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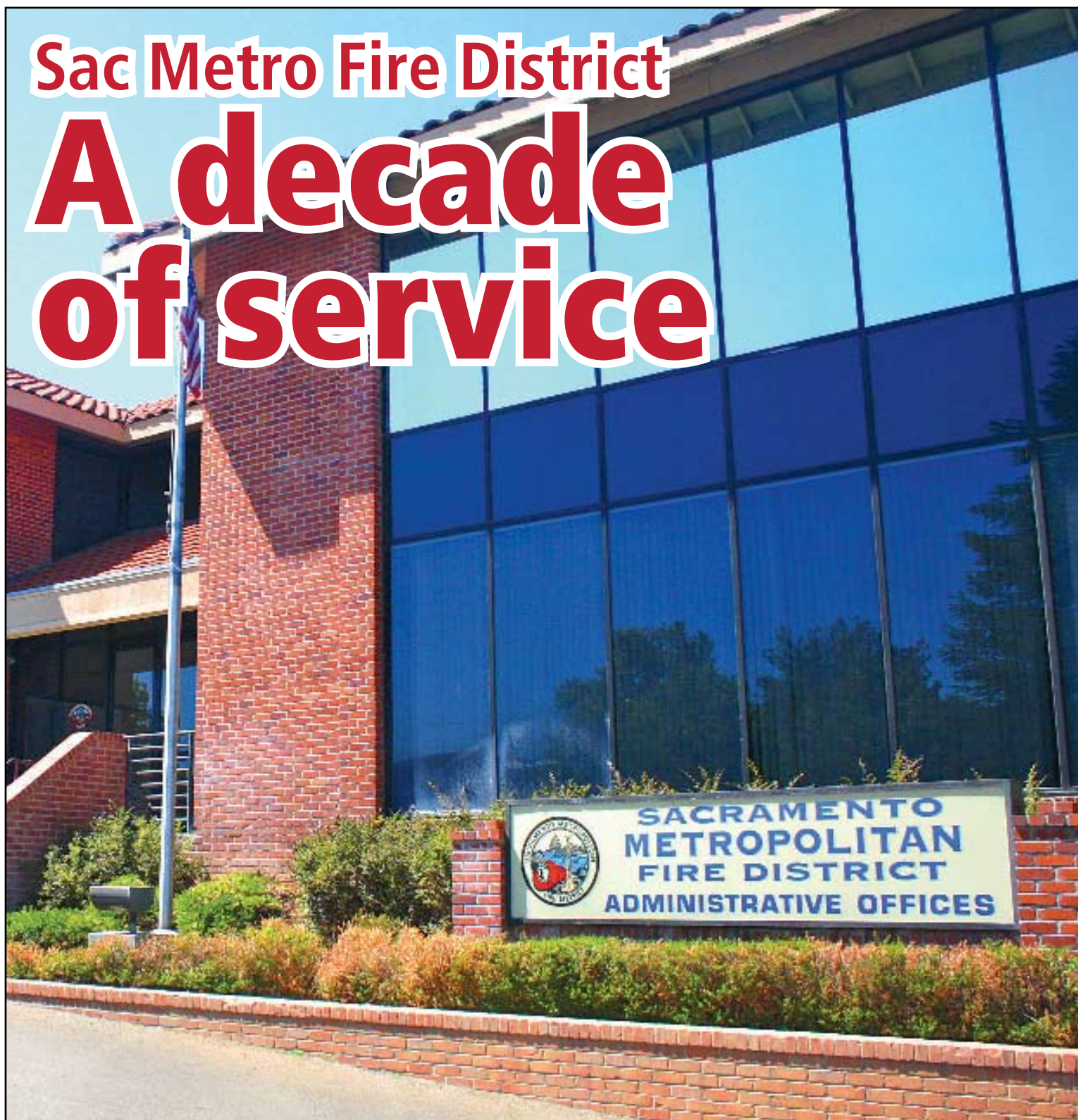
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# Sac Metro Fire District A decade of service

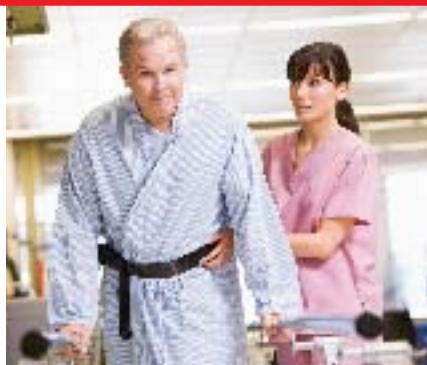


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# State Fair: a bargain to adventure

Land Park News photo/Noah Winn

Visitors to the California State Fair will be greatly entertained by the many exhibits and performers at the fair. Tuesday, July 27 is free admission to the fair day for Californians who can provide proof that they are currently out of work. Show an unemployment check stub and get one free ticket into the fair. Plus, every Tuesday is free admission for kids ages 12 and under, and all carnival rides are just \$1 each for the entire family.

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Man with dog—Clipart © Microsoft Media



### Dr. Michael McCloud, MD

is a Duke University-trained geriatrician, clinician-educator whose focus is on optimal wellness after age 65. He has special interest in the post-diagnostic management of memory-impaired older adults. He is the creator and course director of UC Davis' acclaimed program "Medical Science and Aging. He is a founding member of the medical-scientific council of the Alzheimer's Association of Northern California and lectures nationally on issues of aging and health.

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State Fair debuts early start with July 14 opening

# Fair's CEO speaks about anticipation of successful 2010 fair

By LANCE ARMSTRONG  
Arden-Carmichael News writer  
lance@valcomnews.com

The California State Fair entered a new era on July 14, when the annual event, which is celebrating its 158th year, opened with a new early schedule, which will continue through Aug. 1.

Last year, the fair's Board of Directors voted to have the fair open in July in an attempt to increase the fair's attendance.

A major influence in the board's decision was the fact that since 2003, many California schools had begun their school years prior to Labor Day – the day that had traditionally become the final day of the fair each year.

Norb Bartosik, the fair's CEO, said that although it was no simple task to accomplish the date change, it was determined to be a very necessary change.

"We've done our homework with the date change and it took us almost three years to study before we made our recommendations to the board and after last year's fair and watching the weekday attendance during the day be off more than 50 percent, we believe that this is the right move," Bartosik said. "The sad part was that that the State Fair had traditionally always closed on Labor Day,

but it's never been at the expense of the school year. We can't compete. You can't get kids to come to school tours that early in the season. Teachers are trying to settle their classes in and get (students) into chairs, not on buses to do tours at the fair. You know, organized chaos is one thing, but it's just the wrong time. If we were a month and a half later, I'd say school tours during the State Fair would have been great. But you can't get that type of cooperation or the program to work the way we both mutually needed to make that successful. So, the date change was the important part of it."

With this date change, coupled with various new attractions, Bartosik said that the fair's management is hoping to see 750,000

to 1 million visitors at this year's fair, which would be a vast improvement compared to the about 676,000 people who attended last year's fair.

"I would love to see (that many) people return to the fair and visit this year, but we'll see what the economy brings us," Bartosik said. "It's still a tough time out there, but we're hoping that we've offered enough new features and things that are different for people to come out and try us again and see the things that we've got to offer."

#### Positive trends

Bartosik explained that another positive sign pointing in the direction of increased attendance for this year's fair can be found in the fair's focus group survey, which indi-

See Fair CEO, page 9

## Janey Way Memories



# Old Joe on Janey Way



By MARTY RELLES  
Arden-Carmichael News Columnist  
marty@valcomnews.com

Old Joe lived across from our house on Janey Way. His house sat between the Ducray house on the south and the Thomsen house on the north. A short wire fence separated his house from the Ducray home, but only frontage separated his home and the Thomsen house. I guess that is why Gene Thomsen, his neighbor and a very nice man, always went out of his way to keep peace with old Joe.

Even though he had two daughters of his own, Joe's relationship with the children of Janey Way was not good. Joe had a manicured front lawn with carefully maintained flowerbeds. He did not want the Janey Way children anywhere near his landscape. Naturally we had different ideas. We played football in the street in front of Joe's house. Sometimes the ball found its way onto the property. When that happened, we walked onto his lawn to retrieve the ball. That agitated him. At first, he just yelled at us. Subsequently, he stood guard on his porch when we played. If the ball landed on his lawn, he tried to confiscate it. However, we always beat him to the ball, which made him even angrier.

To make matters worse, we played tricks like doorbell ditch on Joe. That is where we snuck up to his house, rang his doorbell, then ran away and hid. When he answered his door and found no one there, he sensed foul play and made a big fuss. We loved this and over time continued to do it.

I recall many confrontations with old Joe, but one in particular stands out in my memory. One summer day we had played poker at the Ducray house. When the game ended, we piled out onto the street. We eventually sat down under a tree in front of Dan Rosenblatt's house. Soon Joe came out on his front porch and stared at us. Then, Dave Jurin stood up and began running a comb through his hair. As Joe was bald, he took this as an insult and began grumbling at Dave. Dave continued to comb his hair. Finally, in disgust, Joe yelled, "Jurin, you the bastard always." We soon bored of the confrontation and went off in different directions.

On another day, Joe became angry with my brother Terry and me and walked across the street to confront my dad, a Sacramento city policeman. After Joe finished complaining, my dad responded, "Joe, I know my boys are no angels, but they are not bad kids either. You should just ignore them." So, unsuccessful in his effort to get us in trouble, Joe walked back across the street with his head down.

Toward the end of the 1960s, Joe became ill with cancer and soon died. When he passed, our parents all expressed sincere condolences to his wife. We in turn comforted his daughters. By that time, we had all grown up and our confrontations with Joe had long since cooled off. I often wonder if Joe ever looks down from the heavens and wonders where all the Janey Way gang has gone.

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# Sac Metro Fire District: A decade of service

## Department has links to much earlier history

By LANCE ARMSTRONG  
Arden-Carmichael News writer  
lance@valcomnews.com

This year marks a very special milestone in the history of the Sacramento Metropolitan Fire District.

Established on Dec. 1, 2000, the district, which includes the Arden-Arcade and Carmichael areas, will soon be celebrating its 10th anniversary.

But to simply think of Sac Metro as a young fire department would be an act of ignoring its historic roots, which helped enable the district to grow

immensely during its formative years.

Officially organized through the merging of the Sacramento County and American River fire departments, Sac Metro provides service to about 640,000 people within a 417-square-mile coverage area.

Cpt. Christian Pebbles, the department's public information officer, said that the joining of these two departments was just part of a continued process that led to the creation of Sac Metro.

"Over a period of years, we just consolidated and consolidated (var-



The first Arcade Fire Department station was located at 2700 Fulton Ave.

Photo courtesy of Sac Metro Fire District

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ious fire departments) until we had just two big players left," Pebbles said. "Now, for all parts, we are one team."

#### Fire departments of yore

Although not intended as full summaries, the following are some of the historical details of several of the 16 historic fire departments that became part of today's Sac Metro Fire Department.

**Arcade Fire Department:** Established in January 1942, this department began with a temporary Board of Commissioners.

By July 1942, the department had its first engine and ground was broken for Arcade Station No. 1 at 2700 (later renumbered 3000) Fulton Ave.

Tragedy struck the department on June 20, 1947, as Charles Gay became the department's first and only firefighter to lose his life in the line of duty.

In 1949, the department hired its first two full-time men and by 1953, the department had a total of 11 paid men and 40 volunteers.

Two years later, the department's first chief, Wayne Smith retired and was replaced by George Requa, who spent the next 20 years in this position.

It was also in the same year that Smith retired that the department added its fourth station.

The department, which at one point during the 1980s had grown to include 59 paid full-time employees, six part-time apprentices and nine volunteer reserves, merged with the American River Fire Department on July 1, 1986.

**Carmichael Fire Department:** Although this fire department was not officially organized until 1942, Carmichael had its own volunteer firefighting force with a Model T fire engine by 1927.

Daniel V. Donovan, who had established this volunteer organization, served as the department's first fire chief.

The department received its first new fire engines during the early 1950s.

By the late 1950s, the department opened its second and third stations. The first station was established in the

early 1940s at Fair Oaks Boulevard and Garfield Avenue.

Another of the department's more notable upgrades occurred with its installation of a siren in Carmichael Park. The siren could be heard throughout the district's coverage area.

In 1965, Donovan retired from the department and was replaced by Carl E. London, who had become the department's first assistant chief in 1964.

Among the new things that London introduced to the department was its annual Christmas tree burning tradition.

Held every January, the event allowed members of the community to have their old trees burned in a vacant lot.

A pair of the notable incidents that the department responded to was the 1965 fire at the El Camino Market complex at El Camino and Mission avenues and the 1977 fire at the Indian Valley Lumber Co. at Fair Oaks Boulevard and Manzanita Avenue.

The Carmichael Fire Department became known as the Arden-Carmichael Fire Department for only a few months prior to the establishment of the American River Fire Department on Aug. 1, 1983.

**Arden Fire Department:** Forming in 1943, this department evolved from the Sierra Oaks Fire Protection League, which had been formed in the

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See Fire, page 7

# Fire: 'We are one team'

Continued from page 6

Arden area by a group of local citizens.

Led by its first fire chief, Dwight Robert Jerauld, the department initially had two engines, one of which was nicknamed "Asthma," due to its much-less-than-stellar running condition.

The first major fire that the department responded to occurred on July 26, 1943, when a fire began to spread across a 75-acre grain field and a trio of sheds and a barn became engulfed in flames.

Although the fire created many challenges for the department, its firefighters were able to save a pair of nearby houses.

The first station of the department was built at 2691 Northrop Ave. in December 1943.

During the following decade, the department experienced other firsts, including the appointing of the first assistant fire chief, Edwin Burt, and the first battalion chief, Norman Farmer, and the purchase of the first aerial ladder truck.

Burt was appointed fire chief in 1968 and continued serving in this position until 1973, when he was replaced by Patrick Parker.

As previously mentioned, the Arden Fire Department eventually partnered with the Carmichael Fire Department, leading to the 1983 establishment of the American River Fire Department.

## Other consolidations

The other now-defunct departments that were consolidated throughout the years and are included within the boundaries of today's Sac Metro Fire Department are:

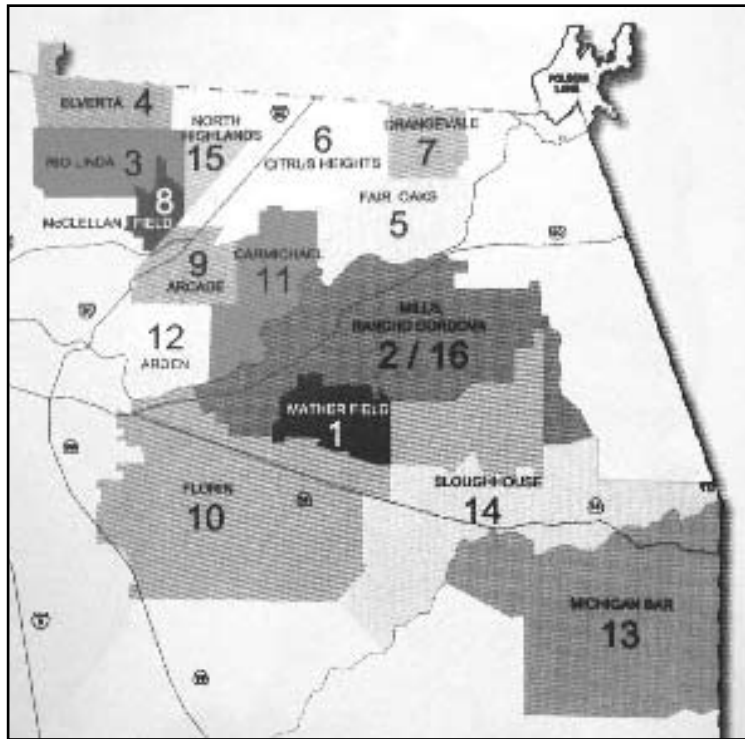


Photo courtesy of Sac Metro Fire District  
The Sac Metro Fire Department is comprised of the coverage areas of 16 now-defunct fire departments.

Citrus Heights, Elverta, Fair Oaks, Florin, Mather Field, McClellan Air Force Base, Michigan Bar, Mills, North Highlands, Orangevale, Rancho Cordova, Rio Linda and Sloughouse.

These departments, as well as the Arcade, Arden and Carmichael departments, were established during the years of about 1920 to 1959.

With its establishment, Sac Metro became the largest fire district in the county and the seventh largest fire agency in the state.

The district, which was originally led by Fire Chief Rick Martinez from 2000 to 2005 and then Fire Chief Don Mette from 2005 to 2010, is led today by Fire Chief William B. Sponable.

Governed by a nine-member board of directors, the

district has 42 stations and a headquarters building at 2101 Hurley Way.

Additionally, the district abides by its mission "to provide professional and compassionate protection, education and service to our community."

Pebbles added that it is helpful to the district to be located in a quality community.

"I have a thing that I like to say and that's 'A fire department is only as good as its community,'" Pebbles said. "We're a community-based organization and we're a pretty good fire department, therefore we have a pretty good community."

For additional information regarding the Sacramento Metropolitan Fire District, call (916) 859-4300 or visit [www.sacmetrofire.ca.gov](http://www.sacmetrofire.ca.gov).



Arden-Carmichael News Photo/Lance Armstrong  
The Sacramento Metropolitan Fire District headquarters is located at 2101 Hurley Way, just east of Cal Expo.

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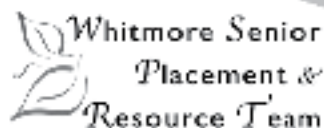
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# Fair CEO: 'Things have changed around...we don't live the same way we lived'

Continued from page 5

cates that 20 to 30 percent more people will attend the fair due to its school schedule-friendly early starting date.

"We're hearing from people now that this is a good time of the year and that since the kids aren't in school, they'll be there more often and that they can come during the week when it's less crowded. All of those kinds of things that you would expect to hear and we are."

Although the majority of people appear to support or at least have no problem with the fair's schedule change, there are those who did not want the schedule changed for the sake of tradition.

But Bartosik said that it is important to change with the times, even if it means altering the fair's traditional schedule.

"This date change was something we had to look at and I don't think we'll lose a lot of the loyalists (of the traditional schedule)," Bartosik said. "I think that they're going to come no matter what. There were a couple of people who told me that I was messing with a 150-year tradition and that I

better be right. I also have to take that with the research that we have and that those kinds of things can't please everybody all the time.

"Things have changed around us, but we don't live the same way we lived. We don't have the same kind of competition. We have more competition than we had even 10 years ago. There are more concerts in the market, there's more programs in the market, there are all kinds of things that are different. (Students) are going back to school earlier. It's all of those things. The tradition was that the State Fair was (that this is) the last fair of the year. But even through Labor Day, there are now six or seven fairs that operate after us. And so, all of those things have changed while we've tried to hold (to) tradition and it was time that we decided to start setting some new terms and new ways of doing things and establishing a new tradition that makes the most sense for us."

Excitement and energy Overall, there is a sense of renewed energy with this year's State Fair, as the

advance sales numbers are up, as well as the hype regarding the fair from the billboards and other advertisements to the anticipation of its new schedule.

In addition to this renewed energy, Bartosik said that successful early ticket sales may be an early indicator that the fair's change to a new schedule will prove to be a success.

"We anticipate that we've resolved a lot of those issues and early indications from our pre-sale is that we're ahead of last year and we believe that that's a positive sign," Bartosik said.

Another change to this year's fair that should increase its success is its various reduced prices, which have been attractively combined with the fair's many free entertainment offerings.

Among the most notable price reductions is the reduction in the cost of food. The fair worked with its vendors to lower food prices by 25 percent.

Bartosik said that he hopes that many people take advantage of the special offers and many other attractions of this year's fair.



Arden-Carmichael News photo/Noah Winn

Youngsters enjoy the water on a hot summer day at the California State Fair. Fair organizers hope that the early start to this year's fair will permit more families to attend.

"I'd like to say that (the State Fair) is the single best value that you're going to find anywhere in Northern California," Bartosik said. "(Fairgoers should) take advantage of the discounts we have to offer...Don't plan on just coming out for an hour or two. You can't see the entire State Fair in one day. There is so much here

that we have to offer and you (can) just kind of bask in the revelry of the showcase of California and have fun while you do it."

For additional information regarding this year's California State Fair, including events, special discount days and other values, call (916) 263-3247 or visit [www.bigfun.org](http://www.bigfun.org).

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# Fight the Bite this Summer: West Nile Virus Prevention

BY BENN HODAPP

Arden-Carmichael News writer  
benn@valcomnews.com

Hot summer temperatures mean that people will be outside enjoying the pool or sitting outside in the warm air for longer periods of time. Unfortunately, warm weather also means the rapid hatching of mosquitoes that can carry the potentially deadly West Nile Virus.

After a number of dead birds and mosquitoes test-

ed positive for West Nile in the Sacramento region earlier this month, the Sacramento-Yolo Mosquito & Vector Control District is ramping up efforts to protect citizens from the bite of the pesky insects.

As of Tuesday, July 13, plans to spray the areas where the infected samples were found were underway. According to a July 12 press release, the control district planned to spray some 37,000 acres in the

South Sacramento and Elk Grove areas. While traces of West Nile Virus have yet to be discovered outside of South Sacramento and Elk Grove, the control district is stressing vigilance during the summer months for the entire Sacramento area.

Luz Maria Rodriguez, public information officer for the control district, talked about ways everyone can keep themselves as safe as possible from mosquitoes.

"We recommend personal protection from mosquitoes," she said. "Lotions, sprays and powders are the best way to keep yourself safe from mosquitoes."

Rodriguez went on to say that bug-repelling candles are largely ineffective, because for them to work you have to sit directly in front of them at a close proximity. Bug zappers are also ineffective against groups of mosquitoes. Repellents that are applied to the skin are always the best way to go.



Photo courtesy of Sacramento-Yolo Mosquito & Vector Control District  
Green pools filled with algae provide the perfect habitat for mosquitoes that can transmit diseases to birds, livestock and humans. Sacramento-Yolo Mosquito & Vector Control provides free inspection of questionable pools on request.

As for helping to prevent the hatching of the insects in the first place, Rodriguez explained that stagnant swimming pools are the biggest man-made culprit for the hatching of the disease-carrying bugs. A five-gallon bucket of standing water can produce 1,000 mosquitoes in one week. Just one untreated swimming pool can pro-

duce enough mosquitoes to affect an area of one square mile, according to Rodriguez.

Getting rid of any and all standing water on personal property is the best way to ensure an area is as safe as possible from the disease. Few people know how to go about cleaning an un-

See West Nile, page 11

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# West Nile: 'A five gallon bucket of standing water can produce 1,000 mosquitoes a week'

Continued from page 10

treated pool in order to eradicate mosquito larvae. Luckily, this is where the control district steps in.

To report an abandoned or untreated pool, visit [www.fightthebite.net](http://www.fightthebite.net). There is a link that reads "Pool Program." Follow the directions there or call (800) 429-1022. Concerned citizens who wish to keep their identities private can report a pool anonymously.

Field staff from the control district will be sent to the home in question where they will determine if the pool is indeed fostering mosquito larvae. Depending on the situation, the technician will use chemicals to kill the larvae or will release mosquito fish to consume them naturally. Rodriguez said that just one of these tiny fish can eat up to 500 larvae in a single day. The inspections are done free of charge, as are requested the home inspections.

In 2009, there were 4,181 pools treated in Sacramento County, according to Rodriguez. So far

this year, there have been 1,183 service requests for unkempt pools. The struggling housing market has led to a large number of abandoned pools as well.

It is vital to report any abandoned home with a full, dirty pool.

Citizens can also help curb the spread of the disease by reporting any dead bird they see in the area. West Nile is a bird disease, even though it is mosquitoes that transmit the disease to humans. Birds get the virus, then mosquitoes feed on the infected birds and become carriers. Dead birds should be reported to the control district at (877) 968-2473. Another way to help is after killing a mosquito, place it in a bag so it can be studied and tested.

While West Nile is a threat to humans, Rodriguez stressed the importance of staying calm. Eighty percent of the people who contract the disease will get better on their own with no need for a hospital visit. The remaining 20 percent will get what is called

West Nile Fever. Some of these people may require hospitalization. Only one in 150 people who contract West Nile will develop encephalitis which can lead to seizures, coma and, rarely, death.

Those bitten by a mosquito should simply monitor the situation and visit their doctor if serious symptoms develop. Very few mosquitoes will carry the virus, but knowing the dangers remains an important factor in eradicating the disease, according to Rodriguez.

For more information on spraying schedules as well as all things West Nile, visit the vector control's website at [www.fightthebite.net](http://www.fightthebite.net). You can also contact the control district to learn about its free repellent wipes program. For example, those who are planning an outdoor activity for a large group of people (such as sports leagues) will be happy to learn that the control district offers free repellent wipes for distribution.



Photo courtesy of Sacramento-Yolo Mosquito & Vector Control District  
Fight the bite. Taking precautions such as wearing mosquito repellent, keeping area swimming pools clean and reporting dead birds can greatly reduce the number of mosquitoes that prey on human and animal alike.



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28	29	30				
TAC	TAC	TAC				

S	M	T	W	T	F	S
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					FRES	FRES
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## Peace Award from Northminster Presbyterian to Cristo Rey teen

Tasvir Singh, a senior at Cristo Rey High School, has been awarded an \$800 grant from Carmichael's Northminster Presbyterian Church in recognition of her efforts to further peace and reconciliation in school, church and community.

While at Cristo Rey High School, which combines a college preparatory education with work-study, Tasvir worked at Sutter General Hospital, maintained a 4.0-plus grade point average for all four years, and was named class valedictorian.

She has been editor of the school paper, a peer tutor in the academic success tutoring program, and played an integral part in the planning, organizing, and participating in the school's Holocaust Remembrance Week. She wishes to become a pharmacist and

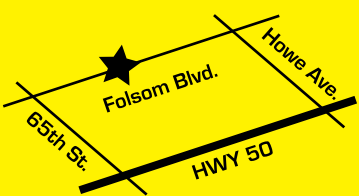
make a change in the life of others.

Tasvir states that her involvement in the work-study program and the academic success tutoring program "has taught me to appreciate each and every person that I meet, no matter what walk of life he or she may come from. I have learned to look past our differences and more at our similarities, and have realized that I shouldn't be afraid to learn about other cultures because I'm not of that culture, or because I don't want to look out of my element. I have learned to strive to learn more about cultures and races different from my own because this is what brings us together, and that is precisely what can help us prevent future injustice."

She will enter the pre-pharmacy program at the University of the Pacific in the fall.



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# Thank you, loyal readers: ValComNews editor makes exit

By RYAN ROSE  
Arden-Carmichael News Editor  
ryanrose@valcomnews.com

It is with a heavy heart that I announce my departure from the Valley Community Newspaper group. It has been my honor and sincere pleasure covering our community for the past 18 months. Being the editor of such a beloved newspaper has been such a splendid privilege.

When I arrived at the newspaper last year, I was quick to set a personal tone in our reporting style. Our papers have increased coverage of those unique events and special individuals that make our communities so great. With your help, reader, we have grown this paper, helping to make it the authority when it comes to local news and features.

Now, as I move on to a new career, I know I leave this paper in

good hands: your hands. This newspaper is, as always, eager to hear from you about the direction of our newspaper. Have a story suggestion? Give us a call. Have a news tip? Write us an e-mail. Want to chat about local events? Then stop by anytime. The Valley Community Newspaper offices are located at 2709 Riverside Blvd., Sacramento, CA 95818. Our phone number is (916) 429-9901 and our new editor, Susan Laird, can be reached at [susan@valcomnews.com](mailto:susan@valcomnews.com).

I am so happy to introduce our new editor. Susan is the past news editor of Life Newspapers, and has been a contributing writer to Valley Community Newspapers for the past year. She is a talented writer and a brilliant editor. Yet her greatest skill is not in her abilities as a

reporter, but in her gifts as a listener. I encourage you to share your stories with Susan as you have shared your news with me. Her professionalism and experience is matched only by her warm hospitality and sincere generosity.

On a final note, I must say that leaving this newspaper is one of the hardest career shifts of my professional life. You, our reader, have made me feel so welcomed. Thank you – thank you for reading, thank you for writing, thank you for inviting our paper into your homes and businesses. It's a special thing, writing local news – you can't help but become closely connected to the community. Thank you all for being such good neighbors and friends. Farewell and good reading.



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Know your neighbor

# Vic's Ice Cream co-founder recalls beginnings of one of Land Park's sweetest institutions

By LANCE ARMSTRONG  
Arden-Carmichael News writer  
lance@valcomnews.com

Many people around Land Park have grown accustomed to seeing a senior man riding an adult tricycle along Riverside Boulevard, with a pair of small dogs on leashes at his side. But what many of these people do not know is that this man is actually a sort of celebrity of the neighborhood.

Already an individual of much distinction for drawing attention to himself on a daily basis as the captain of his K-9-led, three-wheeled vehicle, this man is a person of much greater notoriety.

Among the places where he travels to during his daily bicycle rides with his dogs, Charly and Caesar, is Vic's Ice Cream, a place that he knows quite well.

This is because this mysterious bicycle man is none other than Ash Rutledge, one of the founders of Vic's, which is undoubtedly one of the most

recognized historic landmarks in Land Park.

Despite being "none of other than Ash Rutledge," he admits that he does have a sort of identity problem.

"Everybody thinks I'm Vic (Zito, who co-founded Vic's Ice Cream at 3199 Riverside Blvd. with Ash) now and they even did back then," Ash said.

But Ash said that he does not mind the misidentification, since he was so fond of his now deceased business partner.

"I tell you, (Vic) was a hell of a guy," Ash said. "Look what he did for me. If it wasn't for him, I wouldn't be here (co-owning Vic's Ice Cream)."

### Coast Guard beginnings

Ash, who grew up in the very small town of Red Cloud, Nebraska, said that he became acquainted with Vic about seven decades ago, while serving in the Coast Guard in the Bay Area.

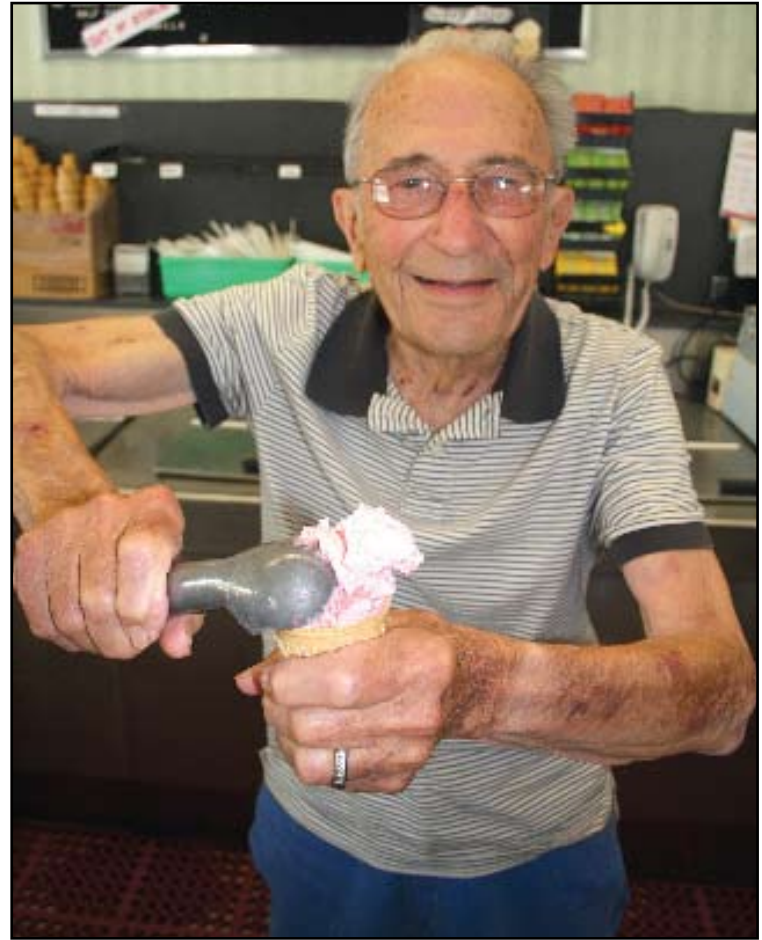
"I met Vic in the Coast Guard," Ash said. "I went in

(the Coast Guard) in 1940 and I don't know for sure when (Vic) went in. (Vic) didn't get drafted. He (voluntarily) joined the Coast Guard."

Due to his background of working in a Coast Guard supply house in Alameda, Ash – after being transferred from Alameda to Yerba Buena – was offered a job training five women in an office.

Ash said that after accepting the position from his commanding officer, he soon became good friends with Vic.

"I stayed there (in Yerba Buena) and I had to have a place to live," Ash said. "Vic never (slept) in the barracks. He couldn't stand that. He had to have a room and he had a room there in Lake Merritt. So, I called him up and said that I heard he lost his roommate and I asked him if he'd like to have another roommate and he said, 'Boy, would I.' So, that's how



Arden-Carmichael News photo/Lance Armstrong  
Like he has so many times before, Ash Rutledge serves up an ice cream at Vic's Ice Cream in Land Park.

See Vic's, page 15

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# Vic's: 'I had a hard time (convincing) Vic to call it Vic's...He wanted to be in the background'

Continued from page 14

we got together and from then on, it was love, I guess you might call it. We just really liked each other and did everything together."

Following their time in the Coast Guard, Vic and Ash both resided in Sacramento, where they began to speak about going into business together.

## For the love of Gunther's

"We thought about opening a sporting goods store," Ash said. "We both liked sports, especially Vic. He loved to go fishing and hunting. We looked into that (for a while). And at that time, Mr. and Mrs. Gunther were still alive, of course, and we used to go over there (to Gunther's Ice Cream at 2801 Franklin Blvd.) at night and get an ice cream. And we would say, 'What a business this is.' They used to have people lined up around the block just to get ice cream. The reason for that was that sugar was rationed and you couldn't buy anything like that anymore. So, what would happen is (Gunther's) would get their sugar ration to make their ice cream and then they would make their ice cream and they would sell out in a day or two."

Due to their love of Gunther's, Vic and Ash decided to open their own ice cream business.

Unlike today, during this time, there were many other ice cream manufacturers in Sacramento, including the Crystal Cream and Butter Co. at 1013 D St., the Shasta Ice Cream Co. at 2814 Broadway and the Country Maid Creamery at 1030 J St.

Ash said that since he was single and had a more flexible schedule than Vic, he arranged to work free of charge at an ice cream manufacturer in Modesto in exchange for ice cream making training.

"I went down there (to Modesto) and a man taught me everything he knew (about ice cream making)," Ash said. "I came back to Sacramento after a couple of weeks and by that time we had already started the building. We built on an open lot. Nothing was here, over there or just about anywhere around here."

Eventually, the building was completed at a cost of \$5,000 and the legacy of Vic's Ice Cream began with its grand opening on Feb. 2, 1947.

## Small beginnings

Although many locals speak about how they were present at this grand opening in the same manner that millions of people talk about how they attended Woodstock, which drew about 500,000 people in 1969, Ash said that very few people visited Vic's on its opening day.

To keep operation costs low when the business was in its early stages, Ash, who was then residing in a rooming house at 18th and P streets, worked mostly by himself, while Vic was working a job with the city and was only able to provide limited time to the ice cream business.

It was during these times that Ash was first misidentified as being Vic.

Ash said that selecting the name Vic's Ice Cream was a financial decision.

"The reason it's called Vic's is because we ran out of money," Ash said. "That was a short name. Originally, we were going to call it Land Park Ice Cream or something like that, but that was a lot of letters. So, (with fewer letter, the business's) sign didn't cost us as much. I had a hard time (convincing) Vic to call it Vic's, because he wasn't that kind of a guy. He wanted to be in the background."

Emphasizing that "every drug store had a fountain back



A young girl receives an ice cream cone inside Vic's Ice Cream in Land Park.

Arden-Carmichael News photo/Lance Armstrong

then," Ash said that when Vic's Ice Cream opened, the building also included Eales Pharmacy (later Central Pharmacy) at 3193 Riverside Blvd. Eales Pharmacy was owned by Les Eales, who resided at 1206 Perkins Way, about two blocks away from the pharmacy.

## Legacy of success

Ash, who married his wife, Joyce, whom he met across the street from Vic's about 62 years ago, said that although Vic's Ice Cream had a slow be-

ginning, it established a long legacy of dedicated customers.

The success of Vic's, Ash explained, has much to do with where this popular eatery, which also serves sandwiches and other food, is located.

"Our (success) has a lot to do with our location," Ash said. "This Land Park area has remained stable and has continued to be an ideal place to live. It's close to downtown and people love this area. It's really a high class area and that's very important for this business."

Now a decade away from becoming a centenarian, Ash, who shares ownership of Vic's with his son, Craig, is much less of a fixture at the business.

But this is not to suggest that Ash is not making plenty of guest appearances at the eatery.

To the contrary, patrons of this business on any given day have a great possibility of seeing the man who helped bring Land Park one of its sweetest institutions, Vic's Ice Cream.

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## JULY 24

### E-waste collection

Free E-waste collection fundraiser for the Drowning Accident Rescue Team (DART), Saturday, July 24, from 9 a.m.-1 p.m. at 1601 Garden Highway, near Chevy's and Virgin Sturgeon. For more information, call (916) 806-0118.

## JULY 25

### 2010 Pear Fair

Always the last Sunday in July, the 38th annual Pear Fair will be Sunday, July 25, 2010 from 9 a.m. to 6 p.m. in the Sacramento River Delta town of Courtland, located just 20 minutes south of Sacramento, off Highway 160. Last year, the fair drew in more than 7,000 people. Make sure and arrive early to enjoy all the festivities. For more information, visit [www.pearfair.com](http://www.pearfair.com).

### Todd Morgan and the Emblems

Todd Morgan and the Emblems are performing in the Carmichael Concerts in the Park series, July 25, from 6:30 to 8:30 p.m., at the Carmichael Park Bandshell, located the corner of Grant Avenue and Fair Oaks Boulevard. This is a free event.

## JULY 31

### Alzheimer seminar

Chinese Community Church will host a seminar on Alzheimer. Saturday July 31 from 10:30 a.m. to 12 noon. Our address is 5600 Gilgunn Way, 95822 located on Fruitridge Road between Freeport Blvd and South Land Park Dr. Everyone is welcomed. Free. For more information contact 424-8900.

## AUGUST

### Art show

"Pin-ups", Sacramento Fine Arts Center, August 3-14. The "Pin-ups" Show is where you will find gems of original artwork in a huge selection of unframed work pinned to the Sacramento Fine Arts Center walls. Also showing in our second gallery is the "Docents Art Show". Docents of the Sacramento Fine Arts Center get to show their stuff at this annual show honoring them. You will find award winning art by our talented docents at this all media show. 5330 B Gibbons Drive, Carmichael, CA 95608 Gallery Hours, 11 a.m.-7 p.m. Tuesdays, 11 a.m.-3 p.m. Wednesdays through Saturday. For more info [www.SacFineArts.org](http://www.SacFineArts.org).

### Dine for Shrine

What it is: Dine for Shrine exists as a fundraising campaign for Shriners Hospitals for Children in the Sacramento and greater Northern California region. The campaign invites patrons, benefactors, and philanthropists alike to join in to support and generate awareness around the noble services of Shriners Hospitals for Children. Dates of event: August 2, 2010 - August 6, 2010 How people can get involved: Simply bring in a Dine for Shrine flyer to any of the participating restaurants and enjoy a night of fine dining while helping Shriners Hospital for Children\*. Flyers and a list of participating restaurants are available at [www.dineforshrine.com](http://www.dineforshrine.com). For more information: Call Mike Nguyentat at 916-947-2119, e-mail [fundraising@dineforshrine.com](mailto:fundraising@dineforshrine.com), or visit [www.dineforshrine.com](http://www.dineforshrine.com)

## AUGUST 3

### Casa Garden Restaurant

Tuesday, August 3: 11:30 a.m. wine social featuring "Three Wine Company" at the Casa Garden Restaurant, 2760 Sutterville Road. "Three Wine Company" will pour wine during hors d'oeuvres, to be followed by lunch (choice of Chicken and Spinach Crepes or Grilled Chicken and Nectarine Salad) and dessert Heavenly Raspberry Torte -- \$20 per person, including tax and gratuity. Reservations a must - call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

## The Ever After- A Musical

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## AUGUST 7

### Jensen Garden workdays

Friends of the Jensen Botanical Garden hold garden workdays one Saturday of every month from 9 a.m. to 1 p.m. The next workday is Saturday, Aug. 7. Bring work gloves, hand pruners and your lunch. Come join with other volunteers to keep the garden beautiful all year. Next workdays in 2010 are 9/11, 10/9, 11/6, 12/4. The Jensen Garden is located at 8520 Fair Oaks Blvd. in Carmichael. For more info: Tracy Kerth (916) 485-5322 ex23 or e-mail [tracy@car-michaelpark.com](mailto:tracy@car-michaelpark.com).

### New Christy Minstrels

Concert under the stars. 7:30 p.m. Enjoy the sweet, smooth, sing-along harmonies of the New Christy Minstrels. Also appearing will be Barry McGuire, whose blend of folk and gospel have placed him in a unique category of singers, and Sacramento's Chuck Cole, whose banjo pickin' will take you back to the '50s and '60s. At the Fair Oaks Amphitheatre in Old Town Fair Oaks. Admission \$20, gates open at 7 p.m. [www.fairoaks-theatrefestival.com](http://www.fairoaks-theatrefestival.com) or (916) 966-3683.

## AUGUST 10

### Casa Garden Restaurant

Tuesday, August 10: The VoCALs' musical presentation of "Malt Shop Melodies 2" at 11:15 a.m. and 1:15 p.m. seatings at Casa Garden Restaurant, 2760 Sutterville Road. Entrée choices: BBQ Beef Brisket with Garlic Roasted Potatoes or Grilled Chicken and Nectarine Salad; dessert Belgian Cream Cake -- \$20 per person, including tax and gratuity. First-come, first served group reservations by one person, one check. Reservations a must - call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

## AUGUST 15

### St. Mary's Church 79th Annual Festival

Come join the fun August 15, 2010 at St. Mary's Church (1333 58th Street Sac, CA 95819). Our Annual Festival operates from 10 a.m.- 8 p.m. and has something for everyone. Water play & Bounce houses, games & prizes for the kids, Bingo for all and Great food & drinks. Join us in fellowship and fun! All are welcome.

## AUGUST 21

### Land Park Neighborhood Backyard BBQ Bash

Eskaton Monroe Lodge will celebrate its 37th anniversary by hosting a neighborhood party celebrating the Land Park neighborhood. The event will feature mini-golf put-put on their newly completed putting green, a classic car Show, Vic's Ice Cream, traditional BBQ food hosted by the Dining Room at Eskaton Monroe Lodge & "Heritage Row" celebrating the local family owned businesses. All welcome. 11:30 a.m. to 2 p.m. 3225 Freeport Blvd (at the intersection of Freeport & College Ave.). Call (916) 441-1015 to enter a special raffle. No RSVP necessary.

## AUGUST 22

### Harpichord Recital

Harpichord Recital is 5 p.m. at All Saints Episcopal Church, 2076 Sutterville Rd. Fundraiser for Concert Series. \$10 suggested at the door, or \$25 in advance to the church, reserved seat Patrons. Info at 916-455-0643 or [www.allsaintssacramento.org](http://www.allsaintssacramento.org).

## AUGUST 28

### Kitten adopt-a-thon

It's "kitten season" — and Happy Tails Pet Sanctuary is partnering with Extra Space Storage to find loving, permanent homes for Sacramento's homeless kittens. The "Kitten adopt-a-thon" runs from 10 a.m. - 2 p.m. at Extra Space Storage, 3000 B St. For more information, please visit [www.happytails.org](http://www.happytails.org).

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**ONGOING**

**American Legion Dance**

The American Legion Dance, Held on the first Friday of each month from 7 – 10 p.m. at Veterans Memorial Hall at Royer Park in Roseville, featuring ballroom, Latin, swing, and night club dances with DJ Bob Wayman. The public is invited and singles are welcome. There is a great wood dance floor, good parking, no-host bar, soft drinks, and snacks. Come dance and make new friends. The hall is located at 110 Park Drive. Cost \$8. Info: (916) 783-7267. Proceeds go to support the troops and our veterans.

**Bariatric Surgery Informational Seminar**

Learn all about what bariatric surgery is and is not. The seminar is held the first Saturday of the month from 10 a.m. – 12 p.m., except for July and September when the seminar will be held on the second Saturday of the month. The seminar location is Bruceville Terrace (8151 Bruceville Road) in the Multipurpose Room. For more information, please contact Rondi Crowley at 423.5909.

**Food Addicts Anonymous**

Food Addicts in Recovery Anonymous is a 12-step group for people struggling with obesity, food obsession, or eating disorders. There are no dues or fees, or weigh-ins. All are welcome to join them: Monday – 6:30 p.m. Greenhaven Lutheran Church Fellowship Hall, 475 Florin Rd. Sacramento; 7 p.m. Warehouse Christian Ministries, 10020 Foothills Blvd. Roseville; 7 p.m. Nevada County Contractors Assoc. – 149 Crown Point Ct., Grass Valley; Tuesday – 6:45 a.m. Southside Park Clubhouse, 2051 6th St. (btwn T & W Sts), Sacramento; 9 a.m. St. Andrew's United Methodist – 6201 Spruce Ave, Sacramento; 6:30 p.m. Kaiser Medical Center Conf Rm, 1900 Dresden, Lincoln; 7 p.m. Faith United Methodist Church – 3600 J St., Sacramento; Wednesday – 7 p.m. Davis United Methodist Church – 1620 Anderson Rd, Davis; Thursday – 9 a.m. St. Andrew's Unit-

ed Methodist Church – 6201 Spruce Ave, Sacramento; 6:30 pm Christ Unity Community Church – 9249 Folsom Blvd. Sacramento; 7 pm Auburn Grace Community Church, 3126 Olympic Way Rm 117, Auburn; Friday – Southside Park Clubhouse, 2051 6th St. (btwn T & W Sts), Sacramento; 7 p.m. Kaiser Facility Folsom, 2155 Iron Point Rd, Conf Rm 1, Folsom; 7 p.m. Kaiser Hospital 3700 Vaca Valley Pkwy 3rd Fl., Rm B, Vacaville; Saturday – 8 a.m. Fremont Presbyterian Church – 5770 Carlson Dr. Chapel, NE corner of campus, Sacramento; 8 a.m. St. Andrew's United Methodist – 6201 Spruce Ave, Sacramento; 8 a.m. Briar-Patch Co-Op Community Market, 290 Sierra College Dr. Community Rm., Grass Valley. For more information: www.foodaddicts.org.

**MONDAYS**

**Gray Eagles**

Gray Eagles- a M/F social group sharing WW II history of military or sport aviation. Former air, ground, or carrier crew, or anyone interested will enjoy our monthly speakers. Topics include B-17s, Reno races, Fire attack A/C, Airshows. Drop by to visit- FREE. We meet the second Monday, each month at Hometown Buffet, 4300 Florin Rd. (private dining room), Sacramento, 11:30 – 1:30. See www.grayeagles.net or call Lou @ 421- 0844.

**Tai Chi at Hart Center**

Chinese exercise combines specific movements and relaxation, 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St. Instructor, Mamie Woo. Information at 808-5462.

**Hatha yoga class**

Instructor Pat Shaw teaches students to align the body through breathing techniques, postures and deep relaxation, 3 to 4 p.m., Hart Senior Center, 915 27th St. Information at 808-5462. Repeats Wednesdays, Fridays.

**Gray Eagles meet**

Gray Eagles, a social group for men and women, hears guest speakers on air shows, flying and warbirds, 11:30 a.m. to 1 p.m., second Mondays of the month. Visitors welcome. Free, at the Hometown Buffet (private dining room), 4300 Florin Road. Information at 421-0844.

**Newcomer's Buffet**

The Widowed Persons Association of California invite any and all widows and widowers to attend their Newcomer's Buffet and Social at 5:30 p.m., every third Monday, at the Plaza Hof Brau, El Camino at Watt Avenue. The cost varies as the choice is from a no-host buffet menu. For more information, call 972-9722.

**Toastmasters meet**

Guests always welcome at Klassy Talkers Toastmasters to have fun while improving speaking and leadership skills, 7 to 8:30 p.m., Executive Airport 6151 Freeport Blvd., 95822. Information: Jan at 284-4236 or www.sacramentotoastmasters.com.

**Co-Dependents Anonymous**

Co-Dependents Anonymous meets, 7:30 p.m., Friends Church, Fireside Room, 41st

and E streets. This 12-step group is for people whose common problem has been an inability to maintain healthy relationships. We support each other in developing fulfilling relationships. For more information, call 1-866-794-9993.

**Evening Tai Chi class**

Sixty-plus minute class includes Yang style Tai Chi, Chi Gong exercises, and strength training using elastic bands, 6:30 p.m., Parkside Community Church, 5700 South Land Park Drive. Open enrollment – join anytime. Cost: \$15 a month for members, \$20 for non-members. Information: 421-0492.

**Girls-only karate**

Karate for girls ages 7 and older, 6:30 to 7:30 p.m., Elks Lodge No. 6, Riverside Boulevard at Florin Road. Meets Mondays and Wednesdays. Information at 470-9950.

**Aviator interest**

Gray Eagles, a social group for men and women to shares stories of military or sport aviation -- for former air or ground crew, or anyone interested in B-17s, Reno races, and airshows. Free. Meets second Monday, 11:30 a.m. to 1 p.m., at Hometown Buffet, 4300 Florin Rd. (private dining room). Information from Lou at 421-0844.

**TUESDAYS**

**Pastel landscapes class**

Award-winning pastel artist Reif Erickson teaches a four-step process to creating art. Supplies provided for the first session and students provided with a materials list for further lessons. From 2:30 to 5 p.m., Ethel Hart Center, 915 27th St.; \$25 per lesson. Information at 808-5462.

**Free Medicare counseling**

Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appointments are every Tuesday with John Gallapaga, call 376-8915 to schedule an appointment. For appointments in Spanish, call Marta Erismann at 231-5110.

**Women's networking**

Soroptimist International of Sacramento South, a service club for business and professional women for 47 years, meets second and fourth Tuesdays, 12:15 p.m., for lunch and programs at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. Fund-raising, networking, community service. Information: President Colleen Truelsen, 429-9901, email: colleen@valcomnews.com.

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Don't break that glass

# First annual Waiters Race Bastille Day

By NOAH WINN  
Arden-Carmichael News writer  
noah@valcomnews.com

At the sound of a cork bursting from a champagne bottle, some 50 waiters – complete with wine bottles and glasses on their trays – were off,

competing in the First annual Sacramento Bastille Day Waiters' Race on July 14 in Sacramento.

Midtown was alive and sizzling on the hot Wednesday afternoon. Crowds quickly gathered and grew in numbers as people stopped by just to see what was going on. Soon, Capitol Ave. and 18th and 19th streets were filled with people.

The race started at Mulvaney's Building & Loan next to Le Petit Paris. The waiters raced around the block to the finish line at the L Wine Lounge Courtyard, which was packed full of anxious people waiting to see who would win.

Participating waiters and waitresses came from local restaurants including Mulvaney's B&L, Miku-nis and Deveers Irish Pub. Most sported trays with a bottle of wine and two glasses; however, one waiter was seen bearing a tray of tequila and shot glasses. The objective of the race was to complete the race course as quickly as possible without spilling a drop



or breaking a glass (or bottle). Each waiter had to complete the race and then perfectly pour beverages for the judges.

Joe Crowley, who works the lunchtime shift at Michelangelo's Italian Restaurant in Sacramento, was the winner of this year's race. Crowley successfully completed the race and the all-important wine pour for the judges.

"I saw people with glued down glasses and I saw people with taped glasses," Crowley said. "It really didn't make me mad. This one girl made it to the L Wine Lounge Court-

See Waiters, page 23

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Arden-Carmichael News photos/Noah Winn

## Waiters: 'Winner plans to defend title'

Continued from page 22

yard before me. Her glasses were glued down, but as soon as she poured her wine she broke a glass."

For his stellar performance and technique, Cowley was presented the "Daniel Pont Golden Beret," named after the local chef of La Bonne Soupe Café in Sacramento, one night's stay at the Hotel Citizen and a gift certificate for \$25 from Mulvaney's B&L.

"I just remember hearing the cork go off and I was in front of the pack, and all those glasses breaking behind me, so I took off," he said. "I wasn't worried about any-

thing, I just wanted to have fun and that's it."

A good time was had by all. Spectators noted that the judges of the Waiters' Race seemed eager to see the waiters and to sample their wares. Organizers of the event hope to make the Sacramento Bastille Day Waiters' Race an annual event, and local waiters and waitresses are already making plans for next summer.

"I will defend my title next year," said Crowley. "If I am still serving tables in Sacramento."

Susan Laird contributed to this story.

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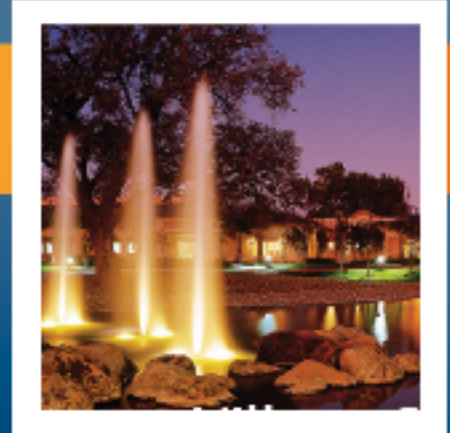
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