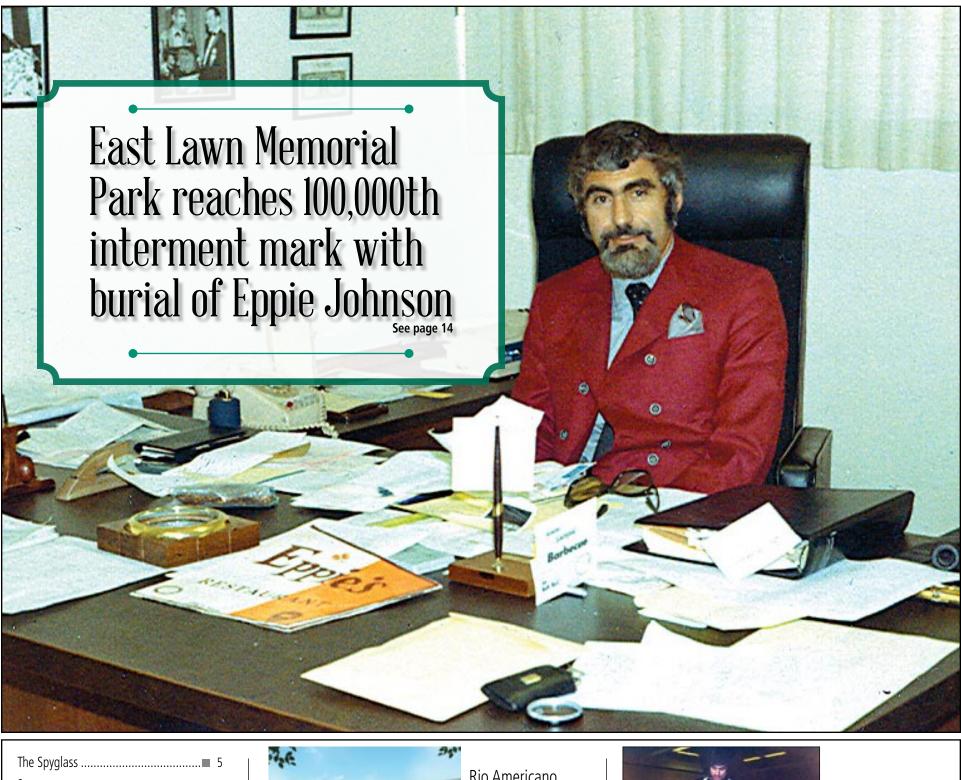
ARDEN-CARMICHAEL NEWS

November 28, 2013

Community News in Your Hands

www.valcomnews.com



The Spyglass	5
Sports	7
School News	9
Local history feature 1	2
Calendar 1	7



Your

* 🖻

Rio Americano band boosters lobby for new performance space See page 9



life. Your choice.

Sacto's "disco king" competed in dance competitions at Country Club Plaza See page 10



Call, click or come by for more information.

Eskaton Village Carmichael Continuing Care Retirement Community 3939 Walnut Avenue, Carmichael, CA 95608 916-485-0220

eskaton.org

ARDEN-CARMICHAEL NEWS W W W. VALCOMNEWS.COM

E-mail stories & photos to: editor@valcomnews.com	Vol. XXII • No. 22
Arden-Carmichael News is published on the second and fourth Thursdays of the month and is delivered by mail and home delivery. Newspapers are also available in stands throughout the area.	2709 Riverside Blvd. Sacramento,
Publisher George Macko	CA 95818
General Manager Kathleen Egan	t: (916) 429-9901
Editor Monica Stark	f: (916) 429-9906
Art DirectorJohn Ochoa	
Graphic Designer	
Sales ManagerPatty Colmer	Cover photo:
Advertising Executives:	Courtesy
Linda Pohl, Melissa Andrews, Jen Henry	· ·
Distribution/Subscriptions	Other photos by:
Copyright 2013 by Valley Community Newspapers Inc. All rights reserved.	Courtesy
<i>Reproduction in whole or in part without written permission is prohibited.</i>	Courtesy

Wickedly funny, ARC presents Alan Ball's 'Five Women Wearing the Same Dress"

By MONICA STARK

"Five Women Wearing the Same Dress," a hilariously honest comedy, opened Nov. 22 for a three-week run at American River College's Stage Two Theatre. Alan Ball wrote the play a decade before winning an Oscar for writing "American Beauty," and even longer before creating HBO's "True Blood" and "Six Feet Under," but his hand at comedy-with-a-twist was clearly already wellhoned. Irreverent and touching, "Five Women" is a celebration of the women's spirit and a fascinating look at the intricacies of friendship.

Set at a society wedding in Knoxville, Tennessee, the action of the play takes place during the ostentatious wedding reception when the five reluctant, identically clad bridesmaids attempt to hide out in an upstairs bedroom. As the afternoon wears on, these wildly different women joyously discover a common bond.

Or a coffee.

License #340313383

COA #202

Initially that bond involves a universal frustration with the bride whom they've all been called to serve. Ultimately, though, the women develop a cautious respect for one another and even come to have each others' backs when plot twists turn matters dark. From the smalltown Christian, to the cynical outsider, to the outspoken lesbian and the world weary maneater, each woman brings wit and wisdom to the table to share for the greater good. In the end, even the cameo of a handsome groomsman won't keep these women from being there for one another.

Directed by theater professor Nancy Silva, the show features a six-person cast of student actors, sets and lights by Elly Award-winner Kathy Burleson, and costumes by Gail Russell whose work can also be seen on local stages from Sacramento Theatre Company to Capitol





3939 Walnut Avenue | Carmichael, CA 95608 1-800-574-7132 | www.eskaton.org













Valley Community Newspapers, Inc



Five Dresses:

Continued from page 2

Stage. "Five Women..." contains adult language and subject matter.

"It's amazing that the first thought I had is that a man writing a play gets to the heart for what women yearn for or desire but he really does," said Silva who likened the script to "Sex in the City" for its youthful and sassy touch.

Unlike the darkness found in "American Beauty" or "Six Feet Under" there are a few moments of darkness in "Five Women Wearing the Same Dress.""For a good 80 percent of the play it's very lighthearted," Silva said, who added that she's found it interesting that all five women could be parts of the same woman.

When they're all wearing the same dress and all look alike, you can put them together and create a woman who embodies all the traits that are important to us.

The following actresses spoke to the Arde-Carmichael News about the characters they play and about their own dreams and aspirations.

Actress Tara Mills of Carmichael plays Georgeanne, a married woman in her 30s who feels her marriage is not going the way it should. It's not loving or romantic, and, so she tries to find love and affection elsewhere, putting herself in an emotional pickle.

A "potty mouth" with a lot of lines, Georgeanne who says at one point af-

Frances about the perfect man,"I think I might like a date with Jesus", the character always gets a reaction from peo-

ple watching the rehearsal, said Mills. Mills said she has enjoyed working with her fellow castmates. "We always have something to laugh about. Hanging out with these talented, beautiful women has been my favorite (part)." Being her first production, it's been a huge learning experience for Mills who enrolled at ARC originally for a criminal justice degree, which she is still pursuing, but has since added theater. Mills hopes to use theater and criminal justice to work under a probation program that uses people's energy for positive things like singing and dancing. As she said: "I don't want anything I do in school to go to waste."

A wealthy daughter of a southern family, Meredith is a very outspoken and rebellious 22 year old. The black sheep of the family, she curses, smokes marijuana to her. It still haunts her." And her only TARA MILLS as GEORGEANNE and lives up to that reputation on pur- defense is acting out. pose. The kicker of her personality surrounds the jealousy and insecurity she ASHLEY ROSE as FRANCES has over her older sister. As actress Michelle Pollack describes: "She puts on a mask of being rebellious" and that rebellious wit comes out in such lines as: "My mother told me there is an art to wear- ture shock in Meredith's room with ing a gown. She says I should just float all the smoking, drinking and talk of Dec. 7 at 8 p.m. down the aisle like a swan. And I want- sex. By spending just this one day with Sunday, Dec. 8 at 2 p.m.

swan walk. Anyone can float on a lake."

After graduating from high school, Pollack decided to get a part time job working as a Main Street hostess in Disneyland on the weekends. Her main source of income went under. Because of that and the fact she missed her family, she decided to come back to Sacramento where she could focus on school again. Being in theater at ARC reminds her how much she loves being on the stage.

Similar to her character Meredith, Pollack is also very opinionated. "I was angry like she was when I was younger," the actress said. Her parents divorced when she was a young age and her mom didn't decide to remarry until her daughter was a teenager. "My step dad adopted us and it was one of the best things that happened to us. I respected and loved him very much once I got a hold of the MICHELLE POLLACK as MER-EDITH real dad thing." Like Meredith who car-ries guilt around, Pollack blamed herself for her parents' divorce. "I had to learn it wasn't my fault. In this play, Meredith is still trying to cope with what happened

Frances is a 21-year-old naïve Christian girl who has not known anything else besides the church and her family and who experiences a bit of a cul-

ONLY

for first

month'

*Select units. Limited

availability. First time renters. OAC. Must move by 12-31-13

ter speaking with her Christian friend ed to say, 'momma have you ever seen a four women who come from all walks of life, Frances opens up and realizes she has this point of doubt, whether she believes in what she is saying. By the end of the show, she has come to the place of mind where other women have rubbed off on her, completing her sense of self.

"She's 21, but so naïve," described Rose. "Her snarkiness comes out. You touch a little chord and the attitude comes out right away. She is how I was when I was 13. I went to church every Sunday. Then I sort of questioned why this was the way it was."

Rose, who performed in St. Francis plays all four years, plans on pursuing acting as a profession.

All performances of "Five Women..." will be at the American River College's Stage Two Theatre, 4700 College Oak Dr. On Saturday and Sunday, parking is free in Lot D. Thursday and Friday parking is \$1. Ticket prices are \$12 for general, and \$10 per student/senior/sarta. For information, visit ARCtheatre.org or call the ARC Box Office at 484-8234.

"Five Women..." performance days and times are as follows:

Friday, Nov. 29 at 8 p.m., Thursday, Dec. 5 at 6:30 p.m.

Saturday, Nov. 30 at 8 p.m., Friday, Dec. 6 at 8 p.m.

Sunday, Dec. 1 at 2 p.m., Saturday,

RAY STONE INDEPENDENT SENIOR LIVING COMMUNITIES



Add fun, friendship and frivolity to your lifestyle with a move to our enriched style of independent living.

Worry less ... smile more and experience a most enjoyable season with special holiday menus and festive recreation. Best of all, you'll find just about everything is included in one monthly rental fee.

Discover your independence with choices and opportunities. You define your lifestyle, whether it be on-the-go or relaxing by the fireplace.

We look forward to meeting you. Come see us soon.

- Spacious Apartments
- All-Inclusive Rent
- Delicious Meals Served Daily
- Weekly Housekeeping
- Scheduled Transportation
- Emergency Alert System
- Full Recreation Programs

FREE Wi-Fi!



Winding Commons **Senior Community** (916) 485-0100 6017 Winding Way Carmichael, CA 95608

RayStoneSeniors.com





No warmth, no cheerfulness, no healthful ease, No comfortable feel in any member— No shade, no shine, no butterflies, no bees, No fruits, no flowers, no leaves, no birds--November!

this melancholy poem, "No!" by the English poet Thomas Hood. And, therefore, it shouldn't feel to be anything out of the ordinary that we find ourselves possessed with is very little or nothing this









'ay Stoni

Valley Community Newspapers, Inc.

5



BY J.J. MILLUS

So goes the last stanza of

James Millus is, to quote, "... no joke", yet life goes on. As it always has—and we're forced

to get our minds around it. The leaves and certain flora are once again displaying their variegated autumn selves; the air, which the first Spanish explorers to the re-Champagne", is exactly that. But roses, camellias and gardenias continue impudently this strange feeling: that there to bloom, much to the aston-November to say about Ar- New Yorker, who would norden, except that it is getting mally be shopping for heavy

three years ago to the daycolder. The promise of spring on its approach to Sacramenhas led to a marvelous sum- to Airport, to deposit lady mer in Sacramento-give or friend Roxie and this writtake a few heat waves. Also, er in Sactown. "Lotusland," Next to the produce dewe have become a grandfa- we are tempted to call it, afther, and although the new ter our happy experience of parents have confessed that this lovely place, where people tending to dear little Ryder smile and greet, and it seems to be always afternoon. "Season of mists and

mellow fruitfulness..." the mas store has opened. This are just another mundane poem "Autumn", experienc- retail vacancies visible all means vital. The late Roning only twenty-eight of along Folsom Boulevard and ald Reagan would no doubt these seasons in his short elsewhere. We make a note cast a disapproving eye on lifetime. However, in that to drop in and chat with the brief span, he did find one new owners. gion described as "breathing particular one to compose upon immortally. Not many of us are poets, but some of us find time to stop, at least, and take a picture of ishment of this transplanted the stunning fall foliage before it slips into the dimness of the past.

woolen socks and a new North

As we type these words, we ples, grapes and pears col- torrent of autumn leaves to are reminded that exactly orfully fill the produce sec- stop. Thousands of rooftions of markets, reminding edge gutters sit glumly, waitnay, to the very hour—South- us of the great harvest which ing their turn to be cleaned. west Airlines Flight 1409 was is our blessing. Cranberries Piles of firewood, now adand pecans make us think of vertising "crackling" feapartments, Halloween candies are offered at half-price, perhaps even less-this the sometimes frenzy of And next to Savemart in cider, among myriad other

Pumpkins and gourds People with yards and Face parka at this time of year. and many varieties of ap- frontage can't wait for the Thanksgiving, present, past tures, sit patiently outside and-hopefully-future. the Savemarts and Safeways, waiting to be snapped up. One hundred years agowould be a time for splitthat holiday mercifully over. ting firewood or pressing Loehmann's Plaza a Christ- fall chores. Nowadays they poet Keats called it, in his in contrast to the dozens of purchase- luxuries, by no

See Spyglass, page 6



State Farm Life Insurance Company (Not licensed in MA, NY or WI) State Farm Life and Accident Assurance Company (Licensed in NY and WI) Bloomington, IL 1311009

the ubiquitous plastic and cardboard bundles as he honed his axe and dreamt of pioneer days.

And just think of all the words and terms which didn't exist in that distant time—"app," "website," "cell phone," "Internet." The list goes on and on. And we can't live without 'em! Seasons change and, we reckon, so do the times. Change and yet remain the same. Native Sacramentans remember 'way different varieties of weather from earlier years, making the newcomer grateful for the mildness and moderation we enjoyed, such as has been, in 2013. Not to mention the peace we experienced as a nation, while the news media brought so many reports of chaos and confusion in other parts of the world.

_inda Pohl

linda@valcomnews.com

www.valcomnews.com

916-429-9901

form of Mother Nature's wrath. We're all glad that nothing like that happened here. Let us hope that, come New Year's, we'll all look back and say that it was a good year to be alive in Sacramento!

Over in Lyon Village, our good friend Richard Frank CFP, of Edward Jones & Company, had a successful one-week business trip to Chicago recently. He offered this optimistic advice to investors: "The American stock market has always recovered and gone on to new highs. Why would you ever sell a diversified mutual fund when it is down?" Thanks, aptly named Richard.

Arden residents and twins Sara and Cynthia Brideson, authors of a

them recently outside the pet store in Loehmann's Plaza, promoting yet another tasty project—a dessert baking operation which shows great promise. Another book which we're putting on our wish list, if only for the wild cover art of a cereal box, is David Kulcyzk's "California Fruits, Flakes, and Nuts: True Tales of California Crazies, Crackpots and Creeps". Some readers might have seen a hilarious promotion for the book on Channel 31 in weeks past.

Dawn Byers of the Mona Mia shop in Lyon Village, along with husband Eric, has recently returned from a long weekend trip to New York City. Taking in "Kinky Boots" in the Times Square theater district, sampling lobster pasta in a restaurant near Central wonderful, entertaining and dare we Park, and enjoying some unusualsay scholarly book about support- ly warm and sunny October weath-Readers of our last Spyglass report, ing actors and actresses called "Also er, they shopped to their hearts' conabout Hurricane Sandy, got a hint of Starring", have several writing proj- tent on Fifth and Madison Avenues love and happiness!

Valley Community Newspapers

Arden-Carmichael News . East Sacramento News

Land Park News • Pocket News

California Kids

www.primrosealz.com

(916) 392-3510

07 Rush River Dr. Sacto, CA 9583

the misery that can descend in the ects in the works. We caught up with and reported a pleasant, if brief, New York experience. We urge readers to check out Mona Mia for charming, often funny, and always moderately priced gifts-monogrammed and otherwise-in this classy new addition to Lyon. The proprietor of the Greek Village restaurant in the Safeway shopping mall, former Chicago hero cop Leo Lagesse is happy to be getting out of the biz and into retirement. He says that now his only business is "driving the wife to Nordstrom's."

Pert and pretty manager Ashlee Tierney, assisted by the energetic and capable Phil Smith and others, is justly proud of the two framed awards she has received for increased sales at the ever-popular Noah's Bagels in Loehmann's Plaza. Mid-October, she disappeared for two weeks on her honeymoon. We wish bride and groom much success,



Eight-year-old Priya Nelson of Sacramento -- who trains as part of the IMG Academy at Arden Hills -- won the 16th Annual Rogers Wealth Group "Little Mo" Nationals title in the Girls 8 Division at the Austin Tennis Academy in Texas that took place October 18-21, 2013. She dominated the tournament winning every match in straight sets. In the finals, she defeated Susanna Maltby of Glen Ellyn, Illinois, 6-2, 6-0. Open to players of different age groups, the prestigious "Little Mo" tournament is presented each year by the Maureen Connolly Brinker Tennis Foundation, Inc.



Call: (916) 258-2242

Visit: www.seniorsmovemanager.com

of categiver.

PrivateDutyCareuivers.com (916)416 1378

Call 429-9901

SPORTS

JMG Tennis Player from Arden Hills Wins National "Little Mo" Title in Texas

Priya Nelson lives in Sacramento and has been training with the JMG Tennis Academy since the age of five. "Priya is both highly dediage," said Joe Gilbert, Director of JMG Tennis enough to coach her from the very beginning, and I just love catching talented young players visit www.ardenhills.net.

early like that. It's easy to see Priya's headed for lots of future success and it will be very exciting to watch her journey."

Led by Academy Director Joseph Morris Gilbert, the IMG Tennis Academy at Arden Hills is open to dedicated tournament players throughout the greater Sacramento region between the ages of 8 to 21. Interested young athletes must apply, be assessed and try-out for a coveted position in the growing year-round Academy. The high performance program demands a high level of dedication from players, parents and coaches, and the players are selected based on their work ethic, attitude and skill.

cated and highly talented which is unique at her For more information about the JMG Tennis Academy at Arden Hills, or other high perfor-Academy at Arden Hills. "I've been fortunate mance and/or recreational tennis programs available at Arden Hills, please call 916-482-6111 or



IL ON THE MENU Call to be included in this section! (916) 429-9901

La Rosa Blanca | 2813 Fulton Ave.



Steak Chicana:

Tender chunks of top sirloin in our special sauce. Choice of soup or

OneSpeed Restaurant | 4818 Folsom Blvd., East Sac

Rick's Pizza: One of our favorites and one of our most popular pies! A base of fontina and parmesan cheeses with house cured pancetta, roasted potatoes, caramelized onions, taggiasca olives then dotted with goat cheese and baked

Giant Orange | 1407 Howe Ave, Arden Arcade



At the Giant Orange we have a passion for hamburgers. Old-school burgers, fresh, hand-cut fries; hand-dipped and hand-spun shakes and malts. We also feature a selection of sandwiches, hot dogs, meal-size salads, beer and wine. Special Just for Kids Menu. Check out our Avocado fries!



OUR PRICES BRING YOU IN...OUR OUALITY BRINGS YOU BACK!.

813 Fulton Ave to, CA 95821 916.484.1844 (fax)

pizza. bikes. lave

402 Natoma Street Folsom, CA 95630 916.673.9085 916.673.9086 (fax)

Full Bar and Banguet Room Available at Fulton Ave. Beer and Wine Only at Folsom Location



OneSpeed Pizza is a neighborhood pizza joint in the heart of East Sacramento brought to you by Rick Mahan, chef and owner of Waterboy Restaurant. We focus on beautiful local ingredients and simple, time tested cooking. Enjoy artisan pizzas, salads & antipasti, entrees, daily changing specials and excellent service in a family friendly atmosphere. We also feature private dining and limited catering for your special events. We hope to provide an experience that harks back to a simpler time, when people spent time at the dining table enjoying food, drink and friends.

4818 Folsom Blvd / (916) 706-1748 / http://www.onespeedpizza.com/

1407 Howe Avenue Arden-Arcade Area Monday - Saturday 11-9 Closed Sundays TAKE OUT ORDERS AVAILABLE. FREE PARKING. GiantOrange.com



www.valcomnews.com • November 28, 2013 • Arden-Carmichael News

916.564.6300

Where Quality Memory Care Meets Quality of Life



The Chateau at Carmichael Park invites you to discover two options for loved ones with memory loss at our Memory Care community.

RESIDENTIAL

- Designed specifically for seniors with Alzheimer's disease or other forms of dementia
- Individual and group activities based on specific needs and abilities
- Staff trained in appropriate memory-care techniques
- Secure entry/exit points and careful monitoring of residents' whereabouts

MEMORY DAY PROGRAM

- Offering full-day or half-day programs
- Educational seminars and facilitated family support groups
- Guests benefit from companionship and physical activity
- Caregivers and family members gain free time to run errands, work outside the home, or relax

Contact us today to find out more — 916.481.7105

.....

the Chateau 7125 Fair Oaks Blvd, Carmichael Between Engle St. and Grant Ave. at Carmichael Park 916.481.7105 Lic. #347001523



HankFisherProperties.com When it says Hank Fisher **PROPERTIES** Properties, it says Quality.

DON'T LET YOUR PETS POLLUTE OUR CREEKS AND RIVERS!

PROBLEM: BACTERIA

When it rains, bacteria from pet waste left on the ground washes directly into storm drains, flowing untreated into local creeks and rivers.

SOLUTION: SCOOP THE POOP!

Pick up pet waste, then toss it in the trash or pet waste disposal station.



dreamed of building a performance space worthy of the music produced by our students. A facility with stateof-the-art acoustics, recording capability, and good capacity, comfortable seating and sight lines for the audience. A theater where we can proudly present Playathon, Winter and Spring Concerts, Small Ensemble Nights, and countless other events. A place for our local elementary and middle Schools to hold their concerts. Rio Americano High School was originally built as a "temporary" structure in the 1960's, and is missing many of the features a modern high school requires. It's now time to create a 21st Century performance space for Rio's internationally respected Band Program.



Rio Americano band boosters lobby for new performance space

The Rio Americano Band Boosters (RABB) board has launched a mission to build our dream, with the support of SJUSD and the Rio community. Rio alum and architect Dennis Greenbaum plan for a 350 person instrumental performance space, pro bono. The theater would adjoin the existing band room, which would be upgraded with new practice spaces and instrument storage.

The Rio Band community has long cant funds for school improvements district-wide. We must now make our case for the "Rio Americano House of Music" to the wider Rio community, our local elementary and middle schools, and the SJUSD community at large. In the coming months we will be asking you to help out in various ways, including voicing your support of this project in community meetings where public opinion will be measured.

RABB has already collected over \$20,000 in seed money, donated by community members, friends far and wide, and even Jazz great Pat Meth-eney, in memory of Niko Winchell, our sophomore guitarist who passed away in the fall of 2012. The time has come to make this vision a reality for our own and future generations of young musicians. Please join us in this rare opportunity to make one of the country's finest band programs even better.

In other Rio band related news, the school held its 33rd annual playathon, created a conceptual drawing and floor a 17-hour musical marathon as it celebrates its 50th anniversary.

Elementary and middle school musicians joined the Rio Americano High School Band on Friday, Nov. 8 for Playathon, a 17-hour musical mara-



from its unique small ensemble class. at Lincoln Center's annual Essential-Playathon benefited Rio's nationally recognized band program, serving all levels of musicians. Donations to the Bowl of high school jazz", attracts en-Rio Americano Band Boosters (Feder- tries from across the U.S. and Canal Tax ID# 680018985) will help sup- ada. After several years of participort band throughout the school year.

Max Kiesner, has been widely rec- top honors. RAHS's Honors Conognized for providing excellent high school music education. In Septem-ber 2013 Rio Band's A.M. Jazz En-cial honors status in California. Rio semble performed at the Monterey bands have performed in Japan, Chi-Jazz Festival, Rio's 17th appearance. na, Australia, Argentina and Spain, The honor is awarded to the top and are planning a tour of Italy in the three bands participating in the Monterey Jazz Next Generation Festival staged the previous spring. In May For more information about Rio's band pro-Fortunately, with the passage of thon. The 33rd annual celebration fea- 2013, Rio's A.M. Ensemble also was gram, contact Band Director Josh Murray Measure N, SJUSD will have signifi- tured each of the school's seven jazz among a small number of finalists se- at 971-7512, jomurray@sanjuan.edu.

and concert bands, as well as combos lected to perform at New York's Jazz ly Ellington High School Jazz Festival. The event, dubbed the "Super pation in the Manhattan School of The RAHS band program, un-der the direction of Josh Murray and a Rio group, "The Minguys", received cert Band was the first high school summer of 2014.

Sacto's "disco king" competed in dance competitions at Country Club Plaza

By LANCE ARMSTRONG

Editor's Note: This is part one in a series about former Sacramento disco king, Paul Ďale Roberts.

Sacramento area resident and California native Paul Dale Roberts has lived an eventful life, which includes his recognition as Sacramenduring the 1970s.

and Visalia.

A 1973 graduate of Oceana High has had a lifelong love of music.

In recalling some of his earlier memories about his connection Nash and Young, Buddy Miles. in the contest." Oh, I went to the Monterey Pop Festival, and at (that festival), I snuck in. And I saw Jimi Henwanted to do Woodstock, but I disco king." didn't make it."

In response to the question of to 1976, I was working under- the week.

cover narcotics in Germany. I was working with CID - Criminal Investigation Division. I would watch all these dancers and before I knew it, I was picking up on their moves. And I had to hang out at a lot of discothèques in Germany. And disco wasn't really big yet in the United States, but it was really big in Germany. In 1976, when I got out of the Army, the very to's only two-time "disco king" first job I landed was with Arthur Murray's Dance Studios Roberts spent the first nine (at 1422 K St.). So, I became an years of his life residing in Fres- Arthur Murray's dance instrucno, and due to his father's work tor, and I became really, really as a tax investigator, his family proficient in dancing. Anyway, relocated to other parts of the someone told me, 'Paul, you state. Among those places were ought to enter some of these San Bruno, Monterey, Stockton dance contests, because they give you money.' And I said, 'Yeah, maybe so.' So, I went to School in Pacifica, Calif., Roberts this dance competition at the California Steam & Navigation Co. (at 914 2nd St.), which we referred to back then as Steamto music, Roberts said, "Before boat Navigation, in Old Sacradisco was popular, I was real- mento in 1977. The judge for ly heavy into rock and roll. So, that contest was Monti Rock I was seeing bands, going to III, who played the disc jockey concerts (featuring) Santana, in (the 1977 disco film), Satur-Tower of Power, Crosby, Stills, day Night Fever.' I placed third

In March of 1979, Roberts entered another dance contest, which was held at Country Club drix, Janis Joplin and Otis Red- Plaza and (the famous disc jockding. That was a famous con- ey) Wolfman Jack (1938-1995) cert. So, I went to the Monterey was the judge. I came in second Pop Festival and I was so hap- place. It was the beginning topy and proud that I got there. I ward my dancing career as the

After placing second in that contest, Roberts was approached how he became involved with by the California Steam & Navidisco, Roberts said, "I learned gation Co.'s disc jockey, Bill Lawhow to do disco dancing when I ley, who had noticed that he was was in the Army. So, from 1973 out dancing nearly every night of



In recalling that moment, 'Have you ever thought about

Roberts said, "The only night breaking the (mark in the) I didn't go out was on Monday 'Guinness Book of World Renights. (The disc jockey) said, cords' (now 'Guinness World 'Paul, you have so much ener- Records' book) in disco dancgy. You're always dancing and

you're really good.' He said,



Disco King: continued from page 10

a half days."

Roberts said that to make and everything." the mark official, Guinness

All photos courtesy of Paul Dale Rober





The two-time "disco king" of Sacramento, Paul Dale Roberts won many dance contests and dancing disco dance marathons, one for 79 hours which generated a new record for disco marathon dancing. Dancing 205 hours of disco, allowed him to have the Guinness Book of World Records for a period of one month. The collection of photos shown here is just a small collection of his time as the disco king. His 205-hour disco dance marathon record was broken within one month by 329 hours. nevertheless. Ripley's Believe it or Not went ahead and published Roberts in one of their comic strips, indicating he danced for 205 hours.

dancing in the 'Guinness Book (mark). The very first time was record. 79 hours. And I accomplished Book of World Records' (mark) inside of a van.

that these witnesses monitored his eating and bathroom breaks. And he mening?' But come to find out, tioned that he had to dance there was no record for disco while he was eating.

Roberts explained that he of World Records.' So, I at- had an assistant who occatempted (to establish a) 'Guin- sionally aided him in his ness Book of World Records' quest to set a new Guinness

"They had this incredibly big it, and there were a lot of pa- German woman there," Robparazzi there. There was even erts said. "She was a weight lift-(a photographer from) a disco er (with) huge muscles, everymagazine from Germany that thing. You would think she was on was there taking pictures. And steroids. And there was a couple come to find out that the 'Guin- times where I was ready to fall out, ness Book of World Records,' and she was there to hold me and they said, 'No, you don't have dance with me slow, so I wouldn't a record, because your breaks fall out. So, as soon as I got my enwere too long.' But because of ergy, I said, 'I can do it on my own that, I got other people excit- now. You can let me go."

ed. They wanted the Guinness Roberts eventually complet-Book of World Records' (mark), ed his goal of dancing for 205 because I made national news consecutive hours, partially at with that. So, some other per- Country Club Plaza and parson did it and they had like 185 tially at the Sacramento Comhours. So, I had a local televi- munity Center. He was trans- was televised live on the Easter sion news reporter, and he goes, ferred from one venue to the Seals telethon. 'This guy has the 'Guinness other, while continuing to dance

dance for 205 hours – eight and said, "I was hallucinating, be- with a mark of 329 hours. cause I was dancing so much

tives to observe him, and ey for Easter Seals, his dancing of Roberts.



onto his record of 205 consec- co dancing mark by dancing for disco dancing for 185 hours. In further speaking about his utive hours of dancing for one for 400 consecutive hours, Can you beat him?' And I said, successful efforts to achieve month, as a man from South he later became discouraged 'Yeah, I can do it.' So, I said, 'I'll that then-new record, Roberts Africa beat Roberts' record to do so.

Roberts said that although he had planned to break the Roberts would only hold South African man's dis-

"So, I had another reporter, But his short-lived record was and he goes, 'Paul, are you gorecognized by Ripley's Believe ing to (dance for) 400 hours and Since Roberts' 205 consecutive It or Not!, which presented a beat this guy?' Roberts said."And sent their own representa- hours of dancing generated mon- comic strip featuring drawings I said, 'Yeah.' The only thing is, disco died."

Carmichael couple dedicated to race cars, other hobbies



By LANCE ARMSTRONG

When it comes to hobbies, Roger and Rosemary Andriesse are not the average couple.

For instance, with a look inside their garage, one can quickly understand that automobiles are more than just a passing interest for these Car-michael residents.

Inside the garage is a 1965 Lotus, a 2001 Mercedes, a 2012 Mini Cooper and framed photographs of race cars and car-related posters and certificates.

In speaking about his passion for automobiles, Roger, who is an Australian native who became an American citizen in 1995, said, "Back in (the 1960s), in Australia, I grew up with a bunch of guys who were gearheads. (There were) about eight or nine of us and literally two cars in that group would always be apart, and so we worked on cars. Then we decided we wanted to go and do a little bit of car racing, and the first car I took racing was a 1961 Porsche 356B. I did relatively well with that doing hill climbs, then graduated from that with the Porsche to road racing on a track. I was very unsuccessful, then I had an opportunity to buy a car called a Lotus-Cortina, which the best way to describe it is it was called 'the original fast Ford.""

In 1965, Roger came to the United States and for 35 years he pursued another one of his passions – sailboat racing. During that time, he won two U.S. national championships.

While residing in the South Land Park area in 1997, Roger met Rose- Ohio Sports Car Course in Lex- er and Rosemary have already select-

mary, whose father, Lou Spasovich, had owned a Ford dealership.

A year later, Roger and Rosemary purchased a 1966 Mustang race car, restored it and began racing it. They raced open track at various California locations, including Thunderhill Raceway Park in Willows, Sears Point Raceway (now Sonoma Raceway) in Sonoma, Laguna Seca Raceway (now Mazda Raceway Laguna Seca) in Monterey and Buttonwillow Raceway Park in Button Willow.

Roger and Rosemary were married on March 24, 2001.

In 2004, Rosemary bought Roger a 1965 Lotus-Cortina race car, which was nearly identical to the car that he raced in Australia from 1963 to 1965.

Roger started racing the car at various Čalifornia tracks, and in November 2005, the car was stolen and only its shell was recovered.

Not to be discouraged, Roger and Rosemary were motivated to rebuild the car.

That project began with a motor be- once again racing. ing built in England to the same specifications of 1966 factory race cars.

With the rebuilt car, Roger was racing again by May 2006.

It was also in 2006 when Roger introduced Rosemary to Europe, and while there, they attended the prestigious Monaco Grand Prix Formula 1 motor race.

Roger has continued to race his car each year at tracks across the United States, including at Watkins Glen International in Watkins Glen, na is the only one to have been invited N.Y., Laguna Seca Raceway, Schenley Park in Pittsburgh, Pa., Mid-



ington, Ohio, Pacific Raceways in ed the racing events that they plan to Kent, Wash., Portland International Raceway in Portland. Ore., and Road America in Plymouth, Wis.

At the latter named track, in 2008, Roger, at the age of 65, had his only first place finish in his life.

Unfortunately for Roger, he had his first major race car accident in 2012. The car was rebuilt and Roger was

Roger said that he was proud to have his car accepted to race at the most prestigious vintage race event in the nation – the Rolex Monterey Motorsports Reunion at Laguna Seca.

In speaking about that event, Roger said, "I'm honored to have been accepted for (that race) for the last four years. Typically, 1,000 to 1,100 people apply to race at this event and only 500 are accepted, and what makes it more special is that this Lotus-Corti-(to compete in the race) four times."

With a new year approaching, Rog-

Andriesse: Continued from page 12

getting another dog and I said, Well, would you consider we raise the dog for Canine Companions?""

and Rosemary began raising and training Dana, who was a mixture of 75 percent Labrador retriever and 25 percent golden retriever.

ing mixture, on average, is the most successful for Canine hearing impaired." Companions service dogs. But he added that that is not to say that a pure Labrador or golden cannot be a successful service dog.

Photo by Lance Armstror

(above) Roger and

stand in front of

Cortina race car.

Rosemary Andriesse

Roger's 1965 Lotus-

(left) Roger Andriesse

race at the Portland

Raceway in Portland, Ore. in 2009

participates in a

nternational

After being asked to describe his

dream road and racing cars, Roger

said, "The road car would be a 1979

Ferrari 512BB. This car is really the

first mid-engine, 12-cylinder Ferra-

ri road car. This may sound unusu-

al, but my dream race car is a 1934

MG ND Magnette. This car is one of

16 factory, aluminum body race cars

Another passion of Roger and

In describing how he and Rosemary

became involved with puppy raising and training, Roger said, "About 10

years ago, a speaker came to our (Point

West) Rotary Club to speak about an

organization called Canine Compan-

ions (for Independence), which pro-

vides dogs for people that need assis-

tance. A couple of years later, both my

dog and my wife Rosemary's dog died.

See Andriesse, page 13

Valley Community Newspapers, Inc.

Rosemary is raising and training ser-

attend in 2014.

built that year."

vice dogs.

marize the Canine Compan- erator, turn lights off, alert its Lab and just to get a good Lab ions dog training program, owner about the sounding of puppy is \$1,500, with no train-Roger said, "You basical- a fire alarm or an oven timly get a dog when its sev-en weeks old and you have er's buzzer, grab and deliver a in raising funds for CCI. phone, pick up dropped keys Thus far, Roger and H it until it's a year and a half old. In that time, you social- and drawers by pulling on ize it, you basically teach it cords and go to the bathroom Lab named Julann, a 75 perits first 20 commands. Once on command. a week, you go to a group class where they review takes great satisfaction in the what you taught it in the last week and give you what raised and trained to children you should do with him the in need. next week. At 18 months old, you return the dog to Canine Companions, and it lege student – and a lot of these then goes into six months of intensive training with professional trainers. At about vice dog) is the world's greatest 2 years old, if they graduate, 'chick magnet."



Valley Community Newspapers, Inc

So, we were thinking about

Shortly thereafter, Roger

Roger said that this breed-

they'll go out and be one of four types of service dogs. There is the service dog that cap child or adult. The next months. one is called the skilled comdevelopmentally or physithey are to be a true comhab centers. And the fourth to adopt the dog. ones are hearing dogs for the

dogs, noting that they can mary, request that a subpull wheelchairs, take laundry out of a dryer, retrieve food And when asked to sum- and beverages from a refrigand other items, open doors

idea of giving up a dog she has half Lab.

And with a chuckle, Roger added, "If you are a male coldogs are raised in colleges – (a dog training to become a ser-

puppies for CCI do not own 100 miles of Santa Rosa. the dogs, but are simply their goes with typically a handi- trainers and caretakers for 18

panion dog and these are for do not graduate, CCI either sends the animals to ifornia, northern Nevada, cally disabled children, and other places such as law en- Oregon, Washington, Idaforcement facilities and respanion. The third type of cue organization sites, where Wyoming. dog is what's known as a fa- the dogs would work, or the cilities dog and they work puppy raiser takes the dog as members of Gold Rush in hospitals, schools, re- a pet or nominates someone

People who adopt such a dog pay an adoption fee, Roger also described var- and a lot of puppy raisers, raisers" and anyone who is inious capabilities of service including Roger and Rose- terested in raising and trainstantial donation be made for one of these dogs.

"They're getting a fully trained ing," said Roger, who specializes

Thus far, Roger and Rosemary have trained three other dogs. Those dogs were a pure cent Lab and 25 percent gold-Rosemary said that she en dog named Hamika, and Miwa, who is half golden and

Although Roger and Rosemary have yet to have a dog graduate from the program, Roger noted that only about 50 percent of the dogs graduate.

CCI, which was founded in Santa Rosa in 1975, has its own internal breeding program and

People who raise and train all the breeding is done within

The national headquarters and the Northwest Regional Center is located In cases in which the dogs in Santa Rosa, and the re- lias. gion covers Northern Calho, Montana, Alaska and

Champions, the local chapter mary's camellia bushes. of CCI.

Roger emphasized that CCI is "always looking for puppy

ing a CCI dog should visit the Web site www.cci.org.

The Andriesses also became involved with a very Sacramento activity, raising camel-

Although Roger said that his participation in this project is limited to digging holes, he has kept fairly active in that area, as during about the past Roger and Rosemary are seven years, he has dug about 20 holes in his yard for Rose-

Rosemary, who is a member of the Camellia Society of Sacramento board, enjoys showing blooms at the capital city's annual Camellia Show.



St. Michael's Episcopal Church Come let us adore Him! Christmas Eve, December 24th

• Christmas Family Service with Eucharist at 5:00 pm • Festival of Christmas Music 9:00 pm • Christmas Eucharist with Candlelight 10:00 pm All are welcome!

2140 Mission Ave. Carmichael, CA 95608 • 916-488-3550 www.stm-ca.net



www.valcomnews.com • November 28, 2013 • Arden-Carmichael News 13

East Lawn Memorial Park reaches 100,000th interment mark with burial of Eppie Johnson

By LANCE ARMSTRONG

After more than a century of serving the public, East Lawn Memorial Park recently reached a particular milestone with its 100,000th interment – that of Eppaminondas George "Eppie" Johnson, who gained much notoriety for his chain of Eppie's restaurants, and who founded one of the city's better known annual events, Eppie's Great Race.

In speaking about the fact that his late father became the 100.000th person to be interred at the cemetery, which was established in October 1904, George Eppaminondas Johnson II said, "First of all, it blows my mind that so many people are (interred) there. I thought that was remarkable. Probably from the standpoint that it's

like, yet again, it's sort of another maintained his Eppie's restauachievement, you know, notch rants for so many years. in the wall for my dad. It's obviously sheer, absolute luck that it happened to be him (who became the 100,000th interment). He would have loved that (trivial fact). He would have told everybody about it, and he probably is (telling everybody), just upstairs. So, I just think that's sort of neat. It's just part of who he was. If it was going to happen to anybody, it would happen to him, so he could brag about it."

George II, his sister, Lisa (Johnson) Mangels, and many other people who knew Eppie well recognized him as a charismatic character who enjoyed interacting with others.

As an example of his father's showmanship and what he referred to as a "generously sized ego," George II explained part of the reason why his father

Offering a wide variety of framing services,

featured artists, and unique gift items!

CHECK OUT OUR NEW

GALLERY EXPANSION!

10% Off All Custom Framing

with this coupon | expires 12/31/13

www.ArtisticEdgeFraming.com

1800 Fulton Ave, Sac. 95825 (at Alta Arden)

Monday-Saturday, 10am-5pm (other hours by appointn

"For (Eppie), one of the things that kept him from selling the restaurants and had him hang on to them longer than he probably should have was (the restaurants) were his identity. His name was up in lights, so to speak, with all these signs or whatever."

And Eppie's own physical identity was great, as well, as he attracted attention for his colorful, flashy clothing; thick, wavy hair; stylish facial hair; blue eyes; and outgoing demeanor for many years.

In his latter years, Éppie was still a man who never shied away from the limelight.

Long before Eppie became a well known figure in the Sacramento area, he had spent many years living on the East Coast.

Eppie's life began on May 7, 1928, when he was born to his parents, George Eppaminondas Johnson I (1898-1979) and Anastasia "Fotini" (Mousmoules) Johnson (1904-1962). He was raised in the Astoria neighborhood of Queens, N.Y. and had one sibling, Paula (Johnson) Alexander (1925-2000).

Eppie's parents divorced in the 1940s, and Eppie was

"There's a child waiting

raised by his mother, who brought income to her family through her work in a millinery shop.

Eppie's father, who was a native of Broussa, Turkey, relocated to Reno and he later moved to Sacramento.

George I was a well-known businessman, who gained much notoriety in Sacramento through his Del Prado Restaurant, which was locathim," George II said. "It was ed at 5500 Stockton Blvd. He was also recognized in other circles, as he was an essential member of the Greek Orthodox Church of the Annunciation in Sacramento and a nationally-known figure in Democratic politics.

While growing up in Astoria, Eppie was involved in lifeguarding and in the Boy Scouts. He eventually became a Life Scout, which is one rank below Eagle Scout, the program's highest attainable rank.

Eppie later attended New York University, and the University of Nevada, Reno, where he was active in the ROTC. And following his graduation from the latter named institution, he served in the Army.

Sacramento to assist his father at Del Prado Restaurant. Last week, George II spoke

about the moment that led to his father's solo venture in the restaurant field.

"After my dad got fired for the second time by his dad,

FOR CHILDREN

10 a.m.-1 p.m.

The Candy Cane Café will be open for

food and beverage purchases.

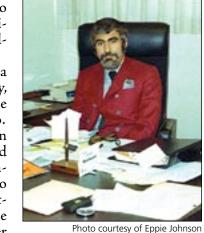
SACRAMENTO COUNTRY DAY SCHOOL

2636 LATHAM DRIVE

Information at 916.481.8811

www.saccds.org

*



Ennie Johnson sits in his former office at the Imperial 400 Motel – Econo Lodge as of Oct. 30, 2013 – at 30th and N streets

that's when my dad said, 'Forget this, I'm going off on my own.' His father said, 'You'll never make it on vour own without my help.' And so, of course, that fueled the fire even more to say, 'I'm going to prove you wrong."

Eppie ultimately established his own catering business, and he catered to many functions, including store openings on the K Street Mall.

In 1964, Eppie made a maior career move when he opened Eppie's Restaurant In 1950, Eppie moved to and Coffee Shop at 3001 N St., where an IHOP restaurant now operates.

From that point, Eppie began establishing other Eppie's locations, including sites in Las Vegas, Cameron Park,

See Eppie, page 19



• IICRC Certified

LGCC.JOOSEE.com

(916) 868-7666

LIC# 480492

Certified Kitchen & Bath Remodeler



YOUR AD HERE

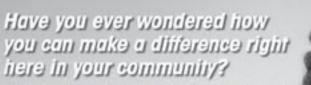
Call today! Your services are needed. Your ad should be here Ad design is free.

Call 429-9901





THE REMODEL EXPERTS! "Building your dreams!



There are children in our neighborhood that need a home and a family. You can make a difference in a child's life that lives right here in our community by becoming a Faster Parent. Faster Parents are people who open their hearts to children in need of a home and a family that will show them love, support, and the guidance that ALL children deserve.

Remi Vista, Inc. provides Foster Parents with

 Supportive Staff & Social Workers

Custon Franking & Gallery

- Excellent Training
- Fantastic Teamwork
- **Respite Services** Generous
- Reimbursement

TOY & GIFT DRIVE Give a local foster youth a smile this holiday! Bring or mail an unwrapped toy or gift to our office. Thonk you! 4993 Golden Foothill Parkway

El Dorado Hills, CA 95762 916.941.8812

Merry Christmas from our family to yours!_



Are you ready to change the life of a child? Become a Foster Parent today!

ng the North State Since 1970 Visit us online at www.remivista.org or call us directly at 1.800.668.4638



Your Home Improvement Guide

- Hard Water Stain Removal
- Landscape Maintenance

CREATURE CATCHERS/REMOVAL

CALL JOHN

(916) 449-8055

Call Jesse (916) 417-4231

YOUR AD HERE

Call today!

Your services

are needed.

NEW Kitchen and Bath Cabinets, ALL WOOD Come check out our Showroom! Offering ... Design, Measuring, & Installation Your ad should be here. Our warehouse is filled with liquidated building materials! **DISCOUNT BUILDING MATERIALS** Ad design is free. 6043 Power Inn Rd, Sacramento, CA 95824 • 916-369-1846 Call 429-9901 www.builderssurplusllc.com Hours: Tues – Fri 9 to 5; Sat 9:30 to 4; Closed Sun/Mon BUILDERS CLEAN UP/GARDEN MAINTENANCE Terra Bella PRECISION WEST BUILDERS GARDENING MAINTENANCE & SPRING CLEAN-UP **GENERAL CONTRACTORS SINCE 1979** "Not your typical mow, blow & go company!" For All Your Design/New Construction & Home Renovation Needs • Full vard maintenance • One time clean-up • Gutter cleaning • CUSTOM HOMES • KITCHEN/BATH REMODELS • Tree Trimming • Stump Grinding •ADDITIONS •FULL TEAR-DOWNS •ROOFS •CONCRETE CALL NOW FOR FREE ESTIMATE: (916) 441-4800 Call Randy (916) 454-3430 or 802-9897 ighly Competitive Rates • CA Lic #794864 • Accepts All Major Credit Card

CONTRACTOR

Kitchens

www.lytleconstruction.com

Bathrooms

Custom Cab

916-422-6639

aĥo

BUILDING MATERIALS

Complete Home Remodeling Garry Construction General Building Contractor - Residential & Commercial

Office (916) 486-1871 ~ Cell (916) 835-1735 Kitchens, Bathrooms, Additions, Plumbing, Concrete Exterior Work/Painting, Flooring, Decks, Roofing, Fencing GarryConstruction.webs.com

DESIGN/BUILD

Additions, conversions,

Specials! Call Now!

HartiganConstruction.com

renovations

Celebrating our 25th Year Anniversary! FREE ESTIMATES! Lic# 558941

CONTRACTOR/REMODELS

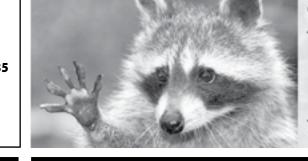
ARTIGAN

ONSTRUCTION IN

Kitchens & baths Save \$\$\$ with Fall/Winter

(916) 372-0530

Free estimates - Small jobs welcome Serving Sacramento since 1995 + Licensed, Bonded & Insured + Lead Certified + Lic.#706474



DECKS & FENCES

BUILD • REPAIR • REPLACE I build new redwood & composite Trex[™] decks. I can repair your existing deck. I can **repair/replace** your dry rot issues. I **build/repair** fences.

HOUSE OF STONE Contractors

Creature Catchers Wildlife Management "If it walks or flies, we'll remove it Humane and non-toxic solutions for both animals & man Dead Animal Location/Removal • Exclusion Work Live Trapping • Humane Removal • Repair Skunks • Fox • Raccoon • Opossum • Squirrels Mice/Rats • Birds/Bats (bat elimination)

www.terrabellagarden.com · Lic# 152584

CreatureCatchers.org 530 885-PEST(7378)

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC Reasonable Residential & **Commercial Work since 1960 Repairs**, Trouble Shooting Custom Lighting/FREE Est. Excellent ref from Angie's List

(916) 451-2300 Cell: 213-3740 Neil McIntire — C.S.L.# 394307

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901





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

Nutcracker in One Act

& Christmas Angels (Family Friendly Perf Crockett-Deane Ballet Co & Deane Dance Center

Saturday, December 14, 7 p.m. Sunday, December 15, 2 p.m.

The Center at 2300 Sierra Blvd Tickets at the door and at Deane Dance Center 3385 Lanatt Street (916) 453-0226

7th Annual Crab Feed Fundraiser **Bella Vista High School** Football Boosters Saturday, February 1, 2014 5 – 11 p.m. **Divine Savior Church** 079 Greenback Lane, Orangeval \$40 per person/tables seat 8 (916) 717-3517

Order forms @ <u>www.bellavistafootbal</u>

Find that special gift for the holidays at ... An "Old-Fashioned" **HOLIDAY CRAFT FAIR** Saturday, December 7th

10 a.m. to 3 p.m. Waterford Cove Clubhouse, 7650 Windbridge Drive, Sacramento (Corner of Windbridge & Rush River Drive)

There's something for all ages, homemade candy and sweets, ornaments, dolls, hand bags, NFL lap quilts, jewelry and much more. Including a Holiday Gift raffle.

35th Annua "Holiday Show of Hands" **CRAFT FAIRE** Friday, Dec. 6th, 5-9 p.m. (\$3) Saturday, Dec. 7th, 9 a.m. - 7 p.m Sunday, Dec. 8th, 9 a.m. - 3 p.m. Unique, Handcrafted Gifts, Decorator Items, Collectibles,

St. John the Evangelist 5701 Locust Avenue, Carmichael

(916) 429-9901

CALIFORNIA WATERFOWL Pocket/Greenhaven Banquet **Steak and Prawns Dinner** Thursday, Dec. 5, 2013

ocktails 5:30 p.m.– Dinner 7:30 p.m

Portuguese Hall 6776 Pocket Road

ickets call Dave @ 916 427-6961



EMERGENCY SERVICES, too! Sod, sprin-klers, hauling, concrete removal (Patio, borders, etc.), autters cleaned, pressure wash ing, painting, tree & shrub removal, clean-up, general labor, fence repairs, planting, light tree trimming, odd jobs & more. LICENSED.

FALL CLEAN-UP SPECIALS!

Steven at 230-2114.

HANDYMAN SERVICES

HANDYMAN

Sell your furniture in the classifieds!

CALENDAR

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

The Sacramento Capitolaires

meeting

A men's Barbershop Harmony group, meets every Tuesday night at 7 p.m. at Pilgrim Hall (Sierra Arden United Church of Christ), 890 Morse Ave., Sacramento, Info: www.capitolaires.org, call 888-0877-9806, or email info@capitolaires.org

Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group meets at Aviator's Restaurant, 6151 Freeport Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m. The meetings discuss our fund raising Projects and Community Service, often with speakers from our community.

Adopt a child for the holidays

Help Sunburst Projects bring joy to the lives of children living with HIV/AIDS. Contact Sunburst Projects at 1095 19th St. Suite 1A, Sacramento. 440-0889, ext. 301.

Balance and mobility training to

reduce falls class

Kelly Ward, Parkside Community Church's "Fall Prevention Lady" will be presenting a 4-week Beginning balance and mobility class on Monday and Wednesdays 11:30 a.m. to 12:30 p.m., starting Oct. 2 through Oct. 30 at Parkside Community Church at 5700 Land Park Drive. The onehour classes will include warm up. balance and mobility training, muscle building exercises, flexibility, and range of motion exercises, followed by a cool down segment to review the day's lesson. Wear loose comfortable clothing and sneakers. Kelly Ward is a certified fall, balance and mobility instructor and a certified Senior Fitness Training, M.S. Therapeutic Aging. For questions, call 821-5715.

November

East Sac Rotary Nov. 27: Meets at 6 p.m., Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Rotary Club of Pocket/Greenhaven

Nov. 28: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freeport Blvd. (916) 684-6854.

Rotary Club of South Sacramento meeting

Nov. 28: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noor

to 1 p.m. at Iron Steaks Restaurant, 2422 13th St, Sacramento, CA 95818.

Bi-Polar Anonymous

Nov. 29: Free 12-step program/support group for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106, (916) 889-5786.

Kiwanis Club of East Sacramento-Midtown

Nov. 29: Visitors Welcome, weekly break fast meeting on first, second and third Fridays at 7:00 AM and Dinner meet ing on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

December

Rotary Clubs of Arden-Arcade, Carmichael

Dec. 3: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Ruth's Chris Steakhouse in the Pavilions on Fair Oaks Blvd. (916) 925-2787. Carmichael meets at 6:30 p.m., Ancil Hoffman Golf Club. www.rotarv.org

Soroptimist International of Sacramento North meeting

Dec. 3: An organization for the bet of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643

Dec. 3: An organization for the betterment of women and children meets at Aviator's

Restaurant, 6151 Freeport Blvd. for lunch and to discuss the day's topic.

Sacramento City College Annual **Holiday Art Sale**

Dec 4, 5 & 6: Buy unique handmade gifts and support the SCC Art Department and Kondos Gallery. Dec 4 and 5 from 10 a.m. to 2 p.m. and 5 to 6:45 p.m. Dec 6 from 10 a.m. to noon. Fischbacher Art Building: Kon dos Gallery: room 123, 3835 Freeport Blvd 95822, 916 558-2559 or www.kondosgallery org for information. Parking is \$1 (you get a parking slip from a vending station)

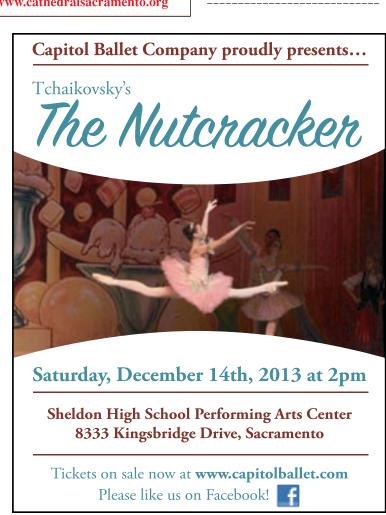
East Sac Rotary

Dec. 4: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com

Calendar continued, page 18







Calendar: Continued from page 17

Rotary Club of Pocket/Greenhaven Dec. 5: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freeport Blvd. (916) 684-6854

Rotary Club of South Sacramento meeting

Dec. 5: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noon to 1 p.m. at Iron Steaks Restaurant, 2422 13th St. Sacramento, CA 95818.

Bi-Polar Anonymous

5330B Gibbons Drive

11 am-8 pm

Carmichael, CA 95608

Music, Refreshments

www.sacfinearts.org

Dec. 6: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Kiwanis Club of East Sacramento-Midtown

Dec. 6: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting or fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www. eastsacmidtownkiwanis.com, Meeting/ Membership info: 916-761-0984, volunteers always welcome!

Santa's East Sac Adventure at Theodore Judah

Dec. 7: Santa's East Sac Adventure at Theodore Judah Elementary will be held from 10 a.m. to 2 p.m. Visit with Santa and his petting farm; get your picture taken and partake in a gingerbread house making workshop and holiday boutique featuring local businesses!



PRESBYTERIAN CHURCH



Advent Craft Jaire & Christmas Gift Boutique Make and take no-cost crafts for the family.

Bel Tempo Concert Hear our world famous hand bell choir.

Sun. Dec. 22nd, 4 pm

Sat. Dec. 7th, 10 am - 2 pm

Sun. Dec. 15th, 4 pm

Christmas Carol Sing-a-Long Come sing your favorite carols.

Christmas Eve Services 5:00 pm Family Service ~ 10:00 pm Candlelight Service Bring the kids at 5:00, or come at 10:00 to a traditional candlelight service.

- Worshipping With the Community Since 1955 -

3235 Pope Ave. (Between Watt and Fulton) 487-5192 • www.NorthministerOnline.org

Valley Community Newspapers, Inc.

Eppie:

Turlock and other Sacramento area locations such as 6341 Florin Road, 4600 Madison Ave., 2525 Watt Ave. and 4657 West Capitol Ave.

Adding to his accomplishments with Eppie's restaurants, Eppie also had several restaurants, called Eppaminondas. These restaurants, which opened in the late 1970s, were located at Cal Expo, in Rancho Cordova and in Stockton.

Eppie, who was married to Nancy C. Johnson for 29 years before their marriage ended in divorce in about 1983, also purchased tennis clubs in Davis and in the south area at 6000 South Land Park Drive. Although Eppie no lon-

ger owned any restaurants or tennis clubs at the time of his death. the old West Sacramento Eppie's continues to operate under a different ownership that has no association with the Johnson family.

founding of Eppie's Great Race, George II said, "How Eppie's Great Race came to be was (Eppie) and a good friend of his who happened to be a K2 ski rep were skiing. They were chitchatting and (the friend) said, 'You know, Eppie, we ought to do a tri-athlon.' (Eppie) said, 'What do you mean?' And he said, 'We ought to ski from the top of Alpine Meadows down to the bottom, run out to the Truckee River and kayak down the Truckee River into Truckee.' My dad said. 'That sounds like a great idea, but I don't have any restaurants up in Tahoe.' So, that planted the seed and two or three weeks later, my dad thought, 'Aha, I know what we can do.' He was a promotion guy and he wanted to promote his restaurants. He said, 'We'll start out at the Eppaminondas – which is now Hooters - at Zinfandel (Drive) and (Highway) 50 (in Rancho Cordova), winds through Rancho Cordova and Sacramento to wind up at the Eppie's – which is now the Outback Steakhouse – on Howe Avenue. So, that is where the idea was born."

As for his aforementioned

Eventually, the race, which originally supported the Aquarian Effort (today's WellSpace Health), was relocated to the American River Parkway.

The nonprofit race, which is billed as "The World's Oldest Triathlon" and is recognized as the nation's largest paddling event, celebrated its 40th anniversary this year.

It consists of a 5.82-mile running stage, a 12.5-mile bicycle stage and a 6.35-mile kayaking stage.

The current primary benefactor of the event is Sacramento County Therapeutic Recreation Services. The race has raised more than \$1 million for that organization.

Eppie passed away at the age of 85 on Sept. 16 and was interred at East Lawn Memorial Park eight days later.

In understanding both the importance of East Lawn, "which stands as a guardian of history from generation to generation by preserving individual, family and community heritage," and the impact Eppie made on the community, East Lawn President Alan Fisher said,"It may well be fitting that the person with this household name in Sacramento became our 100,000th interment at East Lawn Memorial Park."



Information/tickets: (916) 331-5810 or www.rivercitychorale.com

Shop BERGHOLD VINEYARDS

PREMIUM ESTATE WINES

LIFE SIZE OLD WORLD SANTAS

20 ∕⊇= 5 Crockett-Deane Ballet Company 6 & Deane Dance Center Saturday, Dec. 14th, 7pm & Star. Sunday, Dec. 15th, 2pm Featuring The Nutcracker (one act with narration) and Christmas Angels Tickets at the door: Adults \$15 Seniors/Students \$12 Children \$10 The Center at Twenty Three Hundred

2300 Sierra Blvd., Sacramento

916.453.0226

<u>)</u>

0

10

0

Questions? Contact Deane Dance Center

UNIQUE HOLIDAY GIFTS HOME DECOR APPAREL & ACCESSORIES WINE RELATED GIFTS LOWEST PRICES IN TOWN ON MARK ROBERTS FAIRIES!

HOLIDAY HOURS BEGIN DEC. 2: THUR-MON. 11-5PM

17343 N. CHERRY RD. ¤ LODI. CA 95240 ¤ 209-333-9291 resent this ad to receive complimentary wine tasting



൭

0

V

www.valcomnews.com • November 28, 2013 • Arden-Carmichael News 19



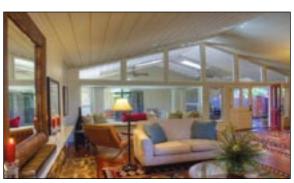
NEAR ANCIL HOFFMAN Stunning 4 bedroom 2¹/₂ bath on over ¹/₂ acre lot near Carmichael park and golf course. Custom interior paint throughout, completely remodeled kitchen. 3 different French doors lead to lovely backyard patio, pool with waterfall and loggia. \$1,150,000

LEIGH RUTLEDGE 612-6911 **BILL HAMBRICK 600-6528**



EXTRAORDINARY CUSTOM 4 or 5 bedrooms 3 full; 3 half baths; 24' entry, limestone floors, main floor master, bath with onyx counters, jetted air tub and heated floor. Granite kitchen, hidden refrigerator, highend appliances, and butler's pantry. Home theater, wine room, outdoor kitchen! Spectacular! \$1,995,000

COLLEEN WIFVAT 719-2324



STYLISH REMODEL

Contemporary, designed for gracious entertaining! 5 bedrooms, 4 fireplaces, 3 baths; vaulted ceilings, open airy spaces, magnificent new kitchen. Remote family room with home gym space. Lovely pool and water feature set on .80 acre with orchard, garden and inviting patio spaces. \$978,500

JAY FEAGLES 204-7756



RARE TREASURE

From the elegant entry to the Provence inspired gardens, this Sierra Oaks home is a home of distinction! Intricately decorated Moire fabric walls, hand-painted wallpaper and windows galore; on a .65 acre parcel. Spectacular backyard, pool, koi pond, patios, walkways and secret garden!! \$1,495,000





Randy Parks built 4 bedroom 21/2 bath home. Random plank hardwood floors, large family room and huge master bedroom added with permit. Breakfast nook, formal dining area, inside laundry and central heat and air. \$337,000

LEIGH RUTLEDGE 612-6911 **BILL HAMBRICK 600-6528**



SOPHISTICATED

Contemporary home in a private, gated community located across from Del Paso Country Club. This single story has vaulted ceilings with large living room and formal dining room with wet bar and double-sided fireplace, open kitchen, 3 full bedrooms and 21/2 baths. Three separate patios! \$439,500 **CHRIS BALESTRERI 996-2244**



WONDERFULLY UNIQUE Private, pole design home on $1\frac{1}{2}$ acres with 4 bedrooms, 4 baths. Architect designed the Reagan Library! Gorgeous Joan Colton stained glass front door. Features cast iron tub-stays hot, brass doorknobs, solid oak doors, vaulted ceiling, and gazebo. Garage and workshop/barn with lots of storage. \$469,000 **DIANA LOCKE 346-3286**



Beautiful one story home built in 2002; 4 bedrooms and 3 full baths plus a 3-car garage. The living room dining room is a great room concept with high ceilings and gas fireplace. The large master suite has his and hers closets and a oversized master bath with large shower and sunken tub. \$485,000

CHRIS BALESTRERI 996-2244



RIO DEL ORO

Fantastic 3 bedroom 3 bath home is walking distance to amazing restaurants, coffee shops, and to Rio Del Oro Racquet club. Vaulted ceilings, open areas, and the mature backyard are perfect for entertaining. Add your finishing touches to make it your own and this is simply a must see. \$263,000 **TIM COLLOM 247-8048**

for current home listings, please visit: DUNNIGAN REALTORS.COM 916.484.2030 916.454.5753



Dunnigan is a different kind of Realtor.®

