

ARDEN-CARMICHAEL NEWS

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'Tis the season

50-foot tree to light up Carmichael Park See page 2

- Crossword 5
- Lance Armstrong history feature 8
- Home Improvement Guide 12
- Classifieds 13
- What's Happening 14



Global Winter Wonderland has returned to Cal Expo

■ See page 9

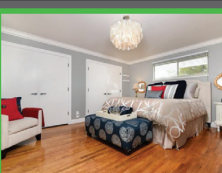


Bel Tempo handbell choir presents a Christmas Journey

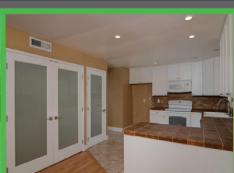
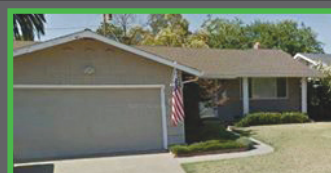
■ See page 11



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File photos by Monica Stark

'Tis the season: 50-foot tree will be lit up in Carmichael Park

The Carmichael Recreation and Park District kicks off the holiday season with their annual tree lighting event at Carmichael Park on Thursday, Dec. 1 from 5 to 8 p.m. Each year, a Coastal Redwood located within Carmichael Park and alongside popular Fair Oaks Boulevard is lit up signaling the start of the holiday season. The tree stands at about 50 feet tall and can be viewed each night through the holiday season. Carmichael Recreation and Park District staff can be spotted atop a 65-foot boom lifting during the week of the event, stringing lights and hanging decorations on the tree. The lighting takes place at 6:15 p.m. promptly and the event also features live music from the River City Concert Band, free arts and crafts for the kids, Santa visits, vendors and plenty of good tidings. Make sure to bring your ap-

petites too. The annual event partners with SactoMoFo to bring plenty of food trucks to help satiate appetites big and small. Participating food trucks include Squeeze Inn, Bacon MANia, On the Fry, La Mex Taqueria, Wandering Boba, Smokers Wild BBQ, Frenchy's Waffles and Cowtown Creamery.

Santa Claus will be on hand to help kick off the festivities and will be available from 5 to 8 p.m. for visits. It's suggested folks bring in one canned good item per child per visit. All canned goods collected at the event will be donated to the Sacramento Food Bank and Family Services, Spirit of Giving food drive.

Admission to the event is free. Event sponsors include the Carmichael Kiwanis Club and the Carmichael Chamber of Commerce. For more information, visit carmichaelpark.com or call 485-5322.

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American River Conservancy announces winter events and hikes for 2016-17

The following programs require pre-registration. No dogs are allowed on American River Conservancy hikes unless stated. For more information, email julie@arconservancy.org or call 530-621-1224 for sign-ups and meeting locations.

A R C o n s e r v a n c y . o r g / A c t i v i t i e s

Born to Roam - Family Exploration Program
2nd Saturday of the Month
10am - 12pm (except December)

Join us for our family program BORN TO ROAM. Volunteer Naturalists Ola Jane and Catherine lead these family exploration hikes once a month. Themes and locations here in the foothills change monthly. All ages welcome. Contact ARC to sign up and for meeting location. Cost: FREE-donations encouraged.

Wakamatsu historical Public Tours (Contact ARC for year-round private tours.)
Saturdays, January 21st & February 19th

The site of the first Japanese colony in America in 1869, the Wakamatsu Tea and Silk Farm Colony is on the National Register of Historic Places and a California registered historical landmark. This 272-acre property features Okei-san's historic gravesite, an 1850's farmhouse, and a turn-of-the-century barn. Rich in cultural and natural resources, the rolling landscape boasts productive farming soils, wildlife habitat, oak woodlands, ponds, and a wheelchair-accessible trail. Onsite is ARC's native plant nursery, orchard, and giving garden. Acreage is leased to farm families who sell their products at the farm. Located on Cold Springs Road in Placerville, Wakamatsu is not open to the public. ARC offers public access via scheduled programs and tours led by trained docents, staff, and volunteers. Mature children 10+ are welcome on tours.

Cost: \$5/Children 10-17 years old, \$10/Adults.

Bird Walk at El Dorado Ranch
Saturday, December 4th
9am-1pm

Join birders Tim & Angela Jackson on this bird-watching expedition on ARC land purchased 2013-2014. Over the past 10 years, the American River Conservancy has completed the purchase of twelve properties fronting the upper Cosumnes River, protecting 5,000 acres of significant riparian habitats beneficial to a number of native fishes, including rainbow trout and fall run Chinook salmon, and other mammals, birds and insect populations. Expect frequent stops to view various songbirds, woodpeckers, and raptors. Ages 10+ welcome. 4 miles with 300 ft. elev. change. Steady rain cancels. Please call for meeting location (area) and to sign up. Suggested donation: \$10.

Reptiles and Amphibians in the Foothills
Thursday, December 8th
6:30-8pm

Join ARC member Thomas Hakanson for a PowerPoint overview of the species that occur between Placerville and Shingle Springs. Thomas has been observing frogs, snakes, lizards, and turtles almost every summer for nearly 20 years. Although professionally an anthropologist, Thomas has been a keen amateur herpetologist since childhood and has searched for reptiles and amphibians in Europe, East and West Africa, and Central America. Ages 10+ welcome. Please call for meeting location (Coloma) and to sign up. Suggested Donation: \$5/members, \$10/non-members.

Capturing Wakamatsu: A Poetry Workshop
Sunday, January 8th
10am-12pm

Taylor Graham, El Dorado County Poet Laureate, and award-winning Sacramento-

See Conservancy, page 4



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Conservancy:

Continued from page 3

area poet Katy Brown, will lead an exploration of farmhouse, barn and surroundings, then ask participants to write a poem inspired by what they've experienced. Any who wish may share their poems with the group and ARC. Children 8+ welcome with adult supervision. Please call to sign up, and for carpool meeting location (Placerville). Suggested Donation: \$5/members, \$10/non-members.

Big Meadow Snowshoe Hike

Saturday, January 14th
8am-4:30pm

Our group will snowshoe from the Big Meadow trailhead on Highway 89 south along the Tahoe Rim Trail to Big Meadow and perhaps beyond to Round Lake, depending on weather and snow conditions. Hike will be led by Steve Clark, an ARC board member and experienced snowshoer. Some snowshoeing experience recommended. Elevation gain 800 ft. Let us know if you're willing to drive. Responsible teens and adults welcome. Weather or road conditions may cancel/postpone. Please call for meeting location (Coloma area) and to sign up. Suggested donation: \$10/members, \$15/non-members. Drivers free.

Local Historic Cemeteries Walking Tour

Saturday, January 14,
10am-1pm

This tour (with the help of GPS) will take us to some of the closest and more overlooked grave sites, including the Jewish cemetery near El Dorado High School, the Uniontown cemetery, and others. Carpooling is encouraged, as we will drive to several cemeteries. Keith Atwater teaches humanities and religions at American River College. An ARC member, former board member, and community volunteer with diversity/tolerance, scouting, and Native American issues, he has lived near Lotus for 23 years. Ages 10+ welcome. Call for meeting location (Gold Hill area) and to sign up. Suggested donation: \$5/members \$10/non-members.

Cronan Ranch hike

Saturday, January 28th
9am-11am

Hike the Down and Up trail to the South Fork American River at Cronan Ranch with newly-inducted ARC hike leader Amy Brinkley. Amy is a Community college librarian, outdoors enthusiast, food and animal lover. Come enjoy the challenging trail, great views of the river, and the rolling prairie on this 5-mile hike. This is a moderate level hike, with ups and downs. Steady rain cancels. Fit 10-year-olds+ welcome.

Contact ARC to sign up and for meeting location (Pilot Hill area). Suggested donation: \$5/members, \$10/non-members.

Ogling Raptors and Sparrows at Salmon Falls Ranch

Friday, February 3rd
9am-12:30pm

Join Point Blue Central Sierra biologist Alissa Fogg on this rugged hike to Salmon Falls Ranch to find soaring raptors, wintering sparrows and perhaps even spy a bobcat. This is an advanced hike of 4 miles elevation gain. Ages 10+ welcome. Rain cancels. Call for meeting location (Salmon Falls/Folsom Lake area) and to sign up. Suggested donation: \$5/members, \$10/non-members.

Wealth Transfer and Estate Planning

Thursday, February 9th
6-7:30pm

Estate planning begins with careful thinking about your goals and where your money will go next. Giving back through charitable contributions and philanthropic involvement can be among life's most rewarding work. It also creates the opportunity to unite your family around shared values and common commitments. Come learn how estate planning and charitable contributions can work for you. Call for meeting location (Coloma area) and to sign up. Cost: Free.



Magnolia Ranch Hike

Saturday, February 11th
9am-11am

Walk the Gerle Loop at Magnolia Ranch with newly-inducted ARC hike leader Amy Brinkley. Amy is a Community college librarian, outdoors enthusiast, food and animal lover. Come enjoy this shaded trail and great views of the river on this beginner level 3-mile hike. Steady rain cancels. Fit 10-year-olds+ welcome. Contact ARC to sign up and for meeting location (Pilot Hill area). Suggested donation: \$5/members, \$10/non-members.

Herbal Medicine Making

Sunday, February 26th
12-2pm

Many people don't know what to do with the herbs they have collected or purchased. In this class herbalist Candis will teach you how to make herbal honey blends, pastes, tinctures,

oils, and salves. Ages 12+ welcome. Please call for meeting location (Coloma area) and to sign up. Cost: \$10/members, \$15/non-members.

Cronan Ranch Hike

Sunday, February 26th
9am-12pm

Hike a longer loop of the Cronan Ranch trails with newly-inducted ARC hike leader Amy Brinkley. Amy is a Community college librarian, outdoors enthusiast, food and animal lover. Come enjoy the variety of terrain, great views of the river, and the rolling prairie on this challenging 7-mile hike. This is a moderate level hike, with some elevation change. Steady rain cancels. Fit 10-year-olds+ welcome. Contact ARC to sign up and for meeting location (Pilot Hill area). Suggested donation: \$5/members, \$10/non-members.

The American River Conservancy is headquartered at the historic Kane House in Marshall Gold Discovery Park, in Coloma, California.

The Nature Center is conveniently located next to the South Fork of the American River and a brief stroll away from where the Gold Rush began and where over 400,000 visitors and more than 70,000 school children visit annually.

We focus on the Upper American River and Upper Cosumnes River watersheds. Ranging in elevation from a few hundred feet to over 10,000 feet, the American and Cosumnes River watersheds encompass a wide diversity of habitats.

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67						68						69		

ACROSS

- Sensitivity
- Greek island
- Up to the time of
- Wife
- Composer Ned
- Edging to street path (Brit.)
- Lose energy
- Biblical parable
- Celery (Spanish)
- Arm bones
- Japanese family emblem
- Customary practice
- Acceptance
- Very fast aircraft (abbr.)
- Cool
- Indian state
- Young boy or girl
- Astronomy unit

- Confederate soldier
- Famed German composer
- Alternate name
- Used to pave driveways
- Artery
- Type of powder
- Inquire too closely
- Northern Ireland
- Connects two points at right angles
- Hot drink
- A newt
- Engine additive
- Wealthy Connecticut town
- Not invited or requested
- Embrace
- Spiritual leader
- Wild or sweet cherry
- Day, actress

- Daughter of Ion
- Recline
- Type of acid
- City in Utah
- Lazily
- Music term
- Divulge a secret

CLUES DOWN

- Very short skirt worn by ballerinas
- Angle between leaf stalk and stem
- Popular in Nebraska
- Dessert
- Cognitive retention therapy
- Wandered
- Mistake
- Adolescent
- Medical term

- Russian tsar's edict
- Type genus of the Nepidae
- High school math class
- Double-reed instrument
- Painful places on the body
- Fiddler crabs
- Resinous substance
- Person of wealth (Brit.)
- Series
- North American plant
- Warble
- Pastries
- Group of eight
- Twyla __, dancer
- Pouch
- Singer Charles
- Cattle genus
- Eye infection

- Where couples go to marry
- Long bench with backs
- Unrestricted free agent
- Talks
- Causal agent
- Nincompoop
- Relating to the aura
- Person of conspicuous wealth
- Type of mottled fruit
- Essential
- Fertility god
- Folk singer Ives
- La __ Tar Pits, Hollywood
- Foot
- Digital audiotape
- Drunk

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Fibromyalgia is Real

Sacramentan to answer questions regarding the misunderstood musculoskeletal disorder

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

It's real. It's not real. The conflicting messages behind fibromyalgia confuse folks who suffer from the musculoskeletal disorder can give one a migraine. On a mission to debunk the myths and share her own experiences, Pocket resident and retired John F. Kennedy teacher Terry McSweeney, a Certified Independent Fibromyalgia Advisor, will hold "an event that can't be missed" on Dec. 2 from 5:30 to 7:30 p.m. at the Robbie Waters Pocket-Greenhaven Library (7335 Gloria Drive) where she will answer questions regarding the chronic disorder millions of people suffer from on a daily basis. "Ten million people across the country suffer from fibromyalgia and deserve to be treated with respect from doctors, alternative practitioners, and family and friends among others," she said.

McSweeney also holds a support group on the second and fourth Mondays of each month from 4:30 to 6:30 p.m. in the back room of the Sunlight of the Spirit church, located at 2314 J St., Sacramento.

The Land Park News caught up with McSweeney and asked our own questions.

1. How do you know that you have Fibromyalgia?

A. It takes a very long time to diagnose, because the symptoms usually do not appear at the same time. Usually a person with Fibromyalgia goes through many medical tests such as blood work, EKGs, biopsies, urinalysis, and so many more. Usually the tests all come back negative. It becomes very frustrating for the fibromyalgia patient, because they know in their hearts that something is really wrong, but the tests say "no."

B. After a fibromyalgia patient goes through these tests a doctor with

knowledge of fibromyalgia should start putting all the clues together to come up with the fibromyalgia diagnosis.

C. This is what finally determines and confirms that a person has fibromyalgia. These vary in level of intensity from person to person.

- a. Fatigue
- b. Waking unrefreshed (feeling like you never slept)
- c. Cognitive (memory or thought) also known as "fibro fog" or "brain fog."
- d. Symptoms lasting at least 3 months at a similar level.
- e. No other health problem that would explain the pain and other symptoms.
- f. Overall body pain
- g. There are 18 tender or trigger points throughout the body. A person with fibromyalgia is tender to the touch in at least 11-12 of these points. In other words being touched in these spots is very painful. This is why a person with fibromyalgia will often say, "gentle hugs please."

h. Other symptoms that fibromyalgia patients may experience;

1. Irritable bowel (IBS-D or IBS-C)
2. Bladder symptoms (overactive)
3. Low blood pressure
4. Dizziness on standing
5. Poor balance
6. Frequent headaches
7. Numbness or tingling in hands or feet
8. TMJ
9. Sleep disturbances: toss and turn, overactive mind, and sleep apnea
10. Sensitivity to loud noises (Genevra Liptan, MD)

All of these add up to an overactive stress response. A person with fibromyalgia is always on high alert. The pain that a person without fibromyalgia might feel is amplified in a person with fibromyalgia.



2. What are some misconceptions about Fibromyalgia?

- a. Only women can be diagnosed with fibromyalgia. This is not true, Men and children as young as 5 years old have been diagnosed with fibromyalgia.
- b. Fibromyalgia is not real it is all in one's head.
- c. If you can't see it, it is not real.
- d. You are lazy. You are a hypochondriac.
- e. Fibromyalgia is a "catch all" diagnosis.
- f. You look great, so you can't possibly be sick.
- g. Exercise is not good for a fibromyalgia patient. (gentle exercise such as stretches or yoga can be very helpful.)
- h. It is a disease, it is a syndrome, Technically it is "A collection of signs, symptoms, and medical problems that tend to occur together, but are not related to a specific identifiable cause. Dr. Liptan does not agree with this theory. She believes there is an identifiable cause that comes from the connective tissue (fascia) which becomes inflamed which includes many pain sensing nerves." She does call it a disease. (Liptan, 2016)

3. What does a group session entail?

Here is a brief overview of what the group sessions will look like. They will be 2 hours in length. It is often difficult for those with fibromyalgia to stay seated for long periods of time. They can, however, get up and move around while the meeting is ongoing.

- a. The first 90 minutes will be sharing their stories with the group and what has worked and not worked for them.

During this time we will use the stories to educate the other group members. This is important because each person that has fibromyalgia will have different pain levels with the variety of symptoms. There is no one way that can be used to lower pain levels or the upsets caused by their other symptoms. In other words there is no cure, but there are different coping strategies and reduction of pain strategies that can work. The participants need to work to find out which strategies will work for them. We will discuss these strategies together to help the participants become empowered to become their own best advocates.

b. The last 30 minutes will be for questions and answers.

c. Each meeting will be based on a topic that concerns each of the group members. There will be guides and handouts to help guide the group members through some of the strategies.

d. At the end of each meeting a goal will be set for each group member to work on during the 2 weeks between each meeting.

e. At the next meeting, we will discuss how each dealt with the weekly goal.

f. Once a month Dr. Dennis Godby (ND), Dr. Ethelbah (ND), or Dr. Damon West (chiropractor) will join us to help answer questions from the participants.

4. Tell me more about the walk: When? Where? How Much does it cost? How

See Fibromyalgia, page 23

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Fibromyalgia:

Continued from page 22

many participants do you expect for the next one?

The 2016 Sacramento Fibromyalgia Awareness Walk took place in front of John F. Kennedy High School on Gloria Drive. There were 25 walkers from not only Sacramento, but Roseville, Auburn, Citrus Heights, and San Francisco. This team came together only a few months before the walk when I was asked if I would lead a walk in Sacramento. I jumped right in and am very proud that we raised "1,400.00. Several of this year's participants have already volunteered to help get next year's walk going. My goal is to have at least 100 walkers next year, more would be great. I would love to start it at the Capitol in the center of downtown Sacramento's action. The walk next year is scheduled for Saturday, May 13th, 2017. May 12th is Fibromyalgia Awareness Day, in fact the entire month of May is Fibromyalgia Awareness Month. I would love to get a proclamation from the Governor to declare May 12th "Fibromyalgia Awareness" day in California. I did not have enough time to do so this year, but will get the paperwork started very soon. There was a \$20.00 registration fee this year. I do not know if that will change for next year's walk. The funds raised are to benefit research for the "Center for Understanding Research & Education of Fibromyalgia" at the National Fibromyalgia and Chronic Pain Association. (NFMCPA)

5. What is your personal story entail with Fibromyalgia?

I was diagnosed with fibromyalgia 9 years ago, but I believe I had it for much longer, maybe 20 years or more. 20 years ago I had colon cancer and went through 1 year/52 chemotherapy treatments. Happily I am cancer free today, but a serious illness, an accident, emotional trauma or distress can bring on fibromyalgia.

By the time I was diagnosed: I had 12 out of the 18 tender trigger points, IBS, TMJ, "Fibro Fog," daily headaches, fatigue, palpitations, shoulder, neck, and back pain, piriformis syndrome, overactive bladder, dizziness, shortness of breath, poor balance, lack of focus, reactive hypoglycemia, and oversensitivity to loud noises. When I was diagnosed 9 years ago, I had expe-

rienced a great deal of sensitivity to touch. It hurt to be hugged. In fact it was so painful I cried a lot. Then one day, I was sitting in the back of my classroom helping a student. There was a student sitting at the computer behind me. He got up from his chair and lost his balance putting his hand on my back to regain his balance. I screamed in pain. Then I went to the doctor. She put all of the symptoms together, and said, "You have fibromyalgia." I cried and said, "You mean I am not crazy. There really is something wrong with me?" There was now a name for my health issues, I was so relieved. This is a feeling that millions of fibromyalgia patients feel on a consistent basis. After that I went on various medications to help bring the pain levels down, help with the depression that often comes with fibromyalgia, help with sleep, anxiousness, hyperactive nerve responses and more. After a while some of the medications did not work and I had to try new meds. Side effects/sensitivity to drugs is common with people with fibromyalgia. I had some side effects that were scary, so the meds were changed. I then decided to retire from teaching after 43 years, the last 13 at John F. Kennedy High in Sacramento. The fibromyalgia symptoms were part of the reason for my retirement. I noticed that when I retired in June 2014 that my symptoms began to get worse, any relief I had was gone. I used to walk every day for 30 minutes or more, but one day I couldn't walk, I was dizzy, my back hurt, and I was having trouble breathing. I thought I was having a heart attack. I wore a heart monitor, saw a cardiologist who said everything was fine and she didn't know much about fibromyalgia. I left her office crying, because I wanted there to be just a little something wrong, so that again I would know I wasn't crazy. That is when I had the epiphany. I had to take control of my medical care, do my own research, and step outside of my comfort zone. As I was doing my research, I came across the website for Tami Stackelhouse, Fibromyalgia Coach. We talked, I hired her to be my coach. This is one of the best things I could have done for myself. She led me down the road to self-empowerment. She led me to practitioners outside of my comfort zone that would put me in charge of my health. All of the practitioners I saw and still see

are a team with me in charge. Tami then opened the International Fibromyalgia Coaching Institute. I was in her first class with 12 other women from across the country and England, graduating on Jan. 31 as a Certified Independent Fibromyalgia Advisor. Each of the graduates has fibromyalgia. This makes a big difference to those we serve.

6. Why did you start the support group? When I found out I had fibromyalgia, my doctor sent me to a support group that was run through my health insurance provider. I walked out the first time more depressed than when I walked in. I was sympathetic to the others in the group, but the entire time the group members complained. There was no sharing of ideas or strategies that could help each of us feel better. I felt for each of the women, but I wanted to learn how to deal with fibromyalgia. Then some doctors spoke: a rheumatologist, pain psychologist, pharmacist, and neurolo-

gist. They each discussed how their specialty dealt with fibromyalgia. This was very informative, but not very compassionate or caring. It was all factual. These practitioners meant well, but they really didn't know how we felt. They did not have fibromyalgia. Last year I tried another support group through my insurance. This time there were 12 women, one of them was me. 11 of them were newly diagnosed and were devastated, crying, not knowing what to do. The insurance co. did not learn their lesson since the last group I had attended. It was all technical information about fibromyalgia, no real understanding of what these women including myself are going through. I had had my diagnosis the longest. I started comforting them and suggesting strategies to the other group members. When the meeting was over, they asked for my number, because they needed someone who understood what they were going through. This was the seed that

has been in the back of mind for the last few years. When I became my own best advocate, hired a coach, went to school, and became a fibromyalgia advisor, I knew in my heart that it was time to start a support group that is compassionate, caring, informative, and educational. I want the group members to become empowered self-advocates. It is my goal to guide them on the pathways to health, hope, and happiness to do exactly that. I want the group members to learn that Fibromyalgia does not need to define their lives. Every person with Fibromyalgia can lead a joyous and fulfilling life. The key to success with fibromyalgia treatment for anyone is team work between the fibromyalgia patient, traditional medical doctor, any alternative practitioners, family, and friends. This is what I want to help with in the support group and my 1-1 advising/coaching business, "Fibromyalgia Pathways to Health, Hope, and Happiness."

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KZAP's legendary 23-year run ended in 1992

By LANCE ARMSTRONG
Lance@valcomnews.com

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

Nearly a quarter century has passed since Sacramento's legendary radio station, KZAP 98.5 FM, went off the air.

The station, which underwent various transitions since its first broadcast from studios on the 13th floor of the Elks Building at 11th and J streets in 1968, was suddenly home to a country music station. The new format was introduced on Jan. 20, 1992.

Known as "Fresh Country" 98.5 FM, the station would soon have its call letters changed to KNCI — after its owner, Nationwide Communications, Inc. — following approval from the Federal Communications Commission.

KNCI made its debut playing mostly new country artists such as Garth Brooks and Clint Black, and mainstream artists such as The Judds and Alabama.

As Sacramento's newest country music station, KNCI also became a competitor of the preexisting and now defunct Sacramento country music station, KRAK 105.1 FM. KNCI replaced KRAK at 105.1 FM

and KRAK moved to 98.5 FM in February 1994.

With the change to the country format at 98.5 FM, a mass exiting of KZAP air personalities occurred, with only News Director Chris Davis being retained.

The transition came quickly as those personalities were informed of the loss of their jobs during the previous day.

Among those who were working at KZAP at that time were General Manager Tom Weidle, and on-air personalities Charlie Weiss (mornings), Dorian MacKenzie (mornings), Bob Keller (Café Rock noon show), Jon Russell (afternoons) and Andy Emert (late nights).

Weiss, who was an original KZAP air personality, was among the station's former DJs who were to be interviewed for this series. But he unfortunately died on Oct. 29.

Weiss spent more time on the air with KZAP than any other DJ in the station's history. And he also has the notoriety of having worked for KZAP for all four of the station's proprietors.

At the time of KZAP's demise, Keller, a 12-year veteran of the station, was on vacation somewhere in the Caribbean. And as a result, he would not learn about KZAP's death until the end of that vacation.

Today, Keller's Café Rock continues as part of the programming of "the Eagle," KSEG 96.9 FM.

Although many longtime, loyal KZAP listeners were shocked to turn on their radios on Jan. 20, 1992 and find that their beloved station had gone country, the death of KZAP did not come as a complete surprise, given the station's decline in ratings.

In 1982, KZAP was attracting nearly a 15 percent share of the audience, but by its last month of operation, a decade later, the station had an audience share of only 2.4 percent.

Once a giant in the local radio market, KZAP experienced a decline that included its ranking as Sacramento's number three ranked rock station behind newcomers "93 Rock," KRXQ 93.7 FM (now 98 Rock, 98.5 FM) and the aforementioned KSEG 96.9 FM.

In early 1990, KZAP stood at number one in the Sacramento market in the age 25-54 Arbitron demographic. But by January 1992, that ranking had fallen to number 11 in the market.

On the day of KZAP's death, The Sacramento Bee ran an article in which Weidle lamented the loss of the station.

"It's like the death of an old friend, but everything has its time and life cycle," he said.

A day later, Weidle told The Bee that the decision for KZAP to change to a country music format was made in early December 1991.

Among the people who have an understanding of the history and legend of KZAP is Edward Fong, who was employed as a KZAP DJ from 1974 to 1979, and once worked the night shift with the slogan, "Edward Fong, All Night Long."

In breaking down the eras of KZAP, Fong commented about the emergence of the hippie movement in San Francisco and the "Summer of Love" in 1967.

"(There was) a strong counterculture and then that very vibrant music scene coming out of San Francisco," he said. "You know, bands like the Jefferson Airplane, the Grateful Dead, Big Brother (and the Holding Co.), Quicksilver (Messenger Service)." Fong, who has spent nearly his entire life residing in Land Park,



Photo courtesy of Jon Russell

Jon Russell, right, sits alongside Charlie Weiss at a KZAP food drive.

also emphasized the timing of the emergence of KZAP and other new FM stations during that counterculture era.

"Right around 1967 and 1968, there were these music stations that were emerging on the FM band that weren't playing Top 40," he said. "They were playing album cuts."

As previously mentioned in this series, KZAP debuted in Sacramento as a free-form FM station that played a very wide range of offerings on Nov. 8, 1968.

Fong described the earliest KZAP DJs as a "ragtag group of hippies" who had a "new toy and were experimenting with it."

Another era of the station that Fong remembers was the early 1970s when the station was owned by Ed Beimfohr and Don Platt.

"(Beimfohr and Platt) started to run it more professionally, and shortly after that was about the time that I joined (KZAP)," he said. "So, the 1970s really was the bridge between the very early days and the later KZAP of the 1980s when it became a significantly more commercial radio station (under a different ownership)."

The aforementioned Jon Russell (born Jon Russell Fortin), who was hired by KZAP program director Chris Miller in August 1979, said that he was among the DJs who was working at KZAP on its last day of operation.

After working at KZAP until December 1981, he returned to work at the station in late 1987. He eventually became the station's music director.

During a recent interview with this paper, Russell spoke about the end of KZAP with a tone of disappointment.

"I was there until January of 1992 when they went country, when they murdered KZAP," he said. "(KZAP) was a special place for a lot of people, but we kind of knew that things weren't well. We weren't comfortable with the decisions that the upper management was making, who they were bringing in as program directors or who they brought in as a morning show and things like that. It was like these guys were making the worst decisions and quite frankly, it sounded bad and the ratings were reflecting that at the time."

Russell added that he believes that a plan was in place to reformat KZAP into a country station for a long time.

"(KZAP) had changed quite a bit, but still at its heart was a good rock station," he said. "But there are people in the upper echelons of radio management that tend to want to mess with the programming, especially when you're in a corporate situation. They researched it out of existence."

"They over-researched the music, they over-researched what should be happening, how it should sound, and I think there were elements in the corporate management at the time that wanted to, for a long time, change that station to a country station, and they finally got their wish. And it was really kind of sad to work for those people at the end, but that's the way it goes."

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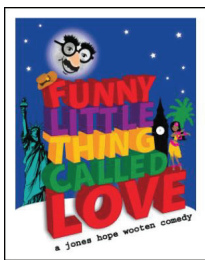
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Global Winter Wonderland has returned to Cal Expo

Global Winter Wonderland is back to Sacramento for a third season with a new theme – Holiday Fun for Everyone. The magical world of light spanning 17 acres at Cal Expo has been unveiled with all new attractions, including massive illuminated lanterns, thrilling rides, an ice skating rink, entertainers and interactive holiday activities and is open for the season until Jan. 8, 2017.

“Our experience in Sacramento has been so wonderful that we decided to stay for a third year to create a holiday tradition that local families look forward to,” said Lulu Huang, event founder. “Along with our brand new theme, Global Winter Wonderland will add hands-on activities to make the experience even more memorable for our guests.”

Global Winter Wonderland will build an interactive craft center to inspire magical moments for children of all ages. The craft center will feature a variety of DIY stations where visitors can create their own ornaments, decorate lanterns or write a letter to Santa Claus. Children can also take their annual photo with Santa at Global Winter Wonderland and the Holiday Ice Rink will return for guests who wish to add an evening on the ice to their holiday experience. Out on the grounds, guests will enjoy a totally new experience as they take in iconic scenes from Toyland, Candyland and the North Pole to celebrate the new theme, Holiday Fun for Everyone. All of the illuminated lanterns are currently under construction, hand-crafted in silk and steel by talented artisans. Event organizers are also searching the globe to bring unique entertainers to perform in the Circus of Light, an action-packed variety show on the main stage.

“For more than 160 years the grounds of the State Fair have provided a constant setting for celebrating and showcasing the best of California, and we welcome Global Winter Wonderland as they present a portion of California’s rich artistry and diversity,” said Rick Pickering, CEO



of the California Exposition & State Fair. Global Winter Wonderland has created nearly 100 local jobs at Cal Expo during the holiday season to staff the theme park from now until January.

About ICEG International Culture Exchange Group (ICEG), the producer of Global Winter Wonderland, was founded by President Lulu Huang to create a multi-cultural festival in the United States. ICEG is the first company in history to bring lanterns to the United States, making Global Winter Wonderland the first and largest lantern festival outside of China. It is a rich tradition that dates back more than 2,000 years. For more information on Global Winter Wonderland and ICEG please visit www.globalwonderland.com.

General admission prices are \$18 for adults and \$16 for children and seniors. Children ages 3 and under are admitted free of charge. Unlimited ride wristbands are \$25. Ice skating is \$12 and includes free skate rental. Group admission is \$14 each for groups with 10 people or more (any age).

Hours vary. Visit www.globalwonderland.com/public/sacramento/plan-your-visit/maps-and-directions/index.cfm for more information.

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There will be three different dates and venues from which to choose:

Friday, Dec. 2, 7:30 p.m. at First Baptist Church of Fair Oaks;

Saturday, Dec. 3, 7:30 p.m., at Faith Presbyterian Church in South Sac;

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The 60-voice River City Chorale has been providing a very eclectic selection of music to Sacramento for forty years, featuring classical, jazz, and Broadway styles.

The Chorale performs three sets of concerts per year; in addition to the Christmas concert, there is the ever-popular Cabaret in March and the Spring concert in May.

Richard Morrissey has been the Musical Director of RCC for 16 years, and brings a wealth of teach-

ing, arranging, composing, and performing experience to the group.

Visit www.RiverCityChorale.org or call 916 331-5810 to order tickets. Christmas concert tickets are \$15 in advance, \$20 at the door, and \$5 for children. Season tickets can be purchased for only \$44, a 20% savings.

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Bel Tempo handbell choir presents a Christmas Journey

The holiday season is a special time of year - the sights, the sounds, the gatherings with friends, the opportunity to reach out and help others who are less fortunate. On December 18 at 4 p.m., 3235 Pope Avenue, you are invited to help others while enjoying an afternoon of holiday music from around the world with Bel Tempo, a community handbell choir sponsored by Northminster Presbyterian Church.

This year's concert, "A Christmas Journey," is a benefit for St. John's Program for Real Change, previously known as St. John's Shelter for Women and Children. The Program provides more than shelter and food. It provides the ability to rise above devastating, negative elements and achieve job-readiness and self-sustainability.

The concert has become a holiday tradition for music lovers of all ages. In addition to handbell music, Bel Tempo will be joined by a soloist on English horn; and a variety of percussion instruments will also be highlighted. Audience members will also have a chance to ring-along with hand chimes and join in a Christmas carol sing-along. There is no fee for the concert. Instead, a freewill offering will be taken to benefit St. John's Program for Real Change.

For more information, call (916) 487-5192 or go to northminsteronline.org.

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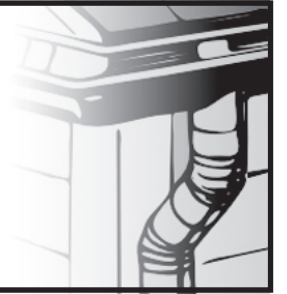
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THURSDAY, DEC. 1

HOLIDAY NIGHT LIGHTS AT SWANSTON PARK: Crafts, treats, lights, free family event from 6 to 8 p.m., 2350 Northrop Ave.

CARMICHAEL PARK HOLIDAY TREE LIGHTING: A 50-foot Christmas tree will be lit up in Carmichael Park. The event happens from 5 to 8 p.m. with the lighting starting promptly at 6:15 p.m. For more information, see page 2.

SATURDAY, DEC. 3

FULTON AVE. HOLIDAY TREE LIGHTING: The Fulton Avenue Association presents the 10th annual Holiday Tree Lighting and gift drive benefiting the Children's Receiving Home. The home is committed to positively impacting the lives of children, youth and families affected by abuse, neglect, behavioral health issues and trauma in California. Area gift drop locations can be found by visiting fultoavenue.com or crhkids.org. Bring a gift to the tree lighting or donate \$1 (or more) to the CRH and get a photo with Santa. The tree lighting event starts at 5 p.m. at Tognotti's Auto World, 2509 Fulton Ave. (on the corner of Fulton Avenue and El Camino Boulevard). There will also be a Christmas tree raffle, music and entertainment, hot dogs, chicken, coffee, cookies and more.

SUNDAY, DEC. 4

NORTHMINSTER PRESBYTERIAN CHURCH CHRISTMAS CELEBRATIONS: Starting at 10 a.m.

with special music, celebration, and God's word. 3235 Pope Ave. For more information, call 487-5192.

SUNDAY, DEC. 11

NORTHMINSTER PRESBYTERIAN CHURCH CHRISTMAS CELEBRATIONS: Starting at 10 a.m. with special music, celebration, and God's word. At 3 p.m., there will be a special family event. A charming mini-musical fantasy for all ages about a monk and his donkey who celebrate Christmas in a special way; followed by a Christmas carol sing-along. 3235 Pope Ave. For more information, call 487-5192.

SUNDAY, DEC. 18

NORTHMINSTER PRESBYTERIAN CHURCH CHRISTMAS CELEBRATIONS: Starting at 10 a.m. with special music, celebration, and God's word. There will be a Bel Tempo Handbell Christmas Concert, benefiting St. John's Program for Real Change. 3235 Pope Ave. For more information, call 487-5192.

RECURRING

CHAUTAUQUA PLAYHOUSE presents "Funny Little Thing Called Love"
Chautauqua Playhouse will present the comedy "Funny Little Thing Called Love" by Jones, Hope and Wooten beginning on December 2nd at the Playhouse. The show will run on Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. through Jan. 15 with an additional matinee at 2 p.m. on Jan. 14. The show

will not play Christmas or New Year's Weekend. The performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$20 general, \$18 seniors/students and SARTA members. Premium seating is an additional dollar. Under a full moon on this unpredictable night of romance, these four rollicking tales take you on an around-the-globe journey of unexpected and hilarious twists and turns! A slick, successful used-car-selling Romeo in Texas is set up by three fed up "Juliets", a group of fun-loving gals from Georgia, accidentally crash a Hawaiian honeymoon in progress, two strangers start to connect in a rooftop London Bistro only to be thwarted by an oddball tourist and an ancient, soursophone playing waitress and finally a man tries to battle his way out of a mid-life crisis with every possible comic distraction! Love conquers all and your sides will ache from laughter! The direction is by Diane Bartlett with the set design by Rodger Hoopman and lighting design by Andrew Fiffick. Costumes are by Salina Donek. The cast includes several local actors and Chautauqua favorites. Information and tickets are available through the Chautauqua Playhouse website: www.cplayhouse.org or call the box office at (916) 489-7529, during business hours.

CHAUTAUQUA PLAYHOUSE CHILDREN'S THEATRE presents "Alice's Christmas Party in Wonderland"

Chautauqua Playhouse Children's Theatre will present the new Holiday Comedy "Alice's Christmas Party in Wonderland" by Warren Harrison (based on the characters of Lewis Carroll), beginning on December 3rd at the Playhouse. The show will run on Saturdays at 1:00 pm through December 17. The performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$8.00 for all seats. Advance purchase of tickets is strongly recommended.

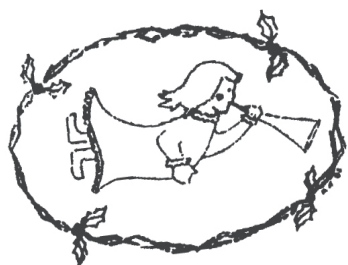
Alice finds a mysterious invitation while decorating the Christmas Tree. She has been invited to the Mad Hatter's Christmas Party. She must travel back to Wonderland to see her friends, but can't be late, or the Queen of Hearts will have her head. Along the way, she is reunited with Tweedle Dum and Tweedle Dee, the White Queen, the Cheshire Cat, the Queen of Hearts and a new character, Beatrice Thesaurus, the Pathkeeper to Wonderland. Songs and riddles and some stolen tarts keep this fast paced story a delight for the Holiday Season! The direction is by Jill McMahon. The cast features Andrea Kersten, Gregory Smith, Lynnette Blaney, Lauren Cooper and a host of other well-known local actors. Information and tickets are available through the Chautauqua Playhouse website: www.cplayhouse.org or call the box office at (916) 489-7529, during business hours.

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Matías Bombal's Hollywood

Arrival

The MPAA has rated this PG-13

Paramount Pictures brings us science fiction with "Arrival" based on the book "The Stories of Your Life and Others" by Ted Chiang, adapted for the screen by Eric Heisserer. Several large spacecraft arrive across the earth, causing widespread global panic as the military from all nations try to determine what is the intent of these UFO's. The United States assigns Colonel Weber (Forest Whitaker) to enlist the aid of a linguist that they have used before, Dr. Louise Banks (Amy Adams), to assist with communication with the aliens.

She agrees to go to a location in the western hemisphere where one such craft hovers over the surface of the globe to attempt to understand just who "they" may be and why "they" have come. Using all of her skills and assisted by scientist Ian Donnelly, played by Jeremy Renner, the two regularly visit the inside of the craft and try to understand and communicate. Will it lead to answers?

This movie, directed by Denis Villeneuve, has visual references that remind one of "2001: A Space Odyssey" and 1951's "The Thing from Another World". I found it one of the most refreshing science fiction movies since "Ex Machina" of a few years ago. Here, at last, is sci-fi without the gimmickry of 3-D and a smorgasbord of visual effects, loud music and disgusting looking monsters or people. Although it may not be a picture that will lend itself to repeated watching due to the way the story unfolds, at initial viewing you are taken by the subtle way that it slowly builds, allowing for great character development and mood. Nothing flashy here, I just loved that.

The idea that we might try to understand the unknown before killing it off out of fear is the strong and wonderful aspect of this story. The shapes of the alien's language, not unlike a drink ring on a Rorschach test, is very organic in appearance and clever. The aliens themselves seemed mysterious and different but not horrifying, making this a great sto-

ry of possibility, and not one of gloom and doom. Of course, the humans of the globe react in fear and threaten violence, a point of the story not lost on me, yet the idealism of Dr. Banks sees us through to a higher human level. The picture also features the talented Michael Stuhlbarg, again somewhat underused. I enjoyed "Arrival" and think you will appreciate its subtle nature. It is an excellent production beautifully realized.

Almost Christmas

The MPAA has rated this PG-13

Universal Pictures offers director/writer David E. Talberts feel good family "dramady" for the holiday season with featuring some of the most popular black actors working in an ensemble. "Almost Christmas" gives you the back story of all of the family members over the years to the present right during the title sequence.

From that moment on, we see this somewhat dysfunctional family as they gather for their first Christmas holiday at home following the death of their



Amy Adams reaches out to touch a new friend from another world. Paramount Pictures.

mother. The father is played by likable Danny Glover and other cast members include Gabrielle Union, Nicole Ari Parker, Jessie T. Usher, Omar Epps, Romany Malco and the irreplaceable Aunt May, played by Mo'Nique. Although this may be marketed to the African-American community, I found this to be a somewhat predictable, but at times very funny picture reflecting the very human nature of family gatherings, a universal experience in

the coming holiday season for folks of every kind.

The story of the gathering offers subplots; a rivalry between two sisters, a philandering husband of one of the two sisters, one young athlete with a pain pill addiction, one son running for public office and the sale by the father of the family home, which he is keeping secret from the family.

You are sure to laugh as much as I did through the more frequent comedy moments of "Al-

most Christmas" in this first Christmas themed movie to be released this year. Hollywood usually waits until Thanksgiving to start the rush, but it seems the Christmas mood comes earlier and earlier every year. This year, we may need a little Christmas.

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