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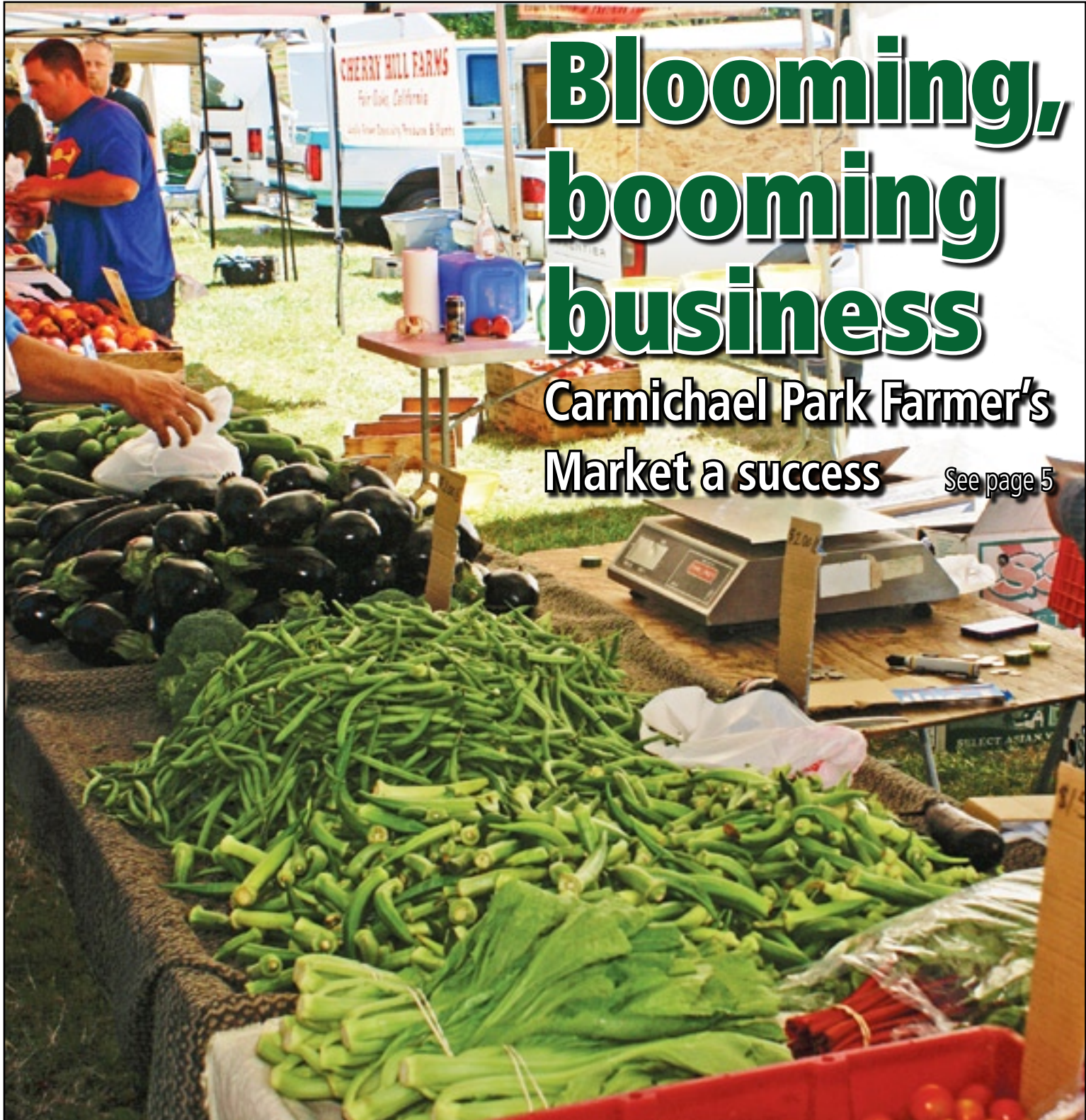
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## Rosewood Post-Acute Care Your Transition To Home

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Photo courtesy, Sacramento-Yolo Mosquito Vector Control District

**DON'T GET MUNCHED** this summer – take every precaution to keep mosquitoes from spreading disease. Drain standing water on your property, maintain (or report) neglected pools and wear mosquito repellent.

## FIGHT the BITE!

# Summer barbeques, bathing suits, boating...the Buzz of Mosquitoes

Special to Arden-Carmichael News

With the warm weather upon us, the buzzing of mosquitoes is everywhere. Late rains and hot temperatures create the ideal conditions for mosquitoes to breed. Mosquitoes are not only annoying, but they can also transmit serious diseases like West Nile virus.

You can prevent mosquitoes and protect yourself from bites by following these tips:

- Mosquitoes need water to live; they especially like water that is dirty and not moving. Drain all sources of water around your home that may become a fertile breeding ground for mosquitoes.
- At least once a week, walk around your property and check around your yard for any containers that may collect water. Empty all buckets, flower pots, children's toys, cans or wheel barrows.
- If you are going to enjoy the outdoors around dawn and dusk when mosquitoes are most active, dress appropriately in pants and a light long sleeved shirt to prevent mosquitoes from biting you.
- Any time you're outdoors when mosquitoes are out; protect your skin from mosquito bites by using an effective insect repellent. There are many varieties of repellent including lotions, sprays, oils, towelettes, etc. Repellents have various active ingredients such as DEET, Picaridin, Oil of Lemon Eucalyptus, and IR3535 (from the AVON products). The

most important thing to look for in a repellent is the percentage of the active ingredient which can range from five percent and up. The more active ingredient it contains, the longer it will keep you protected and will need to re-apply less often. For example, if a repellent has seven percent of the active ingredient, this will provide approximately two to three hours of protection. You may also consider the activity you will be engaging in. For example, an everyday walk to the park will require a lower percentage of the active ingredient however if you are going camping where there are other biting insects, a stronger repellent will be necessary.

- Do not over water your lawn and utilize yard waste containers for grass clippings and other debris.
- Change water in pet dishes and bird baths frequently.
- Stock ornamental ponds, fountains and animal water troughs with mosquito fish.
- Dispose of old tires in your back yard.
- Keep hot tubs or spas clean or covered.
- Run the filter and skimmer in your swimming pool to keep it clean. If you cannot maintain your pool, free mosquito fish are available. Report any neglected pools to the Sacramento-Yolo Mosquito Control District.

To report any mosquito problems or request a service, please call (800) 429-1022 or visit [www.FIGHTtheBITE.net](http://www.FIGHTtheBITE.net)

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# Singing sensation Manuel Romero to perform free concert at Central Library

Special to Arden-Carmichael News

Manuel Romero, former contestant on "America's Got Talent," will be performing with his band at a free concert on Saturday, Aug. 6 at 2 p.m.

The concert will be at the Central Library's Tsakopoulos Li-

brary Galleria. It will be the final program of the "American Sabor: Latinos in U.S. Popular Music" exhibit currently on display at the Central Library through Aug. 7.

Romero will be singing current top-40 hits, melodic Mariachi music and ballads in English and Spanish.

Doors will open at 1:30 p.m. and seating is limited.

The Tsakopoulos Library Galleria is located within the Central Library, at 828 I Street in Sacramento. For more information, call (916) 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

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# Carmichael Park Farmer's Market a booming success

By **BENN HODAPP**  
 Arden-Carmichael News writer  
 benn@valcomnews.com  
 Photos by **BILL CONDRAY**

Endeavors that benefit everyone involved seem few and far between these days. But the Carmichael Park Farmer's Market just might be one.

Its grand opening was held on May 1. Since then, some 55 vendors have rented a space at 5750 Grant Ave. in Carmichael to sell their produce from a number of northern California farms. The market, a product of BeMoneySmart USA, a non-profit designed to teach young people about business and finance, has become a booming success in its three months of operation.

Marie Hall, co-owner of the market with her husband Don, is eager to get

the word out on the market.

"It's been pretty popular," Hall said. "We get anywhere from 200 to 600 customers every Sunday."

BeMoneySmart USA raises money in order to run camps for young people to learn business practices. The kids, ranging from eight years old to high schoolers, work at the market as retailers in order to gain experience in sales and customer service.

The market, which runs every Sunday, rain or shine, is open from 8 a.m. to 1 p.m. The produce sold there is free of pesticides and some of the produce comes from certified organic farms. All produce comes from northern California farms, including farms located in North Highlands, Loomis, Lincoln, Exeter and Yolo and Lake counties.

It's more than just produce for those who stop by. It's a family atmosphere complete with live music, food and drink vendors and plenty of shade provided by the park's redwood trees. The BeMoneySmart kids also run the Leatherby's Ice Cream booth. In addition to ice cream, there are vendors selling sodas, orange juice, coffee and pastries.

The market's website at [www.bemoneysmartusa.org](http://www.bemoneysmartusa.org) describes the atmosphere as "a wonderful park-like setting making it a special occasion shopping for fresh fruit, vegetables, flowers, herbs and more..." Also available is extra virgin olive oil that is not available in stores.

"My favorite part is having the live music by local artists and watching people

*See Farmer's Market, page 13*



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# Sacramento Kings' minority owner discusses his history with the team

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

*Editor's Note: This is the first article in a two-part series regarding Sacramento Kings owners who reside within the coverage area of Valley Community Newspapers.*

There are undoubtedly many extreme fans of the Sacramento Kings throughout the region, but when it comes to details regarding the history of the city's popular professional basketball team, few people know more than Carmichael resident Bob Cook.

Bob, however, is no ordinary hardcore fan of the team, but instead his connection to the team is much greater.

A lifelong sports fan, Bob was instrumental in the efforts to acquire the team and relocate it to the capital city in the 1980s.

In telling the story of Bob's history with the Kings, it is helpful to understand both his longtime love for sports and his upbringing as part of a family with a rich background in Sacramento real estate.

"My family has been steeped in real estate since 1924," Bob said. "My grandfather (Carroll Cook) was collecting rents in East Sacramento in a horse and buggy and he was doing that at the tender age of 19. Before that, he was a farmer and rancher. He bought several large parcels of land in the Sacramento area and at about 20, he realized there was another way to make a profit off the land and that was real estate."

Through this realization, Bob's grandfather founded the real estate brokerage company, Artz, Cook and

Drew with two other Sacramentans, George W. Artz and Napoleon B. Drew. The company, which became known as Artz and Cook in 1934, merged into Prudential California Realty in 1998.

Upon Carroll's death in the 1950s, Bob's father, Carroll, Jr., became the president of Artz and Cook.

Bob, who lived the first years of his life at 2970 Yellowstone Lane in the Town and Country Village area and spent his teenage years living at 2850 Ashbourne Drive, near Watt and Marconi avenues, a short distance from Del Paso Country Club, said that he developed a love for golf during his youth.

"Every day during the summers, when I was a teenager, I used to walk a whole block and a half to the golf course and play 36 holes," said Bob, who attended St. Philomenes's School at 2320 El Camino Ave. prior to advancing to Christian Brothers High School, where he graduated in 1960.

In growing up in a city known for its love of baseball, it should come as no surprise that Bob's favorite sport has always been baseball.

But with a general love for sports, Bob grew up playing many sports, including baseball, basketball, football, golf and handball.

Although he began to fulfill his mother Cookie's wish that he become employed in something other than real estate by studying to become a doctor, Bob said that his love for sports got in the way of this endeavor.

"I went to the University of San Francisco, because they had an outstanding pre-med department," Bob said. "I decided within six weeks of being there that I didn't want to be



Land Park News photo, Lance Armstrong  
Sacramento Kings minority owner Bob Cook holds the first basketball used in a regular season NBA game played at Arco Arena – today's Power Balance Pavilion.

a doctor. I was only 17 when I was a freshman in college and all my buddies were out playing intermural football in the afternoons and I was in the biology lab and the German lab and it was just driving me nuts."

Like his grandfather, his father and his uncles, George and Bill Cook, Bob, after earning a bachelor's degree in economics at San Jose State University, eventually spent many years in real estate.

Bob, who continues to work in real estate today, said that there was a very distinct difference between himself and the boys he played baseball with during his youth.

"When I played baseball, my buddies' big goal was to be Major League Baseball players," Bob said. "My big goal was to own a piece of the team."

In 1977, around the same time Bob started the Bob Cook Co., a development company that builds restaurants, shopping centers and office buildings, Bob's childhood vision appeared a lot more realistic, as he encountered a small article while reading one of the city's daily newspapers.

"Right around 1977, there was this little article in *The Bee* that said that there was this young guy who had a goal of bringing major league sports to Sacramento," Bob said. "He happened to be a good friend of one of the agents who worked for my dad and myself (at Artz and Cook), and his name was Steve Cippa. And I said to Steve when that article was in the paper, if your friend (Gregg) Lukenbill wants to partner, we have the same goals. And the next day, he was in my office and we had a meeting the first time we met. Then we did a three-hour brain storm meeting at his house that night. And that night we formed the Sacramento Sports Asso-

ciation, and the goal was to bring major league sports to Sacramento."

Although the formation of this association led to the 1978 purchase of the property where Power Balance Pavilion – formerly Arco Arena – is located today, it would be another five years until Bob, Lukenbill and others would purchase the National Basketball Association's Kansas City Kings.

While attempting to bring a Major League Baseball team to Sacramento, the association decided to instead place its attention on the struggling NBA.

After experiencing many challenges and facing much opposition even in their own city, the Kings' first owners, Bob, Gregg Lukenbill, Gregg's father, Frank Lukenbill, Cippa, Joe Benvenuti and Frank McCormack, had a temporary arena built east of the present arena.

The larger, current arena, which opened in 1988, began a new era in the history of the Kings, which has been under the majority ownership of the Maloof family since 1999.

Despite many changes during the Kings' nearly 26 years in Sacramento, the presence of Bob Cook as one of the team's owners has remained.

Bob, who is also passionate about tennis and has owned a half interest in the Sacramento Capitals of the World TeamTennis Pro League since 2007, said that his love for sports and Sacramento has maintained his interest in being a part of the Kings' ownership.

"I'm a third generation Sacramentan," Bob said. "My grandchildren are fifth generation. Sacramento has been really great to our family. It's a great community and it's a great place to raise a family. I love Sacramento and there's an excitement (about sports) and it's in my veins."



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Photo courtesy, the Lance Armstrong Collection

The Alhambra Theatre, built in 1927 and razed in 1973, was designed in grand Moorish style. It was touted as "The Show-place of Sacramento."

## Janey Way Memories

# Taking the bus to the Alhambra Theatre



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

In 1960, I reached teen age, and my boundaries began to expand.

During the summer of that year, I rode on my bicycle to the Glen Hall pool to swim, hiked over to the American River at Howe Avenue to fish, and began going to movies with my friends Lou Viani, Dave Jurin and Al Wilson.

Our favorite movie theatre then was the Alhambra Theatre. Not only because of its proximity to where we lived, but also because of its splendor.

They built the old theatre in 1927, just before the Great Depression. Back then, people of my parents' generation took the streetcar down Stockton Blvd to Alhambra Boulevard (then 31st Street) and walked several blocks over to the theatre.

We took the bus to get there.

We boarded at the stop in front of Bossie's Drive-in, then proceeded down Folsom Blvd past landmarks like Doc's Hot-dog Stand and East Lawn Cemetery, and eventually arrived at the intersection of Folsom and Alhambra. We disembarked there, by MacFarlane's Candy Store, and walked north past the Alhambra Bowl two blocks over to the venerable Alhambra Theatre.

When you walked up the wide promenade to the Alhambra, you knew you were someplace special.

The theater marquee sat on two towering Arabic columns announcing to all the title of the movie that was currently playing. Glimmering pools and tropical foliage bordered the walkway up to the theater. Inside, a plush red, exotically printed carpet covered the floor and gold trim adorned ceiling. Behind the long tier

of rows of seats at the front stood a stately, large balcony.

This dates back to before the multi-cinema complexes popular today, so only one great film was able to be featured at any given time. The Alhambra catered to youth and family. Consequently, it usually presented larger than life films, such as "Spartacus," "Seven Days in May" and "Ben Hur." These films measured up to the magnificence of this grand old theater.

I have never forgotten one unfortunate experience I had at the Alhambra.

A bunch of us went to see the Walt Disney film "Old Yeller." Part way through the film, I walked out to go to the restroom, but somehow took a wrong turn and exited the theater. When I walked back around the side to the front of the theatre, the usher asked to see my ticket stub, but I could not find it. She told me I would have to pay again to enter the theater.

Embarrassed, I walked over to a seat situated by a pool at the entrance to the theater and waited. After what seemed like hours, my friends exited the theatre and asked me what happened. When I told them, they laughed. They continued laughing all the way over to the bus. Soon, I began laughing too.

In 1973, Safeway Stores bought the old theater with intentions of building a grocery store on the property. The people of Sacramento bonded in an effort to save the site.

Unfortunately, that effort failed and old theater succumbed to demolition. Now, all that remains is one of the old theater fountains perched on the south side of the grocery store parking lot.

Like Edmonds Field and the old California State Fair Grounds, the Alhambra Theatre disappeared from the landscape of modern Sacramento. Now it only exists in my celluloid memories.

# History book club meets at Carmichael Library

Special to Arden-Carmichael News

Do you enjoy fiction? Love history? Want to combine the two?

The Carmichael Library History Book Club mixes fact and fiction for a clearer understanding of the past. The club will meet Tuesday, Aug. 2 from 6:30 p.m. to 7:45 p.m.

Bring a snack to share as the group discusses "Alexandria" by Lindsey Davis.

The Carmichael Library is located at 5605 Marconi Avenue in Carmichael. For more information, call (916) 264-2700 or visit [www.saclibrary.org](http://www.saclibrary.org).

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# Carmichael Presbyterian Preschool to hold 25th anniversary reunion celebration

Special to Arden-Carmichael News

Carmichael Presbyterian Preschool will hold a 25th anniversary reunion celebration on Saturday, Sept. 24 at Carmichael Presbyterian Church from 1 p.m. to 5 p.m. in McMillen Hall.

Invitations will be mailed to all alumni in the month of August. All alumni are welcome: from toddlers to 20-somethings.

This celebratory event will feature face painting and balloon twisting performance artists from *Happily Ever After*, story-telling, crafts for young children, refreshments, and plentiful opportunities to reconnect and reminisce with early childhood friends and teachers.

Information about the reunion is available online at [www.CarmichaelPresbyterianPreschool.com](http://www.CarmichaelPresbyterianPreschool.com), by emailing [director@CarmichaelPresbyterianPreschool.com](mailto:director@CarmichaelPresbyterianPreschool.com). Alumni can also call the preschool at (916) 486-9189.

Carmichael Presbyterian Preschool (CPP) was founded in 1986 as a mission of Carmichael Presbyterian Church to provide quality early childhood education in a Chris-



Photo courtesy, Carmichael Presbyterian Preschool  
Faith, fun and friendship go right along with the learning at Carmichael Presbyterian Preschool. Alumni of the school, from toddlers to twenty-somethings, will be attending a 25th anniversary reunion celebration on Sept. 24.

tian environment. The preschool is located at 5465 Marconi Ave. in Carmichael, and is licensed to serve over 70 families.

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# New Helvetia Cemetery history includes story of missing tombstones, flat markers

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

It has been nearly 162 years since Captain John A. Sutter set aside 10 acres for his establishment's first formal burial ground, the now nonexistent New Helvetia Cemetery.

The cemetery, which was eventually doubled in size, served the community for many years before evolving into a public park, which was known as Helvetia Park.

The old cemetery grounds, with the exception of a tombstone-like marker presenting information about the former cemetery, are no longer distin-

guishable. The land is presently the site of Sutter Middle School at 3150 I St.

In the process of creating Helvetia Park, the old cemetery, which actually adjoined East Park (today's McKinley Park), had its headstones removed and replaced with flat gravesite identifying markers.

Unfortunately, various decisions and actions connected to the processes of creating the park and removing the cemetery in its entirety resulted in many missing tombstones and markers and even unidentified graves.

Other gravesites were presumably left unidentified in earlier times due to such possible causes as the deterior-

ation of wooden markers and flooding that carried away wooden markers. Because of recurrent flooding in the area, there were no burials at the cemetery from 1850 to 1857.

A classic example related to the old cemetery's missing markers was presented in the Aug. 11, 1989 edition of *The Sacramento Bee*, as a story was related in which a lecture about Sacramento cemeteries at California Middle School was interrupted by a boy who raised his hand and said, "We have some of those stones in our yard."

In a meeting with the *East Sacramento News* last week, Dr. Bob LaPerriere, co-chair of the Sacramento County Cemetery Advisory Commis-

sion, discussed the topic of missing tombstones and other markers from the New Helvetia Cemetery.

"When they removed the bodies in the 1950s, we're not sure exactly what happened, but some people recall that these concrete markers were kind of stacked up along the street," LaPerriere said. "A couple years ago, we located - just between two homes behind Sutter Middle School - over 70 of these flat, concrete markers. They were used for stepping stones and kind of to widen the driveway."

LaPerriere said that a unique event occurred following the dis-

See Cemetery, page 11

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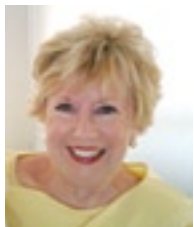


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# Cemetery: Missing markers may be in Sacramento backyards, driveways

Continued from page 10

covery of these markers, as the stones were transported from Sutter Middle School to East Lawn Memorial Park at Folsom Boulevard and 43rd Street via a horse-drawn wagon.

The decision to deliver these markers to East Lawn Memorial Park was a simple one, considering that the city had purchased property at the cemetery for a mass, unmarked burial site, where 4,691 unidentified human remains from the New Helvetia Cemetery were reinterred.

Unfortunately, this large number of "unknowns," as these unidentified remains are often referred to, account for the majority of the remains from the New Helvetia Cemetery.

The Sacramento Historic City Cemetery at 1000 Broadway is the site of the remains of about 400 additional people who were once buried at the New Helvetia Cemetery.

However, these remains are individually identified and are located in three separate areas at the Broadway cemetery, west of Riverside Boulevard.

Other individually identified remains from the New Helvetia Cemetery were reinterred at the following Sacramento city and county cemeteries: East Lawn, Masonic Lawn Cemetery at 2700 Riverside Blvd., Odd Fellows Lawn Cemetery at 2720 Riverside Blvd., St. Joseph's Cemetery at 2615 21st St., St. Mary's Cemetery at 6700 21st St., Sacramento Memorial Lawn at 6100 Stockton Blvd., Elk Grove Cemetery at 8540 Elk Grove Blvd. in Elk Grove and the Sylvan

Cemetery at 7401 Auburn Blvd. in Citrus Heights.

Despite this long list of other cemeteries, LaPerriere notes that a relatively low number of remains from the New Helvetia Cemetery were relocated to these cemeteries.

LaPerriere provided the following numbers regarding the relocations of these remains: 410 sent to Broadway cemetery, 84 to East Lawn, 32 to Odd Fellows, six to Sacramento Memorial Lawn, three to St. Joseph's, three to Elk Grove, two to St. Mary's and one to Masonic.

In regard to the many flat markers from the New Helvetia Cemetery site that are still missing today, LaPerriere mentioned that he would not be surprised if some of these markers are presently located on residential properties within the nearby vicinity of this former East Sacramento cemetery.

Although the aforementioned mass burial at East Lawn Memorial Park is recognized as consisting of "unknowns" or unidentified remains, this does not mean that there are no records of any of the names of the deceased people from the New Helvetia Cemetery who were reburied there.

To the contrary, records exist for many people who were buried at the New Helvetia Cemetery and it is by deduction from the names of those who were reinterred in other local cemeteries that a list of assumed names was created for the mass burial site at East Lawn Memorial Park.

LaPerriere said that East Lawn Memorial Park, although it was not obligated to do so, greatly contributed to the cemetery's mass burial site.

"The city never put up a marker or anything (at the mass burial site), absolutely nothing," LaPerriere said. "It took John Bettencourt (the late cemetery historian and preservationist who was vital in the formation of the Old City Cemetery Committee) and I working with East Lawn, quite a few years ago, to get the area memorialized. East Lawn, of course, had no responsibility to do it. The city bought the area, buried the people and the city should have taken care of things. But East Lawn, being very community minded, worked with us and they put four (right angle) corner walls in around the area to demarcate the area and they put a nice monument in the center memorializing those who were moved from New Helvetia (Cemetery)."

In addition to this burial site's corner markers, most of the perimeter of the site is outlined with the flat, concrete markers that had been retrieved from the residential yards near Sutter Middle School.

As of about two years ago, the whereabouts of only one verified original tombstone from the New Helvetia Cemetery was known.

But fortunately, it was discovered that another original New Helvetia Cemetery tombstone – that of members of the Asch family – was located in Auburn.

About a month ago, the stone was relocated to Sacramento and it will



Arden-Carmichael News photo, Susan Laird  
These stones are all that remain from the New Helvetia Cemetery in Sacramento. Where are the remaining monuments for the other 4,620+ persons re-interred in 1953 at East Lawn Memorial Park? It is a mystery...

soon be placed in the Sacramento Historic City Cemetery's already existing Asch plot.

LaPerriere said that anyone with information regarding missing headstones or markers from the New Helvetia Cemetery is encouraged to call the Sacramento County Cemetery Advisory Commission at (916) 874-9103 or write to the e-mail address: cemeterycommission@saccounty.net.

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# Third annual California Auto Museum Car Cruise is Aug. 6

By MARK GLOVER  
Special to Arden-Carmichael News

Ralph Waldo Emerson said: "Nothing was ever achieved without enthusiasm."

And if that's the standard, the California Automobile Museum's Third annual Car Cruise should be a smashing success. Everyone

at the museum, from the occasional volunteer to top management staff, has played an enthusiastic role pitting together this year's event.

The event will be held on Aug. 6. This year's plans were being formulated within hours after the last cruise trophy was handed out last year.

"We're determined to make the cruise better every year, and yes we've learned along the way," said Karen McClafin, executive director of the museum.

This year the CAM Cruise starts from the Sacramento State campus, travels along a beautiful five-mile route to the storied Fulton Avenue corridor, the focal point

of bands, food, awards, fun and head-turning cars. Five hundred participants are expected this year, with all cars, trucks, motorcycles and vintage travel trailers welcome, regardless of age.

Visit [www.calautomuseum.org](http://www.calautomuseum.org) for more information and vehicle admission fees. General admission is free for spectators.

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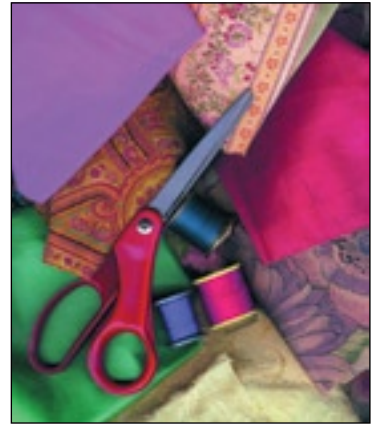


Photo courtesy, LiquidLibrary  
*QUILTERS' PRIDE*, a current exhibit of quilts at the Sacramento Fine Arts Center, runs through Sunday, Aug. 6.

## 'Quilters' Pride' exhibit continues

Special to Arden-Carmichael News

The "Quilters' Pride" exhibition of works by the Monday Morning Quilters of Northminster Presbyterian Church continues at the Sacramento Fine Arts Center through Sunday, Aug. 6.

Quilts and quilting are a significant part of the American experience. They served a practical purpose in history – that of recycling old materials such as worn shirts and flour sacks into warm blankets, lap rugs or wall hangings that kept drafts out of the home – as well as a spiritual purpose. This was one way women could express themselves creatively, and this art form continues to inspire today.

Gallery hours are Tuesday from 11 a.m. to 7 p.m. and Wednesday through Saturday from 11 a.m. to 3 p.m. The Sacramento Fine Arts Center is located at 5330B Gibbons Drive in Carmichael. For more information, call (916) 971-3713.



# Farmer's Market

Continued from page 5

smiling and hanging out," Hall said.

There are even some live demonstrations that take place. The growth has been so impressive that Hall said an artisan fair is slated to begin in September. The quarterly fair will run simultaneously with the market and will have vendors selling blown glass, paintings and various other handmade crafts.

There is still room to add 10-15 vendors, according to Hall, but beyond that it will have gone past capacity. Those interested in purchasing a spot at the market can contact Don and Marie Hall at [info@bemoneysmartusa.org](mailto:info@bemoneysmartusa.org).





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# Italy is closer than you think at the annual 'Festa Italiana'

By SAL ARRIGO, JR.  
Special to Arden-Carmichael News

Even though I am Italian, I have yet to have an opportunity to visit Italy. It's one of my "bucket list" items that I want to be able to cross off one day, but for right now, it will have to wait. However, there is one place I can go each year for a taste of my heritage – the annual *Festa Italiana*.

This 26th annual event will be held on Saturday, Aug. 6, 2011 and Sunday, Aug. 7. Come join me at the Croatian Cultural Center at 3730 Auburn Boulevard, two blocks east of I-80 and Watt Ave., and enjoy Italian music, culture, food (who doesn't enjoy Italian food?), wine tasting, entertainers and world-class dancers.

Italians are all about *la famiglia*, so bring your family to this long-standing event in our region. If you have never enjoyed the challenge of playing bocce ball – it is *not* lawn bowl-

ing – you will get a chance to try it out and see some great bocce masters at work.

Experience one of the longest running cultural events in Sacramento – you can also win a trip to Italy.

Tickets for this event are \$10 for adults, free for those 15 years or younger. Parking the car is also free. Get your tickets now from the Italian Cultural Center and don't delay. No matter if you're Italian or not, come and enjoy a great day – you won't regret your decision.

The Italian Cultural Center, located at 6821 Fair Oaks Blvd. in Carmichael, is a treasure chest of all that is Italian. The Center has an array of programs from cooking classes to language classes, and an entire children's program. You can experience all of this by simply contacting the Italian Cultural Center at (916) 482-5900 or visit their website at [www.italiancenter.net](http://www.italiancenter.net).



Valley Community Newspapers file photo, Lance Armstrong

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# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

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

## REUNIONS

### JFK High Class of 1981

**Aug. 6:** The John F. Kennedy High School Class of 1981 will celebrate its 30th Reunion. \$75/person. 6 p.m. to 11:30 p.m. Valley High Country Club, 9595 Franklin Blvd., Elk Grove. Visit www.johnfkennedyclassof81.com for more information.

### C.K. McClatchy High School 1971

**Sept. 17:** C.K. McClatchy High School, Sacramento, Class of 1971, is holding their 40th high school reunion at the Frasinetti Winery. Contact McClatchy71@gmail.com or Cyndy Wright at (916) 704-4952, or Steve Chan at (916) 421-7777.

## ONGOING

### 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

### 'Anything Goes'

**Through July 31:** A British nobleman, a sheltered heiress, a Wall Street stockbroker, a bombastic nightclub singer and Public Enemy No. 13 are all aboard a luxury ocean liner in Cole Porter's madcap tap-dancing musical comedy classic. Call for times, prices. Music Circus. (916) 557-1999 www.SacramentoMusicCircus.com

### 'Quilters Pride'

**Through Aug. 6:** "Quilters Pride" is an exhibition of works by the Monday Morning Quilters of the Northminster Presbyterian Church. Gallery hours: 11 a.m.-7 p.m. Tuesday, 11 a.m.-3 p.m. Wednesday through Saturday. Sacramento Fine Arts

Center, 5330B Gibbons Dr., Carmichael. (916) 971-3713

### Defending the Caveman'

**Through Sept. 11:** Broadway's smash comedy about the sexes, written by Rob Becker. Call for times, prices. The Cosmopolitan Cabaret, 10th and K streets., Sac. (916) 557-1999 www.CosmopolitanCabaret.com

### Landscapes from the Age of Impressionism

**Through Sept. 18:** This exhibition of approximately 40 paintings includes many of the finest examples of mid-19th through early 20th-century French and American landscapes from the collection of the Brooklyn Museum. These works form a broad survey of landscape painting as practiced by leading French artists such as Gustave

Courbet and Claude Monet, as well as their most significant American followers, including Childe Hassam and John Singer Sargent. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.org

### Transcending Vision: American Impressionism, 1870-1940

**Through Sept. 25:** "Transcending Vision" traces the development of Impressionism in the United States and the growth of a truly American style of painting. The exhibition includes works by more than 75 prominent American artists including George Bellows, George Inness, Childe Hassam, Ernest Lawson, Lilla Cabot Perry and Julian Alden Weir. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.org

### Gardens and Grandeur: Porcelains and Paintings by Franz A. Bischoff

**Through Oct. 23:** After beginning his career as a china painter in Bavaria, Franz A. Bischoff immigrated to the United States in 1885 to become one of the foremost porcelain painters of his day. He won numerous awards and earned the title "King of the Rose Painters." "Gardens and Grandeur" features approximately 40 examples

of Bischoff's work, including porcelains, still lifes, and landscapes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.org

## JULY

### Bilingual Toastmasters

**July 28, Aug. 4, 11, 18, 25:** 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

**July 28, Aug. 4, 11, 18, 25:** 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

### Living Positive with Chronic Disease group

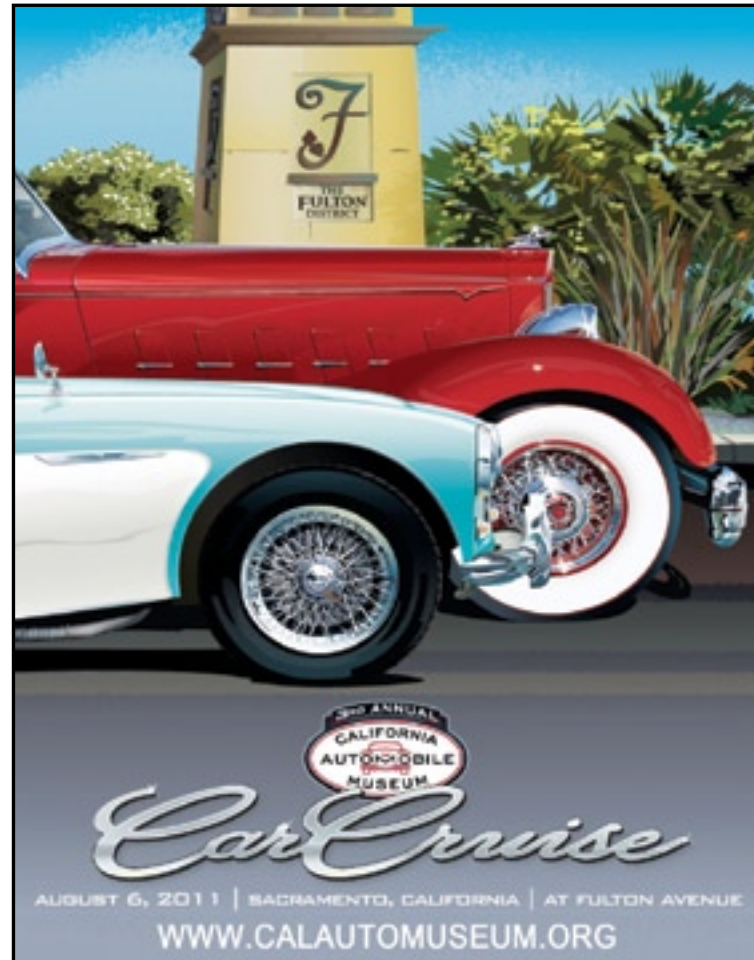
**July 28, Aug. 4, 11, 18, 25:** Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to 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

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# CALENDAR

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**Rotary Club of Pocket/Greenhaven**  
July 28, Aug. 4, 11, 18, 25: 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.

**Sacramento Downtown Plaza Farmer's Market**  
July 28, Aug. 4, 11, 18, 25: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

**Sutterville Heights Optimist Club**  
July 28, Aug. 4, 11, 18, 25: 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

**Sacramento Kaiser Farmer's Market**  
July 29, Aug. 5, 12, 19, 26: Sacramento Kaiser Farmer's Market. Every Friday, June-Nov. 9:30 a.m. - 1 p.m. 2025 Morse Ave., Sac. www.sierrafresh.com

**Kiwanis Club of East Sacramento-Midtown**  
July 29, Aug. 5, 12, 19, 26: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

**Rotary Club of Point West**  
July 29, Aug. 5, 12, 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way., Sac. www.pointwestrotary.com

**Soroptimists of Sacramento**  
July 29, Aug. 5, 12, 19, 26: 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

**Concert in the Park**  
July 30: "Because - A Beatles Tribute Band" will perform songs of the Fab Four for your listening and dancing enjoyment. Free. 6:30 p.m. Danny Bishop Memorial Pavilion for the Performing Arts in Carmichael Park, 5750 Grant Ave., Carmichael. (916) 483-7826

**Country Club Plaza Farmer's Market**  
July 30, Aug. 6, 13, 20, 27: Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.-noon. Watt & El Camino, Butano Dr. parking lot, Sac. www.california-grown.com

**Food Addicts Anonymous**  
July 30, Aug. 6, 13, 20, 27: 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.

**Spare the Water Sacramento workshop**  
July 30, Aug. 27, Oct. 22: Water Conservation can help you save water and money. Learn how to save water and money in and around your home. Free conservation tips and tools. Learn about rebates, more. Attendance at these workshops also waives fines for water conservation violations. 8:30 a.m.-10:30 a.m. Workshops on June 25 and Aug. 27 will also contain Water Conservation Ambassador Training. City of Sacramento Department of Utilities Water Conservation Office, 2260 Glen Ellen Circle, Sac. www.sparesacwater.org

**Co-Dependents Anonymous**  
July 31, Aug. 7, 14, 21, 28: 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**  
July 31, Aug. 7, 14, 21, 28: 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

**State Parking Lot Farmer's Market**  
July 31, Aug. 7, 14, 21, 28: State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.-noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

**Sunday Support for the Widowed**  
July 31, Aug. 7, 14, 21, 28: 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

## AUGUST

**Hatha yoga**  
Aug. 1, 8, 15, 22, 29: 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**  
Aug. 1, Aug. 15: 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

**Rotary Club of South Sacramento**  
Aug. 1, 8, 15, 22, 29: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

**Tai Chi & Chi Keung**  
Aug. 1, 8, 15, 22, 29: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

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Faces and places

# Public flocks to 30th annual 'Turtlerama'

Photos by STEPHEN CROWLEY  
Arden-Carmichael News photographer

Youngsters and the young at heart came to the 30th annual "Turtlerama" on July 16.

Hosted by the Sacramento Turtle and Tortoise Club, the popular annual event featured lots and lots of active turtles and tortoises, fascinated children and adults, and many opportunities to learn.

The interactions between humans and reptiles resulted in adoptions, better care for current Chelonian family members and an appreciation for the hard-shelled creatures in general.

Turtlerama will return next year. For more information about the proper care and/or rescuing of turtles, visit the Sacramento Turtle and Tortoise Club's website at [www.turtlebunker.com](http://www.turtlebunker.com).



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