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July 12, 2012

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California State Fair returns with music, games, more

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Other photos by:
Susan Laird
Corrie Pelc

Janey Way Memories: Folsom Lake boating with uncle Bill



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

Around 1960, my uncle Bill Tuttle purchased a beautiful, mahogany Chris Craft speedboat. Soon after, he invited all the extended Relles-Petta family to a picnic on Folsom Lake to see and ride in the new boat.

One bright Sunday morning in early summer, my whole family jumped into our 1957 Chevy station wagon and headed out to Folsom Lake. This dates back to before the completion of the Highway 50 freeway. Back then, to get to Folsom Lake, we first rode out Folsom Boulevard to the old town of Folsom. From there, we took the old Folsom bridge across the American River, and then proceeded around the lake to Douglas Boulevard. There, we turned right, and drove into Granite Bay State Park.

Once in the park, we disembarked in the parking lot and headed down to the beach where we saw the whole family settled in around a group of picnic tables. We brought our fried chicken, potato salad, macaroni salad, cookies and sodas down to where the family had settled in. Then, all the kids ran down to the lake to swim, while our parents organized a picnic.

Not long after we arrived, uncle Bill rode up in the handsome new boat and anchored near the end of the beach. Then all the family gathered around the boat, admiring its shiny mahogany hull and tucked vinyl seats.

Later, Bill took each family member for a ride around the lake. I remember getting in the boat, putting on a life jacket, and then speeding out to the middle of the lake. Once there, Bill anchored the boat, and let us jump into the lake. Two things about that stick out in my mind — (1) how cold the water was and (2) how crystal clear it was.



It seemed you could see all the way down to the bottom of the lake.

Eventually, we returned to dry land and resumed swimming and picnicking with our family. What a great day that was. We ate, drank sodas and played all day with our cousins. To a child, what could be more fun?

Toward the end of the day, uncle Bill took my father and my uncles Ross and Vito out again in the boat. Not long after, the boat sped by the beach towing a water skier. It was my father. I am sure this was the first time he ever tried water-skiing, but there he was, skiing like a veteran. I was proud of my dad as this reminded me of what a good athlete he was.

At the end of the day, exhausted and happy, we jumped into the car and headed back to Sacramento.

Several other times that summer, we went on other family excursions to Folsom Lake.

Eventually, uncle Bill sold his boat, and our days of boating on Folsom Lake came to an end. Now those days are just another nautical, Janey Way Memory.

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159th State Fair opens today at Cal Expo

By LANCE ARMSTRONG
Arden Carmichael News writer
Lance@valcomnews.com

The California State Fair has a long history, which has created fond memories for many Sacramento residents, others throughout the state and beyond.

And this year's fair, which opens today and continues through July 29, is loaded with many attractions that will deliver a variety of new memories.

In taking a ride down memory lane, one can observe the fair's long tradition of fun-filled attractions.

1862 State Fair

One hundred and fifty years ago, the fair was only in its eighth year, and only a year had passed since the state legislature designated Sacramento as the fair's permanent location.

This was the 1862 fair, which followed the city's great flood of 1861-62.

Persevering through this tragedy, which caused Venice-like waterway scenes through its streets, Sacramento was able to present a very successful fair.

The Sacramento Union noted in its Oct. 4, 1862 edition that the number of people who arrived at the 1862 fair exceeded expectations.

This article stated: "The ground at the park yesterday was fairly covered with people and carriages. At no time last year were there as many persons present as were there about two o'clock yesterday. The wonder was where the thousands present could have come

from. It was a proud day for the State Fair, as well as for Sacramento, as a great many had predicted that the attempt to hold a fair this year would prove a mortifying failure."

During this Civil War-era fair, which was held from Sept. 30 to Oct. 3, 1862, the public viewed displays showcasing the state's fine selection of fruits.

This exhibit, which was presented at the Pavilion at 6th and M streets (now Capitol Mall), was even more impressive, when considering the time of year that the fair was being held.

Wool and woolen goods were also on display at the Pavilion.

And at the park, the public also viewed exhibitions of horses, cattle, sheep and hogs and a machine for grinding sugar cane, and its accompanying evaporator.

The receipts for the 1862 fair, which included a closing evening ball at the Pavilion, totaled more than \$11,000.

1887 State Fair

Nearly 125 years have passed since the Sept. 12 opening of the two-week-long 1887 fair.

It was in that year that the State Fair suddenly had competition, as the local Mechanics' Institute opted to hold its annual exhibition from Sept. 1 through Oct. 8.

However, this conflict in scheduling did not impede the 1887 State Fair from achieving success.

In less than one week after the opening of the fair, The Union, in its Sept.



Photo courtesy of the California State Fair
This year's State Fair offers a wide variety of midway rides and other attractions.

17, 1887 edition, declared the event a "complete success."

In its Sept. 16, 1887 edition, The Sacramento Bee reported that "strangers continue to pour into Sacramento on every train to attend the State Fair" and "every wagon road is lined with vehicles."

Among the greatest attractions at the 1887 fair were the horse races, which were reported upon in de-

tail in the local, daily newspapers of the time.

Receiving much attention in the aforementioned edition of the Bee was a horse named Black Diamond.

In one report on Black Diamond's success, the Bee noted, "Those who had (bet on Black Diamond) from the

Cal Expo: 2012 State Fair promises new fun for all

Continued from page 4

start, and at big odds, were wild with delight."

1912 State Fair

This year marks the 100th anniversary of the 1912 State Fair, which was only the third consecutive time the fair was held at the Stockton Boulevard fairgrounds.

As in previous years, the 1912 fair drew many spectators to its livestock shows.

The Sept. 14, 1912 edition of the Bee featured details about the fair's notable cattle, including Aralia De Ko, the then-world champion for butter fat.

In a single year, this Holstein produced 910 pounds of butter fat, 28,000 pounds of milk and 1,137 pounds of butter.

Held from Sept. 12-21, the 59th annual fair opened with a downtown parade with cowboys and charioteers.

Other attractions included the first California State Fair Round-Up, which became an annual event, fireworks at the grandstand, and Odell, "The Bee Wizard," who enclosed himself in a cage and allowed bees to swarm all over his body, without suffering a single sting.

1937 State Fair

The popularity of the fair continued to increase throughout the years,

leading to the event's distinction as the largest fair in the United States in 1938, when more than 600,000 people attended the fair.

This high attendance mark was made possible through the assistance of the fairgrounds' 1937 expansion from 80 acres to 155 acres. The expansion included a new race-track grandstand and horse show arena.

The 1937 fair opened for the first day of its 10-day run on Friday morning, Sept. 3. The day represents the first time that the California State Fair began on a Friday.

The start of the fair was marked by thousands of school children who walked in a parade from McClatchy Park to the fairgrounds.

Popular attractions at the 1937 fair were horse shows, a \$1.5 million display of livestock, Foley & Burke carnival shows with various rides and machines, the Lottie Mayer disappearing water ballet, a pig-feeding contest, free motion pictures showings, concerts, a nightly fireworks show and the introduction of a new lily pond in front of the main fair building.

1987 State Fair

It can be difficult for many people to come to terms with the fact that the

1987 State Fair opened 25 years ago this year.

Held Aug. 21 through Labor Day, Sept. 7, this fair opened with a ceremony in front of the main gate at Cal Expo.

The ceremony included performances by the 561st National Guard band and the California Raisin Advisory Board's Dancing Raisins, a tree planting by the Sacramento Tree Foundation and an entrance by the Para-Stars, a Sacramento sky-diving team.

Other attractions of the 1987 fair were midway rides, harness racing, professional rodeos, pig races, live music, "Monster Truck Madness," Aztec Indian dancing, agricultural and crafts exhibits, an exotic birds display, fireworks at the grandstand and an evolution of communications display.

Special days of the 1987 fair included Raisin Day, Tomato Day, Cheese Day and Dairy Goat Industry Day.

2012 State Fair

Despite the many fond memories that have been established at previous state fairs, there is one special reason why this year's fair can be considered the most important. And that reason is an obvious one, as the 2012 fair is

the only one that is not a thing of the past.

Guests of this year's fair, which has the theme, "Fun that Moves You," will be presented with plenty of reasons to attend.

In addition to typical attractions such as midway rides, livestock shows, agricultural exhibits, live music, corn dogs, turkey legs and unusual food, this year's fair will host a variety of new attractions.

These attractions include: Guinness World Record attempts such as a Roseville woman's attempt to ride a Ferris wheel for more than 25 hours; a bull riders-only rodeo; Wizard's Challenge: A 9,600-square-foot, mostly interactive, Medieval-themed exhibit; and Girl Scouts Zone: An interactive exhibit celebrating 100 years of the Girl Scouts.

Admission to this year's fair is \$12/general, \$10/seniors, ages 62 and older, \$8/children, ages 5 to 12 and free/children 4 and younger. Parking is \$10.

The fairgrounds will be open from 11 a.m. to 10 p.m. on Mondays through Thursdays and 10 a.m. to 10 p.m. on Fridays through Sundays.

For additional information about this year's fair, visit www.bigfun.org.

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Cimino family shares a passion for caring for seniors

By SUSAN LAIRD
Arden Carmichael News writer
slaird@handywriting.com

three sons. They were a busy, caring and happy Seventh Day Adventist family.

In addition to raising a busy family, Wilma provided in-home care and served as a conservator for elderly clients in the community.

"The church would call, asking for help for parishioners," said Mark Cimino, the youngest of the three brothers. "Mom started caregiving as a business in 1973. We used to go with her to help Mrs. Freeland, who was blind. That's where our lessons in caregiving began when we were children. We all took the bus to her home. Mom did the caregiving, our sisters did the housekeeping

and we brothers did the entertaining."

"There were many elderly people we used to help that Mom was taking care of," said John, Jr., the eldest of the boys.

One day, an incident happened that changed the course of the family forever.

"Jane Herda was one of the people Mom was caring for," said Mark. "I still remember the commotion because Jane had called Mom and said, 'Wilma, this is Jane. My bed is on fire!'"

This was in the days before 9-1-1.

Horrified, the Cimino family rushed to Herda's home. They could see flames flickering through the window panes. The elderly woman had been smoking in bed and inadvertently started a small fire. Fortunately, the Ciminos arrived in time and were able to put the fire out – and Her-

da, who could not get out of bed without help, was miraculously unharmed.

Wilma, realizing that Herda could not be alone any more, placed her in a nursing facility. Back in the 1970s, nursing homes were cold and institutional, and were perceived as places one went to die. Seniors rightfully avoided them for as long as possible.

That's when Wilma expressed her frustration that there weren't quality places for people like Jane Herda, who just needed assistance with daily living.

The Ciminos maintained contact with Herda for the rest of her life, an act the woman deeply appreciated. So much so, that when the older woman passed away, she left her house to Wilma.

"That was the beginning of the Easton Creek Villa, our family's first care facility in Burlingame," Mark said. "That house has a lot

of meaning for our family, because we all got our start (in the caregiving and assisted living industries) there."

With a passion for serving the needs of seniors, CiminoCare, a family of senior care facilities, was born. The company's vision statement reads, "We responsibly operate Senior Living Communities, inspiring the heart, mind and soul to provide quality care, to connect with those we serve and to be leaders in our community and industry."

Unlike the cold, sterile facilities of the past, the Ciminos developed care facilities that could care for physical needs AND emotional needs. Rooms had real furniture and furnishings. Dining rooms looked like dining rooms and family rooms were intended for families to visit and enjoy

See Cimino, page 7

Cimino: Caring for seniors led to development of better care facilities

Continued from page 6

one another. It was a radical concept for the time.

The company expanded to two additional residential care facilities for the elderly in Burlingame, then expanded into the Sacramento area. The three brothers, John Jr., Paul and Mark, all run facilities in the area. Each brother is passionate about the resources their facilities provide to the community.

Paul Cimino, the middle son, is in charge of The WaterLeaf at Land Park. The WaterLeaf provides assisted living for the elderly.

"Basically, you have to want to do this kind of work," Paul said. "You have to be jazzed about helping other people. The care is the easy part, in some ways. You have look at the whole picture. We're here for the families – to give them piece of mind. I'm passionate about helping the families. They are in control."

Mark is the CEO of CiminoCare. He is a Rotarian with a passion for growing the talents and opportunities for those in the assisted living industry.

"I went to law school and clerked during law school," Mark said. "I saw the potential for growth (in this industry). It's about influencing people's lives, influencing our team members. The people who go into this industry – they enter it because they care about other people. My passion is to provide my employees who serve seniors the opportunities to they might not have otherwise had. The industry standard for employee turnover is about 45 percent. Our employee turnover is in the teens."

John Jr. runs The Meadows at Country Place, an assisted living facility in



The Cimino Brothers are part of a family dedicated to serving the needs of seniors, their families and the people who work to care for seniors. Left to right, Paul Cimino, John Cimino, Jr. and Mark Cimino. Photo by Susan Laird

the Pocket-Greenhaven area of Sacramento.

"I really enjoy providing a place that people can be proud to visit," John said. "This is a place where residents and family members can invite their friends. And it's a place that doesn't freak out the grandkids."

All of the facilities owned by the Cimino family are calm, hospitable

and comfortable, with a family atmosphere.

Wilma and John Sr. continue to work with seniors. Although the couple still resides on the San Francisco Peninsula, it's not unusual for them to visit any of the facilities, to make sure that the high standards this family has for senior care continues to be upheld.

And to visit their three sons, who all live in the Sacramento area.

"We all grew up around seniors," Mark said. "Our kids grew up around seniors. Family is important. That's why there is a family atmosphere at all of our facilities. What you see is what you get – we are all about the family."

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TRS provides recreational programs for the 'best people in the world'

By CORRIE PELC
Arden Carmichael News writer
corrie@valcomnews.com

Since 1975, the County of Sacramento Regional Parks Department's Therapeutic Recreation Services (TRS) has been providing community-based recreation programs for people with disabilities.

Last year alone, TRS served more than 6,400 participants through 142 recreational programs, from classes to overnight trips.

"There's a lot of people in our area that have disabilities and don't necessarily have the means or the knowledge to access programs or have an active recreation and leisure lifestyle, and so that's where we come in," said Jenn Wilson, recreation specialist therapeutic with TRS. "For our (participants), maybe they don't have transportation, they don't quite know how to figure out what movies are playing, or they don't have someone to go with. So we provide that normal, everyday activity for a group of people that wouldn't normally do it."

Variety of programs

Although TRS caters to individuals with all disabilities, Wilson says generally their participants have developmental disabilities and their programs are normally for ages 14 and up.

Regarding the programs, Wilson says TRS offers a wide variety of recreational opportunities.

For example, some programs are run on a monthly basis, such as TRS' Friday night dance. Other activities include taking in Broadway shows, such as "Wicked" and "Grease," horseback riding, hiking, or attending a River Cats or Kings game.

TRS also holds day trips to destinations like Santa Cruz and San Francisco, and even longer overnight trips to New York City, San Antonio, Boston and Chicago.

"The things you would want to do in your free time is what we offer our participants to do in their free time," she said. "I just think we're really unique - there's not a lot of programs like ours in the area and in the state, so we're pretty lucky that we get to do what we do for the best people in the world."



Photo courtesy of Therapeutic Recreation Services

Hidden Therapy

Although fun is obviously part of these activities, that's not the only takeaway participants have, Wilson said.

"(We) use recreation as a tool to enhance quality of life and to provide learning opportunities, so everything

we do has hidden therapeutic components," she said.

For example, Wilson says when a group is on a day trip to Santa Cruz, those individuals will be learning things like money management, social

See TRS, page 9

TRS: Eppie's Great Race provides funding for essential programs

Continued from page 8

skills and socially appropriate behavior in public.

"We encourage independence," Wilson said. "If we're at the boardwalk, everyone's getting their own dinner. We're going to stand there and make sure they order their own food, they get their money out of their wallet and they pay for it. We're there to help them as needed, but they're adults and we want them

to be as independent as possible, so everything has a learning opportunity."

Eppie's Great Race

So how is TRS funded? Wilson said TRS receives some funding from Sacramento County and also charges fees for various recreation programs. However, she says some of the programs cannot pay for themselves as

they would be too expensive to charge and people would not come.

One way TRS is able to continue offering its programs is through Eppie's Great Race, for which TRS has been the major benefactor since 1980, says Eppie's Great Race spokeswoman Anita Fitzhugh. She said over the years, the race has raised about \$970,000 to benefit TRS.

According to Fitzhugh, on June 12, TRS was presented with a \$40,000 check from last year's Eppie's Great Race. \$20,000 will go towards TRS' overall programs, while the remaining \$20,000 will be used to modify a van to make it wheelchair accessible.

"As county budgets are what they are these days, this type of money

See TRS, page 10

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TRS: Sacramento County nonprofit provides funding

Continued from page 9

and donation has become even more important ... for TRS and all the wonderful services that they provide," Fitzhugh said.

For those that wish to participate in this year's race, Fitzhugh said the 39th Annual Eppie's Great Race and US Bank Kids Duath-

lon will take place on Saturday, July 21. To register and for further information, visit www.eppiesgreatrace.org.

Pathways to Recreation

Additionally, TRS also receives funding throughout the year from Pathways to Recreation - a nonprofit formed

about four years ago by Sacramento County staff and active stakeholders, said current chair Jill Ritzman.

"We feel very strongly that we need to get these folks out in the community and socializing, riding public transportation systems and going to community events,

and oftentimes they need help in doing that," she said. "With the budget cuts, our programs were diminishing, so we formed this nonprofit so that we could raise money in the community to help support Therapeutic Recreation Services."

Ritzman says Pathways fundraises throughout the year through mailed solicitations, special events, and gifts they have received. The funds are used in a variety of ways for TRS, such as providing scholarships for individuals to attend recreation programs or initiate and fun new programs.

For example, she said Pathways was able to pay some costs associated with a photography class, plus purchase easy-to-use cameras for participants to use. And for a cooking class that taught how to cook nutritious meals, Pathways decided to do something special.

"Oftentimes those clients didn't have measuring spoons and those kinds of basic cooking supplies at home, so we bought the

supplies and each one of the participants walked away with a grocery bag full of really basic cooking supplies," Ritzman said.

Community Support

In addition to the support it receives through Eppie's Great Race and Pathways to Recreation, Wilson said TRS is also in need of support from the community, both in donations and volunteer hours.

TRS currently operates with 20 staff and volunteers to man all their programs, and she said they would be lost without their volunteers. She invites those interested in fill out the volunteer application on their website, www.msa2.saccounty.net/parks/trs, and give them a call so they can set them up with an orientation session.

"I started here 17 years ago as a volunteer for a college course and never left, and that's just what happens," Wilson added. "People fall in love with our participants and what we do and that's what we want."

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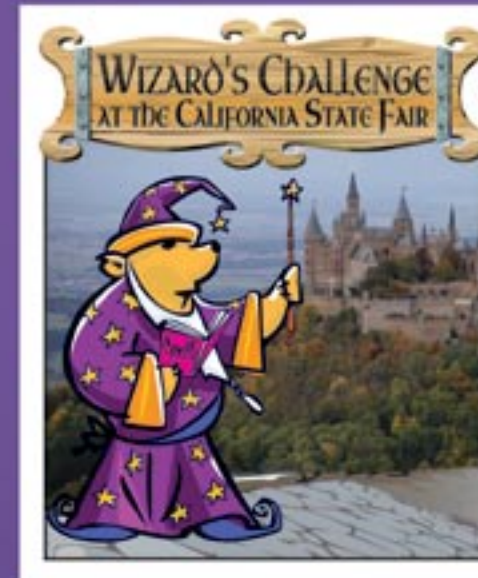


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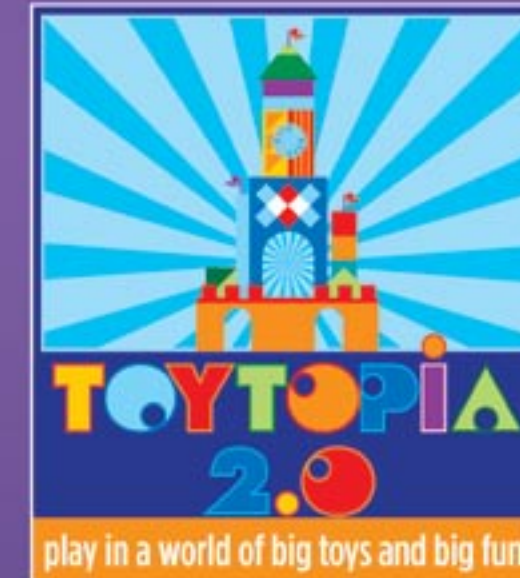
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American River played notable roles in pre-Sacramento history

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

Editor's Note: This is part one of a two-part series about the history of the American River in relation to the area of Sacramento as it is today.

Certainly, few cities can claim themselves as a river city.

For Sacramento, its claim is at an extremely notable level, considering that the capital city is actually home to two intersecting rivers, the Sacramento and American rivers.

These rivers, which join together at Discovery Park, have played significant roles in the city's history from providing advantages in transportation and commerce to presenting natural beauty and recreation.

And the river most directly associated with the Arden area is the American River.

What the river offers

The American runs from the Sierra Nevada to El Dorado and Placer counties through Folsom, Fair Oaks and Carmichael and alongside Sacramento State University before making its way to the Sacramento River, which flows into the Delta.

Presently the river is known as a convenient, nearby sanctuary away

from everyday life within built-out communities.

An important tributary feeding the Sacramento River, the American River is often celebrated for its scenic parkway, with a long bicycle trail and pedestrian bridges.

It also serves as a corridor for wildlife and provides an essential water supply for this continuously growing metropolis.

Changes over the years

The American, like a great number of things in the area, has experienced many changes throughout the years.

Those viewing the river in much earlier times saw miles of cascading cataracts on the middle and north forks of the river, which run through the heart of Placer County and intersect in Auburn before flowing into Folsom Lake.

And when the snow melts at higher elevations in the spring, the American becomes a coarse rush of water and sediment that increases its acceleration while making its way toward Sacramento.

The determination of the river's progress is such that it cracks boulders and carries them down river, continuously creating new islands and sandbars.

Respecting the power of the river

During the time when indigenous Indians lived in large numbers



The American River, which is an important tributary feeding the Sacramento River, has been essential to local inhabitants since the days of the indigenous Indians, who lived in large numbers along this waterway.

along this river, they carried with them an understanding of the river and its natural benefits and dangers.

With their understanding and respect of the physical power of the river and its propensity for flooding during the springtime, these indigenous people would settle on plac-

es beyond the reaches of the flood plain.

These native Californians partook in the many benefits of the river from the salmon to the blackberries and grapes, which grew near its banks.

See American River, page 13

American River: Spanish explorer gives river its first non-Indian name

Continued from page 12

Many oak trees in the area provided an additional food source through their acorns.

Also important to the natives were willows, vines and bamboo-like grasses that were used as materials for housing and baskets.

Some of the first visitors

Historical records suggest that Spanish explorer Gabriel Moraga was the first European to reach the American River.

Moraga visited the Sacramento Valley from 1806-08 in search of Indians who had escaped from California missions and to punish those who had helped Indians escape.

Since the native population was so dense and the Indians were knowledgeable of their surroundings, Moraga was generally not very successful in these efforts.

Naming the river

As he did with many other places he encountered during his journeys, Moraga named the river, which would eventually be known as the American River. Moraga is credited for giving the river its first non-Indian name. But what exactly that name was has often been disputed.

In his diary, Moraga refers to having named the river, "Rio de las Llagas," which in English means "River of Sorrows."

An interpretation of this name could be that Moraga gave the river this name because of his own sorrows due to his lack of success with the Indians who were hostile toward him while defending their homes.

The confusion with the name "Rio de las Llagas" exists due to the fact that a man who accompanied Moraga as part of the expedition recorded the name, "Rio de los Lagos," which translated to English means "River of the Lakes."

One should also consider this latter Spanish name as possibly being the actual name that Moraga gave the river, since he was in the region in August and this waterway would have then had the appearance of a series of lakes joined by the main current.

Despite its many changes, the river today still has various islands and shifting sandbars with plenty of eddies and swimming holes.

Jedediah Smith

Many people who use the present, paved, multi-use trail along the river are familiar with the name Jedediah Smith due to the trail's official name, the Jedediah Smith Memorial Trail.

This popular trail extends 32 miles from the city of Folsom to Old Sacramento.

By whatever name Moraga called the river, that name was relatively short lived, since Smith led a company of fur trappers into the area in the 1820s and as a result of this visit, the river received a new name.

Smith and the other Americans, who traveled with him in the area from 1826 to 1827, probably camped for an extended period of time near the present day Campus Commons, which is located east of the Guy A. West Memorial Bridge at Sacramento State.

These men camped on the riverbanks to rest and gather supplies before becoming the first non-native people to cross the Sierra.

River of the Americans

The natural crossing of the river at that time was near the site of today's H Street Bridge and a natural levee was located at the approximate site of Fair Oaks Boulevard.

After Smith and the other men departed from the area, the local natives, who by then spoke Spanish as a unifying language due to their connection with the mission Indians, began referring to the waterway as "Rio de los Americanos."

This name, which is literally translated as "River of the Americans," eventually became known as the "American River."

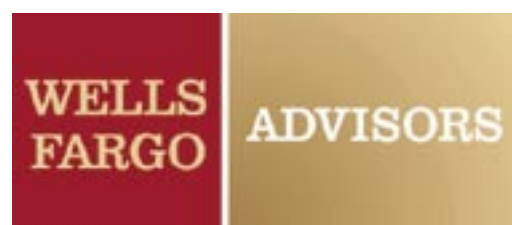
This name likely remained in use because it was also the name used to identify the river by the Hudson's Bay Company trappers who came to the area from Oregon during the 1830s. These trappers frequently visited the region during that time to exploit the river's rich beaver and otter population.

The continuously increasing number of Hudson's Bay Company trappers in the area brought diseases for which the natives had no natural defense. It has been estimated by some historians that diseases brought to the area during a large trapping expedition in 1833 and 1834 resulted in an epidemic that killed 70 percent of the area's Indian population.

Not surprisingly, the negative circumstances resulting from the trappers' presence on their land caused the Indians to have a rush of emotions, including fear, anger and anxiety. These emotions caused the Indians to harbor resentments against the trappers and have a greater hostility toward Western civilization.

Despite the devastating decrease in the native population, the remaining locals continued to deny the Hudson's Bay Company from establishing a permanent outpost in the lower Sacramento Valley.

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Article and photos by BILL CONDRAY
Arden-Carmichael News writer/photographer
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CALENDAR

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

JULY

Hatha Yoga

July, meets every Monday, Wednesday and Friday: Align the body through breathing techniques, postures and deep relaxation,

2:15 3:15 p.m., Hart Senior Center, 915 27th St., Sac (916) 808-5462.

Summer Family River Safety Program

July through 26: The Sunrise Recreation and Park District will be offering a unique 4-week Family River Safety Program aimed to provide immigrant families with water safety. The program consists of swim lessons for children and teens at Rusch Park Swimming Pool. Also, 3 days of river and lake

safety classes for the entire family on Fridays, July 13, 20 and 27, 4-5 p.m. Call (916) 729-3958

'Arsenic and Old Lace'

July 13, 14, 15, 20, 21, 22: It's murder most funny as the homicidal Brewster sisters relieve the loneliness of old men by inviting them for a nice glass of elderberry wine. \$19-\$21. Chautauqua Playhouse, 5325 Engle Rd., Carmichael (916) 489-7529 www.cplayhouse.org

Rotary Club of Point West

July 13: 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

Sacramento Kaiser Farmer's Market

July 13: Sacramento Kaiser Farmer's Market. Every Friday, July–Nov. 9:30 a.m. – 1 p.m. 2025 Morse Ave., Sac. www.sierrafresh.com

Saint Rose of Lima Park Farmer's Market

July 13: St. Rose of Lima Park Farmer's Market. Every Friday, July–Sept. 10 a.m. – 1:30 p.m. 7th & K streets, Sac. www.MarketLocations.com

Soroptimists of Sacramento

July 13: 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

Carmichael Farmer's Market

July 15, 22, 29: 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

See more Calendar, page 18

Fair Oaks Theatre Festival and American River College Present

WILLY WONKA
Roald Dahl's

June 15 Through July 22
Friday, Saturday, Sunday
at 8:30 p.m.
Performance on Sunday July 1 will be ASL interpreted

bring this ad for \$2 OFF general ticket price

TICKETS \$8 – \$15
For Tickets & Information:
www.fairoakstheatrefestival.com 916.966.3683

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The Sacramento Symphonic Winds conducted by Dr. Les Lehr, and 8 costumed singer/actors

www.ohmrsousa.com
www.sacwinds.org (916) 489-2576

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– EVENT LISTING SECTION –

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.
Call (916) 429-9901 for rates.

FREE LUNCHEON SEMINAR
"The Privilege of Planning"

Presenter: Mel Osborne
General Manager
East Lawn Elk Grove Memorial Park
Funeral Director Lic#1455

Thursday, July 19 – 11:30 a.m. to 12:30 p.m.
Seating is limited to 30 attendees per seminar
East Lawn Elk Grove Memorial Park
9189 E. Stockton Blvd., Elk Grove, CA 95624

30-minute presentation followed by a question and answer period.
Reservations Required RSVP to (916) 732-2031
melo@eastlawn.com

"Surviving in Our Toxic World"
Documentary filmmaker Deborah J. Whitman, of Environmental Voices, will show a 40 minute documentary film – "Sky Lines" followed by a discussion of how you can survive in our toxic world.

Thursday, July 26 – 7 to 9 p.m.
Robbie Water's Pocket-Greenhaven Library Meeting Room
7335 Gloria Drive, Sacto–This is a free program.

CALL AND PLACE YOUR EVENT TODAY!
(916) 429-9901

Malt Shop Memories 4
a talented group of local musicians
August 2

Casa Garden Restaurant
11:15 a.m. & 1:15 p.m.
2760 Sutterville Rd., Sac
Call (916) 452-2809
for lunch reservations

FREE LUNCHEON SEMINAR
"The Privilege of Planning"

Presenter: Josh Tuttle
General Manager
East Lawn Mortuary & Sierra Hills Memorial Park
Funeral Director Lic#3435

Thursday, July 26 – 11:30 a.m. to 12:30 p.m.
Seating is limited to 30 attendees per seminar
St. Francis Community Hall
6700 Verner Avenue, Sacramento, CA 95841
(1-80 @ Greenback)

30-minute presentation followed by a question and answer period.
Reservations Required RSVP to Lisa West @ (916) 732-2020

CALL (916) 429-9901 TO ADVERTISE YOUR EVENT
in the Arden Carmichael News,
East Sacramento News
The Land Park News and
The Pocket News

CALENDAR

For more Calendar entries visit
www.valcomnews.com

Continued from page 17

Co-Dependents Anonymous

July 15, 22, 29: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays, 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

July 15, 22, 29: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.–11 a.m. every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Families Anonymous

July 15, 22, 29: Meet with other parents who are dealing with a daughter or son who is experiencing mental, emotional or addition problems. Meets every Sunday without fail. 3 p.m. Del Norte Swimming and Tennis Club, 3040 Beccera Way, Sac. Jane (916) 402-2465

Rotary Club of South Sacramento

July 16, 23, 30: 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

July 16, 23, 30, meets every Monday: Chinese exercise combines specific movements and relaxation. 10:45 to 11:45 a.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

July 16, 23, 30: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.–8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freeoasthost.org

Fremont Park Farmer's Market

July 17, 24, 31: Fremont Park Farmer's Market. Every Tuesday, May–Sept. 10 a.m.–2 p.m. 16th & P streets, Sac. www.california-grown.com

Roosevelt Park Farmer's Market

July 17, 24, 31: 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

July 17, 24, 31: 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

July 17, 24, 31: 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

July 17, 18, 24, 25, 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

Elk Grove Regional Park Farmer's Market

July 18, 25: 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

Chavez Plaza Farmer's Market

July 18, 25: Chavez Plaza Farmer's Market. Every Wednesday, May–Oct. 10 a.m.–2 p.m. 10th & J streets, Sac. www.california-grown.com

Co-Dependents Anonymous

July 18, 25: 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.

Rotary Club of East Sacramento

July 18, 25: 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

July 18, 25: The Senior Wednesday Club meets to chat, play bridge, pinocle 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

July 18, 25: 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

Crochet Guild

July Aug. 8: Crocheters of all levels of ability and all ages are invited to join the Sacramento Crochet Guild. Learn new crochet techniques, exhibit at State Fair, do charity work. Mentoring program. Show and tell. Mini classes. Library and newsletter available. Club member of the Crochet Guild of America. Meets the second Wednesday of the month at 6:30 p.m. Seniors: \$6/yr. Enter from parking lot. Church of the Cross, 45th & H sts., Sac. Karolyn (916) 457-4044

Capitol Mall Farmer's Market

July 12: 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
July 12: 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

July 12: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.–noon. Florin Rd. & 65th St., Sac. www.california-grown.com

Living Positive with Chronic Disease group

July 12: 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

July 12: 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
July 12: 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 12: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

Food Addicts Anonymous

July 12: 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.

Carmichael Geranium Society

July 13: Come to the monthly meeting of the Carmichael Geranium Society. Guests welcome. Meets every Second Friday of the month, 10 a.m.–12 noon. No mtg. in Aug. Carmichael Park Community Clubhouse, 5750 Grant Ave., Carmichael. Jean (916) 481-2076

Plan your trip

July 14: "Dream Big: Plan Your Trip of a Lifetime" an adult program at Belle Cooledge Library, 5600 South Land Park Dr. Sac, 3:30 p.m. Learn how to plan a vacation, from picking the country/itinerary and teaching all you need to know before you go. (916) 264-2920

Open House

July 14: Wellspring Women's Center celebrates 25 years of service and invites the community to their open house, 3414 4th Ave., Sac. Free. 3 to 6 p.m. Come learn about all the wonderful services. For more information, visit www.wellspringwomen.org

Fire Station 17 open house

July 14: Come visit Fire Station 17 at 1311 Bell Ave., Sac. Free. 2 p.m.–5 p.m. Presentations at 3 p.m. (916) 808-1347

Food Preservation Demonstration

July 14: The Pressure's On! Basic introduction to safe pressure canning techniques. 10 a.m. to noon. Free, no pre-registration required. Sacramento Cooperative Extension Office, 4145 Branch Center Rd., Sac. (916) 875-6913

Volkssport walking

July 14: 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

Summer Plant Sale

July 14 and 15: Plant sale to raise funds for the kid's programs of Sunburst Projects. Cash, check, MC/Visa accepted. 9 a.m. to 3 p.m., 3072 34th St., Curtis Park Sac. in the backyard.

A selection of over 3,000 pots of hard-to-find and unusual perennials. Info at gardennotes@sbcglobal.net or (916) 617-7516.

Tasty Tomato & Tomatillo Treasures

July 16: Food Preservation Public Demonstration of these summer wonders. 6:30 p.m.–8:30 p.m. \$3 per person, no pre-registration required. Sacramento Cooperative Extension Office, 4145 Branch Center Rd., Sac. (916) 875-6913

Puppet Show

July 17: Bring the kids to the Belle Cooledge Library, 5600 South Land Park Dr., Sac., 6:30 p.m. for "Shadow Puppets" with the Magical Moonshine Theater. For more information, call (916) 264-2920.

Ballroom Dances

July 17: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.–3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Annual East Sac Blood Drive

July 19: 1141 38th St Annual blood drive, 3 to 7 p.m. Mobile Blood Donation Vehicle on site. To schedule appt. go to www.bloodsource.org/drives, location code M597. For more information, call Alice (916) 451-5507 or email alicemcauliffe12@gmail.com

Community Picnic

July 21: Zen Martial Arts is hosting a "Green" community picnic, 10 a.m.–3 p.m., at Coloma Community Center, 4635 T St., East Sac. Free event. Bring own plates, cups, etc. Enjoy bounce house, water wars, potluck foods. For more information, Mike (916) 678-0565.



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Block Party & Car Showcase

Saturday, July 14 **4:00 p.m. Block Party**
License plate frame for the first 2,500 fans **7:05 p.m. Game Time**



LIVE MUSIC

Admission to the Block Party is free with game ticket.
For tickets visit rivercats.com or Raley Field's Round Table Pizza Ticket Office today!



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WONDERFUL ARDEN PARK

Remodeled 4 bedroom 3 bath home with over 2400 sq. ft. The great room kitchen/family room includes a gourmet kitchen with gas cooktop, custom cabinets, and dining bar. The stacked stone fireplace and media wall make this a fabulous family area. Pool. See: www.990CastecDrive.com \$509,000

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SPACIOUS ARDEN OAKS

Wonderful Arden Oaks property located on 1½ acres of trees, floral gardens and fountains. Features separate guest quarters, large formal dining room, and patio area with fireplace, 2 office areas in addition to 5 bedrooms, 4 fireplaces and 4 HVAC units. See: 3910windingcreekroad.ePropTour.com \$1,790,000

PATTY BAETA 806-7761



SIERRA OAKS CONTEMPORARY

Immaculate 3 bedroom 2½ bath Stren featuring custom kitchen cabinets by Poggenpohl. Modern feel throughout, with new roof in '04, newer pool equipment, dual pane windows, custom garage doors, laminate flooring lovely pool by the covered patio. \$525,000

MIKE PUENTE 395-4727



CUSTOM SIERRA OAKS VISTA

Located on .83 acre with park-like setting. Tall trees, sparkling pool, large patio areas, floral gardens and a fire pit. Features include 4 bedrooms, library, 3 baths, hardwood floors, high ceilings and walls of glass. 2 fireplaces and large custom master suite with big shower, Jacuzzi tub and limestone counters. \$1,295,000

PATTY BAETA 806-7761



TRANQUIL CAMPUS COMMONS

Wonderful property in tranquil and convenient Campus Commons. 2 bedroom 2 bath, new and refreshed features! Hardwood floors in living room, dining room and family room. Family room fireplace. 2 patios - Zen Feeling. Fresh paint, granite counters, new lighting, and more! \$249,900

SHEILA VAN NOY 505-5395



WYNDGATE CUSTOM

Customized 2-story featuring His & Hers baths with walk-in cedar closets! Open floor plan with raised wood beamed ceilings in LR & DR. French doors to tranquil private patio with custom water feature. Den with wrap around desk. See: 455wyndgaterd.epropertiesites.com \$599,500

PATTY BAETA 806-7761



SIERRA OAKS VISTA

Custom 2 story home in very private setting on park-like grounds. Grand home with huge rooms, high ceilings and wide hallways. 4 bedrooms, 5 full baths and 2 half baths; most bedrooms have baths. Tennis, pool, spa & pavilion with fireplace. See: www.3101adamsroad.epropertiesites.com \$1,599,000

PATTY BAETA 806-7761



PENDING

ARDEN OAKS

Classic 3 bedroom 2bath home with pool on a large lot in a great location. Gleaming wide-plank wood floors, and many other updates. Large backyard features sparkling pool, covered patio and a deck off the Master bedroom. See: 1940rolling-hillsroad.ePropTour.com \$439,000

PATTI PRIESS 801-0579



PENDING

QUIET CARMICHAEL

Sharp single story 3 bedroom home with pool on a quiet cul-de-sac. Very recent remodel, shows well. Kitchen remodel 2010, great backyard with pool, perfect for entertaining. Dual pane windows throughout and tankless water heater, Two shared fireplaces. \$342,500

MIKE PUENTE 395-4727

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