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## Rosewood Post-Acute Care Your Transition To Home

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**Publisher**..... George Macko  
**General Manager**..... Kathleen Egan  
**Editor**..... Susan Laird  
**Art Director**..... John Ochoa  
**Junior Designer**..... Ryan Vuong  
**Sales Manager**..... Patty Colmer  
**Advertising Executives**..... Linda Pohl  
Marc Harris Desilés, Melissa Andrews  
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Sacramento,  
CA 95818  
t: (916) 429-9901  
f: (916) 429-9906

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Photo courtesy, Bill Schlack

**RUNNING FOR MAYOR.** Esteban Nava and his family turn in paperwork to Linda Melody, Carmichael Chamber administrative consultant. Nava is the first to file for the honorary title of mayor of Carmichael. The deadline to file is Sept. 15.

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# Honorary mayor's race underway in Carmichael

Special to Arden-Carmichael News

Esteban Nava is the first candidate to turn in paperwork to run for the title of "Honorary Mayor of Carmichael."

Nava turned his paperwork in on Aug. 3 – an extra-special day for him, because it was his birthday. He is a CIP compliance specialist for SMUD. Nava's interests include soccer, fishing, hiking, camping, non-profit organizations and the community at large. He is involved with the Carmichael Soccer Club, the Carmichael Elks Lodge, the FBI Citizen's Academy, and is the SMUD representative at the Sacramento Hispanic Chamber of Commerce.

The deadline for interested parties to file is Sept. 15. Applicants must live or work in Carmichael, be at least 18 years of age and be a member of the Carmichael Chamber of Commerce.

The "Honorary Mayor's Race" is a fundraiser for the chamber. The applicant who turns in the most money for the fundraiser, wins.

Candidates from prior years held various fundraisers to raise money. Each dollar raised counts as one vote.

To run for honorary mayor, contact Linda Melody, administrative consultant at the Carmichael Chamber, at (916) 203-1681.

# Friends of the Library book sale at Carmichael Library

Special to Arden-Carmichael News

Find books and movies at bargain basement prices at the Friends of the Carmichael Library Book Sale on Saturday, Sept. 3 at 10:30 a.m.

Mysteries, romances, non-fiction and more will be available. There are titles for both children and adults, teens and tweens.

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).



Arden-Carmichael News photo, Susan Laird

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### Winding Commons Open House

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# Neuropathy, Numbness, Tingling, Burning, Sharp Pain, Stenosis, Sciatica?

**Are You (or Your Doctor) Missing The Target...  
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**Severe Neuropathy Related Pain Continues to Disrupt the Lives of Thousands of Sacramento & Surrounding Area Residents... Feature Article Reveals How to Stop Making These Common Mistakes and Discover How to Possibly End Your Pain Naturally, Without Pills or Surgery**

Sacramento, California – The headline of this article isn't meant to leave Sacramento area pain sufferers feeling hopeless... actually it's quite the opposite. The point is to help those suffering in pain who have "tried everything" and STILL suffer with debilitating pain. To be able to understand the confusing and conflicting maze of information both outline and in doctor's offices.

**The Problem Is This...** If the CAUSE of your severe nerve pain, numbness, burning, or prickling pain is not identified with PINPOINT LASER ACCURACY then no matter what treatment you choose, your chances for recovery are "pot luck" at best. Is the numbness and tingling coming from a spine problem or from diabetic neuropathy? **Is your sciatica from a pinched nerve or herniated disc? Is the burning or prickling in your feet a circulation problem? Is your peripheral neuropathy coming from an entrapment?** These are all questions every patient faces... many of which have never been answered.

Mistake #1 – You don't know the CAUSE of your pain. You've been told "disc," "arthritis," "spinal stenosis," sciatica," "neuropathy," etc... but nobody has directly analyzed your situation to determine WHY you're in pain... what REALLY caused this to happen? And as long as this continues to be true, you'll continue to have to play "hit or miss" with your treatment choices and HOPE something works.

Mistake #2 – Trying treatments that only address ONE component of your pain. Massage

only addressing muscles. Surgery only addressing the disc. Manipulation only addressing the joints. Injections that may temporarily provide pain relief. Drugs addressing virtually nothing as it relates to the CAUSE of your pain.

Mistake #3 – Failure to have a COMPREHENSIVE evaluation that not only isolates the TRUE CAUSE of your pain AND how the problem affecting your QUALITY OF LIFE as well as determine BEFORE treatment begins if you're an IDEAL candidate and a good fit for our non-surgical procedures and specialized treatment technology or not. *"I can't believe how many people come to see me and they say that they've never even been examined let alone told what their problem is... the doctors just give them pills and send them on their way," stated Dr. Jag Sihota, D.C.*

And it's for this reason that Dr. Jag Sihota is one of the most visible advocates for severe pain, sciatica, spinal stenosis, neuropathy sufferers in the Sacramento area... he has not only created one of the most diverse and comprehensive programs available in all of California, but more importantly the PRIMARY focus is determining the CAUSE of your problem and the options available for you to safely and effectively resolve your pain.

Even if your particular condition can't be helped by their non-surgical procedures and specialized treatment technology... even if you can't be accepted as a patient... the doctor will still spend all the time necessary to explain your condition and what your options are even outside their office. Why do they do this? Simple, the doctors realize that there are literally millions of people suffering needlessly, spending money on treatments and so called 'miracle cures' needlessly. Without the proper evaluation and TRULY correct diagnosis they'll simply continue to go on suffering, missing out on life and wasting money. Call and make an appointment while you are thinking of it.



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**Chewie** #160767

Breed: Chihuahua Color: Brown & Tan  
Gender: Male Hair: Long  
Age: 1 year  
Chewie is timid and needs time to warm up to new people. He is affectionate towards people. He is learning to walk on a leash, and he enjoys romping through the yard.

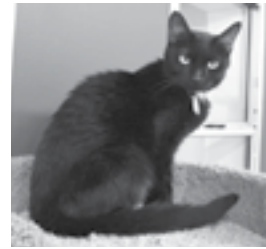
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**Spike** #159249

Breed: DSH Color: Black & White  
Gender: Female Hair: Short  
Age: 1 year 6 months  
Spike is a very sweet, affectionate, and loving cat. She loves attention, to follow you around and always be by your side. She likes to sit in your lap while you pet and groom her, scratch her chin and she loves to purr.

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**Puma** #160274

Breed: DMH Color: Black & White  
Gender: Male Hair: Medium  
Age: 3 years  
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**Socks** #160769

Breed: DSH Color: Black & White  
Gender: Male Hair: Short  
Age: 4 years  
Socks is a very sweet, curious and friendly cat. He looks like he's wearing white socks! He loves to get chin scratches, pet and exploring. He also likes to be independent, is very curious and alert of his surroundings and likes to hide in boxes.

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**Cornflower** #160911

Breed: Dachshund Color: Tan  
Gender: Female Hair: Long  
Age: 7 months  
Cornflower is outgoing and playful. She is gentle and affectionate towards people, and she likes to give kisses. She loves practicing her leash-walking skills.

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**Zachery** #158205

Breed: Chihuahua Color: Tan & Creme  
Gender: Male Hair: Short  
Age: 4 years  
Zach pretty much has it all - good looks, good manners - he walks VERY nicely on a leash. He's got a friendly, affectionate nature. Zachery wants very much to please and he's ready to give you a chance to be the "best friend" that he's looking for.

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**Buggy** #160892

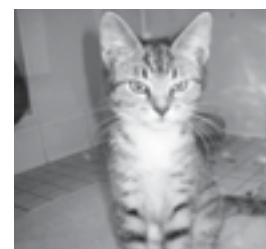
Breed: Terrier Color: Brown & Creme  
Gender: Male Hair: Medium  
Age: 2 years 2 months  
Buggy is outgoing and confident. He is affectionate and attentive towards people. He enjoys going for walks, and he walks well on a leash.

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**Mary Todd** #155602

Breed: DSH Color: Brown Tiger & White  
Gender: Female Hair: Short  
Age: 2 months  
We don't know how Mary Todd got her name...but she sure is cute! She is currently bunking with Pitzle and they get along great!

\* For additional information on adoptions, call the SPCA at 383-7387. Adoptions occur daily and it is not guaranteed the above featured animals are still available. If they are not, the SPCA has many other loving pets available to suit you and your family. The SPCA is located at 6201 Florin-Perkins Road.



Photo iStockphoto

RAISING FUNDS for children who are deaf or hard of hearing is the objective of this year's 13th annual Health Net Charity Golf Classic Tournament on Oct. 1.

## Funds needed for school for deaf children

Special to Arden-Carmichael News

When you are a parent of a child who is deaf or hard of hearing, one of the resources available to you is the CCHAT Center – the Children's Choice for Hearing and Talking.

This facility is an auditory/oral school for children who are deaf or hard of hearing. At the CCHAT Center, children use hearing aids and cochlear implants to listen and develop spoken language. Kids from birth to eight years of age are enrolled with the goal of becoming competent in oral communication to achieve successful mainstreaming in their local, neighborhood schools.

Children come to this Rancho Cordova non-profit, 501(c)(3) organization from throughout the Sacramento area, including Land Park, the Pocket, East Sacramento, Arden and Carmichael.

The cost of the training and education that these children receive is not fully absorbed

by the school districts that place children at the CCHAT Center. Therefore, the CCHAT Center must raise a minimum of \$20,000 through community support for each child that is served.

Health Net is hosting a charity golf tournament to benefit the CCHAT Center. The 13th annual Health Net Charity Golf Classic Tournament will be held on Sunday, Oct. 1 at the Sunset Whitney Country Club in Rocklin. Golf registration is \$125 per player and includes a box lunch, beverages and an awards banquet dinner – plus a tee shirt. For non-golfers (and golfers, too), there is an afternoon casino party. The casino party is \$25 per player and includes four hours of gambling, live music, snacks and beverages.

For more information, visit [www.cchatevents.com](http://www.cchatevents.com) or Contact Licia King or Laura Turner, principal at (916) 361-7290.

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# College applications and test-taking tips at Arden-Dimick Library

Special to Arden-Carmichael News

Learn insider tips about the two key components of the college application process: how to impress college admissions officers and how to score higher on standardized tests.

This library program for college-bound students will be presented by Kaplan on Wednesday, Sept. 7, from 6:30 p.m. to 8 p.m. Registration is required to attend, so drop by the library or call.

The Arden-Dimick Library is located at 891 Watt Ave. in Sacramento. For more information, call (916) 264-2700 or visit [www.saclibrary.org](http://www.saclibrary.org).



Photo iStockphoto

HIGH SCHOOL STUDENTS planning to attend college should check out every opportunity to learn how to score higher on the SAT and ACT, as well as how to impress college admissions officers.

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# Sacramento Country Day School has rich history in the Arden area

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

It has been nearly a half-century since the private, nonprofit, non-denominational Sacramento Country Day School opened its temporary location in a trailer in the Unitarian Universalist Society's parking lot at 2425 Sierra Blvd.

This opening on Monday, Sept. 14, 1964 planted the roots of this Arden area school's strong foundation in the community.

Country Day, which educates preschool and kindergarten through 12th grade students, moved to its present site at 2636 Latham Drive, east of Munroe Street, for the 1965-66 school year.

Although Country Day currently consists of about 470 students, the school opened with only 12 students.

During the duration of Country Day's first school year, 21 more students were added to the school's student body.

With the school's limited number of students, it took the high school portion of Country Day six years to include all four of its grades.

Despite the gradual growing process of Country Day's high school, the high school has been a part of

Country Day since its earliest beginnings.

Representing the high school in the first year of Country Day was Susan Ricketts, who was enrolled as a 9th grader on Aug. 26, 1964.

It was not until 1970 that the high school had its first graduate, Marta Moorhead, who resided at 5254 Minerva Ave. and now lives in Bolivar, Mo.

Country Day was established through the efforts of Dr. Baxter Geeting of Carmichael and Herb Matthews of Curtis Park.

In his 1988, written remembrances about Country Day, Baxter, who was one of the founding deans of Sacramento State College (present day California State University, Sacramento), described some of the early steps that led to the creation of the school.

"We had a fine boy, who was, at the time, in a public school class of 43 students," Baxter wrote regarding his son, Greg. "His teacher said, 'Can't you find a better school situation for Greg? After (Greg) grades all the papers, he just has to play chess until the next class starts.' So, we began the hunt for a good private school and that led us to ob-



Photo courtesy, Sacramento Country Day School

SACRAMENTO COUNTRY DAY SCHOOL founder Herb Matthews served as the school's first headmaster.

See Country Day, page 11



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# Country Day: Private school has a Sacramento State connection

Continued from page 10

serving Herb Matthews teach in a local school with limited class numbers, and we enrolled Greg.

"But Herb soon withdrew and said he was going to start his own private 'country day school' and we joined him. Before long, around our kitchen table with Herb and Alice Matthews, we made initial plans for the school, which was to become the Sacramento Country Day School."

These plans featured an educational philosophy, which included "a skillful grounding in the academic disciplines, proficiency in the mother tongue – English – through reading, speaking, writing and listening" and "mathematics and the development of perceptual awareness and creative talent through music, art and writing."

Baxter noted in an April 2, 1996 letter to Jamie Nelson, the president of Country Day's board, that the school was founded upon "the fundamental elements that produce high student achievement: small class sizes; ded-

*"There are great teachers, great faculty and I like the small school atmosphere. You get to know everyone so much better."*

**–Cooper Jackman, a junior at Country Day**

icated, enthusiastic, professionally-trained faculty; solid administrative leadership, a nurturing and rigorous academic environment; the inclusion of arts and humanities; and the whole-hearted involvement of parents in governance and student-support activities."

Actively assisting in the development process of the school were Alice and Baxter's wife, Corinne.

With the creation of Country Day, which was initially known only as "Herb's school" – Herb became the school's first headmaster – a position he held for one year, at which time he became a member of the school's board. Baxter became the first president of the board and Susan Ricketts' mother, Norma, served as the school's first secretary.

The relocation of the school occurred after the board approved the purchase of Country Day's present five acres for \$45,000 and funds for mobile units for classrooms.

Considering the small number of students who attended Country Day during its early years, the first editions of the school's yearbook, *The Medallion* (presently *Medallion*), were sim-

ple, handmade productions with very few pages.

An entire page in the first volume of *The Medallion* featured information regarding Susan Ricketts, who was the annual's first editor and the school's first high school student.

In addition to its yearbook, Country Day is identified by a logo, its red and black colors, its Cavaliers mascot and *The Octagon* newspaper, which debuted in 1977 and is produced by high school students at the school.

Patricia Fels, who has been Country Day's only newspaper advisor, said that she likes that the name of the school's newspaper is unique.

"The nice thing about *The Octagon* is that as far as I know, it's the only high school newspaper in the country with that name," said Fels, who was a writer during her college years for *The Stanford Daily* at Stanford University. "We go to national conventions every year (and) I've never seen another one."

Despite its small student body, Country Day is active in middle school and high school intermural athletics for boys and girls and has won many championships in various sports.

Stephen T. Repsher, the school's headmaster since 2003, said that Country Day students receive a quality education, which includes a low student to teacher ratio.

"In terms of the quality of the educational experience, (Country



Day) would stand up to any good, independent school in the United States," said Repsher, who will reach his 40th year as an educator next year. "There are about 195 independent schools in California and we're all members of the California Association of Independent Schools."

In being a part of a small, well-connected school, Country Day students and staff often develop a family-like relationship with one another.

Cooper Jackman, a junior at Country Day, echoes the sentiments of many students at the school.

"I like (attending Country Day)," Jackman said. "There are great teachers, great faculty and I like the small school atmosphere. You get to know everyone so much better."

As Country Day nears closer to its 50th anniversary, the school continues its growth in the community as it strives to consistently provide a high level and intimate academic experience and positive learning environment.

For additional information regarding Sacramento Country Day School, call (916) 481-8811 or visit [www.saccds.org](http://www.saccds.org).



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JAPANESE FOOD & CULTURAL BAZAAR

Photos by STEPHEN CROWLEY  
Arden-Carmichael News photographer  
stephen@valcomnews.com

Thousands of people traveled from near and far to attend the Sacramento Buddhist Church's 65th annual Japanese Food & Cultural Bazaar in Sacramento on Aug. 13 and 14.

Those who attended the bazaar feasted on over 10,000 pounds of chicken seasoned and barbecued for chicken teriyaki, approximately two tons of rice, some 2,000 pounds of beef prepared for teriyaki meat sticks and sandwiches, 500 pounds of noodles and more.

The event drew visitors from all over northern California, but especially from the local neighborhoods of Arden and Carmichael, where children and grandchildren of Japanese pioneers have migrated as the Sacramento community has grown. It is a large event, with many returning to their roots; others come simply for the great food.

Proceeds from the event will support the Sacramento Buddhist Church and its affiliated organizations such as youth sports programs, adult and senior groups, and many others.



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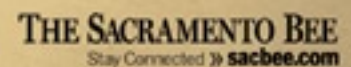
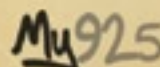
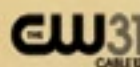
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# Fr. David Suwalsky settling in as new Jesuit High School president

By **MARC MALONEY**  
Arden-Carmichael News writer  
mmaloney@valcomnews.com

Jesuit High School's new principal, Rev. David Suwalsky, is a man of letters who has studied a variety of subjects at prestigious universities across the nation. He has earned multiple degrees and has held myriad administrative and educational positions. So it should come as no surprise that he is wise enough to know when not to rock the boat.

"Basically, I just hope to add another layer of bricks on the wall that's here, to build on what's here and what's so positive about this place," he said when asked what he hopes to accomplish as the all-male Catholic high school's 12th principal. "I want to try to encourage these young guys to think bigger thoughts and to prepare them to leave (the JHS campus on) Jacob Lane as agents for positive change in the world."

Fr. Suwalsky relocated to Sacramento this summer from St. Louis, MO, to take over for former President

Rev. Gregory R. Bonfiglio, S.J., who completed his service in June after nine years at the school.

While in St. Louis, Fr. Suwalsky served as treasurer and chief legal officer of the Missouri Province of the Society of Jesus and Minister of the Bellarmine House of Studies. He is a member of the board of trustees and chairs the finance committee at De Smet Jesuit High School in St. Louis, the board of trustees at Rockhurst High School in Kansas City, the board of members of Loyola Academy in St. Louis, and the board of directors of the Jesuit School of Theology of Santa Clara University in Berkeley.

Fr. Suwalsky holds a doctorate in American Studies and a graduate degree in American history from St. Louis University as well as graduate degrees in theology and divinity from Harvard University and Weston Jesuit School of Theology respectively.

The oldest of five children, the Leavenworth, KS, native graduated from Rockhurst University in 1983. He en-

tered the novitiate of the Jesuits of the Missouri Province in Denver and professed vows in 1985. He was ordained as a Roman Catholic priest in 1995.

Fr. Suwalsky credits former JHS president John McGary for alerting him to the opportunity in Sacramento. "He came to St. Louis and basically asked me to apply," Suwalsky said.

The timing was right, with Suwalsky eager "to get back into the trenches and do more day-to-day pastoral functions" after several years of doing what he described as "supporting the work of the Jesuits."

"I've been involved with education at Jesuit high schools since 1979 as a classroom teacher, a coach, an administrator," he points out. "And I got the scoop pretty early on, that this is a phenomenal school. I mean, who wouldn't want to work here?"

Though he's only a few weeks into his tenure, Fr. Suwalsky has identified three main challenges that he and the school face.

"First, I want to learn the dynamic of the community and the Jesuit High School community," he said. "To do that, I plan to listen and to meet and greet."



Arden-Carmichael News photo, Susan Laird  
AD MAJOREM DEI GLORIAM, "For the greater glory of God," is the motto of Jesuit High School. Fr. David Suwalsky, S.J., is settling in as new the school's 12th president. He looks forward to launching the campus into the next 150 years.

The second major project on Fr. Suwalsky's docket is overseeing the planned construction of a 350-seat chapel, a project that will necessitate installation of a new traffic signal on the Fair Oaks Blvd. side of the campus. Despite the headaches construction may cause, Suwalsky called the planned chapel "a beautiful building that is essential to the mission of this school."

Finally, Jesuit High School's 50th anniversary looms in just two years.

"That represents a great opportunity to launch this school into its next 150 years," Fr. Suwalsky said.

Enrollment for this school year, Fr. Suwalsky noted, figures to be about 1,072 students, with the senior class the school's smallest. Despite the economic downturn, the school's enrollment has remained fairly steady, and Fr. Suwalsky believes parents who can afford to send their sons to the private school appreciate what JHS offers.

"It's a great nuts-and-bolts college preparatory education at a school with a dedicated family that invests in the kids who go to school here," he said. "It's also a community of faith that emphasizes student community service and outreach. We're able to say, 'This is who we are and this is what we look for from these young men when they enter the world.' For that, \$12,400 (annual tuition) seems like a bargain to me."

Though transitioning into his new job has kept him busy since arriving in Sacramento in June (he realizes the campus is at its quietest in July and early August), Fr. Suwalsky has been able to enjoy some time off now and then. In his free time, he enjoys bicycle riding and cheering for the University of Kansas Jayhawks and the National Football League's Kansas City Chiefs, whose red-and-gold uniform colors, he points out, match those of the JHS Marauders.

"All in all, I feel pretty settled," he said with a chuckle. "At least I didn't have to worry about finding a house or what school to enroll the kids in."

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# 14 year old wrestling phenom Anthony Wesley attends Olympic Training camp

By **BENN HODAPP**  
Arden-Carmichael News writer  
benn@valcomnews.com

Many 14-year-olds can relate to being 95 pounds and nervous leading up to their first day of high school. Anthony Wesley's nerves are all about the academics, though. Suffice it to say that a world class wrestler is low on the list of possible freshman hazing targets.

But there is more to Wesley than butterflies about school and a simple talent for wrestling; he may just be coming to your living room in 2016 in Rio de Janeiro as part of the USA Olympic Team.

Wesley spent a week in March and 10 days in July at the Olympic Training Facility in Colorado Springs. He earned the right to train there due to the fact that he earned All-America honors at Nationals by placing in the top eight. For a young man who has won enough hardware to make a full-size statue of himself, the experience of being at the Olympic Training Facility is his

*"I'm nervous because it's different, but I like to learn."*  
— Anthony Wesley's

most cherished accomplishment yet.

"It was great," Anthony said. "I love the atmosphere, and the coaches are kind and knowledgeable."

The new moves he learned there, in addition to the nutritional information he received from past and future Olympians, will serve to make Anthony an even more devastating opponent on the mat. And that's not something opponents want to hear, considering he is ranked No. 2 in the country in his age and weight group in the future Olympic rankings.

Taking a peek at the daily schedule for someone training at the facility, it's easy to see why these athletes are in ridiculously good shape.

- 7 a.m. – 8 a.m. – Breakfast
- 8:15 a.m. – 10:30 a.m. – Training

- 11 a.m. – 12:30 p.m. – Class (nutrition, anti-doping, etc.)
- 12:45 p.m. – 2 p.m. – Lunch
- 2:30 p.m. – 4:30 p.m. – Training
- 4:30 p.m. – 5:30 p.m. – Weight training
- 5:30 p.m. – 7 p.m. – Free time
- 7 p.m. – 9 p.m. – Video study

That's seven days a week. Pretty brutal. But Anthony's resolve to become an Olympian is strong. His cousin, Anthony Amato, was on the 1988 Olympic Wrestling Team in Seoul, Korea. Anthony said matter-of-factly, "I want to be as good as him."

He admits that he has thought about walking in the opening ceremonies in Brazil in 2016.

"I have thought about it," he said. "I would be in total awe. I would be thinking 'Wow, I'm the guy trying to make his country proud.' It would demolish every achievement I have had up to this point."



Photo courtesy, Wesley family

ANTHONY WESLEY, 14, has won enough medals in wrestling to make a full-size statue of himself.

Despite learning lots of new information from the training facility that he still has to digest, Anthony may have enjoyed another aspect of the experience even more.

"The food was great," he said.

But why does a relatively skinny kid go out of his way to mention food? Be-

See *Wrestler*, page 17



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DREAMING of Olympic glory at the 2016 Olympics in Rio de Janeiro, Anthony takes a moment to enjoy his victory at the Reno Iron Man. Photo courtesy, Wesley family

## Wrestler: Dedication, talent and a love of food motivate this teen

Continued from page 16

cause Anthony has acquired a love of the culinary arts from his grandmother Victoria Amado McKinney, a retired chef and owner of her own catering company.

Like many premier athletes, Anthony has to eat. A lot. He eats four-to-five meals a day and often cooks his own food to practice his skills in the kitchen. He enjoys it so much that he is considering making it his profession.

"I love pasta. I make my own. I took a nutrition class, so I know what's good to put into your body and what's not."

He beamed with excitement when mentioning that chocolate milk is among the best things you can drink after an intense workout.

He was also given a tour of the five-star kitchen at the training facility. He got to see the best of the best chefs cooking up their culinary masterpieces.

Anthony has visited Harvard and Arizona State as possible collegiate destinations. Both have historic wrestling programs and both are extremely interested in his talent.

First things first, however. Anthony starts his high school days on Aug. 24 at Jesuit High School. Just one more thing to heap upon the impressively broad shoulders of the young man. His nerves about his first day are normal, but he looks for-



AT THE OLYMPIC TRAINING CAMP, Anthony Wesley (center) got to meet and train with NCAA Champion and Olympic Bronze medalist Nate Carr (left) and two-time Olympian and World Champion wrestler Melvin Douglas (right). Photo courtesy, Wesley family

ward to learning as much as he can. It may seem that he is addicted to learning and self-improvement. Not a bad addiction to have.

"I'm nervous because it's different," he said. "But I like to learn."

As far as his goals for the Jesuit wrestling team, he wants to win league, go to state and place in the top eight individually at the state tournament – something that no one at Jesuit has ever done. Anthony's father, August, said that Anthony is "by far the most decorated wrestler ever to enter Jesuit." He should know: August was the wrestling coach at Jesuit for a number of years.

One final incentive for proving himself at the high school level is that if he finishes high enough in certain tournaments, Anthony will earn the right to travel to the Olympic Training Facility whenever he wants, free of charge, to continue training with the world's best coaches.

He's just your typical youngster with an unquenchable thirst for knowledge, competition, food and victory.

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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

**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

**'Annie Get Your Gun'**  
Through Aug. 14: There's no business like show business, especially in Buffalo Bill's Wild West Show. Music by Irving Berlin. Call for times, prices. Music Circus. (916) 557-1999 www.SacramentoMusicCircus.com

**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

**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

**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

## AUGUST

**Bilingual Toastmasters**  
Aug. 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

**Capitol Mall Farmer's Market**  
Aug. 11, 18, 25: Capitol Mall Farmer's Market. Every Thursday, May-Sept. 10 a.m.-1:30 p.m. 6th St. & Capitol Mall, Sac. www.california-grown.com

**East End State Capitol Park Farmer's Market**  
Aug. 11, 18, 25: East End State Capitol Park Farmer's Market. Every Thursday, June-Sept. 10 a.m.-1:30 p.m. 15th & L streets, Sac. www.california-grown.com

**Florin Sears Store Farmer's Market**  
Aug. 11, 18, 25: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

**Food Addicts Anonymous**  
Aug. 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**  
Aug. 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

**Rotary Club of Pocket/Greenhaven**  
Aug. 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

**Sacramento Downtown Plaza Farmer's Market**  
Aug. 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**  
Aug. 11, 18, 25: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

**Volkssport walking**  
Aug. 11: 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 65th 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

**Sacramento Kaiser Farmer's Market**  
Aug. 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

**Saint Rose of Lima Park Farmer's Market**  
Aug. 12, 19, 26: St. Rose of Lima Park Farmer's Market. Every Friday, June-Sept. 10 a.m. - 1:30 p.m. 7th & K streets, Sac. www.MarketLocations.com

**Kiwanis Club of East Sacramento-Midtown**  
Aug. 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.east-sacmidtownkiwanis.com

**Rotary Club of Point West**  
Aug. 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**  
Aug. 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**  
Aug. 13: "Q-Balls" will perform classic rock from the 1960s, '70s and '80s 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**  
Aug. 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

**Family Fun Fest**  
Aug. 13: A free and fun filled day with entertainment, family games, art projects, and give-a-ways. Free music, DJ, youth performances, and local entertainers. Loads of free goodies! You can also enjoy booths with art, crafts, and food and local business and non-profit information. Free. 10 a.m.-3 p.m. Sponsored by Omni Youth Programs. Carmichael Park, 5750 Grant Ave., Carmichael. (916) 362-2000 ext. 14

**Food Addicts Anonymous**  
Aug. 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.

**65th annual Japanese Food & Cultural Bazaar**  
Aug. 13-14: Enjoy great food and entertainment at this classic Sacramento event. Featured: Koyasan Taiko Group, Okinawa Music & Dance, Sakura Monyo Doo Koo Kai (Japanese Fols Song & Dance Society), Koto Duet, East Wind Band, Japanese Classical Dance (Buyo), Sacramento Taiko Dan, Introduction to chapel and so much more. Free parking and shuttle from W & 7th streets lot. Noon to 9 p.m. both days. 2401 Riverside Blvd., Sac. (916) 446-0121 www.buddhistchurch.com

**Pressure canning techniques**  
Aug. 13: The pressure's on at this basic introduction to safe pressure canning techniques by the Sacramento County UC Cooperative Extension Master Food Preservers. Free, no pre-registration required. 10 a.m.-noon. Sacramento Cooperative Extension Office, 4145 Branch Center Rd., Sac. (916) 875-6913 cesacramento.ucdavis.edu

**Sacveg Fest**  
Aug. 13: A celebration of raw, vegan & vegetarian cuisines. Examples, samples, recipes, speakers, demos, tasting competitions. Hosted by Del Paso Blvd. Partnership. \$2 admission, or \$1 with a non-perishable food item for local food banks. 11 a.m.-6 p.m. Artisan Building, 1901 Del Paso Blvd., Sac. www.sacvegfest.com

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### Screen on the Green

Aug. 13: "Shrek Forever." Sundown. Hagginwood School Soccer Field, 1418 Palo Verde Ave., Sac. www.sacscreenonthegreen.com

### Carmichael Farmer's Market

Aug. 14, 21, 28: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

### Co-Dependents Anonymous

Aug. 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

Aug. 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

### Concert in the Park

Aug. 14: "Metro Swing" will perform dance music 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

### State Parking Lot Farmer's Market

Aug. 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

Aug. 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

### Hatha yoga

Aug. 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.

### Rotary Club of South Sacramento

Aug. 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. 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

### Toastmasters

Aug. 15, 22, 29: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freepoint Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

### Christian Women's Connection

Aug. 16: Monthly luncheon. \$16. Feature: Galen Hall, expert color analyst and personal style consultant. Guest speaker: Barbara Leone. 11:30 a.m. to 1 p.m. Socializing at 11:15 a.m. Lunch at 11:30 a.m. Reservations required by Aug. 10. Sacramento Christian Women's Con-

nection, affiliated with Stonecroft Ministries. Carmichael Elks Lodge, 5631 Cypress, Carmichael. Fran (916) 332-1461, Sharon (916) 361-1642 or SacCWC@aol.com

### Fremont Park Farmer's Market

Aug. 16, 23, 30: Fremont Park Farmer's Market. Every Tuesday, May-Sept. 10 a.m.-2 p.m. 16th & P streets, Sac. www.california-grown.com

### 'I Do! I Do!'

Aug. 16-21: Theater. Wedding night jitters, family, mid-life crises and quarrels. Fifty years of love and marriage are at the center of this musical. Call for times, prices. Music Circus. (916) 557-1999 www.SacramentoMusicCircus.com

### Roosevelt Park Farmer's Market

Aug. 16, 23, 30: Roosevelt Park Farmer's Market. Every Tuesday, May-Sept. 10 a.m.-2 p.m. 9th & P streets, Sac. www.california-grown.com

### Rotary Club of Arden-Arcade

Aug. 16, 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

### Rotary Club of Carmichael

Aug. 16, 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

### Upholstery class

Aug. 16, 17, 23, 24, 30, 31: Learn how to upholster! All types: furniture, auto, boat. Adult ed class taught by an upholstery professional. Tuesdays, 11 a.m.-3 p.m., Wednesdays, 9 a.m.-1 p.m. \$45 for four weeks. McClaskey Adult Center, 5241 J St., Sac. Jerry Prettyman (916) 806-2172

### Co-Dependents Anonymous

Aug. 17, 24, 31: 12-Step group for those who struggle to maintain healthy relationships. Meets Wednesdays. 7 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

### Chavez Plaza Farmer's Market

Aug. 17, 24, 31: Chavez Plaza Farmer's Market. Every Wednesday, May-Oct. 10 a.m.-2 p.m. 10th & J streets, Sac. www.california-grown.com

### Elk Grove Regional Park Farmer's Market

Aug. 17, 24, 31: Elk Grove Regional Park Farmer's Market. Every Wednesday, May-Aug. 4 p.m.-7 p.m. Elk Grove & Florin roads, Elk Grove. www.california-grown.com

### Genealogical Assn. of Sac

Aug. 17: Genealogical finds and discoveries with the Genealogical Assn. of Sacramento. New faces welcome, and help to track down ancestors. Meets on third Wednesdays, 1 p.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. Melanie Howard (916) 383-1221

### Pickles & Late Summer Fruits

Aug. 17: Food Preservation Public Demonstration by the Sacramento County UC Cooperative Extension Master Food Preservers. \$3, no pre-registration required. 6:30 p.m.-8:30 p.m. Sacramento Cooperative Extension Office, 4145 Branch Center Rd., Sac. (916) 875-6913 cesacramento.ucdavis.edu

### Rotary Club of East Sacramento

Aug. 17, 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon-1:15 p.m., every Wed. Evan's Kitchen, 855 57th St., Sac. (in the 57th St. Antique Mall) www.rotary.org

### Senior Wednesday Club

Aug. 17, 24, 31: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m. Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

### Toastmasters

Aug. 17, 24, 31: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coko's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

### Hot August Nights Classic Car Show

Aug. 19: Enjoy classic cars courtesy of the Motley Cruisers and meet "the King" - Elvis impersonator Rick Torres. Benefits Alzheimer's research. RSVP by Aug. 16. 6 p.m.-8 p.m. Greenhaven Estates Senior Living, 7548 Greenhaven Dr., Sac. (916) 427-8887

### East Sac Art, Wine & Food Tasting Classic

Aug. 20: Enjoy delicious wine and food tastings plus art displays, live music and silent auction. Benefits NeighborWorks Sacramento Region. \$40/person, \$50/door. 5 p.m.-9 p.m. Sutter Lawn Tennis Club, 3951 N St., Sac. Tickets available at NeighborWorks Sacramento, 2400 Alhambra Blvd. or www.nwsac.org Blanca Gutierrez (916) 452-5356 x216 blanca@nwsac.org

### Screen on the Green

Aug. 20: "Secretariat." Sundown. East Portal Park, 1120 Rodeo Way, Sac. www.sacscreenonthegreen.com



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Faces and places

# Carmichael Concerts in the Park rock the community

By ELIZABETH CRISANTE

Special to Arden-Carmichael News

Photos by BILL CONDRAY

Arden-Carmichael News photographer

bill@valcomnews.com

On Saturday, Aug. 13, Carmichael Recreation and Park District hosted a rousing and festive summer concert with the Q-Balls at Carmichael Park.

Based out of Sacramento, the Q-Balls covered classic rock tunes from the '60s, '70s and '80s. Their neon lights and blow up palm tree stage decorations set the mood for a party that lasted over two hours.

The Q-Balls kicked it up a notch by tossing beach balls into the crowd to get everyone on their feet. With songs like "Brown Eyed Girl," "Sweet Home Alabama" and "Margaretta," the crowd danced away and had a great time.

The Q-Balls, comprised of Quincy Brown, Bruce Leino, Jim Caselli, Sean McAuliffe, Mike Caselli and Ted Poppinga, all work regular day jobs and moonlight as rock stars for private and corporate events. (Visit them at: [www.theq-balls.com](http://www.theq-balls.com)).

Carmichael Recreation & Park District will finish its Summer Concerts in the Park with Mick Martin and the Blues Rockers on Saturday, Aug. 27 and the River City Concert Band on Sunday, Aug. 28. Both concerts start at 6:30 p.m. and take place at the Carmichael Park Band Shell at 5750 Grant Avenue in Carmichael. Call (916) 485-5322 for more information.



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S	M	T	W	T	F	S
	1 COL	2 COL	3	4	5	6
7	8	9	10	11	12 RR	13 RR
14 RR	15 RR	16 ALB	17 NLR	18 ALB	19 ALB	20
21	22	23	24	25	26	27
28	29 LV	30 LV	31 LV			

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# Music: Final summer concerts are Aug. 27, 28

Continued from page 22



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