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United Nations' International Day of Peace celebrated in Carmichael

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First 'Transcendence Festival' announced, coming to Camp Pollock

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Carmichael Canine Corral now open

■ See Faces and Places page 18



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Del Campo, El Camino unveil new fields and tracks

Terry White and Cherie Simmons remember marching together, arms locked, across Abbott Field to the tune of 'Pomp and Circumstance' at their graduation.

That was 50 years ago, and El Camino Fundamental High School's stadium looked a lot different.

"Back then, it was just grass, and there were wood benches," said Simmons, a 1964 graduate, as she cheered on the Eagles during their first home game of the season. "Seeing the pride, the new stuff that's going on ... it just is cool."

Simmons and White were among thousands of people who attended the Sept. 5 home game, during which District and school officials joined the community in celebrating the new Abbott Field, featuring a state-of-the-art synthetic turf and an all-weather track.

Across town at Del Campo High School, an equally large crowd cheered at the halftime of the Cougars' home opener as school offi-



El Camino High School students show their school spirit at homecoming, whereby athletes got to experience a new playing field.

cialists cut through large blue and gold ribbons to mark the occasion.

Both fields were upgraded using a combined \$6.7 million in funds from Measure N, the \$350 million bond package passed by voters in 2012. The first 2,000 fans to show up at each game received a free rally towel as a token of appreciation for the community's support.

Dust off that old instrument:

Join the Symphony of 1,000

By **MONICA STARK**
editor@valcomnews.com

In a never-done-in-Sacramento musical event, Curtis Park resident Michael Neumann is bringing 1,000 musicians to play in concert together on the afternoon of Sunday, Oct. 12 at Memorial Auditorium. As of press time, 775 people signed up to play in this historic event called Symphony of 1,000.

Dreaming about this concert about two years ago, Neumann's aspiration is quickly becoming a reality. The name of the concert stems from the Symphony No. 8 in E-flat major by Gustav Mahler, which is one of the largest-scale choral works in classical concert repertoire and requires as close to 1,000 musicians as possible.

Retired this year from 10 years directing the Folsom Symphony, Neumann continues full time work with the Sacramento Youth Symphony and sat down with this publication to discuss some more of the details about the event.

"It's a very big community event. One that some 75-year-old woman, who hasn't played trombone since high school, can play in this concert. If you are 7 years old and can play the music on the website, you can participate," he said. "People sign up online, pay their 20 bucks. They get their T-shirt and we do a run-through for rehearsal. We are thinking with this amount of people, it will spread around. If I didn't think this was a good idea, I wouldn't be doing this."

The event coordinator is longtime talk show radio host, Sean Bianco; the master of ceremonies is Capitol Public Radio's Beth Ruyak. Set to start at 4 p.m., the hour-long concert is open to the public. For those participating, the day is a bit longer with check-in and rehearsal from noon to 3:30 p.m. For more information, visit: <https://sites.google.com/a/sacramentoyouthsymphony.org/1000/>

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KXOA was among the city's early commercial radio stations

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is the fifth article in a series about the history of broadcasting in the Sacramento area. This series was inspired by readers' positive responses to previous articles about local television history in this publication and several requests to feature histories of local radio stations.

Among Sacramento's early commercial radio stations was KXOA 1490 AM. The station first broadcast was delivered from its original studios at 1617 30th St. in Dolan's Square on May 15, 1945.

With its establishment, KXOA became the city's second radio station to go into operation within a month, as KCRA-AM made its official debut on April 23, 1945.

KXOA-AM initially aired from 6 a.m. to midnight daily, except for Sundays when the station had a 7 a.m. to midnight schedule.

The station was originally owned by Lincoln Dellar (1906-1992), who, on May 1, 1945, resigned from his role as vice president and general manager of Associated Broadcasters, then-operator of San Francisco radio station, KSFO, as well as the international short-wave radio stations, KWID and KWIX.

Dellar's 13 years as a radio executive also included his work managing radio

stations in San Diego and Charlotte, N.C. He began his work in radio in 1932 as manager of radio station KGB in San Diego.

In a preview of KXOA in its May 12, 1945 edition, The Sacramento Union reported that Dellar had said that the station would be a "basic affiliate" of the Mutual-Don Lee network, thus allowing KXOA listeners to hear programs that were previously available only through San Francisco.

Originally, KXOA had a staff of 10 employees, including chief engineer Robert L. Weeks, sales manager Morton Sidley, L.W. Andrews, Al Roberts and Jack Stephens.

Sacramento radio expanded to include frequency modulation or FM, the high-fidelity broadcast technology invented by Edwin Howard Armstrong.

The city's first FM station was KXOA 107.9 FM, which made its debut in June 1947.

During its early years, KXOA-FM was a complete simulcast duplication of its sister AM station.

In 1948, KXOA-AM had its position on the radio dial moved from 1490 to 1470.

During the early 1950s, the KXOA studios were relocated to 800 Leisure Lane in North Sacramento.

A voluntary transfer of control of the KXOA license

See Radio station, page 5

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Radio station:

Continued from page 4

from Lincoln Dellar to Cal-Val Radio, Inc. was filed on Dec. 5, 1957.

In July 1961, KXOA-FM was replaced by the "country and western" music station, KCNW-FM. This latter named station had a fairly short life, as KXOA-FM was once again operating at 107.9 by 1963.

KXOA relocated its studios from Leisure Lane to 355 Commerce Circle in about 1971.

On Jan. 8, 1971, The Bee reported that KXOA-AM would become KNDE — aka "Kandie radio" — by midnight of the following day. The format of KNDE was originally progressive rock, but the station would later present a top 40 format.

It was also noted in the 1971 article that the station had been leased to Mediacast, Inc. from Fuqua Industries of Augusta, Ga. That change in license was granted on Dec. 23, 1970 and made effective on Jan. 5, 1971.

Mediacast, which was a subsidiary of Cal-Val Radio, Inc., was then headed by Scott Elrod, who was also president of SRD Broadcasting, Inc., which operated San Jose radio station KSJO.

A report regarding the sale of KXOA-FM was published in the Dec. 16, 1974 issue of Broadcasting magazine, as follows: "KXOA (FM), Sacramento, Calif.:

Control of KXOA-FM, Inc. sold by L.E. Chesnault and Philip T. Yarbrough (together 50% before, none after) to Willet H. Brown and son, Michael J. (50% before, 100% after), for \$200,834. The Browns own Don Lee, Inc., Beverly Hills, Calif., financial holding company with interests in real estate, building enterprises and automobile sales. The Browns also own KGB-AM-FM, San Diego. KXOA is on 107.9 mhz with 49 kw and antenna 140 feet above average terrain."

KXOA-FM was granted a voluntary assignment of its license to KXOA-FM, Inc. on Aug. 24, 1978; made effective on Sept. 27, 1978.

It was also around that time that Brown Broadcasting purchased KNDE, and brought back the KXOA call letters to 1470 AM on Sept. 28, 1978. The station began to be marketed as "AM 14, The Rockin' Home."

A modification of the KXOA license to operate a transmitter from the station's then-main studios at 1017 Front St. was granted on Jan. 31, 1979.

In 1980, KXOA-FM began advertising itself as "The New 14K, Sacramento's Greatest Hits." The "14 K" label was maintained for about two years.

KXOA-AM operated as a big-band station from 1982 to 1988 and a "business news" station from 1988 to 1990.

During much of the 1990s, KXOA-AM played 1950s

and 1960s oldies and was known as "Cruisin' 1470."

Billboard magazine, in its July 11, 1992 issue, reported that Lincoln Dellar had "succumbed to pneumonia" at the age of 85 on June 26, 1992, and was survived by his wife, Sylvia, two children and four grandchildren. He last resided in Santa Barbara.

KXOA-FM advertised itself as the adult contemporary station, "Xtra 107.9," in the early 1990s, and the "all rock & roll oldies" station, "Arrow 108 FM," from 1994 to 1998.

A city document, dated May 14, 1996, notes: "Three 200-foot elevated KXOA radio towers exist on approximately seven acres of land leased from the county of Sacramento."

It was also in 1996 when KXOA-FM was sold to Entercom Communications Corporation, which then owned Sacramento radio stations, KSEG 96.9 FM, "The Eagle," and KRXX 93.7 FM, "93 Rock."

In 1998, KXOA-FM made a switch on the radio dial from 107.9 FM to 93.7 FM,



Photo courtesy of the Sacramento Rock and Radio Museum
The KXOA building is shown in this vintage photograph. The radio station first aired on May 15, 1945.

and 107.9 FM had its call letters changed to KDND. That new station became known as "The End."

KXOA 1470 AM ceased existence during the same year, as 1470 AM became home to the country music format station, KRAK.

As for the aforementioned KRXX 93.7 FM, that station was moved to 98.5 FM (the longtime home of KZAP) and became known as "98 Rock."

The end of the use of the call letters, KXOA, in Sacramento came in 2004, with the establishment of radio station, KHWD, "Howard 93.7," which was named after shock jock Howard Stern.

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The Crossword by Margie E. Burke

ACROSS

1 Comic strip sound
6 One of a cereal threesome
10 Get ready
14 Way to cook eggs
15 Exceptional
16 Miner's bonanza
17 Weave together
19 Bump up against
20 Hang in the balance
21 Summer starter
23 Florentine farewell
24 Makeup bag item
25 Photoshop, say
27 Made tracks
28 Self starter
29 Dark cloud
32 Protuberant
36 Lacking the knack
39 Dove call
40 Manicurist's board
41 Barn bedding
42 Midterm event
44 Forest dweller
45 Cassis cocktail
47 Asylum occupant
50 Duckling's problem
55 Work like a dog
56 Morsel of meat
57 Katzen of cookbooks
60 Hair piece?
61 Words to a toppled tot

DOWN

1 Roasting rod
2 Southern bread
3 Show disrupter, maybe
4 Type of acid
5 Bully's warning
6 Logger's tool
7 Library no-no
8 Exasperate
9 Kitchen gadget
10 Record sales status
11 Maid Marian's man
12 Reason out
13 One of the Greats
18 Scouting unit
22 Roofing material
25 Force
26 Marathon, e.g.
28 Towel word
30 Bagel topper
31 Fertile soil
33 Taxicab emblem
34 Heavy metal
35 Salon service
37 Punjab's locale
38 Packaging string
43 Mother, in Milan
46 Update, as machinery
48 Thingamabob
49 Fuel efficiency, less commonly
50 Free from restraint
51 Dutch cheese
52 Career soldier
53 Absconded with
54 Old photo tint
58 Stevie Wonder song, "____ She Lovely"
59 Spud's buds
62 Tom, to the piper

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See Solution, page 9

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First 'transformational festival' to come to Sacramento

By **MONICA STARK**
editor@valcomnews.com

The first 'transformational festival' of its kind, called the Transcendence Festival, is coming to Camp Pollock for a four-day music, art and yoga extravaganza from Friday, Oct. 3 to Monday, Oct. 6. Over the course of the extended weekend, some of the programming includes: aerial dancing; fire dancing; live painting; yoga workshops – including paddleboard yoga; tai chi; massage; camping; family friendly and kids' activities; 24-hour music, and environmental discussions surrounding topics like farming and reclaiming water. The event will also have a number of vegan food vendors, including meals on sale from Roseville-based cafe, Baagan, as well as vegan food from Electric Blue Elephant and Get Fried Rice.

Lead organizer, James Kapicka, spoke with Valley Community Newspapers about what the Transcendence Festival entails and his inspiration behind the historic event. Included in the

description, he explained: "It's an all encompassing event; it's transformational, meaning it's really pushing the envelope of things that are helping people become their best. So, some of that is yoga. Some of that is doing tai chi. Some of that is play or painting. Play is intimidating for some people. Singing, chanting – finding your own voice is a big part of coming into your own self."

Describing how festivals facilitate this opening up of oneself to try new things, James said, "They give people an environment to realize what is actually possible. People go through life-changing experiences at festivals, whether they sing for the first time, or they just let themselves do something they normally don't do – just the fact that you can wake up and walk somewhere and do yoga or dance until you are exhausted and walk to your tent and go to bed."

In stark contrast to how much of society stays glued to their cell phones, rushing around from one appointment to the next, festivals like these offer folks an opportunity to unwind and be present in the moment – something

that James, a longtime yoga instructor (he even taught prison yoga at Folsom Prison with the Yoga Seed Collective), thinks is important for people to experience. "People have busy lives and so when I see people meet up for lunch, they have one hour, let's say or two hours, and as that time dwindles down, they got to get going, they got to get going. So the idea, just like when you go camping with your friends for three or four days and maybe turning your phone off, and being able to be non anxiously present with each other where you can just say, 'hey let's go eat because we're hungry. Let's go take a nap.' It's so normal for human beings to do that and yet it's so nonexistent for most in society at this point to have casualness and spontaneity."

For those who wish to get just a taste of the festival, day passes are available, but James advocates folks stay for the weekend for a more complete experience. "You get that experience of being there where you can



Photo by Monica Stark
James Kapicka, the founder of the first ever Transcendence Festival in Sacramento, stands up against a eucalyptus tree at Carmichael Park, where he offered yin yoga for free to visitors at the neighborhood U.N. Day of Peace celebration last Sunday.

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Transcendence:

Continued from page 7

wake up there, sleep there like when you are camping versus like coming from your own home for the day – that's kind of like a sample, but if you are there (camping) you get to fully integrate and really get the chance to reap the benefits."

James said financially the weekend pass is a better deal than the day pass, and he mentioned children, ages 12 and younger are able to come free of charge. Also for the kids, Land Park's Sol Collective, a music and art activism venue, will be providing a "How to be a DJ" workshop. And there will be an area set aside for family friendly camping.

Though born in Los Angeles and raised in Sacramento, James doesn't live particularly anywhere. In fact, people are always trying to figure out where he lives. With a home base here, and one in Santa Barbara, for the last two months he's been on the road, attending festivals every weekend. His favorite this year has been the Lucidity Festival in Santa Barbara, which has been a big inspira-

tion for Transcendence and many of Lucidity's core production team have stepped up to help him get the Sacramento festival underway.

James said there is a pretty small, core team working on logistics now, but there are so many people behind the scenes that are donating 20 hours a week right now that are volunteering their time because they believe in how much these events can be a life changing event for people, and how necessary it is to have it in Sacramento. I have lived and traveled all over California, and Sacramento still feels fragmented to me. The yoga communities are all separate sometimes. I don't see art and dance mixed in with yoga. So, for me, why I have had this in mind for about five years, I've wanted to see integration of these healing modalities. Painting is healing; singing is healing; dance is healing; yoga is healing; ecstatic dance is healing; but we try to get hierarchical. And I find myself doing that. Sometimes I say, 'I do yoga. Oh, you go to the gym?' But, they are both

taking care of your temple. They both take care of your body. There's no right way to do it, it's a matter of what serves you. So to bring all of these creative expressions and modalities together and encourage people to do the ones they don't normally do, that's what's important."

While Camp Pollock has been featured in this publication numerous times, many people still don't know of its existence or that it has been taken over by the Nature Conservancy from the Boy Scouts a few years ago.

A wooden sign along Northgate Boulevard welcomes visitors to a woodland paradise as turkeys romp through the grounds, pecking at a lone trailer and as the cry of peacocks symbolically herald the reincarnation of the 1924 lodge, Camp Pollock.

Traveling under Highway 160 from its Northgate exit, all one needs to do is look for a sign at the second left and follow a paved road to a trailer park. As the paved road turns to dirt, signs ask drivers to slow down for the dust. The mystery continues until the historic lodge reveals itself to you. There

are Swainson's hawks that take refuge at Camp Pollock. Peacocks, meanwhile, hang out on top of the lodge in the morning and then go back home to the neighboring trailer park where residents say the peacocks have lived since the 1960s.

Located along a calm spot in the river where the flow sometimes reverts upstream, one of Camp Pollock's biggest attractions is the lake-like water source, which will be perfect for those participating in the paddleboard yoga or those who'd just like to take a dip in the American River.

If you go:

What: Transcendence Festival

When: Friday, Oct. 3 to the afternoon of Monday, Oct. 6

Where: Camp Pollock, 467 Del Paso Blvd.

Cost: Three day passes are \$159; single day \$66; youth, ages 13-17 are \$66 for three days; kids, ages 12 and younger are free.

On the web:
www.transcendencefestival.com/
www.sacramentovalleyconservancy.org

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Peace is all around

United Nations' International Day of Peace celebrated in Carmichael

Story and Photos by MONICA STARK
editor@valcomnews.com

As handmade peace flags strung together waved in the wind, flags from around the world were held in the hands of neighbors and friends who gathered at the Carmichael Park Band Shell in a spirit shared around the world on Sunday, Sept. 21, for the United Nations' International Day of Peace.

In addition to the flag parade and peace flag making arts-and-crafts area, the local event was interactive and family friendly, filled with live music, yoga, a peace pole, more than 30 vendors, the nearby farmers' market, and nonprofits, each of which demonstrated what they are doing to make the world a better place.

Also highlighting the event included a shoe labyrinth spread out in a large area away from the stage and a collaborative sand mandala, which was completed at the end of the afternoon, and, in the Tibetan Buddhist teachings of impermanence, was blessed and the sand released in the American River.

"I had the inspiration from the Tibetan Buddhist tradition to create a community sand mandala, but I didn't know how it was going to work," explained Ellen Springwind, a Carmichael resident, who through out the day, kept guard of the mandala, as community members filled in the outline with different color sand.

Describing the mandala in more detail, Ellen said she had the vision to put the Earth in the middle and all the world religions around it as well as people from various races holding hands with the seasons and the four elements all around all of that. "I have been absolutely



amazed. People have been doing it all day long, people who have never done it before. They are saying, 'I just know how.' So many people have been adding to it. It's just awesome. The tradition is at the end when you bless it all, you're going to sweep it all into a big jar, take it to the American River and flow it out into the ocean and to the rest of the planet. This is all about impermanence."

Kate Woolley, vice-president of the board of directors at United Nations Association Sacramento, explained briefly with the Arden-Carmichael News this year's theme for the Day of Peace, which was first proclaimed by UN Secretary-General Ban Ki-moon as The Right of Peoples to Peace. Prior to reading Ban Ki-moon's statement, she summarized by saying: "Every year, since 1982 the UN has released a yearly message and this year's theme is the Right of Peoples to Peace. What they are trying to do is make a global awareness of nonviolence and a ceasefire, so that wherever there is conflict in the world, even for an hour, (we) put down weapons and just talk to each other."

At 2 p.m., when more than 1,000 people joined hands around the



State Capitol, Carmichael Park simultaneously hosted San Francisco resident Fumi Johns Stewart of the World Peace Prayer Society, along with Captain Renee Marie, leading the World Flag and Peace Pole Dedication Ceremony.

Fumi has traveled around the world, dedicating her life to peace and spreading the message of unity. Fumi spent 15 minutes of a Global Teleconference call with more than 1,000 people from around the world. There were seven other known countries – Scotland, Po-

land, Israel, Japan, Australia, Uruguay, Ethiopia – that participated in the flag ceremony.

Lining the stage after the flag ceremony, the flags provided a beautiful foreground for performers and speakers through out the day. Meanwhile, up on the stage, a towering peace pole stood alone. Built by David Flores of SAHA Yoga and Wellness Center, and painted by Debra Kahan and Ellen Springwind, the paint pole demonstrated

See Peace, page 12



Peace:

Continued from page 12

peace in eight different languages and images.

Talking about the beauty behind making the peace pole and the carpentry he provided for the construction of the mandala table, David, a gentle soul, said he never knew how much about it until he had to make it. "It's 'May Peace Prevail on Earth' written and it's brought a bigger picture in my head – not that I thought we never needed peace, but it's magnified it and brought to a bigger light and maybe more of what I can do personally to help that spread, through the media, through the people and everybody I meet. It's been a blessing."

In a very tangible way, the event provided blessings for those who weren't even in attendance. Shoes from the shoe labyrinth, created by Sue Anne Foster, will be donated to the 2,700-plus students of San Juan Unified School District who are living in transition or lacking a fixed, regular, and adequate nighttime residence. Along these lines of giving back, the event also Paul Mitchell Sacramento School who have previously donated haircuts to SJUSD students. They offered haircuts by donation to raise funds for WEAVE.

Quoting Martin Luther King, Jr. who once said, "Those who love peace must learn to organize as effectively as those who love war," Joan Marie, the event's main organizer, said the local peace movement is connecting more on a global level. Over the course of organizing Peace Day the last four years in Carmichael, Joan discussed with this publication the dedication of the local peace community and the importance of it coming together.

"That's what we are learning how to do. All of these people

that have built small organizations that have been devoting their lives to peace – like the Peace Alliance (including speaker Laurie Marie) -- they have been working with the Department of Peace (a proposed cabinet-level department of the executive branch of the U.S. government).

"Ever since we have had the Declaration of Independence, it has gone in front of our government to have a Department of Peace and over 100 times it has been turned down. It's amazing. We spend billions of dollars for the Department of Defense, and not one penny for a Department of Peace. Its time has come. Hopefully that's why we are doing this kind of stuff. Hopefully, they're standing up and saying we're organizing. You are asking how (the annual event is) getting different. We're getting more people to hear. Those who have eyes will see; those who have ears will hear."

Four years ago, Joan, who works with Dr. Kate Bisharat at Inspired Medicine, a local holistic health center, began organizing a Peace Day in Carmichael. "We started more on a community level; we said, let's create an event on a community level. Our motto (at Inspired Medicine) is 'healthy body, healthy minds, peaceful heart.'" And so from there, Joan and Kate had a calling from their hearts to hold one in May 2010 without realizing there has been a global, U.N. sanctioned day of peace since 1982. Once they realized that, they changed the annual event to Sept. 21.

Explaining the growth of the local day of peace, Joan said while there were about 50 vendors at the first year's event, the word wasn't out yet and it wasn't quite as organized as future years.

This year's Day of Peace, however was well-attended, well organized and a gift to Carmichael and beyond.



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Saturday, September 27, 2014
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Church office - (916) 443-5442—3159 Land Park Drive, Sacramento, 95818
\$10 donation per file box
(on-site shredding by Iron Mountain Shredding Co.)
Proceeds go directly toward food, clothing, furniture, emergency housing
& utility assistance to individuals/families in need.

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Sunday, October 5, 2014 at 4:00pm
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CALENDAR

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

SEPTEMBER

Pocket-Greenhaven Friends of the Library Board Meeting (Adult)
Sept. 25: Interested in knowing how you can help your library? Attend the Pocket-Greenhaven Friends of the Library monthly Board meeting at 6 p.m. for more information. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr.

Knit Together! - Pocket Library (Adult)
Sept. 26: Carrie Parker, a Pocket-Greenhaven resident and self-professed knit-a-holic, is bringing her needles to the library at 1 p.m. Anyone interested in knitting—even an absolute beginner—is invited to join us. Participants can learn to knit, get help on current projects, or general advice from expert knitters. There might even be some great conversations too. Don't forget to bring your knitting needles and yarn! 7335 Gloria Dr.

Prohibition in Sacramento @ Pocket Library (Family/All Ages)

Sept. 27: Sacramento's open opposition to Prohibition and ties to rum-running up and down the California coast caused some to label the capital the wettest city in the nation. The era from World War I until the repeal of the 18th Amendment brought Sacramento storied institutions like Mather Field and delightful surprises like a thriving film industry. Join historian Annette Kassis on an exploration of this wet—and dry—snapshot of the River City at 11 a.m. Annette will sign copies of "Prohibition in Sacramento," available for purchase at the program. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr.

St. Robert Parish Annual Fall Festival
Sept. 27 and 28: On Saturday enjoy a Taste of Italy pasta dinner. There will be bingo, a craft fair. Adults, ages 15 and older are \$15; children, ages 6-14 are \$7; children younger than 5 are free. Tickets are available at the school. On Sunday from 11 a.m. to 6 p.m., enjoy food booths, bingo, a craft fair, a children's game area, a Beer and Wine Bar. There will be beer from New Helvetia Brewery as well as live music. St. Robert's is located at 2251 Irvin Way, Sacramento.

ScholarShare Children's Book Festival
Sept. 27-28: From 10 a.m. - 4 p.m., enjoy readings and presentations by children's book authors and illustrators, storytelling performances, hands-on literacy activities and family play time at the largest early childhood literacy festival in the region! Barney Saltzberg, author and illustrator of "Beautiful Oops" and nearly 50 titles for

ONGOING

Free Young Adult Bereavement Counseling:
The UC Davis Hospice Program and UC Davis Children's Hospital Bereavement Program will offer an eight-week Young Adult Bereavement Art Group for individuals 17 to 24 who are coping with the recent loss of a loved one. The sessions will be held on eight consecutive Monday evenings from Sept. 29 through Nov. 17. Each session will be held from 6 p.m. to 7:30 p.m. at the UC Davis Home Care Services Building, 3630 Business Dr., Suite F.

Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs, 808-5888. Your wheelchair can be a tax deductible donation, and four zoo tickets will be offered as a thank you.

Support group for alienated grandparents

Meeting is the last Friday of each month at 2717 Cottage Way, suite 4. Meeting is at noon. 761-9121.

Art Show at Sacramento Fine Arts Center

Sacramento Fine Arts Center in Carmichael is hosting "Magnum Opus XXV," now until Aug. 16. A juried art show of the region's finest artists showing original art, sculpture, photography, painting and all mediums will be on display on Tuesdays from 11 a.m. to 7 p.m. and Wednesdays through Saturdays from 11 a.m. to 3 p.m. A Saturday reception will be held Aug. 9 from 5:30 to 8:30 p.m. For more information, contact David Peterson at 716-5951. Sacramento Fine Arts Center is located at 5330 B Gibbons Dr.

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

children, will headline the two-day festival. www.fairytaletown.org; 808-7462.

'An Evening Under the Stars' in Folsom
Sept. 27: The Folsom Symphony and Maestro Peter Jaffe Invite you to "An Evening Under the Stars." Wine, dinner and dancing at the Palazzo di Migiarella in El Dorado Hills. Master of Ceremonies: Cristina Mendonsa and Roger Niello. Black Tie Optional. Silent and live auctions plus performances by symphony musicians. Valet parking included. Limited seating. Hosted by Marie Mitchell and Tony Mansour
Web: <http://www.folsomsymphony.com>. For more information, call 357-6718. The event starts at 6 p.m. and costs \$250/person.

End of Life Focus Groups

Sept. 29: Facilitators from the Board Resource Center would like to hear your ideas and experiences in order to help individuals effectively express their wishes when making end-of-life planning choices. Join other participants at the Hart Senior Center, 915 27th St., 12:30 p.m. to 2 p.m. or 2:30 to 4 p.m. Sign-up to participate in one of the two focus group sessions by calling 808-5462 or visiting the Hart Senior Center front desk.

Stay & Play at Pocket Library (Early Childhood 0-5)

Sept. 30: Unstructured free play for small children and their caretakers. Starting at 10:15 a.m., this session will be followed by a special half-hour performance by Mr. Cooper at 11 a.m. Partially funded by the Pocket-Greenhaven Friends of the Library. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr.

OCTOBER

Judge a Book by Its Cover annual contest entry deadline

Oct. 1: Sacramento Public Library's annual teen art contest honors Teen Read Week; entries due Oct. 1. Judge a Book by Its Cover is Sacramento Public Library's annual art contest that invites teens to design a new cover for a favorite book. Just create the new cover in any medium you choose, from a physical drawing or painting to a digital image created on a screen. Several winning entries will be selected, and the top winners will receive a copy of the book with their winning entry printed as the cover. Submit in person at any library branch. Library branches will have contest applications in stock. Submit online via Tumblr at <http://saclib.tumblr.com>, click the "submit" link at the top of the page. Please note, participants who submit their entries digitally will still need to turn in a physical application form at a library.

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Faces and Places:

Grand opening of the "Canine Corral"

Photos by BILL CONDRAY
bill@valcomnews.com

More than 100 dogs and their owners enjoyed the opening day of the brand new "Canine Corral" at Carmichael Park on Sunday, Sept. 14. The Canine Corral is an off-leash dog park, which is a safe, pleasant, enjoyable place for dogs to run, play with other dogs and socialize with other dogs. The Carmichael Canine Corral Association sends thanks to Parsons Brinckerhoff Engineering for the surveying, planning, drawings and advice for the renovation of the dog park. Additional thanks go to Kevin Fellows, Scott Brown and especially the late Buck Ensign, the engineers, who volunteered their assistance. Jim Elder, a retired engineer and Canine Corral member, also contributed initial concept drawings to get the plans started.



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Home Care Assistance's mission is to
Change the Way the World Ages

At Home Care Assistance of Sacramento we are "raising the bar" in the care we provide AND the respect we extend to our staff.

- We refer to our caregivers as Care Partners because they are truly valued partners in this business.
- We are the only senior care company with a Home Care University to continue to develop the skills of our staff. We also offer culinary training with an emphasis on nutrition to improve our care partners' skills and ultimately our clients' meals.

Meet Kathy. Kathy Herfeldt is the owner of Home Care Assistance of Sacramento and works directly with clients and their families. She is passionate about promoting options that lead to living healthy and independently wherever that may be.

Call Home Care Assistance today to schedule a free assessment!

Home Care Assistance
916-706-0169
5363 H Street, Suite A, Sacramento, CA 95819
www.HomeCareAssistanceSacramento.com

Exciting New World of Implant Supported Dentures

• Has the Security Of a Fixed Bridge!



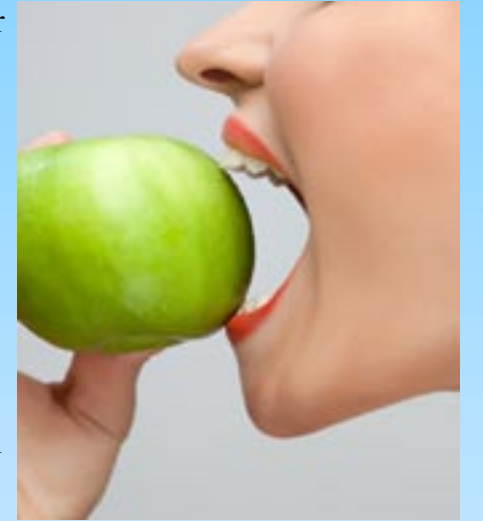
• Easier to Maintain Good Oral Hygiene

There are millions of people in the US who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or ill-fitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

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.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an ill fitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing tooth.



Now there is a solution to these issues: Implants with "Snap On" Dentures!

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

Carmichael Dental Group

2 Implants With Attachments to a Denture
\$2000 Off

8329 Fair Oaks Blvd, Ste. B • Carmichael, Ca, 95608

(916)944-7700

www.YourCarmichaelDentist.com



WILHAGGIN

Beautiful single story home with four bedrooms, three baths, media room, living room and family room fireplaces and 2½ car garage. Wonderful floor plan with tons of storage. Imperfect smooth walls, crown molding, hand scraped hardwood floors, new carpet, new Eagle lite tile roof. \$899,900

LIBBY NEIL 539-5881



STYLISH UPDATES

Stylish update in the heart of Arden Park! 3 bedrooms, 2 baths with new wood floor and granite counters. New kitchen with loads of cabinets, counter space and huge island. Vaulted ceilings and open floor plan, master suite is complete with walk-in closet and generous bath. Fun gazebo! \$649,000

JAY FEAGLES 204-7756



FABULOUS DEL DAYO

3 bedrooms plus den, 3 baths, pool with pool house and Koi pond on a 1/3 acre corner lot. Bright kitchen with breakfast nook, large open family room with copper fireplace, oversized garage, wine fridge, wet bar, spacious laundry room. Great house for entertaining. Fantastic neighborhood! \$689,000

JESSICA BILLER 761-6035



AUTHENTIC CRAFTSMAN STYLE

Completely remodeled with all the conveniences of modern living. Handsome wood floors and mission style cabinetry throughout. Top appliances including Miele Espresso Machine and wine cooler. 4 bedroom 2½ bath home features private entry courtyard, pool, waterfall, built-in grill; more! \$589,000

JAY FEAGLES 204-7756



PARS OAK CUSTOM HOME

Here is an exciting opportunity to own a quality custom built new home (built in 2014) in a gated subdivision of 15 custom homes!! High beamed ceilings, hardwood floors, fabulous gourmet kitchen, open floor plan, 3 car attached garage, .35ac lot plus every bedroom has its own bathroom!! \$1,350,000

CARMAH HATCH 765-6210



STUNNING CARMICHAEL

Rural feel in close-in Carmichael on .56 acre in a quiet/private location near Ancil Hoffman Park. Features include completely remodeled kitchen, custom paint, 4 bedrooms, 2½ baths and large family room. \$1,075,000

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



ARDEN ARCADE CHARMER

Comfortable 3 bedroom 2½ bath home with a wonderful backyard featuring pool, spa and multiple water fountains. Kitchen includes a Viking range and pantry closet. Crown molding throughout and impeccably polished hardwood floors and custom designed baths. RV access and large tool sheds. \$358,000

JUSTIN DAVIS 798-3126



CARMICHAEL WHISPERING OAKS

Wonderful family home and floor plan located in gated community. 4 bedroom plus upstairs bonus room, 3 full baths. Very open and light and bright with lots of glass and high ceilings. Gourmet kitchen opens to family room. Good sized lot with trees and flower beds for privacy \$474,900

PATTY BAETA 806-7761



GREAT LOCATION GREAT SPACE

Mariemont Avenue home over 8400 square feet with 5 or 6 bedrooms 6½ baths located on a 1½ acre parcel. Spacious rooms, each bedroom has its own bath, an amazing master bedroom suite, custom wood work, box beamed ceilings, an attached maid's quarters, RV access and a 4-car garage. \$1,999,900

ERIN STUMPF 342-1372

for current home listings, please visit:

DUNNIGANREALTORS.COM

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