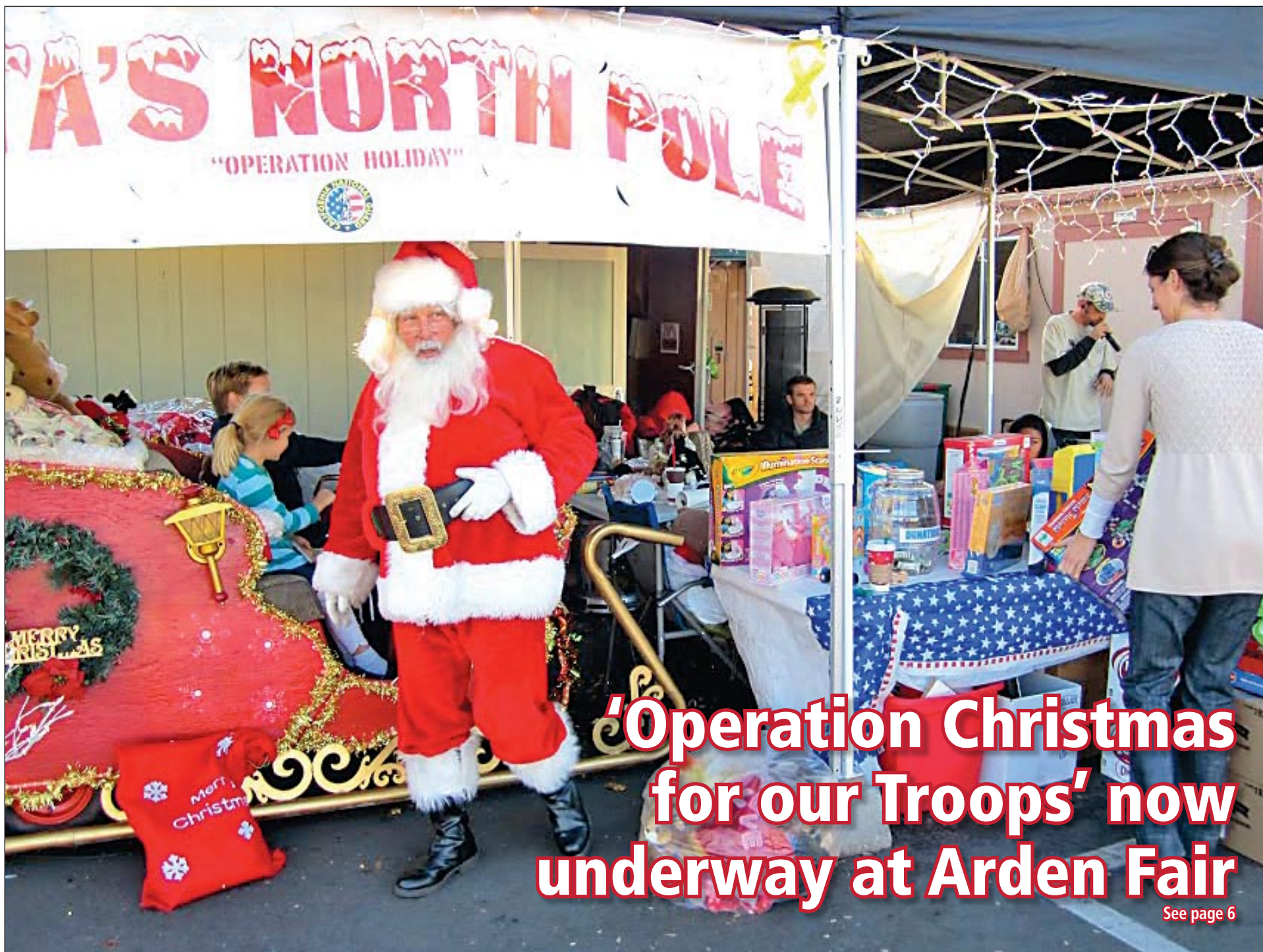


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Who's reading our paper?

Courtney from Good Day Sacramento came to do a segment on the lovely ladies at Jazzercise in South Land Park who worked out on Thanksgiving at the annual "Turkey Trot Dance Party". Courtney got a chance to read about a show at the Chautauqua Playhouse, titled "Camping with Henry and Tom". The annual Jazzercise class supports a charity in the Sacramento area. This year's recipient, Wind Youth Services, engages youth experiencing homelessness to provide them safety from the streets and access to resources to move them from crisis to healthy functioning. Five large boxes were filled with personal items, socks and warm clothing, paper products, razors, shampoo, soap, Kleenex, and gift cards and cash were donated by the attending members of this class.



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The SPYGLASS

A CHRISTMAS SPECIAL

By J.J. MILLUS

"Tis the season of giving—giving thanks, giving presents, giving old Dockers slacks or L.L. Bean jackets to the local Good Will, Thrift or Salvation Army. So with Christmas 2013 drawing near we have decided to give this column over to friends and fans of The Spyglass. We have spent some time asking for and receiving holiday stories—special Christmas season tales—little vignettes and anecdotes of past end-of-year times which, to that person, have made the normally cold, bleak "holidays" humanly warm, touching and memorable. A cynic might say we're being lazy—we of course beg to differ. Here's but a sample of what we gathered:

Dr. John Cherry—"Our mother was the heart and soul, the love and life of Christmas with us. When she passed away, my sister was at a loss

one Christmas as to where to go with her family and what to do. Living in the Dallas/Fort Worth, Texas area—with many GI's coming home from foreign countries to the airport—Tracy came up with an excellent idea. She and her kids would make up festive signs welcoming our troops back when they disembarked at the airport from overseas tours in Iraq, Afghanistan and other foreign countries. They went out to the arrivals building on a chilly Christmas Eve and joined the throng of family members watching for their loved ones. The excitement was contagious when a familiar face was spotted. It was also a thrill to see the faces of the GI's light up even brighter when they saw her group with their placards and heard their cheers and friendly, welcoming voices. Many high fives and thumbs-up signals were exchanged as they spent the better part of the day just beaming "hello" to our handsome men in uniform. Even years later, when we hear the story told of our sister's Christmas "welcoming committee," our whole family still can picture those smiling faces and those happy hours well-spent, with a tear in our eyes and a proverbial lump in our throats."

Richard Frank—"When the snow stopped late one Christmas Eve, there followed a clear sky with a full moon shining bright. An adventurous idea popped into my young head. I would strap on a pair of cross-country skis and head down an old abandoned stretch of railroad tracks that wound through the ploughed Michigan farmland and countryside near our house. As I came around a bend in the tracks, what did I hear but the sound of Christmas carols wafting on the light breeze blowing through some snow-covered trees. It was midnight Mass being celebrated in a little chapel in the woods that I never knew existed and couldn't even see

from where I was! The congregants were vocalizing "Silent Night" and "Hark the Herald Angels Sing" with a gusto that I never before or after witnessed. Finally, as I trekked on, the church came into view. I stood there on the tracks, not even feeling the cold, for some ten or fifteen minutes—totally mesmerized and transfixed. Full moon lighting the acres of snow, free surprise concert of sacred music ascending to heaven—it was as blessed and beautiful a moment and as good a gift as anyone could ask for at any Christmas, anytime and anywhere."

Dorothy McMahon—"Memories of childhood Christmas in snowy, cold Wolf Point, a small town in north-east Montana: Taste of feathery snowflakes; listening to the radio on Christmas Eve for reports of progress of Santa's sleigh from the North Pole! Years later, and on a more meaningful level, volunteering to distribute meals and gifts with the Salvation Army on Thanksgiving and Christmas."

Paul Marin—"Working as a department store Santa one



year in Abraham & Straus—"A & S" to everyone—in Hempstead, Long Island New York. Not many years out of childhood myself, I couldn't believe how happy the little kids were to sit on Santa's lap and rattle off a list of their desired toys and games. The pay wasn't much but the joy was priceless—and contagious—making it a totally fun job. Then taking advantage of the employee's discount to blow half the wages on Christmas presents for my sisters and mom!"

Jean Marie B.—"As a mother I know my own kids

See Spyglass, page 4

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Spyglass:

Continued from page 3

stopped believing in Santa Claus around age six and started making a list of things they wanted from T.V. ads. But as for myself, I was still a True Believer at 10 or 11. I heard the steps of the reindeer on the roof, wondered how Santa made it down the chimney, ate the cookies we left out—the whole bit. I even worried about getting coal

in my stocking! Then out of the blue on my tenth Christmas my father asked me to go to the attic and help him with the toys he had hidden there to put under the tree. There was this crushing sense of all the magic being wrenched from Christmas. So it was *my father*—not Santa—who had brought all the toys! I just couldn't believe it. I was too flabbergasted to speak. I don't think I ever really got over it."

And we couldn't resist adding our own:

J.J. Millus—"If you're a young New Yorker, it's almost impossible to resist the urge to honor Christmas tradition by making a visit to Rockefeller Center to see the huge and famous tree, preferably at the first lighting. Then taking a stroll down Fifth Avenue to St. Patrick's Cathedral to hear choir practice, with that magnif-

icent organ and those top notch singers. After that came conducting an inspection of the professionally decorated store windows of Lord & Taylor, Bloomingdale's and Sax Fifth Avenue, as well as everything in between. A definite "must" included a stop for coffee or a hot chocolate in Chock Full O' Nuts or "the Automat". The Horne & Hardardt Automats

See Christmas special, page 5

Christmas special:

Continued from page 4

are gone now, as well as "Chock Full", replaced more modernly by Au Bon Pain, Starbucks and others. But the delicious taste of those mince, pumpkin, and apple pies or cinnamon raisin toast with cream cheese from the former places still lingers in memo-

ry with both tourists and native New Yorkers alike of a certain age. These stops also gave the young visitor in the late 1950's or early sixties the disturbing first glimpse (and aroma!) of the unhygienic homeless, their numbers beginning to swell arithmetically with each passing year. These lonely, silent unfortunates would shelter for hours from the cold or

rainy streets with a ten-cent cup of coffee and a thirty-cent slice of pie before drifting off to sleep in the subways or doorways of "Fun City"—as it was then coming to be known. Fantastic and colorful as Manhattan was at Christmas, it was always a relief to get one's cold, tired feet back home to good old Brooklyn."

And as a bonus to Spyglass fans, check out the free download of a soothing, standard-style Christmas song we wrote and recorded years back when we had a group—"Doc Miller & Friends." When and if it becomes a hit, we promise to donate a portion of the proceeds to the homeless of Sacramento and to the El Camino High School Band:

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'Operation Christmas for our Troops' now underway at Arden Fair:

Military elf to live in a shed for 12 days to raise holiday gifts for military families

By MONICA STARK
editor@valcomnews.com

As a fundraiser for our Military men and women serving our country during the holidays, Santa's "Military Elf" Rodney Stanhope is once again living in a Tough Shed in the Cheesecake Factory parking lot of Arden Fair Mall for 12 days straight, 24 hours a day, to support America's military families and our troops overseas. On Wednesday, Dec. 11, Assemblymember Roger Dickinson, in coordination with Yellow Ribbon

America, the California National Guard, the Fulcrum Management Group, and Market Square at Arden Fair, kicked-off the annual toy drive in Sacramento.

Over the past five years, Rodney Stanhope has collected more than 500,000 donated items for military families in need. This drive has historically been the most successful drive in the nation supporting deployed National Guard, Reserve and Active Duty military members and their families.

A Navy man himself, Stanhope comes from a military family with his grandfather in the Navy, his father in the Marines and his son also in the Marines. When he began the annual toy drive 10 years ago, he had a small group at Sunrise Mall. "I was seeing military families in need and thought, 'what's up with that?'"

Every year something goes wrong, but Stanhope's spirit has remained strong. One year a generator was stolen, another year his iPhone. One year the rain and wind destroyed his canopies. "I am like, 'Oh my word. It's cold as can be.' But I have fun doing it," he told the Arden-Carmichael News.

But those setbacks are nothing, he said, compared to what troops experience



Photos courtesy
As a fundraiser for our military men and women serving our country during the holidays, Santa's "Military Elf" Rodney Stanhope is once again living in a Tough Shed in the Cheesecake Factory parking lot of Arden Fair Mall for 12 days straight, 24 hours a day, to support America's military families and our troops overseas. Shown here are photos from previous years. Stanhope lives in one of two sheds while the other is full of toys.

on a daily basis and it's just his way of giving back. "They are suffering way more than I do. It's amazing doing this whole drive," he said, adding that his wife feeds him "tons and tons of vegetables so I don't get sick."

Stanhope said one year Travis Air Force Base called saying they had 2,000 soldiers coming home for the holidays and they needed

toys. Operation Christmas for our Troops was able to fill two huge pallets of toys for families in need.

And two years ago, he said a Kentucky woman called him saying she heard about the toy drive in Sacramento and knowing that he came from her hometown, Placerville, she thought she'd ask for a favor. Two days into the

drive, 1,000 toys were being delivered, but Kentucky, being so far away, he wasn't quick to make any promises for delivery. But one of the troops overheard and said: "What's wrong with Fort Campbell? They said OK we can do it." They happened to have a plane at McClellan that was set

See Operation Christmas, page 7

Operation Christmas:

Continued from page 6

to take off Costa Rica but a detour to Kentucky to deliver two pallets of toys was made possible.

Stanhope said some Grant High School students who are a part of the criminal justice academy there, come out as a class. "I am their volunteer work for the year. I get about 10 kids who show up at about 8 or 9 a.m. and stay all day." Then the Red Cross brings out volunteers. "If no emergency happening, they all come out. It's absolutely astonishing." Then there's a car club called Team Love Hate Forever, which created an Operation Christmas Car Show, which benefited the toy drive. Last year 100 different cars were there of various types, ranging from Mustangs to Cameros, "muscle cars" and souped-up Corollas. This year, they're bringing the car show back on Saturday, Dec. 14 from 10 a.m. to 2 p.m. in the Cheesecake Factory parking lot.

To enter the car show, Stanhope said: "They charge you 10 bucks or the equivalent of toys. Last year they raised 800 toys and \$300. This year, we joined with the American Speedway Raceway in Roseville. They're bringing out race cars. It's amazing. People stop for this. Yellow Ribbon America -



- none of us take salaries. Everything we do benefits the military. We don't have a marketing person. We don't do that. We just do what we can do."

Participation is easy; bring new or gently used DVDs or CDs to send to the troops overseas or new, unwrapped toys to be given to the children of deployed military. The drive will go through Sunday, Dec. 22. The Cheesecake Factory parking lot is located at Arden Fair Mall's Market Square, 1901 Arden Way. For more information: www.yellowribbonamerica.org



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Enjoying opening day at Iceland

By GREG BROWN
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Iceland ice skating rink in North Sacramento had their big grand opening on Friday, Nov. 22 and the arena was packed. It was definitely a family friendly event led by the Kerth Family. A lot of volunteers worked tirelessly to get the skating rink ready for opening night. A lot of happy smiling faces! There was a live DJ, The Big Red Bus food truck, hot cocoa, free popcorn, and lots of ice skating.

I asked some of the people at the ice skating rink, "What do you think of the grand opening of Iceland?"

"I remember when the rink burned down and it made me very sad. When I saw in the

Iceland:

Continued from page 8

paper that they are trying to get it going again I thought I have to come." - Sherry Holland

"It's great. We got the best ice of any of the portable rinks." - Chris Lord

"They had to fight through a lot of challenges with the wind and rain and trying to get the ice smoothed out but everybody's here. Great cause. Opening night. Should be fun." - Nate Sengmany

"It's awesome. Nice to get the community out here in Friday night. It's really a family atmosphere, I see a lot of fathers and sons out here skating." - Daniel Day

"They've really spruced the place up! We're really fond of Iceland, we come here a lot. We bought our season passes today. A lot more skating and a lot less falling. It's a really neat place." - Hillary and Jason Issacson

"The grand opening and we're here. I'm really excited. There's a lot of people." - Terri Kerth

"It's great they're reopening. It's a nice family thing." - Tom Purcell

"It's exciting! All the volunteers have been anticipating the opening and the local neighborhood. Just wonderful. They're all having a great time and you can certainly see it on the faces of all the kids. Great day. More importantly, I got my husband back." her husband Rob Kerth worked tirelessly to get the arena in shape." - Tracy Kerth

"We love Iceland. We come out here very frequently we volunteered to help get it all set up. My 5 year old son learned to skate and play hockey here last year. It's just not a normal ice skating rink. It's like a big family here and it's really awesome. We were so excited to pull up and not be able to find parking because it's so packed here. It's just wonderful." - Gary Provencher and his wife Heidi brought their two kids to the grand opening.



"I met my husband the day I came to the rink, November of 1946. He had just gotten out of the Navy, and he owned the rink. In May the following year we were married. My kids have worked so hard. They have worked their fingers to the bone, which is what we always did. It's not a go away and shut the door and go home thing. It's a 24-hour, 365-day-a-year job. It never goes away. You worry about the weather; you worry about the ice. We used to have great ice shows here that rivaled the Follies because it was local

kids. Iceland has always been a happy place." - Jeanne Grandma Kerth.

Iceland's hours are 1-9 p.m. Thursday-Sunday. They offer lessons, broomball, hockey and of course ice skating. You can also book parties and events at Iceland.

For more details check out www.skateSacramento.com. They're also on Facebook at www.facebook/iceland.arena

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Sacramento area resident recalls his disco, military days

By LANCE ARMSTRONG
Lance@valcomnews.com

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

As presented in the first article of this series, during the height of disco in the United States, Paul Dale Roberts experienced much notoriety in the capital city as a disco king.

And during that era, Darwin Mitchell became the city's first disco king.

In recalling Mitchell, Roberts said, "He was the first disco king, because he won a lot of dance contests. And because of that, he got to be in a (1979) Farrah Fawcett movie (called 'Sunburn') in Mexico."

Roberts added that Sacramento's second disco king was Steve Vestnes, who gained that title because "he took a lady up on the top of the Tower Bridge and danced with her on top."

A photo of that event was published in *The Sacramento Bee*, Roberts recalled.

Roberts became the capital city's third disco king by dancing for 79 consecutive hours.

In discussing that event, Roberts said, "Gold Mine Shaft (at 2nd and J streets) was an all-African American disco nightclub in Old Sacramento. (In about 1978), it then became The Ritz, where I danced my 79 hours. A lot of paparazzi came, because I was the first person ever that was attempting (to set) a disco dance record."

Although he later lost his notoriety as Sacramento's disco king, Roberts explained that he was able to reclaim the title.

"The fourth disco king was some guy named George, who tried to beat my record," Roberts said. "In fact, he actually (danced for) 89 hours. He beat 79 hours, which was mine. It was still not a Guinness Book of World Records (mark), because there was another guy who did the 185 hours. I became the fifth and last disco king (of Sacramento) with 205 hours, which is eight and a half days."

Roberts said that his recognition as Sacramento's disco king came with many perks, privileges and opportunities.

"Because of my disco king status, they sent me down to Los Angeles to try out for (Dick Clark's music performance television show) 'American Bandstand,'" Roberts said. "American Bandstand" said, "No," because they said I was too old to go on the show. I wasn't that old. I was probably like 23 at the time."

And in recalling his opportunity to appear on (the amateur and often absurd talent contest television program) "The Gong Show," Roberts said, "They didn't think my dance routine was funny enough, and so they said, 'No.'"

However, Roberts did receive an answer of 'yes,' as he was accepted for small parts in the 1979 films, "Skatetown USA" and "Roller Boogie."

In speaking about his role in those films, Roberts said, "I was a dance extra in the movie, 'Roller Boogie' (which co-starred Linda Blair, who had gained widespread fame for her role in the 1973 film, 'The Exorcist'). The new phase was disco on rollerskates. I was just a background type person (in both of the films). I know I was

filming 'Skatetown USA' (which starred Scott Baio, Flip Wilson and Ron Palillo) before 'Roller Boogie,' so I think 'Skatetown USA' came out first and then Roller Boogie (came out) just a couple weeks later."

The 1980 film, "Grad Night," which was at least partially filmed in Sacramento, also included a glimpse of Roberts.

Roberts also described his part in a commercial for another film.

"I made a dance commercial (with footage from a nightclub)," Roberts said. "The dance commercial was (for) a very popular (1978) disco movie. It was called, 'Thank God It's Friday,' and the nightclub used (it) for that movie."

"Thank God It's Friday" included a segment of Donna Summer singing her hit song, "Last Dance." Roberts said that he was a big fan of Donna Summer during the disco era.

"Donna Summer, loved her to death," Roberts said. "I did like Chic a lot, and Gloria Gaynor. I've always been a James Brown fan, and James Brown kind of moved into sort of like the disco scene a little bit. I liked the Bee Gees. They were good."

Additionally, Roberts enjoyed the music of the disco and soul band, The Trammps.

And in recalling one of that group's songs, he said, "When I would hear 'Disco Inferno,' it reminded me of the torment that I went through during a short time in my life when I worked as a firefighter. I was a firefighter in 1977 with the California Division of Forestry (and Fire Protection - the agency known today as Cal Fire). When trying to put out a spot fire, I turned around and there was a flame 20 feet high behind me. This happened in the Sierra. Feeling the intensity of the heat on my face, hearing my hair crackle and the captain yelling at me to get into the roots of the fire, I threw down the hose, went up on the fire truck and told the captain, 'I quit.' Being a firefighter was not in my blood, but I have total respect for the men who have stuck it out as firefighters. They are true American heroes. I salute them all."

Once again reflecting on his former recognition as a disco king, Roberts explained that this status came with high-end cars, a chauffeur and an entourage.

"Anytime I did a dance show in Sacramento, I was always driven by a chauffeur in a Rolls Royce," Roberts said. "That was a privilege of (being) a disco king. So, my entourage would ride with me. At times, I could have like maybe 12 people with me in my entourage, unless we were riding around in a Rolls Royce, and there would be about four or five people with me."

As Sacramento's disco king, Roberts met his fair share of celebrities.

For instance, while dancing with Jeff Kutach's Dancing Machine in Reno and Lake Tahoe casinos, Roberts had the opportunity to meet Cher.

"We were the first number to Cher," Roberts recalled. "Cher just went solo in 1979 and (was) making her debut in the casinos. I was honored to meet her."

Additionally, because of his former residence in San Bruno, Calif. and his success with disco, Roberts once met San Bruno native and actress Suzanne Somers.



Paul Dale Roberts met actress Suzanne Somers during his disco days in the 1970s. Photos courtesy of Paul Dale Roberts



While working in the comic book industry, Paul Dale Roberts published his own comic book, "The Legendary Dark Silhouette."

Although the "disco sucks" movement led to the death of disco in the United States, Roberts' involvement in the genre would continue.

"In 1979, I was sitting in a movie theater and I was watching a James Bond movie," Roberts recalled. "As I'm watching this (film), in my head, I go, 'God, I wonder what those military intelligence guys did in the Army. So, before I knew it, I was talking to an Army recruiter and I was signing on the dotted line and going into military intelligence. So, I get to Korea. I was very, very popular, because my name was in the newspapers all over the place. So, people already knew that I was the disco king in Sacramento and I had (set a) Guinness Book of World Records (mark). So, the soldiers came up to me and they go, 'Hey, you're that Paul Dale Roberts guy. You were that Guinness guy. You had the Guinness Book of World Records (mark).' And I go, 'Yeah, yeah, I did that.' And they go, 'Oh, my God, there's

See *Disco King*, page 13

Long-time ballerina retires from Sac Ballet

By MONICA STARK
editor@valcomnews.com

Sacramento Ballet dancer Montana native Isha Lloyd has announced her retirement from her first career. Spending nearly seven years with this "incredible family of professional artists," as she describes her fellow dancers, Lloyd has unfortunately accumulated an incredible amount of injuries that have caught up with her, ending a memorable career. "(The injuries) are finally physically preventing me from enjoying or being able to perform," she told Valley Community Newspapers.

The first dancer in her family besides her grandfather who was a can-can dancer, Lloyd said she is not sure where she got her passion and dance ability from, though she said she got the ballet bug when she was little.

Forced into ballet when she was 3 years old, along with baseball, soccer and swimming, she hated it until she was 9 and started taking classes in Montana. One of the few states with a residence in ballet program, Lloyd "absolutely loved" ballet. She quit track, swimming and all of the other sports she played up until then.

At that young age, Lloyd began her ballet regimen of dancing six days a week and that drive was an impetus for her to graduate early from high school. But days before the commencement ceremony (as well as her prom and SAT examinations), she got into a terrible, life threatening car accident. Her doctor said she would never dance again, but she proved otherwise within weeks, despite being in a coma for three days and suffering brain trauma, a broken pelvis and leg. Doctors put a titanium rod in her femur. Her first goal toward dancing again was to walk across the stage at graduation. Because she knew if she put herself on a recovery fast track, she would be more likely to fulfill her prior commitment to the Seattle Pacific Northwest Ballet Company, where she danced prior to joining Sac Ballet.

"I made it a goal to walk at graduation. I ditched the crutches. My brother was there to catch me if I fell, which I didn't do. Getting back to ballet was hard," she said. That's when she took Pilates seriously. Her dance teacher in Montana was certified in Pilates and came up with a regimen and brought her back on her feet. Time passed quickly from then on, starting in Seattle where Carinne Binda Cunningham of the Sacramento Ballet

happened to watch a random Saturday class. "She picked me out and offered me an apprentice contract. I said why not? I was going to be a ballerina. I am so glad I did it. I spent seven years here. I wouldn't trade it for anything else."

During Lloyd's first month of dancing for the Sacramento Ballet, she contracted mononucleosis. "I started on the wrong foot, but they stuck with me," she said. And, despite being injury prone, the company embraced her talent and passion, giving her leads in such productions as the Sugar Plum Fairy in the Nutcracker.

Because of the surgery, she can feel the cold weather coming during Nutcracker season. "I feel old. My bones get stiffer. It's harder to move the hip joint and I have a harder time warming up. But Pilates have helped me get warm." For Lloyd, this additional physical work became "muscle memory" but it was something that made her feel a lot better. "When I don't do it, I can notice a difference," she said.

Having a lead in the Modern Masters in the spring, Lloyd decided to dance through her pain, warding it off with pain killers and holding off on a surgery until three days after the final production. Lloyd has decided to stay in Sacramento and focus on her education toward a second career in Sports Medicine hopes to organize the Sacramento Ballet into a better dance health care program.

She also teaches a Pilates class at Pipeworks, where she took up rockclimbing and met her boyfriend. "Ballet dancers make for the perfect rock climber," she notes. "Your legs are strong. You've got the muscle memory and are smart enough to know the choreography of the route. I use that to my benefit. It's a different kind of release and you are connected by a rope. It's a lot of fun. It's a good transition from pretty, pretty ballet to climbing up rocks. I am lucky to find something out of ballet that makes me so happy."

Earlier in the day when Lloyd sat down with this publication on Nov. 8, she had taken a ballet class at the Sacramento Ballet. Depending on who is teaching the class, she said, it could be anywhere between 1 to 3 hours long. Considered the warm-up class for the ballet company, Lloyd said she has been told by the Cunninghams that she is always welcome to come by, though she has retired.

It's because she cannot give up the art completely. Realistically she commented on how quickly one can get out of ballet shape. "We have a joke in ballet



Photos by Keith Sutter

Isha Lloyd has retired after nearly seven years with Sac Ballet.

that after missing one day of practice, your body feels it, two days off your boss knows it and after three days, everybody knows it," she said.

Asked how many performances she has done for the Sacramento Ballet, Lloyd tried to add it up aloud. "Normally we do three ballets per rep and there's about five reps per year. And then there's four ... I would have to look at my resume to see."

A few of her colleagues wrote VCN accolades in tribute to Lloyd. Gabriel Williams said: "It was wonderful watching Isha grow as an artist over the years I was fortunate enough to work with her. Her enthusiasm, work ethic,

and drive were highly valued at both the Sacramento Ballet and Black Rock City Ballet. I was always happy to have the chance to work with her."

Said Ilana Goldman, "Isha was extremely focused and driven in the studio. She would often volunteer to understudy or learn extra roles so that she could challenge herself and gain exposure to new movement styles. Isha was not just a force in the studio and on stage, but she was pro-active in helping Sacramento Ballet have a presence in the community as well. It was a pleasure working with her as a dancer in the company and also as a choreographer."

Two girls honored at Del Paso Country Club for their gifts

Emma is 12 years old. She competed in a triathlon and raised money for the Sacramento Crisis Nursery as part of her Bah mitzvah.

Grace Mahan is a kindergarten at Madrone Montessori School in El Dorado Hills.

Just before her fifth birthday party, her mother Lesley Nash asked if she wanted to receive gifts at her party or donate them to children at the Sacramento Crisis Nursery.

As would be expected, at first Grace said she wanted the gifts, "just like everyone else."

She was reminded that she did not have to be like everyone else and she could think about it for a few days.

When the time came to send out the invitations, Grace decided to give her

presents to the children at the Crisis Nursery. When asked why, she said she wanted to share with children who didn't have as much as she did.

Over 40 classmates, ballet friends, cousins, and other friends attended her party. They brought diapers, pasta, cereal, crackers, juice, new and gently used clothing, and gift cards. Grace received the greatest gift when she delivered the bounty to children at the Crisis Nursery.

Grace and Emma were honored at the Friends' of the Crisis Nurseries fourth annual Teddy Bear Tea held Dec. 7 at Del Paso Country Club.

Proceeds from this event will benefit the Sacramento Crisis Nurseries that provides

emergency childcare for children from infancy through 5 years of age. Since 1996, the Nurseries have served over 11,000 children. The Nurseries are a program of the Sacramento Children's Home.

For further information about the Nurseries and the Teddy Bear Tea, visit www.kidshome.org.

The mission of the Sacramento Crisis Nursery Program is to prevent child abuse and neglect by providing families a safe place to leave their children, during time of stress or crisis. The Crisis Nursery Program is voluntary, confidential and free to families with children, ages birth to 5. Emergency childcare and overnight care is provided 24 hours a day, 365 days a year in safe, loving and homelike environment. It is the only program of its kind on our community, with two locations to serve families in need.

The Sacramento Children's Home is a comprehensive child and family service organization that has been providing services and care to the most vulnerable children and families in Sacramento for nearly 150 years. We focus on ending the generational cycle of child abuse and neglect through programs including our Crisis Nursery Program, Family Resource Centers, Counseling Programs, Education and our legacy Residential Treatment Program. We are proud to continue building strong families, and giving children hope for a better tomorrow.



Grace Mahan with her mother Lesley Nash. Mahan was recognized by the Sacramento Children's Home at a Teddy Bear tea for her contributions to the home.



Photos courtesy

Emma Spreber donated more than \$3,000 after completing a triathlon in San Francisco. Spreber was recognized by the Sacramento Children's Home at a Teddy Bear tea for her contributions to the home.

Disco King:

Continued from page 10

a guy at the sportsmen's club at Seoul, Korea, and he's this Puerto Rican and he thinks he's all that. You've got to go there and beat (him)!' I go, 'I'm not doing that. Disco's dead.' They looked at me and go, 'Uh, uh, this is Korea. Disco just started.' I go, 'What? Oh, my God.' So, I get over to the sportsmen's club in Korea at this dance contest, and I whipped his butt.' So, he was like totally shocked.

"Because of that (contest), I was making Korean disco movies. And I was doing that, and my nickname in Korea or code name was 'Hollywood,' because I was making these Korean disco movies on the side. But it was interfering with my job and my captain came up to me and said to me, 'Paul, either you do one or the other. Either you do your job in the Army, like you're supposed to do, or you go over there and become a Korean movie star. Which one is it?' And I go, 'I'll do my job.' So, that was the end of my disco career in Korea. It was so tempting to (continue taking roles in Korean films), but I didn't want to get in trouble (with the Army) or anything like that.

"After leaving Korea (in 1982), disco was still vibrant, but it was time for me to head stateside. I left disco behind in Korea."

Roberts returned to the United States and continued his service in the Army at Fort Knox in Kentucky and Fort Polk in Louisiana.

During that time, which would end in 1986, Roberts received an "H" Identifier, which qualified him as an Army instructor.

The Army placed Roberts in an opposing forces (OPFOR) unit, which allowed him to teach special groups how to use Soviet weapons.

In discussing that work, Roberts said, "The name of the class that I taught was Soviet Threat. I taught elite groups from Navy Seals to U.S. Army airborne Rangers the Soviet threat. I was pretending to be Cpl. Dowbowski with a Soviet uniform, black gloves and a ski mask, and I had a fake Russian accent. The WEFT - wing, engine, fuselage, tail (aircraft recognition) system - helped them to identify Soviet aircraft."

Several years after completing his time in the Army, Roberts became involved in the comic book industry, writing comic book reviews, interviewing comic book creators, including former television stars Leonard Nimoy and William Shatner of "Star Trek" and Bill Mumy of "Lost in Space," and publishing his own comic book, "The Legendary Dark Silhouette."

Roberts, who married his now former wife Patricia Mary Boyd in 1982, eventually lost interest in the comic book scene, and many years have passed since he reigned as Sacramento's disco king.

But as a person who is constantly pondering his next adventure in life, he has gained notoriety in an entirely different field.

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City Council approved Woodlake psych hospital rezone

Woodlake neighborhood was back out in force before the meeting

By MONICA STARK
editor@valcomnews.com

The Sacramento City Council unanimously voted on Tuesday, Dec. 10 in favor of re-zoning 1400 Expo Parkway to allow for the construction of a 24-hour, 7-day-a-week high security psychiatric facil-

ity next to the Woodlake neighborhood.

At the city council meeting, Greg Bitter, Principal Planner for the City of Sacramento, recognized the concerns of the community, saying there has been a lack of outreach to community, that there are concerns about a lack of near-

by public transportation and that the proposed development is near an area prone to flooding. "The staff recognizes the concerns, but do say it's compatible to light industrial development," he said.

The Woodlake neighborhood staged a protest outside City Hall, just before the meeting. It was the second protest they've held there, and the group had twice the number of protesters as attended the previous week's protest, when the vote was postponed due to an insufficient number of council members to vote on the proposal. One absent was councilmember Steve Hansen who had strong feelings about the need for a mental health facility as a McGeorge Law School graduate who focused on health law and a longtime downtown resident who has seen the need for more mental health services for psychiatrically troubled people on the streets.

At the city council meeting, various emergency room physicians from various hospitals spoke in favor of the project because they have seen ER beds taken up by mental health patients.

Councilmember Kevin McCarty said living in the Elmhurst neighborhood, which is near UC Davis Medical Center and light-rail, he recalled seeing a troubled individual sitting on his neighbor's porch waiting for a family member. Clearly there was something out of place, he remembered.

Gregory Thatch, attorney for Signature Healthcare Services, described the 13-year-old company as one that is heavily regulated. He said while there are concerns about litigation surrounding other facilities the company operates, the lawsuits have been dismissed by courts. "Mitigation should not be an issue here," he said. "The question is why this site? It's in a business park."

Addressing concerns of safety, he said it is a locked facility; it will have procedures in place with trained personnel. "This is not a magnet for people to come. They do not congregate here. There will be constant security with eyes on this project, eyes on the Parkway," he said.

"The neighborhood asked us to pay for two additional patrols. We agreed ... There will be planning for discharge and the entire team evaluates on an entire basis ... People

will not be taken to a bus stop or the light-rail. They will be transported somewhere," Thatch said.

Tom Powell, spokesperson for Woodlake Neighbors Creating Transparency (WNCT), says their group will move forward with plans to sue the city of Sacramento since the Council approved the project. The group has been fighting the re-zoning since first learning of it last July, owing to a list of 32 documented flaws that they say threaten their neighborhood.

Powell points to a problem in accountability by city officials. According to a press release by WNCT, they say "if City Planners can green light the proposal without scrutiny, there is nothing to stop the City Council from rubber-stamping the project without any investigation into the ethics of a business proposing to come into the community."

During the public comment period for the project, he said the neighborhood has been completely excluded from discussions on the project. "There was no EIR. They lied to all of us; they pulled out an ancient report for an office project. If we don't turn this down, it will go to court and will be decided by a judge. We can send it back to planning for a full EIR and we will accept that," Powell said.

Also during public comment, resident Jane Macaulley said she opposes the facility because of its basic features of looking like a prison facility with 7-foot walls and guards. She also detested the lack of notice given to neighbors. "Woodlake first learned about this from a News and Review article. We learned that no household except for two knew of this," she said, adding that after she and others discussed the project with them, 80 percent opposed it.

Despite the concerns from the neighbors, councilmembers unanimously voted for the project after nearly two hours of discussion, coming to the conclusion that it is a highly needed project for the area.

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CALENDAR

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ONGOING:

The Sacramento Capitolaire 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.capitolaire.org, call 888-0877-9806, or email info@capitolaire.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 Freepoint 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.

DECEMBER

Rotary Club of South Sacramento meeting
Dec. 12: 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
Dec. 13: 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.

Soroptimist International Sacramento presents Dr. Christine Lee
Dec. 13: Christine Lee, author of Optimal Life: Essentials of Diabetes, will be the guest speaker at the luncheon, which begins at 11:30 a.m. at Casa Garden. The entire speaker series is posted on the Club Calendar page of the S.I.S. website at www.soroptimistsacramento.org. A limited number of seats are available to the public on a first come, first served basis. The cost is \$15. If you want to reserve a seat for lunch and hear an upcoming speaker, contact Rosalie Gladden: rosalielgladden@comcast.net Meetings are held Fridays, 11:30 a.m. at Casa Garden Restaurant, 2760 Sutterville Road, Sacramento, California.

Kiwanis Club of East Sacramento-Midtown
Dec. 13: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting 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, Meet-

ing/Membership info: 916-761-0984, volunteers always welcome!

Sacramento Jingle Bell Run/Walk
Dec. 14: The Sacramento Jingle Bell Run/Walk is a fun, festive event for the whole family! Put on your reindeer antlers and your running shoes and come join us for some holiday cheer at Crocker Art Park. You can participate in the 5K chip timed race or 5K fun run or walk with holiday themed activities all along the course. Bring your friends, family, and colleagues too! The kids will love the 1K Reindeers Games (un-timed fun run for ages 3- 12). Crocker Park is located at 211 O St, Sacramento.

Rotary Clubs of Arden-Arcade, Carmichael
Dec. 17: 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.rotary.org

Soroptimist International of Sacramento North meeting
Dec. 17: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

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Dec. 17: An organization for the betterment of women and children meets at Aviator's Restaurant, 6151 Freepoint Blvd. for lunch and to discuss the day's topic.

East Sac Rotary
Dec. 18: Meets at 6 p.m., Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotrary.com.

Rotary Club of Pocket/Greenhaven
Dec. 19: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Rotary Club of South Sacramento meeting
Dec. 19: 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
Dec. 20: 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. 20: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting 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!

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Kirui, Wade claim CIM titles

Kenyan, American ride late surges to victory

By JOHN SCHUMACHER

Weldon Kirui turned the corner for home onto Capitol Mall with Julius Koskei a few steps behind, then delivered a closing burst in the final yards to win the men's title Sunday in the 31st annual California International Marathon.

Rebecca Wade made her late move a little earlier, pulling away from Sarah Kiptoo just past the 25-mile mark before cruising in to claim the women's title on a cold, clear day.

A field of 7,368 starters dealt with temperatures in the high 20s at the start and in the low 30s for most of the 26.2-mile race from near the Folsom Dam to the state Capitol. There were 7,056 official finishers.

The CIM is put on by the Sacramento Running Association.

Kirui earned the \$10,000 winner's check by joining the

leaders near the six-mile mark, then surging in the closing miles through east Sacramento and downtown until only Koskei remained a threat.

That last burst down the stretch? Kirui came to Sacramento to win, not to place.

"I was here to win the race," said the 25-year-old Kenyan, who finished in 2 hours, 14 minutes and 34 seconds, three seconds ahead of Koskei. "I was confident to win this race."

"It was cold. It was fast."

Kirui's agent, Auburn runner and attorney Brad Poore, said his client managed the race just right.

"He usually stays at the back of the pack and watches what's going on until he's ready to make a move," Poore said. "He's a very smart racer."

A lead pack of seven runners at the 18-mile mark dwindled to four – Kirui, Koskei, Nelson Oyugi and Jacob Chem-



tai – coming off the H Street Bridge and into east Sacramento near the 21-mile mark.

Kirui dropped them all. Koskei, who slept in the Minneapolis/St. Paul airport on Friday night when travel plans went awry, said he tried to hang with Kirui in the dash to the finish but didn't have anything left.

"It was hard for me," said Koskei, a Kenya native who lives in Cincinnati. "I tried to push ... He did well."

Chemtai, also a Kenyan, finished third in 2:15:35.

Wade spent 10 miles watching Kiptoo push the women's pace, then caught her at mile 25 and pulled away about 400 yards later to deliver an impressive marathon debut and earn a \$10,000 payday.

"I just made a move, tried to get away and hang on," said

See CIM, page 19

Photos by Monica Stark
These photos were taken on the J Street/Fair Oaks bridge during the California International Marathon, held on Sunday, Dec. 8. The annual race is known worldwide for its flat, fast course, which begins in Folsom and ends at the state Capitol building. This year was extremely chilly with temperatures in the 20s, but by the time runners entered East Sacramento from the Arden area, the warm winter running clothes many of them had on at the start were left somewhere up the course.

CIM:

Continued from page 18

Wade, a 24-year-old who lives in Houston.

"I could tell she was working a little harder than I was. When I passed her I could tell. She was in sight for a long time."

Wade finished in 2:30:41 to easily attaining the 2:43 qualifying standard for the 2016 U.S. Olympic Marathon Trials.

And while many runners talked about the cold conditions, Wade said she enjoyed the chill.

"It felt really good once you got going," she said. "I'm really happy with it."

She also gave the course high marks.

"I loved it," Wade said. "Driving it yesterday I got such a good feeling. It's so pretty; you pass through so many different areas."

Kiptoo, originally scheduled to run today in the Metro PCS Dallas Marathon before it was cancelled due to bad weather, finished second in 2:31:23. Paige Siemers of Littleton, Colo. grabbed third in 2:36:56.

Aaron Scheidies of Seattle won his third consecutive U.S. Association of Blind Athletes National Championship with a 2:50:02 performance. Stephanie Timmer of Naperville, Ill. captured the USABA women's title with a 4:09:11 effort.

Lincoln's Lindsay Tollefson, who runs for the Sacramento Running Association's Elite Team, earned a spot in the 2016 U.S. Olympic Marathon Trials with a 2:41:31 effort. She was the highest local finisher, placing 11th.

Tim Tollefson, her husband and SRA teammate, finished 11th in the men's race, his 2:18:29 performance just missing the U.S. Olympic Trials qualifying standard of 2:18:00.

Carmichael's Chris Houde won the wheelchair division with a 2:13:25 finish. American River College posted the fastest relay time, reaching the finish in 2:17:27.

The Sacramento Running Association is a non-profit organization dedicated to finding ways to encourage people of all ages and abilities to run. The SRA is committed to developing new, quality running events that appeal to a broad variety of runners.



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YOGA THE ART OF TRANSFORMATION - Asian Art Museum SF
Course #133625 TRIP COST: \$75.00 per person

Thursday, June 5, 2014
DAY AT THE RACES - Golden Gate Fields, Emeryville CA
Course #133626 TRIP COST: \$95.00 per person

Thursday, July 17, 2014
PUMP BOYS AND DINETTES - East Sonora Theatre
Course #133627 TRIP COST: \$105.00 per person

Saturday, July 26, 2014
SHOPZILLA! San Francisco Jewelry and Gift Mart!
Course #133628 TRIP COST: \$75.00 per person

Thursday, August 21, 2014
WALT DISNEY FAMILY MUSEUM AND THE PRESIDIO WITH GARY HOLLOWAY - SF
Course #133629 TRIP COST: \$110.00 per person

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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

CARMAH HATCH 765-6210



COTTAGE CREEK

Randy Parks built 4 bedroom 2½ 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. What a value this home is, and it is move-in ready! \$325,000

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 2½ baths. Three separate patios! \$439,500

CHRIS BALESTRERI 996-2244



WONDERFULLY UNIQUE

Private, pole design home on 1½ 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



SPACIOUS CARMICHAEL

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



CARMICHAEL

Wonderful four bedroom single story home in a nice neighborhood. Beautiful hardwood floors, charming brick fireplace, separate living and family rooms, RV or boat storage in large side yard and newer appliances. Great location close to great schools. Move right into this quality home. \$329,000

MONA GERGEN 247-9555

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