

ARDEN-CARMICHAEL NEWS

— BRINGING YOU COMMUNITY NEWS FOR 25 YEARS —

American Graffiti clone cars to cruise this year's car fest

See page 2

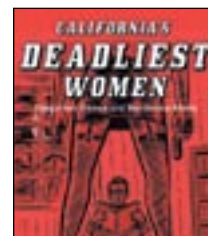


- Lance Armstrong history feature6
- Matias Bombal's Hollywood9
- Home Improvement 12
- Classifieds 13
- What's Happening 14



KZAP's original GM recalls station's early days

■ See page 6



Sacramentan releases book about California's murderous women

■ See page 8



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



QUALITY REMODEL
1513 Sebastian Way \$305,000
Large Arden Manor home w/ upgrades. Well planned addition gives original 3/1 a master suite w/ french doors. Gorgeous kitchen with granite, SS appliances, built in wine rack, open concept with bar seating. Warm laminate wood flooring.

COMING SOON:

Investors Duplex Opportunity

9123 Tuolumne Drive
2/1 Each Side

PENDING:

304 23rd Street
5520 78th Street

SOLD:

4840 Kipling Drive \$820,000
59 45th Street \$530,000
4231 Devon Lane \$475,000



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.



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

Need advice on how to prepare your home for sale?



E-mail stories & photos to: editor@valcomnews.com
Vol. XXV • No. 16
2709 Riverside Blvd.
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Arden-Carmichael News is published on the second and fourth Thursdays of the month. Newspapers are available in stands throughout the area.

PublisherDavid Herburger
EditorMonica Stark
Art Director.....John Ochoa
Graphic Designer.....Annin Greenhalgh
Advertising Director.....Jim O'Donnell
Advertising Executives.....Linda Pohl, Melissa Andrews

Cover by:
Courtesy
Courtesy
Courtesy

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

American Graffiti clone cars to cruise this year's car fest

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

Girl in Cadillac: Hey! You got a bitchin' car. John Milner: Yeah, I know. Girl in Cadillac: In fact, your car's so neat, we're gonna give you our special prize. You want me to give it to you? John Milner: Sweetheart, if the prize is you, I'm a ready teddy. Girl in Cadillac: Well, get bent, turkey! [throws a water balloon which misses him and hits Carol]

— **American Graffiti**



George Lucas, who grew up in early 1960s Modesto, once stated that cruising was a "uniquely American mating ritual involving automobiles" and inspiration behind the creation of "American Graffiti" was that with the onset of "hippie culture" cruising was gone and he wanted to document what his generation did to meet girls.

At 6 p.m., the cars will all be parked along the route, where spectators will be able to get up close and personal with these classics.

After all, cruising on the strip was a popular pastime with the low riding community during the 1940s before spreading to surrounding communities in the 1950s and early '60s.

In addition to the American Graffiti cars, there will be cars from all years, makes, and models, including hot rods, customs, low-riders, pickups, gassers, choppers, bobbers, old dragsters, race cars, as well as a variety of modern exotics like Lamborghini, Ferrari, Porsche and Maserati.

This year, the group known as the Tribute Team American Graffiti will be at the seventh annual car cruise set for Saturday, Sept. 10 from 4 to 8:30 p.m., benefiting the California Automobile Museum. They will be bringing four re-creation clones of cars featured in "American Graffiti": Harrison Ford's '55 Chevy (owned by club member Jeff Zastrow), Paul Le Mat's yellow '32 Ford coupe (also owned by Zastrow), Ron Howard's '58 Chevy and Toad's Vespa (both owned by Ken Crawford).

"We are really excited to bring cruising back to into the Sacramento car culture. All of the vehicles will be making a two-mile loop around Fulton Avenue between 4 and 6 p.m. They of course, can pull over any time," said Brittany Cordero, spokesperson for the museum.

The festivities on Sept. 10 begin with more than 500 amazing automobiles (so beautiful you're suitable for framing) cruising up and down Fulton Avenue, between Marconi and Cottage from 4 to 6 p.m.

Cruising down from Milwaukie, Oregon, Tribute Team American Graffiti car club member Ken Crawford, spoke with Valley Community Newspapers about his love for the movie, how the club formed and about the cars he owns.

"We want to keep that era alive. Hot rods are a unique part of our past. We built the cars and the tea bucket was one of the first. The Model T, they cut it down and made a

See Cruise, page 4

Special needs students rock out with Starr King counterparts in inclusion program

*There's always gonna be another mountain
I'm always gonna wanna make it move
Always gonna be an uphill battle
Sometimes I'm gonna have to lose
Ain't about how fast I get there
Ain't about what's waitin' on the other side
It's the climb.*

For many of the students and parents seated in Starr King K-8 School's multipurpose room, the lyrics to Miley Cyrus' "Climb" struck a chord.

"You're facing obstacles and you're trying to get to the top," fifth-grader Victor Osoria said of the song's message.

Students from Ralph Richardson Center, a special education school serving students with profound cognitive and physical needs, performed with Starr King students in a fully inclusive rock 'n' roll show at the end of May.

Osoria, a Starr King student who has faced his own share of health challenges, sang a solo in "Climb."

"When I went up and sang, I felt really, really, really accomplished," he said.

Richardson music teacher Jim Parr started the inclusion program between the two neighboring schools four years ago. He said that both groups of students benefit from the program.

"A lot of our kids are in wheelchairs, and we do have staff to work with them here, but there's nothing like a peer to work with another peer," he said. "The kids, they light up, they just know."

Each Starr King student was matched with a Richardson "buddy" several weeks before this year's show. Many of the Richardson students are nonverbal, but "they really do communicate," Parr said.

"You have to get to know them really well," he said. "The students know who their buddy is. In the beginning, they're kind of shy about it, and then toward the end they'll say... one kid said, 'Now I'm really comfortable being around my buddy.'"

Music, Parr said, is "a bridge for all people."



ESKATON
Transforming the Aging Experience

Eskaton Village Carmichael Golden Opportunity Event

Don't miss this Golden Opportunity!

For a very limited time, we invite you to take 1/3 off your membership fee (with savings up to \$50,000) on select apartments and cottages at our 37-acre resort-style retirement community. You must close on your selected residence by December 31, 2016.

Come to a Fall Home Tour to find out more. Lunch is on us!
Call now to reserve your spot. Take advantage of your golden opportunity to save 1/3 on a lifestyle filled with choice, luxury, comfort and service, all at a price that's more affordable than you might think — with monthly fees from only \$3,566.

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



eskaton.org/VC

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

916-827-1470

License # 340313383 | COA # 202



Monthly fees begin when the unit is ready. For units that sell for a net amount of \$50,000 or less, the amortized contract option must be used.

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

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

W.Comp - PL/PD CTR. LIC# 653836
SENIOR DISCOUNTS • FREE ESTIMATES

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.

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@guidmortgage.net | www.guidmortgage.com/officers/davidmendoza

Guid Mortgage Company is an Equal Housing Lender. NMLS 3274. Branch NMLS 1229663. Guid 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 # 0108883 AZ LO # 0926128, OR ML 176. All loans subject to underwriter approval; terms and conditions may apply. Subject to change without notice.

DRIVING OPPORTUNITIES WITH GREYHOUND

LET'S PUT THE WHEELS IN MOTION

Now Hiring Motorcoach Operators in Sacramento

Steer your driving talent, commitment to safety and customer service focus to a company where your efforts get the most mileage: Greyhound. We're going places, and so should you.

Greyhound proudly offers:

- Free travel passes
- Competitive Pay and Paid Training
- Comprehensive benefits including 401(k)

COME DRIVE WITH US.
Apply on-line at: apply.firstgroupcareers.com

Greyhound
Celebrating 100 Years as a Leader in Ground Transportation

A Division of FirstGroup America • Equal Opportunity Employer

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

RINGLING BROS. & BAILEY
THE GREATEST SHOW ON EARTH
PRESENTS
OUT OF THIS WORLD
LIGHT YEARS BEYOND THE EXPECTED.

Tickets Start at \$20

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

SEPT. 15 - 18 SLEEP TRAIN ARENA

RINGLING.COM

Cruise:

Continued from page 2

hot rod out of it, and so came the definition of a tea buckets. We're going back to those days of car cruising.

"We have tribute cars and these cars do a reenactment of some of the scenes of the movie, which makes them kind of unique. When people see them they totally relate to the movie of course. We will interact with the audience whether on a cruise or a roadster show. People ask us about cars and about the actors and actresses which we have had the honor to work with. Every weekend of the year, there's an event somewhere going on in the United States for American Graffiti."

Crawford said the tribute team started with a tea bucket and it took five years to find the cars for the tribute team. "We all got together and started doing showcases and people were excited to see (the cars). It took quite some time." Searching for the cars, he said, Petaluma, where the movie was filmed, was where they made the most contacts and where they linked up with most of the cars. "I sat down and wrote Lucas for a photo shoot at Skywalker Ranch. He's very protective, of course. Shockingly within a matter of days we were honored to do a photo shoot at Skywalker ranch. Those photos will be available (to look at during the Sept. 10 car cruise). (Lucas) knows who we are and what we do... The photo shoot was on 40th anniversary in 2013... when we reenacted the race on Paradise Road, but we didn't roll the car over. The streets were blocked off. I don't imagine we were too crazy because we wanted to do the film more than anything else."

This year's CruiseFest on Fulton Avenue, sponsored by the Fulton Avenue Association, will feature seven bands, a variety of food trucks, numerous vendors and auto-related artisans.

All proceeds benefit the California Automobile Museum and the mission to preserve, exhibit, and teach the story of the automobile and its influence on our lives.

The cruise originated in 2009 and was in midtown. Originally known as the CAM Car Cruise, this year it's been changed to CruiseFest on Fulton Ave to honor the long time title sponsor - the Fulton Avenue Association.

Prices for CruiseFest are as follows: \$44 per car for museum members, \$49 per car for general public. For pre-registration, visit calautomuseum.org/cruisefest

CruiseFest On Fulton Avenue is a benefit for the California Automobile Museum, located at 2200 Front St. Established in 1987, the mission of the California Automobile Museum is to preserve, exhibit, and teach the story of the automobile and its influence on our lives. The current museum exhibition is "Pickup Truck Exhibit: Where Utility Meets the Everyday." It ends Sunday, Sept. 11. Coming on Sept. 24 is a motorcycle exhibit called "Live Free—California's Motorcycle Culture."

Cruise Fest Schedule:

- 4 p.m.:** Registration opens and the cruise begins! Food trucks, breweries, and bands will set up shop in their respective lots on Fulton Avenue (locations to be determined). The curb lanes in each direction will be designated for cruisers to parallel-park during this time, and one lane in each direction will be open for cars to continue driving the loop.
- 6 p.m.:** Cruise ends and festival begins. Cruisers may parallel park on the curb or in designated "Official Cruise" show lots.
- 8:30 p.m.:** Street fair ends
- 9 p.m.:** Streets re-open

WWW.VALCOMNEWS.COM

RAISING FUNDS FOR LOCAL YOUTH ART GRANTS

FREMONT PARK

16th & Q St
Labor day weekend, Sept. 3-5 2016
916-213-5059 or ChalkUp.org

★ FREE TO ALL - EVERYONE WELCOME ★

Food Trucks Arts and craft vendors
Sidewalk Chalk Art
30 MUSICAL ACTS BEER

CHALKUP TO SACRAMENTO!



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



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

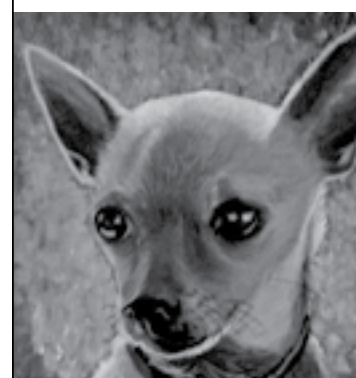
- Complex Physical Limitations
- Hospice •Alzheimer's / Dementia •Respite

Call today
916-706-3949

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

Melissa Andrews
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".



SENIOR LIFESTYLES

Special Insert in
VALLEY COMMUNITY NEWSPAPERS, INC.

YOUR AD IN 4 PAPERS FOR 1 PRICE

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

Contact your Representative at **(916) 429-9901**

Super Crossword

THE FIRST REVERSED

ACROSS	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100																																				
DOWN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

Photos by CROWLEY

Capturing Memories for a Lifetime

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

TERRIE HUNT, BROKER

RIVER RIDGE REALTY

OFFICE: (916) 988-8800
DIRECT: (916) 663-6300
WWW.RIVERRIDGEREALTY.NET
CALBRE# 01213387

Presented
2012-2016 Five Star Real Estate

Preferred Realtor with Safe Credit Union

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

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

VCA Sacramento Animal Medical Group

Dedicated & Compassionate Pet Healthcare In Your Community

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

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

KZAP's original GM recalls station's early days

By LANCE ARMSTRONG
lance@valcomnews.com

Editor's Note: This is part three in a series about the history of radio station KZAP 98.5 FM.

Ed Fitzgerald, the original general manager of KZAP 98.5 FM, came to Sacramento in 1967 to help establish this radio station, which would become a capital city institution.

But Fitzgerald's love for radio began long before that time, as he began operating an in-house station while growing up with his family in San Francisco.

Fitzgerald recalled when that station, which consisted of a couple of speakers, two turntables and a microphone, abruptly went off the air.

"One morning, I was playing Little Richard, and he does a song called, 'Chicken (Little Baby)'. And I realized I'm not on the air. What do you mean by that? Well, I hadn't flipped the switch on for the speakers upstairs."

"My mom tells me that she had just walked into the kitchen to pour some coffee. Dead silence, of course. And all of a sudden she hears ('Chicken Little Baby') and she says the coffee went that way and the cup went that way. I was told to sign off (the air) immediately."

Fitzgerald added that he was about 13 years old when he began hanging out at San Francisco radio station, KOBV 1550 AM.

"They were in (the basement of) the Bellevue Hotel and I used to go down and try to help Clyde Hat-

ton," he said. "He was one of the on-air people."

As a high school student, Fitzgerald acquired his first job in radio at a Bay Area station.

Fitzgerald explained that the roots of KZAP were planted at a radio station about 2,800 miles east of Sacramento.

On the campus of Princeton University, this student-run station had a management that included Lee Gahagan.

Gahagan, who was the son of a prominent doctor, visited and fell in love with the Bay Area in 1964.

Following his graduation, he negotiated the purchase of KPGM in Mountain View, and moved to the Bay Area.

Fitzgerald, who was employed at KPGM at the time of that purchase, said that Gahagan told him about his plan to buy a second station in 1967.

During the spring of that year, Gahagan learned about a struggling station in Sacramento that was operating on the 13th floor of the Elks Building at 11th and J streets.

That station, KXRQ, was purchased by Gahagan, and plans were made for the establishment of what would become KZAP.

Fitzgerald was involved in that planning, which included the selection of the station's free-form format.

Regarding that format, which gave disc jockeys the freedom to play whatever music they desired to play, Fitzgerald was quick to mention the name, J.B. Winans.

"J.B. was the one who approached Lee and I and others and said, 'Here's the format you want. You don't want

KZAP

Continued from page 6

country and western. You want to do what (San Francisco radio station) KMPX is doing," he said. "And someone goes, 'KMPX, who's that?' Well, (free-form radio pioneer) 'Big Daddy' Tom Donahue in the Bay Area. In my opinion, no exaggeration, J.B. Winans should get a whole lot of credit for why KZAP became the station it did."

With his hiring as KZAP's general manager, Fitzgerald was in charge of such things as finding staff and lining up advertisers.

Fitzgerald said that he was also involved in acquiring the lease on the Elks Building for KZAP.

"It was pointed out, 'What about the Elks Temple?' he said. "When they find out what the format is, well, we told them that we were going to be country and western. Now at the time, that was the format we were looking at. Well, over about a six- to eight-month period of time, I became an Elk. I was an Elk until about the time we signed on the air (on Nov. 8, 1968). And I was very straight about it. I said, 'It's a radio station, it's licensed by the federal government.' We signed a lease."

It was not long after KZAP went on the air that the local Elks lodge attempted to break that lease, Fitzgerald explained.

"When we went on the air, it's not like (the lodge) was listening and said, 'Oh my goodness, what are they doing?'" he said.



Photo courtesy of Ed Fitzgerald
Ed Fitzgerald, shown in this 1971 photograph, was KZAP's first general manager.

"It was nothing like that. It was the people that were taking the elevator to the 13th floor with hair down to here. At that time, they were wondering, 'Who the hell are these people? They don't look like the typical Elk to me.' So, they tried to break the lease, and they couldn't."

Fitzgerald said that KZAP maintained that lease with the "power of a good attorney," and the fact that KZAP was a federally licensed station.

And he added, "Obviously, when the lease was up, they kicked us out."

Fitzgerald said that the popularity of KZAP would continue to increase.

one station in Sacramento for more than a long time."

Fitzgerald, who was also one KZAP's original DJs, said that his time at KZAP lasted for only about a year and a half, before he was voted out of the station.

"(Sherman Ramos) and a few others got together and said, 'We've got to get rid of Ed, because he's not fulfilling his obligations,'" he said. "The bottom line there is that I was very, very straight when I came to work for KZAP. Obviously, one of the reasons Lee hired this guy, Ed, was because he's not one of them there hippie types. They're going to have a bunch of hippies up there running that station. We've got to have at least one straight guy."

Ramos replaced Fitzgerald as KZAP's general manager in 1970.

Fitzgerald said that despite being ousted by people at KZAP, he has no regrets about his time with the station.

"The bottom line is I look back on it this way: I was there at its birth," he said. "I was there, quite frankly, a little bit before the birth. And I was there during the time that it needed to happen, and I left

when it was time to leave. And I've got no regrets."

After Fitzgerald's time with KZAP, he was hired to work for Jampro Antenna Co., selling broadcast antennas.

Fitzgerald, who has spent the past 39 years working for Clear-com Communications Systems, with his current role being in customer service, fondly reflected on KZAP's place in history.

"I think KZAP, speaking for only our little spot on the globe, was right where it was supposed to be," he said. "We were part of something very, very big. We didn't realize it at the time, but we were. We gave voice to what a lot of people felt at the time. We had a big megaphone called a radio station."

"I wonder sometimes if we treated it with the respect we should have, but I don't think there's anybody that was involved with it that would look back and regret anything. We were in the right place at the right time."

DEL NORTE
Fitness • Swimming • Tennis

Now that the kids are back in school, say goodbye to lazy summer days and Hello to a healthier, fitter you. The end of summer brings a great offer!

\$0 enrollment fee plus 13th month FREE with a 12 month membership or 50% OFF enrollment fee with a month to month membership.

Hurry! Offer expires 9/30/16

483-5111 • delnortecub.com
3040 Becerra Way, Sacramento 95821

Get back on track and reach your fitness goals!

- Group Exercise Classes
- Personal Training
- Tennis Socials and Programs
- Pilates
- Master Swim Program
- Aqua Group Exercise Classes
- Swim Lessons
- Senior Programs
- Junior Programs
- Child Care Available

and Much More

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

BUSY. BUSY. BUSY. BUSY. BUSY.

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)
Bloomington, IL
1311009

Senior Services & Connections

Call Melissa (916) 429-9901

<p>YOUR AD SHOULD BE HERE!</p> <p>Call Melissa today! Your services are needed. Your ad should be here. Ad design is free. Call 429-9901</p>	<p>DOCUMENT PREP SERVICES</p> <p>LIVING TRUST/LIVING WILL Legal Document Prep Services:</p> <ul style="list-style-type: none"> • Trust • Will • Powers of Attorney • Residential Deed <p>Couples \$550 Singles \$495 Lynda K. Knight (916) 214-1215 1337 Howe Ave., Ste. 103 Sacto 95825</p>	<p>LEGAL SERVICES</p> <p style="text-align: center;">WILLS AND TRUSTS</p> <p><i>Services</i> • Wills and Trusts • Special Needs Trusts • Trust Administration</p> <p><i>Experience</i> Medi-Cal - 9 Years • Francisc Tax Board - 11 Years • Private Practice - 16 Years •</p> <p style="text-align: center;">Free In-Home Consultation Tim Tyler, Ph.D., Attorney at Law 916-452-0624</p>	<p>SPECIAL ALZHEIMER'S LIVING</p> <p style="text-align: center;">REVERE COURT</p> <p><small>MEMORY CARE Lic: #347001336342</small></p> <p>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</p>
---	---	--	---

ACHIEVE HAPPINESS, SELF-CONFIDENCE AND SUCCESS!

BUY AND READ DIANETICS

Church of Scientology
Located at
6th & J in Sacramento
(916) 319-5440
PB \$28.00 DVD \$28.00

East Lawn Presents
A Three-Part **FREE** Lecture Series

I Survived. Now What?

Presented by:
Dr. Jerry L. Cook, PhD
Professor of Family Studies at California State University Sacramento

Although we often see our losses as holding us back from enjoying life, they can be molded into the very thing we need to help us live life more fully.

First Lecture:
Thursday, September 15 at 6:30 p.m.
"How Different Forms of Loss Affect Us"

Second Lecture:
Thursday, October 20 at 6:30 p.m.
"Coping with the Loss of Someone Close"

Third Lecture:
Thursday, November 17 at 6:30 p.m.
"Moving Forward After a Significant Loss"

Refreshments will be served

East Lawn Memorial Park
4300 Folsom Blvd., Sacramento
916.732.2000
www.EastLawn.com

FUNERAL DIRECTORY

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

GEORGE L. KLUMPP
CHAPEL OF FLOWERS 1922
2691 Riverside Boulevard
Sacramento, CA 95818
(916) 443-7917
www.cfcsacramento.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
4 Sacramento locations serving families since 1904

Sacramentan releases book about California's murderous women

By MONICA STARK
editor@valcomnews.com

"We like to think of women as nurturers, not murderers, but women do kill. California's Deadliest Women is the definitive guide to the murderers of the Golden State, a horrifying compendium of women driven to kill by jealousy, greed, desperation, or their own inner demons. From Brynn Hartman, who killed her husband, comedian Phil Hartman, to chemist Larissa Shuster, who dissolved her husband in acid, to dominatrix Omaina Aree Nelson, who cooked and ate her husband, the 28 women profiled in California's Deadliest Women show that the fairer sex can be as evil—and as deadly—as any man."

From the book description by local author, David Kulczyk. If you can, go visit him at 7 p.m. on Thursday, Sept. 8 at Time Tested Books. He's a hoot. What follows is a some sort of comprehensive collection of words that summarize his nearly 90-minute talk about the most interesting murderous Californian women of our era.

In a twisted and hopeful understanding behind the purpose of the "California's Deadliest Women: Dangerous Dames and Murderous Moms", I've deduced from many facts and statements (verbal and otherwise) Sacramento author David Kulczyk is a feminist.

If anything, his latest book is a homage to women in general, even though in an interview with this publication, he said none of the women were jus-

tified in killing. "In all the cases, what were they killing about? What were they killing for? Love? Money? They were just outright criminals who thought nothing of killing people."

Broken up in chapters with one horror story after another, Kulczyk picked the most interesting to write about, though truth be told, he said, "There's only 100 or so women convicted of murder in California" — that's compared to the 80,000 or so men murderers in the Golden State. There are the moms who've made the news for suffocating or poisoning their children or those who were manipulated by men to commit murder. "I wrote this about the women who held the knife, shot the gun, the people that got blood on their hands. These are the worst female criminals you can think of. It just shows you that women are smarter than men all the way around. Women don't commit the crime like the guys do. They involve a reason."

If anyone can compare the murderous rampages amongst the sexes, Kulczyk can.

In the pages of his previous book — California Fruits, Flakes and Nuts — Gold Rush pioneers are revealed as murderous madmen; Hollywood celebrities are shown to be drug-addled sex maniacs; early hippies are just 1950s weirdos; and even seemingly ordinary Californians have a talent for freakish, crazy, and criminal behavior.

And yet, women take the cake. They're not the flakes, nor the fruits nor the nuts — they are the dangerous

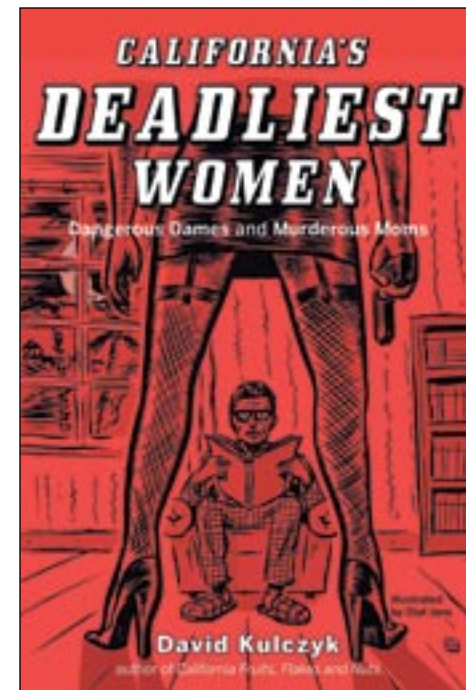
dames and murderous moms. And Kulczyk has his favorites.

"In Kings Canyon, a couple lives there. They had a 15-year age difference. They ran a concession stand in Wilsonia, in the national park. It was 1955. They were drunk and arguing. She shot him with a rifle. She got a 4-day trial and they gave her one year in jail for outright murder." That's because, Kulczyk said the rangers didn't like the victim.

Kulczyk maintains he does not have a fascination of death. Because, if he did, he said, he "would hang out at hospitals and graveyards," which by implication he does not frequent. Working on the book, however, he says has done damage to himself. "I've never been the same. It's like after I got pneumonia, but now I have to pitch it."

Not a sociologist, nor a religious person, he says it's not up to him to judge. "I just write down the facts. I just make sure they're right. Especially people in law enforcement and sociology could learn (from the stories in the book). I just lay it out there."

While women have been killing since who knows when, Kulczyk's book focuses on the dirty deeds from 1940 on. Folks interested in hearing from the horse's mouth these stories of California's deadliest women can come to Time Tested Books on Thursday, Sept. 8 at 7 p.m. for a non-conventional meet the author event. "I like to go up there and tell the story. I don't stand there and read. I'm dyslexic and it's hard for me to do



that. I add a lot of humor. I find I am a corny person and like to be up there performing. I wish I had a guitar on me. I will be signing books. They're not self published. They're honest-to-goodness books."

If you go:

What: Meet David Kulczyk, author of "California's Deadliest Women: Dangerous Dames and Murderous Moms"

When: Thursday, Sept. 8 at 7 p.m.

Where: Time Tested Books, 1114 21st St.

Matías Bombal's Hollywood

Kubo and the Two Strings

The MPAA has rated this PG

Focus Features releases another remarkable bit of stop motion hand crafted animation from Laika Entertainment, "Kubo and the Two Strings". Presented in 3-D. From the creators of the wonderful "Boxtrolls" movie of 2014, comes this tale of a young boy, Kubo. Set in an ancient Japan of fantasy, Kubo has lost an eye when the vengeful Moon King took it from him. He was saved from total destruction by his mother who possesses magical powers as does he, though he has not yet fully developed them.

Kubo makes his way, supporting himself and his weak mother who suffers from memory loss, by telling stories in public whilst playing his shamisen, a 16th century Japanese three stringed instrument similar to a banjo. His young magical skills allow the forming of flying origami to assist with telling his tales. In his story telling, he unknowingly foretells of his own adventure which will follow.

Just as in his stories, there are three objects described which will become part of Kubo's real quest taking him through the classic hero's cycle; The Sword Unbreakable, The Breastplate Impenetrable and the Helmet Invulnerable. He will face the Moon King's beasts in his quest to find these three real objects, but he will not be alone. He will be accompanied by Monkey, voiced by Charlize Theron, Beetle, voiced by Matthew McConaughey and Honsu, a little origami samurai.

As the three adventure forward they encounter all sorts of magical monsters. Some scared even me. This is a visually stunning movie and filled with very human interactions between the principles. I found it overall a beautifully made and told story with mysticism throughout. Even as an adult I viewed it with wonder. It is admirable, in this day of computer animation, that this is being made in this traditional way, just as George Pal had done with his "Puppetoons" at Paramount in the 1930's.



Magical Kubo and his two strings will enchant and please audiences with stop motion animation. Photo: Laika Entertainment

"Kubo and the Two Strings" sets a high mark of what movies should be for children of all ages. The solid story and good characters make this enjoyable to watch. It is lovely to hear the voice of Brenda Vaccaro in the movie, she voices a woman of a certain age appropriately named Kameyo. The Moon King is voiced by the always fantastic Ralph Fiennes. George Takei also has a small voice over. The sheer artistry of this movie is haunting and beautiful and it stirs the imagination of those that watch it. I encourage you not to miss it. It's not just for children. Before the story is over, you'll

know the full value of the two strings on Kubo's shamisen.

For more information about "Matias Bombal's Hollywood", please visit: mabollywood.com for exclusive content. The third year anniversary month is sponsored by PTB Screen of Australia - world-wide at <http://www.ptbscreen.com.au> and on Facebook, where you'll find promotions and information which reinvent the appeal of cinema going whilst providing space for current release information and archive research related to the past and present of the cinema. To support the ongoing production costs of Matias Bombal's Hollywood, donate here: paypal.me/MABHollywood

SOLD

\$629,000
GREAT PRICE REDUCTION

Entertain Family & Friends

11871 Silver Cliff Way, Gold River, CA 95670
4 Bedrooms, 3 Full Baths, 3 Car Garage, 3,948 sq. ft.

Best priced large home in Gold River with a spacious, brightly lit kitchen and large island for gracious entertaining. Two ovens, walk in pantry, lots of storage. Beautiful cherry cabinets. Extend the party outdoors with a gas barbecue, covered patio, swimming pool and spa. MLS 16004962

CalBRE 01521625
McMahon Phillips
Real Estate

Phyllis Ehlert • 916-213-7665
phyllis@mcmahonphillips.com
CalBRE# 01935709

25 Minute Educational Presentation
and a Free Luncheon or Dinner

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 LUNCHEON / DINNER SEMINARS

East Lawn Memorial Park & Crematory

4300 Folsom Blvd.,
Sacramento, CA 95819
RSVP: (916)732-2000 or
on-line at www.EastLawn.com

Thursday, Sept 8 @ 6:30 p.m.
Friday, October 7 @ 11:30 am

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 p.m. FD136

www.EastLawn.com

WWW.VALCOMNEWS.COM

I've made a professional move to Better Homes & Gardens Real Estate.
New Brokerage
Same Great Service!

Sharon Whiting
sharonwellsRE@gmail.com

916-296-9417
CalBRE# 01702972

Better Homes & Gardens
REAL ESTATE

Quality Built Custom Estate

Quality built custom Estate on Acreage, main house is 5beds, 5.5baths, 2-grand master-suites and upstairs bonus-room/office. Charming guest house w/large windows, leaded glass and 12ft ceilings. Beautifully landscaped grounds w/pathways and sitting areas. Horse property, bring your animals, hobbies, or plant your vineyard. Covered boat parking and workshop room in garage w/extra storage. Entertainers delight and private elegant retreat! MLS#16051789

4522 Illinois Avenue • \$1,250,000

SENIOR HOMECARE
By Angels®

We Care Every Day, In Every Way.
Experienced senior care for total peace of mind.

Bathing Assistance • Dressing Assistance • Grooming
Medication Reminders • Errands • Shopping
Light Housekeeping • Friendly Companionship • Flexible Hourly Care
Respite Care for Families • Live-in Care

www.VisitingAngels.com/Sacramento

916.971.9333

America's Choice in Homecare.
VisitingAngels
LIVING ASSISTANCE SERVICES

Each Visiting Angels agency is independently owned and operated. Lic# 944700003

SATURDAY, SEPTEMBER 3
sacramento
ZOO NIGHT

rivercats.com

MONDAY, SEPTEMBER 5
Meet Sacramento River Cats
Players at Opening Gates!

LABOR DAY BBQ

BBQ package available

First Pitch 7:05 pm
First Pitch 1:05 pm

Opinion: Pokémon NO!

By JAMES PEYTON

In a world full of trendiness, fads, reality TV, and 15 minutes of fame, most are probably not surprised by the trend known as Pokémon GO. This is a cell phone video game published by a company called Niantic.

Pokémon GO is the Walmart of video games. Stupid people doing stupid things. Unlike Walmart, these people are doing them outside.

The problem with Pokémon is not the "cute" characters or that it's a video game, the problem is that it uses GPS. That's why the game has become a public nuisance.

GPS is an acronym for Global Positioning System. The system uses satellites and technology to find a device location almost anywhere on earth. During the "IGY", or International Geophysical Year" of 1957-1958, scientists spent time researching satellites, their uses, and their technology. It mainly had to do with military, weather, and space exploration capacities. I argue that the inventors of satellites probably never envisioned this use for the technology. Today, you see people all over stumbling about glued to their phones. And you can actual see the level of severity, of distraction increased

from when smart phones were a new thing to this new thing.

Ironically, an earlier trend reminiscent of Pokémon GO is "Geocaching", and that seems to have died down significantly to almost non-existent. Geocaching involves the storing of treasures at physical locations, commonly boxes of odds & ends or knick-knacks, that can be added to or taken by finders of the "cache". Another GPS game is called "Ingress", also by Niantic, also a video game. Ingress came out before Pokémon GO, and many of the same location points in Ingress were transferred over to reuse in Pokémon GO. The game is basically a sci-fi theme battle between two teams, and was developed/by Niantic/Google. Niantic was formerly a port of Google. The two teams react to the "Exotic Matter", or "XM" that has been spread around the earth. There seems to be less "resistance" to this game and it seems more "enlightened" than Pokémon GO. Pun intended.

2600 magazine volume 33, number 2, summer 2016 edition has an article called "Gaming INGRESS", and explains how to hack the game for your own purposes. Several results unintended by the authors of the game can be achieved. So, too, can Pokémon GO, or any software and GPS system be hacked and locations spoofed. Pokémon go has been reportedly downloaded by more than 100,000,000 people worldwide. The game is free to play, but tries to suck up your money through In-app pur-

chases of VIRTUAL items used in the game. The game was officially released on July 6, 2016, and runs on Android and iOS phone operating systems. If Pikachu, Squirtle, and Blastoise were real, I think they would be disappointed.

In the 1980s, when video games, and arcade machines were the "new" thing and the craze of the moment, there were a lot of older reactionary people alarmed and calling for a ban on Pac-man and the rest. Marshfield, Massachusetts banned coin-operated video games. from 1982-2014. Yes, unbelievably, till 2014. And if you look around now, you don't see many arcade games around in most places anymore. These blowhards were satirized on TV and in movies like Joysticks. Like anything, people could hurt themselves by not taking things in moderation. These games are considered very tame now, and it would be hard to find a news story nationwide of anyone being injured by the "craze". In fact, many players went on to become computer engineers, programmers, game designers, businessmen, artists, and software designers. This article is not designed as an uneducated reaction. "Fire Good." "Fire Bad." argued some cavemen. I argue, "Fire both."

A good effect of the Pokémon GPS game is that it caused people to exercise and talk to one another. Some crimes were reported in progress and a few criminals were caught. Some churches found an increase in visits related to the game.

There was an increase in business and revenue for some, including the struggling Nintendo, which has a percentage. There are some good effects of the game, but I argue that the bad outweighs the good. In the 1990s, there was a video game called "Lemmings", but now that has become real. A mindless, mad horde under the sway of software designers. The public nuisance aspect of this GO game is unnecessary, any game could be completely run inside a phone, without using GPS as its basis.

It wouldn't be the same game, but the game isn't more worthwhile than all the trouble it has caused. Places that are seldom frequented or inappropriate for people to play games at shouldn't be victims of Pokémon GO. Many of these places don't know what the game even is, or why people are suddenly flocking all around. Imagine a sleepy store on the edge of downtown, with a few local senior citizens frequenting the place, when suddenly a bunch of beard-wearing, kale-eating, ringer tee having Starbucks going, bubble-tea drinking dimwits rush into the store like a flashmob and in 30 minutes are gone. Here are some of the many ridiculous news stories, many deadly, that are effects of Pokémon Go and GPS "augmented reality". These were all from the internet and Google, direct or paraphrased.

A college student named Calvin Riley was shot and killed in San

See Pokémon, page 17

Pokémon:

Continued from page 16

Francisco while playing Pokémon Go near the touristy area of Fisherman's Wharf on Saturday, Aug. 8.

An 18-year-old boy was shot and killed in Guatemala while playing.

A user crashed his car into a tree on while playing the game on July 12, according to a press release from the Auburn Police Department in New York. "Luckily the driver was not seriously injured but this is an example of how easily accidents can occur when someone is engaged in the game and not paying attention," the department said. Meanwhile, police at Texas A&M University announced a Pokémon Go-related crash the same day.

After Twitter user Elihudi Urassa shared a video found of a dog dyed yellow to look like Pokémon fave Pikachu, other users decided the dye job was dog abuse. Kohei Uchimura, a gymnast on Japan's Olympics team, racked up a 500,000 Yen roaming charge — close to \$5,000 dollars! His cell phone company ended up charging him a 3,000 yen a day flat rate. You can't squeeze blood out of a turnip. A person was seen in the front row of a Beyonce concert playing Pokémon GO. Expensive game.

Nick Johnson, a 28-year-old from Brooklyn, is the first per-

son to catch all 142 Pokémon available in the United States. In just a couple weeks, he also achieved level 31, caught over 4,600 Pokémon, walked 95 miles, and lost 10 pounds. On July 13, the Encinitas Fire Department rescued two men who fell off a cliff while playing the game in the North County area of San Diego. One man fell 80 to 90 feet to the beach below, while the other fell 50 feet. Another TV news story says several children playing Pokémon GO were robbed by adults playing the game, who took advantage of knowing where the user's locations would be in the next 20 minutes. Mobs of people suddenly showing up in public places have vandalized, left litter and graffiti behind.

A lady caught her boyfriend cheating because of Pokémon Go. "She saw that I had caught a Pokémon while at my ex's house," Evan Scribner told the New York Post. A 19-year-old girl discovered a dead body while playing the game near Riverton, Wyoming. A woman named Ivy St. Ive charges \$20 an hour to "walk around in 1-4 hour shifts signed in to your account capturing every single Pokémon I come into contact with, activating every Poke Stop I pass, and walking nonstop to help hatch your eggs." Britney Spears plays Pokémon Go.

Players have reportedly discovered Pokéspots — i.e. lo-

cations where players can restock and set lures to catch more Pokémon — at somber places like the 9/11 Memorial in New York City and the Holocaust Museum in Washington D.C. "Playing the game is not appropriate in the museum, which is a memorial to the victims of Nazism," Andrew Hollinger, the museum's communications director, told The Washington Post. "We are trying to find

out if we can get the museum excluded from the game."

If you've heard about a 13-year-old stabbing his brother to death over deleted Pokémon or a man suing Nintendo for \$500 for being hit by a car while playing the game, blame Pablo Reyes, whose site CarTelPress.com published the hoax stories.

Dave Schilling wonders if Pokémon Go is the answer to America's obesity problem.

"We might not be able to make fast food healthier or discourage the gluttony our culture reveres, but we can make walking less unpleasant," writes Schilling. "You might not ever be interested in real birds chirping, but at least maybe you can find the pleasure in the siren song of a wild Togepi or Fearow. Just try not to get run over by a bus while you're at it."

Pokémon GO is stupid; how about Pokémon NO?

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 sensed 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.

500+ CARS

BENEFITTING THE CALIFORNIA AUTOMOBILE MUSEUM

CALIFORNIA AUTOMOBILE MUSEUM

Cruise Fest

on Fulton Avenue

SEPTEMBER 10TH + 4 PM TO 8:30 PM

CRUISING 4 PM - 6 PM
PULL OVER ANYTIME

FREE FAMILY EVENT
LIVE MUSIC
BREWERIES
VENDORS & FOOD TRUCKS

#CruiseFest2016 CALIFORNIA

CALAUTOMUSEUM.ORG 916.442.6802

FOX 40 KTXL, iHeart MEDIA, AT FULTON AVENUE

Providing Quality Theatre for 39 Seasons!

CHATAUQUA
o l a y h o u s e

Tickets online at www.cplayhouse.org
or by calling the Chautauqua box office at 916.489.7529

"On Golden Pond"
A comedy by Ernest Thompson



Daryl Petrig & Lee Marie Kelly

August 26 - September 25

Fri & Sat: 8 pm
Sun: 2 pm

Additional matinee:
September 24 at 2 pm

(916) 489-7529 | www.cplayhouse.org
5325 Engle Road, Ste. 110, Carmichael (in the La Sierra Community Center)

Your Home Improvement Guide

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

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
Remodeling and Design
LIC# 480492

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

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

Certified Kitchen & Bath Remodeler

FREE Consultation
916-422-6639

www.lytleconstruction.com

CONSTRUCTION/HAULING

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

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!
Lic# 128758/Ref

Call Eric (916) 470-3488

HANDYMAN

Summer Yard Clean-up Specials!

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

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

SPECIALS FOR SENIORS/SERVING THE AREA FOR OVER 19 YRS*

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

LANDSCAPING

Living Elements Landscape
Convenient and Reliable

Landscape design and installation

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

916-430-3777
www.livingelements916.com - bilalb@livingelementssac.com

Lic# 1013372

Our Readers Need Your Service!
It Pays to Advertise!
Contact Melissa at 916-429-9901

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

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 #7751 - Issued by State of California

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

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

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
VCN Special
In business since 1982
As seen on yelp

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

Specializing in custom trim & moulding!
Color Consultants
FREE ESTIMATES

(916) 591-5056

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

PAINTING

GARY'S PAINTING

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

FREE Estimates!

McClatchy '07

(916) 725-8781

ROOF/GUTTER CLEANING

STAN THE MAN

GUTTER CLEANING
ROOF CLEANING
WINDOW WASHING
PRESSURE WASHING

SENIOR DISCOUNTS AVAILABLE

916-601-1030

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

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

ADVERTISE YOUR RENTALS
Call 429-9901

Check out the Home Improvement Guide and call Melissa for ad rates
916-429-9901

WHAT'S HAPPENING, ARDEN-CARMICHAEL?

NOW THROUGH SEPT. 3

2016 PASTELS ON HIGH: The 11th International exhibition presented by the Sierra Pastel Society is currently on exhibit at the Sacramento Fine Arts Center, Sacramento Fine Arts Center, Inc., 5330B Gibbons Drive, Carmichael, CA 95608. 971-3713; hours open 11 a.m. to 3 p.m., Wednesday through Saturday and Tuesdays 11 a.m. to 7 p.m.

SATURDAY, AUG. 27

PARKWAY PASSPORT TO NATURE AT EFFIE YEAW: Starting at 9 a.m., ages 6-adult... This session is focused on wildlife and tracking! What lives along the parkway and how do we know? On a short hike, you'll learn how to find evidence of animals, looking for tracks, scat (poop), and feathers. And you'll be able to identify which animal may have left that evidence. Go home with a "Backyard Tracker" so you can continue honing your tracking skills along the Parkway or even in your own yard. Learn from the experts. Naturalists will teach about different characteristics of the Parkway each session, through hikes, games and exploration. Each guest family that participates will receive a "passport" that will get stamped after each activity, and will receive an annual Sacramento County Parks pass (valued at \$50) if they attend at least one session in addition to the final session on Oct. 1. Register for all remaining sessions, or individual sessions!

Session dates are as follows: Saturday, Aug. 27, 9 a.m. to noon; Saturday, Sept. 24, 9 a.m. to noon; Saturday, Oct. 1, 9 a.m. to noon. Program funded by Sacramento County Regional Parks, Effie Yeaw Nature Center, Inside Ancil Hoffman Park, 2850 San Lorenzo Way, Carmichael, CA 95608

CONCERTS IN THE PARK: THE HUCKLEBUCKS:

From 6:30 to 8:30 p.m., bring your family, blankets and lawn chairs and join us for FREE music all summer long at the Daniel Bishop Memorial Pavilion at Carmichael Park. Food and beverage will be available for purchase and/or bring a picnic dinner to enjoy! The Hucklebuckers have been playing Blues in Northern California for 20 years. They just won the SAMMIE award for best blues band in Sacramento. This is the third time they have won the award. The Hucklebuckers play a mixture of Blues, Roots & New Orleans rock-n-roll. They are led by Doug Crumpacker on Guitar and vocals, Jim Monroe (Sacramento Blues Hall of Famer) on piano and vocals, Dale Lyberger on bass and vocals and Tim Wilbur, drums and vocals. The Hucklebuckers have 4 CD's out: Coastin', Everybody's in the Mood, Hip Shakin' Woman and Juke Box Blues.

YOGA AT THE LIBRARY (Adult):

Yoga is increasingly popular for its physical and mental benefits. At 1 p.m., come to the library for a free yoga lesson and experience its grounding calming effects while increasing your strength flexibility and balance. All skill levels beginner to advanced are welcome. Please wear loose clothing and bring a yoga mat. Instructor Joan Howell has been teaching yoga for 20 years. Arden-Dimick Library, 891 Watt Ave., Sacramento

WEDNESDAY, AUG. 31

ARDEN DIMICK LIBRARY PRESENTS: MOVIE MADNESS (FAMILY/ALL AGES): It's family movie night at the library, starting at 6 p.m.! Free film free popcorn! Arden-Dimick Library, 891 Watt Ave.

THURSDAY, SEPT. 1

CARMICHAEL MOVIE MATINEE (FAMILY/ALL AGES): Bring your friends and enjoy a movie at Carmichael Library - Free! Visit Carmichael Library for a list of up-coming movie titles. 3 p.m., Carmichael Library, 5605 Marconi Ave.

TUESDAY, SEPT. 6

READ TO A DOG (SCHOOL AGE 6-12): Starting at 3:30 p.m., specially trained therapy dogs are waiting for children to come read to them. For school age children that can read, we supply the books or you may bring your own book to read to the dogs. The books should be able to be read in 5 - 10 minutes. After 10 sessions the reader is awarded a free book. Carmichael Library, 5605 Marconi Ave., Carmichael

MOCK PSAT EXAM FOLLOW-UP (TEEN):

Follow-up session with test results and valuable test-taking tips for students who have taken the PSAT Mock Exam given on Saturday, Aug. 27. Parents are encouraged to attend, 6 p.m., Carmichael Library, 5605 Marconi Ave., Carmichael.

WEDNESDAY, SEPT. 7

HISTORY BOOK CLUB @ CARMICHAEL (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, 6:30 p.m., Carmichael Library, 5605 Marconi Ave., Carmichael.

THURSDAY, SEPT. 8

CARMICHAEL MOVIE MATINEE (FAMILY/ALL AGES): Starting at 3 p.m., bring your friends and enjoy a movie at Carmichael Library - Free! Visit Carmichael Library for a list of up-coming movie titles. Carmichael Library, 5605 Marconi Ave., Carmichael.

FRIDAY, SEPT. 9

TEEN LGBTQ+ & ALLIES GROUP @ ARDEN-DIMICK (TEEN): Teen member of the LGBTQ+ community? The library is your safe space! Join us for snacks, talking movies, crafts and more. Open to ages 12-19. Teen allies welcome. 4 p.m. Arden-Dimick Library, 891 Watt Ave.

SATURDAY, SEPT. 10

CARCRUISE BENEFITTING THE CALIFORNIA AUTOMOBILE MUSEUM: See details in this issue.

100,000 "GENTLY USED" BOOKS AVAILABLE AT SEPT 10 FRIENDS OF LIBRARY BOOK WAREHOUSE SALE:

In ever-changing inventory of more than 100,000 "gently used" books, videos, and audio books will be offered for prices from fifty cents to \$2 at

BEST BETS



Saturday is a busy day in the neighborhood!

PARKWAY PASSPORT TO NATURE AT EFFIE YEAW: Starting at 9 a.m. on Saturday, Aug. 27, ages 6-adult... This session is focused on wildlife and tracking! What lives along the parkway and how do we know? On a short hike, you'll learn how to find evidence of animals, looking for tracks, scat (poop), and feathers. And you'll be able to identify which animal may have left that evidence. Go home with a "Backyard Tracker" so you can continue honing your tracking skills along the Parkway or even in your own yard. Learn from the experts. Naturalists will teach about different characteristics of the Parkway each session, through hikes, games and exploration. Each guest or family that participates will receive a "passport" that will get stamped after each activity, and will receive an annual Sacramento County Parks pass (valued at \$50) if they attend at least one session in addition to the final session on Oct. 1. Register for all remaining sessions, or individual sessions! Session dates are as follows: Saturday, Aug. 27, 9 a.m. to noon; Saturday, Sept. 24, 9 a.m. to noon; Saturday, Oct. 1, 9 a.m. to noon. Program funded by Sacramento County Regional Parks, Effie Yeaw Nature Center, Inside Ancil Hoffman Park, 2850 San Lorenzo Way, Carmichael, CA 95608

YOGA AT THE LIBRARY (Adult): Yoga is increasingly popular for its physical and mental benefits. At 1 p.m. on Saturday, Aug. 27, come to the library for a free yoga lesson and experience its grounding calming effects while increasing your strength flexibility and balance. All skill levels beginner to advanced are welcome. Please wear loose clothing and bring a yoga mat. Instructor Joan Howell has been teaching yoga for 20 years. Arden-Dimick Library, 891 Watt Ave., Sacramento

CONCERTS IN THE PARK: THE HUCKLEBUCKS: From 6:30 to 8:30 p.m. on Saturday, Aug. 27, bring your family, blankets and lawn chairs and join us for FREE music all summer long at the Daniel Bishop Memorial Pavilion at Carmichael Park. Food and beverage will be available for purchase and/or bring a picnic dinner to enjoy! The Hucklebuckers have been playing Blues in Northern California for 20 years. They just won the SAMMIE award for best blues band in Sacramento. This is the third time they have won the award. The Hucklebuckers play a mixture of Blues, Roots & New Orleans rock-n-roll. They are led by Doug Crumpacker on Guitar and vocals, Jim Monroe (Sacramento Blues Hall of Famer) on piano and vocals, Dale Lyberger on bass and vocals and Tim Wilbur, drums and vocals. The Hucklebuckers have 4 CD's out: Coastin', Everybody's in the Mood, Hip Shakin' Woman and Juke Box Blues.

the Saturday Sept. 10 sale at the warehouse of the Friends of the Sacramento Public Library. The warehouse is at the rear of the Friends' store at Suite E, 8250 Belvedere Ave., just south of 14th Avenue between Power Inn and Florin-Perkins roads. Plenty of parking is available, but visitors should be careful not to park between the "No Parking" signs on the south side of Belvedere. Sale hours on Saturday will be from 9 a.m. to 4 p.m., with a preview and sale on Friday Sept 9 from 5 p.m. to 8 p.m. for Friends members only (You can join at the door for \$20). Income from the sale helps pay for programs, equipment, and materials local libraries need but can't afford. With more books constantly needed, the Friends will be glad to have yours, too. See a staff member on how to donate. The book store is open weekly on Thursdays 10 a.m. to 2 p.m. and Fri-

days and Saturdays from 10 a.m. to 5 p.m. as well as during the sale. Items there are priced from \$1 up. For more information, call (916) 731-8493 or go to bookden@sacblibfriends.org.

WOODWORKER LIFE COACHING SEMINAR:

Julie Hubbs of Woodworker Life Coaching and Honorary Mayor of Carmichael is hosting a seminar entitled "Keys to Being the Best You - You Can Be." Early registration is \$30. After September 1, it's \$40. Cost includes breakfast and lunch. Chamber of Commerce member event, 8:30 a.m. to noon, Carmichael Elk's Lodge, 5631 Cypress Ave., <http://www.woodworkerlifecoaching.com/2014/04/24/the-keys-to-being-the-best-you-you-can-be-in-2016/>

Parental Rights vs. Public Responsibility

By MICHELE TOWNSEND

The 2016/17 school year is upon us, and the hot topic this year is the changes made to the mandatory vaccine law, prompted by the 2014 Disneyland measles outbreak and historically low levels of vaccinations in some California schools. Senate Bill 277 (SB 277); authored by Senator, and Pediatrician Richard Pan and Senator Beth Allen, is a bill that was signed into law by Gov. Jerry Brown on June 30, 2015 requiring mandatory vaccines for all children entering into kindergarten or seventh grade in any public school, or daycare. This bill has had such strong opposition during its legislative process that Senators Pan and Allen had received multiple death threats and had to be escorted from the capitol by security for their own safety.

Opponents to this law say that by making it mandatory for all children to be vaccinated, it is stomping on the parental right of deciding what they think is the safest way to treat their child's health, and eliminating that decision making power from them. They maintain that "families that do not comply with the one-size-fits-all vaccine mandate, will lose their State Constitutional right for free and appropriate education in public and private k-12 schools. The use of licensed daycare facilities, in-home daycare, public or private preschools, and even after school care programs are also included in SB 277." The authors and those that concur with this bill say that they are not removing that right, or power. They say that they are protecting the rights of all children to go to public school safely. This bill is supported by the California Medical Association.

Professor of Law Doris Rubinstein Reiss gave testimony to the California Senate Judiciary Committee reminding them of their "leeway to require school immunizations, rejected the need of non-medical exemp-

tions, and claimed this bill did not violate the right to education."

One mother in Sacramento said "In America, you have the right to drive also, but there are laws in place to keep people from driving crazy. Those laws are not only there for the safety of that driver, but for the other people that can be hurt as well. The driver didn't mean to hurt anyone else, but he didn't know school hours and thought 50mph in that area would be ok at that time of day! It was an accident that anyone got hurt, but it was one that could have been avoided. That's what I think this law does." Yet another Mother told me "This is America, We have the right to decide what we feel is best for our kids." As a debate began among the parents (None of which wanted to be named) a gentleman said "But, Is it fair to put everyone else at risk because of your belief?" Another stated "If parents put their children in potential harms way in other ways, it is considered neglect or child endangerment. Why is this different?" So, Is it about the parents losing their rights....

or is it that their decision affects many others, in addition to their own children?

In the 2015/16 school year, those entering had three options to avoid the mandatory vaccination requirement; (1) obtaining a medical waiver (these are EXTREMELY hard to get), (2) enroll your child in an independent study or homeschool (non-classroom based instruction such as k12) program or (3) by filling out a "Personal Belief Exemption (PBE) Form" (These were primarily for religious beliefs).

As of July 1, 2016 PBE's are NO LONGER AN OPTION. So, what if vaccines go against your core belief, your spirituality, your religion? Do you have to homeschool your child, or go to a perocial school? Perhaps you do. However, many perocial schools are following the same requirements as the public schools on this topic. You will need to really do some research to find one that does not. However, If your child is already enrolled in school, and is going into any grade besides the seventh grade, your child is considered "grandfathered in", and will not need to be vac-

inated until they are entering the seventh grade. Therefore, if your child is above the seventh grade, they will not be required to be vaccinated. Grades below seventh will be required to be current upon entering the seventh grade.

The law does not, however, prohibit students from accessing special education or related services required by their individualized education program (IEP). Some school districts have constructively exempted special education students due to legal mandates that may open them up for legal challenge. Other districts are insisting all students, including special education services, be vaccinated. You will need to check with your school district if this something that pertains to your child.

Those parents who have chosen not to vaccinate their children, to date, are also up in arms about the amount of vaccine that their child may

have to now be injected with, in order to "catch up". There is a "catch up" schedule that can be reviewed on the California Department of Public Health website www.cdph.ca.gov.

Nurse Mary Covin says, "Why would you not have your child vaccinated when you know you were as a child? Measels and Polio have come back as well as other old time diseases and disorders. These have come back into play, and now there are so many more people that if someone get sick, it's not just a few people that get sick. It's hundreds or thousands!"

Should you have any questions regarding this information, you may contact your school district for further information, or California school's legal council; Parker and Covert Southern California office at 714-573-0900 or Northern California office at 916-245-8677 or visit their website at www.parkercovert.com.



Art of the Car featuring **GARIBALDI**

Friday, November 4, 2016
5:30 p.m. to 9:00 p.m.

Benefiting the California Automobile Museum

Featuring a farm-to-fork dinner, cocktails, live entertainment, and a fabulous auction of art and unique experiences.

Individual Tickets: \$75 -VIP Table Sponsorships available.
To purchase tickets or for more information call **916.442.6802** or visit calautomuseum.org/artofthecar

CALIFORNIA AUTOMOBILE MUSEUM @CalAutoMuseum

2200 Front Street | Sacramento CA | 95818
www.calautomuseum.org



THE 38TH WINES OF CLARKSBURG

WINE TASTING & ART AUCTION
BENEFITING THE CLARKSBURG LIBRARY

SUNDAY, SEPTEMBER 18TH
1:00PM- 5:00PM

HERINGER RANCH
37375 NETHERLANDS RD
CLARKSBURG

Tickets are \$60 per person
Tickets can be purchased at the Clarksburg Library, or online at ClarksburgLibraryFriends.org

WINE TASTING FROM LOCAL WINERIES
FINE ART AUCTION • GOURMET FOOD • LIVE MUSIC

Super Crossword

Answers

POWERAWP ODESSA TR ER
ANALCGUL BIGIOL HENCL
REVILED THEGOODS ETHOS
TITLE FAY OOS SOUCI
TONIAGSIG REOIP SWOMAN
NOGSSINS SAT WAKERS
KNITSTOHTIOH HEAVEN
YENRECHRI RRI RSI
KIMCHI DECAFACTS
STAR HOAGTF FFYORF
LIVEDWITHABLUEDHESOV
ORAMASMINOR MAST
MINEJEAANS TSETSE
GATS ADA PFI I SSS
STROPSIL LUSTRAED
ISOBAR ALE LEODALE
STRAWANDALL CUR SARAN
HAINY ORR GA SEPT S
ATONE LAVINAMAGNCT SM
EULEH TWOWAY TEUC
LFFERS ENROBE FNGORGFIS

- 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

Green Gardening Workshop

Learn how to create a
beautiful, sustainable
landscape at your home.

Spaces are limited

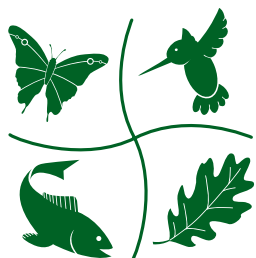
sswd.org

916-972-7171

Sponsored by:



Taught by:



EcoLandscape

CALIFORNIA

EcoLandscape.org

