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Barbara Jodry

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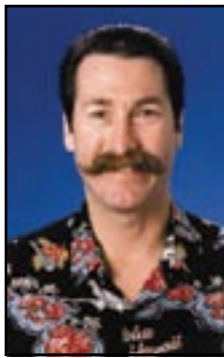
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A photo from the 1970s when Don Coan and Barbara Jodry used to have solar cues on their street.

# Know your neighbors: Don Coan and Barbara Jodry

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

*"I enjoy using the sun for baking during the summer. It saves on gas and doesn't heat up the house."*

**-Don Coan, East Sacramento resident, Solar Cookers International Order of Excellence (2009), SCI Volunteer of the Year (1989, 1993)**

East Sacramento residents Don Coan and Barbara Jodry bought a nice, new stove in 2000, only to have used it maybe a dozen times since then. "We like to do the Thanksgiving turkey in it," laughs Barbara. "It's a running joke. We just really like to use our solar cooker," she said.

Living on 38th Street near F Street, the two helped spawn an annual "solarcue" down the street in Rick and Heidi Kanto-la's sunny front yard.

As solar cooking conventions started taking place around the world, Barbara and Don thought: "Why couldn't we do it in the neighborhood?" So they did, "solarcue" fashion. "It seemed like a lie to call it a solar barbecue, but they started calling it a 'barbaracue' because my name is Barbara. As you can tell, we have a sense of humor here. This was in the nineties, early in our efforts to boost publicity about solar cooking," Barbara said.

For several summers on a day near the solstice, Don and Barbara attracted quite a few passersby who saw the solarcue. "Barbara and I were just looking at the home movie that a friend of ours took of one those events. It was great to be reminded about that period in our lives," Don, who is 87 years old and until just a few weeks ago stopped volunteering regularly inside the

Solar Cooking International office, located at 1919 21st St., No. 203. Don received the organization's Order of Excellence award in 2009 and the SCI Volunteer of the Year award in 1989 and again in 1993. SCI facilitates humanitarian and environmental-ly focused partnerships around the world through a database of connections. As an umbrella organization to numerous groups that try to spread solar cooking worldwide, SCI helps facilitate partnerships.

Sold on the logic of solar cooking instantly when Sacramento State University professor, Dr. Bob Metcalf, first introduced the cooking methods to them in the 1980s at a demonstration at Sacramento State University, Barbara said it seemed "like idiocy to walk away from."

"If the sun could give you sunburn, why wouldn't it cook food?" she asked.

At the time, 1988, Don had just retired from his career as the Sacramento County Welfare Department (now Department of Social Services) Bureau Chief. Not one to really "retire," Don described how he became involved with his then-newfound passion of solar cooking. "I was looking around for interesting things to do other than going fishing or that kind of stuff and it happened there was an article in Christian Science Monitor on solar cooking and there happened to be an office in Sacramento that promotes solar cooking. They said, 'if you send in a dollar to this address, then you can get the instructions to construct a solar box.'"

So, he learned to make his own solar box cooker out of cardboard and figured he might as well help teach others how to do the same

See *Solar cookers*, page 3



## Solar cookers:

Continued from page 2

thing. And he put in volunteer work once a week doing "one thing or another" for Solar Cookers International. As the organization grew, his ability and interest grew too.

Shortly after they learned how to solar cook, Don and Barbara began raiding bins in the back of local businesses for cardboard boxes – a basic solar cooking material. "We'd get permission and take away corrugated cardboard and build a box, 30 by 30 inches. We insulated it with crumpled paper. The idea was to build something from practically nothing, something poor people could handle," Barbara said.

As Barbara and Don became recognized for their solar cooking demonstrations, they were asked to exhibit their methods at the California State Fair, compliments of the Sacramento Municipal Utilities District, Barbara said. "We were there in the nineties for four to five years. (SMUD) paid our fair entry fee. We were in the farm area near the forestry area where they were demonstrating corn," she recalled.

A few years ago, when the two visited the fair, Barbara said the area where they used to exhibit solar cooking had been replaced by the pony rides, which upset her, but she said the blacksmith who set up right near there was the same blacksmith

demonstrating in the nineties. "Well, he needed to bring a lunch and he would heat his own food (with the solar cookers). So when he saw me, he said, 'I wish you folks were back so you could heat a meal for me,'" Barbara recalled.

Discussing their involvement with worldwide conferences, Don said he and Barbara went to their first conference in 1992 in Rio de Janeiro. "This was a conference related to environmental issues. We had cookers there to show people how they worked."

Explaining further, Barbara said: "We went down there and took our solar cookers. We weren't with the high muckety-mucks discussing world environ-

mental issues. We were demonstrating one small solution."

The array of issues solar cooking impacts spans the gamut of women's health, poverty and the environment.

**Women's issues:** Besides the mere time savings a woman has for other things when cooking with the sun, their own personal safety is guarded, explained Solar Cooking International's Executive Director, Julie Greene, a Pocket resident.

**Health:** Besides helping to prepare food, the solar cookers have been used to pasteurize water.

In 72 water samplings in Kenya, 52 of them had E. coli, so SCI

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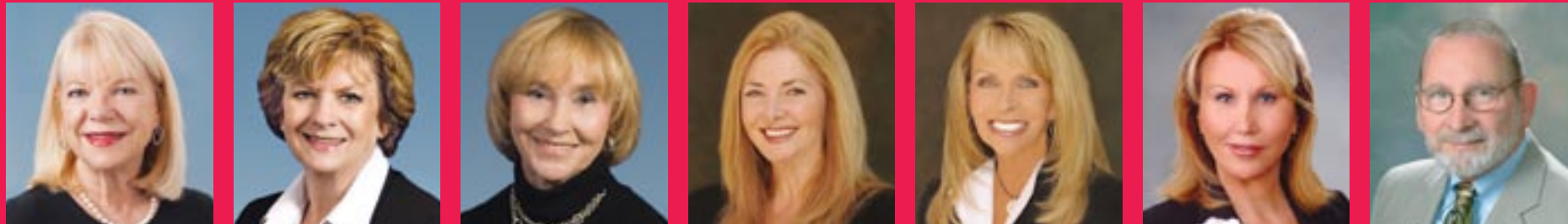
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### Janey Way Memories:

## The Last Father



By **MARTY RELLES**  
 marty@valcomnews.com

Last Friday night, my wife and I attended the Music Circus production of "A Chorus Line." We loved the show.

One of the most compelling stories in the production was the story of Paul, a young, gay, Puerto Rican dancer trying to earn a part in the chorus line.

During his interview for the part, the choreographer asks Paul to tell his story.

Despite his reluctance to open up about his life, Paul breaks down and tells all.

As a boy, he was different from all the other boys. He didn't like sports and really didn't want to rough it up. He wanted to dance.

So, he taught himself to dance by watching Hollywood musicals. By the time he got into high school, his difference from other children caused trouble for him. They teased and bullied him. Eventually, he sought the help of a psychologist who told him he was perfectly normal and urged him to drop out of school and pursue a career in dance. So, he took the psychologist's advice

and left school. But, it wasn't that easy for the 16-year-old boy from the Bronx find a job as a dancer.

Ultimately, he got a job dancing in drag in a club on the lower east side of New York. His new occupation embarrassed him and he didn't dare to tell his parents. However, when the manager of the show decided to take it on the road to Chicago, Paul asked his parents to give him a ride to the airport after the evening show. That night his parents surprised him by arriving early to pick him up, and when he walked by them in full costume, gaudy dress and all, they recognized him. This made him feel horrible, but he went on to finish the show.

After the show, he walked out the stage door and discovered his parents talking to the show manager. He saw his dad point a finger at the manager and say: "You take good care of my son."

At this point in the interview, Paul broke down and said, tearfully, "that was the first time my dad ever called me his son."

This was a touching moment in the show and it brought back memories of my father. I

remember him introducing me to his friends, saying proudly, "this is my son, Marty."

What made Paul's story even more meaningful to me is that just two days before seeing "A Chorus Line," I attended the funeral of one of the Janey Way fathers, Virgil Perocchi. In fact, he was the last surviving Janey Way father.

His son, Dan, delivered the eulogy. It was a good story about a man who lived a good life, had a good sense of humor, gave sound advice to his children and cared deeply about all the children in the neighborhood. Virgil, like all the Janey Way fathers, played a special role in my life.

These men coached little league, took the boys camping, set off fireworks on the 4th of July, and taught us how to live our lives with honor and dignity.

With Virgil's passing, all the Janey Way fathers have left us, but we will always remember them in our Janey Way Memories.

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# No one wants to talk about death

By LISA WEST

Including me – and I work in the death care industry. The topic of death is not the standard dinner table conversation most families want to have unless they have had a very recent loss. Then it is sometimes all they talk about.

Yes, talking about death is still a big taboo so to speak. After all, if you talk about death that means it could actually happen. Needless to say, it is going to happen. No one escapes it.

I'm the first to tell you that three years ago I avoided the topic of death and funerals myself. Then I changed careers and began working for a funeral home, East Lawn Memorial Parks, Mortuaries and Crematory. I can now tell you that I honestly appreciate a good conversation about

death. I'm no longer afraid to talk about it because I'm surrounded by it every day.

I also find other people want to talk about it more than I ever realized. Once I tell people where I work, they immediately have a dozen questions. Typically these are the two most frequently asked questions... 'Is it sad?' 'Is it scary?'

I can answer firmly with a resounding 'no' to each. Some deaths can be sad, no doubt. But most funerals themselves are very uplifting. Some choose the term "Celebration of Life" instead of funeral and a celebration it turns out to be.

There's always music and family members coming together who haven't seen each other in years; comforting and hugging each other. There are both happy and sad

tears. Reunions and storytelling and celebrations of lives lived to their fullest. There is often a lot of laughing as memories are shared of fun times.

To the other question, no it's not scary either – it's much the same atmosphere as I imagine working in a hospital or other medical facility might be. I actually consider it a somewhat sacred place. I look at every decedent as if they were my own grandparent or loved one. And everyone I work with feels the same. They are professional and extremely caring.

So, if you have had a question you have always wanted to ask about death or the death care industry, please contact me at [lisaw@eastlawn.com](mailto:lisaw@eastlawn.com). Lisa West is the community outreach director for East Lawn and her column appears monthly.

## Tahoe Park Neighborhood Association: Local advocacy at work

By BILL LAWS

The Tahoe Park Neighborhood Association arranges movies in the park. It helps coordinate food truck events that allow friends, family and strangers to mingle and listen to live music.

Socializing, though, appears to be only a small part of the function of the neighborhood group.

The Association, which meets the first Monday of the month at 7 p.m. at 5959 8th Ave., is also an opportunity for local residents to communicate concerns and issues. Neighbors, according to Association President Isaac Gonzalez, can share points-of-views and opinions in ways that "galvanize and amplify the voice of any one person."

Tahoe Park is a residential neighborhood that is bordered by Broadway, 21st Avenue, Redding Avenue and Stockton Boulevard. These roads play a key role in actually defining the nature of the community. Beyond allowing easy commutes to work, these roads and others provide access to local businesses and public amenities such as parks, events and various private services ranging from restaurants to laundries.

For pedestrians, the roads either encourage or discourage walking opportunities that lend a vital "human scale" to an urban life too often clogged and dominated by automobiles.

The president of the neighborhood association agrees that more can be done to encourage human-friendly transportation. He notes that "Broadway and even 14th Avenue could possibly use more push-button crosswalks and medians that are already in place in other areas in Sacramento."

Gonzalez, however, adds that these improvements are the result of traffic studies that collect important data about specific stretches of roadway.

Already, according to Gonzalez, the neighborhood association is in discussions with the nonprofit "Walk Sacramento" to develop a "walk audit," which would broadly assess the needs of pedestrians in Tahoe Park.

Gonzalez is eager to invite neighbors to attend the monthly meetings of the Association. More information can be obtained at [www.tahoe-park.org](http://www.tahoe-park.org) or Gonzalez can be reached at [president@tahoe-park.org](mailto:president@tahoe-park.org). As the Association's

website declares, meeting attendees are given the chance to "share in the decisions." While there is no paid ombudsman and everyone at the meetings are there by choice, each neighbor has the potential to become a volunteer ombudsman by echoing the shared concerns and choices of others who live around them.

In addition to meetings, the Association has been pivotal in encouraging the utilization of a nationwide computer application, Nextdoor.com, which allows communities to relay information about a range of topics relevant to a particular subdivision. News items as diverse as the availability of good baby sitters or the opening of a new dry cleaner can be passed in text or graphic form from one household to another via the computer.

According to Gonzalez, [tahoe-park.nextdoor.com](http://tahoe-park.nextdoor.com) has been one of the new application's most successful projects in the Sacramento area. In one instance, he explains, neighbors have been able to alert other neighbors about brazen thefts of items placed on outdoor porches. In one case, moreover, residents have been able to circulate an image of a suspected perpetrator.

Clearly, more needs to be done to buttress local advocacy on behalf of Tahoe Park homeowners and renters. The San Francisco based application of nextdoor.com is still in its infancy.

Word-of-mouth communication and written references, moreover, might still be a more reliable way to garner recommendations about baby sitters or a useful contractor. Nevertheless, email and social media will remain an important tool for neighborly networking that advocates for local interests.

Finally, Gonzalez points to the food truck event that takes place in Tahoe Park. The chance for neighbors to meet allows them to discuss many different topics, including serious matters and the lighthearted. In the future, Gonzalez would like to see the creation of a Taste of Tahoe Park which supports the brick and mortar restaurants that have popped up along Broadway and elsewhere in the last few years.

As can be seen, advocacy and "going to bat" for people who live, work or recreate in Tahoe Park is fully integrated with Gonzalez and the Association's scope of activity.

# Getting ready for the Fourth of July in East Sacramento

Celebrate our nation's birthday in typical East Sacramento fashion. Perhaps your street will hold an old-fashioned "block party" with a mini-parade, neighborhood potluck, water balloon fun, "safe and sane" fireworks and activities for the kids.

## Annual East Sac Parade

Dress up in your patriotic best and stroll 41st and 42nd streets (at M Street) in red-white-and-blue style at this annual event. It starts at 10 a.m.

## In River Park

The River Park Neighborhood Association presents its annual 4th of July Festival with kiddie parades beginning at Caleb Greenwood, antique cars, bounce houses, imagination stations, carnival games and prizes. There will also be handmade art for sale. The festival is free of charge and goes from 10 a.m. to 1 p.m. at Glenn Hall Park. (The event is pet friendly!)

Additionally, at the festival, there will be musical entertainment by Mere Mortals, a local band that plays blues rock, classic rock, R&B and oldies. Rocking the Sacramento area since 1999, this high energy, four piece band features an eclectic blend of talent and experience. Mere Mortals performs at all



File photo

types of venues including corporate events, parties, weddings, and wineries in the Sacramento and Northern California area.

But before all that, if running is your thing, or walking, or even just watching runners, there's the annual FREE 5-Mile Run/Walk, touted as Sacramento's oldest running event. Sign-ins are at 7:15 am. To 7:45 a.m. (Everyone must sign a waiver.) The Kids' Half-Mile Races (Ages 10 and younger) starts at 7:45 a.m. The start of the 5-mile race is at 8 a.m.

Glenn Hall Park is located at the corner of Sandburg and Carlson Drive in River Park, directly north of Sacramento State University.

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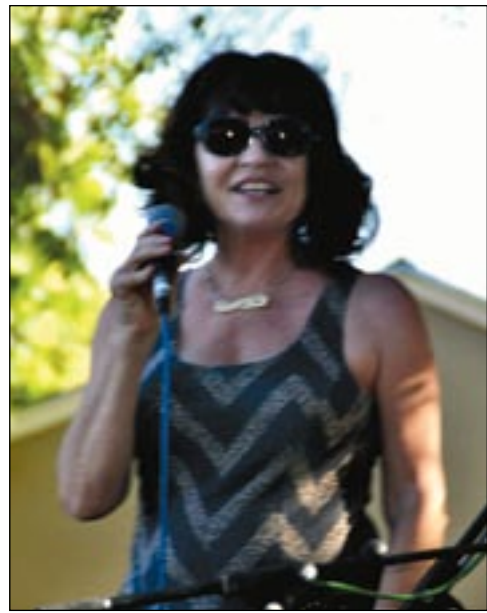
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Faces and Places:  
**Pops in the Park**

Photos by MONICA STARK  
 editor@valcomnews.com

Big band swing, rock-and-roll, and a lot in between were the tunes that got folks dancing in their lawn chairs at the Pops in the Park at Henschel Park on Saturday, June 21 with the John Skinner Band. While it's unfortunate Pops is now over for the year, there's more fun to be had in August with Screen on the Green. On Aug. 2, "The Perfect Game" will be showing at South Natomas Community Park (2901 Truxel Road) and "The Nut Job" will be the feature at Glenn Hall Park (Sandburg and Carlson Drive) on Aug. 9. Also the Tahoe Park Starlight Movie Series presents "The Goonies" on Saturday, July 12 at 6:30 p.m. at Tahoe Park (3501 59th St.)



# Tuesday Club of Sacramento: 1896-2014

By LANCE ARMSTRONG  
 Lance@valcomnews.com

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

With the news presented in the last edition of this publication that the Tuesday Club of Sacramento had disbanded after a 117-year run, it is timely to present a history of this historic women's organization.

The club, which was originally known as the Tuesday Literary Club, was founded by Mrs. Findley R. Dray, the wife of a surveyor for Sacramento Bank at 431 J St., on Dec. 1, 1896.

Dray's efforts to establish such an organization was an unusual endeavor at that time, as women's clubs were then quite rare and only two states had extended the right for women to vote, California excluded.

According to an article in the Dec. 19, 1897 edition of The Sacramento Union, the club, which originally met on Tuesday afternoons, had a modest beginning.

Included in the article were the following words: "It was at first intended to be merely a gathering of a few students at the homes of one another, but so strong an interest was manifested, so much enthusiasm aroused, that it outgrew its original plan, and from that nucleus of a small beginning, it has evolved into its present scope of usefulness. Under the leadership of Mrs. E.B. Purnell, the first year's life of the young club was devoted to the study of history, commencing with the period of Greek civilization, ranging through topics of Roman, English and American history up to and including the Civil War."

Although Purnell did not serve as the club's president in its first year, she did present lectures for the club during that time.

In addition to Dray, who was married at 16 years old and had eight children, and Purnell, a former second assistant (vice principal) of Sacramento High School, the charter members of the organization were Mrs. William Beckman, Mrs. J. Frank Clark, Mrs. Ben F. Crocker, Mrs. Mary Cushman, Mrs. E.I. Galvin, Mrs. A.A. Goddard, Mrs. Helen Hopkins, Mrs. Cy H. Hubbard, Mrs. Hugh M. LaRue, Mrs. Preston L. Lykins, Mrs. Samuel Pope, Mrs. T.A. Snider, Mrs. L. Tozzer, Mrs. Albert C. Tufts and Mrs. Edward Twitchell.

Beckman, who was a writer and a painter, served as the club's first president and Lykins was its first secretary.

The first mention of the club in The Union appeared in that publication's Dec. 20, 1896 edition, and includes the following names of several other early members of the organization,



Photo courtesy of the Lance Armstrong Collection  
 McKinley Park's water features are shown in this 1920s artist enhanced image. The Tuesday Club was involved in a project to have the site purchased and enhanced for the benefit of the community.

who gathered together for a meeting at the Twitchell residence at 1414 H St. on Dec. 15, 1896.

Those additional members were Mrs. Fred Birdsall, Mrs. James Budd, Mrs. McMorry, Mrs. Charles A. Neale, Mrs. L.A. Terry, Mrs. Jessie Titus and Mrs. Orlando P. Willis.

On Feb. 9, 1897, the club met at new quarters in the state Exposition Building at the northwest corner of 15th and N streets.

The lecture topic for that evening was the political, religious and intellectual development of England from 1661 to 1714.

By the following month, the club had a new meeting place in the Foresters' Building on I Street, between 7th and 8th streets.

In one of the club's early meetings held at that location on March 23, 1897, a lecture was given on the topic of old colonial times, and the club's vice president read a paper that she had written about witchcraft.

A week later, in another meeting of the club, Eliza Tupper Wilkes gave a lecture that was entitled, "Club Life and How It May Help Women."

The popularity of the club was apparent during its first year by the number of its members alone.

After having officially met for the first time with 17 members in the parlors of the Beckman home on Dec. 1, 1896, the club, during its inaugural year, had expanded to include 53 members.

In celebration of the club's first year in operation, and in recognition of Dray

for founding the organization, a special reception was held on May 27, 1897.

The event included a review of the club's inaugural year by Mrs. Galvin, and musical performances, among which were a piano, violin and cello trio presentation with pianist Laura (Dray) Perry, and a flute solo by Charles A. Neale.

Although the organization spent its first three years operating as the Tuesday Literary Club, it was noted in the May 23, 1897 edition of The Union that the club was already seeking to adopt a "more suitable name." It was not until March 27, 1900 that the name was changed to the Tuesday Club of Sacramento.

A report on the club in the Nov. 21, 1897 edition of The Union noted that 22 additional women had then-recently joined the organization and that the membership included "some of our most prominent society leaders."

Nine days following that report, the club moved into new quarters at 610 1/2 J St.

After maintaining that meeting place until the following spring, the club returned to hold their meetings in the Foresters' Building.

The club continued its progression as its first by-laws were presented to its members on Dec. 28, 1897.

In an article about the club's first meeting of the 1898-99 season, The Union noted that the "aim of the Tuesday Club is to instruct and develop rather than to entertain and amuse."

The club, which would reach a total of 129 members during its first two years, was more than an organization that limited its activities to simply conducting its own meetings.

Instead, it underwent philanthropic work, including the first of such work to provide equipment and maintenance for a free, cooking school for young girls.

The club's first monetary donation was presented in May 1898, when the club made a \$20 contribution to the Sanitary and Red Cross Society of Sacramento.

Undeniably, one of the greatest activities in the club's history was its involvement in the negotiations of the property known today as McKinley Park.

Working with the land's owner, Albert Gallatin, and the city government, the club persuaded Gallatin to sell the then-poorly maintained and swamp-filled property to the city for \$12,500.

As previously mentioned, the club became known as the Tuesday Club of Sacramento in 1900, since the organization was no longer solely a literary club.

Under that new name, the club established its mission to "form a recognized center for social and mental culture; to further the education of women for the responsibilities of life; to encourage all movements for the betterment of society; and to foster a generous public spirit in the community."

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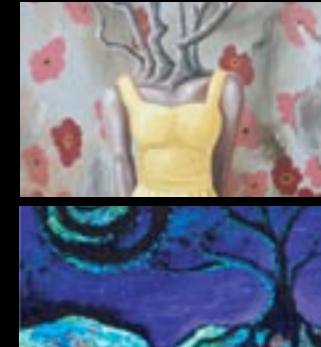
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# Know your (former) neighbor: Adam Zeboski

By ISAAC GONZALEZ

Tahoe Park native and current San Francisco resident Adam Zeboski didn't set out to become the poster child for a radical new HIV-preventative drug, but he's embraced the attention regardless because he felt it was important that those might need this new option know that it was available.

The medication Zeboski is now synonymous with is called Truvada, a pre-exposure prophylaxis or "PrEP," which nearly completely prevents those who are at risk of contacting the HIV virus from becoming infected by ingesting a daily pill. Zeboski learned about this treatment while performing his duties as an HIV counselor.

"I became a HIV counselor in 2010, and I did my own personal research as the first trials began," says Zeboski. "I do PrEP for my own personal safety. It makes me feel more comfortable."

That feeling of comfort doesn't always come easy, according to Zeboski. Many individuals experience awkward emotions when bringing the treatment up with peers and medical professionals. That's why he decided it was important to help craft the medicine's narrative in a more human light.

"It's not widely discussed, or discussed in a negative way," Zeboski relays. "There's a slut-shaming stigma which can become a barrier from people using PrEP. It can make it hard to access and hard to talk to your doctor about and actually increase HIV infections."

In fact, a widely read article on the Huffington Post website only made things worse for would-be Truvada recipients. An article titled "Truvada Whores?" postulated that the treatment was a justification for homosexual men to engage in risky sexual behavior. The argument was akin to those made by healthcare professionals decades ago when the issue of birth control for unwed women would arise. Why promote more immoral behavior among the promiscuous, the piece postulated.

But Zeboski was convinced that Truvada and PrEP-style prevention methods actually encourage the user to consider all health risks they are exposed to and take stock to live in a way that is better for their bodies.

"People start caring more about their health and well-being after starting PrEP," Zeboski claims. Because they take daily actions to sup-



Photo courtesy

port their HIV negative status, they're actually giving more consideration about their health.

Zeboski chalks up much of the current shame around Truvada to people's uncomfortableness with sexuality. But he remains convinced that perceptions will come around.

"I reached my personal goal to get the word out and make people aware of PrEP," says Zeboski. "It will become mainstream in a few years."

If that comes to pass, it will be in no small part due to Zeboski's willingness to take the charge and become the face of state-of-the-art HIV prevention methods.

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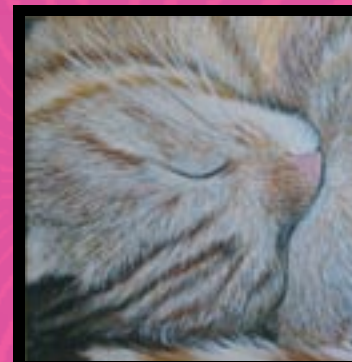
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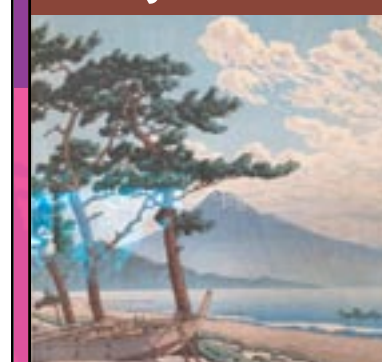


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# ARTS



Above left: "Parade" (Oil on canvas by Robin Leddy Giustina).  
Above right: "Owl" (Mixed media by Richard Feese)

## Art at Archival

The Archival Gallery is pleased to present the work of two East Sacramento artists during the month of July 2014. The exhibition opens on Second Saturday with champagne from 6 to 9 p.m. on July 12.

Richard Feese presents a new group of his exciting found object sculptures alongside the vibrant summer themed paintings of Robin Giustina— a fun summer exhibition for the entire family. The exhibition starts July 8 and ends July 31. The Archival Gallery is located at 3223 Folsom Blvd. in East Sacramento. For more information, visit [www.archivalgallery.com](http://www.archivalgallery.com) or call 923-6204. Gallery hours are Tuesday through Saturday from 11 a.m. until 4 p.m.

## FE Gallery

FE Gallery will be showing the work of three Sacramento artists, including paintings by Teri Nittler, found art (mixed media sculpture) by Kainan Becker, and black light paintings by Jennifer Bernstein. Exhibit runs through July 31.

The gallery is now calling all mask artists for an August 2015 exhibit as illustrated at right. Deadline for submission is Sept. 5. Send submissions to [art@fegallery.com](mailto:art@fegallery.com) with the subject line: MASK ART SUBMISSION by mail to: Fe Gallery, MASK ART SUBMISSION, 1100 65th St., Sacramento, 95819.

The gallery's hours are as follows:

Second Saturday hours for the front gallery and metal shop are from 6 to 9 p.m.

Second Saturday art demonstration is at 7:30 p.m.

Monthly daytime hours for the front gallery are Monday through Friday from 9 a.m. to 4 p.m.

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Back Gallery and Middle Metal Studio is open by request, Monday through Friday from 9 a.m. to 4 p.m. Most first, third, and fourth Saturdays are 10 a.m. to 2 p.m.



One of Teri Nittler's featured paintings now at FE Gallery.

## Matias Bombal's Hollywood

### Transformers 4: Age of Extinction

The MPPA has rated this PG13

Paramount Pictures brings us yet another Transformer movie. This fourth in the series has the additional title, "Age of Extinction." Michael Bay is the driving force behind this 3-D epic summer blockbuster, which is playing in IMAX Theatres. It is an overwhelming experience that clocks in at a long 2 hours and 45 min without an intermission.

Mark Wahlberg plays Cade Yeager, a junkman who repairs things in order to provide for his teenage daughter, played by Nicola Peltz, who you may have seen on television's "Bates Motel." As Cade tries to fix a recently acquired big rig, he discovers it is a "wounded" Transformer. The first 45 minutes are very good, but then, when his Transformer comes to life, it turns into a CGI (computer-generated imagery) smorgasbord of rapid movement and dizzy action for the film's last two hours. Explosions by the second and mass destruction are the orders of the day.

It also features Kelsey Grammer and Stanley Tucci, who has fun with his role in a good performance and showcases the voices of John Goodman and Ken Watanabe as two of the Transformers. I found the 3-D effect a headache inducing problem for such a long viewing time with no rest or intermission. The movie is overly loud and ridiculous with some noticeable continuity errors. *Transformers 4: The Age of Extinction* is aptly named; you may become extinct during the long running time.

They cycle out to an area of the Nevada desert at night, and encounter a tiny projectile imbedded in the ground, which starts to beep. They try to figure out just what's in it, and presto! It's a cute little armored alien. The boys side with trying to assist the alien in the projectile and encounter all sorts of challenges from agents trying to track the little guy down to destroying him.

The photography is all from the perspective of the kids themselves though the medium of their electronic devices—the way most kids relate to each other in this modern age.

We see this story through Skype-like calls, small strap on cameras, glasses with cameras in them and more. Many of the shots are from the low angle of a kid's perspective, or are from the handlebars on their BMX bikes. Anticipate the image on the screen to suddenly turn sideways when their bikes are set on the ground, or shaky quick movements in tandem with the rapid fire quick exchanges that are the way kids really talk.

The choice of the director, Dave Green, to have almost the entire story told through the eyes of the kids' electronic devices is at first a neat idea, but becomes tiresome very quickly, and ultimately is distracting.

It's like a kinder, gentler kid's version of "The Blair Witch Project" with a cute alien instead of horror. The young actors are Reese Hartwig, Astro (He goes by just that one name.) and the fellow destined to become the next "tween" heartthrob, Teo Halm.

This is a delightful movie for everyone, in spite of the less than traditional cinematic photography.

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](http://www.mabhollywood.com). Find us on Facebook or follow us on Twitter: @MABHollywood



"This is Hollywood" Illustrated by Underwood Typewriter

### "Earth To Echo"

The MPAA has rated this PG

Relativity Media offers a story of wonder for children of all ages and perhaps the E.T. of this generation of the smart phone, "Earth to Echo." A bizarre series of smart phone transmissions are seen by a trio of boys in one neighborhood who have determined that they are a map leading them to adventure.



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# Help elder neighbors stay safe and cool this summer

City of Sacramento's Caring Neighborhoods program encourages residents to check-in on elderly neighbors during the summer months

It's hot and unbearable out there, and if you have elderly relatives or neighbors, it's most certainly that time of the year when you need to help protect them from heat-related stress.

According to the Centers for Disease Control and Prevention, elderly people aged 65 and older are more prone to heat stress. Their bodies do not easily adjust to sudden changes in temperature, are more likely to have a chronic medical condition that changes normal body responses to

heat and, are also likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Visiting older adults at risk at least twice a day and watching them for signs of heat exhaustion or heat stroke can be a life-saving gesture, especially for elderly neighbors who do not have trusted friends or family members nearby who can easily stop by to check on them.

"Making sure there's a network of care for the elderly in your neighborhood is crucial during the summer months," said Martha Paterson-Cohen, program coordinator for the City of Sacramento's Caring Neighborhoods program. "It's the time of year when most

neighbors, friends or family members are out of town. With a neighborhood support system in place, other residents can check-in on elder neighbors to ensure they are safe and cool in their homes when temperatures skyrocket."

Caring Neighborhoods, a program of the Older Adult Services division of the City of Sacramento, is reaching out to Sacramento neighborhood groups and individuals to build awareness of the issues of aging in the community and to encourage participation of residents in a collaborative effort to promote independence, reduce isolation, and ensure the safety and well-being of elder neighbors.

"Working together in small, informal groups, residents reach out to elder neighbors to offer help with various tasks and friendly visits," said Paterson-Cohen. "Reminding them to stay hydrated or making sure they have access to air conditioning or cooling centers are just some of the simple gestures that can make a big difference in their overall health and safety during summer."

The program is seeking individuals who are willing to partner with at least two other neighbors and form an informal Caring Neighborhoods group. For information about a setting up a group in your neighborhood, contact Martha Paterson-Cohen at 842-7782 or MPCohen@cityofsacramento.org. Visit the Caring Neighborhoods website: <http://www.cityofsacramento.org/parksandrecreation/caringneighborhoods.html>.

## About Older Adult Services, City of Sacramento, Department of Parks and Recreation

Caring Neighborhoods is made possible by funding from Measure U. Other programs offered by Older Adult Services include Triple-R Adult Day Program, 50-plus Wellness Program and other special events and activities offered at the Ethel MacLeod Hart Senior Center. For more information, visit the Older Adult Services section of <http://www.cityofsacramento.org/parksandrecreation/recreation/>.

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## Solar:

Continued from page 3

representatives taught people how to pasteurize water in a Cook-it. "It kills Giardia. It kills cholera, Hep A and rotavirus and all these things we are really familiar with," Greene said. "We've been told the children stop complaining that their tummies hurt," she said. Many people in Kenya believe that water is a gift from God and therefore drink from swamps and streams.

**Environmental issues:** With depleted forests in Kenya due to increased population, many of the indigent would focus on the environment if their needs weren't so great. "So if (SCI) can provide people with these (solar cookers), there are so many benefits," Greene said.

**Come see for yourself:** SCI is currently getting ready for the Solar Cooking Festival to be held this year in William Land Park on July 18; 9 from 10 a.m. to 3 p.m. at the Sacramento Solar Cooking Festival in William Land Park. The event is free and open to the public. So come and enjoy solar cooking demonstrations, and classes on how to make and use solar cookers, and international work with solar cooking. Access Sacramento has provided a grant to broadcast this event locally.

The festival is the culmination of the fifth International Solar Cooking Convention, to



be held in Sacramento. This event is drawing solar cooking experts from Uganda, Kenya, India, South Africa, Japan, Hong Kong, Canada, Norway, Germany, Bolivia, Nicaragua, the United States and the Philippines. Experts will address challenges in design, project management, and testing standards for solar cookers worldwide. Referring to this first convention of its kind since 2006, Bernhard Muller, retired Manager of Research and Development for Mueller Solartechnik, Germany, says, "This convention will be a milestone, and the world will talk about it for years."

To learn more or to join the event on Facebook, visit <http://solarcookers.org/events/festival>

# Soroptimists presents its new officers and board of directors

Soroptimists International Sacramento held its 92nd Annual Installation of Officers and Board of Directors recently. To recognize the milestone, what follows are the biographies of the leaders of this women-led service organization.

### Phyllis Hayashi President

I have been a member of Soroptimist International of Sacramento, Inc. since 2011. I served in both the Second Vice President and First Vice President offices, while supporting our annual fundraisers by serving as a committee chair. My background and years of experiences has been in working with non-profit organizations in the field of fund development. I am a Realtor with Lyon Real Estate and enjoy my work in representing buyers and sellers in accomplishing their real estate goals. I also serve as a volunteer member on the Sacramento Association of Realtors Scholarship Committee and a member of the Principal's Advisory Committee at St. Patrick's Academy. I believe in giving back to the community and serving as a "Woman for Others" through my dedicated volunteerism in the community. It seems fitting our theme for the 2014-2015 year is "Many Hands,



One Mission – Making a Difference in the Lives of Others." It is an honor to serve as President of Soroptimist International of Sacramento, an organization comprised of strong and compassionate women who strive to make a difference in the world and who not only support each other individually but thrive and empower as a group.

I hope the impact of my presidency and board membership will serve as a catalyst consisting of strong leadership and building upon a continued cohesive team to meet the club's mission.

### Idelle Claypool First Vice President

I am a Realtor for Lyon Real Estate and I have been selling homes in the Sacramento Area since 1990. I am grateful to be living and working in the Sacramento area and able to give back to the community through my involvement with Soroptimist International of Sacramento, Inc.



I have been a member of SIS since 2010. I previously served on the board as an at-large member and as Second VP. I have chaired the Scholarship Committee and Project Selection Committee, which gave me the

opportunity to have input into the selection of the recipients of our fundraising dollars. I have served on the membership committee each year as well and have brought many new members into the club.

As I serve on the Board, I want to use my experience to help the club move forward with its mission and continue the good work it does in the community. It is my hope that this will attract others to join and participate.

### Lauren Buchanan Second Vice President

I believe that service organizations are facing challenges as members and potential members have greater and greater demands on their time.

As the Second Vice President and a board member, I'm excited about being part of a solution in creating new ways for members to participate. I have operated my own business successfully for nearly 40 years, at times managing up to 25 staff, and have been a freelance educator for professional product lines. I bring those organizational and interpersonal skills to the table.

### Dawn Cornelius Treasurer

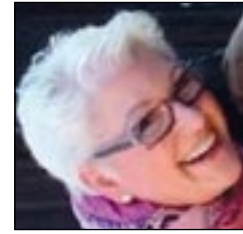
I have been a member of SIS since 1996, and have served on the board

numerous times including as president, vice-president, secretary and treasurer. I have 20 years of experience as a Certified Public Accountant at Cornelius & Company. In Soroptimist, I have also chaired the Academic Scholarship Committee for several years. I enjoyed this committee because it gave me an opportunity to identify local qualified students to pursue their educational goal.

As a member of the board, I look to bring a financial perspective to the issues of the club and help the board understand our financial position.

### Barbara Coulam Assistant Treasurer

I have been retired for nearly 25 years and my hobby is desktop publishing. After 19 years of publishing the club newsletter – the SIS e-Newsletter, I have passed the torch to another member. I've held the position of past president, a first and sec-



See Soroptimist, page 18

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# Soroptimist:

Continued from page 17

focused on service and programs that serve those at risk. In my new position as corresponding secretary, and assistant treasurer for four years (was recently installed as assistant treasurer for a third term).

In regards to the impacts of my being a board member, I feel that I can bring a stabilizing force to the organization. And, after nearly 29 years of SIS membership, I can contribute knowledge of the history of the club and past events.

## Kelley Kent Recording Secretary

I joined Runyon Saltzman & Einhorn (RS&E) in 2009 as associate media director. Less than two years later I took over as the firm's media director, overseeing a team of five media specialists. Prior to joining RS&E I was media director for Crocker/Flanagan. I owned my own media buying boutique, Media & More. I received a bachelor's degree in Advertising/Public Relations from California Polytechnic State University, San Luis Obispo.



As a board member I would like increase awareness in the region about the wonderful things SIS does and will be doing in the upcoming year.

## Elizabeth Payette Corresponding Secretary

I have been a member of SIS since 2011 and served on the Board as member at large, 2012-2014. I work full time for Kaiser Permanente as Manager of Utilization for Kaiser's Sacramento MediCal Program. Both in this position and my community volunteerism, I have



My local community and industry affiliations include The Capital Region Family Business Center; Emerging Leaders, Rental Housing Association, Insurance Carrier Agency Council and the Leukemia-Lymphoma Society

## Nancy Wolford-Landers Parliamentarian

I have been a member since 1983 and have served in several officer and committee chair positions including First and Second Vice President and President. I was appointed to serve as Parliamentarian again for the 2014-2015 club year. I have led the See's Candy Store fundraiser successfully for the past seven years, and I coordinate the Money Matters Program that teaches basic personal financial management skills to local area at-risk women and girls.



I hope to continue to add continuity to the deliberations and actions of 2014-2015 Board of Directors while at the same time encouraging new and compelling ideas for the club to keep current and relevant in today's changing society.

## BOARD OF DIRECTORS

### Maggie Bender-Johnson

I have been a member of SIS since 2012, and an active member of the Membership Committee. I am Vice President of Operations, Partner of Warren G. Bender Company and am a Certified Insurance Counselor (CIC) and Certified Insurance Service Representative. I received an MBA from California State University, Sacramento with an emphasis on Strategic Management and Planning.



The impact I would like to make on SIS is to help build our appeal to membership of all ages. The succession of club leadership to a younger generation is going to take a lot of work and not happen overnight. I am up to the challenge.

### Janet Galliani

I have been a member of SIS since 2006 and held many of the offices within the club Board. I have attended a Soroptimist International Convention in Montreal and a Soroptimist International of the Americas Convention in San Francisco. I will be attending the 43rd Biennial Conference in Vancouver, Canada this summer. I will be the editor of the club e-Newsletter for the 2014-15 year.

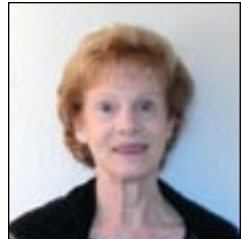


I am retired from the State of California in the IT field.

As a board member I look forward to voting on important matters that come to us.

### Julie Horpedahl

I am a new board member, recently retired from the Sacramento City Unified School District where I was a reading coach, and language arts training specialist for 30 years. I hope to strengthen the club by providing insight and recommendations based on my years of front-line service to Sacramento youth and families. In particular, I seek to improve the lives of foster children and others living



on the margins of our community and to offer opportunities and support to young adults seeking to further their education. It is very rewarding to know that, we, in the Soroptimist club, can make a difference in the lives of deserving women and children.

### Mary Locke

I have been a retired peace officer with over 30 years' experience, having worked for the Sacramento County District Attorney's Office and for the Department of Toxic Substances Control (DTSC). For the past 21 years of my career, I served as the chief investigator for DTSC.



Since retiring in 2008, I spent three years as a Court Appointed Special Advocate (CASA) for four foster youth. I have been involved with SIS since 2009 and am passionate about supporting disadvantaged women and youth in our community – the mission of SIS.

Serving on the board gives me the opportunity to vote on issues of importance to the demographic we serve in the local Sacramento area.

### Deborah Rubens

I have been a member of Soroptimist since 2009 and served on the board for the past three years. I am the Director of Human Resources at Shriners Hospital for Children. Being a member of service organizations has always been a part of my life.



In terms of impact, being on the board of my Soroptimist club is just another way I want to show my commitment and service to the organization and the ability to give back to my community.

# CALENDAR

Send your event announcement for consideration to: [editor@valcomnews.com](mailto:editor@valcomnews.com) at least two weeks prior to publication.

## ONGOING

### "Stretch, Strengthen, and Thrive" at ACC:

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility, 5-6 p.m. Mondays and Wednesdays. \$5 per class if pre-paid. Pre-registration and pre-payment is preferred, but drop-ins are welcome at a rate of \$6 per class. Held at ACC Senior Services Center, 7375 Park City Dr., 393-9026 x330, [www.accsv.org](http://www.accsv.org).

### "Aqua Fit" at ACC:

From July 2-30, this class is designed for active older adults who want to gain or maintain mobility. Aqua Fit uses water's natural resistance to increase strength and stamina. 10 to 11 a.m. Wednesdays. \$30 for 5 classes. Pre-registration and pre-payment required. Held at ACC Greenhaven Terrace, 1180 Corporate Way, 393-9026 x330, [www.accsv.org](http://www.accsv.org).

### "The Art of Gardening" at ACC:

These classes are full of valuable information for having a successful garden. On July 10, the first class will discuss starting your garden and how to maintain it by keeping it weed and pest free. On July 25, the second class will cover harvesting your garden and preparing for the next season. Free of charge. Pre-registration required. Call 916-393-9026 x330, [www.accsv.org](http://www.accsv.org).

### Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs, 808-5888. Your wheelchair can be a tax deductible donation, and four zoo tickets will be offered as a thank you.

### Free summer meal program returning at four Arden-Carmichael 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. All locations will serve lunch from 11:30 a.m.-12:30 p.m. Monday-Thursday. Below are the locations for this year's program, which goes until July 31:

### SJUUSD 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  
Parents can eat with their children by purchasing a meal for \$3. Call 979-8966 for more information.

### Tai Chi at Hart Senior Center

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.

### Active Yoga at Hart Senior Center

Increase your strength and flexibility, improve balance, and enhance the ability to relax and release stress. Class begins July 7 and will be held Mondays and Wednesdays, 2:15 p.m. - 3:15 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th St. Classes will not be held Nov. 3, 5, 10 and 12. For more information or to register, stop by the Hart Senior Center front desk or call 808-5462. Cost: \$35 for five classes or \$70 for 10 classes. Try the class once for free and see if Active Yoga is right for you.

### 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.

### Run with a Recruiter

Every Friday at 4 a.m., the public is invited to join the Sacramento Police Department in "Run with a Recruiter." 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.

### Old Sacramento Walking Tours Continue thru Aug. 24

Experience the legacy of the California Gold Rush with walking tours in Old Sacramento, Sacramento History Museum, 101 I St. Tours are offered on Saturdays and Sundays at 11 a.m. The cost is \$5 for adults and youths; children 5 and under are free. For more information, call 808-7059 or visit [www.historicoldsac.org](http://www.historicoldsac.org). First-time guests and even longtime residents will gain a fresh perspective about the original and reconstructed buildings while learning more about the city's unique history.

### Emotions Anonymous

Meets regularly Tuesdays, Thursdays, and Saturdays. Meeting information is available at [www.emotionsanonymous.org](http://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. An optional newcomer orientation occurs on Saturdays from 1 to 1:30 p.m. at Wellness Recovery Center, 9719 Lincoln Dr. Ste. 300. Also on Saturday from 1:30 to 2:30 p.m., there will be a topic for discussion at WRC, 9719 Lincoln Dr., Ste. 300.

### 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 Freepoint 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.womenwithgoodsprits.com](http://www.womenwithgoodsprits.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 Freepoint 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 be-

ing well organized that aims to develop basketball skills, sportsmanship and self-esteem through coaches, gym official and organizers. Visit [www.cybbops.com](http://www.cybbops.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](http://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](http://www.capitolaire.org), call 888-0877-9806, or email [info@capitolaire.org](mailto: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 Freepoint 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.

## 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](http://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.

### Neighborhood Park Day at Southside Park

July 5: Enjoy a day full of fun activities. (TBA). 2115 6th St.

### Summer Concerts in Carmichael Park

July 6: Metro Swing, from 6:30 to 8:30 p.m., 5750 Grant Ave.

### Food truck festival in McKinley Park

July 11: Enjoy food from various food truck vendors at McKinley Park;

### Summer Concerts in Carmichael Park

July 12: On Air, classic rock with power horns from 6:30 to 8:30 p.m., 5750 Grant Ave.

### Summer Concerts in Carmichael Park

July 13: The Kick N 60s, songs from the 60s from 6:30 to 8:30 p.m., 5750 Grant Ave.

### 'Protect yourself from elder abuse' discussion to be held

July 14: Join the Pacific McGeorge School of Law, Victims of Crime Resource Center representatives for a workshop on how older adults can protect themselves from financial abuse, domestic violence and elder abuse, and crimes against people with disabilities. "People with Disabilities - How to Protect Yourself" to be the theme on July 14. Workshop begins at 1 p.m. and will be held at the Ethel MacLeod Hart Senior Center, 915 27th Street, Sacramento, California (27th and J streets). Space is limited. For more information or to register, stop by the Hart Senior Center front desk or contact (916) 808-5462. Cost: Free.

### The Sacramento Suburban Writers Club meeting

July 14: The monthly meeting will be held at Crossroads Christian Fellowship Church, 5501 Dewey Dr., Fair Oaks from 7-9 p.m. Meeting includes a writing presentation, networking, a workshop and a speaker; [sacrowriters.com](http://sacrowriters.com).

### 38th Street Annual Blood Drive

July 17: One of the largest blood drives will be held on this day. To sign up for the blood drive, go to [bloodsource.org](http://bloodsource.org)/drives and enter location code M597, or call Alice at 451-5507. The drive will take place at 1141 38th St. between J St. and M St. from 3 to 7 p.m.

**RESERVE YOUR SPACE IN THE UPCOMING**

**California Kids!**

CALL (916) 429-9901 TODAY!

**Community Worship**

**Faith United Methodist Church**

3600 J Street • 452-7637 • [www.faithumcsacramento.org](http://www.faithumcsacramento.org)

Bible Study: Sunday at 9:15am, Tuesday at 10:00am • Sunday Worship: 11:00am (Communion on 1st & 3rd Sunday) • Fijian Language Worship: Sunday 1:00pm

**Greek Orthodox Church of Annunciation**

600 Alhambra Boulevard, Sacramento 95816

Sunday: 8:30 am Matins, 10:00 am Divine Liturgy (Holy Eucharist)

Contact: Church Office (916) 443-2033 ~ [annunciation.ca.goarch.org](http://annunciation.ca.goarch.org)

Fr James Retelas, Presiding Priest ~ Fr. Timothy Robinson, Associate Priest

Call (916) 429-9901 to advertise your church services in this paper!

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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

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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. \$649,500

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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

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3 Bedrooms 2 baths downstairs plus loft, and bedroom, bath and bonus room upstairs. Beautiful wood flooring in living area, downstairs bedrooms, and new laminate flooring in kitchen, laundry room and loft. Large living room with fireplace, formal dining, large kitchen and laundry room with pantry closet. \$549,000

**LINDA WOOD 802-8042**



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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. \$369,000

**CHRIS BALESTRERI 996-2244**



**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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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

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*for current home listings, please visit:*

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