

# EAST SACRAMENTO NEWS

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## Construction underway for Sacramento's **FIRST** pub theater

See page 7



- McKinley Village update.....2
- Janey Way Memories.....4
- Lance Armstrong feature .....5
- Arts.....6
- Calendar.....17

CSUS coach discusses philosophies, success

■ See page 5



Seed library gains popularity at Colonial Heights

■ See page 18



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Shown above, Parkside Flats, a new addition to the McKinley Village development.

## McKinley Village update

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

With this latest addition, the homebuilder is hoping to cast a wider net for buyers, including those who may need to downsize and not deal with maintenance, or, perhaps a dual-income, no-child couple.

### Tunnel Lighting

Perhaps, one of the more exciting new developments the team shared with this publication is the light feature in the tunnel. Michael Sestak, of Sestak Lighting Design who did the Governor's Mansion lighting, has been brought on as a consultant on the team to light the bike and pedestrian tunnel.

"The thought is there are negative connotations with underpasses or tunnels. How do we add value to this with this underpass, so, we said, let's add light to make sure it's lit brightly and so it feels safe and inviting. My first thought is - if you light the ceiling, you light the room," Aaron Sussman, New Home Company director of forward planning and land development, said.

The lights will be programmable, similar to the Bay Bridge. Residents will be able to coordinate the lights with special events, like if the Kings make the playoffs!

Much has been said about requesting Phil Angelides, the developer of McKinley Village, to include a tunnel out of the project at Alhambra Boulevard for car access to ease traffic congestion. While it's not an action on the table for Riverview Capital Investments, it's being looked at independently by the City of Sacramento.

Members of the Angelides team, including Megan Norris, vice president of RCI and spokesperson for the project, sat down with the East Sacramento News, to discuss the issue and bring to light changes and updates to the plan. But as far as having the possibility of a vehicular tunnel at Alhambra, Norris said the current proposal is what it is: "We were not required to provide a bike and pedestrian tunnel, but we are. And the city - if they want to, if their analysis comes back and said it's feasible, they can do it on a separate track. It's up to themselves. Doing vehicular access at Alhambra was never a mitigation (on the part of RCI)."

### Parkside Flats

After listening to criticisms from neighbors, as well as the City of Sacramento's Planning Commission, RCI and the builders on the project, The New Home Company, added a new series of models to the design: Parkside Flats, which consist of 24 units with a price tag between \$400,000 to \$600,000 and ranging in square footage from 1,500 square feet to 2,300 square feet. They're expected to have brick facing and have a modern look. Some of these "stack flat" units will take over awkward street corners, and others will be laid out around the park and the recreation center.

On the first story, there are three units, where residents will have direct access from the garage to their homes; then, on the second four units, there will either be stairs or elevators, which go straight to the unit.

### Green spaces

While not exactly a change to the current proposal, the development team wanted to emphasize 20 percent of the entire project, consists of green space, which will include a 12-plot community garden, and two parks located in the detention flood basin.

All of the parks will be owned by the City of Parks and Recreation, but maintained by the homeowners association and designated for the residents to use.

As far as the parks in the detention basin are concerned, one is meant to be more inundated with water for longer periods of time and the other would be an active play area, similar to some parks in Natomas that are jointly used as parks and detention basins.

## McKinley Library events

### Toddler/preschool storytime (ages 0 to 5)

Thursday, March 6 from 11:15 a.m. to noon: Songs, fingerplays and stories especially for ages 18 months to 5 years, followed by playtime! Make new friends and play with toys.

### Girls Like You (ages 6 to 12):

Saturday, March 8 from 2:30 to 3:30 p.m.: Come celebrate Women's History month by learning about and being inspired by some amazing young women. Leslie Stair from Artsy Mommas will introduce families to a couple of brave, intelligent, curious, and, perhaps not very well known girls who made important contributions to our world when they were still young. Afterward, participants will be invited to do a couple of art activities inspired by these young role models.

### Baby lapsit (ages 0 to 5)

Tuesday, March 11, from 12:30 p.m. to 1 p.m.: Babies from birth to 18 months old and their parents/caregivers can enjoy great books, lively songs and rhymes, and meet other babies in the neighborhood.

### Sabrina's Craft Corner

Tuesday, March 11, from 12:30 p.m. to 1 p.m.: Learn a new craft technique every month, using simple household items and affordable materials. Today's craft: woven mag-



azine baskets. Funded by the Friends of the McKinley Library.

### Toddler/Preschool Storytime at McKinley

Thursday, March 13, from 11:15 a.m. to noon: Songs, fingerplays and stories especially for ages 18 months to 5 years, followed by playtime! Make new friends and play with toys.

### Bats: Myths & Facts

Saturday, March 15, from 2:30 to 3:30 p.m.: Come learn all about bats! NorCal Bats explains the importance of bats as related to food, insect control, pollination and seed dispersal. The discussion is followed by the viewing of live, native California bats.

### Baby lapsit storytime

Tuesday, March 18 from 12:30 to 1 p.m.: Babies from birth to 18 months old and their parents/caregivers can enjoy great books, lively songs and rhymes, and meet other babies in the neighborhood.

The McKinley Library is located in the north wing of the Clunie Clubhouse in McKinley Park, 601 Alhambra Blvd.

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### Looking Back To Move Forward

**Homes Sold**  
1st quarter: 68      2nd Quarter: 90  
3rd Quarter: 111      4th Quarter: 103  
Total Homes Sold: 372

**Median Home Price**  
1st quarter: \$382,500  
2nd Quarter: \$416,450 9.18% increase  
3rd Quarter: \$412,500 1% decrease  
4th Quarter: \$450,000 9.16% increase  
Total increase of values approximately 8.5%

Yes, pricing have gone up in our neighborhood  
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### Janey Way Memories:

# My first Christmas away from home



By MARTY RELLES  
[marty@valcomnews.com](mailto:marty@valcomnews.com)



In September of 1969, I completed my military training at Fort Lewis, Washington, and then the U. S. Army issued me orders to serve in West Germany. In early October, I boarded a charter plane headed for Frankfurt, Germany. After three days in Frankfurt, I received orders to serve at the 510th Ordinance Battalion in the small German town of Gunzburg.

If the truth be told, I arrived in Gunzburg ill-prepared for the German climate. It didn't help that my army duffel bag, filled with most of my clothing, disappeared en-route. It eventually arrived, months later, but initially, I had minimal gear.

When I arrived on base, my new friend who called himself "Huck", said, "We need to get you some warm clothes to wear." So, next morning, we walked the half mile into town and did some shopping. That day, I bought a fur-lined coat, a good pair of boots and a warm hat. Now, I almost looked like a German.

That day, I also ate my first German meal: Wiener schnitzel. Wow! It tasted great. I knew that I was going to like this place.

The town, too, was fantastic. Gunzburg dated back to the Roman Empire. In fact, the Romans built the cobblestone street that went through the center of town. That day, I walked on a 2,000-year-old road.

I quickly settled into the routine of army life. I basically had a Monday through Friday job at our ordinance site, with Saturdays, Sundays and holidays off. It was great.

By mid-November, the first snow fell and it covered the ground until, April. You got used to it, though. I soon began to enjoy it.

Thanksgiving came and went and Christmas approached. I started to feel a little homesick then. However, my first Christmas away from home turned out wonderfully.

Mom sent me a care package in mid-December full of treats. We went out and bought a small tannenbaum (Christmas tree) for our room. We decorated it with ornaments purchased at a store in town. In town, they decorated the streets with red ribbons, greenery and ornaments. I bought small presents, and mailed them home.

Christmas day, I attended services at the beautiful Gothic cathedral in town. That evening, the officers hosted Christmas dinner for the men in the dining hall. They came, in full military dress attire, accompanied by their wives. After a fine turkey dinner with all the trimmings, they distributed small presents to all of us. Christmas away from home wasn't so bad after all.

I have never forgotten that first Christmas in Germany.

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# Sac State women's basketball coach speaks about his coaching philosophies, success

By LANCE ARMSTRONG  
[Lance@valcomnews.com](mailto:Lance@valcomnews.com)

When it comes to coaching winning basketball teams, first-year Sacramento State University women's basketball head coach Bernard "Bunky" Harkleroad certainly has some experience.

In 13 seasons as a head coach, Harkleroad led his teams to more than 250 wins, and last season, he was named the West Virginia Intercollegiate Athletic Conference's women's basketball coach of the year and the Women's Basketball Coaches Association's Atlantic Region coach of the year. He was also a finalist for the 2013 Russell Athletic/WBCA NCAA Division II women's basketball coach of the year honor.

At Glenville State College in Glenville, W. Va., Harkleroad coached a women's basketball team, which led the division in scoring in each of its last four seasons. Last year's team averaged 95.3 points per game and finished the season with a won-loss record of 27-4.

That same team made 14 three-point field goals per game – a season mark that ranked number one in the nation – and set a Division II NCAA Tournament single-game mark with 21 successful three-pointers.

One of the Glenville State Lady Pioneers' most successful seasons under Harkleroad was the 2010-11 season, which was followed by a berth in the WVIAC Tournament Championship.

Prior to coaching at Glenville State, Harkleroad was the head women's basketball coach at his alma mater, Berea College, in Berea, Ky.

Under Harkleroad's guidance, Berea won three consecutive Kentucky Intercollegiate Athletic Conference tournament titles.

His 167-93 record as a head coach at Berea was followed by his 91-30 coaching record at Glenville State.

Harkleroad resigned from Glenville State to accept an offer to coach the Sacramento State women's team, which won 19 games and played in the Big Sky Conference Tournament last

year. The vacancy in that position occurred through the resignation of Jamie Craighead, who left Sacramento State to coach at San Jose State University.

In Harkleroad's biography, which was provided by Sacramento State, it is noted that "his non-traditional (coaching) style produces fast-paced play aimed at overwhelming an opponent both physically and mentally while providing fans with an entertaining product."

And Harkleroad's high energy approach to the game has had an immediate impact on the success of the Sacramento State women's basketball team.

In speaking about that success, Harkleroad said, "This season we're currently

averaging right at 89 points per game and our record is 15-6. We're in a three-way tie for third place in our league. We're forcing our opponents (to make) nine more turnovers per game than we are (making)."

Harkleroad discussed the intensity of his current team, saying, "We play a high progressive style of basketball. We do things a little differently with our program. Everything from our conditioning is different. Instead of running two or three or four miles, we try to make them puke in a minute to be honest. And then they will recover and do it again. So, we try to establish an intensity and energy level that our players have never experienced. We try to build duration."



Photo courtesy of Bob Solorio/Sacramento State Media Relations  
Bunky Harkleroad is in his first season as the head coach of Sacramento State's women's basketball team.

Harkleroad also noted that all of his team's players are continuously given opportunities to play in games.

"We don't rely necessarily on one or two players to carry the full load," Harkleroad said. "We need a contribution

See Coach, page 9

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# ARTS

## Ongoing Crocker Art Museum exhibits span from abstract expressionism to local children's art

Editor's note: The following are exhibits now showing at the Crocker Art Museum.

### "Sam Francis: Five Decades of Abstract Expressionism from California Collections"

**March through April 20:** This exhibition celebrates the work of internationally acclaimed California native Sam Francis (1923–94), one of Abstract Expressionism's top practitioners and California's most accomplished artists. Featuring a colorful range of the artist's paintings and unique works on paper, this survey highlights different periods of the artist's work as represented in extraordinary public and private California collections. The exhibition includes early paintings the artist made during his time in the San Francisco Bay Area in the 1940s, but is primarily dedicated to the influential and expansive body of work that the artist created between the 1950s and the 1990s. Represented are works made in the artist's California studios in Palo Alto, Point Reyes, Santa Monica, and Venice, as well as those made when Francis was living in New York, Bern, Paris, and Tokyo. The exhibition is organized by the Sam Francis Foundation in collaboration with the Crocker Art Museum and the Pasadena Museum of California Art.

### At the Crocker Art Museum: "Jules Tavernier: Artist and Adventurer"

**Now through May 11:** This is the first museum exhibition to survey the work of early California artist Jules Tavernier



Jules Tavernier, A Balloon in Mid-Air, 1875. Oil on canvas, 30 x 50 in. Courtesy of North Point Gallery, San Francisco via crockerartmuseum.org

(1844–1889). Born in Paris and trained in France, Tavernier adapted his native country's Barbizon aesthetic to scenes of the American West. This exhibition surveys the artist's entire career through 100 paintings and works on paper, from his early transcontinental illustrations for "Harper's Weekly" and paintings of Native American subjects to scenes of the San Francisco Bay Area and Monterey Peninsula, where he founded the local art colony in 1875. Also featured are the artist's signature paintings of erupting volcanoes, which he painted in Hawaii before his untimely death at age 45. The exhibition is accompanied by a full-color catalogue—the first to feature Taver-

nier exclusively—and features essays by Scott A. Shields, Ph.D., the Crocker's chief curator and associate director, as well as Claudine Chalmers, Ph.D., and Alfred Harrison, Jr.

### At the Crocker Art Museum "Youth Art Month"

**March through April 6:** A state-wide program presented by the California Art Education Association, Youth Art Month celebrates successful art education programs in this invigorating and varied showcase of student artwork. An annual Crocker tradition, the Museum is proud to serve again as a venue for Sacramento-area schools and art organizations.

## Construction underway for Sacramento's first pub theater

By MONICA STARK  
editor@valcomnews.com

This story begins eight years ago when Tahoe Park resident Jackie Nadile traveled to Portland, Ore. and visited one of the pub theaters run by McMenamings, a neighborhood gathering spot where movie and music lovers come together and enjoy handcraft beer, wine, spirits and coffee in a cozy atmosphere furnished with couches whilst they be entertained by live acts one day and new films on a big screen on another day.

The infatuation with Nadile's experience there preoccupied her mind ever since. Fast forward eight years: She decided she is done working in the medical field, and that now is the time for her to recreate the McMenamings experience in her own neighborhood.

Located at 5440 14th Ave. near 55th St. sits the run-down Tahoe Food Market with windows covered with bars and a "For Lease" sign.

But inside, magic is happening.

Just about two weeks ago, Nadile got the keys to the place, and, with her husband Alan Lee, the two of them have filled in holes in the walls and have come up with a design plan, detailing where a 124-inch movie screen will showcase films, how a bar will be located in the back, separated with a wall from the main movie viewing area and where a stage will be built for live acts and elevated seating.

With contract applications for the showing of movies released by Sony Pictures Entertainment, Metro-Goldwyn-Mayer (MGM), Weinstein's and Universal and an application to the Department of Alcoholic Beverage Control submitted, Nadile is well on her way to her goal of opening what she has named – Public House Theater – by May or June.

The space has been empty for about three years and it's "a work in progress," Nadile said, as she took time out of her busy day, which



Jackie Nadile and husband Alan Lee stand inside what's to be the new pub theater.

Photo by Monica Stark

has been spent like most others as of late, working to transform the space, to speak with this publication about her excitement regarding her new venture and the community's backing of it.

"People are going to be pleasantly surprised. I'm hoping that (the pub theater) spruces up the neighborhood a little bit. My hope is to be open in a few months. Pretty ambitious, huh?" she chuck-

led as clearly a lot of work still needs to be done to the space.

Nadile said she received supportive emails from neighbors after she put out an informal poll on NextDoor.com, the social networking site for neighborhoods, asking about movie preferences for opening night, which is deemed the movie of choice by herself and her husband, the winner gets free admission for the night. So far, *The Big Lebowski*, *The Princess*

*Bride*, and *Harold and Maude* are in the running, she said, adding that unsolicited but welcomed support has been encouraging. "Someone wants to do my website; someone wants to market for me. I've gotten so many responses. People are just into it; it's just fantastic," she said.

Nadile said she will be showing movies from Blu-ray DVDs and will be using

See Pub Theater, page 8

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## Pub Theater:

Continued from page 7

a high-definition projector as opposed to providing a digital format. "It's not going to be digital, because that's a whole other issue when you have to deal with the movie studios," she said.

Whereas most movie theaters charge a lot for popcorn and soda pop to recoup the costs of proceeds lost from ticket sales to the movie companies, Nadile said she's hoping to keep the prices down. With regular menu items such as sandwiches, paninis and pizza, Public House Theater will also offer specials from time-to-time from local restaurants.

Nadile has reached out to local brewers and restaurants, including: Track 7 (3747 West Pacific Ave.), Rancho Cordova-based American River Brewing Company (11151 Trade Center Dr.), Device Brew-

ing Company (8166 14th Ave.), and Kansai Ramen & Sushi House (2992 65th St., Ste. 288).

Reaching out to local businesses and supporting the economy has been a huge goal for Nadile. "We want to try to stay that way and boost our economy, not somebody else's. That's why I want people to experience all the amazing beers and micro brews we have here. They're just up and coming and all over the place. And I want to support the local economy."

And, fortunately, the local economy has what Nadile is looking for. "We're going to have fresh ingredients, the best beer in the neighborhood and in the area, as well as, some of the best wines," Nadile said.

Giving a tour of the inside of the old Tahoe Food Market, Nadile described the general layout of how the pub theater will look.

On the street-facing wall, she plans on draping dark curtains over the

windows upon which she will drop down a 124-inch screen from the ceiling. Because the seating area is rather small, there has to be a certain amount of height from the floor, so people aren't looking down, they are looking straight ahead. "I think a screen that's 7- or 8-foot-wide is plenty big enough for this space," she said.

On the back wall, there will be a stage for live performances or it will function as an additional seating area. And behind that wall, there's a whole other room for the bar, which can be closed off for family friendly events like a children's matinee day.

A friend to many local artists and musicians, Nadile will be encouraging them to utilize the Public House Theater. "We're going to take a part of the wall and allow artists in the area to display their works and sell them if they want. I'm not sure what we will do to the walls, obviously we'll paint them, but we're not sure about the pictures. We do

know we want to keep the pub cozy and inviting. I have a bunch of friends who are musicians and I thought they could use some promotion and they are very good, so I thought maybe once a month or once every two months we could do a live performance," Nadile said.

Coming out of the medical field with no background in opening up a local business has required frequent visits to State offices. Regardless, everything has been working out. "Obviously, if I had some kind of background, it would be less stressful, less arduous. I'd know what to expect and how much things cost," she said.

She said her only stress at this point is obtaining a license from the Department of Alcohol and Beverage Control. "I don't think there will be a problem getting it, but it will take awhile to start serving, but we'll have a soft opening with soft drinks and coffee and things like that, which we will carry anyway."

## Coach:

Continued from page 5

from every member on our team, because our twelfth girl on our roster is playing some first half minutes. If you're a college athlete it's big. If you're a Division I athlete, it's even bigger. If you can play minutes in a game, even if it's just two or three, which the outcome is yet to be determined, we try to build pride in that. As a result, our chemistry is oftentimes far better than a lot of systems where five, six or seven players play and the other five are simply practice players."

In further speaking about his approach to substituting different players throughout the game, Harkleroad said, "We can't have any dead weight on our bench."

And in regard to the team's success through that system, he added, "We have five players averaging in double figures, and that's with two of our top six players out this year with torn ACLs (anterior cruciate ligaments)."

Harkleroad was also quick to praise his players, saying, "We were fortunate enough to inherit a group of young people that were willing to buy into (the new staff's system) immediately."

He also praised the team's previous coaching staff, noting that there was "a lot of good work done" by that staff to assist in setting up the current staff to become successful at Sacramento State.

In continuing to delve out praise, Harkleroad also com-

plimented the fans of his team, as he said, "Our fan base is growing. We've had some games where the gym has been almost full, with students not in session over Christmas break. It's a great thing we have going on at Sacramento State."

Harkleroad realizes that the progression of the team is a gradual process that requires time for the staff and the players to bond.

"We missed out on a lot of the preseason bonding and a lot of the connections," Harkleroad said. "We're still getting to know our players. It says a lot about the young people in our program and their families that they accepted us right in and we've been able to accomplish what we have (accomplished), and that's a tribute to them being coachable and wanting to buy in (to the new coaching system)."

In speaking about his current team's playoff aspirations, Harkleroad said, "We're to the point in the season where we've got to have a little luck. We've got to continue to play hard to get into that postseason play, and then we can see what we can get accomplished."

With an enthusiastic tone to his voice, Harkleroad said that he and his coaching staff are thankful for the chance they have been given to improve upon the success of the Sacramento State women's basketball team.

"We've been very fortunate to be here (at Sacramento State), and we're just very grateful for the opportunity," Harkleroad said.



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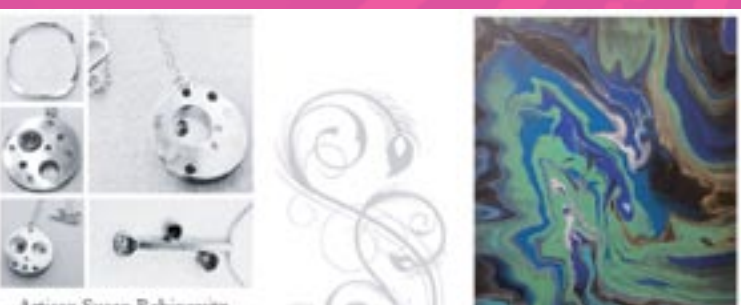
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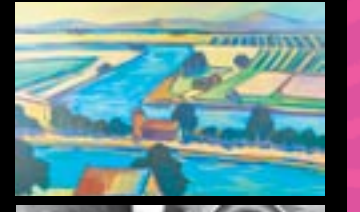


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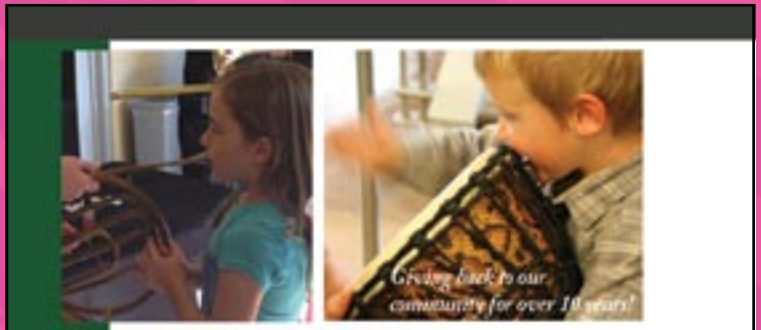


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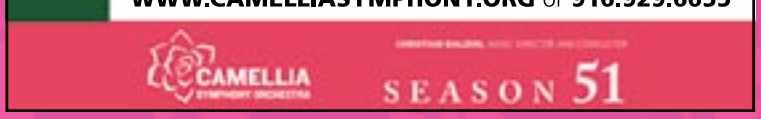
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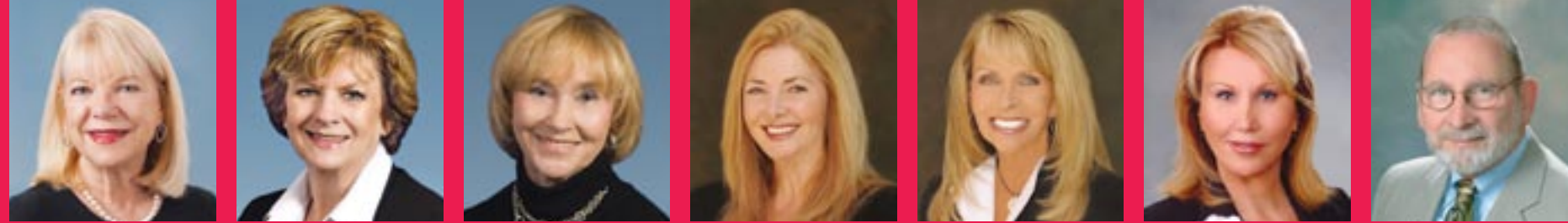
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## A Sacramento fishing guide who cares

By BILL LAWS

"Yesterday we boated 22 fish," says Phil White as he cradles the phone between his square shoulder and jaw. It is one of the many calls he takes from anglers wanting to book his services as a fishing guide.

He works the phone from the office of his employer, American Fly Fishing Company, which own store on Watt Avenue and Fair Oaks Boulevard. At most times during the day, though, White's own office is on an open boat along one of the many rivers in Northern California.

30 years old and a graduate of Del Campo High in Citrus Heights, the athletic White wears a baseball cap straddled by a pair of wrap-around sunglasses.

"I can take you and one other person down the river for \$250," he explains. "I sometimes throw in a lunch."

Phil explains the other parameters of a guided fishing trip. "We drift down the middle of the river where the water is deep," he says. "That way we don't disturb the redds which is the name of where the female salmon lay their eggs."

Not disturbing the small fish or fingerlings growing near the banks of the American River are White's primary concern. He explains the cautions he takes. This includes cutting off the boat's engine along shallow gravel areas that contain fish eggs. When fishing the American river, as well, White strictly abides by the Fish and Wildlife Department's prohibition on fishing. This prohibition includes the area from Nimbus Dam to Hoffman Park.

"I signed a petition in January to close fishing near the spawning areas," he says. It took a month for the Department of Fish and Wildlife to follow suit and limit fishing upriver from Hoffman Park. White, though, is not bitter.

Actually, he stresses, in a clear and deep voice that echoes with a sense of the out-of-doors, it isn't the drought or lower water levels that threatens the newly created redds. "It's a combination of the drought and manage-

ment policies that threatens fishing," he says.

Examples of poor management policies such as the release of grey or sewage water into the lowered rivers are readily at hand. Another instance is the creation of recreational access near places where waders might disturb the fine gravel into which female salmon lay their eggs and male fish release milt or sperm to fertilize the recently planted eggs.

The fishing shop where Phil takes calls and books outings is a resource for the popular sport of fly fishing. Between calls, I am able to look around the store and learn a little bit about the sport. Dozens of lures line a table that goes down the center of the shop. Lures braided with brilliantly colored filaments in the design or image of insects seem ready to jump into the air. Ground beetles, dragon flies and other winged insect, artfully embroidered around glistening metal hooks, fill the shelves.

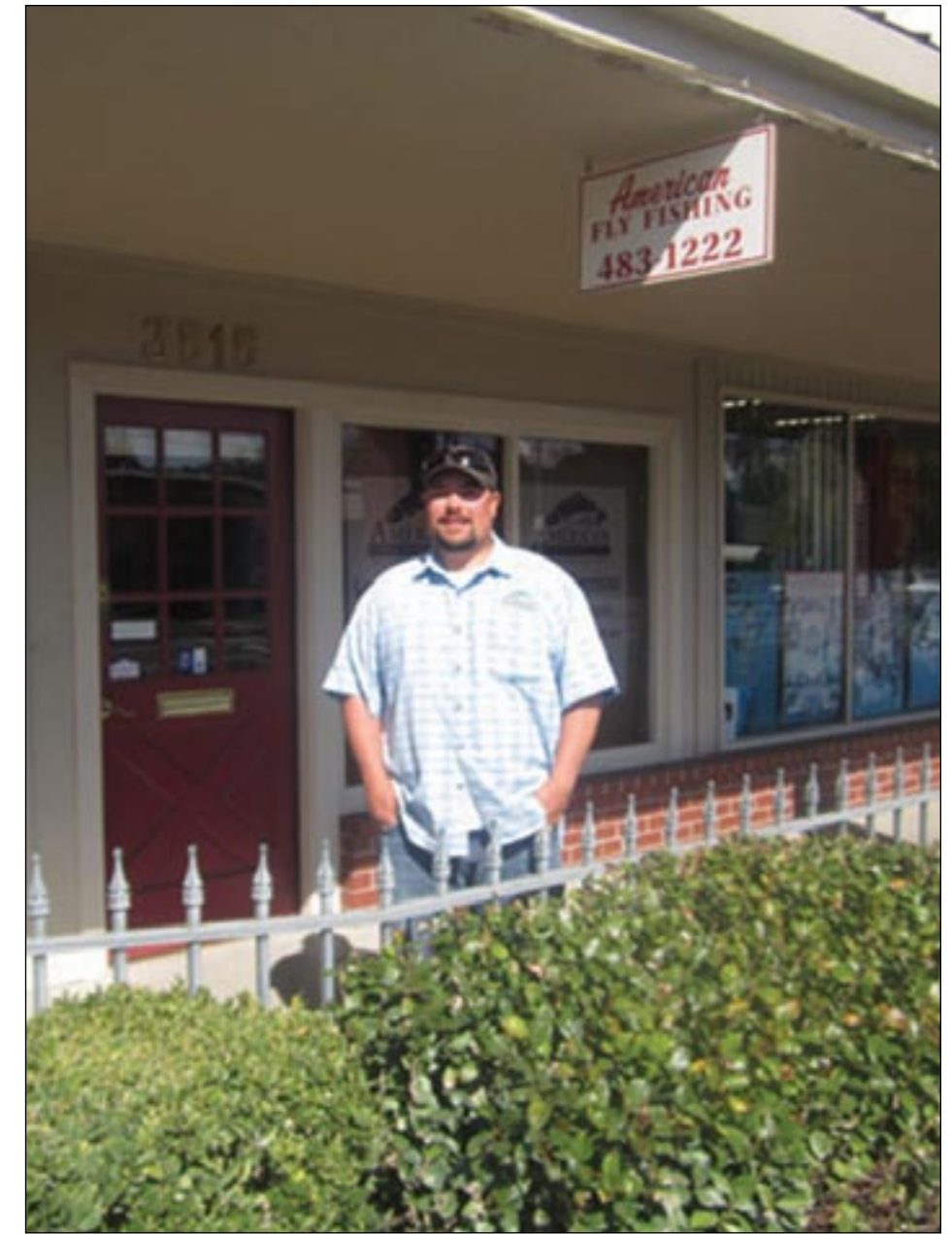
Although White guides anglers of all styles and persuasions, fly fishing is a technique that strives to imitate the natural prey of different species of fish. Along with the special lures, anglers learn to jiggle, balance and jerk their lures in the way the fish might instantly recognize as their natural source of living food.

White, as well as the staff of the fly fishing center, express a profound respect for the fish they hunt and show appreciation for the natural habitat. "I'm really following my own self-interest," says White. "If I protect these fish and make sure they reproduce, that will feed my family."

White's daughter, now four years old, has already shown an interest in fishing. "I was four or five when my dad got me into fishing," he said. "Now my kid is taking up the sport."

Not all fishers, though, are as respectful of the fish they seek. "I just talked to one customer who wanted to go back and forth on the river in a boat powered by a huge Mercury engine. I told him he better find a different guide."

White's fishing style is to float or drift down the river, keeping a good distance from the redds or fish breed-



Phil White, a local fishing guide, stands in front of the store.

Photo by Bill Laws

ing area. The redds, in fact, are discernible as roundish, gravel areas that range from size of an ice box to the size of a small galley kitchen. Often these spawning areas have been swished clean by the tail of a female salmon or steelhead that is preparing the area for the laying of her legs.

Most recently, as my wife A'Delle and I have walked along the William Pond Recreation Area near the river, it is apparent that some of the eggs have already hatched. Extremely delicate and tiny ripples expanding in concentric circles can be seen from the bank. These are caused by the nosing of the barely visible baby fish or fingerlings as they nudge the surface for a bite of organic matter.

"I've seen fishers mucking up these areas by wading right into them,"

White says. "I've even seen fish hooked right while they were trying to breed. The fish fight like hell to keep in the redd area where their babies are being born." White likens such abuse of the natural process to abusing or interfering with his own right to have a family. "It's not right to see that," he says.

Needless to say, this fishing guide is a tremendous advocate for the future of the fishing living in the American and other rivers. For White and the other guides, catching fish is about the process of participating in nature. The outcome of grilling and digesting the watery creatures is a secondary objective. In fact, it seems that the artistry of the fishing lures and the joy of nature trump the game-seeking aspect of the sport.

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# Aquaponic systems gaining neighborhood popularity

By ISAAC GONZALEZ

Sacramento's already got its urban gardens, backyard chickens, and a sophisticated PR campaign in full swing to promote ourselves as the "Farm-To-Fork" capital of the nation. But there's another type of urban agriculture that's gaining traction with local food aficionados: Aquaponics.

Simply put, aquaponics is a system that a food grower can use to produce vegetables without soil. It's a symbiotic environment which mimics what you might find in a riverbed or a lake, fish and other aquatic animals produce waste matter, which then be-

comes the food nutrients for the surrounding plant life. In turn, the plant life consumes the waste before it reaches toxic levels and provides clean water back to the system. Aquaponics reproduces this arrangement on a scale small enough to be done in a backyard, a patio, or even on top of a windowsill.

Humans have been using aquaponic methods to grow plants for ages, thousands of years, by the best guesses. More recently, aquaponics has seen a dramatic resurgence as hobby farmers and natural food enthusiasts searched for a way to produce quality veggies in a sustainable manner and without pesticides.

Locally, Paul Trudeau owns the Southside Aquaponic Farm, is providing some of the most well-known restaurants in the city with food from his aquaponic operation.

"I've sold to Mulvaney's, Kru, and even to Red Rabbit at one point," says Trudeau. "I grow vegetables and fish in an underused backyard and give some to the neighbors. That is the heart of my little business. I take the rest of the vegetables and sell them to restaurants downtown."

Trudeau also has a smaller system on his front porch to grow herbs and lettuce for himself. While it takes up very little square footage, it still manages to produce a

high yield of food throughout the various seasons, all the while using only 10 percent of the water of a conventional garden. That's because all of the water used to deliver the nutrients from the fish to the plants is recirculated over and over again.

"I had a wall of cucumbers last May in my south-facing window," Trudeau boasts. "It provided lots of shade at the same time. It was awesome."

There's a third member of this system which must be taken into consideration as well; helpful bacteria. These tiny organisms eat the fish waste and produce nitrates for the plants. It's important to make sure that the proper balance is maintained to keep everything working properly, but the payoff for all that attention is that the food grown as a result is devoid of chemicals and pesticides.

For those wanting to test the aquaponic waters for themselves, Trudeau recommends the "Aquafarm," a \$60 all-in-one setup which was invented by a pair of entrepreneurs in Oakland. When you're ready to go bigger, one should expect to spend between a few hundred dollars if they lean on the support of the local aquaponic community for resources to as much as two thousand dollars for an all-encompassing do-it-yourself kit from an online retailer.

Tahoe Park resident Anthony Norris has been practicing Aquaponics for the past five years. He offers custom build dinner table sized setups for about \$500 which can provide vegetables for two adults.

"Kale does the best this time of year," says Norris. "Once it starts to warm up, the vegetables really start to get going."

Norris can be reached at entropy1904@gmail.com.

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# CALENDAR

Send your event announcement for consideration to: editor@valcomnews.com at least two weeks prior to publication.

**ONGOING**

**Land Park Pacific Little League collecting memorabilia as part of 60th anniversary**

Land Park Pacific Little League (LP-PLL), a youth baseball organization serving children in the Land Park, Curtis Park, Hollywood Park, South Land Park, Little Pocket, and neighboring areas, celebrates its 60th anniversary season in 2014. As part of the celebration, LPPLL is collecting photos and other memorabilia to display throughout the season. LPPLL's home fields are located at Dooley Fields, located behind Holy Spirit Parish School at the edge of William Land Park, and the baseball fields located in William Land Park. Originally, Dooley Fields were the home of Pacific Little League, created in 1959. Through the years, some of the area little leagues merged. In 1994, Dooley Fields also became the home fields Land Park Little League, which was established in 1954. In 2000, Curtis Park Little League also merged into the league. As part of the Opening Day Parade, scheduled for March 22 at 8:00 a.m., old photographs, jerseys and other memorabilia will be on display. Alumni from past years are invited to attend and share memories. Anyone willing to share or donate items should contact info@lppll.com. Additional information about the league is available at www.lppll.com

**AARP tax aide seeks volunteers for 2014**

The nation's largest free, volunteer-run tax assistance and preparation service is seeking volunteers for tax assistance/preparation and leadership coordinators. Volunteers of all ages and backgrounds are welcome. Each year from Feb. 1 through April 15, AARP Tax-Aide volunteers prepare federal, state, and local tax returns for low and middle income taxpayers, with special attention to those

age 60 and older. Volunteers are especially needed to assist with electronic filing of tax returns. You do not need to be an AARP member or retiree to volunteer. For more information on how you can join the AARP Tax-Aide team in Northern California, contact Ron Byrd at NoCalTaxAide@Outlook.com or visit website at: www.aarp.org/taxaide'

**Mahogany Urban Poetry Series - Queen Sheba - poetry readings**

Each Wednesday from 8-11 p.m. at Queen Sheba in Sacramento, local talent makes it way to the restaurant for weekly open-mic events. \$3-\$5. 1704 Broadway.

**Brain Gymnasium**

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**Attn. students: Submit now for water efficiency video contest**

High school students can win cash prizes and the chance to view their video on the Raley Field Jumbotron by entering the 2014 Water Spots Video Contest. The contest, sponsored by the Regional Water Authority (RWA) and the Sacramento Bee Media in Education (MIE) program, challenges teens to create compelling and original 25-second Public Service Announcement (PSA) videos on a select water efficiency topic. The 2014 water efficiency theme is: Don't be a gutter flooder: Prevent overspray and runoff. Judging will be based on creativity, entertainment value, accuracy, originality and incorporation of the water efficiency topic. Finalist videos will be displayed on the Raley Field Jumbotron screen and winners announced at a Sacramento River Cats game in April 2014. Winning students and their teachers will also get cash prizes. The grand prize winner's spot may become part of RWA's 2014 television ad campaign. Submissions due Feb. 28. Visit www.BeWaterSmart.info for more information and tips on using water more efficiently and

to submit entries or get more information about contest rules, judging and prizes, visit www.sacbee.com/water-spots

**California Youth Basketball League taking applications**

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**Kiwanis Club of East Sacramento-Midtown**

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**The Sacramento Capitolaire meeting**

A men's Barbershop Harmony group, meets every Tuesday night at 7 p.m. at Pilgrim Hall (Sierra Arden Unit-

ed Church of Christ), 890 Morse Ave., Sacramento. Info: www.capitolaires.org, call 888-0877-9806, or email info@capitolaires.org

**MARCH**

**Focus on Fixed Income**

March 10: Learn the basics of bonds, the advantages of laddering and how fixed income may be part of your investment strategy from 10 to 11 a.m. Free. Pre-registration required. Held at ACC SSC, 7375 Park City Dr, Sacramento, 393-9026.

**Pesticides and Integrated Pest Management**

March 11: Learn how to identify and control pests and diseases with the least toxic and pest-specific methods, 11 a.m. to noon. Free. Pre-registration required. Held at ACC SSC, 7375 Park City Dr, Sacramento, 393-9026.

**St. Patrick's Luncheon at Casa Garden**

March 11: St. Patrick's Luncheon with music by The Irish Eyes at 11:15 a.m. and 1:15 p.m. seatings at the Casa Garden Restaurant, 2760 Sutterville

Road, Sacramento. Entree choices: Traditional corned beef served with steamed potatoes and pea/pecan salad or chicken Caesar salad; dessert: almond cake Framboise -- \$22 per person, includes tax and gratuity. First-come, first-served group reservations by one person, one check. Reservations a must -- call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

**Sacramento Community Concert Association performance**

March 22: SCCA presents A Night At The Movies With Pipe Organist Dave Moreno at 7:30 p.m. at Westminster Presbyterian, 1300 N St. Complemented by emcee Matias Bombal, organist-entertainer Dave Moreno will thrill you as he accompanies popular silent films on Westminster's grand 3000-pipe organ. Don't miss this extraordinary event. 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

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**2014 CALENDAR**

**March**  
March 15th  
March 18th  
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Business Luncheon/Auction Fundraiser - Speaker: Trulia "Let's Talk Market" (Raising funds for Next Move Emergency Housing - former Sac Emergency Shelter for displaced families)

**April**  
April 15th  
April 17th  
April 26th  
Habitat for Humanity - Volunteer Build Day - Volunteers Welcome  
Class: Self Defense - Safety while showing property  
Class: NARPM National Course Owner/Client Essentials (Designation Approved)

**May**  
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May 20th  
May 22nd  
Friday Golf Tourney - Fundraiser - Real Estate Industry Invited  
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# Free food:

Seed library, and Read and Feed program gain popularity at Colonial Heights Library

By MONICA STARK  
editor@valcomnews.com

It grew, and grew, and grew, and grew! This gigantic, softball-size beet that took root last year, with a stalk about 3-feet tall, over at the abundantly prosperous garden at the Colonial Heights Library, was the highlight of a preschool Read and Feed program last summer. Youth Services Librarian Amanda Foulk (Miss Amanda) had just read to the children from the book, "The Enormous Turnip", before leading them outside to where the gigantic beet basked in the warm sunshine.

"We pulled and pulled!" recalled Miss Amanda, noting the effort's similarities to the theme of the book where a hungry, elderly man tries to yank out a large turnip, but couldn't do it alone. Soliciting help from his wife first, he still couldn't get it out, so as passersby come along, he gets them to participate. And after all the pulling, they got it out and he was happy and they all got to eat it together.

Miss Amanda discussed with this publication the excitement the children had over the morning's event and her love linking literacy to the garden. She's read to the little ones "Jack and the



See Seed Library, page 19

One of the planter boxes was filled with vegetables at the Colonial Heights Library last summer.

Photos courtesy of Malcolm Maclachlan

## Seed Library:

Continued from page 18

Beanstalk" and named one of the beanstalks in the garden, "Jack Beanstalk", and called one of the pumpkins that overflowed out of the planter boxes and out into the yard, "Cinderella".

"I really like tying into stories and books when I can. It's really fun with the young ones to tie it in that way. With the older kids, I do a lot of nonfiction books," she said. One of those books she read with the older children is called "Cool Things for Your Garden", and from it, was inspired to make a planter out of an old shoe.

Describing the current state of the garden, Miss Amanda said: "The lettuce has gotten away from me. The lettuce is pretty vibrant. We have a salad mix with red leaf and green leaf. We had arugula, but it outgrew me. The peas are happy and abundant. We have fava beans, not to eat, but for a cover crop for the soil. People ask me why we plant stuff we can't eat, but fava beans put nitrogen back into the soil and they have a deep root system, so it lessens up the soil to make room for water flow."

During the cold frost that hit this winter, the children, with Miss Amanda's guidance, covered the plants with blankets. "We didn't lose anything. I don't know how sad they would have been without the blankets. Everything survived; there wasn't any trauma," she said.

The garden out in the library's yard supports an ongoing series of programs, like the preschool Read and Feed program, that emphasize nutrition, healthy choices and service learning.

The library also has a kids' garden club and a seed library, where visitors can check out seeds for edible and ornamental plants. So, as the weather becomes warmer, home gardeners can be on their ways to beautiful gardens, free of charge, thanks to the Sacramento Public Library! Just check out seeds from the seed library, plant them, watch the crops grow, harvest the fruits of your labor, and, if you're so inclined, let what's left go to seed, harvest the seeds, and return them to the library.

Talk about free food! There are no late fees, and no obligations to return seeds back to the seed library, which has several varieties of ornamentals, herbs, and edibles for the taking.

A hidden gem in the neighborhood, the seed library is housed inside the Colonial Heights Library to the right of the check-out desk and is less than two years old. Its advertising has relied on word of mouth, as well as events like seed and crop swaps, explained Colonial Heights Public Library's head librarian, Tom Gruneisen.

Seed-savers are asked to bring some of theirs to the branch's seed library; because with enough heirloom seed donations from our region, there will ultimately be a seed library containing plants ideally suited for Sacramento weather.

While the library encourages home gardeners to harvest the seeds and return them to the library, Miss Amanda said it's not required. "It's more about trying something you wouldn't have otherwise done. There are no penalties. We did have people come in, asking, 'how do you return them on time?' That part is totally optional. It's really about getting the seeds out there into the community," she said.

Besides word-of-mouth advertising of the seed library, Colonial Heights just got a new sign for it. "The seed library" was a very well-kept secret,



(above) Youth Services librarian Amanda Foulk.

(left) The seed library, which is housed at the Colonial Heights Library is highly organized by variety.

but now we have a 2-foot by 2-foot sign and have people asking, 'A seed library - what's that?'"

The seeds are organized by "easy and difficult", which has to do with how difficult it is to harvest the seeds, not how easy it is to grow the crops. The library hopes to garner seeds that have not been cross pollinated. Miss Amanda said she keeps on encouraging gardeners who have checked out seeds to take photographs of their progress. "We want to show evidence that (the seed library) works," she said.

Last July, the Colonial Heights Library was selected by the Urban Libraries Council as one of their Top 10 Innovators for 2013. The program was selected by a panel of judges from more than 140 applications in the fourth annual Urban Libraries Council Innovations Initiative.

Former branch supervisor Jami Trawick, who along with former Youth Services Librarian Laura Mielenhausen, was a driving force in the initial stages of the garden. Trawick attributed the garden's success to the community, which the library relied on for its expertise and for funding. Support has come from the Junior League of Sacramento, the Ritz and June Naygrow Foundation, Gifts to Share, Inc., the National Gardening Association, the Sacramento Area Community Garden Coalition and Sacramento City Council districts 5 and 6.

On Saturday, Feb. 22, the library hosted a successful seed swap, where 30 adults and 13 children traded seeds. The event also introduced families to the seed library. Inside the library, Randy Stannard from Soil Born Farms educated the public on how to grow the seeds. Gruneisen said 12 adults and four children sat for that lecture. On Saturday, March 29, the library will Soil Born Farms for a morning of neighborhood gleaning. Volunteers will meet at the library at 9 a.m. and form into five to 10 person groups with a trained harvest group leader. Each group will receive a list of three to five pre-approved sites to harvest, and will be provided with all necessary harvesting materials, including gloves, picker-poles, ladders, clippers, and boxes. Volunteers will carpool to each site and transport the harvested fruit back to the library, where a simple lunch, consisting of a hearty vegetarian soup, bread, and salad, will be provided and stories of the gleaning will be shared amongst the different harvest groups. Food distribution will follow and continue at the library through the afternoon. Surplus fruit will benefit the Sacramento Food Bank and Family Services. Online registration is required. Visit [www.soilborn.org](http://www.soilborn.org) for more information on the gleaning efforts, known as Harvest Sacramento.

The Colonial Heights Public Library is located at 4799 Stockton Blvd.

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### MCKINLEY PARK

Mckinley Park at its best! This 3 bedroom 2 bath home offers a remodeled kitchen, refinished hardwood floors, a vintage fireplace, a spacious floor plan, a wine cellar in the basement, and a large formal dining room. Remodeling garage and studio/art/office space. \$797,000

**TIM COLLOM 247-8048**



### ELMHURST PARKWAY HOME

Lovely 3 bedroom 2 bath is loaded with charm! Large open kitchen, gleaming hardwood floors, beautiful crown moldings, and formal dining room with built-in hutch. Upstairs is a master suite for relaxing. Here's the best part - a finished detached bonus room with half bath. \$519,000

**TIM COLLOM 247-8048**



### 1920'S BUNGALOW

3 bedroom 2 bath charmer with modern amenities! Large family room and spacious master suite with walk-in closet, remodeled the kitchen and bath, refinished hardwood floors, many dual pane windows and rebuilt the garage. Relax in the spa under the gazebo or sit on the front porch and catch up with neighbors. \$499,900

**DAVID KIRRENE 531-7495**

**JERRY KIRRENE 455-1001**



### MIKE PARIS BUILT HOME

Fabulous new home in the heart of East Sacramento!!! 3 bedroom 2½ bath with 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**



### HIGHWATER BUNGALOW

Spacious 4 or 5 bedroom, 3 full bath home in a special area in East Sacramento - just steps from McKinley Park Rose Gardens. Spacious kitchen with granite counters, wood cabinetry and breakfast nook. Master bedroom with bath is on the lower level. \$509,000

**TIM COLLOM 247-8048**

*for current home listings, please visit:*

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