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## ★ Sacramento celebrates its hometown heroes, Del Campo alumni

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Photo courtesy of Youzhi Ma, The Epoch Times  
Hometown heroes Alex Skarlatos, Spencer Stone and Anthony Sadler wave to their fellow Sacramentans at the parade in their honor on Friday, Sept. 11.

# Sacramento celebrates its hometown heroes

By ALICIA DIENST

More than 10,000 people from all over the state crowded the streets near the State Capitol downtown to celebrate the heroic acts of Anthony Sadler, Alex Skarlatos, and Spencer Stone despite a hot and smoky Friday, Sept. 11. The young men, on vacation in Europe to celebrate National Guardsman Skarlatos's return from his duty in Afghanistan, stopped a potentially lethal attack on a train in France. Intense community pride permeated the day and all of the events' attendees. A parade of the men's family members, representatives from Del Campo and Rosemont high schools,

Sacramento State, Mayor Kevin Johnson, city council members and legislators marched down Capitol Mall and gathered at the Capitol. The excitement of the rally was punctuated with bursts of confetti and a large American flag hanging over the Mall. "It was not a surprise, nor was it an accident that of the hundreds of international passengers on that train that it was three Americans who acted with such courage," Sacramento Mayor Kevin Johnson said in a speech in a rally on the steps of the state Capitol building. "And

See Heroes, page 3

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## Heroes:

Continued from page 2

it was not a surprise nor was it an accident that these Americans were Sacramentans." Mayor Johnson awarded the men keys to the city and legislators broke from intense last minute legislative negotiations to give them a state resolution. The men had been awarded France's highest honor, the Legion of Honor, a medal by President François Hollande in France and the San Francisco French Consulate attended the Sacramento rally, saying "We will never forget what you have done." Local celebrity Jackie Greene played "the oldest song he (knows)," "The Star-Spangled Banner," for the crowd.

Many friends and family members came to show their respect and support. Three years-long friend of Anthony Sadler and Sacramento State student, Alex Vieira, said: "When I saw the news, I thought, 'Oh my God; that's Anthony.'" Vieira said regarding the incident, "He was just really humble about it," and emphasized Sadler's focus on the others' actions. Les Simmons, Sadler's "adopted uncle" who's known Sadler for most of the young man's life, said he expected Anthony to do something heroic.

Simmons's wife Angela said, "We're so grateful because heroes don't always survive and because when something like this happens, there is always an overall overflow impact."

Spencer Stone's cousin, Paige Esku, 22, said the festivities and the response to the heroes' feat felt "overwhelming. I didn't know how big a deal it was going to be. At first when I heard what happened, I was relieved to hear that he was okay and then after it sunk in, I felt proud."



Photo courtesy of Youzhi Ma, The Epoch Times  
A large crowd gathered for the hometown parade on Friday, Sept. 11.

All three heroes went to Del Campo High School and the school and its students had a strong presence at the parade and rally. Del Campo High junior Maria Oderton said about the event, "It's really cool. I love everything about the day. It's great to have something like this to unite the nation."

Sacramento State alum and City Councilmember Eric Guerra said, "Having a (Sacramento State) Hornet honored like this shows what Sacramento has to offer and inspires us to want to be thinking about the greater good."

As the festivities wound down, Sadler said, "I feel overwhelmed by all the support. I love being from Sacramento."

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## Foster Youth to shine at United Way's annual Women in Philanthropy luncheon at Arden Hills Country Club

Tickets on sale for annual fundraiser to benefit local foster youth

Local residents can help foster youth shine at United Way's 14th Annual Women in Philanthropy Luncheon from 11 a.m.-1 p.m. on Oct. 22 at Arden Hills Country Club. The event will include a fashion show, gourmet lunch and presentations by local current and former foster youth who have participated in United Way's financial stability programs. United Way's Women in Philanthropy members also will discuss their work supporting financial literacy courses and a matched savings program for foster youth. Tickets range from \$75-\$125. To purchase tickets, visit [www.yourlocalunitedway.org/women-philanthropy-luncheon](http://www.yourlocalunitedway.org/women-philanthropy-luncheon).

"Our annual luncheon not only raises money for foster youth, it raises their self-esteem to be in a room with powerful women who want to hear their stories and believe they will succeed," said Ruth Miller, co-chair, United Way's Women in Philanthropy.

United Way's financial stability work is focused on helping families and foster youth increase their savings so they can improve their economic outlook. United Way and its partners are connecting households and foster youth with financial knowledge and resources. In addition, United Way is leading the local Assets & Opportunity Network, a group of nonprofits, companies and volunteers looking at financial stability data in the community and working to increase the number of individuals who are financially thriving, including foster youth.

United Way's Women in Philanthropy brings local women together to help local foster youth. Women in Philanthropy members are first responders in raising funds for United Way to provide financial literacy courses and matched savings accounts designed specifically for foster youth. Members also hold drives and provide trainings. Women in Philanthropy is part of United Way's team of companies, schools, government and individuals across the region, state and country making a collective impact in the areas of education, financial stability and health in Amador, El Dorado, Placer, Sacramento and Yolo counties. To become a member, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org).

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# PUZZLE PLUS

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## The Crossword

by Margie E. Burke

### ACROSS

- 1 Bit of a draft
- 4 Beat to a pulp
- 8 Dilapidated
- 14 Before, before
- 15 A chip, maybe
- 16 Veneer
- 17 Kind of advice
- 19 Right-leaning?
- 20 Any thing
- 21 Deprive of courage
- 23 Book for school
- 24 Like some exercises
- 26 Snowman prop
- 28 Tie up
- 30 Acoustic
- 34 Lead ore
- 37 Waterwheel's channel
- 39 "Give it \_\_\_\_!"
- 40 Wrap
- 42 Not just "a"
- 43 Protagonist, often
- 45 It's more than a job
- 47 Receive at the door
- 48 Whirl about
- 50 10 C-notes
- 52 Chic
- 56 Boris Godunov, for one
- 59 False move
- 61 Affirm
- 62 Even though
- 64 Chief artery
- 66 Classic theater name
- 67 BBs, e.g.
- 68 Trick taker, often

1	2	3	4	5	6	7	8	9	10	11	12	13
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56	57	58		59		60			61			
62				63		64		65				
66						67			68			
69						70				71		

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- 69 Norway's neighbor
- 70 Convene
- 71 After expenses
- 1 Open mike night participant
- 11 Game piece
- 12 Multi-user OS
- 13 Bargain
- 18 Be theatrical
- 22 Fourth in a series
- 25 Not worthy of touching
- 27 Examine by touching
- 29 File
- 31 Miles per hour, e.g.
- 32 Advil target
- 33 Bad look
- 34 Kind of warfare
- 35 Biology lab supply
- 36 Tales and such
- 38 EST in NY, e.g.
- 41 Madonna hit from 1990
- 44 Unoriginal work
- 46 A la king?
- 49 File menu option
- 51 "Come here \_\_\_\_?"
- 53 For the birds?
- 54 Present
- 55 Canary's call
- 56 A little night music
- 57 Deli side
- 58 \_\_\_\_-bodied
- 60 Mosque V.I.P.
- 63 Cooler contents
- 65 "\_\_\_\_ a chance"

### DOWN

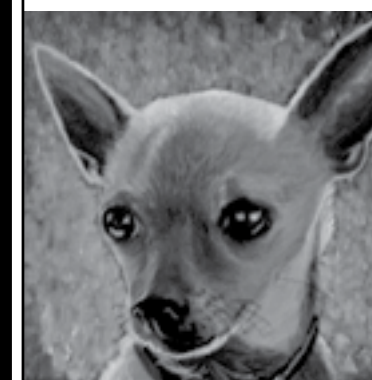
- 1 Brown shade
- 2 About to explode
- 3 Fizzle, with "out"
- 4 Fold, spindle or mutilate
- 5 Pension beneficiary
- 6 Stop, as a flow
- 7 Skipper's spot
- 8 Buckwheat pancakes
- 9 "Dig in!"

See Solution, page 16

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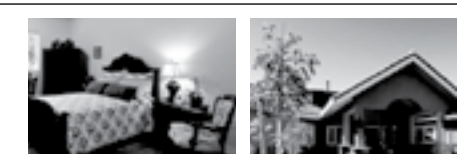
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# Carmichael Library events

Hours for the Carmichael Library, 5605 Marconi Ave., are as follows: Sunday: Noon to 5 p.m.; Monday: Closed; Tuesday and Wednesday: 10 a.m.-8 p.m.; Thursday: 10 a.m.-6 p.m.; Friday: 1-6 p.m.; Saturday: 10 a.m.-5 p.m. For details, call Sacramento Public Library at 916-264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

**Carmichael Teen Book Club (Teen):** On Friday, Sept. 25 at 3:30 p.m., join other teens discussing their favorite books. Pick one of our suggestions or read your own choice. Please bring a snack and share your insights.

**Coffee & Crime Book Club:** On Saturday, Sept. 26 at 10 a.m., enjoy discussing a good mystery with a cup of Joe (or tea). Bring a snack to share as we become judge and jury for each case.

**Celebrate Batman Day (Teen):** Calling all Batman fans. On Saturday, Sept. 26 at 1 p.m., come celebrate Batman Day with a movie and more!

**Job Coach (Adult):** On Tuesday, Sept. 29 at 2 p.m., get help with your job search, resume, interview skills and more with a live job coach! Appointments are half-hour sessions. Register in person or call 264-2920.

**Read to a Dog (School Age (6-12)):** Specially trained therapy dogs are waiting for children to come read to them on Tuesday, Sept. 29 at 3:30 p.m. This is geared toward kids ages 5 to 10 years old who are reading. Earn credit for the time spent reading and earn a book too!

**One-on-One Technology Help:** 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 and meet with a Technology Assistant on Wednesday, Sept. 30 at 4 p.m. Registration is required.

**Preschool Storytime (Early Childhood (0-5)):** On Thursday, Oct. 1 at 10:15 a.m., join Miss Kathy for stories, songs and a craft.

**Toddler Storytime (Early Childhood (0-5)):** On Thursday, Oct. 1 at 11:15 a.m., join Miss Kathy for stories, songs and just plain fun!

**Movie Matinee (Family/All Ages):** Starting at 3 p.m. on Thursday, Oct. 1, bring your friends and enjoy a movie, free of charge! Visit Carmichael Library for a list of upcoming movie titles. The movie on Oct. 1 is "A Bug's Life."

**Knitwits (Adult):** Starting at 11 a.m. on Friday, Oct. 2, bring a knitting project to work on and a snack to share as we learn together!

**Read to a Dog (School Age (6-12)):** Specially trained therapy dogs are waiting for children to come read to them, starting at 3:30 p.m. on Tuesday, Oct. 6. This event is for school-age children that can read. Books are supplied, but you

may bring your own to read to the dogs. The books should be able to be read in five to 10 minutes. After 10 sessions, the reader is awarded a free book.

**History Book Club:** The Carmichael Library History Book Club meets monthly to discuss a non-fiction or historical fiction book. Help us decide which is truer: fact or fiction! Please bring a snack to share and join us as we dive into history books. This month's title is Ladies of Liberty: the women who shaped our nation by Cokie Roberts. Meeting starts at 6:30 p.m. on Wednesday, Oct. 7.

**Knitwits (Adult):** Bring a project to work on and a snack to share as you learn together, starting at 11 a.m. on Friday, Oct. 9 at 11 a.m.

**After School Book Club (School Age (6-12)):** Join the library on the Second Friday of every month to talk about the book, play trivia games and have fun! Club meeting starts at 4 p.m. on Friday, Oct. 9



## Faces and Places: Petty Theft band at Gibbons Park

Photos by GREG BROWN  
[greg@valcomnews.com](mailto:greg@valcomnews.com)

It was the 40th anniversary of Mission Oaks Rec & Park District and they celebrated by hosting a free concert in Gibbons Park. Petty Theft, a tribute to Tom Petty and the Heartbreakers, put on a fun, raucous show for the neighborhood. The San Francisco based

band played all the hits. The crowd sang along, clapped their hands, and got up and danced. Once the "Running Down A Dream" guitar riff started, the dancing never stopped at Gibbons Park in Carmichael. If you missed Petty Theft, you can catch them at Harlow's (located at 2708 J St. downtown) on Saturday, Oct. 3 at 10 p.m.

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# Congratulations to movie reviewer Matías Antonio Bombal

By MONICA STARK  
editor@valcomnews.com

The Sacramento Film & Music Festival honored the Arden-Carmichael News' movie reviewer Matías Antonio Bombal for this year's Film Arts Service Award, an honor given out to those who have dedicated their lives to supporting those who have worked in local film production and appreciation. The festival, which opened up with the award ceremony on Wednesday, Sept. 9 and ended Sunday, Sept. 14 at Jean Runyon Theater at the Memorial Auditorium, celebrates and showcases filmmaking from around the world and also fosters the creative works of local filmmakers in California's Capital region.

According to a Sacramento Press article from a past year, Tony Sheppard, co-director of the Sacramento Film and Music Festival, past Film Arts Service Awards recipients include Shawn Sullivan who has a track record teaching animation at Sheldon High School and watching his stu-

dents go on to great success at companies such as Pixar, Bill Bronston who has directed the Tower of Youth film festival for many years and championed the cause of youth filmmakers, and Ron Cooper, Executive Director of Access Sacramento and the force behind 11 years of their "A Place Called Sacramento" screenwriting and filmmaking program.

A biography about Bombal appeared in the festival program as follows: "Born in Santiago, Chile in 1967, and a Sacramentan since 1976, Matías Antonio Bombal fell in love with film when he first saw Walt Disney's 'Fantasia' at the age of three. He developed a similar passion for film exhibition and historical movie theaters, and was instrumental in the reopening of the Crest Theatre in 1986, where he programmed film until 1991.

"Numerous other theater associations and revivals were accompanied by a career in television and radio, often introducing or discussing movies, which in turn led to many

invitations to emcee regional film arts events such as the Crocker Art Museum's outdoor film series. He is also the producer and director of "The Sacramento Picture," a documentary made in partnership with the Center for Sacramento History to showcase the Center's extensive film archives.

"His latest venture is the characteristically timeless MABHollywood.com, where he reviews current theatrical releases in his own unique style, most notably black and white reviews from his vintage-themed studio. He writes for several area publications (*Ed note: The print publications include The West Sacramento News-Ledger, Valley Community Newspapers' East Sacramento News, Pocket News, Land Park News and Arden-Carmichael News*), is heard regularly on local radio, distributes his reviews internationally, and is a constant proponent of film, film history, and the associated arts that complement it."

The MAB (Matías Antonio Bombal) Hollywood archives is a collection of videos on YouTube, pieces and recordings of saved work "my old TV work, some of which were horrible. There are around 50 or 60 pieces floating around YouTube," he said. Currently, he is in the process of restoring his interview with great Eartha Kitt, actress, singer, cabaret star, dancer, stand-up comedian, activist and voice artist who many remember her as Catwoman in the final season of the 1960s television series, "Batman."

As a film/music historian, Matías has contributed to many books on film history,



Photo by Stephen Crowley

Congratulations to Matías Antonio Bombal, the Arden-Carmichael News' movie critic. He won this year's Film Arts Service Award and was presented with it at opening night of the Sacramento Film and Music Festival, which was held at Memorial Auditorium's Jean Runyon Little Theater on Wednesday, Sept. 9.

especially on the silent and early "talkie" era.

Introducing Bombal for the award was photojournalist Mike Carroll of KCRA TV, the award's past recipient, which KCRA has called a talented man behind the camera who has had a unique impact on the creative community.

Carroll sent Valley Community Newspapers' an accolade about Bombal, as follows:

"I first moved to Sacramento in October 1989 for my job as a TV news cameraman at KCRA-3 News. I was working one Sunday and was assigned to go over to the Crest Theatre to shoot some footage of people going to see the holiday

screening of White Christmas. I went and talked with a number of moviegoers who came to the Crest every year to see either 'White Christmas' or 'It's A Wonderful Life.'

"Then the movie started and I stayed to shoot a few minutes of the movie, fully expecting to see an old, scratched 16mm square print. To my total amazement, a widescreen 35mm print was being projected on the screen. I wanted to call the newsroom and tell them I was taking a two-hour lunch break so I could stay and watch the movie.

"Later I learned that Matías Bombal, who was at the Crest

See Bombal, page 16

# Matias Bombal's Hollywood

## Everest

Universal Pictures brings us to the top of "Everest" in 3-D IMAX movie presentation. The story is of a true disaster that befell several climbers of the formidable mountain in 1996, which has been chronicled in several books, including "After The Wind" by Lou Kasischke, a consultant on the production, and "Into Thin Air" by Jon Krakauer. The cast is terrific, including Jason Clarke as Rob Hall, climbing Guru. Others include the lovely Keira Knightley, Emily Watson, Josh Brolin, Robin Wright and Jake Gyllenhaal as Scott Fischer.

On the morning of May 10, 1996, two groups of climbers follow Sherpas on their final approach to the

summit of Everest. Suddenly, a fierce ice storm envelops the mountain, throwing inhuman cold wind and danger around them. Few will live to tell the tale.

The 3-D aerial views of the giant mountain are indeed impressive, and it is nice to have so many screen favorites in one picture. The audience at the advance screening applauded at the end. I don't know if that was because they got in for free or were happy it was finally over.

I was not happy with it for several reasons. First, our famous stars are up on the side of the great mountain in climbing gear, which covers their entire body and most of their face for most of the movie. There is no way of knowing in the me-

dium or long shots if it actually is the actors or doubles playing the parts for the screen.

Second, some medium shots don't precisely match the long shots in feel, revealing to me that much of the close-up shots and medium shots were sets built against a special effects green screen in Rome's famous Cinecittà Studios.

Third, much of the footage of the actual mountain top, in fact authentic, was not photographed originally for this movie but borrowed from IMAX's 1998 movie "Everest" photographed by David Breashears. I'll add that the 3-D effect in this new movie rarely jumps out at you, but provides depth to the image, which may have actually been achieved in




post production, and not actually photographed in 3-D. The movie does not fill the screen from top to bottom, but is in the classic CinemaScope aspect ratio of 2.35: 1. In an IMAX theater, it is still bigger than life, just not as big as IMAX.

The final issue is the running time. The movie was cut from a longer running length which might have explained some mysteries one can't understand in the story line in the now shorter two hour and one

minute version in the theater. Having reviewed two weeks ago, a documentary still playing, "Meru," with real footage of climbers reaching an almost impossible peak in the Himalayas that took my breath away, the studio-bound look and sloppy matching of shots proves "Everest" an editing disaster. If you are IMAX minded this week, the movie to see is "Life in the Age of Airplanes," which I reviewed last week. That movie is fantastic, and uses the full IMAX screen.

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Man with dog—Clipart © Microsoft Media



# Local cameraman recalls filming President Ford assassination attempt 40 years ago

By LANCE ARMSTRONG  
lance@valcomnews.com

Note: This is part one of a two-part series about local cameraman George Nyberg, who filmed the assassination attempt on President Gerald R. Ford in 1975.

Forty years have passed since an attempt was made to assassinate President Gerald R. Ford in Sacramento. And one person who knows plenty about that infamous day is north area native George Nyberg.

Nyberg, whose former career in film and video production spanned 41 years, was working as a KOVR-TV Channel 13 cameraman when he was assigned to cover a portion of Ford's local visit on Friday, Sept. 5, 1975. The president's 16-hour stay was especially celebrated, since it marked the first presidential visit to Sacramento since President Lyndon B. Johnson visited the capital city in 1964.

The Air Force One presidential jet landed at McClellan Air Force Base on Sept. 4, 1975 at 10:42 p.m., and Ford was greeted by about 1,000 people, including Gov. Jerry Brown, who was then serving in the first of his four terms as California's chief executive.

Ford and Brown were soon escorted to the Senator Hotel at 1131 L St., across the street from the state Capitol.

Gathered outside the hotel were about 300 people who were waiting to welcome the president to the capital city.

After their arrival at the Senator, Ford and Brown parted ways and Ford entered the hotel, where he was welcomed by another crowd of people and a mariachi band, which filled the air with its music.

After spending the night inside a then-recently painted room at the



Photo courtesy of George Nyberg

Sacramento resident George Nyberg, who grew up near Town & Country Village, spent 41 years working in film and video production.

Senator, Ford left the hotel en route for the Sacramento Host Committee-sponsored breakfast at the Sacramento-Earl Warren Community Center, as the Sacramento Community Center was then known.

Ford later returned to the Senator Hotel before departing for a walk to the Capitol, where he was scheduled to participate in three meetings, including a joint legislative session in the Assembly chamber.

In recalling his assignment to cover Ford's walk from the hotel to the Capitol, Nyberg said, "(Ford) was going to walk from the Senator Hotel

to the east steps of the Capitol and he was going to address a joint session of the Legislature. So, that morning, the news department had caught wind that there could possibly be some sort of a demonstration. And so, they brought everybody together, you know, the news staff. By that time, we had like eight or 10 cameramen. But on any given day, there (were) probably eight (cameramen) there. Anyway, this had never happened before, but they decided to assign four teams to cover President Ford.

"My job was to cover him from the time he left the Senator Hotel to

to the east steps. Arsen Matlejan, who was (KOV's) photo supervisor, he was inside to record (Ford's) address on film. We had a third cameraman by the name of Jeff Shaff, who was up in Sen. (James R.) Mills' office, which actually looked down onto the east side of the Capitol. He was up there and he was going to get like just an overhead shot. And then we had a fourth cameraman named Richard Viegas, and Richard was like a floater. He was just supposed to capture anything. You know, if something broke or something happened, he was there.

See Nyberg, page 11

## Nyberg:

Continued from page 10

He was supposed to kind of, in essence, back me up."

Although many people are well aware today what transpired after Ford crossed L Street and walked about 150 feet up a sidewalk in Capitol Park on Sept. 5, 1975, Nyberg had no idea that he was just moments away from standing about 10 feet away from the scene of the 13th presidential assassination attempt in U.S. history.

During his interview for this article, Nyberg, who grew up just a short distance from Town & Country Village, provided a detailed description of that walk, including the incident that led Ford to being rushed away by the Secret Service.

"I remember covering (Ford) crossing the street, and he gets into the park and stops and he starts shaking hands," Nyberg said. "So, I ran ahead of him, because you always want somebody coming to you. You don't want somebody's back of their head. So, it was when I had just ran around and got into position that (the then-26-year-old, red-haired, attempted assassin) Lynette (Alice 'Squeaky' Fromme) pulled out the gun and pulled the trigger. But there was no round in the chamber. If you can imagine, she was about (2 feet) from him. (It was) a big (.45-caliber Colt automatic pistol), and you hear click. He would have been dead (had a bullet been fired). Oh no, there's no question about it. He would have been dead. They could tell from the bullets in the gun, she had practiced chambering around, because then you reload your magazine again, if you haven't fired them.

"So, I just happened to be at the right place at the right time and then did the right thing by filming, you know, rolling my camera. And as soon as that (incident with Fromme) happened, the Secret Service was going to whisk him into the Capitol. And what happened was they started to form a wedge and I

slipped inside the wedge. But there were people all around him. We were all moving as a group, but I was moving backwards (sic). You know, I've got him here and I knew Arsen was inside, so when I got up to the steps, I stopped and let the president go by.

"And (a notable Associate Press photograph) was taken by somebody who was up on the steps looking at the president face on, and of course, I'm over his shoulder. Immediately, once I was done filming him being whisked inside, then I ran back to where they had Lynette and they had her pinned up by a tree. And the weirdest thing is she kept yelling, 'He's not your president, he's not your president.' I didn't know what the hell she was talking about. But anyway, so, I got the film of that (moment), as well."

Although Nyberg had about as good of a view as one could have of this incident at Capitol Park, he left that scene in wonderment of what had actually occurred.

Nyberg said that with the fast pace of the event and the fact that he was filming, he never saw the gun, nor was he aware of the identity of Fromme.

"I had just got ahead of (Ford), and (Fromme) had pulled out the gun. You know, I'm looking through a camera, but I'm keeping this eye open too, because I'm looking for whatever is going on. Well, that took place, but it didn't really register. But when they started pulling him to get him inside and I slipped into that little wedge that the Secret Service had formed, I got (very) close to him. And I knew that something traumatic had happened to him, because he was pale and he looked like he was in shock. And I (recognized it was a serious situation), but at that particular moment, I wasn't sure exactly what it was."

Little time passed after the incident in Capitol Park before the identity of the woman with the loaded gun was discovered.

The Sacramento Bee, in its same day coverage of the event, reported the following: "The young woman, identified as Lynette Fromme, a longtime follower of cult leader (Charles) Manson, was charged with the 'crime of attempting to murder the president of the United States,' according to Donald H. Heller, the assistant U.S. attorney general in Sacramento."

In speaking about Fromme and other "Manson girls," Nyberg said, "Of course, (Fromme) was a Manson follower. They were all here (in Sacramento), you know, Sandra ('Blue') Good and Susan Murphy and (Fromme). They were Manson girls and they were here (living at 1725 P St.) to be close to Charlie, because they would go visit him up at the prison. And at that time, our maximum security prison was Folsom (Prison)."

Nyberg said that it was only by chance that when he filmed the Ford assassination attempt, he was testing out new, Kodak high-speed film stock that "had less wet time than the previous film stock by (about) six or eight minutes."

"Anyway, it was the first time we ever beat (KCRA-TV) Channel 3 on the air with a story, only because we could get our film out a little sooner," Nyberg said. "And then, of course, we broke into the news with a breaking news story. We would have broken in the early afternoon, I'm sure. It would have been before 5 o'clock (that evening), because we did a breaking news story. We interrupted local programming, and, of course, we did probably a longer version at 5 (p.m.). And in those days, network news came on at 5:30 (p.m.) and we would do another show at 6 (p.m.). And then everybody had a show at 11 (p.m.)."

Nyberg said that both the color film from the KOVR news camera and the color film from his personal, still-shot camera that he had lent to a KOVR reporter at Capitol Park were quickly made unavailable to him.

"I think it was the Secret Service (or) the FBI, but somebody came and rounded up all of our footage," Nyberg said. "I was probably out on another story out in the field the day they came in with a subpoena and said, 'We're taking the film.' I think (that happened) within a week."

Nyberg added that the aforementioned KOVR reporter, who was using his Minolta 101 camera, captured a close-up shot of Fromme, and without his knowledge, quickly sold the photograph for \$2,000 to Newsweek magazine.

"I heard that she had sold the photo, or she had sent them actually the film," Nyberg said. "And she never discussed it with me. She just did it. And then, she wanted to reimburse me only for the film, and I said no, the film is not for sale."

Eventually, the matter was settled, with Nyberg acquiring about 60 percent of the profit from Newsweek.

The photograph was featured on the cover of the Sept. 15, 1975 issue of that magazine. And also included on the cover were Fromme's reactionary words to the botched shooting: "It didn't go off!"

Fromme, whose bail was set at \$1 million, became the first woman to be indicted under a 1965 statute that made it a federal crime to "assassinate, kidnap or assault a president of the United States."

Despite facing the possibility of a maximum penalty of life imprisonment, Fromme opted to act as her own lawyer.

Fromme was eventually sentenced to life in prison, and escaped from a West Virginia prison on Dec. 23, 1987, only to be found two days later. She was released from a Texas prison on parole on Aug. 14, 2009.

After being asked to express his afterthoughts about the incident at Capitol Park that nearly became one of the darkest days in Sacramento history, Nyberg said, "Well, just the image of (Ford) being in shock before I knew what had really happened. I mean, that just like burned something right into my mind, because I still see that today."



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## REMINDER: Carmichael's 106th Founders' Day is set for Saturday

Join the 106th birthday celebration on Saturday, 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, nonprofit 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 Ave. and both parking and admission are free.



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## Friends of the River Banks upcoming events

### Report from Damsels and dragons by the river

Friends of the River Banks' August Dragonfly Walk at Sutter's Landing Park began with a focus on some very different insects. Naturalist Greg Kareofelas began by pointing out a pheromone-impregnated patch attached to his shirt. Buzzing around the patch were waspish-looking insects with oddly plump bodies. It turns out that the patch attracts male clearwing moths (Family Sesiidae), famous for mimicking yellowjackets, and the male moths collected around Greg believing him to be a giant female moth.

Back to the dragonflies and damselflies... Greg brought live specimens that we could observe up close. We learned that some dragonflies 300 million years ago had wingspans of two feet, considerably larger than their wingspan today of two to five inches. Dragonflies are skillful fliers and have excellent vision—necessary for catching prey while on the wing. If you examine a dragonfly's head, you'll notice that they have large compound eyes and tiny, thread-like antennae because they rely on vision, not smell, as other insects do—for example, clearwing moths. In fact, if you see a dragonfly drawn with butterfly-like antennae, you'll know that what you're seeing is an adult antlion, not a dragonfly.

Compared to dragonflies, damselflies are weak fliers



It's a dragonfly!

Photo by Kathy Kayner

and when at rest, fold their wings like butterflies (see photo of mating damselflies). The immature forms of damselflies and dragonflies, called naiads, develop in water. Naiads eat a variety of aquatic critters—mosquito larvae, small fish, tadpoles, and each other. As adults, they eat flying insects; a single dragonfly can eat hundreds of mosquitoes a day. In California, we have about 100 species of damselflies and dragonflies.

No dragonfly gathering would be complete without some catching and releasing. By the time we reached the river, nets were swinging wildly and we counted several damselflies among the catch. The more elusive dragonflies

were another story—even entomologists have a hard time catching them.

If you'd like to learn more about the Odonata (the insect order of dragons and damselflies), visit the Bohart Museum at UC Davis. It's located in Room 1124 of the Academic Surge building on Crocker Lane and open Monday–Thursday, 9 a.m. to noon and noon to 5 p.m. (closed on holidays). Admission is free. You can also buy dragonfly-related items in the gift shop, including a gorgeous dragonfly poster by Greg Kareofelas and Fran Keller.

For more photos and to follow FORB activities, go to the blog at <http://www.friendsoftheriverbanks.org/forb-blog>.

# SCHOOL NEWS

### Free classes for parents offer tools to help students succeed

How can you help your child succeed academically? What's the best way to deal with behavior issues? How can you advocate for your child at the school level and district level? How can you become a parent leader? San Juan Unified's Family and Community Engagement office is offering several free classes for parents that will provide tools and strategies to improve student success.

### Parent University

Parent University is hosting its first workshop: "Communication with Your School." This interactive workshop will provide ideas on how to positively communicate with your child's school about academic achievement. It will also teach parents how to avoid conflict with school staff when advocating for their child. This workshop is intended for parents/guardians, grandparents and caregivers of students of all ages. This class will take place Wednesday, Sept. 23 from 9 a.m. to 10:30 a.m. at Starr King K-8 School, 4848 Cottage Way, Carmichael.

### Parent Project

Empowering parents...Transforming Teens! Need a little hope? Need some new ideas for how to deal with difficult teen behavior? Parent Project is a national program created by parents, for parents to help raise healthy and happy teens.

For SJUSD families, the cost is \$25 (material fee); non-SJUSD families \$75 per individual or \$100 for a couple (includes class materials).

\*Some scholarships are available. No registration after Oct. 1. This is put on by the Department of Human Assistance and classes will be held at 2700 Fulton Ave. on Thursdays between 6 and 9 p.m., now until Nov. 19. This program is held in collaboration with Sheriff's Community Impact Program (S.C.I.P.) and it fulfills the requirement for court ordered parenting classes. Register by contacting the SJUSD Family and Community Engagement department at 971-7929 or by visiting [www.parentproject.com](http://www.parentproject.com). Questions? Please contact program coordinator Bonita Aytch at [baytch@sanjuan.edu](mailto:baytch@sanjuan.edu).

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# Drought champ Mary Rea cut water use by 75%

Sacramento Suburban Water District customers helped lead the state in reducing water use this summer cutting consumption by over 40 percent in July. Overall, the state reduced water use by 31 percent compared to July 2013.

Arden-Carmichael area resident Mary Rea decreased her water use by a whopping 75 percent (more than 20,000 gallons) in June and July compared to the same timeframe in 2013. She achieved this by deciding to stop watering her lawn, and focused on keeping her bushes and trees alive with limited deep watering. Inside her home, Miss Rea conserved water by washing only full loads in her clothes washer and capturing shower and faucet water in a bucket as it heats up.

"I recognized the fact that we've gone without rain for a long time in Sacramento and can't take our water for granted," Miss Rea said about her efforts to conserve.

Local businesses also stepped up their conservation efforts. One of the highlights was the Teichert Foundation, the grant-giving arm of the long-standing Teichert construction company. The foundation reduced their water use by 61 percent in

June (compared to June 2013). They prioritized their outdoor water needs and allowed portions of their grass to go golden while bringing in arborists and other professionals to help guide them in saving the most important parts of their landscape, such as their trees.

"We have been heartened by the overwhelming way our customers responded to the governor's call to conserve during this historic drought," said Greg Bundensen, Water Conservation Supervisor for the Sacramento Suburban Water District. "We're encouraging everyone to keep up their great work through the end of summer and into the fall."

SSWD has a full suite of rebate programs available for its customers, including Cash for Grass, which offers up to \$1,000 in funding for replacing lawns with a low-water landscape, Irrigation Efficiency Upgrades which provides up to \$300 in rebates for replacing old inefficient sprinklers with new more efficient models, and programs for pool covers, weather-based irrigation controllers, and rain sensors.

Rebates are also available for indoor water-efficiency upgrades, including recirculat-



Arden-Carmichael area resident Mary Rea decreased her water use by a whopping 75 percent (more than 20,000 gallons) in June and July compared to the same time-frame in 2013. She is a Sacramento Suburban Water District "drought champ."

ing hot water pumps (\$150 rebate), clothes washers (\$75 for an approved Tier III high efficiency clothes washers) and for low-flow toilets via the Department of Water Resources.

SSWD has low-flow showerheads and buckets for collecting water available upon request at the SSWD office.

SSWD recommends its customers remember to:

- 1) Check their sprinklers for leaks or misdirected heads at least once a month.
- 2) Use plenty of mulch around their trees and shrubs to limit evaporation.
- 3) Follow the two days a week watering guidelines and to water their landscape early in the morning.
- 4) Limit their showers to five minutes or less.
- 5) Run their dishwasher and clothes washer only when full.
- 6) Set up a free Water-Wise House Call to find out more ways to conserve

More water saving tips and information on the rebate programs are available online at [sswd.org](http://sswd.org) or by calling 972-7171.

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# Bombal:

Continued from page 8

at the time, scheduled the best 35mm prints of classic films that he could find. Being a cineaste, I was a big fan of Matías' cinema devotion and dedication ever since.

"Over the years I have run into Matías Bombal at many cinema-related events—film festivals, special screenings, celebrations of filmmaker's works and wakes for filmmakers who have passed.

"And Matías always has kind and congratulatory words of encouragement for everybody.

"I sincerely believe that when Matías has his yearly physical and has bloodwork done that film is drawn from his veins—16mm, 35mm,

70mm, Academy ratio, wide-screen, color, black & white.

"I'm exceedingly proud to present the Sacramento Film & Music Festival's Film Service Award to Matías Bombal, a man who is a true lover of film, and who loves to share and spread his wonders and magic to everyone he meets."

In television for more than 25 years, often working as a one-man crew, Carroll has helped write movies and has written about how to succeed in broadcasting with his books, "Naked Filmmaking: How To Make A Feature-Length Film - Without A Crew - For \$10,000-\$6,000 Or Less Revised & Expanded For DSLR Filmmakers" and "Breaking Into TV News How To Get A Job & Excel As A TV Reporter."

Introduced by Carroll was a very humbling experience for this year's award winner, as Bombal said, "Over the years, (Carroll) would do TV stories about me. He would come to the Crest (Theatre which Bombal managed from 1986 to 1991). He said nice things about me. It was a great introduction. I had no idea he had noticed me and had been watching me over the years."

As KCRA has been preparing for its 60th anniversary, Bombal said he was called to bring a projector because no one knew how to operate the older machines. "I am their go-to guy on how to handle old films."

Speaking about this honor coming from someone as impressive as Carroll, Bombal said "I have been impressed by him from his movies. He teaches classes on how to be one-man filmmakers. He can be on camera, do the camera. He's a one-man film crew and he's been doing it like that for 20-plus years. He's made several movies himself that are quite good. One of my favorite of his independently made is 'Night Beats.' To be held in esteem and given an award by someone who has such an essential and fundamental understanding of the power of images to give me an award, it's a very sweet and humbling experience."

In his nearly four-minute speech, Bombal recog-

nized three influential people in his professional career and he accepted the award on their behalf and influence -- Jo Babbitt, assistant manager at Tower Theatre; movie theater projectionists James Homer Criss and Ernie Smith.

"(Babbit and Bombal) worked at the Tower. We were really good friends. He loved stuff about movies I would go about on and on about. We were really close friends. If anyone would have been my No. 1 champion, it would have been him."

"Ernie Smith was at Tower when I just started there. He was a crotchety old man. He used to drink Wild Turkey (bourbon) in the projection room. He had a tattoo on his arm. Ernie died in about 1989-90."

"Criss was a black projectionist in the projectionists' union. He ran 'Gone With the Wind' in its first run. He was at the Crest (when Bombal managed it). He was such a cool character. He would ride a Harley to work. He was the coolest dude, an old black guy. He was one of my favorite, favorite people."

In good company with family at the ceremony his mother, Judy Nevis and half-brother Jeremy Nevis, Bombal said he forgot to recognize his father Antonio Bombal who died in 2009. While most re-

member Antonio Bombal as the piano tuner for the Sacramento Symphony, fewer know about his work as a professor of comparative literature at U.C. Berkeley, California State University, Sacramento and Sacramento City College. "He was an Old World aristocrat. He wanted to be lawyer; he was a mountain climber. He climbed the tallest mountains in Chile. I have pictures of him climbing above the clouds," Bombal said of his admiration for his father.

In regard to a particular film that Bombal looked forward to, he said it was one he did a review for, a 12:11-minute documentary short, "The House is Innocent". Directed by Nicholas Coles, the film is about the Dorothea Puente house and the couple who happens to live there now and who has who cleaned up the house. They posted signs with phrases like trespassers will be buried in the garden and put up a manikin dressed as Dorothea Puente holding a shovel.

Closing his speech with a line from the movie Sunset Boulevard, "I am sure I will see you again very soon, somewhere out there in the dark," Bombal's words of literary wisdom can be seen here within the pages of this publication today and in future editions.

# CALENDAR

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

## 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.

## SEPTEMBER

### Jan Ken Po Gakko Arts and Crafts Fair

Sept. 24: There will be an arts and crafts fair from 9 a.m. to 3 p.m. at the Sacramento Asian Sports Foundation, 9040 High Tech Court. Free admission, accepting all major credit cards, free raffle, oishii bentos.

### Senior scams: Just say no!

Sept. 24: Older adults are prime targets for financial scams both by people they know and by strangers. According to a study by Metlife, older Americans lost at least \$2.9 billion to financial exploitation in 2010! In this free workshop, we will provide information on how to protect your assets and recognize various types of scams, especially telephone scams. Free of charge. Pre-registration is required. Class will be held from 2:30 to 4 p.m. at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, [www.accsv.org](http://www.accsv.org).

### Art of reading tea leaves

Sept. 24: This workshop is an introduction to the ancient art of reading tea leaves. For centuries, people around the world have consulted tea leaves for information concerning romances, health, wealth, happi-

ness, and other life changing issues. come and learn about different types of healthy tea and have fun learning to read the symbols and patterns created by the leaves. Each person attending the class will have an individual tea leaf reading. Pre-registration and pre-payment of \$15 required or \$20 drop-in fee at the door. Class will be held from 1:30 to 3 p.m. at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, [www.accsv.org](http://www.accsv.org).

### Stopsfalls Sacramento fall prevention screening event

Sept. 25: This event will consist of free senior fall risk fitness tests, shoe assessments, medication reviews, blood pressure screening, and more. Free of charge. Pre-registration is required. Class will be held from 9 to noon at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, [www.accsv.org](http://www.accsv.org).

### Dish Garden and Plant Care Class at Relles Florist

Sept. 26: Learn how to make a Dish Garden and the proper care of Green Plants. Container and plants provided. Bring your garden gloves if you don't want to get your hands dirty! Saturday, Sept. 26 at 2400 J St.

from 10 a.m. until 11:30 a.m. \$35 per person. Classes limited in size. Call 916-441-1478 to make your reservation.

### Lighting for safety

Sept. 29: Lighting is a tool we use to increase security and prevent accidents like falling. This workshop will demonstrate different ways to utilize lighting to better illuminate the environment at night while increasing our feeling of security. Concepts cover including using proper quantities of light, color of light, reducing glare and saving energy in the process. Free of charge. Pre-registration is required. Class will be held from 10 to noon at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, [www.accsv.org](http://www.accsv.org).

### Renovating your home for retirement

Sept. 30: Learn which renovation projects can accommodate the needs of seniors, can increase your home's resale value, and can improve your chances for speedy, attractive offers when you decide to sell. Free of charge. Pre-registration is required. Class will be held from 1 to 2 p.m. at ACC Se-

Calendar continued on page 18

## Solution to Crossword:

S	I	P	M	A	S	H	B	E	A	T	U	P	
E	R	E	A	N	T	E	L	A	M	I	N	A	
P	A	T	E	R	N	A	L	I	T	A	L	I	C
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			T	E	T	H	E	R	A	U	R	A	L
G	A	L	E	N	A	M	I	L	L	R	A	C	E
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T	S	A	R	F	E	I	N	T	A	V	O	W	
A	L	B	E	I	T	M	A	I	N	L	I	N	E
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S	W	E	D	E	N	M	E	E	T	N	E	T	

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# - 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

CALL AND PLACE YOUR EVENT TODAY!  
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### 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**

### 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)

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

### Chinese Community Church 32nd Annual FALL FELLOWSHIP AND FOOD FESTIVAL

Delicious Chinese Food (BBQ Chicken, Pot Stickers, & More)  
Activities for Kids • Live Entertainment

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ADMISSION IS FREE

### Holiday Craft Faire

Saturday, November 7  
9 a.m. to 3 p.m.  
One of a kind holiday gifts!  
Mission Oaks Community Center  
4701 Gibbons Drive, Carmichael  
**916-972-0336**



# CALENDAR

Continued from page 17

nior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org.

## Sacramento State's Symphonic Wind Ensemble to hold concert

Sept. 30: Sacramento State's Symphonic Wind Ensemble will present great classical music at 7:30 p.m. in the Capistrano Concert Hall, on campus, 6000 J St. The program includes Reed's "Festival Prelude," Bach's "Little Fugue in G Minor," and Milhaud's "Suite Francaise," French folk songs he collected for preservation during WW II. Tickets are \$10 general, \$7 seniors and \$5 students, available at 278-4323 or www.csus.edu/hornetrickets. Contact: 278-5191.

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.

## Senior nutrition issues: How do I get mom to eat?

Oct. 1: In this free workshop, we will address nutrition concerns for seniors with tips and techniques for getting seniors to more ideas for getting more vitamins and fiber into their diets, how to make food and eating more appealing. Free of charge. Pre-registration is required. Class will be held on Oct. 1 from 1 to 2 p.m. at ACC Senior Services, 7334 Park City. For more details, call 393-9026 ext 330, www.accsv.org.

## Better choices, better health workshop

Oct. 2-Nov.6: The Better Choice Program is a series of two and one half hour classes held once a week for six weeks. It was developed by the Stanford University Patient Education Research Center and is for people with chronic conditions like diabetes, high blood pressure, high cholesterol, etc. Learn strategies to take control of your chronic conditions, lower

your stress levels, and communicate better with your doctor. These workshops are also recommended for caregivers. Free of charge. Pre-registration is required. Class will begin Friday October 2 thru November 6, 2015 from 2:00-4:30pm at ACC Senior Services, 7334 Park City. For more details, call (916)393-9026 ext 330, www.accsv.org.

## "Souls of the City" Events & Activities Presented by the Sacramento History Museum

Oct. 3-Nov. 1: In honor of "Day of the Dead" activities celebrated each year in Mexico and in major cities around the world, Sol Collective and the Historic Old Sacramento Foundation have teamed up to present a series of community workshops and special activities that showcase the traditions and/or demonstrate how to create some of the special items used in "Day of the Dead" celebrations. The effort culminates with a Dia De Los Muertos celebration on November 1. For more, visit www.sachistorymuseum.org. The museum is located at 101 I St.

## The Shepard Garden and Arts Center Fall Sale

Oct. 3-4: Over 20 clubs that meet at the Shepard Garden and Arts Center and over 18 craft vendors will participate in the Shepard Garden and Arts Center Fall Sale from 10 a.m. to 4 p.m. on Oct. 3 and 4. Plants, pottery, garden decor, jewelry and craft items will be for sale. Food will be available for purchase. Admission is free admission and there will be free parking. Proceeds help support the Shepard Garden and Arts Center, 3330 McKinley Blvd., Sacramento. For more information contact Therese Ruth at 457-0822 or by email at tgrcom@aol.com

## "Pumpkin Science" at the Discovery Museum Science & Space Center

Oct. 3 and 4: It's the season for Jack-o-lanterns! Visit the Discovery Museum Science & Space Center to enjoy family-friendly pumpkin stations to learn a bit about this squash. Plus, kids 12 and younger craft a paper pumpkin to take home as fall décor. For more, visit www.thediscovery.org, 3615 Auburn Blvd.

## Introduction to handwriting and personality traits

Oct. 6: Explore the possibility of links between handwriting and personality traits. This 2-hour class covers insights into greater understanding of the fundamentals of handwriting features such as slants, depths, zones, and letter sizes, and how they may relate to your personality traits. There will be handouts and simple exercises. Pre-registration and pre-payment of \$10 required. Class will be held Oct. 6 from 10 a.m. to noon ACC Senior Services, 7334 Park City. For more details, call (916)393-9026 ext 330, www.accsv.org.

## Mission Oaks Computer Club meeting

Oct. 8: The Mission Oaks Computer Club will meet from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting will include a problem-solving clinic, led by Adam Lacey of Applications, Etc. First-time visitors are welcome. For additional information visit our website at www.missionoakscomputerclub.org or send an email to mocc@missionoakscomputerclub.org.

## Root Cellar Genealogical Society General Meeting

Oct. 8: There will be a club meeting from 7 to 9 p.m. at Christ Community Church,

5025 Manzanita Ave., Carmichael. The program will feature Lisa Foster, Forensic Genealogist. There will also be a pre-meeting open discussion from 6:15 to 7 p.m. Visitors always welcome! For more information, go to info@rootcellar.org. For more information, visit http://www.rootcellar.org, http://rootcellarramblings.blogspot.com or http://tinyurl.com/dxr4q8y.

## "Hole" Lotta Love charity golf tournament

Oct. 9: Whether you love the game of golf, or just hate the mere mention of its name, the main focus of this golf tournament is to have fun! The good news is that participating in this event, you will have fun AND you will help raise money for a good cause. One hundred percent of the proceeds raised at this event go to CASA Sacramento. Come out and enjoy the many added course activities throughout the day while supporting CASA and the foster youth served. The tournament is in the format of a four-person scramble and will be held at Teal Bend Golf Club (7200 Garden Hwy). The event schedule is as follows: 11 a.m. is registration; 11:30 a.m., putting contest; 1 p.m. shotgun start and a 6:30 p.m. awards dinner/auction and raffle. Reserve your spot today or sponsor the event. Contact Tom at 773-1938 or email: tom.cicchini@raymondjames.com.

## Ghost Tours at the Sacramento History Museum

Oct. 9, 10: Visitors to Old Sacramento can journey back in time to hear ghostly tales and spooky stories as they walk through the history-rich streets and re-live 19th century lore. Entertaining yet knowledgeable tour guides will take daring and inquisitive guests through Old Sacramento's infamous locales to experience a bit of the dark side of California's history. For more, go to www.sachistorymuseum.org, 101 I St.

## Fire Station 17 Open House

Oct. 10: Fire Station 17, located at 1311 Bell Ave., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

## 25th Annual Curtis Park Wine Tasting, Silent Auction & Beer Garden Event

Oct. 10: From 4 to 7 p.m.: The tradition continues at the 2015 Curtis Park Wine Tasting, Silent Auction & Beer Garden Event. Building on the success of 24 previous years, this event showcases more than 50 wineries, 20 restaurants and hand-picked craft brews by owner & operator of Curtis Park's own Pangaea Bier Cafe. The Wine Tasting, Silent Auction & Beer Garden Event is the biggest event of its kind in Curtis Park. Event proceeds benefit SCNA, Bret Harte Elementary School and McClatchy High School. Bring your friends with you, or come meet some new ones. This year we're turning 25 and we're celebrating in a VERY big way. Event highlights include: Raw Oysters on the Half Shell (Scott's Seafood on the River), Dad's Kitchen, Freeport Bakery, Lucca Restaurant & Bar, Localis (apart of the Broderick Restaurant family), Sugar Plum Vegan Bakery, Tower Café, Tapa the World, Taylor's Kitchen. Sponsors: Cook Realty, McDonald Plumbing, Joseph F. Eschleman, Black Pine Communities, Melissa Heede (Remax). The Sierra 2 Center is located at 2791 24th St. For tickets, visit www.Sierra2.org.

## Ghost Tours at the Sacramento History Museum

Oct. 16 and 17: Visitors to Old Sacramento can journey back in time to hear ghostly tales and spooky stories as they walk

through the history-rich streets and re-live 19th century lore. Entertaining yet knowledgeable tour guides will take daring and inquisitive guests through Old Sacramento's infamous locales to experience a bit of the dark side of California's history. For more, go to www.sachistorymuseum.org, 101 I St.

## Lantern Tours at the Sacramento City Cemetery

Oct. 16 and 17: Embark on a lantern led walking tour through Sacramento's past at the Sacramento City Cemetery! Guests experience stories of murder, death by spirits, death by duel or morphine, and even men impersonating women - all this while encountering other unexpected visitors from beyond. Stories will be told by our eternal residents. Hurry, tickets sell out fast...for more information please visit www.oldcity-cemetery.com, 1000 Broadway

## Fire Station 30 Open House

Oct. 17: Fire Station 30, located at 1901 Club Center Dr., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

## 5th Annual CureSMA 5k Walk N Roll

Oct. 17: This event goes from 9 a.m. to 1 p.m. and starts and ends at the William Land Park at the Village Green, on the corner of Sutterville Road and Freepert Boulevard. Organizer Nina Daya writes on the event's Facebook page, the reason for the event as follows: "Our daughter Malena was diagnosed with Spinal Muscular Atrophy (SMA) type 2 at age 15 months. As a family we did not know what the future would hold for us since we learned that SMA is the number 1 genetic killer of children under the age of 2 years old. We quickly realized that spreading Awareness of this little known disease would be of utmost importance & this was the central theme keeping ourselves hopeful about the future. Our Walk N Roll was born in beautiful Sacramento and as a community we have raised over \$50,000 and would like to continue until a cure is reached. We are already at Clinical Trials - A truly Exciting Time to be Involved! 100% of all donations goes to CureSMA. We hosting this event as a gesture and "pay it forward effort." SMA can occur any age group." Register, create your own team or donate at: <events.curesma.org/2015Sacwnr>. It's a fun family event, so dress in a super hero costume or come as you are, includes t-shirts, food, kids activities, deejay music, raffle prizes, surprise super hero guests and our River Cats mascot, Dinger.

## 4th Annual Monster Bash at the Sacramento Children's Museum

Oct. 17: Visit the Sacramento Children's Museum for a night of ghoulish fun at the 4th Annual Monster Bash! Gear up for Halloween by wearing your best costume and come play the night away at the Museum! They'll have a DJ, dancing, refreshments, photo opportunities, a "haunted hallway," and of course - Museum play. For more information, visit www.sackids.org

## "Spookomotive" Train Rides at the Railroad Museum

Oct. 17 and 18: All aboard for some Halloween fun Old Sacramento style! California State Parks and the California State Railroad Museum are proud to offer diesel-powered "Spookomotive" train rides aboard a whimsically decorated train crawling with spiders, cobwebs and cornstalks while staffed with an entertaining "skeleton crew." Also, discounted "combo" Halloween-themed train rides and river cruises are offered twice per day, 125 I St. For more, visit www.csrnm.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!

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### OWN PRIVATE LAKE

This sophisticated home rests sprawling park like grounds offering privacy and special lake views. Featuring an elegant staircase, vaulted wood beam ceiling, hand scraped wood floors & windows peering out to the pool. With eye catching fireplaces, open living spaces and a gourmet kitchen boasting high end appliances.

**8414 Lakehaven Ct. - \$1,349,000**



### HIGHRISE LIVING IN THE HEART OF EAST SAC

There is no comparable unit. Seller spent \$300K to move walls and replace every inch of this home. Top of the line cabinetry in every room, State of the Art kitchen, The very best sound system and speakers throughout. Beautiful floors. Entirely new baths. Too much to list. No expense spared as they remodeled for themselves not thinking of moving! Their loss is your gain. Must see.

**4100 Folsom Blvd #4D - \$550,000**



### PAVILIONS

One of the best locations inside Pavilions. Quiet and secluded, every window has views of trees and every closet has been professional organized. Many, many updates. Surround sound and television will stay. Beautiful hardwood floors and decorator paint colors all make this unit spectacular! This is the Cortona model with ground floor entry and living area.

**2430 Pavilions Place Ln - \$539,950**



### ARDEN OAKS

This 4661 sq ft home is set on a lush .80 acre lot in prestigious Arden Oaks. Seller put in over \$400K in upgrades. Lovely entrance of glass walls takes you to spacious formal living & dining rooms with views of backyard & pool. Hardwood floors, gorgeous tiles and fixtures throughout. Seller recently installed a new roof and a new solar hot water system.

**3711 Random Ln - \$1,390,000**



### SIERRA OAKS

his open & spacious home features hardwood flrs, Anderson dual pane windows, cedar siding, french sliding door off dining rm, sunroom, downstairs bdrm & full bath, plus many other fine details. Perfect for year round entertaining! Enjoy warm summer days in the meticulously landscaped private backyard w/large swimming pool, cabana & pool house.

**401 Hopkins Rd - \$899,900**



### OPEN FLOOR PLAN

Beautiful new construction in prestigious location. Approx. 3500 sq ft with 5 bed 3 1/2 bath and 2 offices. Gourmet kitchen with state of the art appliances, even a built-in steamer oven! Large yard with room for pool. Oversized 4 car garage. Fabulous master with balcony.

**1106 Stewart Rd - \$899,500**