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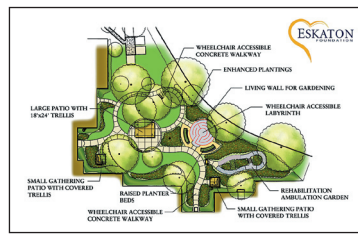


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10th Street Japanese area established more than a century ago

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Greenhaven's Eskaton care center looks forward to new therapeutic and healing garden

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Pocket resident, CSUS professor emeritus, releases satirical love story

The Department of Foreign Languages, the Foreign Languages Alumni Club, the CSUS Library and the Hornet Bookstore cordially invite the public to attend Dr. Fausto Avendaño's presentation/reading of his latest book, *Paola and Raymond*, a satirical love story on Feb. 25 at the California State University, Sacramento Library Gallery, from 4 to 6 p.m.

Light refreshments will be served.

If you love a love story, you'll want to read *Paola and Raymond*, but this novel is not a regular love story. It is more than that. While quashing clichés and stereotypes, the novel goes beyond the coming together of two people. Love is not the only thing that counts—there are also commitment, faithfulness, sex, constancy, culture, ideology, family, etc. *Paola and Raymond* can be considered a romantic comedy, but unlike the genre, it contains ample doses of realism and satire.

Raymond is a young man from a small town who has squandered most of his youth by failing to finish his university studies. Thinking that higher education is not for him, he joins the Army, dreaming foolishly that he will travel and see the world, but instead ends up in war torn Iraq where he serves two tours of duty.



Dr. Fausto Avendaño

Back in Sacramento, after a perilous experience in the war, he spends all the money he has saved on women he meets in bars, in lavish accommodations in first class hotels and in extravagant rendez-

See Fausto, page 16

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Photo by Lance Armstrong

San Francisco Giants President and CEO Larry Baer shows off his 2014 World Series ring.

San Francisco Giants president, CEO entertains local Rotary Club

By LANCE ARMSTRONG
Lance@valcomnews.com

San Francisco Giants President and CEO Larry Baer was the guest speaker at last week's Rotary Club of Sacramento luncheon at the Red Lion Hotel in the historic Woodlake area.

In speaking to about 300 people in a packed room of the hotel on Feb. 3, Larry mainly shared details about the Giants' marketing success, and the organization's drive to maintain a "culture of stability and professionalism."

Early in his speech, Larry commented about the move to have the Sacramento River Cats become a Triple-A affiliate of the Giants.

"(River Cats CEO and majority owner) Susan Savage put out the interest in bringing the Giants to Sacramento," Larry said. "It was a very easy call for us to come to an area that has been so supportive of the

Giants over the years. We're starting year one with the River Cats (in April) and we couldn't be more thrilled."

Larry said that he has a special connection to the capital city that predates the Giants' association with the River Cats.

"My father (Vernon B. Baer) was actually raised in Sacramento (by Walter H. and Estelle Mae Baer) and was in the (February 1941) graduating class of McClatchy High School," Larry said. "My dad would talk about going to Pacific Coast League (baseball) games. It was (teams such as) the San Francisco Seals and the Oakland Oaks, and it was the Sacramento Solons. So, those were great days."

Larry mentioned that his experiences with the Giants organization began in the

See Giants, page 5

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Giants:

Continued from page 4

1980s when he began working with then-Giants owner Bob Lurie as the franchise's marketing director.

After leaving the Giants to attend Harvard Business School, Larry returned to the organization and became involved with Larry McGowan in the establishment of the ownership group that kept the team from moving to Tampa, Fla. in 1992.

Larry said that with the construction of Pacific Bell Park – today's AT&T Park – eight years later, the Giants are secure in San Francisco for "a long, long time."

Among the most important moves for the Giants was the hiring of former Major League Baseball All-Star outfielder Dusty Baker to serve as the team's manager, Larry explained.

"We wanted to get somebody that could really provide leadership for the organization, as well as be somebody that could resurrect the franchise, because in 1992, the team had lost 90 games," Larry said. "And all roads seemed to lead to the individual who was the Giants batting coach at the time, in 1992. And that was Sacramento's own, Dusty Baker."

"I think that the beauty and magic of Dusty was he really knew how to manage those 25 guys. He was our manager for 10 years. We could not have done better with anybody (else) during the



Photo by Lance Armstrong

During a light-hearted moment at the event, it was mentioned that Brian Srabian, who has worked with the Giants as the director of marketing and entertainment, should not be confused with Giants' General Manager Brian Sabean.

first decade of our ownership as a team (than with Baker)."

Larry, who replaced Bill Neukom as the Giants' CEO on Jan. 1, 2012, said that the Giants organization emphasizes keeping its ballpark "100 percent customer friendly," having a vibrant surrounding neighborhood around the park, and winning baseball games.

And in regard to the latter point, the Giants are certainly doing extremely well in that category, as they won three World Series in five years, including last year's series against the Kansas City Royals.

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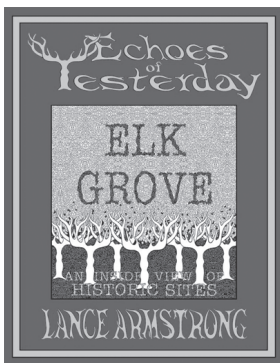
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10th Street Japanese area established more than a half-century ago

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part 12 in a series regarding historic Asian districts of Sacramento.

Japanese history in Sacramento includes a Japanese section that was established in the vicinity of 10th Street, between T and W streets, during the late 1950s and early 1960s.

Several of the businesses that have occupied addresses in that area were referred to in the previous article of this series.

The histories of various other addresses in that area are presented, as follows:

2219 10th St.

The L & M Co. relocated from Japantown to 2219 10th St. in 1959.

Originally known as L & M Cyclery, the store, which opened in about 1926, was later expanded to include other items such as electric appliances and sporting goods.

The 1927 city directory lists the Japanese-born Shuzo Nishijima (1889-1979) as the business's owner, at 1215 4th St.



(above left) Jenny Chang and Khane Sysaath proudly display a box of mochi and manju that they purchased from Osaka-Ya. (above right) Pocket residents Chloe and Christine Chang hold a bowl of beef noodle soup at Taiwan Best Mart. The business, which opened in June 2012, operates in the former site of the Japanese run L & M Co.

Following the internment, Shuzo reestablished his store in its previous location with the assistance of his son, Kanji Nishijima (1922-2008), who would later become the business's sole owner.

L & M Co. remained in business on 10th Street until as late as 2002.

The present tenant at 2219 10th St. is Taiwan Best Mart.

The business, which is owned by Pocket area resi-

dent Luke Chang, carries frozen foods and offers a hot food menu that allows customers opportunities to try certain items before buying them from the store's frozen foods section.

In speaking about her father's business, Chloe Chang, who works in the store and attends C.K. McClatchy High School, said, "We've been open since June 2012 and before that we were having a private company, selling the same goods for over 12 years. And we sell the same stuff (and use) the same recipes. It's just now we're in an actual shop. We sell Taiwanese specialty food here. We have frozen food, as well as a hot menu and a deli."

Another employee of the store is Chloe's sister, Christine Chang, who graduated from John F. Kennedy High School in 2008.

2221 10th St.

Another former Japantown business, Royal Florist, was relocated from 1316 4th St. in Japantown to 2221 10th St. in about 1958.

The roots of that florist date back to about 1925, when the City Floral Shop was established at 1209 3rd St.

T. Fujimoto operated a florist at that site from about 1928 to about 1929.

During research for this chapter, the earliest refer-



Photos by Lance Armstrong

ence to the name, Royal Florist, was located in the 1930 city directory.

It was about that time when Kidio Nikaido began operating a florist at the same address.

Roy M. Nikaido was a partner in the business by the following year and was the business's sole owner by 1936.

In about 1938, Royal Florist was relocated to 1316 4th St.

Although Roy M. Nakaido was evacuated from Sacramento, along with many other Japanese, in 1942, he returned to operate Royal Florist in its former 4th Street location following World War II.

In about 1956, Roy T. Higashino became the proprietor of Royal Florist.

And as previously mentioned, the florist was relocated to 2221 10th St. in about 1958.

Higashino sold Royal Florist to Ken Furuta in about 1979, and Furuta eventually sold the shop to Al Kakishiba, who owned the business for about six months.

Lynda Tanaka, whose great-grandparents were the first of her family to come to America from Japan, acquired the business from Kakishiba in 1992, and renamed it Royal Louis Florist, in partial tribute to Louis Florist, a now defunct Sacramento business that she also owned.

2223 10th St.

Prior to World War II, George K. Nishihara operated a grocery store at 3994 2nd St. And he returned from the internment to establish a variety store at the former location of A&J Liquor Store at 1319 4th St.

In about 1948, Nishihara relocated his business to 1217 4th St., where it was known as Lion 5 & 10 Cent Store.

Due to redevelopment in Japantown, Nishihara moved his store to 2223 10th St. in 1959, and the business then became known as Lion Variety.

Nishihara's store was replaced by Hiroko Arimoto's business, Sakura Gifts, in about 1971.

Nobuko Saiki Pang, who is a native of Tokyo, began working in the store in 1984 and has owned the business since 2002.

This Japanese gift store's offerings include tea sets, dishes, dolls, change purses, food boxes, origami, incense, candles, festival clothing and shoes.

In speaking about the festival clothing that her store offers, Pang said, "In the summertime, we have (the Japanese Food and Cultural Bazaar) at the Buddhist church (at 2401 Riverside Blvd.) with dancing, so they

See Japantown, page 7

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Photos by Lance Armstrong

(above left) These dolls are among the many Japanese items available at Sakura Gifts. (above right) Sakura Gifts features thousands of gift items that were imported from Japan.

Japantown:

Continued from page 6

have to wear (festival clothing for performances)."

Another feature of Sakura Gifts is its Japanese language book rental service, which was established in 2001.

2224 10th St.

The address, 2224 10th St., dates back to the late 1950s.

A city building inspector's card, dated Nov. 20, 1958, notes that the Pacific Neon Co. at 719 12th St. had been contracted to place a sign for the business, Miyakawa Real Estate, at 2224 10th St.

The 1959 through 1962-63 city directories recognize the building as then being home to Western Pioneer Insurance. And according to the 1963-64 city directory, the Ace Realty Company was then operating at the same location.

By 1965, the building was vacant.

In about 1966, Fred S. Tanihara opened the Kami Shop, a beauty shop at 2224 10th St.

Tanihara, who then living at 2011 10th St., was among the various Japanese residents of the area at that time.

Peggy K. Saika, who began operating the Kami Shop from its inception, was recognized in city directories as the business's owner from 1967 to 1975.

Clarence R. Saika has been the proprietor of the Kami Shop since 1976, and Margie Fukushima is the business's longtime manager.

2230 10th St.

The address of 2230 10th St. dates back to as early as 1896, when a Southern Pacific Co. employee named Wilhelm "William" Braunlin was residing in a home at that site.

In late 1958 or early 1959, the Japantown business, New Eagle Drug Co., relocated to a store space inside a then-new structure at the address of 2230 10th St.

A city building inspector's card, dated Oct. 22, 1958, refers to the Pacific Neon Co.'s creation of a "New Eagle Drug" sign for 2230 10th St.

The predecessor of that business was the Eagle Drug Co., which was founded in about 1912 at 1215 4th St. (a then-future location of the L & M Company) in Japantown.

The company was owned by the Japanese-born T. Miyakawa, who then resided at 1210 3rd St.

The New Eagle Drug Co., which was last owned by Takuhei Iseri, remained in business until as late as 1962 and was replaced by the Japanese confectionery store, Osaka-Ya, in 1963.

In 2013, a long 50th anniversary banner was placed inside the store behind its sales counter.

However, that anniversary represents only the business's 10th Street years.

Research for this article revealed that a business named Osakaya Confectionery was operating at 1217 3rd St. as early as 1927.

City directories for the years, 1929 and 1930, recognize Yasujiro Wakashino as the business's proprietor.

Shizuma Shikasho was the owner of Osakaya Confectionery from about 1931 to about 1933, and Wakashino was the proprietor again from about 1934 to about 1942.

For at least the final year of the business, just prior to the internment, Shikasho was employed as a candy maker at Osakaya Confectionery.

Following World War II, in about 1947, Shikasho opened Osakaya Rice Cake bakery/food products business at 300 P St.

By 1949, Shikasho had moved his business to 1318 4th St. in Japantown.

Shikasho continued to operate Osakaya Rice Cake at that address until about 1962.

The business was acquired by the Sacramento-born Kenji (Sato) Nakatani (1929-2009) and his Japanese-born wife, Asako Nakatani (1925-1990), and relocated to 2230 10th St., where it became known simply as Osaka-Ya.

Kenji and Asako's daughter, Linda Nakatani, said that Osaka-Ya was relocated to its present location of 2215 10th St. in 1997.

Like many people who are familiar with Osaka-Ya, Joey Loueks, one of the business's employees, is quick to speak about the store's popular

handmade Japanese confections, mochi and manju.

"[Mochi and manju are] very popular," Loueks said. "(Los Angeles) is another big place where they sell mochi and manju, and people come up here (to Osaka-Ya) from there and tell me like nobody can beat this place."

Furthermore, the business's continuously sends its products to various places in and outside of California.

Loueks said that in addition to Osaka-Ya's Japanese pastries, the business also serves hot food on Saturdays and Sundays.

And Loueks added that the business is also a grocery store with "all different types of snacks imported from Japan."

From April to the end of October or November each year, Osaka-Ya sells shaved ice, with homemade syrup. And because of the popularity of that treat, during summer months, long lines have been known to form from the business's outdoor shaved ice window.

Linda Nakatani, a 1979 John F. Kennedy High School graduate who began helping at the store during her childhood, expressed her appreciation for her parents' efforts with the business.

"I'm really proud of what's going on at that store," Linda

said. "I'm really glad what my mom and dad left."

As for the featured address of 2230 10th St., Wireless World, a MetroPCS prepaid wireless service business, has been operating at that site since about 2006.

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SCHOOL NEWS

Welcome back: One of John F. Kennedy's finest, Mr. Smith, has returned to JFK

By LAUREN AKABORI

Editor's Note: Lauren Akabori is a junior at John F. Kennedy High School and recently began an internship with the Pocket News.



Throughout the years, John F. Kennedy High School has had teachers come and go, some being in Science, History, and English. One teacher who has taught more than 4,300 students in Yearbook, Creative Writing, Voice Production, Drama, and English, has returned after taking a few years off. He now teaches English, Drama, and has brought back the school newspaper. Mr. Smith is well-known in not only the Pocket community, but in the Sacramento City Unified School District as well.

When talking to him, he mentioned how he has been involved in the Sacramento City Teachers Association as both President and Vice President. Now since his return to JFK, he has gained quite a busy schedule, teaching five classes of English, directing the school newspaper, and adding on a seventh period of drama, all while continuing to be a part of the teachers' union.

By bringing drama and the school newspaper back he was glad to see that students were eager to use the class as a creative outlet with that being said, he wants to establish both as official classes for the following year. When asking what exactly brought him back to John F. Kennedy High School, he stated that he wanted to finish his career, especially at a place he calls his "second home."

He continued, "I was welcomed by every teacher...it was like a family here, and I want that to continue." Mr. Smith is a wonderful teacher in every class he has, and is well liked by students and teachers. Returning to John F. Kennedy only improved the school by bringing back lost programs and smiles of the students.



Sam Brannan boys won a basketball championship.

Sam Brannan boys win basketball championship

Congratulations to the eighth grade boys basketball team of Sam Brannan Middle School. For the second year in a row, Coach Brian Barrick led the Wolfpack to the city championship. The team, which was undefeated in regular league games, focused on fundamental skills and defense.

Despite spectacular offensive play featuring slam dunks and three-point shots, the team's relentless emphasis on perfecting defense yielded great results. Coach Barrick is confident the students on his eighth grade team will go on to success on high school teams.

Barrick also points out his players' collective GPA remained above 3.0 throughout the season. Way to go Sam Brannan Middle School!

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Fowling around and stopping shoppers at Riverside Plaza II

Photo by MONICA STARK
 editor@valcomnews.com

On Saturday, Jan. 31, a brace of ducks stopped busy shoppers outside of Grocery Outlet on Riverside Boulevard. While honking went on (from drivers), mostly neighbors were excited to see so many ducks. So, they got out of their cars, took out their cameras and started snapping photos. Here's one from that sunny afternoon at the Riverside Plaza II Shopping Center.

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Seniors get into the Valentine's Day spirit at Eskaton

Photos by MONICA STARK
 editor@valcomnews.com

Lloyd Getchell and Gertrude Lasley were crowned king and queen at the Valentine's Day celebration at Eskaton Care Center Greenhaven on Friday, Feb. 13. A large crowd gathered around to pay witness to the crowning moment. The celebration featured live music, cookies and juice.



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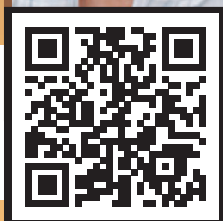
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Children's book author to be a featured reader at Pocket Library

By MONICA STARK
editor@valcomnews.com

"Look at tiny Imani! She's no higher than a lion cub's knee!"

"Careful, Imani! Don't let the meerkats stomp on your head!"

"Mini Imani! You'll never accomplish anything!"

Day in and day out, the children teased, and Imani began to believe.

Every night, Imani headed home sad and ashamed for Mama to lift her spirits with stories. This night, Mama told her of Olapa, goddess of the moon, who fought great battles.

—Excerpt from Imani's Moon, a new children's book by Sacramento author, JaNay Brown-Wood

Sacramento author JaNay Brown-Wood will read her new children's book, *Imani's Moon*, at the Robbie Waters Pocket-Greenhaven Library on Saturday, March 7 at 10 a.m. The day will be a special celebration for the birthday of Dr. Seuss with additional readings by Sacramento City Councilmember Rick Jennings, Sacramento Public Library Director Rivkah Sass (and her sidekick Abe), and former City Councilmember Robbie Waters.

JaNay Brown-Wood has always had a passion for writing. She loves coming up with new characters and watching them grow. With the publication of *Imani's*

Moon, she has attained her ambition to become a published children's author.

Imani's Moon is about Imani, a young Maasai girl with a loving mother and a desire to do something great. When Imani decides she wants to touch the moon, she works hard to reach her goal, even in the face of teasing from the naysayers around her.

Imani's Moon is JaNay's first picture book, though she has recently sold poetry to Highlights Kids and one to High Five, both scheduled to be published later this year. Published by Mackinac Island Press (a subset of Charlesbridge Publishing), *Imani's Moon* was honored by the Brown Bookshelf for Black History Month in celebration of children's literature. JaNay's book also won the 2013 Children's Book Contest sponsored by the National Association of Elementary School Principals.

JaNay spoke with the Pocket News about the inspiration behind the book and about children's general love of reading.

Speaking about the character development of Imani, JaNay said "Imani started off as a male in earlier drafts. I had this vision of a child jumping to the moon. As I wrote more drafts and spoke to my older sister, she reminded me of the Maasai and we learned that the Maasai did these jumping things. From there,

I started doing research on the Maasai, these people from Africa. And then, these pieces started falling into place and this last piece was to switch Imani to female. And it just worked because the story as it was, was good, but making her female and giving her the name Imani – which means faith in Swahili – worked out great. I liked it better because we need more diverse female characters that are overcoming obstacles for young children to see."

Bullying, a much needed conversation, is a central theme in the book as Imani learns how to care for herself and surpass humiliation from her peers. "Nobody believed her. Everybody teased her. It's easy for a child who goes through that to feel knocked down, to lose confidence. So I wanted to show you don't have to listen to what they say. Continue to push on and do what is important to you. So I like that aspect" JaNay said.

At previous readings Imani with children at book signings and other events, JaNay said she is generally well received by attendees. "I generally find kids that are interested. They are engaged. They are listening, but also when I talk, when I read, my gestures are all over the place. At last October's California Capital Book Festival, at the end (of her reading) I would ask them a question. I asked them to make connections, and found that

they are engaged and actually listening and internalizing it."

In the future, she plans on bringing up the topic of bullying to older classrooms.

Speaking about her love of writing, JaNay said: "I have always had an interest in writing and as I grew older I realized I liked writing for children. All the way back to elementary and probably before, I loved creating stories, writing poetry. So, when I was younger, I always had it in the back of my mind. I had all of these supporters, teachers who, I guess, saw my talent."

For example, JaNay had a sixth grade teacher named Paula Welch at Ainsworth Elementary in Fresno who used to make predictions for all of her outgoing students. "Her prediction of me was that I was going to be a best-selling author who writes books, no joke. When the book came out this last October at my book launch party, I tracked her down."

Getting the book published was a unique experience for JaNay. Winning the 2013 Children's Book Contest actually included getting her book published and getting an illustrator. "I heard people talk about contests and I say, go for them because that's how I was published. That's how others have been published."



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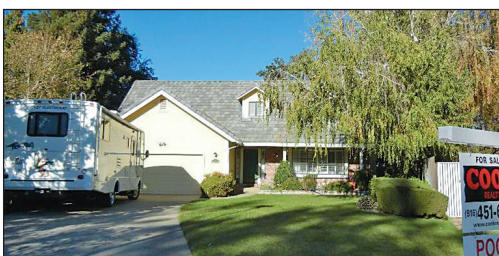
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Faces and Places Chinese New Year Celebration 2015

Photos by STEPHEN CROWLEY

The Chinese New Year Celebration Association and the Sacramento Chinese Culture Foundation at Hiram Johnson High School celebrated the Year of the Goat with stage entertainment, food, arts, children's games, martial arts, and community exhibits on Feb. 7 at Hiram Johnson High School, 6879 14th Ave.



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Saturday, March 14, 2015, 5p.m. – 9p.m., Hyatt Regency Sacramento

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Fausto:

Continued from page 2

vous. His thinking is that he is happy to have survived the war, and, therefore, needs to live life to the fullest.

Virtually penniless, he settles in Sacramento where he finds employment as a telemarketer barely making ends meet. He lives in a tiny run-down studio and eats bagged noodles and cheap boloney. He has a beat-up Corolla that gets him around. He visits large bookstores for free entertainment, perusing books he can't buy.

What will come of his future, specifically his future with women? This novel will answer those questions with quirky dialogue and a fast paced story line.

Avendaño's latest book is a shift from previous, more serious writings, including historical novels and poetry. Asked what inspired him to write his latest novel, Avendaño told the Pocket News his novel writing group suggested he write something lighter, "a little less serious." And so he thought about the love story in his book, Santa María, and figured he would write a contemporary love story. "I don't think I could just write a romance novel. It has to be really different. So I decided to touch upon things that you would never find in romance novels, for instance subjects like divorce, prenuptials. Mine is completely contemporary, the language too. It's idiomatic. An English learner would probably have a hard time understand-

ing because there's a lot of vernacular and vulgar terms."

Avendaño explained the satire lies in the details, rather than in the plot of the story.

"It's a stream of consciousness," explains Avendaño, "so every thought that comes to (Raymond) is written down. You read it; you know what he is thinking at all times. He has a lot of opinions about everything that he sees. At the university, he has noticed a trend where the majority of students are women, so he feels like women are falling behind and he's one of them. When he compares himself to Paola, she's way ahead of the game. He has been foolish; he has squandered part of his youth. But in the classroom, the professor points out at the university there are more women than men getting degrees. It's a sociology class and when the women hear this, they go 'woo, yay, for women.' But when the professor tells them that when they get married, their spouses may be less educated than them that they may be the providers, so they don't like that. So he (Raymond) is always looking at things like that.

"Since I taught at the university, I saw that trend. I think that's a universal trend now in the United States and I see that with my family. One of my daughters is a surgeon (Sofia); my first daughter (Nadia) is a Spanish literature professor at a college in Charleston; and my third daughter (Laura) lives in Barcelona, Spain and she is a master teacher at an international school. So I saw that trend. I have

one son, he is 13 years old. He's not as studious as my daughters."

Avendaño studied in California, Arizona, Mexico, Portugal and France, having received many scholarship awards, including the Fulbright Scholars Award for teaching in France. He is professor emeritus of Hispanic literature at California State University, Sacramento. At the university, he taught Portuguese, Spanish and French. As editor of Explicación de textos literarios, international journal of Hispanic literature, he has contributed to various books and literary projects. He is the author of El corrido de California (historical play) and of Los terrícolas (narrative); Explicación de 'Cien años de soledad,' Literatura hispana de los Estados Unidos and Literatura de Expressão Portuguesa nos Estados Unidos (in Portuguese) are some of his latest publications. Some of his poetry is found in his published books. He has also participated in readings in various venues. The National Autonomous University of Mexico published "El forastero" in the anthology El cuento chicano del siglo XX. Avendaño also published two historical novels with California as a backdrop, Salazar's Gold and Santa María. He has two literary prizes to his credit, the Latino Literary Contest, University of California, Irvine and the National Literary Prize Fuentes Mares, Universidad Autónoma de Ciudad Juárez, 1995. The Autonomous University of Cd. Juárez published his

short story anthology, El sueño de siempre y otros cuentos. Other short stories have been published in magazines and journals such as Saguaro, Américas, Confluencia, Ajiaco, Revista de la UNAM and Explicación de textos literarios, La palabra, Joaquín Magazine, among others. Fausto Avendaño is a member of Escritores del Nuevo Sol, a literary group established in Sacramento.

Avendaño's short story "El forastero" is among the best short pieces in Spanish published in the United States. In addition to its inclusion in the above mentioned prize-winning book, the story has been published in various journals in the United States and Spanish America. Recently, he published "Taking it Slow" from his forthcoming novel (October 2014) Paola and Raymond in Confluencia, Issue 26, Fall, 2010. Some of his works also appear on the web. Avendaño's books may be obtained at Barnes & Noble, Amazon, Alibris, Hornet Bookstore, 6000 J St., and hispanicbookpress.com. The first chapter of Santa María, his latest historical novel, can be read at the Spanish Press site.

Though he is retired from teaching after 37 years at Sacramento State, he does not consider himself retired. "I am writing a lot. I've dedicated myself to writing. I wasn't really retiring; I was changing my focus."

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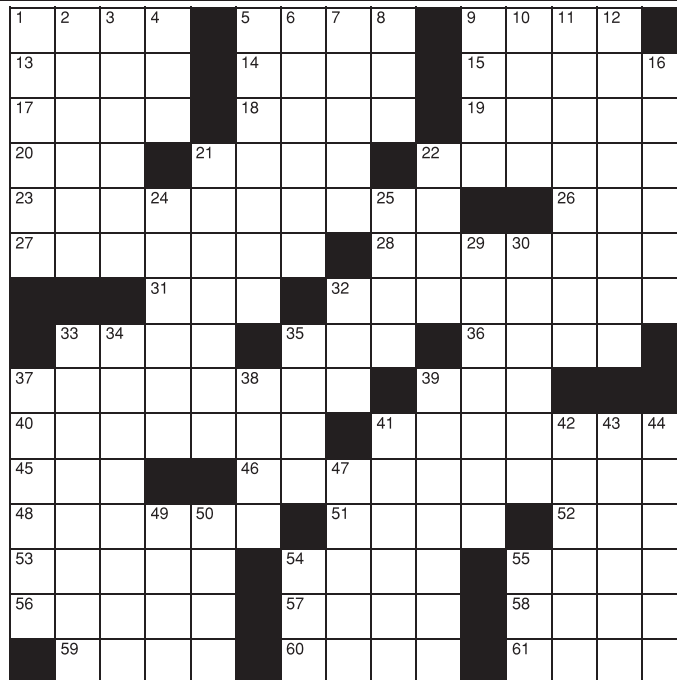
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The Crossword

by Margie E. Burke

ACROSS

- 1 Recital piece
- 5 Pinochle play
- 9 Hunter's quarry
- 13 Hotel on the Vegas Strip
- 14 Wheel shaft
- 15 Bronson film, "Honor _____ Thieves"
- 17 Chain segment
- 18 Attempt
- 19 Spotted steed
- 20 Whole bunch
- 21 Flower part
- 22 Dick Tracy's hat
- 23 Body of voters
- 26 Skin art, slangily
- 27 Coach again
- 28 Buttercup's kin
- 31 Cut short
- 32 Military stockpile
- 33 Try for a part
- 35 Chart topper
- 36 Quaker pronoun
- 37 Orlando paper
- 39 Debate side
- 40 Kind of gland
- 41 Strong praise
- 45 Roswell sighting
- 46 Trump series, with "The"
- 48 Radio show format
- 51 Monthly payment
- 52 Take a load off
- 53 Showy display
- 54 Crash site?
- 55 Great amount
- 56 "Somewhere in Time" actor



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- 7 Andean beast
- 8 Cotillion VIP
- 9 Rubberneck
- 10 Surrounded by
- 11 Orator's no-no
- 12 Front door, e.g.
- 16 Vandyke's kin
- 21 Stunt double, e.g.
- 22 _____ for oneself
- 24 Whip up
- 25 Bakery buy
- 29 Contest hopeful
- 30 Elephant driver
- 32 Painter's medium
- 33 Visibly embarrassed
- 34 Course taker
- 35 Fab Four flick
- 37 Cup holder
- 38 Indian flat bread
- 39 Comprehensive
- 41 Lean toward
- 42 Neglect
- 43 December dangler
- 44 Restraining rope
- 47 Clearly show
- 49 Cleanse
- 50 Twosome
- 54 Dead or Red
- 55 Day or night starter

DOWN

- 1 Certain brook trout
- 2 Baltimore slugger
- 3 Old World finch
- 4 Furniture wood
- 5 Bone near the ear
- 6 Hospital worker

See solution, page 20



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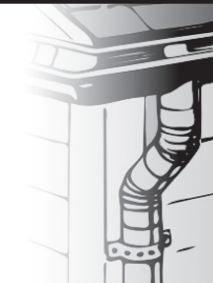
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CALENDAR

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

ONGOING

"Stretch, Strengthen, and Thrive" at ACC:

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility, 5-6 p.m. Mondays and Wednesdays. \$5 per class if pre-paid; drop-in fee is \$6. ACC Senior Services Center, 7375 Park City Dr., 393-9026 x330, www.accsv.org.

Gray Eagles monthly meeting

Gray Eagles- For 25 years, a male/female group sharing history of military/civilian aviation. Former air, ground, or carrier crew, or anyone interested will enjoy monthly speakers. Topics include airshows, warbirds, Reno races. Drop by to visit- FREE. We meet on second Mondays, each month at Hometown Buffet, 4300 Florin Road (private dining room), 11:30 a.m. to 1:30 p.m. See www.grayeagles.net. Lou, 421- 0844.

Easy Tai Chi at ACC

Learn 24-form Yang Style Tai Chi at a slower pace. Experience the gentle flow and treat your whole body to a gentle and relaxing workout.

\$16 per month or \$5 Drop-in class. For schedule call 393-9026, ext 330, www.accsv.org. ACC is located at 7375 Park City Dr.

Monthly tours of Sacramento Children's Home

Find out about the Sacramento Children's Home mission, programs, and how you can get involved on the fourth Thursday of each month, starting at 10:30 a.m., 2750 Sutterville Road. For more information and to RSVP, visit www.kidshome.org/tour-sch.

Senior Fitness at St. Anthony's

Senior Fitness meets Monday, Wednesday and Friday at 9:45 a.m. at St. Anthony's Memorial Hall at 660 Florin Road. Cost is \$2 per class. Do not have to belong to the church. Class incorporates dyna bands, small hand weights, balls, and rubber bands plus cardio. Chair and standing exercises for flexibility, strength and balance accompanied by music of "the good ol' days." Participants do not have to get down on the floor! Paula has a Masters in Exercise Physiology and has been in the fitness business over 25 years. Equipment supplied if needed.

Riverside Wesleyan Church offers older adult fitness class

Oasis, a fitness class for older adults, is held Monday, Wednesday, and Friday

from 9:30 to 10:30 a.m. at the Wesleyan Church, 6449 Riverside Blvd., in the Pocket/Greenhaven area. The charge for each class is \$2. Participants do not have to be affiliated with the church. The class has about 40 regular members, but the area used to exercise is large and can accommodate more.

Senior Yoga at ACC

This class is designed to maintain joint mobility, muscle strength and flexibility. A yoga mat is required. \$25 per month or \$6 drop-in class. For schedule call 393-9026, ext. 330, www.accsv.org

Taiko for fun at ACC

Learn the history and basics of Taiko which refer to the various Japanese drums. Wear comfortable clothing. \$16 per month or \$5 drop-in class. For schedule call 393-9026, ext 330, www.accsv.org. ACC is located at 7375 Park City Dr.

Stretch, strengthen and thrive

This class is designed for the needs and abilities of active older adults interested in gaining or maintaining mobility. These exercises will help participants maintain their cardiovascular health, muscular endurance, and vitality, enhancing their range of motion and increase energy with a mix of full body stretches, body weight exercises, strength training and active stretching. 8:30 to 9:30 a.m., Wednesdays and Fridays at ACC Senior Services Center, 7375 Park City Dr. Pre-registration is preferred but

drop-ins are welcome. For detail, call 393-9026, ext 330, www.accsv.org

ACC presents Senior Yoga

Enjoy movements designed to maintain joint mobility, muscle strength, and flexibility. This class is gentle, easy to follow and uses the floor and chair. 10:30-11:30am Wednesdays at ACC Greenhaven Terrace, 1180 Corporate Way. Pre-registration is preferred but drop-ins are welcome. For detail, call (916) 393-9026, ext 330, www.accsv.org

Tai Chi/CQ Gong

Learn the simplified 24-forms of Tai Chi, plus Qi gong exercises, a healing art combining movement, meditation, and visualization. Ideal for students new to Tai Chi. 9:00-10:00am, Thursdays at ACC Greenhaven Terrace, 1180 Corporate Way. Pre-registration is preferred but drop-ins are welcome. For detail, call (916) 393-9026, ext 330, www.accsv.org

Sunday Jazz with the Sacramento

Traditional Jazz Society at the Elks Lodge Every second Sunday of the month from noon to 5 p.m., enjoy Jazz bands in the Main Ballroom (nominal fee), Emblem Room (free) & Lounge (free) at the Elks Lodge No. 6, 6446 Riverside Blvd. There's always plenty of food available for purchase.

Sunday breakfast at the Elks Lodge No. 6

Come and enjoy a great breakfast with your family and friends every Sunday morning

from 8:30 to 11 a.m. for a cost of \$9. Specials include: Eggs Benedict & Corned Beef Hash. In addition, eggs as you like them, pancakes, waffles, biscuits & gravy, juice & coffee.

Stretch, Strengthen, and Thrive!

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility. The class consists of a mix of full body stretches, body weight exercises, strength training, and active stretching. 5:00-6:00 p.m. Mondays and Wednesdays. \$5 per class if pre-paid. Pre-registration and pre-payment is preferred, but drop-ins are welcome at a rate of \$6 per class. Held at ACC Senior Services Center, 7375 Park City Dr., Sacramento, 393-9026 x330, www.accsv.org.

Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs, 808-5888. Your wheelchair can be a tax deductible donation, and four zoo tickets will be offered as a thank you.

Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group meets at Aviator's Restaurant, 6151 Freeport Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m.

See more Calendar, page 20

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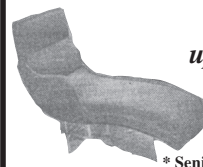
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Check out the Home Improvement Guide in the Pocket News. Call Melissa at 429-9901 for ad rates.

CALENDAR

South Sacramento Rotary club meetings

Every Thursday from noon to 1:30 p.m., South Sacramento Rotary meets for lunch at the Iron Grill located at 2422 13th St. (near Broadway). Rotary is one of the largest service organizations serving local, national and international charities through community service and good fellowship. For more information, contact Michael DiGrazia at 396-7244.

Audition applications for Sacramento Youth Symphony's 2015-2016 season:

If you play brass, woodwinds, percussion, or strings then we invite you to join the award-winning Sacramento Youth Symphony, the Sacramento area's premier youth organization for musicians (ages 6-21)! We have orchestras and ensembles for every level, from beginning through advanced. Online applications are available at www.sacramentoyouthsymphony.org.

org. Full merit-based scholarships available for select instruments! Call Robert at 916-731-5777 for details.

'Meditation and More' at Eskaton

Every second Monday of the month starting at 1:30 p.m. (session begins), enjoy a meditation session at Eskaton Monroe Lodge, 3225 Freepoint Blvd. Studies consistently show that even a semi-regular practice of meditation increases immunity, while lowering blood pressure and cholesterol, risks of heart disease and stroke. Meditation and More sessions are non-denominational and all ages are welcome. Participants sit comfortably in chairs and no special poses are required. FREE for residents and their families, \$4 for guests. Call 441-1015 or email scott.okamoto@eskaton.org to reserve your space today!

Health and Wellness TAI CHI With Chuck Malone at Eskaton

Every Thursday starting at 2:30 p.m., enjoy Tai Chi with Chuck Malone at Eskaton Monroe Lodge 3225 Freepoint Blvd.

Tai chi is often described as "meditation in motion," but it might well be called "meditation in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health. FREE for residents and their families - \$4 for guests. Call 441-1015 or email scott.okamoto@eskaton.org to reserve your space today!

FEBRUARY

15th annual Cherry Blossom Festival at Matsuyama Elementary

Feb. 20: From 4 to 6 p.m. celebrate the coming of spring and the rich culture of Japan with exciting performances and demonstrations, activity booths and colorful displays. There will be great food....Chicken Teriyaki Bento Boxes, Mochi, Snow Cones, Spam Musubi, Shoyu Hot Dogs and much more. 7680 Windbridge Dr.

Drum and Dance for Joy with Fenix Drum & Dance Company at McKinley Library

Feb. 20: Celebrate Black History Month with the Fenix Drum and Dance Company as they tell stories and teach traditional African dances around a drum circle. All members of the audience are encouraged to join in the drum circle, use one of the percussion instruments provided and participate in learning dances! Celebration starts at 3:30 p.m. at the McKinley Library, 601 Alhambra Blvd.

River City Bee

Feb. 21: Starting at 10 a.m., join the Belle Coolege Library, 5600 South Land Park Dr., for an open sewing time for quilters, sewers, and embroiderers. Get together with fellow needlework enthusiasts to sew, work on any project you choose, meet some new people, and share ideas. Bring your own equipment and supplies and work on your own projects. We provide irons and ironing boards and extension cords. This program is offered in collaboration with the River City Quilters Guild.

Ila Neb Fashion Show: Annual fundraiser for Shriners Hospital for Children

Feb. 21: The Northern California Court of the Ladies Oriental Shrine, Ila NEB Court #51 (Ben Ali backwards) will be holding a fashion show with the theme, "Fashion Memories" at Shriners Hospital, 2425 Stockton Blvd. The show will feature vintage clothing modeled by ladies of St. Marks United Methodist Church. The social begins at 11:30 a.m. The luncheon prepared by Shrine Hospital staff will consist of chicken salad, croissant, salad, cheesecake dessert, tea, coffee, and lemonade. This will begin at noon, followed by the fashion show. There will be an opportunity table available for purchase of tickets for a drawing of donated items. All donations are appreciated. The cost of the luncheon is \$25. All profits go to Shriners Hospital. Reservations are sent to Dorothy "Dot" Duggan, 1200 Gary Way, Carmichael or by calling 359-4273 or e-mailing lduggan151@surewest.net. Make checks payable to Ila Neb Court #51. Your check will be your reservation and receipt. There is parking available behind the hospital. The location of the fashion show is on the first floor near the entrance lobby.

U R America the Beautiful Carmichael Emblems Annual fundraiser fashion show

Feb. 21: The fashion show which is \$20 and includes a lunch and gift drawing will be held at the Carmichael Elks Lodge, 5621 Cypress Ave. Fashions are by the Dress Barn and Karol's Gift Shop (The Red Hat Specialty Shop of Old Sacramento). All guests and members are invited to wear their Red Hats and join in the festivities. There will be two special money cake drawings for the ladies wearing "Red Hats." Doors open at 11 a.m. for cocktails and shopping. There will be a variety of vendors present featuring clothing and miscellaneous items for the members of the "Red Hat" organization, as well as vendors with an assortment of jewelry, home décor items, handmade scarves, etc. Proceeds go to help support the club's many charities, including Loaves and Fishes, Mustard Seed School, and the Ronald McDonald House. Tables may be reserved for you and your guests. Contact chairman Judy at 715-3119.

Library LEGO Party (School Age (6-12))

Feb. 21: The library provides the LEGOs; you provide the imagination! And participants (ages 5-12) can register for a chance to win a LEGO Tow Truck set! Fun starts at 11 a.m. at the Colonial Heights Library, 4799 Stockton Blvd.

Sutter's Fort to Present "Hands on History: By Land and By Sea"

Feb. 21: Continuing a popular series of interactive and fun "Hands on History" activities each month, Sutter's Fort State Historic Park (SHP) will present a special "Hands on History: By Land and By Sea" event from 10 a.m. to 5 p.m. Through special presentations, exciting demonstrations and hands-on activities, docents will help Fort visitors understand the two different ways emigrants originally came to California -- by land or by sea -- while sharing the unique challenges they faced and what daily life was like during their journeys. A special station will be set up with pioneer clothes where visitors can select outfits and have their pictures taken with the wagon or with another pioneer setting (using their own cameras). More hands-on activities also await Fort visitors as they will help pack a wagon or trunk, make choices about what to bring along for their "journey of a lifetime," learn how to use a nautical compass, hoist a laden barrel, weave rope, learn simple knots, create maps with available resources and even join the Navy and receive pay in Stonington Bank \$2 bills. As a highlight, guest speaker Dr. Richard Kaufman, a professor emeritus from CSUS and author of *Saving the Donner Party* -- a new book that uses modern geographic techniques to identify specific routes used by the parties sent to rescue the people trapped in the mountains -- will give special presentations at 11:15 a.m. and 1:15 p.m. His presentation is focused on reconstructing the routes of the "Forlorn Hope Party" -- a group of young adults from the Donner Party that tried to break through the snow to get help. Dr. Kaufman's satellite research identifies the crucial landmarks from testimony of the survivors and perhaps alters previous interpretation as to precisely what happened. Also, Dr. Kaufman will be available to sign books available for purchase at the Fort Trade Store. Admission to

Continued on page 21

Solution to Crossword:

S	O	L	O		M	E	L	D		G	A	M	E	
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— EVENT LISTING SECTION —

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Call (916) 429-9901 for rates.

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Cabrillo Civic Club #5

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MARCH 7, 2015

\$45 per Person - Dinner 7 p.m.

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NO tickets will be sold at the door
RESERVATIONS: DeAnna Gesdahl
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CALL AND PLACE YOUR EVENT TODAY!

(916) 429-9901

Calendar:

Continued from page 20

Sutter's Fort SHP costs \$7 per adult (18 and older), \$5 per youth (ages 6 to 17) and is free for children 5 and under. For more information, call 916-445-4422 or visit www.suttersfort.org

One-on-One Technology Help McKinley Library

Feb. 21: Are you curious about ebooks but not sure how to get started? Is your tablet or e-reader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the McKinley Library and meet with a Technology Assistant! Sessions are first come, first served and last 30 minutes. Tech help starts at 10 a.m. 601 Alhambra Blvd.

Racism and Education Then and Now

Feb. 22: The Sacramento Area Black Caucus cordially invites the public to a FREE praiseworthy and commemorative event for "BLACK HISTORY MONTH" (BHM) from 2 to 4 p.m. venue and location – the laudable Women's Civic Improvement Center (WCIC), 3555 3rd Ave. – is an organization with over 70 years of service in the historical Oak Park Community. The kick-off of the BHM program starts at 2 p.m. with refreshments and 15 minutes of networking opportunities. Since 1972, Sacramento Area Black Caucus, Inc., (SABC) has been at the forefront of advocacy in our community helping to secure and protect the civil and human rights of our people. SABC has continued to sponsor and support Black community institutions that have taken positions on important issues and cultural programs such as; Black History Month, Women's History Month, Kwanzaa, Dr. Martin Luther King, Jr., and Malcolm X Commemorations. We understand that celebrating our experiences is essential for our growth as culturally strong people. The Keynote Speaker is Mr. Darryl White, Chairperson of the Black Parallel School Board (BPSB) and Educator. Our Mistress of Ceremonies is the vivacious Ms. Linda Weekes. Linda was the former Miss Oakland, a model and community leader. Youth from the Fortune Charter School are presenting what BHM means to youth in the 21st century. Dr. Margaret Fortune is the Charter School Administrator. "Black History Month" was formerly known as "NEGRO History Month" in 1926 by a noted historian, "Dr.

Carter G. Woodson." Dr. Woodson stated, Black History Month is an annual celebration of achievements in America of people of African descent and their role in U.S. American History". Seats are on a first come basis. Call now to ensure your FREE reservation seat at 627-8650 or email dlynem@yahoo.com, and fayek@springmail.com.

Rick Jennings, the Center for Fathers and Families and B Street Theatre present: An "Evening of Comedy

Feb. 23: Come enjoy a night of comedy while you help enhance the quality of life for local families and students through the great work of the Center for Fathers and Families. Seats are limited for this hilarious one night show. Tickets are \$50 each and VIP are \$100 each. For more information, contact Noelle at 568-3237, ext. 204. There will be complimentary wine and hors d'oeuvres before the show. Tickets can be purchased online at http://www.fathersandfamilies.com/CFF/Evening_of_Comedy.html.

"The Loving Story" and "Freedom Riders" movie clips to be shown at Central Library

Feb. 24: From 6 to 7:30 p.m., join Beth Slutsky, Ph.D., who will screen film clips from "The Loving Story" and "Freedom Riders" and lead a discussion at the Central Library, 828 I St. Dr. Slutsky is a historian at University of California, Davis. The event is part of a nationwide, multi-year "Created Equal" program sponsored by the National Endowment for the Humanities. This year's series also marks the 150th Anniversary of the 13th Amendment, which ended slavery in the United States.

Meet the Author – Widows' Shoes

Feb. 24: When John, her husband of 49 years, passed away, Isabel Corr-Rizzo found herself widowed and propelled into the emotional turmoil, financial hardships and physical challenges that came with this new identity. "I found that writing this book was therapeutic for me, as well as for the women who share their stories in it," says Corr-Rizzo, "We wanted other widows to understand that they are not alone. We are a sisterhood." Corr-Rizzo takes the reader on a healing journey through the lives of 14 widows who express their innermost thoughts and feelings on being widowed and how they fought to recover from grief, reassembled their lives and learned to live again. Call 441-1015 or email [ton.org to reserve your space today. The event goes from 1 to 2 p.m. at Eskaton Monroe Lodge, 3225 Freepoint Blvd.](mailto:scott.okamoto@eska-</p>
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Baby Storytime

Feb. 24: Starting at 12:30 p.m., join the Belle Cooledge Library (5600 Land Park Dr.) for nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. This program is for children up to about 18 months old or until they are ready for toddler storytime. Each child must be accompanied by a participating adult. Following the program babies and their caregivers are invited to stay and play with activity learning toys.

Noni's Knit-Wits @ Belle Cooledge (Adult)

Feb. 24: Starting at 1:30 p.m., enjoy a relaxing afternoon of knitting with fellow yarn enthusiasts at Belle Cooledge Library, 5600 Land Park Dr. Anyone interested in knitting and crocheting, even beginners, are welcome to join in. This is not an instructional class, but assistance is available. Bring your own supplies and a project to work on.

Read to a Dog @ Belle Cooledge (School Age (6-12))

Feb. 24: Read to a Dog is a fun and proven method for boosting a child's reading skills by reading to a trained therapy dog and adult volunteer. Children may bring their own books to read to these furry friends, or they may borrow a book from the library's collection. Join us in our community room for this wonderful program, which starts at 6:30 p.m. at the Belle Cooledge Library, 5600 South Land Park Dr.

Baby storytime at McKinley Library

Feb. 25: Babies from birth to 18 months old and their parents/caregivers can enjoy great books, lively songs, and rhymes, and meet other babies in the neighborhood. Fun starts at 10:30 a.m. Suitable for ages 0-5; 601 Alhambra Blvd.

Music at noon free concert at Westminster Presbyterian Church

Feb. 25: Bring your lunch and enjoy fine music. This week there will be music featuring organist Ryan Enright. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org. Westminster Presbyterian Church is located at 1300 N St.



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Preparing for some 'Fun in the Sun'

Greenhaven's Eskaton Care Center looks forward to a new therapeutic and healing garden

By **MONICA STARK**
 editor@valcomnews.com

Every Tuesday, weather permitting, members of the VIP Gardening Club at the Eskaton Care Center in the Greenhaven area get a little dirt under their nails and share in the happiness being outside gives them.

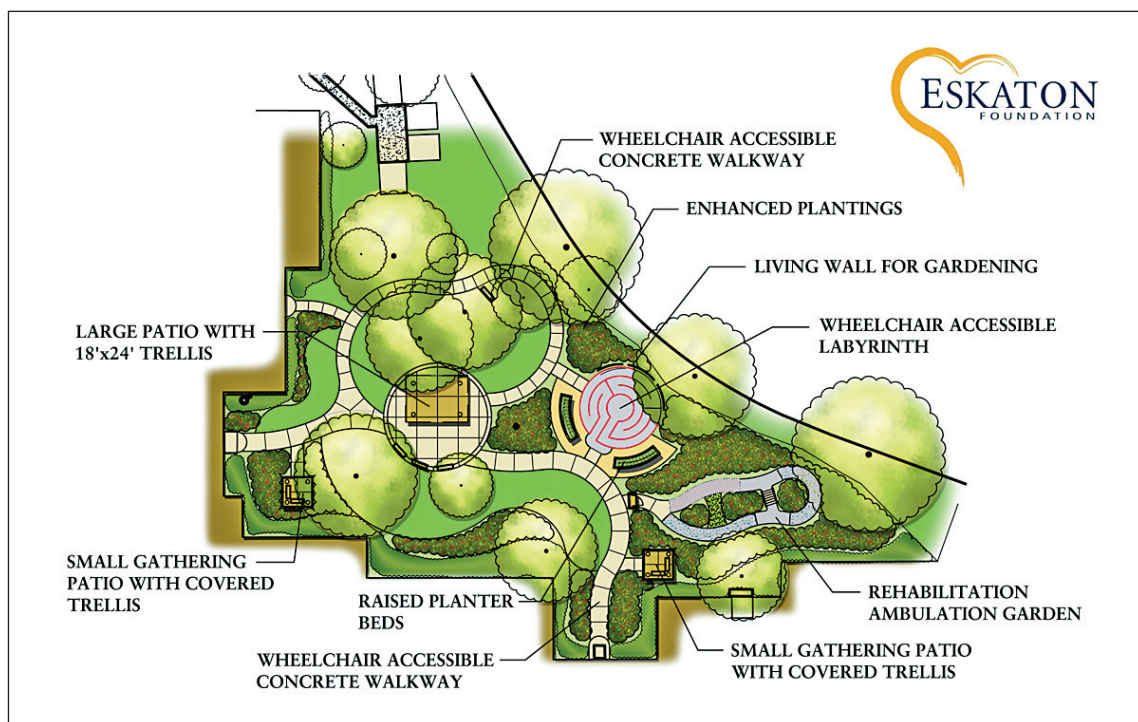
Though many of them are wheelchair bound, they're able to move on up to the raised planter boxes. Elevated just enough off of the ground, the boxes are the perfect height for residents to reach easily inside and examine the progress of their plantings.

Eighty-three-year-old Gertrude Lasley said she loves watching the seeds come up. "Sometimes they come up and sometimes they don't," she says matter-of-fact. She comes from a large farming family in Texas, so being a part of the gardening club brings back memories of home. "We lived

in the farming country a lot of my life, so we had things that were coming up that weren't supposed to be coming up."

Joanne Henderson, an employee for AARP, works with the gardening club and she spoke with the Pocket News about the success of the group and how touching it is for her to witness. "To make it exciting, it is called the VIP Gardening Club and they love the VIP. We take little seeds, we plant them and watch them grow. When the cucumbers, tomatoes, the bell peppers came last year, it was so exciting. And the flowers got to bloom. Everyone was swarming them, they love the garden and it was because of these fine ladies. We did butterflies and put their names on them so people will know who is VIP. Our VIP residents are very special and it warms my heart just to be a part of it."

Judith Curtis, the daughter of resident Geraldine Cole-



Courtesy of Eskaton

Shown here is a rendering of the Therapeutic and Healing Garden at the Eskaton Care Center, which is in the fundraising stage with a goal to break ground soon.

man, said she started asking other residents to see if they wanted to garden. "So, we got together and we planted out in the planters outside. We go out three times a week especially in the summer time. We take them (the residents) outside and water. We eat the tomatoes that we grow. When it's cold and it's winter, we do some kind of crafty thing. We made necklaces for Valentine's day. They painted birdhouses. The wind chimes that are out there, they painted. Gosh, we've done a lot of things."

Among many of Gertrude's activities at Eskaton include sitting on the resident council, during which time she and other council members have told staff what they would like to see at a new bigger and more exciting garden now which is now in the fundraising stage and monitored by the Eskaton Foundation.

"I wanted a lot of things. I had a list," Gertrude said. For one thing, she wanted to be able to work with her hands and grow tomatoes.

Called the Therapeutic and Healing Garden, the garden will feature wheelchair-accessible walkways, a labyrinth, rehabilitation path, and multiple areas for family visits and recreational activities.

Excited about the new garden plans, Gertrude said, "I think it's a really good idea because when the weather is warm, we like to be outside and it will be shady and nice."

Called the Fun in the Sun Campaign, a current fundraising drive for the creation of the new outdoor space is now underway.

As of Feb. 4, the foundation has raised about \$190,000 toward the \$300,000 Fun in the Sun Campaign goal. Eskaton will, however, break ground as soon as the organization reaches \$226,500 for the first phase of the Thera-

peutic and Healing Garden. If they raise the full \$300,000 in donations by Aug. 1, then they can build the entire garden (full scope), which includes the Rehabilitation Ambulation Garden, Living Garden Wall, raised garden beds, and patio furniture.

The foundation is still looking for donations and is offering naming opportunities for various features of the garden. The following garden amenities may be named after donors in the near future: Rehabilitation ambulation garden, \$20,000; living garden wall, \$10,000; large covered trellis, \$10,000; small covered trellis (two available at \$5,000 each); raised planter beds (set of two), \$5,000; nine benches for \$1,500 each; labyrinth pavers each for \$500, three patio umbrellas for \$1,500; three patio tables for \$1,000 each; 12 patio chairs each for \$500.

Staff at Eskaton are especially excited about the wheelchair accessible labyrinth, which would be the first in the greater Sacramento area. "The chaplain is excited about it, wants to have activities out there. It will be nice to have extra space and it's kind of sad to see residents squeezing up to the glass wanting to look out-

See Eskaton Garden, page 23

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Photo by Monica Stark

Shown here from the left are members of the VIP gardening club at the Eskaton Care Center Greenhaven: Donna Freitas, Geraldine Coleman, Gertrude Lasley, Rita O'Connor and Pat Wetterstrom.

Eskaton Garden:

Continued from page 22

side," said Lorraine Leung, Director of Annual Giving at Eskaton Foundation.

For Eskaton Executive Director Heather Craig, bringing the labyrinth to the care center conjures up personal memories. Living out of state about 12 years ago, Heather said she moved back to California after news broke about her mother's breast cancer. Meanwhile she was studying for her administrator license exam, which she failed the first time. During this transition period in her life, Heather stayed with her aunt and uncle up on a farm up in Columbia in gold country. Her aunt had built a labyrinth out of rocks for a pathway for medi-

tation. Recalling the day before she was scheduled to retake her exam, she said: "I went out to the labyrinth and put it out to the universe that I'm going to clear my mind. I'm going to pass this test; I'm meant to be here. And I spent an hour walking the labyrinth. I wasn't sure how it was going to work. It's a hillside on a farm."

A second period in her life occurred when her father was diagnosed with cancer and had to have surgery in San Francisco at California Pacific Medical Center, where a labyrinth made of wheelchair accessible pavers was included on site. "The labyrinth was there for a purpose. It touched me and was needed with me."

Once completed, the new therapeutic and rehabilitation garden will provide residents with more space to enjoy the outdoors.

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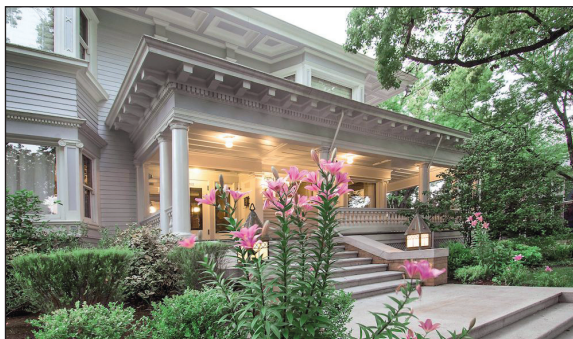


PENDING

QUALITY GREENHAVEN HOME

Lee Basford built 3 bedroom 2½ bath home close to the Sacramento River. New two-tone paint, refinished hardwood floors, remodeled kitchen, master bath, Pella dual pane windows, plantation shutters and so much more! Newer front and backyard landscaping, and a pool! \$432,500

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SHEILA VAN NOY 505-5395



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PENDING

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This single family 2 bedroom 1½ bath home features new exterior paint, open floor plan, spacious bedrooms, huge dining area, attached 1 car garage, community pool, plenty of parking, newer roof, covered patio, yard space, fireplace, ceiling fans. Close to river, bike trails, parks, and downtown. \$189,000

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PAULA SWAYNE 425-9715



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