

EAST SACRAMENTO NEWS

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Janey Way Memories:

Remembering Grandpa Petta's wine cellar



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



Last Saturday, a group of us bottled wine at my Cousin Tim's house in Wilton, California. We had a very productive day, bottling 150 cases of cabernet franc, merlot and Petite Syrah wines.

Tim has been a home winemaker for about 15 years now, and he has won many awards for the wine he has produced. Over that time, he has assembled a lot of wine making equipment including stainless steel fermentation tanks for white wines, an electronic stemmer crusher, a hydraulic wine press and his most recent acquisition—an automated corking machine which injects corks into bottles with the push of a button. These tools make the wine making process much less labor intensive.

So, there we were last Saturday; cleaning the bottles, filling them with wine, corking them, then labeling them and putting the in cases. It took us about four actual work hours to get this job done.

Then, after a little cleanup, we gathered around a long table to eat a good, old fashioned harvest dinner complete with grilled meats, a variety of salads, and of course, Tim's excellent wine.

As we ate our meal, Tim and I reminisced about our childhood days and time spent at our grandparent's house on 52nd Street and 14th Avenue. It was an old-fashioned Italian style house with white stucco walls. The living quarters sat up some stairs on a second floor over the top of a full length basement, which housed Grandma's walk-in pantry for the fruits and vegetables she canned, a Wedgewood stove for making her homemade bread, and of course, Grandpa's wine cellar.

His cellar was for making wine, not just storing it. He had the grapes delivered by the grower's right to his driveway where they stacked the boxes

neatly. Then, grandpa and his helpers poured the grapes through a ground level window into the crusher which sat directly on top of a wooden fermentation tank. It was a hand-powered crusher, not an electronic one like we use today.

After considerable effort to crush the grapes, grandpa put the ground floor window back in place, and began fermentation of the wine. After about 10 days, he placed his hand powered hydraulic wine press on top of the fermentation tank and pressed the wine, simultaneously siphoning it into a 55-gallon cask. This began a long process of aging and clarifying the wine by racking it (siphoning it from one cask to another clean one.) This process took about a year before grandpa could actually drink the wine he made.

He shared it with friends too, as well as bartering it for things he didn't make himself.

Sometimes, I am told, he entertained friends in his wine cellar, sitting in folding chairs around a table drinking red wine and eating grandma's hard crust white bread and eating hard cheese. It wasn't gourmet, but I am certain it was very good.

So here we were, eating more up-scale fare, and remembering Grandpa Petta. He really set the standard for our making wine today. It's just another tasty Janey Way memory.



Door — to — Door

By **PAT LYNCH**

Like Diogenes who went with his lamp in the daylight looking for an honest man, I've been looking for a businessperson who supports a livable wage (around \$15 per hour) in Sacramento. They were able to do this in Los Angeles and San Francisco, so why not here? We can build a new arena with luxury parking, cram new housing into a toxic basin (McKinley Village)—all this to become, purportedly, a "world class city." So how about instituting a world class livable wage for the servers and clerks and caretakers who won't be able to buy McVillage houses and can't even afford arena tickets?

The Mayor's Task Force recommends \$12.50 per hour and The Bee says this is "a better fit for Sacramento." The cost of living is

considerably less here than in San Francisco or Los Angeles.

A poll taken on Next Door showed a nearly 50/50 split on this issue, with business owners and business advocates taking the expected position against the increase. So I was looking for an anomaly—a businessperson who actually liked raising the minimum wage for employees.

Found one. She lives right here in East Sac, and is opening a nursery called The Plant Foundry. Her name is Angela Pratt. She got her degree in horticulture from UCD, and she empathizes with workers. "To me, having happy, productive employees who feel appreciated and adequately compensated is more important than squeezing every penny I can out of the busi-

See Door to Door, page 5

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SMAC friends to hold arts education benefit

The community is invited to Art Jam, a modern pARTy hosted by the Friends of the Sacramento Metropolitan Arts Commission. Create interactive art, indulge in artisanal food and libations, revel in extraordinary pop-up art installations, engage with distinctive arts experiences, and party into the night. Tickets are available at www.friendsofSMAC.org.

Guests are encouraged to dress casually so they can get their hands dirty creating interactive art at a number of artist-led stations. Artists from Alpha Fired Arts will be on hand to give crash courses in throwing clay pots on a pottery wheel. Sculptor Meech Miyagi will teach guests about his copper wire sculptures, and they can try out his methods for themselves. Sacramento Poet Laureate Jeff Knorr and muralist Anthony Padilla will collaborate with guests to write a community-crafted poem and transform it into a wall mural. Guests will be invited to help create a large-scale sculpture with Sacramento artist Marc Foster. Additional participatory opportunities include figure drawing, tango lessons, mask making, an edible art installation, and the Mobile Sound Lab—an interactive sound installation where guests can explore, record, and share sounds using invented handmade instruments.

In addition to these engaging activities, artists will also share their work with guests. Visual artist Jiayi Young and Sacramento Ballet dancer Alexandra Cunningham will collaborate during the event to create a real-time media dance projection. Joseph in the Well front man, Joe Kye, will perform. Guests will have a chance to jam with musicians from Blues in the Schools. Projections of images by Mikko Laumamo will serve as a backdrop for models showing off locally created fashions. CSU Sacramento art students, led by artist Robert Ortbal, will entertain guests. Sacramento elected officials will be present throughout the night, serving as models for figure drawing sessions with professional artists, greeting guests and tending bar.

Art making and revelry can build up an appetite, so guests will be able to indulge in food and drink provided by local restaurants: Nido Bakery Café, Esquire Grill, Hot Italian, Kru Restaurant, Iron and Chocolate Fish Roasters, and Bottle & Barlow.

Guests looking to take away a souvenir of the night's festivities can participate in a new spin on a "grab bag" and potentially walk away with an art piece by a local artist. The original artwork for the ARTJAM logo and CREATE, INDULGE, REVEL, ENGAGE, and PARTY signage by Sacramento artist Nathan Cordero will also be auctioned throughout the evening.

Proceeds from the event will support arts education programming in schools in Sacramento County.

The Sacramento Metropolitan Arts Commission is devoted to supporting, promoting and advocating for the arts in the region. For further information on programs and opportunities through the Sacramento Metropolitan Arts Commission go to: www.sacmetroarts.org. SMAC is funded by the City and County of Sacramento.

For more information, contact Cheryl Holben, (916) 761-7370, cholben@att.net

If you go:

What: Art Jam, a modern pARTy and arts education fundraiser
 Where: 1425 C Street, Sacramento, CA 95814
 When: Saturday, Oct. 3 at 6 p.m.
 Cost: \$100 each / \$175 for two (discounts available for educators)

Door to Door:

Continued from page 3

ness and putting it in my own pocket," she says. Since she's a start-up (opening day should be sometime in September), she hasn't yet calculated what she'll be able to pay to stay in business. But her start-up team earns the L.A./S.F. living wage. "It's something I'm trying with my current employees and we'll see how it goes. There's only one way to find out if this is sustainable: putting our efforts into running the business more efficiently. By using an iPad POS system for inventory tracking, we can look for other ways to cut costs that don't involve reducing wages or hours."

Pratt says her empathy for low-paid workers comes from having been one. "I've worked for employers who were very reluctant to give raises, nickel-and-dimed us when we did ask, and yet we were expected to smile and provide exemplary customer service. I've also worked for employers who gave regular reviews and increases, reminded us to take breaks, and even provided health benefits and other perks."

Working conditions matter to her. "I feel employees should be given opportunities for growth, and bosses should pitch in... wherever needed. It's not fair to expect an employee of any age to endure hours of extreme heat or cold, not being allowed to sit down, rules against listening to music, etc., when a manager or owner has those comforts."

The image of bosses lolling (my term) while workers hustle and sweat sparked a litany of bleak personal recollections. Here's one: I furiously stapled papers to meet a last minute deadline while a man strolled by, paused, pointed at the floor, and said to me, "These papers need to be picked up." That was the day I said, "Pick them up, then," and spent a big slice of the afternoon with a Human Resources person who said I didn't need to use words like servitude to describe my job, a job many would be thankful to have. And I shouldn't, she said, have answered snippily to a supervisor, even if he was a dud whom nobody liked. This all happened when I was young and valiant, but I have never forgotten

him standing there, puffed with his smug, small authority. He made the days miserable.

"Work should be enjoyable," Pratt says. And rewarded. She adds, "too many good employees become disenchanted and unproductive when they realize they're not valued enough to be paid what I call a 'dignified wage.'" So here's an owner/manager who believes in good pay and says of her present employees, "We're a team. I'd be lost without them." If you're a newbie who gets hired to water plants, she won't pay you \$15 per hour. But she'll be fair, and you'll go to work in a nice place. If you're a single adult with rent to pay, or a single parent, you'll have an employer who gets it. You'll appreciate the check that accompanies the good vibe at The Plant Foundry.

A lot of tired, partially examined notions can be trotted out to justify skimpy wages, the fall of free enterprise foremost among them. But Angela Pratt focuses on a bigger, truer picture. I've queried several people, and she's the first one who's talked about the dignity of livable pay in a collegial workplace. She clearly intends to create a working climate that



Angela Pratt, owner of The Plant Foundry, has empathy for low paid workers.

vis the antithesis of some of her past experiences; the employee has become a sensitized employer.

I think she's right, and if you'll forgive a salute from the old days, right on.

Pat Lynch can be reached at patlynch@surrewest.net. Pat Lynch is a Sacramento writer with astute social consciousness and a reporter's sharp eye. She tunes us in: to language with its revelations and betrayals, to subtexts, to nuance, to irony. Her characters engage us emotionally; her stories peel away the layers with humor and great humanity. Purchase her book, "All That Glisters And Other Stories", at Lulu.com or call 916-457-2725 for a 20 percent discount.

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Elementary school building once stood on site of Sacred Heart Church

By LANCE ARMSTRONG
Lance@valcomnews.com

One of the more renowned architectural structures in East Sacramento is Sacred Heart Church at 3860 J St. And although few people are living today who recall when this church was not located at this site, the property was previously occupied by another institution.

Research for this article reveals that about two decades prior to the 1931 dedication of the present Sacred Heart Church, an elementary school opened at the same site.

That school, which was known as East Sacramento

School, began providing instruction for local children in about 1909.

The first and only principal during the school's history was Celia E. Jones.

At the time of the school's opening, Jones was residing at 1623 18th St., and by 1918, she was living at 2215 N St.

Several historic newspaper articles, which were discovered during research for this article, mention East Sacramento School.

One of those articles, which was published in The Sacramento



Sacred Heart Church, which was designed in the fashion of a church in Ireland, was dedicated by Bishop Robert J. Armstrong in 1931.

See Church, page 7

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Mini medical school to prepare for life's second half

UC Davis School of Medicine presents free healthy-aging program

Visionary middle-agers, novice seniors or individuals of almost any age are invited to enroll in UC Davis' highly regarded Mini Medical School. In a series of four Saturday morning sessions at UC Davis School of Medicine, attendees will learn the latest from physicians and other experts about aging and medical science.

The program begins Saturday, Oct. 3 and runs each Saturday through Oct. 24. Classes take place from 9-11 a.m.

This engaging four-week course is free. Classrooms are located across the street from UC Davis Medical Center, in the university's Education Building at 4610 X Street (Rooms 1222 and 2222), Sacramento, CA 95817. Parking is also free.

Presentations include the following topics and presenters:

- Nutrition -- Marlia Braun, R.D., Ph.D.
- Overview of successful aging -- Michael McCloud, M.D.
- Preventing heart failure -- Kathleen Tong, M.D.
- Medications and the older adult -- Joann Seibles, M.D.
- Vascular medicine -- Julie Freischlag, M.D.
- Emergency medicine -- Karen Tyler, M.D.
- Exercise and fitness -- Jeff Tanji, M.D.
- Memory and aging -- Michael McCloud, M.D.

Attendees are asked to enroll only if they are able to attend all four Saturday mornings in October. This is not a community health fair; it's like medical school. Organizers say students should be prepared for some thoughtful study, but plan to have some serious fun, too, as the university's health-care experts share insights about the marvels of aging well.

UC Davis Mini Medical School is extremely popular. Registration is required. Call 916-734-4680 or visit <http://www.ageswell.ucdavis.edu> to enroll.

Church:

Continued from page 6

mento Bee on Feb. 13, 1915, summarizes a PTA meeting that was held at the school during the previous afternoon.

At that meeting, Mrs. Carl Koch, whose husband was a local building contractor, led a discussion regarding motion pictures that had an age restriction, which required their attendees to be at least 17 years old.

According to the article, one of the opinions shared by PTA members at the gathering was that movie houses had been distributing free passes for local students to view films that "were of no benefit, but, on the other hand, most harmful to children over sixteen."

One of the school's teachers, Miss Grace Maxwell, led another discussion, as she spoke about the "handicap" that children were experiencing through being forced to dress in a certain manner.

The article notes: "It is the 'poor, little, rich boy,' who is forced to dress in Lord Fauntleroy fashion, who has a hard row to hoe while attending school. Miss Maxwell pointed out that such a lad is made the butt of jokes among his schoolmates and cannot become one of them in their play. Naturally, he is affected in such a way as to embarrass him in his studies and general school work (sic)."

In the 1923-24 school year, Jones began serving as principal of David Lubin School at 37th and K streets. She maintained that position at that school for about two years.

The last city directory to recognize the existence of East Sacramento School at 39th and J streets is the 1923 directory.

In its May 11, 1923 edition, The Bee mentions that "the old East Sacramento School at Thirty-Ninth and J streets" had recently been sold to James Griffith for \$10,000.

Also included in that edition is a report that Christian Brothers



Celia E. Jones resided in this home at 2215 N St. during a portion of her years as principal of East Sacramento School.

College -- today's Christian Brothers High School -- would soon vacate its building at 12th and K streets, as the site had been sold to Weinstock, Lubin & Co., which would occupy that spot with a new, \$850,000 department store.

The article mentions that Christian Brothers would possibly be temporarily relocated to the former school site at 39th and J streets until construction on its new campus at 21st and Y (now Broadway) streets was completed.

It was eventually decided that the vacant East Sacramento School would accommodate Christian Brothers' temporary plans.

The dedication of the new Christian Brothers buildings at 21st and Y streets was held on Sunday, Nov. 23, 1924.

The cornerstone of today's Sacred Heart Church was laid on Sunday, March 15, 1930.

Among the members of the parish at that time was architect Harry J. Devine, who had been commissioned to create the plans for the new church and the offices and residence of the priests.

Those plans were completed in November 1930, and William C. Keating was selected as the project's general contractor.

Within a month after the plans were completed, work on the buildings began at the 39th and J streets site.

The church, as previously mentioned, was dedicated in 1931.

During that special, dedication day, Bishop Robert J. Armstrong blessed the Church of the Sacred Heart of Jesus, which had been known as St. Stephen's Church at its previous location.

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Faces and Places:

African Violet Societies of Greater Sacramento annual show

Photos by MONICA STARK
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ceramic pots were all available to the public at the annual African Violet Societies of Greater Sacramento show, which was held at the Shepard Garden and Arts Center in McKinley Park on Saturday, Sept. 12 and Sunday, Sept. 13.




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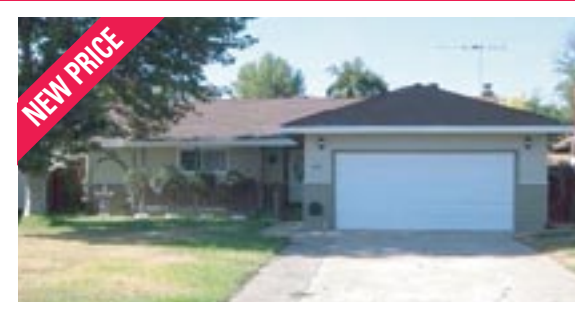
2430 Pavilions Place Ln - \$529,000



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. - \$284,900



CUL-DE-SAC HOME

Original owner. Sparkling well cared for home. 4 Bedrooms-1 is remote. 2 Bathrooms. NEW ROOF Aug. 2015. New Paint. New carpeting. Inside laundry. Kitchen opens to very nice yard with patio, pergola and mature hedge for privacy. 2-Car garage with cabinets & pull down attic staircase

8 PICKET Ct - \$250,000



John Woodall's SACTOWN URBAN UPDATE

Current happenings of interest to "Urban HomeMakers"

Downtown Plaza? So yesterday! Meet Downtown Commons...

The Sacramento Kings and JMA Ventures LLC Are re-branding the former staid and uninspired Downtown Plaza as they build a new entertainment and retail center. The "Downtown Commons" brand projects a new vitality and energy and gives us a glimpse of great new experiences soon to be found in Downtown.

And, while the current focus of "the Commons" is a 6 block Downtown district, local leaders expect the brand to eventually come to include Midtown too.]

Designed as a destination for locals and travelers alike, it will be where friends and families will hang out and visitors from around the world experience Sacramento at its best. They aim to make Sacramento the next Great American City and the common ground will be Downtown Commons or "DoCo".

East Sacramento/Downtown Office • TeamBlack.GoLyon.com

Arts & Activities

WEDNESDAY MUSIC AT NOON

12 - 1pm - Always Free!

Upcoming featured artists ...

- Oct 07: Sambandha! World Music: Multi-Instrumentalist Catherine Mandella and Friends.
- Oct 14: Organists & Duo Pianists Joan Chambers and Brad Slocum
- Oct 21: Flutist Cathie Apple and Friends
- Oct 28: Pacific Institute of Music Piano Trio

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



Lots of fun events & activities coming up for the holidays!

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By Myra Steward

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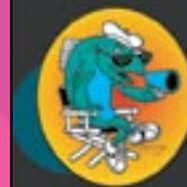


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Arts & Activities

Sacramento Capitolaire invites Male Singers to Harmony Open House

Tuesday, October 6, 2015 at 7:00 p.m.

Can't make the October 6th Open House? The Capitolaire rehearsal every Tuesday at 7:00 p.m. so please drop by the church at your convenience.

Guests will learn how to sing music in 4-part harmony

For more info, visit our website at www.capitolaire.org or phone (888) 877-9806



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The Capitolaire is a non-profit organization and members of the Barbershop Harmony Society and Sacramento Metro Chamber. *The Capitolaire are not affiliated with the church.

Purchase Your Tickets Now

Sacramento Life Center Salute to Life Dinner and Auction

November 14, 2015
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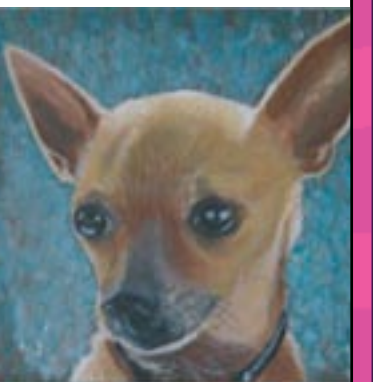
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- Mozart & Verdi Opera Arias - with Carrie Hennessey
In quali eccessi, O Numi!... Mi tradi quell'alma ingrata - from Don Giovanni
- E Susanna non vien... Dove sono - from Le nozze di Figaro
Tu che le vanità - from Don Carlos
- Sibelius, Symphony No. 4
- Free Family Concert
- Sunday, October 25th
- 1 PM: Instrument Petting Zoo
Camellia Junior Orchestra and Cadets
- 2 PM Performance
Sacramento City College PAC

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Both events will be held at the Sacramento City College Performing Arts Center
www.CamelliaSymphony.org or 916.929.6655

Sutter Memorial Hospital held liquidation sale

On Friday, Sept. 18, there was a pre-sale that only was available to Sutter employees for that weekend's open-to-the-public Sutter Memorial sale. Many employees were sad about seeing the hospital the way it was with all the clutter stacked and folks carrying off flat screens, coolers, mirrors, clocks, kids toys. The new location is absolutely state-of-the-art, but the memories people had at the old hospital will soon be just that before the wrecking ball takes to the walls and homes start being built.

Luisana Ramirez, a patient service coordinator for Sutter Medical Foundation and husband Jose Ramirez, an ACU tech for the surgery department took a little bit of hospital history home with them that Friday morning. Amongst the items they picked up for \$50 included a cooler, cabinet, and a little garbage can. "Stuff was reasonably priced," Jose said, but unfortunately for them they didn't get what they came for - two picnic benches. "They don't want to sell them," Jose said. "We've been waiting for those for a month. I'm not sure what they are doing with

them. They said talk to corporate. So, we'll try. I already miss this place. We used to have our yearly Sutter barbecues on those benches. It's sad seeing it this way. A lot of memories. A lot of memories."

Jose said the move has been bittersweet. "We have state of the art equipment now, but I was here eight, almost nine years. At least we have a cabinet that will remind us (of Sutter Memorial Hospital)." Amongst some of his memories working at Sutter Memorial include delivering a baby right outside the maternity ward doors. "I used to be an ER tech. Everything is overgrown now. We had our first baby, Ariana, a year ago. She just turned 1 on Sept. 16."

The Ramirezes used to live two blocks away from Sutter Memorial, but have moved to Citrus Heights a few months ago because of daycare. "But moved (to East Sacramento originally) to be close to the hospital ... I used to ride my bike here. It definitely influenced us moving here. But we're no longer here (at Sutter Memorial), so it's definitely okay to move."



Photo by Monica Stark
A Sutter employee picked up a few items at the liquidation sale at the now-closed Sutter Memorial Hospital.

Jodean Lake, works over at Sutter Capital Outpatient Services. She picked up a desk, plant and an easel, the last item which she plans on giving to her niece who is an artist. "I think she will get a kick out of it."

Speaking about her feelings about the sale, she said, "it's sort of sad. From '73 to '87 I was here (at Sutter Memorial). It looks like it's an abandoned hospital now. I used to work in the OR. There were lots of nice people."

To get ready for the sale, workers separated items into different areas

and rooms holding everything from toys and mini-fridges to folding beds and file cabinets. Wall clocks went for \$2, while computer monitors were priced at \$10-\$50. The sale was "cash and carry."

The public sale took place on the former hospital's first floor, and the public did not have access to other parts of the hospital. One Emergency Department patient bay was staged with toys and other items from the pediatric floors. The main

See Sutter, page 12



Photo by Monica Stark
Shown here is one of the children's rooms that had toys, furniture, movies and books for sale at the liquidation sale at the now-closed Sutter Memorial Hospital.

Sutter:

Continued from page 12

dining room was full of computer monitors. The kitchen not only had the commercial kitchen equipment up for sale, but also kitchen refrigerators, mini-fridges, microwave ovens and ice makers. Several office rooms were filled with the likes of computer chairs, garbage cans, artwork and patient end tables.

The sale was conducted by the world's largest medical auction house, Centurion Service Group, which has held hospital sales like this one throughout the nation.

Sutter Memorial Hospital, which opened in 1937, was known as "Sacramento's baby

hospital," where nearly 350,000 babies were born. It also was home to the acclaimed Sutter Children's Center and the Sutter Heart & Vascular Institute, where the first Central Valley open-heart surgeries and heart transplants were performed. Sutter Memorial Hospital closed on Aug. 8, when all services moved to the expanded Sutter Medical Center, Sacramento midtown campus that includes the renovated Sutter General Hospital, now called the Ose Adams Medical Pavilion, and the new, 10-story Anderson Luchetti Women's and Children's Center. Much of the furniture, kitchen, office equipment and other items were not taken to the expanded campus and were being offered to the public during this sale.

Old Sac Underground Tours updated schedule through October


Fall is a perfect time to plan an outing with family and friends to experience an Old Sacramento Underground tour! Hidden beneath the city for nearly 150 years, Old Sacramento's underground has long been the capital's best-kept secret. Underground tour visitors have the unique opportunity to uncover the facts behind the legends that lie below historic buildings and sidewalks. Tour guests explore excavated foundations and enclosed pathways while entertaining and knowledgeable tour guides recount the tales of the devastation, perseverance, and determination that led to California's only successful street-raising project. Underground tour guests also enjoy special - and new -- lighting effects and can participate in a hands-on activity to learn what it was like to raise and level a building by operating "mini-jacks" during the tours. All underground tour guests need to check in at the Sacramento History Museum before descending below several historic Old Sacramento buildings and be prepared to walk in areas with uneven surfaces and low ceilings. Advance tour tickets are recommended and can be purchased at www.sachistorymuseum.org

Special note: Virtually all of the Adult Only Underground Tours are sold out for the remainder of the 2015 season but will resume in 2016.

The schedule is as follows:

Thursdays and Fridays - 11 a.m., 12:30 p.m., 2 p.m.
Saturdays - 10:30 a.m. to 3 p.m., tours depart every half-hour
Sundays - 10:30 a.m. to 2:30 p.m., tours depart every half-hour

Cost: \$15 for adults; \$10 for youths (ages 6-17); \$12 for HOSF members; \$8 for HOSF youth members (ages 6-17); children five and under are free. For more information, call 808-7059 or visit www.sachistorymuseum.org



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Pawn Sacrifice

The MPAA has rated this PG-13

Bleeker Street Media offers "Pawn Sacrifice" in which one of the most colorful real-life figures in the history of the game of chess, Bobby Fischer, is portrayed in biographical form. He is played by Tobey Maguire in a role like no other in his career. Much in this picture takes place primarily during the Cold War. However, the movie story begins in Brooklyn of the 1950s where the young Fischer lives with his mother, a communist sympathizer who instills in the young boy a paranoia of being constantly watched.

As he grows up we see that he has serious psychological difficulties, but through the game of chess, he finds a focus, or perhaps an escape that channels his brilliant mind to the thin line between greatness and madness. As he rises through the ranks of chess players, he is becoming noticed. Paul Marshall, an attorney, sees a great possibility in him and wishes to act as his agent as the cold war develops.

Marshall is played by Michael Stuhlbarg, and he is the ringmaster of those that

surround the erratic chess king. Stuhlbarg, who I first noticed in "Boardwalk Empire", has proven again and again both in features and television work that he is one of this decade's great actors. I savor any performance from him, and look forward to many more. I do hope that his peers will consider an Oscar nomination for him in the category of best supporting actor for this performance.

As the story moves incrementally forward, like chess moves, Marshall enlists the help of a priest, a seemingly unorthodox one, in wrangling the erratic moods of Fischer. The priest is also master at the chess game. Actor Peter Sarsgaard is Father Bill Lombardy. With reservations, Father Bill accepts, and the race to dominate the Russians at chess begins. Although Fischer will match and master several games and players as he ascends in the playing field, there is one man on which he fixates who would become a central obsession of his life, the Russian world champion grand-master, Boris Spassky.

In the movie, Spassky is played by Liev Schreiber, in

what may only be called a fantastic performance. As a series of games between the two for the world title progress, with Fischer becoming increasingly erratic, Spassky has an insight that leads him to understand Fischer more than most; Fischer is afraid of winning. Schreiber actually speaks Russian in the movie, which he mastered beautifully.

I was greatly impressed with this picture on so many levels. The periods of the eras in the story are faithfully recreated. The performance of Tobey Maguire is simply the best work he has ever done before the camera in his entire career. In fact, all of the performances are exquisite, and handled with a very human understanding and sensitivity by director Edward Zwick.

Bradford Young's cinematography is perfect for subject and place, using the wide screen anamorphic CinemaScope aspect ratio. The actual photography was on 35mm motion picture film negative supplied by Eastman Kodak, and was then transferred to a 2K digital intermediate for post production, editing and eventual release to theaters in digital format. I was moved by this story illustrating the thin line between genius and madness, and find it one of the year's great movies. Make your move, see this picture.



The Intern

The MPAA has rated this PG-13

Warner Bros. brings us "The Intern", the latest from director Nancy Meyers, who has made memorable movies since 1980's "Private Benjamin" with Goldie Hawn. Now, one of the most iconic of actors of the modern era, Robert DeNiro, returns to comedy in a movie that you will really enjoy.

Anne Hathaway is Jules Austin, founder of an e-business start-up that is growing and successful. Her headquarters are in a re-purposed building that used to print telephone directories, which has the feel of many famous real-life offices of places like Facebook and Google. An assistant reminds her that she had OK'd the hiring of senior interns, which she had forgotten. The assistant reminds her that it would be inspirational to have an experienced executive work with collegiate new hires that have beer pong skills outside of tech experience.

That idea of the beer pong skill set compared to a lifetime of work experience is

what is at the heart of this movie, along with fine examples of humanity at both ends of the spectrum separated by years of life. DeNiro's character, Ben Whittaker, a man of integrity, correct manners and chivalry, certainly impresses the millennials that have only seen that behavior in what are to them, old movies.

The brilliance of this study of effective communication and age opposites working together told through the guise of humor makes this one of the year's most enjoyable and charming comedies. It offers a biting satire on modern tech while affirming the value of experience. Rene Russo may be seen in a delightful return to the screen. You'll delight in her time on screen, but I won't tell you how she fits in, you'll have to go and see the picture to find out. The slow realization by Jules of the kind of man Ben is, and how that's totally missing in today's workforce is a joy that unravels gradually as the movie progresses.

This movie has the feel that movies used to have, but rarely do today. In one scene, they even show a clip from "Singing in the Rain" playing on a hotel room television. Not only is it shown in the correct aspect ratio, it brings a tear to DeNiro's eye as Gene Kelly sings Nacio Herb Brown and Arthur Freed's "You Were Meant for Me" to Debbie Reynolds. Director Meyers spent much time working with DeNiro on details of his costume and the actor himself chose a hairstyle in the movie which to me is very similar to Cary Grant's look in movies of the 1950s.

I encourage you to not miss the most charming comedy for all ages that you may see this year. So much is profoundly right about this movie. You'll respond to its truth reflected in your own life no matter what your age may be.

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OCTOBER

Free! Riverside Concert Series at Camp Pollock

Oct. 1: 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 or call 731-8798. Camp Pollock is located at 1501 Northgate Blvd.

Senior nutrition issues: How do I get mom to eat?

Oct. 1: In this free workshop, we will address nutrition concerns for seniors with tips and techniques for getting seniors to more ideas for getting more vitamins and fiber into their diets, how to make food and eating more appealing. Free of charge. Pre-registration is required. Class will be held on Oct. 1 from 1 to 2 p.m. at ACC Senior Services, 7334 Park City. For more details, call 393-9026 ext 330, www.accs.org.

Better choices, better health workshop

Oct. 2-Nov. 6: The Better Choice Program is a series of two and one half hour classes held once a week for six weeks. It was developed by the Stanford University Patient Education Research Center and is for people with chronic conditions like diabetes, high blood pressure, high cholesterol, etc. Learn strategies to take control of your chronic conditions, lower your stress levels, and communicate better with your doctor. These workshops are also recommended for caregivers. Free of charge. Pre-registration is required. Class will begin Friday October 2 thru November 6, 2015 from 2:00-4:30pm at ACC Senior Services, 7334 Park City. For more details, call (916)393-9026 ext 330, www.accs.org.

Rotary Club South meeting

The Rotary Club of South Sacramento meets at noon for lunch every Thursday at Iron Grill, located at 2422 13th St. (Broadway and 13th Street). Rotary is one of the largest service organizations in the world dedicated to community service both locally, and internationally. Please call JR Springer at 425-9195 for additional information.

"Souls of the City" Events & Activities Presented by the Sacramento History Museum

Oct. 3-Nov. 1: In honor of "Day of the Dead" activities celebrated each year in Mexico and in major cities around the world, Sol Collective and the Historic Old Sacramento Foundation have teamed up to present a series of com-

munity workshops and special activities that showcase the traditions and/or demonstrate how to create some of the special items used in "Day of the Dead" celebrations. The effort culminates with a Dia De Los Muertos celebration on November 1. For more, visit www.sachistorymuseum.org. The museum is located at 101 I St.

The Shepard Garden and Arts Center Fall Sale

Oct. 3-4: Over 20 clubs that meet at the Shepard Garden and Arts Center and over 18 craft vendors will participate in the Shepard Garden and Arts Center Fall Sale from 10 a.m. to 4 p.m. on Oct. 3 and 4. Plants, pottery, garden decor, jewelry and craft items will be for sale. Food will be available for purchase. Admission is free admission and there will be free parking. Proceeds help support the Shepard Garden and Arts Center, 3330 McKinley Blvd., Sacramento. For more information contact Therese Ruth at 457-0822 or by email at tgrcom@aol.com

"Pumpkin Science" at the Discovery Museum Science & Space Center

Oct. 3 and 4: It's the season for Jack-o-lanterns! Visit the Discovery Museum Science & Space Center to enjoy family-friendly pumpkin stations to learn a bit about this squash. Plus, kids 12 and younger craft a paper pumpkin to take home as fall décor. For more, visit www.thediscovery.org, 3615 Auburn Blvd.

Introduction to handwriting and personality traits

Oct. 6: Explore the possibility of links between handwriting and personality traits. This 2-hour class covers insights into greater understanding of the fundamentals of handwriting features such as slants, depths, zones, and letter sizes, and how they may relate to your personality traits. There will be handouts and simple exercises. Pre-registration and pre-payment of \$10 required. Class will be held Oct. 6 from 10 a.m. to noon ACC Senior Services, 7334 Park City. For more details, call (916)393-9026 ext 330, www.accs.org.

Mission Oaks Computer Club meeting

Oct. 8: The Mission Oaks Computer Club will meet from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting will include a problem-solving clinic, led by Adam Lacey of Applications, Etc. First-time visitors are welcome. For additional information visit our website at www.mis-

sionoakscomputerclub.org or send an email to moc@missionoakscomputerclub.org.

Root Cellar Genealogical Society General Meeting

Oct. 8: There will be a club meeting from 7 to 9 p.m. at Christ Community Church, 5025 Manzanita Ave., Carmichael. The program will feature Lisa Foster, Forensic Genealogist. There will also be a pre-meeting open discussion from 6:15 to 7 p.m. Visitors always welcome! For more information, visit http://www.rootcellar.org, http://rootcellarrambings.blogspot.com or http://tinyurl.com/dxr4q8y.

"Hole" Lotta Love charity golf tournament

Oct. 9: Whether you love the game of golf, or just hate the mere mention of

its name, the main focus of this golf tournament is to have fun! The good news is that participating in this event, you will have fun AND you will help raise money for a good cause. One hundred percent of the proceeds raised at this event go to CASA Sacramento. Come out and enjoy the many added course activities throughout the day while supporting CASA and the foster youth served. The tournament is in the format of a four-person scramble and will be held at Teal Bend Golf Club (7200 Garden Hwy). The event schedule is as follows: 11 a.m. is registration; 11:30 a.m., putting contest; 1 p.m. shotgun start and a 6:30 p.m. awards dinner/auction and raffle. Reserve your spot today or sponsor the event. Contact Tom at 773-1938 or email: tom.cicchini@raymondjames.com.

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In the kitchen and on stage with neighbor Gabriel "Gabe" Levan Aiello

By MONICA STARK
editor@valcomnews.com

In the face of a world filled with corn syrup, sugary sodas and preservatives, neighbor Gabriel "Gabe" Levan Aiello goes old school, back to a time when pharmacy soda fountains had drinks to help with people's ailments.

Gabe pops into Valley Community Newspapers for the interview a little sweaty, as he had just biked from his employer, Preservation & Co. He opens up his bag, puts a plastic cup on the table (he managed to find space on it despite the clutter) and stirs ice, seltzer and a ginger-based liquid concoction together, making a most deliciously healthy soda he calls ginger beer. Opaque in color, the drink has only three ingredients as its base: ginger, lime and brown sugar. As he talks about old timey cures for ailments, he speaks on how the combination of ingredients he uses rehydrates the system. "It'll boost you. Molasses, honey and maple syrups. They have a no-crash phenomenon," he says. And Gabe stays true, keeping the ingredients simple and healthy.

According to WebMd, ginger is commonly used to treat various types of "stomach problems," including motion sickness, morning sickness, colic, upset stomach, gas, diarrhea, nausea caused by cancer treatment, nausea and vomiting after surgery, as well as loss of appetite.

Rewind to a year ago; Gabe was on the hunt for healthy, preservative-free sodas, but he couldn't find any, so he decided to make his own and found he was quite good at it. From ginger-molasses switchel to a sesame-mandarin soda, his list of drinks continues to grow as does his passion and his following.

Currently, he's been producing the beverages out of his own home near Sacramento High School and out of his work, Preservation & Co., but he's been running an IndieGoGo campaign for his line of drinks, which he calls Burly Beverages, so that it can facilitate the purchase of logo and branding materials, equipment, ingredients, and the first round of bottles.

As he explains on burlybeverages.com, "This campaign will assist Burly Beverages in obtaining all of the necessary licensing and permitting required to operate this sort of business."

A humbling experience is watching to see who has contributed to his campaign, noting that some of those

people have included some he hasn't heard from in years, like old classmates from junior high and his parents' church friends leaving messages, saying they were proud of him. "I didn't expect those feelings, then you see who it is and you're like, 'whoa, this is so cool.' It's so personal."

As of press time the \$1,930 was raised out of the goal of \$6,000. Though the campaign ends this week, folks can contribute to that page. "The deadline (was) to set a goal. Even if don't reach the goal, I still get money, though some percentage gets taken out."

With a thick red beard and a well-built stature, Gabe's appearance is an obvious inspiration for the name of the line of drinks. But the term burly, he said, is one he wants to re-define. "Beard plus curly equals burly, but I want to stay away from the masculine. (Burly) is how I am viewed. I like the name (Burly Beverages). It's catchy and it fits my look. A lot of people want me to put my face on the labels." Continuing, he jokes, "What if there's a rainbow behind it?"

Having worked previously at Sun & Soil Juice Company, 1912 P St., he beefed up his knowledge on health foods, kombucha, cold press juice, all of which piqued his curiosity further. Why wasn't there a market for healthy drinks (that weren't juices)? At Preservation & Co., naturally he's learned about preserved foods and shrubs, you know the soft drinks that were popular during America's colonial era, made by mixing a vinegared syrup with spirits, water, or carbonated water.

Sharing some tidbits of advice on how to mix his beverages with alcohol, if that's your fancy, he recommends the following pairings: Black grape with gin. "The booze dilutes vinegar, but vinegar washes out the alcohol flavor. As a soda, it's real grape flavor with molasses." Then there's the lemon jalapeno. "It's good as margarita mix or alone. Some use vodka or gin."

As he's been creating new drinks from his home kitchen and at Preservation & Co., these types of concoctions have been taking off locally at Hock Farm (the Paragary restaurant, located at 1415 L St., that was named after John Sutter's farm), Shady Lady Saloon, 1409 R St.; and The Mill coffee shop, 1827 I St.

Meatless Mondays

Gabe's popular beverages are hitting street fairs, friends' cupboards,



Photo by Aaron Stewart
Neighbor Gabe Aiello seems to do it all - he's a pickle packing, music creating, soda inventing, Meatless Monday chef who is shown standing in good company. To the left of him is his father, Pat Aiello and to his right, is his partner Meg Myers.

and pop-up Meatless Monday dinners at Old Ironsides, where he serves about 150 people one night a month a creative dish for \$5 and where diners can purchase his sodas, which if they are so inclined, can mix with alcoholic beverages from the bar.

The day prior to Meatless Monday dinners, which are held every second Monday of the month, Gabe gets all the food prepped, so that all he needs to do is warm it in the ovens at Preservation & Co. and then head over to the bar.

As his beverage inventions grow over time, so do his Meatless Monday meal offerings. "I've always been interested in flavor combinations, and cooking. Even stuff I do at Meatless Mondays is unique."

In what grew in attendance from about four friends in his apartment to about 130 people packing Old Ironsides, Gabe's most recent Meatless Monday featured lasagna fagioli, grilled Romaine heart salad (on top of a vegan cheesy puree) and a signature cocktail menu with pear-ginger shrub (which could be mixed with whiskey, bourbon or vodka), and a watermelon-lime shrub (which could be mixed with tequila, rum or vodka).

Talking about the early incarnations of the dinner event, Gabe said friends started bringing friends, and shortly Meatless Mondays got "too crazy with 30 people in my apartment. So different friends would host. We'd go to my friend Ben's; my friend Lauren's... I would prepare the food, and ask for donations. The group then grew to 50 people, then 60 people. Some people wouldn't bring money and I wasn't breaking even. I've always been committed to it, but I wanted to make back at least what I was

spending. I started yelling on Facebook that I need an accurate headcount."

As the popularity for Gabe's Meatless Mondays grew, the need for a larger venue became necessary and because he knew of Old Ironsides' Monday dinners, he asked the owner for one Monday a month. "I told him I could guarantee at least 75 people would be there. He said, sure let's try it out. The first time we had 65 people, then 85 people, last time 115 people."

Because in the past he has ended up cooking about a third more meals than he's sold, he said he brings the leftovers back to Preservation and sells them the next day. Even then, he's had to throw some food away. "It's stuff I can't bring to Loaves and Fishes, so I'm just trying to undercut slightly."

A regular to the Meatless Monday dinners, since its near inception, diner James Wade said he really enjoys Gabe's vegan cooking even though he eats meat regularly. "Gabe makes delicious food; it doesn't matter if it has meat in it. Especially since we are in a drought, for once a month you can stand not to eat meat."

Completely genuine about his love for animals and about the health of those he feeds, Gabe encourages - by example - learning about the food people eat. "I try to help people understand where food comes from, not just for personal health but for the health of the planet. If all Sacramentans stopped eating meat on one Monday a month, it could have a huge impact on the cattle industry." Especially during a drought, Gabe talks about the amount of water that a cow drinks each day to survive - not to mention the amount

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of water needed to grow the food the animal eats.

Backed by facts, his thoughtfulness and passion toward animals is contagious. He's not a vegetarian (anymore - he was for a bit), but the Meatless Mondays event has truly grown, perhaps because of his love for animals, but most definitely for his meticulous cooking techniques. Earlier this summer, he made handmade veggie sausage, baked beans and fresh cucumber salad, again for \$5 a plate.

Giving much credit to his innate talent pairing and mixing flavors, he said, "Mom was an early child educator; she minored in nutrition and was always cooking well-balanced meals. Sometimes, she blended nutrition (into our food). She was sneaky." She grew up Mormon, meanwhile his dad, Sicilian Catholic. Marrying the two, they became Methodist. Despite their differences growing up, they came from culinary backgrounds with a good working knowledge of food. "I couldn't say who the better cook is."

Longtime friend of Gabe's, Tom Lake, has had the good fortune of being able to enjoy their home cooking and subsequently Gabe's. Like James, Tom has experienced the low-key Meatless Mondays at Gabe's house as well as the busy Old I monthly events. "I had a little nostalgia of how it used to be. But I am so happy for (Gabe) that it has gotten this big. It's really important to him. He wanted it to get bigger and it has. He nurtured it to where it is today." Speaking about the vibe of Meatless Mondays, Tom continued, "it's young at heart and hip with the times. It fits with the atmosphere downtown. It's definitely a grassroots thing."

Even though he didn't learn to cook until after he left the nest, Gabe continues to eat ramen and burritos if he's cooking just for himself. But when there's an audience involved, be it big or small, he creates meals that are well-balanced nutritiously and look appetizing.

As was mentioned prior about Preservation & Co.'s willingness to let their employee use space to make beverages, owner Jason Poole (who people in the biz refer to as the "brine boss") has encouraged Gabe and other small businesses to follow their dreams. "It's interesting what's happening," Gabe says. "He is nurturing small businesses and getting them off the ground. He doesn't see it as competition. He embraces it and helps others move forward."

From jarring jams, jellies and "pickles" (think outside the box

here: cayenne carrot sticks, hefe-weizen bread & butter chips, and hickory Brussels sprouts are just a few examples) to bottling citrus rosemary salt and "Hellfire Sriracha," the most sought after items at the store time and again, Gabe said, are the various Bloody Mary mixes, which within a week, they make anywhere between 3- to 20-gallon batches. "I never worked at a place like this, a factory. It's small time but it's really cool. Now we're making 500 jars of balsamic beets. We're trying to get ahead, trying to have backstop." Gabe said customers like Whole Foods, The Natural Foods Co-op, Nugget Markets, bars and hotels are amongst the regulars to purchase in bulk.

While food culture continues to embrace craft *this* and craft *that*, people in the music scene sometimes complain there is no music scene (TBD is an obvious exception); but for Gabe who is involved with both - he's the lead guitarist for local band Drop Dead Red - complainers shouldn't complain if they're sitting idly. "We can't complain if we are not helping it move forward."

As you can imagine by now Gabe is a doer, a mover and a shaker and so goes his involvement as lead guitarist with Drop Dead Red, which he has been a part of for 2 and a half years. Joining songstress Carly DuHain, Tony Ledesma, Joseph Castro, and Brittany Vanessa, Gabe said the band is rising to new heights since last summer's performance at the Friday night Concerts in the Park downtown where on open-



Photo by Darrow Sprague
Guitarist Gabe Aiello is shown with members of his band, Drop Dead Red, at the 25th anniversary of Chalk it Up at Fremont Park.

ing night the band was the opening act, playing in front of about 6,000 people. "We played our best show. We were getting so much energy; we were pushing energy back. It was a circular motion of energy. Ever since then, we've been having to turn down shows, because if you play more than one show a month, people stop coming."

The band will be opening for country singer Deana Carter, who will play at the Theatre DeVille in Vacaville on Friday, Oct. 23. Asked to downsize to a trio, Drop Dead Red instilled a fear of being upstaged at that show, Gabe said.

The band recently won the Battle of the Bands at midtown bar, Pour House. Sponsored by Jack

Daniels, the winners of the battle get sponsorship by the Tennessee whiskey company, a website, a photo shoot and a video shoot. "We're now getting to know our Jack Daniels' rep. They are excited to have us. Our sound will fit their brand. Carly is so powerful and commanding; she deserves the recognition. It seems like, why did it take so long? But now that it is happening, it's going, going, going."

And that pretty much sums it all up. Gabe is going, going, going too: food-wise, beverage-wise, and music-wise. Luckily, for Sacramento, he's rooted here and our community can enjoy the passion one neighbor puts into everything he does.

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