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'Janey Way Memories'
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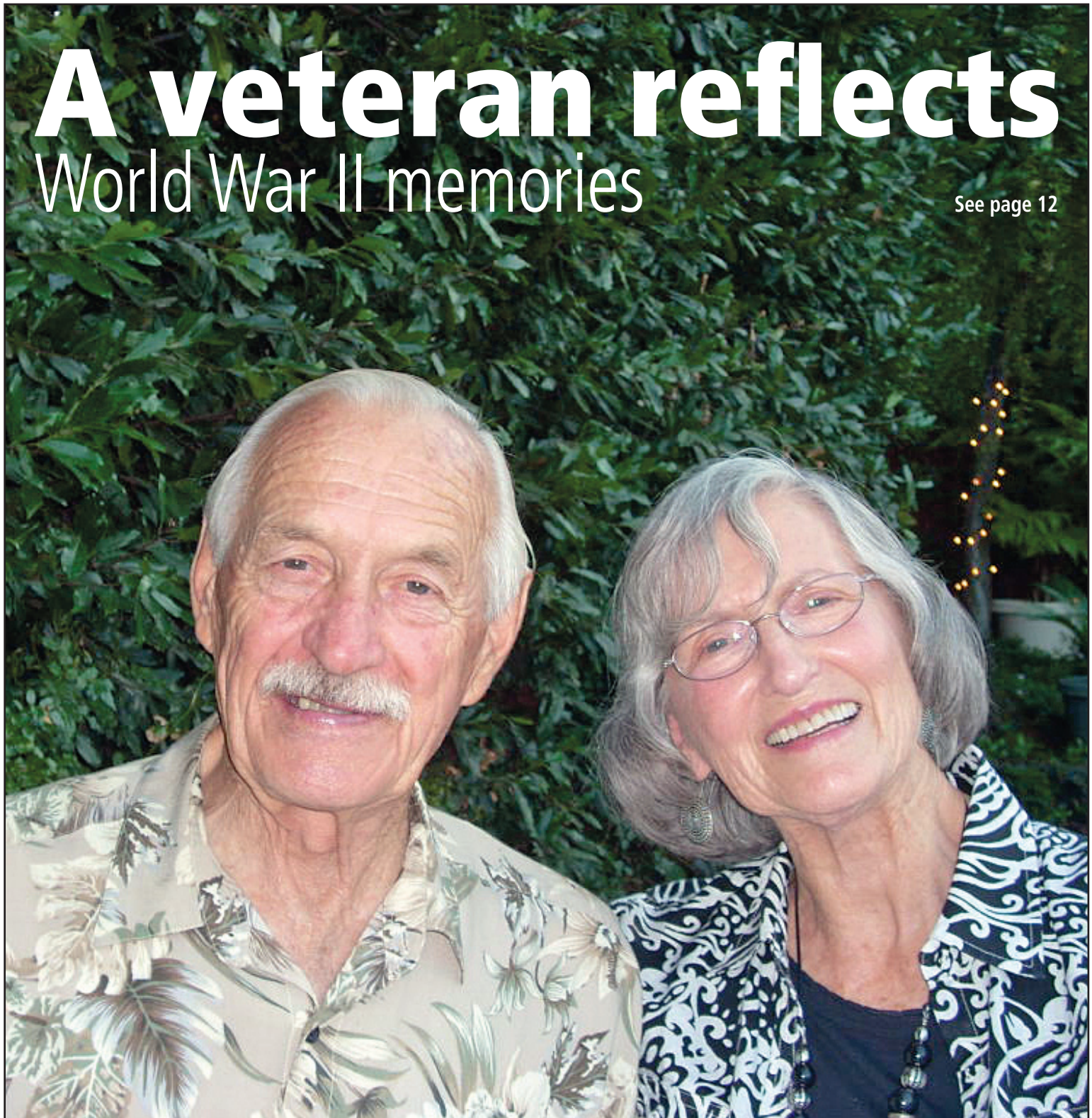


'Turf War' in the Pocket
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A veteran reflects

World War II memories

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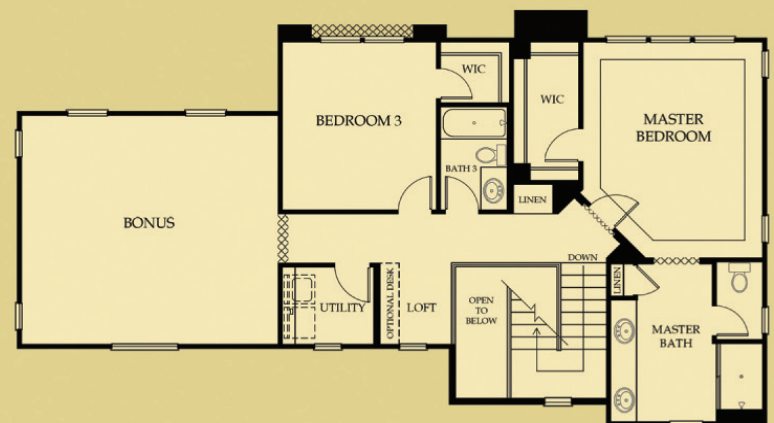
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Sacramento Food Bank accepting donations at tall ship Hawaiian Chieftain

SACRAMENTO – Sacramento Food Bank & Family Services is working with the tall ship Hawaiian Chieftain to collect donations for its annual “Holiday Spirit of Giving” drive. The topsail ketch, now docked at Old Sacramento, will have a donation bin nearby, and the crew invites all Sacramento-area residents to drop off non-perishable food items, winter clothing for children and adults, infant diapers and formula, and other donations through Dec. 14.

The Aberdeen, Wash.-based Grays Harbor Historical Seaport Authority, which owns and operates Hawaiian Chieftain, is proud to support SFB’s programs, including its the Youth Academy, which offers activities for elementary-aged youth focusing on literacy and independent thinking. The Youth Academy encourages academic success, character building, social development, and community service, similar to GHSA’s mission.

For a detailed schedule of Hawaiian Chieftain’s activities in Sacramento, visit the Historical Seaport website at www.historicalseaport.org or call (800) 200-5239.

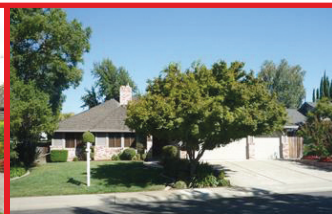
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How the Summer of '64 changed Janey Way

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



I graduated from Sacramento High School on June 11, 1964. Life's

possibilities seemed limitless. I enrolled for two summer classes at Sacramento City College the next week. My adult life had begun in earnest. Then something happened that summer which changed my life and the lives of all the Janey Way gang forever.

On Aug. 2, 1964, three North Vietnamese torpedo boats engaged the destroyer USS Maddox in the Gulf of Tonkin off the coast of Vietnam. The Maddox sustained some moderate damage. The story made the network news that night. Two days later another attack supposedly occurred on the same ship. Then, the next day, Aug. 7, the U.S. Congress passed the Gulf of Tonkin Resolution which authorized the President to do whatever necessary to assist the government of South Vietnam. This didn't seem like such a big deal to us.

Little did we know.

That fall, my friend Mike Gilson joined the U.S. Marines and went off to train at Camp Pendleton in Southern California. After eight months of training, Mike came home on leave at the beginning of summer, 1965. He swam with us at the river, went to movies and generally had a great time. After his leave, Mike shipped out for Vietnam.

We would never see Mike again.

He lost his life in a fire fight in February of the next year. When that happened, we grieved and also realized how serious the war in Vietnam was. More Janey Way kids would soon follow Mike into battle.

Jim Ducray volunteered for the Army in late 1966. He trained at Fort Ord and then received his orders for Vietnam. As he prepared to leave, his older brother Bill told him, "when you get there, tell them you can type."

Of course, Jim couldn't type, but when he arrived in Vietnam, he set out in search of the administrative company. He found an officer there and asked if they needed a typist. Fortunately, the officer said they did, and Jim got reassigned from his infantry unit to the typing pool. Jim did most of his Vietnam service behind the lines and returned home unscathed.

Dick Kinzel wasn't as lucky. He was drafted in 1967 and soon followed Jim over to Vietnam. Dick served in an artillery battery which supported the infantrymen on maneuvers in the field. He lived through the infamous Tet Offensive of 1968 when the North Vietnamese Army and the Viet Cong attacked U.S. bases throughout South Vietnam. It was a horrible battle and many U.S. lives were lost.

Dick told me, "It got so bad, we lowered our cannons to ground level and fired them directly at oncoming Vietnamese attackers. I was lucky to survive."

Some of his buddies were not so lucky. Fortunately, Dick returned home in 1968.

That year my brother Terry volunteered for the U.S. Army, and soon after our neighbor Roger Thomsen received his draft notice.

Terry trained as a military policeman and shipped out to serve in Saigon.

Roger was not so lucky. He trained as an infantryman and when he reached Vietnam in mid-1969, shipped directly out to the field. Three months later he sustained serious wounds in a fire fight.

When Terry heard of Roger's condition, he visited Roger at the hospital. There, he arranged for Roger to call his parents back home and the whole neighborhood breathed a sigh of relief. The Army soon sent Roger home to recuperate, ending his assignment to Vietnam.

Meanwhile, I received my draft notice, in April of 1969. As I was training at Fort Lewis, Washington, my brother shipped out for Vietnam. So when I finished my training, in accordance with U.S. military policy, the Army could not station me in the same combat zone with my brother.

Consequently, I received my orders to serve in West Germany along with the 80,000 other U.S. soldiers serving there. I spent the rest of my two-year army career as a member of the 510th Ordinance Battalion in Southern Germany. There I learned how to destroy my ordinance base, using C-4 plastic explosive and detonating cord in the event of a Russian attack on our base. Fortunately, that never happened. I

returned home to the U.S. in the fall of 1971.

When I returned home, Sacramento seemed a much different place. Its borders stretched out to Rancho Cordova on the east, to near Elk Grove on the south and toward Roseville on the north.

Janey Way had changed too. Most of the kids of my generation had moved out of the neighborhood. I would soon follow. By this time, the war in

Vietnam was winding down. Others like Denis and John Tomassetti would get the call, but they too soon returned home uninjured.

The war had changed us all.

We had to grow up quickly. We had all served our county honorably. After all was said and done, we had lost a dear friend, others sustained life-changing injuries, both physical and mental, and on Janey Way life would never be the same again.



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Protect your pet from internal hazards this autumn

By MELINDA SARTE, DVM
Pocket News guest columnist

Autumn is one of our pet's favorite times of the year. The weather is mild, which often means more fun time outdoors for our dogs and those cats that spend time outside.

Surprisingly, veterinarians often see a spike in infections with internal parasites during this time of year as well.

The reason probably is that with the mild weather, and cool nights, conditions are perfect for parasite eggs to last much longer in the environment.

Fall hazards

Common parasitic infections seen in our dogs and cats include giardia, roundworms, coccidia, tapeworms, hookworms and whipworms. Some

of the eggs of these parasites can survive for as long as two years in the environment under the right conditions. The right conditions usually are areas that are damp, shady, and neither hot or cold – a lot like what we see during our wonderful autumn weather.

Of course you do not want to spoil all of the fun for your pet by keeping them inside during this

marvelous time of year, so how do you allow your canine or feline family member to enjoy the fall weather, while still being safe?

For cats, the safest possible solution is to stay indoors. However, this is not possible or tolerable for some cats. Screened in porch-

See Vet, page 7

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Sandy

#50697

Breed: DMH
Gender: Female
Age: 4 years, 8 months
Color: Black & White
Hair: Medium
Sandy is a little shy and unsure of her current situation. In order to feel a little more secure, she's spending some time hanging out in the cubby holes in the cat trees. She does like to be petted and is easy to handle.

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Mowgli

#126233

Breed: DSH
Gender: Male
Age: 5 months
Color: Orange Tabby
Hair: Short
Mowgli came to the SPCA with his brother, Baloo (126234). It doesn't take long to figure out that these two will take care of all of your entertainment needs.

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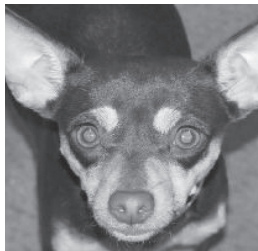
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Godiva

#130318

Breed: Chihuahua
Gender: Female
Age: 1 year, 6 months
Color: Tri Color
Hair: Short
Godiva is happy to hop into your lap. She also likes to go for walks, and she walks well on a leash. She is playful, affectionate, and gentle. Godiva is best suited for a somewhat active home with owners who are often home.

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Tucker

#131984

Breed: American Staffordshire Terrier
Gender: Male
Age: 1 year, 6 months
Color: White & Tan
Hair: Short
Tucker is energetic, independent, and playful. He likes to play and knows how to sit on command. He likes to go for walks and he is learning to walk on a leash. Tucker is best suited for an energetic and somewhat active home with experienced owners.

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Cookie

#126687

Breed: Russian Blue
Gender: Female
Age: 1 years
Color: Grey
Hair: Short
Cookie is a real sweetheart. She is a friendly and affectionate girl who loves to cuddle on a lap. And if you want a cat that enjoys being groomed, Cookie is your girl. Cookie is a mellow girl but watch out when you bring out the cat treats.

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Kodiak

#131309

Breed: Chow Chow
Gender: Male
Age: 8 years
Color: Red, Brown, White
Hair: Long
Kodiak likes to go for walks, and he is a pleasure to walk. He is friendly and affectionate towards people. He is playful, and his favorite game is fetch. He is also independent, and he is happy to go for a ride in the car.

* For additional information on adoptions, call the SPCA at 383-7387. Adoptions occur daily and it is not guaranteed the above featured animals are still available. If they are not, the SPCA has many other loving pets available to suit you and your family. The SPCA is located at 6201 Florin-Perkins Road.

Vet: Hazards can be tracked into the home by paws, shoes

Continued from page 6

es provide some of the outdoor experience without all of the other risks of parasite infection and other feline hazards.

Preventive meds

If your kitty or dog wants to spend time outdoors, it is good to know that there are many ways of protecting them. Both cats and dogs should be on a year-round heartworm preventative, to protect them from dangerous heartworms carried by mosquitoes (this goes for indoor pets too as 25 percent of cats that test heartworm positive are indoor-only cats). What many people don't realize is that most of the heartworm preventatives on the market today also protect your pet from contracting many intestinal parasitic worm infections from the environment. Check the label on your heartworm product to see what other parasites your pet is protected from by taking this medication.

Test yearly

Since there is no preventative product designed to protect pets from some parasites such as Giardia and



Pocket News photo, Linda Pohl
Melinda Sarte, DVM is a veterinarian at VCA Greenhaven Animal Hospital.

Coccidia, we recommend that you have your pet tested yearly by your veterinarian for these parasites. Some of the parasites, such as Giardia, are contagious to humans, increasing the importance of this annual testing to protect your human family members.

Sometimes even indoor only pets will test positive for a parasite. How could this happen? Our theory is that these hardy parasite eggs in the environment can get tracked into the house

by other pets or even on the bottoms of our shoes. When your pet steps on the microscopic eggs, and then grooms their feet, they become infected by the parasite.

We hope that both you and your pets enjoy this special time of year, and that with these precautions you can rest assured that everybody stays happy and healthy.

Melinda Sarte, DVM is a veterinarian at VCA Greenhaven Animal Hospital.

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See answers page 30

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Local dentist pursues innovative career to provide second opinions

By SUSAN LAIRD
Pocket News editor
susan@valcomnews.com

Have you ever gone to the dentist's office and gotten the bad news that you need extensive –and expensive – care? And that you need it right away?

Have you ever wondered, "Did I really need to do this?"

This is an issue that Dr. Ken Hajek encounters frequently.

Hajek is an "old school" general dentist who believes in the private practice dentist taking care of "his" patients, honoring the trust they place in their dentist. He became increasingly concerned by the complaints he would hear from patients coming from large, "corporate" dental offices.

Concerns Hajek frequently hears include:

- "I just went in for my regular cleaning and they wanted to do \$5,000 of work."
- "I get a different dentist every time and they each want to do something different."
- "The other dentist wanted to do eight crowns. Do I really need them?"
- "I've had good checkups for a decade and suddenly this new dentist says I need a lot of work."
- "The doctor said I need \$7,000 of work including (technical names of procedures). Then they asked, 'How do you want to pay?'"

"Patients would routinely express uncertainty about treatment

plans and ask my opinion," Hajek said. "Sometimes I would be asked for a second opinion and my opinion would differ substantially with that of another dentist. I was distressed because some offices did not fit with my original concept of dentistry."

An article in an industry publication put a name on it for Hajek: "aggressive diagnosis" – when a dentist diagnoses everything that he or she can possibly justify.

He immediately took issue with the concept. "Often those justifications are a stretch," he said.

"I also felt that people were underserved regarding prevention, and I saw them return with new decay on a three to five year cycle," Hajek said. "That does not have to be the case, but generally the 'chair time' to provide proper instruction was not taken. Restorative work was more important to the business goals. And with the elevation of corporate managers over employee-dentists, business goals have become paramount."

Hajek felt that there had to be a better way. He reasoned that when a medical patient receives a serious diagnosis, it is a standard procedure to seek a second opinion before proceeding with care.

"The solution is to empower the patient," he said. "Make them 'smart shoppers' who can oversee their own care. I am an informational resource for the patient. I am not there to judge other dentists."

With that thought in mind, Hajek founded Second Opinion Dental, a second opinion dental office that provides exams and consultations, education and advice. Patients can take advantage of Hajek's three decades of dental experience and ask questions before deciding on the direction they want to go with their dental care and program.

"We do no repair work, because that could present a conflict of interest," he said. "We offer exams and our opinion on what a patient needs so they can make wise, economical decisions. We serve only the patient's needs."

Getting a second opinion can help a patient to decide whether or not a dental procedure is needed, and it also has the potential to save the patient a lot of money.

The services offered at Second Opinion Dental are not covered by standard dental insurance, but the fees are reasonable and affordable. In addition to a second opinion, patients also receive a valuable information session with Hajek on preventative dental care.

"Many patients aren't receiving this in some dental offices, because it isn't something for which a hygienist is compensated," he said. "Just knowing how to properly brush and floss, and with the proper kind of brush, can prevent future costly dental problems."

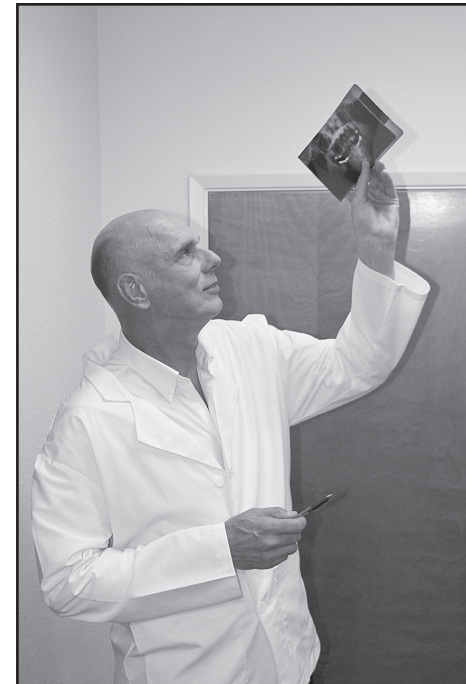


Photo courtesy of Devin Hajek

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Mayor and 'Hero of the Hudson' kick off 'Sacramento Ready'

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

Captain Chesley B. "Sully" Sullenberger, III joined Sacramento Mayor Kevin Johnson at City Hall to kick off "Sacramento Ready," a citizen education and emergency preparedness initiative on Oct. 22.

The retired American airline transport pilot who is best known for landing US Airways Flight 1549 – after both engines had been disabled – in the Hudson River off Manhattan, New York City last year, is also a safety expert and accident investigator.

With the modesty and gentle humor for which he is known, the "Hero of the Hudson" spoke to the assembled emergency preparedness groups from organizations including the American Red Cross, the Salvation Army, local law enforcement and disaster relief groups.

Sullenberger discussed the events of January 15, 2009 – when his Airbus A320 struck a flock of birds, disabling both engines and creating an emergency situation that required landing the crippled airplane in the freezing waters of the Hudson River. Amazingly, there were no fatalities.

"I served in the Air Force, but I never saw combat," he said. "I always wondered

if I'd be able to rise to the occasion should I ever be placed in an emergency situation."

He gave credit to the preparedness training both he and his crew had received over a lifetime for "The Miracle on the Hudson." He spoke of having to force himself to be calm, to compartmentalize all training and experience and to focus on the task at hand – while depending on and trusting his team in an extreme situation.

Another key to survival was the immediate action of "first responders" in New York and New Jersey.

"Since 9/11, these groups had practiced many different scenarios," Sullenberger said. "Many of the emergency responding agencies had already conducted drills. In three minutes and 55 seconds, the first boat arrived."

Sacramento Ready is a sustained preparedness campaign that will guide residents to become prepared before, during and after an emergency or disaster.

"In Sacramento, there is a sense of civic duty," Sullenberger said. "I commend you for that. None of us know what tomorrow may bring. Avoid complacency. I never knew what two minutes, 28 seconds of my career might change every-



Pocket News photo, Stephen Crowley
 Sacramento Mayor Kevin Johnson presents Captain Chesley B. "Sully" Sullenberger with the Key to the City of Sacramento. Sullenberger was in town with his family to help the mayor kick off a new citizen education and emergency preparedness initiative.

thing. Each of us has that responsibility to remain vigilant."

"Sacramento is the second most 'at-risk' community behind New Orleans," Johnson said. "With Sacramento Ready, we have a chance to really set ourselves apart. If we don't do our part (to become prepared for an emergency), we won't step up when the situation arises."

For more information about Sacramento Ready, visit www.volunteersac.com.

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Jesuit High: 'Tower Stories: A 9/11 Project' explores doubt and faith

MELISSA CRONIN-BROWN
Pocket News writer

Jesuit High School will debut its upcoming production of "Tower Stories: A 9/11 Project" on Nov. 4. The unique play is a "documentary theater" piece based on research, transcripts, and other sources about Sept. 11.

"This piece tells the story of that day in a fragmentary way from the moments before the planes hit the Twin Towers to the aftermath as people struggled to deal with what happened," explained Jesuit play direc-

tor Ed Traftone. "We're focusing on doubt and faith, and what happens to people when the worst occurs."

Jesuit High, which is the Sacramento area's all-male Catholic high school, boasts a student body that hails from throughout the region. Likewise, the actors in the play are from throughout the area. It is anticipated that audience members from all age groups will come from Sacramento and the surrounding area.

Reactions from the audience may be varied. Audience members may



Photo courtesy

The emotional and spiritual impact of the events of Sept. 11, 2001 are explored in Jesuit High School's production of "Tower Stories: A 9/11 Project," which runs Nov. 4-13.



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remember the tragedy of 9/11 or have been affected by it...or may have only been little children when it happened nine years ago. Members of the public still have opinions about 9/11 in general because it truly gave an impact on every American, whether it is spoken about openly about it or not. The impact was greater for those who knew someone who personally experienced the tragedies in New York and Pennsylvania. Others may feel sympathetic, even if they do not have

any close connections to the event.

Characters in the play include everyone from people on the street to members of the international and religious communities and rescue workers.




The play is intended to provoke thought. Questions that the director and actors wish the audience to consider include: What do you believe in times of tragedy? How are those beliefs challenged? Do they change? How do events like Sept. 11 change our individual thinking, as well as our concern for the world's safety?

"Everyone tells the story together," Traftone said. "There really aren't

any leads. It's about a group coming together."

"Tower Stories: A 9/11 Project" opens Nov. 4 and runs through Nov. 13. Evening performances at 7:30 p.m. are Nov. 4-6 and Nov. 11-13. There will be a 2 p.m. matinee performance on Nov. 14. Tickets are \$10 for students and \$15 for general admission. To purchase tickets, visit the business office on campus. Jesuit High School is located at 1200 Jacob Lane in Carmichael.

The Black Box Theater where the play will be performed is located at 900 Gordon Lane (off Fair Oaks Boulevard) in Carmichael. For more information, call (916) 482-6060.

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Handel's 'Orlando' to open Sacramento Opera's 17th season

By SUSAN LAIRD
Pocket News editor
susan@valcomnews.com

Sacramento Opera kicks off its 30th season with themes of love and madness in George Frideric Handel's "Orlando" on Nov. 19 and 21.

It is in perfect keeping with Sac Opera's 2010 - 2011 theme of "Love Makes You Crazy."

The title character is a great soldier in the Emperor Charlemagne's army. Orlando ("Roland") falls in love with the pagan princess, Angelica, the Queen of Cathay. He is torn between conflicting desires for "love and glory."

Angelica, on her part, is in love with an African prince, Medoro.

Orlando can't handle any of this. His obsession with the beautiful princess and his dreams of glory drive him to madness. He is prevented from wreaking havoc, however, by the magician Zoroastro, who eventually returns his sanity to him.

Considered to be one of Handel's "most daring and virtuosic operas," this work in three acts was written in 1731 and was first performed in 1732 at the King's Theatre in London on January 27, 1733. After ten performances, (due to "artistic differences" between the composer and the lead singer), it languished until being revived at the Unicorn Theatre in Abingdon on May 6, 1959.

This production will be Sacramento Opera's first foray into the Baroque repertoire.

"Orlando" is considered a "virtuosic opera" because of

the degree of talent required to perform it.

"Performers need not only have great flexibility and agility in their voices to execute amazing amounts of notes that fly by at blinding speed, but also the ability to improvise," said Timm Rolek, artistic director and conductor of Sacramento Opera.

This is not surprising, as "Orlando" was written for one of the famous *castrati* of the era, Senesino (1686-1758).

A castrato is a man with a singing voice equivalent to that of a soprano, mezzo-soprano or contralto voice. This was produced by castrating a young boy before puberty. This process, outlawed in Italy by 1870, resulted in larger rib cages with child-sized vocal chords. With training, a castrato's voice was extraordinarily flexible and quite different. A castrato who could really "belt it out" quickly rose to the 18th century equivalent of one of today's super rock stars. Today, the high-range roles written for the castrati are sung by countertenors.

"Mutilating young men in the name of art is a practice that I am glad ended long ago," Rolek said. "Now when composers look for the sound of a prepubescent male voice, they either write for low voiced women dressed as boys, or for boys. The problem with the latter is that there is not a lot of volume or length of musical phrase with youngsters, so in most cases composers will opt for low-voiced women."

Performing the role of Orlando will be counter tenor Randall Scotting, who makes his debut with Sacramento Opera in this perfor-

mance. He is known for his commanding stage presence, rich voice and innate musicality. He performed the part of Orlando with the Liszt Frenc Orchestra in Budapest last season.

Also making their debuts with Sac Opera this season are Celine Ricci, lyric coloratura soprano (as Angelica) and Diana Tash, mezzo soprano (as Medoro). Antoni Mendezona, coloratura soprano (as Dorinda, a shepherdess) and Dean Elzinga, bass baritone (as Zoroastro) round out the cast. Frank Kuhn is the stage director.

"Randall and Celine are internationally known Baroque opera specialists, and Diana, Antoni, and Dean are all exceptional singing actors," Rolek said.

The music, composed by one of the masters of the age, will be well worth experiencing, according to Rolek.

"Handel at his essence is a theatrical composer, while Bach (born the same year) is essentially a church composer," he said. "Music from both of these men still speaks to us today through their deceptive simplicity."

Because the tale of Orlando is a timeless one, the stage setting will have a mythical tone, instead of being locked into one fixed time and place. The opera is about two hours and forty-five minutes with one intermission. This Sacramento Opera premiere is sung in



Senesino was one of the great castrato singers of his era. Handel composed no less than 17 leading roles for the famous singer, including the lead in "Orlando." Sacramento Opera will perform this opera Nov. 19 and 21.

Italian with projected English supertitles.

"Orlando" will be performed at the Sacramento Community Center Theater, located at 1301 L Street in Sacramento, on Friday, Nov. 19 at 8 p.m. and Sunday, Nov. 21 at 2

p.m. Single ticket prices are \$18 to \$108 each. Season tickets are now on sale and offer a 20 percent discount off the single ticket price. For tickets, call (916) 808-5181 or visit tickets.com. For more information, visit www.sacopera.org.

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'Tin Can' sailor: A local veteran remembers World War II

By EARL ROGERS
Pocket News writer

During the closing weeks of October, 1944 the greatest sea battle in all of history was fought between warships of the U.S. Navy and those of Imperial Japan.

On the 24th of October, the Battle for Leyte Gulf had been raging four days, when a U.S. Navy reinforcement group arrived off the island of Leyte to support the amphibious landing of U.S. forces as they prepared to liberate the Philippines.

Gordon Swehla, a nineteen year old petty officer third class, was manning the radar in the Combat Information Center (CIC) of the USS Hopewell. The ship, a Fletcher Class Destroyer (called a Tin Can by U.S. Navy sailors), was equipped with the latest radar. Each sweep of the antenna lit up numerous amber blips on his radar screen.

He was looking for low flying enemy planes and surface targets that might be enemy ships. The Hopewell had limped into Leyte Gulf on a damaged propeller after the ship struck an uncharted reef. Two days later, it hauled-out for Hollandia, New Guinea to make repairs on the damaged propeller. En route the ship's gun-

ners knocked down two enemy planes.

Gordon recalled that "Air search wouldn't pick up those low flying aircraft. But our surface radar could spot 'em approaching low on the water."

Gordon had been a crew member aboard Hopewell since it was launched by the Bethlehem Steel Co. in San Pedro, Calif. a year and a half earlier. By the time of the Leyte operation, he was a veteran tin can sailor having fought in three major battles from the Marshall Islands through New Guinea and the Dutch East Indies (now Indonesia). Grand Forks, N.D. was his home before he joined the Navy in March, 1943. A year earlier, his family received the dreaded telegram that his older brother Donald, a crewman on the USS Langley, was reported missing in action when the Langley was sunk by Japanese bombers during the opening days of World War II.

On Valentine's Day 1945, the Hopewell was dueling with shore batteries on the Island of Corregidor at the entrance to Manila Bay, when it was ordered to rescue survivors of a mine sweeper that had been set afire. While closing on the sinking vessel, the Hopewell shuddered from the impact of a direct hit.

Gordon described what happened next: "One shell hit the forward stack. Another blew out the fire control center (a complex unit that synchronized all the ship's guns). A third shell ruptured the forward fuel tank. One shell went clear through the ship."

Damage control parties sprung into action. The wounded were moved to sickbay. The ship was ordered to retire from the action and head for Subic Bay, where the wounded could be transferred to a floating medical facility and the dead could be moved ashore. Seven sailors were killed and twelve wounded.

"When my ship docked at Mare Island for repairs a month after the Corregidor operation, I came to Sacramento on liberty," Gordon recalled. "This was a good liberty town. For a quarter, I could ride the bus from Mare Island to Sacramento. We went to dances at the ballroom above the Senator Theater."

On a blind date he met a girl named Dorothy Haskell.

"We had a few dates," Gordon said. "But my ship returned to the Pacific in April."

He and Dorothy kept their romance alive with letters.

In March, 1946 Gordon finally returned home wearing seven battle stars on his cam-

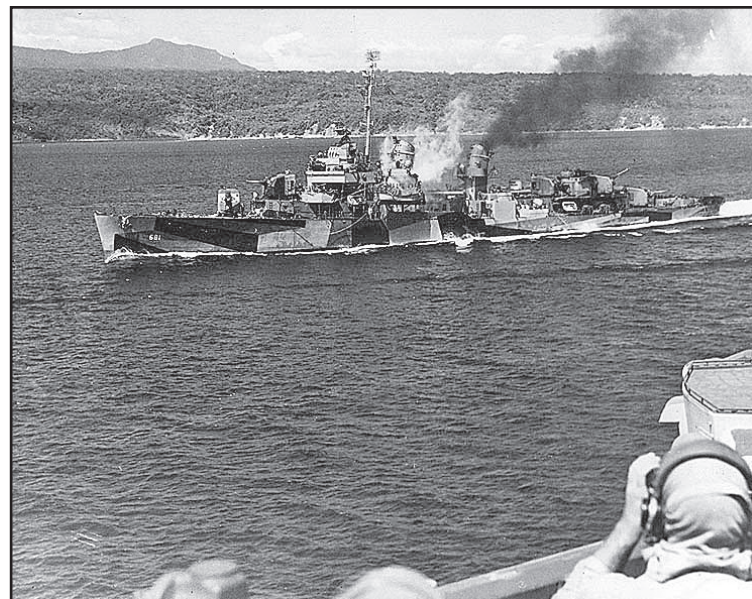


Photo courtesy

The USS Hopewell off the coast of Corregidor during World War II.

paign ribbons and the insignia of Petty Officer Second Class. He had been at sea for almost two years.

"I got here on a Friday and rode the street car out to the Clunie Club House in McKinley Park," he said. "Dorothy was working for her boss, the principal at Donner School, who was managing the annual camellia show."

Gordon remained in Sacramento, hoping to find a job. One day while shopping in Oak Park, they stopped in front of the Arata Brothers Grocery store.

"Why don't you inquire about a job," Dorothy urged.

Gordon walked in and convinced the boss that he was a reliable, hard working young veteran. He got the job.

Dorothy Haskell became Dorothy Swehla on July 3, 1946. The young married couple moved into a small two bedroom house in Colonial Heights bought with a \$100 down payment - Gordon's mustering-out pay from the Navy. After five years working for Arata Brothers, he took a job at the Sacramento Army Depot, where he worked for thirty years retiring as Shop Superintendent in electronics. In 1966,

on their 20th anniversary, Gordon and Dorothy moved into a new home on 13th Street in the Pocket Area of Sacramento. This year they celebrated 64 years of marriage with their two sons, three grandsons, and eight great-grandchildren.

At 85 years of age, Gordon is still a working man. Driving a Chevy pickup filled with tools and parts, he oversees the maintenance work on several warehouses in West Sacramento. His garage is filled with power tools. His building skills are numerous. His craftsmanship is impeccable. He is everyone's good neighbor. He will give you the best advice on repairs to your house, then reach in to the bed of his pickup, pull out his tools, and help you with the job. He flies his country's flag every day of the week.

Gordon hopes his countrymen will remember his brother, Donald Miles Swehla, Seaman First Class, whose name is inscribed on a marble column in the American Military Cemetery in Manila. Those sailors of the old Asiatic Fleet with their antiquated ships and no hope of reinforcements made their stand and went down fighting against impossible odds.

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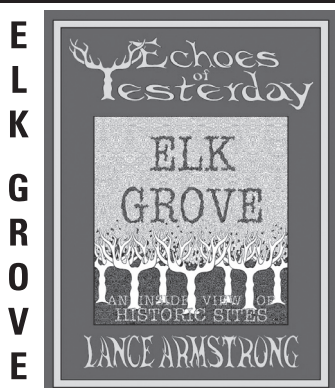
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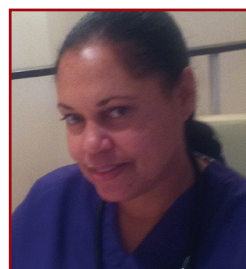
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Know your neighbor

Sacramento resident officiates Pac-10 football

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

Most people have probably seen Land Park resident David Lambros without even being aware of it.

If you watch a lot of Pac-10 football on Saturdays or catch the evening sports news, you might just catch a glimpse of him.

He can easily be spotted because of his zebra stripes, whistle and yellow flag.

Lambros started officiating in the Pac-10 in 2001, but the life of this husband and father of two began his life as a referee with more humble roots.

After spending time in the Navy (and Vietnam), Lambros came back to northern California to go to school. He attended both American River College and Sac State and eventually became a deputy sheriff in Sacramento. In a throwback to his days as a football player in high school, Lambros participated in the first four

Pig Bowls which annually pits cops vs. firemen.

In 1982, Lambros found a local high school association of officials, bought his books, paid his dues and started on his way to becoming a big time official.

"They train you in the classroom and on the field," Lambros said. "It's kind of like an apprenticeship. You don't get paid at first but the instructors talk to you as the game progresses and critique you."

He started out working high school and Pop Warner games to hone his craft. In 1986, he started working junior college games before moving on to what was then called Division I-AA and Division II college games in 1992. In 1995 he moved up the latter to the Western Athletic Conference (WAC) and to the Mountain West Conference in 1998.

But it was 2001 that Lambros called "a big year" for him.


He moved on to the Pac-10, one of the biggest stages in college football that year. He also began officiating in the Arena Foot-



Pocket News photo, Susan Laird

David Lambros has interesting weekends every fall – he officiates at Pac-10 football games as a referee. A retired police officer, he dons his zebra stripes, whistle and yellow flag and travels to the games. "I take it seriously. I try not to smile too much on the field," he said with a grin. "It just wouldn't do to see a 'happy ref' out there."

See Lambros, page 31



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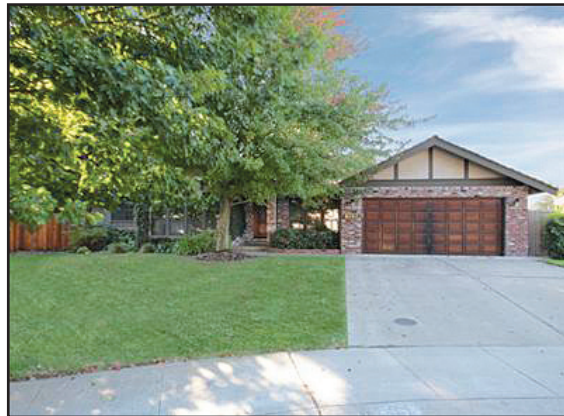
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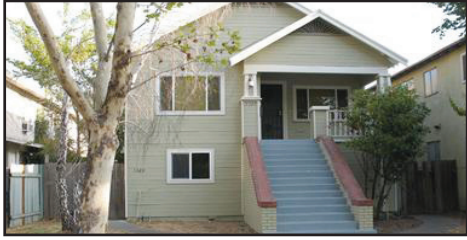
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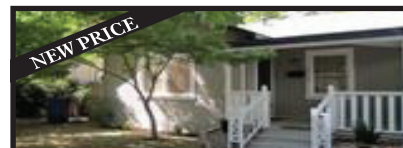


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Jesuit Christmas Tree Lane a tradition for over half a century

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

Carmichael's Jesuit High School will celebrate its 54th annual Christmas Tree Lane fundraiser on Nov. 29 and 30, a fundraiser that helped build the school 53 years ago.

Virginia Larson, one of the women responsible for the initial fundraiser, was president of the Loyola Guild in 1957 when the idea to build the school came about.

"Back then there was nothing where Jesuit is now," Larson said.

The group of 10 to 12 women that began the fundraising efforts at St. Ignatius church began to fundraise. They decided to model their efforts after the Christmas Tree Lane held at the Senator Hotel downtown.

"The whole town donated trees to the Christmas Tree Lane," Larson said. "All the money we made was profit."

A few years later, Sacramento Bishop Joseph T. McGucken learned that the group of women had raised a huge sum of money that was just sitting in a bank account. The idea was born to build Jesuit High School. They had the money to do it and even had enough left over for scholarships.

Needless to say, the event caught on.

This year's version promises to be as spectacular and lavish as any other in the event's history. Co-chair Moira Little talked about what this year has in store for visitors.

"This year's theme is 'Believe' and it is going to be a winter wonderland with snow and snowflakes everywhere," Little said.

There will be 20 vendors and consigners on hand at the Radisson Hotel selling their goods as well as a vast array of gourmet foods and Christmas decorations for people to purchase. The huge undertaking includes more than 200 people when one tallies up all the cashiers, hostesses, rafflers and event planners. The event is so popular that Little said that 25 to 35 percent of the people working on the event this year no longer have children at Jesuit.

This year's raffle includes items such as a \$1,400 necklace and a six-night trip to Hawaii.

Included in the event are three fashion shows, the first of which takes place during the gala dinner on Monday

See Christmas Tree Lane, page 28

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37th annual Sacred Heart Holiday Home Tour to showcase five 'Fab 40s' homes

Special to Pocket News

One of Northern California's most loved walking holiday home tours returns this December with five elegantly decorated homes in East Sacramento's historic Fabulous Forties neighborhood open for viewing. This year, in addition to the five beautifully decorated homes, the library at Sacred Heart's brand new "state-of-the-art" school will also be decorated and on display.

For 37 years, this popular tour has grown to include nearly 5,000 patrons from throughout northern and central California. The homes showcase elaborate renovation while preserving historic design, custom interior design and creative holiday décor that is surely to ignite the spirit of the season. Homes on the tour this year range in style from a quintessential craftsman bungalow to an illustrious colonial revival.

"We are very excited about the homes we have on the tour this year," said Leslie Lopez, parent and one of the home tour co-chairs. "Not only do we have a wide variety of decorating and architectural styles, but the new school library will be open for viewing and themed after the classic novel, 'The Secret Garden.'"

This year's talented local interior and floral designers will include: Haus by David Randall, Twiggs Floral Design Gallery, East Sac Florist, Impressions Designs, Inspired Interiors and Holiday Home.

The Holiday Home Tour is one of Sacred Heart Parish School's biggest fundraisers. Proceeds from the tour go directly to the school to offset tuition and provide financial support to families who might not otherwise be able to afford a Catholic education.

This year, now more than ever, additional funds are needed as Sacred Heart has seen the percentage of families requesting assistance nearly double – from approximately seven percent of children at the school just three years ago to approximately 13 percent this school year.

'We would not be able to offer families the help they need if we didn't have the fundraising that we do.'

"In this economy, it has become essential that we have our financial aid fund for more and more families," said Theresa Sparks, principal of Sacred Heart Parish School. "Many people who were contributing financially through sponsorship and donations are now in the position of having to ask for help. We would not be able to offer families the help they need if we didn't have the fundraising that we do."

Tour dates are Friday, Dec. 3 through Sunday, Dec. 5. Tour tickets are \$25 in advance, \$30 after Dec. 2. Tickets may be purchased online at www.shpsholidayhometour.com and at the following locations:

- Sacred Heart Parish School
- East Sacramento at Haus, East Sac Florist, French Hen, Talini's, the Pink House and East Sac Hardware
- Central Sacramento at Gatherings Gift Shop
- North Sacramento at Emigh Hardware and Emigh Casual Living



Five homes in East Sacramento will be a part of the 37th annual Sacred Heart Holiday Home Tour. The homes range from a "quintessential craftsman bungalow to an illustrious colonial revival." The tour is a great place to get holiday decorating ideas.

Photo courtesy

- South Land Park at Collected Works
- Citrus Heights at Calico Corners
- Folsom at Hoshall's Spa
- Rocklin at Pottery World and
- All area Mercedes Benz dealerships (Rocklin, El Dorado Hills, Sacramento).

Visit www.shpsholidayhometour.com or call the Holiday Home Tour Information Line at (916) 556-5050 for more information.

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Photo courtesy of PHCS

The Upper Lisbon School is shown in this c. 1890 photograph.



Photo courtesy of PHCS

Lisbon Elementary School at 7555 South Land Park Drive is shown in this 1989 photograph. The school was closed last year.

Lisbon schools have rich history in the Pocket area

By LANCE ARMSTRONG
Pocket News writer
lance@valcomnews.com

Editor's Note: This is the second article in a two-part series featuring the history of the Lisbon schools of the Freeport and Pocket areas.

With the 1909 opening of the Lower Lisbon School in the Pocket, the

area's students had a much improved learning environment than they had in the converted barn school building.

This new, larger, one-room school was a bona fide school structure, as it included such regular school building features as windows, individual desks and a wood stove.

The new school was constructed near the site of the

old barn structure school building, but closer to Riverside Road.

On the exterior of the building, above the doorway, was a sign reading "Lisbon School."

This sign still exists today and was for many years on display at the Sacramento History Museum in Old Sacramento.

Hundreds of children were educated in the school, because the greater number of children in the Pocket lived on farms in this area.

Among the teachers of the Lower Lisbon School were: Lilly Jones (1909-1912), Mrs. Lombardi (1916), Miss Marianna (1916), Hattie Williams (1918), Gladys Lynch (1919-1920), Mabel Wakefield (1921-about 1928), Emma James (1929), Mrs. Wilson and Mrs. Jorgensen.

Because moisture from the canal created a health

and safety issue at the Lower Lisbon School, the school was condemned and closed in 1928. This structure was demolished in the early to mid-1940s.

Following the closure of the Lower Lisbon School, the school's children were transferred to an existing Japanese school, which was located on the Frank and Jack Lewis ranch in the central Pocket area.

The school building belonged to the Japanese community and served as a Japanese language school.

This Lower Lisbon School site was rented on a monthly basis from the Japanese.

The two schools were able to coexist in this structure since the Japanese school was only in operation on Saturdays and Sundays.

The Lower Lisbon School held its classes in the Japanese school building until 1945, when it merged with the Sut-

ter School District – later the Sutter Union School District.

Upper Lisbon School

As previously mentioned, the Lower Lisbon School was not the only Lisbon School in the Pocket area.

Two decades prior the construction of the Lower Lisbon School, the one-room Upper Lisbon School was constructed on the Nevis ranch, where Park Riviera Way joins Riverside Boulevard, just south of where Elks Lodge, No. 6 sits today.

The school was built due to the fact that there was no school between Pimentel's Ingleside Café (presently The Trap bar) at today's 43rd Avenue and Riverside Boulevard and the bend on Pocket Road, about a quarter of a mile past today's Portuguese Hall.

Providing instruction at the Upper Lisbon School were its teachers: Mrs. Hoshner (1928), Emma James (1931-1934), Mildred Fernandez (1934-1940), Dorothy Sweeney, Inez Applegate, Julia McMahan, Brizady Giannoni, Mrs. Lombardi, Eleanor Harkness and Mrs. Seamore.

Dolores Greenslate, who serves as the Pocket historian of the Portuguese Histor-



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See Schools, page 23



Photo courtesy of PHCS

Mrs. Hoschner stands with her students in front of the Upper Lisbon School in this 1928 photograph.



Photo courtesy of PHCS

Schoolchildren gather in front of the Upper Lisbon School in 1929.

Schools: The last 'Lisbon Elementary School' closed last year

Continued from page 22

ical and Cultural Society, remembers attending catechism classes at the Upper Lisbon School in 1929.

"I attended the catechism classes necessary for first communion in the Upper Lisbon School in the St. Mary Church (St. Maria Church), next to the Portuguese Hall," Greenslate said. "My mother bought me a beautiful white dress and also a little crown for my first communion. I felt like a little bride. The doorway to the school was up what I thought was steep stairs and

I had never been in such a big schoolroom."

Both the Upper and Lower Lisbon schools closed at the same time in 1945 to merge with the Sutter School District.

Shortly after its closure, the Upper Lisbon School building was purchased by the local Portuguese lodge and relocated behind the St. Mary Catholic Church, next to the Portuguese Hall, to be used as a clubhouse and meeting place for religious classes.

The old school building was demolished, along with the old Portuguese Hall, in 1967.

When the Portuguese Historical and Cultural Society was formed in 1979, one of its early efforts was to have the next elementary school built in the Pocket area be named Lisbon School, as a memorial to the area's Portuguese pioneers.

On Oct. 28, 1989, the society's wish was granted with the gala dedication ceremony of Lisbon Elementary School at 7555 South Land Park Drive.

With the decline of families with small children in the area, however, the school was forced to close last year and the school's children were transferred to other elementary schools in the surrounding areas. Today, the facility serves children of the Hmong community as the Yav Pem Suab Academy, a public charter school.

Greenslate said that unfortunately for the legacy of Portuguese in the Pocket area, the probability of having another Lisbon School in

the area does not seem promising.

"The Portuguese culture and presence is fading in this area, where Portuguese pioneers chose to make their homes (and livings) in farming and dairying," Greenslate said. "It doesn't seem like there will ever be another Lisbon School (in the Pocket area). The only solace we have is in observing street names and visiting our Portuguese community park and the present Portuguese Hall and St. Mary Church."

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'Turf War' comes to the Pocket

"Before" photos by STEPHEN CROWLEY, "After" photos courtesy of DIY Network

It was a win-win scenario for two Pocket area families, as they went "head-to-head" for an upcoming edition of the DIY network's reality show, "Turf War." The identities of the families and exact location were confidential, since the show will air in the spring, but the Pocket News was allowed to snap a few photos.

In the show, two neighbors compete to win \$5,000 and the title of "best yard on the block" by the show's host, Ahmed Hassan. Each team is given the same materials and time to transform their yards – and to recruit friends and family to help. Film crews were on hand to document the process, which involved a great many people.

At the end of the show, neighbors tour both yards and vote on their favorite. The winner receives the prize money – and bragging rights – but both families and the neighborhood at large win because of the beautiful yards.



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Science, Technology, Engineering and Mathematics Fair opens opportunities for St. Francis students

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

Students at St. Francis High School in Sacramento had an opportunity to explore career possibilities in the sciences at the school's annual STEM Fair on Oct. 29.

STEM is an acronym for Science, Technology, Engineering and Mathematics – areas in which women traditionally do not pursue careers. Some 30 companies staffed booths at the fair, with the intent to show the students at the all-girl school just what is possible.

"I want them to see the technology throughout the branches of service," said Army National Guard Staff Sergeant Stephen Kujawa as he encouraged the young women to check out a secured radio, night vision goggles and other items. "This allows them to see the technology behind the scenes. Military technology developed the GPS, night vision goggles and secured radios. It benefits everyone."

The Fembots, the St. Francis High School Robotics Team, had their own booth to show off two of the robots the club made in the last two years: the B-2 and "Lucky."

The students designed the B-2 to pick up moon rocks – simulated by "moonballs." Lucky is the 2010 model. It plays soccer and scores points "by hanging off a seven-foot tall tower as long as possible," according to members of the team.

Students learned at the fair that they can approach technology from many different angles.

"I'm a very hands-on person," said Camille Soutiere, a junior and rookie robotics team member. "I'm not an electronics person, I'm the building kind of person. Tell me what to build and I'll build it."

"I just thought it would be really cool to learn about robotics and just to learn more about being around public speaking," said Jordin Fong, a freshman and also a rookie robotics team member. "This semester, I did a presentation on my rookie year thus far to PLATT, one of our sponsors. PLATT is an electronics supply company."

Career opportunities presented ranged from (literally) rocket science to nursing to accounting and financial management to criminal science investigation (CSI).

"We're still using rockets in the space program," said Sharon Clark, director of training and organizational development at Aerojet. "We would hire a woman engineer in a heartbeat."

"We're here to encourage young women to consider careers in STEM," said Lora Anguay, Aerojet project manager. "It's important because we are always looking for engineers and people working in engineering and technology."

Anne Smith Hartly, NP was on hand to discuss the advantages of nursing careers. She is also an alumna of the school.



Pocket News photo, Susan Laird
Members of the St. Francis Robotics team (the "Fembots") with their newest creation, "Lucky." This robot plays soccer – it can actually kick a ball and run with it – and is able to hang from seven feet in the air, thanks to a robotic hook. Left to right, Dani Demas, junior; Jasmine Randhawa, sophomore; and Ashley Peng, senior.

"Nursing can be a very flexible for women," Hartly said. "If you work in one field for a few years and you want to move on to a different field in nursing, you can. You don't have to start all over. You use critical thinking skills and it's very rewarding to know at the end of the day that you have helped someone. And: you can get a job anywhere in the world."

"We're here just to expose students at St. Francis to potential careers with the FBI that are related to science," said Steven Dupre, a special agent with the Federal Bureau of Investigation. "Engi-

neering and science majors are backgrounds that we recruit for agents and professional support positions, such as evidence response teams. Science ties directly into investigations."

Senior St. Francis Troubadours were taking a hard look at the possibilities in store for them, as well. College application deadlines are looming ever closer, and the choice of major can be vital with admission to some colleges. The stakes for high school seniors across the country are high, so every bit of information about a potential major is im-

portant. The choice of college can turn on a dime.

"I want to go into prosthetics," said Senior Ashley Peng. "I originally wanted to go into mechanical engineering. But an experience I had at the Shriner's Hospital made me think about the need for prosthetics. And a sculpting class with Mr. Romo made me interested. At the fair today, I met people from Hanger Prosthetics and Orthotics. They handed me an entire list of colleges that specialize in prosthetics. So the STEM Fair really helped with my college apps."

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

NOVEMBER

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'Wayne Thiebaud: Homecoming'

Through 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

Beginning bridge lessons

Through Dec. 7: Learn party bridge procedures with the Greenhaven Community Bridge Group. Lessons on evaluating hands, bidding, card play and coaching, keeping score, partner support strategies. Become more comfortable and confident in playing bridge socially. Meet new people; bring a spouse, friend or neighbor. All are welcome. \$10 for materials. 7 p.m.-9 p.m. Greenhaven Lutheran Fellowship Hall, 475 Florin Rd. (across from Kennedy High School). Dale or Barbara, (916) 424-3925

'Tomorrow's Legacies'

Through 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

'A Pioneering Collection'

Through 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

'The Vase and Beyond'

Through Feb. 6: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300 artists, this collection showcases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

'A Super Groovy Night's Dream'

Nov. 4-6, Nov. 12-13: Enjoy this twist on Shakespeare's "A Midsummer Night's Dream" reimagined to take place in a high school. \$5 admission. 7 p.m. John F. Kennedy High School, Main auditorium, 6715 Gloria Dr., Sac. (916) 433-5200

Big Band Dance

Nov. 4, 11, 18, 25: 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

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

'Fashions from Past & Present'

Nov. 4: Enjoy Rhonda Barrett's vintage collection compared with Draper's and Damon's fashions of today during lunch (choice of Turkey Bearnaise with mixed green salad or Asian Chicken Salad with dried cranberries) and dessert Pumpkin Almond Squares. Reservations a must. \$20. Two seating times: 11:15 a.m. and 1:15 p.m. Benefits Sacramento Children's Home. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. (916) 452-2809

Christmas Tree Lane

Continued from page 20

night. The senior boys from Jesuit get to walk down the runway with their mothers in what is always a tear-jerking tradition.

"There is never a dry eye in the place," Little said.

The fashion show is repeated on Tuesday during breakfast and again during lunch. Tickets to the gala dinner are \$100, the breakfast is \$50 and the lunch is \$60. The shopping portion of the event is free and open to the public.

As for Larson, her last grandson is currently at Jesuit. The 87-year-old attends every year and said that she wouldn't miss this year for the world.

The event raises near or above \$100,000 for the school and all money goes towards the school's scholarship and building funds.

"When I see the check for \$100,000 I am always amazed to think that these 10 to 12 ladies started this whole thing," Larson said.

More than 50 years later, the school remains strong. So too, do the friendships forged all those years ago.

The Radisson Hotel, site of the event, is at 500 Leisure Lane in Sacramento. For further information, visit www.jhssac.org or contact co-chairs Julie Law (lawbeus@aol.com), Joanna Ellard (jwellard@comcast.net) or Moira Little (moira.little.hiaj@statefarm.com).

Food Addicts Anonymous

Nov. 4, 11, 18, 25: 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.

Kiwanis Club of East Sac-Midtown

Nov. 4: Want to make a difference? Are you interested in serving your community? Come for an introduction to Kiwanis, a global organization of volunteers, dedicated to changing the world one child and one community at a time. All welcome. 5:30 p.m. Kiwanis Family House, 2875 50th St., Sac. George MacMurphey (916) 483-9883 or Cynthia Clark (916) 362-5132

Living Positive with Chronic Disease group

Nov. 4, 11, 18, 25: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

Rotary Club of East Sacramento

Nov. 4, 11, 18, 25: 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

Nov. 4, 11, 18, 25: 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

Nov. 4, 11, 18, 25: 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

Nov. 4, 11, 18, 25: 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

'Willy Wonka and the Chocolate Factory'

Nov. 4-6, Nov. 12-13: Enjoy this scrumdiddlyumptious high school musical, complete with Oompah Loompahs. \$10 students, \$15 general, \$25 gala night Nov. 3. 7:30 p.m. Saturday matinee on Nov. 13 at 1:30 p.m. Tickets available online. St. Francis High School, 5900 Elvas Ave., Sac. www.ticketguys.com/stfrancis

Fashion Night Out

Nov. 5: Be the first to choose from thousands of fabulous designer pieces at unbelievable prices. Enjoy wine and cheese as you shop. Benefiting Maryhouse, the women's and children's day shelter program of Loaves & Fishes. Admission \$40. 3 p.m.-8 p.m. U.S. Bank Tower, 621 Capitol Mall, 25th floor, Sac. (916) 446-4931

Kiwanis Club of East Sacramento-Midtown

Nov. 5, 12, 19, Dec. 10, 17: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St.,

UC Davis Med. Ctr., Sac. (916) 761-2124
www.eastsacmidtownkiwanis.com

Organic gardening

Nov. 5: Taylor Lewis of Windmill Nursery will present "Companion Planting: Encouraging Beneficial Insects and Reduce Disease." 10 a.m. Hosted by the Organic Gardening Club of Sacramento County. Carmichael Park Administration Bldg., Room 1, 5750 Grant Ave., Carmichael. (916) 635-6724

Rotary Club of Point West

Nov. 5, 12, 19, 26: 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

Sandhill Crane Festival

Nov. 5-7: Sign up for tours to see these amazing birds that fly from as far away as Siberia and Alaska to winter in the Central Valley. Tour fees range from \$3 to \$35. Free activities also planned. Hutchins St. Square, Lodi. (800) 581-6150 www.crane-festival.com

Soroptimists of Sacramento

Nov. 5, 12, 19, 26: 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

Arts & crafts fair

Nov. 6: "My Favorite Things: a very special Holiday Arts and Crafts Faire, 5th annual. Offering distinctive hand made things you love at fantastic prices. Plan to eat at our delightful Copper Kettle Café. Free admission. Easy parking. St. Michael's Episcopal Church, 2140 Mission Ave. (between Arden and Eastern), Carmichael. (916) 488-3550.

Bariatric Surgery Informational Seminar

Nov. 6, Dec. 4: Learn all about what bariatric surgery is and is not. 10 a.m.-12 p.m. Bruceville Terrace Multipurpose Room, 8151 Bruceville Rd., Sac. Rondi Crowley (916) 423-5909.

Community Drive-Thru Food Drop Off

Nov. 6: Canned food drive for the KCRA 3 Kids Can Food Drive, which helps provide food for hungry families in our community. 9 a.m. - 2 p.m. JFK High School, 6715 Gloria Dr., Sac. (916) 832-8570



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Fine art & craft show

Nov. 6: Enjoy holiday shopping and support local artisans at the 5th annual St. Mary Fine Art & Craft Show. One-of-a-kind items, wearable art, specialty food, glass, metalwork, jewelry, more. Free admission. 10 a.m. – 5 p.m. St. Mary School, 1351 – 58th St., Sac. (916) 452-1100, artshow@saintmaryschool.com

Food Addicts Anonymous

Nov. 6, 13, 20, 27: 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.

Free shred day benefit

Nov. 6: Bring your confidential documents, banking statements, IRS tax forms, etc. to be safely shredded/destroyed. Bring a toy to benefit "Toys for Troops Kids." 10 a.m.–2 p.m. Cook's Realty, 4305 Freepoint, Sac.

Holiday boutique

Nov. 6–7: Beautiful handmade gifts, holiday decorations, hand knit items, magnificent jewelry, specialty food items and homemade bake goods. Special raffle prizes and a recycled gift table. Free. Saturday from 10 a.m.–5 p.m., Sunday from 8 a.m.–1 p.m. St. Ignatius Parish Center, 3235 Arden Wy., Sac. (916) 483-8789

Jensen Garden workday

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@carmiachelpark.com

Military widows

Nov. 6: The Society of Military Widows, Sacramento Chapter #5, will meet. 11:30 a.m. Lions Gate Hotel at McClellan Park, 3410 Westover St., McClellan. Elsie Player (916) 635-6724

Paint the Effie Yeaw Center

Nov. 6: David Peterson will hold a watercolor workshop on how to paint a popular subject creatively. \$40, benefits the Nature Center. 1:30 p.m., rain or shine. Bring your watercolor kit or use David's stuff for an additional \$10. Effie Yeaw Nature Center inside Ancil Hoffman County Park, California Avenue and Tarshes Dr., Carmichael. (916) 716-5951

Santa Paws

Nov. 6–7: Adoptathon, pet photos and holiday boutique. Get a jump on the holidays with this unique opportunity to have your holiday photos taken with your two- and four-legged family members and the big man himself. Half-off adoption specials, gift boutique for the whole family. 11 a.m.–6 p.m. Sacramento SPCA, 6201 Florin-Perkins Rd., Sac. (916) 504-2802

Urban Farm Stand

Nov. 6, 13, 20: 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

Warehouse Sale

Nov. 6: Stop by for a second opportunity to purchase designer pieces at discounted prices. Benefiting Maryhouse, the women's and children's day shelter program of Loaves & Fishes. Admission \$15. 11 a.m.–4 p.m. U.S. Bank Tower, 621 Capitol Mall, 25th floor, Sac. (916) 446-4931

Warts Up?

Nov. 6–7: Learn all about the differences between frogs and toads. Examine frog skeletons, meet Bud and Prince, more. Appropriate for kids ages 4–12, families. Admission \$4–\$6. 12:30 p.m.–4 p.m. Discovery Museum Science & Space Center, 3615 Auburn Blvd., Sac. (916) 808-3942 www.thediscovery.org

Co-Dependents Anonymous

Nov. 7, 14, 21, 28: 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

Nov. 7, 14, 21, 28: 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



Corvette car show

Nov. 7: "America's Sports Car: First annual Vettes for Vets" car show displaying six generations of Corvettes. Free to spectators. 10 a.m.–3 p.m. In the lot directly south of the California Automobile Museum, 2200 Front St., Sac. (916) 442-6802 www.CalAutoMuseum.org

See more Calendar, page 30

ASIAN COMMUNITY CENTER

IN-HOME RESPITE





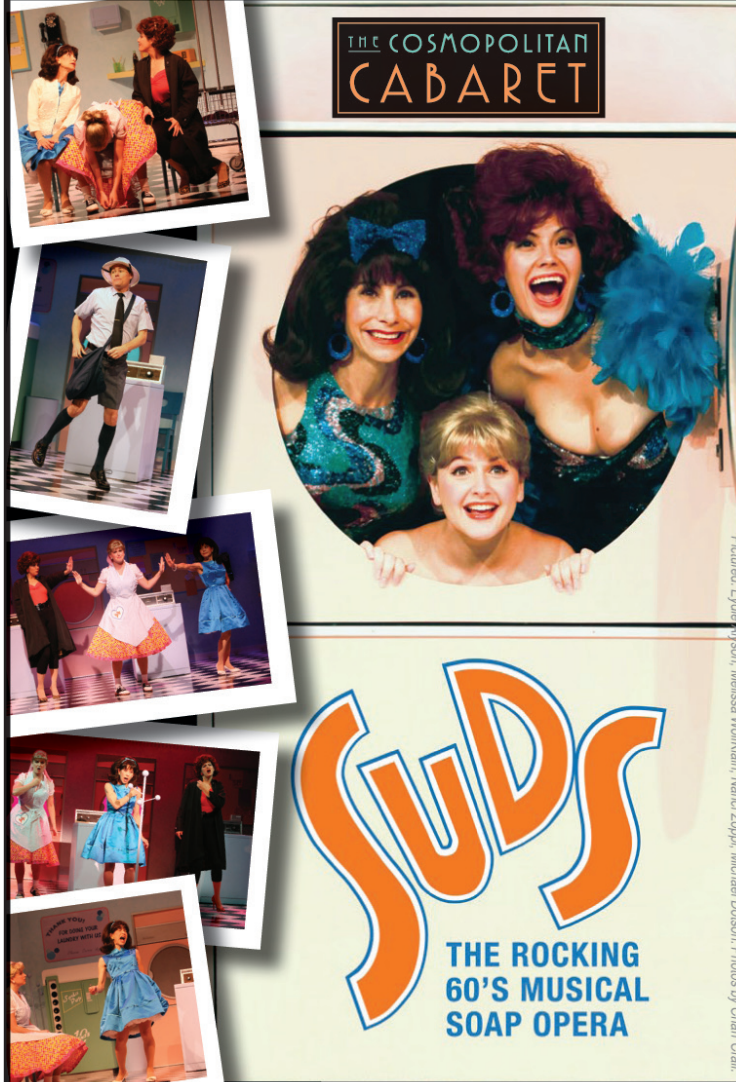
Made possible by a grant from University of Maryland and AmeriCorps

Asian Community Center offers family caregivers an opportunity to take a break from care-giving duties by providing trained AmeriCorps/Legacy Corps volunteers to go into the home as friendly visiting companions to older adults or family members with disabilities.

| | |
|--------------------|---|
| HOURS | 7:30am—10:00pm depending upon Legacy Corps Volunteer availability |
| ELIGIBILITY | Legacy Corps Volunteers can: <ul style="list-style-type: none"> • Provide conversation and companionship • Play games or engage in creative arts • Guide light exercise or short-distance walks • Read books or watch TV together • Help prepare light meals • Help with light chores • Accompany family members on errands with ACC Rides |
| FEE | Suggested donation Some scholarships are available from the Alzheimer's Association. |

To register please call Judy Fong Heary, Senior Program Manager at (916) 393-9026 ext. 323.





Picture: Eryk Wilson, Melissa Markkan, Nara Zopp, Michael Dason, Photos by Char Crail

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A honey-glazed bone-in spiral cut quarter ham and pineapple sauce with all the feast trimmings.
(Serves 4-6 people.)
3. The Ultimate Whole Turkey Feast - \$119.99

A delicious whole roasted turkey with all the feast trimmings.
(Serves 6-8 people.)
4. Ham & Turkey Combo Feast - \$139.99

A delicious combo of our Turkey Feast and Ham Feast. A roasted turkey breast, honey-glazed bone-in spiral cut quarter ham and pineapple sauce with all the feast trimmings.
(Serves 6-8 people.)
5. The Ultimate Turkey & Ham Feast - \$149.99

A delicious combo of our Ultimate Whole Turkey Feast and Ham Feast. A whole roasted turkey, honey-glazed bone-in spiral cut quarter ham and pineapple sauce with all the feast trimmings.
(Serves 6-8 people.)



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CALENDAR

For more Calendar entries visit
www.valcomnews.com

Co-Dependents Anonymous

Nov. 8, 15, 22, 29: 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

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

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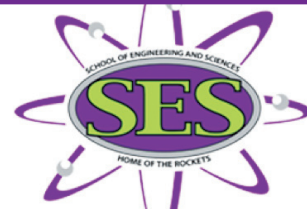
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Thursday, November 4, 2010
3:00pm to 8:00pm

Some vendors to be present:

PartyLite, Pampered Chef, Jewelry, Cosmetics, Tupperware, and many more including crafts. There will be a variety of items to choose from to clear those holiday gift lists.

There will also be food and beverages available for purchase.

A portion of the proceeds will go to the School of Engineering and Sciences PTSA Rocket Boosters.

YARD SALE

Saturday, November 13, 2010
8:00am to 2:00pm

It takes students, teachers, mentors, parents, sponsors, and our community to make our team a reality!

All proceeds from this fundraising event will support the School of Engineering and sciences FIRST Robotic Programs. Please contact Kerrie Peterson at (916) 804-6447 or Bonnie Bartholomew (916) 508-1744 if you would like to take part in this endeavor or if you have items that you would like to donate.

room, 4300 Florin Rd., Sac. 11:30 - 1:30.
Lou (916) 421-0844, www.grayeagles.net

Hatha yoga

Nov. 8, 15, 22, 29: 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

Nov. 8, 15, 22, 29: 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

Nov. 8, 15, 22, 29: 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

Nov. 8, 15, 22, 29: 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

Basic English language class

Nov. 9, 16, 23, 30: 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

Big Band Dance

Nov. 9, 16, 23, 30: 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

Sudoku answers

Continued from page 7

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

Lambros: Refs study the upcoming season, meet frequently

Continued from page 10

ball League, which he did for eight years. He went on to explain some of the ins and outs of officiating in the Pac-10.

"There are six Pac-10 crews," he said. "My crew gets together in February to begin studying for the upcoming season."

The crew meets twice per month until May, when they begin meeting weekly.

"At the end of July we have conferences and clinics and in August we work scrimmages."

When it comes to calling games on Saturdays, Lambros still feels like it's his first time out there.

"Every game I am at I get chills looking around at all the people," he said. "It doesn't matter which stadium I'm in."

As far as his favorite venues in the Pac-10, Lambros is partial to The Rose Bowl in Pasadena, home of the UCLA Bruins. The craziest atmosphere, though, comes from up north.

"Autzen Stadium in Eugene, Oregon is the loudest stadium I have ever been in," he said.

It was particularly loud when he officiated the Oregon Ducks and Oregon State Beavers at their annual "Civil War" game. The rival universities have played each other every year since 1894.

The travel for a referee can be draining, but Lambros said that it isn't too bad, because the Pac-10 schools are somewhat close to each other. Outside

of bowl season, he never has to travel further than Arizona or Washington.

His list of memorable games includes a 72-68 marathon of a bowl game on Christmas Day as well as the 43-42 Idaho victory over Bowling Green in last year's Humanitarian Bowl.

In his years as an official, Lambros was blown away by the talents of one player in particular.

Lambros is a "back judge," which means that he deals mostly with wide receivers and defensive backs. One of the players that stuck in his mind as truly great was former USC wide receiver Mike Williams.

He also said that during his time refereeing in the Mountain West that Brian Urlacher once made a play that even he couldn't believe while he was at New Mexico.

And as for those penalty calls viewers get irritated by, the officials' agenda is not as sinister as some make it out to be, according to Lambros.

"When a play goes off, I have no idea who the players are or sometimes even which team is which," he said. "I'll see that green pushed white, so the foul is on green. I have to try my best to remember what number the guy was."

Oct. 23 was Lambros' final day off of the season before traveling to call the Oregon-USC game on Oct. 30 in Los Angeles. So when you are watching a Pac-10 game on the television, watch for this veteran ref chasing after receivers and throwing his pesky yellow flag.

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