

ARDEN-CARMICHAEL NEWS

— BRINGING YOU COMMUNITY NEWS FOR 25 YEARS —

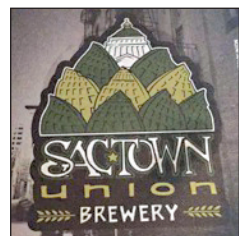


GET YOUR BOOKS!

Friends of Arden-Dimick Library to hold major fundraiser

See more community events, page 14

- Know Your Neighbor 2
- Home Improvement 10-11
- Lance Armstrong History feature 12
- Matias Bombal's Hollywood 13
- What's Happening 14



Biz feature:
Sactown Union
Brewery

■ See page 4



Blind Carmichael
resident becomes
renowned
chiropractor

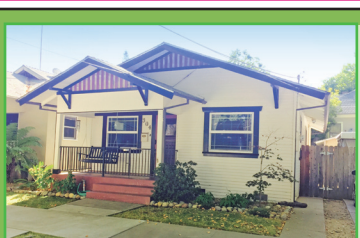
■ See page 9



Sara Raudelunas
826-1500
sara@GoLyon.com
CalBRE# 01442897



5236 Fair Oaks Blvd
\$649,000
3 beds
3 baths
2,218 sq.ft.



304 23rd St.
\$379,900
2 beds
1 bath
775 sq.ft.



5520 78th St.
\$219,900
3 beds
1 bath
1,033 sq.ft.



Download my FREE mobile app on your iPhone or Android device!

Go to: CallSara.com on your device to download

List, buy or talk with Sara about your Real Estate needs. **Need advice on how to prepare your home for sale?**



Property searches, open houses,
save your favorites & more!



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.

PublisherDavid Herburger
Editor Monica Stark
Art DirectorJohn Ochoa
Graphic DesignerAnnin Greenhalgh
Advertising Director Jim O'Donnell
Advertising ExecutivesLinda Pohl, Melissa Andrews

Copyright 2016 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Vol. XXV • No. 14

2709 Riverside Blvd.
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover by:
Ryan Hyde
www.flickr.com/
photos/breathin-
digital/4692258762
Courtesy
Courtesy

Designer produces "Before & After – Lose the lawn to create a drought tolerant landscape" DVD to inspire sustainable—but still stunning—gardens

By **DELL RICHARDS**
Special to the Arden-Carmichael News

With water shortages still a concern and water limits in many cities, Arden landscape designer Roberta Walker has produced a DVD that walks people through the design process to lose the lawn for a drought-tolerant landscape.

With more than 1,000 garden designs under her belt, Walker still believes in creating stunningly beautiful landscapes using plants that tolerate heat with less water.

"A garden is a magical part of who we are," said Walker. "When you create a landscape with more diverse, sustainable plants, you're opening up a conversation between you and nature."

"You can have painting with a lovely palate of plantings year-round—and still be sustainable."

Her third DVD, "Before and After," shows people what choices they'll have in a garden make-over.

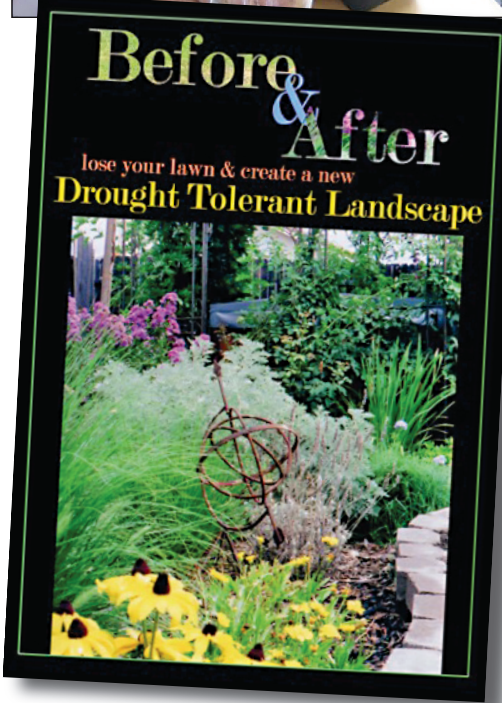
From shape and grade, walkways, walls and water features, patios and kitchens, plants and ground cover, the DVD covers the steps and some of the many choices.

Walker not only talks weed fabric, irrigation and lighting, but has gives instructions and has helpful suggestions.

By the end, Walker has people thinking differently about their "square footage"—expanding the usable space to create outdoor living areas.

A former graphic designer, art teacher and painter, Walker has produced two other DVDs-- Creating a Drought Tolerant Landscape and Create a Dry Cobble Stream.

Since founding Roberta Walker Landscape Design nearly 20 years ago, Walker's exquisite designs have been featured in Sunset magazine and HGTV's "Gardening by the Yard."



Nancy Arndorfer

- Serving the Sacramento area for over 30 years
- 2002 Realtor of the Year
- 2004 SAR President

LYON REAL ESTATE
www.GoLyon.com

MASTERS CLUB
SACRAMENTO ASSOCIATION OF REALTORS
BRE#00443547

(916) 838-1763 narndorfer@GoLyon.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
Thorough Clean-Up Prompt Friendly Service
www.TreeTechServices.com

386-1780 SACRAMENTO
2 CERTIFIED ARBORISTS ON STAFF
REPORTS & CONSULTATION AVAILABLE

\$25 OFF
any service of \$200 or more
TREE TECH

MasterCard, VISA, W.Comp - PL/PD CTR. LIC# 653836

SENIOR DISCOUNTS • FREE ESTIMATES

BBB, TCIA

HOST AN EXCHANGE STUDENT TODAY!
(for 3, 5 or 10 months)

Make this year the most exciting, enriching year ever for you and your family. Welcome a high school student, 15-18 years old, from Italy, France, Norway, Denmark, Spain, Germany, Brazil, Thailand or China as part of your family for a school year (or less) and make an overseas friend for life.

For more information or to select your own exchange student please call:

Krista at 1-602-702-9086 or
Marcy at 1-800-888-9040 (Toll Free)
or e-mail us at info@world-heritage.org

For privacy reasons, photos above are not photos of actual students

www.whhosts.com
World Heritage is a public benefit, non-profit organization based in Laguna Beach, CA.

WORLD HERITAGE

LOW DOWN PAYMENT ON HIGH-BALANCE LOANS

Are you looking for more home?

Fannie Mae offers down payments as low as 5% on loan amounts over \$417K, which may allow you to get just what you're looking for.

DAVID MENDOZA | NMLS #243859
Senior Loan Officer | 916.977.1227
dmendoza@guildmortgage.net | www.guildmortgage.com/officers/davidmendoza

Guild Mortgage Company is an Equal Housing Lender, NMLS 3274. Branch NMLS 1229663. Guild Mortgage Company 3626 Fair Oaks Blvd, Suite 100, Sacramento, CA 95864. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. I am authorized to conduct business in the states of California, Arizona, and Oregon. AZ BK # 0018883 AZ LO # 0926128, OR ML 176. All loans subject to underwriter approval; terms and conditions may apply. Subject to change without notice.



Photos by Monica Stark

Sarah Thompson and 3-year-old daughter, Grace. Sarah is the owner of Sarah's Kitchen and serves food to those in need through her Kindness Campaign, which she hopes one day becomes a legitimate nonprofit.

A measure of kindness

Arden-area personal chef donates proceeds to women in need

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

Never asking for a thing in return, personal chef Sarah Thompson of the Arden area created what she's called a "Kindness Campaign" – free food donated to those in need.

More than a year into cooking full time after being laid off from managing a doctor's clinic, Sarah serves about 30 families a week and caters for life's big events; 20 percent of event proceeds gets donated to the kindness campaign. For instance, she catered a memorial last Saturday and was able to feed 15 single moms in need. "It just feels so good," she said.

After being laid off from her comfortably routine medical job, she created her dream job. Promoting Sarah's Kitchen on the East Sac Mom and Friends Facebook page, within the first week, she received 150 positive responses and made 12 shepherd's pies. A business on the quick uptick, two months later, on a whim, she asked the group if anyone needed an extra measure of kindness.

Sarah's first Kindness Campaign began with the following post to the East Sac Mom's group: "If you are suffering from the lack of support from the home, I want to make you a quiche."

"I started giving about 20 percent to the kindness campaign, which at first was 20 percent of nothing," she said.

But then people learned about Sarah's Kitchen and they began associating Sarah Thompson as someone whose business helps others and her efforts have started a ripple effect in the community. People say they are inspired by Sarah Thompson's Kindness Campaign.

"It's really cool to see people want to show kindness in their own way, too," she said.

From serving veterans on the second and fourth Thursdays of the month at the Folsom VFW, to serving cancer patients, single moms and moms suffering from postpartum depression,

See Kitchen, page 15



ESKATON
 Transforming the Aging Experience

Come to a Home Tour!
 Lunch is on us.
 Reserve your spot today!

Eskaton Village Carmichael Spring & Summer 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. 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

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

Sactown Union Brewery: Cold Beer & Friends

by LEIGH STEPHENS

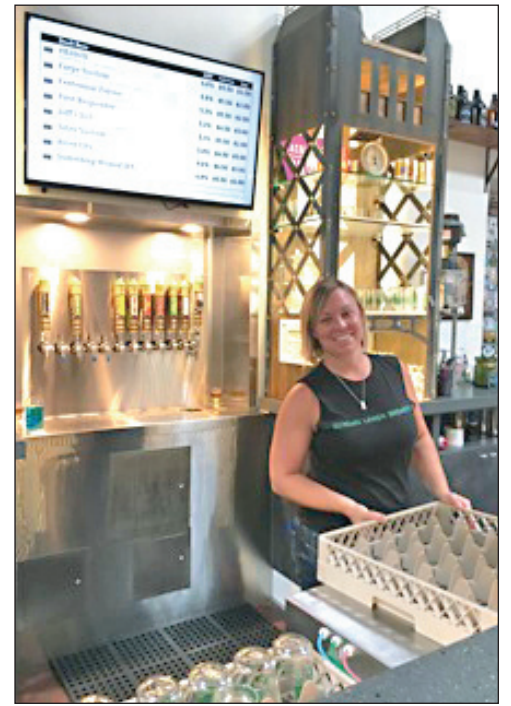
Dreams do come true! Quinn Gardner and Michael Barker conjured up magic with the opening of their Sactown Union Brewery near Sac State. It's a place "where everybody knows your name;" a relaxing place for a cold beer and budding friendships. Its motto, "Passion is our most important ingredient!"

Customer Jason Kelley says about the new craft brewery, "Quinn and Michael had a dream and didn't quit. Look at this place; you want to be part of that dream and help it grow."

The brewery had their "soft opening" during Sacramento Beer Week in February 2016. They are planning the grand opening this year as they wait for several beers to ferment.

Quinn and Michael are co-owners of the brewery. Quinn serves as CEO and Michael as Brew Master. Quinn previously worked in sales at a Central Valley large domestic beer distributor. Michael worked at Santa Cruz Ale Works for twenty years before he came to Sacramento. He and Quinn met in Santa Cruz before partnering in bringing Sactown Union to our community.

Michael says "Our ultimate goal is to bring national recognition to our products. We are ahead of production,



and our goal this year is 1,000 barrels. Next year it's 2,000. Our next step is to get cans to the retailers. We want to be the prime craft brew in Sacramento.

"When I was a firefighter I developed a love for craft beer, but my interest was ignited because my grandfather brewed beer. When I was 16-years-old, my friend and I convinced his mother to let us make a batch of beer in the bathtub. I have to admit it wasn't very good."

Available brews are award-winning (four gold medals) #Kolsch (Koln-style Ale), *Carpe Noctem* (Coffee Oatmeal Stout), *Centennial Falcon* (West Coast Pale Ale), *Nitro Noctem* (Oat-

meal Stout), *Risen City* (Double IPA), *Something Wicked IPA*, *The Catalyst* (Sacramento Common), *First Responder* (Helles Lager), and *Jeff's Hefe* (Bavarian Hefeweizen).

The price of beers range from \$5.50-\$6.50, with tastings at \$2.-\$3. Larger quantities such as crowlers and growlers can be purchased to take off site.

The brewery is open on Wednesdays and Thursdays 4 p.m.-10 p.m., Fridays 2 p.m.-midnight, Saturdays noon-midnight, and Sundays noon-8 p.m. They are closed on Mondays and Tuesdays.

Each evening the brewery is open, a different food truck is invited. Customers have a relaxing eating area in front where trucks such as Cali Love, Burgess Brothers, North Border Taco, Arlington Brothers and others set up their trucks and offer yum-

my foods such as bar-b-que ribs, burgers, chicken, tacos, and Asian grill specialties.

Community activism is very important to the owners and staff. In addition to promoting the craft beer culture, the brewery supports: education, environmental sustainability and protection; veterans, police and firefighters; research for Cancer, Alzheimer's and AIDS; and shelters and food for the homeless (both two-legged and four-legged). The business supports the Sacramento Food Bank and the Firefighters' Burn Institute among other community groups.

On each September 11, the brewery plans to offer 50-cent beers to military, police, firefighters, and EMT's. Community charities are invited to hold their non-profit fundraisers at the site.

The brewery plans to book local artists monthly to display their art in the tasting room. A community music get-together is also planned to start once a month in August. Bring your guitars, fiddles and whatever.

Peter Wisham is one of the brewery part-time staff of 12. Peter's interest in beer began when he started making home brew. He eventually took the Beer Judge Certification Program and now represents Sactown Union Brewery at the State Fair and at festivals and fairs over Northern California. He recently worked the *Make a Wish Founda-*

tion Gala and Brew for a Cure (Juvenile Diabetes Research Foundation).

He says of his work, "Being able to work for a brewery with such passion for the community is a joy and an honor."

An exuberant Britany Eason after attending a special event for Barley's Angels said, "The Sactown staff has a wealth of knowledge in beer, brewing, and the history of beer and is eager to share information with customers. The beer is delicious and some of the best craft beer in the area."

In Mesopotamia, early evidence of beer is a 3,900-year-old Sumerian poem honoring Ninkasi, the patron goddess of brewing, which contains the oldest surviving beer recipe, describing the production of beer from barley.

Sactown's *The Catalyst* originated from a recipe the owners found in the Sacramento history archives. This comes from the Union Brewery that existed in the 1800's, therefore honoring the city history with the Sactown Union Brewery name.

The brewery is located near CSUS at 1210 66th St., Unit B, in East Sacramento. For information on events call 916-272-4472 or contact them online info@sactownunion.com for sales or event planning questions.

Leigh Stephens is a retired Journalism Professor from CSUS.

**WORRIED?
STRESSED OUT?
DEPRESSED?**

There are answers in this book.

BUY AND READ
DIANETICS
THE MODERN SCIENCE OF MENTAL HEALTH
BY L. RON HUBBARD

May you never be the same again.

PRICE: \$27.00

Church of Scientology Sacramento
1007 6th Street (6th & J) Sacramento CA 95814 • (916) 319-5440
sacramento@scientology.net • www.scientology-sacramento.org





REAGOR PET HOSPITAL IS NOW ACCEPTING NEW CLIENTS!

\$25 off
Get Acquainted Appointment
(One coupon per family)

REAGOR PET HOSPITAL
2513 Walnut Ave, Carmichael
916-971-1551
ReagorPetHospital.com
Mon-Fri, 7:30-6pm • Sat, 8-1pm

Melissa Andrews
capturing love on canvas

www.MelissaAndrews.com
melissandrews@comcast.net
(916) 447-4441

A unique and original gift for that Pet Lover in your life this holiday season! You provide a favorite photograph, I do the rest!
Acrylic Portraits starting at \$195.00 for an 8x10".



VCA Sacramento Animal Medical Group

Dedicated & Compassionate Pet Healthcare In Your Community

VCA SPECIALTY ANIMAL HOSPITALS

Doctors & Technical Staff On
7:00 am to Midnight
7 days a week

4990 Manzanita Ave.
Carmichael, CA 95608
(916) 331-7430
VCAamg.com

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)

TERRIE HUNT, BROKER

MLS MULTIPLE LISTING SERVICE

Presented
2012-2014 Five Star Real Estate

RIVER RIDGE REALTY
OFFICE: (916) 988-8880
DIRECT: (916) 663-6300
WWW.RIVERRIDGEREALTY.NET
CALBRE# 01213387

Preferred Realtor with Safe Credit Union

"The Most Important Thing About A Home Are The People In It"

WHERE DID IT GO?

Super Crossword

ACROSS

- 1 Cover again, as a gift
- 7 Slyly spiteful
- 12 The "E" of NEA: Abbr.
- 16 "Hulk" director — Lee
- 19 R&B singer Keys
- 20 Degrade
- 21 Bite-size Nabisco treat
- 23 Actress Swank comes next?
- 25 "That's been canceled"
- 26 Large truck
- 27 Singer — James
- 28 Sign of good or ill
- 29 Disobeys established rules on how to make and serve meat sauce?
- 37 Shaped like a bagel
- 38 "What —!" ("How dull!")
- 39 Ship locale
- 40 Donkey serving morning meals?
- 45 Biblical land with a queen
- 50 "Say it — so, Joel!"
- 51 Cuts into small cubes
- 52 Chi preceeder
- 55 Landfill woe
- 56 Classic autos
- 57 Made in the manner of
- 58 Hairdo for folks going after prey?
- 62 Detroit-to-Nashville dir.
- 63 "Mr. —" (1983 hit for Styx)
- 66 Ropy
- 67 Sun blockers worn while on vacation?
- 72 Ireland's longest river
- 75 Events for bulldoggers
- 76 Cut grass
- 79 Business that makes flag holders?
- 81 Join together
- 84 Lion growth
- 85 "— further review ..."
- 86 Grassy area
- 87 In harmony
- 89 Met solo
- 90 Must-haves
- 92 Positively charged atom moving very quickly?
- 97 One may shout "Out!"
- 100 British types
- 101 Is defined as
- 102 Groups with no university teachers as members?
- 110 Sector
- 111 Hipsters' talk
- 112 Roman poet
- 113 Shrink
- 115 Thing influencing the decision to use whitewash?
- 123 Aardvark lookalike
- 124 Bring to mind
- 125 Bit of ado
- 126 Part of UCLA
- 127 Ship's left
- 128 Keyed in
- 129 Biting writing
- DOWN**
- 1 Rally cheer
- 2 — Lilly
- 3 Wheaton of TV and film
- 4 Blu-ray player brand
- 5 Ill from fying
- 6 Check endorser
- 7 "Pipe down!"
- 8 Crunchable muscles
- 9 Upsilon preceeder
- 10 Mao — -tung
- 11 "It's true"
- 12 Gives forth
- 13 Quaint paper copies
- 14 Hazardous
- 15 Org. in "Homeland"
- 16 Eatery lure
- 17 Israeli desert
- 18 Stupid or thuggish
- 22 — about (circa)
- 24 Mime duo?
- 27 Fancy jug
- 29 Fishing rowboats
- 30 Before this time, to bards
- 31 Royal decrees
- 32 Abhorrence
- 33 Fades away
- 34 Coach Holtz
- 35 Part of ETA: Abbr.
- 36 Sedan liquid
- 37 Some ski lifts
- 41 Rx org.
- 42 Bring pain to
- 43 Neck cover
- 44 Make a pick
- 46 Neighbors of Navajos
- 47 Ideal garden
- 48 Tennis' Björn
- 49 Military force
- 53 Cat sound
- 54 Really liking
- 58 "Hlya"
- 59 — Reader (alternative magazine)
- 60 De — (anew)
- 61 Cur's sound
- 64 Other, to Tomás
- 65 Great asset
- 67 Sideways up
- 68 Dad's bro
- 69 Wrench, e.g.
- 70 "This one's —" ("I'll buy")
- 71 "The battle —"
- 72 Rotated
- 73 Expect
- 74 Emollient plant
- 76 "Maid" of Robin Hood
- 77 Kin of leeks
- 78 Gets off the bottle
- 80 Faux follower
- 82 H.S. class
- 83 Winter mo.
- 84 San — (Bay Area city)
- 87 Yemen city
- 88 "Of course, Señor!"
- 91 Spanish for "south"
- 93 Skin feature
- 94 Grade A item
- 95 Slice of history
- 96 "Star Wars" queen
- 98 Rum cocktail
- 99 Xanax maker
- 102 Tennis' Rafael
- 103 Maine university city
- 104 Pond creatures
- 105 Window part
- 106 Open to view
- 107 Divided into districts
- 108 Batting stat
- 109 Slight fights
- 114 Enervate
- 115 "— me go!"
- 116 It climbs walls
- 117 Do a floor job
- 118 "I Like —" ('50s slogan)
- 119 Abridge
- 120 Angle lead-in
- 121 Bobby of the rink
- 122 Dark deli loaf

©2016 King Features Syndicate, Inc. All rights reserved.

CareGivers of Land Park

Serving the elderly in our neighborhood

- Personalized Care & Services
- Meal Preparation
- Light Housework
- Grooming & Bathing Assistance
- Laundry & Linen Change
- Medication Reminders
- Appointments & Short Errands

Offering Quick Check Care Service within Land Park, Greenhaven & Pocket neighborhoods for only **\$14.95 per visit***

* Price subject to change without notice, 15 minute visits.

We are available 24 hours a day to provide care to seniors in need
Call us today!
(916) 429-3232
CareGiversofLandPark.org

The Meadows at Country Place



Our new & luxurious home-like environment includes assistance with:

- Complex Physical Limitations
- Hospice
- Alzheimer's / Dementia
- Respite

Call today
916-706-3949

10 Country Place,
Sacramento, CA 95831
www.TheMeadowsAtCountryPlace.com

Photos by
CROWLEY

Capturing Memories for a Lifetime

Steve Crowley
916-730-6184
photosbycrowley@yahoo.com
www.photosbycrowley.com



The Arden-Carmichael News is looking for **INTERNS**

Art, community, activism, neighborhood gossip, local events, planned development, restaurants, culture, schools, politics and neighborly do-goodery: the topics within the Arden-Carmichael area to write about are endless and I often have more story ideas than time.

If you're a student interested in writing, I would be happy to guide you through the process of writing news and feature stories. Just call Monica at 429-9901 or send an email to editor@valcomnews.com

VALLEY COMMUNITY NEWSPAPERS

Local family in need of help from the community

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

Once they realized they couldn't conceive on their own, Sacramento's Kathy Hedicke and Ron Busselen adopted Tyler, now 29, and Austin, 24, at birth. They are biological brothers. Tyler was born with cerebral palsy and Tyler has had his share of doctors' visits and physical therapy and those bills have continued to mount. Kathy owned and operated a Sacramento based public relations and advertising company for over 20 years until 1999 when she closed her business upon doctor's recommendations and went on disability due to a diagnosis of Lupus in her 20's that was beginning to progress. Ron is a Sacramento commercial photographer. The powerhouse couple have helped the community through their generosity with others now need your help as they fear losing their house which is tentatively set for auction on Aug. 25.

Ron's doing his best to care for them but that has meant

he hasn't been able to put as much time into his photography business, suffering from a mini stroke himself in recent years that was a setback to the family needs as well as the needs of his business.

Austin has found minimum wage work to help support the family and dropped out of college after completing two years and receiving his AA degree from Sacramento City College. They had to use the rest of his college fund toward expenses.

The family has sold off most of their personal heirlooms to meet day-to-day living expenses and have been negotiating with their mortgage holder for a loan modification.

When the original mortgage loan was sold, the new mortgage holder has been less than accommodating offering them several opportunities and then reneged on their offers continually putting the family in a constant state of flux and uncertainty and anxiety.

Ultimately, they may lose their home, all of its equity and the handicap accessibili-

ty that Tyler needs to survive (and can't be duplicated in another living environment). Several years ago the family remodeled their home to make it more handicapped assessable for Tyler and for them as they aged. "We put in two ramps and a bathroom and shower that I could drive my wheelchair in and helps with less heavy lifting and transferring me from my wheelchair to a shower chair. It's a big help to both Ron and me," said Tyler.

The family does not qualify for any subsidies; non-profit organizations have been unable to assist them; the GoFundMe account started by a collection of colleagues and friends has not provided sufficiently for them to sustain daily living.

As a very high profile couple with business credentials and entrepreneurial skills that have put them into the "successful local business leaders" category, Kathy, Ron and family now find themselves in need of financial help and services that they cannot qualify for traditionally.



Photo courtesy

They are very private people, used to the public/business stature that came with their businesses so it is very difficult for them to be on the other side in need of help.

In an interview with the Land Park News, Kathy and Ron spoke about the amazing support from friends who have stayed with them and what life has been like going from career-focused to fo-

cusing on each other's health and the more mundane.

"We have some amazing friends who have stayed by us, so many of them. A couple of our closest friends passed away, Kathy says and it was very devastating to the family as they had always been there for us."

"It's interesting because my wife and I have both been in

See Family, page 7



BUSY. BUSY. BUSY. BUSY. BUSY.

Stephanie Slagel, Agent
 Insurance Lic#: OC34763
 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 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

25 Minute Educational Presentation



East Lawn Funeral Homes, Cemeteries & Crematory
Reservations Required
 Please RSVP for the day of your choice.
 Seating is limited to 30 attendees per seminar.

FREE DINNER SEMINARS

<p>East Lawn Memorial Park & Crematory 4300 Folsom Blvd., Sacramento, CA 95819 RSVP: (916)732-2000 or on-line at www.EastLawn.com Thursday, August 4 @ 6:30 p.m.</p>	<p>Andrews & Greilich Funeral Home FD136 3939 Fruitridge Road, Sacramento, CA 95820 RSVP: (916)732-2026 or on-line at www.EastLawn.com This presentation will be in English and Spanish Wed, Sept 21 @ 6:30 a.m.</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

FD136

 www.EastLawn.com 



PLEASE Recycle this paper

Family:

Continued from page 6

similar businesses, but our client bases have been different. A number of Ron's old employees have stepped up and helped out. It amazed me," Ron said, adding that some of them he hadn't talked to in 20 years.

Kathy's clients such as folks from organizations like the March of Dimes and Shriners have been people who understand what the family has gone through. "Those clients were really helpful. That those kind of clients would come to me."

Shortly after Tyler's birth, they knew that he was going to have special needs, but they were attached immediately. As Ron puts it: "If you go through a pregnancy and have your own child, you do what you have to do."

And that pretty much sums up their philosophy – one based on their strong love for each other.

Tyler attended Crocker-Riverside Elementary, Sutter Middle School and graduated in the top third of his class from C.K. McClatchy High School in 2006. During Tyler's school days, Kathy says there were definitely ups and downs with some teachers more accommodating than others, but Tyler is very bright and very verbal and learned to adapt.

Also legally blind, Tyler definitely had his share of challenges but his parents spent a lot of money to get him the best physical therapy possible.

"He would stand up for himself," Kathy says. "He did well. He had an aide that became a second mom to both of the boys who helped raised them while Ron and I were working."

In his adulthood, Tyler was appointed by the Governor to a council on developmental disabilities, which he has served on for two years. "He's still doing it. I think he has a lot more to give. We need to get him back in college, which he did for a short period of time and get to a point to get a degree and help more people. He has insight. He has perspective. And very willing to share the frustrations and what is going on with that," Ron says.

"(Tyler) goes to meetings to talk about funding for other programs. He also counsels other parents with disabled children," Austin said.

Driving an electric wheelchair, Tyler has gone off the curb and has had a few mishaps, but Austin said he's never had a serious accident, like being hit by a car, and is pretty self-reliant most of the time.

He gets on the bus with Paratransit. He goes out with friends, plays golf, skis, water skis.

"He's not afraid of trying for anything. Latest we've heard is he wants to sky dive," Kathy said.

"I told him I wasn't going to go to watch," added Ron.

"He has more bravery and dedication than most people," summed up Austin.

As the family has cared for each other, finances haven't been so forgiving. Trying to raise \$35,000 to pay off debts, Ron said with attorney fees, the amount each month keeps creeping up.

"What's happening is we applied for (a loan) modification. If we have that whole amount, that brings us current. That saves our house. If they go through with the modification, they take what we owe, put on back end of the loan ... it's not like any of this is in our hands. With a lender like this we don't know... and in the last nine months or so with Kathy having to have hip surgery that became infected, and I haven't been able to promote a lot of work. I've been spending most of my time at home taking care of Kathy and Tyler."

The loan situation got so bad, Austin said, "people came trying to buy the house while we were still living in it... they literally had pages for me to sign. I basically told them we are not selling and slammed the door in someone's face."

"A lot of real estate agents live in Land Park and because it's all public record everybody knows ... what's going on. It's been over a year.. year and a half, two years ... We've been struggling with it for a long time. It's been very stressful obviously."

Kathy's best friend, Connie Martin, started a GoFundMe page, but for Kathy, "going public wasn't easy."

On the web: www.gofundme.com/23qf3de4



Please
RECYCLE
this paper.
Thank You

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

**GEORGE L. KLUMPP
CHAPEL OF FLOWERS** FD360
2691 Riverside Boulevard
Sacramento, CA 95818
(916) 443-7917
www.cfcsSacramento.org
Serving the community since 1921

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

Super Crossword

Answers

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

Take Care of Your Trees This Summer

One of the best ways to use water more efficiently is by prioritizing a home's landscape, and putting trees and shrubs first before the lawn, which is often the thirstiest plant in a landscape.

Trees can offer many benefits, such as shading a

home and lowering electrical bills, providing a nesting spot for wildlife, and even fruits for the table. They add to a home's overall aesthetics and are something for future generations to enjoy.

"Outdoor water use makes up a home's larg-

est use of water and spikes during the hot summer months," said Greg Bundesen, Sacramento Suburban Water District's Conservation Supervisor. "We're reminding customers to make trees and shrubs their first priority and have some put togeth-

er some tips on the best ways to do so."

Here are a few steps to follow:

Aerate the soil – Make sure the soil around trees isn't compacted so that air and water can more easily get to the roots. Aerators, which break up the soil, can be rented from a local hardware store.

Set up a watering schedule – Mature trees need one to two deep waterings per month, and deciduous trees, those that lose their leaves in winter, might not need any water at all during the cool winter months. Water throughout the root zone, just watering right near the trunk of a mature tree won't get the water where it needs to be.

Younger trees have tighter root balls that are located near the trunk. They will need to be watered on a more regular basis. As the

tree grows, watering should be extended out farther and farther.

Water deeply and slowly by using:

a soaker hose, a rotating sprinkler set on a low setting, a drip emitter or a bucket with a small hole drilled in the bottom.

Join the Bucket Brigade – Collect shower water as it warms in a bucket and use it on your trees. Buckets are available for SSWD customers at the administrative office.

Add plenty of mulch – Spreading a three-inch layer of mulch around a tree will help to moderate the temperature of the soil, cut down on weeds and add nutrients. Keep the mulch about 4 inches away from the trunk and spread it out all the way to the drip line.

Hank Fisher Senior Communities

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • RESPITE SUITES

Where Quality Memory Care Meets Quality of Life



Call today to schedule a complimentary lunch and tour! (916) 921-1970

The Chateau at River's Edge invites you to experience The Garden Memory Care: a life-enriching residential community for loved ones with Alzheimer's, dementia or cognitive difficulties.

- Private apartments with sensor entry and exit points
- Very high staff-to-resident ratio for a wide spectrum of needs
- Immersive cognitive activities that stimulate and strengthen social skills
- Personalized care from compassionate staff trained to listen, understand and orient residents



CHATEAU AT RIVER'S EDGE Lic. #340314013
641 Feature Drive • Sacramento, CA 95825 • (916) 921-1970

HankFisherProperties.com
Locally owned and operated for nearly 40 years.

Sacramento Suburban Water District Asks Customers to Help Reduce Water Use by 10 percent

Sacramento Suburban Water District (SSWD) is asking its customers to keep up the great work this summer and voluntarily reduce their water use by 10 percent and to follow District's recommended watering day schedule.

"Our customers did a fantastic job conserving water during the drought emergency, and reduced water use by nearly 30 percent from June 2015 to February 2016," said Greg Bundesen, SSWD Water Conservation Supervisor. "We're now asking them to continue their outstanding efforts by limiting landscape watering during the summer when water use is at its highest."

The District is asking customers who have addresses that end in an even number (0,2,4,6,8) to water on Wednesday, Friday and Sunday and those with addresses that end in an odd number (1,3,5,7,9) to run their sprinklers on Tuesday, Thursday and Saturday. Watering is only allowed before noon or after 8 p.m. through the end of September.

SSWD also has many rebates available for its customers to make conserving water even easier. Rebates are available for water-efficient sprinkler heads, drip irrigation systems, pool covers and WaterSense-labeled weather-based irrigation controllers. Weather-based irrigation controllers act like a thermostat for a sprinkler system, and use local weather and landscape conditions to run the sprinklers instead of running according to a preprogrammed schedule.

Customers who install drip irrigation systems and register their WaterSense-labeled weather-based irrigation controllers with SSWD will not be subject to future watering restrictions. Complete details and rebate applications are available on sswd.org.

Blind Carmichael resident becomes renowned chiropractor

When Dr. Paul Peterson of Carmichael was diagnosed with juvenile macular degeneration at age 6, his optimistic father – a farmer from a small town in Iowa – said, “You may have dim headlights, but you have a good battery. You’ll learn enough and be successful enough to hire a chauffeur.”

Having grown up on a farm in the Midwest, Peterson learned early on that he could accomplish almost anything since his father fixed and ran everything himself. So when Peterson was unable to read the clock on the wall at school, his father saw it as just one more obstacle to overcome.

His father took him to a local nonprofit that provided him with a rudimentary, primitive reading machine that could magnify text, which helped with school. And at age 11, he took his son to an alternative health care clinic in Dallas, Texas, that recommended he see a chiropractor. He started seeing a chiropractor 30 minutes away, and it not only slowed his vision loss, he no longer had headaches and was never sick.

“After I started seeing the chiropractor, I never missed school anymore,” he said. “That got me interested in what this chiropractic stuff was. I thought I would go into math, but then I realized being a chiropractor was just as logical and more fun.”

So after obtaining his bachelor’s degree at a liberal arts college, he spent four years at Palmer College of Chiropractic. With the help of books on tape and notes from other students, Peterson was a straight A student. Because others were taking notes for him, he could concentrate on the big ideas and then explain them to his fellow students, an activity he credits for the teaching skills he developed. He became a tutor, and eventually the school administration asked him to join the faculty. He graduated and became a renowned chiropractor, not in spite of his vision but because of it.

“Because of my impaired vision, my sense of touch was very keen and gave me an advantage in practice,” Peterson said. “One of my patients told me it felt like I was seeing with

my fingers and could quickly identify patients’ issues.”

When he moved to California, he was soon nominated to be a member of the state board of chiropractic examiners, appointed by the governor, and then became the California representative to the national organization. Eventually he was elected to the board of directors for the International Chiropractors Association. He also served on the board of trustees for all three campuses of his chiropractic school for 33 years. He presented at the National Federation of the Blind conference as keynote speaker one year and has served on Society for the Blind’s board of directors in Sacramento since 1998.

For 60 years, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers that included the Lions Clubs of America to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 26-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for 6,000 youth, adults and seniors experiencing vision loss each year.

Peterson is passionate about helping people who are blind find employment, especially encouraging young people to go to college, and believes Society for the Blind provides them with those skills.



Dr. Paul Peterson (right) with his wife.

Photo courtesy

“Seventy-five percent of people who are blind are unemployed,” Peterson said. “But Society for the Blind gives them skills they can use in the workforce. Young people can still change their lives dramatically. They can be a success at college. I want them to know that if they haven’t found the answer, don’t give up just because you’ve tried one thing. Keep looking. As my father said, ‘Difficult we do right away, impossible takes a little bit longer.’”

His father’s can-do spirit not only shaped Peterson’s professional life, it opened the world to him – he has

traveled to 86 countries. He recently returned from the Mexican Riviera, a trip to the family farm in Iowa and a transatlantic cruise to London. Next up is a trip to Alaska and then a cruise around Australia.

“Not too bad for a young kid from farm country,” Peterson said.

For more information about Society for the Blind or to make a donation, visit www.societyfortheblind.org.

Advertise Online

Have your ad seen by our daily online viewers.
Fast, Easy & Affordable. Call 429.9901 for more info & rates.

Valley Community Newspapers, Inc. Community News In Your Hands

INSIDE OUR NEWSPAPERS, VALCOMNEWS.COM TOP STORY

Discover California...with the Sacramento Walking Sticks

By BENJ HODAPP, Valley Community Newspapers writer

As many of us know, trying to stay active can be an uphill climb. Even when we make the commitment to be active, boredom can overtake us in nearly record time if we go it alone. There are some of the things that one local group addresses in the form...

[Continue reading...](#)

DOWNLOAD OUR PAPERS

- ARDEN-CARMICHAEL NEWS
- EAST SACRAMENTO NEWS
- THE LAND PARK NEWS
- THE POCKET NEWS
- CARMICHAEL NEWS
- THE VALLEY SHOPPER
- SPECIAL SECTIONS

VALLEY COMMUNITY NEWSPAPERS, INC.
is online at www.valcomnews.com

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

VisitingAngels®

LIVING ASSISTANCE SERVICES

Each Visiting Angels agency is independently owned and operated. Lic# 344700003

Your Home Improvement Guide

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

ADDITION SPECIALIST

LYTLE
CONSTRUCTION INC.



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

Remodeling and Design
LIC# 480492

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

Certified Kitchen & Bath Remodeler

www.lytleconstruction.com



CLEANING

Prime Quality Maintenance

- Window Cleaning (inside/out/screens washed)
- Rain Gutter Cleaning
- Junk Removal & Hauling
- Yard Clean-ups
- Pressure Washing
- 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

CONSTRUCTION/HAULING

db DB Haul-away
Commercial & Residential Hauling
Reliable - Dependable - Insured

Lic# 627768

- Residential/Construction waste removal
- Foreclosure services • Yard clean ups
- Handyman services • Demo • Drop bin services



Bobby Timms • 916-402-7546 • dbhaulaway@gmail.com

CREATURE CATCHERS/REMOVAL

CREATURE CATCHERS
WILDLIFE MANAGEMENT



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)

CreatureCatchers.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 #152902

Call Eric (916) 470-3488

HANDYMAN

D & H Service

Office: 916-428-5907
Cell: 916-206-8909

- Interior and exterior painting
- Fence Installation
- Tile Installation
- Dry Rot Repair



25 years of experience

HANDYMAN

Summer Yard Clean-up Specials!

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

Call LESTER
(916) 838-1247

Lic#128758/Ref

- 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 19 YRS*

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

**4 papers,
1 low price!**

Advertise your service in this section, today!

Call 429-9901

LANDSCAPING

Living Elements Landscape

Convenient and Reliable

Landscape design and installation

- Drought tolerant concepts
- Add instant curb appeal and value
- Care-free designs
- Quality materials and service



916-430-3777

Lic# 1013372

www.livingelements916.com - bilalb@livingelementssac.com

PAINTING

SOVEREIGN PAINTING

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

(916) 422-4416
sovereignpaintingco.com
sovereignpaint@yahoo.com

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

PAINTING

COOK PAINTING

Full Service Company - Start to Finish

Freshen Up Your Home

VGN 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!

McClatchy '67

(916) 725-8781

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com
License #683668

**Our Readers Need Your Service!
It Pays to Advertise!**

Contact Melissa at 916-429-9901

Your Home Improvement Guide

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

PLUMBING

DRAIN MASTERS

- ✓ Drain Cleaning/Root Removal
- ✓ Sewer Cleanout Installation
- ✓ Sewerline/Trenchless/Waterline
- ✓ Repair & Replacement

Thomas Willis
916 868-1314

24 Hour Emergency Service
Fast & Reliable!

CA License 963211

ROOF/GUTTER

**For 26
Years!**

Paul Clark

**Residential
Commercial
Government**

Lic # 410035



CONSTRUCTION CO.

**Covered Gutter
Systems**

Seamless Service!

**Roof
Repairs**

Micro/Drip/Sub-Surface, Native Landscaping

(916) 753-7463 • www.paulclarkconstruction.com

Your services are needed!

Call (916) 429-9901

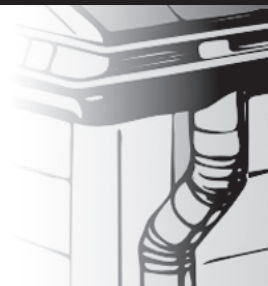
and reserve your space on the
Home Improvement page

ROOF/GUTTER CLEANING

STAN THE MAN

- GUTTER CLEANING
- ROOF CLEANING
- WINDOW WASHING
- PRESSURE WASHING
- SENIOR DISCOUNTS AVAILABLE

916-601-1030



ROOFING/SIDING

ZIMMERMAN REROOFING

3675 R Street
Sacramento, California 95816
East Sac Specialists
454-3667
zimroof.com

License #763169 Dave Zimmerman

ROOFING

KELLY ROOFING

We've got you covered

Herb Kelly
916.591.9189

25 years quality service

Lic#692638

TILE WORK

BAXTER TILE

**EXPERT INSTALLATION
REMODELING & REPAIR**

Ceramic • Marble • Granite
Floors • Counters • Walls

33 Years Experience • FREE Estimates

916-213-4669

License #668100

TILE WORK



NIETO'S TILE & LANDSCAPING

RESIDENTIAL & COMMERCIAL

Frank Nieto
(916) 480-9512

Sprinkler Systems (Install & Repair)
Fencing • Plumbing
Electrical • Painting

Concrete • Tile Installation
Granite Fabrication
Laminate/Wood Floors

NietosTile@sbcglobal.net www.nietostile.com Lic. #917883

TRACTOR WORK



TRACTOR WORK

Lic # 571637

Tall Weeds. Blackberries Cut.
Dirt Moving. Discing. Rototilling.
Trenching. Bobcat Backhoe.

Dave (916) 988-3283

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 • Lic# 152584

Home Improvement Guide: a "Keeper" by our readers

Great exposure in these four upscale neighborhoods:

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

Contact Melissa at 916-429-9901



CLASSIFIED ADS

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

TAX PREPARER

#1 CONCIERGE TAX PREPARER

33 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. FREE Pick-up & Delivery to those who qualify. 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 your appt. today. Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. Same low 1990 rates. www.taxirene.info • taxireneinfo@gmail.com

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.

HANDYMAN

CLEAN-UP SPECIALS!

Rain Gutter cleaning—Yard clean-up. 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 CONCIERGE BOOKKEEPER

33 years exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profits, Retail, Marshal Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Small Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for your concierge appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info • taxireneinfo@gmail.com

BUSINESS SERVICES

#1 CONCIERGE BUSINESS SERVICES

Put our 33 years in Concierge Business Support Service to work for your business. We provide support in: Licensing, Business & Corp Start-ups or Closures, Basic web design, Set-up social media. Business Concierge Shopping, Marketing and much more. Please contact Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. www.taxirene.info • taxireneinfo@gmail.com

HELP WANTED / DRIVERS

Drivers: NEW HOURLY PAY,

Home Every Night, Local Woodland Flatbed
CDL-A, 1yr. Exp. Req.
Estenson Logistics
Apply: www.goelc.com • 1-866-336-9642

Check out the Home Improvement Guide and call Melissa for ad rates

916-429-9901

Legendary KZAP radio station debuted with free-form programming in 1968

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part one in a series about the history of radio station KZAP 98.5 FM. An article about the one-year history of K-ZAP (KZHP) 93.3 FM, a station inspired by KZAP, can be read at www.valcomnews.com.

Nearly a half-century ago, Sacramento area radio listeners were introduced to KZAP 98.5 FM, a station that would become an institution that continues to be reminisced about by many people today.

KZAP, which made its debut on Nov. 8, 1968 and remained on the air for nearly a quarter century, drew a very early following due to its existence as a free-form radio station.

The free-form movement in radio, which was born earlier that decade, presented listeners with a new experience that differed from previous structured radio program formats.

An article in the Dec. 16, 1968 edition of The Sacramento Union describes KZAP's offerings at the time as "65 percent progressive rock and 35 percent casserole – ethnic, folk, jazz, classical and spoken word."

In an interview for the same article, Ed FitzGerald, KZAP's original general manager, commented about the then-new station and pioneering efforts to introduce free-form radio to Sacramento.

"There's been a definite need in Sacramento for a station like ours," he said. "This town is three years behind San Francisco in progressive FM. Plus all the AM rock stations here are strictly formula rock."

KZAP's first music director, Jeff Hughson, who was the third person hired by the station, described the approach to the station at that time.

"We prided ourselves on taking the listener on a journey," he said. "What I always thought of when I was doing it and when I look back and discuss it, I'm always reminded of that (1966 Beatles') lyric that says, 'Turn off your mind, relax and float down stream.' And that's what free-form was."

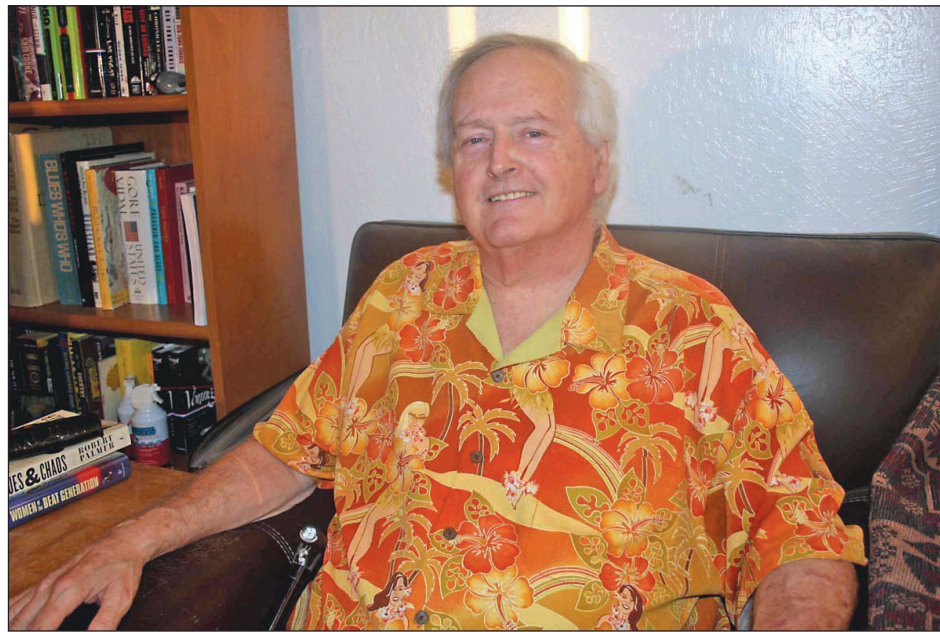


Photo by Lance Armstrong
Jeff Hughson was one of the original staff members of Sacramento radio station, KZAP, which made its debut on Nov. 8, 1968.

In reminiscing about the establishment of KZAP as a free-form station, Hughson said that the "timing was perfect." "It was not just the bands that were coming up – Steppenwolf and Steve Miller and the (Grateful) Dead and (Jefferson) Airplane, Sopwith Camel," he said. "It was that (music), plus koto music – Japanese music – ethnic music, tribal chants, jazz, blues, folk, country, Doc Watson. All that got exposure and it all started selling."

Hughson described the station's free-form programming as being "all about the flow."

"When you do a good segue way, nobody even notices the segue way," he said. "It's like, 'Oh, it's a different song. We listened to that, now we're listening to this.' Seamless, that's what it's all about. And that's where the art came in."

Hughson has the notoriety of having been the only KZAP employee to work for the first Sacramento station to debut on 98.5 FM.

Known as KXRQ, the station made its first official broadcast on Nov. 1, 1959.

Broadcasting from the 13th floor of the 226-foot-tall Elks Building at the northeast corner of 11th and J streets, KXRQ originally played classical, semi-classical, oper-

ettas, full-length operas, dramatic plays, Broadway musicals and symphonies.

The station, which was owned by Dale Flewelling, a professor at American River Junior College (today's American River College), began its operations with 3,500 watts of power and a schedule of noon to midnight daily.

In addition to Hughson and Flewelling, others associated with KXRQ were Bob Jones, program director, and disc jockey Ken Strawn.

In 1968, KXRQ was replaced by KZAP, which was originally owned by Lee Gahagan and initially operated at the same power wattage as its predecessor.

Hughson said that there is more than one version to the story of the acquisition of the KZAP call letters for the then-new Sacramento station.

And in explaining his own version, he said, "My version of the call letter story is that we're pounding nails," he said. "We're building the station and all call comes in from our Washington, D.C. attorney and (FitzGerald) takes the call and the attorney tells Ed, 'Ed, out of the entire list you submitted, only two call letters are available – KZAP and KPOT.'"

"(FitzGerald) came in and told us (the KZAP staff), 'I knew, of course,

you wanted KPOT, so that's what I told him, KPOT.' We went, 'No, no, that's so stupid and obvious. KZAP, that's magic. We'll take KZAP.' So, he had to call (the attorney) back and say, 'We want KZAP.'"

Among the original staff of KZAP were the aforementioned FitzGerald and Hughson, Paul Merriam, program director, and DJs Fred Gaines, Charlie Weiss and Cary Nosler.

Hughson commented about the original KZAP employees.

"The guys that started KZAP were on the (Sacramento State College/north California State University, Sacramento) radio station, KERS, but I had actually done this all-night jazz show on KXRQ. But we knew music."

It was that knowledge of music by the KZAP staff that was essential to the success of the station, Hughson explained.

"You had to have a broad and deep knowledge of music to pull this off," he said. "If your knowledge is limited to songs that your friends play at parties, that ain't going to work. You can't just play the hit tracks off of the contemporary albums. You had to have depth and knowledge."

"Everyone who ever got a job at KZAP and other good free-form stations, you had to know your music. You had to know folk, country, rock, jazz, ethnic music, which is now called world music. You had to know all that stuff."

Although the staff of KZAP was very serious about its presentation, Hughson recalled the party atmosphere of the station. He said that listeners were allowed into the studio and that KZAP DJs would accept invitations to parties in the area and show up as sort of "minor celebrities."

Hughson fondly described the KZAP experience during its free-form era as a close-knit, family-like experience.

"It was community, it was family," he said. "That was the great thing about it. Everybody was brothers and sisters. Your audience, your cohorts, your advertisers, bands, we were all single minded. We're creating a new world. We're going to run and populate. And it was just never even questioned. And that went on for two or three years."

Senior Services & Connections

Call Melissa (916) 429-9901

YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services
are needed.

Your ad should be here.
Ad design is free.

Call 429-9901

DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL
Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

Couples \$550 Singles \$495
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

- Experience*
- Medi-Cal - 9 Years •
 - Franchise Tax Board - 11 Years •
 - Private Practice - 16 Years •

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

SPECIAL ALZHEIMER'S LIVING

REVERE COURT

MEMORY CARE Lic. #347001338/342

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

Matías Bombal's Hollywood

Star Trek Beyond

The MPAA has rated this PG-13

Paramount Pictures continues the latest incarnation of Star Trek movies with "Star Trek Beyond" which I will say from the outset is nothing less than sensational in an IMAX 3-D presentation, which I happened to see at the Esquire IMAX Theatre in Sacramento. The presentation was perfect. The cast returns from the last two features; Kirk (Chris Pine), Spock (Zachary Quinto), Uhura (Zoe Saldana), Chekov (the late Anton Yelchin), Leonard "Bones" McCoy (Karl Urban), Sulu (John Cho) and Scotty (Simon Pegg). Pegg, a huge Star Trek fan, co-wrote the script with Doug Jung based on the world created by Gene Roddenberry fifty years ago in 1966.

Whilst in the middle of their five year mission to explore the unknown reaches of space for the Federation, Captain Kirk and the

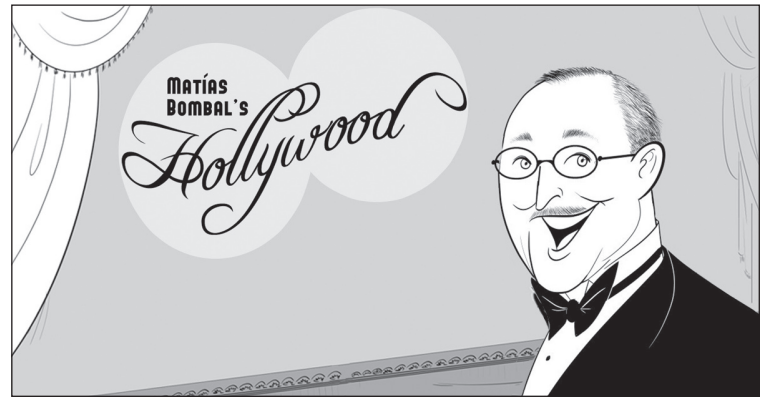
crew of the Enterprise feel unsure of what a future in space will be. The picture opens with Kirk awkwardly handling the presentation of a gift to an alien culture, a rare ancient artifact that did not please the aliens, for to them it was a symbol of past battles and death with that culture. Escaping the wrath of his faux pas by Scotty's quick action on the transporter, he beams his way to safety just in time and the artifact is returned to storage within the ship.

Stopping in at the gigantic Starbase Yorktown, almost the size of a small planet, The Enterprise gets some service, whilst Spock learns of the death of a great mentor. Kirk considers being bumped up to a desk job because of the meandering mission of the Enterprise already has him restless. This idyll ends quickly, when a distress call comes in from an unknown ship entering the area of the Starbase. The crew is quickly called in to action and the Enterprise

launches to save an alien who is under attack from an unknown aggressor.

It turns out to be a trap, as an entity known as Krall infiltrates the Enterprise and destroys it, sending the decapitated dish of the famous starship to the surface of an unknown planet. Why? He wants that little ancient artifact that is stored on board to complete his domination of the universe, killing all in his path. Krall is played by Idris Elba.

With much of the crew scattered or killed on the planet surface, the team of officers and survivors must reunite and find a way to keep Krall from destroying Yorktown and the rest of the universe. Scotty, alone on the surface encounters a new ally, Jaylah (Sofia Boutella), an all-business fighter and survivor of a previous Krall attack. She shows him her home, a key to the past of Krall and the future of the Federation which you'll just have to see yourself in the picture to find out just how things will turn out.



This movie was far better than the last movie. "Beyond" is directed by Justin Lin. There is, of course, the quick cutting and the frequency of too much activity on the screen in the battle sequences to keep track of what's what at times, along with ugly aliens which are standard fare for Sci-Fi these days, but the core relationships of the characters are golden and respectful to the original series. There is a sequence with heavy metal music in the movie which I think may be the best application of that genre in the history of entertainment, but I cannot reveal it here and leave the movie a pleasure to watch.

Star Trek has now been part of our culture for 50

years. As a boy I was fascinated by the original series, but never enjoyed the subsequent TV versions. The feature films, however, have been spectacular for the most part and I may have enjoyed this as much as the first one in which this cast appears. The second one with this cast, not so much. The movie is dedicated to the memory of Leonard Nimoy and following that title card in the credits, the line: "For Anton", in tribute to the brilliant young Anton Yelchin who died so tragically recently. This may be in theaters everywhere, but the IMAX 3-D experience is the way you MUST see this picture. You'll applaud as I did.

**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

Monterey
Motorcoach trip
October 10-12 Reserve by September 1

- Monterey Bay Aquarium
- Monarch Grove Butterfly Sanctuary
- 17 Mile Drive- Pebble Beach
- Bubba Gump Shrimp Company Dinner

\$620 single
\$520 per person double

Mission Oaks Community Center (916) 972-0336
4701 Gibbons Dr. Carmichael, Ca 95608 MORPD.com

Parks Make Life Better!

RC

KIDS CLUB

2016 Kids Club Membership
Tickets, t-shirt, and more!

SCHOLARSHARE
CALIFORNIA'S 529 COLLEGE SAVINGS PLAN

RIVERCATS.COM/KIDSClub

you belong.

WHAT'S HAPPENING, ARDEN-CARMICHAEL?

LET'S MAKE A PUPPET! (FOR THE YOUNG AND YOUNG AT HEART): Create your own Muppet-style puppet. Thursdays July 28, Aug. 4 at Swanston Community Center, 2350 Northrop Ave., all ages. Fees \$125 per person; family rate \$250 for one parent and one child. \$25 material fee per person, due to the instructor. Children 7 and under are advised to take this class with an adult.

FRIDAY, JULY 29

MOVIES IN THE PARK: Zootopia: Come to Mission North Park (3344 Mission North Ave.) for a FREE screening of Disney's Zootopia. The Church on Cypress will provide free popcorn and shaved ice. Bring your blanket, lawn chair, flashlights, family and friends! Movies begin at sunset and movie titles are subject to change.

BABY BOOMER DANCE PARTY: Dancing to classic tunes that spin the ages, 7 to 9 p.m. Cost: \$5 online or \$6 at the door. All to live music by the 59er Band. Mission Oaks Community Center, 4701 Gibbons Drive. For more information, call 972-0336.

SATURDAY, JULY 30

CONCERTS IN THE PARK FEATURING GROUP THERAPY: Free concerts all summer long! Tonight is featuring Group Therapy from 6:30 to 08:30 p.m. at Carmichael Park, 5750 Grant Ave.

TUESDAY, AUG. 2

ADULT COLORING PROGRAM @ CARMICHAEL (ADULT): Adult Coloring Night starts at 6 p.m. at the Carmichael Library, 5605 Marconi Ave., Carmichael. Like to color? Think it's only for kids? Think again! Come and enjoy coloring time just for you. Find out why coloring for adults is quickly becoming a great way to spend your time. It's relaxing stress-reducing and most of all fun. Come and see what it's all about! Coloring pages and color pencils will be provided or bring your own. Light refreshments will be served.

WEDNESDAY, AUG. 3

OWEN BAKER FLYNN @ CARMICHAEL LIBRARY SUMMER READING (SCHOOL AGE (6-12)): Starting at 2 p.m., Owen presents: juggling, goofy stuff, silly stuff, a balancing thing and balancing on things and a magic trip or two at the Carmichael Library, 5605 Marconi Ave., Carmichael. Fun and silliness abound when Owen is around! Children under age 8 must be accompanied by an adult.

THURSDAY, AUG. 4

CARMICHAEL MOVIE MATINÉE (FAMILY/ALL AGES): At 3 p.m., bring your friends and enjoy a movie @ Carmichael Library - Free! Visit Carmichael Library, 5605 Marconi Ave., for a list of upcoming movie titles. The Aug. 4 s movie is Zootopia PG © Walt Disney Pictures.

WILD THINGS (SCHOOL AGE (6-12)): At 4 p.m., Wild Things Inc. is bringing wild animals into the Arden-Dimick Library, 891 Watt Ave.! Come meet these

BEST BETS



Photo by Ryan Hyde • <https://www.flickr.com/photos/breathindigital/4692258762>

MOVIES IN THE PARK: On Friday, July 29, come to Mission North Park (3344 Mission North Ave.) for a FREE screening of Disney's Zootopia. The Church on Cypress will provide free popcorn and shaved ice. Bring your blanket, lawn chair, flashlights, family and friends! Movies begin at sunset and movie titles are subject to change.

KARAOKE IS BACK AT THE CARMICHAEL ELKS LOUNGE: Hosted by Carmichael Elks #2103. The First Friday of each month Karaoke Fest is returning to the Carmichael Elks MEMBERS ONLY LOUNGE on Friday, Aug.

5. Our opening week will be featuring guest Karaoke Jockey (KJ), Bill Pence, a well known and accomplished Karaoke entertainer. Bill has a following of karaoke singers that may show up periodically to do impersonations of Sammy Davis, Dean Martin, and other Rat Pack era talent. Lounge Menu Dinner starts at 5:30 ending at 7:30 when Karaoke starts. Soooooo, all of the Elks Lodge Cool Cats and Hot Mommas, should be warming up their vocal chords for another fun Karaoke Night at the 2103 Lounge. The Elks have way too much fun for kids their age!

animals and hear their amazing stories. If you've finished Summer Reading don't forget to pick up your FREE BOOK before or after the show!

FRIDAY, AUG. 5

KARAOKE IS BACK AT THE CARMICHAEL ELKS LOUNGE: Hosted by Carmichael Elks #2103. The First Friday of each month Karaoke Fest is returning to the Carmichael Elks MEMBERS ONLY LOUNGE on Monday, Aug. 5. Our opening week will be featuring guest Karaoke Jockey (KJ), Bill Pence, a well known and accomplished Karaoke entertainer. Bill has a following of karaoke singers that may show up periodically to do impersonations of Sammy Davis, Dean Martin, and other Rat Pack era talent. Lounge Menu Dinner starts at 5:30 ending at 7:30 when Karaoke starts. Soooooo, all of the Elks Lodge Cool Cats and Hot Mommas, should be warming up their vocal chords for another fun Karaoke Night at the 2103 Lounge. We have way too much fun for kids our age!

FRIDAY, AUG. 5 AND SATURDAY AUG. 6

FRIENDS OF THE ARDEN-DIMICK LIBRARY BOOK SALE (ADULT): On Friday, at 1 p.m. and Saturday at 10 a.m., come buy bargain books of all shapes and sizes including fiction non-fiction hardbacks paperbacks and coffee

table books all at bargain prices. All sales benefit the Arden-Dimick Library! Arden-Dimick Library, 891 Watt Ave.

EMBLEM - RUMMAGE SALE: HOSTED BY CARMICHAEL ELKS #2103: Ballrooms A&B will be the location of the EMBLEM CLUB Rummage Sale. The public is invited to attend the event on Friday, August 5 and Saturday, August 6, 2016 so bring your friends and neighbors. Enjoy shopping for bargains in the air conditioned ballrooms. Should you want to donate your spring clean-out items, bring them to the lodge ballroom on Thursday, Aug. 4 and Friday, Aug. 5 both days from 9 a.m. to noon. Additional information: Lodge Reception Office 489-2103; Carmichael Elks #2103, 5631 Cypress Ave, Carmichael.

SATURDAY, AUG. 6

CONCERTS IN THE PARK FEATURING ZOOM: Free concerts all summer long! Tonight is featuring ZOOM (Zydeco On Our Mind). Fun happens from 6:30 to 8:30 p.m. at Carmichael Park, 5750 Grant Ave.

SUNDAY, AUG. 7

CONCERTS IN THE PARK FEATURING THE JOHN SKINNER BAND: Free concerts all summer long! Tonight is featuring The John Skinner Band from 5 to 7 p.m. at Carmichael Park, 5750 Grant Ave.

FRIENDS OF THE ARDEN-DIMICK LIBRARY BOOK SALE (ADULT): On Friday, Aug. 5 at 1 p.m. and Saturday, Aug. 6 at 10 a.m., come buy bargain books of all shapes and sizes including fiction non-fiction hardbacks paperbacks and coffee table books all at bargain prices. All sales benefit the Arden-Dimick Library! Arden-Dimick Library, 891 Watt Ave.

TUESDAY, AUG. 9

AMI BERA'S CONSTITUENT OFFICE HOURS (ADULT) AT THE CARMICHAEL LIBRARY: Congressman Bera's District Office will hold Constituent Services Library Office Hours. All are welcome at 10 a.m., Carmichael Library, 5605 Marconi Ave.

THURSDAY, AUG. 11

CARMICHAEL MOVIE MATINÉE (FAMILY/ALL AGES): Starting at 3 p.m., bring your friends and enjoy a movie @ Carmichael Library - Free! Visit Carmichael Library, 5605 Marconi Ave., for a list of upcoming movie titles. The Aug. 11 movie is Race PG-13 © Focus Features This is a Summer Reading Program.

BBQ, BEER & BOOGIE: Oakmont of Carmichael & the Kiwanis Club of Carmichael is hosting a fundraiser to end Alzheimer's. Join in the fun and support a great cause. The event includes great food, live music, dancing, a silent auction and a raffle from 5:30 to 8:30 p.m. at Oakmont of Carmichael, 4717 Engle Road. <http://www.oakmontofcarmichael.com>. Live music by Ted Morgan & the Emblems.

See Events, page 11

9th Annual Fab 40's
City of Sacramento Championship
5k Run/Walk
Benefitting the Alzheimer's Association
www.fab40s5k.org

benefitting the **alzheimer's association**
City of Sacramento 5k Championship

Don't Miss This Great Family Event!

Saturday July 30, 2016
For More Info and to Register:
www.Fab40s5k.org

Facebook, Twitter, LinkedIn, YouTube, Instagram icons

Real Estate Quarterly

YOUR AD IN 4 PAPERS FOR 1 PRICE

- East Sacramento News
- Arden-Carmichael News
- Pocket News
- Land Park News

Reserve your space today!

Contact Linda Pohl for more information **916-429-9901**

Events:

Continued from page 10

SATURDAY, AUG. 13

BABY BOOMER FESTIVAL AND EXPO IN ROSEVILLE (SOME PROCEEDS BENEFIT CARMICHAEL ELKS): The Baby Boomer Festival and Expo is scheduled for the Placer County Fair and Events Center in Roseville. The event focuses on the good memories, the nostalgia, the dreams and the needs of America's "Boomer Generation," folks now 50 to 70 years of age. The show will feature over 60 exhibitors in Jones Hall and the outside stage area covering topics related to health, finance, home improvement and entertainment. This festival is a delightful day of information and entertainment. Performers will include the Road Test Band, playing the music of the Rolling Stones, Beach Boys, Santana, and others of the Boomer Era. The music stage also showcases Award-Winning Elvis tribute artist Gene Lane, veteran of 15 tours to Japan, Paris, the Bahamas and voted best Elvis in Las Vegas at the Thunder Valley Casino. The Boomer Classic Car Show is being organized by the Cruisin' Garage KAHN radio program staff, and will feature a large number of vintage vehicles coming from the Tri-Counties region. Car registration fees will be donated to the Lions Club of Newcastle for their various community projects. The Beer & Wine Garden proceeds will be for the benefit of the Carmichael Elks Lodge, and a variety of food will be available throughout the day. The event will be held from 10 am to 4 pm at the Placer County Fairgrounds at 800 All America City Boulevard in Roseville. Hours are from 10 a.m. to 4 p.m. Admission and parking are FREE, come on out and visit at the Beer Garden and Snack Bar. The Carmichael Elks Classic Car Show Committee and other Elks volunteers are serving hot dogs, chips, nachos with pickled jalapenos, beer, wine coolers, sodas and water. Proceeds benefit the Lodge Beautification Project. "We work hard for the money!"

Ongoing

KARAOKE IS BACK AT THE CARMICHAEL ELKS LOUNGE: Hosted by Carmichael Elks #2103. The First Friday of each month Karaoke Fest is returning to the Carmichael Elks MEMBERS ONLY LOUNGE on Monday, Aug. 5. Our opening week will be featuring guest Karaoke Jockey (KJ). Bill Pence, a well known and accomplished Karaoke entertainer. Bill has a following of karaoke singers that may show up periodically to do impersonations of Sammy Davis, Dean Martin, and other Rat Pack era talent. Lounge Menu Dinner starts at 5:30 ending at 7:30 when Karaoke starts. Soooooo, all of the Elks Lodge Cool Cats and Hot Mommas, should be warming up their vocal chords for another fun Karaoke Night at the 2103 Lounge. We have way too much fun for kids our age!

CHILDREN'S SUMMER ART CLASSES AT SAC FINE ARTS: Now through July 29: Learn basic techniques in Fine Arts & Sculpting: Drawing, painting, collage, pastels, printmaking and sculpting. Grades 1-6 Fine Arts classes: Monday, Tuesday, Wednesday, Thursday, Friday, 9:30-11:30 am.

Two groups: Grades 1 - 3 & Grades 4 - 6. Tuition \$ 52 for the first week. \$ 65 each remaining week. A different class each week - no repeats! Sacramento Fine Arts Center, Inc., 5330B Gibbons Drive, Carmichael. 971-3713. Sac Fine Arts is open 11 a.m. to 3 p.m., Wednesday through Saturday and Tuesdays 11 a.m. to 7 p.m.

Kitchen:

Continued from page 3

Sarah's heart grows as she helps lessen suffering experienced by folks in the East Sac Moms and Friends group.

A self-trained chef, Sarah has always enjoyed cooking for crowds. Having entertained huge numbers of folks at her family's cabin, she never thought too much about it. And now, she cooks for roughly 300 people a week.

A mother of a 3-year-old daughter named Grace, Sarah said she suffered horribly from post-partum depression and alienated everyone in her life that she cared about. But being part of the East Sac Moms and Friends group helped her be a part of something again.

"And I felt like there were so many people having such a hard time; I thought I can make a quiche. Another thing that happened I was having a real hard time in my life. And I talked about it on the mom's page, and that was recently. (Someone) said she was going through something similar and then someone brought her one of my quiches."

"So there's always something to be done. Whatever you do in this life, there's no way to express what happens when you do something without any hope or expectation of repayment. If you do it for the joy for somebody else, there's magic in that."

As Princess Diana once said, "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."

Without expectation, eventually when they can, the spirit of mothers is to pay it forward. But, Sarah doesn't want people to feel like they have to. "I want them to feel like it's just for them. Just for them to have a break. And enjoy it."

"The amount of things people are expected to do and what they are able to do is different. We're learning to create a sense of community to nurture it. It's not out of this country. We can do this. We can create the support system."

Sarah says she has a lot of kindness campaigns, and she just listens. It doesn't matter what the person's problems are. They could be financial, or not. Her first Kindness Campaign lives on 41st Street but she really needed that extra kindness. "The Kindness Campaign doesn't discriminate for any reason."

Sarah hopes the Kindness Campaign and Sarah's Kitchen can one day be separate entities as her goal is to have the former become a legitimate nonprofit organization. Additionally, she would like to get away from the weekly menu and acquire more monthly subscribers.

Packaging states that its contents are made with love in Sarah's Kitchen.

en. It really is. I swear you can taste it. (Disclosure: I benefited from the Kindness Campaign. Thanks, Sarah.)

For more information, email Sarah at hello@sarahs-kitchen.com *****

From Sarah's Kitchen (sarahs-kitchen.com)

How it works

It's simple!

Sarah's Kitchen delivers fresh-prepared meals weekly right to your door.

1. You choose how many meals you would like per week.
2. Sarah's Kitchen delivers.
3. You enjoy healthy, all-natural meals without the shopping, cooking or cleaning.

The menu changes weekly, keeping the variety of choices eclectic and inspiring so that you always enjoy a wide selection of delicious meal options. Choices range between grass-fed burgers stuffed with avocado and bleu cheese to thai panang organic free-range chicken curry or organic vegetable fajitas with asparagus and portobello mushrooms. Sarah offers vegan, vegetarian, heart-healthy and gluten-free options on every menu.

"Sneaky" kid friendly menu is something the whole family can enjoy. Dishes like sneaky mac and cheese or sneaky meatballs are full of pureed vegetable goodness that taste delightfully delicious and are unbelievably nutritious.



RESERVE YOUR SPACE IN THE UPCOMING

California Kids!

CALL (916) 429-9901 TODAY!

— EVENT LISTING SECTION —

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.

Call (916) 429-9901 for rates.

To the members of the
1966 class of
C.K. McClatchy High School

50 year REUNION is in October 2016.
We are looking for you,
PLEASE contact us

McClatchyreunion66@yahoo.com

Facebook:

McClatchy High school class of 1966

SAVE THE DATE!

67th Sacramento High School Reunion
Class of 1949

Saturday, September 10, 2016

11 A.M. - 3 P.M.

Contacts: Joyce Cowan at
cowan_j@sbcglobal.net and

Vera Malkovich at
borka@comcast.net

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

BACK TO SCHOOL!

SERVING EARTH
SINCE 1973
| SKIPSMUSIC.COM |



SKIPS MUSIC

STUDENT BAND & ORCHESTRA
SALES AND MONTHLY RENTALS | BEGINNERS TO ADVANCED

**LARGE SELECTION OF
DIRECTOR APPROVED
NEW & USED INSTRUMENTS**



STARTING AT \$18/MONTH

**FLUTES VIOLINS VIOLAS CLARINETS TRUMPETS
CORONETS TROMBONES PERCUSSION KITS**

**STARTING AT
\$35/MONTH**
ALTO SAXOPHONE AND CELLOS

**STARTING AT
\$45/MONTH**
TENOR SAXOPHONES

**MENTION THIS AD WITH ANY MONTHLY
RENTAL NOW THRU 9/30 AND GET A**

FREE MUSIC STAND!

(\$18.99 RETAIL VALUE)

LARGE SELECTION OF ACCESSORIES AND METHOD BOOKS
FLEXIBLE INSTRUMENT UPGRADING | FULL SERVICE AND REPAIR
PLAYING CONDITION GUARANTEED AND RENT MAY BE APPLIED TO PURCHASE

2 AREA LOCATIONS TO SERVE YOU

**2740 AUBURN BLVD.
SACRAMENTO, CA 95821
(916) 484-7575
FAX (916) 484-1916**

**9660 ELK GROVE-FLORIN RD.
ELK GROVE, CA 95624
(916) 686-5666
FAX (916) 686-5724**