

ARDEN-CARMICHAEL NEWS

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

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

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Vol. XXV • No. 21

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Cover by:
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Photo courtesy

Making Their Home and Garden Ready for the Rain

Bob Price and Anne Moore took the call to conserve water to heart and decided to make water efficiency a big part of their home and landscape renovation plans.

They redid their roof and installed gutters and did so with the goal of capturing as much rainfall as possible. Their new gutters feed into five cisterns, three 860 gallon tanks and two 530 gallon ones, that will help to provide water for their landscape. Bob built the foundation for the tanks and his roofer sourced and installed the tanks.

This may sound like a lot of storage, but consider that every inch of rain that falls on the roof catchment area (square footage of a house, plus the extension of the eaves) can potentially generate .623 gallons of water. If a house has a 1,000 feet catchment area and receives one inch of rain, that's over 600 gallons of water that could be collected.

"Our goal was to create a way to keep as much precipitation on our property as possible and eliminate any run off," Bob said. "The tanks will provide supplemental water for our landscape, pool and fountain, and what they don't capture will help to replenish the groundwater."

Even a system this size won't be able to collect all of the rain, so they also made a por-

tion of their yard into a rain garden. A rain garden is a shallow, landscape depression that captures the rainwater that runs off the roof or pavement. The rain is directed to plants, instead of being sent out into the street and the storm drains.

EcoLandscape California has information on how to create a rain garden in the Sacramento area at <http://www.ecolandscape.org/riverfriendly/raingardens/raingardens.html>

In their backyard, they removed all of the grass, cut down the invasive bamboo and planted a variety fruit trees, including apples, limes, plums, nectarines, and peaches, along with low-water use native plants, including poppies, yerba buena and blue-eyed grass. The new trees and plants are all watered by a drip irrigation system that slowly and deeply provides water to their root systems.

Bob and Anne finished off the yard with flagstone paths and have also set up a bee hive and bought some chickens that are now ranging free in the yard.

"We're so happy with how all the renovations went, and that we can do our part to conserve water and keep the rivers clean."

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Effie Yeaw announces 2016 Fall Camps set for Thanksgiving Week

The Effie Yeaw Nature Center in Carmichael announced the 2016 Fall Camps which are set for Monday, Nov. 21 and Tuesday, Nov. 22 of Thanksgiving Week. All camps are 10 a.m. to 1 p.m., so kids should bring a snack and a water bottle. Depending on the weather, a sweatshirt or light jacket and hat are also a good idea.

Tree Glee (ages 6-7)

Monday, Nov. 21, 10 a.m. to 1 p.m.
\$20 members; \$25 non-members

Trees are important part of our world. Join us for a tree-mendous time of exploring trees and discovering all the amazing things trees do for people, animals and the environment. Bring your snack and water in a backpack for hiking, sketching leaves,

detective work, and of course tree identification!

Be sure to print and complete the Registration & Release form before purchasing a camp online. <http://sacnaturecenter.net/fallcamps.html>

Happy Hikers (ages 8-11)

Monday, Nov. 21 from 10 a.m. to 1 p.m.
\$20 members; \$25 non-members

You will be able to expand your exploration as you hike the 3-mile loop in Ancil Hoffman Park. Will you spot deer and coyote from the top of the bluff? Will salmon splash by as you take a break by the river? Pack your snack and water in a backpack for an outdoor adventure!

Camp 5: Amazing Animals (5 year olds only)

Tuesday, Nov. 22, 10 a.m. to 1 p.m.
\$20 members; \$25 non-members

From fur to scales, fins to wings, discover five fantastic animals at the Effie Yeaw Nature Center and what each animal needs in its habitat. Activities include drawing, meeting an animal up close, making an animal craft and hiking to find the habitat for each of the five animals.

Chinook Shenanigans

(ages 6-7 & 8-11, see below)

Tuesday, Nov. 22, 10 a.m. to 1 p.m.

Session A for ages 6-7

Session B for ages 8-11

\$20 members - \$25 non-members

Let's explore the river's edge! The river is home to many fascinating creatures, but the Chinook Salmon is

"king". Watch for splashing, swirling and a sudden view of tails and fins in search of these impressive fish. Once you are hooked, end the day with fish printing, scale tales, and a taste of this delicious and nutritious fish. Two sessions offered, by age group. Please note session on PayPal menu.

Effie Yeaw is located at 2950 San Lorenzo Way off Tarshes Drive in Carmichael. Visit <http://sacnaturecenter.net/fallcamps.html> for more information.

You can register in three ways on the website using the PayPal menu, via fax/mail by downloading the registration form (also on the website), or via phone by calling the Nature Center at 489-4918.



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The Eastern Oak Park expansion is delayed

Due to contractual delays and the desire to avoid construction during rainy months, the Eastern Oak Park expansion project is being further delayed. Construction of new infrastructure and amenities at Eastern Oak Park are now anticipated to begin during the spring of 2017. New park features are to include an expansive plaza, pickleball courts, a futsal court, an off-leash dog area, new playground equipment, a restroom building, extended walking trails, picnic areas, and added shade among other things. Call the Mission Oaks Park District office at 488-2810. Eastern Oak Park is located at 3127 Eastern Ave.

Source: <http://www.morpd.com/>

Update of the Arcade Creek Recreation and Park District's Comprehensive Master Plan

The Arcade Creek Recreation and Park District invites the residents of the District to attend one or both Community Open House Meetings to provide their input in creating a comprehensive master plan for the provision of facilities, services, events and programs. The input will help to generate a plan for the next 15 years for the District's Board of Directors to set priorities and establish goals for the District. Residents of all ages are welcome to attend and offer their input and ideas for what they want to see in their park and trail facilities.

Meeting places, dates and times: Tuesday Nov. 29, 6 to 7:30 p.m. at Christ Community Church in the multi-purpose room located at 5025 Manzanita Ave., Carmichael. The second meeting will be held Tuesday, Dec. 6, 6 to 7:30 p.m. at the Oakdale Elementary School Gym located at 3708 Myrtle Ave., North Highlands.

Purpose: The updated master plan will form the framework and guide the future provision of parks, recreation, trails and related services for the citizens of the district through the year 2030 and beyond. The Master Plan will contain cost estimates, a financing plan and an associated plan to fund one-time capital improvements and expanded levels of service that will form the basis of the Engineers study/plan for a future potential parcel tax election or benefit assessment district election.

Outcomes: The master plan will develop direction, goals, and priorities for the District for three, five, 10 and 15 years, establishing immediate, mid-range and long term goals.

More information: The Master Plan website is <https://acrpdmasterplanupdate.wordpress.com>; or by calling the Park District office at 482-8377 and speak with Steve Fraher, administrator; or contact Steve by email at <sfraher@acrpd.com>.

Sac State's annual rock auction set for Nov. 18

By CRAIG KOSCHO

Whether you need a unique item for your garden or your end table, chances are you'll find the perfect thing at Sacramento State's annual Rock Auction.

This year's rock hound retreat will run from 6 to 8:30 p.m. Friday, Nov. 18, at the Leslie and Anita Harper Alumni Center on campus. The auction will include more than 200 pieces available in silent and live auctions, plus light appetizers and refreshments, games for children – and a special guest auctioneer.

Sponsored by the University's Geology Club, this year's sedimental soiree will feature 17 exquisite pieces in the live auction. Items will include samples of a fossilized moth, a beautiful piece of labradorite, pink halite, and a stunning amethyst.

The auction grows in popularity and attendance each year. Geology Club President Jared Leisure has an Eastern philosophical explanation for that. "You can pick up a lovely specimen you wouldn't normally be able to find on your own, to complete the feng shui of your house," he says.

Professor Dave Evans will return as host and auctioneer. The event also spotlights a special guest auctioneer each year to call out one of

the items. This year's guest is a familiar face around campus – University President Robert S. Nelsen.

Geology students rely on the auction to provide much-needed funding for field trips. And the commitment from the Sac State community – past and present – makes the auction a success year after year.

"The reason we have such a great fan base is that a lot of people who graduate from Sac State actually work in the region," says Evan Fau, club vice president. "They stay within the circle and give back to the University."

The students' passion for the subject plays a major role as well.

"It's such a broad field," club Secretary Steve Claar says. "There are so many different avenues you can take."

"Geology tells so much history of the Earth," club Treasurer Rachel Beck says. "It's exciting. We live on top of the Earth but really don't know what's going on beneath our feet, so it's fun to learn about earth processes."

For more information on the Geology Department and the Rock Auction, visit csus.edu/geology or call 278-6337. Craig Koscho can be reached at ckoscho@csus.edu, or 278-2970. Source: www.csus.edu/sacstatenews/



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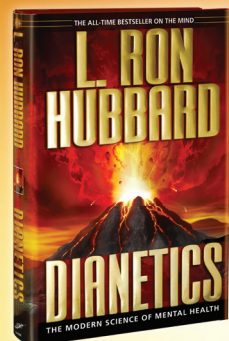
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Mister Cooper's new track makes the big leagues: Pandora!

By MONICA STARK

Sacramento's very own children's musician Ken Cooper, aka Mister Cooper, had to make up something, he said. So, he did it himself. It's a DIY 10-track album called "The Colors of Us." True to name the title track speaks on multiculturalism and the importance of unity while maintaining one's unique identity. And, like many of the musician's songs, this one has a humorous twist at the end.

The album, unlike many of his others, is just Mister Cooper on guitar and vocals. There's no back-up band - no extra singers or banjo. But apparently, Pandora picked up track 2: "Look at that Cat." On his website now, mistercooper.com, folks interested in the music can take a listen. It's about his furry and fat cat Macy Gracy who drives him nuts. "I figured if I wrote a song about her, I'd get a laugh

out of all the frustration. It's working... so far," he says.

Lyrics of "Look at that Cat" are, as follows:

Look at that cat, look at that cat
 She's lying like a rug, flat on her back
 Look at that cat, look at that cat
 She's always under my feet
 Begging for more to eat
 She's furry and she's fat
 Look at that cat, look at that cat
 My cat's a tortie tiger
 I'll tell you what that means
 She has got more catitude
 Than you've ever seen
 She sleeps all day, up all night
 Bouncing off the walls
 I'm lucky I get any sleep at all
 There's shredded toilet paper
 On the bathroom floor
 But I don't know how I could ever love her more
 Look at that cat, look at that cat
 Once I caught her curled up
 In the kitchen sink
 She likes to lick the faucet

When she wants a drink
 She makes the weirdest noises
 When she's lost control
 She thinks my leg is her scratching pole

Born on May 6, 2007, 9-year-old Macy can be described as "a scaredy cat who doesn't like too much light or too much noise and doesn't like to be held, doesn't like to be petted. She sleeps all day and is up all night." But Mister Cooper loves her. Poor Macy has had a little medical difficulty lately but she's feeling better now and Mister Cooper sings the song at local libraries. While supplies last, his current CD is a "\$5 no holler". I guess he figures he can't charge too much since it's just him and a hand-held digital recorder, an album he produced in just about two days.

You can catch Mister Cooper at live library shows, where you can purchase this

affordable gift idea for those kiddos in your life. Oh, and an added bonus with this Mister Cooper album, you get his autograph!

Upcoming Events

Colonial Heights Sing-Along Club on November 10 at 10:00 am - 10:30 am
 Belle Cooledge Sing-Along Club on November 12 at 11:00 am - 11:30 pm
 Colonial Heights Sing-Along Club on November 17 at 10:00 am - 10:30 am
 Belle Cooledge Sing-Along Club on November 19 at 11:00 am - 11:30 am
 Belle Cooledge Sing-Along Club on November 26 at 11:00 am - 11:30 am

For more information, visit mistercooper.com.

If you can't make it to a library show, or your youngster doesn't sing with Mister Cooper at school, you can now order online by



visiting <http://www.cdabby.com/cd/mistercooper7>. You can also listen to samples of all the songs. Please beware of shipping and handling charges. Digital downloads are also available from iTunes, Amazon, and everywhere.



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Matias Bombal's Hollywood

HACKSAW RIDGE

The MPAA has rated this R

Summit Pictures brings us "Hacksaw Ridge", Mel Gibson's latest directorial effort, about one of the great heroes of the United States during the second world war, Desmond T. Doss, who, when serving his country on the treacherous battlefield of Okinawa, never fired a single shot. The combat medic was a conscientious objector, which put him at odds with the men he was training with to fight.

Andrew Garfield sheds his Spiderman suit and into a meaty role as Doss. His fellow soldiers find it hard to believe that he will not even as so much touch a gun in his training and they seriously doubt his effectiveness in combat, but he remains steadfast in his profound belief that he, himself, must not kill. The story begins much earlier, with young Doss and his brother scrapping about the humble family home, where his alcoholic father, who had severed in the great war, is played by the talented actor Hugo Weaving. Weaving masters a very good Midwestern accent in his excellent performance.

There are many Australians in the picture, which was in fact, photographed entirely down under. Every now and then an actor's accent slips into the dialogue. A state-side actor in the cast is Vince Vaughn as Sergeant Howell and in the bloodiest of Okinawa battle zones, the titular Hacksaw Ridge, we see Doss's bravery again and again as he drags men to safety, including his sergeant.

There are many intense scenes of battle in the picture, quite graphic, yet the battles are only approximately twenty-five percent of the screen time, for much of the story plays before the arrival to Okinawa, allowing plenty of time for excellent character development. This is, of course, yet another film on Hollywood's mad craze of true story telling, with this script adapted from the pages of the history of Doss' real life. The real Doss is actually seen and heard just before the credits roll in archival footage and in interview. Although the battle scenes are harsh, this mov-

ie and excellent cast are well worth your time at the movies. Also in the cast: Rachel Griffiths as Doss' mother, Bertha, Teresa Palmer, Sam Worthington and Milo Gibson. Braced for battle scenes, this is one you should see.

DOCTOR STRANGE (2016)

The MPAA has rated this PG-13

Walt Disney Studios Motion Pictures and Marvel Studios bring us "Doctor Strange", presented as an IMAX presentation in IMAX Theatres in 3-D and in regular engagements, but this is just the kind of movie for which IMAX and 3-D are experienced at maximum effect and really is the way you should see this attraction. From the pages of the Marvel comic book comes the screen visualization of the adventures of Doctor Stephen Strange, penned into a screenplay by Jon Spaihts, Scott Derrickson and C. Robert Cargill.

The self-absorbed and somewhat unlikable Dr. Strange, played by Benedict Cumberbatch, is oh-so-sure of himself as the medical and surgical genius of the age. This, whilst his work mates such as Dr. Nicodemus West played by Michael Stuhlbarg and Dr. Christine Palmer, an on again-off again love interest played by Rachel McAdams, recoil at his ego-driven smarminess. The turning point comes when the Doctor defies death in a spectacular texting whilst driving accident. His hand reconstruction takes away the ability to work effectively as a surgeon, even with multiple surgeries by the best specialist on the globe. His funds exhausted and his drive increased to heal, he finds a case of a complete nerve recovery Jonathan Pangborn, played by Benjamin Bratt. On meeting Pangborn he's led to seek a master to assist with different kind of recovery, not that of the world of medicine, but that of mystic arts.

Tilda Swinton delivers one of her delightfully quirky performances as "The Ancient One" a master sorceress who finds abilities in the strange doctor that make him worthy of tutelage. From this mo-



Benedict Cumberbatch is Doctor Strange. Photo: Walt Disney Studios Motion Pictures/ Marvel Studios

ment on, the story delves in to the magical world of sorcery and effects, fantastically rendered and delightful to watch as bad and evil forces that engage with Doctor Strange need not worry about good writing or further character development. This is primarily because anything can... and does happen. Just as the doctor gets into a jam, presto! You can have some new magic whisk him out of it!

Actor Mads Mikkelsen plays Kacilius, the big antagonist out to destroy the good doctor and all sorcery other than his own across myriad dimensions. His voice sounds so much like that of classic Hollywood actor George Macready that I could not stop thinking about it the similarity of it.

The movie itself is all eye candy. Yet that is perfectly OK, because I had great fun watching it. Somehow, it is so much easier to suspend disbelief if the world depicted is so far from reality that the normal earthbound rules of this dimension do not apply. I am very fond of both Rachel McAdams and Michael Stuhlbarg and found them greatly underused in the movie, almost wasted, which with their talents, seems criminal.

Thus, this is not a great movie, or even a memorable one, but I did have fun watching it and that is a value that should not be underestimated when choosing a movie to enjoy in the magnificence of an IMAX presentation. I think you'll have as much fun as I

did. For you Marvel fans out there are two scenes during the final credit crawl, so you want to stay in the theatre till the lights come up or the curtain closes across the screen.

AQUARIUS

The MPAA has not rated this movie

Vitagraph Films distributes the Brazilian movie "Aquarius" starring the singular talent of Sonia Braga, who made her great mark in cinema in "Kiss of the Spider Woman" in 1985. Today, her expressive face holds a lifetime of experience that you feel with each gesture and expression. In this movie she is Clara, 65, living in an a vintage apartment building called Ede. Aquarius, the very apartment where her entire family grew up and the home to her treasured memories, love affairs and celebrations over the years.

The movie is filled with music of all types, for Clara was a noted music critic in this seaside area of Recife, Brazil. Amid the music and memories, she has flashbacks to treasured moments with lovers, family and the beauty that was her home life. With modern construction towering over her vintage 1940s apartment on the fashionable upper-class Avenue Boa Viagem and its view of the beach, it is only a matter of time before her beautiful home will be at risk.

All of the other residents have left, their apartments ac-

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Above the Fray

Handwoven silks and textiles from Laos and Vietnam will be displayed at the Shepard Garden and Art Center

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

Traveling to the remote hilltribe villages in Laos and Vietnam, Maren Beck and Josh Hirschstein of Eugene, Oregon-based Above the Fray personally select hand-woven, naturally-dyed silks and other finely-woven textiles and other traditional craftwork directly from independent village artisans. Holding auditorium-sized public events where they showcase stunning handwoven silks, Maren and Josh will stop next at the Shepard Garden and Art Center (3300 McKinley Blvd.) on Friday, Saturday and Sunday, Nov. 18, 19 and 20 from 10 a.m. to 5 p.m. Friday and Saturday, and 11 a.m. to 4 p.m. on Sunday for a show they've titled "Fine Silks and Tribal Art."

The event also includes models of silk and hemp looms, natural dye materials, and plenty of information about the ethnic groups, textile creation, and the role textiles and arts have played for centuries in these traditional cultures. An on-going slideshow featuring their own photos details the diverse people, including Tai Daeng, H'mong, Dzao, Lao Loum, Akha, Katu, Khamu

and other ethnic groups. "We are eager to share the meaning of the art, the stories behind the artifacts, and details of our family's years of travel and relationship-building in the region," they stated in a press release.

Representing some of the finest, most intricate artistry in the world, the art includes handwoven, naturally-dyed silk shawls and scarves (from \$25 to \$1,000), handspun cotton and hand-embroidered hemp textiles, basketry, jewelry, vintage masks and ritual objects, used tools and more.

Their third annual event in Sacramento, Above the Fray chose the capital city to hold this event for a few reasons, Josh said. "One, it's a day's drive from our home in Eugene (hence our other shows in Portland and the Seattle area). Two, Sacramento has an interesting and interested arts community, without all the hoopla and chaos of San Francisco. Three, it has the fortune of having a great (and affordable) venue for our event, The Shepard Garden and Art Center."

They have many hundreds of unique textiles (most are one-of-a-kind), as well as traditional jewelry (new and used), basketry, tools and ritual art (such as the shamanic "Mun" masks of the



Dzao baby.

Dzao ethnic group of Vietnam). "We'll fill the 2,000 square feet of the Shepard Garden and Art Center with more in bins under the table," Josh added.

"All the silks and other items we sell have already been purchased, almost always directly from the artists, at fair-market cost in a strong effort by us and the local artists to strengthen and maintain their cultural identity in a dynamic world. We are passionate about supporting the artists, and their traditional methods, materials and processes for creating some of the world's finest art," he said.

While Maren grew up in a house full of looms and natural-dye materials and has a good working knowledge of the weaving arts, (She used to sew all of her own clothing and quilt too!), "in truth, when you see the precision of these silks and other textiles it is a little daunting to 'jump in' as a hobbyist. In Laos, most weavers begin to learn the art at about 6-7 years old... Our kids are now 23 and 20 years old (one a college grad, and the other currently at Bard College) and the years of immersion travel definitely shaped their characters and perspectives," Josh said.



Hmong jeweler



Souksakone's Silk

Photo courtesy

Josh and Maren's love affair with Laos and its world class textiles began about 12 years ago while taking a "rugged backpack vacation-adventure" with their teen sons during an extended winter break, Josh explained. "Despite the remoteness of the hilltribe villages, especially in Laos' Houaphon Province and Vietnam's Lao Cai Province, we *discovered* some incredible, highly-refined silk art traditions and skills – arts that have been in continuous production and of cultural significance for the people for centuries (the silk art of the hilltribe ancestors goes back three to four thousand years). Further, fate played out that we meet local artists who have become very dear friends. The fact that we have befriended local translators has facilitated our depth of relationship and our knowledge of the tradition and art," Josh said.

In Vietnam, their primary fascination is with the traditional textiles of the Hmong and Dzao (also called Yao or Mien) people of Lao Cai Province. Despite the availability of commercial materials from China, Josh explains that many of the Hmong and Dzao people are still raising their own hemp and cotton to weave their cloth-

ing fabrics, and then painstakingly hand embroidering and appliquéing their culturally identifying patterns on the cloth with silk to make their own clothing. "Many of our friends have an indigo dye pot constantly available in their homes, and teach their children how to raise fiber, weave, and dye the cloth to continue their traditional, culturally identifying clothing. We also buy traditional Hmong jewelry made by a Black Hmong friend," he said.

The silks of the Lao Loum and Tai Daeng people of NE Laos (Houaphon Province) have an intriguing tradition, as the cloths have been used as ethnic markers and as tools for healing for centuries. The complex motifs woven into the fabrics represent the stories and traditions of the people, and they can be used to "re-balance the spirits" of an individual (or even a rice field) to affect a spiritual healing. Although the region is modernizing quickly, there are still traditional shaman healers in this region who practice the art. The regional weaving artists have likewise organized themselves to continue the tradition and find new markets for their arts (such as Sacramento!).

Anyway, Maren and Josh love to explain the art processes, however, and have a model loom, video of weavers, and many of Above the Fray's photos, as well as several books discuss the people and their art to help audiences understand the complex process of making each type of textile. So be sure to catch them when they stop by the Shepard Art Garden Nov. 18-20.

They anticipate a book about their adventures to be released next August by Thrums Publication.

On the web: Dozens of stories about the people they've met on their travels accompanied with photos can be found on their blog at: <http://hilltribeart.com/wordpress/>.

If you go:

What: Above the Fray: Traditional Hilltribe Art presents "Fine Silks and Tribal Art"

When: Friday, Saturday and Sunday, Nov. 18, 19 and 20 from 10 am – 5 pm Friday and Saturday, and 11 am - 4 pm on Sunday

Where: The Shepard Garden and Art Center in McKinley Park, (3300 McKinley Blvd).



KZAP memories remain strong for station's former listeners

By LANCE ARMSTRONG
Lance@valcomnews.com

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

Nearly a quarter century has passed since listeners of 98.5 FM learned that this legendary Sacramento radio station was replaced with a country music station. But many of KZAP's former listeners continue to reminisce about the station.

Bud Gordon

Bud Gordon fondly recalled the early years of KZAP when it operated as a free-form FM radio station.

"Of course, KZAP was groundbreaking," he said. "(Free-form) was just a real good format, and a nice departure from the AM (stations) that we were listening to in the 1960s.

"All my friends and myself, we were all listening to the popular music of the day and it was all AM. We were used to the commercials and the loud noise and all that chatter and then all of a sudden FM came on with KZAP and it was just really quiet, calm and great music. It was a life changer."

Gordon also said that the station's DJs were very memorable.

"And, of course, you can remember the DJs," he said. "They were very good and I think some of them are still working today for other stations.

"There was a female DJ, one of the first female DJs that I had heard," he said. "Helen Meline was her name. This was the early 1970s and I remember that was really refreshing to hear a woman DJ, and she was quite good."

Although Meline left KZAP in the 1970s, she re-

turned to work at the station in the early 1980s.

Donna (Wetterer) Pane

Among the people who attended KZAP's first birthday party in Cal Expo's Building A on Friday night, Nov. 21, 1969 was Donna (Wetterer) Pane.

Performing at the event was the headlining San Francisco band, the Grateful Dead, as well as A.B. Skhy, Commander Cody, Country Weather and Wildwood. And a light show accompanying the music was presented by Rainbow Jam.

Individual tickets for the show were available for \$3.50 in advance at Tower Records, Tower Books, directly from KZAP in the Elks Building and other locations, or at the door for \$4.

Pane, who was one of KZAP's earliest listeners and visitors of the station, said that a unique part of the event was the presence of a giant birthday cake, which was shared with the audience members.

"They passed out birthday cake there, I know it," she said. "I ended up with a box and I was passing it out."

Pane added that Bonnie Gillespie, one of her former Foothill High School Class of 1969 classmates, also attended the event.

Mick Martin

The well-known, local musician and disc jockey Mick Martin recalled an unusual moment in KZAP's history when he was listening to the continuous crackling noise of a record that had finished being played 20 minutes earlier.

"This (crackling noise) goes on for 20 minutes, so I hopped into my car and I drove down to the station and everybody in the studio was on the floor and they were playing Captain Beefheart's (album), 'Trout Mask Replica,' which was one of those four albums if you had to use the men's room, for example, you would put that on.

(A DJ said), 'Mick, can you turn the record back? Just put the needle at the beginning.' So, I sat down and played some different songs. But it was like if somebody didn't do it, nobody was going to do it, because everybody there had smoked too much fun."

Martin said that incident occurred during the ear-



Photo by Lance Armstrong
Mick Martin, a well-known, local musician and disc jockey, is among the people who have fond memories of the early years of Sacramento radio station, KZAP 98.5 FM.

ly years of KZAP when "all the disc jockeys were really celebrities."

Those disc jockeys, he added, included Jeff Hughson, Fred Gaines, Cary Nosler and Charlie Weiss.

Pat Melarkey

Pat Melarkey, who served as a Sacramento County supervisor from 1972 to 1978, recalled being a guest on KZAP.

"I was on there two or three times," he said. "I would talk about county planning and (more). They were very active in local stuff like that. All the other political people, they were on, too. I would say I was on (KZAP) in 1974 or 1975. (KZAP) was very popular."

Bob Gorham

Bob Gorham remembered growing up listening to KZAP.

"I remember all the disc jockeys, all the music," he said. "It was just a great station. It was one of the first stations where you could actually hear the whole album. There was the Grateful Dead, a lot of the music that was coming out of San Francisco.

"I remember it was the first time you could hear the

Grateful Dead music live and discussions about it. I enjoyed the Dead, Quicksilver (Messenger Service), Jefferson Airplane, all the great stuff.

"I remember people would call in (to the station) and ask the disc jockeys, 'Can you play this?' And they would say, 'No,' and hang up on them. It was rude, but it was just sort of great."


Gorham also shared his memories of KZAP's Chan Laughlan (1937-2012), who worked for the station from 1968 to 1978 and was known on the air as Travus T. Hipp.

"I enjoyed all the music, but Sunday nights, Travis T. Hipp was on for three hours at least," he said. "He would do interviews with people. I remember when he had Bob Matsui on and Vic Fazio on. This was at the time when Bob Matsui was going to run for City Council. They were very good interviews. He would get them going and everything."

An article by Ted Bell in the Jan. 5, 1998 edition of The Sacramento Bee notes: "(Hipp) was, and is, a newsman and commentator cut from the same radical mold of

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KZAP:

Continued from page 10

the 1960s with people such as Hunter S. Thompson. He was one of the Roman candles of the 'underground' broadcasting movement that barely exists anymore, but was alive and exploding in Sacramento on KZAP back then."

Tim Hunter

While growing up in Folsom in the 1970s and 1980s, Tim Hunter listened to KZAP.

Among his favorite KZAP DJs were Bob "The Godfather" Galli, Kevin "Boom Boom" Anderson, and Bob Keller, who hosted his noon-time show, the Café Rock on the station. That show continues today on KSEG 96.9 FM, "the Eagle."

Hunter described the old KZAP bumper stickers with their iconic cat image as a sort of currency of his childhood.

"It was like social status to collect KZAP stickers and if you had more than 20 of them, you were like God; you ruled the playground," he said. "They were like trading stock. You could trade them for steelies, you could trade them for marbles, you could trade them for knockers – those big, kind of urethane plastic things that we used to play marbles with.

"I had like 100 (KZAP stickers). There was a pizza place in Folsom and they handed them out every time you bought a pizza and I coerced my parents into going into this pizza place over and over and over. At first you could grab a stack of KZAP stickers before they cracked down on you. And oddly enough, they had great pizza, too. So, it was just a win, win."

K-ZAP 93.3 FM

Gorham, who also recalled listening to KZAP's May Brussels and Cary Nessler, said that he enjoys listening to the 1-year-old, low-powered radio station, K-ZAP 93.3 FM, which includes DJs who worked at KZAP 98.5 FM.

"I enjoy (K-ZAP)," he said. "I get it here in the Pocket in one room and I can't get it anywhere else in the house. It brings back a lot of memories just listening to the music and the stories."

Today's K-ZAP can also be heard through the internet at k-zap.org.

Bombal:

Continued from page 7

quired by a construction company set on demolishing it to build a high rise. She is alone in the building, and does not want to leave. The construction company, politely at first, offers her a nice sum for the apartment, but she refuses. Then the company tries many other techniques to force her to leave, which only makes her fight all the more to keep it.

Braga is magnificent in her portrayal of a woman that will not budge, forced into stress by her situation, yet also invigorated by the conflict to the point that she tells the company "Only on a stretcher will my dead body be removed from this apartment". In a nation that has not yet adapted to the value of the preservation of the buildings in the distinctly different Modern, Moderne, and Mid-Century styles of architecture, her character's strong will of preservation is a magnificent stance against progress without consideration of history. The movie is written and directed by Kleber Mendonca Filho and in Portuguese language with English subtitles.

TROLLS

The MPAA has rated this PG Dreamworks Animation offers the week's kids fare (fun for younger adults, too) with



All glitter, sparkle and music, "Trolls" will be fun for kids. Photo: DreamWorks

"Trolls" a 3-D animated movie in which overly happy trolls are beset upon by the evil and curmudgeonly Bergens who delight in eating them for happiness. Not wishing to be eaten, the trolls flee, with the motto "No Troll Left Behind!"

The years pass and the trolls become lax in their vigilance, thinking not of being hunted, but more about singing, dancing, glitter, sparkles and constant hugging. The chief chef

of the Bergens, ousted from that kingdom when the trolls fled, has been searching for them for years. Chef is voiced by Christine Baranski. A loud party for troll Poppy, a paragon of positivity, alerts Chef to their whereabouts, and they are captured and taken back to the Bergen kingdom for, well, you know, consumption.

Poppy is voiced by Anna Kendrick, her love interest, the depressed and vigilant

Branch, by Justin Timberlake. The cast also features the voice talents of Zooey Deschanel, Russel Brand, Gwen Stefani, John Cleese and Jeffrey Tambor. Will the trolls escape? Fun for kids, visually dazzling with many onscreen jokes for adults, too, this will be a crowd pleaser, but a little too saccharine for my taste. Mike Mitchell directs, Twentieth Century Fox Film Corporation distributes.



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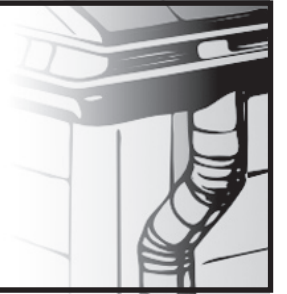
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CAPTAIN UNDERPANTS PARTY AT CARMICHAEL LIBRARY: It's a bird, it's a plane, it's Captain Underpants! Come play party games and crafts based on the crazy adventures of Captain Underpants book series from 2 to 3:30 p.m. Children under 8 must be accompanied by an adult. 5605 Marconi Ave, Carmichael.

EREADER HELP BY APPOINTMENT AT THE ARDEN-DIMICK LIBRARY: Want to read free books on your tablet, eReader, or smart phone? Learn how to download eBooks from the library's website during a one-on-one appointment. Sign up at the Arden-Dimick library service desk. Help will be available from 11 a.m. to noon. 891 Watt Ave.

TECHNOLOGY HELP OFFERED AT THE ARDEN-DIMICK LIBRARY: Don't get frustrated; get help! Book a 45 minute one-on-one technology help session with library staff from 1 to 1:45 p.m. Bring your own device or use one of ours. Whether you're having a problem with email, the Internet, difficult software, online library services, or some other tech problem, we can walk you through it. Register at the Arden-Dimick Library service desk. 891 Watt Ave.

YOGA CLASS OFFERED AT THE ARDEN-DIMICK LIBRARY: Yoga is increasingly popular for its physical and mental benefits. Come to the 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.

TUESDAY, NOV. 15

NITTING, NATTERING (& CROCHETING!) AT THE ARDEN-DIMICK LIBRARY: Do you have knitting projects you need to finish? Do you enjoy a little conversation with your knitting? With the knitting

group, you can learn some new tricks, and share your knowledge with others. All ages and skill levels welcome from 1:30 to 3 p.m. 891 Watt Ave.

COLORING CLUB PLUS FOR ADULTS AT THE ARDEN-DIMICK LIBRARY: Think you're too old to color? Adult coloring is all the rage! It's fun and a great way to combat stress. Age-appropriate coloring sheets and colored pencils will be supplied. If you'd rather draw, bring your own supplies. 891 Watt Ave.

WEDNESDAY, NOV. 16

Challenges with Aging within the Family Seminar: Come for a 30 minute presentation featuring Dr. Barbara Gillogly followed by a Q&A session at MacFarlane Legal about the challenges of aging and how to navigate through this experience. 6:30 to 8:30 p.m., Location: MacFarlane Legal, 9701 Fair Oaks Blvd.

THURSDAY, NOV. 17

CARMICHAEL MOVIE MATINEE: From 3 p.m. to 5:30 p.m., bring your friends and enjoy a movie at the Carmichael Library - Free! Visit Carmichael Library for a list of up-coming movie titles. The movie will be Sayonara (1957). 5605 Marconi Ave, Carmichael.

CARMICHAEL RECREATION AND PARK DISTRICT GENERAL ADVISORY BOARD MEETING: The monthly advisory board meeting is held the 3rd Thursday of every month at the Carmichael Park Clubhouse, 5750 Grant Ave. from 6 to 8:30 p.m.

SATURDAY, NOV. 19

GERMAN CHRISTMAS MARKET: American River Community Church invites you to the first annual German Christmas Market, an opportunity for local businesses and artisans to display their unique talents. There will be food, lights and music. If you would like to be a vendor, please contact the church. There are spots for over 100 vendors. Cost is \$20 for 1 space, \$30 for 2 spaces, or \$40 for 3 spaces. Whatever you sell, you get to keep all the proceeds. 9:45 a.m. to 5 p.m.; location: American River Community Church, 3300 Walnut Ave. For more information, contact Heidi Cadena at 415-505-5945 or visit http://arconline.org/events/list/?tribe_paged=2&tribe_event_display=list.

See Events, page 15

BEST BET



VIETNAM VETERANS MEMORIAL: Come out to honor and remember Vietnam Veterans at Earl Koobs Nature Area on Friday, Nov. 11 (Veterans Day) from 10 a.m. to 2 p.m. Colors will be presented at 11 a.m. Earl Koobs Nature Area, 5325 Engle Road. For more information, contact Linda Jones at 944-2393.



Photo by Mathew Bedworth

GERMAN CHRISTMAS MARKET: On Saturday, Nov. 19, American River Community Church invites you to the first annual German Christmas Market, an opportunity for local businesses and artisans to display their unique talents. There will be food, lights and music. If you would like to be a vendor, please contact the church. There are spots for over 100 vendors. Cost is \$20 for 1 space, \$30 for 2 spaces, or \$40 for 3 spaces. Whatever you sell, you get to keep all the proceeds. 9:45 a.m. to 5 p.m.; location: American River Community Church, 3300 Walnut Ave. For more information, contact Heidi Cadena at 415-505-5945 or visit http://arconline.org/events/list/?tribe_paged=2&tribe_event_display=list.

— EVENT LISTING SECTION —

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

Please Come...



Craft Fair

Our 38th Year Over 150 Crafters

Friday, Dec. 2	5 – 9 p.m. (\$5 at door)
Saturday, Dec. 3	9 a.m. - 7 p.m. (Free)
Sunday, Dec. 4	9 a.m. - 3 p.m. (Free)

St John the Evangelist School
5701 Locust Avenue • Carmichael, CA 95608

Crockett-Deane Ballet & Deane Dance Center present...

Nutcracker & Christmas Angels
Friday, Dec. 16, 8 p.m. - Preview
Saturday, Dec. 17, 7 p.m.
Sunday, Dec. 18, 2 p.m.

"The Center" 2300 Sierra Blvd.
Preview only - \$7; adults \$15
\$12 Seniors/Students; \$10 Children

(916) 453-0226 • Tickets at door or www.DeaneDanceCenter.com

"HOLIDAY SHOPPE"

Please bring an unwrapped gift for the Children's Home

Nov. 30 - Dec 9th	Fri. Dec. 2 - 11am - 7pm
Weekdays 11am - 3pm	Sat. Dec. 3 - 9am - 4pm
	Closed on Sun. Dec. 4
	Dec. 5th-9th - 11am - 3pm

Casa Gardens Event Center (Sac Children's Home)
2760 Sutterville Rd., Sacramento

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

Events:

Continued from page 14

TUESDAY, NOV. 22

SCI-FI BOOK CLUB AT CARMICHAEL LIBRARY: Sci-Fi book club will explore the exciting and diverse field of science fiction and fantasy : from aliens and spaceships to dragons and wizards. Please bring a snack to share and join us. This month's title is Shards of Honor by Lois McMaster Bujold. The group meets from 6:30 to 7:45 p.m. 5605 Marconi Ave, Carmichael.

WEDNESDAY, NOV. 23

DEER AND FAWN STORYTIME A NATURE-FOCUSED PROGRAM FOR PRESCHOOLERS AND THEIR PARENTS: Mini-naturalists only! Effie Yeaw invites you and your preschooler to join us for a whimsical journey into nature through stories, songs and crafts from 10:30 to 11:30 a.m. And if time allows, you'll meet and learn about one of the center's friendly, resident animals! The program ends before lunchtime, so feel free to bring a picnic lunch or enjoy a short walk in the nature preserve before you head home. Deer and Fawn Storytime introduces preschoolers and their parents to the wonders of the natural world and helps reinforce a lifetime love of learning in children. We hope to see you here! Cost is \$5 per child. (Adult accompanying child is free.). Appropriate for ages 3 and 4. NOTE: NOT a drop-off program - at least one adult must accompany each child. Please no siblings. Pre-registration is required. Program is limited to the first 15 registered children. For more information, visit <http://sacnature-center.net/storytime.html>

UPCOMING

EFFIE YEAW KIDS CHRISTMAS BIRD COUNT!

Jan. 7, 2017 at 9 a.m. - ages 6-10

Jan. 8, 2017 at 9 a.m. - ages 10-16

The annual Kids' Christmas Bird Count (KCBC) is a great FREE event and an exciting opportunity for kids and young adults to get outside, search for birds and enjoy nature! Families can join citizen scientists all over the world and practice finding, identifying and counting birds during a morning bird walk. This year the Effie Yeaw Nature Center and Sacramento Audubon are offering two events to accommodate a larger number of young birders and provide age appropriate experiences. Pre-registration required for participating child and accompanying adult. Effie Yeaw Nature Center, Inside Ancil Hoffman Park, 2850 San Lorenzo Way, Carmichael.

Local school news

Voters approve Measure P

Unofficial results from Tuesday's election show that Measure P – a \$750 million bond to repair and upgrade San Juan Unified's aging schools – has been approved by the community. With all 303 precincts reporting, Measure P received 67.86 percent of the vote. It needed 55 percent to pass.

"We couldn't be more thankful for the generous support that San Juan Unified schools continue to receive from our community," Superintendent Kent Kern said. "Measure P is going to go a long way toward repairs, upgrades and enhancements to bring all of our campuses up to next-generation learning standards - preparing our students for college and careers in an ever-changing world. Thank you for voting and for your support in approving Measure P."

Safety Alert: Arrest of former Camp Winthers counselor

On Monday, Nov. 7, San Juan Unified was made aware that a former counselor at Camp Winthers music camp had been arrested on charges related to child pornography. Sam Kerfoot served as a

counselor at Music Camp in 2013 and 2014. This news saddens and concerns all of us and we are reaching out to law enforcement officials for any additional information that might be pertinent to Camp Winthers families. We will work cooperatively with law enforcement officials to share information as soon as possible.

Anyone who believes they may have information related to this case is asked to contact the SFPD Anonymous Tip Line at (415) 575-4444 or Text a Tip to TIP411 and begin the text message with SFPD.

Principal for a Day event showcases community partnerships

PFAD Community leaders converged on San Juan Unified schools Nov. 4 and became principals for the day, learning about the challenges and rewards that staff and students experience.

At Del Dayo Elementary School, Sacramento State's president taught children the hand signal for "Stingers Up," the university's motto. At Thomas Edison Language Institute, a Good Day Sacramento reporter helped students sing a song in Spanish. And at Mesa



Verde High School, Citrus Heights and Roseville police department representatives gave business students advice before heading into mock interviews.

The volunteer "principals" came from a wide variety of professions and backgrounds, and each made discoveries as they shadowed their assigned principal.

Crandal Rankins visited Dyer-Kelly Elementary and Principal Cassandra Porter. He greeted families and spoke with fourth- and fifth-grade classes, describing the school as a community of "patience, love and commitment ... a village."

Rankins, the founder of a college and career preparatory program called Cross-Over Scholar Athletes, was so inspired by the experience that he quickly composed a poem:

We are caretakers of wonder

We are like master gardeners
With many different kinds of flowers,
Trees, fruiting bearing,
flower producing
Plants that are to be fertilized
Nurtured - pruned; talked to
Encouraged cut back, allowed to grow.

But we as community
Made up of all kinds of supportive

Ability must do our part
To encourage each other
To encourage every child as they

They were our own
Choose to see each child, each
Adult's worth and value.
Take

Our position and do our part
And continue to be those caretakers.

Source: sanjuan.edu

HARVEST FESTIVAL

Original Art & Craft Show

Three days of Shopping, Entertainment & Prizes!

Nov. 18-20

Sacramento

Cal Expo Pavilion

1600 Exposition Blvd.

Fri. & Sat. 10am-6pm; Sun. 10am-5pm

Holiday shopping at its best with 24,000 gifts of American handmade arts & crafts. You're sure to find something for everyone while enjoying all-day entertainment, a kidzone and more.

Save \$2 by donating a non-perishable, unexpired food item to Elk Grove Food Bank Services.

www.harvestfestival.com • 925-392-7300

SAVE \$2

with this coupon on one adult, senior, or military admission
Cannot be combined with other offers.

Shop unique gifts made by over 100 local artists this holiday season!

2016

Crocker Holiday Artisan Market

November 25-27

Friday 12 pm - 6 pm

Saturday 10 am - 5 pm

Sunday 10 am - 4 pm

Scottish Rite Center

6151 H Street Sacramento

CreativeArtsLeague.com

www.facebook.com/crockerholidayartisanmarket

Jewelry, gourmet food items, fiber arts, metal, wood, glass, ceramics, paintings, cards, ornaments, and photos with Victorian Santa!

Crocker Members \$4

Seniors (over 65) & Students \$5

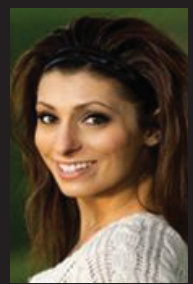
Adults \$6

Children Free

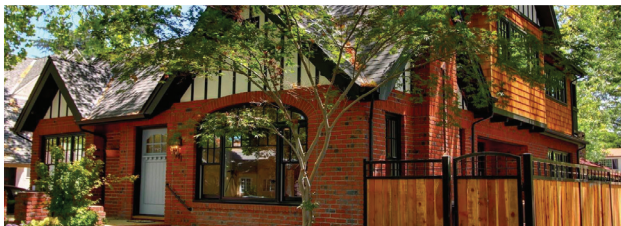
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Meet Our Top 10 REALTORS[®] for October

Lyon Real Estate Fair Oaks Office



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4 Bed • 3 Baths • 2,891 Sq. Ft. • \$1,279,000

Casey Schumacher
502-2051

cschumacher@golyon.com • www.caseyschumacher.com • CalBRE# 01924436



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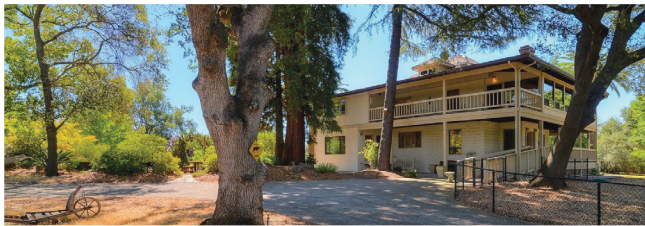


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792-9462

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Monterey Farmhouse • 8321 Hidden Valley Circle



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agitt@golyon.com • www.angelagitt.com • CalBRE# 01132561



Angela Gitt
224-5843

Rancho Cordova • 10866 Waterbrook Way

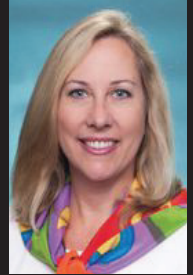


3 Beds • 3 Baths • 2,208 Sq. Ft. • \$404,000

bobbi@golyon.com • www.bobbi.golyon.com • CalBRE# 01875383



Bobbi Bagley
903-4663



Quiet Gated Community • 9564 Calibra Lane



4 Beds • 3.5 Baths • 2,946 Sq. Ft. • \$439,000

Wendy Moore
233-5326

wmoore@golyon.com • www.wendy-moore.com • CalBRE# 01092630



Dream Home In Arden Park • 1571 Castec Drive



3 Beds • 2 Baths • 1,661 Sq. Ft. • \$545,000

Ralph Merideth
798-4570

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Original Owners • 2831 Ashbourne Drive



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aboyd@golyon.com • www.ansonboyd.com • CalBRE# 00936851



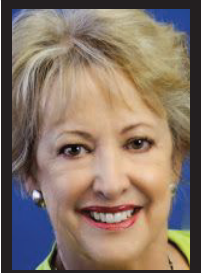
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Heart of Fair Oaks • 4808 Saint Thomas Drive



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Mary London
599-8575



Carmichael Charm • 6220 Rio Bonito



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Kim West Newton
849-8250

knewton@golyon.com • www.knewton.golyon.com • CalBRE# 01956158



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