

ARDEN-CARMICHAEL NEWS

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Happy 100th birthday Angel Bales

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Reminder!

Carmichael Founder's Day this Saturday

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Editor.....Monica Stark
Art Director.....John Ochoa
Graphic Designer.....Annin Greenhalgh
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Advertising Executives.....Linda Pohl, Melissa Andrews

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Arden area church features artwork with Haiku by local artist

The Unitarian Universalist Society of Sacramento presents a solo art exhibit by Sacramento artist Michelle Andres, "The Unity of Community," that began earlier this month and continues to Oct. 31.

Andres' work focuses on the human experience. She incorporates haiku into abstract mixed media paintings. Many of the haiku topics are drawn from her weekly blog, "The Art of The Well Lived Life."

From her artist statement: "My work, largely abstract, explores our human condition, the possibilities of our time here and the choices we make which lead to the creation of our lives. Non-representational abstract work does not so much tell a story to us; it reminds us of our own stories. We may remember a specific time, experience, feeling, or the 'stimulus' may tap into us at the moment of viewing. That connection can speak to different people in so many different ways - each from their own, unique, personal experiences."

As a painter, Andres creates abstract work with paint and resin that focuses on the narrative, using words, haiku, color and texture to prompt responses that resonate with the viewer's personal stories. She ex-



plores the common threads that run through the human experience. Regarding this particular body of work, she says "I hope the viewer will find this art meaningful in a way that is uniquely personal to him or her. I can tell someone a story, but here, I paint a common story we all likely share."

A born artist, yet also trained in psychology and organization behavior, introspection is part of her life and who she is. "When I paint or write I'm able to 'leave myself' and let that introspection flow onto the canvas or page. Each week I write a blog, called 'The Art of The Well Lived Life' which explores human nature, its brilliance and challenges. For this series, I've allowed my visual and written art to work together

through haiku, which is a form of Japanese poetry. When I begin a work, sometimes the writing comes first, but sometimes the painting informs me of the words. It feels natural to me to integrate these aspects of life into one body of work."

Andres also keeps a studio, Studio #1, at ART-HOUSE in the historical R. Street Corridor. The space includes a gallery and collection of artist's studios. Andres' studio is open to the public each First Friday and Second Saturday of the month, and by appointment at 1021 R. St.

For more information visit individual artist's website at: www.michelleandres.com www.facebook.com/michelleandresstudio

Happy 100th birthday to Angela Bales

Angela Bales celebrated her 100th birthday on September 9th at Eskaton Village Carmichael where she has lived for the last 10 years. Her friends and family threw her an intimate party where she was gifted dozens of cards. Angela received many "congratulations" from friends, as it isn't every day someone turns 100 years old. The partygoers enjoyed strawberry filled cake and Angela was delighted to receive a large bouquet of roses from Greg Click, executive director of Eskaton. "Angela is truly a special lady with a courageous and vibrant past," said Click.



Angela was born and raised in Harvey, Illinois, by Italian immigrant parents. In her mid-twenties, she found the courage to leave her secretarial job and traveled alone to San Francisco. After establishing herself in a home for single women, and securing a good job with Union Lumber Co., Angela's brother and sister followed her west, an act she doesn't believe they would have accomplished without her. Before she retired, Angela was as a secretary and legal stenographer for the State of California, where she worked on legislative bills.

Angela has a love for bowling, knitting and traveling — her favorite destination was her ancestral home in Italy. She once visited 11 countries in six weeks, meeting up with a tour in Europe, and making life-long friends. Currently her time is spent corresponding with friends and family on her iPad.

Angela doesn't think about her age and says: "I stay busy keeping up with the times." She feels that each relationship in her life built up her confidence, meant something special, and made her what she is today. "Everything given to me was absorbed from my friends." Angela says she feels fortunate that God has sent her only lovely, kind people to know.



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Matias Bombal's Hollywood

Snowden

The MPAA has rated this R

Open Road Films distributes Oliver Stone's latest movie, "Snowden". The director with a known stylistic flair penned his screenplay from the pages of recent U.S. history and Anatoly Kucherená's book "The Time of the Octopus" which centers in Edward Snowden's release of thousands of classified documents to the press, revealing that the National Security Administration's surveillance techniques violate national law.

Edward Joseph Snowden is played by Joseph Gordon Levitt and the movie sets the viewpoint of the story from the perspective of Snowden's life recalled via flashbacks. He has

chosen to reveal his experience and information to English journalists working for the UK newspaper "The Guardian". Also meeting and photographing Snowden is documentary Laura Poitras, (played by actress Melissa Leo), seen making her documentary "Citizenfour" about his experience. They all meet together clandestinely in a Chinese hotel room to get the news of government secrets.

Zachery Quinto, the new "Spock" of Star Trek, plays journalist Glenn Greenwald. Tom Wilkinson, the wonderful British actor is great in his few moments as a member of the Guardian staff. This picture also stars Nicholas Cage, Scott Eastwood and Shailene



Edward Joseph Snowden played by Joseph Gordon Levitt; Time to tell the truth. Photo: Jurgen Olczyk/Open Road Films

Woodley as Snowden's girlfriend, Lindsey Mills.

This movie is completely engaging with excellent performances over its two and half hour length. The most unsettling performance comes from steely-eyed Rhys Ifans, whose tone in the film is one that makes you nervous throughout.

Regardless of any political view point that you may have about the actions of the real Mr.

Snowden, I looked at this movie on a dramatic basis and on that level it is remarkably good and quite frightening when the idea is presented that the world is under constant surveillance through our own electronic devices that we imagine are only for our personal use. Yes, I was horrified and impressed simultaneously. In the last scene, watch for a cameo from director Oliver Stone; he's in an audience shot. This is a great way to spend two and a half hours.

For more information about "Matias Bombal's Hollywood", please visit: <http://www.mabhollywood.com> for exclusive content @MAB-Hollywood #MABHollywood

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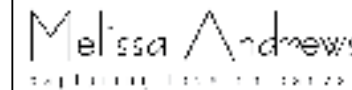


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- 4 Highlanders
- 9 AAA job
- 12 Scatter seeds
- 13 Monastery head
- 14 Years you've lived
- 15 9-Ball setting
- 17 Popular sandwich, for short
- 18 Him (Ger.)
- 19 They can't be compared to oranges
- 21 Thickly entangled, as hair
- 24 Aching
- 25 Playwright

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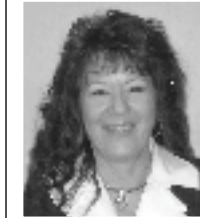
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- 54 Superlative ending
- 28 Do, re and mi
- 31 Occupy completely
- 33 Ph. bk. data
- 35 Colt's mama
- 36 Dervish
- 38 Affirmative
- 40 Falsehood
- 41 Sketch
- 43 Rouse
- 45 Journalist
- 47 Scot's hat
- 48 "— and Peace"

- 6 Recede
- 7 Albright and Falana
- 8 Trample
- 9 Mealttime chat
- 10 Lecherous look
- 11 Drenches
- 16 Illuminated
- 20 Seniors' dance
- 21 Anger
- 22 Opera solo
- 23 Swear
- 27 Lad
- 29 A Great Lake

- 30 Witnessed
- 32 Old Italian money
- 34 Washington city
- 37 Haphazard
- 39 Vacillated
- 42 Relinquish
- 44 Pump up the volume
- 45 Has bills
- 46 Grate
- 50 Trench
- 51 Rowing tool
- 52 Harem room
- 53 Lower limb

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Dennis Newhall fulfilled dream to become a KZAP DJ

By LANCE ARMSTRONG
Lance@valcomnews.com

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

Dennis Newhall was among the DJs who joined Sacramento's legendary radio station, KZAP 98.5 FM, during the 1970s.

And with his hiring by that station in 1972, Newhall fulfilled a personal dream, he explained.

"At Sac State, I got into the radio program, where I got to do a rock 'n' roll show (on the university's student station, KERS), basically pretending I was on KZAP, taking my own records in once or twice a week," he said. "Then in 1972, I got a chance. There was an opening at KZAP and I applied. I got the part-time job on weekends, which lasted for about six weeks, and then I went full time."

Newhall said that he was one of the early listeners of KZAP, which made its debut on Nov. 8, 1968.

"I grew up in West Sacramento and my brother, who was a couple years older than me, and started listening to radio when he was 8," he said. "So, I was 6 years old when 'Hound Dog' was (an Elvis Presley) hit, which means rock 'n' roll had just started.

"And I listened to Top 40 on (Sacramento radio stations) KXOA and KROY religiously, then one day in November (1968) I heard about KZAP, went home because that's where most of the FM radios were at the time, tuned into 98.5 and never went back."

Newhall described KZAP as a much different station than could previously be heard in Sacramento.

"KZAP changed everybody's life when it comes to their entertainment of the day," he said. "When I first heard it, probably no more than a week after it went on the air in November of 1968, I was thinking, 'Wow, this is what we've been wanting.' Instead of hearing 'Sunshine of Your Love' by

Cream and then some maybe middle-of-the-road (format) song or 'Up, Up and Away' - which has its place - we wanted to hear the album tracks that followed 'Sunshine of Your Love' or (various other songs that were not receiving air play)."

In speaking about rock music of the early 1970s, Newhall said, "I've always said the music of the 1960s ended in about 1972, so it was still going strong in 1970 with that great record that Dave Mason put out, and his old band, Traffic, put out 'John Barleycorn.' Eric Clapton was going strong, Mad Dogs and Englishmen with Joe Cocker, that whole group. Leon Russell, all those people were really, really going strong. But not so much on AM radio. It took the FM stations of the time, that were really starting to get the steam rolling, to play a lot of that music."

Newhall also mentioned the next wave of 1970s rock music that included songs by such bands as Lynyrd Skynyrd, Steely Dan and The Marshall Tucker Band.

Newhall recalled the situation that led to KZAP's first ownership change.

"Lee Gahagan, who was the millionaire that owned KZAP killed himself (in 1972)," he said. "And it threw the whole thing into turmoil, because his closest relative was an aunt who had no desire to deal with a bunch of hippies running a radio station in California."

In April 1973, the Federal Communications Commission approved the sale of KZAP from the Gahagan estate to New Day Broadcasting Co., a Sacramento group that was established six months earlier for the purpose of purchasing the station.

New Day Broadcasting, which was led by its president, Ed Beinfahr, and its secretary-treasurer, Don Platt, bought the station for a reported \$200,100.

Gahagan had purchased the station for about \$50,000.

Newhall added that under the new ownership, KZAP took a more pro-

fessional approach to its operations, from advertising to relations in the community.

He also recalled that it was under that ownership that KZAP abandoned its free-form format, which gave disc jockeys the freedom to play whatever music they desired to play. "We had moved away from free-form," he said. "And there was a format, but it was not a restrictive format. Any DJ these days would think it was completely free. Keep in mind that free-form radio was seldom successful. It succeeds when it's on a college campus, because nobody has to make money. It's too scattered to get enough income to pay the people to do it. The reason it succeeded at first is because it was owned by a millionaire."

It was also during Newhall's time at KZAP when the station moved to a different location.

In recalling that part of KZAP's history, Newhall said, "One of the first things (the new ownership) did when they bought the station was try to move out of the Elks Building," he said. "The other problem was having to deal with going up in the elevator every time you wanted to get up to the station, because they had operators at the time who really didn't care much for a bunch of longhairs coming and going."

Newhall spoke about the station's second location, which was acquired in 1973.

"(The new owners) rented the top floor of a three-story building on 9th and J (streets) in Sacramento, across from Plaza Park, which is now Cesar Chavez (Plaza) park, and at the time we called it 'Wino Park,' for good reason," he said. "It was right next to a porn theater. But it was a much better place (with) nice, new interior, new equipment. It was heaven compared to where we were before."

KZAP's ownership changed again in September 1978 with its sale to KLUC Broadcasting, of Las Vegas, for \$1.4 million. The president of that company was Rick Phelan.

About a year later, KZAP's old transmitter on the Elks Building was moved to the north area for improved coverage.

During the same era, KZAP was relocated to new studios off Highway 160.

Under the KLUC Broadcasting ownership, KZAP hired Burchart Abrams to program the station, and through that consulting firm KZAP's ratings rose from 12th to second in the Sacramento market in only three months. And KZAP quickly became the area's number one rock station, surpassing KSFM 102.5 FM "Earth Radio."

KZAP underwent yet another ownership change in 1984, when the station was purchased by Nationwide Mutual Insurance Co. for \$43.5 million.

By that time in KZAP's history, Newhall had long since continued his career at other radio stations.

Newhall said that his departure from KZAP came in August 1975.

"I left KZAP so I could go down to San Jose and work (at KSJO) with the people that had started KSFM in Woodland," he said.

Newhall's time at KSJO, where he was one of that station's two production directors, lasted until June 1976 he was laid off.

A search for a new radio job landed Newhall at KSFM three months later.

His career continued in Sacramento with radio stations, KROY from November 1979 to December 1986 and KSAC from December 1986 until about a year later.

Newhall's work at KSAC proved to be his last full-time work in radio.

In addition to his part-time DJ work at Capital Public Radio from 2005 to present, Newhall established the new 'K-ZAP,' KZHP 93.3 FM, with several other people with radio experience on July 4, 2015 at 9:33 a.m. But because of the station's small reception area, most of its listeners tune in to listen online.



One Blue Friend

One Blue friend says, "I live in a Red state. If I put out a sign it would be seen as...hostile." She says her Red and even Purple neighbors would view the sign as brazen public criticism of their collective Red preference. We all understand this. Lawn signs are speech. Officially, Red and Blue believe in free speech and will defend to the death your right to say almost anything, even when privately aghast at your myopic and wrong-headed grasp of issues. But we also like to get along, and be neighborly enough to borrow emergency coffee. So my friend will vote Blue, but no Blue sign will go up on her lawn.

I live in a Blue state, a Blue city, in a Blue neighborhood and on a Blue block. I would guess my street is 80 percent Blue with a couple of Purples. We have three Reds: a Blood Red, a Generic Red and a Rosy Flair. The Blood Red neighbor listens to Michael Savage (Raw-Gushing-Wound-Red) and sometimes, when he sweeps out front, raises the volume the better

to hear Savage's angry dementia. Everyone generally tries to avoid Blood Red, and not merely because of his aggressive politics. He also has logorrhea (a compulsion to talk incessantly), and likes to parrot Savage's more vulgar insults. This is a great misfortune for the Generic Reds who live directly across the street from him. Blood Red loves Trump and assumes the Generic Reds share the love. But they do not. They are discrete, mannerly Reds, distressed by crass braggadocio. They suffer the embarrassment and perplexity that presently besets a great many of their kind. When I see these pleasant people we speak of hydrangeas and pets, nothing more. The last Red on our block, Rosy Flair, is not registered to vote.

The rest of the block is Blue. True Blue, Bernie Blue, Bold Blue, Union Blue, Lavender Blue, Pastel Blue, Sky Blue. We even have a Shy Blue, a quiet lady in her nineties whose voice drops to a whisper when she hazards a political remark.

There is only one political sign on our block, and no signs at all on the blocks around us. It was the same during the primary. But last week a Blue neighbor said excitedly, "There's a huge Trump sign on Name Withheld's lawn." We drove over to see. Nothing. "They must have taken it down already," she said. "Or maybe somebody tore it down."

We all said, at once, "Kids."

Because no respectable adult, Red or Blue, would tear down a political yard sign, right?

These are fraught times. It's scary to think that our national elections so often depend on a few Purple swing states, forcing candidates to tailor their arguments to appease the typical Purple voter. The Electoral College seems an antiquated system that favors Red and Purple over Blue, rural over urban. This pleases Blood Red but vexes others, especially a Union Blue neighbor whose peace of mind has been permanently rattled by his study of global warming.

Many people avoid talking about politics. This is really too bad because the current presidential race is a fascinating clash of tremendous consequence. Nevertheless the afore-

mentioned prefer neutral conversations about recipes, gyms and furniture. These chats are not thrilling. You can try to avoid politics but eventually may feel compelled to take a stand. I know a Blue divorced woman who began dating via Match.com, but many of her dates turned out to be Reds. Arguments ensued, romances fizzled. So she tweaked her profile and said she only wanted Blues. Then came quite a parade of men who thought we should regulate Wall Street and guns. Another friend, a widower who is a Sky Blue (benignly Blue by habit, and the possessor of a generally benevolent world view) stated on his profile that he preferred Blues but would also try Violets. A Violet arrived. She, however, turned out to be a Red Violet, not a Blue Violet, and she got grumpy when she saw his Blue bumper sticker (put there not by himself but by a Bluer friend). The self-designated Violet had tried to mask her deep Red leanings, but was unable to maintain her cover. (It speaks to her authenticity that she couldn't carry on the pretense). The Sky Blue widower decided to move on and soon met a Bold Blue woman who had written a

book about myth. He was intrigued and soon forgot Red Violet's given name. So politics follows us everywhere, even into E. Harmony.

No matter how tense the current national election is, not everyone has retreated to the Zone of Silent Abiding. A number of us, while avoiding argument with neighbors, are still openly partisan. It makes us less popular in some circles, but those are not particularly stimulating circles. We speak up. When people suggest that the exchanges in this election have plunged both sides to a new low, we reject the false equivalency. One side has gone low, not both. One side has scraped the cultural bottom, not both. We are the people who will say so. We will rebut the received wisdom and media crafted polarities and enter the fray. You know that one political sign on my block? It's mine, and it's True Blue.

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Aloha Festival set for Oct. 1

By LEIGH STEPHENS

If your vacation funds are empty this year, you can still travel to Hawai'i via the 2016 Aloha Festival. This sixth annual festival celebrates all that is wonderful and exotic about our 50th state and the Pacific Islands: world-class food, traditional and modern hula, and the aloha spirit and community of the Hawaiian and Polynesian people.

The Festival will be held Saturday, October 1 from 9 a.m. – 6 p.m. at Cal Expo. Admission is free, but parking is \$10, and the gate opens at 8:30 a.m. The coordinators request no tailgating or outside food or beverages. Last year's Festival drew 15,000 attendees, so because of the expected large attendance, bring your own chairs. The opening ceremony starts at 9:30 a.m.

The Ka'Onohi Foundation, a nonprofit organization, along with community groups is sponsoring the Festival. The Foundation was established to demonstrate, embody and perpetuate the culture of Hawai'i for present and future generations.

The day will be filled with Native Hawaiian and Pacific Islander entertainment, the Cultural Village, the Keiki Korner with arts and crafts for the children, speakers, presentations, educational exhibits, workshops, and merchandise and food vendors.

The Cultural Village is centered on bringing awareness of the Hawaiian/Polynesian culture with everything from music and musical instruments, the history of the lands, and works of art to travel crafts. By immersing individuals of all ages in making an adornment, playing a ukulele or admiring the photography of the dance, lands and people, the Village is able to bring an awakening and understand of the Polynesian way of life.

The Keiki Korner is a wonderful place to have young ones connect and learn about living in the distant Polynesian and Hawaiian Islands. Every little piece of the cultural puzzle is important and connects everybody in some form.

The Main Stage and the Le'AlēA Stage will be swaying with dancers and music throughout the day. The entertainers come from all over California, the Western Region of the United States, Canada, and Hawai'i.



Kumu Cheryl Leilani Cook

Kumu (teacher) Naomi Kalama of North Highlands will appear on the Main Stage with her halau (school), *Ka Pa Hula Kanoehuaokahalema'uma'u 'O Kalama*. The school celebrates its 25th anniversary September 24. Born and raised in Hawai'i, Naomi named the halau after her paternal grandmother who was her first hula teacher. She says her introduction to hula was private and ceremonial, and her beloved tutu (grandmother) died at the age of 92 years.

Kalama was the first kumuhula outside of Hawai'i to bring her school to compete in the world-famous Merrie Monarch in Hilo, Hawai'i in 1980. She has entered her students in many competitions in California, in Las Vegas, and Canada. She is the co-founder of the Organization of Native Islanders of the Pacific, its Alliances and Affairs (ONIPAA).

Aloha Polynesia is an entertainment group that will appear on the Le'AlēA Stage. It is one of Sacramento's oldest Polynesian dance schools and continues to perform in more than 50 shows a year. Kumu Cheryl Leilani Cook says she fell in love with Hawaiian dance as a toddler and has been dancing ever since.

Her dance troop reflects the array of Polynesian dances.

Cook says in 1982, she inherited a dance troop, *Aloha Hawaiian Dancers*, from her former dance instructor. Today the group has been



Aloha Polynesia



Kumu Naomi K. Kalama with her halau.

re-named *Aloha Polynesia*. Kumu Naomi Cook studied under several Northern California hula and Tahitian dance instructors and has participated in thousands of competitions and floor shows.

The Aloha Festival Marketing Coordinator Mahela Ames says, "I became involved with the Sacramento Aloha Festival in its first year, 2011, as a volunteer. It gave me an opportunity to give back to the community. After the first year, I became a marketing coordinator with Anela Freeman. In addition to pre-fest marketing, we are heavily involved the day of the Festival greeting attendees, making connections with the extended Pacific Islander community, and making sure everyone is having a memorable time.

"My favorite part of the Festival is seeing the families from all walks of the community coming together to enjoy, learn and help perpetuate the Hawaiian and Pacific Islander culture.

With the local halaus, artists, entertainers, and vendors coming together anyone can truly feel the sense of aloha and ohana (family). Quite often you will see new connections being made with people relating to their favorite foods, music, arts, and even memories of traveling across the Pacific to Hawai'i and Polynesia."

The Sacramento 2016 Aloha Festival website (www.sacalohafest.org) has more information and event scheduling. Vendor and performance spots are available for the Festival. Food or merchandise vendors should contact Coordinator Leslie Leong at vendors.sacalohafest@gmail.com or Entertainment Coordinator Lahaia Doroen at entertainment.sacalohafest@gmail.com.

Professor Leigh Stephens is retired from the CSUS Journalism and Communications Dept. She also was a visiting professor to the University of Hawai'i for 22 years.

Volunteers needed to help Carmichael nonprofit during United Way's Week of Caring

Volunteers are needed on Oct. 7 from 9 a.m.-1 p.m. to help grade and lay mulch around garden beds at Atkinson Family Services in Carmichael, as part of United Way's Week of Caring where more than 1,500 local residents will spread out across the region to spend a day volunteering with nonprofits, schools and parks Oct. 3-8.

Volunteers at Atkinson Family Services also will fill garden beds with soil, plant seeds for winter crops and prepare pots for a spring butterfly garden. Mariemont Elementary School in Arden also will be a Week of Caring site. Volunteers from Zurich will descend on the campus the morning of Oct. 7 to beautify the front of the school.

"We've held Day of Caring for the last three years and it's been so successful at bringing the community together that we decided to make this year's event an entire Week of Caring," said Stephanie Bray, president and CEO, United Way California Capital Region. "We're offering 40 volunteer projects across five counties that week

so everyone can spend one day caring for their community."

United Way's Week of Caring, sponsored by Nationwide based in Arden, will begin with a kickoff breakfast and rally at the new Golden 1 Center Plaza on Oct. 3 at 9 a.m. To sign up for Week of Caring: www.yourlocalunitedway.org/weekofcaring.

Project sponsors include Community Associations Institute – California North Chapter, Honey Agency, SAFE Credit Union, Safelite Auto Glass, Social Interest Solutions, TaxAudit.com and Zurich. The Sacramento Kings are sponsoring the kickoff rally, and SMUD is a booth sponsor.

Last year, 954 volunteers – including 116 companies and groups – came out on United Way's Day of Caring in September and completed projects with 40 local nonprofits in one day. They volunteered 4,305 hours collectively, valued at \$95,312.

Week of Caring is part of United Way's Square One Project, which recognizes the importance of volunteers in making sure nonprofits and



schools are equipped to provide a full support system for kids. The Square One Project is a 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, the local United Way now believes ending poverty starts in school and is work-

ing to ensure kids meet important milestones for success in college and beyond. To donate or volunteer, visit www.yourlocalunitedway.org. Atkinson Family Services protects, nurtures, and inspires children, adults and families to be successful through residential, behavioral health, educational and vocational programs promoting personal growth and development. For more information, visit www.atkinsonfamilyservices.org.



King Crossword — Answers

Solution time: 21 mins.

AFT	GAE	LS	TOW
SOW	ABBOT	AGE	
POOL	TABLE	BLT	
	IHN	APPLES	
MATED	SORE		
IRA	ROB	NOTES	
FILL	NOIS	MARE	
FAKIR	YES	LIE	
	DRAW	AWAKEN	
ORIANA	TAM		
WAR	DIRTY	POOL	
EST	OVULE	ADE	
SPY	MFTED	RAG	

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Faces and Places:

CruiseFest

Photos courtesy of the California Automobile Museum

Shown here is a collection of photos from this year's American Graffiti-themed CruiseFest, which was held on Saturday, Sept. 10 from 4 to 8:30 p.m., benefiting the California Automobile Museum. In addition to the American Graffiti cars, there were cars from all years, makes, and models, including hot rods, customs, lowriders, pickups, gassers, choppers, bobbers, old dragsters, race cars, as well as a variety of modern exotics like Lamborghini, Ferrari, Porsche and Maserati.



CSUS professor is newest member of Rugby Hall of Fame

By DIXIE REID

Steve Gray loved football as a kid but weighed just 95 pounds in high school and was too small to make the team. So he wrestled instead. Then he went to the University of Arizona on a golf scholarship but admits that he was a "marginal" player.

One day in 1969, when he was a college senior, he saw a notice in the student newspaper: The new rugby club team on campus was looking for players.

"I really had no idea about rugby," he says. "I thought they played with sticks, like lacrosse."

Fast forward to June 2016, and Gray – a professor of recreation, parks, and tourism administration at Sacramento State – was inducted into the U.S. Rugby Hall of Fame in Philadelphia.

He retired as a player in the mid-1990s after 35 years on the back line.

"I played in some old boys' games when I got into my 50s, but the other guys were in their 30s," he says. "Being smaller and quick, I used to be able to avoid everybody, but I slowed down as I got older. It wasn't as much fun when they could catch me."

As a player and coach, Gray was:

- A member of the U.S. Eagles 15s in 1976, the first such team since the 1920s.
- Captain of the first Eagles 7s team, which played in Hong Kong, before 50,000 rugby fans, in 1980.
- Captain and player on U.S. national teams during the 1970s and '80s.
- A member of the overseas international team that competed in Wales during its 1981 Centenary Season Series.

"The British mentality is that rugby is a hooligans' game played by gentlemen, whereas soccer is a gentlemen's game played by hooligans."

–Steve Gray

- Coach of the Los Angeles Rugby Club, as well as club teams at UCLA, San Diego State (the 1987 national 15s champ), UC Davis, and Sacramento State.

Today, Gray is a consultant for U.S. Rugby and travels around the country to certify coaches, and he trains CrossFit athletes at CrossFit Analog. He twice has qualified for the CrossFit Games in the 60-plus division.

Rugby always will be his passion.

"The British mentality is that rugby is a hooligans' game played by gentlemen, whereas soccer is a gentlemen's game played by hooligans," Gray says. "Royalty sent their children to private schools like Eton where they played rugby, which would prepare them to defend and extend the British Empire."

"They felt your character was established on the rugby field. No question that rugby was good for me."



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THURSDAY, SEPT. 22

MOVIE AT CARMICHAEL LIBRARY: Bring your friends and enjoy a movie @ Carmichael Library - Free! Visit Carmichael Library for a list of up-coming movie titles. Today's movie is In the Heart of the Sea Rated PG13 5605 Marconi Ave, Carmichael.

SATURDAY, SEPT. 24

FOUNDERS DAY IN CARMICHAEL: Celebrate 107 years of our Carmichael Community at the annual Founders Day celebration at Carmichael Park from 8 a.m. to 3 p.m.! There will be a pancake breakfast from 8 to 11 a.m. at the Carmichael Park Clubhouse, 5750 Grant Ave. at the Carmichael Park Clubhouse - 5750 Grant Avenue. Fee: \$5 Adults/\$3 Children 12 and under. The Pancake Breakfast is hosted by the Fair Oaks Host Lions Club. Then, from 10 a.m. to 3 p.m. on the corner of Grant Avenue and Fair Oaks Boulevard, there will be a classic car show where you can enjoy one of the largest classic car shows in the area, hot rods, street rods, classics and more! The car show is sponsored by the Cappuccino Cruisers. Other activities throughout the day include: Music, food trucks, vendors, petting zoo and more at the Daniel Bishop Memorial Pavilion. After breakfast catch the John Skinner Band Sacramento at 10 a.m., followed by a Dance with your Dog contest at 11 a.m., dance performances and rounding out the day with our headliner the Dave Russell Band from 12:30 to 2:30 p.m.

BETWEEN THE LINES BOOK CLUB AT ARDEN-DIMICK: Come enjoy a lively discussion from 10:30 a.m. to noon! This month's book is Behind the Beautiful Forevers, by Katherine Boo. The book will be available for check-out at Arden-Dimick Library's service desk for four weeks before the meeting. 891 Watt Ave.

YOGA CLASS AT ARDEN-DIMICK: Yoga is increasingly popular for its physical and mental benefits. Come to the Arden-Dimick Library from 1 to 2 p.m. 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. 891 Watt Ave.

WEDNESDAY, SEPT. 28

MOVIE MADNESS: "THE JUNGLE BOOK": It's movie night at the Arden-Dimick Library from 6 to 8 p.m. This month the library is showing "The Jungle Book" (2016, rated PG). Free film, free popcorn! 891 Watt Ave.

FREE SELF DEFENSE WORKSHOP--NEVER A VICTIM: From 5:30 to 7:30 p.m., the Mission Oaks Recreation and Parks District will hold a self defense program, led by 8th degree black belt Master Linda Reid. This is a FREE hands on workshop, that is

specifically developed to educate and empower women and children ages 8 years and up. During the initial lecture portion of the workshop, participants will learn about the 5-A's (Awareness, Alertness, Avoidance, Action and Attitude), and the psychology of a criminal mind. Next, the participants will be taught our self-defense system designed for everyday people without a martial art background. The Never a Victim Self-defense System consists of 15 everyday movements used as a form of defense and counterattack. By utilizing everyday movements, this system is easy to learn and simple to apply as needed. Swanston Community Center, 2350 Northrop Ave. Space is limited, pre-register today to reserve your place at MORPD.com. For more information about the Never a Victim Self Defense System, visit www.neveravictim.org.

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DIAGNOSING TROUBLED CARS: Learn how to use Mitchell on Demand and Chilton Online Manuals to diagnose your automobile problems. From 10 to 11 a.m. class will be taught by a Certified Mitchell on Demand technician and will cover location of components, solutions to common problems, warranty and recall notices, wiring diagrams and more. 5605 Marconi Ave, Carmichael.

SUNDAY, OCT. 2

INTRO. TO MICROSOFT EXCEL - (4 SESSIONS): Excel is a spreadsheet program used in the workplace. Personal use includes budgeting, tracking investments and creating invoices, charts and graphs. Prior experience with the computer is recommended. Class consists of four two-hour sessions. Classes are Sunday October 2, 9, 16, and 23 @ 9 am. Registration is required. This is an OASIS Connections class.

THURSDAY, OCT. 6

TWEEN THURSDAYS: MAKE A BOT AT THE ARDEN-DIMICK LIBRARY: Hang out with other tweens ages 9-13 on Thursday from 4 to 5 p.m.! Make and take a scribble bot or bristle bot. You'll also explore Little Bits. 891 Watt Ave.

FRIDAY, OCT. 7

ESCAPE THE HAUNTED LIBRARY: Can you escape the haunted library? Play the Arden-Dimick Library live escape puzzle game at 6 p.m. Open to grades 6-12. Refreshments served. 891 Watt Ave. Registration is required to attend

SATURDAY, OCT. 8

WELCOME BACK, SALMON: On Saturday, Oct. 8 at 10 a.m., Friends of the Riverbanks once again welcome back the salmon to Sutter's Landing with activities and games for young people. Salmon hold a sacred place in the river ecosystem and we have been very lucky in our salmon sightings during this event. A couple of years ago a sea lion came down the river and proceeded to play with its catch, tossing a large

BEST BETS

FOUNDERS DAY IN CARMICHAEL: On Saturday, Sept. 24, celebrate 107 years of our Carmichael Community at the annual Founders Day celebration at Carmichael Park from 8 a.m. to 3 p.m.! There will be a pancake breakfast from 8 to 11 a.m. at the Carmichael Park Clubhouse, 5750 Grant Ave. at the Carmichael Park Clubhouse - 5750 Grant Avenue. Fee: \$5 Adults/\$3 Children 12 and under. The Pancake Breakfast is hosted by the Fair Oaks Host Lions Club. Then, from 10 a.m. to 3 p.m. on the corner of Grant Avenue and Fair Oaks Boulevard, there will be a classic car show where you can enjoy one of the largest classic car shows in the area, hot rods, street rods, classics and more! The car show is sponsored by the Cappuccino Cruisers. Other activities throughout the day include: Music, food trucks, vendors, petting zoo and more at the Daniel Bishop Memorial Pavilion. After breakfast catch the John Skinner Band Sacramento at 10 a.m., followed by a Dance with your Dog contest at 11 a.m., dance performances and rounding out the day with our headliner the Dave Russell Band from 12:30 to 2:30 p.m.



Master Linda Reid

8 years and up. During the initial lecture portion of the workshop, participants will learn about the 5-A's (Awareness, Alertness, Avoidance, Action and Attitude), and the psychology of a criminal mind. Next, the participants will be taught our self-defense system designed for everyday people without a martial art background. The Never a Victim Self-defense System consists of 15 everyday movements used as a form of defense and counterattack. By utilizing everyday movements, this system is easy to learn and simple to apply as needed. Swanston Community Center, 2350 Northrop Ave. Space is limited, pre-register today to reserve your place at MORPD.com. For more information about the Never a Victim Self Defense System, visit www.neveravictim.org.

FREE SELF DEFENSE WORKSHOP--NEVER A VICTIM: On Wednesday, Sept. 28 from 5:30 to 7:30 p.m., the Mission Oaks Recreation and Parks District will hold a self defense program, led by 8th degree black belt Master Linda Reid. This is a FREE hands on workshop, that is specifically developed to educate and empower women and children ages

salmon in the air for many minutes before eating it. What will we see this year? Come by on Saturday, October 8 and find out.

SUNDAY, OCT. 9

NATUREFEST 2016: Mark your calendar now for NatureFest, Effie Yeaw's largest family event of the year! NatureFest promotes science & nature education and outdoor recreation, and is an excellent opportunity to learn more about local organizations that support our community. Event goes from 10 a.m. to 3 p.m. The event includes live animal shows, kids activities, demonstrations, guided nature hikes, and family-friendly food on the beautiful Nature Center grounds. Enjoy animal shows from Wild Things on the main stage and close up visits with the Nature Center's own ambassador animals at Critter Corner, plus many more creatures of all shapes and sizes! And back by popular demand - the Kids Logo Contest!! Kids - enter your design and it could be chosen as the new NatureFest logo! We need a new logo for NatureFest, and we want to see what YOU come up with. Have your parent download the Entry Form and submit it, with your design, to the Nature Center before 3 p.m. on October 9, 2016. Contest rules and winner prizes are on listed the entry form.

NatureFest Admission (at the door): Adults - \$5; kids 12 and under - free; event parking FREE Questions? Contact us at (916) 489-4918 or info@sac-naturecenter.net.

The Effie Yeaw Nature Center is located inside the Ancil Hoffman County Park: 2850 San Lorenzo Way (off Tarshes Drive), Carmichael.

SATURDAY, OCT. 15

TWENTIETH CENTURY FOX: A CENTURY OF ENTERTAINMENT @ ARDEN-DIMICK: Get a behind-the-scenes glimpse at Fox Studios from 2 to 3 p.m. as author Michael Troyan present highlights of the studio's first 100 years - particularly the important founding members, movie stars and films. The author will also share the history of their studio lots - including the historic Century Ranch near Malibu - and share some fun clips and rare footage from the studio. Copies of the book will be available for purchase.

THURSDAY, OCT. 22

MONSTER BASH AT THE SACRAMENTO CHILDREN'S MUSEUM: Visit the Sacramento Chil-

See Events, page 15

Events:

Continued from page 14

dren's Museum for a night of superhero fun at the annual Monster Bash! Guests are encouraged to gear up for Halloween by wearing their best costume and come play the night away at the Museum. They'll have a DJ, dancing, refreshments, photo opportunities with Spiderman and Captain America, and Museum play, too! Also, guests who wear a costume to the Museum on October 31 from 10 a.m. to 2 p.m. will get free admission. For more, visit www.sackids.org: 2701 Prospect Park Drive, Rancho Cordova, CA 95670

Upcoming

INVITING ALL INSTRUMENTALISTS AND VOCALISTS TO PERFORM AT THE SACRAMENTO YOUTH SYMPHONY PRESENTS SYMPHONY OF 2000: The Sacramento Youth Symphony is inviting all instrumentalists and vocalists of the Sacramento Valley region to come and participate in the Symphony of 2000, a unique orchestral and choral experience. People of all ages and abilities are invited to choose and perform as many as they would like from the selection of classical and well-known compositions that include Mozart's Eine Kleine Nachtmusik, Handel's "Hallelujah Chorus" (from the Messiah), Amazing Grace, and Sousa's Stars and Stripes. This is a grand event for instrumentalists, vocalists, or spectators alike, as the Symphony of 2000 makes Sacramento history again. Tickets: \$25 participation fee for instrumentalists and vocalists. Participants register online at www.sacramento-youthsymphony.org/symphony-of-2000. General Admission \$20. Tickets available at Community Center Theater Box Office or at <http://www.sacramentocommunitycentertheater.com/Events>. More details are as follows: Sunday, Nov. 20 at 4 p.m. at the Sacramento Memorial Auditorium, 1515 J St. Contact: Sacramento Youth Symphony, Vicki Schaevitz, vicki@sacramento-youthsymphony.org or at 731-5777.

Send us your updated event announcements.

E-mail: editor@valcomnews.com

District's teachers of the year honored by county; Harshbarger and Ward named Sacramento County's teachers of the year

San Juan Unified's 2017 teachers of the year, Nichole Harshbarger and Bradley Ward, were among 16 teachers recently recognized at an awards program hosted by the Sacramento County Office of Education.

Harshbarger, who teaches first grade at Kingswood K-8, was named one of Sacramento County's Teachers of the Year. She will now advance to the statewide competition where five teachers will be chosen as California Teachers of the Year.

Harshbarger has worked for San Juan Unified for the past 12 years, starting out at Skycrest and Dyer-Kelly elementaries. She has taught at Kingswood since 2006.

In her application, she wrote of the many hats she wears.

"I would recommend teaching to anyone who wants to be a mom, a dad, a nurse, a friend, a reader, a scientist, a mathematician, a musician, an explorer, a listener, a speaker, a behavior analyst, a psychologist - all in one day."

Ward has been teaching in San Juan Unified schools for nine years, and currently teaches AVID and English at Mesa Verde High School.

The awards program will be rebroadcast by the Sacramento Educational Cable Consortium on Oct. 4, 6 and 8.

Congratulations to both Harshbarger and Ward.

Source: San Juan Unified School District



Nichole Harshbarger



Bradley Ward

Art of the Car
 starring **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

Learn Italian!
 At the official Italian Language School of the Italian Cultural Society

Weekdays / Weeknights • Beginner to Advanced Levels
Children's Italian Language Classes for ages 3 - 12

Fall Italian Language Classes Begin
 Week of 26 September, 2016!

Classes Meet for Two Hours Each Week • Two Campuses:
 Italian Center, Carmichael, 6821 Fair Oaks Blvd., Carmichael 95608
 Sacramento Sierra 2 Center, 2791 24th Street, Sacramento 95818

Register Now at
www.italiancenter.net
 or call 916.482.5900

- EVENT LISTING SECTION -

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

Call (916) 429-9901 for rates.

CRAFT FAIR - 38th year

St. John the Evangelist School
 Over 150 Crafters!

Fri., Dec. 2, 5-9 p.m. (\$5.00)
 Sat., Dec. 3, 9 a.m.-7 p.m. (FREE)
 Sun., Dec. 4, 9 a.m.-3 p.m. (FREE)

5701 Locust Avenue, Carmichael

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

Summer's Gone Less Water For Your Lawn

REDUCE SPRINKLERS IN FALL

RECOMMENDED WATERING DAYS

- **Even Numbered Addresses (0, 2, 4, 6, 8):**
Wednesday, Friday and Sunday
- **Odd Numbered Addresses (1, 3, 5, 7, 9):**
Tuesday, Thursday and Saturday
- **Required watering hours:** Before noon or after 6 p.m.



* Registered weather-based irrigation controllers and drip irrigation systems are not subject to watering days restrictions

And remember to visit the [Sacramento Suburban Water District \(SSWD\) website](http://Sacramento Suburban Water District (SSWD) website) to find rebates that will help you conserve water and save money. Rebates are available for:

- WaterSense-labeled weather-based sprinkler controllers
- Drip irrigation systems
- Water-efficient sprinkler heads
- Pool covers
- Rain sensors



BeWaterSmart.info



sswd.org