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All in the Family

Pocket's Nevis family one of the largest in Sacramento

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Chinese 'Year of the Dragon'

Sacramento Chinese Catholic Community Chinese New Year celebration

Special to Pocket News

Chinese Catholics will celebrate the Chinese New Year on Sunday, Feb. 5, with a Mass with Bishop Jaime Soto and a Tribute to Ancestors Ceremony.

The Mass will be held at 3:pm at the Cathedral of the Blessed Sacrament, located at 1017 11th Street in Sacramento.

A Chinese New Year dinner will follow at 6 pm at the Holiday Villa Restaurant, located at 7007 South Land Park Drive in Sacramento. Cost for the dinner is \$17 per adult, \$8 per child between the ages of five and 12.

The Sacramento Chinese Catholic Community (SCCC) was formed in 1986 with the purpose of establishing a base for Chinese-speaking people to be involved in the Catholic church. However, language barrier and ethnic differences kept many from fully participating in church services and activities. Most

priests did not speak the various Chinese dialects.

As the church entered the new millennium, Bishop William K. Weigand wanted the diocese to continue to reach out to the Chinese-speaking people in the greater Sacramento area. With much effort, he arranged to have Father Nicholas Ho travel from Singapore in 2002. Bishop Weigand appointed him as vicar for ethnic Chinese ministry.

Father Ho was ordained and served in Singapore for 25 years in various priestly duties. He speaks fluent Mandarin, Cantonese, and English.

Chinese Catholics in the Greater Sacramento area meet every Sunday at the Cathedral, promoting the Catholic faith and serving the spiritual needs of people in Mandarin, Cantonese and English.

All are welcome at these events. For more information or to reserve a seat for dinner, contact Gloria Fong (916) 442-7178 or Barbara Chow (916) 396-9783.

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Special to Pocket News

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The Robbie Waters Pocket-Greenhaven Library is located at 7335 Gloria Drive in Sacramento. Call (916) 264-2700 or visit www.saclibrary.org.

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Restore the Roar

McClatchy High School seeks to establish 'Athletic Hall of Fame'

Special to Pocket News

Efforts are underway to establish a McClatchy High School Athletic Hall of Fame honoring the best of the student-athletes since the school was founded in 1937.

The effort coincides with the school's 75th anniversary and is being headed up by Restore the Roar, a booster group of alumni, parents and friends of McClatchy sports.

The organization is seeking nominations for the initial hall of fame class from all interested parties. More information is available on the organization's website at <http://www.Restoretheroar.org>. The site includes student-athletes and coaches already nomi-

inated and information on how to submit additional nominations.

Identifying the best athletes during the school's seventy-five years of existence is proving to be an immense challenge, according to the Website.

The core committee has researched Sacramento Bee files, California Interscholastic Federation-Sac-Joaquin Section historical data and input from veteran McClatchy observers to come up with a list of nominations. There is a link to view nominations on the site.

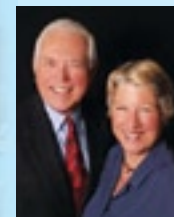
"It is envisioned that the first class honored will be comprised of about 40 of the

See McClatchy, page13

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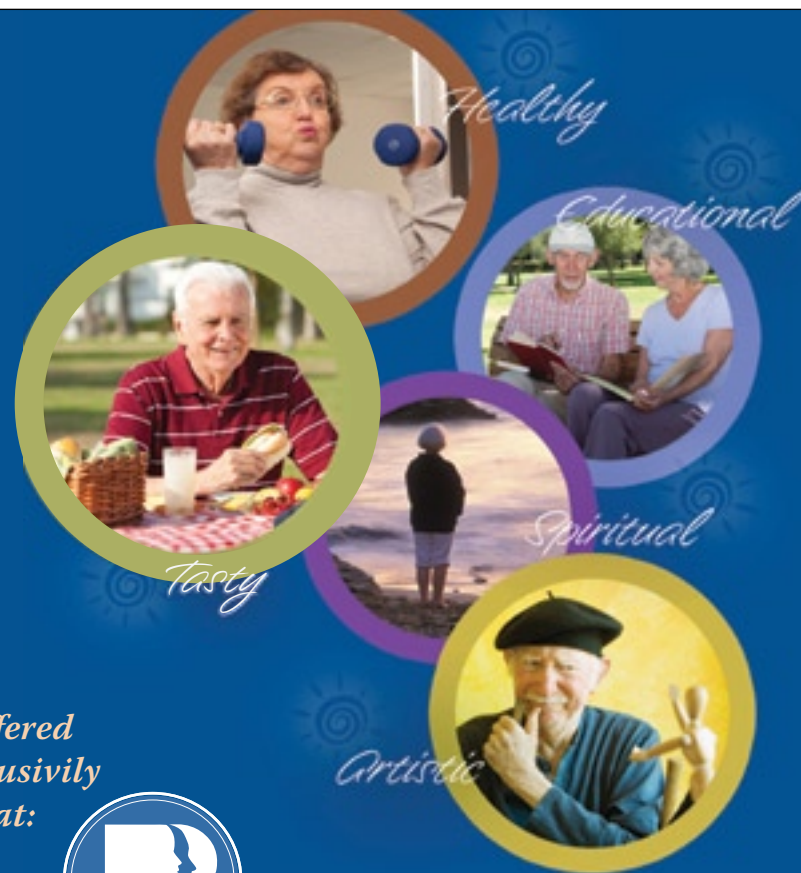
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CDC to conduct national health survey in Sacramento County

Special to Pocket News

Government workers will be ringing some doorbells in East Sacramento neighborhoods and throughout Sacramento County, but it won't be for the census. These surveyors will be recording data on America's physical health.

The National Health and Nutrition Examination Survey (NHANES) is the most comprehensive survey of the health and nutritional status of the U.S. population.

Sacramento County is often chosen for marketing studies because it is a diverse community. The National Center for Health Statistics (a part of the Centers for Disease Control and Prevention) will conduct the surveys starting on Feb. 2 and running through April 1.

So, what is it?

For the last 50 years, the NHANES has kept track of the nation's health and nutritional status. It is a tool to check on the fitness levels of children and teens. It is a valuable resource for finding out which health policies and programs are working. Areas that need work can be identified.

Local residents are chosen at random to be interviewed. For the people who are interviewed, the NHANES is an opportunity to gain information about one's health.

Each year, residents in 15 counties across the nation have the chance to participate in the latest NHANES.

National 'checkup'

"NHANES serves as the nation's 'health check-up,' going into communities to get health information throughout the country," said CDC Director Thomas Frieden. "The survey is a unique resource for health information, and without it we would lack important knowledge about major health conditions."

Public health officials, legislators, and physicians use the information gathered in NHANES to develop sound health policies, direct and design health programs and ser-

vices, and expand the health knowledge for the nation. NHANES captures data to identify and address health issues that will help everyone maintain independence and good health. In addition, national references are produced and standardized growth charts are created for pediatricians across the country using NHANES data.

Focus on youth obesity

This year, NHANES will embark on a new effort to increase attention to the importance of health related fitness in youth in the United States. This youth survey, called the National Youth Fitness Survey, will provide additional information with which to evaluate the health and weight of children and adolescents. Given the epidemic levels of childhood obesity throughout the nation, results from this national survey are extremely important.

What to expect?

Individuals selected for the NHANES program represent the U.S. population of all races/ethnicities and all ages. People will be chosen from all areas of Sacramento County.

Respondents first participate in a health interview conducted in the respondent's home followed by a health examination that takes place in one of three mobile examination centers. These will be at Cal Expo.

Privacy respected

No medical care is provided directly in the mobile examination center, but a report on physical findings is given to each participant along with an explanation from survey medical staff. The various tests and procedures depend upon the age of the participant. All information collected in the surveys is kept strictly confidential, and privacy is protected by public law.

By invitation only

Residents will have an invitation-only opportunity to participate in either the NHANES or the NYFS. There is no opportunity to "opt in," since the selections are done in advance and at random. Individuals who agree to participate will receive compensation for their time and travel expenses.

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Nevis family was one of the area's largest families

By LANCE ARMSTRONG
Pocket News writer
lance@valcomnews.com

Among the earlier Pocket pioneers was Joseph C. Nevis, who was the first member of his family to settle in the Pocket area. His family eventually grew to become one of the area's largest early-day families.

While conducting research regarding the Nevis family during the early 1980s, Riverside-Pocket historian Dolores (Silva) Greenslate interviewed Clarence Nevis, son of Manuel Nevis, Jr. and grand-

son of Manuel, Sr. and Mary Nevis.

Greenslate related a detail about the family's surname that she encountered while working with Clarence.

Startling discovery

"In researching the Nevis family name, I accidently discovered that the Nevis name was originally Silva," Greenslate said.

This earlier family name was determined through a family picture with a letter behind it and original deeds to the Nevis family's Pock-

et property that were in Clarence's home.

In recalling this discovery, Greenslate said, "Clarence could not believe that his family's original name was Silva, but it was a fact since all of the evidence was at his fingertips and he did not realize it."

The name "Neves" is actually the spelling of the birth name from the family's ancestral Azores Islands and this spelling of the name was often changed to "Nevis" after members of the family came to America.

In the case of Joseph Nevis, his surname was changed from "Neves" to "Nevis" to avoid confusion with his cousin who also had the surname "Neves." This cousin resided on the same property as Joseph and the name change occurred for the purpose of assisting with the proper distribution of mail.

Another detail regarding Nevis family members is that all of the men of the family used the middle initial "C.," which represents the surname Correira, which was also a family name.

At St. Joseph's Cemetery at 21st Street and Broadway, the tombstone of Joseph C. Nevis reads: "José C. Das Neves, 1-28-(18)94, aged 64," thus indicating that he was born in 1830.



Photo courtesy, Sacramento Portuguese Cultural and Historical Society
STARTING A NEW LIFE TOGETHER. Mary and Joseph Nevis, who are shown in their wedding photograph, were married in 1890. He was 25, she was 15 years old.

According to the 1890 book, "Illustrated History of Sacramento County, California," Joseph C. Nevis is recognized as "Joe Silva."

The book also shows that he was born in the "Western Islands" (Azores Islands) in 1822 and immigrated to California in 1855.

However, information that was provided by Nevis family members references Joseph as having been born in Faial in the Azores Islands in 1830, as the aforementioned cemetery tombstone indicates.

Joseph first engaged in mining for gold at Negro Bar, near

See Nevis, page 7

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Nevis: Family surname was originally 'Silva'

Continued from page 6

Granite City – now Folsom and according to the 1890 book, he experienced success in this endeavor.

Carmichael connection

On Sept. 14, 1864, Joseph married Mary Norsement in Sacramento and then relocated with Mary to an area known as “the Grant,” which was located east of Sacramento in today’s Carmichael area.

Joseph worked as a farmer in “the Grant,” where both of his sons, Manuel and Joseph were born.

The June 1870 Sacramento census for Sutter Township lists the members of the “Silva” family as Joe, “Gianner” (Portuguese for provider), 38; Mary, “keep house” (housekeeper), 27; Joseph, 5; and “Manwell” (Manuel), 3.

On Aug. 28, 1868, the eldest Joseph relocated with his family to the Pocket area and leased the 95-acre Read ranch, which he farmed. He continued leasing this property until he purchased the ranch a decade later for \$2,000 in U.S. gold coins.

The legal document for the ranch reads: 1 deed, 4 leases, 2 mortgages for Joseph Silva and son, Manuel C., and Mary Neves Nevis.”

The Pocket ranch

The Nevis’ Pocket ranch was located across Riverside Road from Faustino Silva’s slaughterhouse, which operated just slightly south of the beginning of today’s intersection of Riverside Boulevard and Park Riviera Way.

The property extended from the river to across the old Riverside Road and consisted of 29.21 acres. The eldest Joseph also owned 14.7 acres across Riverside Road.

Faustino Silva later purchased the Nevises’ properties to enhance his slaughterhouse acreage.

While under the ownership of the Nevises, the ranch was operated by the eldest Joseph and his two sons, who farmed vegetables and had dairy cows.

The cream was taken to Sacramento and most likely sold to the Crystal Cream and Butter Co. and vegetables were sold to local produce

businesses or contracted with other brokers.

Libby, McNeill & Libby of Sacramento purchased the ranch’s acreage of spinach and tomatoes.

Following the death of the eldest Joseph, his sons ranched together before eventually dividing the ranch’s land into two equal parcels.

The younger Joseph, who at the age 25 married 15-year-old Maria du Luz (known by Maria Correia, later known as Curry) in 1890, ranched his parcel until his death in about 1928, at which time his sons Lloyd and George began to operate the ranch.

Manuel, who married 18-year-old Mary Dutra in 1896 when he was 28 years old, ranched his portion of the original Nevis ranch until about 1940.

Following his time living on the ranch, Manuel moved to a home off Franklin Boulevard. He died at the age of 81 on July 21, 1948 and Manuel passed away about 20 years earlier.

One of the original Pocket area Nevis homes, where Clarence Nevis lived with his twin sister, Lorraine, for many years, is still standing today.

One of Sacramento’s largest families

The Nevis family obviously expanded greatly, as Manuel and Joseph’s sister, Mary Nevis, who married a Manuel Nevis, who was no relation to the featured Nevis family, in 1894, was presented with her very large family in a photograph in *The Sacramento Union* on Dec. 25, 1957.

In the photograph, Mary, who was 80 years old at the



CHRISTMAS PAST. Mary Nevis, lower, center with a Christmas present in her hands, is shown in this 1957 photograph at the age of 80 with more than 80 members of her family. Mary was the wife of Manuel Nevis, Sr.

time, was shown gathered in front of a Christmas tree with more than 80 members of her family, including a few in-laws. At the time that the photograph was taken, members of Mary’s family, which was actually even larger, included her 11 children, 32 grandchildren and 56 great-grandchildren.

The Union noted that the Nevis family was “one of the largest, if not the largest, in this area.”

With the Pocket having experienced many changes and having a much different, built-out appearance today, the history of the Nevis family’s existence in the area is now only a memory of days gone by.

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How sweet it is

Local spots offer chocolatey concoctions perfect for your Valentine

By **CORRIE PELC**
Pocket News writer
corrie@valcomnews.com

Ah, chocolate. If ever there was a food with magical powers, this would be it. It has the ability to turn any frown upside down. And it's a treat enjoyed by everyone – male or female, young or old, rich or poor.

Chocolate has a very rich history. According to Wikipedia, a form of drinking chocolate can be traced all the way back to 1900 BC. Chocolate was used in the religious rituals of the Mayans and Aztecs, leading eventually to European explorers being introduced to the substance. From there the production of what we know as chocolate did not evolve until the 18th century, thanks to the Industrial Revolution and machinery that began producing large quantities of chocolate treats.

In the US, chocolate is purchased by 97.3 percent of households and chocolate candy sales totaled about \$7.5 billion in 2009, according to

Nielsen. Of those sales, about \$345 million occur during the week of Valentine's Day, with consumers purchasing more than 58 million pounds of chocolate candies, Nielsen adds.

Sweet Sacramento

With Valentine's Day right around the corner, it is fortunate that there are quite a few options in our community to pick up the perfect chocolate sweet for your Valentine.

For example, Midtown's Ginger Elizabeth Chocolates will be offering a decorated heart-shaped box made of chocolate that is then filled with "chocolate pearls" and their signature truffles.

"We specialize in a French style truffle. It's a cut truffle, called bon bon," explains owner Ginger Elizabeth Hahn. She adds the shop will also be offering a special Valentine's Cake featuring rum-soaked banana cake layered with banana Bavarian cream and



Photo courtesy

CHOCOLATE MOUSSE PIE from Vic's Ice Cream in Sacramento's Land Park is a classic treat for Valentine's Day. It features a chocolate cookie crust, Vic's signature chocolate mousse ice cream, fudge and it's topped by chocolate whipped cream and chocolate flakes.

See Chocolate, page 9

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Chocolate: The taste, texture – how it melts in your mouth – Sacramento loves chocolate

Continued from page 8

crunchy chocolate pearls, all wrapped in bittersweet chocolate mousse. Hahn says pre-ordering is a must for these items.

In the Arden area, Capital Confections will be offering chocolate-dipped strawberries both the day before and on Valentine's Day, as well as their 24 flavors of handmade truffles packaged in handmade boxes made from mulberry paper.

Looking for a unique gift?

"One of the fun things we do for Valentine's Day is our handcuffs and I have little printed ribbons on the handcuffs that say 'Prisoner of Love' and it's very cute," suggests owner Teresa Higgins.

Additionally the shop can make your Valentine a special chocolate from one of the 700 chocolate molds they have in stock. Higgins suggests placing Valentine's Day orders at least a week in advance, including for the strawberries.

Cool treats

If it's chocolate ice cream that your love craves, Vic's Ice Cream in Land Park has you covered with its chocolate mousse pie.

"It has a chocolate cookie crust, chocolate mousse ice cream – which we make here – fudge on top, chocolate whipped cream, and then chocolate flakes on top of that," details Craig Rutledge, president of Vic's Ice Cream. Rutledge says Vic's can also create bon bons, which are hand-scoops of ice cream dipped in Guittard chocolate, or create a "party cake" with 10 scoops of any ice cream they have available. And he said the shop is getting ready to bring back its famed Jik Jak flavor – a light chocolate with cinnamon, malt, almonds and fudge ripple. Rutledge advises placing orders at least a week before Valentine's Day.

Dine out

Over in the Pocket area, no dinner is complete without dessert. The Pocket Bistro has this covered with a special cake they will be serving only

on Valentine's Day, according to chef and owner Edmund Abay.

"We'll be doing a chocolate decadence cake that's going to be stuffed with a chocolate ganache, warmed up, and served with fresh strawberries," he says. Abay says the special dessert is house-made by their pastry chef and will feature semi-sweet Ghirardelli chocolate. For Valentine's dinner, he suggests making reservations as soon as possible.

Make me melt

With the obvious chocolate infatuation most Americans have, what is it that draws us in? What is it about chocolate that makes it so hard to resist?

Hahn says it's the color of chocolate that actually draws people to it subconsciously, the mouth-feel, and how it melts in your mouth.

"One of the biggest perks of chocolate is that if it's a good quality one, it melts on the human palate perfectly," she explains.

Abay believes people are drawn to chocolate for its richness as a comfort food.

"When people were growing up, as a child chocolate has always been there and I think when people order chocolate on the menu, it's more a comforting thing," he adds.

Happy memories

Rutledge agrees, citing both nostalgia and comfort. In fact,

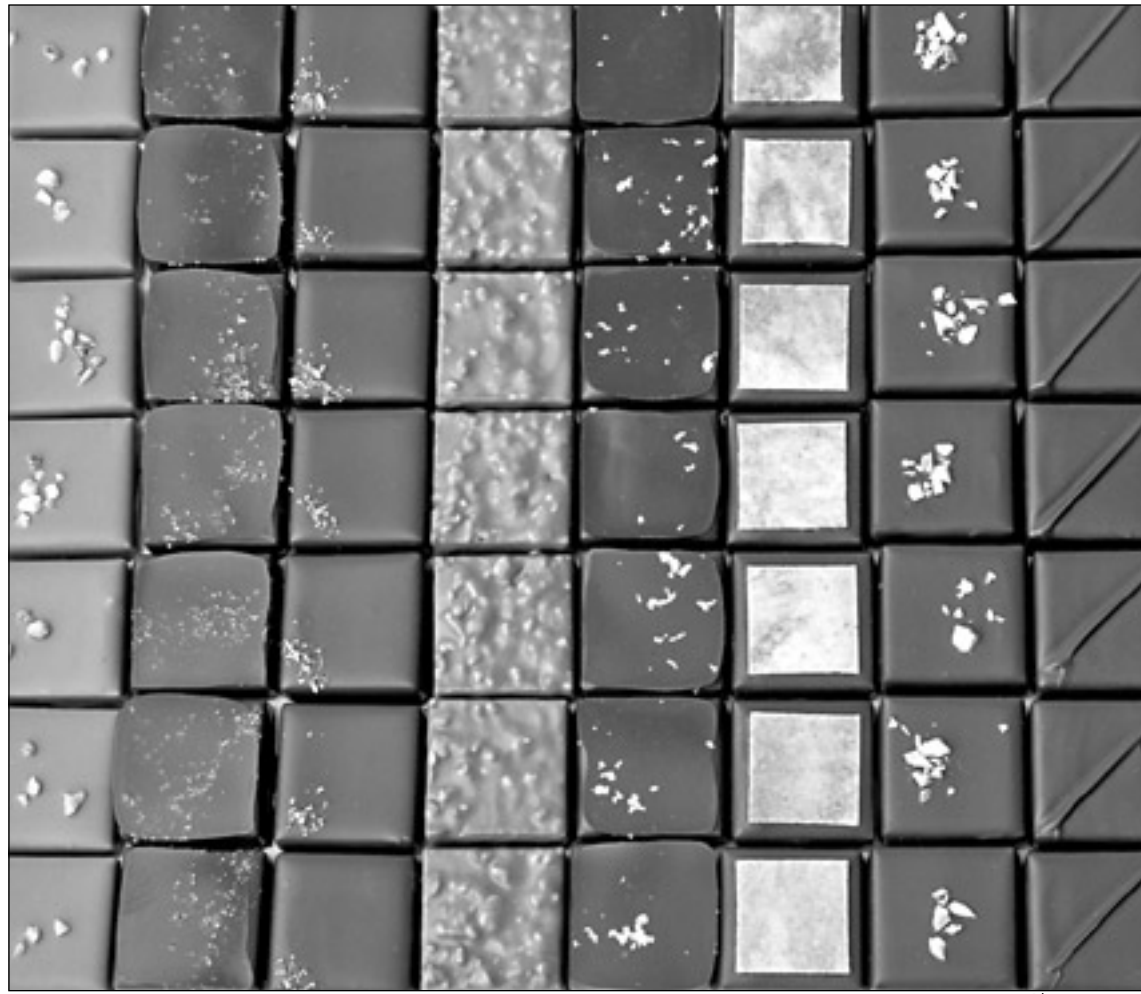


Photo courtesy

LOVELY IN ALL ITS FORMS, people all around the globe love chocolate. These cut truffles are a specialty of Ginger Elizabeth Chocolates in Midtown Sacramento.

he says Vic's sells more chocolate ice cream flavors in the winter than any other season. And when it comes to chocolate ice cream, he says it's also a texture thing.

"Since you already have a butter fat product with the dairy and if you're adding the butter fat from the cocoa in there, it actually makes it a smoother, creamier product then if we just put like vanilla

extract in it," he says. "You're getting a much smoother texture, so I think that drives people to like it."

And when all of these elements are added together, it boils down to one thing for

why people love chocolate so much, Higgins says.

"It's a treat, it's like a moment on vacation," she said. "It's like going and treating yourself to something small that makes you feel good."

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Neighborhood pulls out checkbook to save Clunie Hall Community Center

By ELIZABETH VALENTE
Pocket News writer
elizabeth@valcomnews.com

When the City of Sacramento announced this fall that the Clunie Hall Community Center, located at 601 Alhambra Boulevard at McKinley Park, was in jeopardy of closing this July due to city budget issues, a community-wide campaign was launched to keep it fully operating. Residents and business owners of East Sacramento, members of McKinley Library, and McKinley Park enthusiasts didn't waste any time to save their 75-year-old iconic building.

"We have \$29,000 for this fiscal year to pay for everyday maintenance such as the heating, air conditioning, janitorial and part time staff for the Clunie Center. We could not guarantee that we could continue to allocate that much for the building," explained Lori Harder, City Administrative Manager of Parks and Recreation. "The potential of closing the community center and eventually the adjoining McKinley Library, those two things happening were very alarming for the community around McKinley Park. So members of the community stepped up to raise funds and manage the building."

Friends of East Sac rally

The initial rally to help raise funds came from members of

the non-profit group, Friends of East Sac. According to the organization's Website, the funds represent the committee's commitment to support those in need and the community.

"Friends of East Sacramento – with the support of every of East Sacramento and Midtown neighborhood association, Councilman Steve Cohn, the Friends of McKinley Library, the city, and donations by hundreds of neighbors – has stepped forward with a 3 year plan to provide non-profit management for the Clunie," the Website stated. "This will help ensure that the McKinley Library could continue to stay open. The Friends of East Sacramento will model the operation after the very successful Sierra 2 Center in Curtis Park. The nonprofit model of the operation of public facilities is growing nation-wide. But keeping it open and managed by a nonprofit takes start-up money."

Successful drive

The rebel cry was a success. Within four months, Friends of East Sac, led by East Sacramento resident Cecily Hastings, collected over \$60,000 from local businesses, residents, and park supporters to help pay off the City's \$45,000 operating budget.

"We got the call right before the Christmas break and I can tell you, in the past four

years we don't get that kind of good news too often anymore with all the closures of parks and recs. So yea, it was a great Christmas present," said Harder. "Without the group's efforts, the Center was most likely to close in July, along with the library inside."

"We've established a \$60,000 building fund because this is an old building and we've already figured out it's a money pit," said Hastings at a City press conference held on Jan. 17 with Mayor Kevin Johnson, Councilmember Steve Cohn and Nancy Cornelius from McKinley-East Sacramento Neighborhood Association (MENA). "We want to restore it to its glory of probably what it was 75 years ago."

Blueprint to follow

At the press conference, Mayor Johnson said the work in East Sacramento is "a blueprint that challenges other areas of the city."

Harder expanded on the Mayor's sentiments by adding that this action by residents and businesses in East Sacramento is a community model that the City hopes will continue to emerge to help keep parks and community centers open as the budget deficit continues to chip away at those assets.

"We do have several other community centers that are (scheduled) to close, so we put out calls to non-profits and big local corporations if they want to talk to us about taking over responsibility of other community centers, to keep them open for community meetings, programming for kids, teens and adults," Harder said. "A great example of this model is the Sierra 2 Center, run by the Sierra Curtis Neighborhood Association. It makes the Curtis Park neighborhood one of the most unique communities in Sacramento."

Negotiating a transition

Currently organizers of Friends of East Sac are in negotiations with the City to take over the Center and run the facility at a lower cost than the city has. Organizers believe that, with proper management, the Clunie Hall Community Center could bring in \$100,000 a year.

"We are working with their advisory committee to finalize the lease and transition base. They have people with facility management, grant writing, and



Image courtesy, Friends of McKinley Library. Painting by East Sacramento artist David Lobenberg. **SAVED!** Local businesses and residents stepped up to save the Clunie Community Center, which houses the McKinley Library. The iconic East Sacramento structure celebrated its 75th birthday last October.

Clunie by the Numbers

The Clunie Hall Community Center was named for a life-long Sacramento resident, Florence Turton Clunie, wife of pioneer and state congressman Thomas J. Clunie. She was a notable Sacramento businesswoman in her own right. Upon her death in 1934, her estate donated \$150,000 for the building of a community center and pool in McKinley Park. The City of Sacramento pitched in an additional \$20,000 to establish the McKinley Library at the north end of the new building. Both opened to the public in late 1936.

The Center boasts a beautiful lobby with an art deco look, reminiscent of the 1930s when it was built.

Annual attendance:

Classes organized by Parks and Recreation with private instructors: **5590**

Estimated number of people through rental activity (community and nonprofit meetings and events, weddings/family events, library programming, etc.): **33,753**

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- Feldenkrais
- Piano for Beginners
- Spanish 4 Toddlers

marketing skills," Harder said. "We hope the transition will be sometime by this spring or by July. We have great faith this organization will do a superb job in maintaining this center."

"I bring my family out here to enjoy the park all the time, and this Center has served the community and has enhanced the

lives of others in so many ways," said supporter Robert Schmitt. "We know these are difficult times for many people, but this is a place that anyone can come and benefit from such as the McKinley Library, and the events held inside. I'm glad we have a community that cares so much."

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McClatchy: Athletic alumni nominations sought

Continued from page 4

top tier athletes and coaches that have represented McClatchy over the past seventy-five years," the Website states. "This will mean that many fine student-athletes and coaches will have to wait for induction into the Hall of Fame in subsequent years. Subsequent classes of inductees would be fifteen to twenty inductees annually."

The core committee that is compiling the list of nominees was Jim Coombs ('57 and faculty member), Mike Nishio ('63 and faculty member), Bob Sertich ('67) and Jan Olmstead (faculty member).

Restore the Roar is asking for alumni help with additional nominees and information, as well as their help in arriving at the final selections and making the Hall of Fame a reality.

- Alumni can provide any information about the nominees that alums think the committee should consider in making its final determinations.
- Alumni can nominate additional student athletes for consideration in the final hall of fame selections.
- Alumni can provide personal information that they have about any of the nominees so that committee may contact them if proposed for induction.

Restore the Roar needs other help to make the Athletic Hall of Fame a reality.

First, help is needed with filling out the selection committee. The committee will meet in March 2012 to make the final decision on the 2012 inductees after it receives the final nominations and information on the nominees. Alumni

can volunteer to be on the final selection committee or suggest people they believe would be good additions to the committee.

Help is also needed to coordinate the dinner event that will be held in May or June 2012.

Finally, Restore the Roar can always use sponsorships to help make this effort a super success.

To help with any of these things, e-mail golions@restoretheroar.org.

Restore the Roar hopes to have final selection made from among the nominations by late March 2012. There are still opportunities to serve on the selection committee or to assist with the initial Hall of Fame Banquet and induction ceremony later in the spring.

Restore the Roar was established in 2007 by a group of alumni supporting McClatchy athletics. In 2009, it was incorporated and received official non-profit status from the Federal IRS and the California FTB. Since it began, the organization has helped support recognition activities for student athletes, secured cash and in-kind donations in support of McClatchy's sports teams and supported the student study hall at the school. The organization is currently working to broaden its participation by including the parents and friends of student athletes. More information about the organization and its activities can be viewed at www.restoretheroar.org.

Questions about the Hall of fame or Restore the Roar by e-mail at: golions@restoretheroar.org or by calling Bob Sertich at (916) 441-0657.

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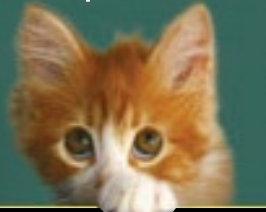


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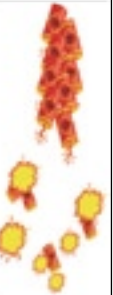
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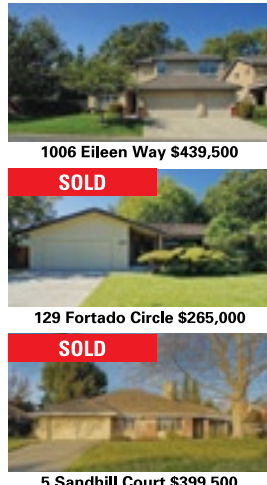
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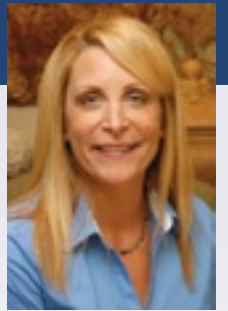
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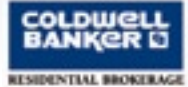
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Workshops offered by Asian Community Center

Special to Pocket News

The Asian Community Center in Sacramento offers a number of workshops to the community, free of charge. All that is necessary is to pre-register by phone.

A number of programs are scheduled for February, including:

Estate Planning Essentials. Tuesday, Feb. 7 from 10 a.m. to 11 a.m.

How Do Bones, Muscle & Ligaments Relate to Organs? Wednesday, Feb. 8 from 10 a.m. to 11:30 a.m.

Knowledge is Power – Organisms and their Diseases. Tuesday, Feb. 14 from 11 a.m. to 12 noon.

Sacred Geometry and Earth Energies. Wednesday, Feb. 15 from 1:30 p.m. to 3 p.m.

The Asian Community Center is located at 7375 Park City Drive in Sacramento. To pre-register or for more information, contact Lucy Chao at (916) 393-9026 ext. 322.

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Book by Sacramento author celebrates children of immigrants

Special to Pocket News

Some 40 people who grew up as children of immigrants in the United States are featured in a new book entitled "Proud Americans: Growing Up as Children of Immigrants." The book is the work of Sacramento resident Judie Fertig Panneton.

Inside is a collection of inspirational stories about people's joys and struggles while coming of age in the United States.

Included are Hollywood stars, high-profile business and media people, award-winning athletes, members of the President's cabinet, elected officials and those whose names may not be recognizable but whose stories are filled with wisdom and inspiration.

According to Fertig Panneton, the children of immigrants are different. They are their parents' bridge to American ways, their translators, their support system and their hope for a more promising future. They have fought to live independent lives while being true to their families' roots and expectations.

The stories in "Proud Americans: Growing up as Children of Immigrants" are based on research and extensive interviews with people who live across the United States and whose family roots stretch around the globe. During each personally conducted interview, the subjects tap into their memories about growing up in America and how being children of immigrants has affected their lives.

Also featured, based on research, are: Hines Ward, Dr. Mehemet Oz, Jay Leno, Ann Curry, George Stephanopoulos, Dr. Sanjay Gupta, Leonardo DiCaprio, Rahm Emanuel, Jennifer Aniston, Christina Aguilera, Michael Savage, Ivanka Trump, Apolo Ohno, Maria Menounos, Maurice Sendak, Timothy Geithner, Michael Dukakis and Margaret Cho.

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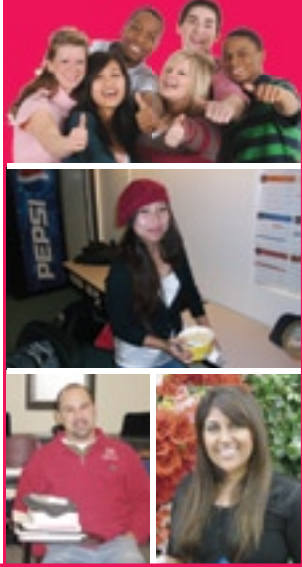
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'Hearts and Flowers' concert by Capitol Chamber Players

Special to Pocket News

The Capitol Chamber Players will perform a special concert in recognition of the Month of Love at Congregation B'nai Israel on Sunday, Feb. 12 at 3 p.m.

"Hearts and Flowers" will feature the vocal talents of soprano Rona Commins and baritone James Gentry, as well as the musical talents of Maquette Kuper (flute), Rejean Anderson (cello) and John Cozza (piano).

The concert will profile the works of five composers.

"Schön Blümelein (Beautiful Little Flower)" and "So

wahr die Sonne Scheinet (As Surely as the Sun Shinneth)" by Robert Schumann (1810-1856) will open the concert. These are beautiful, romantic duets.

Another duet by Arthur Somervell, "Under the Greenwood Tree," follows. Somervell (1863 - 1937) was known for writing choral music that is very accessible. His compositions reveal fine craftsmanship and power.

"Spring Wind" by English composer Eric Thiman (1900 - 1975) is a fresh and uplifting vocal work. Thiman was largely self-taught. He was the conductor of the Elysian Concert Society in London.

Amy Beach (1867 - 1944) was an American

composer and pianist. She was the first successful American female composer of large-scale art music. "Three Browning Songs, Opus 44" is her most well-known work.

The "Trio Sonata, Opus 63" by Carl Maria von Weber (1786 - 1926) is in keeping with the theme for the afternoon: romance. Von Weber was one of the first composers of the Romantic era of composers. Members of the audience will appreciate this beautiful work for cello, flute and piano.

Congregation B'nai Israel is located at 3600 Riverside Blvd. in Sacramento. For information on admission, visit www.Capitolchamberplayers.org.

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Sacramento's Mannie Viera reminisces on early South Sacramento

By LANCE ARMSTRONG
Pocket News writer
lance@valcomnews.com

Editor's note: This is part one of a two-part series about Sacramento resident Mannie Viera.

At 88 years old, Sacramento's Manuel J. "Mannie" Viera, Jr. has experienced many things in his life, including growing up as the son of a railroad worker.

Dad immigrated

While sitting inside his home in Sacramento last week, Mannie spoke about his father, Portuguese immigrant Manuel J. Viera, Sr. (1892-1962).

"My dad came over (to the United States) from Faial, Portugal by himself when he was about 12 years old and he had a sign on him that (read), 'California, Sacramento, and a loaf of French bread,' said Mannie. "I guess he had enough money to travel (to Sacramento) by train. When he got here, he lived on the corner of 6th and U (streets), right across from Southside Park. He never told me much about that time. All I know is that from then he went on to work at the (Southern Pacific) shops. He would go over there and work on the engines and stuff like that. And later on when I got older, I went to the work for the railroad, as well. So, I worked on Front and J (streets) and he worked over (at 4th and I streets) at the shops."

Manuel Viera Sr. married Goldie Mae Dias (1893-1974) in about 1920. Mannie was born in San Francisco, and moved to the capital city when he was about six months old, when his parents adopted him.

Viera's Place

Mannie said that his father was well known by many locals for his ownership of Viera's Place, a bar at 1914 3rd St., between S and T (streets), in the Southside Park area.

He added that during that time, the Southside Park area was populated with people of different cultures.

"There were a lot of Portuguese, Italians and Slovenians who all lived right there in that area," Mannie said.

"There's a lot of history down in that neighborhood."

Although Mannie said that he does not know exactly when his father established the bar, he said that he believes the business was actually open and selling "beer and wine and stuff like that during the bootlegging days" of Prohibition.

Grocery bar?

Additional information regarding Mannie's father and his bar was discovered during research for this article.

The 1921 city directory, for instance, shows that Manuel J. Viera, Sr. was already associated with 1914 3rd St. at the time, but was then operating a grocery store at that address.

However, it is possible that the grocery store was then doubling as a bar, despite the fact that Prohibition had already gone into effect.

Mannie said that his father closed the bar in 1923 due to the risks of running an alcohol vending business during Prohibition.

Following the repeal of Prohibition, Mannie's father reopened the bar on April 14, 1933.

From senators to goats

Included among the clientele of Viera's Place were Senator Earl Desmond, who served in the Legislature from 1933 to 1958, and other senators and assemblymen.

Mannie said that one of the more unusual customers at his father's bar was a goat.

"This customer of my dad's, he used to come in after work and have a beer and he'd bring his goat into the bar," Mannie said. "And my dad said, 'What about your goat? Do you want to buy him a drink or do you want to be a cheapskate?' And (the customer) said, 'Why? Do you want to feed him a beer?' So, my dad got a bottle of beer and the goat came up on the bar and my dad had a beer bottle opener, of course, and he put (the bottle) in the mouth of the goat and the goat drank the whole darn bottle of beer. So, that was a ritual every day. When the fellow came off of work, he'd stop by my dad's bar and he'd get a bottle of beer (for the goat) along with his order."



Photo courtesy, Mannie Viera

WHERE EVERYBODY KNEW YOUR NAME...Manuel J. Viera, Sr. stands behind the bar in his Southside Park area business, Viera's Place, in this c. 1940 photograph. The people to the left of the photograph are unidentified.

When asked whether the goat showed any effects from drinking beer, Mannie said, "No, he cut him off at one bottle."

Check, please

Mannie added that the bar was also a place where people would pick up their paychecks.

"My dad owned a rooming house at (nearly) the same address (as the bar) at 1914 4th St.," Mannie said. "A lot of their checks would go to my dad's bar and since it was only a block away, they'd come pick up their checks."

In addition to the barroom, Viera's Place also included a kitchen, an office and restrooms.

Will Rogers

While looking at a vintage photograph of the inside of the bar, Mannie pointed to a picture that was hanging on the wall to the left of a clock and said, "My dad always had a picture of Will Rogers on the wall. He liked Will Rogers."

Rogers' popularity in Sacramento reached a higher level in 1935, when he came to the capital city for the filming of "Steamboat Round the Bend."

Mannie said that he was among the people who went to the banks of the Sacramento River to view the filming of the movie.

The boxer

In addition to his previously mentioned employment,

Manuel earned money by participating in boxing matches at the old L Street Arena at 223 L St.

"He would go down there and box whenever he needed some extra money," Mannie said.

Land Park move

When Mannie was 6 years old in 1929, he moved with his parents from 430 1/2 T St. to 3200 Riverside Blvd., across the street from where Vic's Ice Cream opened 13 years later.

The Vieras property was one of four lots in the vicinity on the west side of the street.

"Nothing but hayfields and Japanese gardens"

Mannie recalled a very rural area from his vantage point on the boulevard at that time.

"(The area) wasn't very populated at all back then," Man-

nie said. "My dad had chickens and he had rabbits and he had dogs, cats, a regular menagerie. And at that time, when we lived there, you could look from there over to where Holy Spirit Church (at 3159 Land Park Drive) is now and there was nothing but hayfields and Japanese gardens. A lot of strawberry farms were out there at that time. The Swanstons rented the land out to Japanese (strawberry) farmers. And (Sanford A.) Woodruff, the guy who had a house a block down from ours (at 3300 Riverside Blvd.), had a stable (at 2643 Riverside Blvd.), right by where the Riverside Clubhouse is now (at 2633 Riverside Blvd.). He had horses he rented out and people used to ride them out by the levee and come down by Riverside Baths (the old public swimming pool at 3640 Riverside Blvd.)."

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A visit with original Kings owner Greg Lukenbill

By **LANCE ARMSTRONG**
Pocket News writer
lance@valcomnews.com

Editor's Note: This is part one of a two-part series about Sacramento native Gregg Lukenbill's many activities in the capital city.

For many local residents who recall the days when the capital city was introduced to major league sports through the Sacramento Kings, the name Gregg Lukenbill is very familiar.

Gregg was part of the group that purchased the Kansas City Kings in 1983. The team then relocated to Sacramento for its inaugural 1985-86 season.

Although it may seem surprising to many people, this is the 20th year since Gregg sold his stake in the team.

During his interview with *Valley Community Newspapers*, Gregg spoke about his former association with Sacramento's National Basketball Association franchise, as well as other details about his life.

In sharing a bit of a chronological voyage of his life, Gregg, who presently resides in East Sacramento, noted that he actually grew up in the area.

"I was born right over there at Mercy (Hospital at 4001 J St.) and I lived at 44th and C (streets) for the first 10 years," Gregg said. "We ended up with five kids in one room and it was a little crowded over there, so my dad (Frank Lukenbill) bought a bigger house on Meister Way, which is about four blocks away. I lived there until I lived on my own."

Gregg's educational background consisted of attending Sacramento schools, as he was initially a student at Sacred Heart School at 3933 I St. before being enrolled at Jesuit High School.

After a year at Jesuit, Gregg, who was his parent's only son, transferred to Sacramento High School, where he graduated in June 1972.

Gregg said that he became employed for the first time at a very young age, as he began to work for his father, who was a construction superintendent.

"I always worked for my father during the summertime, so that's just the way that it was from the time I was about seven years old on," Gregg said. "In about 1962, I think I got my first paycheck. Back then, I was just doing labor – cleaning up the job sites. He used to build houses and commercial buildings and remodels and things like that, so there was always cleaning up to do after the work."

Eventually, Gregg began learning how to hammer nails, dig ditches, move dirt and use a saw.

Gregg said that with this experience, he became a "mass production kind of a guy" by the time he was about 12 years old.

When Gregg was about 17 years old, he began to construct buildings and foundations on his own.

At the age of about 20, Gregg went into business with his father, who was the co-owner of the construction company, Lukenbill Bros. Together they formed Frank Lukenbill & Son.

As part of the creation of Lukenbill & Son (later Lukenbill Construction), Frank's brother, Berkley Lukenbill, who was the other partner of Lukenbill Bros., sold his interest in the company to Gregg for about \$12,000.

Among the places where Gregg and Frank worked on projects together were the California Almond Growers Exchange at 1802 C St., where the Lukenbills had established a longstanding contract, and Superior Ambulance at 1221 30th St.

Gregg said that it was also during this time that he began to construct commercial tilt-up buildings.

"I started with the tilt-ups, because I was watching Buzz Oates and Joe Benvenuti build these tilt-ups around town and I thought that was a pretty efficient and fast way to build a building," Gregg said.

To assist with the construction of two of these buildings, Gregg hired Mike Chilimidos, a high school friend of his who was then working at Knott's Pharmacy at 4819 J St. Chilimidos later served as the superintendent for the construction of today's Power Balance Pavilion.

Gregg was very close to his father. Frank Lukenbill died about two weeks before his 88th birthday in 2007. Gregg said that his father was a great business partner.

"I always trusted him and he trusted me and he was a godsend for me, because he was always a natural with people and a great hands-on guy," Gregg said.

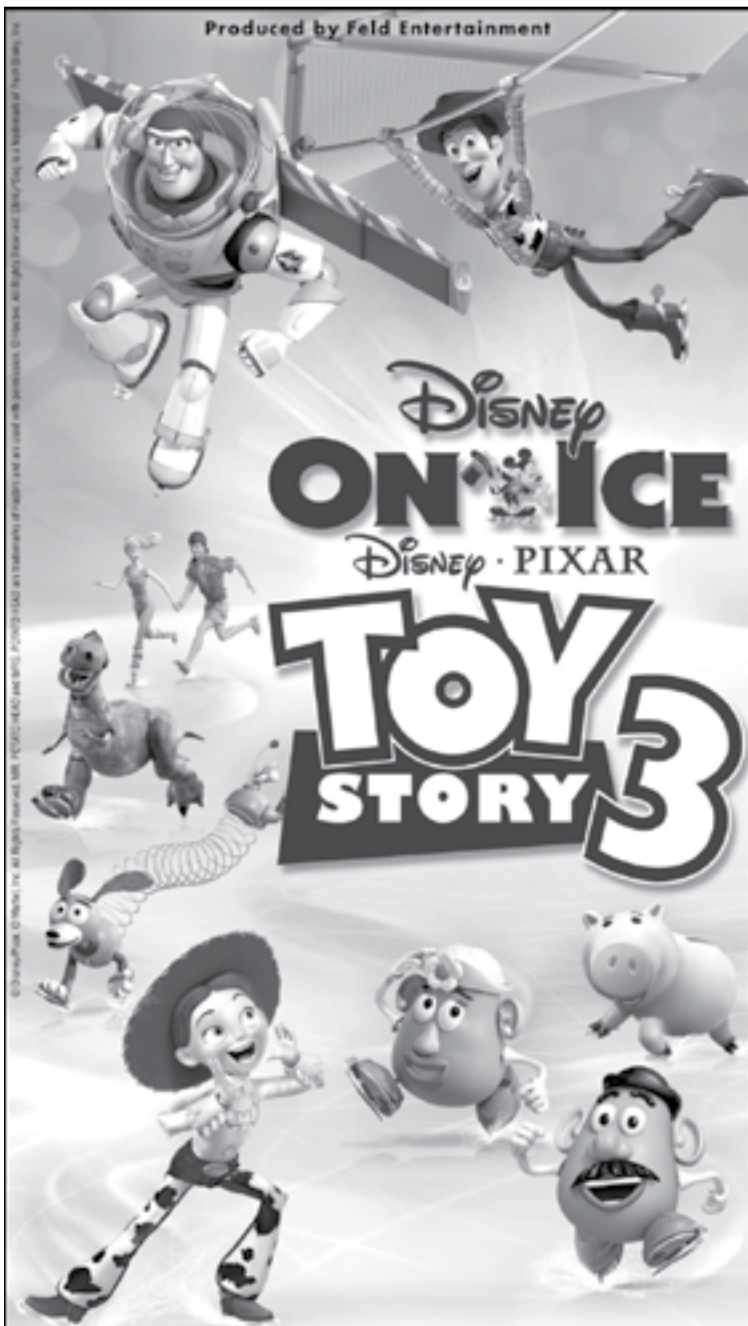
Overall, Gregg said that he was very fortunate to have parents who made such an impact on his life.

"I was just really blessed growing up," Gregg said. "My mom (Leona Lukenbill) was a fanatic about school and my dad was a fanatic about work. My dad was a really hard worker and my mom was a really hard worker from an educational standpoint."

In honoring the paths of both of his parents, Gregg worked in the daytime and attended college at night.

Gregg took classes at American River College, Sacramento City College and Sacramento State University. He continued with these studies until the fall of 1978, when he was 23 years old.

Although he did not know it at the time, Gregg was on a path that would bring a major league sports franchise to Sacramento just seven years later.



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Taking care of business

Sacramento Animal Care Services' manager takes 'unconventional' approach for positive results

By CORRIE PELC
Pocket News writer
corrie@valcomnews.com

Gina Knepp is one busy woman. A City of Sacramento employee for the last 25 years, she is public information officer for the Department of General Services, division manager of Sacramento City 311, and, since July 2011, the acting Animal Care Services manager for the City of Sacramento Animal Care Services.

Not coming from a shelter management background, Knepp has been busy making some "unconventional" changes to how Animal Care Services operates.

"One of the philosophical shifts for us is (focusing) on the people in Sacramento – we have to look at our community as the solution to our problem," she says. "We have to take an approach in running our shelter like a business and recognizing that it's the people that are going to do the adoptions, it's the people who run the rescue groups that are going to partner with us to pull animals here so they leave with a heartbeat."

'Leave with a heartbeat'

Having animals "leave with a heartbeat" is one of Knepp's constant messages to her staff in managing their animal population and keeping a steady flow of adopted animals out the front door.

"I'm really proud of the fact that our adoptions have risen and the number of animals that we are sending out to rescue groups is going up," Knepp adds. "We're working feverishly to improve every single aspect of what we do here."

To help with this philosophy, Knepp is having all her staff undergo behavior evaluation training and has volunteer professional photographers taking what she calls "glamor shots" of adoptable animals, which she says has been a huge boon to their pet adoptions.

To help new adopters keep their animals, Knepp is starting to give each new family a free book on taking a pet home for the first time, plus the shelter has started providing information in Spanish. The shelter just started a program offering free ID tags and collars and free microchipping for lost pets.

"My goal is A: reducing intake, and B: if I get your animal I really want to get it back to you," Knepp adds.

Knepp has even been helping the homeless population in Sacramento by taking care of their pets free-of-charge if they find themselves jailed or hospitalized, including vaccinations, altering and microchipping.

"If you're homeless, your dog is your companion, your friend, your family – that's all you've got," she explains. "We all come from different walks of life, but the love of our animals is universal."



Photo courtesy

HELP NEEDED. The Sacramento City Animal Shelter can use the help of 200 volunteers this year. With the help of these volunteers, more animals will be able to leave the shelter to go to "fur-ever" homes.

Next for Knepp

Right now Knepp is working to achieve a 75 percent leave-live rate for the Shelter by August.

"The highest that I've gone, that was about two weeks ago, was 57.7 (percent)," she says. "Right now I'm at 49.6 (percent). Historically, it's been much lower and I want to get to 75 percent."

Call for volunteers

Additionally Knepp would like to have 200 active volunteers at Animal Care Services by this time next year.

"I think the most important component of successful sheltering and getting animals out alive is your volunteer program – it's the people in the communi-

ty who come in here to augment what staff do," she says. And she is working on grant opportunities to expand the shelter's current surgical capacities to spay and neuter adopted animals so they can go home with their new owners sooner.

However, Knepp is quick to point out that when it comes down to it, it's not about how much money you have, but how much passion that makes the difference.

"It's not about the dollars and it's not about the number of people that work here. It's about do you have passion to essentially do whatever it takes to get these animals adopted," she explains. "Six years ago when there was money and more staff, their statistics weren't better. So I really do believe it's a shift in thinking that, 'Yes, we can do this.'"

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CALENDAR

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FEBRUARY

Bilingual Toastmasters

Feb. 2, 9, 16, 23: Una oportunidad unica para mejorar sus habilidades bilingües y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

Bingo!

Feb. 2, 9, 16, 23: Enjoy a great local charity game of bingo every Thurs. night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

Florin Sears Store Farmer's Market

Feb. 2, 9, 16, 23: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

Food Addicts Anonymous

Feb. 2, 9, 16, 23: 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.

Living Positive with Chronic Disease group

Feb. 2, 9, 16, 23: 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 Pocket/Greenhaven

Feb. 2, 9, 16, 23: 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.

Sacramento Downtown Plaza Farmer's Market

Feb. 2, 9, 16, 23: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

Sutterville Heights Optimist Club

Feb. 2, 9, 16, 23: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

Ballroom Dances

Feb. 3, 7, 10, 14, 17, 21, 24, 28: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Best Friend Fridays

Feb. 3, 10, 17, 24: Enjoy a fun, no-pressure, no-risk networking environment that benefits the local community non-profits. Hors d'oeuvres, wine & beer, games, raffle drawings, door prizes. Bring your best friend and make new ones. \$5 admission. Each Friday is hosted by a different non-profit group with all proceeds from the raffle donated. Garden Room and Courtyard, Sierra 2 Center, 2791 24th St., Sac. (916) 452-3005 www.sierra2.org

Kiwanis Club of East Sacramento-Midtown

Feb. 3, 10, 17, 24: 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

Rotary Club of Point West

Feb. 3, 10, 17, 24: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way, Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Feb. 3, 10, 17, 24: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Country Club Plaza Farmer's Market

Feb. 4, 11, 18, 25: Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.-noon. Watt & El Camino, Butano Dr. parking lot, Sac. www.california-grown.com

Food Addicts Anonymous

Feb. 4, 11, 18, 25: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

Pancake Breakfast

Feb. 4, March 3: Two light, delicious, warm pancakes, a tasty patty of sausage, Log Cabin syrup, tea and coffee, all for only \$3/person! 8:30 a.m.-10 a.m. Every First Saturday of the Month. Benefits the Wednesday Club. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Sacramento Museum Day

Feb. 4: Enjoy free or half-price admission to more than 25 other museums in the Sacramento region as part of Sacramento Museum Day. 10 a.m.-5 p.m. For more information, visit sacmuseums.org.

Carmichael Farmer's Market

Feb. 5, 12, 19, 26: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemon-eysmartusa.org

Chinese New Year Mass & Tribute to Ancestors Ceremony

Feb. 5: Celebrate Chinese New Year with the Sacramento Chinese Catholic Community and Bishop Jaime Soto. A Chinese New Year dinner will follow. 3 p.m. \$17 per adult, \$8 per child (5-12 yrs old), Cathedral of the Blessed Sacrament, 1017 11th St., Sac. Dinner venue: Holiday Villa Restaurant, 7007 South Land Park Dr., Sac). Gloria Fong (916) 442-7178 or Barbara Chow (916) 396-9783

Co-Dependents Anonymous

Feb. 5, 12, 19, 26: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

Feb. 5, 12, 19, 26: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m. every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Families Anonymous

Feb. 5, 12, 19, 26: Meet with other parents who are dealing with a daughter or son who is experiencing mental, emotional or addiction problems. Meets every Sunday without fail. 3 p.m. Del Norte Swimming and Tennis Club, 3040 Beccera Way, Sac. Jane (916) 402-2465

State Parking Lot Farmer's Market

Feb. 5, 12, 19, 26: State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.-noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

Sunday Support for the Widowed

Feb. 5, 12, 19, 26: The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine - holidays included. 3 p.m.-5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

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Nicotine Anonymous
Feb. 6, 13, 20, 27: Nicotine Anonymous meeting. Meets every Monday, 5:30 p.m.-6:30 p.m. Westminster Presbyterian Church, 1300 N St., Sac. Brandi Bowman (916) 984-3501

Rotary Club of South Sacramento
Feb. 6, 13, 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung
Feb. 6, 13, 20, 27: 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
Feb. 6, 13, 20, 27: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

POWERtalk International
Feb. 7, March 6: Want to improve your public speaking and presentation skills? POWERtalk International, a nonprofit public speaking organization, provides coaching in leadership skills, sales presentation, interviewing, confidence building and more. Meets First Tuesdays of the month 10 a.m.-1 p.m. and First Saturdays of the Month 12 noon-3 p.m. Aviators Restaurant, 6151 Freeport Blvd., Sac. Liz Richardson (916) 208-9163, erichardson1202@yahoo.com www.powertalkinternational.com

Rotary Club of Arden-Arcade
Feb. 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael
Feb. 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Upholstery class
Feb. 7, 8, 14, 15, 21, 22, 28, 29: Learn how to upholster! All types: furniture, auto, boat. Adult ed class taught by an upholstery professional. Tuesdays, 11 a.m.-3 p.m., Wednesdays, 9 a.m.-1 p.m. \$45 for four weeks. McClaskey Adult Center, 5241 J St., Sac. Jerry Prettyman (916) 806-2172

Co-Dependents Anonymous
Feb. 8, 15, 22, 29: 12-Step group for those who struggle to maintain healthy relationships. Meets Wednesdays. 7 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Crochet Guild
Feb. 8, March 14: Crocheters of all levels of ability and all ages are invited to join the Sacramento Crochet Guild. Learn new crochet techniques, exhibit at State Fair, do charity work. Mentoring program. Show and tell. Mini classes. Library and newsletter available. Club member of the Crochet Guild

of America. Meets the second Wednesday of the month at 6:30 p.m. Seniors: \$6/yr. Enter from parking lot. Church of the Cross, 45th & H sts., Sac. Karolyn (916) 457-4044

Referrals Plus
Feb. 8, March 14: Referrals Plus, a women's networking group, helps women in business with connections, resources, promotions and ideas. We meet the 2nd Wed. of every month. 12:15 p.m. for meeting/luncheon in Greenhaven area. RSVP required. www.referralsplus.org

Rotary Club of East Sacramento
Feb. 8, 15, 22, 29: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon-1:15 p.m., every Wed. Evaris Kitchen, 855 57th St., Sac. (in the 57th St. Antique Mall) www.rotary.org

Senior Wednesday Club
Feb. 8, 15, 22, 29: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

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65 years in Sacramento with Service & Quality

2400 J Street 801 Howe Avenue
 (916) 441-1478 (916) 920-4911

FREE PARKING
 RELLESFLORIST.COM

Buddhist Church of Sacramento
Spring Food Festival

SUNDAY, MARCH 11, 2011
11:00 - 1:00 PM
 2401 Riverside Blvd
 Sacramento, CA 95818

PRE-SALE TAKE-OUT ONLY
 PRE SALE DEADLINE:
 FEBRUARY 26

For additional information or pre-sale forms:
 446-0121 • buddhistchurch.com

Sushi
Teriyaki Chicken
Udon (hot noodles)
Chirashi
Teriyaki Sandwich
Pastries

Same Great Service -
New Great Location
 Moving in Spring 2012

Mueller Pet Medical Center

Countdown... 50 days until we make the move to our new facility.
 7625 Freeport Boulevard (corner of Freeport and Meadowview)

Complete Veterinary Services since 1950.
Open 24 hours a day for all your emergency needs.

6420 Freeport Boulevard
(916) 428-9202
muellerpmc.com

Compassionate Communication & Challenging Behaviors

FREE WORKSHOP!

Wednesday, March 21, 1:00-2:30 PM
 ACC Park City • 7375 Park City Dr.
 Sacramento, 95831

It can be challenging to effectively communicate with your loved one who has dementia. You may become frustrated and irritated, especially when they ask the same questions. In this unique workshop, you will learn to communicate compassionately with your loved one with dementia.

To register, contact Lucy Chao,
 916-393-9026 x322

Presented by
 Asian Community Center
 & Alzheimer's Association

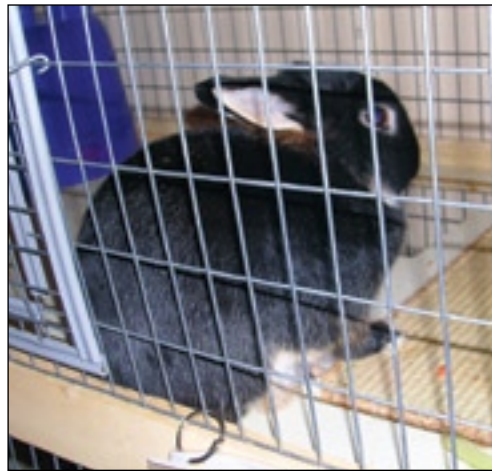
alzheimer's association

The WaterLeaf at Land Park celebrates 10 years

Photos by SUSAN LAIRD
 Pocket News editor
 susan@valcomnews.com

Members of the community dropped in to visit with the residents, caregivers and staff at The WaterLeaf in Land Park on Jan. 25. Even two service dogs – Happy and Sweet Pea – came to join in the fun day.

The WaterLeaf is an assisted living facility for the elderly. It is owned and operated by Paul Cimino.





Sacramento Soccer Alliance

TRYOUTS

Local. Select. Soccer.

The Select soccer season runs from June through December. SSA offers competitive teams, reasonable costs, and structured coach development.

Registration is open for U12-U14 Boys & Girls Tryouts!
 Tryouts are February 4th & February 18th.
 February 4th tryout will be at Bahnfleth Park
 February 18th tryout is planned to be at Banhfleth, but location may change due to weather. Please check back for the location of the 18th tryout.
 U12: 9:00 - 10:30 am • U13: 11:00 - 12:30 pm • U14: 1:00 - 2:30 pm

Please wear a white shirt to tryouts. Please bring water and a soccer ball. Please arrive at least 15 minutes before your tryout.

Register at www.SacramentoSoccerAlliance.com

SSA is the Select soccer program for Land Park Soccer and Greenhaven Soccer Clubs. We welcome players from other clubs at tryouts. SSA is the only local Select program that offers playing opportunities in every age group.



LISA MCCAULEY

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- PROPERTY MANAGEMENT




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DRE# 00933026

Please Recycle this Paper, Thank You!





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



< 6 Healdsburg Court – Pending Sale!
 Immac 3bd 2ba, 1-story w/3-car garage! Lrg family rm. Lots of updates, including granite kitchen counters & much more! Great locale near the School of Engineering & Sciences, Pocket Library & bike path.

234 River Acres Dr – Now \$299,900! >
 Exceptional location & features! 3bd 2.5ba "Great Room" plan w/formal dining rm, upd stainless kitchen appliances w/Blue Star gas range. Tile roof. Upd laminate & tile flooring. Apx 25' deep garage. More! Apx 1,699 sf



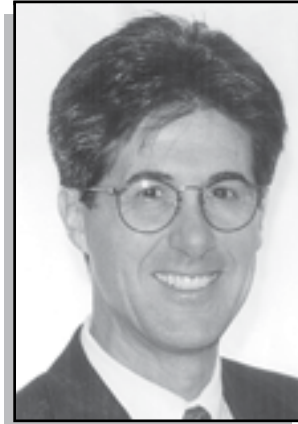
< 6965 Riverside Blvd – Pending Sale!
 Easy living in this attractive, well-maintained 2bd 2.5 bath halfplex home. Both bdms are large & have private baths – like having two master suites. Low-maint stucco exterior & updated comp shingle roof. More!

1332 Eloah Way – SOLD! >
 Charming 3bd 2ba with elegant formal living & dining rms. Updated kitchen, roof, heat & air, flooring, more! Lrg master ste w/French doors to yard. Enclosed patio room, plus bonus room. RV or boat parking.



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

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



Over 30 Years Experience - References
 Greenhaven / Pocket Area Specialist
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- attract higher paying clients
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- understand sales psychology & what motivates clients to buy
- and much more

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www.acceleratedsuccessmastery.com

Ends Feb. 7, 2012



HeavenLy's Yogurt



www.HeavenLysYogurt.com

Kids get first 4 oz. FREE every Friday from 4-8pm

7600 Greenhaven Dr., #21
(916) 455-6000
 11:00 am – 9:30 pm Daily

5535 H Street, #10
(916) 422-8120
 11:00 am – 9:30 pm Daily

FREE YOGURT

Get a FREE 8 oz. yogurt when you purchase 8 oz. or more of yogurt.
 Limit 1 free 8 oz. yogurt per coupon.
 One coupon per person per visit with coupon. Not valid with other offers. Exp. 2/29/12

SELLS GREENHAVEN/POCKET



6492 RIVERSIDE BLVD. \$348,000

PENDING

SINGLE FAMILY, 5 BEDROOM, 3 BATH, 3-CAR 2823 SF.
BRANDON M. SHEPARD 916-479-1936



6 HEALDSBURG COURT \$329,900

PENDING

SINGLE FAMILY, 3 BEDROOMS, 2 BATHS, 2,142SF.
BILL BONNER 320-1888



7610 BRIDGEVIEW DRIVE \$305,000

HALF PLEX, 3 BEDROOM, 3 BATH, 2381SF.
TERRY MULLIGAN 768-3796



234 RIVER ACRES DRIVE \$299,900

PENDING

SINGLE FAMILY, 3 BEDROOM, 2.5 BATH, 1899SF.
BILL BONNER 320-1888



6708 BREAKWATER WAY \$275,000

PENDING

SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2023SF.
LYNN LUK LEE 628-2843



7311 RIVERWIND WAY \$189,900



6456 HARMON DRIVE \$259,900

NEW LISTING

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1682SF.
NICK LAPLACA 764-7500



7358 AMBROSE WAY \$150,000

PENDING

HALF PLEX, 2 BEDROOM, 2 BATH, 1177SF.
MARSHA CHAN 217-5500



ELK GROVE

- 3525 MARSH CREEK WAY-\$375,000
PENDING
SINGLE FAMILY, 5 BEDROOM, 3 BATH, 3951SF
JOLEEN DUNNIGAN 717-3559
- 9069 QUAIL TREE COURT-\$289,000
BACK ON MARKET
SINGLE FAMILY, 4 BEDROOM, 2 BATH, 2425SF
LYNN LUK LEE 628-2843
- 8611 ELK RIDGE WAY-\$155,900
PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1761SF
BRANDON SHEPARD 479-1936
- 8732 MORNING GLORY WAY-\$245,000
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2832SF
NEAL ALIE 981-7129
- 6301 LIVORNO WAY-\$179,400
NEW LISTING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1482SF
FARES ALIE 247-7198

- 6120 DEEPPDALE WAY-\$235,900
SOLD
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2900SF
FARES ALIE 247-7198
- 9601 ELK GROVE BLVD-\$279,000
PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1374SF
JOHN WONG 531-7150
- 8496 VISTA BROOK DRIVE-\$215,000
PENDING
SINGLE FAMILY, 4 BEDROOM, 2 BATH, 2159SF
NEIL ALIE 981-7129
- 10149 FUTURO COURT-\$320,000
NEW LISTING
SINGLE FAMILY, 5 BEDROOM, 3 BATH, 3226SF
NEAL ALIE 981-7129
- 8708 ARMAGH COURT-\$160,000
PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1598SF
BRANDON SHEPARD 479-1936

- 9404 RIVER FALLS COURT-\$180,000
PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1854SF
BRANDON SHEPARD 479-1936
 - 9898 BOBBELL DRIVE-\$270,000
SOLD
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2751SF
JOLEEN DUNNIGAN 717-3559
 - 9918 TARZO WAY-\$165,000
PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1324SF
GARY T LEE 595-4279
- SACRAMENTO**
- 2319 V ST. - \$495,000
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 3100SF
DAWN O'CONNOR-ROWE 799-4835
 - 1939 AUBURN BLVD-\$449,900
COMMERCIAL/RETAIL
GARY T LEE 595-4279

- 4200 E COMMERCE WAY #623-\$50,000
PENDING
CONDO, 1 BEDROOM, 1 BATH, 667SF
DAVID OHARA 600-9495
- 9096 BEDROCK COURT-\$249,900
PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2781SF
DAVID OHARA 600-9495
- 2885 NORWOOD AVENUE-\$350,000
RESTAURANT, 139.392SF
DAVID OHARA 600-9495
- 7272 FAWN WAY-\$49,900
PENDING
SINGLE FAMILY, 3 BEDROOM, 1 BATH, 1036SF
GARY T LEE 595-4279
- 4724 DRY CREEK ROAD-\$349,900
NEW LISTING
SINGLE FAMILY, 2 BEDROOM, 2 BATH, 1000SF
GARY T LEE 595-4279