

# EAST SACRAMENTO NEWS

— BRINGING YOU COMMUNITY NEWS FOR 24 YEARS —

## NATIONALLY KNOWN CLOWN TO ENTERTAIN CHILDREN AT MCKINLEY LIBRARY'S ANNUAL END OF SUMMER READING ICE CREAM SOCIAL

See page 18



- Janey Way Memories.....2
- East Beat.....4
- Lance Armstrong history feature .....6
- Matías Bombal's Hollywood .....8
- Calendar.....17



SMUD's history began through local voters' approval in 1923

■ See page 6

Ronald McDonald House celebrated unveiling of new building

■ See page 12





**WIPEOUT RUN**  
SACRAMENTO  
SEPTEMBER 5

**SAVE \$5**  
USE THIS CODE WHEN YOU REGISTER ONLINE!

**ESAC**

**WIPEOUTRUN.COM**

E-mail stories & photos to: editor@valcomnews.com

Vol. XXIV • No. 15

East Sacramento News is published on the first and third Thursday of the month in the area bounded by Business 80 on the west, the American River on the north and east and Highway 50 on the south.

2709 Riverside Blvd.  
Sacramento,  
CA 95818  
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  
**Distribution/Subscriptions** ..... George Macko

**Cover photo:**  
Courtesy

**Other photos:**  
Courtesy  
Courtesy

Copyright 2015 by Valley Community Newspapers Inc. All rights reserved.  
Reproduction in whole or in part without written permission is prohibited.

**Janey Way Memories:**

# The Perfect Cat



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

At our house, we have the perfect cat. When we got her at age six weeks, she was a puff of white cotton with brown feet and tail and a little dark face: perfect Siamese markings. We proudly named her Sophie.

As she aged though, she lost some of her luster.

Her tail began to reflect faint white rings. One foot remained brown while another turned black and the others mottled.

When I took her to the SPCA for spaying, they noted "short hair/Siamese mix" on her medical record. Oh well, maybe she wasn't so perfect.

However, she did retain her piercing blue eyes. She is smart too.

When she cleans herself, she goes to her water dish, dips her foot in it, and rubs it on her face and body to take a bath. We leave the heavy metal door to the garage ajar so she can get to her litter box, and when she needs to go, she sticks her foot into the crack, swipes the door open and runs through. At daybreak, when she is ready for breakfast, she jumps on the bed and talks to me, until I feed her. She runs our house.

She reminds me of another perfect cat I once owned on Janey Way. He came as a gift too.

One day, I went with my big sister to the house of a married couple she knew. We sat in their living room, drinking coffee, surrounded by a litter of seal point Siamese kittens. They were so beautiful that I walked over and picked one up. It surprised me. It didn't squirm or scratch or cry. It just purred.

Then its owner asked me, "Would you like to have him." I said, "for sure."

So, I took a perfect little Siamese cat home that day, wondering out loud, what my father



would say. He loved the little animal. We named him Sinbad.

Sinbad grew to be a sleek and shiny feline. He made Janey Way his kingdom. Other cats, indeed other animals, walked a wide birth around him. If I saw him perched down at the corner of the street, I would yell "Sinbad," and he soon came running to me.

One time, he got into a fight with a squirrel behind Dom Costamagna's house. It caused his leg to become infected. Dad took him to the vet, at no small cost, and he soon returned to perfect health. Dad loved Sinbad.

Sadly though, we ultimately lost Sinbad. We let him out to play one night, and he never returned. We hoped someone just took him home with them, but you never know. He just disappeared.

These days, Sophie is our "perfect cat," and Sinbad is a long lost, but treasured Janey Way memory.



## Thank you Sutter Memorial Hospital

After delivering nearly 350,000 babies, caring for thousands of children at Sutter Children's Center and pioneering many heart treatments, Sutter Memorial Hospital will close on Saturday, Aug. 8. On this day, all care, including emergency services, will relocate to the Sutter Medical Center campus at 2825 Capitol Ave. in midtown Sacramento.

### Memorial Memento



To celebrate our East Sacramento legacy and all the memories from over the years, we have produced a Sutter Memorial commemorative tile - replicating the seafoam green tiles many of us remember from Sutter Memorial Hospital's past. For more information and to purchase your commemorative tile, go to [smcs.justcallideas.com](http://smcs.justcallideas.com).

**Sutter Health**  
Sutter Medical Center,  
Sacramento  
**We Plus You**

[suttermedicalcenter.org](http://suttermedicalcenter.org)

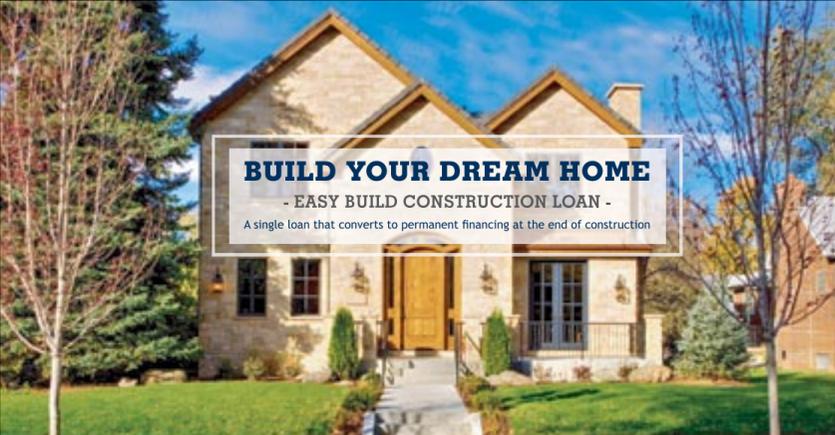


**SOLD**  
375 33rd St • \$879,000

4 bds (2 Master Suites) 3+ tile baths, large open Ktchn & Fmly rm perfect for entertaining with latest amenities. Custom hrdwd deck, waterfall & pond add to rear yard accents.

**KURT CAMPBELL**  
PROFESSIONAL REAL ESTATE CONSULTANT  
956-5878

**LYON**  
REAL ESTATE  
www.Golyon.com



**BUILD YOUR DREAM HOME**  
- EASY BUILD CONSTRUCTION LOAN -  
A single loan that converts to permanent financing at the end of construction



Call me today to learn more  
**DAVID MENDOZA** NMLS ID 243859  
Senior Loan Officer | 916.977.1227  
DMendoza@GuildMortgage.net

Guild Mortgage Company is an equal housing lender. Company NMLS ID 3274. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. All loans subject to underwriter approval; terms & conditions may apply. Guild Mortgage Company, 3626 Fair Oaks Blvd, Suite 100, Sacramento, CA 95864. I am authorized to conduct business in the



Janet Gatejen

The Urban Hound

Experience • Knowledge • Passion

- Selling Older homes for 30 years
- Knowing the Value & Construction of Older Homes
- Passion to Persevere & Enhance our Neighborhood

For A Value Of Your Home Or Information On Properties Available

Contact Janet Gatejen

916.420.8418

Urbanhoundproperties.com



Did you know...

On 11/20/1952 the City of Sacramento acquired real property at 45th and Brand Way by proceedings in eminent domain. for use as a public park. First known as Elvas Park and Playground, on 9/2/1965 the park was renamed Bertha Henschel Park...



A big thank you to everyone for supporting the sign to help keep pets a little bit safer. For info on getting sign in your yard... contact me at

janet@urbanhoundproperties.com or 916.420.8418

5% of her commission to the SSPCA



East Beat



By MONICA STARK editor@valcomnews.com

To keep up with the pulse of happenings in East Sacramento, I hereby present to you, dear reader, the first East Beat column by yours truly. Its appearance will be sometimes regular, sometimes irregular, but hopefully keeps up with neighborhood doings. Meanwhile, the cover story is about a clown, his life, and his visit to the McKinley Library on Tuesday, Aug. 18. Enjoy.

\*\*\*\*\*

Just in time for back-to-college fun, Twelve Rounds Brewing Company, located at 866 57th St., held a soft opening last Saturday. On the side of the Twelve Rounds building, local artist Jason Bove hand painted the logo.

With only a couple of beers on tap and no restaurant yet, owners have asked their Facebook fans to be patient as this is their first business venture. To note, parking may be difficult and street parking is recommended. But better yet, if you can walk or ride your bike, I'm sure they'd appreciate it.

\*\*\*\*\*

Near the brewery, it's been reported that Fancy Feet won tWitch and Allison's Studio Takeover. With the big win, dreams will come true later this fall as Hollywood's hot-

test dancers will teach local kids some groovy moves at Fancy Feet. More details to come. In other studio news, we got word that Fancy Feet will be expanding their business into the old Crepe Escape. Elizabeth Ercila, owner of Fancy Feet, told the East Sacramento News of her plans of expanding her dance instruction business into the old Crepe Escape after renovations are complete. The expansion will allow for 60 to 70 additional dance studios to take classes. Currently, enrollment is up to about 300. The acquisition of the Crepe Escape building will allow for an additional studio and a designated party area. The fire that destroyed the Crepe Escape did not affect her Fancy Feet's operations because a firewall between the two buildings fortunately kept the fire from spreading.

Saddened that the neighboring business suffered and did not recover after the fire, Elizabeth said, "It's very unfortunate. I wish they can come back. I used to eat there all the time and my clients did too."

\*\*\*\*\*

Children from East Sacramento completed a bike ride from their hometown to Knoxville for cancer awareness. What began in Sacramento on July 5 and crossed nine states with cyclists visiting hospitals and participating in special community events along the way, was a bike tour called Team Will that ended in Knoxville, Tennessee on July 11. Consisting of cyclists each from the Sacramento area, the ride covered more than 2,700

miles through 13 major cities with eight cyclists and two crew members with the goal of raising awareness about childhood cancer and to raise funds for families of children diagnosed with cancer. Through Team Will's "Cards for Kids" Program, cyclists delivered more than 3,000 cards to children with cancer across the country. Ride organizers included Ken Scarberry, Team Will executive director and Steve Wong, Associate Pastor River Life Church (co-event organizer), adult cyclist and driver.

Since 2006, Team Will's cross-country ride has been every other year. Although 2015 was supposed to be an off-year, this was a special year because it was initiated by a group of high school students who wanted to participate in Team Will as a way to get to a youth conference held in Knoxville, Tennessee.

Before this summer's trek, the youngest Team Will cyclist was 19 years old and a high school graduate. This year, eight of the 12 Team Will members were between the ages of 14-17; thus, proving that youth can rise up to the challenges and make a difference.

Ken Scarberry, the co-founder of Team Will, has had the honor to participate on all six cross-country treks. He said he's been involved because he believes "it's not okay to just sit back and let things happen when you can make a difference. I use my enjoyment of cycling to make a difference. Additionally, I made a promise to the heroes and their families I ride for (represent during the ride) to continue raising awareness about childhood

See Bike ride, page 5

CARING CONNECTION  
Full & Part Time Available  
Preschool & Infant/Toddler Care

West Sac Campus: 916-371-3301  
Elk Grove Campus: 916-686-5029  
Midtown Campus: 916-261-0796

caringconnectionchildrenscenter.com

Bike ride:

Continued from page 4

cancer and do what I can to help families."

As a result of this year's ride, Team Will is looking into making this an annual event and including opportunities for young people to participate.

Team Will is a community of cyclists of all skill levels and ages committed to provide support and resources for families who have a child diagnosed with cancer. Team Will's mission is to help families during such difficult times by providing emotional and financial support.

Team Will is a voluntary initiative, which means that the organization relies on sponsors to supply a large number of the resources needed for the trips, including vehicles, fuel, lodging, food and drink. Participants pay their own way via the participation fee.

In January 2004, just before his first birthday, William Keifer was diagnosed with a rare form of childhood cancer, Rhabdoid Tumor of the Kidney. Rhabdoid is an extremely lethal and aggressive cancer, with a survival rate of less than 25 percent. Although undergoing a series of treat-

ments and therapies to combat the disease, the aggressive tumor metastasized to his brain, and after only five months, William lost his battle with cancer. In response to the tragedy of William's death, members of the Keifer family as well as those of his community wanted to do something positive, so in 2005 Team Will was born, in 2006 the first cross-country trek and 2007 Team Will became a California-based non-profit organization.

Since 2006, there is just under 100 members of Team Will. They range from 14 to 70 years old. Membership are those that have participated in one of Team Will's cross-country treks.

Thanks to various social media outlets, Team Will has a global support base. This includes families we have met in hospitals, schools and other youth organizations that have rallied behind our Cards for Kids program and our donors and sponsors.

Team Will participated in Sutter Medical Center's Community Day on Saturday, June 20. It was the "grand unbundling" of the new Sutter Medical Center campus celebrating a 90-year history, including the

birth of more than 345,000 babies, and the next generation of care.

Members of this year's Team Will Tour were present to let the community know what they were doing this summer, community members were invited to make cards that would be given to children across the country and bracelets were distributed to all those that stopped by the Team Will Tent.

The celebration was attended by several thousand folks and included ribbon cutting of the Anderson Lucchetti Women's and Children's Center, hospital tours and more.

\*\*\*\*\*

Speaking of Sutter Medical Center, Saturday is Move Day. Gary Zavoral told the East Sacramento News that all patients will be moved that day from Sutter Memorial and there will be no

patients in the new Women's and Children's Center until that day. To celebrate Sutter Health's East Sacramento legacy and all the memories from the past 75-plus years, they have produced a commemorative tile - replicating the sea foam green tiles many remember from Sutter Memorial Hospital's past. To order your commemorative tile, visit: <http://smcs.justcallideas.com/catalog/21732/>. Tiles are \$25 each and include shipping and handling. Own a piece of history today. #MemorialMemories

\*\*\*\*\*

The young and the young at heart are invited to a free outdoor summer concert featuring music by the Bay Area band Lovefool, a special player appearance from the Sacramento Republic FC and a Kids' Zone. The event is presented by UC Davis Children's Hos-

pital and co-sponsored by the UC Davis Health System Community Advisory Board and Shriners Hospitals for Children - Northern California.

The concert will be held on Thursday, Aug. 13, from 5:30 p.m. to 7:30 p.m. on the lawn adjacent to Shriners Hospitals for Children - Northern California at the intersection of X and 45th streets in Sacramento. The smoke- and alcohol-free event is open to the public. There is no charge for attendance. Free parking will be available in UC Davis lots as well as the Shriners garage.

With more than a decade of experience playing together, Lovefool has played in venues worldwide. The group performs the very best party hits from the '80s through today, taking guests on an epic musical journey from "Jessie's Girl"

See Concerts, page 11

5 Year FIXED RATE Home Equity Line of Credit Loan

4.25% Initial APR\*



CHECK THE EL DORADO ADVANTAGE:

- ✓ FIXED RATE for 5 Years
- ✓ Local Processing & Servicing
- ✓ No Closing Costs on Qualifying Transactions
- ✓ Flexibility and Convenience
- ✓ Have Funds Available for Current and Future Needs
- ✓ Home Improvement, Debt Consolidation, College Tuition
- ✓ Interest May be Tax Deductible (Please consult your tax advisor)



EL DORADO SAVINGS BANK

Serving our local communities since 1958

www.eldoradosavingsbank.com

Member FDIC

5500 Folsom Blvd. • 452-2613  
4768 J Street • 454-4800  
Se Habla Espanol • 800-874-9779



\*The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.75%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A 3% early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

# SMUD's history began through local voters' approval in 1923

By LANCE ARMSTRONG  
Lance@valcomnews.com

*Editor's Note: This is part one of a two-part series about the Sacramento Municipal Utility District. Part two of the series will feature details regarding the renovation of East Sacramento's SMUD headquarters building.*

For well more than six decades, the Sacramento Municipal Utility District has been serving the electricity needs of residents of Sacramento and beyond.

Presently, SMUD serves all of Sacramento County and a small portion of Placer County.

The company recently made news when it was reported that its more than half-century-old headquarters building at 6201 S St. in East Sacramento would undergo a \$100 million renovation.

That project, albeit one of the major projects of the dis-

trict, marks just one of the many highlights in the company's history, which dates back to July 2, 1923.

On that day, 87 percent of voters approved a \$12 million bond issue for the creation of SMUD.

Additionally, a five-member board of directors was elected to serve a one-year term. Those original directors were Mayor Albert Elkus, Judge C.E. McLaughlin, George L. Herndon, Robert L. Jones and Ben Leonard.

In 1921, The Sacramento Union had published the following words: "It has been very definitely proved that municipalities can provide their own power and light at a cost considerably below the rate charged by private hydro-electric companies."

During the same year, efforts to establish a community owned electric distribution system and water and power rights on Silver Creek in El Dorado County were investigated by SMUD representatives.

The district's original service areas were the cities of Sacramento and North Sacramento and adjacent territory of approximately 48,000 acres or 75 square miles.

SMUD's early history also included the expansion of its service area from 48,000 acres to 420,000 acres, with the inclusion of the communities of Elverta, Rio Linda, Elk Grove and Herald.

An article in the Dec. 29, 1986 edition of The Sac-

ramento Bee summarizes SMUD's major challenges of its early years, as follows: "SMUD had been created by voters in 1923. But it took most of the intervening 23 years to win independence from (the Pacific Gas and Electric Co.), which was loathe to relinquish the territory. "In fact, for several years, even after the 1946 takeover (of PG&E), SMUD was a captive of PG&E. It bought most of its power from the big private utility until 1952, when it won an allotment from the federal Central Valley Project."

Regarding the change from private to public distribution and sale of electricity, The Bee, in its December 31, 1946 edition, notes: "It would have been easy during the long fight for (SMUD's) directors to have become disheartened and to have given up. But they kept tenaciously at their task and saw it through. And for that they deserve the thanks of the entire community."

That night, at 6 p.m., the Sacramento area's power distribution facilities formally passed from PG&E to SMUD, and Sacramento became the nation's seventh largest city to obtain its electric service from a publicly owned power system.

At that time, SMUD was operating in rented rooms at 1325 K St. and in tin Quonset huts at the present 59th Street site.

A 50th anniversary (1947-1997) SMUD booklet de-



Photo courtesy of SMUD

SMUD relocated its headquarters and offices into this building at 2101 K St. in 1949.

scribes the change in the usage of electricity in Sacramento homes from the end of World War II to the beginning of the 1960s, as follows: "In 1945, many homes in Sacramento and outlying areas were lit by kerosene or gas lamps and kept warm by wood stoves. But by 1960, the average Sacramento home not only had electric service - it had become a veritable electricity consumption center. Sacramentans had bought electric ranges, central heating, electric washers, dryers and dishwashers, and a remarkable range of small electrical appliances, from waffle irons and griddles to electric blankets and bathroom space heaters."

In 1949, SMUD relocated its headquarters and offices into the then-recently remodeled, former Northern Motor Co. building at 2101 K St.

The 1949 city directory lists SMUD as then having its administrative and general offices at 2101 K St. and its operating headquarters at 59th and R streets.

During the late 1950s, SMUD began to build its own hydroelectric power plants on the upper American River, and by 1961, the company had lowered its electricity rates three times.

See SMUD, page 7

## SMUD:

Continued from page 6

141 square miles to the utility district's service area.

Among SMUD's highlights in the 1990s were the construction of three cogeneration plants, the expansion of generation capacity at its upper American River power plants, and the opening of its Energy Management Center.

In regard to the center, the aforementioned 50th anniversary SMUD booklet notes that it "dovetailed to allow the district to make its own minute-by-minute decisions on buying power and managing energy sources, a method far more cost effective than relying exclusively on long-term power contracts."

Furthermore, the booklet notes that SMUD employees were able to cut costs by \$56 million, and avoid a tenth rate increase in eleven years.

The 2000s brought the Y2K bug concern that never actually became an issue and the state mandated deregulation of the electric utility industry, which resulted in shortages of power, rotating outages and an increase in wholesale energy costs.

Additionally, the Sept. 11 attacks led to an elevation in security at the SMUD facilities and offices.

Now in its 68th year of providing energy services to its customers, SMUD continues its efforts to improve its offerings.

An official SMUD document, which includes a section, entitled, "The New Century," notes: "Even as we coped with deregulation and other difficult issues, we forged ahead with a (sic) major green-energy efforts such as our wind-power project in Solano County, Smart

Homes, Greenery, Solar-Shares, plug-in hybrid vehicles and a host of other initiatives.

"We're well on our way to building a smart grid to help us operate more efficiently and give you better choices in the way you use energy."

Last week, in speaking about the company's past and future, SMUD CEO and General Manager Arlen Orchard said, "SMUD's value to the community is deep and far reaching, and we're doing everything in our power to make that relationship even stronger in the years and decades to come."

**Building Bridges between Buyers and Sellers**

2nd Generation Sacramento Realtor • 3rd Generation Californian • Local Community Supporter



**Jackie Yopez - Realtor**  
599-5904

- Sold - 5025 V Street, 95817
- Sold - 6011 1st Avenue, 95817
- Sold - 10724 Alicante Way, 95670
- Sold - 4008 Reggie Way, 95608
- Pending - 7422 Sun Point Lane, 95828

For current home listings please visit: [www.SacLuxLife.com](http://www.SacLuxLife.com)



**Paul Edson**  
Sales Associate

mobile: (415) 426-9582  
office: (415) 437-4500  
paul.edson@cbnorcal.com  
CalBRE#: 01945092



**4223 J St, Sacramento • \$1,950,000**

**Beautiful Trophy 8 Unit Building in the Fab 40s.**  
Each unit has its own unique features and charm. Hard wood floors, fireplace in every unit. Prime location. This is your chance to own a one of a kind building in the most desirable area of East Sacramento.

**FUNERAL DIRECTORY**  
Call Melissa at (916) 429-9901  
[www.valcomnews.com](http://www.valcomnews.com)

**GEORGE L. KLUMPP**  
CHAPEL OF FLOWERS 1936  
2691 Riverside Boulevard  
Sacramento, CA 95818  
(916) 443-7917  
[www.cfcsSacramento.org](http://www.cfcsSacramento.org)  
Serving the community since 1921

**Harry A. Nauman & Son**  
4041 Freeport Blvd  
Sacramento, CA 95822  
(916) 452-6157  
FD366  
Serving Sacramento Families since 1903.  
Pre-arrangement packages available.

**LIND BROTHERS** FD 1141  
A Family Owned Funeral Home & Crematory  
Celebrating 50 Years in the Community  
916.482.8080

**East Lawn**  
Memorial Parks,  
Mortuaries  
& Crematory  
(916) 732-2000  
[EastLawn.com](http://EastLawn.com)  
4 Sacramento locations  
serving families since 1904

**HELP WANTED!**

**NEWSPAPER DELIVERY DRIVERS NEEDED**  
IN THE ARDEN- CARMICHAEL AREA

**PT CONTRACTOR JOB**

Email resumé and/or cover letter to George at:  
**mackogeorge@yahoo.com**

**VALLEY COMMUNITY NEWSPAPERS**

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



**Announcing . . .**

**Cascade Medical Wellness Center is proud to announce that Frank 'Sonny' Cline, Jr. PA-C, is joining our adult primary care practice in August 2015.**

**He will also be accepting any new and former patients. Call now to make an appointment.**



**About Frank S. Cline, Jr**

- Current President of Medicine & Beyond, a non-profit doing medical work in Burma
- Co-owner of a private practice in Sacramento, Sacramento Medical Oasis
- Works in community mental health in Sacramento area
- Guest lecturer at UC Davis Medical School & Stanford Medical School
- BA in Sociology; Masters in Divinity; Masters in Psychology
- Physician's Assistant degree from Stanford Medical School

**Casade Wellness accepts most PPO & Medicare, Cash & Credit Card Program available for those without insurance.**

**(916)457-7424 | 701 Howe Ave., Bldg H Suite 50 Sacramento, Ca 95825 | [www.cascadewellnessca.com](http://www.cascadewellnessca.com)**

# Matias Bombal's Hollywood

SOUTHPAW

The MPAA has rated this R

By MATIAS BOMBAL

The Weinstein Company throws another boxing movie into that cinema genre with "Southpaw". Directed by Antoine Fuqua, it stars Jake Gyllenhaal as Billy Hope, a boxer starting at the top of his game with a gigantic mansion, beautiful wife (Rachel McAdams), lovely daughter (Oona Laurence) and all the trappings of the nouveau riche, including a slimy business manager (Curtis '50 Cent' Jackson).

A series of events throws him down for the count as one blow after another in his own personal life destroys his surroundings and family. Following a charity event, he loses his wife in a tragic accident, and before he even begins to understand what is happening, his business manager Jordan Mains (Jackson) moves

in to play on his confused state to take advantage of him, coercing him to sign a contract that will clearly do more for the manager than the fighter. The unscrupulous Mains thinks "If it makes money, it must be right." He's always the backer of the guy who's on top.

It is only the beginning of misfortunes for boxer Billy, whose daughter is removed from his custody by court order. The daughter, Leila, has a chance to offer some of the movie's most direct and honest dialogue, allowing for moments of humor in the downward trajectory of the fighter's situation. Their separation is his biggest blow of all, and the very core of his motivation to climb out of his hell. His house and cars are repossessed, his assets frozen, and he is left on the street to begin again.

Motivated to avenge his wife's death and be allowed to live again with his daughter, he seeks out a famous boxing coach, Tick Wills

(Forest Whitaker), in a very humble and tough section of the inner city. There, at a small and careworn gymnasium that Wills runs, Billy takes the job of cleaning up the place at night to cover his membership. After a false start, he begins training for his return to greatness. Following a small exhibition fight for a charity, the slimy Jordan Mains returns, offering a contract to fight the man Billy holds responsible for the death of his wife, and the motivation to return to the glossy world of big time fighting proves too much to resist. But he does not want to do it alone; he insists that Wills be his trainer. Wills is not easy to win over at first, and the two characters are at opposite ends in many ways, but eventually, they bind together for the common goal.

Forest Whitaker is good in just about all he does. Here, he is the center of this movie, offering the foundation for Billy to begin again. This riches-to-rags bout with a fighter starting at the top of his game and spiraling downwards is nicely made to make audiences happy, with beautiful lighting and color design. It plays on the emotions, and there's not a dry eye in the house when the father and daughter are separated by the judge.

When I asked Jake Gyllenhaal, in my online review (which you may see at [www.mabhollywood.com](http://www.mabhollywood.com)), what was it about this movie story appealed to him the most, he replied: "The story



Jake Gyllenhaal is down for the count until he meets Forest Whitaker in "Southpaw"

about how to fight the system, having to be your best self; ask yourself questions internally, dig deep and say how do I overcome situations where everything is telling me to fail.

"That idea, and seeing how this character fights through all that... was a beautiful idea, a beautiful part of the story and something I wanted to tell." He continued: "The other idea that was really beautiful is this idea of family; everything that you sacrifice for your family to be a father and learn how to be a good father. That, to me, moved me more than everything, the relationship with father and daughter in this movie is incredibly powerful and incredibly moving; it moved me in the script and it moves me even now, when I watch the movie."

In spite of excellent visuals, this picture reworks many old plot ideas that we have seen in boxing movies of the past, introduced again in this storyline perhaps for young people that may have never seen a boxing movie before. There were some surprising continuity errors

here and there, but they will not affect the crowd pleasing emotional tugs well handled by the director.

Ms. Rachel McAdams, featured in the early part of the movie lights up the screen beautifully with her singular personality. I loved her in Woody Allen's "Midnight in Paris" and wish that her part may have lasted longer here. She's memorable in her brief screen time.

The movie's credit crawl begins with a title card in memory of the film's composer, James Horner, who died in an airplane crash last June. Horner's movie scores gave mood and advanced the plot of some of the best pictures in the last 20 years, including memorable scores for "Aliens", "Field of Dreams", "Braveheart", "Apollo 13" and "Titanic". "Southpaw" is not the last of his scores that you may hear; he composed music for three more productions yet to be released. Overall, this movie is going to do well with audiences, but I was not overly impressed. As always, I leave it to you to decide.

## Fantastic Duplex in Desirable East Sacramento!



\$475,000 • 210 43rd St.

Newer dual pane windows, gorgeous hardwood floors, renovated bathroom, newer central heat and air, newer carpet and tile.



**JAMES SEDLAR**

(916) 879-7565 • CalBRE# 01506740



# Senior Services & Connections

Call Melissa (916) 429-9901

### DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL  
Legal Document Prep Services:

- Trust • Will
  - Powers of Attorney
  - Residential Deed
- Couples \$495 Singles \$450  
Lynda K. Knight (916) 214-1215  
1337 Howe Ave., Ste. 103  
Sacto 95825

### LEGAL SERVICES

## WILLS AND TRUSTS

- Services Expertise
- Will and Trusts
  - Special Needs Trusts
  - Trust Administration
- Member - Cal - 8 Years  
Member - Bar - 10 Years  
Member - Practice - 13 Years
- Free In-Home Consultation  
Tim Tyler, Ph.D., Attorney at Law 916-429-9901

### SPECIAL ALZHEIMER'S LIVING

## REVERE COURT

MEMORY CARE Lic. #3700138042  
Day Club, Respite,  
Residential, Support Groups  
& Educational Classes  
casey.s@chancellorhealthcare.com  
[www.reverecourt.com](http://www.reverecourt.com)  
(916) 392-3510  
7707 Rush River Dr. Sacto, CA 95831

### YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services are needed.  
Your ad should be here.  
Ad design is free.

Call 429-9901

**LYON**  
REAL ESTATE  
[www.GoLyon.com](http://www.GoLyon.com)

# TEAM BLACK



**Annette Black**  
826-6902  
Lic# 00802727



**Kathy Pardun**  
247-7030  
Lic# 01000106



**Diane Berry**  
698-7288  
Lic# 00794641



**Wanda Noack**  
761-6748  
Lic# 00946526



**Rene'e Liddie**  
613-9885  
Lic# 01152399



**John Woodall**  
421-5421  
Lic# 01232653



**Elizabeth Helmrich**  
549-8845  
Lic# 01875123

## Top Producing Agent for Sacramento's #1 Real Estate Company

### HIGHRISE LIVING IN THE HEART OF EAST SAC

There is no comparable unit. Seller spent \$300K to move walls and replace every inch of this home. Top of the line cabinetry in every room. State of the Art kitchen. The very best sound system and speakers throughout. Beautiful floors. Entirely new baths. Too much to list. No expense spared as they remodeled for themselves not thinking of moving! Their loss is your gain. Must see.

4100 Folsom Blvd #4D - \$550,000



### 10 ACRE RANCH

5,000 sq. ft. custom home. 4 stall Barn/covered paddocks, rubber mats, tack rm, hay storage etc. Detached shop & garage. Lighted tennis court perfect for training. 128 solar panels to cut power bill in half. 30'x50' game/hobby rm/wet bar. Cov patio w/ Bar-B-Q. 850 sq ft apartment over the barn for live-in help. 2 wells & 2 miners inches of NID water. 3 HV/AC systems.

4149 Burnett rd. - \$1,550,000



### OWN PRIVATE LAKE

This sophisticated home rests sprawling park like grounds offering privacy and special lake views. Featuring an elegant staircase, vaulted wood beam ceiling, hand scraped wood floors & windows peering out to the pool. With eye catching fireplaces, open living spaces and a gourmet kitchen boasting high end appliances.

8414 Lakehaven Ct. - \$1,349,000



### EXCLUSIVE SIERRA OAKS

This open & spacious home features hardwood flrs, Anderson dual pane windows, cedar siding, french sliding door off dining rm, sunroom, downstairs brm & full bath, plus many other fine details. Perfect for year round entertaining! Enjoy warm summer days in the private backyard swimming pool, cabana & pool house.

401 Hopkins Rd. - \$990,000



### CASA DE LOS GOBERNADORES

Rare available lot to build your dream house. Nearly 1/2 acre inside Carmichael's most prestigious gated community.

\$525,000



### ARDEN OAKS

This 4661 sq ft home is set on a lush .80 acre lot in prestigious Arden Oaks. Seller put in over \$400K in upgrades. Lovely entrance of glass walls takes you to spacious formal living & dining rooms with views of backyard & pool. Hardwood floors, gorgeous tiles and fixtures throughout. Seller recently installed a new roof and a new solar hot water system.

3711 Random Ln - \$1,425,000



### PAVILIONS

One of the best locations inside Pavilions. Quiet and secluded, every window has views of trees and every closet has been professional organized. Many, many updates. Surround sound and television will stay. Beautiful hardwood floors and decorator paint colors all make this unit spectacular! This is the Cortona model with ground floor entry and living area.

2430 Pavilions Place Ln - \$547,000



### A RARE FIND

An Awesome Opportunity awaits! Perfect for a multigenerational family or live in one home and rent out the other! This beautiful property has been completely renovated and the results are yours to enjoy. The main home is +/- 3,000 SF with 4 bedrooms and 3 full bathrooms. The detached cottage is a +/- 1,000 SF 2 bedroom, 1 bath home.

7416 Northlea Way - \$569,900



### DEL PASO MANOR

Sharp, clean and move in ready! This adorable 1950's home has been lovingly maintained, featuring gleaming, genuine hardwood floors and dual pane windows throughout, a nicely updated kitchen, fresh interior and exterior paint, an open floor plan, 2 car garage and much more. There's also a large sunny back yard that's ideal for a veggie or flower garden.

3655 Lusk Dr. - \$309,900



### CUL-DE-SAC HOME

Cute, 3 bed, 1 bath, well cared for home with a nice sized backyard. The kitchen was also recently updated; the home also features easy care tile floors throughout, fresh interior paint, dual pane windows and a new driveway.

4318 Turnsworth - \$179,900



East Sacramento/Downtown Office • [TeamBlack.GoLyon.com](http://TeamBlack.GoLyon.com)

# Arts & Activities

## WEDNESDAY MUSIC AT NOON

12 - 1pm - Always Free!

Upcoming featured artists ...

Aug 12: "A Musical Extravaganza" from the Vocal Studio of Jacquei Victorino  
 Aug 19: Cellist/Gamba Player Amy Brodo and Friends  
 Aug 26: Bay-Area Pianist David Thomsen  
 Sep 02: Cellist Chri Zdunkiewicz; Pianist John Cozza, Violinist Anita Felix,  
 Violist Jeron Chamberlain

(916) 442-8939 | www.musicatnoon.org  
 Westminster Presbyterian Church, 1300 N Street

## GUNTHER'S ICE CREAM

August: German Chocolate



Bring the family to the "best ice cream shop in the state!"  
 (Business Insider)

We Make Our Own Ice Cream Come see our murals.

Open Daily: Sun-Thur: 10am - 9:30pm • Fri-Sat: 10am - 10pm

Celebrating 75 years of business

2801 Franklin Blvd. (Corner of Franklin & 3rd Ave.)

457-6646 • www.gunthersicecream.com

## Original Mask Art Show

Fe Gallery Opening Reception Saturday, August 8th, 6-9PM

18 artists represented! Live Blacksmithing Demonstration



Delisse Vargas



Ianna Frisby

Exhibit runs through October 1, 2015

1100 65th St. • (916) 456-4455  
 www.FeGallery.com

## "Magnum Opus XXVI" Annual Open Show

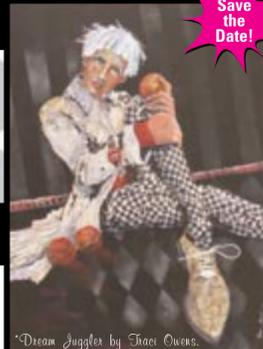
Awards, refreshments, Live Piano Music by Larry

August 4-29, 2015

Reception Saturday, August 8, 5:30 to 8:30 pm

Gallery hours:  
 Tuesdays: 11am to 7pm  
 Wednesdays-Saturday: 11am to 3pm

5330B Gibbons Drive, Carmichael, CA 95608



"Dream Juggler" by Tracy Owens

## Coffee Garden & Coffee Garden Gallery

- Great coffee & food
- Open Mic Nights
- Second Saturday Receptions & Craft Faires 6-11pm
- Live Music • Rewards! • Art



2900 & 2904 Franklin Blvd.  
 www.thecoffeegarden.com  
 457-5507

## Swanberg's

2316 J Street - SAC  
 916-447-MAUI

Flip-Flops & East Sac T's!



We stock Reef, Rainbow & OluKai. New & recycled Hawaiian shirts, retro baseball tee's & ball caps!



## Host an Exchange Student Today!

(for 3, 5 or 10 months)

Make a lifelong friend from abroad.

Enrich your family with another culture. Now you can host a high school exchange student (girl or boy) from France, Germany, Scandinavia, Spain, Australia, Japan, Brazil, Italy or other countries. Single parents, as well as couples with or without children, may host. Contact us ASAP for more information or to select your student.



Victoria from Australia, 17 yrs. Enjoys spending time with her family and younger siblings. Victoria plays volleyball and is excited to learn new sports while in America.



Giorgio from Italy, 16 yrs. Loves to play baseball and spend time with his dogs. Giorgio also plays the guitar, and his dream is to join a drama club at his American high school.

Amy at 1-800-733-2773 (Toll Free)  
 host.asse.com or email info@asse.com



Founded in 1976  
 ASSE International Student Exchange Program is a Public Benefit, Non-Profit Organization.  
 For privacy reasons, photos above are not photos of actual students

## Concerts:

Continued from page 5

to "Just A Girl," from the Go-Go's to GaGa.

In addition, the summer concert will feature:

- A player visit from Sacramento Republic FC, Sacramento's USL PRO soccer club.
- Free bike helmets, courtesy of Kohl's Cares™, to the first 100 children to visit the UC Davis Trauma -Prevention and Outreach booth. The staff that support Kohl's Buckle Up to Grow Up program will offer free helmet fittings and share tips for keeping kids safe and healthy year-round.
- A diaper drive. The public is invited to donate a new package of diapers, wipes or pull-ups to the UC Davis Children's Hospital booth.
- Free T-shirts for those who have purchased tickets to the Aug. 22 Sacramento Republic FC game (using http://

bit.ly/ucdavischildren and promo code: KIDS) at the UC Davis Children's Hospital booth, with proof of ticket purchase.  
 -Games, crafts, bounce houses and clowns in the Kids' Zone.

Attendees are encouraged to bring blankets or lawn chairs and picnic baskets. Food will be available to purchase from vendors at the UC Davis Health System Farmers Market, which offers an assortment of farm-fresh fruits and vegetables, artisan cheeses, baked goods, specialty items and more.

For further information, contact UC Davis Health System Government and Community Relations at 734-5441, e-mail at community.relations@ucdmc.ucdavis.edu or visit http://children.ucdavis.edu.

If you have a tidbit for East Beat, email Monica at editor@valcomnews.com or give her a buzz at 429-9901.

## Real estate agent has a new moving truck for clients and community events

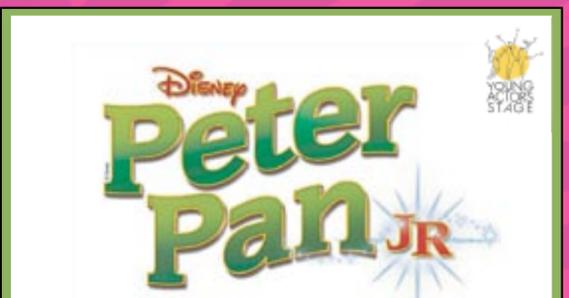
Local real estate agent Rich Caeneux has a new moving truck, which he has made available for use by past, present, and future clients, as well as community events, charity events, and school events. A special thank you to community businesses and business owners that helped to make this truck possible include: Jim Reed at Summit Funding, Max Greenberg at the Trenchless Company and East Sac Propane, Ashley Gill, Travis, and Mark Gill of Green Acres Nursery, Steve Larson of Farmers Insurance, Jim Lopez at Pinnacle Pest Control, Lauren Reiff Covert of Decorum Studio, and Colin Smith at the Law Office of Colin T. Smith. And, thank you to Eric Bassett of Riverview International Trucks who gave guidance along in this process.



# Arts & Activities



**Coming This Fall to American River Community Church!**  
 3300 Walnut Ave., Carmichael - Next to the Carmichael DMV  
 10 Week Course Starts Weds. Sept. 9<sup>th</sup> 6:30-8PM  
**For More Information, To Register, View a List of Classes or Buy Your Member's Kit, Go Online to:**  
 daveramsey.com/classes/Financial Peace University/  
 Find a class/American River Community Church  
**info@arconline.org www.arconline.org 483-3465**



Fly away to Neverland with Peter and the Darling children in Disney's adaptation of their beloved animated film.

Tickets online or at the door  
 youngactorsstage.com | Adults: \$12  
 Children: \$10 (12 & under)

Based on the Disney film and J.M. Barrie's enchanting play, Disney's Peter Pan Jr. is a modern version of the timeless tale about a boy who wouldn't grow up!

**Showtimes**

August 7: • 7pm	August 8: • 1pm • 4pm • 7pm	August 9: • 1pm • 4pm
--------------------	-----------------------------------	-----------------------------

24th Street Theater, 2791 24th Street, Sacramento

# Ronald McDonald House held grand opening of new expansion

Photo courtesy

The Ronald McDonald House opened a 20-room building expansion on Saturday, July 18. To celebrate, there was a ribbon cutting, kids activities, free hot dogs, face painting and Ronald McDonald was there visiting with children. During the celebration, the public toured the two-story, 18,000-square-foot facility, which has the capacity to serve 18 families a night, doubling the space of the other 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.



River lessons:

# Teachers never really know how lessons will follow students

By ELLEN COCHRANE



Ellen Cochran

"My parents drilled river safety into us with one rule: Don't swim in the rivers."

On the first day of each school year, I pull out a laminated story from *The Sacramento Bee*. The picture shows a boy in a life vest and the story covers safety on the river. My tanned students, fresh from summer, eye the paper and pass it around. Then I tell my stories.

Many years ago my father took me aside to show me a small clipping from the paper. A young girl drowned in the American River. Her last name was Brown, and I sat behind her the prior year in school. She tripped into an underwater hole and was overcome by the currents. She died on a beautiful July day playing with her family and friends.

My parents drilled river safety into us with one rule: Don't swim in the rivers. They were lifelong Sacramentans and had their own stories of river death.

Years later, one of my students died in the Sacramento River. He was being chased by a group of boys who were angry that he'd flirted with one of their girlfriends. He jumped into the river to evade them and drowned.

I teach immigrants – children from Laos, Vietnam,

Mexico and other warmer climates. Equally dangerous rivers flow in these countries, but they are often not as cold, as deep or as fast moving as ours. Many of my students don't know how to swim, let alone understand icy mountain water. Pushed by blazing summer heat, the young and invincible will wade into the rivers. But in my silent classroom, wide-eyed students listen to my stories of dangerous undertows, snags and Sierra snow runoff.

Sadly, these stories are not new to some students. To keep their interest, one of my fall assignments is making a game. Students experiment with writing rules, and planning paths and strategies.

Xiong turned in a two-sided paper, handmade dice with pencil point dots and no instructions. The paper

was covered with dozens of numbered spaces, arrows, ladders and pictures. The setting was Laos and the drawings depicted each of the perils he lived through before coming to America. There were villages with huts and gardens, men with guns, burning houses, mountains, rivers and an airplane that could go either to happy California with sun and dancing children or to a camp with barbed wire. You rolled the dice to begin your journey. The river square showed a person drowning.

Quickly I changed the tone from healthy fear to education: Learn how to swim. I smile and pass out papers that cheerfully announce swim lessons at the local pools. Look at these free life-jacket stations. I flash pictures of the jackets from Howe Avenue and Discovery Park. Tell your folks my stories, and don't swim in the rivers. Swim in pools. I'll never know if I have saved a life. Teachers never really know how lessons will follow students. They might be instantly forgotten or resurrected much later. But if a child brings lessons home, parents listen and information is passed on.

August is around the corner and teachers will be thinking of their new lesson plans. In the flurry of the first school days, teach a lesson that might save a life. Tell the stories you know, and then, come May, tell the stories again. Act flustered. Did I tell you this at the beginning of school? Yes, well, it must have been so important I have to repeat it. Summer's coming, and the rivers will tempt you, but ...

Ellen Cochran is the Sacramento City Unified School District trustee for Area 2.

# Take Me Home!

Thanks to the following sponsors! A pet can be a wonderful addition to a family. Won't you adopt one of these animals at the SPCA?

Sponsored by: **Debra's Doghouse**  
3015 J Street  
(916) 457-7387

**FREE GROOM**  
with proof of new SPCA adoption

**Security** #14746723  
Breed: Terrier, American Staffordshire/Mix Color: Tan/White  
Gender: Male Size: Medium  
Age: 5 years, 3 months

Sponsored by: **KNOTT'S PHARMACY**  
Serving Greater Sacramento For Over 75 Years

- Home/Health Care Supplies
- Medical Equipment
- Personal Service

**965-8500**  
www.KnottsPharmacy.com  
Meeting all your prescription needs

- Compounding
- Daily Delivery

**KnottsPharmacy.com**  
6620 Coyle Ave, Ste 102  
Carmichael, CA 95608

**Luke Skywalker** #27833968  
Breed: Domestic Shorthair/Mix Color: Black  
Gender: Male Hair: Short  
Age: 3 months

Sponsored by: **grateful dog**

**Voted Best Groomer in Sac!**  
916.446.2501  
gratefuldogdaycare.com  
430 17th St. at E

**Keely** #25211286  
Breed: Korean Jindo/Mix Color: Tan/Cream  
Gender: Female Size: Large  
Age: 3 years 4 months

Sponsored by: **Giovanni's Pizzeria**  
Real Italian, Real New York  
5924 S. Land Park Dr. • 393-7001  
6200 Folsom Blvd. • 455-8831

**\$5.00 Medium Pepperoni Pizza** with purchase of any large pizza

**Yzma** #27920530  
Breed: Domestic Shorthair/Mix Color: White/Orange  
Gender: Female Hair: Short  
Age: 3 months

\* For additional information on adoptions, call the SPCA at 383-7387. Adoptions occur daily and it is not guaranteed the above featured animals are still available. If they are not, the SPCA has many other loving pets available to suit you and your family. The SPCA is located at 6201 Florin-Perkins Road.

Valley Community Newspapers | **NEWS-LEDGER**  
West Sacramento

Valley Community Newspaper, publishers of **Arden-Carmichael News, East Sacramento News, Land Park News & Pocket News** has acquired the **West Sacramento News Ledger**.

**A weekly paper mailed to subscribers and delivered to various locations.**

**Serving the West Sacramento Region Since 1964!**

**Call your sales rep. ASAP for Special Rates!**  
**(916) 429-9901**

**Enriching the Lives of Others**

Residents enjoy an active, engaging lifestyle that promotes wellness and independence.

Whether short-term, following an illness or injury, or permanent, our assisted living and memory care programs utilize professional nursing staff to help determine your specific needs. Around the clock caregiver staff are here to provide services when you need or want them - allowing you to devote your energies to a life well lived!

**GREENHAVEN ESTATES**  
Assisted Living & Memory Care  
Lic# 347005239

**5548 Robertson Ave.**  
This well cared for home has a comfortable layout having separate family and living rooms, large master suite, large bedrooms, separate laundry room, an open kitchen, and large backyard with deck for your family BBQ's. The property has new carpet, newer HVAC, new water heater and new trees and mulch.  
**\$369,000**

**7548 Greenhaven Drive**  
Sacramento, CA 95831

**greenhavenassistedliving.com • (916) 427-8887**

**FRANCO GARCIA**  
(916) 206-3802  
Lic# 00925201

**ROSANNA GARCIA**  
(916) 202-7294  
Lic# 01058309

**GARCIA REALTY**  
A SACRAMENTO TRADITION FOR OVER 40 YEARS

2100 28<sup>th</sup> Street • (916) 452-7535  
www.GarciaRealEstate.com • *Hablamos Español*

# "Why Do They Keep Coming to this Doctor?..."

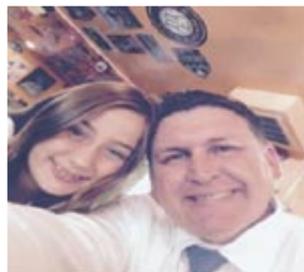
(Who admits to curing no one)

Dear friend,  
I've got to tell you something that I've never said out loud.

But, what I'm going to tell you makes so much sense that you'll probably get mad that no one told you this before.

I've been a doctor in this town for 15 years now. And, to this day I've never cured anyone. You may think that the word would get around and that no one would come to me anymore. The opposite is true. The more people who understand, the more people come to see me.

the next eight years my back gradually and progressively deteriorated until I had a massive flair up and could not stand up, walk, or breathe without excruciating pain! I was nineteen and terrified. After several "doctor" appointments and considering surgery, I decided against surgery. *But, there's more...*



A coach of mine convinces me to give his doctor a try. This new doctor does an exam, takes some films, and then 'adjusts' my spine (he tells me that there's pressure on the nerves in my back). The adjustment doesn't hurt, it actually feels good. I get relief, and shortly, I can move again! *Oh, did I mention that this doctor is a chiropractor?* Chiropractic works so well for me, and I'm so impressed with the other 'miracles' I see in his office, that I eventually go to chiropractic school myself. And that's how it happened!

Let me tell you about Angie my wife and our kids. A balance beam injury in gymnastics as a teenager, a snowmobile accident that fractured her spine as a young adult and having our three wonderful children took its toll on my wife's back! She has recovered from all these injuries and physical stress with the help of chiropractic adjustments! Now my wife and children get adjusted to optimize their

physical capabilities and maintain their wellbeing!

For the last 15 years, people from Sacramento and the surrounding area have come to see me with their back problems. They also come to me with their:

- Headaches
- Migraines
- Chronic pain
- Neck Pain
- Shoulder/arm pain
- Whiplash from car accidents
- Backaches
- Numbness in limbs
- Athletic injuries

*just to name a few...*  
**Here's what some of your neighbors had to say:**

*"I had lack of mobility, strength, and lack of bowel control. The meds did not work. Now, the back pain is gone, upper body strength is returning, and bowel function is normal!" (Corrine G. -Sacramento)*

*"My headaches have gone away. I have not had the need to take motrin, vicodin, and I am no longer taking flexeril. Thank you!" (Terri M. -Orangevale)*

*"Recently I enjoyed an amazing two week Alaskan vacation pain free! I was able to hike and explore ...I no longer suffer from chronic back pain and back freeze-ups". (Dan D. -Sacramento)*

**Exciting Offer** -Look, I know you're smart. You want to get to the cause of your problem, and not just cover it up with drugs. When you are one of the first 20 people to call and schedule a new patient exam (by August 20, 2015) you'll receive that entire exam for **\$67**. That's the consultation, physical exam and x-rays ...the whole ball of wax, and there's no hidden fees. But, call right away because we

expect to be flooded with calls as this exam normally costs \$282. Again, there's only 20 of these slots, so don't miss out (by law, this offer excludes Medicare/Medicaid beneficiaries).

**Great care at a great fee...** Please, I hope that there's no misunderstanding about **quality of care** just because I have a lower exam fee. You'll get great care at a great fee. My qualifications...I have a degree in biology from the University of Tennessee in Knoxville, and a graduate of Palmer College of Chiropractic. I've been entrusted to take care of tiny babies to pro athletes that you may know. I've been helping your neighbors in Sacramento since 2000. I just have that low exam fee to help more people who need care.

My assistant is Pam and she is a really great person. Our office is both friendly and warm and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **Espinosa Family Chiropractic**, and it is at 3330 Folsom Blvd (across the street from the 35<sup>th</sup> Street Bistro) in East Sacramento. Our phone number is **916-457-8825**. Call Pam or me today for an appointment. We can help you. Thank you and God Bless.

-Ray Espinosa, D.C.

**P.S.** When accompanied by the first, I am also offering the second family member this same examination for only **\$17**.

**P.P.S.** Of course, all people respond differently to care.

# Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

## Home Improvement Guide: a "Keeper" by our readers

Great exposure in these four upscale neighborhoods:  
**Arden-Carmichael, East Sacramento, Land Park & Pocket/Greenhaven.**  
**Contact Melissa at 916-429-9901**

**ADDITION SPECIALIST**

**LYTLE CONSTRUCTION INC.**  
Remodeling and Design  
LIC# 480492

Award-Winning Design/Build Firm  
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

**FREE Consultation**  
**916-422-6639**

Certified Kitchen & Bath Remodeler

[www.lytleconstruction.com](http://www.lytleconstruction.com)

**YOUR AD SHOULD BE HERE!**

**Call today!**  
Your services are needed.  
Your ad should be here.  
Ad design is free.  
Call 429-9901

**CLEANING**

**Prime Quality Maintenance**

- Window Cleaning (inside/out/screens washed)
- Pressure Washing (all surface areas)
- Rain Gutter Cleaning
- Hard Water Stain Removal
- Landscape Maintenance

Free Estimates Licensed & Insured  
CSL# 996271

Call Jesse: 916-428-2940

**CREATURE CATCHERS/REMOVAL**

**Creature Catchers Wildlife Management**  
"If it walks or flies, we'll remove it"

Humane and non-toxic solutions for both animals & man

**Dead Animal Location/Removal • Exclusion Work**  
**Live Trapping • Humane Removal • Repair**

Skunks • Fox • Raccoon • Opossum • Squirrels  
Mice/Rats • Birds/Bats (bat elimination)

**CreatureCatchers.org 530 885-PEST(7378)**  
California State Trapping License #7781 - Insured by Lloyds of London

**ELECTRICAL CONTRACTOR**

**CAPITOL ELECTRIC**  
Reasonable Residential & Commercial Work since 1960

Repairs, Trouble Shooting  
Custom Lighting/FREE Est.  
Excellent ref from Angie's List

**(916) 451-2300**  
**Cell: 213-3740**  
Neil McIntire — C.S.L.# 394307

**YOUR AD SHOULD BE HERE!**

**Call today!**  
Your services are needed.  
Your ad should be here.  
Ad design is free.  
Call 429-9901

**HANDYMAN**

**FREEDOM HANDYMAN SERVICE**  
I specialize in all areas of home improvement!  
Quality work the first time, guaranteed!

**Carpentry - Electrical - Plumbing - Demolition**  
**Sprinklers - Sheetrock**

Accepts All Major Credit Cards  
"Senior Discount"

**Call Eric (916) 470-3488**

**HANDYMAN**

**GET READY FOR SUMMER!**

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING
- PRESSURE WASHING

Pressure wash your driveways clean! your decks, too!  
Clean out your garage! Replace that old lawn!

Hard work --not a problem!  
SPECIALS FOR SENIORS\*/SERVING THE AREA FOR OVER 18 YRS\*

Call LESTER  
(916) 838-1247  
Lic#128758/Ref

**HARDWOOD FLOORS**

**Restore Your Floor**

Hardwood Flooring  
Installation - Repair - Refinishing  
Sanding - Custom Staining

(916) 235-3557 - FREE Estimates  
www.SacramentoHardwood.com  
A family tradition since 1957  
Lic # 794448

**HARDWOOD FLOORING**

**Hardwood Flooring**  
Specializing in installing, sanding,  
and finishing hardwood flooring  
or repair and refurbish your current floors.

Call Michael - (916) 383-8742  
Lic # 544159/References Available

**HOUSE CLEANING**

**Allaway's House Cleaning**

- Owner Operated • Reasonable Rates
- Satisfaction Guaranteed

Excellent References of 20 Years or More

Call Rick: (916) 832-4199  
(916) 600-0172  
for FREE Estimate • Licensed & Bonded

**LAWN SERVICE**

**Angel's Lawn Service**

- Mowing, Blowing & Edging
- Sprinkler repair service

**(916) 752-4198**

**PAINTING**

**GARY'S PAINTING**

CUSTOM RESIDENTIAL  
INTERIOR & EXTERIOR OVER  
20 YEARS EXPERIENCE WITH PRIDE  
EXCELLENT REFERENCES

**725-8781**  
Contractors Lic. # 734323  
McClatchy '67  
"Member BBB"

**PAINTING**

**COOK PAINTING**

Full Service Company - Start to Finish

• Custom Painting  
• Super clean, neat & fast  
• Interior/Exterior  
• Cabinets

Specializing in custom trim & moulding!  
Color Consultants  
FREE ESTIMATES

**(916) 591-5056**  
As seen on yelp

**PAINTING**

**SOVEREIGN PAINTING**

Quality craftsmanship 3rd Generation Painter  
with over 30-years experience

**(916) 422-4416**  
sovereignpaintingco.com  
sovereignpaint@yahoo.com

Dan Sovereign, Interior & Exterior Painting  
Lic # 484215  
Better Business Bureau Member

**PLUMBING**

**ROONEY'S PLUMBING**

FULL SERVICE PLUMBING

**456-7777**  
rooneysplumbing.com  
License #683668

©2009

# Upcoming McKinley Library events

The hours for the McKinley Library, located at 601 Alhambra Blvd., are as follows, Sunday and Monday: Closed; Tuesday: noon to 8 p.m.; Wednesday and Thursday: 10 a.m. to 6 p.m.; Friday: 1 to 6 p.m. and Saturday, 10 a.m. to 5 p.m. For details, telephone the Sacramento Public Library at 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

## Jungle James Animal Adventures @ McKinley (Family/All Ages)

**Friday, Aug. 7 at 2 p.m.:** Do you like snakes, iguanas, centipedes and other exotic animals and insects? Then join the library for this fun, interactive show! Jungle James Animal Adventures will share several reptiles, amphibians, and insects, tell folks about each of the different animals they present, and even let everyone interested pet some of these interesting exotic animals!

## One-on-One Technology Help @ McKinley (Technology Instruction)

**Saturday, Aug. 8 at 10 a.m.:** Are you curious about ebooks but not sure how to get started? Is your tablet

or ereader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the McKinley Library and meet with a Technology Assistant! Sessions are first come, first served and last 30 minutes.

## Baby Storytime @ McKinley (Early Childhood (0-5))

**Wednesday, Aug. 12 at 10:30 a.m.:** Babies from birth to 18 months old and their parents/caregivers can enjoy great books, lively songs, and rhymes and meet other babies in the neighborhood.

## Toddler/ Pre-School Storytime @ McKinley (Early Childhood (0-5))

**Thursday, Aug. 13 at 10:30 a.m.:** Songs, fingerplays and stories especially for ages 18 months to 5 years followed by playtime! Make new friends and play with toys.

## One-on-One Technology Help @ McKinley (Technology Instruction)

**Thursday, Aug. 13 at 3 p.m.:** Are you curious about ebooks but

not sure how to get started? Is your tablet or ereader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the McKinley Library and meet with a Technology Assistant! Sessions are first come, first served and last 30 minutes.

## Nerf Battle! @ McKinley (Teen)

**Friday, Aug. 14 at 2 p.m.:** Join the library for an epic capture-the-flag battle, Nerf gun style! Each participant will be given a Nerf gun and divided into one of two teams. Teams must navigate obstacles and shoot the other team's two flags to win the round. The team that wins the most rounds by the end of the hour will be declared the winner! For tweens and teens age 9-16.

## One-on-One Technology Help @ McKinley (Technology Instruction)

**Saturday, Aug. 15 at 10 a.m.:** Are you curious about ebooks but not sure how to get started? Is your tablet or ereader a mystery? Do you need basic computer help such as creating e-mail accounts

and using the internet? Come by the McKinley Library and meet with a Technology Assistant! Sessions are first come, first served and last 30 minutes.

## Ice Cream Social with Boswick the Clown @ McKinley (Family/All Ages)

**Tuesday, Aug. 18 at 6 p.m.:** Come celebrate the end of summer reading with the McKinley Library's end of summer ice cream social! Everyone is welcome to join us for free ice cream from 6-6:30 p.m. Then stay and enjoy Boswick's Reading Circus, starting at 6:30 p.m. Boswick the Clown a former clown with the Ringling Bros. Circus will entertain with magic, comedy, and juggling in this show that will be fun for the whole family!

## Baby Storytime @ McKinley (Early Childhood (0-5))

**Wednesday, Aug. 19 at 10:30 a.m.:** Babies from birth to 18 months old and their parents/caregivers can enjoy great books, lively songs, and rhymes, and meet other babies in the neighborhood.

# CALENDAR

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

## Non-Profit Organization is Seeking Local Host Families for High School Exchange Students

ASSE International Student Exchange Programs (ASSE), in cooperation with your community high school, is looking for local families to host boys and girls between the ages of 15 to 18 from a variety of countries: Norway, Denmark, Spain, Italy, Japan, to name a few.

ASSE students are enthusiastic and excited to experience American culture while they practice their English. They also love to share their own culture and language with their host families. Host families welcome these students into their family, not as a guest, but as a family member, giving everyone involved a rich cultural experience. The exchange students have pocket money for personal expenses and full health, accident and liability insurance. ASSE students are selected based on academics and personality, and host families can choose their student from a wide variety of backgrounds, countries and personal interests.

To become an ASSE-Host Family or to find out how to become involved with ASSE in your community, please call 1-800-733-2773 or go to [www.host.asse.com](http://www.host.asse.com) to begin your host family application. Students are eager to learn about their American host family, so begin the process of welcoming your new son or daughter today!

## 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. Bring your leashed dog. Enjoy S'mores compliments of Sierra Service Project! The events are hosted by the Sacramento Valley Conservancy. For more information, contact [sacramentovalleyconservancy.org](mailto:sacramentovalleyconservancy.org) or call 731-8798. Camp Pollock is located at 1501 Northgate Blvd.

## Taiko special class

**Aug. 6-Sept. 25:** Taiko refers to any of the various Japanese drums and to the form of ensemble Taiko drumming. In this beginning class, you will learn the history and basics of Taiko drumming. This class is fun for all ages and beginning Aug. 6 through Sept. 25 at ACC Senior Services, 7334 Park City Drive. ACC is offering a special Taiko class at \$1 per class. Pre-registration is required. For more details and times of classes, call 393-9026 ext 330. [www.accssv.org](http://www.accssv.org).

## 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.

## August 2015 Friends of the Library Warehouse Sale

**Aug. 8:** With new merchandise constantly added to the inventory, more than 100,000 "gently used" books, videos, and audio books will be offered for prices from 50 cents to \$2 at the Friends of the Library Warehouse Sale. There will also be a \$6 bag sale outside the warehouse. The warehouse is at the rear of the Friends "Book Den" store at Suite E, 8250 Belvedere Ave., just south of 14th Avenue between Power Inn and Florin-Perkins roads. Plenty of parking is available, but visitors should be careful not to park between

the "No Parking" signs on the south side of Belvedere. Sale hours will be from 9 a.m. to 4 p.m., with the bag sale opening at 8:30 a.m. There will also be a preview for Friends members only on Friday, Aug. 7 from 5 to 8 p.m. with the members' bag sale opening at 4:30 p.m. (You can join at the door for \$15). Bring your own bag if possible. Income from the sale helps pay for programs, equipment, and materials local libraries need but can't afford. The book store will be open during the sale as well as weekly on Thursdays, Fridays, and Saturdays from 9 a.m. to 2 p.m. Most items there are priced from \$2 up, but there is also a large dollar-a-book section of fiction. For more information, call 731-8493 or go to [fspl@att.net](mailto:fspl@att.net).

## Tips to get house ready for sale

**Aug. 11:** Learn how to prepare your house for sale to get great results, including knowing when to remodel your home and how to stage your home to showcase for open house. Free of Charge. Pre-registration is required. Class will be held from 10 to 11 a.m. at ACC Senior Services, 7334 Park City Drive. For details, call 393-9026 ext 330. [www.accssv.org](http://www.accssv.org).

## Tips to get your house ready for sale

**Aug. 11:** Learn how to prepare your house for sale to get great result, including knowing when to remodel your home and how to stage your home to showcase for open house. Free of Charge. Pre-registration is required. Class will be held on Aug. 11 from 10 to 11 a.m. at ACC Senior Services, 7334 Park City Drive. For details, call (916) 393-9026 ext 330. [www.accssv.org](http://www.accssv.org).

## People with disabilities: How to protect yourself

**Aug. 13:** This workshop will cover what is a disability, vulnerability, and how to avoid falling prey to victimization. Free of Charge. Pre-registration is required. Class will be held from 10 to 11 a.m. at ACC Senior Services, 7334 Park City Drive. For details, call (916) 393-9026 ext 330. [www.accssv.org](http://www.accssv.org).

## People with disabilities: How to protect yourself

**Aug. 13:** This workshop will cover what is a disability, vulnerability, and how to avoid falling prey to victimization. Free of Charge. Pre-registration is required. Class will be held on August 13, 2015 from 10 to 11 a.m. at ACC Senior Services, 7334 Park City Drive. For details, call (916) 393-9026 ext 330. [www.accssv.org](http://www.accssv.org).

## BBQ, Beer and Boogie returns

**Aug. 13:** BBQ, Beer and Boogie is back at Oakmont of Carmichael. Hosted by Oakmont of Carmichael and the Kiwanis Club of Carmichael, the event will feature live music by Todd Morgan & The Emblems as well as great food, dancing, a silent auction and a raffle. The fun goes from 5:30 to 8:30 p.m. It's a fundraiser for the Walk to End Alzheimer's. So please join in the fun and support a great cause. 4717 Engle Road, 95608; tickets are \$30. RSVP by Aug. 4 to Virginia Stone at [Virginia.Stone@oakmont.org](mailto:Virginia.Stone@oakmont.org)

## 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.

## Sacramento Guitar Society Orchestra meeting

**Aug. 16:** 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. After rehearsal, join us for open stage.

## Health benefits of tea

**Aug. 20:** An introduction to incorporating healthy and good tasting tea into your busy life. Learn about the healing properties of teas that can be bought at your local grocery store. The instructor recently returned from China, Japan and Korea where she was certified by the Academy of Medical Qi Gong and where she studied the healing properties of various teas and herbal blends which may enhance one's health. Handouts will allow you to enjoy tea instead of taking notes. Pre-registration of \$15 is required or \$20 drop-in fee at the door. Class will be held on August 20, 2015 from 1:30 - 3:00 pm at ACC Senior Services, 7334 Park City Drive. For details, call (916) 393-9026 ext 330. [www.accssv.org](http://www.accssv.org).

# Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

### RAIN GUTTERS

#### TINMAN RAIN GUTTERS

Repair or Replace your gutters. We use LARGER DOWNSPOUTS for BETTER DRAINAGE!

**916 368-2911**  
**916 804-7946**

30 yrs Experience  
Lic #670093

### REMODELS



General Contractor/no subs

1020 Del Paso Rd.,  
Sacramento, CA 95834

**916-285-6022**

FREE Consultation!

### ROOF/GUTTER CLEANING

## STAN THE MAN

GUTTER CLEANING  
ROOF CLEANING  
WINDOW WASHING  
PRESSURE WASHING  
SENIOR DISCOUNTS AVAILABLE

**916-601-1030**

### ROOFING/SIDING

## ZIMMERMAN REROOFING

3675 R Street  
Sacramento, California 95816  
East Sac Specialists  
454-3667  
[zirroof.com](http://zirroof.com)  
License #763169 Dave Zimmerman

YOUR AD SHOULD BE HERE!

Call today!  
Your services are needed.  
Your ad should be here.  
Ad design is free.  
Call 429-9901

### ROOFING

## Somerset Roofing

- Dimensional Composition
- Wood shakes
- Flat roofs
- Repair
- Re-roofing
- Gutters

25 years experience Lic #989420

Tony Cianchetta-owner  
Veteran-active U.S.A.F reservist

**916.997-7544** | [awcreach@gmail.com](mailto:awcreach@gmail.com)

### TREE SERVICE

## DON'S TREE SERVICE

ISA CERTIFIED ARBORIST W44590A

Trimming, thinning, shaping & stump removal

Family Owned & Operated since 1967

#1 in customer satisfaction  
**(916) 428-4882**  
**(916) 689-5244**  
[www.donandsonreeservice.com](http://www.donandsonreeservice.com)  
Lic# 331196



**Debbie Towne**  
**(916) 532-2652**  
[DLTowne@surewest.net](mailto:DLTowne@surewest.net)

CalBRE# 01305405

**TOP 10 FAQs for Home Buyers**

To purchase a home, how much money will I need?

For this answer and a free list of the Top 10 Questions

Contact Debbie!

SAR Masters Club  
Coldwell Banker - Diamond Elite

COLDWELL BANKER

## We Care Every Day In Every Way

Errands • Shopping • Light Housekeeping • Meal Preparation  
Friendly Companionship • Flexible Hourly Care  
Respite Care for Families • Live-in Care

**916.971.9333**

[www.VisitingAngels.com/Sacramento](http://www.VisitingAngels.com/Sacramento)

America's Choice in Homecare.

**VisitingAngels**  
LIVING ASSISTANCE SERVICES

Each Visiting Angels agency is independently owned and operated.

### TREE & GARDENING SERVICES

## Terra Bella Tree & Gardening Service

"Not your typical mow, blow & go company!"

- One Time Clean-Ups
- Tree, Bush & Hedge Removal
- Full Yard Maintenance

Family Owned • 25 years experience!

Call Randy (916) 454-3430 or 802-9897  
[www.terrabellagarden.com](http://www.terrabellagarden.com) • Lic# 152584

## NOW IS THE PERFECT TIME FOR HOME IMPROVEMENTS

call Melissa at (916) 429-9901!

# CLASSIFIED ADS

Call a sales representative today for great advertising rates: 429-9901

### HANDYMAN

#### HANDYMAN SERVICES

No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock, Plaster, Stucco, Repairs and Remodeling, you name it! Lic# 908942. Call Steven at 230-2114.

#### SUMMER CLEAN UP SPECIALS

Rain gutter's cleaned, concrete removal, sod placement, rototilling, pressure washing/power spray, yard work, hauling, painting, tree & shrub removal, general labor, fence repair, odd jobs & more. References available. In business for 18 years. Licensed. Call Les at 838-1247.

Need Home Improvement?  
Check out the Home Improvement Guide in the East Sacramento News.  
For Melissa for Home Improvement ad rates, call 429-9901.

Classified ads work

### TAX PREPARER

#### #1 TAX PREPARER

32 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820, Nevada (775) 410-3422. Same low 1990 rates. [www.taxirene.info](http://www.taxirene.info) | [taxireneinfo@gmail.com](mailto:taxireneinfo@gmail.com)

### CASH PAID FOR DIABETIC TEST STRIPS

We pay up to \$30 per box cash on the spot  
(prices vary depending on brand, quantity and expiration date)

We offer FAST PICKUP at a location that is conveniently located near you.  
Boxes must be unopened and unexpired.

For Prompt Attention Please Call Rachel at  
**(916) 505-4673**

### BOOKKEEPING

#### #1 BOOKKEEPER

32 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. [www.taxirene.info](http://www.taxirene.info) | [taxireneinfo@gmail.com](mailto:taxireneinfo@gmail.com)

# Nationally known clown to entertain children at McKinley Library's end of summer reading ice cream social

By MONICA STARK  
editor@valcomnews.com

It's not a typical visit to the library when Boswick the Clown checks in. Pumped up with excitement by children's librarians, the youngest readers sit eagerly waiting for the professional clown to start his routine. Coming to the McKinley Library on Tuesday, Aug. 18 all the way from his home in San Francisco, Boswick seems to have done it all in the clowning world. Having attended the competitive Ringling Brothers Clown College, in which about 5,000 people audition and only 50 get accepted and finally from that only 16 go on to perform in the circus, Boswick did it all in good company. Other famous Clown College alumni include Penn Gillette of Penn and Teller and Bill Irwin (a.k.a. Mr. Noodle from "Sesame Street"), one of Boswick's comedic heroes.

Inspired by Charlie Chaplain and old vaudeville acts, Boswick's routine includes a lot of slapstick and amazing tricks. He can balance a ladder on his face!

The ladder balance routine got Boswick to the second round of America's Got Talent, which led to a commercial for Nissan. Describing the gist of the commercial, Boswick said, "The car is driving by and there I am juggling and balancing a ladder and everything falls over when the car drives by. I've done this in a lot of places. I've been to Japan, the Philippines, all over."

Boswick first developed an interest in this skill of clowning at 9 years old; juggling, err destroying peaches, oranges and things. Self educating himself before he attended clown college, Boswick grew up loving libraries. "When I grew up there was no Internet. So, the way you learned about the skills, was to go to the library. I got books on magic, juggling. So, it's special to me to go to the library (to perform)."

Boswick's McKinley Library visit won't be his first Sacramento library vis-

it. Clowning for a "really long time," Boswick has been to Sacramento often and just this year additionally has performed at the Carmichael, Del Paso, Rancho Cordova and Rio Linda libraries.

Heavily promoted, Boswick's performances are usually well-attended. Giving due credit for his popularity at the libraries, Boswick said, "Children's librarians are rock stars among 5 year olds. They say, 'come see the clown'" and they do. Coupled with their announcements and the random passersby curious about the clown doing tricks inside the community rooms, Boswick has had as many as 400 children watching a performance. In rural places in Monterey County, for instance, many of the children get picked up by buses to attend a Boswick show. "They turn out. Everyone turns out for those," he added.

The other day at the Del Paso branch was completely unexpected, however. With only about a dozen children there for the show, many of whom were older than his usual 4- to 6-year-old age group, the difference was great for the professional clown. "Kids were just wandering in. That was a kick. They were a lot older too, but I make them laugh. That is what clowns do. I never know what kind of turnout I'm going to get, but I am like, hey these guys got a special intimate show."

The number of those in the audience ultimately is irrelevant, as Boswick measures success by the laughter, which he undoubtedly receives from children and parents alike. "Five, 4, and 3 year olds roll over on their sides. And, when you see kids laughing, it spreads to adults."

Growing up on Bugs Bunny, Boswick said he enjoyed the silly humor found in the cartoons, but also got the hidden adult jokes most children don't. Taking heed on that approach, the clown reserves some humor for adults in his routines. Even the most difficult ages to impress, those school age "snotty" kids, Boswick seems to hold his own. "I

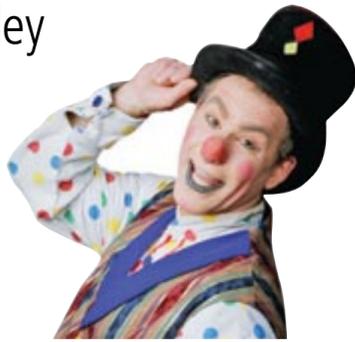
go into stand-up comedy mode. They love it when you put them in their place. When you've been a performer for a long time, you're super intuitive. You can deal with it so fast at a point. I want to make people laugh. I don't want to insult people, but sometimes it's fun," he said.

Riding on the coattails of the reputation of the Ringling Bros., doors to various gigs have opened for Boswick. "For giving me my start and letting me do this, I am grateful. It was such a great place to be when I was starting out and I can always say that I worked for Ringling Bros."

Keeping in touch with his old clown college classmates has been facilitated by social media. "Facebook is awesome for that. There are groups, two of them - one from my year of clown college and we know each other so intimately. We post funny things. Then there's Ringly Bros. user groups. There's constantly funny stuff. There hasn't been that many people that have gone through this stuff." But recently, Boswick went to a reading with about 300 attendees all of whom seemed to appreciate the art of clowning around. "That was great. I was so at home. I never quite fit in, I was always uncomfortable in the world but to be around those people, this is my world. These are my people. I get the humor."

Boswick, whose real name is David Magidson, has two sons, Duncan, 21, and Dustin, 17 and a wife named Diane.

Now in college, Duncan appreciates his father's career choice, but it wasn't always that way. "Duncan used to really like it when he was little. But, when he was in middle school and I would pick him up, I had to lay down in the seat and listen to the radio. That was the rule. My younger son goes to same high school (as Duncan did). I was picking him up from over night retreat and I was running late. I said I'll be there in 20 minutes. I have to take a shower. But he said, 'no, come in the makeup.' He was sitting



with a girl who asked what I do (for a living), then she asked, 'what's his name?' The girl was a super fan."

While the announcement for the library visit states Boswick will not be wearing makeup, he said part of his routine is to put a little on his cheeks and nose during the show. "I put on mascara. Eyes are really important to any performer, especially a clown. I want my eyes to pop. It's really funny for the kids when I'm using mascara, and then I try to put on my hat and it keeps falling off. I'm trying to catch it, but I realize I don't have my clown nose."

You see, Boswick just wants to entertain the kids and have the adults have a good time and neighbors, Aug. 18 is your chance to see some quality clowning!

## If you go:

### Ice Cream Social with Boswick the Clown @ McKinley (Family/All Ages)

Tuesday, Aug. 18 at 6 p.m.: Come celebrate the end of summer reading with our end of summer Ice Cream Social! Everyone is welcome to join us for free ice cream from 6 to 6:30 pm. Then stay and enjoy Boswick's Reading Circus, starting at 6:30 pm. Boswick the Clown a former clown with the Ringling Bros. Circus will entertain us with magic, comedy, and juggling in this show that will be fun for the whole family! (Boswick will wear costume without clown makeup. Editor's note: Light makeup will be involved.) McKinley Library is located at 601 Alhambra Blvd.

# Local author spins romance and intrigue

by LEIGH STEPHENS  
leigh@valcomnews.com

Coy Rene Granderson, Sr. sits in a corner book nook at Sacramento Avid Reader, signing books and visiting with friends and family. He is a large, attractive man with a sunshine smile that lights up as he talks with admirers. It's the beginning of summer and the heat is seeping into the bookstore. By his side is his youngest teen daughter who is drawing. Coy proudly introduces her and talks about her creativity.

Granderson has just published his first novel, *Accounts of a Reporter*, about an adventurous New York investigative reporter, Jamal Montgomery, who leaves his unfaithful, pregnant ex-wife Desiree and moves to Sacramento to start a new life. Wanting to forget the past, Jamal gets involved with drug lords, police corruption, love triangles, sexual encounters, and strippers. The story takes Jamal from Sacramento to Barcelona where...

"he has his wits, his balls, and his instincts," but will these be enough to save him from international crime boss Francis DaPrato?

The author spent his formative years in Oak Park,



Coy Rene Granderson, Sr.

Rio Linda, and the Watsonville, Santa Cruz and Monterey bay areas. He says, "I spent my playboy years in cool places like Oakland, San Francisco, Los Angeles, and San Diego Bays. These locations

and my experiences shaped my outlook on life."

Now Coy Sr. is a family man, married to his wife Suzanne for forty years. They have three children, son Coy Jr. and daughters Sucoyia and Coyanne. He attended Co-

sumnes and Sacramento City College while studying graphic arts and writing. He describes himself as a digital composer. He says he always loved art as a child and polished his skills through classes that helped him create a productive life in communications.

The author, now retired, says he worked for 35 years in Sacramento local publications and California state agencies: *The Sacramento Observer*, *The Sacramento Bee* "Neighbors" section, the Board of Equalization, the Office of the Secretary of State, the State Library, and State Printing. Granderson says he felt so privileged to work with State Librarian Kevin Starr, "He was incredible - you'd ask him anything, and he knew the answer"

But, more about Jamal... who gets involved with lovely Roxanne Jones, a young sexy school teacher and dance choreographer. In an attempt to lure Jamal into marriage, she hooks up with her ex-boyfriend, an international drug dealer G-Dogg. The story is a merry romp through an international adventure where G-Dogg's boss sends two corrupt detectives on Jamal to silence his journalistic life.

Book reviewer Jessie G. Love says, "Accounts of a Reporter has it all! You will not be disappointed while reading because C.R. Granderson captivates your attention and keeps it. His writing is vivid, enthusiastic, and you feel yourself in the presence of the characters... Well done. I expect to see future masterpieces!"

When asked what next, Granderson says he's developing a sequel to the book. He also is finishing up a collections of short stories and has an idea for another novel about a "holy roller" congregation and a pimp.

Hearing him talk about his writing is like hearing a bubbling well. The joy of creation is evident in his face. Obviously he's enjoying this fun time of his life.

*Accounts of a Reporter* is available at Avid Reader Bookstore on Broadway and also can be ordered from Amazon.com. The author can be contacted at www.granderson.com.

Leigh Stephens is a retired CSUS Professor of Journalism and Communications and the author of more than 500 articles and several books.

## Attention Realtors!

### Advertise Your Property Listings in California Kids!

California Kids is an events and activities guide for active families and is published once a month by Valley Community Newspapers, publishers of the Arden Carmichael News, East Sacramento News, Land Park News and the Pocket News. View at: www.valcomnews.com

California Kids targets active families who get out and enjoy all the community has to offer. It also serves as a guide to families that are thinking of relocating to a new area. A perfect publication for real estate listings.

Some of the drops include: schools, restaurants, doctors and dentists, libraries, museums, grocery stores, attorney offices, visitor centers, chamber of commerces, real estate offices, parks and recreation offices, coffee shops, book stores, churches, child care centers, pizza parlors, gymnastic centers, reaching those parents most likely to purchase products, use services, and search real estate listings.

### It is distributed to:

Broderick • Cameron Park • Carmichael • Citrus Heights • Davis • Diamond Springs  
Dixon • El Dorado Hills • Elk Grove • Fair Oaks • Folsom • Granite Bay • North Highlands  
Orangevale • Rio Linda • Rocklin • Roseville • Sacramento • West Sacramento

For more information, call Linda Pohl at (916) 429-9901



## — EVENT LISTING SECTION —

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.

Call (916) 429-9901 for rates.

Cabrillo Clubhouse  
100th year Anniversary

October 4, 2015

Share your history of the hall.

Contact:  
Cabrillo Club #5  
P.O. Box 189280  
Sacramento, CA 95818  
J. McKay: 916-421-3312

JFK CLASS OF '75  
40 YR REUNION

September 26, 2015

at Scott's Seafood  
The Westin-Portofino Tent

7-10 p.m. Early bird ticket raffle!  
For more information go to:  
www.tinyurl.com/JFKennedy75

YOUNG ACTORS STAGE  
presents

Disney's Peter Pan Jr.

Friday, August 7 at 7 p.m.  
Saturday, August 8 at 1, 4 & 7 p.m.  
Sunday, August 9, 1 & 4 p.m.

24th Street Theater,  
2791 24th Street, Sacramento

Tickets: General \$12 & Children \$10  
More info at YoungActorsStage.com

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



**BEAUTIFUL RIVERLAKE**

Nice quiet Bridgeview neighborhood in gated Riverlake community. Well maintained 4 bedroom 3 bath home with new roof, hardwood floors, granite kitchen counters and sparkling backyard pool. One bedroom and bath are downstairs; master suite includes sitting room! Instant hot water and 3-car garage. \$599,000

**SUE LEE 833-5122**



**VALLEY HI COUNTRY CLUB**

Special setting with view of the 16th hole. 4 bedrooms 3½ with dream kitchen - recently upgraded with granite counters and stainless appliances. Huge master suite includes dual sinks, separate tub/shower, walk-in closet. Lush courtyard entry. Lap pool, spa, built-in Viking grill. New solar electrical system. \$667,000

**JAY FEAGLES 204-7756**



**BRIDGEVIEW AT RIVERLAKE**

Spacious home features 3 large bedrooms, 3 full baths, a downstairs office and a large upstairs media room. Downstairs office could be 4th bedroom. Ready for summer pool, outdoor fireplace and pleasant outdoor patio space. Also includes an enormous 3-car garage suitable for an RV or boat. \$669,000

**JUSTIN DAVIS 798-3126**



**WONDERFUL POCKET HOME**

Well-maintained 1-story home is move-in ready. 3 bedrooms, 2 baths, with a spacious feel from the vaulted ceilings in living room and master bedroom; lots of natural light. Bright kitchen with breakfast nook and access to back patio. Indoor laundry area and finished garage. Close to Sacramento River. \$335,000

**MONA GERGEN 247-9555**



**CHARMING WHITE PICKET FENCES**

Charming Pocket home nestled on a tree-lined street. Located on an oversized pie shaped lot, this home has been tenderly maintained and upgraded. 3 bedroom 2½bath with its spacious floor plan, cherry wood floors, formal dining room, 2 balconies, and an upgraded kitchen. beautifully landscaped garden! \$425,000

**PAMELA ANDERSON 502-2729**



**SPACIOUS ELK GROVE**

Spacious 4 bedroom plus a den, 2½ bath home. Separate living and family rooms. Granite kitchen with breakfast bar, updated appliances. 10-year new roof, central HVAC, Low E windows. Master suite has walk-in closet, updated bath with jetted tub. Splash in the sparkling pool. \$389,000

**CONNIE LANDSBERG 761-0411**



**BENSON & CEDAR BUILT HOME**

2 or 3 bedroom 2 bath home with great open floor plan. Updated kitchen overlooking large great room. Updates include: kitchen, baths, granite, retractable awning, stainless steel appliances and more. Pretty yard with nice patio for entertaining. Very nice street in the highly desired Greenhaven neighborhood. \$339,000

**MONA GERGEN 247-9555**



**RIVER OAKS**

Great family home; 4 bedroom 3 bath with one bedroom bath downstairs. 2 doors down from the wonderful Marriott Park - easy access to downtown - 2 eating areas and both a living room & a family room! Newer Roof (approximately 4 years old), beautiful wood floors and new interior paint. \$409,500

**MONA GERGEN 247-9555  
SHEILA VAN NOY 505-5395**



**STILLWATER AT RIVERLAKE**

Stillwater neighborhood in the Riverlake subdivision. Original owner, Parker built home - absolutely beautiful. Spacious 4 bedroom 2½ bath is handsome and refined and has a perfect floor plan for both everyday living and entertaining. Fabulous kitchen/family room, dual pane windows throughout, and whole house fan. \$589,000

**SHEILA VAN NOY 505-5395**

*for current home listings, please visit:*

**DUNNIGANREALTORS.COM**

**916.484.2030**

**916.454.5753**



**Dunnigan is a different kind of Realtor.®**

