roster have played together for 30 years, the actual Buds team formed five years ago.

Pitcher/outfielder Don Nakao is one of those players from 30 years ago.

"We played against each other a lot and years later we formed a team and started playing in tournaments," said Nakao.

Nakao grew up in Watsonville and his time was often taken up by helping his parents on their farm. He didn't get a chance to play sports as a kid, so he jumped at the first chance he saw to play softball. He started playing with a Caltrans work team when he moved to Sacramento at age 21. Forty five years later and



*Photo courtesy of the Sacramento Buds*  
The Sacramento Buds all play for the love of the game – and many team members have done so for the past 30 years. They find softball a great way to maintain friendships, fitness and fun. Kneeling, left to right, Stan Chan, Cal Okamoto, Russ Uda, Mike Jordan, Don Nakao, Bob Riola and Dan Severson. Standing, left to right, Bob Nishimoto, Tom Nakamura, John Dearing, Bill McMahon, Jim Luttrell, AJ Petruzzi, Frank Newcross, Ted LaTona and John Yoshikawa.

it's clear that 66-year-old Nakao's enjoyment of the game has not dissipated.

As far as the Buds are concerned, Nakao said that the reason for the team's success is simple: the players genuinely like each other.

"There's no pressure on anyone," he said. "Everyone does

their best and afterwards we all hang out."

The Buds' season is over now, but Nakao said that come March it will be time to start tossing the ball around and getting ready to play.

There are several slow pitch softball organizations for seniors in the Sacramento area.

The Northern California Senior Softball Association (NCSSA) is one such organization. Details can be found on its website at [www.ncssa.info](http://www.ncssa.info); information on the Golden Seniors Softball Club of Sacramento (GSSCS) can be found at [www.gsscs.org](http://www.gsscs.org) and Roseville residents have a league called the South Placer Seniors Soft-

ball Club (SPSSC) and more information can be found at [www.spssc.org](http://www.spssc.org).

The leagues run during the warm weather months and some have teams for people all the way into their eighties. For people looking to stay active in their retirement years, Nakao said that senior softball is a great way to do it.



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# Preparedness and Self-Reliance Fair to prepare Sacramento residents for potential emergencies

Special to Pocket News

California is home to natural and man-made disasters: earthquakes, fires, flooding and even extreme weather situations, such as tornadoes, are not out of the realm of possibility here.

Because of the on-going potential for emergencies in the Sacramento region, city and county organizations and officials are co-sponsoring the Sacramento Emergency Preparedness and Self-Reliance Fair on Saturday, Oct. 16 from 10 a.m. to 2 p.m.

Guest exhibitors will include the Sacramento Office of Emergency Services, the American Red Cross, the Sacramento City Fire Department, the California Emergency Management Agency, the Drowning Accident Rescue Team (DART), the Sacramento Police Department, Army Corps of Engineers, United Animal Nations, Pacific Gas & Electric, the California Conservation Corps, CERT (Com-

munity Emergency Response Team) and many more.

Visitors to the event can learn about: building disaster-resilient families, having an emergency plan, emergency communication, emergency shelters, power generators, first aid kits, employment, wills, trusts, estate planning, budgeting and saving, a three-month supply of rotatable food, crime prevention, Neighborhood Watch, flood preparedness, water storage and purification, children's emergency activities and much, much more.

This event is open to everyone in the community.

The event will be hosted by members of The Sacramento California Stake of the Church of Jesus Christ of Latter-day Saints.

Sponsors include the Sacramento City and County Office of Emergency Services, Council Member Robbie Waters, Council Member Bonnie

Pannell and County Supervisor Jimmie Yee.

Individuals of all ages will have the opportunity to learn how to better prepare for natural and man-made disasters at this free event.

The Fair will include over 40 exhibits and displays highlighting topics such as: food and water storage, stretching your food dollar, employment, family evacuation plans, 72-hour kits, water purification, first aid, fire safety and much more.

Emergency vehicles will also be available for tours and close-up inspection, including an Army National Guard HH60 helicopter, a Coast Guard rescue boat, ambulance, highway patrol car and a CERT (Community Emergency Response Team) trailer. The Army National Guard HH60 plans to land around 10:30 a.m. and CERT will be performing several "triage" demonstrations throughout the day.

"The fair has been designed to provide useful information to families regardless of where they are in the wide spectrum of emergency preparedness and self-reliance," said John Cassinat, president of the Sacramento Stake. "There will be meaningful experiences and valuable information for the person or family who doesn't know where to begin, as well as for those who are well on their way to sustainable independence and self-reliance during most emergencies."

The Fair will be held at a large property owned by The Church of Jesus Christ of Latter-day Saints located at 7401 24th Street in Sacramento.

This event is free and family oriented. Translators will be available for multiple languages.

"It is important that we as a community are prepared for any kind of unanticipated event," Cassinat said. "The more educated we are as a community, the more resilient we will be."

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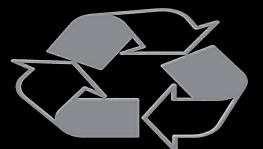


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# Land Park's Masullo offers unique, tasty pizzas with Neapolitan flair

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

One of the restaurant gems in Land Park is a little "hole in the wall" place – a Neapolitan pizzeria called Masullo. Located on Riverside Boulevard, just across from the historic Masonic cemetery, this local restaurant is building a reputation for quality food, served quickly and with fresh, local ingredients.

Owner/chef Robert Masullo opened the restaurant in June of 2008. The building is from the late 1940s, and Robert chose to go with a "mid-century modern" design palate of concrete, steel and wood "to jive with the era of the building." All the wood on the one-of-a-kind tables is from one tree in Sacramento.

"I opened (the pizzeria) because it's just something I like," Robert said. "My family took a vacation to Italy in 1987. I was amazed at how something I thought I knew – pizza – could be so incredibly different."

## Vive la differenza

American pizza is often heavy, with thick sauces, heavy toppings and baked in a commercial oven. Authentic Neapolitan pizza is baked in a wood-fired oven, has a thin crust, light sauces and fresh toppings that can include goat cheese, prosciutto and more.

The authentic taste of Italy begins with the dough for each pizza pie, according to Robert.

"The dough is mixed two days in advance and is refrigerated," he said. "The longer and slower the ferment of the yeast is, the more the naturally occurring enzymes have time to develop and that's where the good flavors come from."

Pizzas are made to serve one person, and come in two varieties: with tomato sauce and without. Whether you are a tomato sauce lover or not, there is something for everyone on the menu.

For the traditionalist, there is the "American" (\$12) which features tomato sauce, mozzarella cheese and pepperoni.

For those who want to try something a bit more adventurous (and delicious), try the "Kathryn" (\$13), which features tomato sauce, Fontina cheese, Noman Ranch ham, red Fresno chili peppers and Crimini mushrooms. The "Jacqueline" (\$14) is served without tomato sauce, and features potatoes, Fontina cheese, Niman Ranch bacon and oregano.

Meat lovers should enjoy Masullo's "3Meat" pizza (\$15), which features tomato sauce, mozzarella, Bellwether Farms ricotta cheese, Fra'Mani Toscano salame, sausage and Mortadella mushrooms.

All of the pizzas and salads at Masullo use award-winning Frate Sole extra virgin olive oil. This olive oil is



Photo courtesy of Erik Downey

Masullo's "Maddy" pizza (\$14) features farm fresh goodness, with mozzarella and ricotta cheeses, roasted bell peppers, zucchini and fresh tomatoes. The restaurant is now open for both lunch and dinner.

estate grown, hand-harvested and cold-pressed in Woodland. It is a delightful dipping accompaniment to the pizza for an extra \$2.

Everything at Masullo is fresh, local and organic whenever possible. Pizzas bake quickly in the brick oven and are served promptly to hungry guests. A lunch menu has just been added to the regular dinner menu. It will feature soups, salads, sandwiches and a select group of pizzas.

"We strive to keep things straight-forward and simple, not complicated," Robert said. "Our focus is on quality."

Masullo is located at 2711 Riverside Boulevard in Sacramento. Limited parking is available, it is often best to park "around the corner." Hours are 11 a.m. to 9 p.m. Monday through Thursday; 11 a.m. to 9:30 p.m. Friday; 5 p.m. to 9:30 p.m. Saturday; and closed, Sunday. For more information, call (916) 443-8929.

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# Swan tours focus on migratory waterfowl in Sacramento Valley

By SUSAN LAIRD  
Pocket News editor  
susan@valcomnews.com

Every winter, millions of creatures migrate through California. Monarch butterflies are returning to Carmel. Hummingbirds are headed for Mexico. And waterfowl, including the tundra swan, are heading for their favorite winter habitats in Baja California.

Tundra swans are the most common swan in North America. The bird is completely white, although the head and neck can appear rusty, due to contact with ferrous minerals in marsh soils where the birds feed. They have black legs and a black bill that usually has a yellow spot at the base.

Tundra swans are strong fliers and fly either in a straight line or in a classic "V" formation. These birds prefer habitats that include marshy lakes, bays and tundra – especially locations in Canada where tree growth is hindered by low temperatures and short growing seasons.

The birds mate for life, producing their young in the spring. It is not uncommon for cygnets – young swans – to do their first migration south with their parents. Tundra swans have a long lifespan, and few predators outside of man. A tundra swan can live as long as 20 years or more.

California's Department of Fish and Game is offering an opportunity to view these amazing creatures as they make their journey south, starting in November and running through the migratory season's end in February. Members of the public are invited to register for a naturalist-led swan tour of Marysville's rice and waterfowl area.

Co-hosted by local rice farmers and land owners, these tours will focus on finding tundra swans, as this tract is one of the best locations for seeing swans in California.

"We'll be scouting for the sheets of white – namely the swans – and other assorted waterfowl," said Bruce Forman, naturalist for the Department of Fish and Game. "It's also a special treat to see a bald eagle, as this is also bald eagle habitat."



Photo courtesy of Ashok Khosla, [www.seeingbirds.com](http://www.seeingbirds.com)  
Tundra swans migrate south from Canada through the Sacramento Valley during the months of November through February. These graceful birds can flock in numbers so great that they can appear "as a sea of white." The California Department of Fish and Game is offering tours to view these creatures as they migrate south.

Ducks, geese, cranes, shorebirds, white pelicans, herons, egrets and raptors are also commonly seen in this area, known as District 10. The area contains 23,000 acres of rice fields and restored habitat not normally open to the public.

"Part of the experience will be learning about the importance of rice farming as critical habitat for many kinds of waterfowl," Forman said.

Tours will be held on the second and third Saturdays of each month from 9 a.m.–11 a.m., November through February. These are driving tours along a short route with very little walking required.

Pre-registration is required on the department's website, [www.dfg.ca.gov/regions/2/SwanTours](http://www.dfg.ca.gov/regions/2/SwanTours).

Up to 30 people may register for each tour. The tours are free, but registrants are encouraged to make a donation online to the California Wildlife Foundation to support the program.

The swan tours are part of DFG's wildlife viewing services program, which includes similar outdoors opportunities at Gray Lodge Wildlife Area, Yolo Basin Wildlife Area, Isenberg Crane Reserve and North Table Mountain Ecological Reserve. For more information about the swan tours, call (916) 358-2852.

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# Recyclables businessman establishes 'Set It Aside' to help the environment, local economy

By CELIA GREEN  
Pocket News writer

With the birth of his first daughter, Joey Zeleny's thinking turned to matters profound: "What am I actually contributing to the world?"

He also thought about the amount of trash thrown away in Sacramento County.

The two thoughts combined and spurred him to action. He created a new company to deal with both issues, called Set It Aside.

"We are a recyclables purchaser, not a recycler," said Zeleny. "Our program stimulates the economy, makes money for our customers and helps the environment."

The program is very simple. Rather than putting a CRV (California Redemptive Value) bottle or can into a city recycling bin, residents can 'Set it Aside' and put it into a yellow plastic bag provided by the company.

Every two weeks, the Set It Aside van comes through the neighborhood and collects these recyclable items. The bottles and cans are sorted and weighed. Based on current recycling prices, money is put into the customer's account.

"It's a win-win-win situation. We make money, the customer makes money, and the Earth wins by us recycling more. Maybe global warming is a myth, and maybe it's true, but wouldn't we want to err on the side that it is true?" said Zeleny. "In Sacramen-

to County, we throw away over half-a-billion dollars in CRV every year. We have better recycling practices than we used to, but not where it could be. And, with the highest unemployment rates and home foreclosures through the roof, why are people throwing away money?"

Zeleny started the business just four months ago. He first talked to his neighbors and all thought it was a great idea. SIA now has eight routes, each with about 250 customers, which cover the whole city.

"Our most productive route is in the Rosemont area, which threw off the demographics, since Rosemont is a neighborhood with more older people who are less likely to change habits," said Zeleny. But he says that's the beauty of the program. "We're not greatly impacting people's lifestyles."

Add one more feature to the program: fund raising.

"The idea of fund raising came from a customer," he said. "After earning \$15, a check is automatically cut and sent to the customer. Or the money, all or a portion, can go to a charity. Right now, we have eight charities set up to receive money. But customers can sign up their church or any non-profit."

Trish Wallis, a resident of East Sacramento, recently learned of SIA when the company had a booth at the Pride Festival at Capitol Mall in June.



Pocket News photo, Celia Green

Joey Zeleny hopes to help Sacramento area residents to "go green" with his new business called Set It Aside. The business actually pays residents to recycle.

"It sounded too good to be true," she said. "You're going to pick it up, you're going to recycle it, and you're going to pay me for it? I said 'Sign me up.' I now bring my water bottle home and I've started collecting CRV at work and told my co-workers they can help a good cause. Of course recycling is important, but money to a charity? I can get behind that. I have one friend who didn't want to sign up, so he brings his bottles and cans to my house. And the peo-

ple at SIA are so nice. They call you the day before your pick up to remind you. Why isn't this on Oprah?"

"Of course, you can save your CRV and take it to the recycler yourself," said Zeleny, "but taking \$10 worth of bottles and cans to the recycler can take up to two hours and a gallon of gas, earning you \$3.50. Why not let us do it?"

For more information about Set It Aside, visit [www.setitaside.com](http://www.setitaside.com)



## Girl Scout Kick Off in Land Park

Families of girls in grades K-12 are invited

Come celebrate the new Girl Scout year!

Information tables will be out and crafts will be available for the kids. Come on by and talk to our volunteers.

**Saturday  
October 16th  
11am - 4pm**  
**William Land Park**  
(near Fairytale Town, across from the zoo)

Questions? Contact Vera Kemp at [vera.kemp@girlscoutshcc.org](mailto:vera.kemp@girlscoutshcc.org)



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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.

## OCTOBER

### Big Band Dance

Oct. 7, 14, 21, 28: 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

### Disabled American Veterans

Oct. 7, Nov. 4, Dec. 2: Ray Clark Chapter No. 35 of the Disabled American Veterans. First Thursdays, 7 p.m., Veterans' Memorial Building, Carmichael Park, 5750 Grant Ave., (corner Fair Oaks Blvd. & Sue Palm Dr.). All disabled veterans invited to attend. (916) 635-7608

### Food Addicts Anonymous

Oct. 7, 14, 21, 28: 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.

### Rotary Club of East Sacramento

Oct. 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. 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

Oct. 7, 14, 21, 28: 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

Oct. 7, 14, 21, 28: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

### Toastmasters

Oct. 7, 14, 21, 28: 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

Oct. 8, 15, 22, 29: 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

Oct. 8, 15, 22, 29: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Gar-

den Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

### Backyard composting seminar

Oct. 9: 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. Southside Community Garden, 5th and W streets, Sac. Call 311 or visit www.cityofsacramento.org/utilities

### Family History Day

Oct. 9: Family History Day at the California State Archives. 20+ genealogical classes, tours, Root Cellar Library, exhibitors. Free. 8:30 a.m.-4 p.m. 1020 O St., Sac. http://fhd2010.blogspot.com or familyhistoryday2010@gmail.com

### First 5 Sacramento Children's Celebration

Oct. 9: Fun, resources, food, entertainment, activities, exhibits and more for Sacramento children under age six and their families at Fairytale Town. Adults and families must be accompanied by at least one child age five or under to be admitted. 10 a.m.-4 p.m. Fairytale Town - William Land Park, Sutterville Road & Land Park Dr., Sac. (916) 876-5865

### Food Addicts Anonymous

Oct. 9, 16, 23, 30: 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.

### How to complete CSU and UC apps

Oct. 9: Applications to the CSU and UC systems are due Nov. 30. Marilyn van Loben Sels, a certified college counselor, will present to college-bound students and their parents the latest information on the college application process: how to complete forms efficiently and effectively, how the apps differ, what each item is looking for. Also an overview of the UC essay section. Free workshop. 10 a.m. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

### Jensen Garden workday

Oct. 9, Nov. 6, Dec. 4: Come join with other volunteers to keep the Jensen Botanical Garden beautiful all year. 9 a.m.-1 p.m. Bring work gloves, hand pruners and your lunch. 8520 Fair Oaks Blvd., Carmichael. Tracy Kerth (916) 485-5322 x23 tracy@carmichaelpark.com

### Urban Farm Stand

Oct. 9, 16, 23, 30: Soil Born Farms' newest urban agricultural project, a farm stand featuring seasonal, local and organic fruits and vegetables. Saturdays through Nov. 20 from 9 a.m.-1 p.m. www.soilborn.org

### 'A Pioneering Collection'

Oct. 10-Feb. 6: 'A Pioneering Collection: Master Drawings from the Crocker Art Museum.' The finest early collection of European drawings in the U.S. Works by Dürer, Fra Bartolommeo, van Dyck, Fragonard and Ingres. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.com

### Co-Dependents Anonymous

Oct. 10, 17, 24, 31: 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

Oct. 10, 17, 24, 31: 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. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

### Crocker Grand Opening

Oct. 10: Celebrate the grand opening of the new 125,000-square-foot Teel Family Pavilion with entertainment for children, families and adults. The all-day art festival. Free. 10 a.m.-10 p.m. Ribbon cutting ceremony with community and Museum leaders. Performing and visual artists on multiple stages; a global arts block party with food, beer and wine; a creative community center with hands-on art activities and performances by regional dance troupes, bands and puppeteers; artist demonstrations; roaming street performers and living history interpreters; swing and salsa dance contests; and much more. (916) 808-7000, www.newcrocker.org

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## 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

## — EVENT LISTING SECTION —

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

Call (916) 429-9901 for rates.

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!  
5600 Gilgunn Way  
424-8900 or www.cccsac.net

**Iyengar Yoga Workshop**  
With Certified Teacher  
of 27 years  
Janet MacLeod -  
from San Francisco  
October 16 & 17  
Sat. 1-4 p.m./Sun. 10-1 p.m.  
Call Mary Chan for reservations  
(916) 731-4831 or  
e-mail ma9777@aol.com

**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

**Cristo Rey High School Open House**  
Sunday, Oct. 24, 10 a.m. -Noon  
For Prospective Students & Their Families  
• Tour the campus  
• Speak with administrators/teachers/ students  
• Sign up for Jan. 22 placement test & a Shadow Day.  
We're AFFORDABLE, Private, College Preparatory, & offer a unique Work-Study program.  
6200 McMahon Drive, Sacto. 95824

**Greenhaven Animal Hospital**  
**OPEN HOUSE**  
Saturday, October 23  
11 a.m. to 3 p.m.  
Pets Welcome. Raffles  
A Silent Auction will be held to help VCA Charities in their efforts to support pets and their families around the world.  
**1 Valine Court**  
**(916) 391-3677**  
www.vcagreenhaven.com

**DELTA KING**  
**WINE SCHOOL**  
November 3, 10 & 12  
November 3 & 10 just \$79.00  
November 12,  
Wine & Dinner \$79.00  
Call 379-5005

**SACRAMENTO EMBLEM**  
**CLUB'S ANNUAL HOLIDAY**  
**CRAFT AND GIFT SHOW**  
UNIQUE GIFTS, ONE-OF-A-KIND CRAFTS  
GREAT FOOD AT REASONABLE PRICES  
SATURDAY, NOVEMBER 13, 2010  
9:00 a.m. to 4:00 p.m.  
**SACRAMENTO ELKS LODGE #6**  
6446 Riverside Boulevard  
Sacramento, 95831  
Vendor/space infor: (916) 686-0347

*Mission Oaks*  
*Holiday Craft Faire*  
Saturday, November 6  
9 a.m. - 3 p.m. FREE  
Mission Oaks Community Center  
4701 Gibbons Drive, Carmichael  
VENDORS INVITED - Call NOW!  
972-0336 MORPD.com

**CALL AND PLACE YOUR**  
**EVENT TODAY!**  
**Call (916) 429-9901**



### Holistic Peace Healing Circle

Oct. 10: Experience and partake in healing therapies, such as massage, reiki, aromatherapy, tarot, energy healing and more. Find the right healing modality for you. Admission \$10. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Cathedral (916) 600-1916

### National Feral Cat Day 5K Walkathon

Oct. 10: Get out with your neighbors, enjoy some exercise and "Put Your Best Paw Forward" to help felines in need. Proceeds benefit the Coalition for Community Cats Feral Cat Spay/Neuter programs. Entry fee: \$20 for walk & t-shirt. Walk free & get free t-shirt with \$20 or more in pledges. T-shirts: \$10 (while supplies last). Rain or shine. Registration 8 a.m. - 9 a.m. Walk starts at 9 a.m. Meet at California Auto Museum, 2200 Front St., Sac. (916) 392-6575 or (916) 452-9046 www.coalition4cats.org

### St. Francis High School open house

Oct. 10: (All girls). Prospective students and their families are invited to tour the St. Francis High School campus, speak with administrators, teachers, students and their parents about all the opportunities St. Francis has to offer and to sign up for the Jan. 22 placement test and a Shadow Day. 1 p.m.-4 p.m. St. Francis High School, 5900 Elvas Ave., Sac. (916) 452-3461 www.stfrancis.org

### 'Tomorrow's Legacies'

Oct. 10-Jan. 9: "Tomorrow's Legacies: Gifts Celebrating the Next 125 Years." Exhibit celebrating the Crocker Art Museum's 125th anniversary and 125,000 square foot expansion. 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### 'Wayne Thiebaud: Homecoming'

Oct. 10-Nov. 28: Exhibit of Sacramento's most famous artist, Wayne Thiebaud, as he begins his 90th year. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### Co-Dependents Anonymous

Oct. 11, 18, 25: 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.

### Gray Eagles

Oct. 11, Nov. 8, Dec. 14: Social group sharing WW II history of military or sport aviation. Former air, ground, or carrier crew, or anyone interested will enjoy our monthly speakers. Group meets 2nd Monday each month. 11:30 a.m.-1:30 p.m. Hometown Buffet private dining room, 4300 Florin Rd., Sac. 11:30 - 1:30. Lou (916) 421-0844, www.grayeagles.net

**Art and Soul**

When: Saturday, October 16, 7-10pm  
Where: Kuumba Collective Gallery  
1001 Del Paso Blvd. Suite 1  
Sacramento, CA 95815  
Cost: \$5 per person

Music, wine, hors d'oeuvres  
and beautiful art.

**Silent Auction**

A fund-raising event benefiting the ministries of Parkside Community Church - 5700 S. Land Park Drive  
www.parksideucc.org • 916-421-0492

### Hatha yoga

Oct. 11, 18, 25: 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.

### Rotary Club of South Sacramento

Oct. 11, 18, 25: 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.

### Tai Chi & Chi Keung

Oct. 11, 18, 25: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

### Toastmasters

Oct. 11, 18, 25: Have fun while improving speaking & leadership skills. Klassy

Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Jan (916) 284-4236, www.sacramentotoastmasters.com

### Big Band Dance

Oct. 12, 19, 26: 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

### Basic English language class

Oct. 12, 19, 26: Non-native English speakers can improve English language proficiency. Free. Every Tues. Practice reading, writing, listening and speaking English with others in the class. Through Dec. 14. 6 p.m.-8 p.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. (916) 264-2920 www.saclibrary.org



**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](http://www.elks6.com) or [www.myspace.com/westernlightsmusic](http://www.myspace.com/westernlightsmusic)  
6446 Riverside Blvd. Sacramento, CA 95831



**Chinese Community Church 27th Annual Fall Food Festival**

Admission is free

- Dress Hawaiian and get a free raffle ticket
- Chicken, chow mein, egg rolls, and more
- Games for the kids

**Entertainment Schedule**

- 11:45 CCC Praise and Worship Band
- 12:30 ACC Pocket Pickers Ukulele Band
- 1:15 The Hula Gals and the CCC Ukulele Fellowship
- 2:00 Jazz with Randy Chinn, Gail Nakano, and Calvin Yee
- 3:00 Cooking Demo by Rhoda Yee
- 3:30 CCC Childrens Choir
- 4:00 CCC Youth Band
- 4:30 May Tucker, Hawaiian Balladeer
- 5:00 Gaw Vang, Jazz Vocal Artist
- 5:30 VFW Post 8985 Ukulele Band
- 6:00 Na Aikane Ukulele Band
- 6:30 CCC Praise and Worship Band

Chinese Community Church, 5600 Gilligan Way, Sacramento  
For more info, visit [www.cccpac.net](http://www.cccpac.net) or call 916-424-8900.



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# Sutter Medical Center expands

SACRAMENTO - Celebrating a significant milestone in the midtown expansion of Sutter Medical Center, Sacramento, Mayor Kevin Johnson and City Councilmember Steve Cohn, along with Sutter leadership and physicians, formally welcomed the public to the Sutter Capitol Pavilion, a 200,000-square-foot medical office building at 2725 Capitol Ave., which features numerous specialist offices, exam rooms, outpatient services, as well as a new surgery center, on Oct. 5.

The Sutter Capitol Pavilion will house 40 specialist physicians' offices, 128 exam and procedure rooms, four outpatient operating rooms and 13 outpatient imaging rooms, along with endoscopy and interventional radiology services. There are four floors in the building plus a basement that houses the Energy Center for the entire SMCS campus.

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THE 18TH ANNUAL FOLSOM  
**RENAISSANCE FAIRE**  
October 16 & 17  
10 a.m. - 5 p.m. Folsom City Lions Park  
14 Adults / 49 children 6-12 & seniors 65+ / under 6 FREE

Journey back to the time of William Shakespeare and stroll through a 16th century English village brought to life by hundreds of actors in period costume and character.

Enjoy a variety of food and drink; shop for handmade crafts and wares and enjoy thrilling entertainment provided by joustiers, jugglers, swordsmen, and merry-makers.

Save with this coupon!  
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www.folsomfaire.com

# BEHAVIOR MANAGEMENT

*This is an essential class for caregivers that are living with, loving, and caring for someone with dementia. Essential communication skills for interacting with those living with memory loss will be explored. Non-pharmacological behavior management techniques for difficult behaviors will be reviewed. Participants are taught how to deal with behavioral difficulties common to neurodegenerative dementia in an interactive class. After completing this class you will have gained practical skills that will help when your loved one elicits difficult behaviors.*

**October 19th @ 2:00pm**

Presented by **Yvonne Spears**, Program Coordinator  
Kaiser Permanente

*\*Refreshments & Appetizers will be provided.\**

Please RSVP by September 17, 2010 or contact us for more info @ (916) 392-3510

**Primrose**  
Living With Memory Loss

7707 Rush River Drive Sacramento, CA 95831

LIC 347001338; 347001342





## Faces and Places Kids and critters at the library

Pocket News photos by  
STEPHEN CROWLEY

Children ages five to 11 enjoyed learning about endangered animals at a special program held at the Robbie Waters Pocket-Greenhaven Library on Sept. 11. The kids met a tarantula, a python, frogs, bugs and a parrot. They learned how human populations impact animal populations through habitat destruction, pollution and lifestyle choices. The kids and critters met in the facility's new community meeting room.



**Asian Community Center**  
Learn Something New This Fall!!  
All are welcome!

**New Windows 7 Class**  
\$55 per person  
October 26 - December 14  
Tuesdays 1:00-2:30 PM  
Space is limited

**Fall Prevention**  
FREE!!  
Learn easy moves to help you improve your balance and prevent falls  
Wednesday, September 22  
10:30 AM-12:00 PM

Reserve your spot today with Lucy Chao  
(916) 393-9026 x322 • lsc@accsv.org  
ACC Park City • 7375 Park City Drive • Sacramento, CA 95831

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

1329 Sharon Way – \$245,000 >  
In Rio Park's unique "Country-in-the-City" setting. 3bd 2ba w/ fam rm. Exposed wood flooring in entry, living rm, hall & bdrms. Upd roof & dual pane windows. RV/Boat access & pad. More!



6940 Westmoreland – \$299,900 >  
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*



Over 30 Years Experience - References  
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423 CEDAR RIVER WAY \$425,000

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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

**PENDING**



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

6940 WESTMORELAND WAY \$299,900

**NEW PRICE**



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

103 HIDDEN LAKE CIRCLE \$295,000

**NEW LISTING**



SINGLE FAMILY, 3 BEDROOM, 2 BATH, APX 2003SF.  
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12 PEBBLE COURT \$299,500



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1778SF.  
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7306 PEYTONA WAY \$260,000



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

7601 RUSH RIVER DRIVE \$249,000

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**MARSHA CHAN 217-5500**

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44 CACHE RIVER CIRCLE \$219,500

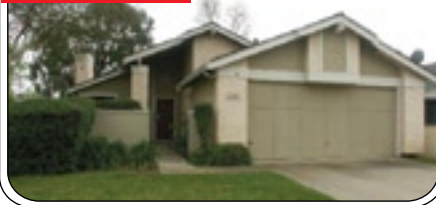
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**KARLA OPLIGER 399-0478**

### CLARKSBURG

**RYDER ROAD-\$400,000**  
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**TERRY MULLIGAN 775-1908**

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**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**

**4924 FORRESTAL STREET-\$339,500**

**NEW PRICE**

SINGLE FAMILY, 5 BEDROOM, 3 BATH, APPROX. 2334SF  
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**6900 ALMOND AVENUE #23-\$19,500**

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**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**

**3256 VIA GRANDE-\$98,500**

SINGLE FAMILY, 2 BEDROOM, 2 BATH, APPROX. 1054SF  
**JOLEEN JARVIS 717-3559**

**8736 WOODMAN WAY #C-\$99,900**

**SOLD**

SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 1191SF  
**DAVID OHARA 600-9495**

**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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