THE POCKET NEWS

March 3, 2011 Community News in Your Hands www.valcomnews.com

Spring wildflowers with the Sacramento Walking Sticks

Marty Relles presents 'Janey Way Memories' See page 8

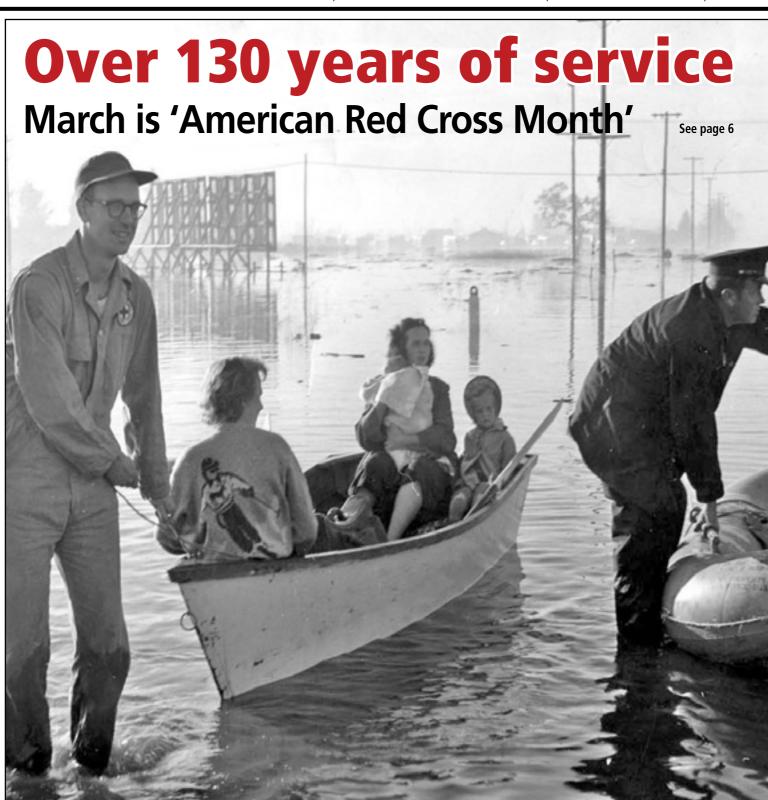
COMMUNITY CALENDAR, PAGES 25–26 • KNOW YOUR NEIGHBOR, PAGE 4 • FACES AND PLACES, PAGE 13



The Pocket's pirate ship
See page 13



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See page 22



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Pocket News is published on the first and third Thursdays of the month and delivered by mail and home delivery in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

Publisher . George Macko General Manager..... Kathleen Egan Editor. ... Susan Laird Art Director.John Ochoa Junior Designer . Rvan Vuong Advertising Executives..... ...Linda Pohl Patty Colmer, Marc Harris Desiléts, Melissa Andrews Distribution/Subscriptions....

E-mail stories & photos to: vcnnews@valcomnews.com

Vol. XX • No. 5

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We Be Webelos



Last February, seven boys from Pack 259 reached the rank of Webelos II, Cub Scouting's highest achievement. At their Arrow of Light Ceremony, the Cubs crossed over to the Boy Scouts, with five going to Troop 259 and two to Troop 136. Both Pack 259 and Troop 259 are based in the Greenhaven-Pocket area and are sponsored by the Elks Lodge No. 6. Front row, left-to-right, Devin Jimenez, Francisco Ortiz, Justin Jow, Joshua Fong, Billy T. Hernandez and Matthew Allin. Not shown: DeSean Jones.



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Students 'Dare Mighty Things' in speech contest Special to Pocket News

Daniel Li was the winner of the Rotary Club of Pocket/Greenhaven's speech competition. He will move on to an area competition on March 19 and possibly to the Rotary District 5180 Competition in April.

Li, a JFK sophomore, is interested in psychology and enjoys music, especially playing the guitar.

Li's speech began with the thought that people today, especially teenagers, often "dare" to do things for fame, money or the thrill of the experience. This concept has been promoted through many reality shows currently on television. He suggested that this has led to broken bones, brain damage, and other types of physical harm, as well as no recognition.

He proposed that this type of "high" is fleeting and another direction is needed to do "mighty things." After mentioning various service opportunities that can make lasting changes, such as helping the homeless, feeding the hungry or working with an organization like Rotary to help eradicate polio, he left the audience with a challenge: Dare to Dream that your efforts can make a difference.

Sacramento Walking Sticks to host spring wildflower walks at Mt. Diablo

Special to Pocket News

The Sacramento Walking Sticks, a walking club, invite the community to join them on two different wildflower walks on the northern slopes of Mt. Diablo over the weekend of March 19 – 20.

Neither of these walks goes to the top of Mt. Diablo, nor are they suited for strollers and wheelchairs. The family dog will need to stay home on this excursion because dogs not allowed on any trails in the California state parks.

The walks will begin at the Clayton Community Park, located at 7411 Marsh Creed Rd in Clayton, CA. People can register for the walks between 9 a.m. to 12 noon on both days; walkers are expected to be finished by 4 p.m. Participants can walk for free. Those who want "volkswalk credit," they will pay \$3 per walk. Water and restrooms are at the registration point only since there are no amenities along the trails as the State Park is mostly undeveloped. Carry enough water to avoid dehydration.

Both walks require you to drive to a remote start and walk into the park unless you want to add an extra 2K (1.2 miles) onto each by walking instead.

The first walk goes up Donner Canyon Road at an easy grade and then joins a steep, narrow and slippery trail as it loops around an upper canyon with waterfalls. The 5K

The beauty of volkswalking is that it takes people to a place they probably would never have thought to go on their own.

(3.1 miles) route is rated two; while the 10K (6.2 miles) route is rated a four.

The second walk will take people on a dirt trail across the lower reaches of the mountain to the Mitchell Canyon Visitor Center (with water and restrooms), through a native plant garden and then up Mitchell Canyon Road. The 5K (3.1 miles) walk is rated a 2 while the 10K (6.2 miles) walk is rated a 2+.

There will be carpooling opportunities from Sacramento for both days of the event. People are encouraged to bring sack lunches as there are many opportunities to stop along the routes and enjoy the views. The added bonus is after the walk(s), people can stroll the streets of the quaint town of Clayton with its fun shops and delicious restaurants. The beauty of volkswalking is that it takes people to a place they probably would never have thought to go on their own.

The Sacramento Walking Sticks walk in all kinds of weather. Come prepared by wearing layered clothes and carrying extra shoes and socks



Photo courtesy, Nancy Alex

The Sacramento Walking Sticks are the largest volkssport club in the nation. They invite the community to discover the joys of walking with a selection of hikes on Mt. Diablo in late March.

to put on afterwards. Don't worry if you come alone as there will be small groups going out throughout the morning for all the routes.

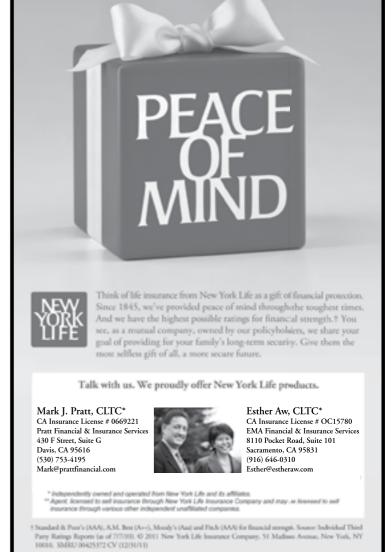
The Walking Sticks are the largest volkssport club in the USA with over 500 members. The Walking Sticks offer numerous group walks. One need not be a member of the club to participate, but memberships are encouraged. Membership is \$5 for seniors 55+, \$8 for individuals and \$14 for families.

The Sacramento Walking Sticks meet the second Thursday of every month at 7 p.m. at the SMUD Head-

quarters Building Conference Center, 6201 S St. in Sacramento. Visit www.sacramentowalkingsticks.org.







American Red Cross to celebrate 130 years of service

By LANCE ARMSTRONG
Pocket News writer
lance@valcomnews.com

The American Red Cross, the world-renowned, disaster relief, volunteer-led organization with a Sacramento chapter since 1898, is about to celebrate a special anniversary.

It was on May 21, 1881, thus nearly 130 years ago, that the ARC was founded by Clara Barton.

Furthermore, on a national level, this is currently a very notable time for the organization.

This month is Red Cross Month, a recognition that has been a tradition since President Franklin D. Roosevelt, who was serving as the honorary chairman of the organization, first declared March as a special month for the organization in 1943.

Since then, United States presidents have continued to proclaim March as Red Cross Month on an annual basis.

As a fundraising campaign with a goal of collecting \$125 million, the original Red Cross Month received an overwhelming response as the goal was

reached in less than six weeks.

Further proving that the public did not recognize Red Cross Month as a drive with an expiration date, funds continued to be donated to the organization. By June 1943, the drive had resulted in donations totaling about \$146 million.

Because of this initial success, Red Cross Month became a tradition that has assisted the Red Cross in fulfilling its mission, which reads as follows: "The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disaster and help people prevent, prepare for, and respond to emergencies."

Furthermore, the ARC described its role as an organization that "shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international hu-



Pocket News photo. Lance Armstrona

American Red Cross Capital Region Chapter members gather together at the chapter's headquarters near Cal Expo.

manitarian aid; and supports military members and their families."

With a long history of responding to the nation's needs, the ARC, which is strictly a charitable, non-government agency that relies on the volunteer support of the American public to perform its services, has grown with the times.

For all the good that the ARC does to assist others in needs, none of the many services of the organization would have been possible without the work of its founder.

And for this reason, it is important in any overview of the ARC's history to highlight Clara Barton.

Born Clarissa Harlowe Barton in Oxford, Mass. on Christmas Day in 1821, Barton can be considered a holiday gift for countless people who have benefitted from the services of the ARC since its founding.

But in order to have a better understanding of how long Barton maintained a deep interest in assisting others in need, it is nec-

See Red Cross, page 7

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Red Cross: March is American Red Cross month

essary to know that Barton was active in helping such people long before she founded the ARC.

With the beginning of the Civil War, little time passed before Barton was dedicating her time to helping soldiers in her home state.

Initially, Barton cooked for soldiers and also ripped sheets into towels and handkerchiefs for them.

But her efforts did not stop there, as Barton was dedicated to bringing comfort to the sick and the wounded from the battlefield, and fought for permission to bring food, medicine and supplies to soldiers on the frontlines.

Through these efforts, she received the nickname, the "Angel of the Battlefield."

Following the war, Barton was commissioned by President Abraham Lincoln to search for missing Union soldiers and she also initiated a movement to have a national cemetery constructed for Union soldiers who died in the Andersonville prison - the Confederate prison of war camp, which was officially known as Camp Sumter – in Andersonville, Ga.

Barton's goodwill nature and experience in helping those in need led to her founding of the American Association of the Red Cross - the name was later shortened to the American Red Cross - which evolved to become known as the nation's premier emergency response organization.

In understanding that disasters result in human suffering, Barton, who served

as the Red Cross' first president, recognized a need for volunteer organization that would be available during emergencies.

Barton, as well as the Red Cross symbol, became synonymous with the fact that comfort would be offered by the organization to those who suffered due to disasters.

The first American Red Cross chapter was organized at the Lutheran Church of Dansville, N.Y.

Among the early service of the Red Cross was its assistance to victims of the Ohio and Mississippi floods of 1884.

It was also during the same year that Barton served as a delegate to the International Peace Congress in Geneva, Switzerland.

Five years later, the Sacramento Record-Union printed the following quote regarding Barton: "The sublime life of this plain, simple, unpretentious and self-sacrificing woman is one of the grandest monuments to charity and merciful kindness the world has witnessed."

In 1898, the Red Cross played a very significant role in the Spanish-American War, as the organization assisted refugees and prisoners of war.

Since its early beginnings, the ARC has expanded to other cities across the nation, and today the organization, which also provides assistance in other countries, has many chapters throughout the nation.

Sacramento's chapter, which was previously known as the Sacramento Sierra Chapter and is presently known as the Capital Region Chapter, was established in 1898.

The founding of the Sacramento chapter was very timely, considering that only seven years after its organization, the chapter was assisting in the relief efforts of the 1906 San Francisco earthquake.

The Red Cross' local and national response to this disaster prompted President Theodore Roosevelt to describe the Red Cross as "the national organization best fitted to undertake the outpouring of the

nation's aide."
The ARC also provided assistance during the 1918 Spanish influenza epidemic and World Wars I and II.

Leftover ARC funds from the Great War were utilized to create the "Baby Clinic," which became part of the Sacramento Health Clinic in 1927.

During World War II, the Sacramento chapter was a 24 hours per day operation, and overall, Sacramento contributed \$468,037 to the National War Relief Effort.

The Sacramento chapter responded to five American River floods and the Yuba City-Marysville floods during the 1950s, and during the Vietnam War, ARC programs were expanded to assist the military and their

In more recent times, the ARC's Sacramento chapter has continued to provide local and national assistance, including its aide to Hurricane Katrina.

Trista Jensen, communications and marketing director for the Capital Region Chapter, said that as a representative of the American Red Cross, she is pleased that the organization has been able to successfully operate with consistency for the past 130

"I think what's remarkable about the American Red Cross is that we are still doing the things that we started doing 130 years ago," Jensen said. "We started serving people in the battlefield, responding to disasters and helping people in their greatest time of need. Whether that's a house fire across the street. a hurricane across the country or a major disease breakout across the world, we're still responding in the same manner that we were 130 years ago."



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A train trip to San Francisco

By MARTY RELLESPocket News columnist
marty@valcomnews.com

In the Spring of 1956, my first year at St. Mary's School, the Catholic Diocese of Sacramento offered a special field trip to its students: a train ride to San Francisco to see Cinerama, the first super wide-screen film technol-

The Cinerama theatre in San Francisco presented one new film each year. That year it showed Around the World in Eighty Days with David Niven, Spanish actor Cantinflas and Shirley McClain. The film garnered five Academy Awards that year. We could hardly wait to see it on the big

However, the best part of the trip proved to be the ride there on the

Mom took me and my six year old brother Terry on this excursion. We awakened early that morning in order to get to the train station for 8 a.m. boarding.

In those days, we rarely traveled to San Francisco by car and had never taken a train. So, to say we were excited would understate our enthusiasm that morning.

Dad dropped us off at the train station on 19th and J Street downtown, where the Spaghetti Factory restaurant now stands, and we immediately boarded the long train.

At 8:30am, on the dot, we slowly proceeded forward and exited town.

After finding our seats, the first order of business was breakfast. So Mom walked us down to the dining car. Understand, I came from a family of six, of modest means, so eating out anywhere constituted a big treat.

Äfter enjoying a small - but delicious - breakfast as we meandered up the Sacramento Valley, we walked over to the special observation car: a double-deck car with an atrium-like window for sight-seeing on its upper deck. Imagine two boys, six and nine, seeing the beautiful Sacramento Valley from the train as it traveled through small towns like Davis, Fairfield, Martinez, Concord and Walnut

One by one, we passed each of these hamlets and eventually arrived at the Oakland Ferry terminal, where we off-loaded and boarded the ferry to San Francisco.

The ferry went under the Bay Bridge, then over to the San Francisco ferry terminal. That alone proved a wonderful experience for two young boys. Eventually, we arrived in San Francisco, boarded buses and rode to the theatre.

The film lived up to its expectations. It showed incredible footage of sights from around the world, including Paris, Cairo and the great pyramids, India, Hong Kong and London. The super wide screen presentation showed these sights in a way you could only see them if you actually visited these wonders of the world. We left the theatre in buzz of excitement.

Then, we boarded the buses, returned to the ferry terminal, went back across the Bay to Oakland and got back on the train for our return trip home. Two and a half hours later, totally exhausted and completely satisfied, we arrived back in Sacramento.

There, Dad awaited to take the tired troops home for dinner and good night's sleep.

The memories of that trip over fifty years ago remain vivid to me, even today. For me, it spawned a lifetime love for riding on trains. In the interim, I have taken many train trips including riding the Orient Express in Europe and the overnight trip from Sacramento to Portland with my daughters, Brea and Vanessa. It also gave me a love for travel I have nev-

Now that train trip to San Francisco is just another magical Janey Way

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Parenting siblings of the chronically ill child

By STEVE DEBENEDETTI-EMANUEL Pocket News columnist steve@rivercitycounseling.com

In my last article, I advised couples on how to cope when one of their kids becomes profoundly ill. This week I'm looking at what parents of a sick child can do to be the best parents possible to their other children.

A number of years ago I counseled two teens "John" and "Holly" whose 12-year-old brother "Ryan" had just been diagnosed with cancer. They were devastated by the news and wanted to turn to their parents for support and reassurance, but had chosen

Upon meeting their parents, it was clear why. They were overwhelmed and exhausted by their grief and the stress of taking care of Ryan, and they had next to nothing left to give. In fact, they hadn't even stopped to consider that John and Holly might need more emotional support. After all, both were good students and had plenty of friends to lean on. They figured they were OK.

In fairness, John and Holly hadn't stood up, waved their arms, and shouted, "I'm upset

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and need attention, too." Doing so would likely have left them feeling selfish and guilty for taking up their parents'

Had their parents been able to be more attentive, they would likely have noticed that their kids were struggling. John had complained of stomachaches and Holly was tired all the time. The grades of both kids had fallen significantly. When their parents recognized this, they were shocked, and even though it was clear that they felt burdened, they promised to make changes.

Although your teens will probably tell you they're OK and don't want to burden you, it's crucial for you to make time for them on a regular basis. John and Holly went to breakfast with their father on alternate Saturdays. John enjoyed running errands with his mom, and they used this time to talk. Holly and her mother watched shows and movies on Netflix. Both teens wanted more time, but they understood that circumstances wouldn't allow for it.

When you're tapped out but know that your teens still need attention, it's crucial to ask for help from family and friends. Keep in mind that those close to you want to help and only need to be asked. Perhaps your teen's aunts and uncles can play a more active role. Or maybe they can spend extra time with their friends' families. In John's case, he played basketball in school and was especially close with his coach, who asked him to help with his son's soccer team. Holly confided in her favorite teacher who let her TA and hang out after school to "work."

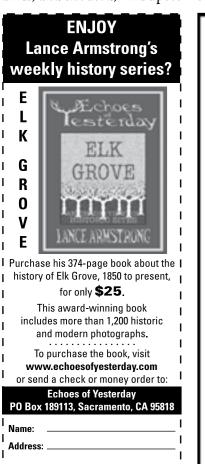
Over time, it's normal for the stress of a sick child to wear down a family. What were previously strong relationships can become strained, and people often respond by taking distance. When you notice this, insist on spending time together as a family, in which you both have fun and air out concerns. When John and Holly did this with their parents, the family was able to laugh together for the first time in months - and speak honestly about their struggles and fears about Ryan's health.

Sadly, Ryan died before long, and the family stopped counseling and moved away abruptly to get a "fresh start."

As there are few things more difficult on siblings and parents than the death of a child, it goes without saying that their adjustment had to have been overwhelmingly difficult. I can't know for

sure, but I'm hopeful that the steps they took during their counseling to strengthen and improve their relationships have served them as they've settled into family life with-







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Canine members of the family need daily mental stimulation and exercise as much as their human pack members. Doggie daycare can be a solution for poochie ennui.

Doggie Daycare 101

By AMANDA SCHATH Pocket News quest columnist

Have you ever found yourself standing at the dog park covered in muddy paw prints, thinking about the grocery list? Or how about running errands and thinking, "Poor Buster....He's going to be bouncing off walls later."

profession-With al doggie daycare, you and your four legged

family members will undoubtedly see huge benefits.

Why Doggie Daycare?

- Exercise and play stimulate the mind and body. Yes, even dogs need this as much as we do.
- · A tired-out pup is far more manageable for the family lifestyle.
- Doggie behavioral issues are generally caused by boredom, anxiety and loneliness... All of which can cause damages to your home and stress for both you and your dog.
- Canines are routine based; daycare gives them a 'job' to do and a fun one at that.
- When you just don't have the time or energy to burn your dog's ener-
- New encounters will help keep your pet well socialized and promote better public manners.

What to look for in a great Doggie Daycare Program?

- · How long have they been in business?
- Do they take a positive approach to discipline?

- · What certifications do the staff members have?
- · Do they perform professional behavioral screen-
- · What are the vaccine reauirements?
- Do they use pet safe cleaning products that kill communicable doggie diseases?
- Do they have a medical emergency plan?
- + Do they offer a tour of the facility?
- · Do they provide feedback about your dog's day?

Who Benefits?

All pet friendly dogs benefit, even those you wouldn't consider social butterflies. Look for a facility that provides care based on an individual's needs and wants. Plus, owners should expect to see great improvements overtime in areas like energy level, attention span, social conduct and indoor

Amanda Schath is the coordinator for The Pet Inn, which is affiliated with the Mueller Pet Medical Center. For more information, call (916) 428-9213 or visit www.thepetinn.net.



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Argh, matey! Pocket couple's Sea Eagle yacht is a sailing classic

By LANCE ARMSTRONG Pocket News writer lance@valcomnews.com

No, it's not a scene from a "Pirates of the Caribbean" movie. Instead, the photograph accompanying this article is actually a view of a leisure voyage up the Sacramento River by a wellknown sailing vessel, the Sea Eagle.

Owned by Pocket area residents and entertainers Jack G. and Brenda Payne, the Sea Eagle is herself a very popular entertainer.

A sight to behold, the pirate shiplike vessel never disappoints its onlookers as she draws attention to herself through her very detailed, artistic appearance.

With its many features that result in "oohs" and "aahs" from its observers each time it sails, this one-of-a-kind, custom yacht is like an art show on water.

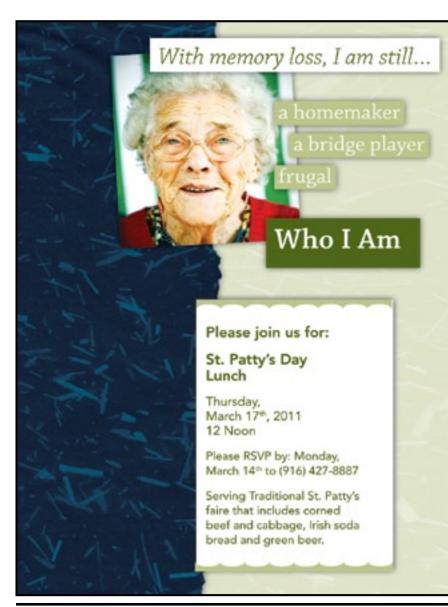
These artistic features include handcarved wood in various forms and images, including a pirate-type character, a bald eagle and tropical designs, brass and bronze additions, heavy duty teak toe rails, custom, mahogany splash rails and of course, large sails with a skull and crossed cutlasses image and a cannon.

And a brief description of the Sea Eagle's features only begins to cap-



Photo courtesy of Harris Studios

See Yacht, page 14 The Sea Eagle sails up the Sacramento River, near Miller Park.



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Yacht: Privateer yacht 'fired upon' in mock sea battle on the Sacramento River

ture the essence of this highly detailed and well-designed yacht. Only those who have had the opportunity of witnessing this vessel in person can truly begin to understand the sort of time and care that has gone into creating it.

As a sort of celebrity of the Sacramento River, Bay Area waters and more, the Sea Eagle continues to attract new fans on a regular basis, Bren-

da explained.

"I'm really quite proud of Sea Eagle," Brenda said. "She is such a special boat. We will be out sailing in San Francisco Bay and we will see people all the way on the other side of the bay, which is a long way away. They will turn in their boats and sail across the bay to look at us and say, 'Argh.' That's the funny thing is they come over and say, 'Argh."

Although the story of Sea Eagle began with its birth in 1969, the 26-foot-long yacht has undoubtedly evolved to have a much more detailed appearance through the many hours that Jack G. and his father, Jack A. Payne, have dedicated to this vessel.

This work includes Jack G.'s design of the sail and Jack A.'s custom artwork on the Sea Eagle's stern.

Considering that Jack G. and his wife are accustomed to being show-



Photo courtesy of Jack G. and Brenda Payne Jack G. Pavne is dressed in his full wardrobe pirate attire for a day of sailing aboard of the Sea Eagle.

cased as entertainers, the attention that the Sea Eagle brings to their life is just one more way of being on

Working as The Sensational Saxons and presenting their unicycle ridingjuggling act and magic performances, the couple's stages have been both big and small.



Photo courtesy of Jack G. and Brenda Payne

The custom artwork on the Sea Eagle's stern was designed by Jack A. Payne.

Among Jack G. and Brenda's most notable performances was their work as opening acts for big names like Bob Hope, Regis Philbin, Phyllis Diller and Ellen Degeneres.

As a showman, Jack G. enjoys entertaining his friends and others on occasions by wearing a piratetype costume aboard the Sea Eagle,

thus making him a real life Captain Jack.

Although Jack G. enjoys dressing up in pirate attire and Brenda speaks highly of the "Pirates of the Caribbean" movies, Brenda explained that she prefers not to be associated with real

See Yacht, page 19





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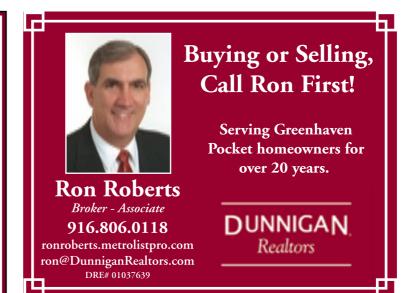
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Neurology prof to address California Retired Teachers

SACRAMENTO - The State Capital Division 5 of the California Retired Teachers Association (CalRTA) will hold its annual Symposium 2011 on Tuesday, March

The symposium will be held at the Casa Garden Meeting Center, located at 2700 Sutterville Road in Sacramento.

Keynote speaker Owen Carmichael, PhD, will speak on "Why are there No Effective Drugs for Alzheimer's Disease." Carmichael is an assistant professor of Neurology at UC Davis. His laboratory develops novel methods of extracting biologically-relevant information from neuro-imagining data, and uses the methods to clarify the course of brain changes in aging and late-life cognitive decline.

Registration coffee is from 9 a.m. to 9:15 a.m. Flag salute and announcements are from 9:15 a.m. to 9:50 a.m. The program begins at 10 a.m. and ends at 11:15 a.m. Lunch is served at 11:30 a.m. The cost for lunch is \$16. Lunch reservation deadline for Casa Garden Restaurant is March 10. Contact Margaret Ishimoto at (916) 391-2411 for lunch reservations. Nonmembers are welcome.





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Assistance League of Sacramento seeks to add to membership

SACRAMENTO - If you like history, thrift shops, schoolbased activities have acting skills, want to help children and adults and enjoy giving back to our community, then consider learning more about the Assistance League of Sacramento. The League will hold an information meeting about the good work it does in the community on April 3.

"Come join an incredible group of volunteers, who are dedicated to making a difference in our community, and share your time, talent and treasure with our membership of over 230 volunteers," said Liz Stenstrom, president of Assistance League of Sacramento.

The Assistance League of Sacramento is an all-volunteer nonprofit organization. It is one of 120 chapters of the Assistance League nationally.

The benefit to attending the annual informational meeting is so interested parties can become familiar with the League's philanthropic program, fundraising activities and membership commitments. The Assistance League of Sacramento sponsors nine philanthropic programs which provide services to the citizens of both Sacramento and Yolo Counties. The nine programs are: Bears, Clothes for Careers, Docents & History in a Trunk, Eyes Right, Kids on the Block[™], Operation School Bell', Scholarship Program, Senior Friendship and Waste Not.

The League's slogan is, "Caring & Commitment in Action." There are groups for those who time to volunteer during the day, and for those who have time available in the evening.

The informational meeting and new member open enrollment will be held on Sunday, April 3, at the Carmichael Park Clubhouse, located at 5750 Grant Avenue in Carmichael. League members will be on hand to answer questions.

For information, call (916) 488-0828 or email alsacmail@ gmail.com. Also visit www.SacramentoAssistanceLeague.org.

Yacht: Sailing vessels cross the San Francisco Bay to say 'Argh'

pirates; instead opting for the term privateer.

"I will never approve of real pirates, because they weren't good people," Brenda said. They really were bad guys. On the other hand, the privateers, they were mean dudes and they still went and took the goods from other sailing vessels, but they actually were sailing under the flag of a country."

And as a bit of trivia, Brenda added that the skull and cross bones-type image on the yacht's sails were designed prior to the release of any "Pirates of the Caribbean" movies.

"This (yacht) was being designed and put together long before those movies, so this has nothing to do with the Pirates of the Caribbean," Brenda said.

But of course, as entertainers, Jack G. and Brenda enjoy the added attention that these films have brought to the Sea Eagle.

Ånd despite what one might believe, the Sea Eagle has not been void of a movie-like, pirate-type battle on the water.

Instead, the yacht, as Brenda explained, once encountered a brief battle on the Sacramento River.

"We were going by (another pirate-like vessel, the Hawaiian Chieftain), so I pulled out our little, wooden cannon and waved it at them and they fired at us," Brenda said. "Seriously, I have pictures of the Hawaiian Chieftain firing at us. Is that too cool? I loved

Jack G. and Brenda's love for sailing together throughout the 40 years of their marriage has led them to sailing adventures in such places as the Atlantic and Pacific U.S. coasts, the Caribbean, the Mediterranean and the waters of Tahiti, New Zealand, Pago Pago and Hawaii.

And although the Sea Eagle is not the Paynes' first sailing vessel and perhaps it will not be their last, of all the boats that the couple has owned, no boat receives more attention than the Sea Eagle.

Brenda explained that this draw to the Sea Eagle is due to its extremely unique appearance.

"I've seen boats literally all over the world, but I've never seen a boat more unique than Sea Eagle," Brenda said. "I've seen some that are cute like the Hawaiian Chieftain, but none as unique as the Sea Eagle."

For additional information and to view more photographs of Sea Eagle, visit the Web link http://www. yachtpals.com/seaeagle.



Photo courtesy of Jack G. and Brenda Payr

Jack G. Payne sails on the San Francisco Bay, north of the Bay Bridge.

Aye, she's a pirate ship of sail. With gun ports 'long her hull! With swiveled chaser at her rail, Her sail: A blazing skull!!

She loves to crash her clipper bow Into the bounding main, For she's a Privateer, and now She dreams of pilfered gain!

Excerpts from the poem, "The Sea Eagle," by Jack A. Payne





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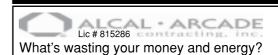
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Can Sacramento become an official cat capital?

By LANCE ARMSTRONG

Pocket News writer lance@valcomnews.com

Editor's Note: This is the second article in a two-part series featuring cats of the Sacramento area.

Sacramento is undoubtedly a very feline-rich city that has the potential of becoming an official "cat

Among the city's many cats are shop cats - felines that make their homes inside businesses.

And these cats certainly have plenty of fans. The sight of people arriving at local stores to simply visit shop cats, for instance, is a common theme for any such business with a resident cat.

Corey Okada, a clerk at Beers Books at 915 S St., said that Raffles, the store's cat who was named after a character in a book featuring a cat burglar, has her own fan club.

"(Raffles) has quite the following," Okada said. "She's the perfect cat to be a store

cat. She gets petted all day and doesn't mind, unlike a lot of cats. People love her and come in just to see her."

Two of the more unique shop cats in Sacramento are Ti and Teva, who roam on long leashes in the customer lounge of Black Rock Auto at 615 15th St. #A.

Black Rock Manager Mark Pflepsen said that these rescued strays have adapted to become some of the friendliest cats he has ever seen.

"They are super friendly," Pflepsen said. "You can take either cat and push them down, roll them upside down and play mop with them and slide them around and they just love it."

In the Land Park area, the longtime, local record store, Records at 1618 Broadway, is home to Joey, about a 6-yearold cat who also resided at the store's previous location on the K Street Mall.

There is something about literature and cats that go well together and perhaps this is why bookstores are one of



Photo courtesy, F.O. Blvd. Nursery

A pair of tuxedo cats, Ming (left) and Maggie, of Fair Oaks Boulevard Nursery do their best to assist with the business's incoming e-mail messages.

the more common businesses with shop cats.

Unfortunately, the two shop cats of one of the city's more cat-friendly bookstores, Time Tested Books at 1114 21st St., passed away about five years ago. But the store still shows its love for cats with its wooden cat on wheels and a wooden cat that sits above the business's records.

St. #A likely hold the title of the heaviest shop cat in Sacramento.

Describing the cat, Richard L. Press, the business's owner, said, "His name is Arshile. Everybody says that it's a Maine Coon, but Maine Coons have fluffy tails, supposedly. This is not a fluffy tail. This is a tabby, but he's a giant."

previous-Press, who

for the video is www.vimeo. com/18289183.

The presence of Sacramento area cats on the Internet can also be found on the Web site, www.youtube. com. The site includes various Sacramento area felinerelated videos, ranging from a collection of photographs of Clarice the cat set to the music of Tom Jones'"What's New Pussycat" to a story of a cat that allegedly saved

See Cats, page 23



ly owned a shop cat, named With apologies to Caspar, Willow, said that Arshile apa 23-pound cat at Richard L. pears quite often on a vid-Press Fine Books at 1831 F eo about his store. The link

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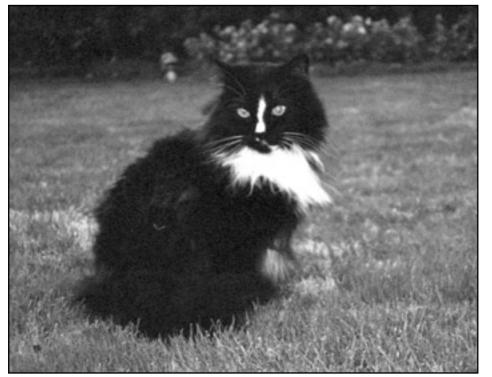


Photo courtesy
Spyder was among the many local cats that have brought joy to people's lives in the Sacramento area.



Photo courtesy, F.O. Blvd. Nursery

Shop cats Ming (bottom) and Maggie find unique places to hang out at Fair Oaks Boulevard Nursery.

Cats: Local cats contribute to reducing the local rat population

Continued from page 22

the life of its owner during a fire.

And from the Sacramento music scene, there is a band, called Fish Cat Fish, and a widely recognized image used by the Deftones, one of the most popular bands to emerge from the capital city, is that of a "screaming" (actually yawning) kitten.

Cat fever even extends across the Sacramento River, as is apparent through the city of Davis' B&L Bike Shop, which is home to a shop cat, named Milo.

But perhaps no greater tribute to cats can be found west of the capital city than at West Sacramento's Raley Field, which is home to the extremely popular Sacramento River Cats Pacific Coast League baseball team and the team's mascot Dinger the cat.

The team is appropriately named when considering the many feral cats that reside along the eastern and western banks of the river.

Although many local residents are not fond of the fact that the non-baseball river cats and many alley cats of the downtown/midtown area run free with no owners, these cats provide further evidence of Sacramento's need to be officially recognized as a "cat city."

With no committee members, no committee, no official stand by this publication and no other known mention of this movement besides this informational, thought-provoking article, Sacramento's

potential prominence as an official "cat city" is obviously lacking its much needed support.

But as a bit of encouragement for those who are hesitating to support this issue, the following modified quote of Mark Twain – apologies to Mr. Clemens! – should be remembered: "It's not the size of the cat lover in the fight, it's the size of the fight in the cat lover."

Despite the existence of much time before the November election, attempting to obtain official "cat city" status should be no easy endeavor.

But whatever happens, one thing is for sure – cat fever is strong in the Sacramento area.

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Sacramento built 'Lucky Manor' to save the local economy

By SUSAN LAIRD Pocket News editor susan@valcomnews.com

Sacramento is known for its beautiful, tree-lined neighborhoods, filled with homes featuring the unique architecture of the eras in which they were built - as well as the personalities of the owners who built them.

One home, however, represented the hopes of the entire community for an economic resurgence. It was built for one purpose, and one purpose only: to save the economy of Sacramento during the bottom of the Great Depression.

Nationally, the real estate market had collapsed. The banking crisis of the early 1930s had forced all banks to retrieve due mortgages - forcing home foreclosures. Refinancing was not available. Real estate values tanked as people lost their homes. Few home loans were issued during this time, and few new homes were purchased.

The National Housing Act of 1934 sought to reverse all this. Uncle Sam was going to sweep away "that old barrier of money worry" by offering Americans the first Federal Housing Administration (FHA) home loans. These loans could be used to build or purchase a new home, or to make improvements to an existing home.

Sacramento immediately organized the Modernize Sacramento Committee, chaired by Allyn L. Burr. The board of directors included community leaders of the day, including Clarence H. Breuner. The committee had representatives of the city, county and state governments, as well as leaders in the retail and building fields.

Together, they built four demonstration houses to educate Sacramento area residents about the programs available through the FHA. The most famous of these was "Lucky Manor," located at 1701 11th Avenue in the College Tract of Land Park, in 1935.

First home of kind

Lucky Manor was significant because it was the first home in the United States to be completed to stimulate interest in the federal government's long-term home financing program. Built by the leading builders of the day, the retail value of the home was \$12,000 - a value of \$177,000 in today's dollars. Leading local retailers, including Breuner's, Weinstock-Lubin & Co., Vogt Electric and others, furnished the home with examples of how "home happiness" could be achieved with modern furnishings and appliances.

It was the first "model house" ever. The Sacramento Bee devoted virtually the entire front section of the May 23, 1935 edition to the opening of the home to the public the

Tickets to view the home were sold six weeks in advance, for 35 cents a ticket or 12 tickets for \$3.50.

Home of hope

And the most amazing thing of all was that this home would be raffled off to one lucky winner. The public went wild to see the home and have a chance at winning large.

Once upon a time, you would visit a home like 'Lucky Manor' and leave with a sigh of regret...because such comfort seemed so far beyond your reach. You'd wonder: Will we ever be able to enjoy anything half as nice?" stated the 16-page pamphlet each visitor to the home received. "But now! You can drink in every detail of 'Lucky Manor' and leave with your HEAD IN THE AIR...because that old barrier of money worry has been swept away by Uncle Sam."

English rustic design

Lucky Manor was designed "along the lines of an English country home, with all the rustic beauty of its gabled roof and dormer windows," the Bee said. "Its classic simplicity immediately calls to mind the English manor immortalized in the romances of John Galsworthy and the poet, Shelley."

Visitors to the home could see idealized settings in each room and quality craftsmanship in the architectural details throughout the interior and exterior of the home. The 2,209 square-foot home featured three bedrooms, 1.5 baths, an entrance hall, living room, living room "terrace," dining room, breakfast nook, kitchen, service porch, service basement and a detached two-car garage - a novelty for the day, and considered very modern. The 8,712 square-foot corner lot featured professional landscaping.

A Dutch Colonial double door welcomed visitors to the home. To their left was the living room "the heart of the home," furnished through the courtesy of Weinstock-Lubin & Co. - complete with a grand piano from Breuner's. Visitors learned that with a housing act loan - they could add to their own homes: a fireplace and chimney for \$4/month, a builtin mantle for \$3/month and hard-



Lucky Manor, seen here in 1935, made national history as the first demonstration home built under the National Housing Act of 1934. Built by the Modernize Sacramento Committee, the home was viewed as an important catalyst to re-boot the flailing Sacramento economy at the bottom of the Great Depression.

wood floors for \$3/month. All these loans would be paid off in just three

The kitchen featured a brand-new 1935 Super-seven Frigidaire electric refrigerator and a Spark cabinet gas range, a double basket-drainer Crane Co. sink, and hand-crafted cabinetry.

The upstairs bathroom was decked out in red, white, black and chrome. The built-in recessed shower was considered a novel note, with its glass door with chrome details.

The bedrooms were large, and closet space was ample.

"One of the most desirable features of any home is incorporated in this master bedroom of Lucky Manor," the Bee said. "There is an abundance of space in the wardrobe closet with recessed shoe racks and hanging rods and shelves, making it easy to keep everything in order."

The landscaping of Lucky Man-

or was designed to last by East Lawn Nursery. In fact, many of the seasonal shrubs and evergreens continue to grow, bloom and thrive at the home.

Lucky winner

Thousands of tickets to view Lucky Manor were sold - some 25,000 by opening day, in fact. On June 29, 1935, one very lucky ticket was drawn - to the astonishment of the winner, Mrs. Lucy D. Griffey, 64. Mrs. Griffey was a widow of some 43 years, whose husband was killed in a Southern Pacific Railroad accident in 1892, leaving her to raise an infant son (who died in 1923) and later a nephew and two nieces, on her own. She made her living as a dressmaker until her eyesight failed, and lived in the home she built at 2920 ½ G Street with her nieces, Mrs. Allemand and Mrs. Reilly.

Winning the Lucky Manor meant new opportunities for the widow who had experienced such misfortune in her life.

"I was so excited when they told me I had been awarded the house I couldn't dress myself," she told the Bee with a laugh. "They sent a taxi for me as soon as they told me about it, so I could go out to Lucky Manor. But the taxi finally had to go on - it was an hour before I could get myself ready."

Mrs. Griffey planned to remain in her home, and contemplated selling Lucky Manor so she could retire.

"I guess I'll stay right here," she said. "I might travel just a little and not far from home. My life is here. But I'm not going to work."

Lucky Manor has stood the test of time well. "Quality will show out," as the old saying goes. The original architectural features of the home are still there, and the home continues to have a cheerful, "new" feeling to it - this after over 75 years and thousands of visitors, quite literally.

On the March market

Those interested in viewing this historic home will have a unique opportunity, when Lucky Manor goes on the market in early March. Yes, it is offered for sale to that special individual or family that will appreciate it for its quality construction, good schools and convenient nearby parks (it is just a few blocks from Sacramento's historic William Land Park). The asking price is \$649,000.

Interested parties may contact Janet Gatejen at (916) 420-8418, janet@urbanhoundproperties.com or visit www.luckymanor.com.

CALENDAR

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

March

Daily, except Sundays: Meditation, breathing, forms and various styles of Tai Chi are taught. No experience necessary. Everyone welcome. Free. 8 a.m.-9 a.m. Reichmuth Park, 6135 Gloria Dr., Sac. (601) 559-5481

'The Vase and Beyond'

Daily, through April 10: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300 artists, this collection show cases 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.org

'Inferno of the Innocents'

Daily, through April 24: Like a modernday Goya, Gottfried Helnwein's monumental paintings and photographs address themes of inhumanity, violence, and the virtue of personal expression. With stark and probing psychological intensity, he critiques not only the past, but present-day veneers, jolting us from the comfort of complacency Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Film Frame

March 3: "The Silence of Innocence—The Artist Gottfried Helnwein" (2009, 116 minutes) Filmmaker Claudia Schmid accompanied artist Gottfried Helnwein for two years to produce this insightful documentary of the artist's process and environment. A discussion with Jesse Drew, associate professor of technocultural studies at UC Davis, artist Ianna Frisby, and Elaine O'Brien, professor of modern and contemporary art history and criticism at CSU, Sacramento will follow the film. Purchase tickets at crockerartmuseum.org, the Admission Desk, or by calling (916) $\overset{\circ}{808}$ -1182.\$6 members,\$12 nonmembers.6 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Food Addicts Anonymous

March 3, 10, 17, 24, 31: 12-Step group for those who struggle with obesity, food obses-

sion or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Living Positive with Chronic Disease group

March 3, 10, 17, 24, 31: 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. Danea Horn (503) 319-4247

Lunch & Learn

March 3, 17: Join us for an in-depth 30minute talk about a work of art on view. "Untitled (The Disasters of War 10)" will be discussed on March 3, and the topic will be Curtis Benzle's "Bowl" on March 17. Participants are encouraged to enjoy lunch at the Crocker Cafe before or after the talk. Free with Museum admission. 12 noon. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Rotary Club of East Sacramento

March 3, 10, 17, 24, 31: 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

See more Calendar, page 26



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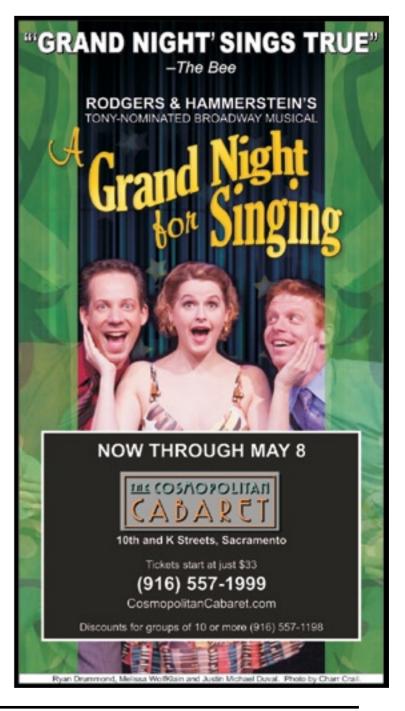
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CALENDAR

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Rotary Club of Pocket/Greenhaven

March 3, 10, 17, 24, 31: 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

March 3, 10, 17, 24, 31: 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)



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Big Band Dance

March 4, 8, 11, 15, 18, 22, 25, 29: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Kiwanis Club of East Sacramento-Midtown

March 4, 11, 18, 25: 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 veggies & Veggie gardening

March 4: "Organic Vegetables and Vegetable Gardening" will be presented by Bill Krycia, UC Davis Master Gardener at this meeting of the Organic Gardening Club of Sacramento County. 10 a.m. Carmichael Park Admin. Bldg., 5750 Grant Ave., Carmichael. (916) 635-6724

Rotary Club of Point West

March 4, 11, 18, 25: 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

Rummage sale

March 4, 5: Come check out the fine jewelry, collectibles and gently used clothing at the All Saints Episcopal Church Rummage Sale. Fri. from 11 a.m. - 3 p.m., Sat. from 9 a.m. - 2 p.m. 2076 Sutterville Rd., Sac. (916) 455-0643

tional 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

African American authors discussion

March 5, 12, 19, 26: Spirited and thoughtprovoking book discussions with an emphasis on African American authors, 10 a.m., Saturdays through May 14. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

Art Q & A

March 5, 6, 12, 13, 19, 20, 26, 27: Discover the essence of the art on view in tours that emphasize looking, conversation, and group interaction. Free with Museum admission. 11 a.m. and 1 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org



Book Club

March 5: Enjoy lively book discussions and

light refreshments as we discuss "My Read-

ing Life" by Pat Conroy. 11 a.m. Arcade Li-

brary, 2443 Marconi Ave., Sac. (916) 264-

March 5, 12, 19, 26: 12-Step group for

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Food Addicts Anonymous

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ver St., Sac. (916) 635-6724

March 5: Adults are invited to a free art workshop series. Participants are encouraged to experiment with different media and learn a few things about art history at the same time. 2 p.m., Saturdays, through March 5 at Arden-Dimick Library, 891 Watt Ave., Sac. (916) 264-2920 www.saclibrary.org

School Readiness Fair

March 5: Get your little ones ready for school! Immunizations 0-5 years (shot record & birth certificate required), dental exams and tooth varnishing, accepting applications for preschool, summer camp & kindergarten, early child education and free subsidized childcare info, community resources, health insurance info., art activities, more. 10 a.m. - 2 p.m. Serna Center, 5735 47th Ave., Sac. (916) 643-7858 or (916) 643-7859

Classical Concert: Trio Voce, Piano Trio

March 6: Violinist Jasmine Lin, cellist Marina Hoover, and pianist Patricia Tao will perform works by Shostakovich, Beethoven, and Mieczyslaw Weinberg, to complement the exhibition "Gottfried Helnwein: Inferno of the Innocents." 3 p.m. Purchase tickets at crockerartmuseum.org, the Admission Desk, or by calling (916) 808-1182. \$6 members, \$12 nonmembers. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Co-Dependents Anonymous

March 6, 13, 20, 27: 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

March 6, 13, 20, 27: 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

Mardi Gras Sunday

March 6: It's Mardi Gras Sunday and "all that jazz" as Northminster Presbyterian Church ushers in the Lenten Season. 9:55 a.m. All welcome. The worship will feature traditional jazz music by the youth band, TNT (The New Traditional), and the service will be followed by a lunch of red beans and rice, corn bread and red velvet cake. Come join us as we prepare to enter the 40 days that lead up to the events of Holy Week that culminate on Easter. 3235 Pope Ave., Sac. (916) 487-5192 www.northminsteronline.org





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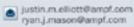
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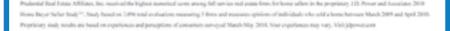
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