

# ARDEN-CARMICHAEL NEWS

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## A look back

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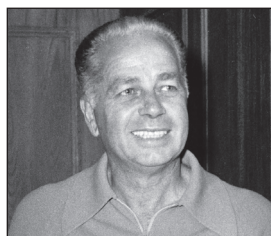
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Arden Hills founders' success as a swimming coach began in 1940s

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Sacramento Audubon offers free program on ventriloquist owl

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Photo by Lance Armstrong

Carmichael area resident Bob Miller has enjoyed a long career as an artist.

# The Best of the Arden-Carmichael News 2014

Dear readers,

This year, the Arden-Carmichael News has enjoyed bringing you stories about your neighbors and about the history that has made up the community you call home. What follows are summaries and excerpts from some of our favorite stories from the past year. Also, see some of the best photos of the year on pages 10-11. Additionally, movie reviewer Matias Bombal shares with readers the top five movies he has reviewed for Valley Community Newspapers since he started writing for us in 2014. Without further adieu, here are the top stories and columns selected by staff this year.  
*Sincerely, Monica Stark*

**Local resident's early love of art led to long career by Lance Armstrong:** While meeting with this publication to share details about an art show that he would be taking part in with two other artists, Carmichael area resident Bob Miller explained that his involvement in art extends beyond the strokes of brushes on canvas.

Bob, 83, noted that his background in art even included working for television stations during the 1950s.

In speaking about his longtime interest in art, Bob said, "My first memory was drawing cartoons from coloring books, doing pictures of Disney characters and so on. I was always one of the best (at drawing) in class."

Bob's first employment in the capital city was at The Dosch Co. at 200 V St., where he worked on silkscreen jobs and other projects.

In describing his uninviting working environment at that company, Bob said, "My silkscreen shop was an old chicken coop and it had tar paper on the roof. During the summer, it was like 120 (degrees) and

during the winter, it was like 50 (degrees). There was no air conditioning, no heating, no anything like that. So, I cut stencils and old man (F. Elwood) Dosch would give me like five X-Acto blades a week and a wet stone to sharpen (the blades). It was just ridiculous."

Bob was undoubtedly thrilled to finally change jobs about a year later.

In recalling the moment that led to his new employment, Bob said, "I was home one night (in 1954) and we flipped on the television and Channel 36 in Stockton had just gone on the air. It was KTVU, and I looked at their artwork. Their artwork was absolutely miserable, so I threw my portfolio in my Studebaker and I drove down to Stockton. I was interviewed by a guy named Dave Hume, and Dick Block. Dave ultimately became the news director at Channel 3 (in Sacramento). In any event, I was interviewed by them. They really liked my portfolio, but it also meant that I was to be a floor man on television shows. Everything was live in those days. Dave said, 'You know, I really like his (art) work, but I think he's too short to reach the mic booms.' And here I am, I'm going to be a floor man, I had to reach the mic booms. So, we went down in the studio, and I got down on my tippy toes and I managed to operate the mic boom and he said, 'Okay, that's okay.' So, they hired me."

**Sacramento area's first television station debuted in 1953 by Lance Armstrong:** As mentioned in the last article of this series, nearly 16 months after the Federal Communications Commission lifted its freeze on granting new television licenses, the Sacramento area re-

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# KCCC:

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ceived its first television station: KCCC Channel 40.

Ground was broken for that UHF station's studios and 510-foot-tall, steel transmitter tower on the Garden Highway on August 28, 1953 at 2:30 p.m.

Among those present at the ground breaking ceremony were Mayor Leslie E. Wood (1897-1974), William Lawrence Greer (1902-1975), president of the Sacramento Chamber of Commerce, and other members of the city council, as well as members of the Sacramento County Board of Supervisors.

Frank Maloney was the general contractor for the construction of the station's headquarters. His business's headquarters were located at 1915 S St.

The television building project was completed in three stages, with the first of those stages being the erection of a basic operations unit, with its reception, control and projection rooms. The second stage of that project was the construction of the studio, and

lastly, the third stage consisted of the erection of an office building.

KCCC made national news, as the word spread throughout the country that construction on the station's structures were completed in only 34 days.

As for the placement of the transmission tower, that endeavor was also completed in a relatively short period of time, as the tower arrived on Sept. 22, 1953 and was installed within three days.

The Telecasters established KTXL Channel 40, which first broadcast on Oct. 26, 1968. The station, with its affiliation with the Fox network, is commonly known today as Fox 40.

**Riverview II social club has rich history in Carmichael by Lance Armstrong:** Riverview II, a social club, which has always maintained its main objective of having fun among friends, was founded in Carmichael in 1953.

Its roots, however, date back to the 1920s, with the establishment of the original Riverview social club.

In memoirs written in 1959 by Glenn W. Bowen, one of



Photo courtesy of Riverview II

The old Riverview clubhouse is shown in the background of this early Riverview club photograph.

the earlier groups founding members, Bowen explained how the original Riverview club was organized.

Bowen, a real estate man who resided at 1032 37th St., recalled a time, in 1925, when he and another real estate man named Carl Klein were asked

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## Riverview:

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to sell a house at 1716 7th Street, near the old Sacramento Bee building.

“George (Hammond) said, ‘If you boys (Bowen and Klein) sell this house, I’ll give you a cash bonus and the best dinner in Sacramento,’” Bowen wrote. “I sold the house. We never got the dinner, but I kept reminding George of the same.”

“One day, he came to the office and invited us to a 6:00 o’clock dinner at the yacht club – just a boat house (sic) on the Sacramento River. We didn’t know any of the members and they couldn’t see us – after the first half hour. We didn’t swim – had a good liquid dinner and steak, I think, at least so they told us.”

“Carl and I went home early, when the card game began. On the way home, we decided the evening was wasted, except that we did get an idea. Why not find a place on the river and form a family club for ourselves and friends.”

With the founding of Riverview, work began on the construction of the group’s clubhouse.

The clubhouse was certainly completed in a short time, considering that Bowen’s memoirs included the following words:

“Next came the flood of 1926-27. Most everything along the river ended up in the ocean. Two noble oaks saved our beautiful clubhouse from floating away.

Of course, we did not know this was the first of many floods to come. This was not serious. We worked out a system – 1) Levee an assessment; 2) Spend all spare time working on club; 3) Get new members with money and strong backs.”

Bowen also commented that following every flood, the clubhouse and its furnishings would be improved.

He also noted that the Depression nearly caused the club’s existence to come to an end.

According to Riverview’s records, at one point during that period of misfortune, 21 of the club’s 32 members had failed to pay their dues.

As for Riverview’s membership, the club was solely opened to married couples.

Efforts to increase Riverview’s membership total was a three-fold project, which featured random calls using numbers from a telephone book, door-to-door inquiries and on-street contacts.

Eventual improvements to the club’s grounds included a kitchen and croquet court.

In 1953, with their desire to have Riverview activities continue for many more years, senior members of the club met with some of the members’ children. That meeting led to the establishment of the “Junior Riverview” club, which is known today as Riverview II.

**Stan Atkinson reminisces about his award-winning career in television by Lance Armstrong:** When it comes to



Photo courtesy of Stan Atkinson

Stan Atkinson, bottom center, is shown with other members of television station KFTY Channel 50 in this early 1970s photograph.

discussions about legendary figures in the history of local television, former TV anchor and reporter Stan Atkinson should always be in those conversations.

With a review of Stan’s awards alone, one can quickly gain an understanding that he was far from an average person in the field of journalism.

Stan was a three-time Emmy Award winner and a recipient of both the

World Affairs Council Award of Excellence for International Reporting and the Sacramento Region Community Foundation’s Lifetime Achievement Award. And these are just some of the awards that he has received.

Last week, Stan sat down in his Arden area home to discuss his journal-

See Atkinson, page 5

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Man with dog—Clipart © Microsoft Media

## Atkinson:

Continued from page 4

ism career, which spanned nearly a half-century.

But before presenting details about that time, he spoke about the pre-media portion of his life.

"I was born (in San Diego) on Nov. 11, 1932," Stan said. "I was a peace baby, a Veterans (Day) baby."

After being asked to speak about his parents, Stan said, "It's a long story, because I was adopted. I was raised by the Atkinsons - Stan and Bess Atkinson."

Stan, who never served in Korea, because of his high marks as an instructor at Fort Ord, said that his experience as an instructor later aided him with his work in television.

"It really gave me the wherewithal to be able to stand in front of a television camera a few years later," Stan said. "I would be able to stand on my two feet and be comfortable doing it."

In 1954, after completing his service in the Army, Stan used his FCC license to acquire work at KREM, a Spokane radio station, which was building a TV station that would become known as KREM-TV Channel 2.

After about seven months on the air on radio, Stan was asked to switch to KREM's television operations.

In recalling that moment, Stan said, "They came in and said, 'You're going to go back to TV.' And I said, 'I don't want to work in TV.' And they said, 'Well, why?' And I said, 'Well, we don't know if TV is going to last. I mean, there's usually only one TV set in every neighborhood. It's very expensive and the quality isn't very good, and yada, yada, yada.' And I said, 'Besides, I don't have a coat and a tie.' And he said, 'Well, you go on down and get a coat and tie, because you're going back to work in a TV studio. So, I did, and I fell in love with it right away.'"

Stan added that his experience with KREM-TV proved to be "wonderful training."

"In those days (in TV), you did everything from editing film to announcing in the booth," Stan said. "I did a weather show. I did a newscast, I did a kiddie show, I did a giveaway show and we did commercials. I learned how to do everything, essentially, in a television studio."

**Fair-themed fundraiser at a local storage facility by Monica Stark:** It appeared that the work of a fairy godmother was over at the Armor Mini Storage facility on Auburn Boulevard because for one night, a section of empty storage units were filled with tried and true carnival games, transforming the space into a county-fair



Photo by Monica Stark

Shown here is a snip-it of a carnival held at Armor Mini Storage. The event benefited BeMoneySmart USA, a Carmichael-based nonprofit that teaches youth and veterans how to run small businesses by utilizing farmers' markets.

themed party (without any scary carnies).

High school and college age students picked up guests from their parking spaces and shuttled them to the fair by

way of golf carts, as others worked the barbecue, cooking up tri-tip and shredded chicken sliders.

"The tri tip's got a little heat to it, not bad, but

it just kind of warms up at the end. So you're like, 'ooh look at that,'" Don Hall explained as the meat was

See Carnival, page 6

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# Carnival:

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cooking on a warm Saturday evening in September.

Don and his wife, Marie, are the founders of BeMoneySmartUSA, a non-profit in Carmichael that offers free financial literacy training for youth and employment opportunities through their farmers' markets. Those students who were found working the county fair were actually helping to generate funds for the latest program to get off the ground, Veterans Build Your Own Micro Business Academy, a veterans' micro-franchise operation through BeMoneySmart USA.

With nearly 200 well-fed folks grazing on 25 pounds of tri-tip and 20 pounds of chicken, not to mention slices of Papa Murphy's Pizza and fruit cups, folks hopefully had a good time, playing games

and learning about the BeMoneySmart USA program for veterans.

The veteran's program is expected to roll out Jan. 20 with five veterans – that is, five businesses – that will participate in a 12-month educational program.

For more information, see [www.bemoneysmartusa.org](http://www.bemoneysmartusa.org)

**Arden area's KFBK radio station has rich history by Lance Armstrong:** The history of commercial radio in Sacramento, as presented in the first article of this series, began with radio station KVQ. And following that station's departure, it would be nearly another three years before Sacramento would once again have its own commercial radio station.

That station, KFBK, like its predecessor, KVQ, was originally co-owned by The Sacramento Bee.

Its other owner at that time was the Kimball-Upton Co. at 607-611 K St. The latter named business was a vendor of such offerings as sporting goods, automotive supplies, motorcycles and phonographs.

KFBK, which has its present day studios in the Arden area at 1545 River Park Dr., Ste. 500, made its official debut on Sept. 5, 1925 at 7:30 p.m.

Following an announcement that the station was on the air, Gov. Friend W. Richardson, Mayor Albert Elkus and Sacramento Chamber of Commerce President Harold J. McCurry, respectively, took turns greeting KFBK's earliest listeners.

Certainly, one of KFBK's most notable radio station personalities was the outspoken, right-wing host of The Rush Limbaugh Show.

Rush Limbaugh was presented with the opportunity to host his own show following the departure of talk show host, Morton Downey, Jr. (1932-2001).

The Union, in its Saturday, Aug. 25, 1984 edition, reported that Downey "resigned late Friday, because he said he let down his listeners by using the word, 'Chinaman,' in a joke and then arguing on the air with city councilman Tom Chinn."

Downey later hosted the nationally syndicated television talk show, The Morton Downey, Jr. Show.

In regard to Limbaugh, whether one loves him or hates him, through his show, he undoubtedly achieved his desired result: to get a reaction from his listeners.

Through his work with KFBK, Limbaugh became a national phenomenon, as he is regularly heard on stations throughout the country.



Photo courtesy of Sacramento Public Library, Sacramento Room  
Radio station KFBK made its debut on the air on Sept. 5, 1925. The photograph above was taken in 1933.

Tom Sullivan, Limbaugh's local replacement, also became one of the nation's leading radio talk show hosts. He joined the Fox Business Network in 2007.

Although no longer broadcasting from Sacramento, Limbaugh and Sullivan can still be heard regularly on KFBK.

Other KFBK personalities have included Kitty O'Neal, Mary Jane Popp, Christine Craft, Kelly Brothers, Chris Lane,

Joyce Krieg, Dave Williams, Mark Williams and Rick Stewart.

The McClatchy newspaper group sold KFBK to the Westinghouse Electric Corp.'s Group W Radio unit in October 1987.

On Sept. 8, 1993, The Sacramento Union reported that the KFBK "AM news/talk powerhouse and its FM cousin" had been sold by Westinghouse to

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## World renowned lama to speak on happiness and enlightenment

Jhado Rinpoche, one of the rising stars of Tibetan Buddhism, will speak on the steps to happiness and enlightenment Friday, Jan. 9, 2015, 7 p.m., at the Kim Quang Temple on Alta Arden Expressway.

Born in 1954 to a nomadic family in Tibet, Jhado Rinpoche was recognized as the incarnation of the abbot of Jhado Monastery at age three.

After fleeing Tibet in 1959, Rinpoche spent several years studying in India.

In 1964, he took vows as a monk from His Holiness the Dalai Lama and was fully ordained in 1973.

For more than a decade, Rinpoche served as a teacher and abbot of the Dalai Lama's private monastery, Namgyal.

He currently is working with the International Kalachakra Network, a project of the Dalai Lama.

Rinpoche will be speaking on Lam Rim, the stages of the path to happiness and enlightenment.



Photo courtesy

Jhado Rinpoche, one of the rising stars of Tibetan Buddhism, will speak on the steps to happiness and enlightenment Friday, Jan. 9 at the Kim Quang Temple on Alta Arden Expressway.

### If you go:

**Who:** Jhado Rinpoche, former abbot of Dalai Lama's private monastery; Sacramento-based Buddhist nonprofit Lion's Road Dharma Center; and local Mongolian Buddhist temple Zanabazar Dharma Center.

**What:** Rinpoche will be giving a talk on Lam Rim, the stages of the path to happiness and enlightenment.

**Where:** Kim Quang Temple, 3119 Alta Arden Expressway

**When:** Friday, Jan. 9, 2015, 7 p.m.

**Why:** Jhado Rinpoche is one of the most highly esteemed lamas in Tibetan Buddhism. Renowned for his keen intelligence and dynamic teaching style, Rinpoche knows how to engage Western students in ways that are personally relevant to their lives.

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# KFBK:

Continued from page 6

Chancellor Communications Corp. for \$48 million.

Chancellor Media later became AMFM, Inc., which merged with the station's present owner, Clear Channel Communications, in 2000.

Today, KFBK, which broadcasts on 1530 AM (sharing the frequency with WCKY in Cincinnati) and 93.1 FM, continues to add to its rich history.

**KROY was among Sacramento's early radio stations, KROY broadcast from Arden area studios from 1966 to 1975 by Lance Armstrong:** Sacramento radio station KFBK, which was featured in the last article of this series, remained the city's only commercial radio station until Monday, March 15, 1937. It was on that date that KROY, which would eventually operate in the Arden area, made its official debut at 1210 AM.

Efforts to establish KROY was described in an article in the Nov. 6, 1935 edition of *The Sacramento Bee*. In that article it was reported that San Francisco native Royal Miller (1884-1976), who then-resided at 1325 45th St., had applied to operate a new radio station in Sacramento.

The original KROY staff consisted of Robert Barringer, general manager; Al Wolffe, technical director; Robert S. Spence, program director; Bert F. Hews, news editor; George W. Collipp, sales manager; Lucille McCubbin, receptionist; George F. Strahl, radio operator; Alyse Sullivan, women's programs; and Harry Oakes, announcer-salesman.



The now defunct Sacramento AM radio station KROY made its debut in 1937. Its history also includes the operation of the FM station, KROI – later KROY FM. Photo courtesy of the Lance Armstrong Collection

In 1956, KROY began broadcasting at 1011 11th St., above the Country Maid Creamery restaurant.

KROY was sold to John T. Carey, Inc. in 1959, and then to Sacramento Broadcasters, Inc., which was headed by Lincoln Dellar, a year later.

It was also about that time when Arden area resident A.J. Richards became KROY's station manager.

As a station that was known for presenting popular music of respective eras, KROY entered the rock and roll era in the same decade.

For a period of time, KROY regularly played surf music.

In early 1966, KROY, which was then a Top 40 format station, relocated to 977 Arden Way.

KROY was then managed by Dwight Case and was advertising itself as an "all request" radio station.

It was also around that time that KROY persuaded popular KXOA deejay Johnny Hyde to become a KROY deejay and present his unique, non-Top 40 music program, "The Gear Hour."

In 1968, KROY became recognized as Sacramento's number one radio station – according to Arbitron ratings books – and it would hold that position for several years.

KROY moved to new studios in the basement of a building at 1017 2nd St. in 1975.

In 1976, KROY 1240 AM was joined by KROI 96.9 FM.

According to a July 25, 1978 article in *The Bee*, during the previous day, the FCC approved the sale of KROY and KROI to Jonsson Communications, Inc. for a combined \$4.08 million.

KROY-FM, which would eventually be recognized as "Hot 97," officially left the air permanently in 1990 when it was replaced by radio station KSEG "The Eagle" 96.9 FM.

**Buggy Whip restaurant reopens after two-year closure by Lance Armstrong:** Buggy Whip restaurant served its customers at 2737 Fulton Ave. for 52 years before shutting its doors two years ago. But after a remodeling of

See *Buggy Whip*, page 9

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# Buggy Whip:

Continued from page 8

that longtime eatery's building and various other changes, the business has once again opened those doors to the public.

The longtime popular eatery held its grand reopening on Friday and Saturday, Nov. 8 and 9.

Larry LeSieur, whose father, Aaron LeSieur, opened the Buggy Whip in 1959, had continued the business's operation following the death of his father 35 years ago. But due to financial matters, the place closed in 2012.

However, last July, Larry re-leased the old Buggy Whip building with plans to reopen the eatery.

In speaking about the decision to reopen the business, Larry said, "I needed to bring (the Buggy Whip back). This is the only thing that would work in this area. We had (operated) for 52 years, and so, to close it and to rent this (building) to somebody else didn't make any sense. The only thing that made sense was to bring the Buggy Whip back, but an improved Buggy Whip."

The Buggy Whip is open Mondays through Thursdays from 11 a.m. to 10 p.m., Fridays from 11 a.m. to 11 p.m., Saturdays from 9 a.m. to 11 p.m. and Sundays from 9 a.m. to 10 p.m.

For additional information about this business, call 900-8644.

**Airport was once proposed for Fulton Avenue, Cottage Way site by Lance Armstrong:** It may be difficult for many people today to imagine, but an airport for small planes was once envisioned for a 100-acre site east of Fulton Avenue, between Cottage Way and El Camino Avenue.

The post-World War II, north area airport plans included a 2,000-foot runway, an 800-foot runway, hangars and other structures.

According to a brief announcement in the Nov. 28, 1945 edition of The Sacramento Bee, a permit was granted for the establishment of the airport by the Sacramento County Board of Supervisors.

It was also mentioned that the permit was "subject to approval of the site by the Civil Aeronautics Authority," which was based in Santa Monica. That approval process was based on the proposed air landing site's size, location, physical characteristics and specific uses.

On the evening of Dec. 10, 1945, while that permit was pending with the CAA and the California State Aviation Project Committee was holding a session at the Hotel Senator at 1125 L St., a public meeting about the possibility of establishing an airport in the Arden area was held at Arden School at 3500 Arden Way.

In attendance at the meeting was North Sacramento resident James K. Bullock, an attorney who spoke against the project, claiming that the construction of an airport at the Fulton Avenue site would cause a decrease in property values in that area. He cited possible falling planes and aircraft noise as reasons for opposing the building of an aviation facility at that location.

During the same meeting, a vote was held in which a majority of Arden area residents opposed the plans for the establishment of the airport.

The final vote tally, which was 42 to 21, was announced by Arden District Improvement Club President Steve Williams and eventually sent to the CAA.

Only a day after the meeting at Arden School, Sacramento hosted the Western Aviation Conference at the Hotel Senator. At that event, Gov. Earl Warren gave a speech entitled, "What Aviation Means to the West."



Photo by Lance Armstrong

Buggy Whip restaurant co-owner Larry LeSieur gives a toast to the reopening of his restaurant at 2737 Fulton Ave. during the longtime popular eatery's grand reopening weekend.

Sacramento had previously hosted the conference on one other occasion, from Sept. 23 to 25, 1937.

On Dec. 15, 1945, The Bee reported a story out of the nation's capital that legislation was pending before Congress on a \$1 billion national airport program, which included \$24 million that would be contributed toward the construction and improvements of airports in California.

Although local and state governments would be required to match federal funding, it was expected that California would need to contribute a little more than half of the final cost – an estimated \$26 million.

The overall program featured a plan for 3,000 new airports and improvements to 1,600 existing airports.

According to the article, legislation on the long range project had already been passed "in different forms" by the Senate and the House of Representatives, and conference committees were "ironing out the differences" on vari-

ous topics, including specific details about the application of funds and the speed in which the program would move forward.

Another aviation related article accompanied the article regarding the pending national airport program.

The other article presented details about local plans for landing fields, and specifically mentioned the proposed airport east of Fulton Avenue.

On Jan. 28, 1946, The Bee reported that sponsors of the Arden area airport had requested that the Sacramento County Board of Supervisors make an early ruling regarding their county permit application for the airport.

The board responded by ordering a Jan. 30, 1946 hearing on the matter.

It was mentioned in the Jan. 28, 1946 article that Bullock had told the board that he was representing 90 Arden-Arcade residents

See Airport, page 16

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# Best photos of the year



Photo by Monica Stark

Children and their families took advantage of the beautiful weather on Sunday, Jan. 5, 2014 at the Effie Yeaw nature preserve.



Photo by Bill Condray

Del Dayo Elementary School's multipurpose room was transformed into a beautiful ballroom for the third annual Father Daughter Dance, which was held Friday, Feb. 7. Fun was had with friends and an enjoyable evening of dancing. There were dads in ties and daughters in dresses, learning how a gentleman treats a lady!



Photo by Bill Condray

Carmichael's annual egg hunt and pancake breakfast was held on April 19. Children met the Easter Bunny and enjoyed gathering candy-filled eggs. The event featured vendors, arts and crafts, golden eggs and more.



Photo by Monica Stark  
 Bev's Angel Project's Annual Nifty 50s Classic Car Show was held Sunday, Sept. 21 in the Carmichael Oaks Shopping Center, located at 6456 Fair Oaks Blvd. With raffle prizes, coffee and donuts, a hot dog lunch for participants, there was a people's choice award and live rock and roll music provided by Jenny Lynn and her Real Gone Daddies.  
 This car show kicked off Bev's Angel Project's holiday toy collection drive. Mrs. Claus and her helpers visit school classrooms, hospitals, crisis nurseries, Mustard Seed School for the homeless, Children's Protective Services, and Alta Regional Children's Therapy Center. Schools served by Bev's Angel Project include Garfield Special Ed. preschool, Cameron Ranch, Carmichael, Dyer Kelly, Ethel Phillips, Hillsdale and F.C. Joyce Elementary Schools, Starr King/Ralph Richardson Center, Churchill Middle School and Mira Loma High School. They also assist St. John's Shelter for Women & Children, St. Mathews and Carmichael Presbyterian Churches and Sacramento Sheriff's Department.





Photo by Monica Stark

Each Sunday from 9 a.m. to 2 p.m., the Farmers' Market at beautiful Carmichael Park has more than 75 certified and organic farmers, and specialty item vendors. This Farmers' Market in the heart of Carmichael is special, offering a wonderful park-like setting making it a special occasion shopping for fresh fruit, vegetables, flowers, herbs and more. Don Hall is the Market Manager. For more information, call 484-7000. The park is located at 5750 Grant Ave., Carmichael.



Photo by Monica Stark

On Easter Sunday, dogs dressed up for a special occasion – a doggie egg hunt at Carmichael Park. They sniffed; they ate; they had a good time visiting with friends. A fluffy cream-colored Pomeranian sniffed out a winning egg. Instead of a treat, there was a golden ticket, which led to a big basket full of goodies. After the hunt, the dogs strutted their stuff with agility tests. Visit [carmichaelpark.com](http://carmichaelpark.com) for a schedule of doggie agility classes.



Photo by Monica Stark (left) Arden Garden Market debuted in the neighborhood on Saturday, June 21. The now weekly farmers' market is carrying out an ambitious mission of feeding the body as much as the soul. 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. Arden Garden Market is located at 1409 Del Paso Blvd. across from Iceland.



Photo by Stephen Crowley

Shown here is one of the many popular rides at the California State Fair – the swing ride.



Photo by Monica Stark (left) 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. Shown here are the key organizers of the day's event.



Photos by Bill Condray (left) Classic cars, community floats, marching bands, military units and dignitaries made their way down Fair Oaks Boulevard to Cypress and toward the Elks at the 56th annual Fourth of July Parade. The parade ended with a big party -- free swimming, barbecue, games and bocce ball for everybody!

# Matias Bombal's top five movies of the year (that he reviewed for VCN)

In order of greatness, Matias Bombal has selected the following films as the best in 2014: "The Immigrant," "Fading Gigolo," "Magic in the Moonlight," "I Origins," "Only Lovers Left Alive." He lists "Chef" and "Kill the Messenger" as runners up.

**1. "The Immigrant":** Set in 1921, a Polish immigrant arrives to Ellis Island with her sister with hope for the future after the Great War, were she had witnessed her parents massacred by soldiers. On the ship, her sister became ill in the squalor of steerage and was separated from her by the immigration authorities to be confined in the hospital on the island. With her family gone, her bond with her sister is vital. Remarkable and strong Ewa, played by Oscar winning actress Marion Cotillard, must find a way to find her sister and not be deported herself. This movie has captured the Ellis Island experience vividly and is beautifully mounted. The music is lush and appropriate, never intrusive, but highly melodic, both in Christopher YOUNG's original music, and the other well known orchestral pieces selected.

**2. "Fading Gigolo":** Set in the Chasidic neighborhood of New York City, John Turturro plays Fioravante, who in the opening scene is sadden to learn that his friend of many years, Murray, played by Woody Allen in a good acting role, is closing his bookshop. In order to help Murray out, he's convinced to become a gigolo to entertain Dr. Parker, radiantly played by Sharon Stone, and Murray's own dermatologist.

**3. "Magic in the Moonlight":** Woody Allen's "Magic in the Moonlight" is the story of a popular English magician in 1928 acting as a mysterious man of the orient, Wei Ling Soo, played by Colin Firth, who has little tolerance for tricksters, mystics and séances. A fellow magician asks him to debunk a young lady, played by Emma Stone, who is holding séances in the south of France. In "Magic in the Moonlight", the real magic starts when you by your ticket, sit there in the dark and let it weave its smart period spell. Presto!

**4. "I Origins"** stars handsome Michael Pitt as a molecular biologist, Dr. Ian Gray, who, with his lab partner Karen (played by Brit Marlin), uncovers a fascinating bit of biological evidence about human eyes and their individual patterns. This evidence might cause some big societal changes. I was captivated by this intelligent movie with excellent performances and subtle use of music. Michael Pitt's deliberate and clear delivery of the dialog, sensitive performance and natural ability as a screen actor offers great presence on the screen. The characters are engagingly developed and speak intelligent, believable, well-researched dialogue.

**5. From director Jim Jarmusch, "Only Lovers Left Alive",** is a modern vampire movie that folks might call off-beat. It is not a shock or fright fest, but rather an interesting story of two name dropping vampires of exquisite education that continue to survive in the modern world, yet in places of relative obscurity: Tangier, and the depressed and abandoned old neighborhoods of Detroit.



Jessica Chastain and Oscar Isaac in A24's "A Most Violent Year."

## Matias Bombal's Hollywood

### A Most Violent Year

*The MPAA has rated this R*

A24 offers "A Most Violent Year", a title that stands in contrast to the content of the story, but don't be misled, the impending freeing of potential violence to come lingers from the first shot to the last.

Set in 1981, screenwriter JC Chandor, who also directs, tells the story of an immigrant who tries to build his business in the most violent year in New York City history. You may think gangster or mobster, which often in the movies would be Italian, if this were a typical mob movie.

Not so, refreshingly, though there is the mob undercurrent, our protagonist is a non-Italian, Spanish speaker. What a new way to tell this type of story!

This man, Abel Morales, is played by Oscar Isaac with an integrity and a non-violent ethic you just don't expect. His firm sells heating oil in the big metropolis. The Teamsters union supplies his truck drivers. Competing firms are stealing oil trucks from him, so between the theft of his shipments and the teamsters, he's got headaches to be sure. Yet, he remains driven and ethical in his own way.

Jessica Chastain is marvelous as Mrs. Morales, mother of two children.

This movie keeps you on the edge of your seat and is gripping and excellent throughout. Mr. Isaac offers his best work since the movie, "In Secret" of last year, which I also liked very much.

It is also a delight to see Albert Brooks in this film as the Morales family lawyer, in an unfunny role, which he does very well. Overall this movie is superb on all levels of appreciation. The MPAA has given this an R rating, and I highly recommend you not miss this outstanding movie, as it's the kind of picture that will have you leaving the theater saying to yourself: That was great!

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# Arden Hills founder's success as a swimming coach began in 1940s

By LANCE ARMSTRONG  
Lance@valcomnews.com

*Note: This is the second article in a series about the Arden Hills wellness resort.*

Long before founding Arden Hills near the northwest corner of Fair Oaks Boulevard and Mission Avenue, and becoming a world renowned swimming coach, Oakland native Sherman "Sherm" Chavoor began instructing and coaching swimmers in the Sacramento area.

Prior to coming to Sacramento, Chavoor served in the Army during World War II as a bomber pilot who participated in 35 missions over Europe and as a part-time physical instructor.

In regard to why he chose to reside in the capital city, Chavoor once mentioned to a San Francisco Examiner reporter that a trip to his wife's hometown of Sacramento altered his previous plan to live elsewhere.

"It was going to be only a short visit (to Sacramento)," Chavoor told the reporter. "I had planned to return to Cal for my doctorate, but a job at the (Sacramento) YMCA as a physical instructor came up, then a teaching opportunity and I've been here ever since."

During research for this article, the earliest discovered reference to Chavoor's involvement in assisting a swimming team was found in the Jan. 25, 1946 edition of *The Bee*.

That reference, which relates to the YMCA boys' swimming team that was then preparing to compete in Stockton and several Bay Area cities, reads: "Al Zansky, captain and outstanding swimmer, is helping Physical Director Sherman Chavoor with the team's direction."

An article in the following day's edition of that paper refers to Chavoor, who attended the University of California, Los Angeles, as then recently becoming the "new physical education director at the Y."

According to that article, during Chavoor's time at UCLA, he joined the school's football team, but "did little playing."

An article published in the Sept. 1, 1936 edition of the *Arcadia Tribune* presents a different view, as it notes: "In the line, the only certainty for position appears to be Sherman Chavoor, the veteran center of All-American caliber whom Southern Methodist players named the best pivot man they faced last year."

In another article in the Jan. 26, 1946 edition of *The Bee*, Chavoor was mentioned as a member of the Spalding team of the Municipal Indoor Baseball League, which would open its season two days later.

During the spring of 1948, Chavoor was in charge of exhibitions given by the YMCA swimmers at the Mather Air Force Base officers' club pool.

And in early June 1948, Chavoor was coaching YMCA boys, who were participating in the Far Western Amateur Athletic Union swimming meet in San Francisco.

At that event, 15-year-old C.K. McClatchy High School student Tak Iseri, who was representing the Sacramento YMCA, set a record of 1:20.2 in the 100-meter breast stroke.

It was about that time that Chavoor was speaking about the possibility that Iseri, who stood 5 feet, 6 inches tall and weighed 135 pounds, could compete in the 1952 Olympics.

Prior to his aforementioned victory in the Far Western competition, Iseri, who was trained to be a champion by Chavoor, who had discovered him in the Sacramento YMCA pool about two and a half years earlier, had also become the Northern California 100-yard breast stroke champion and 220-yard freestyle champion and the winner of the 100-meter breast stroke event at the 1947 Far Western meet.

Iseri's success would continue, as he would become the Pacific Amateur Association 100-meter breast stroke champion and was the Pacific Coast butterfly champion at the University of California, Berkeley.

In an April 8, 1950 article in *The Bee*, Chavoor was mentioned as then dividing his time between teaching at Washington (elementary) School at 1716 E St. and tutoring Sacramento YMCA and University of California, Davis varsity swimmers.

Chavoor was recognized for coaching his YMCA team to three straight Pacific Southwest YMCA titles and five state championships.

The 1950 article also notes that Chavoor was coaching Allen Wimberly and Lowell Johnson of the Sacramento YMCA.

At that time, national Amateur Athletic Union ratings listed Wimberly as first in the 50-yard breast stroke for juniors and Johnson as second in the same category.

Wimberly, who resided at 656 Broadway, and later starred in sports at McClatchy High, would eventually take first place in the breast stroke competition at the Junior Olympics, which was held in San Francisco in September 1951.

Johnson, who was among the many swimmers discovered and trained by Chavoor, also swam for the Chavoor-coached Sacramento Elks Swim Club. Chavoor had left the YMCA and began coaching Elks swimmers in about early 1951.

In one of that club's competitions, Johnson won the 200-yard backstroke event in 2:35, in assisting his team to a 54 to 28 win against swimmers of Modesto Junior College.

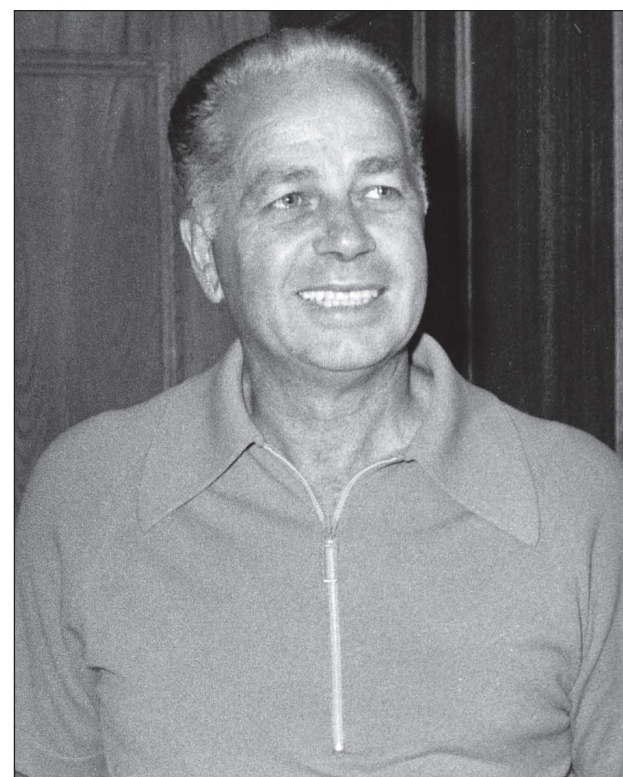


Photo courtesy of Arden Hills  
Sherman Chavoor's many years as a swimming coach included coaching swimmers of Arden Hills, the Sacramento YMCA and the Sacramento Elks Swim Club.

On May 23, 1953, Chavoor coached Sacramento Elks swimmers at the United States Olympic Fund benefit show in San Rafael. The event showcased outstanding amateur athletes.

During the Aug. 14, 1953 dedication program at the Southside Park swimming pool at 6<sup>th</sup> and U streets, Chavoor directed a swimming exhibition, which featured 12-year-old Elks swimmer Brian Hogan, who was the holder of four national swimming records.

Both Hogan and Johnson were featured in *Amateur Athlete* magazine – a publication of the Amateur Athletic Union – for their success in swimming events of the 1953 Junior Olympics.

It was also in 1953 when Chavoor, who was then serving as principal of Ethel Phillips (elementary) School at 4602 Franklin Blvd., began assisting in the establishment of the Park Terrace Swimming and Tennis Club in the South Land Park Terrace area. The club opened on its 3 and a half-acre site on Aug. 13, 1954.

Chavoor, who would become the club's manager, resigned from that position on March 29, 1955. He was replaced by Donald C. Hamilton, former manager and professional at the Sutter Lawn Tennis Club.

Chavoor's many other endeavors included serving as second vice president of the South Sacramento PTA and swimming coach at Galt High School.

On Jan. 26, 1956, *The Bee* reported: "Sherm Chavoor has resigned from the Grant Union (High School) physical education department (after eight months as swimming coach at that school) to devote his full time to the Arcade (sic) Hills Swimming and Tennis Club."

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# Renowned birder to discuss the elusive 'ventriloquist' owl

By MONICA STARK  
editor@valcomnews.com

A free program on a little owl that seems to throw its voice will highlight the Thursday, Jan. 15 meeting of the Sacramento Audubon Society. The public is invited to attend.

For the past three years, Speaker David Arsenault has headed a study of the elusive Flammulated Owl in the area around Lake Davis in Plumas County, which has the largest summer breeding population of the owl in the Sierra Nevada.

The study is sponsored by the Plumas Audubon Society in partnership with the U.S. Forest Service and with support from the Sacramento and other Audubon chapters in northern California. Its aim is to determine how forest thinning affects the owls.

It also contributes to the Global Owl Project's study of owl migration.

The 7 p.m. meeting will be at Effie Yeaw Nature Center in Ancil Hoffman

Park (For directions, see [sacnaturecenter.com](http://sacnaturecenter.com)).

In an interview with the Arden-Carmichael News, Arsenault discussed his background and some of the details behind the study of the ventriloquist owl.

But before that is discussed, it is important to note that there will be no owls on display, e said, "just a lot of pictures."

A wildlife biologist mostly focused on bird research for more than 20 years, Arsenault began his career leading field trips while in graduate school in Reno. Then, about 10 years ago, he moved to the town of Quincy, which is halfway between Chico and Reno, in an area he describes as "beautiful country" with a lot of "open space" and home to numerous state water projects.

Interestingly, preliminary results of his studies show what he's expected all along, that forest thinning hasn't had much affect on the Flammulated Owl, which has been nicknamed the ventriloquist owl.

"It's what we expected and part of the reason we did the

study, is (to show) you can do forest management. The paradigm is with forest management and spotted owls. People associate any kind of forestry with owls and how it's bad. So, we wanted to look at a species that isn't very well known, and show that if they did the forest management in certain ways, it could be beneficial to wildlife." A lot of forests are overgrown, so the thinning actually helps reduce the risk of large forest fires. Among its responsibilities, the Plumas Audubon Society works with the forest service to guide management of the trees which are home to these migratory birds that often leave the Sierras for Mexico each winter.

"One thing that's important is to leave dead trees standing," Arsenault said, explaining how he often finds wildlife nesting in dead tree cavities.

Very quiet and elusive, the Flammulated Owl, Arsenault said, provides listeners with a quiet hoot. The call is deep and carries well for a bird its size, but it can also seem very soft. The pattern is usually very even, with a two-second gap between hoots, occasionally with a stutter sound during the hoot, especially when defending territory.

Further describing the voice of the Flammulated Owl, Arsenault said, "It's a hollow hooting sound, so it could be difficult to tell the direction it is coming from. It's hard to tell where the owl



Photo courtesy

Shown here is David Arsenault who has headed a study of the elusive Flammulated Owl in the area around Lake Davis in Plumas County, which has the largest summer breeding population of the owl in the Sierra Nevada. David will be speaking to the Sacramento Audubon Society about the Flammulated Owl, which seems to throw its voice like a ventriloquist at its Jan. 15 meeting at the Effie Yeaw nature center.

actually is. That peaks people's interest in the species and wondering what that's all about. Owls are fascinating to me because they are secretive. They are so quiet, so small; they don't like people. They can be hard to see and hear. It's hard to find their nest hides. They're an interesting species because it takes a lot of work to figure out what is happening with the species. We get a lot of people come out to see the nest sites."

"We've had people come from all over California to see them. We've had people fly and drive up from Southern California in one day just to see the owl. It's

a neat study and it helps teach people about the different issues about the watershed. It's a very important area as it supports much of California. It's important for people to see the issues and what we need to do. This species is our poster species to inform people about these other issues and to work with the forest service."

Arsenault said the final results of the study, which has been underway for three years, won't be available for at least two more years to gather post-logging data.

For more information, visit [www.plumasaudubon.org](http://www.plumasaudubon.org).



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## Home Improvement Guide: a "Keeper" by our readers

Great exposure in these four upscale neighborhoods:

Arden-Carmichael, East Sacramento, Land Park & Pocket/Greenhaven.

Contact Melissa at 916-429-9901



## Airport:

Continued from page 9

who were opponents of the airport projects.

Those residents' dream of not having an airport constructed in the area came true, as the project was eventually abandoned.

Today, the site is part of the well-known Fulton Avenue auto row, as well as several different types of businesses and residential housing.

**Sacramento area's first hospice house to break ground in Carmichael by Monica Stark:** Sacramento's first hospice house will break ground on (today) Thursday, Jan. 8 in the Walnut

Avenue area. Operated by Advanced Home Health and Hospice, the \$2.9 million, 7,000-square-foot facility is planned to feature 12 beds and will be on a sliding scale.

No one will be turned away for lack of funds.

Marie Copher has worked as a hospice social worker for five years and prior to that, as an adult protective services social worker. She said she has seen first-hand the need for a facility that can accommodate people who are facing the end of their journey in life in a place that "offers safety, an appropriate high level of care, warmth and respect."

"There are many people who continue to fall through the cracks and do not

have the healthcare and/or the support they need to address their medical, physical, emotional and spiritual needs during this time in their lives. Our hospice house will provide everyone who resides in it, all those things, plus a beautiful setting to call their home during the last moments in life."

Advanced Home Health and Hospice owners, Dr. James Sehr and Angela Allen-Sehr, a registered nurse, have donated their 2.5-acre lot as it has been a longtime dream of theirs to offer this service to hospice patients. Additionally, James and Angela will be donating about 99 percent of the construction costs.

Should the need arise that no friends or family are there to accept the pets,

the hospice house staff will adopt the pets, as there are plans to have a pet sanctuary on site.

**Peace is all around: United Nations' International Day of Peace celebrated in Carmichael by Monica Stark:** 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,

See Day of Peace, page 17

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# Day of Peace:

Continued from page 16

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.

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."

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

**Jesuit's Anthony Wesley wrestling his way to a top university by Monica Stark:** Jesuit High School's Anthony Wesley is on pace to be the most suc-

cessful wrestler in the school's history. This year, the junior had 42 wins and 8 losses, just two losses shy of the school record of 44 wins. With more than an entire year to prepare for college, Anthony has already received letters from the Air Force Academy and Stanford University and Harvard University requesting transcript information.

While wrestling for Jesuit, Anthony has made two Sacramento All-Star teams, two national teams, received three national medals, is a two-time league finalist, and a two-time masters qualifier. He became the sixth wrestler in school history to qualify for the CIF State Championships. The first preseason state rankings in November placed him in the honorable mention section, but Anthony went undefeated in the month of December, winning four tournaments and winning the outstanding wrestler award in three of them.

His father, August Wesley, the current wrestling coach at Sacramento State University and former Jesuit High School wrestling coach, has been coaching high school, college, and international level teams since he was 20 years old.

Asked what his most memorable wrestling experience has been thus far, Anthony said it has to be back when he was in eighth grade. "(The California Elite) went down to Los Angeles. We were the underdogs at that tournament, but we beat everybody. Then we went to Six Flags. Even the car ride there was fun."

**Carmichael resident leads seniors in song by Monica Stark:** For the teacher and students alike, the Friday morning music class at the Hart Senior Center is an exploration into a sea of harmony. Start-

ing off with a bit of a call-and-response technique, Carmichael-based musician Christiana Quick-Cleveland organized a group of 43 senior singers, ranging in abilities from beginner to advanced, including a stroke survivor, a woman who suffers from Alzheimer's Disease and many who have sung in choirs or have taken singing lessons through out their lives.

Quick-Cleveland is the owner and director at Tiana Music Enterprises and former music coordinator at Rudolf Steiner College in Fair Oaks. She has previously taught elementary school at the Sacramento Waldorf School. Her first educational degree was a bachelors of arts in psychology from Boston University, though she sang growing up in choirs and playing the guitar.

Originally from Washington, D.C., Quick-Cleveland came to California after being stationed in the Coast Guard in the 1970s. Her graduating class was the first to station women on ships. With only four women, two on the West Coast and two on the East, Quick-Cleveland's experience, as she put it, was: "intense." When on patrol, she felt lonely and so, during one of the Alaskan patrols, she sang for the crew.

Back in April 2013, Quick-Cleveland started a meetup group called the Carmichael Singing Community. She didn't know who would be drawn to the group. She just knew she wanted people she could sing with. But the people who attended meetings tended to have very little experience. She tried to stay in the periphery in the group, but that lasted for only about four months before she decided she was going to teach the group rather than facilitate it. "I had to shift. I said, 'OK: I am going to teach you how to



Photo by Monica Stark  
Carmichael resident Christiana Quick-Cleveland leads a group of seniors in song at the Hart Senior Center in Midtown.

sing. We're going to be a class and be a little more structured."

The community values complete *inclusivity*: young, old, professional, experienced, and novice. There are no wrong notes and no barriers for the heart that wishes to express itself in song. The senior singing class at Hart Senior Center meets every Friday, 10:30 a.m. to noon. The center is located at 915 27th St. For more information call 808-5462.

The Carmichael Singing Community meets every three weeks on Thursday evenings at 7:30 p.m. Visit <http://www.meetup.com/Carmichael-Singing-Community/> for details on how to get involved with that group.

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<b>Friday, January 16 • Thursday, March 19th</b> 11:30 am to 12:30 pm Elk Grove Memorial Park & Mortuary 9189 E. Stockton Blvd., Elk Grove, CA 95624 Tel 916.732.2031	<b>Thursday, January 29 • Friday, March 27th</b> 11:30 am to 12:30 pm Sierra Hills Memorial Park & East Lawn Mortuary 5757 Greenback Lane, Sacramento, CA 95841 Tel 916.732.2020
<b>Friday, February 6, 2015</b> 11:30 am to 12:30 pm East Lawn Memorial Park & Crematory 4300 Folsom Blvd., Sacramento, CA 95819 Tel 916.732.2000	<b>Wednesday, February 18 (Spanish &amp; English)</b> 11:30 am to 12:30 pm Andrews & Greulich Funeral Home 3939 Fruitridge Road, Sacramento, CA 95820 Tel 916.732.2026

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# CALENDAR

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## ONGOING

### Wanted: Grand Jurors

Sacramento County Superior Courts are currently recruiting individuals to serve on the 2015-16 Grand Jury (GJ) for a one year term, starting on July 1, 2015. To qualify, you must be at least 18 years of age, a citizen of the United States, and a resident of Sacramento County for at least one full year. Grand jurors must be able to communicate in English, both verbally and in writing. Your name will be entered into a pool of screened and qualified applicants from which 19 residents' names will be picked, at random, in the late spring. Here is an opportunity to make a difference in your community. As a Grand Juror, you are part of a system of independent citizen oversight of county and city government and related agencies.

Grand Jury duties include:

- Investigating citizen complaints against county and city public agencies and officials
- Touring the prisons (six total) within the county, (and investigating them, if necessary)
- Participating in indictments of criminal matters when requested by the District Attorney, and
- Producing a report to the county's citizens each June that summarizes the grand jury investigations, and includes recommendations to any problems found. This independent entity is one of the last bastions of citizen involvement in local government. Be part of a team that shines a spotlight on good and bad government processes and actions. Your Grand Jury involvement will result in better, more effective government, a more involved community, and a more educated populace. For further information and an application go to: <http://www.sacgrandjury.org/>

### 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.

### Stretch, Strengthen, and Thrive!

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility. The class consists of a mix of full body stretches, body weight exercises, strength training, and active stretching. 5:00-6:00 p.m. Mondays and Wednesdays. \$5 per class if pre-paid. Pre-registration and pre-payment is preferred, but drop-ins are welcome at a rate of \$6 per class. Held at ACC Senior Services Center, 7375 Park City Dr., Sacramento, 393-9026 x330, [www.accsv.org](http://www.accsv.org).

### 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.

### Register for city of Sacramento's technology program for adults age 50-plus

The winter/spring 2015 session of TechConnections, a comprehensive technolo-

gy literacy program designed specifically for Sacramento's residents age 50-plus, will begin at the Hart Senior Center and selected community centers in late January. Class descriptions, dates, times, and locations will be included in the "TechConnections Winter/Spring 2015 Class Catalog" on the city of Sacramento's Older Adult Services website. Offerings range from one-on-one assistance sessions to six-part classes, with start dates through late April. Registration day for all offerings is at 1 p.m. on Jan. 16 at the Hart Senior Center, 915 27<sup>th</sup> St. Continuing registrations will be taken weekdays at Hart Senior Center until all classes are full. For inquiries, call 808-5462 or visit: <http://portal.cityofsacramento.org/ParksandRec/Recreation/older-adult-services/Programs/TechConnections>

### Run with a Recruiter

Every Friday at 6 a.m., the public is invited to join the Sacramento Police Department. This provides a unique opportunity for potential police candidates and those in the hiring process to run together.

### Emotions Anonymous

Meets regularly Tuesdays, Thursdays, and Saturdays. Meeting information is available at [www.emotionsanonymous.org](http://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 Shepherd, 1615 Morse Ave. (at Arden Way) left of choir room. An optional newcomer orientation occurs on Saturdays from 1 to 1:30 p.m. at Wellness Recovery Center, 9719 Lincoln Dr. Ste. 300. Also on Saturday from 1:30 to 2:30 p.m., there will be a topic for discussion at WRC, 9719 Lincoln Dr., Ste. 300.

### 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.

### Youth Connections Unlimited announces fundraising campaign

Did you know that one Sacramento organization can reduce recidivism for crimes committed by youths by up to 70 percent? Youth Connections Unlimited has been providing mentoring and other services to incarcerated and probationary youth for over ten years that gives youth tools for staying outside the juvenile justice system. YCU works with the Sacramento County Probation Department with a focus on re-entry mentoring and preventative programming with a commitment to the principles of Restorative Justice. The support youth get from YCU and its volunteers gives hope to Sacramento County youth, make communities safer and save taxpayers money. For more information, call David Taft at 835-1147 or visit <http://www.sacycu.com>

### 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

Each second Tuesday of the month at Revolution Wines at 6:30 p.m., Women With

Good Spirits invites a community non-profit to present on its mission work. 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. 2831 S St. Visit [www.womenwithgoodspirits.com](http://www.womenwithgoodspirits.com) or find the group on Facebook.

### The Community Housing and Services Coalition monthly meetings

Originally created by the Sacramento Community Services Planning Council, the Community Housing Coalition (CHC) was created as a vehicle to provide information and educate community leaders and decision makers regarding housing for low income, disabled and older adults. CHSC monthly meetings are free and open to the public; they are held from 9:30 to 11 a.m. on the last Tuesday of each month (except December) at the Sacramento Sheriff's South Area Office Community Room at 7000 65<sup>th</sup> Street, Sacramento (the Sacramento County Voters Registrar Building). At each meeting a guest speaker is invited to attend and give a 30-minute presentation with 10 minutes for Q&A. Speakers are selected for their expertise and knowledge in their respective fields, and agencies/organizations. The speakers are encouraged to provide handouts, fliers, and other informational materials to the 15 to 30 attendees. If you have any questions, please contact either: Alex Eng at 424-1374; email [xeng916@sbcglobal.net](mailto:xeng916@sbcglobal.net); or Cindy Gabriel at 916/732-6189; email [cynthia.gabriel@smud.org](mailto:cynthia.gabriel@smud.org).

## JANUARY

### ACC offers computer classes open house

Jan. 9: Thinking about taking a computer class? Come visit the lab and try the computers. Friendly computer instructors will be available to answer questions about upcoming classes and discuss which classes are best for you. Ask questions about your own computer and any specific problems or issues you have. Refreshments available. Friday, Jan. 9, 10:30 a.m. to noon, ACC Senior Services, 7334 Park City Dr., Sacramento, 393-9026x330, [www.accsv.org](http://www.accsv.org).

### Sacramento Fine Arts to present 'the largest art show in town'

Jan. 10: From 5:30 to 8:30 p.m., enjoy live piano by Larry and see the largest art show in town. 5330B Gibbons Dr., Carmichael.

### ACC presents: "Advanced wellness: Topics helpful to both veterans and non-veterans"

Jan. 13: The presentation will address public benefits, resources and how to access them, pre-planning for the future and how to prevent crisis, dealing with the Veteran Affairs Aid and Attendance Pension program. Free of charge; class will be held from 10 to 11 a.m. at ACC Senior Services Center, 7375 Park City Dr. Pre-registration is required. For detail, call 393-9026, ext 330, [www.accsv.org](http://www.accsv.org)

### East Sacramento Preservation Speaker Series presents talk by historian Paula Peper

Jan. 14: Paula Peper, historian, author and US Forest ecologist at the Center for Urban Forest Research-retired will present: East Sacramento: From Swamp to Urban Forest, Jan. 14 from 6-7 p.m. Peper's presentation will provide a brief overview of the development of Sacramento and, particularly East Sacramento from pre-white settlement to becoming the central resource for Northern California orchard and vineyard devel-

opment through the 1800s, and neighborhood establishment in the 1900s. Today's East Sacramento street trees attract many new homeowners to the community. She will share lessons learned from research on these trees, including successes and mistakes in management past and present. The presentation includes a free raffle of eight full-color, heirloom quality books from the Roots of the Past series on Sacramento park neighborhoods, trees and townships. Light refreshments will also be served.

### ACC presents "5 Wishes" classes

Jan. 15: This educational workshop discusses your rights and medical decisions. California and Federal laws give all competent adults, 18 years and older, the right to make their own health care decisions. Learn about a free legal document which gives your medical decisions a voice when you may not have the ability to express them. Free of charge; class will be held 1:00-2:00pm on January 15, 2015 at ACC Senior Services Center, 7375 Park City Dr. Pre-registration is required. For detail, call 393-9026, ext 330, [www.accsv.org](http://www.accsv.org)

### ACC presents a Bonsai (Basic) class

Jan. 15: This is a series of three classes which will cover choosing and caring for the right tree, watering, wiring and the use of tools. The classes will include field trips, such as visiting a local bonsai nursery and workshop at the instructor's backyard. Note: Material fees are not included. \$30 fee for the three classes to be held from 10 to 11 a.m. beginning Jan. 15 at ACC Senior Services Center, 7334 Park City Dr. Pre-registration is required. For detail, call 393-9026, ext. 330, [www.accsv.org](http://www.accsv.org)

### ACC presents "Meal Planning for Your Body" workshop

Jan. 16: Do you worry if you are eating too much or exercising too little? Then this workshop is for you. You will learn your nine body composition numbers. Discover what is a healthy meal and diet. Understand the different type of servings and much more. \$15 pre-registration fee/\$17 drop in rate. Class will be held from 10 a.m. to noon at ACC Senior Services Center, 7334 Park City Dr. Pre-registration is required. For more details, call 393-9026, ext 330, [www.accsv.org](http://www.accsv.org).

### Troop 259 Eagle Scholarship Fund Crab Feed

Jan. 16: Troop 259 of Elks Lodge No. 6 will hold an Eagle Scholarship Fund Crab Feed at the Elks Lodge, No. 6 (6446 Riverside Blvd.). All proceeds benefit Eagle Scholarship. No host cocktails will be available at 6 p.m., followed by dinner at 7 p.m. Dinner includes: Crab, pasta, green salad, antipasto, rolls and butter.

### It's All About Fishing! Rooster Tails Fishing Club breakfast

Jan. 16: The Rooster Tails Fishing Club breakfast meeting will be held at the Auburn Elks Lodge, 195 Pine St. at Lincoln Way, Auburn. The doors to the Lodge open at 7 a.m. with a fantastic \$13 wide-selection buffet breakfast served at 8 a.m. The presentation begins at 9 a.m., featuring Pro River Guide Brett 'Bones' Brady, owner of Bare Bones Fishing Guide Service and one of the Rooster Tail's Fishing Club's skilled guides. The breakfast meeting is open to the public. The Club is proud to have several full-time pro fishing guides as club members offering professional advice to members and guests on catching a variety of fish species. Brett 'Bones' Brady will give a special presentation on fishing for white sturgeon. Sturgeon can live more than 100 years and weigh over 500 pounds reaching in length of 15 feet or more! Sturgeons have been referred to as 'primitive fishes'

Calendar continued on page 19

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# Calendar:

Continued from page 18

since their characteristics have remained relatively unchanged since their earliest fossil records and are literally living dinosaurs. They are prized for their quality table-fare as well as for their roe (caviar) and their rod-bending fight when hooked. One of 'Bones Brady' specialties is fishing for sturgeon on the Sacramento River from Verona to Colusa when they start moving up the river in January to spawn. These illusive fish are cautious and difficult to catch during daylight hours and the reason 'Bones Brady' prefers to fish for them at night. He limits his evening boat trips to just two anglers providing all tackle, bait, special tags, and accommodations necessary for a successful trip. The 30 year old, 180+ member Rooster Tails Fishing Club of Northern California, Inc. is a non-profit organization that meets the third Friday of each month to educate, entertain, and enhance a fishing experience. Unlike many bass and fly fishing clubs that concentrate on very specific types of fishing, the Rooster Tails Fishing Club provides a balanced mix of fishing techniques presented by fishing experts targeting a variety of fish species on multiple types of waters. Further information can be found at [www.roostertailsfishingclub.org](http://www.roostertailsfishingclub.org). For more information on attending Rooster Tails Fishing Club of Northern California, Inc. meetings, contact Jim, Club Chairman, at 530-887-0479 or [info@roostertailsfishingclub.org](mailto:info@roostertailsfishingclub.org).

## DIY Terrarium Class at Relles Florist

Jan. 17: Learn how to make and care for terrariums. Container, plants and decorations included. Learn about different types of terrariums and plants. Relles will provide tools. Bring your own apron. Limited class size. Need to register in advance. \$35 plus tax. Class starts at 10 a.m. 2400 J St.

## E-Waste Fundraising Event for the Sam Brannan band

Jan 17: A free fundraising event for the Sam Brannan band will be held from 9 a.m. to 1 p.m. at John Cabrillo Elementary School, 1141 Seamas Ave.

## Greenhaven Cabana Club North to sponsor Polar Bear Plunge

Jan. 17: Come, take the plunge! The Greenhaven Cabana Club North will sponsor their Polar Bear Plunge. Members and nonmembers are invited to "take the plunge" into the cool water (in 2014, the temperature was 44 degrees!) at 1 p.m. The plunge will take place at the Greenhaven Cabana Club North, 6207 Riverside Blvd. Registered Polar Bears will earn a special Polar Bear T-Shirt, an official Polar Bear certificate, make their own smores and enjoy hot chocolate after the plunge. Registration is \$10 for members and nonmembers. Polar Bears are asked to make a reservation by emailing the club at [swimcabanaclubnorth@gmail.com](mailto:swimcabanaclubnorth@gmail.com) or calling 455-0840. Drop in bears are ok, but reservations will help prepare for the day. The Greenhaven Cabana Club North is a not for profit community resource in the Greenhaven/Pocket community. During the regular swim season, swim lessons, Masters' Swim and other community programs as well as member family swim times are available. More information on the club can be found at the club website, [gccnorth.com](http://gccnorth.com).

## Hands on History: Trappers, Trades and Treaties!

Jan. 17: Sutter's Fort State Historic Park (2701 L St.) presents Hands on History: Trappers, Trades and Treaties from 10 a.m. to 5 p.m. with cannon firing demonstrations at 11 a.m., 1 p.m., 3 p.m. and musket demonstrations periodically throughout the day. Visitors to the Fort will step back in time to the 1840s to learn why trappers were considered "jacks of

many trades" and experience how they lived, worked, explored new territory and traded with local Native Americans. Fort visitors will see, handle, and hear about many items that were commonplace in the middle of the 19th century but seem strange now. Guests will also learn about many fascinating aspects in the life of a trapper, see examples of game traps and how they work, plus learn about the important "barter process" Sutter used to hunt and trap on Native lands. Fort visitors will also have the opportunity to examine fur pelts, create souvenir documents with a quill pen and oak gall ink, string trade beads and watch how flint and steel can be used to start a fire. For more information about this event or Sutter's Fort SHP, call 916-445-4422 or visit [www.suttersfort.org](http://www.suttersfort.org). Cost is \$7 per adult, \$5 per youth (ages 6-17), free for children 5 years and under.

## All Saints Episcopal Church presents a concert titled, "Can you Handel this?"

Jan. 18: "Can you Handel this?" is a concert where the audience choice reigns supreme. Starting at 4 p.m., this concert will feature the Handel Concerto in Bb Op. 4 No. 6 conducted by Thomas Derthick with the Sacramento Chamber Ensemble featuring two very different and talented soloists... Emily Mader on harp vs. Ryan Enright on organ. There has been a longstanding feud as to which instrument Handel wrote this concerto for, harp or organ. The audience will get to decide at this thrilling concert! \$20 donation at the door is suggested. All Saints Episcopal Church is located at 2076 Sutterville Road.

## ACC presents "Better Choices, Better Health Workshop"

Jan. 20-Feb.24: Presented by Jeff Cass, PhD, Department of Veterans Affairs, this is the Chronic Disease Self-Management Program, a series of six workshops, two and a half hours

long developed by Stanford University. It is for people with chronic conditions such as diabetes, high blood pressure, high cholesterol, etc. Learn strategies to take control of your chronic conditions, lower stress levels, and communicate better with your doctor. These workshops are recommended for family members caring for a loved one. FREE OF CHARGE. Classes are every Tuesday, Jan. 20-Feb. 24, from 9 to 11:30 a.m. at ACC Senior Services Center, 7334 Park City Dr. Pre-registration is required. For details, call 393-9026, extension 330, [www.accsv.org](http://www.accsv.org).

## Genealogical Association meeting

Jan. 21: The Genealogical Association of Sacramento will present Cheryl Stapp as the speaker for the January meeting, which will meet in the Belle Cooledge Library at 5600 South Land Park Dr. The doors open at noon. Cheryl will talk about women and wagon trains. For any questions, call Melanie at 383-1221.

## ACC presents "One Man's Trash is Another Man's Treasure"

Jan. 22: The presentation covers the mental health diagnosis of Hoarding Disorder, including psychological theories about the origin of the disorder, current treatment options, the risks faced by those with the disorder, the value of community-based Hoarding task forces, and practical suggestions for intervention. Free of charge; class will be held 11 a.m. to noon at ACC Senior Services Center, 7334 Park City Dr. Pre-registration is required. For detail, call 393-9026, ext 330, [www.accsv.org](http://www.accsv.org).

## "Telling Our Story to End the Stigma of Mental Illness"

Jan. 24: From 2 to 4 p.m. at the Guild Theatre, the event titled "Telling Our Story to End the Stigma of Mental Illness" is intended to increase awareness about mental illness and reduce the stigma associat-

ed with mental illness among a diverse array of cultures. The event consist of skits, poetry, short plays, and other forms of culturally and linguistically appropriate expressions all presented by locals affected by mental illness. Seating is limited to the first 200 RSVPs. RSVP to [infor@stopstigmiasacramento.org](mailto:infor@stopstigmiasacramento.org) with the requested number of seats and names of attendees.

## Author Ann Ralph will give you the secrets to growing food even in the smallest backyards

Jan. 24: Join author Ann Ralph as she discusses methods from her book "Grow a Little Fruit Tree." She'll share the secrets to: Maintaining a fruit tree in even the smallest backyard, keeping a tree small while growing delicious, full-sized fruit, deciding when to prune and when to harvest and controlling pests and diseases. This discussion is part of the Sacramento Public Library's "Grow a Little Fruit Tree Author" program. The discussion takes place at 2 p.m. at Belle Cooledge Library, 5600 South Land Park Dr.

## South Sacramento Rotary's 33rd Annual Crab Feed Fundraiser

Jan. 24: South Sacramento Rotary's 33rd Annual Crab Feed Fundraiser at the Scottish Rite Hall located at 6151 H St., Sacramento at 6 p.m. The event will include a raffle and silent auction. A majority of the funds raised this year will go to the YMCA Health Kids Program that promotes and educates healthy eating and physical activities to at-risk youth. Remaining funds will be donated to local charities within Sacramento. The South Sacramento Rotary Foundation is a 501(c)3 non profit organization. Tickets are \$45 each, and can be purchased by contacting Michael DiGrazia at 396-7244 ([michaeldigrazia@sbcglobal.net](mailto:michaeldigrazia@sbcglobal.net)) or on line through the South Sacramento Rotary website ([southsacrotary.org](http://southsacrotary.org)).

# Attention Realtors!

## Advertise Your Property Listings in California Kids!

California Kids is an events and activities guide for active families and is published once a month by Valley Community Newspapers, publishers of the *Arden Carmichael News*, *East Sacramento News*, *Land Park News* and the *Pocket News*. View at: [www.valcomnews.com](http://www.valcomnews.com)

California Kids targets active families who get out and enjoy all the community has to offer. It also serves as a guide to families that are thinking of relocating to a new area. A perfect publication for real estate listings.

Some of the drops include: schools, restaurants, doctors and dentists, libraries, museums, grocery stores, attorney offices, visitor centers, chamber of commerces, real estate offices, parks and recreation offices, coffee shops, book stores, churches, child care centers, pizza parlors, gymnastic centers, reaching those parents most likely to purchase products, use services, and search real estate listings.

### It is distributed to:

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Wow! Open floor plan 4 bedrooms, 4½ baths, hardwood floors, kitchen and family room combo, 14'-16' ceilings, plus 3 car garage. 2 suites plus office downstairs, 2 beds, 2 baths plus loft up. 2 homes have already sold in subdivision for over \$1,500,000, and 2 more lots are reserved. \$1,235,000

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**ARDEN COVE CUL-DE-SAC**

Beautiful 4 bedroom 3 bath home on private cul-de-sac on large yard with two covered outdoor patio areas. Updated kitchen, custom cabinetry and top of the line stainless steel appliances plus granite counters. Gorgeous hardwood floors and designer touches throughout. \$650,000

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**NORTHRIDGE COUNTRY CLUB**

Amazing 5 bedroom 3 bath home backs to Northridge Country Club golf course. Remodeled from the studs up. New electric, new HVAC, Acacia wood flooring, imperfect smooth walls, quartz counters in the kitchen, imported granite in the baths. Drive your cart right on to the 15th fairway. \$599,000

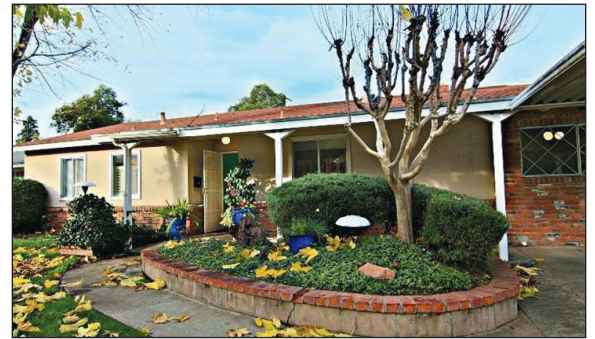
**LINDA EISENMAN 838-4338**



**CAMPUS COMMONS**

Darling Campus Commons Condo, 3 bedrooms 2½ baths, great wood like flooring throughout plus new carpeting. Remodeled kitchen and baths with granite counters. Downstairs laundry area plus additional laundry upstairs. Home sits on lovely greenbelt in a wonderful location! \$295,000

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A rare 4 bedroom, 2 bath Arden Manor home with a large living room and dining area and bonus family room with a brick fireplace. One bedroom is remote off the family room. San Juan Unified School District and close to Sacramento State. \$225,000

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2 or 3 bedroom 2 bath home has an abundance of character, charm and personality. Hardwood floors, lots of dual pane windows, light and bright throughout, large park-like yard, almost 1/4 acre, large family room, brick fireplace. Spacious bonus room, remodeled bathroom, RV parking area. \$275,000

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A wonderful 3 bedroom 2 bath home on a .29 acre lot with a pool. The backyard has a park like setting with a creek, beautiful trees and foliage. Special features include: hardwood floors, dual pane windows, updated HVAC unit, gas cooktop, covered patio area, and 2 car garage. \$375,000

**CHRIS BALESTRERI 996-2244**

*for current home listings, please visit:*

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