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 Village history
 includes locations
 outside Sacramento

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First signature
 projects underway at
 Rio Americano, Bella
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New children's book explores a child's journey through yoga

By MONICA STARK
editor@valcomnews.com

Sacramento lawyer and founder of Willow Tree Roots, a nonprofit that provides business operations, management and income-generating skills to women in developing nations, Tiffani Sharp recently released a children's book titled "The Yoga of You: A Child's Journey to Self Through Yoga."

About a little girl who sets off on a lotus flower floating down a sparkling river and, through yoga and the elements of nature, she learns that within herself she possesses the power for happiness, majesty, confidence, strength and gratitude. This is a great book for children ages 2-12, as well as parents and caregivers of children.

Tiffani wrote into Valley Community Newspapers about how she came to write the book as follows:

"I have been doing yoga with my (5-year-old) daughter Willow since she was in the womb. And like most children, she was a natural yogi since birth. As she got older, she really loved to practice sequences with me and we started to make up our own routines together. I found it easy and fun to remember our 'flow' by making up stories to go along with the poses. And adding a story to the routines also helped maintain her attention. Soon we began incorporating other aspects of our lives into the routines, such as mindfulness and gratitude. Because my daughter is a rainbow of cultures, I really wanted to make a book with a main character that looked like her and could be an inspiration to other children, especially little girls that looked like her as well."

Tiffani started working on the book in November of 2014, at a time when she and Willow were doing the pose sequence that is illustrated in "The Yoga of You" on a regular basis. "One day as we were congratulating ourselves how proud we were for completing a great routine, my daughter Willow suggested that we make it into a book. At 5 years old, she is quite the aspiring author herself. So we sat down at the computer and typed it up," Tiffani said.

A few weeks later, Tiffani met with illustrator Penny Anderson and shared her thoughts with her and from that first meeting, Tiffani said she knew that she would be the perfect artist because she understood the goal behind the book.

The inspiration behind the book came when Willow was 1 and a half years old and was upset because she was having a hard time doing something and she said "I can't do it." In response, Tiffani told her "you can do anything!"

"A few hours later she was playing and running as fast as she could shouting 'I can do anything!' It was then that I realized how important it would be to make sure she understood who she is and all that she is capable of doing. It was also at this time that we began practicing various forms of meditation, mindfulness and gratitude together. This book celebrates and reminds us of some of the many wonderful aspects of who we are," said Tiffani.



Shown here is local author Tiffani Sharp with daughter Willow, the inspiration of a new children's book titled, "The Yoga of You: A Child's Journey to Self Through Yoga."

ing various forms of meditation, mindfulness and gratitude together. This book celebrates and reminds us of some of the many wonderful aspects of who we are," said Tiffani.

While this is Tiffani's first book that has been published, she has been working on a separate book for over a year called "Vegan Body Care Recipes" which aims to give everyone in every community the tools and knowledge they need to make their own healthy affordable vegan body care products. "This book, 'The Yoga of You,' came together so naturally and easily that I couldn't wait to share it with other children as soon as I could," Tiffani said.

In speaking about her own parents and her upbringing, Tiffani said her father was a B-52 pilot in the Air Force and her family moved to Sacramento County when she was 5 years old. "My parents are originally from the South (my mother is from Texas and my father is from Alabama). Our family so loved it here that my parents made every effort to keep us in Sacramento County despite my father being in the military," Tiffani said. Tiffani attended California State University, Sacramento, where she obtained a degree in Business Marketing and she attended the University of the Pacific McGeorge School of Law in Sacramento where she obtained a Juris Doctor with a specialization in International Law. "For over 35 years Sacramento has proudly been my home," she said. All of Tiffani's immediate family lives in Sacramento County. "In fact, my parents and both my brothers and all three of my nieces live within 10 minutes of my home!" she said.

All of the proceeds from this book are donated to the nonprofit Willow Tree Roots. You can order the book either through the Willow Tree Roots' website under "Shop" and "Books & Videos." The book is also available on Amazon and Kindle.

Sacramento Suburban Water District Sets New Limits on Landscape Watering

Unveils new rebate programs to help customers conserve

The Sacramento Suburban Water District (SSWD) has adopted new outdoor watering restrictions that limit landscape irrigation to two days per week on specific days and times.

The new watering guidelines are designed to further encourage water reductions in light of the severe drought plaguing California and new directives from the Governor and State Water Resources Control Board to reduce water use. Sacramento Suburban Water District is required to reduce its water use by over 30 percent.

Effective immediately, outdoor watering is limited for all District customers to two (2) days per week according to the following schedule:

Addresses ending in an odd number (1, 3, 5, 7, 9) can water on Tuesday and Saturday
Addresses ending in an even number (0, 2, 4, 6, 8) and water on Sunday and Wednesday
Customers are allowed to water on their designated day before noon or after 8 p.m.

"People can make a big dent in their household water use by limiting landscape watering, which is where most water use occurs," said Greg Bundesen, SSWD's Water Conservation Supervisor. At a typical home, most water use goes to watering lawns and outdoor landscaping, and about 30 percent of that is lost due to overwatering and evaporation from wind and sun.

"By taking immediate action to limit landscape watering, SSWD customers can maximize water savings during the coming peak temperature and water use months. Summer presents our best opportunity to achieve the ambitious conservation targets set by the state," Bundesen said.

In addition to the new watering guidelines, the District also is unveiling a suite of new incentive programs to help customers reduce water use. Rebates include:

Turf Replacement ("Cash for Grass"): 50 cents per square foot (up to \$1,000) for replacing thirsty lawn with low-water use plants.

Irrigation Efficiency Upgrades (up to \$300) for replacing existing spray sprinklers with more efficient rotary nozzles and drip irrigation systems.

Pool Covers (up to \$100), which can reduce evaporation from pools by up to 95 percent.

Rain Sensors (up to \$100) to automatically turn off sprinkler systems during rain.

Recirculating Hot Water Pumps (up to \$150) to deliver hot water on demand.

WaterSense-Labeled Weather-Based Irrigation Controllers (up to \$100) to install a "smart" sprinkler controller that adjusts watering schedules according to the weather.

Complete rebate details and applications, as well as water-wise tips will be available at sswd.org.

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Carmichael Second Saturday Audio Book Club (Book Club)

Saturday, June 13 at 10 a.m.: Is this a good book? Is this a good audio book? Bring a snack and your perceptions to share as we discuss the story. This month's title is *Sycamore Row* by John Grisham. Read by Michael Beck.

Summer Reading Challenge – Ice Cream Social (Family/All Ages)

Saturday, June 13 at 2 p.m.: The ice cream social is the branch's summer reading kickoff and a Carmichael Library tradition! Come enjoy a cool delicious treat and sign up for our Summer Reading Challenge!

Job Coach at the Carmichael Library (Adult)

Tuesday, June 16: Starting at 2 p.m., get help with your job search, resume, interview skills, and more with a live job coach! By appointment; each appointment is a half hour. Register in person or by calling 264-2920.

Read to a Dog (School Age (6-12))

Tuesday, June 16: Specially trained therapy dogs are waiting for children to come read to them. For kids ages 5 to 10 years old that are reading. Earn credit for the time spent reading and earn a book too!

iPad Class - 2-session Oasis class June 9 and 16 (Technology Instruction)

Tuesday, June 16 at 6 p.m.: In this course you will learn the basic tricks and techniques for using your iPad including: physical layout of buttons and features, navigating screens and apps, connecting to the Internet, overview of included apps, downloading apps from the Apple Store and the settings you need to know. Please bring your own iPad fully charged and your passwords. This is an OASIS Connections class.

Summer Reading @ Carmichael Library- Food Literacy Center (School Age (6-12))

Wednesday, June 17 at 2 p.m.: Sing for your salad! With Food Literacy Center kids will explore new foods, learn to cook healthy, discover sustainable snacks and to make smart choices while having a wonderful time!

Just Dance II – Dance to the Rhythm (Teen)

Wednesday, June 17, at 4 p.m.: Celebrate Summer Reading dancing to the rhythm of Just Dance II for Wii

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Wednesday, June 17 at 5 p.m.: Are you curious about ebooks but not sure how to get started? Is your tablet or ereader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the Carmichael Library and meet with a Technology Assistant!

Registration is required.

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Registration is Required

JANEY WAY MEMORIES:

Hot Rods



By MARTY RELLES
marty@valcomnews.com

Everyone who grew up in Sacramento in the 1950s-60s remembers K Street. We referred to it as "the drag." Every Saturday night, if you owned a car, or had one to drive, you headed down town to K Street.

My friend, Johnny "the barber" Waldron owned a car – a hot rod. He had saved the money to buy it while working at a gas station on 56th and Folsom Blvd. Back then, when you stopped to buy gas, someone pumped your gas for you, put air in your tires, checked your oil level and washed your windows. They called those places service stations. That is what Johnny did to earn some cash.

He saved his earnings until he had enough money to buy a 1932 vintage ford which he repainted and "souped" up so that it went fast.

Then, every Saturday night, John drove to K Street to drag. He would hop in the car, and drive down Folsom Boulevard to Alhambra, then turn right, go by the Alhambra Theatre then turn left onto K Street.

The drag went all the way down to 3rd Street where you turned right, and went over to J Street where you drove up to 19th and J streets to Mel's Drive-in

There, Johnny usually stopped to have a burger and a shake. Afterward, he went across 19th Street to the empty lot on the corner and parked. There, the guys stood in front of their hot rods and custom cars and checked out all the other cars that cruised by. If a really hot car, or hot girl, drove by, they were sure to "ooh and ah."

It was a ritual back then and we all loved it. I never had a hot car like Johnny, but I went down there none the less, to look for girls and maybe a party to go to.

These days, John, now in his 70s, still owns a hot rod. He shows it off now and again at events like the Autorama and Hot August Nights in Reno, along with his friends from the Italian Hot Rod Association.

They are hosting their own car show on June 28 from 8 a.m. to 3 p.m. It takes place around



Photo courtesy of Martin Relles

Shown here is a scanned image of a promotional magnet of the fifth annual Hot Rod Heaven event held in 2011.

the corner from Johnny's Barber shop on 52nd Street and Folsom Boulevard and promises to be a great event. John says they expect to have around 200 cars

on display. The show costs \$20, includes lunch, and benefits the Sac PD K9 Association.

So, if you have the time, and want to go back to a simpler and

more colorful place in time, come on over and check it out. Johnny will be there, and I will too, recalling yet another "fast and furious" Janey Way memory.

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Town & Country Village history includes locations outside Sacramento

By LANCE ARMSTRONG
lance@valcomnews.com

Editor's Note: This is part one of a two-part series about various Town & Country Village locations.

There are certainly a wide variety of sites that have brought character to Sacramento, and among those sites was undoubtedly Town & Country Village at the northeast corner of Fulton and Marconi avenues.

Although this shopping center has a much different appearance than it did in its earlier years, it continues to carry its name and legacy.

Sacramento

Nearly 70 years ago, a visionary contractor named Jere' Strizek (1902-1979)

was granted permission to build a 300-foot-long building and two buildings with 90-foot fronts on that site.

In its Sept. 11, 1945 edition, The Sacramento Bee notes: "The completed project, to be called the Town and Country Shopping Center, will serve Bohemian Village, the Country Club Estates and a large tract southeast of the Del Paso Country Club which Strizek plans to develop as restrictions on home buildings are lifted."

Partnering with Strizek on the design of the Village was the Illinois-born, Sacramento architectural designer John W. Davis (1911-1970), who earned a bachelor's degree in architecture at the University of Illinois in 1934.

By September 1946, 20 of the then planned 30 stores were then in operation.

Many longtime locals are familiar with the Village's original features such as Spanish-style buildings with red tile roofs and overhangs and tall palms, redwood plank store signs, wooden benches, urns, hanging pots and a wide variety of shrubbery and flowers.

But a relatively few number of those people area aware that Sacramento was not the only city to have a Town & Country Village shopping center.

During research for this article, it was discovered that Jere' and his wife, Jessie, had only one child, John Edward Strizek.

Los Angeles

John Strizek, who is now 67 and resides in Land Park, said that another Town &



Photo courtesy of the Lance Armstrong Collection
This metallic token for Los Angeles' Town & Country Village was made available as a souvenir 60 years ago.

Country Village was constructed on leased property in Los Angeles in the 1950s.

"After the (Strizek) family moved to Los Angeles, they built (a Town & Country Village in that city)," John Strizek said. "That was on (the southeast corner of) 3rd (Street) and Fairfax (Avenue)."

A gold colored, metallic token for the Town & Country Village in Los Angeles was made available as a souvenir in 1955.

On that side of the token are images of a building with an overhang and a tile roof, a wagon wheel and two palm trees. And in the lower right portion of that side of the souvenir is the replica, raised lettered signature of Jere' Strizek.

The reverse side of the token has the image of a horseshoe, and the words, "You're always lucky when you shop at the Village: 67 distinctive shops to serve you."

During the early years of Los Angeles' Town & Country Village, wooden plank, store signs hung in front of the center's businesses. They included such wording as "Town & Country Delicatessen," "Fisher's Hamburgers," "Richard's (ice cream shop) - exclusive ice creams, salads & sandwich bars."

Current records of the city of Los Angeles show no list-

ing for a Town & Country Village.

Brett Arena, archivist for the A.F. Gilmore Co., which owns the historic Farmers Market across the 3rd Street from the old Town & Country Village site, confirmed that the latter named shopping center no longer exists.

"All the (Town & Country Village) buildings are all gone," Arena said. "I think (the place closed) in the early 1960s."

The site is presently home to a variety of businesses, including CVS pharmacy, Kmart and Whole Foods Market.

Arena said that Farmers Market opened on July 14, 1934.

Furthermore, Arena shared some history about the area where these two business places operated.

"Town & Country (Village) is adjacent to a very large development called Park La Brea, where Metropolitan Life Insurance developed before," Arena said. "After the war, the entire project was redesigned. So, this was all of a sudden a very big residential area on the former Hancock land. The Hancock family is an important Los Angeles family. They became an oil family. They owned the vast majority of Rancho La Brea,

Town & Country:

Continued from page 6

which was one of the Mexican land grants. So, the property across the street was originally (owned by the) Hancocks.

"So, after the war, when Park La Brea was developed, people were moving into this area. That's when Town & Country was put together."

These two shopping destinations eventually became competitive with one another, Arena explained.

"(Town & Country Village) was really not only going to take advantage of (its) proximity to Park La Brea, but also to try to siphon off some of the clientele of the well established Farmers Market," Arena said. "There was a little bit of a rivalry between the two places."

In sharing some other details about Los Angeles' Town & Country Village, Arena said, "One of our tenants, a gentleman by the name of (Irvin 'Kip') Kipper started Kip's Toyland here. Kip was in World War II, and then after the war, he started the Toyland over at

the Town & Country (Village).

Richard's (ice cream) place was a pretty big deal. I grew up in the neighborhood and went to Fairfax High School up the street. Old timers talk about (Richard's). There was also a pharmacy and beauty parlor."

Arena also mentioned that Los Angeles' Town & Country Village was managed by Earl Froning, and that its property was eventually owned by the Hancock Foundation.

Phoenix

In further speaking about the history of Town & Country Village, John Strizek said, "After (Los Angeles), we moved to Phoenix and made an agreement with Patricia Mars and Allen Feeney, on property of the Milky Way Hereford Ranch on (East) Camelback Road (and 20th Street). (Mars) was part of the Mars candy company family."

An article in the Nov. 17, 1955 edition of the Prescott (Ariz.) Evening Courier in-



Photo courtesy of the Lance Armstrong Collection
Sacramento's Town and Country Village, shown in this 1950s photograph, was constructed in what was, at the time, a very rural part of the county.

cludes the following details about that project: "Already surrounded by new subdivisions, the 138-acre, grassy tract will be the site of a multimillion dollar shopping center with about 100 stores and a hotel, according to preliminary plans by its developers."

"The ranch was reported to have been leased by

Jere' Strizek, a Los Angeles contactor and developer, from M.A. (Allen) Feeney."

Construction on the center began in May 1956.

John Jacquemart, 65, a researcher and part-time staff worker for the city of Phoenix's historic preservation office, said that

Phoenix's Town & Coun-

try Village continues to operate, with its mostly historic appearance.

"(The center is) still there," Jacquemart said. "As with any commercial venture, there's change that goes on. Other things have been added on, but it still

See History feature, page 14

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Money Matters: Low-income women get a financial advice from local Soroptimists

By MONICA STARK
editor@valcomnews.com

Recycle. Renew. Those are the themes for Soroptimist International of Sacramento's mammoth garage sale to be held starting at 7 a.m. on Saturday, June 20 at the Folsom Boulevard Flea Market at 8521 Folsom Blvd. between Howe and Watt avenues. The recycled household items of Soroptimist members and friends will be sold to raise funds needed to help renew young people's lives.

The proceeds from the sale will go to fund services, which help women and children improve their lives. One such program is the Soroptimist's Money Matters Program, which teaches low income, at-risk parents and teenagers how to make their money "go further and last longer." This is the fifth year of the Soroptimist members teaching the classes, which have assisted hundreds of young adults in effectively managing their modest incomes. They are taught to clients from dif-

ferent agencies, including My Sister's House and The Salvation Army. Previously, classes were taught at Women's Empowerment and Soroptimists are hoping to teach the classes at the Boys and Girls Club over the summer. Proceeds to fund the Money Matters program specifically go toward purchasing items like calculators, pens, and pencils for the students.

Items for sale will include appliances, collectibles, linens, clothing, games and sports equipment. The sale will begin at 7 a.m. and will last until mid afternoon. Parking is free. Sale display will be in the back of the property on Row 10 on the backside (northside) of the big red barn. Call the Soroptimist hotline at 709-6748 for more information, and visit the website at www.soroptimistsacramento.com.

Valley Community Newspapers spoke with Nancy Wolford-Landers, a member of the Soroptimists who has been teaching the Money Matters classes since their in-

ception. "We're teaching them how to effectively manage their own money. A lot of people come from families that (those skills) haven't been stressed. We find people drowning in debt, so we try to help them take control of their financial situations," she said.

Proceeds from the June 20 sale will fund expenses such as the cost of the workbooks filled with financial tips and recipe books that go hand-in-hand with instruction on shopping wisely. Students can keep the workbook for future reference. "They might not be buying a car yet, but they can get information on car loans. (The workbook) is meant for them to keep."

The courses are comprised of four 60- to 90-minute sessions. Before the first session gets underway, the Soroptimists provide them with an initial survey to learn about the strengths and weaknesses of the students' financial knowledge. A similar survey is provided at the end of the class. "We don't keep track of names, but as a group and we've seen a quite bit of improvement."

Sessions stress the need for financial planning and how to take control of one's own money - very powerful skills that for many of the participants are victims of domestic violence. "They relate to that," Nancy said. "So, a lot of important is planning. We talk about financial plans and financial dreams. (On a worksheet) they identify what they want to purchase and how much it will cost them and see if it's achievable based on their income. "We don't want them to be set up for failure. It's very personal. Each



Shown here are graduates of the Money Matters course, which is taught by members of Soroptimist Sacramento. These students took the course while staying at the Tubman House, which provides 18 months of housing and support to members of the homeless population. Shown with the students is Nancy Wolford-Landers, a member of the Soroptimists who has been teaching the Money Matters classes since their inception.

person has different dreams. Many of them want to move into their own apartment, but they don't know about deposits - first month's, last month's. They don't think about that. We bring them into reality. For a lot of them, their biggest expense is their groceries. We show them how to make money last when you cook at home. I put a big 10 pound bag of rice down on the table and tell them that it's 10 cents a meal. We give them real tools. We give them cheap shopping lists. We tell them to shop together and split up economy size bags. We also stress the planning and how to take advantage of the season."

A big part of the training program deals with the needs versus wants. "Do you need name brand athletic shoes? What about fresh fruit? We have them think more rationally. We teach them that when you are in charge, you don't let peer pressure or an advertisement (influence) you. You decide what's a need, and what's a want. You

have to be committed to work the plan. When you are in charge, you are more powerful." Soroptimist Sacramento has about 60 members and meets every Friday at noon at Casa Garden Restaurant (2760 Sutterville Road) except during the months of July and August.

If you go:

What: Yard sale to benefit Soroptimist Sacramento

When: Saturday, June 20; 7:30 a.m. to early afternoon

Where: Folsom Boulevard Flea Market at 8521 Folsom Blvd. between Howe and Watt avenues
For more information: call 709-6748 or visit website: soroptimistsacramento.com. If you would like to donate any items for the yard sale, you will get a tax deductible receipt.

Matias Bombal's Hollywood

I'll See You In My Dreams

The MPAA has rated this PG-13

Bleeker Street Media is a relatively new movie production company out of New York City which has for the past year offered well made films by adults for adults, which in the current movie market of the target demographic of teen girls and boys, not only is refreshing, it is remarkable. They won big points with me earlier this year with the Al Pacino movie "Danny Collins" and now they offer "I'll See You in My Dreams", a story that brings talented actresses back to the screen you may have not seen in a while, including Blythe Danner, Mary Kay Place and Rhea Perlman. Sam Elliot and delightful June Squibb, who was so wonderful in "Nebraska", are also featured.

This is a story of a recent widow, played by Blythe Danner, who suffers an additional personal loss in the first few moments of the movie, the death of her most recent sleeping companion, her dog. She keeps engaging with friends, with whom she plays Bridge, who are always ready to offer advice whether she wants it or not, especially from Mary Kay Place, who I loved in the 1977 Martin Scorsese film "New York, New York" where she played opposite Robert DeNiro singing "Blue Moon". Her other great movies included "Private Benjamin", "The Big Chill" and "Terms of Endearment". Blythe Danner's character's strong spirit guides her through

tough times, and an encroaching loneliness. She strikes up conversations with her kind swimming pool service man, and continues to visit with her girlfriends until one day she encounters Sam Elliot in a vitamin store. She's intrigued. Eventually they have a date, and he takes her out on his boat. Elliot offers that classic Gary Cooper stalwartness in bringing his role to life, a man of few words, but when he says something, it carries weight. He's always had a presence in the movies, since we first saw him playing cards in "Butch Cassidy and the Sundance Kid" in 1969.

Ms. Danner has already begun to receive many accolades for her work in this picture, and she's worked fairly consistently since the early 1970s in such memorable movies as "1776" where she was Mrs. Jefferson, "Hearts of the West", "The Great Santini", and of course, "Brighton Beach Memoirs". She is also the mother of actress Gwyneth Paltrow.

I found Danner to be marvelous in this-fragile, yet firm. In one scene, she has a chance to sing Arthur Hamilton's 1953 song "Cry Me a River" at a Karaoke Bar. The song had been written for Ella Fitzgerald to sing in the movie "Pete Kelly's Blues", but it was dropped and became a hit for Julie London, who made the definitive recording. Danner's rendition has the depth of the later ballads of Sinatra, and really resonated with me. I almost cried a rivar at her performance. I was delighted to enjoy a movie without a loud and obnoxious



soundtrack, where Rob Givins' camera work lingers on the subjects allowing you to see the depth of the performances.

Interestingly, the film's title has nothing to do with the famous ballad of the same name, written in 1924 by bandleader Isham Jones. However, a song with that title, and different melody and lyric is performed near the end of the movie by the kind pool man, played by actor Martin Starr. This movie is directed by Brett Haley.

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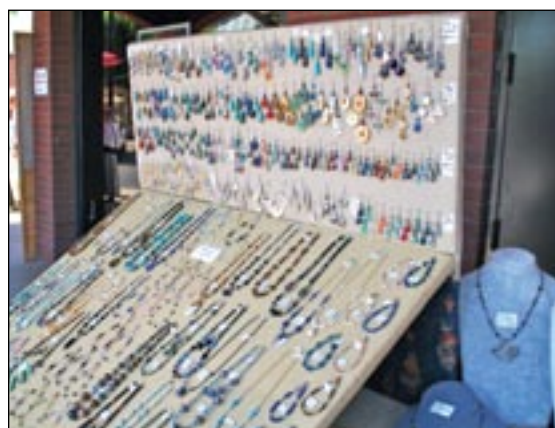
Man with dog—Clipart © Microsoft Media

Faces and Places:

57th Annual Kiwanis Art Fiesta

Photos by MONICA STARK
editor@valcomnews.com

Artists came from near and far to participate in the 57th Art Fiesta on Saturday, June 6 and Sunday, June 7 at the Pavilions shopping center. A wonderful time was had at the fine art show. The money raised benefits several local charities in the region including: Kiwanis Family House; I Can Do That! Very Special Arts; and Just For Kids, which helps children who have a family member undergoing cancer treatment. Organizers are already looking forward to the 58th Annual Kiwanis Art Fiesta, the first weekend of June 2016. New artists are always welcome to apply. Applications for all will be available Jan. 1, 2016. Feel free to email info@kiwanisartfiesta.org with questions any time. See the next issue of the Arden-Carmichael News for more information on the event.



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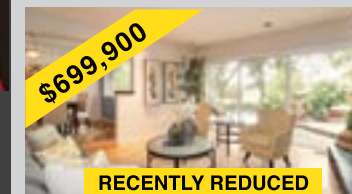


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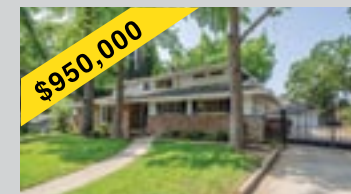


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First signature projects underway at Rio Americano, Bella Vista high schools

Rio Americano High School's band has performed at the Lincoln Center in New York and the Sydney Opera House in Australia. They've played before Governor Arnold, Schwarzenegger and received many distinguished awards.

As Rio's reputation as a top-tier music program in California and the nation has grown over the past 30 years, one thing has always been missing: an on-campus auditorium to call home. Similarly, the campus has never had a proper venue to host college nights, guest speakers, hold large class meetings or host other aca-

demie events. But that will soon change.

Bella Vista At Bella Vista High, it's an annual tradition to celebrate a top-five finish in regional Science Olympiad competitions, and the school's science program boasts a 93 percent passage rate of students enrolled in advanced placement courses. Ask most any student on campus and they'll tell you that, among other things, "Bella Vista is a science school."

What Bella Vista hasn't had since it was built in 1960, however, is state-of-the-art lab and classroom space to provide even better learning opportunities



Shown here is the rendering of the exterior of Bella Vista High School's science wing, a signature projects paid for by bond Measure N.

for students. That, too, will soon change.

The San Juan Unified Board of Education has approved a Rio Americano music performance and academic center and a Bella Vista science wing as the district's first two high school signature projects paid for by bond Measure N. Architects have been at work on designs for both projects, which are slated for a completion date in the first quarter of 2017.

All nine comprehensive high schools will receive a signature project in the next several years.



Shown here is the rendering of the interior of Bella Vista High School's science wing, a signature projects paid for by bond Measure N.

"There's a lot of work to be done, and we have to go through the state architect's approval process, but we couldn't be more excited to provide state-of-the-art additions to these two high schools," said Brett Mitchell, director of facilities construction and modernization. "Our architects are really working hard on innovative solutions to make sure that both projects fulfill each high school's needs."

Mitchell said he is eager to get started at Bella Vista, where the current H and J shop wings will be renovated and converted into one 21st century science wing of classrooms and labs for biology, chemistry, physics and anatomy. All renovated classrooms will be built at the highest standards for science, and will appear new when complete. A current shop space also will be transformed into a technology lab. Mitchell said renovation is a "green" alternative to new construction and

provides an opportunity for innovation while meeting Bella Vista's science learning needs.

Bella Vista interior Principal Peggy Haskins said Bella Vista needs classroom space as the school's enrollment has outgrown the current facility. Some teachers currently must share classrooms, and the \$12.5 million signature project will address that issue.

"We are thrilled to see our science rooms become world-class learning environments, and with the additional classrooms, we will address our overcrowding issue as well," Haskins said. "We can't wait for the completion of this new science complex."

The building's most innovative feature – designed by firm Architectural Nexus – will come with the creation of 10,000 square feet of new space provided with the installation of a roof

See Developments, page 13

Developments:

Continued from page 12

that will connect wings J and H. With the roof and the installation of windows at the top of the building, the current space between the buildings will become a fully conditioned "flexible learning" environment that could be used for teacher preparation, student collaboration or large meetings.

"This new flex space, and the way we're creating it, really makes this science wing a one-of-a-kind project. There will be nothing else like it in the district," Mitchell said.

Rio At Rio Americano, the new performance and academic center project is creating a major buzz on campus among music students and others – such as the Civitas political science program – that will use the 350-seat theater to host guest speakers. The 13,400-square-foot building will also include new classrooms for music courses, dressing rooms, a box office, lobby and restrooms.

Music teacher Josh Murray said the building will pro-

vide more, varied opportunities for the band. The school also can host more guest artists on campus and hold joint concerts, Murray said.

Principal Brian Ginter added that the entire Rio community, even beyond those in the music program, will benefit.

"Music will benefit, but we will also use the building as a venue for Civitas, and we will have our college nights here," Ginter said. "We'll have parent nights, sound engineering courses, and our VIC-CI (college preparation) course has a use for the building as well."

During a recent music class, students did express bitter-sweet feelings because the new theater will require demolition of the current music classrooms that have been beloved, even as they have become antiquated. Painted with a mural that includes The Beatles walking across Abbey Road, Duke Welling-ton, Billie Holiday, Beethoven and Louie Armstrong, music students do have an attachment to the building.

"This is where we've become musicians," said Val-



Shown here is the rendering of the exterior Rio Americano High School's music performance and academic center, a signature projects paid for by bond Measure N.

entina Makovey, 17, a junior. "To be in Rio's band you learn to be versatile and learn to play everything from Rock & Roll to Broadway classics. It is a little sentimental for us, but we also see the bigger picture and that this is all for the greater good."

Architectural firm DLR Group has been busy meeting with Rio Americano staff and students over the past two months to come up

with a design that will meet Rio's needs under the district's \$10.7 million budget.

San Juan Unified has shown its commitment to enhancing high school opportunities with signature projects, funded by Measure N. District leaders have sought community input and incorporated feedback into a proposal to construct facilities at all nine high schools by the

year 2019. Projects include 21st century learning classrooms, stadiums and performing arts centers.

For full details on all signature projects and the district's process for determining the construction schedule, visit www.sanjuan.edu/hsprojects.

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History feature:

Continued from page 7

has (basically) the same appearance."

In sharing his earliest memories of Phoenix's Town & Country Village, Jacquemart said, "I went there in the 1950s. I went there shortly after it opened. We moved to Phoenix in 1956 from Tucson, and where I got shoes - Ernie Brewer's (children's) shoe store - was there at Town & Country (Village). And later, in the late 1960s, I would go to the food court and sit out on the patio with some food and some wine."

Jacquemart added that he found it interesting to learn about other Town & Country Village locations.

"You know, we all think we have something unique, but it's also kind of great to see that we tie in and fit in with somebody else," Jacquemart said.

San Jose

In regard to another Town & Country Village, which was located at the southeast corner of Winchester and Stevens Creek boulevards, near the famous Winchester Mystery House, Strizek said, "My dad did some consulting on one

that was built in San Jose, although he did not build that one. And that was probably somewhere around 1960 or so."

Catherine Mills, curator of archives and library at History San José, Silicon Valley's largest and most comprehensive historical organization, commented about that Town & Country Village, saying, "According to our directories, the San Jose location first shows up in 1960."

A c. 1965 directory of shops and services of San Jose's Town & Country Village includes the following words: "Town & Country Village is a charming, rustic wonderland of the finest stores in Santa Clara Valley. The low, rambling architecture of the Village is suggestive of an early California hacienda. Tree-lined islands divide ample parking areas, just steps away from stores. Spanish tile roofs shelter wide sidewalks, inviting all-weather shopping."

Like Sacramento's Town & Country Village, San Jose's Town & Country Village included businesses with the word, 'Village' in their names. Those San Jose businesses included Village Cleaners and Village Coiffeurs.

In 1985, the Village in San Jose introduced the Town & Country Village Lantern newsletter, which was

offered as a newspaper advertising supplement.

The Lantern's June 1986 edition mentions that the Village was home to 125 specialty stores and services.

The history of San Jose's Town & Country Village came to an end in the late 1990s, as the old shopping center was demolished and replaced by a 1.5 million square foot, mixed use development known as Santana Row.

Construction on that development, which includes an upscale shopping center, theater and residential living units, began during the summer of 2000.

The initial portion of that development opened on Nov. 7, 2002. The fill-out of the project was completed by 2006.

According to a Santana Row press kit, Town & Country Village was built on a 40-acre parcel that was formerly the site of a pear orchard.

Also included in that release was the following history: "In 1960, developer Ron Williams (took) a shopping center concept that he thought would be appealing to Bay Area residents. He would build Town & Country Villages (with) one-level Spanish-style buildings of stores and restaurants in four Bay Area com-

munities - San Jose, Sunnyvale, Palo Alto and Mill Valley.

"The shopping centers' tile roofs and covered walkways, supported by thick, vine covered (beams) had a distinctive appearance that set them apart from other shopping malls. The open-air facilities invited visitors to stroll and relax, and promised a touch of class.

"Town & Country Village remained a popular destination for many years, even if larger, modern shopping malls were built in the valley.

"The center became a little tired, a little shabby and more than 8 acres remained a dusty, empty field.

"In the late 1990s, its owners at the time, (which was Metropolitan Life Insurance), decided to put the property on the market. Three thousand miles away, Federal Realty Investment Trust - an equity, realty investment trust, based in Rockville, Md. - was searching for a prime location in California to build its strength (with) an architecturally spanning, mixed-use development where people could live, work, shop and dine together all in one place. The Town & Country (Village) site in San Jose seemed the perfect fit."

San Jose's Town & Country Village site was sold to Federal Realty in March 1997.

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ONGOING

Los Ninos Service League volunteer opportunities

Combine community service with fun as a volunteer with the Los Ninos Service League by working in the dining room, kitchen or garden at the Casa Garden Restaurant. Since 1974 the Casa, located in the Curtis Park neighborhood, has been raising funds to help support the Sacramento Children's Home. For more information

on becoming a volunteer, please join us for an information and recruitment coffee on Tuesday, May 12 at 9:30 a.m. at the Casa, 2760 Sutterville Road, Sacramento. RSVP at 452-2809.

Low Impact Fitness at Tahoe Park:

Enjoy a low impact workout outdoors at Tahoe Park. Neighbors come together for fun and exercise every Monday and Wednesday at 10:30 a.m. Examples include: Jogging-in-place, jumping jacks, Fingertip-to-toe jacks. Donations of \$1-\$2 are requested to pay for the on-line service, Meetup.org, which this group is a part of. This is a meet-up for neighbors to provide guidance and encouragement for each other. There is no professional trainers and all

injury is at your own risk. Meet by the pool house, 3501 59th St., 95820.

Free yoga in Tahoe Park

Free yoga in Tahoe Park every Sunday at 9 a.m. (starting April 12) at 59th Street at 11th Avenue. Please bring a mat, towel, and a water bottle. This is an all-levels class and everyone is welcome.

Monthly tours of Sacramento Children's Home

Find out about the Sacramento Children's Home mission, programs, and how you can get involved on the fourth Thursday of each month, starting at 10:30 a.m., 2750 Sutterville Road. For more information and to RSVP, visit www.kidshome.org/tour-sch.

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.

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.

Tai Chi at Hart Senior Center

Focuses on low impact form of ancient Chinese exercise, combining slow movements with relaxation. Mondays, 10:30 - 11:30 a.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Try it once for free! Stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$23 for five classes.

Zumba for Seniors at Hart Senior Center

Zumba for Seniors incorporates physical exercise and dance steps to the rhythms of

Cumbia, Merengue, Mambo, Salsa, Samba, and much more. Tuesdays 9:30-10:30am and Fridays 3 to 4 p.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Sacramento (27th and J streets). Try it once for free! For more information or to register, stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$20 for five classes; \$40 for 10 classes.

Active Yoga at Hart Senior Center

Increase your strength and flexibility, improve balance, and enhance the ability to relax and release stress. Classes are Mondays and Wednesdays, 2:30 p.m. - 3:30 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th St. For more information or to register, stop by the Hart Senior Center front desk or call 808-5462. Cost: \$35 for five classes or \$70 for 10 classes. Try the class once for free and see if Active Yoga is right for you.

Singers with Hart

Experienced and beginning singers age 50 and above are welcome. New sessions start every nine weeks and are held at the Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Pre-registration is required. For more information, visit the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$15.

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 65th 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@sbglobal.net; or Cindy Gabriel at 916/732-6189; email cynthia.gabriel@smud.org.

The Sacramento Capitolaire meeting

A men's Barbershop Harmony group, meets every Tuesday night at Christ Community Church, 5025 Manzanita Ave., Carmichael. Rehearsals are Tuesdays at 7 p.m. For more information, visit www.capitolaire.org or call (888) 877-9806. Men who love to sing are welcome! Men come from Elk Grove, Davis, El Dorado Hills, Roseville or the greater Sacramento area. The group is 40 men who love to sing and wants to encourage more men to join along.

JUNE

Film showing about Sutter's birth place, Kander

June 12: At 7 p.m., Peter Volker from Kander will be in Sacramento at the Turn Verein to show a film about Kander, which is not only the birthplace of General Sutter, but in 1848 there was a fight at Kander where the first "Republicans" (i.e. students etc.) were demanding and fighting for establishing a "Republic of Baden." When they were defeated many of them fled across the Rhine-river and then to the USA. They founded many "Turnvereine" in America. After the film, Peter will have a discussion and answer questions. This is a project of a partnership between Sacramento and Kander. Those interested in this project are invited to join the meeting at the www.sacramentoturnverein.com

Fire Station 12 Open House

June 13: Fire Station 12, located at 4500 24th St., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

See more Calendar, page 17

Calendar:

Continued from page 16

Free! Riverside Concert Series at Camp Pollock

June 18: Come Relax at Camp Pollock! Concert will feature a relaxing musical experience on Sacramento's American River Parkway. Concerts start at 6 and continue until 8 p.m. Bring your own picnic basket and blanket. Bring your leashed dog. Enjoy S'mores compliments of Sierra Service Project! The events are hosted by the Sacramento Valley Conservancy. For more information, contact sacramentovalleyconservancy.org or call 731-8798. Camp Pollock is located at 1501 Northgate Blvd.

Planning for seniors workshop

June 18: Tom Nakashima, along with Deborah Short and Eddie Fong of Planning for Seniors, LLC, will be hosting an informational get-together for Boomer with Aging Parents. They will be talking about important issues such as funding option for elder care and asset protection in California, so bring your questions. Free of charge. Pre-registration is required. Class will be starting at 7 p.m. at ACC Senior Services, 7334 Park City Dr. For details, call 393-9026 ext 330.

Family Campout at Fairytale Town

Friday, June 19 5:30 p.m. through Saturday, June 20 at 7 a.m.: Spend the night in Fairytale Town's storybook park. This exciting overnight adventure includes a theater performance, arts and crafts activities, a scavenger hunt, bedtime stories and a sing-along. Wake up the next morning under Fairytale Town's canopy of trees to a light continental breakfast. Prices range from \$25-\$30 per person and include all activities. Member discounts are available. For more information, visit fairytaletown.org or call 808-7462. Fairytale Town is located at 3901 Land Park Dr.

Fire Station 7 Open House

June 20: Fire Station 7, located at 6500 Wyndham Dr., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

Learn summer safety at ACC

June 25: Increase your awareness so that common occurrences don't leave you vulnerable to crime. This training addresses simple things you can do to make yourself less of a target. We will also talk about scams that are directed toward seniors. Free of charge. Pre-registration is

required. Class will be held from 10 a.m. to noon at ACC Senior Services, 7334 Park City Dr. For details, call 393-9026 ext 330, www.accsv.org.

Learn how to plan ahead for the inevitable

June 25: A 25-minute presentation on why everyone should pre-plan funeral arrangements. Eliminate stress and relieve your family of the burden, know all available choices, get what you want, ensure every detail is covered and save money! Free lunch and free of charge. Pre-registration is required. Class will be held from 11:30 a.m. to 12:30 p.m. on June 25, 2015 at ACC Senior Services, 7334 Park City Dr. For details, call 393-9026 ext 330, www.accsv.org.

Learn tips for telephone use in an emergency

June 26: Your telephone can be a life saver. You can use it to call for help, to receive emergency announcements and check on loved ones. When there is an emergency, do you have a backup plan if cell towers or telephone lines are disabled? In this FREE workshop, we will provide some things for you to think about in the event of an emergency. In addition, we will review basic safety tips for Natural Gas and Electricity. Free of charge. Pre-registration is required. Class will be held from 2:30 - 3:30 p.m. at ACC Senior Services, 7334 Park City Dr. For details, call 393-9026 ext 330, www.accsv.org.

Fire Station 10 Open House

June 27: Fire Station 10, located at 5642 66th St., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

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- Sold - 5025 V st, 95817
- Pending - 6100 1st Ave, 95817
- Pending - 2440 Bridle Path Ln, 95864
- Pending - 10724 Alicante Wy, 95670
- Pending - 7422 Sun Point Ln, 95828

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A Midsummer Night's Dream & Crystal Ice Cream Fantasy at Fairytale Town

June 27: From 5 to 9 p.m., celebrate William Shakespeare's popular fairy-themed play while enjoying all-you-can-eat Crystal ice cream! This magical midsummer's evening features multiple ice cream tasting stations, live entertainment, hands-on activities, an old world marketplace and more. Celtic rock band Tempest will perform throughout the evening. Costumes for the whole family are encouraged. No host food and bar. Mix 96's Dan & Michelle will emcee the evening as this year's Honorary King and Queen.

Tickets go on sale May 1 at fairytaletown.org. Advance tickets are \$15 for adults and \$7 for children ages 2-12. Members receive \$2 off per ticket on advance tickets. Day-of tickets are \$20 for adults and \$10 for children ages 2-12. No member discount on day-of tickets. For more information, visit fairytaletown.org or call 808-7462. Sponsored by Crystal Creamery. Fairytale Town is located at 3901 Land Park Dr.

JULY

Free! Riverside Concert Series at Camp Pollock

July 2: Come Relax at Camp Pollock! Concert will feature a relaxing musical experience on Sacramento's American River Parkway. Concerts start at 6 and continue until 8 p.m. Bring your own picnic basket and blanket. Bring your leashed dog. Enjoy S'mores compliments of Sierra Service Project! The events are hosted by the Sacramento Valley Conservancy. For more information, contact sacramentovalleyconservancy.org or call 731-8798. Camp Pollock is located at 1501 Northgate Blvd.

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• \$54 per child per session
• 8 sessions beginning
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Ages 6 - 12
Weekdays,
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8 am - 12:30 pm
&/or 12:30 - 5 pm

- **Ashton Park:**
4251 Ashton Dr., Sacramento
- **Gibbons Park:**
4701 Gibbons Dr., Carmichael
- **Swanston Park:**
2350 Northrop Ave., Sacramento
- **Half Day:** \$43 per child per week
- **Full Day:** \$86 per child per week

• For more information, go to MORPD.com or call 488-7276 ext. 3006

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Theme nights:

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High coved box-beam ceilings, gourmet kitchen with prep kitchen, large pantry. Master suite with separate jetted tub and multi-head shower. Hallway bedrooms have attached remodeled bathrooms and separate living area. Upstairs office with bathroom and deck. Lush landscape, gardens, park-like yard. \$2,100,000

ERIN STUMPF 342-1372



STYLISH CARMICHAEL

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JAY FEAGLES 204-7756



WHITNEY ESTATES

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