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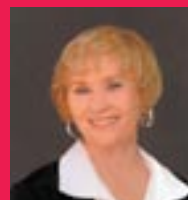
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2709 Riverside Blvd.
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t: (916) 429-9901
f: (916) 429-9906

Publisher George Macko
General Manager Kathleen Macko
Editor Monica Stark
Art Director John Ochoa
Graphic Designer Annin Greenhalgh
Advertising Executives Linda Pohl, Melissa Andrews
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Janey Way Memories:

Connections



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

Earlier this week, I received an email from Geneva Dalton to request a copy of my book, "Janey Way Memories, the Story of the Janey Way Gang." She lives with her husband Ray in Rancho Cucamonga, Calif. Ray is a half-brother of the Dalton children (Carolyn, Wayne, Donna, Bonnie and Wiley) who grew up on Janey Way and is featured in one of the stories I wrote for the book.

Until around 1960, these children lived with their grandmother on N Street, a few blocks away from our neighborhood. She had taken them in when their parents abandoned them.

Unfortunately, she died soon after taking in the kids. When that happened, the Sacramento County Welfare Department contacted their aunt Mary who lived on Janey Way with her family, husband Richard, and children Dick and Nancy.

They asked if she could help take care of the children. She agreed to help, and in the old-fashioned way, took all the Dalton children into her home.

She added a dorm-like room onto the back of the house and set up bunk beds in it for the kids to sleep on. In a flash, this whole other family became her family.

For Janey Way, it felt like a whole new bunch of kids suddenly landed in the neighborhood. Amazingly, they fit right into the fabric of the block. Carolyn, the oldest befriended Joan Ducray. Wayne, played with LouViani and me. The girls, Donna and Bonnie, developed a close friendship with Mary Puccetti and Bernadette Thomasetti, and their little brother Wiley hung out with the younger Janey Way kids: Tom Hart, the Thomasetti boys and John Ducray.

Life went on as if nothing unusual had happened.

Then, sadly, one by one, the Dalton children left Janey Way when they reached 18 years of



age. First, Carolyn got a job and moved into an apartment. Then, Wayne obtained school loans and enrolled in UC Davis. When Donna and Bonnie came of age, they moved up to Oregon to be with their parents. Finally, Wiley moved out and joined the military. In what seemed like a flash, they were all gone. We never saw them again.

Wayne graduated from UC Davis and went on to teach, but died too early from cancer in his 30s. Carolyn continued to work and prosper, and lives in Elk Grove these days. As far as I know, Donna and Bonnie still live in Oregon. And, Wiley, no one knows where Wiley has gone?

That brings me back to the email I received from Geneva, Ray Dalton's wife. She is trying to connect with her husband's family. She tells me she has spoken with Carolyn, the oldest of the Dalton children. She has also spoken with Mary Kinzel's daughter, Nancy, who now lives in Chicago.

However, she has not been able to connect with the Dalton girls, Donna and Bonnie, or the youngest boy, Wiley. She is reading my book as we speak, and hopes it will give her some ideas about the family and where she might look to find them.

My little story about a dear family of children who once lived on Janey Way has connected to the larger world in a way I never could have imagined.

Unfortunately, for me, now the story of the Dalton family is just another mysterious, yet heart-warming Janey Way memory.

Hart Senior Center News

Here's what's in store for you at the Hart Senior Center, located at 915 27th St.

Have fun this summer at our Senior Summer Camps

Relax and read a book or, go on a nature hike or kayaking adventure, then at the end of the day, spend time with friends old and new by the campfire. Cabins are filling up so register today for this year's Senior Adventure Camp (Aug. 10

to 14) and Classic Senior Camp (Aug. 17 to 21) offered by the City of Sacramento's 50+ Wellness Program. Do you have a special talent you would like to share? We are also looking for volunteers who would like to lead workshops and activities on nature studies, history, arts, painting, dance, crafts and more.

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All are welcome at the LGBT-Focused Grief Support Series held Fridays, July 10 to 31, 2:30 to 4:30 p.m., at the Hart Senior Center. Registration required. To attend any or all of the four sessions, call Yolo Hos-

ards at (916) 808-1593 or pgoree@cityofsacramento.org.

To sign up and lead Senior Summer Camp workshops and activities, please contact Pat Goree-Rich-

See Senior center, page 9

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\$325,000

Welcome Home!
Located near East Sac restaurants, coffee shops and parks, this 3 bedroom, 1 bath East Sac property offers an inviting place to call home! This 1101 square foot home presents a formal Living room with 9 foot ceilings, a bright Kitchen with an island and dining bar, and a spacious Family room. Other amenities include hardwood floors, an indoor laundry area, fresh interior and exterior paint, and charm throughout!
\$449,950

Live in the Fab 40's!
Nestled on a tree-lined street and near East Sac restaurants and shops, this inviting 1,788 square foot cottage couples both incredible charm and modern comforts! This 3 bedroom, 2 bath home offers a formal Living room with a fireplace, formal Dining room with built-in cabinetry, and a recently updated Kitchen. Inviting opportunities to entertain, the backyard presents a glistening pool, mature foliage, and a patio area.
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In the Heart of Elmhurst!
This 2 bedroom, 1 bath Elmhurst cottage presents delightful charm! This 1,114 square foot home offers a formal Living room that opens to a formal Dining area, and a spacious Kitchen. The private backyard boasts a retreat from the daily hustle and bustle, with a spacious lawn area, fire pit area, and a vegetable garden. Other amenities include a two-car garage, hardwood floors, and partial dual pane windows.
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Irresistibly Charming Cottage!
This 3/4 bedroom, 2 bathroom brick cottage presents an inviting retreat! This 2367 square foot home offers a formal Living room, a formal Dining area, a spacious Family room, and a Kitchen with an adjoining Breakfast Nook. Other amenities include a glistening pool, hardwood floors, an indoor laundry room, and spacious craft room attached to the two-car garage.
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For the first time since 1940, this 5800 sq. ft. brick Georgian Colonial, located in the heart of the revered East Sacramento's Fab 40's neighborhood, is offered for sale. This 6 bed, 5.5 bath home, resting on .42 acre, presents a spacious formal Living room with a marble fireplace, a formal Dining room that looks onto the expansive backyard, and a Kitchen with many original features including a Butler's pantry and adjoining Breakfast room.
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Ronald McDonald House to open new 20-room building expansion on Saturday

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

The Ronald McDonald House is expecting to open a 20-room building expansion on Saturday from 10 to noon. To celebrate, there will be a ribbon cutting, kids activities, free hot dogs, face painting and Ronald McDonald will be there visiting with children. During the celebration, the public is welcome to tour the two-story, 18,000-square-foot facility, which has the ca-

capacity to serve 18 families a night, doubling the space of the current location. In addition to the 20 rooms, are four kitchens, a communal dining room, three communal living room spaces, indoor playroom, video game room, computer room, accessible restrooms, laundry rooms and a fitness center. The expansion broke ground on Thursday, July 10, 2014.

Each room has at least two queen beds; six rooms have an additional twin bed. Each



Shown here is the new expansion of the Ronald McDonald House.

Photo courtesy

has its own bathroom, A/C, flat screen television, access to laundry, mini fridge and food locker, enabling visitors to make their meals on their timeline. (Even though the Ronald McDonald House doesn't provide meals, food donations are requested.)

"Our goal is that when you stay in the Ronald McDonald House, you are staying

in a home away from home. We want to help take away stress of hospital visits," Stacey Hodge, Director of Community Relations, said in an interview with the East Sacramento News. Located near the UC Davis Medical Center, at 2555 49th St., the house currently serves about 650 children and families a year who need a place to stay while receiving medical care in Sacramento. Before the expansion, the house was turning away almost 1,300 families a year due to a lack of space. This new expansion is expected to serve approximately 750 more families a year. The expansion faces the existing Ronald McDonald House buildings (two eight-plexes and one duplex), which all share a common courtyard area. "We were turning away two families for every family we were serving," Hodge said.

Echoing the importance of this new development, Steve Stuck, Board President of Ronald McDonald House Charities Northern California, said "This has been a major undertaking for the charity. It is the result of hard work and fundraising from the community, volunteers and donors who recognized the need for temporary housing for seriously ill and injured children. We couldn't be more proud of this huge accomplishment."

Explaining in more detail about the community's help getting the expansion built and furnished, Hodge said Ronald McDonald House Charities received recliners donated by La-Z-Boy, mattresses donated by Tempur-Pedic, and artwork donated by The Sacramento Bee.

Most of the guests come from UC Davis Medical Center and Shriners Hospital and

the average stay is about 10 nights. The house is not just for the patients; Hodge explained family members get to stay as well. "Any child that comes to Sacramento and that has a medical illness or injury can stay at the Ronald McDonald House; and the family or anyone who might be a support person for the child, can stay with us, too. Studies show that when family is near the child, (he or she) heals faster. It speeds the recovery time."

Nestled into the landscape of the UC Davis Medical Center campus, the Ronald McDonald House is easily overlooked. And perhaps that's a good thing, explains Hodge.

"If you have children and never heard of the Ronald McDonald House, that's not a bad thing. It means you have never had to stay at one. It means you have healthy kids."

Ronald McDonald House Charities constantly is raising money for its programs and Hodge encourages those who wish to help take a look at the wish list. "We rely on the community for those things," she said.

The expansion originally was going to break ground in 2007, but due to the economy at the time, the house decided to take pause and focus on fundraising. Since then, one of the main fundraising events has been the annual Dream House raffle, which this year alone raised about \$650,000. In addition to supporting Ronald McDonald House Charities, the raffle gave away more than 1,000 prizes, of which the grand prize is a Granite Bay dream house or \$1.4 million in cash.

The cost of the expansion has been \$6 million with

See McDonald House, page 12

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The Crossword by Margie E. Burke

ACROSS

- Soda bottle size
- Yellowstone sight
- Photo session
- Love to pieces
- Place to hole up
- Metamorphic stage
- Like some colonies
- Darwinian process
- Take a dip
- Christmas warmer
- Band's booking
- If all ___ fails...
- Crestless wave
- Mythical queen of Carthage
- Indian butter
- Nail anagram
- Jumble
- Camel's kin
- Decorate
- Test for teens
- Discourage
- Mortise's mate
- Witness account
- Plane wing part
- Academic period
- Leave, slangily
- Studio sign
- Perched on
- Coffee container
- Drag out
- St. crosser
- Knockoff
- Shoot down
- Yoga position
- H. Rider Haggard classic

DOWN

- Temporary failure
- Well-suited
- BBQer's need
- Historic period
- Depend (on)
- "The Sound of Music" song
- River barrier
- Small hill
- Garden pest
- Magician's prop
- Start
- Egg-shaped
- It takes two
- Laze about
- Software buyer
- Asian appetizer
- Predicament
- Hair reddener
- Birch relative
- Poetic tribute
- Type of verb
- Dig in
- Paper supplier
- Cruise's "A Few Good ___"
- Seurat's forte
- Shore bird
- Sailor's stop
- Muscleman's pride
- Jousting gear
- Serenity spoiler
- Halawa hello
- Certain housecat
- Immature egg
- Benchley of fiction
- Football play
- Take the wrong way?
- Harbor helper
- Aussie bird

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Del Monte canneries had many successful years in capital city

By LANCE ARMSTRONG
Lance@valcomnews.com

In a city that was once known for its canneries, among the kings of Sacramento's canneries were undoubtedly the canneries of the California Packing Corp./Del Monte Corp.

Also known as Calpak or the Del Monte cannery due to its marketing under the Del Monte label, the California Packing Corp. established its first plant at 611 G St. in about 1916.

The first superintendent of that plant, which was known as Plant No. 11, was David B. Pressler. He was then living at 2215 I St.

Another Calpak plant – Plant No. 12 – which was located on the block bounded by Front, 2nd, P and Q streets, is mentioned in a city directory for the first time in 1919.

Louis H. Stewart, a Calpak district superintendent who resided at 2621 25th St., is recognized in that directory as having then been associated with that plant.

In about 1922, J. William Schumate replaced Pressler as the superintendent of Plant No. 11 and George L. Fraser began serving as superintendent of Plant No. 12.

During the same year, Calpak, which produced such canned goods as pears, peaches, tomatoes, spinach, pumpkin, beets, carrots and squash, was already planning to relocate its Plant No. 11 operations to a site at 17th and C streets.

Prior to the construction of a large building at that site, Calpak was granted its request to have 17th Street closed between B and C streets, as well as the alley between B and C streets.

On April 4, 1925, the new Calpak Plant No. 11 was celebrated in The Bee.

The main article on that topic in that edition of the paper pertains to the operation of the cannery, which was opened for public inspection on that day.

At the time of its opening, the new plant was receiving crates of fresh spinach for canning. The deliveries were made in the receiving room, which was located on the east end of the plant.

Once those deliveries were made, the spinach was handled by checkers and weighers.

The cannery also included the scene of men moving product by hand trucks to the ends of grading tables.

In describing another scene at the cannery, the article mentions the many rows of women who could be seen working at the plant's cutting tables.



Photo courtesy of Blue Diamond Growers
This former Del Monte cannery building at 17th and C streets presently houses the manufacturing operations, offices, a visitor center and retail store, and storage of Blue Diamond Growers.

Portions of that segment of the article read: "Some sit, some stand as they do their work, but in either position, the strain of remaining in one place continuously throughout a long day is made as comfortable as possible for them by the company."

"The tables at which the women work are arranged for the placing of two or more lug boxes, fresh spinach in one, graded spinach in another, and below a third, into which the tough, fibrous stems and root ends are dropped."

In continuing its description of the plant, the 1925 article mentions that the spinach leaves were taken from the sorting room to a conveyor belt that delivered them to washing and bleaching machines on the second floor of the building.

After that process was completed, the leaves, which had become wilted

due to passing through hot water, were then taken by conveyor belt to the first floor, where female workers set cans on scales and filled them with spinach by hand.

Next, the additional space in each can was filled with boiling water, and then the cans were transported to machinery, which clamped air-tight lids on them.

The final steps were to let the cans cool, label the cans and box them for shipment.

Another article in The Bee's April 4, 1925 edition recognizes that the plant's female cannery workers were required to wear standard, blue and white uniforms for the dual purpose of providing cleanliness and lessening the wear and tear of their own clothing.

Many of the female workers also wore rubber aprons as an additional protection against vegetable juices.

In about 1926, with the departure of Fraser, Henry G. Hohwiesner, who resided at 2817 G St., became the superintendent of Plant No. 12.

In at least 1928, the assistant superintendent of Plant No. 11 was P.H. Fish.

It was also during the late 1920s that Harold Dexter replaced Schumate as the

superintendent of Plant No. 11.

By 1931, John H. Doran, who resided at 2400 F St., was employed as the assistant superintendent of the 17th and C streets plant.

Plant No. 12 was mentioned in an article in the April 7, 1934 edition of The Bee as "one of the largest (canneries) in the country."

The article also notes that with the beginning of the canning season on the following day, the plant would immediately provide work for 1,000 people, and eventually expand to its season average of 1,800 to 2,000 workers.

According to an article in the June 19, 1935 edition of The Bee, the Sacramento Community Chest had arranged to continuously use surplus fruits and vegetables from Calpak, Bercut-Richards Packing Company and Libby, McNeill & Libby for its relief work.

Among the benefactors of that surplus food were people assisted by the Catholic Ladies' Relief Society at 924 11th St., the Grace Day Home at 1909 7th St., the Sacramento Orphanage and Children's Home at 2750 12th Ave., the Volunteers of America at 1105 5th St., the Salva-

Del Monte:

Continued from page 6

tion Army at 1120 5th St., the Stanford-Lathrop Memorial Home at 800 N St., St. Barnabas Community House at 2029 8th St., and St. Patrick's Home for Children at the south end of Franklin Boulevard.

By 1936, John J. Cerruti had become the superintendent of Plant No. 11, and Richard C. Cerruti was the assistant superintendent of Plant No. 12.

Additionally, Leslie W. Cerruti was employed by Calpak at that time.

In 1937, a major expansion of Plant No. 11 led to a doubling of the size of this cannery.

In a report regarding plans for that expansion in the Feb. 11, 1937 edition of The Bee, it was mentioned that at that time, the cannery, which then included a packing plant and warehouse, was "already the largest fruit and vegetable cannery in the world."

The expansion project included the construction of a single-story, brick warehouse that would cover two square blocks, just north of the original plant.

Mentioned in the 1937 Bee article is the then-plan to connect the original plant

with the new structure through a subway.

A Calpak advertisement, which was published in the August 21, 1943 edition of The Bee, reads: "Women needed in Del Monte canneries to work last half of night shift, 12 midnight to 6 a.m. Help us finish this peach pack, which ends in about 10 days. Every worker counts. No experience necessary. For further information, apply: California Packing Corporation. Plant No. 11, 17th and C streets. Phone 2-2901. Plant No. 12, 2nd and P streets. Phone 2-3691."

The March 1944 Pacific Telephone and Telegraph Company telephone directory, under a section for Calpak, recognizes Plants No. 11 and 12, as well as Plant No. 13 at 1519 Spear Avenue, a lug box warehouse at 3rd and X streets and the Yolo Ranch on Elkhorn Road (now Elkhorn Boulevard).

Among those who worked at Plant No. 13 – a wholesale plant, which was no longer in operation by the early 1950s – were Frank J. Messina, assistant manager, and Russel T. Chappell, foreman.

By the mid-1950s, George W. Martin was the superintendent of Plant No. 11.

The 1961 city directory recognizes Plant No. 11 at 1721 C St., with George W. Martin as superintendent; Plant No. 12 at 1600 2nd St., with Frank C. Calcagno as superintendent; Plant No. 17, a sub-wholesale warehouse at 2401 3rd St.; and a marketing office at 2621 J St. The office was under the management of Donald Parks.

By the mid-1960s Calpak's local operations were Plants Nos. 11 and 12, with Frank C. Calcagno, superintendent, and Plant No. 238 at 1601 North A St. The latter plant was a can manufacturing plant that was managed by William Tucker.

During the late 1960s, the old Calpak cannery and can manufacturing plant had ceased operation.

The old Calpak Plants Nos. 11 and 238 were then being run by the Del Monte Corporation, with the latter plant being under the direction of Francis I. Beall, and the 17th and C streets plant being led by Calcagno.

In its Sept. 18, 1982 edition, The Bee reported that the Del Monte Corporation would "close its can plant at 16th and A streets sometime before next spring," and that the 17th and C streets plant had closed during the previous year.

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For the love of rugby: Fundraiser coming to the Limelight

By MONICA STARK
editor@valcomnews.com

The day after graduating from St. Mary's College in May 2014, just a week after winning a D1 collegiate rugby national championship, brought drastic change to East Sacramentan Luke Kelly Sauser. Prior to this day, his life was about textbooks and rugby training. Although this punishing work has payed off, the real journey is just beginning. Luke is now producing a film, titled "Scrum of the Earth" which teaches the game in an inspirational and engaging fashion and he is also giving back to the organizations which made his journey possible - Sacramento Area Youth Rugby, and NorCal - by organizing a daylong rugby celebration at the Limelight on Friday, July 24 from noon and continuing through the night to 2 a.m.

Held simultaneously as the Pacific Nation's Cup is being hosted at Bonney Field, the celebration, aptly named the inaugural American Rugby Social, is being advertised on fliers as "the perfect way to spend your day celebrating the game we love and the country we support, along with your rugby community."

Sacramento Area Youth Rugby and NorCal are responsible for running Northern California youth leagues and rely on fundraising.

Hosted at the Limelight Bar and Cafe, the venue offers an outdoor patio, which will be filled with fun rugby activities for all ages, barbecue and various booths for rugby clubs and organizations. Anyone 21 and older will receive a wristband, which will provide access to a full bar. In addition to the bar and patio, there is a lounge that will be open to guests of all ages, which will feature an array of beverages, appetizers and dishes.

The event will help raise funds for Northern California youth rugby organizations on the same day the USA Eagles Men's National Team squares off against Japan in a Pacific Nations Cup doubleheader.

Both Luke's involvement organizing the fundraising event and the production of "Scrum of the Earth" are testaments to his philosophy that rug-

by is much more than a sport; it's truly a way of life which embraces all types of people.

"There are just a lot of people who haven't learned about the game," he stated in an interview with the East Sacramento News, noting that despite that observation, youth rugby has increased 25 percent during the last three years. In fact, rugby is currently the fastest growing collegiate sport for both men and women and rugby is the third largest sporting event in the world behind soccer and the Olympics (which features rugby Sevens, a quicker version of the game in 2016, for the first time since USA won rugby Olympic Gold in 1924).

Luke played competitively throughout high school at Christian Brothers and at Sierra and Saint Mary's colleges. Speaking about those experiences, Luke said, "(They've) given me the opportunity to meet tons of new people, travel all around the world and afford a college education - winning a USA Rugby D1A National Championship was a great experience as well."

At the Limelight, there will be a booth promoting "Scrum of the Earth", a film in which viewers will experience a firsthand glimpse into the world of American rugby through the eyes of players, coaches, and fans, as an inspirational athlete works his way towards claiming yet another Rugby Gold Medal for USA at the Summer Olympics in 2016.

The main character is a future USA Rugby Olympian who's overcome birth defects, physical scrutiny and major injuries, only to become a World Rugby Junior Trophy Champion, two-time D1 collegiate rugby national champion and three time All-American, whose grit and determination have molded him into the individual he is today.

"Scrum of the Earth" has taken months of pre-production preparations and financing, and Luke expects to begin principle photography this month and will film through September with the goal to release the film through a limited theatrical release and online VOD, if the project isn't bought by a distributor first. Expect a showing in Sacramento in spring or summer 2016.



Luke Sauser

Here are some more highlights of the fundraising event, courtesy of Luke:

- When: Friday, July 24 from noon to 2 a.m.
- Where: at the Limelight, 1014 Alhambra Blvd.
- Pre-sale tickets are \$10 for 21-plus, \$5 for ages 13-21 and younger and kids enter free.
- Live music from Essex | Galan and Forum. (Essex live from 1-4 p.m.)
- Watch Pacific Nations Cup Live on Flat-screens inside and huge HD Projector Screen Outside! (5 to 9 p.m.)
- Free parking, pre-game before PNC matches, hop in an Uber, Lyft or taxi to and back for the after-party!
- Full bar, beer garden, cafe and barbecue
- Fun games for all ages!
- USA Rugby, Rugby NorCal, SAY Rugby and Scrum of the Earth PR booths.
- Raffles & other fundraising activities
- Plenty of shade and refreshments!
- Admission does not include food or drinks.

Senior center:

Continued from page 2

pice Bereavement Services at (530) 601-5756 to register by July 9. Space is limited. "A Mazing Grief" is presented by Yolo Hospice and co-sponsored by Awareness and Empowerment Projects of Servant Hearts.

Learn about dental health

Students from the Carington College Dental Hygiene program will be at the Hart Senior Center on Friday, July 10, 10 to 11:00 a.m. to provide dental education geared towards the older adult population. Free dental hygiene supplies available for participants! Sign up by visiting or calling the Hart Senior Center front desk. Note: Assessments

or treatment will NOT be provided.

Receive fresh vegetables, fruit, bread and more

Stop by or call the Hart Senior Center front desk to learn more about the income guidelines for Hart's Healthy Pantry food distribution program for adults age 60 plus and to sign-up in advance (required) for the next distribution, held Wednesday, July 15, from noon to 12:45 p.m. Only one registrant per household. Photo identification is required and bringing a small wheeled cart is strongly recommended. View the Hart's Healthy Pantry flyer on our website for additional information: Hart Senior Center Supportive Services.

Decide, Discuss and Document: Advanced Medical Directives

Make your medical life decisions known to loved ones. Join us for a discussion on the importance of Advanced Medical Directives and the use of the Five Wishes document on Wednesday, July 15 from 1:30 to 2:30 p.m. An official copy of the Five Wishes Advanced Medical Directive will be provided free of charge to attendees of the presentation. Space is limited. Register in advance by calling or visiting the Hart Senior Center front desk.

Take note: Meditation and More on hiatus until October

Meditation and More workshops will be on hiatus

in August and September, returning in October, November and December with a new day and time. Start your month with calmness and clarity by joining meditation practitioner David Roberts on Friday, Oct. 2, 2 to 3:30 p.m. and practice simple and practical meditations, physical relaxation exercises, and participate in group discussions relevant to our daily and inner lives. Beginners are always welcomed. Reserve your space in advance for one or more dates by visiting or calling the Hart Senior Center front desk. Please bring a notebook to each session. For more information and session dates, view the flyer on our website: Hart Senior Center Exercise, Wellness and Fitness.



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FACES AND PLACES: 4TH OF JULY FESTIVAL AT GLENN HALL PARK

The River Park Neighborhood Association held the annual 4th of July Festival at Glenn Hall Park in River Park. The celebration began with the firecracker parade of antique cars through the neighborhood and children's bike parade from Caleb Greenwood to the park. The festival included carnival games, a bounce house, face painting, balloon artists, potato sack and egg races, and a water balloon toss.



McDonald House:

Continued from page 4

\$4 million of the total going toward the construction and \$2 million toward furnishing, as well as five years of additional operating expenses. "We know it will cost us more and we want to make sure that's taken into consideration and make sure that's planned for future fundraisers."

Ronald McDonald Charities of Northern California has seven full time staff members, which oversee two major programs – Ronald McDonald House and programs at Camp Ronald McDonald, which is located on the shores of Eagle Lake (16 miles north of Susanville). In operation from Memorial Day to Labor Day, camp programs are geared to a specific disability at a time.

With seven full time staff running the camp and house, the help from volunteers has been and continues to be greatly appreciated. Hodge said about 1,200 hours of active volunteerism goes into operating the two programs over the course of a year. Volunteers are seen working



special events, pulling weeds, washing windows, cleaning ovens or partaking in an odd job activity once a month. "We have groups that come, individuals that come. We have two grandmas that come five days a week and make cookies – Grandma Loyce and Grandma Deana. They have been coming since we opened

the doors in '98. They've had to have made hundreds of thousands of cookies. What's so nice is when families come in, they smell nice cookies, always knowing there is a cookie waiting for them. We consider (the grandmas) family. They get to know the families. Along with cookie baking, they are reading stories.

We have other volunteers that want to bake cookies. Under the guidance of the grandmas, they bake cookies together," Hodge said.

The cookies baked courtesy of the two grandmas is another example of how volunteers and have made the Ronald McDonald House truly a home away from home.

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EAST SACRAMENTO BUSINESSES

<p>EAST SACRAMENTO Chamber of Commerce</p> <p>August Breakfast Meeting Wednesday, August 19th 7:30 - 9am Mercy General Hospital Healing Garden, 4001 J st.</p> <p>August Mixer Wednesday, August 5th, TBD Chocolate Fish</p> <p>(916) 452-8011 EastSacChamber@aol.com</p>	<p>Your Total Food Purchase of \$40 or More</p> <p>\$10.00 OFF</p> <p>Daily After 4pm, with this coupon.</p> <p>5723 Folsom Boulevard (Dine in & Take Out) (916) 457-1936</p> <p>Lunch: Tues.-Sat. 11 a.m.-4 p.m. Dinner: Tues.-Sat. 4-9 p.m.; Sun. 12-9 p.m. Closed Monday.</p> <p>Affordable placement for Chamber members & small businesses (Call 916-429-9901)</p>	<p>Your Favorite Neighborhood Restaurant</p> <p>A varied menu from which to choose. A local, warm bistro setting with flavors your palate will enjoy. Memorable, enjoyable, affordable.</p> <p>Our chefs have put together an exciting Pacific Northwest-inspired menu featuring fresh ingredients, considerate portions and colorful presentations.</p> <p>3301 Folsom Boulevard Sacramento, CA 916-455-2233 Sun-Tu 8am-10pm. Fri & Sat 8am-11pm</p>
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It's not a skinny dip, it's a chunky dunk

Chunky Dunk, a body positive swim event, to make its way to Clunie Pool

We are on this planet for such a short time. Remember to love yourself and to be kind to others. Shaming is intentional, not accidental.

—Chunky Dunk event organizer Novice Sister Francis Ass EZ

By MONICA STARK
editor@valcomnews.com

Skinny dippers swim aside. The first ever Chunky Dunk in Sacramento will be coming to the neighborhood on the evening

of Saturday, July 25 at Clunie Pool from 6:15 to 8:15 p.m. A body positive event, the Chunky Dunk is advertised as a swim party for fat bodies, queer bodies, trans bodies, bodies of different abilities, allies, families and friends. Following the principles of fat acceptance and radical body love, there is to be no diet talk or body shaming allowed. Swimming suits are required.

"Sacramento needs a stronger body positive community. We hope this event will bring those like-minded

individuals together, in a fun space," said event organizer Novice Sister Francis Ass EZ, who explained the name of the event is borrowed from the existing event founded in Portland, Oregon. Since 2007, Chunky Dunk has occurred in other cities. "Because of its positive history, we wanted to continue the use of the name here in Sacramento ... I wanted to create a fat positive event in Sacramento for some time. When fellow fat activist, Irina Beffa, moved back

to Sacramento, our brains and fat joined forces. Thus, Chunky Dunk was born," Francis said. The event will include a door prize and raffle prizes.

Sponsored by the Capitol City Sisters, Abbey of the Divine Light, the order, Francis said, wants the community to know we love them. We want people to live their authentic self, free of shame and judgment. Body shaming isn't acceptable. It isn't okay to belittle someone because of their race or religion. Why is it culturally acceptable then to stereotype or make fun of someone because their body doesn't meet someone else's standards?"

For more information, visit the Chunky Dunk event page on Facebook and the website, www.capitolcitysisters.org.

to Sacramento, our brains and fat joined forces. Thus, Chunky Dunk was born," Francis said. The event will include a door prize and raffle prizes. Meetings are held every fourth Sunday, 11 a.m. to 1 p.m. at the Coffee Garden, located at 2904 Franklin Blvd.

For more information, visit the Chunky Dunk event page on Facebook and the website, www.capitolcitysisters.org.

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If you go:

What: Chunky Dunk
When: Saturday, July 25 from 6:15 to 8:15 p.m.
Where: Clunie Pool at McKinley Park, 601 Alhambra Blvd.
Cost: \$5-\$15 sliding scale; no one will be turned away for lack of funds
Note: Do not bring food or drink; water is okay.

From 6:15 -8:15pm the pool is reserved by the Capitol City Sisters, however the event is open to the public and is meant to be a safe space. Clunie Pool was chosen because of its central location to Elk Grove, Davis and Roseville. In the future, organizers will look for a pool that is more accessible and has steps. Capitol City Sisters is a nonprofit organization

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Theodore Judah event sponsorship opportunities available

Promote your business by sponsoring Theodore Judah Elementary School special events. Local businesses can generate visibility and promote their services throughout the community – all while supporting their neighborhood school – by becoming a sponsor of Judah's signature special events. There are a number of sponsorship levels and opportunities.

"We are very fortunate that over the years the East Sacramento community has embraced Theodore Judah Elementary," said Corrie Celeste, principal of Theodore Judah Elementary School. "Businesses have played a key role in helping us raise the necessary funds to develop new programs that benefit our

students. This year, we wanted to make it even easier for businesses to take part and have developed an Event Sponsorship Program that highlights promotional opportunities, levels of support and benefits."

New this year, Theodore Judah is proud to offer the opportunity for businesses to be a sponsor on the new Theodore Judah Elementary App that will be accessible for free in the App Stores for all families and community members. There are a limited number of prime sponsorships for this app and it will be viewed by parents and community Page 2 – Theodore Judah Event Sponsorships members all throughout the year.

In addition to the app, Theodore Judah Elementary hosts five signature fundraising events throughout the school year that businesses can sponsor, including the Harvest Festival in October, the Jog-A-Thon in November, Santa's East Sac Adventure in December, the Arts & Music Festival to be held March 2016, the 7th Annual Gala to be held April 2016 and The Theodore Judah Community Theater production in May 2016.

There are three primary sponsorship levels:

- 1) Title Sponsorships, which run \$1,000 to \$5,000 (limited to one title sponsor per event);
- 2) Community Sponsorships are \$250 to \$900 and

3) Business Sponsorships from \$50 to \$200. Sponsorships come with a host of promotional opportunities and benefits, including advertising, marketing collateral, t-shirt sponsors, public relations, social media and public recognition at events.

For detailed information about the Theodore Judah Elementary Event Sponsorship Program, click to the official Theodore Judah Elementary PTA website at www.TheodoreJudahPTA.org and then the "Support Judah" tab. To book your sponsorship and to learn about specific sponsorship opportunities for each event, contact Paige Schulte, Theodore Judah Elementary PTA Vice President of Events, at paigetjpta@gmail.com or 530-902-3767.

CALENDAR

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

JULY

MLK Spelling Bee

July 15-16: Martin Luther King, Jr. Friends announce the 13th Annual MLK Spelling Bee to be held on Wednesday, July 15 and Thursday, July 16 from 1-5 p.m. The bee is open for first through 8th graders. There will be contests for grades 1,2,4, and 5 on Wednesday; contests for grades 3,6,7,8 will be held on Thursday. Pick up spelling lists at Martin Luther King, Jr. Library, 7340 24th St. Bypass, Sacramento 95822.

Fire Station 13 Open House

July 18: Fire Station 13, located at 1100 43rd Ave., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

Sacramento Guitar Society Orchestra meeting

July 19: The Sacramento Guitar Society Orchestra welcomes all players of nylon string guitars who read standard music notation in the first position. Come join the fun at rehearsals at 3823 V St. Sacramento Music Preparatory Theater at 1:30 p.m. on Sundays, July 19 and Sunday, Aug. 16. After rehearsal, join us for open stage. More rehearsals will be at CSUS, information to follow. For more information see www.sacramentoguitarsociety.org.

Fire Station 15 Open House

July 25: Fire Station 15, located at 1591 Newborough Dr., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

Preventing sales calls

July 30: Are you bothered by numerous sales calls? Join us for a FREE workshop to learn about the National Do Not Call Registry and the rules that may reduce the number of sale calls you receive. Find out how to register and how to file a complaint. You will also learn why you may still get calls and what calls are not covered by the Registry. Free of Charge. Pre-registration is required. Class will be from 2:30-3:30 p.m. at ACC Senior Services, 7334 Park City Drive. For details, call (916) 393-9026 ext 330, www.accs.org.

AUGUST

Fire Station 18 Open House

Aug. 1: Fire Station 18, located at 746 North Market Blvd., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

Free! Riverside Concert Series at Camp Pollock

Aug. 6: Come Relax at Camp Pollock! Concert will feature a relaxing musical experience on Sacramento's American River Parkway. Concerts start at 6 and continue until 8 p.m. Bring your own picnic basket and blanket. Enjoy S'mores compliments of Sierra Service Project! The events are hosted by the Sacramento Valley Conservancy. For more information, contact sacramentovalleyconservancy.org.

events are hosted by the Sacramento Valley Conservancy. For more information, contact sacramentovalleyconservancy.org or call 731-8798. Camp Pollock is located at 1501 Northgate Blvd.

Fire Station 19 Open House

Aug. 8: Fire Station 19, located at 1700 Challenge Way, will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

Fire Station 57 Open House

Aug. 15: Fire Station 57, located at 7927 East Parkway, will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

Fire Station 60 Open House

Aug. 22: Fire Station 60, located at 3301 Julliard Dr., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

Fire Station 16 Open House

Aug. 29: Fire Station 16, located at 7363 24th St., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

SEPTEMBER

Free! Riverside Concert Series at Camp Pollock

Sept. 10: Come Relax at Camp Pollock! Concert will feature a relaxing musical experience on Sacramento's American River Parkway. Concerts start at 6 and continue until 8 p.m. Bring your own picnic basket and blanket. Enjoy S'mores compliments of Sierra Service Project! The events are hosted by the Sacramento Valley Conservancy. For more information, contact sacramentovalleyconservancy.org.

org or call 731-8798. Camp Pollock is located at 1501 Northgate Blvd.

Fire Station 20 Open House

Sept. 12: Fire Station 20, located at 2512 Rio Linda Blvd., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

Fire Station 43 Open House

Sept. 19: Fire Station 43, located at 4201 El Centro Road, will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

Lupus awareness and fundraising event

Sept. 26: The Alliance for Lupus Research is holding a Move to Cure Lupus Awareness and Fundraising event at Granite Regional Park. ALR is a national nonprofit with a mission to find better treatments and ultimately prevent and cure Systemic Lupus Erythematosus, a debilitating autoimmune disease by supporting medical research. Because the ALR's Board of Directors funds all fundraising and administrative costs, 100 percent of all donations goes to support lupus research programs. To date, ALR has committed over \$100 million to lupus research. ALR holds lupus awareness events all over the country but this is the first time they will hold an event in Sacramento. Participants can choose from a 5Kwalk, soul line dancing and yoga. Visit walk.lupusresearch.org/Sacramento today to register to participate. Lupus is an autoimmune disease in which a person's immune system mistakenly attacks the body's own tissue and organs. The exact cause of lupus is not known.

Solution to Crossword:

L	I	T	E	R	E	L	K	S	H	O	O	T	
A	D	O	R	E	D	E	N	L	A	R	V	A	
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Matias Bombal's Hollywood

"Self/Less"

Gramercy Pictures (A Comcast Company) offers an action thriller with a touch of the bizarre, "Self/Less" starring Ben Kingsley, Ryan Reynolds and Victor Garber. In present-day New York City, Damian, a man who "built New York" though his financial prowess, is dying from cancer. Through the suggestion of his attorney and adviser Martin (Victor Garber), he investigates a new possibility that his enormous wealth may provide for him, a new kind of second chance made possible by the advance technology of a very secret organization headed by a mysterious and mannered Doctor Albright (Matthew Goode).

Albright offers a radical procedure that will "offer humanity's greatest minds more time to fulfill their potential," or transfer Damian's consciousness and memory to the body of a healthy young man (Ryan Reynolds) that has been supposedly "grown" in a lab synthetically. Thus, this would prolong Damian's life, yet with a totally new identity. He would be forced to give up his old identity completely to pre-



serve the secrecy of the organization that provides the service.

The remarkable temptation to live again as a healthy young man, rather than with a body riddled with cancer with few months to live is sufficiently attractive to Damian to forfeit his past life, as he'd be able to literally take much of his financial acumen with him. He makes the deal, and travels to New Orleans to "die" and assume the new body. There are adjustments getting used to his new vessel, as the essence of Damian's memory will take some time to connect to the nerves of the new body. With training supervised by Dr. Albright, he adapts and remarks "It has that new body smell."

As he begins to feel comfortable in his newborn

world, he is plagued by occasional psychotic episodes, which are only diminished by regular doses of medication to keep visions from occurring. Visions, which strangely are entirely new to his mind, and not from his own memory. Where could they have come from? In nightmarish distorted arrays, he sees a young woman (Natalie Martinez), a young girl (Jaynee-Lynne Kinchen). There are episodes of the point of view of a soldier in combat and weird and colorful objects. These visions begin to paint a picture that will lead him to a startling discovery, and eventually he will meet the women of his visions.

To reveal more would spoil the plot of this picture en-

See Self/Less, page 19

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Self/Less:

Continued from page 18

tirely, a movie which I thoroughly enjoyed. Director Tarsem Singh keeps things moving briskly, mounting tension and suspense most effectively. So much so, I had to avert my eyes from the screen out of fear of what might happen next on more than one occasion.

The movie's editor, Robert Duffy, has done some splendid cutting here, in particular, a sequence in New Orleans. Duffy intercuts a basketball game and the young Damian's exploration of his new body's youth with sports and lovemaking occurring. Visions, which were very well done. The performances are all very good, and Ryan Reynolds is very likeable. Kingsley delivers as he always does, and Victor Garber has been a favorite of mine since his turn in "Titanic" where he played the tragic ship's designer, Thomas Andrews.

All these good points make for a great night at the movies, and I really liked it, however, as neat and far-out as the concept sounds, it is not original. It is not possible that "Self/Less" writers David and Alex Pastor wrote this screenplay without having seen John Frankenheimer's "Seconds" (1966). That film was based on a novel by David Ely, in which the movie poster's tag line announced: A second chance to live. A second chance to die. The picture,

which starred Rock Hudson against type in what was said to be his own favorite work on screen, has a creepiness that is just as chilling and disturbing today as when it first came out with its unusual and groundbreaking photography by the legendary James Wong Howe. In fact, it is much more scary and mysterious than this ramped up modern movie modification. If you have seen "Seconds" this will be self evident. If not, "Self-Less" will be a great time spent at the movies. If you like it as much as I did, I encourage you to seek out Frankenheimer's "Seconds" (Paramount) to see a similar story told by some of the last master craftsmen of cinema's golden age.

"AMY"

The MPAA has rated this R. A24 releases a documentary that relates the short and eventually tragic life of pop singer Amy Winehouse, directed by Asif Kapadia. This documentary is highly visual in style and non-traditional in that the many subjects interviewed, including friends, family and lovers are not seen as they talk about her. The visual element of this movie is entirely comprised of actual file video of the English songstress from television and home videos shot by the family and friends that had never before been made public.

As you hear the voice of one of those intimate with

Ms. Winehouse, the name of that person appears in a graphic to alert you who is speaking since in most cases they are not seen, with the exception of the speaker being featured in the period footage. These graphics are cleverly and artistically designed and displayed throughout the picture, as are the lyrics of her songs as she is singing them. I found those lyrics on screen to be helpful and at a times Ms. Winehouse's style of singing makes it hard to discern some of the words she is singing.

You travel through her life from the beauty of a simple Jewish/English childhood in Southgate, London, to her unfortunate death in July 2011, the result of alcohol poisoning and years of adult self-abuse. You learn that her life became marred by the separation of her parents, a wound that would torment the singer through her life.

You see that jazz music influences inspired her early style and sound, quite remarkable for a singer of her generation; yet her later alignment with bad influences started her spiral downward, fueled by an obsessive relationship with her boyfriend and later husband, Blake Fielder-Civil. It was he that introduced her to more serious illegal drugs, and they became quite codependent.

Along this history told through home videos, drone shots, and TV excerpts, Ms.

Winehouse emerges a talent with remarkable potential, washed away in obsession and drug use. You are left angered and saddened by such a waste of human life, yet with a knowledge that we all must follow our own path, whichever that may be.

The contemporary look of this documentary, which has received much acclaim did not impress me; it was distracting. The song lyrics appearing on screen with cleverly engineered fonts and transitions as well as the names of the voices you were hearing drew attention to themselves and distracted from the footage. The fact that you could not see the interview subjects when they were talking robs you of the human element of facial expression, which is often more telling than just voice alone. A great missed opportunity, as it would have been more powerful to see the faces of those whilst being interviewed, adding value to how much Ms. Winehouse truly affected and contributed to their lives.

One of the best moments in the movie occurs when

one of Winehouse's great musical heroes, Tony Bennett, joins her for a recording session for a duet. You see that he genuinely thinks her talent is singular, comparing her with some of the great blues and jazz singers of all time. She is nervous and agog of her musical legend, who had been warned that she could be difficult. The eternal gentleman and kind soul, his generosity to her during the session sings volumes of his ongoing greatness. It was the most touching part of the picture for me.

The mystery of the theatrical and artistic temperament filled with unbridled emotion in search of expression is not exclusive to Ms. Winehouse; it occurs again and again in history. More often than not, these emotions and creative art impulses cascade into self abuse and self-destruction, as they are overwhelming for many. Here is a movie about such an unfortunate victim of depression, bad influences and public life that may destroy the soul. In Sacramento, "Amy" is at the Tower Theatre.

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