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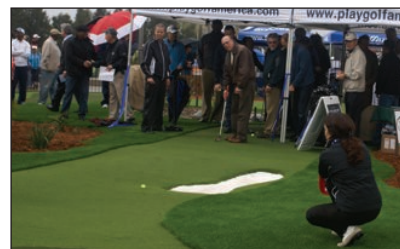
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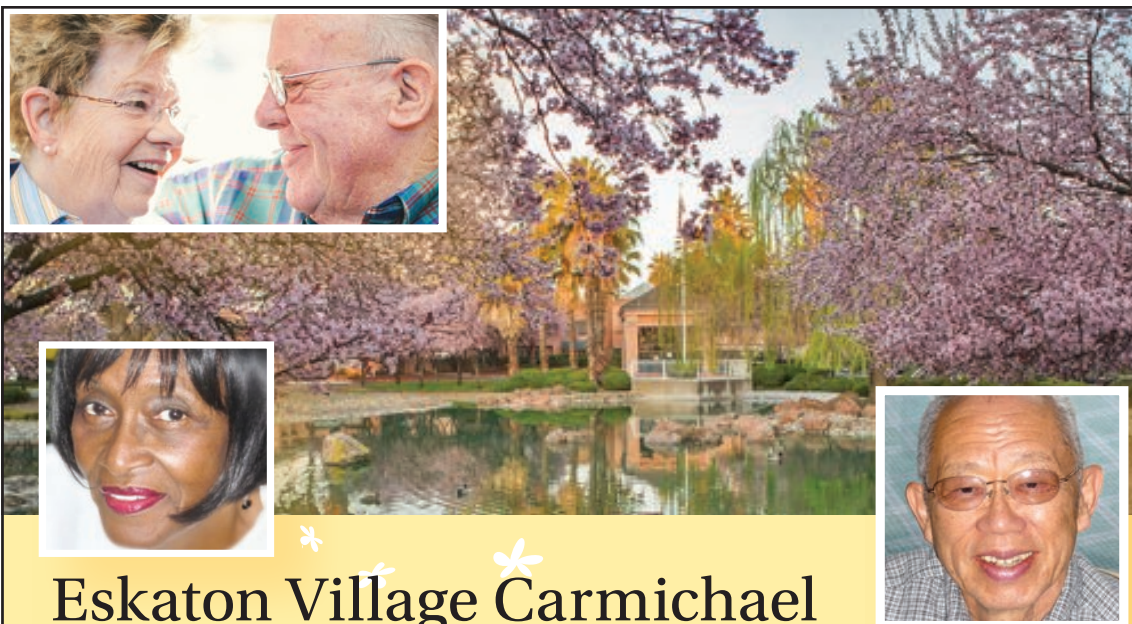
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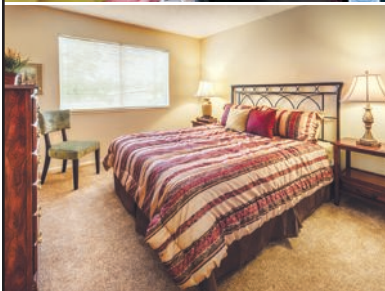
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Arden Garden Market to debut in the neighborhood Saturday, June 21

By MONICA STARK
Editor@valcomnews.com

Sacramento sits within one of the richest farming regions in the world, yet has less than 50 percent of farmers markets per capita, compared to the rest of the State of California. This is about to change. Arden Garden Market, 1409 Del Paso Blvd., will have its grand debut on Saturday, June 21 from 7 a.m. to 1 p.m. As an independent marketplace, it is dedicated to an ambitious mission: Creating a food community dedicated to feeding the body as much as the soul.

The opening day of the market will feature live music and food trucks in addition to the various food vendors.

In speaking about the market to the Arden-Carmichael News, organizer Dan Friedlander said: "We see AGM as a future piece of a regional approach, where the region may have three mega markets, ours being the first. We have room for over 200 vendor booths at affordable prices three days a week outside and year round, and

seven days a week for inside shoppers."

Designed by San Francisco's most renowned female architects, Cathy Simon of Perkins and Will, the AGM master plan is both "comprehensive and dynamic" said Friedlander.

Simon designed the marketplace inside the San Francisco Ferry Building as well as being responsible for planning decisions on Harvard's U.C. Berkeley and Stanford's campuses, Friedlander said.

Totally accessible by car or lightrail, the market nears Iceland skating rink and is next to 40-plus commercial buildings within several blocks that organizers hope will become food related businesses as the AGM catches on.

Meanwhile, GOOD street food + design market, a modern day marketplace that blends locally made/grown products, live music, street food and high quality design into a one-stop shop for consumers is housed on the first Sunday of the month in the main building. Friedlander said AGM hosts



A rendering of the new market, set to open with 20-30 vendors on June 21.

GOOD on that day and they are working together to make this turn into something that runs continuously, but that necessarily isn't a GOOD project.

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Future dinner theater owner shares memories of his career in entertainment

By LANCE ARMSTRONG
Lance@valcomnews.com

Note: This is part two in a series about Steve Masone who will be opening up a dinner theater in the Arden area.

Steve Masone, as mentioned in the first article of this series, took an early interest in live theater and music.

Shortly before Masone graduated from John F. Kennedy High School, he took a role in a psychedelic rock musical adaptation of Euripides' "The Bacchae."

Masone spoke about that production as having made history in the capital city.

"I was one of the chorus line dancers (in "The Bac-

chae)," Masone said. "Things came together as we went along (in the rehearsals). The director had never worked with psychedelic rockers before. The musical also included the first nude scene in Sacramento community theater. The musical, 'Hair,' (which famously included nudity), had not yet been performed in Sacramento."

After graduating from Kennedy High and completing his service in the Army, Masone began adding to his artistic resume.

In recalling a memorable time in his life, Masone noted that, in 1976, he became involved in the production of a dinner theater in Sacramento.

"I was a theatrical agent with George B. Hunt and Associates (of Los Angeles) and we also booked talent at the fairs, bands and everything else," Masone said. "George asked me if dinner theater would work in Sacramento. And I said, 'Absolutely, if it's a good show.' We had the Music Circus in town for years, so I knew we had a cultivated audience in Sacramento. And I knew we could make it work, because Sacramento sup-

ports theater like no other town I know. I booked us up here and produced the dinner theater at the then Sheraton Inn at (2600 Auburn Blvd.). We cast the talent in Hollywood and some rehearsals down there and then built the stage at the Sheraton and continued the rehearsals (at that venue). Joy Healey (the noted dancer and choreographer who was once a stand-in for Shirley Temple in the 1930s and an entertainer on the United Service Organizations' circuit during the following decade) was the director/choreographer and I was the producer. Our first show was 'Kiss Me Kate.' Opening weekend was sold out three or four weeks before we opened, so we knew (the dinner theater at the Sheraton Inn) would work. We also presented 'Damn Yankees.' We were ending that production and planning for our next production, 'South Pacific,' in which Mitzi Gaynor was prepared to come do the show with us, when the bankruptcy court took the hotel into receivership."

It was also in 1976 when Masone made news with The Daily Planet, a band that once performed on top of the Senator Hotel at 1131 L St.

Masone recalled that the band's high volume performance caused many of the attendees of a political event – a protest against the Cesar Chavez-sponsored farm workers initiative, Proposition 14 – on the nearby Capitol grounds to leave that event to get closer to the music that was being played across L Street.

"The old Senator Hotel (included) one of my rooms with the union," Masone said. "And I had a band in there called The Daily Planet, and we did a publicity stunt on top of the Senator. I put the band, The Daily Planet, outside on top of the (hotel) during some type of protest across the street with maybe a couple thousand people (or about 200 representatives of the California Women for Agriculture, according to a United Press International report). I put the band up and we started playing rock and roll at that lunchtime event and (protestors) from the Capitol (grounds) came over and enjoyed the band. And it made the front page (of The Sacramento Union) and the headline was 'Rock and roll trumps politics' (or) 'When it comes

to politics and rock and roll, rock and roll will always win, or something like that."

After playing harmonica on one song, Masone headed to the ground level to speak to the press.

Following his work at the dinner theater at the Sheraton Inn, Masone established another dinner theater at the Bacchus Theatre at 1027 1/2 2nd St., above the Saddle Rock Restaurant in Old Sacramento.

Masone mentioned that he also spent time working in the media for radio station KROY 1240 AM as a news stringer and for Freedom News Service, writing copy and mostly covering political events.

Additionally, Masone said that his work history during the 1970s included a lot of managerial work, as well as the co-ownership of a music store.

"I was (involved in) personal management and managing several different bands," Masone said. "I was booking everything, and then another opportunity came up (in 1977). Some friends of mine

See Theater Owner, page 7

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Theater Owner:

Continued from page 6

pooled their money together and we bought a music store down on K Street (from Brian Bailey, who founded the store a year earlier at 2113 Arden Way before relocating it to the K Street Mall). And so, we owned Melodyland and music (store) for about a year. We sold instruments and gave lessons in the basement, and had people working with some bands and stuff. But then they tore up K Street Mall (to remove its concrete structures and water features), and it did nothing. All kinds of businesses went out of business down there. (Melodyland) was on the opposite side of (K Street from) the Crest (Theatre at 1013 K Street).

"Bringing up the Crest, that was another project I was involved in was in the saving of the Crest. I worked with Herb Levine. We did some promotions and some productions to help save the Crest. And I also was doing all of the downtown merchant associations events with bands and so forth. I picked up some other big clients like United Cerebral Palsy. We were supplying the talent and stuff for doing their national fundraising events. And they had a big, epic show here, too, and a lot of it was televised and everything."

In about 1978, Masone produced a disco ballet that was performed on a Red and White fleet cruise ship on the Sacramento River.

In speaking about that experience, Masone said, "We used a disco soundtrack and I choreographed a disco ballet to 'Romeo and Juliet' aboard the ship as it cruised down the Delta between Steamboat Slough and Sacramento. It was a four or five-hour cruise that was sold out. To promote the event, my dance partner (Cydney Cannon/now Cydney Welch) and I climbed up to one of the Tower Bridge's pinnacles as a publicity stunt. It was to get local publicity, and it instead got national publicity. At first, I didn't think my dance partner would go for it, but she said, 'I'll do it. Let's do it.' What we didn't count on was there were 40 mph winds. But there were news cameras there from Channel 10 and Channel 3, and The (Sacramento) Bee was there to cover the event, so we had to do it. (On the following day), the whole front page of the Metro section (of The Bee) was dedicated to photos and that story. It was after that we beat out Northern California's leading dancers, (Sacramento's) Darwin Mitchell and (his partner) Jeannie."



Photo by Lance Armstrong

Steve Masone recently met with the Arden Carmichael News to share details about his career, which has included working in community theater, booking entertainment and co-owning a music store.

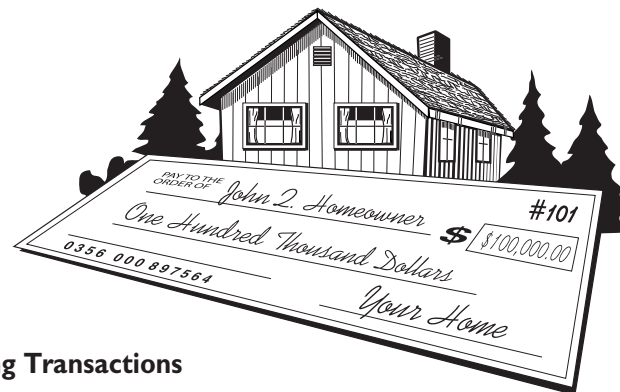
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14-1

KTXL Channel 40 made its debut in 1968

By LANCE ARMSTRONG
Lance@valcomnews.com

KTXL Channel 40 has a lengthy history, as this local television station, which is branded today as FOX40, made its debut 45 years ago.

With that debut, KTXL became the third Sacramento area television station to operate on Channel 40.

The area's first Channel 40 station was KCCC-TV, which originally went on the air with its broadcast of the opening game of the 1953 World Series on Sept. 30, 1953.

KCCC, which was also Sacramento's first television station, made its final sign-off on May 31, 1957 at 11:40 p.m.

A reemerged Channel 40 known as KVUE was a short-lived endeavor, as it began its operations on Nov. 1, 1959 and continued its broadcasts until March 21, 1960.

Three years later, an unsuccessful effort was made toward renewing the license to operate KVUE.

Channel 40 was instead acquired by a group known as the Camellia City Telecasters.

That group was led by Jack F. Matranga (1925-2012), a 1943 Sacramento High School graduate, who was one of the founders of local radio station KGMS 1380 AM.

The Telecasters were granted a Federal Communications Commission-authorized television operating license in 1965, and they established the ultra-high frequency station, KTXL Channel 40, which first broadcast on Oct. 26, 1968.

At that time, the other Sacramento area television stations were KCRA Channel 3, KVIE Channel 6, KXTV Channel 10 and KOVR Channel 13.

In introducing the new station to the community, The Sacramento Union published a special section dedicated to KTXL.

The cover of that supplement featured the station's rainbow logo, which was designed by Sacramento artist Bob Rakela, and the words: "Now in view, TV 40, KTXL Channel 40, Sacramento/Stockton's new independent color television station."

Included in the supplement was an article by Matranga, who served as KTXL's first president and general manager.

Matranga, in that article, wrote: "(Channel 40 is) not a mere duplication of what you viewed last year on the networks, but (it features) shows that are excitingly new, along with great motion pictures from NBC and CBS, as well as first-run movies from the TV-40 library. Live sports and fun programming for the kids round out our schedule. To bring this fresh and different programming to you, we have spared nothing to give our signal a giant reach."

Alongside that article was a photograph of the station's 1,740,000-watt, 1,000-foot-tall tower near Walnut Grove. The tower, which was described in a caption as reaching out "to serve the golden valley of California from the high Sierras (sic) to the sea," was then the state's second highest struc-

ture and one of the tallest TV towers in the western United States. And it was also the state's tallest UHF TV tower.

Because there were no other UHF stations in the Sacramento area when KTXL went on the air, the supplement in The Union included a section that answered questions such as "Where does this (UHF) antenna go?"

Furthermore, the station made small, circular-shaped UHF antennas available to the public at no charge.

The aforementioned guide explained that because Channel 40 was on a higher transmitting frequency, it produced better color and clarity for its viewers.

As far as its original regular programming, KTXL presented The Donald O'Connor (talk) Show, The Les Crane (talk) Show, The Patty Duke Show, The Outer Limits, My Favorite Martian, and, as previously mentioned, an active movie schedule.

KTXL also provided coverage of many sporting events during its early days, including San Francisco Warriors (today's Golden State Warriors) and Oakland Oaks basketball games, the National Football League "game of the week" and highlights, "Saturday Night Fights" from Los Angeles' Olympic Auditorium, roller derby bouts and live Big Time Wrestling matches from KTXL's studios.

The station also aired the children's shows, Romper Room and Cap'n's Locker, which featured Cap'n Mitch (Agruss) and cartoons with Bugs Bunny and



Courtesy of Dick Leeson

KTXL Channel 40 originally used this logo, which was designed by Sacramento artist Bob Rakela.

Elmer Fudd, Sylvester the Cat and Tweetie Bird, The Road Runner and Wile E. Coyote, as well as adventures with The Little Rascals, and Laurel and Hardy.

In May 1969, construction began on a new, \$350,000 studio facility that would replace KTXL's original headquarters in a warehouse at 19th and F streets.

At that time, The Sacramento Bee announced that the station's new headquarters on a 1-acre site on Fruitridge Road, between Lawrence Drive and Ethel Way, would be leased by the station from the Lawrence Construction Co., the Sacramento firm that was constructing the building.

The Bee also reported that the building, which was designed by Sacramento architect Lee Allen Watters, would be "the optimum of the modern, contemporary concept."

In further describing the building, The Bee noted:

"(The structure would include) large, wood carved doors, set in a glass wall [and] an entry court and lobby. The lobby itself will have two walls of glass facing an open garden, tile floors, redwood trimmed vinyl walls and a redwood paneled ceiling. The building will feature an administration wing and a production wing with two large sound studios. The main studio will be 40 by 60 feet and will go into operation on completion of the building. The second studio will be 40 by 40 feet. The studio will be equipped with more than \$500,000 worth of the latest solid state color television equipment and cameras."

Watters, a 1947 C.K. McClatchy High School graduate who still resides in Sacramento, recently spoke about the project.

"Jack Matranga and I, we traveled the state looking at different studios and that was (in the early days) of Channel 40," Watters said. "And then we came back and set to getting all of our ducks in order, so that we could design a studio. The chief engineer was instrumental in the technical areas in the building, and Jack and I were instrumental in the more academic parts of the building."

The station made its official move to its present home at 4655 Fruitridge Road in December 1969 and has since experienced much growth and success at that location.

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The sod house on Mission: A 1978 manifestation

By MICHAEL SAELTZER

Not sure if it happens to others, pretty sure it does though. Sometimes when I walk into a home I pick up on a vibe. It happened when I first walked into this one. I wanted it! If at the time of publication this sucker is still for sale and anyone wants to throw me some cabbage contact me immediately.

But seriously.

I love the house not just because it has two patios well incorporated into a gorgeous sod roof featuring wildflowers and a vegetable garden. In fact, if I didn't even consider its energy efficiency and passive solar design, this house would be one of my all time hands down favorites simply from a design and artistic point of view. I have absolutely zero training, or even much understanding of feng shui, but as the owners Dave and Dianne Heimer gave me a tour of their recently listed 2,720-square-foot abode I think I spontaneously converted to the beliefs of this 3,500-plus-year-old practice.

Everything felt just right.

In real estate circles, that's exactly what a "perfect match" entails – that

moment when a buyer walks into a home and bursts out with "I love it, let's put an offer in immediately." As it happens, that was what Dave and Dianne experienced 17 years ago when they became the second owners of an award winning home built in 1978. They had been looking for a home in Arden Park for quite some time, but this one on 1226 Mission Ave., right across from Arden Hills Country Club and Jesuit High School, instantly won their love.

"When we first walked through the doors of this house, we were blown away by the unique architecture. I immediately thought of Frank Lloyd Wright. Wood ceilings, geometric angles, leafy atrium. The family room, dining room and kitchen were open, yet defined... a double-sided fireplace joined the living room and the space that would become our music room. The entertainment possibilities were immediately apparent."

Since that time they have raised two daughters – and considered adding a pygmy goat, well at least jokingly, says Dianne. "I thought it'd be cool bringing friends up to the roof and introduce



them not only to the gardens, but to a cute little goat too."

Dave, leans back on the patio chair and just chuckles. Cleo, as in Cleopatra, the cat who managed to cough

up a decent hairball during my visit, made the cut as a resident, as did a cute-as-can-be terrier, who for lack of good note taking I will refer to as Molly. Obviously, the pigmy goat did

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n reappears living well on today's cutting edge



Dave and Diane enjoy a nice beverage atop their roof.



bined with completely loose elegance. An ideal fit for Dianne, a writer, and Dave, who plays often in a local 1980s throwback rock group.

One door closes, another opens

Dave and Dianne are in the process of letting go and moving on to living the rest of their days in retirement, chasing more dreams, and living where the environment is down sized and proper for their needs. Millholland's gift to the community served them beyond their expectations. Their memories are filled with sharing love with their daughters, slumber parties on the roof, countless evenings where food and pleasant conversations stood still in time, and dessert was served under starlight.

Dianne tells me that what surprised her most about living in the house was the amazing quality time she could simply access by climbing up the spiral stairs to the roof, often followed by Molly and Dave. She's obviously internalized the experience of the sun going down, the stars coming out, and the sensation of living up high in the sacred space of trees. For Dave, the surprise came straight from the impact of hosting friends, relishing in the natural feeling of relaxation impossible to ignore. Connecting and sharing life, laughing, smoking a cigar, and celebrating.

I can easily understand both of them. I was there for a moment. I felt it. It remains with me. They remain with me. Super people. Nuff said. It's time now for another dream to unfold and more memories to be made.

Passive solar – what's going on behind the scenery and literally growing amongst it

Passive solar building design, or climatic change design, does not rely on electric or mechanical devices to heat or cool. Instead the design works with the natural climate and takes into consideration shading, window placement, natural and conventional insulation materials, thermal mass and other components to retain or radiate heat. In its most primitive form, the idea of using nature to help protect one from the extremes of the elements and make use of nature is as old as human time.

The 3-bedroom, 3-bathroom house on Mission has a 4 inch to 6 inch layer of sod on top of the flat roof. It weighs a lot, but the structure was engineered to handle it. From an environmental standpoint the benefits of sod roofs are multiple. Sod roofing is extremely efficient at insulating a house from rapid and extreme fluctuations in heat and cold, reducing or eliminating traditional A/C costs thereby making conservation easy. The house has automatically timed drip lines to keep the soil cool and water the foliage during the summer. Drainage is designed to naturally flow through scuppers (openings in the side walls). Besides efficiency, a sod roof protects all the sealing materials from solar rays thereby extending the life of the roof, plus sod roof significantly reduces the level of outside noise that can be hurt from inside.

Another key component of the home is a strategically placed 18-inch thick concrete "wall of water" positioned between the living room and family room. This wall is 25 feet long and contains approximately 600 gallons of water housed within a series of 12-inch stainless steel pipes. It also houses the double sided fireplace. In the colder months the wall absorbs, and retains for extended times, heat from the low angle of the sun coming through west windows and or the fireplace. Each room of the house features a radiant panel which also helps to warm the space. Unlike traditional A/C systems, this design allows each room to be heated individually.

During the hot season, the house is kept cool not only by the sod roof, but also by low hanging plants that grow through a lathing that surrounds the perimeter of the roof. During this time of the year, the sun is higher on the horizon and therefore the exterior walls and double paned windows are shaded. The floors are composed of beautiful earth toned tiling and parquet wood flooring run throughout the house, which is constructed on a well insulated slab foundation. These elements are also effective at keeping the house cool. In fact, little to absolutely zero man made energy is required to cool the house – a rarity in Sacramento!

not... at least yet. Perhaps the next owners will adopt. Seriously, when you are kicking it up there on the roof at one with nature it's easy to start thinking different.

As a testament to the quality of workmanship, pretty much everything in the house has remained the same as when it was originally constructed including the solid oak cabinetry. Ikea can't touch this. In 1978, the house, designed by Gary Millhollen the then-owner of Sun Energy Builders, attracted more than 2,000 visitors – in the first weekend it showed. Yes, that's 2,000 people coming to see a house in Carmichael, in 1978.

While on "the tour" Dave informs me that "we still have the original guest book and sometimes, when we have entertained, our guests have actually found the names of their parents, relatives and friends who originally toured the home." When they bought the home, the original owners provided them with a box of original documents related to its contents, including the guest book. In keeping with the tradition, the new owners, whoever they maybe, will inherit the box.

Millholland wanted to show us that an eco-friendly, energy efficient luxury home award-winner doesn't need to look at all industrialized, cluttered with solar panels and or obvious engineering. In my opinion, and from what Dave and Dianne tell me, Millholland accomplished his goal. The home is completely conventional in its look and relaxing feel. It features earthy textures, an open friendly feeling, com-



Photos by Bill Condray

A Father's Day (eve) idea: Inaugural Red, White and Blue Putting Championship set for Saturday night

Among the century old oak trees of the Haggin Oaks Golf Complex, a new little paradise has sprouted – and it's called the MacKenzie Putting Course. Palm trees, bird of paradise flowers, a bubbling brook, and challenging holes ranging from 25 to 65 feet await the legions of Northern California golfers. It is becoming a favorite with adults, kids, and families alike. Nine challenging holes are what stand in the way of you and putting brilliance. This is no miniature putt-putt, nor simply a putting green. The MacKenzie Putting Course sports water hazards, sand traps, and sneaky breaks that challenge even the most seasoned putting pros. It's this unique

combination that makes this course fun and a refreshing new challenge with every round.

The new course is hosting the inaugural Red, White and Blue Putting Championship on Saturday, June 14 from 6 to 10 p.m. There is no need to preregister. Come to the Haggin Oaks Driving Range any time from 6 p.m. to 10 p.m., pay your \$5 entry fee, and putt away!! There will be prizes for first, second and third place for both adults and kids. You do not need to be present to claim your prize.

Before playing, be sure to inform the staff that you wish to compete in the Red, White and Blue Putting Championship!



To qualify for The Red, White and Blue Putting Championship:

Play the MacKenzie Putting Course on Saturday, June 14 from 6 to 10 p.m.

Play as many times as you like (\$5 entry fee required for each nine hole round)

The competition is a nine-hole event, stroke play competition

There is an adult division (18 and older) and a kids division (17 and younger)

Prizes:

Adult

1st – One-Of-A-Kind Stars & Stripes Belding Staff Bag valued at \$500

2nd – \$20 range card

3rd – \$10 range card

Kids

1st – \$25 range card

2nd – \$20 range card

3rd – \$10 range card

Tournament Rules:

Start each hole from the dark green tee box. Landscaped areas are considered a hazard, please take a one stroke penalty and drop one club length from where the ball entered the hazard, no closer to the hole. All putts must be holed out. Please keep your score on the putting course scorecard, sign your card at the conclusion of play and turn into the range cashier (make sure your name and phone number are listed on the card). The MacKenzie Putting Course features nine challenging holes ranging from 25 to 65 feet and sports water hazards, sand traps and sneaky breaks that will challenge even the most seasoned putting professionals. So, try your skills at winning a \$500 one-of-a-kind stars and stripes Belding staff bag featuring the MacKenzie Putting Course logo. Good luck! For more information on the MacKenzie Putting Course, go to <http://www.hagginoaks.com/facilities/mackenzie-putting-course/>

Matías Bombal's Hollywood:

"22 Jump Street"

The MPAA has rated this R.

An adolescent laugh fest, "22 Jump Street", stars Channing Tatum and Jonah Hill reprising their roles from the last "Jump Street" offering. From Sony, and in this case the odd mingling of M-G-M and Columbia Pictures, both Louis B. Mayer and Harry Cohn are likely rolling over each other in their graves at these two majors working together. This time the dense duo are going undercover at a college campus, and they find the usual college hi-jinks:

The football team, frat parties, "Bro" bonding and the inevitable break up and separation of the team only to be haply re-united by what used to be called the last reel. During this time, you'll see fast chases, explosions, college frat humor and some funny, although raunchy moments.

Channing Tatum has perfected the meat-head type for comic value of recent, and he's fun to watch, especially since we know he is sharper than that in real life.

Jonah Hill has yet to equal his magnificence in "Wolf of Wall Street", a movie I did not care for, and he's on board as a producer with Tatum for this picture.

A great movie this isn't, but it will be a crowd pleaser on date night at the movies. The old saying, "save the best for last," applies here... Stay through the credits for some fanciful fun at the pictures' conclusion, should this be the type of movie comedy you prefer. It is directed by Phil Lord and Christopher Miller.

"Edge of Tomorrow"

The MPAA has rated this PG-13

From Warner Brothers, Tom Cruise returns amid a shower of Sci-Fi 3-D in "The Edge of Tomorrow" This visual

effects smorgasbord could be best expressed in food terms that sound like 1950's science fiction: Giant calamari fry Tom Cruise a la Déjà-Vu. The story follows the near future tale of a recurring day experienced by an army officer that is caused when he comes into fatal contact with one of the whirling calamari shaped aliens and/or other combat death scenarios. This process resets the story line, yet his character keeps the memory of what transpired the previous times, so he's able to make better decisions and eventually get to know his enemy.

Emily Blunt plays Rita, as super female soldier that seem to have an inside track on how to conquer the aliens without getting killed, with much greater success than legions and legions of soldiers. Each day Tom dies, he gets to know her a little better. The two team up for the cause and take on the alien enemy with their gifts. This is strictly kid's stuff, aimed at the Sci-fi or gamers crowd. Although the whole thing is a little too loud and ri-

diculous, the screenplay was based on a clever premise and story line by Hiroshi Sakurazaka in his book "All You Need is Kill." Bill Paxton has some good moments as a drill sergeant. It's loud and fun in 3-D, but will likely be forgotten in a year or two.

Until next time, this is your pal, Matías Bombal, bidding you a fond farewell.

For more in-depth, complete reviews of these same movies and many more in theatres now, with scenes shown from the movie reviewed, you may see and hear "Matías Bombal's Hollywood" at: www.mabhollywood.com. Find us on Facebook or follow us on Twitter: @MABHollywood

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CALENDAR

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ONGOING

Benefit Plant Sales to hold final sales

The Benefit Plant Sales, after more than 20 years of raising money for HIV/AIDS charities is closing, with June 25 their last day open. For the last decade plus Mr. Robert Hamm and Mr. Kyle House have run The Benefit Sales to raise money for the children's programs of Sunburst Projects (www.sunburstprojects.org), with over \$77,000 raised for the kids in this all volunteer projects started originally by Mr. Hamm and currently run by Mr. House with Mr. Hamm as Sunburst

Projects volunteer grower. Mr. Hamm, plant grower and perennial expert, announces a final clearance sale of several thousand pots of perennials in hundreds of varieties. Many of these plants can not be found in local nurseries. The sale is being held at 1689 Vallarta Circle, in the backyard. It will begin immediately and run every day EXCEPT Tuesdays until the 25th, which is their last day open. Hours are 9 a.m. to 4 p.m. daily. It is hoped that enough can be raised from the closeout to help sponsor more kids to this month's summer camp. Cash, or checks made payable to Sunburst Projects are accepted. No ATM/ charge cards. Plants are reduced from 1/3 to 1/2 off with the majority reduced to \$2.50 regardless of size. Hellebores, Angles Trumpets, Hardy Hibiscus in several varieties, Hedychrium

(hardy Ginger varieties) and several varieties of newer Begonia Hybrids are all 1/2 price while they last!

Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs. As the weather gets warmer, more families want to visit the zoo. The Sacramento Zoo generally has wheelchairs to loan at no charge. However, at this time, we have none. If you would like to donate a "near new" wheelchair that you no longer need, please call 808-5888. Your wheelchair can be a tax deductible donation, and we'll give you four zoo tickets as well for your generosity.

Free summer meal program returning at four Arden-Carmichael locations

The San Juan Unified School District is once again offering all children 18 and younger a free meal this summer as part of its popular Summer Fun Café. The café will be found at four locations throughout the communi-

ty. There are no qualifications to receive the free meal. Students do not have to be enrolled in the San Juan Unified School District, there are no income requirements, and there is no paperwork to complete. All locations will serve lunch from 11:30 a.m.-12:30 p.m. Monday-Thursday. Below are the locations for this year's program, which goes from June 9-July 31:

SJUSD Admissions & Family Services: 3700 Garfield Ave. in Carmichael

Coyle Avenue Elementary: 6330 Coyle Ave. in Carmichael

Howe Avenue Elementary: 2404 Howe Ave. in Sacramento: Howe Avenue will also serve breakfast from 7:45 a.m. - 8:45 a.m.

Carriage Drive Elementary: 7519 Carriage Dr. in Citrus Heights

Parents can eat with their children by purchasing a meal for \$3. Call 979-8966 for more information.

Tai Chi at Hart Senior Center

Focuses on low impact form of ancient Chinese exercise, combining slow movements with relaxation. Classes are ongoing and always open to newcomers age 50 and above. Classes are held Mondays, 10:30 - 11:30 a.m. at the Ethel MacLeod Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Try it once for free! For more information or to register, stop by the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$18 for 4 classes.

Zumba for Seniors at Hart Senior Center

Zumba for Seniors incorporates physical exercise and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba, and much more. It's an easy and fun way to lose weight, get in shape, and live healthier. No dance experience required.

See more Calendar, page 17

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Arden Carmichael News
Home Improvement Guide
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Photos by Monica Stark



Ten local artists, 10 dumpsters, 10 unexpected pieces of artwork – all on the east side of Power Inn Road as part of “Art of the Dumpster.” The exact address is 3101 Power Inn Road. For more information, call **453-8888**.

Calendar:

Continued from page 17

Classes are held Tuesdays 9:30-10:30am and Fridays 3:45-4:45 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Try it once for free! For more information or to register, stop by the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$16 for 4 classes.

Singers with Hart

Love to sing? Experienced and beginning singers age 50 and above are welcome. Led by a professional choral director, Singers with Hart aims to inspire and encourage elders to become involved in an ongoing older adult singing group. Ongoing sessions are offered as part of the Hart Choral Initiative presented by the Ethel MacLeod Hart Senior Center and the Sacramento Metropolitan Arts Commission. New sessions start every nine weeks and are held at the Hart Senior Center, 915 27th Street, Sacramen-

to (27th and J streets). Pre-registration is required. For more information, visit the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$15.

Free summer meal program returning at four San Juan Unified District locations

The San Juan Unified School District is once again offering all children 18 and younger a free meal this summer as part of its popular Summer Fun Café. The café will be found at four locations throughout the community. There are no qualifications to receive the free meal. Students do not have to be enrolled in the San Juan Unified School District, there are no income requirements, and there is no paperwork to complete. Parents can eat with their children by purchasing a meal for \$3. Call 979-8966 for more information. All locations will serve lunch from 11:30 a.m.-12:30 p.m. Monday-Thursday. Below are the dates and locations for this year's program:

June 9-July 31:

SJUSD Admissions & Family Services: 3700 Garfield Ave. in Carmichael
Coyle Avenue Elementary: 6330 Coyle Ave. in Carmichael
Howe Avenue Elementary: 2404 Howe Ave. in Sacramento: Howe Avenue will also serve breakfast from 7:45 a.m. - 8:45 a.m.
Carriage Drive Elementary: 7519 Carriage Dr. in Citrus Heights

Emotions Anonymous

Meets regular Tuesdays, Thursdays, and Saturdays. Meeting information is available at www.emotionsanonymous.org. Free 12-step program/support group for those who desire to become well emotionally healthy. Acquire a new way of life, sharing experiences, and learning to live with unsolved emotional problems. Meets Tuesday 6:30 - 7:30 p.m. Parkside Community Church 5700 South Land Park Dr.; Tuesday 6:30 - 7:30 p.m., Sierra Arden Church of Christ, 890 Morse Ave (at Northrup), Room F-4. Thursday 7 - 8:30 p.m. at Church of the Good Shep-

See more Calendar, page 18

WWW.VALCOMNEWS.COM

St. Michael's Indoor Yard Sale

is back! Saturday, June 14th

Best prices in town!!



Collectibles · Jewelry · Art
Silver · China · Decorator Items
Books · Linens · Kitchen Items
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Saturday, June 14th, 8:00 am - 2:00 pm

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2140 Mission Ave, Carmichael (El Camino & Cottage)

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Casual Attire

The event will be held at a private residence. For more information contact:
Janis (Chapman) LaBella (916) 704-9464 or janis.labela@att.net
Dennis Baer (916) 393-7839 or dbaer1@pacbell.com

Calendar:

Continued from page 17

herd, 1615 Morse Ave. (at Arden Way) left of choir room. Saturday 1 to 1:30 p.m. at the Wellness Recovery Center, 3851 Marconi Ave. (at La Paz), Suite #1. Saturday 1:30-2:30 p.m., 3851 Marconi Ave (at La Paz).

Mahogany Urban Poetry Series - Queen Sheba - poetry readings

Each Wednesday from 8-11 p.m. at Queen Sheba in Sacramento, local talent makes it way to the restaurant for weekly open-mic events. \$3-\$5. 1704 Broadway.

Brain Gymnasium

Exercise your mind and have some fun at this on-going Brain Gymnasium class! Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 9:20 a.m. Thursdays. \$6 per class. Call 441-1015 for more information.

Women with Good Spirits monthly meeting

Women With Good Spirits is a networking group that engages women in the Sacramento community with non-profit organizations that make contributions to our quality of life and care for our fellow residents. Each month, Women With Good Spirits invites a community non-profit to present on its mission work. The meeting is held at Revolution Wines on the second Tuesday of each month and starts at 6:30 p.m. The presenter will start their presentation promptly at 7:15 p.m. and will last 15-20 minutes with an open question and answer forum after. RSVP is appreciated as well as a \$5+ donation per person that will go directly to the non-profit presenting that month. Revolution Wines is located at 2831 S St. Visit www.womenwithgoodspirits.com or find the group on Facebook.

Davis Art Center invites teen girls to write and publish

The Davis Art Center is offering a six-week creative writing class for girls ages 13-18 from 4 to

6 p.m. Tuesdays starting February 11. The class will offer a positive, supportive space for girls who love reading and writing and are interested in discovering and developing their individual voices. Participants will use short stories by a diverse range of contemporary women writers as jumping off points for their own writing sessions. Each student will pick her best writing to include in a class-produced literary magazine. The class will be taught by Elise Winn Pollard, who earned her M.A. in creative writing from UC Davis. The fee is \$95 for Art Center members and \$105 for the general public. To enroll, stop by the Art Center at 1919 F. St., call (530) 756-4100 or register online at www.davisartcenter.org. Students must be registered at least two weeks before the first class session.

Gentle Qi Gong

Learn powerful relaxation techniques reduce stress, reduce physical pain and emotional suffering, lower blood pressure, increase immune response and improve balance. Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 3 to 4 p.m., Wednesdays. \$7 per class. Call 441-1015 for more information.

California Youth Basketball League taking applications

CYBL is a non-profit year round league for ages 4 through 18 that prides itself on being well organized that aims to develop basketball skills, sportsmanship and self-esteem through coaches, gym official and organizers. Visit www.cybhoops.com or call 391-3900.

Kiwanis Club of East Sacramento-Midtown

Visitors Welcome, weekly breakfast meeting on Fridays at 7 a.m. 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!

Food trucks at Carmichael Park

Every first Thursday of the month from 5 to 8 p.m. (July will be held on July 10) food trucks hit Carmichael Park, 5750 Grant Road.

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 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.

JUNE

ACC presents "Understanding Memory Loss, Dementia, and Alzheimer's Disease: The Basics"

June 12: Bonnie Chow, MSW, Family Care Associate, Alzheimer's Association, will cover topics such as symptoms and effects of Alzheimer's disease and other types of dementia, how Alzheimer's affects the brain; causes and risk factors; how to find out if it's Alzheimer's disease and the benefits of early detection; how to address a diagnosis of Alzheimer's disease; stages of the disease and treatment; hope for the future and ways the Alzheimer's Association can help. Free of charge. Pre-registration required. Call 1-800-272-3900 or email ptardio@alz.org.

Food truck festival in McKinley Park

June 13: Enjoy food from various food trucks from 5 to 8 p.m.

Family Campout at Fairytale Town

June 13: 5:30 p.m. through Saturday, June 14, 7 a.m. Spend the night in Fairytale Town's storybook park. This exciting overnight adventure includes a theater performance, arts and crafts activities, a scavenger hunt, bedtime stories and a sing-along. Wake up the next morning under Fairytale Town's canopy of trees to a light continental breakfast. Prices range from \$25-\$30 per person and include all activities. Member discounts are available. For more information, visit www.fairytaletown.org or call (916) 808-7462.

ACC presents "Sacramento Historic City Cemetery and East Lawn Memorial Park"

June 13: Free trip to learn about their history and enjoy a free lunch at the Fortune House Seafood Restaurant. 9 a.m. to 2 p.m. Meet at 8:45 a.m. ACC Senior Services Center, 7375 Park City Dr., Sacramento. Pre-registration required. Call 916-393-9026 x330, www.accsv.org.

Chautauqua presents "Groucho: A Life in Revue Details"

Now through June 15: This inspired bio musical about The One, The Only begins with Groucho telling the story of the beginnings of the Marx Brothers, their struggles to make it in vaudeville, their rise to stardom and their eventual break up. Classic Groucho songs, gags and routines are included. Bob Nathan reprises his acclaimed Groucho, while Chico, Harpo, Margaret Dumont and other women who worked with Groucho and the Marx Brothers, are all portrayed in this heartwarming, funny revue. A

hit in New York, across the U.S. and in London, this show will delight Marx Brothers fans and the as yet uninitiated. Groucho runs through June 15: Friday and Saturday nights at 8 p.m. and Sundays at 2 p.m. Tickets for Groucho are \$21/\$19. Chautauqua Playhouse is located at 5325 Engle Road, Carmichael. For more information, call 489-7529 or visit www.cplayhouse.org

Fairytale Town offers a Family Campout

June 13-14: Every summer Fairytale Town opens its gates after hours for a night of family fun! Families set up camp all over Fairytale Town's 2.5 acres. Tents, sleeping bags, blankets, chairs and picnic dinners are common items you'll see during the event. After the last guest arrives, the gates are locked and the fun begins! With scavenger hunts, a theater performance, sing-alongs, arts and crafts, bedtime stories and more, Family Campouts are a fun experience for the entire family. From the experienced camper to the first timer, it's the perfect summer adventure! A snack is served during the theater show and a light breakfast is served at 6 a.m. Campers must say goodbye to Fairytale Town at 7 a.m., but are welcome to re-enter the park for a day of play once it reopens. This is a special ticketed event, prices range from \$25 - \$30 per person and include all activities and overnight admission. Member discounts available! 3901 Land Park Dr. Visit: <http://www.fairytaletown.org/calendar/campouts/> for more information.

Focus on Fiber Second Saturday reception

June 14: From 5:30 to 8:30 p.m. there will be live piano music by Larry as well as awards and refreshments, celebrating the best in fiber arts. Exhibit continues until June 21. 5330B Gibbons Dr., Carmichael, www.sacfinearts.org

Pops in the Park at Glenn Hall Park

June 14: Catch music by The Count, which will play a unique blend of Rock and R&B with the occasional twist thrown in for good measure. The Count strives to take their audience on a journey where every note played counts. Music starts at 6 p.m. 5415 Sandburg Dr, Sacramento, 95819.

Summer Concerts in Carmichael Park

June 14: Departure, Journey Tribute Band, from 6:30 to 8:30 p.m., 5750 Grant Ave.

Free Yoga In Tahoe Park

June 15: Starting at 9 a.m., get together with our community. Free all levels Vinyasa class. Everyone is welcome, 59th Street at 11th Avenue. Bring a mat, towel, and water bottle! Yoga Across America is introducing FREE Yoga in Tahoe Park. The same organization that offers free yoga in McKinley Park on Saturday mornings.

Camellia Chapter, Embroiders' Guild of America meeting

June 16: Join the Camellia Chapter, Embroiders' Guild of America, at their 7 p.m. meeting at the SMUD Building, 6201 S St., for a presentation on finishing needlework into a pillow. Guests welcome. Free. 223-2751.

Estate Planning at Eskaton Village, Carmichael

June 17: From 10 to 11 a.m., Suzanne J. Shephard, attorney at law and specialist in estate planning, living trusts and wills will share her knowledge on the topic. 3939 Walnut Ave.

ACC presents "Beginning Guitar"

June 18 and 25: Joseph H. Phillips aka "J the Guitar Teacher," will teach the chords that harmonize the melody, strum patterns that create rhythm, and how syllables in the lyrics align with individual strums in the pattern. This class is for anyone looking to acquire or improve guitar technique and musical knowledge. 3:45-4:45pm at ACC Senior Services Center, 7375 Park City Dr, Sacramento. Minimum: 10 students. Pre-registration and pre-payment required. \$6 per class/Drop-in fee: \$7. Call 393-9026 x330, www.accsv.org.

ACC presents "Beginning Ukulele"

June 18 and 25: Joseph H. Phillips aka "J the Guitar Teacher," will teach the chords that harmonize the melody, strum patterns that create rhythm, and how syllables in the lyrics align with individual strums in the pattern. This class is for anyone looking to acquire or improve ukulele technique and musical knowledge. 2:30-3:30 p.m. at ACC Senior Services Center, 7375 Park City Dr. Minimum: 10 students. Pre-registration and pre-payment required. \$6 per class/Drop-in fee: \$7. Call 393-9026 x330, www.accsv.org

ACC presents "Internet Safety"

June 19: This workshop will cover how to use the internet safely and avoid online scams, as well as identify theft, online banking, and online shopping. 10 to 11 a.m. at ACC Senior Services Center, 7375 Park City Dr. Free of Charge. Pre-registration required. Call 393-9026 x330, www.accsv.org.

ACC presents "First Aid"

June 20: Judie Higashi, R.N., Community Nurse Specialist, will teach this American Red Cross First Aid certification class. It will prepare you to care for others during a medical emergency until advanced medical personnel takes over. 1:00-5:00pm at ACC Senior Services Center, 7375 Park City Dr, Sacramento. \$50. Cost includes certificate upon successful completion. Pre-registration and pre-payment are required at least two days prior to class. No refunds, credit only. Call 916-393-9026 x330, www.accsv.org.

Juneteenth Festival

June 20-21: Juneteenth Festival, 7:00 pm - 9:00 pm Friday; 8:00 am - 6:00 pm Saturday. Village Green, located in William Land Park at the corner of Sutterville Road and Freeport Boulevard., Expect 3,000 in attendance.

La Sierra Community Center • 5325 Engle Road, Carmichael, CA 95608

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playhouse

Chautauqua Playhouse to present
"Weekend Comedy"
by Jeanne and Sam Brobrick, directed by Bob Gerould
Opening June 27th

Fridays & Saturdays at 8:00pm • Sundays at 2:00pm

Through July 27. There will be no performances on Independence Weekend, July 4, 5 & 6.

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Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue, and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off, and needs multiple applications throughout the day.

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Stylishly remodeled 2 bedroom 2 bath single level home with a complete kitchen remodel. Caesar stone counters, appliances and cabinets with soft close drawers. Remodeled baths custom cabinets, granite counters, lovely tile work. Master with 2 walk-in closets and built-in window seat. \$365,000

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Beautifully built Ken Dyer Construction custom home located on a private .3 acre lot with gorgeous pool! A very spacious floor plan of 4 or 5 bedrooms and 4 full baths, over 4300 sf plus a 4-car tandem garage. High ceilings, hickory oak floors, custom cabinets with built-in buffets, and granite counters! \$1,695,000

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DEL DAYO CONTEMPORARY

Spacious open floor plan, 4 bedroom 3 bath ranch one story. Private master retreat adjoins spa-like bath with jetted tub and multiple spray shower. Fine wood cabinetry, granite counters and oak wood floors. Entertaining backyard with pool and gazebo. \$749,900

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Enjoy a Green lifestyle and philosophy in this special home! Passive solar with 3 bedrooms 3 baths and over 2600 sq ft. Open, artistic and angular! Wake up, ascend the spiral staircase to the sod roof, pick a fresh bouquet of flowers and a handful of crunchy vegetables. \$548,500

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Artist retreat lovingly built and maintained by original owners. Home backs onto beautiful, tranquil area in a small gated community. Two distinct levels, 4 bedrooms 2½ baths with master suite and office and tons of storage. All rooms have fabulous sweeping views. \$799,500

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Stylish mid-century design, great room floor plan with updated kitchen opening to family and dining rooms. Large master suite and bonus office room that could be 4th bedroom. Lovely entertainer's backyard, complete with outdoor kitchen, pool and deck. \$599,000

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