

# ARDEN-CARMICHAEL NEWS

— BRINGING YOU COMMUNITY NEWS FOR 24 YEARS —



## WILDLIFE BIOLOGIST STUDIES RATTLESNAKES AT EFFIE YEAW NATURE CENTER

See page 10

- Matias Bombal's Hollywood .....8
- Lance Armstrong feature..... 10
- Art.....12
- Classifieds.....14
- Calendar .....16



Carmichael's 106th Founders' Day set for Sept. 26

■ See page 3



Exciting times at Loehmann's

■ See page 7



### Eskaton Village Carmichael Home Tours

Discover the magic of the Village lifestyle at a Home Tour. Lunch is on us. Reserve your spot today!

[eskaton.org](http://eskaton.org)

Eskaton Village Carmichael  
Continuing Care Community (CCRC)  
916-827-1470

License # 340313383 | COA # 202

**ESKATON**  
Transforming the Aging Experience



E-mail stories & photos to: editor@valcomnews.com  
Arden-Carmichael News is published on the second and fourth Thursdays of the month. Newspapers are available in stands throughout the area.

**Publisher**..... George Macko  
**General Manager**..... Kathleen Macko  
**Editor**..... Monica Stark  
**Art Director**..... John Ochoa  
**Graphic Designer**..... Annin Greenhalgh  
**Advertising Executives:**  
Linda Pohl, Melissa Andrews  
**Distribution/Subscriptions**..... George Macko

Vol. XXIV • No. 17  
2709 Riverside Blvd.  
Sacramento,  
CA 95818  
t: (916) 429-9901  
f: (916) 429-9906

**Cover by:**  
Courtesy

**Other photos by:**  
Bill Condray  
John Millis

Copyright 2015 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.



## Unitarian Universalist Society celebrates new \$3.1 million sanctuary building renovation

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

Founded in 1868, the Unitarian Universalist Society has undoubtedly undergone many changes over the years. Most recently the biggest change came with a \$3.1 million renovation to its Sierra Boulevard sanctuary, which has been the church's place of worship since it moved from midtown in 1960. Hexagonal in shape, the building got renovated through funds from various avenues. The congregation raised \$1.2 million in a 2012 capital fundraising campaign, used some money that departed members had left in their estates, sold two rental properties that had been become a hassle, and in 2014 members voted to borrow for the remainder.

Speaking specifically about the process to get the project through completion, senior minister Roger Jones said, "Jackson Construction has been a wonderful general contractor, and is known for building churches and the new Sacramento Food Bank headquarters. The lender is Five Star Bank. (The sanctuary is) about 50 percent larger and now it is insulated and air conditioned. And we think it's lovely. With the help of Jeff Gold, architect, we adopted a 50-year master plan in 2008. As funds are raised in the coming years, we have

the ability to add buildings. The next step will be drought tolerant landscaping.

"We painted and recarpeted all of the meeting rooms and classrooms in a separate building and moved our offices into that building during the construction project. We only rented on Sundays, so we had to carry things back and forth and put things in a storage container at that location."

With 400 adult members, 75 pledging friends, about 55 children and teenagers in their religious education program, the church encourages spiritual growth in a community of diverse religious beliefs and practices. Progressive in spirit, according to the church's website, "parishioners are welcome to explore spiritual depths, pursue your sense of purpose, and consider your ethical questions—along with the rest of us. You are welcome here, whatever your faith background or your absence of one. We search for hope and meaning in life."

Jones said the congregation is so diverse it includes liberal Christians, pagans, Buddhists, nature loving transcendentalists, liberal Jews, agnostics and atheists. "There is a strong emphasis on the personal search, on ethics and generosity, and on working for social justice,

See Remodel, page 14



## JUMBO FINANCING WITH A 5% DOWN PAYMENT!

- Jumbo financing with low down payment options (95% Loan-to-value up to \$850,000)
- Affordable payments with interest only options
- Loan amounts available up to \$3 million
- Flexible terms to fit your scenario



Call me today to learn more

**DAVID MENDOZA**

Senior Loan Officer | 916.977.1227  
DMendoza@GuildMortgage.net | GuildMortgage.com/officers/DavidMendoza

Guild Mortgage Co. is an Equal Housing Lender; Branch NMLS ID 1229663. David Mendoza NMLS 243859. AZ LO-0926128. AZ BK#0018883. ML-176. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. All loans subject to underwriter approval; terms and conditions may apply. Subject to change without notice. Guild Mortgage Co. 3626 Fair Oaks Blvd. Suite 100, Sacramento, CA 95864.

## Carmichael's 106th Founders' Day set for Sept. 26

Join the 106th birthday celebration on Sept. 26 at Carmichael Park. Arrive early to participate in a pancake breakfast located in the Community Clubhouse from 8 to 11:30 a.m. brought to you by the Fair Oaks Lions Club. Pancake breakfast requires an additional fee (adults \$5/ children 12 and younger are \$3).

At 10 a.m. an opening ceremony will be held at the band shell led by the El Camino High pep band, followed by the John Skinner Band beginning at 11 a.m. Then at 12:30 p.m. enjoy a unique mascot parade. Participating mascots include Dinger from the River Cats, Goldie the Golden 1 Bear, Mr. Leaky from the Water District, McGruff the Crime Dog, Mr. Jelly Belly and more!

Don't miss one of the largest annual classic car shows located on the corner of Grant Avenue and Fair Oaks Boulevard. Plus – NEW this year is the Wellness Grove area where patrons can find all the information they need on being fit and healthy. The popular kids zone area will feature carnival games, inflatables, face painting, crafts and more! Vendors will be scattered throughout the park and food trucks will also be on hand to satisfy appetites.

Admission to the event is free. Special thanks to event sponsors including Carmichael and Mission Oaks Recreation and Park Districts, Carmichael Chamber of Commerce, Cappuccino Cruisers Car Club and Milagro Centre, Carmichael.

Founders' Day is always a family friendly event, so be sure to bring your children or grandchildren out so they can enjoy the many children's activities. There will be a mini carnival, face painting, arts & crafts, clowns, an appearance by River Cats mascot Dinger and more – all free.

The shopping promises to be good at the vendor booths this year, also. Information booths, arts and crafts vendors, non-profit agencies and of course food vendors will be scattered around the Carmichael Park Band Shell to tempt you into shopping, eating and enjoying the day.

Live entertainment by the headlining band, Custom Neon, is sure to please.

For more information on Founders' Day please call the Carmichael Recreation and Park District at 485-5322 or visit [www.carmichaelpark.com](http://www.carmichaelpark.com). The Carmichael Park Band Shell is located in the back of Carmichael Park at 5750 Grant Avenue and both parking and admission are free.



File photos by Bill Condray  
Shown here are photos from a previous year's Carmichael Founders' Day event.

**Nancy Arndorfer**  
Serving the Sacramento area for over 30 years  
2002 Realtor of the Year  
2004 SAR President

**LYON REAL ESTATE**  
www.GoLyon.com  
BRE#00443547

(916) 838-1763 narndorfer@GoLyon.com

**Fair Oaks EcoHousing**  
A Family-Friendly Green Neighborhood

- Safe and Supportive Community for People of All Ages
- Close to Fair Oaks Village
- Large Clubhouse and Gardens
- 30 Townhomes and Flats

Join us for a monthly site tour  
For more information, visit [FairOaksEcoHousing.org](http://FairOaksEcoHousing.org)

**Send us your updated event announcements.**  
E-mail us, editor@valcomnews.com

**TREE TECH SERVICES**  
Serving the Green Industry  
A Subsidiary of Tree Technology, Inc.

**RESIDENTIAL / COMMERCIAL**

- Trimming/Pruning/Shaping
- Crown Reduction
- Tree Preservation
- Tree Removal
- Stump Grinding & Chipping
- Lawn Maintenance
- Aphid Control
- Plant Healthcare

688-7979 ELK GROVE  
386-1780 SACRAMENTO

Thorough Clean-Up Prompt Friendly Service  
[www.TreeTechServices.com](http://www.TreeTechServices.com)

2 CERTIFIED ARBORISTS ON STAFF  
REPORTS & CONSULTATION AVAILABLE

WComp - PUPD CTR. LIC# 653836  
VISA  
SENIOR DISCOUNTS • FREE ESTIMATES  
**\$25 OFF**  
any service of \$200 or more  
TREE TECH

**Cascade Medical Wellness Center**

**Announcing . . .**

**Cascade Medical Wellness Center is proud to announce that Frank 'Sonny' Cline, Jr. PA-C, is joining our adult primary care practice in August 2015.**

**He will also be accepting any new and former patients. Call now to make an appointment.**

**About Frank S. Cline, Jr**

- Current President of Medicine & Beyond, a non-profit doing medical work in Burma
- Co-owner of a private practice in Sacramento, Sacramento Medical Oasis
- Works in community mental health in Sacramento area
- Guest lecturer at UC Davis Medical School & Stanford Medical School
- BA in Sociology; Masters in Divinity; Masters in Psychology
- Physician's Assistant degree from Stanford Medical School

**Cascade Wellness accepts most PPO & Medicare, Cash & Credit Card Program available for those without insurance.**

**(916)457-7424 | 701 Howe Ave., Bldg H Suite 50 Sacramento, Ca 95825 | [www.cascadewellnessca.com](http://www.cascadewellnessca.com)**



**ESKATON**  
Transforming the Aging Experience

## Eskaton Village Carmichael Home Tours

If you are ready for more freedom, but want more than month-to-month rental ... If you want spacious apartment or cottage living and the assurance of staying in your community should your health needs change ... If you want luxury, comfort and service in a gated retirement community at a price that's more affordable than you might think ... Come to a Home Tour at Eskaton Village Carmichael. Call for dates in September and October. Lunch is on us. Reserve your spot today.

Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door.

Your community. Your life. **Your choice.**



[eskaton.org](http://eskaton.org)

Eskaton Village Carmichael  
Continuing Care Community (CCRC):  
Independent Living with Services, Assisted  
Living, Memory Care and Skilled Nursing  
916-844-2999

License # 340313383 | COA # 202



A leading nonprofit provider of aging services in Northern California since 1968



## Efforts continue to Save the Domes on Ethan Way

Photo and story by MONICA STARK

Artist Richard Herrera took his skills and activism to the concrete at this year's Chalk It Up. In an effort to draw attention to the dome theaters on Ethan Way, Richard drew them and included the title, "Save the Domes." Rather than tearing down the domes, he and others involved in the preservation of things mid-century modern will be storming the county administration building (700 H St., room 1450) on Monday, Sept. 14, as this will likely be where the new theater gets the final go-ahead or not. The announcement for the meeting on the event page, Sacramento County meeting to Save the Domes states, "We need as many people as possible to show up! Do we really want these undersized crack-box theaters on the former site of the domes for the next 40 or so years?"

The event page lists the following as reasons to show up to help preserve the dome theaters:

- 1) **A unique architecture heritage**
  - a) built by reknown architect Vincent Raney
  - b) The only theaters left designed for 70mm "Cinerama"
  - c) Last of the "Space age" mid-century structures
- 2) **Vital to the face of art locally**
  - a) an inspiration to local artists
  - b) a unique work of art themselves
  - c) a beacon to those who appreciate art in Sacramento
- 3) **A boon to business in Sacramento**
  - a) if restored will make a unique tourist attraction
  - b) Creates a landmark destination for Arden/Arcade
  - c) Demonstrates that business and art work together

**RESERVE YOUR SPACE**

**California Kids!**  
CALL STEVE, AT (916) 429-9901 TODAY!

## Don't miss the Sacramento Century and Oktoberfest, Oct. 10

By MONICA STARK  
editor@valcomnews.com

A beautiful, fun and flat bicycle ride will be making its way through the Sacramento Delta Wine Region on Saturday, Oct. 10. From a family-friendly ride to a serious 100-mile-long adventure, the Sacramento Century promises to be a ride for all levels of biking skills.

The event is two-fold. Not only is it a bike ride, riders and non-riders alike are welcome to come celebrate and have fun at Oktoberfest, which will be held where the ride starts and ends – Capitol Mall.

For the riders out there, there are four choices – the full century, a 65-miler, a 40-miler or a 20-miler. Non-riders can attend Oktoberfest for just \$10. At that event, there will be music by Mumbo Gumbo, City of Trees Brass Band, The Mock Ups and Playback. Additionally, there will be great food, local beer, wine and fun for the entire family with kids activities like bounce houses.

Together, proceeds from the Sacramento Century and Oktoberfest benefit two local nonprofits – Habitat for Humanity of Greater Sacramento and Team RWB (red, white and blue), whose stated mission is "to enrich the lives of



Sacramento Century participants from last year.

See Oktoberfest, page 6

**ARE YOU A MILITARY VETERAN?  
NOTIFICATION  
SACRAMENTO VALLEY NATIONAL CEMETERY  
IN DIXON, IS NOW AVAILABLE**

Burial at a National Cemetery is **FREE** for Veterans Who Have Been Honorably Discharged and **FREE** for Their Spouse.

**UNLIKE PRIVATE OR CITY CEMETERIES,  
BURIAL EXPENSE IS AT ABSOLUTELY NO COST!**

**-NO CHARGE-  
Over \$7,500 in Savings!**

At the Sacramento Valley National Cemetery in Dixon

MOST IMPORTANTLY, ONE OF THE MOST BEAUTIFUL NATIONAL CEMETERIES IN THE COUNTRY IS AVAILABLE TO YOU... RIGHT IN YOUR OWN AREA!  
BEAUTIFUL CREMATION SECTIONS ARE AVAILABLE AS WELL.

**MAIL COUPON TODAY**  
For Full Details about your veterans burial benefits

Name \_\_\_\_\_ Your Age \_\_\_\_\_  
Your Spouse's Name \_\_\_\_\_ Spouse's Age \_\_\_\_\_  
Phone \_\_\_\_\_  
Address \_\_\_\_\_  
City/State \_\_\_\_\_  
Zip \_\_\_\_\_  
Email Address \_\_\_\_\_

Burial  
 Cremation  
 Undecided

**Mail to:**  
Veteran's Burial Program  
Attn: Lisa West  
4300 Folsom Boulevard  
Sacramento, CA 95819

**5 Year FIXED RATE  
Home Equity Line of Credit Loan**

**4.25%**  
Initial APR\*

**CHECK THE  
EL DORADO  
ADVANTAGE:**

- ✓ **FIXED RATE** for 5 Years
- ✓ **Local Processing & Servicing**
- ✓ **No Closing Costs** on Qualifying Transactions
- ✓ **Flexibility and Convenience**
- ✓ **Have Funds Available** for Current and Future Needs
- ✓ **Home Improvement, Debt Consolidation, College Tuition**
- ✓ **Interest May be Tax Deductible** (Please consult your tax advisor)

**EL DORADO SAVINGS BANK**  
Serving our local communities since 1958  
[www.eldoradosavingsbank.com](http://www.eldoradosavingsbank.com)  
CARMICHAEL • 4701 Manzanita Ave. • 481-0664  
Se Habla Espanol • 800-874-9779

Member **FDIC**

\*The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.825%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

# Oktoberfest:

Continued from page 5

America's veterans by connecting them to their community through physical and social activity."

Both nonprofits pull at the heart strings of members of the Rotary Club of Sacramento. Speaking about RWB, "They are people so close to my heart," said Frank Cook, president of Cook Realty and Rotary member.

This is the second year the Rotary has put on the event and organizers hope it will continue to grow into a big community event. They hope to raise more than double the amount of money from last year – with the goal of \$150,000 split in half between both nonprofits. Last year, Habitat for Humanity was the only beneficiary, but had enough money for the construction of one home for a needy local family, which will be the

goal again this year. As of last Friday, Cook said 800 bike ride tickets have been sold and the Rotary is hoping for another 400 by the day of the event.

The full century, or 100-mile ride starts between 7 and 7:30 a.m.; the metric century, or the 65-mile ride, starts between 7:30 and 8 a.m.; the half century, or the 40-mile ride, between 8 and 8:30 a.m. and the fun ride, the 20-mile ride, between 8:30 and 9:30 a.m. According to the event website, sacramentoentury.com, all four rides start and finish in front of 500 Capitol Mall with the following description: "With the sun rising over the State Capitol, all rides cross the Sacramento River on the Tower Bridge and head south towards Isleton. The Full Century rides as far as Isleton, while progressively shorter loops create the Metric Cen-



People enjoyed Oktoberfest in Capitol Mall last year.

ture, ½ Century and Easy Fun Ride. The Full Century includes 6 Delta Islands and a Ferry Crossing. This

is a fun and flat ride to end your ride season! The Full Century ride is less than a 1,000-foot elevation change, mostly going up and down island levees."

With about 200 volunteers from the Rotary Club of Sacramento and volunteers from the Sacramento Area

Bicycle Advocates, known colloquially as SABA, the event is reaching its goal of becoming more of a community event than in the past.

Read the next issue of this publication to hear more about the community effort in putting on this grand event.

**FUNERAL DIRECTORY**  
Call Melissa at (916) 429-9901  
www.valcomnews.com

GEORGE L. KLUMPP  
CHAPEL OF FLOWERS  
2691 Riverside Boulevard  
Sacramento, CA 95818  
(916) 443-7917  
www.cfcSacramento.org

Serving the community since 1921

**Harry A. Nauman & Son**  
Dignity  
4041 Freeport Blvd  
Sacramento, CA 95822  
(916) 452-6157  
FD366

Serving Sacramento Families since 1903.  
Pre-arrangement packages available.

**LIND BROTHERS** FD 1141  
A Family Owned Funeral Home & Crematory  
Celebrating 50 Years in the Community  
**916.482.8080**

**East Lawn**  
Memorial Parks,  
Mortuaries  
& Crematory  
(916) 732-2000  
EastLawn.com  
4 Sacramento Locations  
serving families since 1904

*Sara's Alterations*  
All kinds of professional tailoring for Men and Women  
Wedding Gowns • Leather • Fur  
**(916) 480-2959**  
2380 Watt Avenue suite 350,  
Country Club Plaza (Shop is inside the mall)

**MEDIATE YOUR DIVORCE**  
& OTHER FAMILY DISPUTES

**BENEFITS of MEDIATION**

- Save Time & Money
- Focus on Your Children
- Maintain Control
- Avoid Stressful Court Battles

BetterSolutionsMediation.com  
**(916) 944-1554**

*Kimberly Strand*  
Attorney/Mediator

**Better Solutions Mediation**  
BETTER PROCESS, BETTER OUTCOME

**Got News?**  
e-mail editor@valcomnews.com or call 429-9901.

**BUSY. BUSY. BUSY. BUSY.**

*Stephanie Slagel, Agent*  
Insurance Lic#: 0C34763  
6130 Fair Oaks Blvd  
Carmichael, CA 95608  
Bus: 916-485-4444

**Life insurance shouldn't wait.**  
Even though life is busy, take a moment to reflect on what's most important. For peace of mind, protect your family with State Farm® life insurance. **We put the life back in life insurance.™** CALL ME TODAY.

**State Farm®**

State Farm Life Insurance Company (Not licensed in MA, NY or WI)  
State Farm Life and Accident Assurance Company (Licensed in NY and WI)  
1311009  
Bloomington, IL



## Exciting times at Loehmann's Plaza

By JOHN MILLUS

Who says Loehmann's Plaza is a dull place? The lucky couple sitting outside Bento Box recently just had enough time to scoot out of the way before the nonogenarian driver of this Mercedes hit two cars and then plowed into their lunch. Fortunately, there were no kids involved and no one was injured.

Please send your updated  
Calendar announcements  
...especially if you host monthly events!  
e-mail to editor@valcomnews.com  
Fax to: 429-9906  
Phone: 429-9901  
Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818

**Senior Homecare**  
*By Angels®*

**916.971.9333**  
www.VisitingAngels.com/Sacramento

Errands • Shopping  
Light Housekeeping • Meal Preparation  
Friendly Companionship • Flexible Hourly Care  
Respite Care for Families • Live-in Care

America's Choice in Homecare.  
**VisitingAngels®**  
LIVING ASSISTANCE SERVICES

Each Visiting Angels agency is independently owned and operated.

**INSERTS!**  
CALL 916-429-9901 for Information  
About How You or Your Company Can  
Have Your Flier or Postcard Inserted in  
Arden-Carmichael News! We Have Great Rates!



**Every SUNDAY 9 am - 2 pm**  
**5750 Grant Ave.**  
*Year-Round, Rain or Shine!*

- ⇒ Over 80 Certified Organic Farmers & Specialty Food Vendors
- ⇒ Live Music & Entertainment
- ⇒ Artisan, Craft & Health Fairs
- ⇒ Chef Demos & Other FREE Special Events
- ⇒ EBT/WIC & SNAP Accepted
- ⇒ Lots of Free Parking

Bring this flyer and receive **FIVE** Raffle tickets to enter to win our **Monthly Farmers Market Gift Basket!**

**PUMPKIN PATCH**

Join us every Sunday in October for  
**Pumpkins & Painting!**

**Buy 4 or more pumpkins and Paint 1 For FREE!**

Redeem this flyer—Only While Supplies Last

**ILoveMyFarmersMarket.com**

**Building Bridges between Buyers and Sellers**  
 2nd Generation Sacramento Realtor • 3rd Generation Californian • Local Community Supporter



**Jackie Yopez - Realtor**  
 599-5904

- Sold - 5025 V Street, 95817
- Sold - 6011 1st Avenue, 95817
- Sold - 10724 Alicante Way, 95670
- Sold - 4008 Reggie Way, 95608
- Sold\* - 6611 Benham Way, 95831
- Pending - 7422 Sun Point Lane, 95828
- Pending - 94 6th Street, 95605

\*Represented buyer

For current home listings please visit: [www.SacLuxLife.com](http://www.SacLuxLife.com)

**RESERVE YOUR SPACE**  
 IN THE UPCOMING  
**California Kids!**  
 CALL (916) 429-9901 TODAY!



**Season 53**

**CAMELLIA SYMPHONY ORCHESTRA**  
 CHRISTIAN BALDINI, MUSIC DIRECTOR AND CONDUCTOR

**JOIN US FOR THE 2015-2016 SEASON!**

**Inextinguishable Movement**  
**September 19th 7:30 PM**

- Pre-Concert Lecture by Maestro Baldini at 6:45 PM
- Mika Pelo, **WORLD PREMIERE**
- Haydn, Sinfonia Concertante in B-flat Major for violin, cello, oboe and bassoon — with Jolan Friedhoff, Maria Hoyos, Curtis Kidwell & Cathleen Williams
- Nielsen, Symphony No. 4 (The Inextinguishable)

**Free Family Concert**  
**Sunday, October 25th**

- 1 PM: Instrument Petting Zoo  
 Camellia Junior Orchestra and Cadets
- 2 PM Performance  
 Sacramento City College PAC

Both events will be held at the Sacramento City College Performing Arts Center  
[www.CamelliaSymphony.org](http://www.CamelliaSymphony.org) or 916.929.6655



# Matias Bombal's Hollywood

## The End of the Tour

The MPAA has rated this R

The best of the independent studios releasing movies today, A24, brings us "The End of the Tour" with Jason Segel as writer David Foster Wallace. Wallace, a noted author in real life, was known for his 1996 novel "Infinite Jest" which by 2006, had sold 150,000 copies. In this movie, we are given a dramatization of actual events that transpired when a writer for Rolling Stone magazine, David Lipski, played in this movie by Jesse Eisenberg, is able to convince his editor, with some difficulty, to be able to travel from New York City to meet and interview the intelligent novelist for five days in 1996. Part of that time is spent as Wallace concludes the publicity tour for the book "Infinite Jest".

The story is told in flashbacks and based on Lipski's memoir of their encounter, titled "Although Of Course You End Up Becoming Yourself". The movie begins 12 years after the days they spent together on the occasion that Lipski hears of Wallace's death. He decides to revisit their days together by digging out his portable tape recorder from deep above his closet to listen to their recorded conversations. Miraculously, after 12 years, the batteries are still good and Lipski begins to list-



ten. We are then in 1996, and the story of the five days they spent together unfolds. This movie presents an interesting premise about a seemingly simple subject, the art of the interview. Nothing could be more complex if approached seriously. The interviewer is motivated by any number of reasons and asks questions to satisfy his need for knowledge or demands of his employers. The subject of the interview is concerned how the finished work will shape his or her own idea of themselves and how he or she may be perceived.

This movie is very well written and Jason Segel's performance is outstanding. How refreshing to have a talking picture with talking. The idea of the movie is interesting and the fact that the events did actually occur in real life adds a frankness to the story that makes it agreeable. Danny Elfman's music is subtle when needed and perfect. You'll also see Mamie Gummer, Meryl Streep's daughter

in a few scenes. Interestingly her character's name is Julie, which by chance, Gummer happened to have played a part with that name in at least two other movies besides this one, the ill-fated "Ricki and the Flash" and 2008's "The Loss of Teardrop Diamond". There are also some delightful moments from Joan Cusack as a publicity handler for Wallace on the last stop of the book tour.

I have pointed out the levels of excellence in this movie, now I must come to the primary flaw which made it all fall apart for me. The performance of Jesse Eisenberg as David Lipski fell flat for me. It seems the actor's push to be extra nervous and careful in a very millennial way, driven and yet cautious, seems forced and over the top. The camera work is shaky throughout and it is a distracting disservice to the interesting conversations that that occur before your eyes. Worth seeing, to be sure, but it falls short of fantastic.

**RECYCLE**  
 PLEASE RECYCLE THIS PAPER ♻️

# Senior Services & Connections

Call Melissa (916) 429-9901

**DOCUMENT PREP SERVICES**

**LIVING TRUST/LIVING WILL**  
 Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

Couples \$495 Singles \$450  
 Lynda K. Knight (916) 214-1215  
 1337 Howe Ave., Ste. 103  
 Sacto 95825

**LEGAL SERVICES**

**WILLS AND TRUSTS**

*Services*

- Wills and Trusts
- Special Needs Trusts
- Trust Administration

*Expertise*

- Med-Cal - 8 Years •
- Franchise Tax Board - 10 Years •
- Private Practice - 13 Years •

**Free In-Home Consultation**  
 Tera Tyler, Ph.D., Attorney at Law 916-452-0624

**SPECIAL ALZHEIMER'S LIVING**

**REVERE COURT**  
 MEMORY CARE Lic. #3700138942

Day Club, Respite, Residential, Support Groups & Educational Classes  
 casey.s@chancellorhealthcare.com  
 www.reverecourt.com  
 (916) 392-3510  
 7707 Rush River Dr. Sacto, CA 95831

**YOUR AD SHOULD BE HERE!**

**Call Melissa today!**

Your services are needed. Your ad should be here. Ad design is free.

Call 429-9901

# Carmichael chef to be a part of local senior home cook-off

On Tuesday, Sept. 15, Sunrise Senior Living will host their annual Senior Eats Nutritional Challenge where four of the top chefs from Sunrise communities will compete in a culinary cook-off, and only one will be named Sunrise's Signature Chef.

Mikah Montoya attended culinary school in Sacramento and went on to pursue a career in restaurants and catering. After realizing that this was not fulfilling his desire to positively impact the lives of others, Mikah was determined to find a rewarding career while remaining in the food service industry. He made the move to senior hospitality and is currently the dining services coordinator at Sunrise of Carmichael, a community he helped open in 2009.

Speaking about the honor to be a part of the cook-off, Mikah said, "I'm honored to be a part of showcasing Sunrise's commitment to fresh healthy food."



**DON'T LET YOUR PETS POLLUTE OUR CREEKS AND RIVERS!**

**PROBLEM: BACTERIA**  
 When it rains, bacteria from pet waste left on the ground washes directly into storm drains, flowing untreated into local creeks and rivers.

**SOLUTION: SCOOP THE POOP!**  
 Pick up pet waste, then toss it in the trash or pet waste disposal station.

SACRAMENTO  
  
**(916) 808-4120**  
[www.sacramentostormwater.org](http://www.sacramentostormwater.org)



Man with dog—Clipart © Microsoft Media

# WILDLIFE BIOLOGIST STUDIES RATTLESNAKES AT EFFIE YEAW NATURE CENTER

By LANCE ARMSTRONG  
Lance@valcomnews.com

Wildlife biologist Mike Cardwell has had a lifelong interest in venomous animals and has become an expert in the study of rattlesnakes. And his latest work has led him to spend much time at Carmichael's Effie Yeaw Nature Center along the American River.

In an interview with this paper earlier this week, Cardwell, who has resided in Sacramento for the past 11 years, spoke about developing an interest in becoming a wildlife biologist.

"I have always been interested in venomous animals — animals that people in my view unreasonably fear," said Cardwell, who was born and raised in Los Angeles and handled his first snake when he was about 8 years old. "I started off wanting to be a biologist. I realized in the late 1960s, there were a lot of unemployed biologists. So, I wanted to do it professionally, but I had some friends that were ahead of me in college that ended up with biology degrees and couldn't find work. And at that time, the local cops were recruiting me and that sounded like fun, so I did that (with the San Bernardino County Sheriff's Department) for 32 years."

While working for that sheriff's department, first as a deputy sheriff and eventually as the chief of the Specialized Operations Bureau, Cardwell never lost his interest in venomous creatures, and he even took various related classes during that portion of his life.

After retiring from his work in law enforcement, Cardwell pursued his goal of becoming a wildlife biologist, and in 2013, he earned a master's degree in biological sciences from Sacramento State University.

Presently, Cardwell is undergoing his third rattlesnake fieldwork study.

He spent four years studying Mojave rattlesnakes in San Bernardino County and five years conduct-

ing another rattlesnake study in El Dorado County.

Because of the terrain and vegetation in his study area in the latter county, Cardwell said that he especially welcomed his current study at the Effie Yeaw Nature Center.

"Effie Yeaw is much more fitted to be able to find the snakes and collect data from them," Cardwell said. "I'm almost up to 1,000 snake relocations this season at Effie Yeaw. Just to be able to go out and find a snake and document where it is and what the body temperature is and what it's doing and what kind of vegetation is it. Is it hunting or is it courting or is it basking in the sun? We're slowly figuring out where they mate, where they give birth to their babies, where they spend the winter, how big of an area do the males occupy and what kind of home range females have."

"The interesting thing at Effie Yeaw is one whole side of the (100-acre) preserve is right up against the densely populated residential area. So, one of my real interests was how often do those rattlesnakes wander into the yards in (that) area. This season, so far we've only had one (snake) that we know of get into somebody's yard for four days last year, then (it) wandered back into the park."

Cardwell, who is known by the nicknames of the "Snake Guy" and the "Rattlesnake Guy," said that his current rattlesnake tracking project at Effie Yeaw partially began due to the executive director and staff's curiosity about how many rattlesnakes were located in that area.

The first rattlesnakes to be studied by Cardwell at Effie Yeaw were those that were caught by the center's staff.

Instead of relocating the snakes further away from the center's buildings, each snake would be placed in a barrel and Cardwell would receive a phone call.

Cardwell would then pick up the snake, anesthetize it, measure it and determine its sex. And if it was large



Wildlife biologist Mike Cardwell is presently studying rattlesnakes at the Effie Yeaw Nature Center in Carmichael.

enough for a 9-gram transmitter, he would surgically insert a transmitter to be used as a tracking device.

Because of its small battery, each inserted transmitter becomes unresponsive after about a year, and thus requires those snakes to be recaptured and undergo an additional transmitter insertion surgery.

The surgical technique to implant the transmitters is widely used by rattlesnake researchers. Studies involving such surgeries must be approved by an institutional animal care committee in order to apply for permits and to submit results to scientific journals. Cardwell's research has been approved by Loma Linda University and, more recently, by San Diego State University.

To conduct his study, Cardwell obtained a permit from the California Department of Fish and Wildlife, and because Effie Yeaw is in Ancil Hoffman Park, he also acquired a permit from Sacramento County Regional Parks.

The present study also includes adding colored markings to the captured snakes for easy identification in the wild.

Cardwell explained that the colored markings are helpful in understanding the population of rattlesnakes in an area.

"If you have so many marked ones and you're seeing two-thirds as many unmarked ones as you're seeing marked ones, there's a fair chance that there's about two-thirds as many unmarked ones out there," Cardwell said.

A natural attempt to increase the overall population number of the Northern Pacific rattlesnakes at Effie Yeaw is expected to begin in about a month, Cardwell noted.

"In the next month or so, we're going to have lots of baby rattlesnakes around," Cardwell said. "Most of those (babies) are not going to survive. They're going to get gobbled up by

See Rattlesnakes, page 11

## Rattlesnakes:

Continued from page 10

birds and other things that eat baby rattlesnakes."

Local rattlesnakes are born about the size of a pencil and generally grow as large as 3 feet long.

Historically, the larger local rattlesnakes often grew to 4 or 5 feet in length.

In regard to the smallest rattlesnakes, Cardwell said, "The most common rattlesnake myth is that the babies are more dangerous than the adults. If you think about it, baby rattlesnakes, because they're just so small, they just don't have much venom. The stats from the laboratories of pharmaceutical companies tell us that 3-foot snakes on average produce 100 times more venom per bite than little 1-footers. (The notion) that the small guys are more dangerous is pretty crazy."

Cardwell described rattlesnakes and other venomous animals as being misunderstood.

"It's a fascination for me that we have these animals, whether it's rattlesnakes or spiders or scorpions or whatever, that a lot of people are awfully afraid of. (It is) all out of proportion to the danger that they actually pose.

"Really, (rattlesnakes are) pretty timid. Everybody thinks they're aggressive. People talk about them being angry. I like to ask people (to) imagine living your life an inch off the ground and having something 50 or 60 or 70 inches tall come along and bother you. They're not angry. They're frightened.

"There's a famous herpetologist 50 years ago that wrote that rattlesnakes are first cowards, then bluffers and then, as a last resort, warriors. In other words, the first thing they try (to) do is hide. Normally, they sit still and hope they're not discovered. And then if they are discovered and they can't get away, they try their best to look menacing and dangerous. And if that doesn't work, and whatever is bothering them gets too close and there is no other alternative, then they strike and bite."

Cardwell explained that because a rattlesnake's first interest is to avoid contact with humans, a lower percentage of people are bitten who cross paths with a rattlesnake and do not intentionally provoke them.

"Statistically, most people that are bitten are intentionally bothering the snake," Cardwell said. "They know it's a rattlesnake and they cannot leave it alone. They're trying to catch it or show it or make it strike or make it rattle, and they get too close and the next thing you know, somebody is bitten. (Instead), if they had turned around and gone the other way, they would

not have been bitten. Unless it's in the yard where you have pets and kids or you're some place where you just can't tolerate a snake, leave it alone and your chance of being bitten is 0 (percent).

"What we call the legitimate bites are people that are bitten by a snake they didn't see. They either step on it or kick it accidentally or they reach in some place for a football or they're gardening sometimes and there's a snake in the weeds that they don't see and they get bitten. And normally, that's the minority."

After being asked whether he had ever been bitten by a rattlesnake, Cardwell said, "Yes, I have twice, both by captured snakes and both (in) situations where I was not paying attention as I should have. My bites were 40 years apart, so, I figure if I can go another 40 years (without being bitten), I'm home free."



North American rattlesnakes are part of the ecosystem at Effie Yeaw Nature Center.

Photo courtesy of Mike Cardwell

hospital emergency room. Most of the problem with our rattlesnake bites is tissue destruction. People often ask me, 'How much time do we have before we need anti-venom?' Well, the ER (doctors) who specialize in this stuff are fond of saying, 'Time is tissue.' The longer you go without the anti-venom, the more tissue destruction occurs. And the anti-venom can't fix the destroyed tissue."

In commenting about fatality numbers regarding rattlesnake bites, Cardwell said, "The best estimates are (that there are) about 8,000 venomous snakebites annual in the United States, (of which), on average, about five people die."

Cardwell added that a lot more common than people dying from a rattlesnake bite are rattlesnake bites that result in severe scarring, amputated fingers, and a permanent loss of the range of motion of joints such as wrists and ankles.

After being asked how rattlesnakes positively contribute to the ecosystem, Cardwell said, "We think by far they are the most effective rodent predators. They just eat a ton of ground squirrels and voles and mice and that sort of thing. And California ground squirrels are the ones that dig holes in our levees and have the fleas that harbor plague. And deer mice often carry hantavirus that people catch while they're sweeping up mouse feces. So, they're huge rodent predators."

As for rattlesnake predators, Cardwell named red-tailed hawks,

barn owl, coyotes, king snakes, and "of course, people and their cars."

And naturally, smaller rattlesnakes have more predators than larger rattlesnakes.

In commenting about whether local rattlesnakes are experiencing any challenges from the present drought, Cardwell said, "Snakes get most of their water during the summer from the prey that they eat. Drought does not affect them. The snakes have no idea that there's no snow packs and that Folsom Lake is way down low. What they see is there has been enough rain for the grass and weeds to grow along the river."

In addition to his rattlesnake studies, Cardwell has authored many articles for newspapers, magazines and scientific and medical journals.

Cardwell also wrote a wildlife column for the Daily Press newspaper in Southern California and has contributed to wildlife-themed books.

One of his latest written works is his chapter in the soon-to-be-released book, "The Rattlesnakes of Arizona."

Cardwell was also prominently featured in Animal Planet's "Venom ER" television series.

In addition to his rattlesnake field studies, writing, teaching and consulting, Cardwell spends time volunteering at Effie Yeaw with his wife, Denise.

For additional information about Cardwell and the Effie Yeaw Nature Center, call 916-489-4918 or visit the website [www.sacnaturecenter.net](http://www.sacnaturecenter.net).

As for rattlesnake predators, Cardwell named red-tailed hawks,

# Sac Open Studios presents Arden-Carmichael area artists

By BONNIE OSBORNE

Sac Open Studios, a two-weekend tour of 134 artist studios and galleries throughout Sacramento County, will treat guests to a packed schedule of exhibits, performances, demonstrations and interactive events—as well as the too-rare opportunity to visit and interact with artists where they live and work. The self-guided tour will take place Sept. 12-13 and Sept. 19-20, 10 a.m. to 5 p.m.

Janet Regan (231C in the tour catalog at <http://vergeart.com/sac-open-studios-2015/guide>) will participate in Sac Open Studios for the first time this year as part of a three-in-one show on Weekend Two with Sue Anne Foster (231A in the catalog) and Anne Bradley (231B) at Foster's Carmichael studio. "I just love art," Regan says. "My work is usually based on a subject expressed in different mediums." Currently she works primarily in fused glass and gourds, often working on a gourd piece at her workbench as a glass piece is firing in the computer-controlled, bathtub-sized kiln behind her.

She often uses recycled glass such as wine or Sky

vodka bottles. The bottles have to be of the same brand because different kinds of commonly used glass have different "Coefficient of Expansions," or COE, which prevents the glasses from melding in the kiln. She learned that lesson the hard way, she says, when she tried to make a chess set using two different types of recycled glass. Upon removing it from the kiln, the 64 perfect squares shattered.

Her intricately carved gourds are often mistaken for metal or other materials and, although fragile, can last forever, she says. Rather than painting or wood-burning patterns into the gourd she carves them completely through. "There's something about planning that negative spaces," she says.

Like several other artists on the tour, Regan will offer hands-on demonstrations for children and adults of how to make gourd birdhouses or bird feeders, and guests will be invited to take their gourds home. Examples of her work can be found at [regan3.com](http://regan3.com).

The two-weekend tour is organized geographically. Weekend One, Sept. 12-13, features artists located west of I-80 and Highway

99; Weekend Two, Sept. 19-20, features artists east of 80/99, plus one each in Galt and Herald. Although this will be Regan's first year as a participating artist, she has participated as a visitor for many years. "You can use the catalog to plan your tour to see the kinds of art you like," she says.

Established in 2006 by Center for Contemporary Art Sacramento (CCAS) as a woman-focused exhibition at the California Museum, Sac Open Studios has grown to become the largest open-studio event in Sacramento County. For the second year, the tour will be produced by Verge Center for the Arts following its merger with CCAS in 2014.

"One of the most exciting aspects of Sac Open Studios is the opportunity it provides visitors to meet and interact with the artists where they work and live," says Verge Founding Executive Director Liv Moe. "It gives people a chance to buy art directly from the artists and maybe even discover and explore parts of Sacramento County where they've never been before."

Verge will kick off 2015 Sac Open Studios with a Launch Party at its gallery

and studio project at 625 S Street on Thursday, Sept. 10, 5 to 9 p.m., featuring the Preview Exhibition, a "teaser" display of art from each of the 134 participating artists. A prize wheel and art supply giveaways from Event Partner Blick Art Materials will add to the fun.

Free special events include a reception at Warehouse Artist Lofts on Saturday, Sept. 12, 2 to 5 p.m., featuring live performances and exhibits by WAL residents; Sac Open Studios Nightcap, Saturday, Sept. 12, 6 to 10 p.m., hosted by Beatnik Studios and featuring performances by Capitol Dance Company and Aerial Evolution and music by Honyock and Alison Wonderland; and Art Quad by DISPLAY: California Saturday, Sept. 19, which will transform an empty parking lot into an "interactive quad of activities" celebrating Sacramento's robust design scene. Beatnik Studios will host a special project, "Musical Chairs by Robert Ortbal," the collective title for two exhibitions of sculpture, drawings and installation works opening simultaneously in September at Beatnik and JayJay Galler-

ies. Four hours for Musical Chairs are 10 a.m. to 5 p.m. Saturday, Sept. 12, and 1 to 5 p.m. Sunday, Sept. 13.

University Art will feature juried selections from the tour by Manager Dave Saal-saa at its 2601 J Street location during September, and Blick Art Materials will feature interactive art activities led by Verge studio residents and teaching artists Interval Press and James Angello at its Sept. 19 Grand Opening at 905 Howe Avenue. Would-be artists will find lots of ways to get involved, including demonstrations of letterpress printing, digital drawing, monotype, Raku firing, sculptural welding, portrait sitting, recycled paper-making, encaustics, and kids and adult gourd projects.

The mission of the non-profit Verge Center for the Arts ([vergeart.com](http://vergeart.com)) is to expose the Sacramento art region to internationally recognized contemporary art, while providing vital resources to local career and emerging artists. For more information and a full schedule of exhibits, demonstrations and special events, visit <http://vergeart.com/sac-open-studios-2015/guide>.

## CARMICHAEL'S 106TH FOUNDERS DAY CELEBRATION

Kids Zone • Classic Car Show • Music • Vendors • Pancake Breakfast @ 8am  
CARMICHAEL PARK SATURDAY, SEPTEMBER 26 • 10AM TO 3PM

**CARMICHAEL WATER DISTRICT**

(916) 483-2452

[www.carmichaelwd.org](http://www.carmichaelwd.org)

Thank you Carmichael for your water

conservation efforts

Now Is The Time To Keep Saving

Celebrating our 60th year as Carmichael's ONLY Premier Florist  
delivering flowers for any reason...any season...

**Carmichael Flowers**  
Full Service Florist since 1955  
Wedding & Event Co.  
**916 483 8511**  
[www.carmichaelflowers.com](http://www.carmichaelflowers.com)  
5901 Fair Oaks Blvd. Carmichael, CA.

The Chocolate season is coming!  
**ORDER NOW!**




Capital Confections at Town & Country Village  
2605 El Paseo Lane, Town & Country Village  
Sacramento, CA 95821  
(916)973-0249 [www.sacchocolate.com](http://www.sacchocolate.com)

**CELEBRATE FOUNDERS DAY IN CARMICHAEL PARK**  
SATURDAY, SEPTEMBER 26TH • 10AM-3PM

**Carmichael** Carmichael Recreation & Park District  
5750 Grant Ave  
Carmichael, CA 95608  
916-485-5322

**Parks Make Life Better!**

RECREATION AND PARK DISTRICT

**Hank Fisher Senior Communities**  
INDEPENDENT • ASSISTED LIVING • MEMORY CARE • MEMORY DAY PROGRAM • RESPITE SUITES

At the Chateau at Carmichael Park,  
you feel like you're part of a family.

**\$500 Move-In Special\***



Enjoy the many benefits of living at a Hank Fisher Senior Community with this limited-time \$500 move-in special.\*

Call today to schedule a tour  
(916) 481-7105

\*Full rent begins in second month. Offer applies to independent living apartments only. Meal plan is additional.

THE CHATEAU AT CARMICHAEL PARK Lic. #347001523  
7125 Fair Oaks Blvd. • Carmichael, CA 95608 • (916) 481-7105  
[HankFisherProperties.com](http://HankFisherProperties.com) • Locally owned and operated for over 35 years.

**HELP WANTED!**

**NEWSPAPER DELIVERY DRIVERS NEEDED**  
IN THE ARDEN- CARMICHAEL AREA

**PT CONTRACTOR JOB**

Email resumé and/or cover letter to George at:  
**mackogear@yahoo.com**

**VALLEY COMMUNITY NEWSPAPERS**

See why Carmichael's wisest older adults choose Atria.

Independent Living • Assisted Living  
Memory Care

**Atria SENIOR LIVING**

ATRIA CARMICHAEL OAKS | 916.993.5039  
License #347005251

ATRIA EL CAMINO GARDENS | 916.794.4946  
License #347000389

Schedule a visit and complimentary lunch today.

**SAVE UP TO 55%**  
on a 12-ct Chocolate Dipped Strawberries, Apples & Bananas Box!\*

**NATIONAL DIPPED FRUIT WEEK**

VALID 9/14/2015-9/20/2015

Downtown 1020 12th Street, Suite 110, Sacramento  
(916) 444-1040  
Town & Country Village 2621 Marconi Avenue, Sacramento  
(916) 484-3411

**Edible Arrangements**  
[edible.com](http://edible.com)

\*Offer valid 9/14/2015-9/20/2015. Offer valid only on Chocolate Dipped Strawberries, Apples & Bananas box. Cannot be combined with any other offer. Restrictions may apply. See store for details. Edible®, Edible Arrangements®, the Fruit Basket Logo, and other marks mentioned herein are registered trademarks of Edible Arrangements, LLC. © 2015 Edible Arrangements, LLC. All rights reserved.

# Remodel:

Continued from page 2

equity and fairness. Both of the ministers are gay – one male, and the other lesbian. We have a long tradition of LGBT advocacy.

“Recently, we have been involved in immigration issues, and climate

change awareness and advocacy. We have an earth justice team. Our Sunday school program is based on Montessori teaching methods and uses stories from different religious and cultural traditions as well as from our own religious heritage. We do not have a creed that people must agree to belong to, but our denomination has a

set of principles that all congregations try to promote.”

The congregation is located just outside the county line and has a regional membership. While most of the members are from the city of Sacramento, many come from Rancho Cordova, Citrus Heights, Folsom, Roseville, Shingle Springs, Elk Grove and West Sacramento.

There will be a dedication ceremony and reception of the new sanctuary on Sunday, Sept. 13 at 3 p.m. Speakers include Sacramento City Council Member Eric Guerra and a vice president of the church's denomination in Boston. The church's regular Sunday services are at 10:30 a.m. Unitarian Universalist Society is located at 2425 Sierra Blvd.

## – EVENT LISTING SECTION –

**Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.**  
Call (916) 429-9901 for rates.

**Cabrillo Clubhouse**  
100th year Anniversary  
October 4, 2015

*Share your history of the hall.*

Contact:  
Cabrillo Club #5  
P.O. Box 189280  
Sacramento, CA 95818  
J. McKay: 916-421-3312

**JFK CLASS OF '75**  
40 YR REUNION  
September 26, 2015

at Scott's Seafood  
The Westin-Portofino Tent

7-10 p.m. Early bird ticket raffle!  
For more information go to:  
[www.tinyurl.com/JFKennedy75](http://www.tinyurl.com/JFKennedy75)

**Sacramento Suburban Kiwanis presents**  
24th Annual Beaujolais Plus Wine Tasting and Silent Art Auction  
Sunday, November 8, 2015, 4-7pm  
Held at Carmichael Presbyterian Church  
5645 Marconi Ave., Carmichael

**For tickets call: (916) 972-7337**

Award winning wines • live music • fine art  
full dinner by Jackson Catering & Events

*Proceeds benefit The Kiwanis Family House, Just for Kids, Easter Seals & other Kiwanis Projects*

**\$40 per TICKET**

**CALL AND PLACE YOUR EVENT TODAY!**  
**(916) 429-9901**

*All Saints Concerts presents . . .*

Walt Strony, Theatre Organist  
Silent movie, lighter fair & classical too!

**Sunday, October 4th, 2015, 4:00pm**

2076 Sutterville Rd, Sacramento  
*Overflow parking available across Sutterville at City College*  
Suggested donation of \$15

**CALL AND PLACE YOUR EVENT TODAY!**  
**(916) 429-9901**

# CLASSIFIED ADS

**Call a sales representative today for great advertising rates: 429-9901**

**HANDYMAN**

**HANDYMAN SERVICES**  
No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock, Plaster, Stucco, Repairs and Remodeling, you name it! Lic# 908942. Call Steven at 230-2114.

**SUMMER CLEAN-UP SPECIALS!!**  
Rain Gutter cleaning—Concrete removal (Patio, driveways, borders, etc.) Rain gutter cleaning, pressure washing/power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. 18 yrs. exp. Specials for seniors. Licensed

**CASH PAID FOR DIABETIC TEST STRIPS**

**We pay up to \$30 per box cash on the spot**  
(prices vary depending on brand, quantity and expiration date)

We offer **FAST PICKUP** at a location that is conveniently located near you.

**Boxes must be unopened and unexpired**

For Prompt Attention Please Call Rachel at:  
**(916) 505-4673**

**BOOKKEEPING**

#1 BOOKKEEPER  
32 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp. Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Same low 1990 rates. Ask for Irene Sanst (916) 640-3820, Nevada (775) 410-3422.  
[www.taxirene.info](http://www.taxirene.info) • [taxireneinfo@gmail.com](mailto:taxireneinfo@gmail.com)

**TAX PREPARER**

#1 TAX PREPARER  
32 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all **past tax returns** including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Sanst (916) 640-3820, Nevada (775) 410-3422. Same low 1990 rates.  
[www.taxirene.info](http://www.taxirene.info) • [taxireneinfo@gmail.com](mailto:taxireneinfo@gmail.com)

**FOR A BOX CLASSIFIED AD**

Call Melissa  
**429-9901**

**Two-Day Public Liquidation Event for Sutter Memorial Hospital**

**Thousands of Non-Medical Items for Sale**

**WHEN: Saturday, Sept. 19, 8 a.m. - 4 p.m.**  
**Sunday, Sept 20, 9 a.m. - 1 p.m.**

<ul style="list-style-type: none"> <li>Flat Screen TV's</li> <li>Flat Screen Monitors</li> <li>Furniture</li> <li>Desks</li> <li>Tables</li> <li>Swivel Chairs</li> <li>Stacking Chairs</li> <li>Side Chairs</li> <li>Bedside Tables</li> </ul>	<ul style="list-style-type: none"> <li>Commercial Kitchen Refrigerators</li> <li>Microwaves</li> <li>Ice Machines</li> <li>DVD Players</li> <li>Children's Furniture &amp; Toys</li> <li>Storage Cabinets</li> <li>Bookcases</li> <li>and much more!</li> </ul>
---	---

**All items will be sold, cash and carry only. Everything priced to sell. No Refunds, No Exchanges, No Returns.**

**Location: Sutter Memorial Hospital**  
5151 F St. Enter at 53rd and F Streets, proceed to parking lot C, and use Emergency Room Entrance.

Sale conducted by Centurion Service Group, LLC  
[www.centurionservice.com](http://www.centurionservice.com) 708-761-6655

  
**Sell your car in the classifieds!**

# Your Home Improvement Guide

**Call a sales representative today for great advertising rates: 429-9901**

**ADDITION SPECIALIST**

**LYTLE CONSTRUCTION INC.**  
*Remodeling and Design*  
LIC# 480492

Award-Winning Design/Build Firm  
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

**FREE Consultation**  
**916-422-6639**

Certified Kitchen & Bath Remodeler

[www.lytleconstruction.com](http://www.lytleconstruction.com)

**CLEANING**

**Prime Quality Maintenance**

- Window Cleaning (inside/out/screens washed)
- Pressure Washing (all surface areas)
- Rain Gutter Cleaning
- Hard Water Stain Removal
- Landscape Maintenance

Free Estimates  
Licensed & Insured

CSL# 996271

**Call Jesse: 916-428-2940**



**YOUR AD SHOULD BE HERE!**

**Call today!**  
Your services are needed.  
Your ad should be here.  
Ad design is free.  
Call 429-9901

**YOUR AD HERE**

**Call today!**  
Your services are needed.  
Your ad should be here.  
Ad design is free.  
Call 429-9901

**CREATURE CATCHERS/REMOVAL**

**Creature Catchers Wildlife Management**  
*"If it walks or flies, we'll remove it"*

Humane and non-toxic solutions for both animals & man

**Dead Animal Location/Removal • Exclusion Work**  
**Live Trapping • Humane Removal • Repair**

Skunks • Fox • Raccoon • Opossum • Squirrels  
Mice/Rats • Birds/Bats (bat elimination)

**CreatureCatcher.org 530 885-PEST(7378)**  
California State Trapping License #7781 - Insured by Lloyds of London



**ELECTRICAL CONTRACTOR**

**CAPITOL ELECTRIC**  
Reasonable Residential & Commercial Work since 1960

Repairs, Trouble Shooting  
Custom Lighting/FREE Est.  
Excellent ref from Angie's List

**(916) 451-2300**  
**Cell: 213-3740**  
Neil McIntire — C.S.L.# 394307

**HANDYMAN**

**FREEDOM HANDYMAN SERVICE**

I specialize in all areas of home improvement!  
Quality work the first time, guaranteed!

**Carpentry - Electrical - Plumbing - Demolition**  
**Sprinklers - Sheetrock**  
**Fix leaks of all types**

Accepts All Major Credit Cards "Senior Discount"

**NO JOB TOO SMALL!**  
Licensed and Insured #153902

**Call Eric (916) 470-3488**

**YOUR AD SHOULD BE HERE!**

**Call today!**  
Your services are needed.  
Your ad should be here.  
Ad design is free.  
Call 429-9901

**HANDYMAN**

**SUMMER SPECIALS!**

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING
- PRESSURE WASHING

Pressure wash your driveways clean! your decks, too!  
Clean out your garage! Replace that old lawn!  
Hard work ---not a problem!

**SPECIALS FOR SENIORS/SERVING THE AREA FOR OVER 18 YRS\***

Call LESTER  
(916) 838-1247  
Lic#128758/Ref



**HARDWOOD FLOORING**

**Hardwood Flooring**

Specializing in installing, sanding,  
and finishing hardwood flooring  
or repair and refurbish your current floors.

**Call Michael – (916) 383-8742**  
Lic # 544159/References Available

**HARDWOOD FLOORS**

**Restore Your Floor**

Hardwood Flooring  
Installation - Repair - Refinishing  
Sanding - Custom Staining

(916) 235-3557 - FREE Estimates  
[www.SacramentoHardwood.com](http://www.SacramentoHardwood.com)

A family tradition since 1957  
Lic # 794448



**HOUSE CLEANING**

**Allaway's House Cleaning**

- Owner Operated • Reasonable Rates
- Satisfaction Guaranteed

Excellent References of 20 Years or More

Call Rick: (916) 832-4199  
(916) 600-0172

for FREE Estimate • Licensed & Bonded



**LAWN SERVICE**

**Angel's Lawn Service**

- Mowing, Blowing & Edging
- Sprinkler repair service

**(916) 752-4198**



**PAINTING**

**COOK PAINTING**

Full Service Company - Start to Finish

Freshen up for Summer!  
VEN Special

- Custom Painting
- Super clean, neat & fast
- Interior/Exterior
- Cabinets

Specializing in custom trim & moulding!  
Color Consultants  
FREE ESTIMATES

In business since 1982

As seen on yelp

**(916) 591-5056**



**PAINTING**

**GARY'S PAINTING**

- Warranty
- Senior Discounts
- Professional & Reliable
- Interior & Exterior Painting
- Using only Kelly-Moore Paint!

**FREE Estimates!**

**(916) 725-8781**

McClatchy '67

**PAINTING**

**SOVEREIGN PAINTING**

Quality craftsmanship 3rd Generation Painter with over 30-years experience

**(916) 422-4416**  
[sovereignpaintingco.com](http://sovereignpaintingco.com)  
[sovereignpaint@yahoo.com](mailto:sovereignpaint@yahoo.com)

**Dan Sovereign, Interior & Exterior Painting**  
Lic# 484215  
Better Business Bureau Member

**PLUMBING**

**ROONEY'S PLUMBING**

FULL SERVICE PLUMBING

**456-7777**

[rooneysplumbing.com](http://rooneysplumbing.com)  
Licence #683668

**RAIN GUTTERS**

**TINMAN RAIN GUTTERS**

Repair or Replace your gutters.  
We use **LARGER DOWNSPOUTS** for **BETTER DRAINAGE!**

**916 368-2911**  
**916 804-7946**

**30 yrs Experience**  
Lic #670093



**REMODELS**

**Litell Cabinet Outlet**

Quality Cabinets • Outlet Pricing

General Contractor/no subs  
1020 Del Paso Rd.,  
Sacramento, CA 95834

**916-285-6022**  
**FREE Consultation!**





# CALENDAR

Send your event announcement for consideration to: [editor@valcomnews.com](mailto:editor@valcomnews.com) at least two weeks prior to publication.

## SEPTEMBER

### Non-Profit Organization is Seeking Local Host Families for High School Exchange Students

ASSE International Student Exchange Programs (ASSE), in cooperation with your community high school, is looking for local families to host boys and girls between the ages of 15 to 18 from a variety of countries: Norway, Denmark, Spain, Italy, Japan, to name a few. ASSE students are enthusiastic and excited to experience American culture while they practice their English. They also love to share their own culture and language with their host families. Host families welcome these students into their family, not as a guest, but as a family member, giving everyone involved a rich cultural experience.

The exchange students have pocket money for personal expenses and full health, accident and liability insurance. ASSE students are selected based on academics and personality, and host families can choose their student from a wide variety of backgrounds, countries and personal interests. To become an ASSE Host Family or to find out how to become involved with ASSE in your community, please call 1-800-733-2773 or go to [www.host.asse.com](http://www.host.asse.com) to begin your host family application. Students are eager to learn about their American host family, so begin the process of welcoming your new son or daughter today!

### Rotary Club South meeting

The Rotary Club of South Sacramento meets at noon for lunch every Thursday at Iron Grill, located at 2422 13th St. (Broadway and 13th Street). Rotary is one of the largest service organizations in the world dedicated to community service both locally, and internationally. Please call JR Springer at 425-9195 for additional information.

6:30 p.m. on Saturday, Sept. 12, Dr. Peter Gray will give a second talk called "Play Deficit Disorder: A Worldwide Crisis and How to Solve It Locally" in which he'll explain how play is essential to children's healthy emotional and social development and suggest possible ways by which families, neighborhoods and communities can restore children's opportunities for outdoor play. Doors open at 6 p.m. The evening presentation is included with admission to the Sacramento Play Summit, and tickets are also available to the public. Advance tickets for the evening lecture are \$10 for adults and \$5.50 for children ages 2-12. Day-of tickets are \$20 for adults and \$5.50 for children ages 2-12. Children ages 1 and under, Fairytale Town members, Friends of the Sacramento Public Library and ScholarShare account holders are free.

### Third Annual Sacramento Play Summit

Sept. 12: Fairytale Town, the Sacramento Public Library and ScholarShare Speaks will present the third annual Sacramento Play Summit on Saturday, Sept. 12, from 9 a.m. to 4 p.m. at the Tsakopoulos Library Galleria in Downtown Sacramento. The daylong conference aims to highlight the important role of play in child development and is geared for all adults who work with children, from parents and grandparents to educators and school administrators. The highlight of the conference will be three keynote addresses by play experts and advocates. Dr. Peter Gray, research professor of psychology at Boston College and author of "Free to Learn," will explain what exactly play is and why it is such a powerful vehicle for learning. Singer-songwriter-guitarist Tom Chapin will speak on his five-decade-long creative musical career. Louse Glaser, MD, a pediatrician for more than 25 years, will speak on the value of play and how adults can support children by creating ample time and space for play. Early bird registration is available through Aug. 31 and is \$40 per person and \$30 for students, seniors, members of Fairytale Town, Friends of the Sacramento Public Library, and ScholarShare account holders.

### Debut of new Railroad Museum exhibit, "California Railroad Landscapes: Original Oil Paintings by Rod R. Aszman"

Sept. 12: California State Parks and the California State Railroad Museum are proud to debut a new exhibit titled "California Railroad Landscapes: Original Oil Paintings by Rod R. Aszman" in the Lobby Gallery. This all new exhibit showcases 16 original oil-on-canvas paintings by California railroad artist Rod R. Aszman who specializes in painting scenes that highlight the Golden State's fascinating and picturesque railroading heritage. The majority of the paintings in the visually-exciting exhibit depict scenes within California, while a few showcase other railroads and landscapes in the West. Subjects include Southern Pacific's mighty cab-forwards, and the railroad's colorful "Daylight" passenger trains rolling along the California coastline pulled both by steam and diesel locomotives. Rounding out this beautiful exhibit, guests will see paintings of Santa Fe's "San Diego" passing through orange groves plus a station scene at Del Mar, Union Pacific's "Big Boy" locomotive in operation and a shiny "City of Los Angeles" passenger train.

Artist Rod R. Aszman's award-winning paintings have been seen at numerous shows and exhibits throughout the West, including a memorable show with Mr. Aszman and the late railroad photographer Richard Steinhilber at the Museum in 1983. Also of mention, was Mr. Aszman's participation in shows featuring a number of railroad artists during Railfair '91 and Railfair '99, which were large-scale railroad heritage festivals held at the California State Railroad Museum. In addition, his paintings have been reproduced as covers for railroad books and within publications of railroad history. The "California Railroad Landscapes" exhibit will remain on display at the California State Railroad Museum through March 12, 2016. Railroad Museum admission is \$10 for adults, \$5 for youths (ages 6-17), and children ages five and under are free. More information about the California State Railroad Museum is available at 916-323-9280 or [www.csrmm.org](http://www.csrmm.org)

### Railroad Museum calls out for volunteers — Special drop-in volunteer open house

Sept. 12: Fascinated by railroading history? Interested in working on a train? California State Parks, the California State Railroad Museum and Old Sacramento State Historic Park (SHP) are recruiting adults (18 or older) interested in volunteering to help communicate the West's fascinating heritage of railroading and the California Gold Rush. For those interested, a special, drop-in Volunteer Open House is scheduled for Saturday, September 12, 2015 from 1 to 3 p.m. in the Stanford Gallery at 111 I Street in Old Sacramento. Volunteer applications are being accepted through September 15, which will be followed by an interview process.

Each year, approximately 600 men and women volunteer for the California State Railroad Museum's programs — including weekend excursion train operations, track construction, restoration and maintenance, even clerical work. A background in history is not required to become a volunteer. In fact, most of the volunteers in the popular program began with little knowledge of railroads or the Gold Rush. As individuals become more familiar with the Museum's varied and frequent programs, many volunteers

take on additional responsibilities, such as conducting research or giving talks to community organizations. New docents can choose to work in the Museum interacting with visitors from around the world, working in the railroad restoration shops on rare and unique railroad equipment, work on the Sacramento Southern Railroad, or other jobs in this dynamic and fun environment. Volunteering represents a serious commitment of at least 84 volunteer hours annually, but the hours are flexible and the rewards can be tremendous. Docents receive perks such as a discount at the Museum Store, preferential and/or early access to selected special events, and the pride of working at North America's finest and most visited railroad museum. Volunteer applications can be downloaded at [http://www.parks.ca.gov/?page\\_id=25583](http://www.parks.ca.gov/?page_id=25583) and completed forms can be emailed to [allboard.csrmm@parks.ca.gov](mailto:allboard.csrmm@parks.ca.gov) or mailed/delivered to the Volunteer Coordinator, California State Railroad Museum, 111 I St., Sacramento, CA 95814. For more information, please call 916-323-9280 or 916-445-0269.

### The Sacramento Ballet Nutcracker 2015 auditions

Sept. 12-13: Auditions for the children's cast of The Sacramento Ballet's 2015 production will be held at The Sacramento Ballet Studios, 1631 K Street, Sacramento (corner of 17th and K streets). Children must be 6 years old by Dec. 1 to participate. Children may audition for more than one role if they meet the height and skill requirement. However, once they are cast in a part they may not audition for a second role. Various times depending on age and level. [www.sacballet.org/auditions](http://www.sacballet.org/auditions)

### Free movie showing! Take Back Your Power: A critical investigation of the smart grid & smart meters

Sept. 13: 1 p.m. Josh del Sol's award winning documentary investigates so-called "smart" utility meters, uncovering shocking evidence of in-home privacy invasions, increased utility bills, health & environmental harm, fires and unprecedented hacking vulnerability... and lights the path toward

Calendar continued on page 17

## Calendar:

Continued from page 16

solutions. Eric Windheim, EMRS Certified Electromagnetic Radiation Specialist and founder of Sacramento Smart Meter Awareness will host Q & A after the film. The event will be held at the Scottish Rite Masonic Center, 6151 H St.; <http://www.eventbrite.com>, call 395-7336 Visit: <http://www.eventbrite.com/e/take-back-your-power-a-critical-investigation-of-the-smart-grid-smart-meters-tickets-17875455970?aff=ehomesaved>

### Railroad Museum to Highlight Important Role of Chinese Workers in Building the Transcontinental Railroad During Special Author Presentation

Sept. 16: California State Parks and the California State Railroad Museum are proud to present a special author presentation and book signing opportunity by Robert S. Wells, author of *Voices from the Bottom of the South China Sea*, on Wednesday afternoon. The compelling and illustrated non-fiction book by Wells highlights the largely untold story of a tragic shipwreck in 1874 off South China that killed hundreds of Chinese who were just hours away from reuniting with their families after years of helping to build the Transcontinental Railroad. Based on lost records that were recently discovered and pieced together by the author, the historical book captures the lives of the Chinese passengers when they spent years laboring in California building the railroad, mining silver, growing food, and seeking their fortune. In fact, many Chinese workers during this time played critical roles in building the Transcontinental Railroad. While many Chinese workers were already in California as part of the Gold Rush, many more came to California as a result of an ambitious recruitment effort directed by five influential Sacramento businessmen and political figures — Leeland Stanford, Collis P. Huntington, Mark Hopkins, E.B. Crocker and Charles Crocker. Their goal was to find an inexpensive labor force to build the Central Pacific railroad eastward to connect with the Union Pacific. Included as a matter of course were haz-

ardous working conditions such as blasting and cutting through hard granite, blizzards and extreme cold, and the high altitudes of the Sierra. The special presentation will begin at 2 p.m. in the Museum's East Theater and is included with Museum admission: \$10 for adults, \$5 for youths (ages 6-17), and children ages five and under are free. The book *Voices from the Bottom of the South China Sea* will be available for purchase in the Museum store. For more information, please call 916-323-9280 or visit [www.csrmm.org](http://www.csrmm.org). Every Californian should take steps to conserve water. Find out how at [SaveOurWater.com](http://SaveOurWater.com).

### Birds of South America to be featured at next Audubon meeting

Sept. 17: The birds of South America will be featured at the September 17 meeting of the Sacramento Audubon Society. The public is invited to the 7 p.m. meeting at Effie Yeaw Nature Center in Ancil Hoffman Park (For directions, see [sacrautuboncenter.org](http://sacrautuboncenter.org)).

ardous working conditions such as blasting and cutting through hard granite, blizzards and extreme cold, and the high altitudes of the Sierra. The special presentation will begin at 2 p.m. in the Museum's East Theater and is included with Museum admission: \$10 for adults, \$5 for youths (ages 6-17), and children ages five and under are free. The book *Voices from the Bottom of the South China Sea* will be available for purchase in the Museum store. For more information, please call 916-323-9280 or visit [www.csrmm.org](http://www.csrmm.org). Every Californian should take steps to conserve water. Find out how at [SaveOurWater.com](http://SaveOurWater.com).

### Wisdom Project presents "LGBT Elders Community Cafe Comedy Night"

Sept. 18: Wisdom Project presents "LGBT Elders Community Cafe Comedy Night" from 6 to 8:30 p.m. at First United Methodist — Terrace Room (on the corner of 21st and J streets). Parking is available and the event is wheelchair accessible. Comedienne include Regina Stoops and Mary Carrouba. It will be a Mexican feast catered by



**Open Studio**  
Superb Selection of exquisite oil landscapes

Visit Tatyana Fogarty  
Fine Art Studio

**September 19-20, 10 am – 5 pm**

For more information visit website:  
**www.TatyanaFogarty.com**  
or call:  
**(310) 990-5094**

**tatyana.fogarty@sbcglobal.net**  
4209 Winding Woods Way,  
Fair Oaks, CA 95628

# Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

**ROOF/GUTTER CLEANING**

**STAN THE MAN**

GUTTER CLEANING  
ROOF CLEANING  
WINDOW WASHING  
PRESSURE WASHING  
SENIOR DISCOUNTS AVAILABLE

**916-601-1030**

**ROOFING**

**Somerset Roofing**

• Dimensional Composition • Wood shakes  
• Flat roofs • Repair • Re-roofing • Gutters

**25 years experience** Lic #989420

Tony Cianchetta-owner  
Veteran-active U.S.A.F. reservist | **916.997-7544** | [awcreach@gmail.com](mailto:awcreach@gmail.com)

**TREE SERVICE**

**DON'S TREE SERVICE**  
ISA CERTIFIED ARBORIST WE4590A

Trimming, thinning, shaping & stump removal  
Family Owned & Operated since 1967

#1 in customer satisfaction  
(916) 428-4882  
(916) 689-5244  
[www.donandsonstreeservice.com](http://www.donandsonstreeservice.com)  
Lic# 331196

**TREE & GARDENING SERVICE**

**Terra Bella Tree & Gardening Service**  
"Not your typical mow, blow & go company!"

• One Time Clean-Ups • Tree, Bush & Hedge Removal  
• Full Yard Maintenance  
Family Owned • 25 years experience!

Call Randy (916) 454-3430 or 802-9897  
[www.terrabellagarden.com](http://www.terrabellagarden.com) • Lic# 152584

**Your services are needed!**  
Call (916) 429-9901  
and reserve your space on the  
*Arden Carmichael News*  
**Home Improvement page**

**SAFETYVILLE USA**  
**FIREFIGHTER INVITATIONAL Chili Cook Off**

**SAT, SEPT. 19, 2015 12-4 P.M.**  
**3909 BRADSHAW ROAD**

• CHILI TEAMS • CELEBRITY JUDGES • LIVE MUSIC BY LAVA PUPS  
• INTERACTIVE FIRE DEMOS • RAFFLE & \$100 DOOR PRIZE

**Tickets Available Online!**  
**\$5.00 per person - Kids under 5 FREE!**

For more information visit  
**www.safetycenter.org or call 916-438-3351**

\*Open to Organizations, Business groups, First Responders and Service Clubs. Maximum 4 member teams.



**Sponsored by:**  
Kohl's Cares Volunteers  
Sacramento Credit Union  
Umpqua Bank  
CBS13/CW31  
Capital City European  
Sierra Select Distributors

Vallejo's and will include: meat or veggie fajitas, beans, rice, salad, chips, melon and churros. It's \$15 per person and tickets are available at the Sacramento LGBT Community Center or online at <http://lgbt-elders-september-2015.brownpaperickets.com/>. Only 70 tickets are available. Don't delay. The last day to buy tickets is Sept. 14. For more information, email [servant\\_hearts@hotmail.com](mailto:servant_hearts@hotmail.com)

### Fire Station 43 Open House

Sept. 19: Fire Station 43, located at 4201 El Centro Road, will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

### Greater Sacramento area MIP back to school kickoff

Sept. 19: Open to all women, the purpose of this event is to gather women together to pray for children and schools. There will be breakout groups throughout the day from 9 a.m. to 3 p.m. There will also be a time to pray for areas throughout Sacramento. Breakout groups will be inclusive of various languages. Registration is \$15. Continental breakfast, lunch and snacks are provided. Access registration at [momsandprayer.org](http://momsandprayer.org). The event will be held at Chinese Grace Bible Church, 6656 Park Rivera Way, 95831. Contact is Margie Ng, [margie.ng@speglobal.net](mailto:margie.ng@speglobal.net); 392-2317. For registration. [momsandprayer.org](http://momsandprayer.org).

**PROVOCATIVE  
PROGRESSIVE  
ENLIGHTENING**

**MOON LECTURE FALL 2015 SERIES**  
**FRIDAY EVENINGS, 7:00PM**



**SENATOR MARIA CHAPPELLE-NADAL**  
**SEPTEMBER 18, 2015**  
A leading voice and advocate during the community unrest in Ferguson, Missouri.



**TAYLOR BRANCH**  
**OCTOBER 9, 2015**  
Author of the landmark narrative history of the Civil Rights era, "America in the King Years."



**MICHELE NORRIS**  
**NOVEMBER 6, 2015**  
Author of the Best-Selling Memoir, *Grace of Silence*, and NPR Host Special Correspondent.



**JESSICA JACKLEY**  
**DECEMBER 4, 2015**  
Author of *Clay Water Brick*, and Co-Founder of KIVA the world's most successful micro-lending site.

For more information, call (916) 483-7848 or visit [www.stmarksumc.com/upcomingmoon](http://www.stmarksumc.com/upcomingmoon)  
Seating is limited, so reserve early!

TICKETS	
General	\$30
Student	\$20
Series (all 4)	\$100



st. mark's  
UNITED METHODIST CHURCH  
3391 ST. MARKS WAY  
SACRAMENTO, CA 95818

**Healing Arts Festival**<sup>SM</sup>

September 13th  
10:00am - 5:00pm

Scottish Rite Masonic Center  
6151 H Street, Sacramento

healingartsfestival.com

PREMIER METAPHYSICAL AND HOLISTIC EVENT, 50 EXHIBITORS

Susan G Komen Passionately Pink

Please send your updated  
Calendar announcements

...especially if you host monthly events!  
e-mail to [editor@valcomnews.com](mailto:editor@valcomnews.com)

Fax to: 429-9906  
Phone: 429-9901

Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818

Produced by Feld Entertainment

**RINGLING BROS. & BARNUM & BAILEY**

THE GREATEST SHOW ON EARTH

PRESENTS

**CIRCUS XTREME**



**Opening Night Tickets \$12!**

Restrictions, exclusions and additional charges may apply. Subject to availability.

**SEPT. 17 – 20 SLEEP TRAIN ARENA**

Buy Tickets: [Ticketmaster.com](http://Ticketmaster.com) • 800-745-3000 • Venue Box Office

[Ringling.com](http://Ringling.com)

Sunday, September 20

Questions? Call  
(916)744-1755

**THE WINES OF CLARKSBURG**

to benefit the  
CLARKSBURG LIBRARY  
37375 Netherlands Road,  
Clarksburg, California

Sorry no one under 21 will be admitted

Please join us from 1-5 P.M. at the beautiful Heringer Ranch for an afternoon of wine tasting from local wineries, a fine art auction featuring Sacramento & Delta artists, gourmet food samplings and live music.

**\$30 PER PERSON IN ADVANCE, \$40 AT THE DOOR**

Tickets may be purchased at the Clarksburg Library  
or online at [www.clarksburgLibraryFriends.org/wine-tasting.html](http://www.clarksburgLibraryFriends.org/wine-tasting.html)

**MISSION OAKS Presents: Petty Theft**

Sunday, September 13 **5-7PM**

**Celebrate 40 Years with Free Music & Food Vendors**

**Gibbons Park**  
4071 Gibbons Dr., Carmichael  
488-2810



**LEGENDS OF WINE**

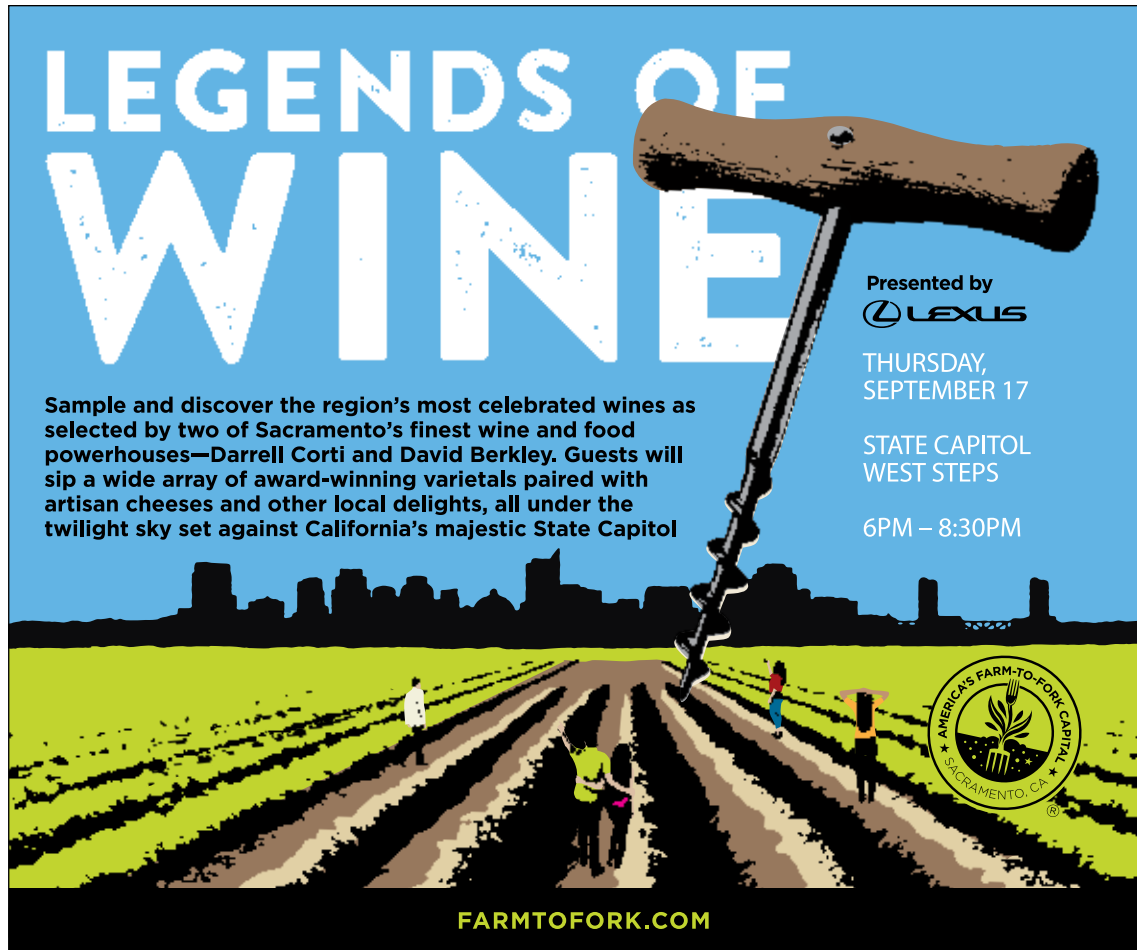
Presented by **LEXUS**

THURSDAY, SEPTEMBER 17

STATE CAPITOL WEST STEPS

6PM – 8:30PM

Sample and discover the region's most celebrated wines as selected by two of Sacramento's finest wine and food powerhouses—Darrell Corti and David Berkley. Guests will sip a wide array of award-winning varietals paired with artisan cheeses and other local delights, all under the twilight sky set against California's majestic State Capitol



**FARMTOFORK.COM**

**12th Annual Monte Carlo Night**

October 3, 2015

@ California Auto Museum  
Benefitting Stanford Settlement Neighborhood Center

**6:00pm-10:00pm**

Ticket Details:  
\$60 per person  
Call 916-927-1303 to purchase tickets

Ticket Price Includes:  
\$500 in starting chips  
Drink ticket, door prize raffle ticket  
Dinner, dessert, coffee, tea, water

Enjoy a night of fun, games, drinks, raffles, silent auction and more!



For more information call 916-927-1303 or email Sister Jeanne at [sisterjeanne@stanfordsettlement.org](mailto:sisterjeanne@stanfordsettlement.org)

# Exciting New World of Implant Supported Dentures

• Has the Security Of a Fixed Bridge!



• Easier to Maintain Good Oral Hygiene

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

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

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

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



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

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

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

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

**Carmichael Dental Group**

2 Implants With Attachments to a Denture  
**\$1,500 Off**

8329 Fair Oaks Blvd, Ste. A • Carmichael, Ca, 95608  
**(916) 944-1197**

[www.YourCarmichaelDentist.com](http://www.YourCarmichaelDentist.com)

# Meet Our Top 10 REALTORS® for August



**New Construction • 4724 Minnesota Avenue**



**Becky Lund**  
**531-7124**

**5 Beds • 3 Baths • 2,857 Sq. Ft. • \$619,000**

[blund@golyon.com](mailto:blund@golyon.com) • [www.teamlund.com](http://www.teamlund.com) • CalBRE# 01297999



**Huge Price Reduction • 8720 Noland Lane**



**Patty Crawford**  
**899-4111**

**4 Beds • 4 Baths • 5,313 Sq. Ft. • \$749,000**

[pscrawford@golyon.com](mailto:pscrawford@golyon.com) • [www.soldbypattycrawford.com](http://www.soldbypattycrawford.com) • CalBRE# 01191565

**Incredible Estate • 4215 Lemon Grove Lane**



**5 Beds • 5 Baths • 4,043 Sq. Ft. • \$840,000**

[rfling@golyon.com](mailto:rfling@golyon.com) • [www.rfling.com](http://www.rfling.com) • CalBRE# 01489282



**Robert Fling**  
**812-6315**

**Escape to the Auburn Foothills • 23075 Rosewood Road**



**4 Beds • 3 Baths • 2,488 Sq. Ft. • \$485,000**

[gwestrup@golyon.com](mailto:gwestrup@golyon.com) • [www.gailwestrup.com](http://www.gailwestrup.com) • CalBRE# 01185844



**Gail Westrup**  
**205-8224**



**Unique Home • 11468 Tunnell Hill**



**3 Beds • 2 Baths • 2,368 Sq. Ft. • \$459,500**

[lrothfels@golyon.com](mailto:lrothfels@golyon.com) • [www.lrothfels.com](http://www.lrothfels.com) • CalBRE# 01726096

**Lisa Rothfels**  
**996-8877**



**Gold River Beauty • 12045 Gold Point Lane**



**4 Beds • 4 Baths • 2,413 Sq. Ft. • \$444,900**

[agriffin@golyon.com](mailto:agriffin@golyon.com) • [www.allengriffin.com](http://www.allengriffin.com) • CalBRE# 01242942

**Allen Griffin**  
**536-3955**

**Exquisite Architecture • 4530 Oxbow Ridge**



**5 Bed • 4 Baths • 3,440 Sq. Ft. • \$819,000**

[agitt@golyon.com](mailto:agitt@golyon.com) • [www.angelagitt.com](http://www.angelagitt.com) • CalBRE# 01132561



**Angela Gitt**  
**224-5843**

**Northridge • 7833 Olympic Way**



**3 beds • 2 baths • 1,834 Sq. Ft. • \$400,000**

[sdunbar@golyon.com](mailto:sdunbar@golyon.com) • [www.sallydunbar.com](http://www.sallydunbar.com) • CalBRE# 00809499



**Sally Dunbar**  
**524-1548**



**Shingle Springs • 4261 Mithril Way**



**3 Beds • 3 Baths • 2,826 Sq. Ft. • \$795,000**

[epaulson@golyon.com](mailto:epaulson@golyon.com) • [www.evapaulson.golyon.com](http://www.evapaulson.golyon.com) • CalBRE# 01299244

**Eva Paulson**  
**276-7179**



**Hollywood Park Home • 2325 Haldis Way**



**2 Beds • 2 Baths • 1,307 Sq. Ft. • \$289,900**

[nkellogg@golyon.com](mailto:nkellogg@golyon.com) • [www.nkellogg.golyon.com](http://www.nkellogg.golyon.com) • CalBRE# 01743354

**Nicholas Kellogg**  
**966-0447**