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Land Park News

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Mary's Alterations Plus closed after 27 years

see page 3

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Western Nights: Annual Cabrillo Club BBQ to raise scholarship funds

By Sally King

Summertime, a great time for kicking back, enjoying the warm nights and when lucky, the cool delta breezes, makes for the best time to enjoy a delicious barbecue. Add mingling with good friends and live music and you have 'Western Nights.'

The Cabrillo Clubs 'Western Nights' event begins at 5:30 p.m., Saturday, Aug. 3, at the Cabrillo Civic Club located at 4605 Karbet Way.

The silent auction and no host cocktails begins at 5:30 p.m. and the barbecue tri-tip or chicken dinner is served at 7:30 p.m. Spare Parts, a live band, will be performing after the dinner. The tickets are $25 per person and they must be ordered by July 26. Tickets will not be sold at the door. To order your tickets, please call Rachel Tatro at 916-396-3182.

Tatro, who is helping organize the event, said it started 20 years ago and was originally called, 'Aloha Night.' The proceeds from the dinner/auction are split between maintaining the clubhouse and providing scholarships for high school students. The scholarship amount is $500 and over 125 scholarships will be awarded in California. The criteria for the scholarship is the student must be of Portuguese descent, have at least a 3.50 grade point average and have participated in three extracurricular activities. The deadline for scholarship submission is March 10, 2020.

Last year, said Tatro, there were 12 recipients in the Sacramento area. Tatro sends a letter twice during the school year, in October and January, to all of the local high schools to let them know the scholarships are available.

Tatro said the 'Western Nights' event is a great way to raise money for scholarships.

"It's a wonderful event and we have many returning groups attend the dinner," Tatro remarked.

Gui Sequiera, who volunteers her time in the kitchen and the silent auction, said, "It's an all-day event for me. The music this year is being performed by the 'Spare Parts,' everybody loves their music!" She added they play oldies but goodies. Sequiera has been a member of the club for 20 years and has volunteered at this event for the last 15 years.

"A lot of people enjoy coming to this event because of the live band, the auction and the excellent barbecue," said club president, Scott Costa, a long time member and who has served as club president five or six times and is a past state president for the club.

Tatro said the silent auction always has great items to bid on and a favorite for those who attend, enjoy bidding on many of the wonderful homemade desserts that are part of the auction.

Tatro wants to make sure folks know it is not a requirement to be of Portuguese descent to come. She added they do not accept credit cards, so, please bring cash. Tatro mentioned the Cabrillo Club also sponsors other events throughout the year and the money goes to different charities such as the local food bank.

The Cabrillo Club is looking forward to a successful evening.

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The Land Park News is published on the second and fourth Thursdays of the month in the area bounded by Broadway to the north, Interstate 5 on the west, Florin Road on the south and Freeport Boulevard/21st Street on the east.

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Cover by:
Steve Crowley

Mary's Alterations Plus closed after 27 years

By Monica Stark

After 27 years on Riverside Boulevard, Mary Collins of Mary's Alterations Plus closed her doors on Wednesday, July 24 and will start as a paraeducator at Elliot Ranch Elementary School in Elk Grove next month.

However, while Mary gave up the mid-century storefront next door to Balshor Florist, she will continue doing alterations out of her home on Greenhaven Drive for her regular clients. After all, she says that's how she started her business – out of her home. "I'd go pick up stuff from different people and go home and do it or they'd stop by," she reminisced on Saturday afternoon inside her somewhat empty shop.

What remained inside were clothes people still needed to collect, her sewing machines, portraits of herself given as gifts from a client, her grandson's drum set, a television playing reruns of old Westerns, and her favorite piece of furniture – a low-to-the-ground sturdy table she has used for people to stand on for fittings. Given to Mary from the beloved Al Balshor, the table will follow her to her home studio, along with the bare necessities: her machines and the drum set.

Originally from Chicago, Mary, the oldest of six children, learned how to sew from her mother "back in the day when everyone helped." Boys mowed lawns and delivered newspapers, while the girls, like Mary had to cook, do laundry and sew clothes for the family.

"And I used to hate it," Mary said, "because my mom is a perfectionist." Every time she did something wrong, she had to pick it back up and fix it.

"I swore as soon as I get out of this house I am never sewing again, I swear, 'cause this is torture," she said.

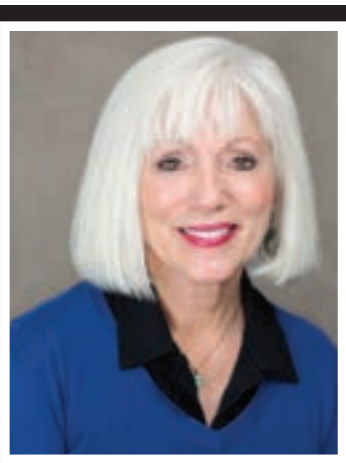
As time went on, those detailed and hardworking skills transferred to a career as a successful and well-respect-

see MARY page 7



Photos by Stephen Crowley

Mary Collins of Mary's Alterations Plus closed her doors on Wednesday, July 24, after 27 years in business.



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5 Cobblelake Court



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Ice cream parlors have long history in Sacramento area



Photo by Lance Armstrong

Shasta Ice Cream opened its 21st Street and 3rd Avenue store in about 1950. The structure, pictured on July 19, was previously occupied by Mrs. Murphy's Bakery.

By LANCE ARMSTRONG

Editor's Note: This is the second article in a two-part series about current and past ice cream parlors in the Sacramento area.

Stopping by an ice cream parlor for scoops of ice cream during the hottest months of the year is a tradition long enjoyed by residents of the Sacramento area.

In the first article of this series, readers were presented with details about the current, local ice cream parlors, Vic's Ice Cream, in Land Park; Gunther's Quality Ice Cream, just west of Oak Park; and Leatherby's Family Creamery, in the Arden area, Elk Grove and Citrus Heights.

But long before the establishment of those local institutions, people were drawn to other Sacramento area ice cream parlors, which are no longer in operation.

The following are summaries of some of those parlors of days gone by:

Hagelstein's ice cream and candy factory

Hagelstein's ice cream and candy factory is an example of an early ice cream parlor in Sacramento.

This 19th century business was established at 830 K St. by Gustave "Gus" Hagelstein, who began working as a candy maker for Henry Fisher's candy factory and restaurant at 508-510 J Street in about 1883. He was operating his own business by December 1886.

An advertisement for Hagelstein's parlor appeared in the July 7, 1887 edition of The Sacramento Bee.

A portion of that advertisement reads: "Ice cream! From pure cream; the best in the city. Nothing is more refreshing these hot days than a plate of Hagelstein's pure ice cream." The advertisement also refers to Hagelstein as a "manufacturer of homemade and French candies."

Hagelstein remained in business until at least August 1888.

Shasta Ice Cream

The Shasta Ice Cream Co. opened a factory and store at 2814 Y St. (today's Broadway) and a branch store and sandwich shop at 1013 Alhambra Blvd. on March 3, 1928. The original owners were Wert Irwin and Fred Harms.

A variety of flavors of ice cream could be purchased at this business at that time for 40 cents per quart.

Among the longtime favorite ice cream made at the Shasta factory was fruit salad ice cream, which was made with vanilla ice cream, fresh fruit and nuts.

By August 1928, the business was producing 100 gallons of ice cream per day.

On the occasion of their fifth anniversary, on March 18, 1933, Shasta Ice Cream sold double scoop ice cream cones for children for 5 cents each.

The business was operating a third store at 1600 L St. by 1936.

Shasta Ice Cream offered ice cream, fountain service and breakfast, lunch and dinner at all three of those locations.

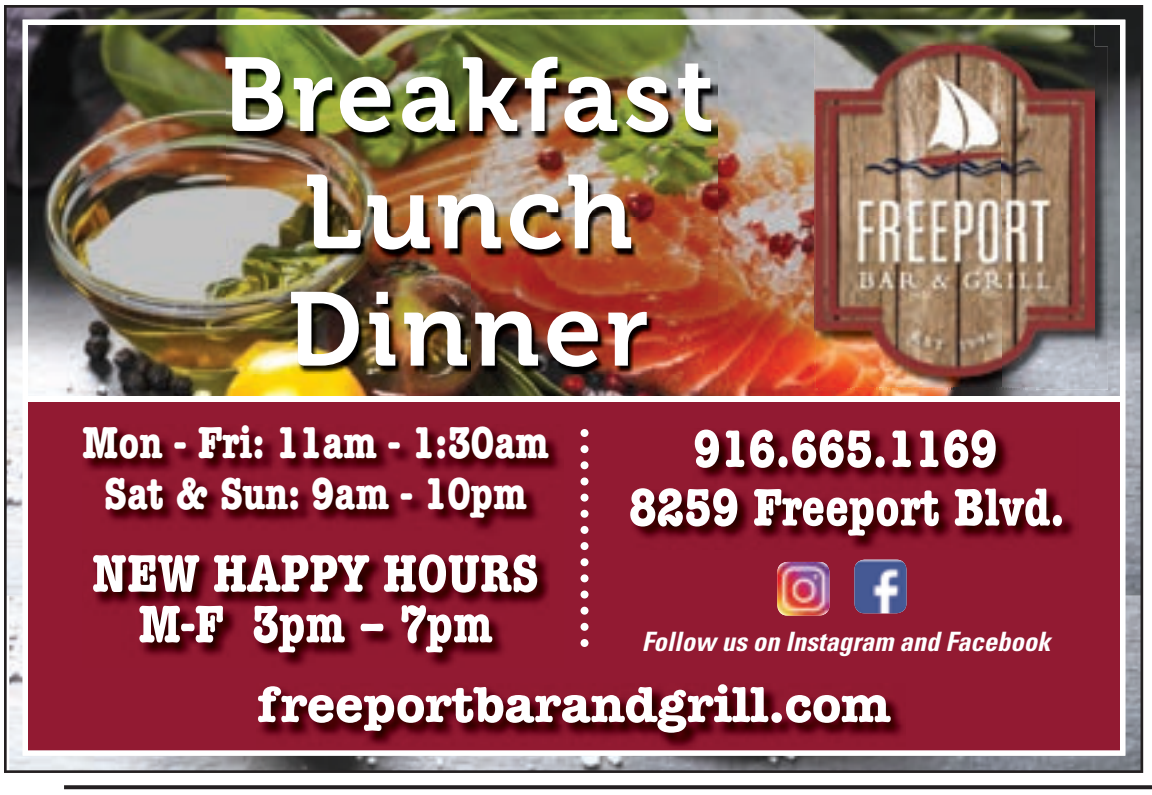
With the elimination of its Alhambra Boulevard and L Street stores in about late 1942, the company became a single site operation.

That location – 2814 Broadway – was replaced by a store at 2794 21st St., at 3rd Ave., in about 1950.

Irwin, who was a native of Ohio, continued the operation of Shasta Ice Cream until about 1977, and died at the age of 97 on May 29, 1986.

Among the employees who worked for Irwin at the 21st Street parlor was Rick Klopp, a 1965 C.K. McClatchy High

see ICE CREAM page 5



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Ice Cream:

continued from page 4

School graduate and current co-owner of Gunther's.

Country Maid Creamery

Among the most popular Sacramento area ice cream parlors of the past is Country Maid Creamery.

This business, which was located at 1030 J St., just south of the Elks Building at 11th and J streets, opened its ice cream store in the summer of 1935.

It was established by F. Norman Countryman Jr. and his wife, Dorothy, who were formally faculty members of a boys' school in the Santa Cruz Mountains, south of San Jose.

Country Maid, which manufactured high grade ice cream and also served lunches, added a candy department in the fall of 1935.

The establishment suffered a great loss with the death of Norman at the age of 26 on May 5, 1937. He died from uremia – a condition involving a high level of waste products in the blood.

Dorothy last worked at the Country Maid in August 1937, and later became a teacher at several Sacramento schools, including California Junior High School – now California Middle School. She died at the age of 93 in 2006.

Later Country Maid proprietors, Bob and Ed Williams, operated this parlor for more than three decades.

In 1946, Country Maid added an adjacent store building to house its fountain lunch and candy business operations.

Country Maid's many awards for its ice cream included a gold medal for its vanilla ice cream at the 1955 State Fair.

A 1957 telephone book listing for the Country Maid mentions that is was then "open daily & Suns. from 7 a.m. to 1 a.m."

The business moved its ice cream manufacturing plant to West Sacramento in 1958, and Country Maid's J Street location remained in operation under its last owner, Juanita Sowards, until her death in 1981.

Duane's Ice Cream

East Sacramento became home to Duane's Ice Cream at 5112 Folsom Blvd. in 1948.

The business was established by Iowa native Duane C. Cady, who served as a second lieutenant in the Air Force during World War I.

A 1954 advertisement for the business notes that the parlor offered hand-packed ice cream for take-out.

A two-alarm fire threatened Duane's Ice Cream during the early morning of Aug. 16, 1954.

Robert "Doc" Campbell, owner of the nearby Doc's Place root beer stand, alerted the fire department about the fire in the 5100 block of Folsom Boulevard.

The fire, which was caused by an overheated refrigerator motor in a neighboring business space, caused only smoke and water damage to Duane's Ice Cream.

About two weeks after the fire, Duane's won bronze medals for its strawberry and vanilla ice creams at the California State Fair.

Cady, who was also a member of a local Masonic lodge and the Unitarian Society of Sacramento, resided at 1529 41st St. in East Sacramento.

He retired from operating his ice cream parlor in 1957, and died at the age of 77 less than three years later.

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Strange BUT TRUE

By Samantha Weaver

• It was 19th-century British Prime Minister Benjamin Disraeli who made the following observation: "My idea of an agreeable person is a person who agrees with me."

• When the movie "Grizzly Adams" was filmed, the grizzly bear that played the title role was paid $9,000 a day, plus an extra $15,000 for performing its own stunts. I wonder if it went out on a shopping spree after payday?

• Medical experts say that coconut water has the same pH and electrolyte balance as human blood. In fact, during World War II, doctors who were running low on supplies used coconut water in plasma transfusions.

• The next time you're eating an Oreo cookie, consider this: It takes 90 minutes to make each cookie, and each one has precisely 90 ridges on the rim.

• From the Yes, There Is a Word for It file: A crith is a unit of measure denoting the weight of a liter of hydrogen.

• Hunters, take note: The largest deer that ever lived was the Irish elk, which became extinct more than 7,000 years ago. Though it stood a remarkable 7 feet tall at the shoulders, the creature's most amazing characteristic was its antlers, which could stretch 12 feet from tip to tip and weigh up to 90 pounds. Imagine that rack hanging on your living room wall!

• If you're like the average American, you will eat approximately 22 pounds of tomatoes this year. And half of that amount will come in the form of ketchup and tomato sauce.

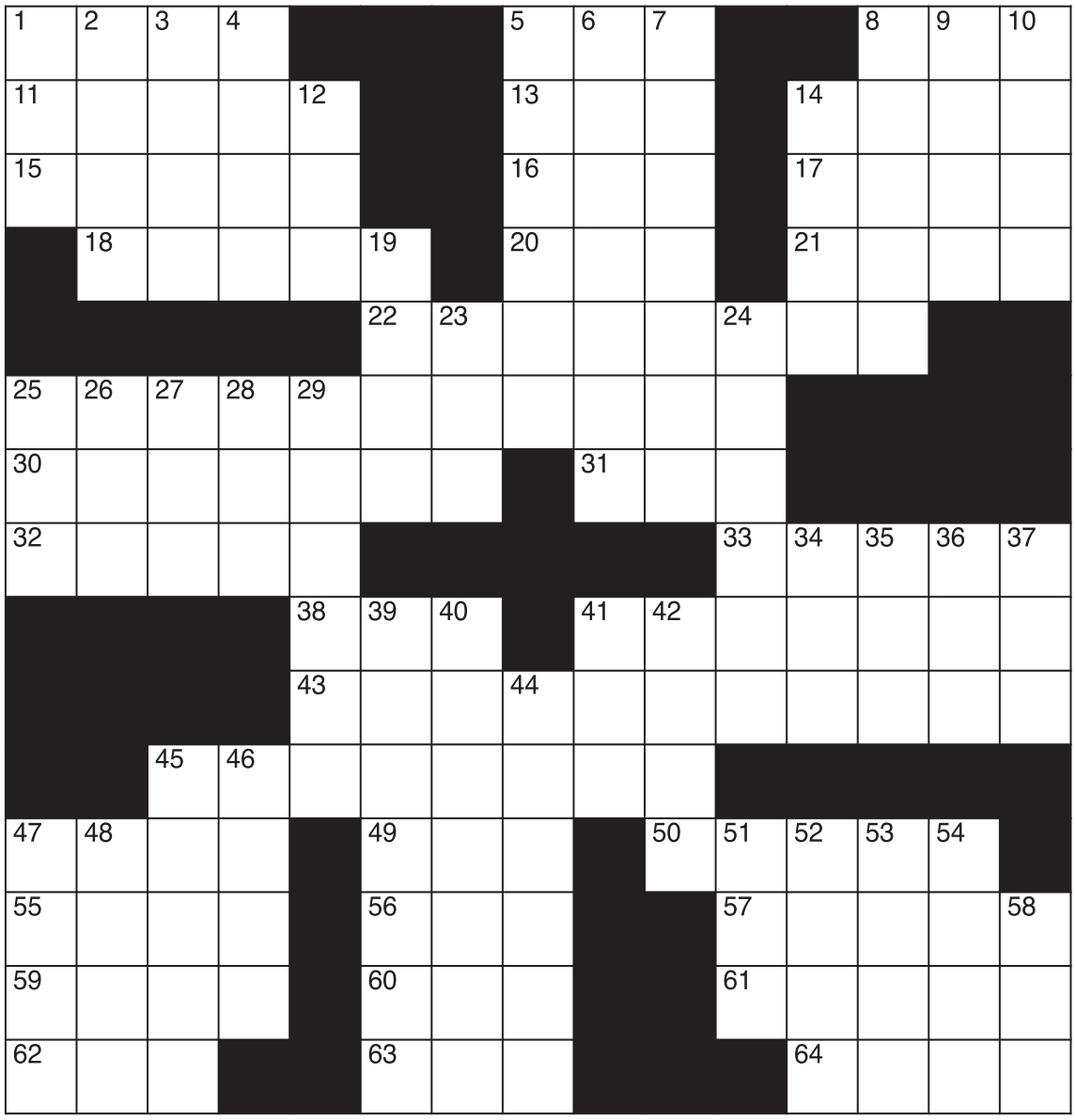
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Thought for the Day: "The only really good place to buy lumber is at a store where the lumber has already been cut and attached together in the form of furniture, finished, and put inside boxes." — *Dave Barry*

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PUZZLE SOLUTIONS PAGE 10

CROSSWORD



CLUES ACROSS

1. Social reformer Lucretia
5. Engine additive
8. Where draft beer comes from
11. Skin lesions
13. Denoting one or more things
14. Beloved dish
15. Packaging allowances
16. Surrounds the earth
17. Expresses pleasure
18. "For goodness __!"
20. Liquefied natural gas
21. Paul __, Swiss painter
22. Benign tumors
25. In an early way
30. Covered with wood
31. Principle underlying the universe
32. Message
33. Become dry through heat
38. Printing speed measurement
41. One who does not succeed
43. Type of agent
45. Type of waste
47. Wings
49. Giants' signal caller
50. Polio vaccine developer
55. Congo native
56. Mortal is one type
57. Fishing vessel (Naut.)
59. Ethnic group of Thailand
60. Where golfers begin
61. Western Florida city
62. Belonging to us
63. Soviet Socialist Republic
64. Influential Israeli diplomat

CLUES DOWN

1. Mountain Time
2. Int'l political organization (abbr.)
3. Olympic champion Lipinski
4. March
5. Less fresh
6. Reduced in size
7. Garden archway
8. Professional translators group (abbr.)
9. Type of pain
10. What to do for the cameras
12. Midway between south and southeast
14. Bangladeshi monetary unit
19. Satisfy
23. Flop
24. Nearsightedness
25. Parts per thousand (abbr.)
26. Bravo! Bravo! Bravo!
27. Midway between northeast and east
28. Swedish castle
29. War-ravaged Syrian city
34. American model Carol
35. Bitterly regret
36. Grand __: superior grade wine
37. Of she
39. Clergymen
40. Ringwald and Shannon are two
41. Daze
42. Scores perfectly
44. More narcissistic
45. Fencing sword
46. Highest point
47. In addition
48. Hawaiian feast
51. Appropriate under the circumstances
52. Hillside
53. Metrical foot
54. Winemaking region
58. Someone

Mary:

continued from page 3

ed tailor who always has gotten her lines straight and her measurements on point. Dismissing the cliché, "you get what you pay for," Mary has been known for her low prices and quality work, and has her own philosophy – that she charges what she would want to pay. "It's like going to a cheap cleaners, I still expect my clothes to be clean and pressed. A lot of people think if it's cheaper it should be less, but no, it still should be perfect."

Meanwhile, she's had to work more hours to accommodate the rising cost of living. "It got to the point I didn't want to work more and more hours to make it work, she said. "It worked but you had to make it hard to make it work. I have such a passion for kids and teaching that I wanted to do something before I get too old to do something else."

In that regard, her career move at age 59 is one that has come full circle.

When she and her family moved to California, Mary had already gone to college to study special education and hoped for a career in that field, but the school year had already begun and she needed a job. With sewing skills under her belt, she snatched up a job downtown before working at King's Stiches, which was located in the very same building Mary worked out of until this week. When the owner of King's shut down her shop, Mary spoke with Balshor who allowed her to rent the space. "I wanted to name my store, 'Sew What' but Al was like, 'No Mary, you're going to be working with the people; you have to name it something so they know that it's you.' So Mary's Alterations worked."

The now-vintage sign was erected with one additional word, naming her business: Mary's Alterations Plus. Twenty-seven years ago, the "Plus" made sense: fabric was less expensive, so Mary sewed clothes and even worked on home furnishings. Meanwhile, the art of tailoring never went out of style or demand.

"It's an addiction to look good. And (tailoring) works pretty good... It just makes things fit. The only problem is that when you start doing it, you don't settle for less," she said.

With a love for prom season, Mary says the girls who have come into the shop have been more excited than even brides-to-be. "They picked out their dress for this big dance and they're here for you to make it exceptional."

Keeping up with fashion, she's seen trends come and go, some of which have returned.

"Remember Pee Wee Herman? The funniest thing was his clothes. They were super tight, a super slim fit. That's what we have now – that super slim Pee Wee Herman look. All the kids' prom pictures, all the young men, they all have that tight fitted shorts, you could see their ankles. Times have changed but everything keeps coming back around …The only thing I haven't seen come back are shoulder pads."

Unlike trends that come and go, her customers have remained loyal. "They've had kids and as their kids have grown up, I get the kids and the kids' kids." With four generations of families, Mary said she's been "blessed."

"I've only had three bounced checks in 27 years. That says a lot about the people around here," she said.

Mary said that her phone number will remain the same even though the doors are closed to her storefront. For those longtime customers who have complained about her full mailbox, she said she'll have the number routed to a cell phone so that shouldn't be a problem.

Mary can be reached at 916-448-7575.

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Teen starts summer camp for refugee children at Land Park's Congregation B'nai Israel



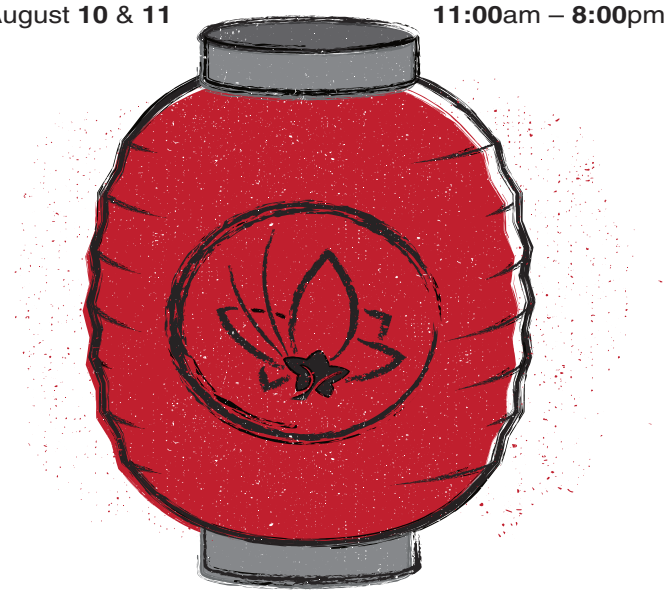
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By Monica Stark

News of refugees seeking asylum comes as no surprise in this international climate.

When Lucy Beckett, 17, set out for Seattle in the summer of 2017, she had no idea the impact it would have on her future. She knew she was going to be working at the Mitzvah Corps Pacific Northwest summer camp for refugee children, but she never dreamed what would happen next.

After watching the way that the campers responded to the experience, she knew the power summer camp could have.

Lucy went home determined to bring this type of transformational experience to refugee populations closer to her home. She immediately began working to start Camp Nefesh, an organization created to bring the typical American summer camp experience to refugee children in the Sacramento area.

Located at Land Park's Congregation B'nai Israel, Camp Nefesh, which in Hebrew means "soul, spirit, and life," works hand-in-hand with Opening Doors, a local social services organization. They offer children new to the country the opportunity to connect with one another as well as get acclimated with their new home all while swimming, dancing, playing, and just being kids.

"I was in awe at how impactful the experience was for the teens and children alike, and wondered why we don't have such a camp to assist our large refugee population in Sacramento. When I came back home, I was determined to start what has now become Camp Nefesh," Lucy said.

She immediately met with the clergy at Congregation B'nai Israel with her proposal to start the camp, and they agreed to host the camp.

"Jews have a special connection to refugees and immigrants, as we've been in the same position several times throughout history," Lucy said. "Because the Jewish people have such a call to action, our synagogue often works with Opening Doors, a local refugee resettlement agency to assist new arrivals to the United States. With such an already established partnership, it made reaching out an easy decision. Opening Doors helps refugees and immigrants in the Sacramento area fill out the registration forms for Camp Nefesh, and helps with family communication, transportation logistics, and provides some of the supplies."

Lucy is among 15 recipients accepting this year's 13th Annual Diller Teen Tikkun Olam Awards, a prestigious $36,000 award that honors the work of teen leaders who are committed to igniting change in their communities and around the globe.

Since 2007, the Diller Teen Tikkun Olam Awards has awarded more than $4 million to 129 teens in recognition of their vision, innovation, and demonstration of leadership – the vision of Bay Area Philanthropist Helen Diller, the quiet force behind The Helen Diller Family Foundation.

The goal of Camp Nefesh is twofold. First is to create a safe, fun space for refugee children to learn, play, and grow. The unique environment also gives children a chance to bond with others who have shared similar experiences, better acclimating them their new home. Another goal is to help alleviate the stress placed on refugee families. By taking care of their children, parents are able to go grocery shopping, look for jobs, and have alone time.

"Most of the children have come with their families on Special Immigrant Visas from Afghanistan – their father worked for the U.S. military, and the families became targets by the Taliban because of this," Lucy said. "The kids that come to Camp Nefesh have experienced so much trauma and change, and Camp Nefesh allows them to have a safe space where they can make new friends and have fun. Camp Nefesh lets these children take back the childhood they lost because of all they've been through."

That said, Camp Nefesh has given refugee children a summer experience that many take for granted. Each day at Camp Nefesh includes some sort of theme. Activities for the day will follow that theme. For example, "Under the Sea Day" included swimming, sharks and minnows, and more. Many activities are created to educate our campers. Camp Nefesh also offers a "Holiday Day" where children learn about Halloween, Valentine's Day, 4th of July, and more. They do everything from dressing up and trick or treating to making and delivering Valentines to each other and having a Fourth of July Picnic at Land Park, which is conveniently located across the street, Lucy explained.

Campers also learn the importance of helping others less fortunate than ourselves. This included making peanut butter and jelly sandwiches for the homeless, and mak-

see Refugee page 11

What's happening, Land Park?

FRIDAY, JULY 26

THE SACRAMENTO SHAKESPEARE FESTIVAL PRESENTS SHAKESPEARE IN LOVE: The Sacramento Shakespeare Festival brings audiences Shakespeare in Love, based on the screenplay by Marc Norman & Tom Stoppard, adapted for the stage by Lee Hall and with music by Paddy Cunneen. "I will have poetry in my life. And adventure. And love. Love above all." Penniless and indebted to two demanding producers, struggling young playwright William Shakespeare is tormented by writer's block until he meets the beautiful Viola de Lesseps, daughter of a wealthy merchant, whose fiery passion for poetry and drama leaves her secretly longing to be an actor. Both are despondent when they learn that Viola's father has promised her to the stuffy Lord Wessex in order to gain a title for their family. Under the veil of secrecy, Will and Viola's passionate love affair becomes the basis of the very play he is writing – Romeo and Juliet. With opening night – and the wedding day – fast approaching, the plots race toward a parallel conclusion. Will it all work out in the end or are the two star-crossed lovers destined for tragedy? Performance at 7:30pm; Box Office opens at 6 p.m. Grounds open at 6 p.m. The house opens at 7 p.m.

SATURDAY, JULY 27

AFRICAN STORYTELLING FESTIVAL: From 11 a.m. to 3 p.m. local storytellers will come together at Fairytale Town to celebrate and share stories tracing the history of African-Americans from Africa to the New World. Enjoy the tales of Anansi the spider and more! Fenix Drum and Dance Company will kick off the celebration at 11 AM on the Mother Goose stage. Visit the Rosa Parks Bus from Sacramento Regional Transit. Plus, enjoy fun activities throughout the park, including an exhibit from the Sojourner Truth Museum, a vendor marketplace, hands-on activities and more. The Festival is free with paid park admission. Weekend admission is $6 for adults and children ages 2 and older. Members and children ages 1 and under are free. Fairytale Town, 3901 Land Park Drive.

SUNDAY, JULY 28

CLOSING PERFORMANCE OF SACRAMENTO SHAKESPEARE FESTIVAL'S SHAKESPEARE IN LOVE: The Sacramento Shakespeare Festival brings audiences Shakespeare in Love, based on the screenplay by Marc Norman & Tom Stoppard, adapted for the stage by Lee Hall and with music by Paddy Cunneen. "I will have poetry in my life. And adventure. And love. Love above all." Penniless and indebted to two demanding producers, struggling young playwright William Shakespeare is tormented by writer's block until he meets the beautiful Viola de Lesseps, daughter of a wealthy merchant, whose fiery passion for poetry and drama leaves her secretly longing to be an actor. Both are despondent when they learn that Viola's father has promised her to the stuffy Lord Wessex in order to gain a title for their family. Under the veil of secrecy, Will and Viola's passionate love affair becomes the basis of the very play he is writing – Romeo and Juliet. With opening night – and the wedding day – fast approaching, the plots race toward a parallel conclusion. Will it all work out in the end or are the two star-crossed lovers destined for tragedy? Performance at 2 p.m. Box Office opens at 12:30 p.m. Grounds open at 12:30 p.m. The house opens at 1:30 p.m. Capital Public Radio Night: Sunday, July 28th. Bring your member card for discount or check your member email for a special deal.

SATURDAY, AUG. 3

SELF-DEFENSE AWARENESS SAFETY WORKSHOP: This is a short informative workshop to teach anyone how to avoid becoming a victim. This is not a martial art class. and no previous knowledge of self-defense is necessary. Information on 1) how to avoid dangerous situation and practice safety awareness, and 2) the best practices of effective techniques to react to dangerous situations will be will be discussed. Wear comfortable clothing and tennis shoe. Pre-payment of $20. Drop-in $25 at the door. Pre-registration required and no refund. Class will be held Saturday August 3, 2019 from 1:00p-5:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

Refugee:

continued from page 10

ing friendship bracelets for children with special needs in Bosnia.

Lucy said that Camp Nefesh works to inspire and empower other young people to take action for what they believe in, and gain experience in a leadership position at Camp Nefesh.

"Many teens have so much potential to make change, they just need encouragement to do so," she said. Additionally, Lucy, a recent graduate of Cosumnes Oaks High School, will attend UC San Diego in the fall and wants the camp to be sustainable. She plans to do as much as she can from afar, but she's slowly "passing on" Camp Nefesh to teens in Sacramento so that it can continue for as long as possible. New this year, they've started a teen planning committee, which will help plan and run Camp Nefesh, she said.

Lucy said it's an honor to be selected as a 2019 Diller Teen Tikkun Olam Award recipient.

"I'm so grateful to the Helen Diller Family Foundation for giving me this opportunity to further my vision for helping others," she said.

Lucy encourages any teen who is leading a volunteer service project in their community to check out awards like the Diller Teen Tikkun Olam Awards and go to www.DillerTeenAwards.org to learn more about the Helen Diller Family Foundation and the awards program. Following the luncheon on Aug. 19, a video spotlighting the 2019 award recipients will also be available.

PUZZLE SOLUTION

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