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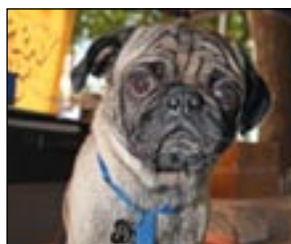
The little retro trailer (and her owner)

See page 2

- Janey Way Memories.....6
- Matías Bombal’s Hollywood..... 9
- Faces and Places11, 14
- Calendar..... 17-18
- Lance Armstrong history feature19

Faces and Places:
Pups in
McKinley Park

See page 11



Tuesday Club of
Sacramento ceases
after 117 years

See page 19



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Photo by Marcos Hernandez

Elmhurst resident Ilsa Hess stands in the doorway of Daisy, her 1962 Oasis trailer. Daisy has become somewhat of a promoter for Ilsa's vegan nacho cheese business, Nacheez.

Meet Daisy (and Ilsa): The little retro trailer that could (and her owner)

By MONICA STARK
editor@valcomnews.com

stores across the country. But from humble beginnings, the very idea of Nacheez began more than three years ago, when, stuck in a quandary, Ilsa, a vegan, was craving some "nacho cheese from a pump." Meat and dairy-free for about a year at the time, Ilsa had enough, but she sure wasn't going to go back to real stuff, so she decided to make her own.

Before becoming vegan, it was hard enough eating out with friends as a vegetarian, so Ilsa welcomed suggestions for vegan substitutes of the creamy, cheesy Mexican ingredients she so craved.

The first vegan nacho cheese recipes she found online didn't taste right, but after numerous attempts, she said she found some that were loaded with cashews as a main ingredient. She remembers standing over the stove and eating half a batch and immediately thinking she could sell this.

Ilsa, also known as "The Nacheez Lady" will be hosting a gourmet vegan cheese making class at the Grange in Elmhurst on July 13 from 10 a.m. to noon. The Grange is located at 3830 U St. (at Stockton Boulevard).

Ilsa will show you how to make delicious aged vegan cheeses including:

- Cashew Cream Cheese
- Chèvre
- Herbed Chèvre
- Lox-Flavored Cream Cheese
- Sharp Cheddar Nutty Cheese Ball
- Brie
- Camembert
- Pepperjack

Cost: \$15 for dues-paying Sacramento Vegetarian Society members and \$18 for non-members.

You can join online at: <http://www.sacramentovegetariansociety.org/wordpress1/membership/>

Putt, putt, putt, ding-ding dong. The little trailer has been resting on an Elmhurst driveway for a few months. Daisy is a happy little trailer for she has such a jolly load to hold. Her cabin is full of good things for neighbors and friends.

"Ahhh, Daisy! How I love her!" Ilsa Hess said of her recent Craigslist purchase. "I bought her from a guy who had 25 people interested. He had her stored in Dixon and even drove her to my parents' place. I made him pancakes to thank him for delivering her for free."

Readers may recognize Ilsa from various local events where she hands out samples of her vegan nacho cheese concoction, aptly named Nacheez.

Ilsa is hoping to use Daisy to sell Nacheez out of. Going for the whole retro look, Ilsa already has the pink flamingos, white picket fence, and even a grass rug to roll out in front of her 1962 Oasis. She plans on getting a dutch door with a tiny counter.

"I want to buy a cute striped awning, too. I still use a tent when I go camping, so Daisy would be 100 percent for selling Nacheez ... and for my Mom (Carolyn Hess) and I to have tea parties in," she said, noting how everyone loves not only Daisy, but have come to call Carolyn, Mama Nacheez. "(Mom) loves to help me and I couldn't run the business without her," Ilsa said.

For Ilsa's last birthday in March, Daisy was filled with treats, including the ever-present Nacheez for friends and family to enjoy. "They loved her! Everyone was smiling and smiling and smiling," Ilsa said.

Daisy will also become the perfect billboard for Nacheez, which now is in more than 40

Seventh annual Fab 40's 5k Run/Walk set for July 26

By LISA WEST

As you begin to make plans for this summer, mark Saturday, July 26, 2014 on your calendar. Prepare for one of the best events in Sacramento – the 7th Annual Fab 40's 5k Run/Walk benefiting the Alzheimer's Association of Northern California and presented by East Lawn Mortuaries, Crematory and Memorial Parks. It is also the official City of Sacramento 5k Championship, and the race is organized by Rich Hanna and Capital Road Race Management so you can be sure the timing is top-notch. They are the same company that manages the "Run to Feed the Hungry" and more than 40 other race events in the area.

The City of Sacramento 5k Championship is one of the fastest and most scenic courses you will ever run or walk. Starting at East Lawn Memorial Park at 43rd Street and Folsom Boulevard, the route traverses the Fabulous Forties neighborhood on "M" Street and pro-

ceeds to East Portal Park before returning to East Lawn for one gorgeous, final mile loop, finishing at the highest point in the City of Sacramento! The run and walk begins at 8:30 a.m., but before the main event there will be three kids' races (1/4 mile for ages 5 and young, half mile for ages 6-8 and also for ages 9-11). This truly will be a family affair!

You may be asking, "Why should I be involved?" It is simple: the Alzheimer's As-

sociation assists families and caregivers in Northern California – free of charge. They also provide important research in the continuous fight against Alzheimer's disease, the sixth leading cause of death in the United States and the fifth leading cause of death in California.

Although elite runners from all over compete in this prestigious 5K championship, just as many amateur runners and casual walkers participate. They are espe-

cially needed to help support the cause. Strollers and pets are welcome as this is a Pet-Friendly 5K (all pets must be on a leash).

In addition to a bounce house, information vendors, food, raffle prizes and more, one of the highlights of the event is the Free Family Photobooth provided by Mike Jensen Photography- it's a big hit! Sponsors include SMUD, KCRA Channel 3, My58, along with Comstock's Magazine,

Councilman Cohn's office, Valley Community Newspapers, Matthews International and the offices of Woodruff, Sawyer & Company, Rebecca Harper & Associates as well as Propp, Christensen, Caniglia LLP, just to name a few.

Please join us! You can go online at www.Fab40s5k.org to register or call Lisa West at 732-2020 if you would like to be a sponsor. Don't miss this great family event!

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Meticulously maintained and in keeping with the Craftsman tradition, this 4 bedroom (plus an office), 3.5 bath home will simply stun you! This home offers a formal living room that flows into the spacious Dining room, and a luminous Family room which opens to an updated Kitchen that boasts Bosch appliances, marble countertops, and dining bar. Posing opportunities to entertain, the private backyard offers a sparkling pool and expansive brick patio. Other amenities include plantation shutters, hardwood floors, and surround sound.

Rich Cazneau

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The Crossword

by Margie E. Burke

ACROSS

- 1 Hefty horn
- 5 Wipe clean
- 10 Character weakness
- 14 From the top
- 15 Wisdom tooth, e.g.
- 16 First-rate
- 17 Gyro holder
- 18 Blender button
- 19 Like kittens and puppies
- 20 An original co-host of "The View"
- 22 Foul-smelling
- 23 Hardly hip
- 24 Hair holder
- 25 Paid athlete
- 28 Vegas action
- 29 Overfill
- 33 Rosemary, for one
- 35 Affectionate cat breed
- 37 Dizzying designs
- 39 Storage box
- 40 Mink's cousin
- 41 Fracking extraction
- 44 Teed off
- 45 Blight on the landscape
- 46 "The Matrix" hero
- 48 Seasoned sailor
- 49 Primitive shelter
- 50 Reeked
- 52 Knotted neckwear
- 55 Type of paper
- 59 Lounge around

DOWN

- 1 Lights-out tune
- 2 Army group
- 3 Early release
- 4 Oscar or Tony
- 5 Enable
- 6 Knights' gathering spot
- 7 Place for pins
- 8 Bratty talk
- 9 Before of yore
- 10 Mug makeovers
- 11 Scoundrel
- 12 Opposed to
- 13 Unwanted growth
- 21 Line of work
- 22 Sonogram subject
- 24 Leg, in old slang
- 25 Conversation piece?
- 26 Satisfy a debt
- 27 Speak from a soapbox
- 29 Tower of the Americas city
- 30 Underway
- 31 Pageant prop
- 32 Script direction
- 34 Rejections
- 36 Band booking
- 38 Freshwater catch
- 42 Life imitator
- 43 Gourmet sprinkle
- 47 Wee hour
- 50 Submarine tracker
- 51 Ungraceful one
- 52 Pond dweller
- 53 Pucker-producing
- 54 Peaceful
- 55 Molten rock
- 56 Pennsylvania port
- 57 Taj Mahal's locale
- 58 Have a hunch
- 60 Tangled mass

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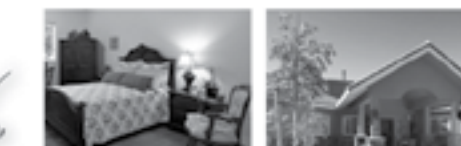
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See Solution, page 18

A Chance Encounter



By MARTY RELLES
marty@valcomnews.com

In fall of 1969, I completed my advanced infantry training at Fort Lewis, Washington.

Two weeks later, I boarded a plane headed for Germany, my next duty station. After three days at the 29th Replacement battalion in Frankfurt Germany, I boarded a bus and headed off to join the

510th Ordinance Company in Gunzburg, Bavaria.

When I arrived at the 510th and assumed my duties, fall was ending and winter was approaching. By the first week of November, snow covered the ground. It remained there until April of 1970. This kept us pretty much limited to our base. However, by April, the sun came out and we began to venture into town and explore the countryside.

One Saturday evening, my friends Jack, Walt and I headed into Gunzburg, one kilometer away, to have a night on the town. As we explored the

main part of town, we discovered a little wine bar called the Wein Keller (wine cellar). Curious, we went in.

The place had wine for takeout on sale. Or, you could pick out a bottle you liked and drink it in the back. We picked a bottle of Moselle wine called Rosengarten and drank it on the premises. The shop owner told us find a table and be seated.

Minutes later he came in, uncorked the bottle and poured our wine. We picked our glasses up and smelled the wine. The aroma was wonderful. We tasted the wine and agreed it didn't

taste at all like the swill we drank at home. We knew we were on to something. For the rest of the evening, we sipped the wine, ate some snacks and chattered away.

At some point in the evening, a group of three older German men engaged us in conversation. "Where are you from," they said. We told them that we were American soldiers stationed at Prinz Euan Kaserne just down the road from Gunzburg. Almost in unison, they thanked us for our service to Germany.

By 11 in the evening, we had finished our bottle of wine and stood up to leave the wine bar, but before we could exit, one of the old German gents asked if we would like to come to his home for a night cap. "Sure," we said.

So, we followed the men to a nice stone house in a residential neighborhood near the bar.

There, we were served more good German wine and a tray of meat and bread. They asked us where we lived in the United States. I said "California," Jack said, "New Jersey" and Walt said, "Oregon."

They were particularly interested in hearing about the Golden Gate Bridge and the Pacific Ocean in California and the Statue of Liberty and the Empire State Building in New York City. They didn't know where Oregon was.

After we finished the wine and meat, our host poured coffee for us and brought out a tray of pastries. We were getting full, but we ate and enjoyed. Finally, our host poured us a glass of Schnaps and we toasted to peace and prosperity. By now, it was 2 a.m.

So, we thanked our host and headed back to the base. Our first evening out had turned out better than we could have imagined. We made some new friends, drank some very good wine and learned a great deal about German hospitality. Now my first night on the town in Gunzburg is yet another culturally-enriching Janey Way memory.

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Matias Bombal's Hollywood

"Jersey Boys"

The MPAA has rated this R

Warner Bros. brings us a wonderful bio-pic directed by Clint Eastwood, "Jersey Boys", which is based on the show seen on Broadway. That was a musical, and this, which has most of the musical numbers in the correct places historically, plays like a beautiful period piece, superbly made by the best craftsmen in Hollywood. It is the story of the Four Seasons, a pop musical group and its lead singer Frankie Valli. Valli is played sensitively and believably by actor John Lloyd Young and he is supported by some great actors like Christopher Walken, and young remarkable talent like Vincent Piazza from Boardwalk Empire. Filled with the music the Four Seasons made popular and with a screenplay partially written by Woody Allen's long time collaborator Marshall Brickman, this is a thoroughly entertaining drama filled with the pop music of the 1960s era of finned-tailed cars and slender lapels.

"The Rover"

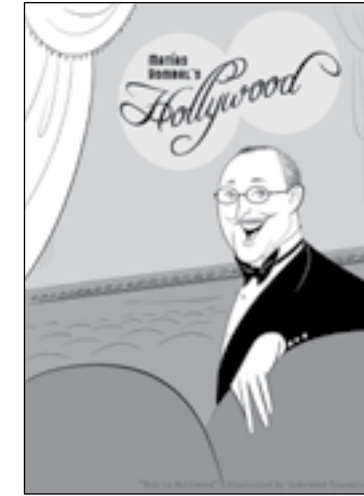
The MPAA has rated this R

From the independent distributor A24 comes "The Rover", a new Australian

film that has nothing to do with the film of the same name from 1967 that had starred Anthony Quinn and Rita Hayworth. This "Rover" is an arid and unusual buddy film set in a near-future scenario, 10 years after the collapse of the western economic system.

In the Australian desert, a story of anger and revenge plays out in the dry and dusty wasted landscape with talented Guy Pearce relentlessly searching for the men that stole his automobile. Life is cheap and many are killed along the way. He encounters a wounded man of arrested development who is no less than the brother of the man that stole his car (Robert Pattinson of "Twilight" fame). The car thief had left him behind to die, and was barely alive when Eric brings him along to find his brother.

This is Pattinson as you've never seen him, and he is sensational to watch in this, as is Pearce, whose dynamic personality imbues all of his roles. They had my attention in a movie I would not normally want to watch at all. It is harsh and violent and yet another story of the future



that is negative and frightful. The Motion Picture Association of America was right to give this an R rating for the violence on screen. You may even find out just why Eric needed his car so badly... "The Rover" is directed by David Michôd.

Until next time, this is your pal, Matias Bombal, bidding you a fond farewell.

For more in-depth, complete reviews of these same movies and many more in theatres now, with scenes shown from the movie reviewed, you may see and hear "Matias Bombal's Hollywood" at: www.mabhollywood.com. Find us on Facebook or follow us on Twitter: @MABHollywood



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A woman's drive to make Tahoe Park streets safer

By BILL LAWS

Adelita Espinoza strides quickly through the crosswalk on Broadway and 53rd Street.

"Tahoe Park is where I was raised and where my mother brought me home after I was born," says the attractive, 40-something activist who works intermittently as a film producer on documentaries and television pilots.

A graduate of St. Francis High School, the vivacious woman has lived in New York, San Francisco and Stuttgart, Germany but keeps her house in Sacramento for time spent "between jobs."

Adelita, who currently lives on Broadway, a couple blocks away from the 53rd Street crosswalk, says that the raised median and street markings are entirely unsafe. "Cars don't hesitate to drive right over the center median in the middle of the crosswalk," she says.

A broken sign post in front of the concrete island or median once warned drivers to be cautious as they drove through the crosswalk. Recently, though, the sign was destroyed by a vehicle and has not been replaced. A remaining sign is bent and twisted from car collisions. The median curb, as well, is scuffed by tire marks and appears to be crumbling.

"Seniors from the apartments on the north side of the street use the crossing all the time," says Espinoza.

While standing near the intersection I notice an elderly couple attempting to cross the street. They both have to raise their arms to try to get cars barreling down Broadway to slow down or stop in order to walk to across the street. Even with the crossing marks and the median, going across Broadway seems to be a difficult proposition.

"In the morning," says Espinoza, "kids going to Tahoe School are in a dangerous situation because cars routinely go right over the curb." She notes that the bike lane along Broadway abruptly comes to an end at the 53rd Street crosswalk. "The kids that walk to school need the extra space all the way to Tahoe Elementary," she explains. Cars, she adds, often go over the graded curb which joins the sidewalk to the street.

Perhaps, she says, bike lanes can be extended and a "rotary" or driving circle can be constructed at the 53rd Street and Broadway intersection that effectively stops traffic and makes it both safe for children and seniors.



Tahoe Park resident Adelita Espinoza is on a mission to make Tahoe Park streets safer.

Photo by Bill Laws

Espinoza says she has formed a group, The Tahoe Park Preservation Association Initiative to look at this and other safety issues that beset the neighborhood area.

A meeting and walk audit has been set for Saturday, June 28 at the Tahoe Park Collaborative Center at 5959 8th Street so residents can "make their voices heard by citing streets of concern" in the neighborhood. The gathering starts at 10 a.m. and the walk will continue along the busy streets of Tahoe Park. The estimated end time is 2 p.m.

Meanwhile, Espinoza is not entirely content with just having the upcoming meeting on June 28. Before then, she explains, she has arranged a meeting at the Mayor's office to voice her concerns. In addition, she has tentatively identified a "fiscal partner" which will help provide seed money for TPA.

Along with dealing with safety concerns, she says, she would like to work with Tahoe Park

residents to preserve interesting and outstanding architectural features that make Tahoe Park unique and special. In her activist work, she expresses the fact that she has "reached out" to the current neighborhood association but has decided that she could focus on problems more quickly (especially on the Broadway concerns in the Northwestern corner of Tahoe Park) by forming a new organization.

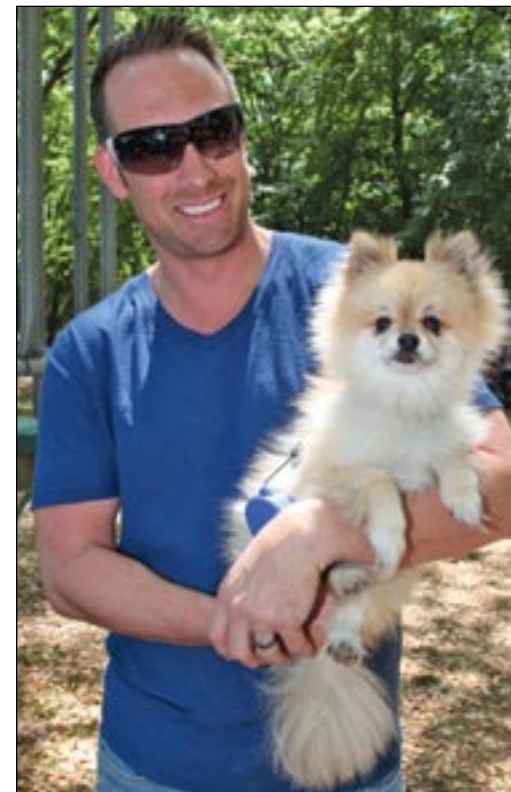
For those wanting more information about TPA, the provided contacts include tpacomm@gmail.com or the website at <http://tpacomm.wix.com/tpa-1>.

If you go:

What: The Tahoe Park Preservation Association meeting and walk audit

When: Saturday, June 28 from 10 a.m. to 2 p.m.

Where: Meet at Tahoe Park Colonial Collective, 5959 8th Street



Faces and Places:

Pups in the Park

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

Celebrating all of those crazy canines in Sacramento, Pups in the Park was a fun-for-the-whole-family event at McKinley Park on May 31. Sacto MoFo donated a percentage of sales to the Front Street Shelter, as pups and their human friends enjoyed carnival-style games, photo booths, agility demonstrations, a big raffle, and more.

Caring for the hard to care for:

Support for the "Raise the Roof Campaign" of the Zoe McCrea Sanctuary Needed

Caring for the hard to care for, those who don't fit the "norm", requires a special touch, whether they are humans or animals. Happy Tails Pet Sanctuary is building a special place, the Zoe McCrea Sanctuary, to care for cats whose lives were in danger in their previous environment, but who are not yet ready for adoption due to poor socialization with people or other behavioral issues. To fund this effort, Happy Tails Pet Sanctuary has launched the "Raise the Roof Campaign" to raise \$50,000 for the Zoe McCrea Sanctuary.

The founding gift for the new sanctuary came from the Zoe McCrea Trust in honor of her cat, "Winkie." McCrea has a passion for cats who don't necessarily fit in as "normal" pets. She has witnessed many cats transform from otherwise seeming feral, not social cats, to loving, adoptable cats when they are in a safe, protected environment and when they are treated with compassion. Happy Tails Pet Sanctuary had the systems and volunteers in place to care for the special needs of these cats, but needed more space to give them the accommodations they deserve, after their very rough beginnings.

The new Zoe McCrea sanctuary will add 2,200 square feet of two-story space to the existing Happy Tails building located at 6001 Folsom Blvd., Sacramento. The cats will have windows around the perimeter of both stories for viewing and napping. The interior will have both cat trees for climbing and cubby holes where they can hide. The sanctuary also hosts an isolation room for cats who may temporarily need special treatments, diets or extra recovery time. Donations can be made today by visiting their website at happytails.org and clicking the "donate now" button, emailing purrball@happytails.org or by calling Happy Tails Pet Sanctuary directly at 556-1155.

In the last few years, Happy Tails has been able to successfully transition more than 40 cats from the original pet Sanctuary to the Adoption Center, and all 40 have been adopted. Some cats will never be adoptable and the new Zoe McCrea Sanctuary will provide a safe place from these cats to live out their lives inside the walls of a safe, secure environment.

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Faces and Places: Hart in the Park

Photos by MONICA STARK
editor@valcomnews.com

The Ethel MacLeod Hart Senior Center and the Sacramento Metropolitan Arts Commission presented its first "Hart in the Park" concert series June 6 at Marshall Park in midtown Sacramento to showcasing the singing talents of the newly-formed older adult choral group, Singers with Hart. The concert kicked-off with a solo performance by professional music director, Christiana Quick-Cleveland (a Carmichael resident), followed by a performance of "Frere Jacques" by the Hart Senior Center's ukulele group and Spanish folk songs by the center's Manitos group. With guest performer Isaac Smith accompanying on the tuba, Singers with Hart ended the mini-concert on a high note by performing "Now I Walk in Beauty" (Navajo prayer song), "Sansa Kroma" (African folk song), and "The Lord Bless You and Keep You." For more information about upcoming Singers with Hart sessions or "Hart in the Park" concert dates, visit the Hart Senior Center front desk, 915 27th St., Sacramento or call 808-5462.



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SJUSD Admissions & Family Services: 3700 Garfield Ave. in Carmichael
Coyle Avenue Elementary: 6330 Coyle Ave. in Carmichael
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Focuses on low impact form of ancient Chinese exercise, combining slow movements with relaxation. Mondays, 10:30 - 11:30 a.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Try it once for free! Stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$18 for 4 classes.

Zumba for Seniors at Hart Senior Center
Zumba for Seniors incorporates physical exercise and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba, and much more. Tuesdays 9:30-10:30am and Fridays 3:45-4:45 p.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Sacramento (27th and J streets). Try it once for free! For more information or to register, stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$16 for 4 classes.

Singers with Hart
Love to sing? Experienced and beginning singers age 50 and above are welcome. Led by a professional choral director, Singers with Hart aims to inspire and encourage elders to become involved in an ongoing older adult singing group. Ongoing sessions are offered as part of the Hart Choral Initiative presented by the Ethel MacLeod Hart Senior Center and the Sacramento Metropolitan Arts Commission. New sessions start every nine weeks and are held at the Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Pre-registration is required. For more information, visit the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$15.

er." This provides a unique opportunity for potential police candidates and those in the hiring process to run together. It's a great opportunity for anyone interested in being a Sacramento Police Officer or those in the hiring process to run with command staff, officers, recruiters, and support staff with the department.

Free summer meal program returning at four San Juan Unified District locations
The San Juan Unified School District is once again offering all children 18 and younger a free meal this summer as part of its popular Summer Fun Café. The café will be found at four locations throughout the community. There are no qualifications to receive the free meal. Students do not have to be enrolled in the San Juan Unified School District, there are no income requirements, and there is no paperwork to complete. Parents can eat with their children by purchasing a meal for \$3. Call 979-8966 for more information.
All locations will serve lunch from 11:30 a.m.-12:30 p.m. Monday-Thursday. Below are the dates and locations for this year's program:
June 9-July 31:
SJUSD Admissions & Family Services: 3700 Garfield Ave. in Carmichael
Coyle Avenue Elementary: 6330 Coyle Ave. in Carmichael
Howe Avenue Elementary: 2404 Howe Ave. in Sacramento: Howe Avenue will also serve breakfast from 7:45 a.m. - 8:45 a.m.
Carriage Drive Elementary: 7519 Carriage Dr. in Citrus Heights

See more Calendar, page 17

Do you have a story? Tell it to us.
E-mail Monica Stark at, editor@valcomnews.com

La Sierra Community Center • 5325 Engle Road, Carmichael, CA 95608

CHAUTAUQUA Playhouse

Chautauqua Playhouse to present
"Weekend Comedy"
by Jeanne and Sam Brobrick, directed by Bob Gerould
Opening June 27th
Fridays & Saturdays at 8:00pm • Sundays at 2:00pm
Through July 27. There will be no performances on Independence Weekend, July 4, 5 & 6.
The cast includes Kris Hunt, Aurelio Martinez, Christopher Celestin and Karina Selvaggio.



Admission is \$15 for all seats.
Information and tickets are available through the Chautauqua Playhouse website

www.cplayhouse.org • (916) 489-7529

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Sacramento River Cats

| S | M | T | W | T | F | S |
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| JUNE | | | | | | |
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| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| SILC | 7:05 OMA | 7:05 OMA | 7:05 OMA | 7:05 OMA | 7:05 IOWA | 7:05 IOWA |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 1:05 IOWA | 12:05 IOWA | RR | RR | RR | RR | NEW |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| NEW | NEW | | | 7:05 LAS | 7:05 LAS | 7:05 LAS |
| 29 | 30 | | | | | |
| 5:05 LAS | 7:05 FRES | | | | | |

Get your Family Pack

4

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CALENDAR

Emotions Anonymous

Meets regularly Tuesdays, Thursdays, and Saturdays. Meeting information is available at www.emotionsanonymous.org. Free 12-step program/support group for those who desire to become well emotionally healthy. Acquire a new way of life, sharing experiences, and learning to live with unsolved emotional problems. Meets Tuesday 6:30 - 7:30 p.m. Parkside Community Church 5700 South Land Park Dr.; Tuesday 6:30 - 7:30 p.m., Sierra Arden Church of Christ, 890 Morse Ave (at Northrup), Room F-4. Thursday 7 - 8:30 p.m. at Church of the Good Shepherd, 1615 Morse Ave. (at Arden Way) left of choir room. Saturday 1 to 1:30 p.m. at the Wellness Recovery Center, 3851 Marconi Ave. (at La Paz), Suite #1. Saturday 1:30- 2:30 p.m., 3851 Marconi Ave (at La Paz).

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

Exercise your mind and have some fun at this on-going Brain Gymnasium class! Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 9:20 a.m. Thursdays. \$6 per class. Call 441-1015 for more information.

Women with Good Spirits monthly meeting

Women With Good Spirits is a networking group that engages women in the Sacramento community with non-profit organizations that make contributions to our quality of life and care for our fellow residents. Each month, Women With Good Spirits invites a community non-profit to present on its mission work. The meeting is held at Revolution Wines on the second Tuesday of each month and starts at 6:30 p.m. The presenter will start their presentation promptly at 7:15 p.m. and will last 15-20 minutes with an open question and answer forum after. RSVP is appreciated as well as a \$5+ donation per person that will go directly to the non-profit presenting that month. Revolution Wines is located at 2831 S St. Visit www.womenwithgoodspirits.com or find the group on Facebook.

Gentle Qi Gong

Learn powerful relaxation techniques reduce stress, reduce physical pain and emotional suffering, lower blood pressure, increase immune response and improve balance. Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 3 to 4 p.m., Wednesdays. \$7 per class. Call 441-1015 for more information.

California Youth Basketball League taking applications

CYBL is a non-profit year round league for ages 4 through 18 that prides itself on being well organized that aims to develop basketball skills, sportsmanship and self-esteem through coaches, gym official and organizers. Visit www.cybhoops.com or call 391-3900.

Kiwanis Club of East Sacramento-Midtown

Visitors Welcome, weekly breakfast meeting on Fridays at 7 a.m. 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 St. www.eastsacmidtownkiwanis.com. Meeting/Membership info: 761-0984, volunteers always welcome!

Food trucks at Carmichael Park

Every first Thursday of the month from 5 to 8 p.m. (July will be held on July 10) food trucks hit Carmichael Park, 5750 Grant Road.

The Sacramento Capitolaire meeting

A men's Barbershop Harmony group, meets every Tuesday night at 7 p.m. at Pilgrim Hall (Sierra Arden United Church of Christ), 890 Morse Ave., Sacramento. Info: www.capitolaire.org, call 888-0877-9806, or email info@capitolaire.org

Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group meets at Aviator's Restaurant, 6151 Freeport Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m. The meetings discuss our fund raising Projects and Community Service, often with speakers from our community.

JUNE

ACC presents "Internet Safety"

June 19: This workshop will cover how to use the internet safely and avoid online scams, as well as identify theft, online banking, and online shopping. 10 to 11 a.m. at ACC Senior Services Center, 7375 Park City Dr. Free of Charge. Pre-registration required. Call 393-9026 x330, www.accs.org.

ACC presents "First Aid"

June 20: Judie Higashi, R.N., Community Nurse Specialist, will teach this American Red Cross First Aid certification class. It will prepare you to care for others during a medical emergency until advanced medical personnel takes over. 1:00-5:00pm at ACC Senior Services Center, 7375 Park City Dr, Sacramento. \$50. Cost includes certificate upon successful completion. Pre-registration and pre-payment are required at least two days prior to class. No refunds, credit only. Call 916-393-9026 x330, www.accs.org.

Juneteenth Festival

June 20-21: Juneteenth Festival, 7:00 pm - 9:00 pm Friday; 8:00 am - 6:00 pm Saturday. Village Green, located in William Land Park at the corner of Sutterville Road and Freeport Boulevard., Expect 3,000 in attendance.

Food Truck Mania at Garcia Bend Park

June 20: Great food, expanded beer garden, bounce houses, live music. From 5 to 9 p.m. at Garcia Bend Park. 7654 Pocket Road.

"Lost Restaurants of Sacramento" with Maryellen and Keith Burns

June 20: Research suggests that taste and memory are closely connected. The Ethel MacLeod Hart Senior Center is pleased to welcome local authors Maryellen and Keith Burns for a special reading and multimedia presentation of "Lost Restaurants of Sacramento" which chronicles the bygone restaurants and recipes of Sacramento's past as well as those that have stood the test of time. From saloons and tamale vendors to greasy spoons and neon-lit drive-ins, Sacramento natives Maryellen and Keith trace the trends of California's capital city through 150 years of dining out. Share in the delicious anecdotes and recipes gathered from restaurant owners, employees and patrons as they recall Sacramento's favorite places to eat. Savor these stories of the ambiance, the service and the grub that created lasting memories and drew crowds, decade after decade, to Sacramento's iconic restaurants. The reading will be held on Friday, June 20, 11 to 1 p.m., at the Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Space is limited. Sign up in advance by visiting or calling the Hart Senior Center front desk at (916) 808-5462. Cost: Free.

Pops in the Park (Bertha Henschel Park)

June 21: Catch music by the John Skinner Band. The combo offers hit songs from the 1950s. Professional horn players allow smooth transitions from swing to rock. 160 45th St. Sacramento, CA 95819. Music starts at 6 p.m.

Concert at Seymour Park

June 21: Catch some music (band TBA) from 6 to 8 p.m. at Seymour Park. 845 Florin Rd, Sacramento, CA 95831.

Summer Concerts in Carmichael Park

June 22: Z.O.O.M. (Zydeco On Our Mind), Mardi Gras Jazz, rom 6:30 to 8:30 p.m., 5750 Grant Ave.

Sacramento Shakespeare Festival

June 23-August 8: Sacramento Shakespeare Festival, Land Park Amphitheater.

Meet Olympic volleyball gold medalist, Gabe Gardner on Olympic Day

June 23: Meet Olympic volleyball gold medalist, Gabe Gardner. Gabe will talk about his experience with the Olympics and how they have shaped his life. He'll also host a free introductory volleyball clinic for ages 5 to 12. La Sierra Community Center, Johnson Gym, 5325 Engle Road, Carmichael.

Tips For Choosing Cell Phone Service

June 26: Soojin Yoo, MSW, Program Assistant, will cover what questions to ask when choosing a service, what you should know before signing a contract, and how to cut your cell phone costs. Also, learn about unauthorized third party charges and what you can do to prevent them. 2:30-3:30pm at ACC Senior Services Center, 7375 Park City Dr. Free of Charge. Pre-registration required. Call 393-9026 x330, www.accs.org.

30 Minutes That Can Change Your Life!

June 26: Tom Nakashima along with Deborah Short, Planning for Seniors, LLC, will provide information for Boomers with Aging Parents. Eddie Fong will be providing appetizers. 7 p.m. at ACC Senior Services Center, 7375 Park City Dr. Free of Charge. Pre-registration required. Call 393-9026 x330, www.accs.org.

13th Annual Women's Empowerment Gala

June 26: Women's Empowerment's major fundraiser of the year to include dinner and speeches by this year's graduates. Women's Empowerment educates and empowers women who are homeless with the skills and confidence necessary to get a job, create a healthy lifestyle, and regain a home for themselves and their children. Gala goes from 5:30 to 8:30 p.m. and will be held at Red Lion Woodlake Hotel, 500 Leisure Lane. Regular tickets are \$100. For more information, call 669-2307.

Open House: Lifelong learning computer classes

June 27: Join us for an open house, check out the classroom, and try the computers. Our friendly computer instructors will be available to answer questions about upcoming classes. You can discuss which classes are best for you. You may also ask questions about your own computer and any specific problems or issues you are having. Refreshments will be available outside the computer lab. 10:30 a.m. to 12:30 p.m. Free of charge. Call 393-9026 x330, www.accs.org.

Food truck festival at Tahoe Park

June 27: From 5 to 8 p.m. enjoy food from food truck vendors, 3501 59th St. 95820.

Pops in the Park (McKinley Park)

June 28: Beaches, boats, bars and tropical drinks with little umbrellas. That's what you think of while listening Garratt Wilkin & the Parrotheads performing "A Celebration of Jimmy Buffett's Music." The band will be bringing their best to McKinley Park starting at 6 p.m. 601 Alhambra Blvd., Sacramento.

"The Tahoe Park Preservation Association and Walk

June 22: Z.O.O.M. (Zydeco On Our Mind), Mardi Gras Jazz, rom 6:30 to 8:30 p.m., 5750 Grant Ave.

Midsummer Night's Dream and Crystal Ice Cream Fantasy

June 28: From 5 to 9 p.m., celebrate William Shakespeare's popular fairy-themed play while enjoying all-you-can-eat Crystal ice cream! This magical midsummer's evening features multiple ice cream tasting stations, live entertainment, hands-on activities, an olde world marketplace and more. Costumes for the whole family are encouraged. No host food and bar. Tickets go on sale May 1 at www.fairytalestown.org. Advance tickets are \$15 for adults and \$5 for children ages 2-12. Day-of tickets are \$20 for adults and \$10 for children ages 2-12. For more information, visit www.fairytalestown.org or call (916) 808-7462.

Summer Concerts in Carmichael Park

June 28: MANIA (formerly BECAUSE), a Beatles tribute band from 6:30 to 8:30 p.m., 5750 Grant Ave.

Summer Concerts in Carmichael Park

June 29: Lincoln Highway, 50s to 90s, country and rockabilly, from 6:30 to 8:30 p.m., 5750 Grant Ave.

TPA WALK AUDIT/ Addressing long standing issues with traffic and pedestrian safety

June 28: Starting at 11 a.m., there is going to be a walk audit on June 28 to address the dangerous corridors of Tahoe Park for children, seniors, disabled, elderly and residents. This issue has been an issue that has gone unaddressed for some time now despite repeated calls to get change. This walk is a family oriented walk tackling two major corridors and how they interact with feeder streets. Broadway is one street and 59th is the other street. Come out and voice your concerns we will mark down areas of major concern on our walk identify problems and how they can be improved to encourage the livability and safety of Tahoe Park as a community. Visible bike lanes, safer pedestrian crossings should bring people together in a more meaningful way in keeping with Sacramento's historical past as a walkable/biking community. For more information, contact tpacomm@gmail.com.

JULY

Fourth of July in the Pocket

July 4: Starting at 10 a.m., the parade route, along Windbridge Drive from Lisbon Elementary to Garcia Bend. After the parade, join us in Garcia Bend Park for: parade awards ceremony, local business community fair, and music and food trucks. Call the Pocket News at 429-9901. Parade entry forms available at: The Pocket News, 2709 Riverside Blvd. Or Riverside Wesleyan Church, 6449 Riverside Blvd. Download entry forms at www.cityofsacramento.org. Parade deadline is July 1.

Matsuyama 4th of July Fun Run

July 4: This event, which takes place immediately before the annual Pocket Parade, helps raise money for incoming 6th graders at Matsuyama Elementary School to attend Sly Park Environmental education camp the following spring. It's also a terrific community event and a way to promote family-friendly fitness. Registration costs \$15 between now and May 30, and \$20 for on-site registrants. Runners/ walkers can register by visiting the Matsuyama Elementary School office (7680 Windbridge Dr.) or printing out a form at <http://matsuyama.scusd.edu/> and mailing it to the school with payment. On-site registration will take place July 4th at Matsuyama starting at 7 a.m. The race begins at 8 a.m.

Tuesday Club of Sacramento ceases operations after 117 years

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's note: This is the first article in a series about the Tuesday Club of Sacramento.

The Tuesday Club of Sacramento, a women's organization that was founded 117 years ago, has come to an end.

In a meeting with the East Sacramento News last week, former Tuesday Club members Anita O'Bryan and Nancy Leneis explained the decision to cease operations of the club.

"The Tuesday Club took a very difficult vote to disband, because of declining membership, and less (members) were able to come due to health (issues)," Leneis said. "And younger people are not as interested in clubs, so they decided to disband. And it was a vote of the board taken first and then a vote of the entire membership at a meeting (at the Dante Club earlier this year)."

O'Bryan, who was one of the club's 50-year life members, as she had been a member of the club since 1959, added that the club had been contemplating the idea of disbanding since last year.

"A year before that (final decision), we felt that the club was in trouble and should we consider closing," said O'Bryan, whose mother, Irene Sweet, was a former president of the club. "And we tried to see if we couldn't get it going before we made the final decision with the membership."

Another former Tuesday Club member Irene Ryder was the first person to inform the East Sacramento News about the club's demise.

At that time, Ryder said, "We have probably had our last meeting as a club."

And after those words became a reality, a decision was eventually made to break the unfortunate news about the club to the public through the East Sacramento News.

That decision was partially made due to the fact that the club had met just west of East Sacramento for the majority of its years of operation.

The major timeline dates of the process of ending the club were provided by Laura Asay, the club's last secretary, as follows:

"Dec. 10, 2013: Board of Directors meeting. Board voted to begin the process to terminate the Tuesday

Club's 501(c)(3) status by the end of the program year in May 2014.

Jan. 8, 2014: Date of letter to all Tuesday Club members advising them of vote to be taken at the Jan. 20, 2014 luncheon meeting, on whether or not to dissolve the Tuesday Club of Sacramento.

Jan. 14, 2014: Board of directors meeting. President Hunter reported (that) she talked (to) our attorney, who said the vote (would become) effective when cast, and the dissolution (would become) effective when the documents (were) filed with the Secretary of State.

Jan. 20, 2014: General membership luncheon meeting. Before the regular luncheon meeting, a special business meeting was held with all attending members to discuss the possible dissolution of the Tuesday Club of Sacramento. Our attorney was in attendance to answer any questions the members may (have desired to ask). There were 29 (of the then-57) Tuesday Club members in attendance at the special business meeting. Ballots were distributed, and 19 members voted to dissolve and seven members voted not to dissolve."

In its latter years, all Tuesday Club meetings consisted of monthly lunches at the Dante Club from October through April.

Each meeting included a program, which featured such attractions as a speaker or a live musical performance.

Leneis noted that in recent years these programs have focused on community talents, which she described as being "very rich."

Additionally, Leneis noted that beyond the club's foremost position as a social club for women, the organization also provided service within the community.

"Every president had a service project, I think maybe one big one a year, although the sewing section always did one for the Children's Receiving Home (of Sacramento at 3555 Auburn Blvd.)," Leneis said.

Despite the loss of the Tuesday Club, members of its sections continue to gather, as they did in the past. Those sections are the sewing, arts and crafts, book and bridge sections.

In speaking about the continuance of three of those groups, O'Bryan said, "It's the same people. We enjoy reading and



Photo by Lance Armstrong
Former Tuesday Club of Sacramento members Nancy Leneis, left, and Anita O'Bryan met with the East Sacramento News last week to discuss the decision to cease operations of the club, which met for many decades at the organization's clubhouse, just south of Sutter's Fort.

we like to discuss what we've read recently, and we'll keep going. We meet once a month in homes. The bridge section continues to be active, too. I think most of the time they have one table, where in the past they had two tables or more. They're playing, because they're enjoying the people they're with. It's not for the game. These ladies have played together for decades. And the arts and crafts section is very active, and it continues. We're not letting go of the whole thing."

Leneis added, "The sewing section has met for many years in homes, but if there was a large project that needed more space, they would meet at a place where they had more sewing machines available. Of course, some years, we met at Meissner Sewing (and Learning Center at 2417 Cormorant Way), and we met there once a month in their room. They graciously allowed us to meet there. And the book sections, how they met depended on the section. I was in a different section (than O'Bryan), and we met in restaurants. We would give book reports at the restaurant and you were assigned what month you were giving a book report. And usually, you gave a book report every other year.

O'Bryan, in reminiscing about one of the earlier Tuesday Club sections, said, "We used to have a travel group. We took good trips. I went to China with a Tuesday Club group. We went to Los Angeles on the bus. We went to Hearst Castle."

At the time of its disbanding, the club had about four 50-year members, as well as many 40 and 25-year members.

Both O'Bryan and Leneis expressed their sorrow for the loss of the Tuesday Club.

"I'm very disappointed, because (the Tuesday Club) has been, and I've said it before, like a second home to me," Leneis said. "I've spent many happy years at the Tuesday Club with my mother and my aunt and friends."

And Leneis added, "I think (the disbanding of the club) was with great sadness for many of the members, because this is a club with members who have been in for decades and decades, and the women stay and they have very close friendships. I think we all looked forward to Tuesday Club meetings and seeing our Tuesday Club lady friends, and to lose that, it hurts the heart."

Solution to Crossword:

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STUNNING 38TH STREET

One of a kind East Sacramento home! This 4 bedroom 4 bath charmer has been updated and includes a large kitchen/family room, master suite, beamed ceilings, leaded windows and spacious back yard with pool and lawn area. \$1,495,000

DAVID KIRRENE 531-7495
JERRY KIRRENE 455-1001



SPACIOUS TUTOR STYLE

Spacious East Sacramento Tudor at its best! 4 bedroom home is on a very large lot and is minutes from coffee shops, downtown, and restaurants. Notice the charming living room, formal dining, a large kitchen, and a family room that opens to a large sun room. \$670,000

TIM COLLOM 247-8048



SUPER RENOVATION

4 bedroom 3 bath Fabulous 40's home where old world charm meets all the modern amenities! 2722 square feet with an open floor plan concept connecting the living room and dining room to kitchen with quartz counter tops, and leading to family room that opens to a beautiful backyard. \$1,199,900

JAMIE RICH 612-4000



CLASSIC E. SACRAMENTO

Fabulous 3 bedroom East Sacramento home is ready for your summer entertaining in the lush low maintenance yard! The home features a spacious floor-plan, hardwood floors, plenty of built-ins, big bedrooms, and outside guest quarters/office with a full bath. Walking distance to coffee shops, restaurants, and parks. \$574,000

TIM COLLOM 247-8048



WONDERFUL RIVER PARK

Open floor plan is inviting with hardwood floors, updated kitchen with granite counters and stainless appliances. The contemporary bath has a tub shower combination with subway tile. The master bedroom is spacious. The backyard area has a covered patio for entertaining. Plus a 2 car attached garage. \$379,000

CHRIS BALESTRERI 996-2244



FABULOUS FAB 40'S

Spacious remodel over 3300 square feet with 5 bedrooms 4 1/2 baths! Nicely redone with features including a chef's kitchen, butler's pantry, an amazing master suite, upstairs mini suite and downstairs guest bedroom with bath and slider to backyard. Bonus room off garage. \$1,349,000

JAMIE RICH 612-4000



QUINTESSENTIAL E. SACRAMENTO

This charming East Sacramento three bedroom home is minutes from McKinley Park and is on a great street. This home includes a gourmet kitchen, hardwood floors, a vintage fireplace, a spacious floor plan, and a large indoor laundry. The backyard is perfect for family BBQs and entertaining. \$419,000

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MEDITERRANEAN MASTERPIECE

One of East Sacramento's finest homes! Wake up to the tree tops filtering the morning sun or entertain in rooms that invite the outdoors in. Unique features, a spacious artist's studio, guest wing complete with kitchen and an apartment over the 3 car garage. \$1,150,000

CHRIS BRIGGS 834-6483



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. \$729,000

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