

# THE POCKET NEWS

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March 15, 2012

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

**Publisher**..... George Macko  
**General Manager**..... Kathleen Egan  
**Editor**..... Susan Laird  
**Art Director**..... John Ochoa  
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**Distribution/Subscriptions**..... George Macko

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Vol. XXI • No. 6

2709 Riverside Blvd.  
Sacramento,  
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Pocket News photo, Sally King

SENIOR SENIORS, get ready for prom night! AARP and Kennedy High School seniors will host a 'Really Senior, Senior Prom' for senior citizens on April 13. Proceeds will benefit the AARP Hunger Project.

## AARP and Kennedy High School connect over 'Really Senior, Senior Prom'

By SALLY KING  
Pocket News writer  
sally@valcomnews.com

Trip the lights fantastic, swirling in a favorite party dress. It's time for the Really Senior, Senior Prom.

The American Association of Retired Persons (AARP), together with the senior students at Kennedy High School, will host a senior prom on April 13, from 6 to 9 p.m. The cost is \$5 per person and all proceeds go to the Sacramento Food Bank.

All ages are encouraged to come; there is no need to worry about coming without a partner. This is a dance for singles and couples. A local DJ plans to keep the dance floor hopping and food will be served.

Seniors at Kennedy High are organizing the dance as part of their community project. Kennedy students Mariah Dremel and Matt Gibbins, who both live in the Greenhaven Pocket area, are excited.

"This is a way to bridge the gap between teenagers and elders in the community," Dremel said. "Older people want to have fun like us."

Gayle Ross, who became a volunteer for AARP five years ago, is passionate about this project.

"I just fell in love with the idea after seeing a photo of a 90-year old woman escorted to the prom by her son who was in his seventies," Ross said. "She just looked so cute."

Ross first heard about this idea from an AARP group in

Redding. This will be Redding's third year working with a local high school to put on a senior dance. Their proceeds help that community's local Meals on Wheels program.

This dance will support the Sacramento AARP Hunger Project. It will also serve the purpose of bridging the gap between high school kids and older folks.

Ross is retired from the Youth Authority where she worked with underprivileged children. She loved working with the kids and still has a passion for wanting to help others. Now

she wants to help older people and sees this dance as a way for folks who don't normally go out in the evening, have a little fun. She said the goal is to dress up and just enjoy the evening.

The kids will be selling raffle tickets for prizes and they are going to crown a king and a queen at the prom, just like they do in high school.

So, put on those ruby red slippers and get ready to have a great evening out!

The dance will be in the JFK High School cafeteria located at 6715 Gloria Drive. For details, email: [CESquivel@aarp.org](mailto:CESquivel@aarp.org).

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Photos courtesy, Elks Lodge No. 6

## Elks 'Students of the Month'

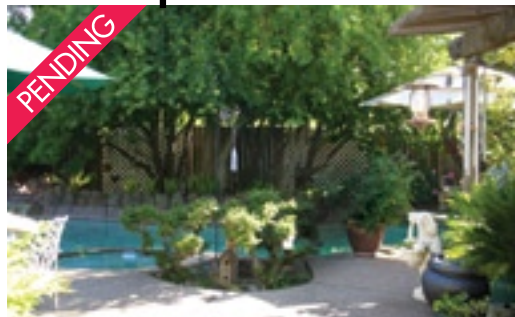
Special to Pocket News

The following students were honored by Elks Lodge No. 6 as "Students of the Month" in January.

Middle school students (above, left to right): Vichai Thao (Rosa Parks Middle School), Maya Kitt (Genevieve Didion K-8), Brayan Enriquez (Will C. Wood) and Cassidy Saechao (California Middle School).

High School students (below, left to right): Jasmine Garcia (Valley High School), Meghan Musilli (St. Francis High School), Barthi Maharaj (Sacramento New Technology High School), Kenneth Fulton (Freemont School), Nicholas Dombrowski (Sacramento New Technology High School), Sara Crocker (C.K. McClatchy High School), Raymond Norton (Luther Burbank High School), and Anjanique Johnson (Christian Brothers High School).

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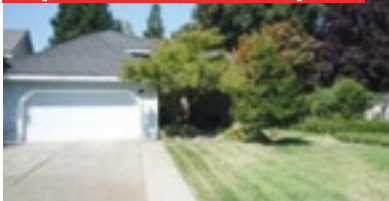
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# Dr. Ken Schenck celebrates 35 years at the helm at Mueller Pet Medical Center

Special to Pocket News

Ken Schenck, DVM, a graduate of the University of California at Davis Veterinary School, is celebrating 35 years of practice. With his wife of 36 years, Charla, they have owned and managed Mueller Pet Medical Center since that time.

"It has been unbelievable," Schenck (whose last name is pronounced "Skenk") said. "We have the most amazing clients at Mueller and being able to care for the third and fourth generation of pets for some clients is a very humbling experience."

## The early vision

Robert Mueller, DVM, built the then Mueller Small Animal Hospital in 1951 across the street from the Sacramento Executive Airport. At that time this served as the major airport for the Sacramento community, and similar to our present Sacramento International Airport, it was on the edge of town and surrounded by fields.

"Many people questioned Dr. Mueller's judgment in placing his animal hospital in that location," Schenck added. "But time showed his judgment was appropriate as the town grew around him."

In the fall of 1977, Schenck purchased Mueller Small Animal Hospital from its founder.

"It was a very small practice at that time. It had a corner reception desk, one exam room,

and a combination treatment and surgery room," he said. "And we only had five full time employees. I immediately recognized that I needed more exam rooms. So I tore out a wall and created two more exam rooms. Unfortunately this eliminated my office, but it was worth it."

## Emergency care

Within a few years, Schenck started providing 24-hour emergency care with a staff on site at all times.

"It was really a survival decision for me at that time," he said. "I was personally taking all night emergencies, along with working six days a week, the load just became too great. So we became the third practice in Sacramento County to provide 24-hour emergency care, and the first to provide this care in the Greenhaven/Land Park/South Sacramento area."

## Services added

Roughly twenty years ago Mueller Animal Hospital went through a major remodel. It added a little over 2,000 square feet.

"We were able to add a full surgery and to enlarge our treatment room, reception room, and doctor's office," Schenck said. "This allowed us to expand our services to include laser surgery, orthopedic surgery, and more critical care services. Our client base,

which has always been amazing, was expanding also, so we really needed the space."

## New facility this spring

Mueller Pet Medical Center is once again growing. But this time it is moving to a new site and a new, much larger facility.

"About ten years ago, we recognized that we again needed more space," he said. "Our clients are very patient, but we really needed more exam rooms and more parking spaces. So we started designing a new floor plan but it just wouldn't fit on our present three-quarter acre site. After literally years of searching and negotiating we finally found and bought a great two and one-half acre piece of property just over a mile south (of the old location)."

## The Pet Inn

"Our expanded facility will not only allow us to provide more comfort and services for our veterinary clients and patients, but also to expand our pet overnight lodging and grooming services," Schenck continued. "Two years ago we recognized that the pet boarding business was changing dramatically. Clients didn't want kenneling anymore, they wanted activities and play groups. So we created The Pet Inn to better provide those services. Our new facility will have three indoor arenas for year round play."



Photo courtesy, Mueller Pet Medical Center

DR. KEN SCHENCK, co-owner of Mueller Pet Medical Center, is celebrating 35 years of caring for pets. Schenck and his wife, Charla, have grown and expanded the business. Mueller Pet Medical Center will move to a beautiful, larger facility on Freepoint Boulevard at the end of March.



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Know your neighbor

# Local resident Lionel Holmes has made many contributions to Portuguese-American community

By LANCE ARMSTRONG  
Pocket News writer  
lance@valcomnews.com

Sacramento resident Lionel Holmes has experienced many things in his nearly 93 years of life. Among his memories are visiting and living in the Pocket.

There are few, if any, around today who recall the Pocket area as early as Lionel, who is a descendant of early Pocket Portuguese residents.

Although Lionel was born in Tulare, Calif. and grew up in Oakland, summertime meant visiting the Pocket with his family.

Lionel's immediate family at the time included his father, Manuel Rocha Holmes (originally Manuel Leal da Rocha Homem), who was born in the island of Terceira in the Azores Islands of Portugal and once owned a grocery and liquor store at 18th and S streets.

Lionel's mother, Mary Agnes Silveira, was conceived in Sao Roque, Pico island in

the Azores and born in Sacramento.

The family also included Lionel's brothers, Elmer and Harold "Hal," and his sister, Dolores (later Dolores Souza).

Unlike the rest of his immediate family, Elmer grew up in the Pocket, as he was raised by his grandparents, Manuel Enos and Amelia Silveira.

## Early Pocket memories

During his interview with this publication last week, Lionel shared some of his earlier memories of the area.

"I began visiting the Pocket in about 1924 when I was about 5 years old," Lionel said. "My grandparents (Jose Francisco and Amelia Silveira) owned a 40-acre ranch that fronted Riverside Road (today's Riverside Boulevard), from (the present) Driftwood (Street) to the north, Outrigger Way to the south and west to the river. I didn't know (Jose Francisco) though, because he died before I was born."

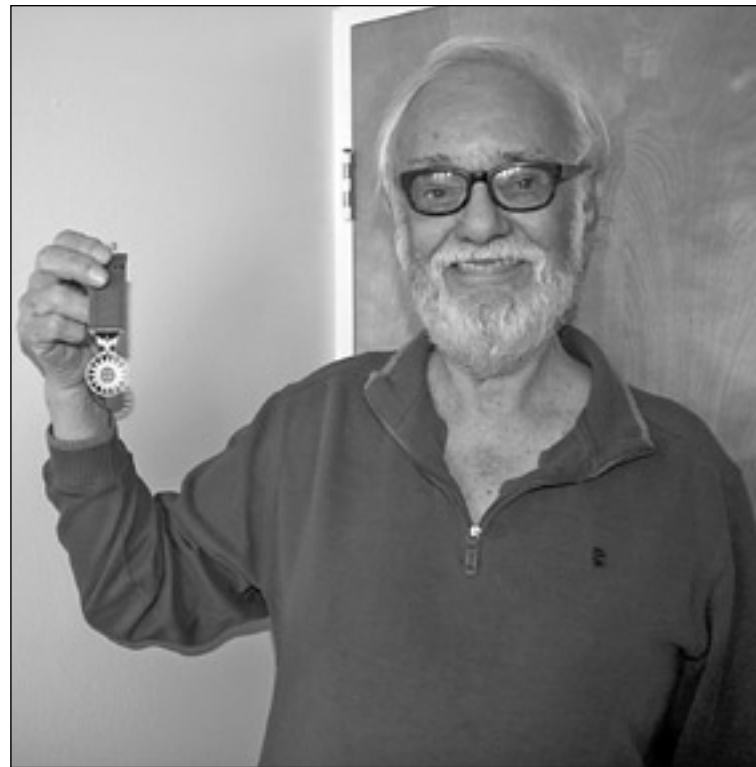
Lionel said that Jose Francisco was killed in an accident on the ranch on May 10, 1910.

"When my grandfather was 55 years old, he was driving a team of horses attached to a load of lumber," Lionel said. "The horses became frightened and started to run away. Jose clung to the reins and tried to stop them. He was thrown between the horses and the wagon and was kicked in the head, fracturing his skull."

Amelia Silveira later married Manuel Enos, who farmed the ranch with the occasional assistance of Mexican workers and family members.

When asked to describe the old Silveira ranch, Lionel said, "They grew vegetables, which they sold at the public market. They grew tomatoes, onions, corn and other vegetables and they also grew cantaloupe. They also had cows and sold milk to some dairy in town. I remember seeing my step-grandfather, Manuel Enos, farm the land and I helped out picking tomatoes and other things with my brothers."

Although the ranch no longer exists today, its former presence in the Pocket is honored through the present Silveira Way. The street is located near the site of the old Silveira family house, which sat across the street from Faustino Silva's slaughterhouse.



Pocket News photo, Lance Armstrong  
PORTUGUESE PRIDE. Sacramento resident Lionel Holmes holds his Gold Medal of Merit Portuguese community service award that he received in 1997 from President Jorge Sampaio of Portugal.

While attending Oakland's Roosevelt High School, where he graduated in 1937, Lionel became interested in journalism and served as the editor of the school's newspaper, *The Crimson*.

He later attended St. Mary's College, where he was the editor of the student newspaper, *The Collegian*, during his junior and senior years.

After graduating from St. Mary's in 1941, Lionel was hired to work as a "reader" – copy editor – editing and writing headlines for the *Oakland Tribune*.

Lionel's time with the *Tribune* ended about a year and a half later when he was drafted into the Army.

## WWII service

He first served as a medical clerk with the 20th Station Hospital in Guadalcanal, then with the Transportation

Corp as a member of the medical complement aboard the SS Mariposa, sailing to and from Boston and Europe.

In all, Lionel made eight roundtrips on the SS Mariposa, which transported troops to Europe and brought back the wounded and others returnees from the war.

After being honorably discharged from the Army in 1944, Lionel went to work as an advertising writer for the Rea, Fuller Agency in New York City.

## Writing career

It was also during 1944 that he worked in the same position in New York City for Prentice-Hall Publishers.

A year later, he married his first wife, Irene (Specht) Holmes, and became employed as an advertising writer for Gen-

See Holmes, page 7

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*Pocket News photo, Lance Armstrong*  
**BIG, HAPPY FAMILY.** Lionel Holmes and his first wife, Irene (Specht) Holmes, are shown with their seven children in this 1962 photograph.

## Holmes: Current project connects Sacramentans with their Portuguese heritage

*Continued from page 6*

eral Electric in Bloomfield, N.J.

In about 1948, Lionel was hired by the McGraw-Hill Publishing Co. as the news editor of *American Machinist* magazine.

Lionel made a unique career move in 1952, when he left the magazine and his master's studies in English at New York University and moved to Brazil to work as the bureau chief of McGraw-Hill World News.

During their three years of living in Brazil, Lionel and Irene, who passed away in 1971, had two of their seven children.

Lionel resigned from McGraw-Hill in 1955 and returned to California, where he purchased a home on School Street in Folsom.

It was also during this time that he began the first of his 24 years as a press officer for the state.

While living in Folsom, Lionel, who earned his Eagle Scout award when he was about 17, also served as a scoutmaster.

In about 1965, Lionel and his family moved to a home

on Edison Avenue in the Arden area.

About a half-century after he first visited the Pocket, Lionel married Eleanor Lopes Brown and purchased a house at 6430 Surfside Way in the Pocket, about a block from the former site of the Silveira Ranch.

Eleanor passed away on Dec. 18, 2010 and Lionel moved to downtown Sacramento last Aug. 1.

### Local Portuguese involvement

As a continuously active member of the Portuguese-American community, Lionel served as the president of Cabrillo Civic Club No. 5, became a founding member of the Portuguese Historical and Cultural Society and served as the society's president in 1985 and 1986.

Using his background in journalism, Lionel served as the first editor of the society's newsletter, *O Progresso* (The Progress). He held this position from 1982 to 1997.

Lionel's contributions to the Portuguese-American community also include his work as the co-author and

editor of the book, "Portuguese Pioneers of the Sacramento Area," co-chairman of the Pocket's Portuguese Community Park planning and developing committee in 1988, Portuguese committee chairman for the 1984 Camellia Festival, chairman of the Portuguese Sacramento History Week in 1991 and editor of the weekly bulletin of Sacramento's St. Elizabeth Portuguese National Church.

Presently Lionel is working on a series of charts showing the connection of Sacramento area people with their Portuguese lineage.

In honor of his involvement with the Portuguese-American community, Lionel received the prestigious Gold Medal of Merit for Portuguese community service from President Jorge Sampaio of Portugal on July 13, 1997.

While reflecting upon his accomplishments, Lionel said, "I'm really proud of my Portuguese heritage in the Sacramento area and I am proud that I was able to contribute to the Portuguese-American community."

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# 'Man of the Year' nominee seeks to raise funds for Leukemia & Lymphoma Society

By SALLY KING  
Pocket News writer  
sally@valcomnews.com

Sacramento's official kickoff for the Leukemia & Lymphoma Society's "Man & Woman of The Year," took place on March 1 at Niello Maserati.

'Man of the Year' is a ten-week competition to raise money to fund research and provide patient assistance in the fight against leukemia, lymphoma, myeloma and other blood cancers. The Leukemia & Lymphoma Society has invested more than \$814 million in research.

## Meet 'Team Delbert'

"Man of the Year" nominee and Hollywood Park resident Delbert Stapp said he feels honored to be nominated and his goal is to raise \$50,000.

Planning for "Man of the Year" began in September. There is a lot of organizing, gathering ideas and asking folks to volunteer that must take place for the event to run smoothly. Campaign manager Wayne Novoa said they are utilizing all resources, professional, business organizations, family and friends.

Stapp has a team of staff, volunteers and consultants helping him and they are known as Team

Delbert. Gloria Torres, a 15-year leukemia survivor is part of the team.

"She is a testament, a beacon of light and hope to those afflicted, that you can survive," Stapp said.

Gloria Torres, director for Buena Vista Child Development was diagnosed with leukemia in 1999 and is now in remission.

"When I met Delbert I could see how much passion he had for raising money for LSS," Torres said. "It is so incredible, if it wasn't for people like Delbert raising money for research, I would not be here today."

## Research brings new medications

Torres said when she could not locate a bone marrow donor; she was given a new medication that had just been approved. It worked for five years, then it stopped working, but thanks to research, there was another new medication for her to try and it worked. She feels confident that folks like Stapp will continue to support LSS.

Stapp's website, [www.delbertstapp.com](http://www.delbertstapp.com) explains how the "Man & Woman of the Year" competition began in 1990 at the Northern California Chap-



Photo courtesy, Team Delbert

DELBERT STAPP is running for 'Leukemia & Lymphoma Society's 2012 Man of the Year.' By doing so, Stapp and his all-volunteer team hope to raise \$50,000 to fund research and aid those who suffer from blood cancers.

See Nominee, page 9

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# Nominee: Ongoing leukemia, lymphoma research funding critical

Continued from page 8

ter. The first event was held in remembrance of John Spencer, a valued Hastings Department Store employee who died of leukemia at the age of 39. The number of chapters keeps growing and in 2011 candidates collectively raised more than \$14.6 million for blood cancer research and patient services.

## Creative minds, volunteers welcome

Novoa said they are always looking for new volunteers and folks who have ideas on fundraising or helping in other ways. There are many scheduled events coming up where they could use help, such as a large yard sale event taking place on March 17.

Novoa met Stapp while doing volunteer work for the annual charity golf tournament Cook Realty holds every year to benefit local programs.

"Together we have been successful," Novoa said. "We hope to continue that success."

## Life-changing

Stapp was approached last year to run for "Man of the Year" and knew his decision to help would forever change his life.

Stapp remembers meeting Jackson Grant, a five-year old leukemia survivor and 'Boy of the Year' for 2011. Knowing that 15 or 20 years ago this energetic young boy's condition would have been much more bleak, Stapp was deeply touched.

"My motivation is simple," Stapp said. "I feel there are a lot of people in

*'There are a lot of people in this world who, through no circumstance of their own, are a lot less fortunate than most of us and they need our help.'*

**- Delbert Stapp**

Nominee for 2012 LLS Man of the Year

this world who, through no circumstance of their own, are a lot less fortunate than most of us and they need our help."

## The need is real

Stapp said the need for help is critical. Recent advances in technology, treatment and medicine create a need for continued funding. In the last 10 to 15 years, the survival rate has changed from a five percent survival rate to almost a 50 percent survival rate. Staff chose this organization because it is professional and manages its money well, spending most of it on research and the patients.

## Safety net

LLS gifts up to \$10,000 to patients who need financial assistance.



Photo iStockphoto

FUNDS ARE URGENTLY NEEDED to provide on-going research for new medications for and treatment of cancers of the blood, such as leukemia and lymphoma.

Novoa said the various programs in place through LLS are for all people. He said some folks are apprehensive about seeking help, they fear deportation or having to fill out extensive paperwork. He stressed that is not the case. It is a simple process and the goal is to help people with their needs right away. There is a safety net in place providing valuable priceless programs to begin the healing process.

"There are support groups, mentors, displacement programs and referrals for medical detection," Novoa said. "The money goes right where it needs to immediately."

The Grand Finale Celebration will take place at the Sheraton Grand Hotel in Sacramento, on May 12. Visit [www.delbertstapp.com](http://www.delbertstapp.com) to donate and to view a calendar of upcoming events.



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# Mural a special gift to Pocket Library

By SALLY KING  
Pocket News writer  
sally@valcomnews.com

Last summer, some noticeable changes were made at the Robbie Waters Pocket-Greenhaven Library. In the Kid's Corner where the entrance is surrounded by the titles of seven classic children's tales, the walls reinterpret these tales as a mural in colorful, acrylic paint.

Kristen Muench, a professional artist for over 30 years, is responsible for the design and creation of the mural. She said she worked with "Friends of the Library" Kathi Windheim and Bonnie Bartholomew for five years conceptualizing and configuring how the mural would look.

When Muench came to Sacramento from her residence in Parker, Colorado to begin work on the mural, she said she had no idea who would be available to help or what level of ability the artist would have. She said she felt blessed when Michelle Hufford, a senior at Christian Brothers High School volunteered her time.

Hufford spent 135 hours assisting Muench with painting the mural. Muench said Hufford's design has been chosen for the Senior Wall Mural at her high school this year. Hufford said she is taking two art classes this semester and enjoys cross-country running in addition to painting.

"One of my favorite parts of the mural is the big pink dress," Hufford said. "Muench told me I could design the Victorian dress, so I came up with the design and painted it."

Hufford said the painting of Dorothy from the "Wizard of Oz," is a self-portrait. She said she photo-shopped a picture of herself in Dorothy's dress and had fun painting herself as Dorothy.

Muench said they used a clean, but very time-consuming process for the site.

"From the beginning of this crucial step Hufford was of unquestionable help," Muench said. "She worked diligently to help transfer the full-scale drawings onto all the walls of the tower by process of carbon paper tracing. She did this with focus and precision



Pocket News file photo, Corrie Pelc  
LOUISA MAY ALCOTT'S "Little Women" are part of the mural in the Pocket-Greenhaven Library's Kids Corner. Artist Kristen Muench designed the mural, and worked with student artist Michelle Hufford, who volunteered her time to make the mural a reality.

and I was immediately impressed by her ability."

After recognizing her talent, Muench said she had Hufford begin to help with the actual painting by having her paint the "book edges" on each folio wall. Muench said once she was assured of Hufford's ability to take direction and "feel the paint" Hufford began painting the petticoat drapery and lacy folds of the dresses of the "Little Women"

section of the mural. Muench said she did an outstanding job.

Muench said it worked out well having Hufford assist her with the mural.

"Michelle's style worked well with mine and I believe the blending of the two is virtually seamless," Muench said.

"Muench listened to books and I listened to music while we painted," Hufford said. "We got along well."

In addition to Michelle, Muench said there were several student volunteers that were of exceptional help. One was Tyler Rock who

initiated the blog about the project, spent many hours uploading photos and helping to share the project with the world. Muench said he was of invaluable technical help.

Muench said both Kenji Bennett and Scott Newman served as models in the Treasure Island portion; as well as the Fong children (our Hansel & Gretel), to whom the play area adjacent to the reading tower is dedicated.

Hufford received community service points for the project, but added that the reason she helped out is that it makes her happy when she paints.



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Relles' column, "Janey Way Memories," has appeared in local papers for years. Readers kept asking for more. So Marty put together the first of what will hopefully be many volumes of storytelling that only he could articulate with such finesse.

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"Janey Way Memories: Volume One, The Story of the Janey Way Gang" is available for \$15 a copy. To order, visit [www.Janeywaymemories.com](http://www.Janeywaymemories.com). Or come to his book signing on April 5 from 7 to 9 p.m. at the Dante Club, located at 2330 Fair Oaks Blvd. in Sacramento

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Janey Way Memories:

# Boating with Uncle John Goldie



By MARTY RELLES  
Pocket News columnist  
marty@valcomnews.com

One Easter Sunday in the early 1960s, our large extended family gathered at my Aunt Alice Goldie's house for dinner.

As we sat around Aunt Alice's big family room eating ham, scalloped potatoes and salad, my brother Terry and I began a conversation with our uncle John Goldie.

Unlike, most of our aunts and uncles, John was Scottish, not Italian. In fact, he grew up in Glasgow, Scotland and served as an officer in the British Royal Navy during World War II. As we talked, Uncle John shared some of his naval wartime stories with us. We listened intently.

Then he said something which really got our attention: he had just bought a 17-foot boat, and he wanted to take us fishing in it. Wow, that sounded great. Soon, we had obtained permission from our parents and a date was set.

Two weeks later, on a Saturday morning, Uncle John pulled up in front our house, towing his new boat. To say we were excited would be an understatement. We grabbed our jackets and fishing gear, bid our parents farewell and headed out to Uncle John's waiting Chrysler sedan.

Off we headed in the direction of the Sacramento River, and thirty minutes later we pulled into Miller Park at the west end of Broadway. John circled around the parking area and headed down to the boat ramp.

Launching the boat proved to be quite an experience. First, our uncle circled the car around and began to back down the ramp. About half way down the ramp, the boat trailer began to jackknife. So, he stopped the car and pulled forward up the ramp to straighten the trailer up. Then he began backing the car up again and again the boat trailer jackknifed.

This time, Uncle John had Terry get out of the car to give him directions as he backed the boat up. That proved to be less than a good idea. Terry had a long-standing reputation as a curmudgeon. Laughing like a hyena, he provided little assistance in launching the boat.

Eventually, however, Uncle John got the trailer far enough down the ramp to launch the boat and off we went in the direction of Garcia Bend, where we would fish for striped bass. Uncle John proved to be an able boat man, and when we arrived at our destination, he dropped anchor, put a shrimp on each of our hooks and we began a long day of fishing.

Of course, we caught no fish, but had a great time. At noon, we ate a big lunch Uncle John had prepared for us, drank soda pop and listened to Uncle John's naval stories and the story of how he landed in the U.S. after the war.

The day skittered away and eventually, we had to pull anchor and head home. When we got back to Miller Park, we had a much easier time loading the boat onto the trailer than we had experienced while unloading it. By 5 p.m., and fully exhausted, we returned home, full of stories about our great fishing trip.

Sleep came easily that night.

It has been over fifty years since the day Terry and I went boating with Uncle John Goldie. We never did it a second time. Sadly, Uncle John passed away over ten years ago. But, the story of our fishing trip with him remains as yet another wonderful Janey Way memory.



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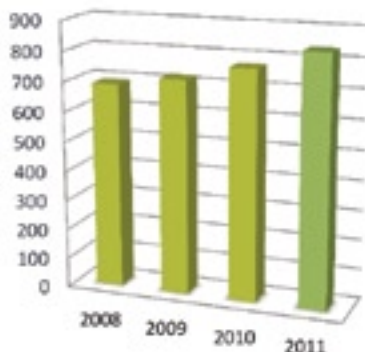
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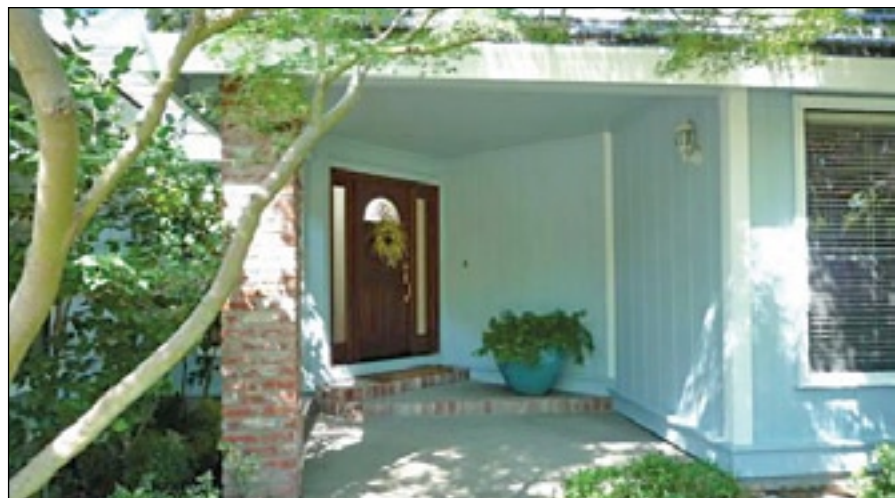




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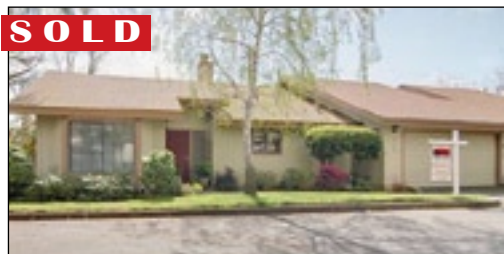
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## Bonsai Sekiyu Kai to host bonsai & rock show

Special to Pocket News

Bonsai Sekiyu Kai of Sacramento will host its 35th annual show, with bonsai and rock exhibits, on March 31 and April 1 in Sacramento.

Bonsai is the Japanese art of growing miniature trees in containers. The purposes of bonsai are primarily for contemplation for the viewer and the exercise of ingenuity for the grower.

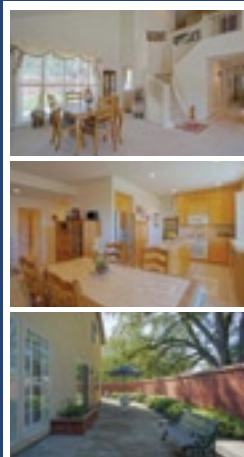
The art form uses cultivation techniques to grow miniature trees. These techniques include

pruning, root reduction, potting, defoliation and grafting to produce small trees that mimic the shape and style of mature, full-size trees.

Demonstrations will be held both days at 2 p.m. by Sensei Johnny Uchida.

The event will be held on Saturday, March 31 from 12 noon to 5:30 p.m. and on April 1 from 10:30 a.m. to 3:45 p.m. at the Betsuin Hall of the Sacramento Buddhist Church, located at 2401 Riverside Boulevard in Sacramento.

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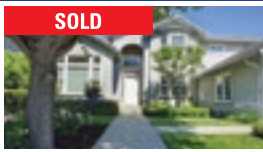
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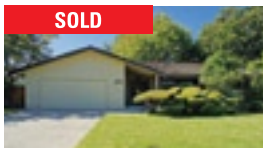
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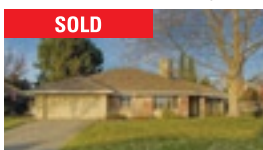
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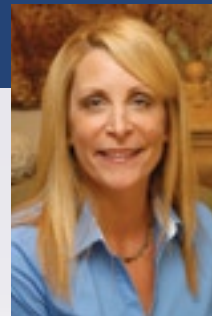
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# Faces and places 2nd annual Steinberg Seussical Story Hour one for the story books

Photos by STEPHEN CROWLEY  
Pocket News photographer  
stephen@valcomnews.com

Youngsters and the young at heart came to enjoy the work and wisdom of Theodor Seuss Geisel at the Second annual Steinberg Seussical Story Hour at the Robbie Waters Pocket-Greenhaven Library on Saturday, March 10.

Celebrities Senate Pro Tem Darrell Steinberg, State Librarian Stacey

See Seussical, page 18



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## Seussical: Local personalities read to children

Continued from page 18

Aldrich, former Councilmember Robbie Waters, Sacramento Public Library Director Rivkah Sass and Councilmember Darrell Fong were on hand to celebrate the creativity, wit and wisdom of the author of "Green Eggs and Ham," "Horton Hears a Who!" "The Cat in the Hat" and "One Fish Two Fish Red Fish Blue Fish" among many other works.



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# School lunches see increased nutrition – and prices

By CORRIE PELC  
Pocket News writer  
corrie@valcomnews.com

The school lunch line has come a long way over the years. Gone are the corn-dogs and French fries, and in are much healthier options like salad bars and soup. And the 'ole school lunch standby, pizza, has gotten a makeover as well – now it's made on a whole grain bread with a light marinara sauce and part-skim cheese.

"People think sometimes pizza is bad, we get a bad rap for that, but they get a healthy pizza here," said Brenda Padilla, manager of the Nutrition Services Department for the Sacramento City Unified School District (SCUSD).

## Going greens

According to Padilla, over the past few years SCUSD has been implementing a number of changes in school lunches, including more whole grains, fruits and vegetables. Students also have access to a fresh salad bar every day.

"Of course, we want them to eat it. So we're introducing things to get them used to seeing them, things like spinach and kiwis," Padilla said.

These changes helped the district prepare for the US Department of Agriculture's (USDA) new rule, announced this January, that brings school nutrition meal pattern requirements in line with the latest Dietary Guidelines for Americans (DGAs). Padilla said the new regulations "change our meal patterns more than they have been changed in the last 15 years. We're required to serve a certain amount of things: that being meat, meat-alternate,

bread, grains, fruits and vegetables, and dairy milk." She said the new regulations also look at sodium and calories.

San Juan Unified School District (SJUSD) is working proactively to make changes to its school lunch program that will put it in line with the new regulations, said Director of Food Services Monique Stovall.

"We already offer plenty of whole grains and fresh fruits and vegetables for our families," she said. "We're also working very, very closely with our food vendors to make sure that the foods we already serve meet the requirements of the regulations."

Additionally, Stovall said that SJUSD's Food Services Program follows the SHAPE (Shaping Health as Partners in Education) California nutrients and menu planning program, which requires the district to have an even more stringent nutritional guidelines.

"That means that we also look at fiber and sodium much more closely than the regulations require, so students are getting a pretty healthy meal," she said.

## Better choices = Increased prices

As most people know, eating healthier comes with a slightly larger price tag. To help offset rising costs in school lunches, recent federal regulations are requiring all school district in the United States to raise their lunch rates to meet an approved rate, according to information on SCUSD's Website, [www.scusd.edu](http://www.scusd.edu). The site states that SCUSD raised its rates, starting Jan. 9, by 25 cents to \$1.50 per lunch.



Photo iStockphoto

HEARTIER NUTRITION comes with a hefty price tag. The price of school lunches is going up across the country – and in the Sacramento City and San Juan unified school districts as well.

Padilla said the rise in prices is through the Healthy, Hunger-Free Kids Act of 2010, which was signed into law by President Barack Obama in December 2010.

"There is a section in there, 'Meal Price Equity,' that does require districts to bring their full-price meal rates up," Padilla said. "The rational is to get closer to what the Federal government reimburses us for the free rate. A lot of districts already have been incrementally increasing their paid lunch rates over time and those of us who hadn't needed to do it. We were leaning that way anyway, but now that that regulation came out, we want to be in compliance so we did raise ours to ensure we are in compliance."

SJUSD raised lunch prices over two school years, Stovall said, bringing its cur-

rent lunch prices to \$2.75 for elementary and \$3.25 for middle and high schools.

"We were able to make assessments and make the adjustments in two phases to hopefully soften the impact on our families and set us up for several years to come so they don't have to see an increase every single year," she said. "We do not anticipate having to increase our prices, even with the new regulations, for hopefully at least another five years."

The extra funds generated from the increase in prices will help benefit the meal program, according to Padilla.

"The meal program is a partner in education because we all know kids can't learn if they're hungry. They need nutrition, so that money will go back in to help us," she said.

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The End of an era

# Kay Gaines retires from St. Francis High School after 43 years of service

By CORRIE PELC  
Pocket News writer  
corrie@valcomnews.com

"A dynamically gifted person." "She's been my mentor for 10 years." "An impressive lady." "A remarkable woman." "Kay is St. Francis."

These are just a few of the myriad of comments by staff and alumni of St. Francis High School about Kay Gaines, who will be retiring from the school after 43 years on March 31.

"I think it's a good time to retire – I have my health, I have my energy, so I want to move while I can still re-engage," Gaines said about her upcoming retirement and move to Lewiston, Idaho at the end of March so she can be closer to her sister's family, as well as her two grown sons and two 3½ year old granddaughters currently living in Colorado.

"It will be very difficult to leave my life-long friends in Sacramento, but I'll carry wonderful memories with me," Gaines said in a letter emailed out to St. Francis High School supporters in February. "I have good health, lots of energy and a loving family, so I'm very fortunate."

## Where it all Began

Gaines began her St. Francis High School career at literally the very beginning of 1969 – she came in to interview for a part-time social studies teacher position on Jan. 2 and started the very next day. Gaines worked part-time from 1969 to 1973, then became full-time from 1974 to 1984, and later the Social Studies Department chair from the mid-70s until 1985.

Rosemarie Bertini, a 1972 graduate of St. Francis who came back in 1997 to become an Italian instructor for the school, recalls Gaines' reputation as teaching difficult, serious classes.

"When you're a kid at that age, you're just going to do anything you can to not put yourself in that position, but when we got to senior year there was no way around it – Civics was Mrs. Gaines," Bertini said. "And I just thought, 'Am I going to live to see the end,' because I knew it was a lot of work!"

Reflecting on her student experience, Bertini said that although at a young age taking a class from Gaines might have been something a student would want to avoid, Gaines knew it was something her students could do. And Gaines would do what she could to keep them on track.

"In the end we were so full of accomplishment – when you left that class, you'd truly learned something and in addition you had this confidence in it," Bertini added.

Gaines herself admits she was a really tough teacher.

"I think that students can reach very high levels if you ask them to – they can learn skills, improve their own academic knowledge," she added. "We did a lot of writing in my history classes because that skill you'll take with you for the rest of your life."

St. Francis Theology Department Chair Rick Norman recalls beginning his own career at the school in 1977 when Gaines was the chair of the Social Studies Department. He said her long career has allowed her to have a real grasp of the



Photos courtesy, St. Francis High School

GIFTED AND TALENTED, Kay Gaines challenged the students to reach for their full potential at St. Francis High School for 43 years. Here, she is seen carrying books to her social studies class in 1975.

See Era, page 21



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# Era: Served as teacher, counselor, assistant principal, principal and director of special projects

Continued from page 18

history and vision of St. Francis as she's managed of number of transitions the school has gone through, from changes in campus location, buildings, administration and enrollment.

"She's had to weather all the transitions and she's been just incredibly graceful at guiding that school academically and administratively, and supporting just so many programs at the school," Norman said.

Also during her time as a teacher, Gaines taught the first advanced placement (AP) U.S. history course at St. Francis, which is a course high school students can take for college credit. According to St. Francis AP Literature teacher Rich Weldon, the AP program Gaines started then has grown. He said of the two English AP courses the school offers, over 100 students take the junior year course, while between 60 to 80 students take the senior year course.

"The AP programs, not just in English but in other departments, have really flourished under her because she just believes they could do it and it didn't matter if it was math or chemistry – it was kind of like move over boys, here come the girls," Weldon said.

Nora Wehrenberg Anderson, 1983 alumna, recalls her first interaction with Gaines in August 1981 in her AP U.S. history class.

"Lucky for me, I learned so much more," she said in a note she recently wrote to Gaines to wish her well on her retirement. "I learned how to think critically, to write well, and about how positive role models are all around us – people like you!"

## Leaving a Legacy

Gaines continued to support the AP program at St. Francis as she made the move to assistant principal in 1985, followed by becoming principal in 1998. Gaines then decided to retire from the principal position in 2004 to take on her current role as director of special projects.

Gaines said her current role is a "catch-all" phrase that covers a wide variety of unrelated things, a good portion of which are connected to the school's academic teams, many of which Gaines started during her career, including the Mock Trial, Model United Nations, and Academic Decathlon, and others she also coached, such as the school's Robotics Team.

St. Francis Director of Admission Moira O'Brien said Gaines is the reason why they have academic teams at the school. Although Gaines ran them herself for a while, she then found staff to take on each team and stick with them.



Photo courtesy, St. Francis High School

ACADEMIC TEAMS are a just a part of what St. Francis High School is known for. Kay Gaines established the first AP class at the all-girls Catholic high school, and established the school's teams for Mock Trial, Model United Nations, and Academic Decathlon. She coached others, including the Robotics Team.

"We were the first all-girl school to ever go to the national championship in robotics, our speech team wins so many prizes," O'Brien explained. "It's all Kay's energy, she built them, and they are so successful and the girls love it."

And Norman said the building of these academic teams is what is bringing students to St. Francis today.

"For the first time we interviewed the incoming freshmen – many students now are coming to the school for academic teams," he said. "She was the one that really got all that rolling."

For 2010 graduate Amy Bush, being part of the St. Francis Debate Team is what she recalls most from her time at the school.

"Participating in debate meant a lot to me because I had spent eight years in speech therapy prior to coming to St. Francis," she recalled in a written note to Gaines. "To have St. Francis welcome me and make me feel that they were proud of me is something that has inspired me beyond measure, and still continues to."

Another program Gaines began and currently oversees is an exchange program with a sister school in Japan. The program with Nakamura Gakuen

Girls High School in Fukuoka, Japan has been ongoing for 15 years now.

St. Francis 2001 graduate Jayme Hennessy recalls the exchange program and the impact it had on her education.

"That was really neat because we were able to experience a global perspective with girls our own age from another country," she recalled. "That was really something I remember a lot – especially as a high school student, it was pretty great."

## Saying Goodbye

With the eve of her retirement upon her, Gaines reflects back on her experience at St. Francis and a comment a colleague she had taught with for 35 years said to her one morning that while driving to school one morning, he realized he had never gone to work a day in his life.

"And I said, 'Yup, I feel exactly the same,'" Gaines recalled. "I've never gone to work a day in my life. In 43 years I just came to play, and I think a lot of people here feel that way. We work really hard, we work really long hours because we wear so many hats, but it's just such a rewarding experience."

That constant drive has Gaines already making plans for her retire-

ment, including involvement with the church, League of Women Voters, and schools in the area, as well as taking technology courses at the local community college.

"I don't intend to sit," she laughed.

When asked what she has learned the most from her experience at St. Francis, Gaines said one thing was that she grew in her own faith as a Catholic, which has become an integral part of who she is. And she also learned respect.

"Respect for my colleagues, respect for the kids and their parents," she added.

Gaines said what she will miss the most is the community.

"This is truly a family, truly a community – people really do care about each other," she said. "I will miss living in a truly faith-based community where it just happens so naturally and people just celebrate together and pray together."

And her parting words for her St. Francis family? Be creative, be adventurous, and love each other.

"I've just had the best career that I could ever possibly have desired and in the best place," Gaines said. "I've been blessed for sure."



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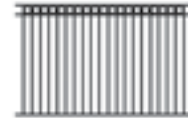
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# Sacramento area Easter Egg Hunts

Special to Pocket News

Easter Sunday is April 8 this year, and many festive events will be held leading up to the big celebration.

So, grab an Easter basket, put on your Easter bonnet and take the kiddos to your neighborhood Easter Egg Hunt. Dates and locations vary. There is even one egg hunt for the family pooch. Several neighborhood egg hunts are listed below, so you are sure to find something close to home or at Grandma's house:

## 3rd annual Easter Egg Hunt for Dogs

**March 31:** Bring your furry friend to join Wag Hotel for their 3rd annual Easter Egg Hunt for Dogs. The dogs will be able to hunt and sniff out over 1000 eggs filled with delectable treats. Hidden among the eggs will be five special eggs containing the word "Winner" that can be redeemed for prizes including a five day pass of All Day Play at Wag Hotels. Enjoy finger foods and photo opportunities with the Easter Bunny. Exciting doggy prizes will be raffled. Easter attire is encouraged for pets! A portion of the proceeds to benefit Nor Cal Boxer Rescue. 11 a.m. to 1 p.m. \$10 donation per family. McKinley Park, 601 Alhambra Boulevard, East Sacramento. To purchase tickets, visit <http://tinyurl.com/egghunt-4dogs>. (916) 373-0300

## Easter Carnival

**March 31:** Greenhaven Lutheran Church and Angels Nest Early Childhood Education Center will host an

Easter Carnival, rain or shine. Free to the community. 11 a.m. to 2 p.m. Featuring carnival games, bounce house, Easter Egg hunt, craft activities, refreshments and the Easter Bunny. Greenhaven Lutheran Church, 475 Florin Road (at Gloria Drive) in Sacramento. (916) 428-8449.

## The Great Land Park Spring Egg Hunt

**March 31:** Egg hunt includes arts & crafts and an appearance by the Easter Bunny. Bring your own basket. 9:30 a.m.-11:30 a.m. Egg hunt promptly at 10:30 a.m. William Land Park, 3800 Land Park Drive, Sacramento, west of the playground. (916) 808-7004.

## Orchard Park Spring Egg Hunt

**March 31:** Spring Egg Hunt at Orchard Park, 2936 West River Drive, Sacramento. 2 p.m. Sponsored by Councilmember Rob Fong. (916) 808-7004.

## Pocket-Greenhaven Spring Egg Hunt

**March 31:** Spring Egg Hunt at Portuguese Park, 7350 Durfee Way, Sacramento. 10 a.m. to 11 a.m. Sponsored by Councilmember Darrell Fong. (916) 808-7007

## 2012 Arden Easter Egg-Stravaganza

**April 7:** Community Easter celebration in Arden Park. Pancake breakfast 8 a.m.-11 a.m. (\$5 per person); Carnival Games 8 a.m.-10 a.m.; Egg Hunt \$3/person, 10:30 a.m. There is a spe-

cial egg in each age division. Find the special egg and win a prize. The plastic eggs filled with candy are yours to keep. 1000 La Sierra Dr., Sacramento. (916) 483-6069 [www.aprpd.org](http://www.aprpd.org)

## Boss Kidz Community Easter Egg Hunt

**April 7:** Bayside Church of South Sacramento is sponsoring this community Easter Egg Hunt. 11 a.m. to 2 p.m., Valley Hi Park, 8185 Center Parkway, South Sacramento. (916) 715-7716.

## Easter Egg Hunt & Pancake Breakfast

**April 7:** Hop on over for a HUGE egg hunt, pancake breakfast, fun crafts and a surprise guest! Don't miss this EGG-CELLENT event. Breakfast is from 7 a.m. to 11 a.m. Adults \$5, children 12 and under \$3. Egg hunt is at 10 a.m. (arrive 30 min. early). Bring your own basket, ages eight years old and under, free. Egg hunt starts at 10 a.m. for all age groups. Carmichael Park, 5750 Grant Ave., Carmichael. (916) 485-5322 [www.carmichael-park.com](http://www.carmichael-park.com)

## Fairytale Town Spring Eggstravaganza

**April 7, April 8:** Hop on down the bunny trail with Peter Cottontail at Fairytale Town's annual Spring Eggstravaganza. Egg hunts, puppet shows, art activities, photos with the Big Bun himself (photos cost extra). 11 a.m.-3 p.m. Egg Hunts will be held promptly at 12 noon, 1 p.m. and 2 p.m. each day. Bring a basket for collecting eggs. The Egg Hunts are separated by age groups, 3 and under, 4-6, and 7-12. Admission: \$4.50/person, ages 2 and up. Kids 1 and under free. Puppet Art Theater will perform Bunny Boot Camp in the Children's Theater. Puppet show tickets are \$2 (\$1 for members). Show times are 12:30 p.m. 1:30 p.m. and 2:30 p.m.

3901 Land Park Dr., Sac. (916) 808-7462 [www.fairytaletown.org](http://www.fairytaletown.org)

## Granite Regional Park Easter Egg Hunt

**April 7:** Egg hunt sponsored by the Stone Cold Riderz. 11 a.m. to 5 p.m. Granite Regional Park, 8200 Ramona Avenue, Sacramento. (916) 519-1091

## Kiwanis Pancake Breakfast & Easter Egg Hunt

**April 7:** Come enjoy a delicious pancake breakfast (\$5 adults, \$3 children) and then enjoy a free Easter Egg Hunt for the little ones. Breakfast starts at 6 a.m. and the event runs through 1 p.m. Carnival style games for children, tickets available for purchase. Egg hunt times: Ages 0-1 (9:30 a.m.); Ages 1-2 (9:45 a.m.); Ages 3-4 (10 a.m.); Ages 5-6 (10:15 a.m.); Ages 7-8 (10:30 a.m.); Ages 9-10 (10:45 a.m.) McKinley Park, Clunie Clubhouse, East Sacramento. Sponsored by the East Sacramento-Midtown Kiwanis Club

## Southside Park Easter Egg Hunt

**April 7:** Egg hunt includes arts & crafts and an appearance by the Easter Bunny. Bring your own basket. Children's entertainment, info booths, kid's activities, more. 10 a.m. Southside Park, 2115 6th Street, Sacramento.

## Spring Egg Hunt

**April 7:** Egg hunt sponsored by the Sierra Curtis Neighborhood Association. 9:30 a.m. to 11 a.m. Sierra 2 Green, 24th Street and 4th Avenue, Sacramento. (916) 716-3061.

## Community Service and Egg Hunt

**April 8:** Easter service and egg hunt sponsored by Calvary Chapel. 7 a.m. to 1 p.m. William Land Park, 3800 Land Park Drive, Sacramento. (916) 204-0392.

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# CALENDAR

For more Calendar entries visit  
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Send your event announcement for consideration to: [susan@valcomnews.com](mailto:susan@valcomnews.com) at least two weeks prior to publication.

## MARCH

### Bilingual Toastmasters

**March 15, 22, 29:** Una oportunidad única 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](mailto:teri.bullington@gmail.com), [www.sacramentotoastmasters.com](http://www.sacramentotoastmasters.com)

### Bingo!

**March 15, 22, 29:** 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

**March 15, 22, 29:** Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. [www.california-grown.com](http://www.california-grown.com)

### Food Addicts Anonymous

**March 15, 22, 29:** 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

**March 15, 22, 29:** 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

**March 15, 22, 29:** 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

**March 15, 22, 29:** Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. [www.california-grown.com](http://www.california-grown.com)

### Sutterville Heights Optimist Club

**March 15, 22, 29:** 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

**March 16, 20, 23, 27, 30:** 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

See more Calendar, page 26

## 2012 Holy Week at TRINITY CATHEDRAL



2620 Capitol Avenue • Sacramento, CA  
916-446-2513 • [www.trinitycathedral.org](http://www.trinitycathedral.org)

Tenebrae.....April 3, 7:30pm  
Maundy Thursday.....April 5, 5:45pm  
Good Friday Meditations....April 6, Noon-3pm  
Solemn Liturgy for Good Friday, 7:30pm

GREAT VIGIL OF EASTER ....April 7, 7:30pm  
EASTER SUNDAY.....April 8, 7:30am, 9am, 11:15am,  
12:45pm with Easter Brunch after each service

Greenhaven Lutheran Church and Angel's Nest Early Childhood Education Center's

## Easter Carnival

Saturday, March 31st • 11am-2pm (rain or shine)

### FEATURING:

- Carnival Games
- Bounce House
- Easter Egg Hunt
- Craft Activities
- Refreshments
- The Easter Bunny

Greenhaven Lutheran Church  
475 Florin Road (at Gloria Avenue) • Sacramento, CA

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

Call (916) 429-9901 for rates.

### Health and Wellness Awareness Day

Saturday, April 28

10 a.m. to 3 p.m.

Chinese Grace Bible Church

6656 Park Riviera Way

FREE ADMISSION

Tai Chi/Chi Gung

Ask a Doctor Forums—Medical professionals in internal medicine, general practice, pediatrics, bone marrow drive, oncology, pharmacology, physical therapy, & nutrition.

Screening for blood pressure & BMI  
Kid's Zone, door prizes, refreshments.

go to: [www.chinesegracebiblechurch.org](http://www.chinesegracebiblechurch.org)

### Friends of Jensen Botanical Garden

Spring Plant Sale

Saturday, April 7th

9 a.m. to 1 p.m.

Come early for the Best selection

Charles C. Jensen Botanical Garden

8520 Fair Oaks Boulevard  
(between Marshall & Hollister)

For more information:

Beverly Scott (916) 338-2072

### Show Your Family Roots

All-day seminar hosted by Root Cellar Sacramento Genealogical Society

Sat., March 31, 9 a.m. to 3:45 p.m., doors open 8:30 a.m.

Four sessions by internationally-known genealogical author, George G. Morgan

*Bring Them Back to Life: Developing an Ancestor Profile;*

*Push and Pull: The Reasons for Migration;*

*Sidestep Genealogy; & the Genealogist as CSI*

Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd.

Advance registration required: \$25 members; \$30 non-members; after March 12-\$35.

Reg form at [www.rootcellar.org](http://www.rootcellar.org). Contact Diane at [rootcellarsgs@gmail.com](mailto:rootcellarsgs@gmail.com)

### Cal Middle School's Annual Fundraiser

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Cal Middle School 1600 Vallejo Way

Saturday, March 17

6:30 to 9:30 p.m.

Congregation B'nai Israel,

3600 Riverside Boulevard



# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

Continued from page 25

## Best Friend Fridays

**March 16, 23, 30:** 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

**March 16, 23, 30:** 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

**March 16, 23, 30:** 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

**March 16, 23, 30:** 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

**March 17, 24, 31:** 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

**March 17, 24, 31:** 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.

## Carmichael Farmer's Market

**March 18, 25:** Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

## Co-Dependents Anonymous

**March 18, 25:** 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm. 101, Sac (866) 794-9993.

## Community Sunday breakfast

**March 18, 25:** 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

**March 18, 25:** 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

**March 18, 25:** 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

**March 18, 25:** 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

## Hatha yoga

**March 19, 26:** Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916) 808-5462. Meets every Mon. Repeats Wed., Fri.

## Nicotine Anonymous

**March 19, 26:** 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

**March 19, 26:** 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

**March 19, 26:** 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

**March 19, 26:** 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

## Rotary Club of Arden-Arcade

**March 20, 27:** 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

**March 20, 27:** 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

**March 20, 21, 27, 28:** 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

**March 21, 28:** 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.

## Rotary Club of East Sacramento

**March 21, 28:** Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon-1:15 p.m., every Wed. Evan's Kitchen, 855 57th St., Sac. (in the 57th St. Antique Mall) www.rotary.org

## Senior Wednesday Club

**March 21, 28:** 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

## Toastmasters

**March 21, 28:** All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

## 'A Time for Justice' conference

**March 16-17:** Supporting human rights in Palestine-Israel. This two day Friends of Sa-beel Conference will feature international, national, and regional presenters addressing the situation in Palestine-Israel including its historical context, efforts to end human rights abuses, visions for the future, and why a just resolution is important for Americans. The conference will be held at the First United Methodist Church, 2100 J St, Sac. A conference brochure is online at www.FOSNA.org - click on the Sacramento Conference. Sa-beelSacramento@gmail.com (916) 451-1512

## Land Park Criterium

**March 17:** Sponsored by the Sacramento Golden Wheelmen. 8 a.m.-5 p.m. William Land Park, 3800 Land Park Dr., Sac. Stephen Stuart (510) 552-0291 stuball52@sbcglobal.net

## St. Patrick's Day Parade

**March 17:** Sponsored by the Old Sacramento to Business Assn. 12 noon-2:30 p.m. Old Sacramento, Front Street, Sac. Nancy Mallory (916) 718-3755 nancy@mallypr.com

## Christian Women's Connection

**March 20:** Monthly luncheon. \$17. Feature: Cristina Clarke from Whole Foods Market will share what makes them so much more than just your average grocery store and why it's worth paying them a visit on your next shopping trip. Guest speaker: Diana McFarling tells a love story that will last a lifetime in spite of her physical limitations. 11:30 a.m. to 1 p.m. Socializing at 11:15 a.m. Lunch at 11:30 a.m. Reservations required by March 14. Childcare available by advance reservation only. Sacramento Christian Women's Connection, affiliated with Stonecroft Ministries. Carmichael Elks Lodge, 5631 Cypress, Carmichael. Fran (916) 332-1461, Sharon (916) 361-1642 or SacCWC@aol.com

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**Please Note: Early Bird Registration is available by MAIL ONLY until May 2nd. Save \$10 per player and avoid the lines! For instructions and to download forms, go to www.greenhavensoccer.com.**

### Registration Night

**When:** Thursday, May 3, 2012, 6:30 PM - 8:30 PM

**Where:** John F. Kennedy High School Cafeteria, 6715 Gloria Dr.

### What to Bring - ALL PLAYERS NEED:

- One check made out to GHSC for registration & volunteer fees
- Birth Certificate (government-issued) - for all players that did not play with GHSC in 2011 as well as any new players
- A recent picture 1"x1" square - no hats/sunglasses (similar to a driver's license photo); picture not needed for U-6

**Fees:** U6: \$70 (does not include referee fees)  
U8-U10: \$105 (does not include referee fees)  
U12-U19: \$120 (includes referee fees)  
*Uniform use is included in the cost!*

There is also a volunteer fee of \$40 (non-refundable donation) or \$60 (refundable upon completion of volunteer service) per family. Please see the website for more details. www.greenhavensoccer.com



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## Land Park Pacific Little League Opening Day Parade

March 24: Opening Day Parade for the Land Park Pacific Little League. 8 a.m.-8:30 a.m. William Land Park, 3800 Land Park Dr., Sac. Scott Filby (916) 600-4313 scott@lppll.com

## Donut Dash 4-4-4

March 24: Donut Dash. Our 4th year of 4 miles & 4 donuts 4 Child Life program at Sutter Children's Center. 8:30 a.m.-10 a.m. William Land Park, 3800 Land Park Dr., Sac. Zack Wandell (916) 802-9225 zman667@yahoo.com www.donutdash.org

## Nor Cal Big Bands Preservation Society Dance

March 25: Enjoy dancing to the sounds of the big bands of the early and mid-20th century. 1 p.m.-5 p.m. Singles and couples of all ages are welcome. Special talent at 1 p.m. Snacks at 3 p.m. Prizes at 4 p.m. Dance hosts available. Regular admission \$12, \$11 per person in groups of 10 or more and \$10 for Nor Cal Big Band Gold Card Society members. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

## Walk for Thought

March 25: Sponsored by the Brain Injury Association of California. 8:30 a.m.-

1:30 p.m. West Steps of the State Capitol, Sac. Dodie Newman (916) 799-9575 didienewman@gmail.com

## 3rd annual Easter Egg Hunt for Dogs

March 31: Bring your furry friend to join Wag Horel for their 3rd annual Easter Egg Hunt for Dogs. The dogs will be able to hunt and sniff out over 1000 eggs filled with delectable treats. Hidden among the eggs will be five special eggs containing the word "Winner" that can be redeemed for prizes including a five day pass of All Day Play at Wag Hotels. Enjoy finger foods and photo opportunities with the Easter Bunny. Exciting doggy prizes will be raffled. Easter attire is encouraged for pets! A portion of the proceeds

to benefit Nor Cal Boxer Rescue. 11 a.m. to 1 p.m. \$10 donation per family. McKinley Park, 601 Alhambra Boulevard, East Sacramento. To purchase tickets, visit <http://tinyurl.com/egghunt4dogs>. (916) 373-0300

## Easter Carnival

March 31: Greenhaven Lutheran Church and Angels Nest Early Childhood Education Center will host an Easter Carnival, rain or shine. Free to the community. 11 a.m. to 2 p.m. Featuring carnival games, bounce house, Easter Egg hunt, craft activities, refreshments and the Easter Bunny. Greenhaven Lutheran Church, 475 Florin Road (at Gloria Drive) in Sacramento. (916) 428-8449.



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**492 Cool Wind Way - Pending Sale! >**  
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\*Per public records or other sources deemed reliable, but has not been verified by agent or broker; interested parties to verify.



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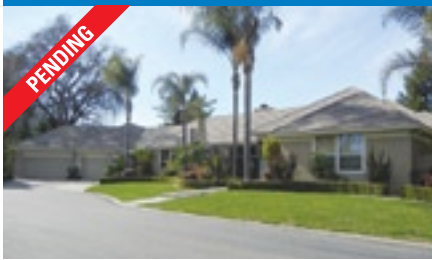
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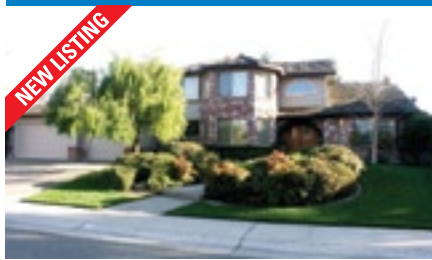
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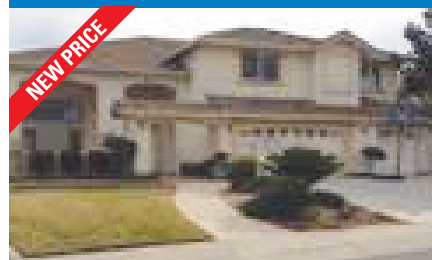
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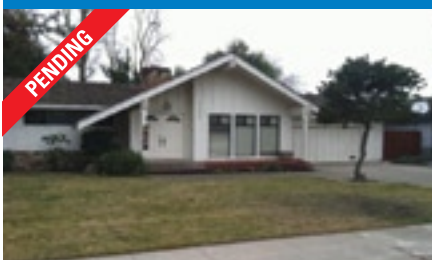
SINGLE FAMILY, 3 BEDROOM, 2.5 BATH, 1899 SF  
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6915 WATERVIEW WAY \$260,000



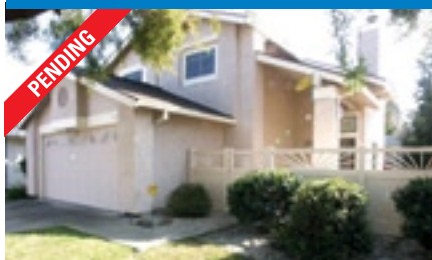
SINGLE FAMILY, 4 BEDROOM, 2 BATH, 1967 SF  
**BOB SPEECE 801-6733**

6456 HARMOM DRIVE \$249,900



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