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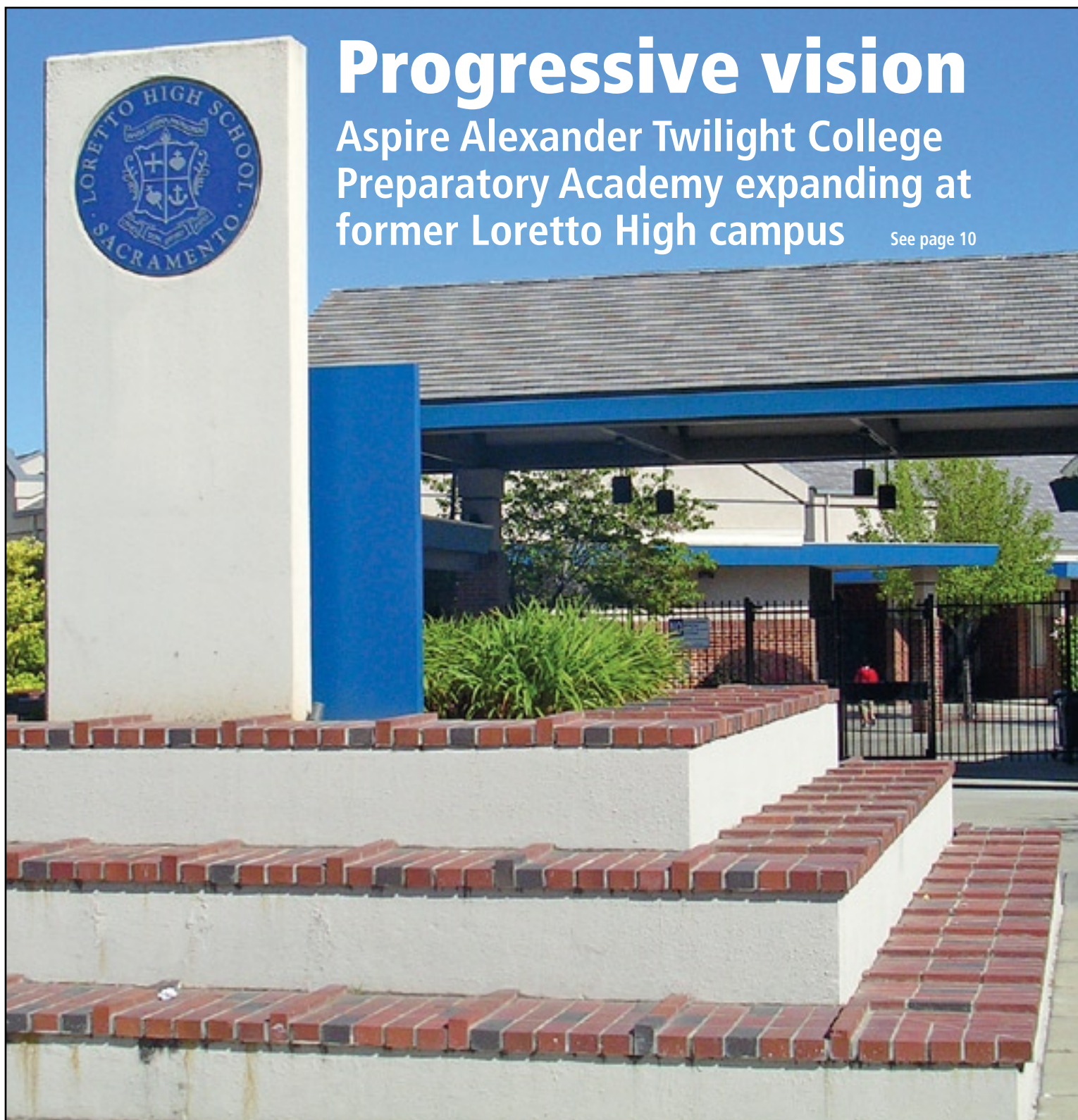
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Local market partners with Sacramento Food Bank & Family Services for 'Meals for Health'

By SUSAN LAIRD
Arden-Carmichael News editor
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During April, Whole Foods Market partnered with the Sacramento Food Bank & Family Services and EarthSave to teach a group of low-income Sacramento residents a healthier way to eat. Participants celebrated with a "graduation ceremony" on May 7.

The "Meals for Health" educational program involved lectures from national leaders in the "plant-strong" and "whole foods" areas of nutrition and exercise, physician supervision and boxes of healthy foods. It was an inaugural program at the food bank that organizers hope to learn from...and to hopefully "roll out" nationwide.

According to EarthSave, which provided the curriculum for the program, "hunger and obesity are often flip sides of the same malnutrition coin. Both hunger and obesity can be symptoms of poverty. Obesity, heart disease, diabetes, high blood pressure, bowel diseases, arthritis and a host of other degenerative conditions are rampant in communities experiencing food insecurity. Being poor and having serious health problems create nearly insurmountable obstacles to success."

EarthSave is a nonprofit non-profit organization dedicated to helping people "make food choices that promote health, reduce health care costs and provide greater health independence."

Participants learned from national nutrition leaders and speakers on topics such as "The Starch Solution," "The Amazing Digestive System," "The Pleasure Trap," "How to Eat Whole – and Why Should I?" and "Healthy Living Made Easy."

The results from the four week program were astonishing.

Not only did every single participant graduate from the program (organizers had anticipated up to a 30 percent dropout rate) – they thrived. On average, each of the 21 participants:

- Dropped 30 points in total cholesterol
- Dropped 21 points in LDL (bad) cholesterol
- Dropped 7 points in fasting blood sugar
- Lost 17 pounds
- Dropped 10.4/10.3 points in blood pressure

Dr. Donald Forrester, supervising physician, noted that all participants had improved skin tone, a reduced (or eliminated) need for medication, a better sense of balance and an overall better sense of well-being. Several participants, who started the program on canes, graduated on their own two feet – no walking aids necessary. One diabetic observer, who followed the guidelines for the program along with the participants,



Arden-Carmichael News photo, Susan Laird
Whole Foods Market partnered with the Sacramento Food Bank & Family Services and the non-profit EarthSave organization to sponsor a "Meals for Health" program that taught low-income Sacramento residents how to improve their lives through healthier food choices and exercise.

dropped 100 points in fasting blood sugar – without medication.

"No one had any complaints about the program," Forrester said.

The Sacramento Whole Foods Market located at the corner of Arden Way and Eastern Avenue donated over \$5,000 worth of whole food products that participants learned how to prepare and enjoy.

"Whole Foods Market is an active participant in the local community," said Christina Clarke, marketing team leader for Whole Foods. "Our core values at Whole Foods Market include caring about our communities and promoting the health of our stakeholders through healthy eating education. The Meals for Health Program is a great way for (us) to support community members and show our commitment to promoting healthy eating education."

"Sacramento Food Bank & Family Services is thrilled to partner with Earth Save on the wonderfully successful and impactful Meals for Health program," said Kelly Siefkin, communications director. "The results participants earned through modifications in their diet are tremendous. We hope to teach many individuals who access programs at Sacramento Food Bank & Family Services about the benefits of eating a plant-based diet and the simple steps they can take to positively impact the health of their family."

Leaders at EarthSave concur. "I want to thank you for all sticking with it," John Robbins, founder of EarthSave, told the graduates. "It's your example that will speak to people. You are now on a pathway to health and increased opportunities. Once your eyes are opened to something – you can't not see it.' Eating healthfully is one of the most compassionate things you can do for yourself."

For more information and videos about the Meals for Health program in Sacramento, visit EarthSave's website at www.EarthSave.org.

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As part of the redistricting process, the City of Sacramento has developed, free to the public, online tools and resources to create, share, and submit district plans to the City.

The tool is available at the City of Sacramento's 2011 Redistricting website <http://www.cityofsacramento.org/redistricting/>. The community

will have until May 16 to develop and submit plans.

Submissions will be reviewed by the Sacramento Redistricting Citizens Advisory Committee and City Council. The community can continue to participate by attending the Committee meetings or Council meetings.

• Sacramento Redistricting Advisory Committee meets every Mon-

day (except May 30 and July 4) at 6 p.m. at New City Hall. More information is available at: <http://www.cityofsacramento.org>. Click on Council Agendas and Meetings and scroll down to Sacramento Redistricting Advisory Committee.

• Community Training class schedules are available at: <http://www.cityofsacramento.org/redistricting/>

Community Partnership Meetings. <http://www.cityofsacramento.org/redistricting.html>. In addition to classes, online tutorials are available.

Every 10 years following the U.S. Census, the City of Sacramento is required to redraw the Council District boundaries to balance the population among eight Council Districts. This process of balancing population is referred to as "redistricting."



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Local Sacramento composer's work to be performed in 'Land That I Love' concert

By SALLY KING
Arden-Carmichael News writer

The work of a local Sacramento area composer will be presented at the Los Rios Community College District's Three Stages facility on May 14. The Folsom Symphony will close out its 2010 - 2011 season with a patriotic concert, "Land That I Love."

William MacSems, who lives in Sacramento, is one of the composers whose music is being represented at the concert. "Westward Ho," MacSems said, is a composition of four short movements celebrating the western migration in the 19th century.

The first movement is a square dance, the second one references a cowboy, the third one is a folk song and the last movement is the conclusion of the westward migration. MacSems said a narrator introduces each piece, with music in the background.

"I originally wrote it for band," MacSems said. "It sounds a little more classy with the orchestra."

MacSems said he had previously composed the folk song used in "Westward Ho" when he wrote a piece for the opera "The Outcasts of Poker Flat," which played in Nevada City. He said the square dance is from a show he wrote in 1962 about the railroad.

Timm Rolek has known MacSems around four years. Rolek was the conductor of the Sacramento opera.

"A lot of people are frightened of new music," Rolek said. "MacSems writes in a style that is interesting and very familiar. I compare him to Aaron Copland, an American classical composer."

Rolek said MacSems music is easy to grasp and within the first few seconds, people are listening to it. He said MacSems' music is very organic and American.

MacSems was born in New York in 1930 and received his master of arts degree in music composition from California State University at San Francisco in 1967.

MacSems has led a diverse life. He said he was a prop maker off and on from 1948 to the early 1960s.

"In one particular job, I had to blow air on Eva Gabor and Glenn Ford to make it look like they were driving a car," MacSems said. "I remember her telling me, 'That will be enough darling.'"

MacSems said he remembers working at the Hollywood Bowl as the sound advisor for a concert given by Leonard Bernstein and André Previn.

MacSems became a teacher in 1959 in Nevada City, teaching music to elementary students, switching in 1962 to teaching band and chorus at the high school level. In 1970 and 1971, he took a sabbatical from teaching and studied with Gottfried von Einem at the Academy of Music and Performing Arts in Vienna, Austria. MacSems said Einem was the number one composer in Vienna at the time.

Joe Cannon, also a composer, has known MacSems for around 20 years. They both used Midi in-

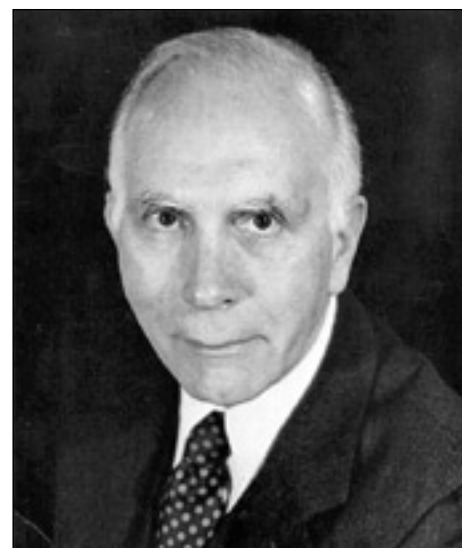


Photo courtesy, William MacSems
"Westward Ho," the work of local Sacramento composer William MacSem, will be performed at the Los Rios Community College District's Three Stages by the Folsom Symphony on May 14. The concert is sold out and there is a waiting list for cancelled tickets.

struments and developed a musical based friendship.

Cannon said MacSems writes music in the neoromantic category, which is a style and approach be-

See Composer, page 16



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Rancho del Paso was once the world's largest thoroughbred horse-breeding farm

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

Editor's Note: This is part two of a two-part series regarding the historic, 44,374-acre Rancho del Paso Mexican land grant, which included the future site of Arden and part of what would become Carmichael.

In part one of this two-part series, which appeared in the April 28 edition of this publication, readers were presented with details regarding the historic Mexican land grant, Rancho del Paso – “Ranch of the Pass.” And in continuing this historical summary, it is important to emphasize Rancho del Paso’s former fame as a nationally-recognized stock farm.

As referenced in the previous article, the *Sacramento Record-Union* described Rancho del Paso on Feb. 9, 1884 as “second to no other stock farm on the continent.”

As a model stock farm that specialized in the raising of blooded stock, Rancho del Paso featured horses, sheep and cattle.

But of these animals, it was Rancho del Paso’s horses that received the greatest recognition.

But to provide a further indication that the raising of all three of these animals was a serious endeavor, despite the property’s grandest fame for producing many renowned horses, the previously mentioned *Record-Union* article

noted that the upper lands of Rancho del Paso were “used for pasturing purposes, upon which are grazed 20,000 sheep and large herds of cattle and horses.”

In addition to its pasturing property, Rancho del Paso also included areas along the banks of the American River, where grains, hay and hops were grown in rich soil.

The *Record-Union* article also provides information regarding an area of the rancho, which was known as the “upper place.” The “upper place” was described as being about 9 miles northeast of the city, which at the time did not extend beyond today’s Alhambra Boulevard.

According to the article, a *Record-Union* reporter visit-

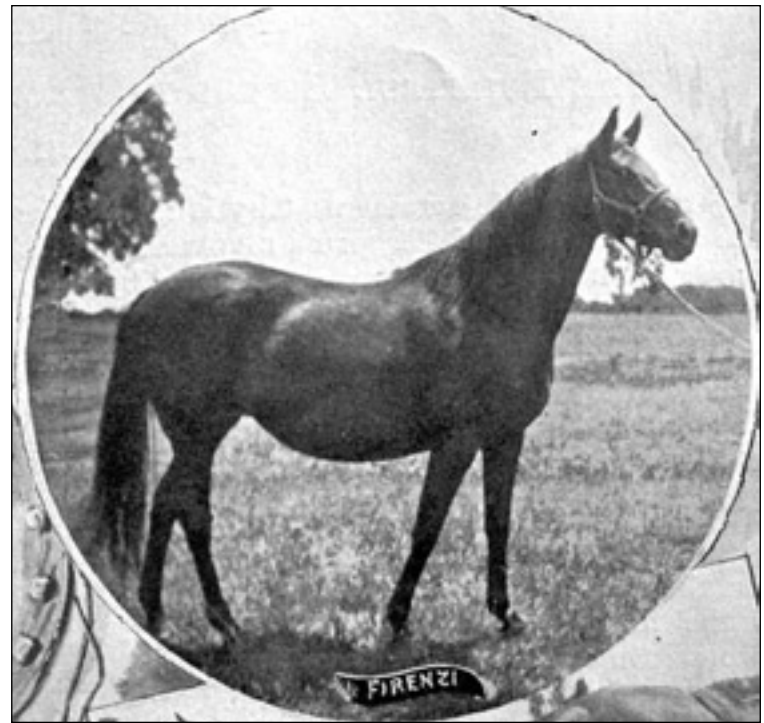


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Firenzi was a multiple national champion who won 47 races and was known as the “Queen of the Turf.”

ed the “upper place” and observed large barns and corrals, stables, sheep pens and other dwellings.

The reporter noted a well-planned detail: each structure’s purposeful spacing from other structures. This spacing – about 100 yards between each structure – was designed to prevent the rapid spreading

of a fire from one dwelling to another dwelling.

The very informative article also provided information regarding the rancho’s water system, which was fairly extensive for the time.

This system was described in the article as follows: “A

See Rancho, page 7

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Rancho: Success of famous rancho included 1886 Kentucky Derby winner, Ben Ali

Continued from page 6

large steam pump furnishes water to several immense tanks located on different portions of the place, and their water system, so far as quantity and pressure is concerned, is complete and never failing."

One does not have to look beyond the featured 1884 *Record-Union* article to encounter a prime example of how Rancho del Paso was synonymous with horse breeding and also horse racing, as about three quarters of the lengthy article was dedicated to the rancho's horses.

But the fact that Rancho del Paso included a first-class, three-quarter-mile horse racing track about a half-mile southwest of the stables is a fairly good indication of how serious the rancho was about its horses.

It is no secret where the idea to breed racehorses at Rancho del Paso came from, since the horses' owner, multi-millionaire James Ben Ali Haggin (1822-1914), also owned estates in his native Kentucky, where he raised racehorses.

Rancho del Paso, which was once recognized as the site of the largest thoroughbred horse-breeding farm in the world, was a natural place for breeding horses, considering its broad open spaces for pasturing and exercising the animals and the nearby river and creeks for water and the growing of oats and alfalfa.

Climate also played a very important role in Haggin's thoroughbred breeding farm, as is explained in the 1894 *Sacramento Bee* souvenir book, "Where California Fruits Grow," as follows: "Two-year-old colts raised in this county



Photo courtesy of Bill Vassar © 2002

Photo courtesy, Cal Expo

Horse racing at Cal Expo continues a tradition of the sport within the boundaries of the historic Rancho del Paso land grant.

are as far advanced and as well developed as are three-year-old animals outside the state. It has been observed by horsemen that California horses, when the racing season opens in the East, show in much better form and perform comparatively better than Eastern horses. The reason is obvious. The mild winters of California allow of horses being continuously exercised and of being in the open field, while Eastern horses are housed in their stables during the greater part of the season and consequently become stale and weak."

Rancho del Paso horses recognized in the 1884 *Record-Union* article included a famous trotter, named Echo, a chestnut horse, named Algona, Kyrle Daly, an imported Irish running stallion, Black Prince, a large, black, English draught horse, and a chestnut filly, named Lina.

Kyrle Daly was still living a decade later, as the horse was referred to in *The Bee's* aforementioned souvenir book as "the oldest thoroughbred stallion on the (West) Coast."

Among Haggin's most notable horses were Salvator, a chestnut horse who held a mile record of 1:35 1/2 and was named the U.S. "Horse of the Year" in 1889 and 1890, Firenzi, a multiple national champion who won 47 races and was known as the "Queen of the Turf," Africander, who won the Belmont Stakes and was honored as the American Champion Three-Year-Old Male Horse in 1903, and Waterboy, who by 1903 had placed first in six out of eight races and set two records.

But no Rancho del Paso horse has a greater legacy than Ben Ali, who, as mentioned in part one of this article, won the 1886 Kentucky Derby. Haggin named the horse in

honor of his maternal grandfather, a Turkish physician, named Ibrahim Ben Ali.

Ben Ali, the horse, who was born in Kentucky and matured at Rancho del Paso, won the 12th running of this famous event with a record time of 2:36 1/2.

Haggin achieved much wealth through the continuous sales of his Rancho del Paso-bred horses.

The Aug. 11, 1893 edition of the *Record-Union*, for instance, notes that Haggin sold

See Rancho, page 8

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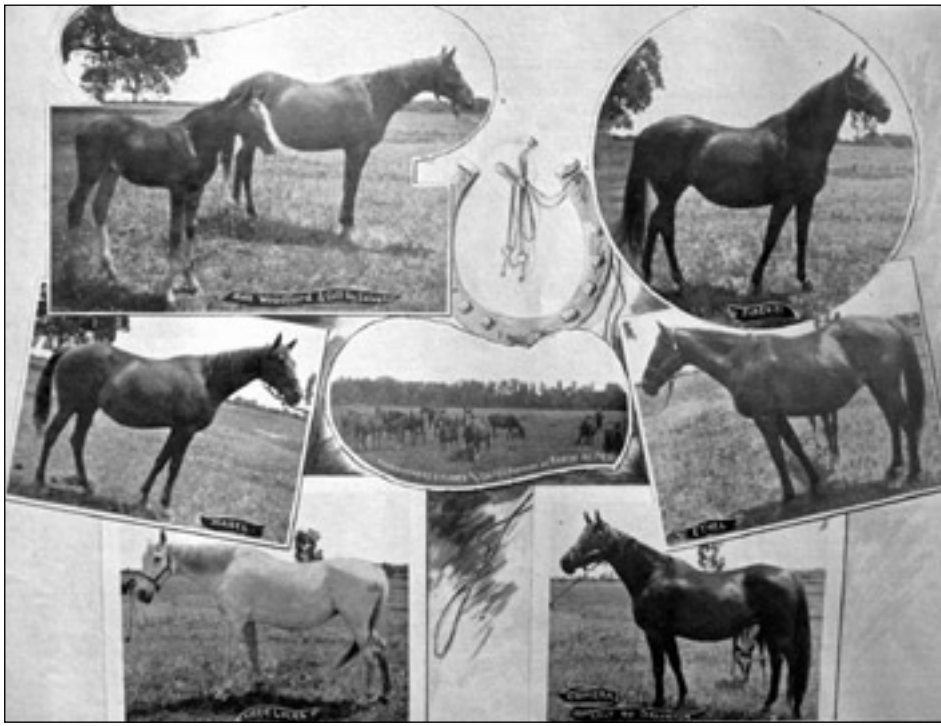


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This late 1800s series of photographs of Rancho del Paso horses includes a photograph of the horse, Miss Woodford, and a colt of Salvador.

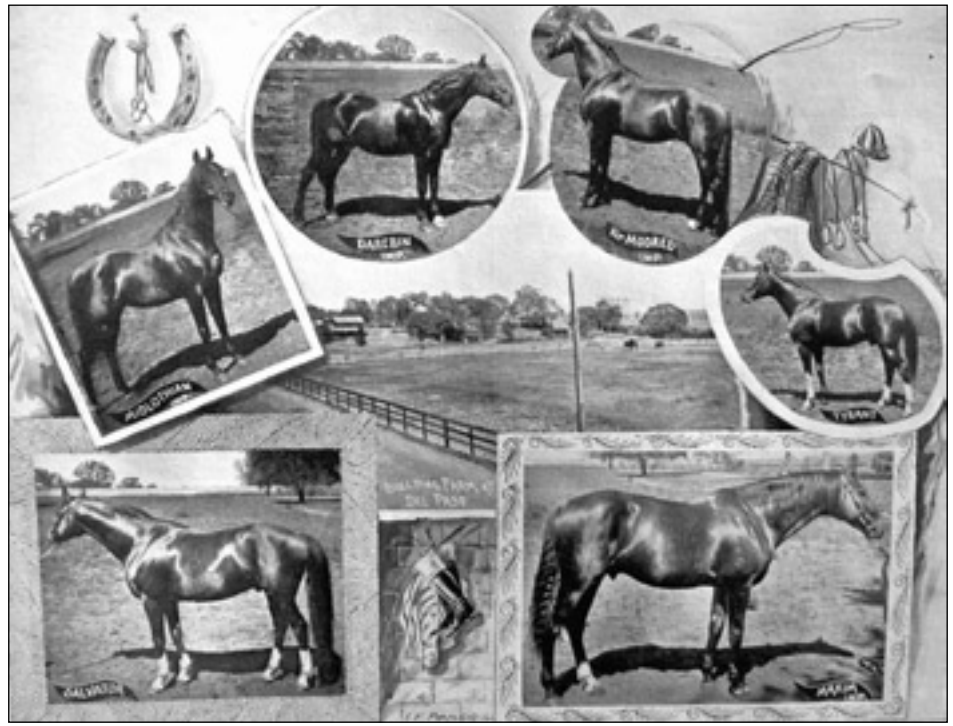


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Photographs of notable Rancho del Paso horses surround a late 19th century scene of the rancho's horse breeding farm.

Rancho: Tributes to the old land grant remain, including Haggin Oaks Golf Complex

Continued from page 7

15 of his colts during the year's season for an average of \$3,800 each.

Although most Sacramentans today are unaware of the history of Rancho del Paso and its famous horses, the June 8, 1886 edition of the *Record-Union* reveals a much different recognition during the late 19th century. Included in this edition are the following

words: "All Sacramentans feel an interest and pride in the success of the horses from Rancho del Paso in the East."

A quarter century after establishing his Rancho del Paso stock farm, Haggin had sold the last of the rancho's horses.

The Rancho del Paso Land Company, which was incorporated in 1891 with Haggin, Tevis and their wives as

stockholders, sold the rancho to the Sacramento Valley Colonization Co. for \$1.5 million on Dec. 22, 1910.

Despite the eventual suburban development of the historic Rancho del Paso area, many tributes to the historic land grant, as well as Haggin, remain.

These tributes include: Del Paso Boulevard, Del Paso Country Club, the Ben

Ali Shrine fraternal organization, Haggin Oaks Golf Complex, Hagginwood Park, off Marysville Boulevard, Salvador Way and Grant High School and its Pacers mascot.

Furthermore, with the establishment of Cal Expo, an unintentional tribute was made to Haggin's horses through the opening of the ground's one-mile horse racing track.

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The photos by photographer Bill Condray that ran in the April 28 Arden-Carmichael News portrayed a fantastic community Easter celebration – but at Arden Park, not Carmichael Park. While chasing after photos of the Easter bunny, the wrong identification information was grabbed by our editor.



Kind readers pointed out the error with helpful cheer. The pancake breakfast was delicious and the kids enjoyed the morning with plastic eggs filled with candy that was theirs to keep.

“This Easter bunny was simply wonderful,” photographer Bill said. “She is as beautiful on the inside as she is on the outside.”

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Twilight Academy expanding, will hire more teachers

By MARC MALONEY
Arden-Carmichael News writer

A college preparatory academy has announced plans to expand operations on the campus formerly occupied by Loretto High School at the conclusion of the current school year.

Owned and operated by Oakland-based Aspire Public Schools, Aspire Alexander Twilight Academy, a tuition-free, open-enrollment public charter school, is Aspire's first secondary school in Sacramento. Aspire Capitol Heights Acade-

my has served kindergarten through eighth grade students in Sacramento's Oak Park neighborhood since 2003.

Open since fall 2009 at 2360 El Camino Avenue, Aspire Alexander Twilight Academy serves about 480 kindergarten through ninth-grade students; this summer, 10 prefabricated modular classrooms will be added, with the goal of accommodating another 300 pupils.

"The campus can grow to handle 780 students," explained Steph Wilson, Aspire Public Schools chief of staff.



Aspire Alexander Twilight Academy serves some 480 students in grades kindergarten through ninth grade. The school plans to expand its facilities on the campus to accommodate 300 more students and to eventually bring the school up to the 12th grade.

Arden-Carmichael News photo, Susan Laird

"We plan to put in two groups of five modular classrooms near the existing soccer field on the back side of the campus. That campus is fairly large, and it worked out best for it to be a K-12 school."

When Loretto High School, a Roman Catholic college-preparatory school for young women closed in June 2009, Wilson explained, Pacific Charter School Development (PCSD) purchased the campus for \$7.75 million from the Institute of the Blessed Virgin Mary on behalf of Aspire Public Schools. Originally the tenant, Aspire later acquired the buildings from PCSD.

Having the former Loretto High School campus available for use headed off one of the biggest challenges Aspire Public Schools usually faces.

"For charter schools, it can be a challenge finding facilities," Wilson said. "We've found that some of our best options are found in closed schools. And in this case, it is a true win-win for us because this property will allow us to both expand the number of kids we serve and be able to serve students through their high school years."

At Aspire Public Schools' 30 California schools, the emphasis, Wilson said, is on preparing students for uni-

versity or college attendance. Results are impressive; 100 percent of Aspire Public Schools graduates last year were accepted to four-year universities or college, Wilson noted.

"The goal is to set a college-going culture on our campuses," she said. "We want to ensure we have students who meet all state and grade standards and we emphasize writing and academic discourse as two key elements of college readiness."

To help ready students for college, Aspire Public Schools feature slightly longer school days and school years, as

See Academy, page 11

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Academy: School is on site formerly occupied by Loretto High School

Continued from page 10

well as an emphasis on academic preparedness. Touches like elementary classrooms that bear the names and mascots of the universities and colleges attended by the school's teachers help to instill what Wilson calls a "college-going culture" among even the school's youngest pupils.

"Student-to-student interaction is emphasized at our schools," Wilson said. "And our teachers try to teach to each student as an individual, rather than teaching them all as a group."

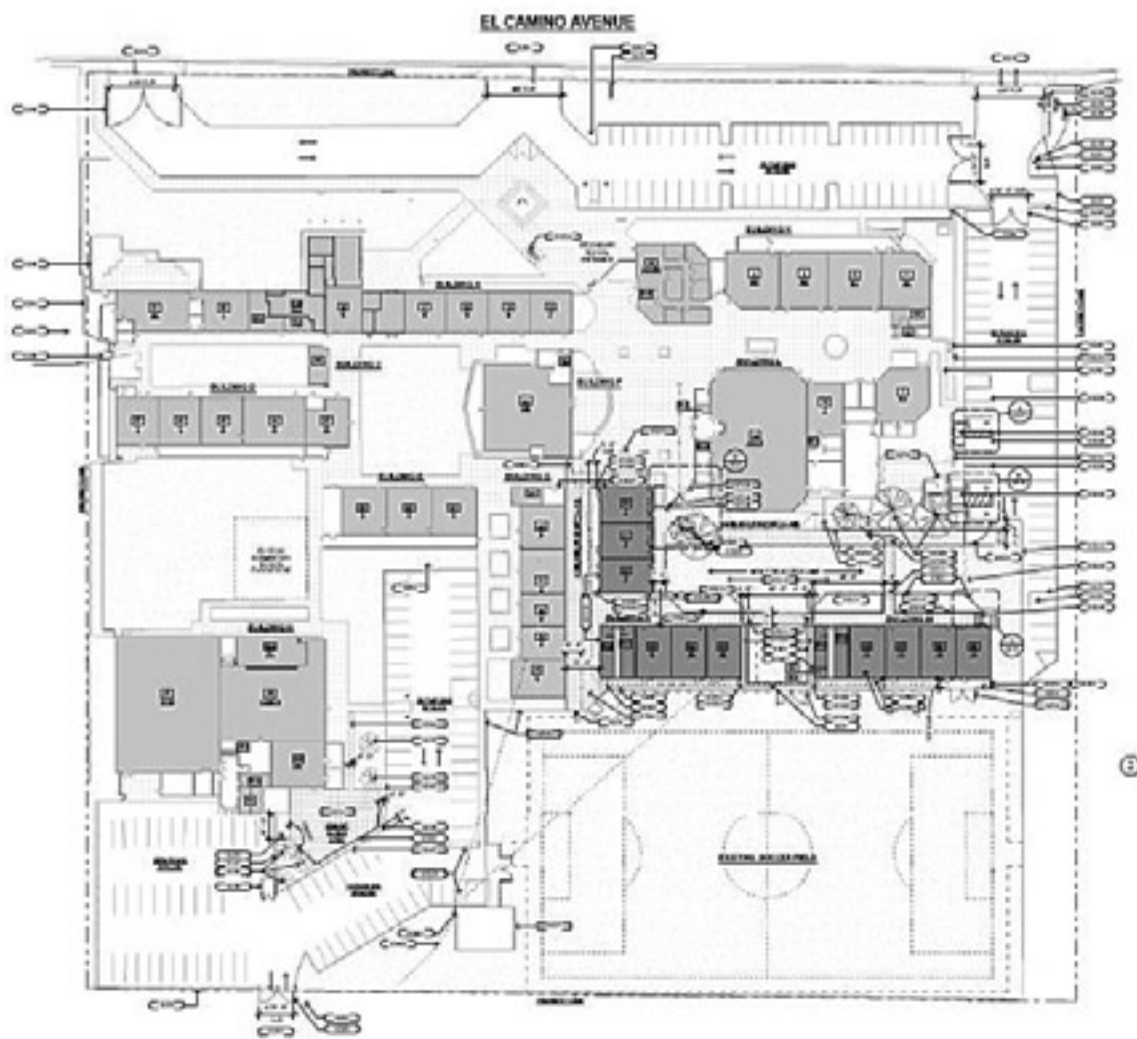
The school's student body represents a cross-section of Sacramento County's diverse population, with 40 percent of students coming from a Latino background, 33 percent from African-American backgrounds, 15 percent from Caucasian backgrounds, and the remaining 12 percent of students coming from other ethnic groups.

The student population, Wilson said, is "heavy on younger kids at the moment, but it will get older over time. Eventually, we plan to have two sections of students in each grade, K through 12."

A growing student body also means a need for more teachers. That's not a misprint: there are schools in the area that are adding, rather than laying off, teachers.

"We have about 25 teachers at that school right now, and we will be hiring new teachers as the school grows," Wilson said. "I think Aspire appeals to a lot of teachers because of all the teacher collaboration we do and because of the coaching support our teachers know they will receive."

For more information about enrolling or teaching at Aspire Public Schools, visit www.aspirepublicschools.org.



The former Loretto High School is now the property of Oakland-based Aspire Public Schools. The Aspire Alexander Twilight College Preparatory Academy is a tuition-free, open-enrollment public charter school. Photo courtesy, Aspire Schools

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Sacramento Jaguar automobile collector's taste is simple: He likes to have the best

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

Many reporters have written about their experiences of participating in a "ride-along" in a police or sheriff patrol car. But an invitation for a reporter to take a tour in a classic Jaguar automobile does not come along every day.

So, after Sacramento resident and Jaguar collector Jerry Reynolds recently contacted this publication and offered such a "ride along," it was difficult for this re-

porter to pass up such an invitation.

Certainly, Jerry's mere ownership of a 1950 Mark V Saloon Jaguar is newsworthy enough, considering that wherever he drives this classic automobile, observing eyes along the streets become much wider, heads turn and conversations about Jerry's vehicle begin.

After accepting Jerry's invitation to take a tour in his Jaguar, I showed up at his Sacramento residence ready to learn about this local man and his cars.



Sacramento resident Jerry Reynolds' 1950 Mark V Saloon Jaguar drives through a Fabulous Forties neighborhood street, just north of Folsom Boulevard.

Arden-Carmichael News photo, Lance Armstrong

After a brief discussion about his four Jaguars, Jerry, a retired legislative advocate who worked for a lobbying firm that represented 12 counties and spent five years as the lobbyist for United Cerebral Palsy of California, grabbed his keys and asked, "Would you like to take a ride in the (1950 Mark V Saloon) Jaguar?"

Of course, such a question was nothing more than a formality, and we were soon standing alongside the classic vehicle, which quickly caused this writer to ponder descriptive words for this automobile such as elegant, luxurious, beautiful, graceful, fancy and dignified, just to name a few.

It would be an odd reaction for anyone to observe this vehicle and not admire its beauty.

Its sleek design, upright, chrome front grill and bumpers, white wall tires, rear wheel fender skirts, fan-

cy headlights and its leaping jaguar hood ornament are but a few of the features that combine to conjure up such descriptive words as previously mentioned.

Among the more unusual features of this car is its trunk, which opens in the manner of a pickup truck's tailgate and includes a storage compartment for storing tools.

Additionally, the front doors of this four-door vehicle open in the reverse direction of typical, standard automobiles. This feature can certainly cause a brief sense of disorientation for first time passengers, as I can attest.

Like many classic, well-kept automobiles, Jerry's beige and yellow Jaguar Mark V features its own personalized license plate.

And when asked about the meaning of the name, "Dazzy," on this car's plate, Jerry said, "We named (the car) 'Dazzy,' because it looks like a car that would have

been used in the story and movie, 'Driving Miss Daisy,'" Jerry said. "(The spelling), 'Dazzy,' was the closest (spelling) available (to the spelling of 'Daisy') for the plate."

And to assist people in pronouncing the vehicle's name accurately, Jerry placed a sticker with an image of a daisy on both the front and rear plates and added an accent mark above the "A" on each plate.

After entering the Mark V's unusually opening door and taking a seat, I asked Jerry to tell me the story about how he acquired the car.

Jerry, who is a docent at the California Automobile Museum, said that he purchased the vehicle at the museum three years ago.

But he was also quick to reveal that he had hesitated purchasing the car, because its previous owner had replaced the car's original motor with a small-block Chevy V-8 engine, and also an automatic transmission, power steering, a new electrical system and disc brakes.

The Mark V, which Jerry eventually purchased, was the realization of the dream of Per Ruuth, a retired McClellan Air Force Base electronics technician, who had desired to transform a classic, old car into a modern car.

Following the modernization of this Mark V, which also includes a stereo enclosed in a compartment in the dash, Ruuth shipped the car to Finland, where for several years he would drive it during his annual spring visits to the country of his heritage.

Jerry said that the residents in this part of Finland joked that spring was marked in the area by the emergence of Ruuth's Jag-

See Dazzy, page 17

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Composer: MacSems compared to American composer, Aaron Copland

Continued from page 5

tween romanticism and early 20th-century modernism.

"We discuss the best way of bringing out what the composition is trying to say with the instrument," Cannon said. "We look for the correct balance and volume, we work on bringing out the essence of the piece."

MacSems has composed music for orchestras, chamber music, opera, band, as well as choral and voice.

He has been a guest conductor for many different venues, including the San Mateo County Chorus in Half Moon Bay, California and the Glen Rock Pops

Community Orchestra in Glen Rock, New Jersey.

MacSems said he has a great affection for dogs and has owned three dogs over his lifetime. His last two were rescued greyhounds. He named his dogs after opera characters.

"Siegfried was my Great Dane, Sophie, after the fe-

male lead in 'Der Rosenkavalier' and Minnie after the only female in 'Girl of the Golden West,'" MacSems said.

Consequently, he has written a short book about dogs and opera.

MacSems said he will never stop composing music.

"If I stopped composing, I would probably be in my wife's face," MacSems said. "Everybody should have a hobby to fall back on when they retire."

MacSems said the most enjoyable part of all of this is being able to perform and please an audience. He said he is looking forward to this event.

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Photo courtesy, Sacramento Library
Felted soaps are beautiful, chic, practical – and easy to make. Learn how at the Arden-Dimick Library on May 14.

Make felted soaps at the library

Special to Arden-Carmichael News

Looking for a fun activity to do this weekend? Then look no further than the Arden-Dimick Library on May 14, when patrons will learn how to turn boring bars of soap into stylish bath accessories.

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Dazzy: Classic auto turns heads in Sacramento neighborhoods

Continued from page 14

uar, which received its yellow paint due to Ruuth's fascination with the color of his 1970s Sears Appliance Golden Wheat #24984 refrigerator.

Despite his initial hesitancy to purchase a modernized Jaguar, Jerry was nonetheless drawn to the vehicle because of his love for Jaguars and for his comforting belief that the vehicle would be reliable for daily use.

So far this belief has proved itself factual, as Jerry's Mark V has built a strong following of admirers who enjoy observing the car during its daily travels in Sacramento and other parts of the region.

And fortunately, I was able to witness this fact first hand during my tour in the car.

While traveling along Folsom Boulevard in the Mark V after a drive through the very scenic East Lawn Cemetery, I observed how the attention of drivers and passengers was diverted to Jerry's car. And in East Sacramento's famous Fabulous Forties neighborhood, a youth on a bicycle rode up to the car to get a better view of it.

Jerry then drove the car to East Portal Park and upon reaching the portion

of the park on Rodeo Way next to the East Portal Bocce Club courts, Jerry was approached by a woman who inquired about having a classic automobile such as his car assist with a wedding.

Jerry politely eased out of the conversation and he later told me that although his Mark V has assisted with weddings, he generally shies away from using the car for these events.

But since purchasing the car, Jerry has provided chauffeured service on many occasions, including his regular service for his wife and some of her close friends.

Although I felt privileged to have the opportunity to write about Jerry's Mark V Jaguar, I learned during my tour with Jerry that I was not the first writer to interview him about one of his Jaguars.

After purchasing his first Jaguar – a 1967 Series I XKE – in 1984, Jerry, who was residing in San Francisco at the time, met the Pulitzer Prize-winning, Sacramento-born columnist, Herb Caen (1916-1997).

"I was working as a management consultant (and) I had an apartment in North Beach and hung out at the 'Wash-



Photo courtesy, Jerry Reynolds

This 1967 Series I XKE Jaguar was the first Jaguar purchased by Sacramento Jaguar collector Jerry Reynolds. The car, which Reynolds acquired in 1984, was referenced in several columns of the late San Francisco Chronicle writer Herb Caen.

bag' (Washington Square Bar and Grill)," Jerry said. "That's where Herb was a fixture. Herb owned a new (Jaguar) XJ6 he named the 'White Rabbit.' He loved Jaguars and was fond of commenting on all the problems which Jags are notorious for, which of course were multiplied in the 17-year-old XKE, which I'd just bought. I would regale him with the latest mechanical nightmare I was having, and it would end up recounted in his columns (in the *San Francisco Chronicle*)."

Jerry, who also owns a 1984 V-12 XJS Jaguar and a 2003 XJ8 sedan Jaguar – his wife Mary's daily use vehicle – said that he looks forward to the community learning more about his most notable Jaguar – his 1950 Mark V Saloon Jaguar – through this article.

"I'm sure just about everyone in East Sac has seen her go by over the past few years and maybe they would like to know more about the car," Jerry said.

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CALENDAR

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

REUNIONS

JFK High '69, '70, '71

July 16: The John F. Kennedy High School combined reunion for the classes of 1969, 1970 and 1971 is rapidly approaching! We are in need of contact information so we can spread the word to as many of our old friends and classmates as possible. For more information please send your email address and/or phone number to: jfkreunion69-70-71@hotmail.com or call (916) 475-3816

MAY

Tai Chi

Daily, except Sundays: Meditation, breathing, forms and various styles of Tai Chi are taught. No experience necessary. Everyone welcome. Free. 8 a.m.–9 a.m. Reichmuth Park, 6135 Gloria Dr., Sac. (601) 559-5481

John Buck: Iconography

Daily through May 15: This exhibition features three decades of woodblock prints and sculpture created by John Buck. Buck offers a richness of icons, symbols, and motifs that explore both personal and universal concerns. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Meaning and Medium

Through July 10: This exhibition explores the diversity of media in art, including photography, painting, sculpture, and mixed media. Pieces on display include work from various Sacramento-area high schools. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

'Bytes of Reality'

Through July 17: Southern California artist Daniel Douke responds to everyday experience by rendering the transient packaging of consumer products – particularly the box. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

The Photosynthetic Restaurant

Through July 17: Gourmet Sunlight for Plants as Catered by Jonathon Keats, a conceptual artist, fabulist, and critic, has developed a gourmet cuisine for the world's first photosynthetic restaurant, set in the floral plantings in front of the historic Art Gallery building of the Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Bilingual Toastmasters

May 12, 19, 26: Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

Food Addicts Anonymous

May 12, 19, 26: 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.

Jazz ensemble

May 12: Music swings at Sac State as Jazz Ensembles I and II perform. 8 p.m. \$8 general, \$5 students & seniors. Capistrano Hall's Music Recital Hall, Sacramento State University, 6000 J St., Sac. (916) 278-4323 www.tickets.com

Living Positive with Chronic Disease group

May 12, 19, 26: 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

Mission Oaks Computer Club

May 12: Meeting topic "Library Services for e-books and Smart Phones." A problem solving clinic, led by Adam Lacey of Applications, Etc., will follow. 1 p.m. – 3 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 366-1687 www.missionoakscomputerclub.org

Rotary Club of East Sacramento

May 12, 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.–1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

Rotary Club of Pocket/Greenhaven

May 12, 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freepoint Blvd., Sac. Kelly Byam (916) 684-6854.

Sutterville Heights Optimist Club

May 12, 19, 26: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freepoint Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

Volkssport walking

May 12: Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65r St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or nussb@surewest.net. Also www.SacramentoWalkingSticks.org

Big Band Dance

May 13, 17, 20, 24, 27, 31: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.–3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Kiwanis Club of East Sacramento-Midtown

May 13, 20, 27: 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.east-sacmidtownkiwanis.com

'Murder-Go-Round'

May 13, 14, 20, 21: St. Michael's Actors' Guild presents a comedy, "Murder-Go-Round" by Fred Carmichael. \$15 general, \$12 seniors & students. Call for times, special packages. St. Michael's Episcopal Church, 2140 Mission Ave., Carmichael (916) 557-0151

Rotary Club of Point West

May 13, 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

May 13, 20, 27: 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

Art Appetizers

May 14, June 11: On Second Saturdays, start your evening at the Crocker with a tour of the Museum's most recent exhibitions. This is a 50-minute experience designed to fulfill your art cravings. Free with Museum admission. 4 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Food Addicts Anonymous

May 14, 21, 28: 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.

'JFK and PT-109'

May 14: "JFK and PT-109: an Historical Eyewitness Account" presented by Ted Robinson, LCDR USNR Ret. Join us for an insightful and riveting recollection of how retired LCDR Ted Robinson rescued John F. Kennedy from a near fatal PT-109 incident during WWII. The author of "Water In My Veins" recounts a story of gunfire, struggle and triumph that will keep listeners on the edge of their seat. Free. 1 p.m.–3 p.m. Carmichael Park Vets Hall, 5750 Grant Ave., Carmichael (916) 485-5322 www.carmichaelpark.com

Make Felted Soaps

May 14: Who needs a washcloth? These decorative soaps look spa chic and exfoliate. Learn this simple technique in a hands-on workshop for adults. 2 p.m. Arden-Dimick Library, 891 Watt Ave., Sac. www.saclibrary.org

Taste of Carmichael

May 14: Wine & food tasting, booths, music, art, car displays, raffles, silent auction, more. Tickets \$35. 4:30 p.m. – 8 p.m. La Sierra Community Center, 5325 Engle Rd., Carmichael (916) 481-0196 www.carmichaelkiwanis.org

Canned food drive

May 15: Canned food donations to benefit South Sacramento neighbors. 3 p.m.–6 p.m. Drop offs can be made May 16 – 20 also. Riverside Wesleyan, Faith Presbyterian and St. Anthony Parish. (916) 391-9845

Co-Dependents Anonymous

May 15, 22, 29: 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

May 15, 22, 29: 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

Sunday Support for the widowed

May 15, 22, 29: 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

Co-Dependents Anonymous

May 16, 23, 30: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Hatha yoga

May 16, 23, 30: 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.

Knitting and Nattering

May 16, June 6, 20: Do you have knitting projects you need to finish? Do you enjoy a little conversation with your knitting? Join the knitting group at the Arden-Dimick Library. Meets the first Monday of the month from 6:30 p.m. to 8 p.m. and the third Monday of the month from 4 p.m. to 5:30 p.m. (except for Monday holidays). Learn some new tricks and share your knowledge with others. All ages and skill levels welcome. 891 Watt Ave., Sac. www.saclibrary.org

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'Megamind' kicks off 'Movie in the Park' in Arden Park

Photos by **BILL CONDRAY**
Arden-Carmichael News photographer

The evening might have been cool, with a light wind blowing and an occasional sprinkle of rain, but members of the community still turned out to enjoy "Movie in the Park" at Arden Park on May 7.

Kids enjoyed playing as parents set up blankets and chairs. Then everyone got bundled up, got out snacks and settled down to enjoy the evening's entertainment: "Megamind."

When asked why they turned out on such a cool evening, responses included, "A group of neighbors and friends decided to make an event of it and bring their families," "I saw a sign about the movie at the corner and came in with a friend and the children," "Having a quiet weekend and wanted to get the kids out," and "Nice weather today and wanted to stay outside and brought the brood with me."

The next Movie in the Park will be "The Social Network" on June 25 at 8:30 p.m.



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"This letter is in regards to the care your center is giving my mother, Frances. I would like to take this opportunity to let you know that my family and I are extremely happy in which your staff addresses my mother's needs, both physically and mentally. I especially wanted to thank you personally for your help with my mom's situation when I was away for a few weeks taking care of my in-laws. It's always difficult to take care of things when I can't be on-site right then and there, but you make all the difference in the world in helping diffuse that situation quickly and efficiently. In closing, I would like to say that I am grateful my mother resides at Rosewood Rehabilitation and am thankful you and your staff truly have compassion and concern for all your residents. If there is EVER anything I can do to help you with anything in the future, please don't hesitate to contact me. Thank you again!" Katherine J.



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