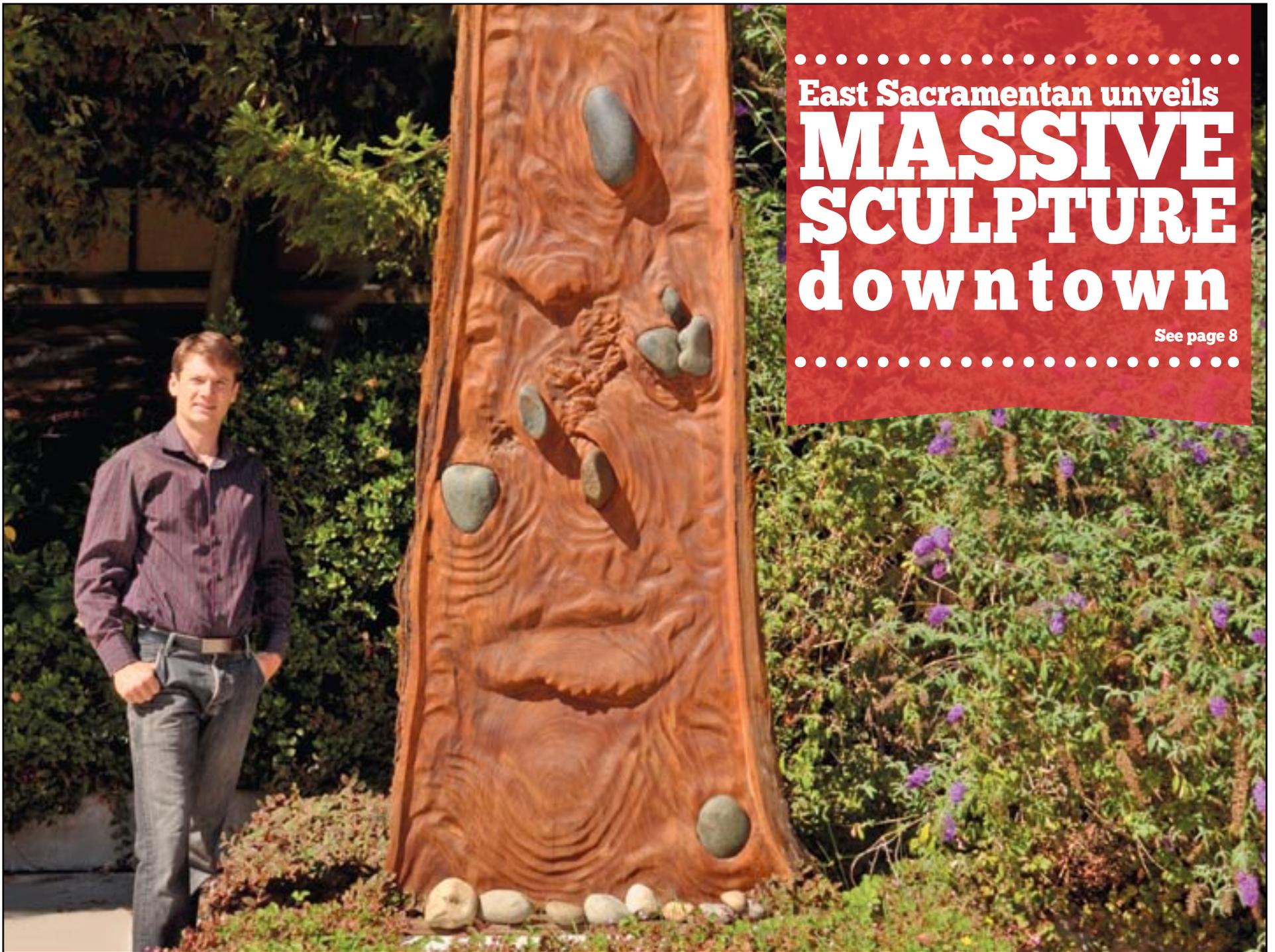


# EAST SACRAMENTO NEWS

October 17, 2013

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**Janey Way Memories**

**Remembering the Sacramento Solons**



By **MARTIN RELLES**  
martin@valcomnews.com

Last week, the Oakland Athletics battled the Detroit Tigers in the American League Division playoff. Sadly, our A's lost the series three games to two.

But I remember another grand baseball team from years past: the Sacramento Solons. Back in the 1950s, when I grew up on Janey Way, the Solons competed against Pacific Coast League opponents such as the Portland Beavers, Seattle Rainiers, Hollywood Stars and San Diego Padres at venerable old Edmond's Field on Broadway and Riverside Boulevard. I attended many of those games with my father, who was a pretty good baseball player himself. In fact, Dad's older brother, my uncle George Relles, started for the Solons back in the 1930's, but that is another story.

The Solons I remember featured players with names like Nippy Jones, Al Heist and Cuno Barragon. Al Heist was my favorite. Around that time, I played center field in the East Sacramento Little League, and Al played center field for the Sacramento Solons. He never disappointed. Al was only an average hitter, but he could field as well as anyone in the league. I remember watching him closely, when a fly ball was hit to center field. He turned his back on the ball, ran to a certain spot, then turned back around and caught the ball. I asked my Dad, "How does he know how far to go without looking at the ball?" Dad said, "He can tell by the crack of the bat." That never failed to amaze me. Al seemed to catch everything that came his way, even once making a diving catch of a line drive to save a no-hitter for one of his pitchers. He in-

jured himself on that play and did not play for the rest of that season, but no matter, he made the catch.

I loved the Solons so much, that I listened to almost every one of their games on the radio. As I recall, radio station KFBK broadcast all of the Solon games. Local announcer Tony Koester did the play by play. I am told that he broadcasted the games from his studio in the Senator Hotel; he didn't actually see them played. He had a spotter on the telephone at Edmonds field who reported everything that occurred - balls, strikes, hits, runs, put-outs. Tony then dramatized the events. When a player hit a ball, Tony tapped his pen against a glass and described the play: "It's a hard ground ball to the second baseman. He's got the ball, and he rifles it over to first for the out." His dramatizations were so realistic; you would never know he wasn't at the game. He even had a sound track of ball-park noises: cheers, boos, etc.

The sad thing about my Solons is that they didn't win a Pacific Coast League championship during the 1950s. They only won it once and that was in the 1940s. However, they always competed and came close to winning the championship several times, but as the saying goes, "always a bridesmaid, never a bride."

By the 1960s, the Giants moved to San Francisco and soon the Solons left Sacramento. Not long after that, they leveled Edmonds Field to build a grocery store: only a plaque remains to commemorate the field and the Solons. The Solons actually returned to Sacramento one more time, playing briefly at Hughes Stadium, but that didn't last long. By that time, local fans preferred to see the Giants or the A's play. Now, my days of cheering for the Sacramento Solons are just another long lost Janey Way Memory.

**Happy Tails celebrates 20th anniversary, joins national initiative to find homes for thousands of animals**

Happy Tails will be celebrating its 20th anniversary with an open house, pet food drive, a vendor fair and free tours of the cage-free adoption center on Saturday, Oct. 19 from noon to 6 p.m. As a part of the celebration, there will be \$20 adoptions available for all pets.

The anniversary coincides with a nationwide movement of shelters that are collaboratively attempting to place thousands of homeless animals into new homes over this coming weekend, Friday through Sunday. Three other local animal shelters -- Sacramento SPCA, Sacramento County Animal Care and the City of Sacramento Front Street Shelter -- will also be offering animals for \$20.

The local effort, aptly named the Empty Our Shelters Project, will provide individuals and families the opportunity to be a part of something big by helping to end homelessness for animals found in shelters.

The goal is to close the doors at local shelters on Sunday, October 20 without an animal left in need of a home; however, the project will be considered a success if the community adopts 500 animals between the four

shelters over the course of the weekend.

For more information on the Empty Our Shelters Project and for an up-to-date count of the number of animals adopted throughout the weekend, please visit [www.sactopet.net](http://www.sactopet.net).

Participating shelters include:  
Sacramento SPCA, 6201 Florin Perkins Rd. (11 a.m. to 6 p.m.)

City of Sacramento Front Street Shelter, 2127 Front St. (11 a.m. to 6 p.m.)

Sacramento County Animal Care, 3839 Bradshaw Rd. (11 a.m. to 6 p.m.)

Happy Tails Pet Sanctuary, 6001 Folsom Blvd.

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George Vaughn  
From left to right: Devin Vaughn, 17, George Vaughn, 45, Lily Tang, 40, Braden Vaughn, age 2, Caitlin Tang, age 13. George Vaughn survived an extremely rare heart operation.

## Sutter doctors save Sacramento resident with extremely rare procedure

Sacramento resident George Vaughn, 45, never had heart trouble. At 6:30 a.m. on Sept. 4, that changed quickly ... and dramatically.

While taking a shower that morning, Vaughn had a cardiac arrest and fell unconscious, which awoke his wife, Lily Tang. She had CPR training nearly 20 years earlier as a for-

mer childcare worker and remembered enough to keep him alive, aided by the 9-1-1 dispatcher.

"I had stopped breathing, but luckily she heard that noise. She rushed out to help me. Frankly it was like things you see on TV and the responders got here pretty quickly -- within three minutes," Vaughn said.

When he was brought to Sutter Memorial Hospital, Vaughn was in a ventricular fibrillation storm - a constant series of cardiac arrests - and had to be shocked at least three-dozen times in the emergency room.

Various medications were given to halt this lethal

See Surgery, page 5

## Surgery:

Continued from page 4

arrhythmia, but nothing was working. He was brought into a cath lab that doubles as a surgery room, and a team of about 20 clinicians - including interventional cardiologists to heart surgeons - worked quickly to try to stop the storm. While there, Vaughn received continuous shocks as the storm worsened. It is estimated his heart was shocked 200 times.

None of the Sutter clinicians - from nurses and lab techs to cardiologists and heart surgeons, totaling hundreds of years of experience - had ever experienced a patient with a previous healthy heart in this kind of V-Fib storm, except one.

Cardiac electrophysiologist Subramaniam Krishnan, M.D., not only saved a 40-year-old woman's life having the same kind of storm, his team's case report was published in 2009 in the Journal of Interventional Cardiac Electrophysiology.

After about eight hours of intense, cooperative work from many subspecialists, Dr. Krishnan performed a radiofrequency ablation technique that he used in the previous case. It worked. Vaughn's ventricular fibrillations stopped completely, but doctors still implant-

ed a defibrillator in case his heart goes nuts again.

"His recovery is perfect. We're all thrilled. It makes all the difference. It energizes us. It's exceedingly gratifying," Krishnan said.

Two weeks after the episode and Vaughn feels very good, although a little "woozy," he said. He has no memory of any of the action because he passed out in the shower and didn't wake up for a couple of days. Everyone has told him he's lucky to be alive. "Frankly," Vaughn says, "I'm glad I lost the memory of it."

"I lost three solid days (of memories). Subconsciously I remember fighting with a couple of paramedics. I was trying to pull out the tube. I took the tube out and appar-

ently I got it. I was just told that don't remember that."

"My life was saved several times that day," he says, "but my wife, Lily, she was first one who saved my life with the CPR. I wouldn't be here without her and everyone at Sutter," Vaughn said. "I feel like the youngest guy in the world to have this device. I usually think of 90 year olds with this (device). Oh well, it is what it is ... I've got a new lease on life and hopefully I'll get to take advantage of it," he said.

Only 3 percent of people survive ventricular fib arrest and of those who do, only one fifth don't suffer brain damage. "And I feel like I am just walking around. I get to go back to work (at SMUD) tomorrow (Thursday, Oct. 10)."



Lily Tang helped save her husband's life with CPR she learned long time ago.

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# Italian families continue annual tradition at East Portal Park

By LANCE ARMSTRONG  
Lance@valcomnews.com

A tradition continued at East Portal Park at 51st and M streets last weekend, as descendants of immigrants from Castanga in the Calabria region of Italy presented the 17th edition of the Calabrese Picnic.

The Sunday afternoon and early evening gathering drew more than 100 people of Italian descent who enjoyed potluck Italian dishes and other edibles, a bocce ball tournament and conversations focusing on a variety of topics, including family history.

As usual, the DeFazio and Pane families had the greatest representation at the event, which is held on the Sunday closest to Columbus Day.

The roots of the event date back to roughly 40 years ago, when members of the DeFazio family began getting together for informal gatherings.

But in order to better maintain the traditions of old-time Italian families in Sacramento, it was decided that an annual Italian family event would be organized.

Terri DeFazio, who is one of the daughters of Tony and Shirley DeFazio, said that it

was her Aunt Marge – Margaret (DeFazio) Jacobs (1928-2012) – who was the driving force behind the establishment of the annual picnic. She also mentioned Bill and Mark DeFazio and Paul Jacobs as playing important roles in that process.

During its initial years, the annual gathering was held at William Land Park and featured a golf tournament, followed by a picnic.

But about seven years ago, the picnic was relocated to East Portal Park, where the bocce ball tournament replaced the golf tournament. Mark and Steve DeFazio were the original organizers of the bocce ball tournament.

Undoubtedly, the concept of sharing family memories and preserving Italian heritage and culture is important to these families. And the presence of the most senior members of these families immensely aids in that process.

One attendee of the event who was able to share nearly century-old history of her family from a life experience standpoint was Sue Carole (Pompa) Conte.

"I was born on Dec. 20, 1917," said Conte, who grad-



Attendees of the Calabrese Picnic pose in front of the event's banner. Shown left to right in the back row are: Gerald Maguire, Tony DeFazio, Tommy DeFazio, Terri DeFazio, Lori Rispoli, Jim Cooper, Debbie DeFazio and Larry DeFazio; and in the front row, left to right, are: Kimmy Maguire, Marie (DeFazio) Maguire and Shirley DeFazio.

uated from Sacramento High School on June 13, 1935. "My parents were Irene and Marco Pompa. And that was in Lawrence, Mass. I was the youngest of six kids. I had one brother and four sisters. My oldest sister (Mae) got married (to Mike Campanella) when I was 7 years old, and within three or four months, my dad had us all packed up to come to California, because that's where she ended up. We came straight to Sacramento. My mother and dad rented a house (at 4101 V St.) until our house was built at 1833 42nd St. God, that was a nice house. It was wonderful growing up in the area. There weren't too many houses on the street yet, but boy, they built up real quick."

In discussing her family's Italian heritage, Conte said, "My (parents) came from Italy. My dad came first and then



Photo by Lance Armstrong  
Shown left to right are Terri DeFazio, John Maguire and Debbie DeFazio.

he sent for (Irene) after he got a job and everything. She came over all by herself."

Roseville resident Charles LaPorte, Jr., 75, also shared his family's history, as follows: "The LaPorte family came (to America) in the late 1890s. They were Philip DaPorte and Mary Ann DaPorte, and her maiden was Piccoli. They came from Castana, Calabria. My father was the first of four children. He was

named Charles, also. Charles was first, Ana was second, Louis was third and Joseph was fourth. Charles LaPorte was one of the first California Highway Patrol officers in 1920. I was the (only child) and I have one daughter. I worked for the fire department in the city of Roseville for 30 years, and I was the fire marshal."

Charles LaPorte, Jr., who noted that he has been in at least 15 of the 17 picnics, said, "I think the (Calabrese Picnic) is neat. I think it's a good gathering, because it's the only time I get to see somebody."

Teresa (Pane) Mohamed, 57, who has also attended the family picnic nearly every year since its inception, also shared family history. "My father, who is no longer with us, his name was Joseph Pane, Jr., and his father who came from Calabria was Joseph Pane, Sr.," Mohamed said. "My father's father and my grandmother had six

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The event presented opportunities for longtime friends to reunite. Above, Tony DeFazio greets Tony the tailor.



Three generations of family members join together during last Sunday's event. They are, left to right, Nicole Bevens (granddaughter), Julie Noto (mother), Pina Noto (grandmother) and Jennifer Havey (granddaughter).

## Calabrese

Continued from page 6

boys and one girl, and they were all Panes and they lived right over on 56th Street. My grandfather's brother, he had six girls and one boy. In each of these families, one of the siblings died (when they were very young). On my father's side, a little boy died when he was just a little small baby and on my grandfather's brother's side, a little girl died."

In telling about her immediate family growing up, Mohamed said, "I grew up with my dad and mom and five kids [at 3501 Elvas Ave.] and my brother, Joe, lives in the house we grew up in."

Mohamed also complimented the Calabrese Picnic, saying, "I think it's fantastic, I think it's great, I think it's incredible. And it keeps us connected with the other family members and I think it's an incredibly special thing."

Donna Thayer added, "I think (the event) is wonderful. I think it's very casual. I think it's warm. People seem genuinely happy to see each other, and I

"What happens is when the marriages take place and they're not Italian, the Italian culture isn't as strong. At some point in time (the Calabrese Picnic) will be nonexistent."  
—Ronnie Pane

think it's a testament to my grandmother (Christina DeFazio) and to (Louis DeFazio), the grandfather I never knew who my mother [Bernadine (DeFazio) Thayer, who married Don Thayer in 1959] has always spoken of in such glowing terms. She has spoken about him and the kind of man he was and the integrity he had. So, it's a wonderful thing to kind of honor them."

Ronnie Pane, whose family local history dates back to the early years of East Sacramento, said that despite the success of the picnic throughout the years, he is concerned about how long the event can continue into the future.

"It's (difficult) to preserve family history when all the old folks are passing away," Ronnie said. "Unless the kids

will this event be around? I couldn't tell you."

Another one of the daughters of Tony and Shirley DeFazio, Debbie DeFazio, added, "Our generation is continuously respectable of our family's heritage. Uniquely, the DeFazio cousins all grew up together and we feel, whether it continues to be the Calabrese Picnic, we will find away to keep the family together."

While sitting near her father, Gerald Maguire, who is Marie DeFazio's son, 13-year-old Kimmy Maguire spoke about her excitement in attending the picnic and her desire to have it continue into the future.

"I never knew I was related to this many people," Kimmy said. "Personally I know about 10 people (at the picnic) and I know of about 20 (people at the event). People whom I don't know at all (but she met number), probably 30 people. I live in South-

ern California, but I might move up here in the future. There's a lot of the DeFazio/Maguire family up here and I think we would all get together and kind of keep the event going."

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# ARTS

## East Sacramentan unveils massive sculpture downtown

By MONICA STARK  
editor@valcomnews.com

Surrounded by living redwoods at the Riverfront Plaza courtyard at 200 P St. stands a massive 15-foot sculpture made by East Sacramento artist Vince King. A redwood slab infused with river rock, this piece by King is carved to look like a vertically flowing river complete with wood peeling around river rocks embedded into the tree.

King said he has done this to represent the idea of evapotranspiration, which is the method by which trees and other plants pull water from the ground through their root system and eventually release it back into the atmosphere.

While his work was installed on Thursday, Aug. 15, its unveiling was held on Sept. Oct. 12 at the third annual 'Art on the Plaza' with music by Proxy Moon and art by Sacramentans, including: Vicki Asp, Donna Billick, John Collentine, Phill Evans, Marc Foster, Christopher Frisz, Taylor Gutermute, Frankie Hansbearry, Susan Hoehn, Maureen Hood, Wes Horn, Imi Lehmbruck-Hirschinger, Rhettt Neal, Juanishi Orosco, Alan Osborne, Chuch Sullivan, Roy Tatman, Shephanie Taylor, and Maria Winkler.

A former planner for Sacramento County for environmental issues, King said he has always sidelined

the thought of being an artist. During the economic downturn, local government budgets had been hit hard and Sacramento County was among the worst. Layoffs had begun and, as a relative newcomer in a last in first out hiring system, King said it was a matter of time until he was the next in line.

"In February 2011, my life as an artist began. Compared with the sometimes glacial speed of long-term city planning, I now enjoy seeing daily progress on my creations, the complexity of which is not constrained by limited time," he said.

He remembers when this thinking began to change. In October 2010, he was nearing completion

of the piece titled Window to the Soul, which he simply refers to as "The Eye."

He had worked on this piece off and on with hand tools while working full time for six years. "It was always my magnum opus. I completed many small pieces, wooden gifts for friends mostly, but 'The Eye' seemed everlasting, until then," he said. "I was actually nearly done after countless hours of work and 500-plus razor blades. Done, but better than done, it is good. My mind was finally free to think of new possibilities. I had held it back for six years, but now it was free.

See Sculpture, pae 9

"If you have not worked on a piece for a week or month or six months, it takes more time to remember where you were and what you must do..."

## Sculpture

Continued from page 8

What else could I make? But there was a problem."

He knew he wanted to do bigger, more complicated work, but working off and on with marble is nearly impossible. Each move is final and each piece takes a lot of time.

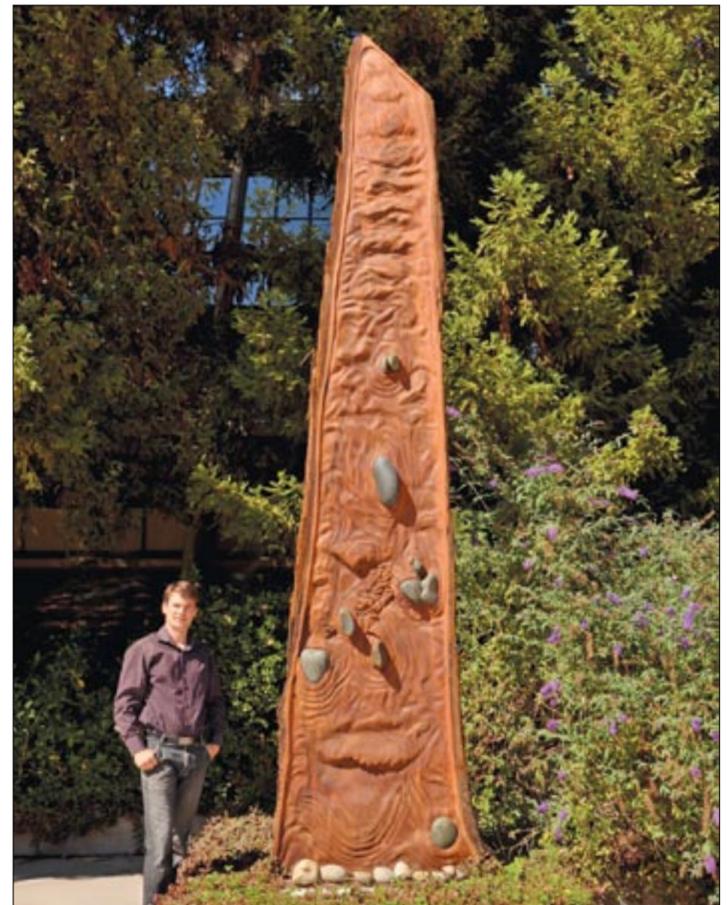
"If you have not worked on a piece for a week or month or six months, it takes more time to remember where you were and what you must do. Clearly, I needed more time to work without interruption to do bigger pieces. Luckily, I was about to get all the time I wanted," King recalled.

Aesthetically, King enjoys variety and complexity. King varies the size of his sculptures from a few ounces (such as a nose carved into a chip of marble) to hundreds of pounds (like a 3-foot diameter globe he named "Pangea"). He also combines the mediums of stone, wood, and occasionally metal such as in his piece called, "You are what was," which is a marble leaf suspended from a wood and steel frame. Finally, he combines sculptural styles from realism to abstraction to cubism. For example, the piece, "The Embraced," depicts a curvy woman carved in marble adjacent to a cubic man made from wood. Similarly, the piece, "(AUG) start," at first

glance may just look like an abstract twist of delicately carved marble, but it is also a twisting double helix representing the start codon in a genetic sequence.

His ideas stem from his educational and work backgrounds, documentaries, as well as concepts he's learned while listening to books, podcasts, and the radio while he works. "One of the biggest perks of working as a sculptor is that I can simultaneously listen to audio books and podcasts all day. I enjoy most everything non-fiction from biographies and political commentary, to outdoor adventures and detailed recounting of the financial collapse or other historical periods.

"So, not only do I have a lot more time to sculpt, I am also exposed to exponentially more information that I can feed into my work. I also read the paper and am a constantly pondering current events or some of the questions we humans seem to ask ourselves through religion and science. I cannot deny that I am also drawn towards the natural beauty of the outdoor world, which I attempt to reflect in my work. I like to take all these things and translate them to stone or wood in ways that one may not otherwise expect."



East Sacramentan Vince King and his sculpture, "Living Waterways," which is located at 200 P Street.

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### Delightful East Sac Cottage!

Resting amidst the hustle and bustle of East Sacramento living, this 3 bedroom, 1 bath home offers surprising tranquility. This 1122 square foot Tudor features a formal Living room with fireplace, Dining room, and Kitchen with an adjoining Laundry room. Other amenities include a two-car garage, spacious backyard with mature foliage and deck, and new hardwood floors.

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### Room to Room!

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Exploring a spiritual journey:

## Candlelight labyrinth walk held at Pioneer Congregational Church

To those at Pioneer Congregational Church, walking a labyrinth is a time-tested way to connect with one's higher self, experience peace, and find where the soul is reaching. Driving along L Street near 28th Street, you can see through to the church's courtyard where a painted concrete one exists. This past Second Saturday, the church put candles around the exterior of it and invited the public to enjoy a spiritually enriching evening.

The interactive event featured transformational music performed by David Tralle, an art exhibit by artists from The Experience community, and time for "contemplative journaling."

Passersby interested in the beauty of the scene were welcomed to traverse the medieval labyrinth while pausing to meditate. People were asked to pause and think first about their purposes in life and to silently ask questions and contemplate problems they have been facing in their lives. As they exited they were asked to write down in a journal handed to them about what the experience meant.

"I can't say I got an answer to my question, but, well, maybe a little bit," Bonnie Osborn, one of the attendees, told the East Sacramento News on Monday. "But you're pausing. You're occupied for that period of time at least. You're just following the path and then letting the issue you're thinking about guide you. I thought it was valuable," she said.

According to a press release, The Experience, a multifaith spiritual community, which holds services every Sunday at Pioneer Congre-

gational Church at 4:04 p.m., is an inclusive place to explore your spiritual journey and to learn from the wisdom and practices of the world's spiritual traditions.

The public is invited to go anytime to experience the labyrinth, though usually there won't be candles lit.

Pioneer Congregational Church is located at 2700 L Street, Sacramento, across from Sutter's Fort. For more information about The Experience, visit [experiencesacramento.org](http://experiencesacramento.org).



## The Sacto Chicken Co. now open

Photo by MONICA STARK

Business was bopping on opening day at The Sacto Chicken Co. on Thursday, Oct. 10, reported owner Zak Rever with customers stopping by all day long to see what the buzz is all about. Open from 11 a.m. to 8:30 p.m. daily at 2790 Stockton Blvd., the orange food stand that housed Merlin's Freeze is now serving crispy fried chicken, tender jerk chicken, fresh squeezed lemonade, tasty sides, and the ice cold Merlin's freeze.

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Tower Café was conceived & created to express the unique history & character of a city corner that continues to evolve from local memories to global pursuits – I started an idea to create a place that would be Sacramento's own little global village – a place where our hearts, minds & appetites would convene with family & friends and join "the pattern which connects" our many differences to the Mother who sustains us all – our GOOD EARTH.

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A fun run for the hirsute:

# The Sacramento Moustache 5K at Sutter's Landing

By GREG BROWN  
greg@valcomnews.com

Finally, there's a 5K fun run for the hirsute. The Sacramento Moustache 5K Run And Walk takes place Saturday, Nov. 16 at Sutter's Landing.

Kicking off at 4 p.m., it's a "not to be taken too seriously" run.

When I think moustaches I always think carpeted old Chevy van and brown corduroy pants or Magnum PI.

What look should one go for? The Chevron, which was popularized by Tom Selleck and Freddie Mercury? How about the eccentric Dali moustache? Grow the moustache of a true artist and run like hell. There's always the pencil moustache also referred to as the mouth brow. Mayor Kevin Johnson and director John Waters both sport the mouth brow.

And you can't talk moustache without mentioning

Burt Reynolds. See, I just mentioned him.

Desiree Bertolani, an organizer of the event and a moustache aficionado, says her favorite moustache is the handlebar. I've always wanted to grow the Imperial, which was worn by Union Army General Ambrose Burnside.

I better get growin'. Just don't shave the upper lip for a few weeks and see what happens. You may even like the new look.

Grow whatever you got and join the fun down at Sutter's Landing. There's actually a reason to run. Participants are running like mad to get away from the dastardly barber who wants to shave off their moustache. He will be chasing participants with a straight edge razor and a not so straight face along the American River.

A real moustache is not required. Get a fake one or draw one on. Women and children are encouraged to participate in the fun run. Slap a fake moustache on junior and join the fun run!

After surviving the run and avoiding the fiendish barber participants can enjoy the

"Mo For Your Bro after party", which will include live local music from The Bennys and Nideit, beer from Hoppy and Lost Coast breweries so you'll be sure to get some suds on your 'stache. Drewski's, Papa Dale's, and OMG Burgers will be serving up the food truck grub for the hungry moustachioed runners.

There will also be a moustache contest with the categories: Best Real Moustache, Best Fake Moustache, and Best Kid Moustache. The judging will be done by local moustache connoisseurs. Part of the proceeds go to the American Cancer Society and the Active 20/30 Club.

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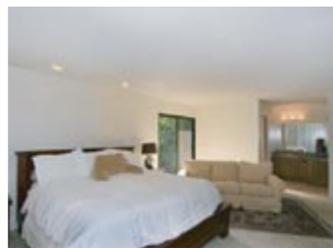
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# Shopping center for sale: Calling out needs for improvement

By BILL LAWS

Tallac Village shopping center in Tahoe Park cries out for improvement. For some, the cry is a loud plea for a better retail center. A "For Sale" sign, which partially obscures a crosswalk posting, marks the center's 14th Avenue border. The sign itself seems to beg for someone to lead the retail zone to better and brighter days.

In its current condition, the center is in need of a range of upgrades. A new paint job is badly needed for some of the structures. Curbs in the parking lot are chipped and shattered. Windows need to be replaced and the façades of some stores have been worn or defaced.

Shan Padayachee, the owner of Your Family Grocery at the western end of the center, doubles as the real estate broker for the entire complex. Because of slow business, Shan has had to convert his full-service grocery store into a convenience store with limited inventory. While operat-

ing the store's cash register, he takes calls from potential buyers who have questions about the center. His agility in operating the land line and, simultaneously, in ringing up customers is impressive.

I ask Shan about needed repairs that might be needed to attract interest from buyers or from new tenants. Between helping customers, Shan explains to me that "we're talking about fixing the parking lot and making things ADA acceptable."

Problems with the shopping center, however, might be larger than compliance with the Americans with Disabilities Act which in itself can require costly improvements such as wheelchair accessible ramps and railings.

When interviewed, one well-respected tenant explains that the center is in need of "more security guards, better signage to advertise business, and at least some landscaping." Another tenant remarks that better lighting would be a plus for the center. This re-



tailer, with a shop near the rear of the complex, says he is prepared to move his business by August of next year if things have not improved.

Attempts to invigorate smaller shopping centers located far away from freeways and without "big box" retailers acting as "magnets" face special challenges. Developers for

these smaller retail concerns often strive to attract specialty shops such as an antique store or fashion boutique. Other centers attempt to rent to a good restaurant or grocer that draws local residents.

Almost everyone interested in the outcome of Tallac Village concedes that finding a popular business which

draws clients from both the neighborhood and surrounding area is vital to the success of the shopping center.

Owner of Tallac Village, Ahn Trinh, when reached over the phone, would not specify the kind of tenant he is currently seeking. Although the

See Tallac, page 15

# Tallac

Continued from page 14

center is posted for sale on the internet, he says that he "needs to respect the leases of the current business renters" by not talking about his plans for development. "We plan to begin improvements by the beginning of next year," he explains. Without specifying the nature of these upgrades, he does admit that a "drug store or full-service grocery store would be a good fit."

While some groceries and other goods are still sold at Shan Padayachee's market, on his web site this tenant and center broker describes his store as primarily a liquor store. Nevertheless, other business tenants wish Your Family Grocery was something more than a convenience store. The owner of an art gallery at the back of the complex, for example, expresses dismay at the transformation last Spring of the full-service grocery to a virtual liquor and fast food store. In addition, a liquor store already exists in the complex. When contacted about this situation, one owner of the smaller liquor outlet communicated some surprise but no strong concern for the duplication of services.

Despite the duplication of retail liquor sales, many agree that the shopping center has successfully avoided retail outlets commonly associated with an economic slump. There are at least no massage parlors, marijuana dispensaries or pawn shops stationed at the complex.

One large strip mall in River Park that once had a thriving grocery store and a car repair shop is changing its business model. The retail center located on Carlson Drive now focuses on leasing to small businesses such as dental offices or insurance agencies. Utilizing the services of the Vollman Company, a real estate broker, this neighborhood mall still has many vacant units which are empty and in need of tenants.

The City of Sacramento's Deputy Chief Building Inspector Steve Gorman explains that specific improvements can be made by the owners of neighborhood retail centers to make them more attractive to either tenants or buyers.

Retail owners, he says, need to take "planning steps" in order to attract the better categories of tenants.

Gorman further explains that "if someone brings in some pictures of the property to our office at 300 Richards Boulevard, our planners will help develop a project that is visually appealing and which falls within the scope of building regulations."

Many retail enterprises, he emphasizes, start the renovation process by forming a development group made up of stakeholders and concerned citizens.

A former resident of Tahoe Park, Gorman explains the many benefits of working with the City on refurbishing a retail center. First and foremost, the City depends upon retail establishments. The collection of sales tax levied on retail sales is a major source of revenue for local government.

The city's vested interests in increased sales revenue is a large reason that it is eager to work with developers in the early planning or conceptual stages of a renovation or improvement project. For retail owners such as Ahn Trinh and Tallac Village, this early cooperation, can result in "smooth sailing" for the inevitable inspections by the Building Division which determine that all improvements are meet building code requirements. In addition, Sacramento's Office of Community Development has various programs that assist with the expenses of some remodeling projects.

At this point, Trinh indicates that he has not begun formal steps in preparing his shopping center for sale or for lease. He suggests, though, that he is eager in the future to invest in improvements at Tallac Village. It appears that improvements are necessary to keep current tenants or to attract others. Remodeling also seems to be a key to attracting a future owner who would rely on viable retail tenants to make a purchase or lease of the center a profitable investment.

While Trinh identifies the need to wait for the expiration of tenant leases, there are other points-of-view that underscore immediate steps that could be taken to improve the overall business environment of Tallac Village. Still, Trinh states that money is short and that he is forced to wait until the end of the calendar year to make any announcement about improvements. Nevertheless, in planning for any revitalization of this retail zone, long-term investment and concerted planning seem, at this time, off the table.



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Breaking barriers:

# Wheelchair basketball team takes the court at the YMCA

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

When the whistle blows, the Royals wheelchair basketball team begins learning, conditioning, and working on drills. It's a Friday night inside the Central YMCA gymnasium and players are giving it their all. Organized like a pro-team, players come into practice early, get in their chairs strapped up and ready to go. Practices are every first and third weekends (Friday-Sunday) of the month and it is mandatory players have a reversible jersey.

Organized by Wheelchair Basketball Director Christian Rodriguez, the team masters all the fundamentals he's learned through his 12-year career and collegiate experience at the University of Arizona. There are three captains, Mike Applegate (University of Arizona), Darwin Walters (13 years experience), and Alicia Szutowicz (Universi-

ty of Arizona) to help reinforce the exercises.

Born with a condition called Arthrogryposis a disabling congenital disorder that left him wheelchair bound the rest of his life, doctors told Rodriguez he was never going to be able to play sports.

A basketball fanatic since he was a young child, Rodriguez, now 23, found his outlet and proved doctors otherwise when he was introduced to wheelchair basketball at age 13 by Peter Hughes, the Women's Wheelchair Basketball Coach of the University of Arizona, who started a juniors program in Chula Vista. "I never thought I'd play sports," Rodriguez said.

"It wasn't the easiest road -- learning about how my muscles worked and having to be real in-tune with my body. Playing my first game in San Diego was the greatest experience. I knew I was hooked. The dynam-



ic of being able to be on a team, win games, achieve goals together, there really are no words," he said.

Because of his experiences, Rodriguez is able to work with and understand the players on an intimate level. He evaluates each new member willing

to come out and practice on the sideline. "This is a very high level practice. I want to make sure they can keep up. If they can't, I don't want them to feel discouraged about playing," Rodriguez said. So he sets aside time and goes with them to the recreational practices where he teaches the basics.

"I have made exceptions for brand new players where I see potential to play at our practices. It's really up to their drive and attitude that allows me to work with them. They understand that some drills they can't do.

"I give them a shot a few times and if they can't do it, I'll work with them on the sideline until the team is done with that drill. They also go through (sort of) an interview process and I really want to know what their personality is like. I like to have a positive environment when I'm coaching and so far I have had the best experience with all of my players," he said.

Having tournaments and practices solely on the weekends allows the six men who come from out of the area twice a month to play. Coming from Chico, Santa Cruz, Santa Rosa and Turlock, these players get to come into town, stay with family or teammates and practice all weekend. "That way they are not spending the gas coming back and

forth on weekdays. Plus, I feel like it really gives the guys that chemistry when they get to spend time away from the courts. This is how I got accustomed to the college program," Rodriguez said.

That passion and positive attitude Rodriguez puts into the game trickles down to the players, who have stated how the team has changed their lives.

Forward/center Brian Dean loves the camaraderie of the team. "We're always trying to make each other better. It's really fun to play ... people don't see us in the same light after watching us. To see us playing this hard, they see we are not broken. We just find other ways to do things." Dean is a veteran from the war in Afghanistan and suffered a serious TBI and spinal chord injury after mortar blew up behind him when he was stationed in Khost. His parents live in the Sacramento area, which makes it convenient for the weekend practices.

Paralyzed now for three years after a horrible car wreck, Josh Carroll, 32, (a former cage fighter) suffered from depression but playing for the team helped him get out of it. He drives 2 and a half hours to get to Sacramento where he has all of his accommodations

See *Wheelchair Basketball*, page 17

## Wheelchair Basketball:

Continued from page 16

taken care of. "I want to come here every weekend," he said.

Currently the team has 14 players: Rodriguez, Alicia Szutowicz (Amputee) (Cancer survivor), Mike Applegate (Arthrogryposis), Darwin Walters (Paraplegic), Brian Garber (Paraplegic), Josh Carroll (Paraplegic), Scott Harrington (L6 Incomplete), Fabian Acosta (Pinched Nerve), Romeo Capell (Arthrogryposis), Steven Davis (Depleted stomach, Hamstring) (Navy veteran), Brian Dean (Army veteran), Will Hudson (Paraplegic), Sandeep Tandel (Paraplegic), Gary Labonte (Amputee and cancer survivor).

Rodriguez said the idea for a team in Sacramento began in September, 2011 when he and his girlfriend Alicia Szutowicz moved here from Tucson, where he played on the University of Arizona's Men's Wheelchair Basketball team and she on the Women's Wheelchair Basketball Team. They then found out they were having a baby and decided they wanted to be closer to family.

"After we had the baby, we played on the Recreational Team here in Sacramento in 2011. But I came to find, the competition wasn't what we were used to. I observed and played alongside these guys on the recreational team and saw that there was complete potential for a very good team. I got together with some of them and discussed if they wanted to make a National (NWBA) team," Rodriguez said. They only had enough to fill five players, so he and Ali-

cia recruited a few people from Santa Rosa to put them at seven. And since that point, they've been the Sacramento Royals NWBA team.

Part of Teaming Individuals Emphasizing Sports (T.I.E.S.) whose mission is "to integrate people living with and without physical disability through recreational and competitive sports," The Sacramento Royals last year had difficulty finding any gym in Sacramento to that could accommodate them. "I almost went to the extreme and started choosing public parks," Rodriguez said. Eventually they found a local gym but the scheduling was complicated. "We had to sometimes practice at 10 p.m. to midnight to get a clear court. We, as a team, though, fought very hard our first year."

After that first year, Rodriguez began calling around again because it was about time to host the home tournament. "Again, I tried to get in contact with all of the different gyms and city locations. Left messages, nothing. And finally, (YMCA Membership Director) JR (Springer) called me back and said he would love to host our team tournament and had dates available. We hosted our games January 2013 at the Downtown YMCA with great success. It was a perfect location."

Although the team currently has adults only, Rodriguez said he's "open to anyone that's in high school." He is working on building a junior team for ages 4-17. "That's my biggest goal and hurdle," he said.



Photos by Monica Stark  
 The Sacramento Royals  
 at practice.

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# CALENDAR

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## ONGOING:

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Help Sunburst Projects bring joy to the lives of children living with HIV/AIDS. Contact Sunburst Projects at 1095 19th St. Suite 1A, Sacramento. 440-0889, ext. 301.

## Balance and mobility training to reduce falls class

Kelly Ward, Parkside Community Church's "Fall Prevention Lady" will be presenting a 4-week Beginning balance and mobility class on Monday and Wednesdays 11:30 a.m. to 12:30 p.m., starting Oct. 2 through Oct. 30 at Parkside Community Church at 5700 Land Park Drive. The one-hour classes will include warm up, balance and mobility training, muscle building exercises, flexibility, and range of motion exercises, followed by a cool down segment to review the day's lesson. Wear loose comfortable clothing and sneakers. Kelly Ward is a certified fall, balance and mobility instructor and a certified Senior Fitness Training, M.S. Therapeutic Aging. For questions, call 821-5715.

## OCTOBER

**Rotary Club of Pocket/Greenhaven**  
Oct. 17: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

**Rotary Club of South Sacramento meeting**  
Oct. 17: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noon to 1 p.m. at Iron Steaks Restaurant, 2422 13th St, Sacramento, CA 95818.

## Fall Faire at the Historic Blue Goose

Oct. 17: 3-8 p.m., Oct. 18: 9 a.m. to 8 p.m. and Oct. 19: 9 a.m. to 4 p.m. 3550 Taylor Rd., Loomis, 95650, on Boutique style handmade only craft show. Holiday decorations and unique gifts. Centralized checkout for our customers convenience. SALE ROOM. Free admission. More info. www.craftytreasures.com.

## Kiwanis Club of East Sacramento-Midtown

Oct. 18: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

## Bi-Polar Anonymous

Oct. 18: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

## The Kids Are Y, Tasting and Benefit Auction

Oct. 18: The YMCA's annual The Kids Are Y, Tasting and Benefit Auction will be held on October 18, 2013 at the Masonic Temple in downtown Sacramento. Funds from the event provides year-round program support and scholarships for local kids who would like to participate in YMCA programs and activities but cannot afford the program fees due to financial hardship. The Kids Are Y will provide our guests with food, wine and beer from local area restaurants, wineries and breweries while placing bids on unique silent and live auction

items. Masonic Temple Association, 1123 J St, Sacramento.

## Chinese Food Festival

Oct. 19: Celebrate Chinese Community Church 30th Annual Fall Fellowship and Food Festival, featuring delicious Chinese food, culture, entertainment, games for kids, 11 a.m. to 6 p.m., 5600 Gilgunn Way (Off Fruitridge Rd. between S. Land Park and Freepoint Blvd.) Admission is free. www.cccsac.net

## Sunburst Projects Perennial Sale

Oct. 19-21: Fall perennial sale. Cash and check accepted. Benefits Sunburst Projects. From 10 a.m. to 3 p.m. 3072 24th St. Curtis Park.

## Sacramento Community Concert Association performance

Oct. 19: SCCA presents Solo/duo pianists Richard Cionco and Natsuki Fukasawa at 7:30 p.m. at Westminster Presbyterian, 1300 N St. Concert pianists Richard Cionco and Natsuki Fukasawa will present a varied program of solo, duet, and 2-piano repertoire. Known for their powerful solo performances, this concert is a rare opportunity to hear these artists combine their powers to give you twice the enjoyment. Regular subscription: \$90, Group discount (8 or more people): \$75, Students subscription: \$45, Single Ticket: \$25. For more information, contact Sacramento Community Concert Association www.sccaconcerts.org; info@sccaconcerts.org; 400-4634.

## Embroiderers' Guild of America meeting

Oct. 21: Join the Embroiderers' Guild of America at their monthly meeting to hear Lois Kershner's lecture on designing a threadscape. Meeting at 7 p.m. at SMUD, 6201 S Street, Sacramento. Guests welcome. Free. 916-223-2751.

## Carmichael author A. K. Buckroth and illustrator Amy Pichly-Meyer to sign books

Oct. 22: Carmichael author A. K. Buckroth and illustrator Amy Pichly-Meyer to auto-

graph copies of "Me & My Money...a child's story of diabetes," at Skip's Kitchen, 4717 El Camino Avenue, Carmichael, between 11:30am and 1:30pm to meet the author and the illustrator.

## Rotary Clubs of Arden-Arcade, Carmichael

Oct. 22: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Ruth's Chris Steakhouse in the Pavilions on Fair Oaks Blvd. (916) 925-2787. Carmichael meets at 6:30 p.m., Ancil Hoffman Golf Club. www.rotary.org

## East Sac Rotary

Oct. 23: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

## Capitol Park Tree Tour

Oct. 23: From noon to 1 p.m., explore the trees of Capitol Park on a guided tour with the Sacramento Tree Foundation. Meet on the North Steps of the Capitol, near L Street. The one hour lunchtime tour is free, but to ensure that you're included, please RSVP to www.sactree.com/events. Capitol Park, 10th and L Street, Sacramento 95814

## Rotary Club of Pocket/Greenhaven

Oct. 24: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

## Kiwanis Club of East Sacramento-Midtown

Oct. 24: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

## Rotary Club of South Sacramento meeting

Oct. 24: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noon to 1 p.m. at Iron Steaks Restaurant, 2422 13th St, Sacramento, CA 95818.

## Bi-Polar Anonymous

Oct. 25: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

## Second annual Gala at the Garden and Casa Boutique

Oct. 25 and 26: Tickets for the Oct. 25 gala opening night reception are available at www.casagardenrestaurant.org <http://www.casagardenrestaurant.org>. Enjoy fine wines and hors d'oeuvres and the first opportunity to shop the Casa Boutique. Last year's event was a sell out, and organizers hope you take advantage of this first-come, first-served opportunity to join them this year. OR plan to visit the Casa Boutique on Saturday, Oct. 26. There is no entry fee and there will be live demonstrations by Open Studio at Lakeside. The boutique will offer holiday shopping opportunities that include: pottery, jewelry, scarves, shirts, mosaics, handbags, titanium clocks, cards/ornaments, hand-felted wool hats/accessories, gourmet jams/jellies/chutneys, aromatherapy body/bath products.

## River Park Tree Tour

Oct. 26: From noon to 1 p.m., explore the trees in River Park on a guided tour with the Sacramento Tree Foundation. Meet at the shopping center on Carlson near Lovella. This dog friendly tour takes place rain or shine. Bring comfortable walking shoes, water and don't forget a camera (for all the beautiful trees). The tour is free, but to ensure that you're included, please RSVP to www.sactree.com/events. River Park Community, Carlson Drive, Sacramento, CA 95819

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# CALENDAR

## 'Fur! Fall! Fun!': Third annual Front Street Shelter Haunted Open House

Oct. 27: From noon to 4 p.m., the Front Street Shelter will have a haunted open house with a shelter dog costume contest. There will be free hot dogs, sodas and dessert. 2127 Front Street, Sacramento.

## Rotary Clubs of Arden-Arcade, Carmichael

Oct. 29: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Ruth's Chris Steakhouse in the Pavilions on Fair Oaks Blvd. (916) 925-2787. Carmichael meets at 6:30 p.m., Ancil Hoffman Golf Club. www.rotary.org

## Free golf lessons offered at Bing Maloney Golf Complex

Oct. 27: Are you interested in starting to play golf, but not sure where to begin? Bing Maloney is offering Free Family Clinics for 2013. These clinics are family oriented for any level of golfer. Each clinic will be held on Sundays from 1 to 2:15 p.m. at the Bing Maloney Golf Course: 6801 Freepoint Blvd. in Sacramento. Call 808-2283 for more information.

## Frankenswine with the Puppet Art Theater.

Oct. 27: Family Sundays at the Central Library will feature Frankenswine with the Puppet Art Theater at 2 p.m., 828 I St. A special Halloween puppet show with the Puppet Art Theater. A zany version of the classic Frankenstein story told by a cast of pigs. The show takes place on Halloween night with Dr. Frankenswine on a madcap adventure. Prior to the puppet show enjoy making a scary creature mask or Halloween treat bag with Art-Works at 1 p.m. Program is free and open to the public.

## Pancreatic Cancer purple light ceremony

Oct. 27: Come light a candle in memory of and honor those we have lost to pancreatic cancer. At the same time raise awareness and acknowledge those fighting this disease. From 6 to 8 p.m. at International World Peace Rose Garden, Grounds of the State Capitol. www.pancan.org

## East Sac Rotary

Oct. 30: Meets at 6 p.m., Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com

## Rotary Club of Pocket/Greenhaven

Oct. 31: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

## Trunk or Treat community event at Merryhill

Oct. 31: Merryhill School at 7335 Park City Dr. will host a Trunk or Treat event at 9:30 a.m. The community is welcome to attend. Children should wear costumes and bring a bag for their treats.

## Rotary Club of South Sacramento meeting

Oct. 31: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noon to 1 p.m. at Iron Steaks Restaurant, 2422 13th St, Sacramento, CA 95818.

## NOVEMBER

### Sunburst Projects Perennial Sale

Nov. 1-4: Fall perennial sale. Cash and check accepted. Benefits Sunburst Projects. From 10 a.m. to 3 p.m. 3072 24th St. Curtis Park. Last sale until spring.

### Kiwanis Club of East Sacramento-Midtown

Nov. 1: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr / 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com. Meeting/Membership info: 916-761-0984, volunteers always welcome!

### Festival of New American Music

Nov. 1-10: FeNAM runs on the Sacramento State campus, 6000 J St. Most concerts are in Capistrano Hall and all of them are free. Visit <http://bit.ly/tKAKsj> for the schedule or call 278-5191.

### Bi-Polar Anonymus

Nov. 1: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

## Self-Publishing Boot Camp

Nov. 2: Get your book idea out of your head, off your desktop, into print, and into the hands of readers. The non-profit California Writers Club brings the Self-Publishing Boot Camp to Sacramento for a premiere engagement. Boot Camps have helped fiction and non-fiction authors including authors of novels and of business, political, sports, and children's books. This day will empower you to create your book in ebook, print book, or multimedia formats. The seminar includes lunch, Carla King's Self-Publishing Boot Camp Guide for Authors, and other benefits. For details and registration information, please go to: www.cwc-sacramento.org or contact Kimberly A. Edwards at 916-524-7992.

## Tree pruning clinic

Nov. 2: From 10:30 a.m. to noon, learn how to help your trees develop good structure and form. A variety of pruning tools will be presented and discussed. This is an indoor class and if weather permits, there will be a walkabout on library grounds to look at tree structure and pruning. For more information, contact: Luanne Leineke, Sacramento Tree Foundation (916) 974-4304 or visit [www.sactree.com/events](http://www.sactree.com/events). North Highlands Library, 8900 4235 Antelope Road, Antelope.

## Tree pruning clinic

Nov. 2: From 2 to 3:30 p.m., learn how to help your trees develop good structure and form. This is an indoor class and if weather permits, there will be a walkabout on library grounds to look at tree structure and pruning. Bring photos of specific tree pruning questions. For more information, contact: Luanne Leineke, Sacramento Tree Foundation (916) 974-4304 or visit [www.sactree.com/events](http://www.sactree.com/events). Elk Grove Library, 8900 Elk Grove Blvd, Elk Grove, Ca 95624

## PurpleStride Sacramento pancreatic cancer run/walk date set

Nov. 2: Register for our 5k fun run/walk with us through William Land Park and toward a future free of pancreatic cancer! Enjoy entertainment, refreshments, hope and inspiration as we come together to honor those affected by pancreatic cancer. We need

your help to make a difference. We need more heroes. Don't miss out on this opportunity to be a true hero. Register today. <http://purplestride.kintera.org>

## The Recycling & Solid Waste Division host Free Composting Seminar

Nov. 2: Backyard composting allows you to recycle your yard clippings and fruit and vegetable scraps into a valuable soil amendment right in your own yard. Attendees are eligible for a drawing for a free compost bin. At the seminar you will learn how composting works, what materials you should and should not compost, getting the right balance of food, air and moisture, maintaining your compost pile, Vermicomposting (composting with worms), and more. Seminar goes from 8 to 10 a.m. and will be held at Fremont Community Garden, 14th and Q St.

## Sacramento Geranium Club meeting

Nov. 4: Starting at 10 a.m., this event will feature Patrice Farncomb and Jerri Wigglesworth from the Carmichael Cactus and Succulent Society discussing the care of these plants. Meeting will be held at the Shepherd Art & Garden Center, 3330 McKinley Blvd., Sacramento. For more information, call 419-0130.

## Soroptimist International of Sacramento North meeting

Nov. 5: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

## Rotary Clubs of Arden-Arcade, Carmichael

Nov. 5: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Ruth's Chris Steakhouse in the Pavilions on Fair Oaks Blvd. (916) 925-2787. Carmichael meets at 6:30 p.m., Ancil Hoffman Golf Club. www.rotary.org

## Asian Community Center Senior Services Center presents 'ow to Remain Safe During the Holiday Season'

Nov 5: Focus on online shopping, shopping at physical locations, and how to avoid fraudulent scams. Free. 11 a.m. to noon. 7375 Park City Dr, Sacramento. 916-393-9026 ext 330.

## Asian Community Center Senior Services Center presents '5 Wishes: California Advanced Medical Directives'

Nov 6: Learn about your rights and medical decisions. Free. 1-2 p.m. 7375 Park City Dr, Sacramento. 916-393-9026 ext 330.

**Holiday Craft Faire**  
Saturday, November 2  
9am-3pm  
New vendors welcome!  
Mission Oaks Community Center  
4701 Gibbons Drive  
Carmichael, CA 95608  
972-0336 [moxpd.com](http://moxpd.com)

## East Sac Rotary

Nov. 6: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

## The Asian Community Center Senior Services Center presents Compassionate Communication & Challenging Behaviors

Nov 6: Compassionate Communication & Challenging Behaviors. Learn strategies on improving overall communication skills in connecting with memory-impaired individuals and help prepare caregivers for possible behavioral changes as well as ways to respond. Free. 2:30-4 p.m. 7375 Park City Dr, Sacramento. 1-800-272-3900 or [ptradio@alz.org](mailto:ptradio@alz.org).

## Rotary Club of Pocket/Greenhaven

Nov. 7: Guest speakers address local, regional and international topics. Visitors

welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

## Rotary Club of South Sacramento meeting

Nov. 7: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noon to 1 p.m. at Iron Steaks Restaurant, 2422 13th St. Sacramento, CA 95818.

## Christmas to Remember at the Serbian Hall

Nov. 7th 3-8 & Nov. 8th 9-8 & Nov. 9th 9-4. Handmade only boutique style craft show. Centralized checkout for our customer's convenience. Unique gift and holiday decorations. SALE ROOM, 7777 Sunset Ave, Fair Oaks, 95628 on free admission. More info. [www.craftytreasures.com](http://www.craftytreasures.com).

**SKI SWAP**  
est. 1965  
Sacramento State University Union Ballroom  
Sunday, October 20th  
EARLY BIRD  
GENERAL ADMISSION  
10am-3:30pm  
Thousands of brand new & used gear 30-50% off  
\$80 - EARLY BIRD  
\$10 - GENERAL ADMISSION  
\$5 - SAC STATE STUDENT & SENIORS  
children under 10 get in free  
Check us out at: [sacstatesnow.com](http://sacstatesnow.com)

**21ST ANNUAL Treasures of the Valley 2013**  
JOIN US!  
An evening of jazz, food, wine, microbrews, art & auction:  
• Catered hors d'oeuvres by Capital City Catering  
• Jazz with "Shake Don't Stir"  
• Wine tasting with local vineyards  
• Local micro-brew tasting  
• Silent auction  
• Display of local landscape artists  
Where: Sacramento State Alumni Center 6000 J Street Sacramento, CA 95819  
When: Thursday, October 24, 2013 5:30-8:00 pm  
Cost: \$50.00  
Call (916) 731-8798 for more information, or visit [sacramentovalleyconservancy.org](http://sacramentovalleyconservancy.org) and click on "Treasures of the Valley"

Twenty-second Annual **Beaujolais Plus**  
Wine Tasting and Silent Art Auction  
Sponsored by The Kiwanis Club of Sacramento Suburban  
Festivities include a raffle and a delicious pasta dinner with caesar salad and rolls  
Sunday, Nov. 3, 4:00-7:00pm  
the Dante Club, 2330 Fair Oaks Blvd.  
\$35.00 a ticket | An order of 10 tickets may reserve a table  
For information/tickets call (916) 972-7337  
Proceeds benefit: The Kiwanis Family House and other Kiwanis Projects.

**SIXTEENTH ANNUAL SACRAMENTO ARTS FESTIVAL 2013**  
NOVEMBER 1, 2, 3  
SACRAMENTO CONVENTION CENTER  
Meet 225 Of America's Best Contemporary Craftspeople & Fine Artists  
Continuous Jazz, Blues & Comedy Entertainment!  
Plentiful Food & Drink! Wonderful Fun!  
Present for \$1 off admission  
Entrance at 14th & J Streets  
Friday & Saturday 10AM - 6PM, Sunday 10AM - 5PM  
Tickets at the Door: \$8 Adults, \$7 Seniors, Kids Under 12 Free  
[www.sacartsfest.com](http://www.sacartsfest.com)

**Do you have a story? Tell it to us.**  
Call Monica Stark at 916-429-9901

**Save the Date!**  
CITY OF SACRAMENTO  
**VETERANS DAY PARADE**  
Monday, November 11, 2013  
Opening Ceremony begins at 10:30 am  
Parade begins at 11 am  
Capitol Mall  
between 3rd and 9th Streets  
CHILDREN'S CARNIVAL • FOOD TRUCKS  
FAMILY FUN!  
Do you know a local military hero?  
We are looking for veterans from all wars and conflicts to honor at this year's Veterans Day Parade.  
Please contact us at: (916) 808-6525 or email: [sacvetparade@cityofsacramento.org](mailto:sacvetparade@cityofsacramento.org)

# - EVENT LISTING SECTION -

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

**Nutracker in One Act & Christmas Angels**  
(Family Friendly Performances)  
Crockett-Deane Ballet Co & Deane Dance Center  
Saturday, December 14, 7 p.m.  
Sunday, December 15, 2 p.m.  
The Center at 2300 Sierra Blvd.  
Tickets at the door and at Deane Dance Center  
3385 Lanatt Street (916) 453-0226

**Centennials 1st Annual Christmas Faire!**  
November 16  
10 a.m. to 2 p.m. FREE  
Centennial Christian Preschool  
5401 Freepoint Blvd. Sacto 95822  
Cookie Lee, Scentys, Ornaments, Boy Scout, First Aid Kids, Up-cycled crafts, Kids dress up, Jalapeno jelly & more!  
Vendor 8' tables available for \$25  
Contact Kristin at [kdmliller.design@gmail.com](mailto:kdmliller.design@gmail.com)  
(916) 837-5748

**22nd Annual Beaujolais Plus**  
Wine Tasting and Silent Art Auction  
a Benefit Sponsored by The Kiwanis Club of Sacramento Suburban  
Sunday, November 3  
4:00 to 7:00 p.m.  
Dante Club  
2330 Fair Oaks Boulevard  
\$35 (includes silent auction, wine tasting, raffle & delicious pasta dinner)  
For tickets, call (916) 972-7337

**Mission Oaks HOLIDAY CRAFT FAIRE**  
Saturday, November 2  
9 a.m. to 3 p.m. FREE  
Mission Oaks Community Center  
4701 Gibbons Drive, Carmichael  
VENDORS INVITED - Call NOW  
(916) 972-0336 MORPD.com

**Sacramento SPCA Annual Fall Book Sale & Holiday Boutique**  
November 14-17  
Thursday-Saturday 10 a.m.-6 p.m.  
Sunday 11 a.m.-5 p.m.  
Country Club Plaza  
2310 Watt Avenue, Sacramento 95825  
(916) 504-2842  
[www.sspca.org/holidaybook](http://www.sspca.org/holidaybook)  
All proceeds benefit the Sacramento SPCA

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



Faces and places:

## Fire Station No. 8 open house

Photos by LINDA POHL  
Linda@valcomnews.com

Families met their friendly neighborhood firefighters at this year's Fire Station 8 open house on Saturday, Oct. 5. They reportedly had a good turnout. Fire Station 8 is located at 5990 H St.

## Who's reading our papers?



Mary Kennedy of Kennedy's Collectibles said "the East Sac News is always a treat."



Councilmember Steve Cohn is smiling about something.



We don't know who this is, and we're too afraid to ask.

# Ribbin, Rockin, And Raisin' Money At The Hilltop Tavern

By GREG BROWN  
greg@valcomnews.com

You'll smell some delicious barbecue ribs being cooked up along Folsom Boulevard on Oct. 26. Drive, bike, or walk past the Hilltop Tavern and follow your nose to the 5th Annual Rib Cook-Off Fundraiser: Ribbin, Rockin & Raisin' Money.

Rebecca Black, the bar manager at the Hilltop Tavern, told me it will be a "plethora of food deliciousness."

It's a rib cook-off benefiting a great local cause, the Albie Aware Breast Cancer Foundation.

Cindy Love, the executive director of Albie Aware told me, "People dress up. They take this competition very seriously." They arrive early in the morning and they "kind of set up camp." They bring boom boxes, televisions, and all their barbecue gear and some of them barbecue oysters, chicken, or sausages and "sort of have a little party."

More than 18 different teams will be grilling up the ribs with their own special rubs and sauces in the parking lot behind the Hilltop Tavern on Folsom Boulevard.

The judging will be handled by Chef Joseph Hefflin also known as "The Grill Wizard" and "Chef Hef." Joseph is a certified barbecue judge for the Kansas City Barbecue Society and travels the country judging barbecue contests including some that have appeared on the Food Network.

Cindy Love told me "Chef Hef is the real deal."

I asked Chef Hef over the phone if he had any rib cooking tips for the grillers. He told me "The best thing I can tell them is be sure they get their timing down. You have to really pay attention and make sure your temperature is consistent to get the tenderness you need on your ribs."

Chef Hef is looking for taste, appearance, and the texture of the ribs. The rib has to "come away" from the bone a certain way. And if it falls off the bone, "it's overcooked." I was surprised by that because you always hear, "the meat was so good it just fell off the bone." I guess that's not true. I've been misled!

Chef Hef will also have bonafide judges he hand selects for the competition. Professional rib-tasting judges! Sounds like a delicious gig. I lobbied Chef Hef to be one of the expert judges so we'll see if I'll be able to get in on it. I may not be officially certified, but I am a certified rib freak.

There's lots of friendly and serious competition among the grillers. Rocky Niehaus and Team Go Girl won first place last year. Yes, the band played the Rocky Theme when his name was announced.



Team Go Girl receives a trophy for their delicious ribs.

Photo by Susan Raines

Rocky's secret weapon last year was a brand new smoker. He didn't go to Home Depot or Lowe's for the grill, he had it specially built from a guy who makes them in his garage in Riverbank. This year Rocky and his crew are going to wear crowns to the competition because as he says, "We are the reigning Kings of Barbecue right now."

Rocky's team consists of Tim Rooney, his wife Maribeth, and "Lady Luck" Caroline Murphy.

His secret weapon this year is a good dry rub. He also makes his own barbecue sauce with Dr. Pepper. The secret is out! It seems to work because he is the "Reigning King of the Barbecue." His dry rub consists of salt and pepper, paprika, and a few other seasonings he didn't want to reveal. He said he may even package up his dry rub in a bottle and sell them for five bucks a piece and put them in the Albie Aware donation box.

He cooks the ribs for about three hours. "Cook slow, be patient" is Rocky's mantra.

Rocky got involved with Albie Aware about eight years ago. Go Girl energy drink and NorCal beverages wanted him to get involved with special events. At first he thought, "Oh great one more thing to do." The more he learned about Albie Aware and how they help people, the more he knew he could not stop being involved. "They're a great organization and they're true blue people. It's not work. It's just something I want to do."



(above left) BBQ (Rocky's secret weapon). (above right) Rocky's friends who helped out at a previous Albie Aware event.



Photos by Rocky Niehaus

It's not just a rib competition. There will also be great live music from Urban Fire, who has a unique and versatile sound. They've brought their homegrown reggae to gobs of local venues including the Powerhouse Pub and Swabbies. Cardboard Ringo, an original local rock band, who have played Harlow's and the Blue Lamp will also be performing. The music is from 2-5 p.m.

At noon they open to the public. "Pork It Up" will be there to serve rib lunches that will also benefit the Albie Aware Foundation.

There will also be a silent auction at the event.

All of the rib tasting, live music, and fun is for a very good reason. Cindy Love of Albie Aware got serious about

why they do what they do. "I hate to tell you how many of my friends have been diagnosed with breast cancer since I've had this job." Albie Aware is a local breast cancer foundation. They help people with their immediate needs. "The main beacon of what we do is testing. Mammogram screenings, diagnostic screenings, x-rays, MRI's."

Cindy added, "There are so many people right now who don't have health insurance. There's a whole working poor class of people. They're not getting tested on time, which means when they are systematic they are at a much higher level of breast cancer. Albie Aware is trying to prevent some of that. Getting people tested early."



**STUNNING NEW HOME**

4 or 5 bedrooms 3½ baths in the Fabulous 40's! Great for entertaining with formal living room and fireplace, dining room, large chef's kitchen with island and prep sink, breakfast bar and open great room with built-in's and wine fridge. 9' ceilings, 8' doors, lots of arches, open and bright; spacious yard! \$1,295,000

**NATHAN SHERMAN 969-7379**



**REMODELED FABULOUS 40S**

Lovely remodeled 4 bedroom and three bath home features high quality appliances and finishes in the gourmet kitchen; connected family room has French doors that open up to the backyard with Sago and Queen Anne palms. Plus a back gate into the Sutter Lawn Tennis Club. \$1,199,900

**BETH HARNEY 995-4120**



**NEW ON SANTA YNEZ**

Newly completed home by Dyer Trolino Homes right in the heart of East Sacramento. This craftsman bungalow exudes east coast charm, architectural detail throughout, and a simple, spacious, open floor plan. The details: 4 bedrooms, 3 baths, 2190sf, and a 1-car detached garage. \$749,000

**CHRIS BALESTERI 996-2244**



**FAB 40'S TUDOR**

Stylish 4 bedroom 3 bath home with interior featuring coffered ceilings, oak hardwood floors with walnut inlaid trim, 2 master suites, gourmet kitchen, granite counters, large dining room with built-in leaded glass hutch, wine room & tasting area, office, gym and a professionally landscaped yard and BBQ. \$1,050,000

**TIM COLLOM 247-8048**



**SPACIOUS HOME & YARD**

Beautiful 4 bedroom 3 bath home has gorgeous kitchen, spacious living area and a large yard; all great for comfortable living and entertaining. Downstairs bedroom and full bathroom. HVAC system replaced recently. Lots of extra details, including crown mouldings. \$595,000

**ALLISON BELL 248-1060**  
**ALEXIS JONES 715-0237**



**STEPS FROM THE PARK**

3 bedroom, 2 bath home located just steps from McKinley Park. Features include a spacious floor plan, hardwood maple floors, granite kitchen counters, stainless steel appliances, beautiful kitchen cabinets, completely updated bathrooms, and a private low maintenance backyard patio. \$360,000

**TIM COLLOM 247-8048**



**GREAT URBAN LIVING**

Just blocks to the Capitol, theaters, restaurants! Take in the Farmer's Market or a baseball game at the neighborhood park. Large 2 bedroom condo on the lower level with balcony and stairs to the enclosed greenbelt and campus. Great decorator colors, newer recessed lighting, plantation shutters, wood laminate floors and gated outside parking. \$210,000

**DAVID KIRRENE 531-7495**



**MED CENTER BUNGALOW**

Classic two bedroom featuring front porch that is perfect for catching the Delta breeze on summer evenings in this friendly neighborhood. This spacious floor plan offers a large dining room and kitchen and leads to a large family room. Freshly painted throughout with a cozy fireplace for the winters. \$298,000

**TIM COLLOM 247-8048**



**MIKE PARIS BUILT HOME**

Fabulous new home being built in the heart of East Sacramento!!! This 3 bedroom 2½ bath will have all the classic signatures of a Mike Paris home... high ceilings, large rooms, open floor plan, indoor/outdoor living, gourmet kitchen, and an old world style and charm. Drive by and look at the three homes already completed to get a true feel of the quality! \$765,000

**TIM COLLOM 247-8048**

*for current home listings, please visit:*

**DUNNIGANREALTORS.COM**

**916.484.2030**

**916.454.5753**



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