

EAST SACRAMENTO NEWS

— BRINGING YOU COMMUNITY NEWS FOR 25 YEARS —



GREEK FESTIVAL

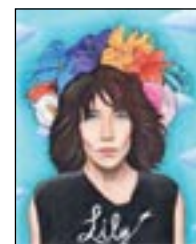
TO BE HELD AT SACRAMENTO COMMUNITY CENTER

SEPTEMBER 2-4 SEE PAGE 8

- Life in the Village4
- Crossword puzzle5
- Senior Services.....6
- Home Improvement Guide.....12
- What's Happening.....15

Harsh penalties for tree infractions

■ See page 2



F.E. Gallery presents "The Lily Tomlin Experience"

■ See page 15



Tom Leonard | 834-1681

Tom.Leonard@CBNorcal.com
CalBRE#01714895



4th Generation East Sacramentan



4501 Capri Way • \$625,000
3 bed, 2 bath, 2,074 sq ft



5875 Camellia Ave
3 bed, 1 bath, 1,152 sq ft

New in Elmhurst



5341 T Street
\$605,000
4 bed, 2 bath, 1,625 sq ft

East Sac Bungalow



1525 34th Street
\$410,000
2 bed, 1 bath, 921 sq ft

New East Sac



1205 58th Street
\$735,000
4 bed, 3 bath, 1,900 sq ft

Live on M Street



6010 M Street
\$600,000
3 bed, 3 bath, 1,934 sq ft

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

Vol. XXV • No. 16

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.

Publisher.....David Herburger
Editor.....Monica Stark
Art Director.....John Ochoa
Graphic Designer.....Annin Greenhalgh
Advertising Director.....Jim O'Donnell
Advertising Executives.....Linda Pohl, Melissa Andrews

Cover photo:
Courtesy

Metro Newspaper
Service
Courtesy

Copyright 2016 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

The Classics are Always in Demand



PENDING

3566 D Street • \$449,000

2 bed, 1 bath from 1935 located on a quiet block near McKinley Park. Updates in the kitchen & bathroom, hardwood floors and more.



KURT CAMPBELL
PROFESSIONAL REAL ESTATE CONSULTANT
956-5878

LYON
REAL ESTATE
www.GoLyon.com

Harsh penalties for tree infractions

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

(Editor's Note: In the next issue of the East Sacramento News, we will have an extensive interview with board members from the Elmhurst Neighborhood Association regarding the tree ordinance that was passed by the Sacramento City Council on Aug. 4).

Tree owners beware. You may get the short end of the trunk if problems like Dutch elm disease aren't treated. When the Sacramento City Council voted on Aug. 4 to make it a misdemeanor under the city nuisance code to have a tree on one's property carrying Dutch elm disease, backlash from neighborhood leaders like Amreet Sandhu, president of the Elmhurst Neighborhood Association, continued. During the lead-up for this article, Amreet was in the process of writing an op-ed in the Sacramento Bee and for it was asked to "send a photo of you standing next to a dying elm tree."

Not a sentence any Elmhurst resident should ever have to hear. World's most depressing photo shoot. — That's her take back that she's expressed on social media.

According to an Aug. 3 article in the Sacramento Bee, the plan would allow the city to pursue civil penalties ranging from \$250 to \$25,000 a day for violations such as removing a major tree without a permit or topping protected trees. "It also makes it a misdemeanor or to fail to treat Dutch elm disease when the city has tagged a tree on private property. Misdemeanors can result in six months in jail and a \$1,000 fine. Currently, failure to beat back the deadly fungus is an infraction," according to the article.

At the Aug. 4 meeting, Councilmember Jeff Harris said he's been working with staff for 2 and a half years on this ordinance, noting that no other ordinance has received this kind of attention from staff and that's because "our tree canopy is priceless and very valuable to many members to our city and our constituents."

"Like all legislation, it's probably not perfect," he said. "It's been a series of compromises between tree advocates, the development community, staff, the city attorney's office... I would like to say that many people have added to this ordinance. Trees for Sacramento have made it better legislation. It simplifies the three ordinances currently that frankly have dysfunctional aspects to them. It protects 25,000 more trees than are currently protected... It has a planting plan, a mitigation plan, who maintains which trees, who's responsible."

Harris said one issue community members have brought up relates to transparency of tree removals and suggested having a website that details removal progress and so he suggested that be added to the ordinance before the council voted on the item.

During the public comment portion of the meeting before the actual vote, Bonnie Hansen, vice president of the Elmhurst Neighborhood Association said, "We are in crisis in Elmhurst. The trees in our neighborhood are dying. A passionate group attended an emergency tree



meeting put on by councilman (Eric) Guerra. Here's what we want: preservation of our elms and the mature tree canopy. We want arborists to monitor for Dutch elm disease, to apply the latest state-of-the-art preventative treatments and practices, to promptly remove diseased trees and immediately sever tree graft unions to adjacent diseased trees to halt the rapid spread of this catastrophic loss. We want urban forestry to adopt a pilot program using a product called Arbor Tech. We want to retain the gold standard of 30 days notice for removal of highly valued healthy trees. We believe the new ordinance gives the director too much power and discretion. When tree protection and public input is called for in the new ordinance, the law should read 'director shall' instead of 'director may.' The new ordinance does not address tree maintenance needs such as adequate watering and mulching of park trees. In summary, we have lost faith in urban forestry and its current leader. Because of the horrendous loss we've recently witnessed, we have lost confidence in this department and we certainly don't wish for the director to have more power and the public to have less input and notice."

Asked by Guerra to address the maintenance component of the ordinance regarding the T Street canopy corridor in Elmhurst and the 21st Avenue greenway in the Tallac Village neighborhood, on the edge of Tahoe Park, Director of Public Works Jerry Way said, "We get it; we're on it and we're going to go back."

Way said the ordinance is meant to: Consolidate three separate ordinances, to ensure its clear and concise, to align policies with other internal departments, reflect public input and best practices and to serve as starting point for further discussion for an urban forest master plan. He said the ordinance received input from the department of parks and recreation, the planning and design commission, the historic commission. In essence he said the ordinance adds a higher standard of care for trees and provides clarity and to replace trees when they are removed. It's about "striking a balance," he said, in the effort of making Sacramento the "city of trees become a reality."

With the drought the trees on T Street are looking distressed so the city has not been able to water as much as they'd like to under the governor's executive order. "We're continuing to water the trees in spite of how the turf might look, so we're doing everything possible in that regard," Way said.

Former radio DJ reminisces about his days at KZAP, more

By **LANCE ARMSTRONG**
Lance@valcomnews.com

Editor's Note: This is part two in a series about the history of radio station KZAP 98.5 FM.

Among the original disc jockeys of the now defunct, legendary Sacramento radio station, KZAP 98.5 FM was Jeff Hughson.

Hughson, who worked at the station from 1968 to 1971, was born in the capital city and grew up in east Sacramento and River Park during the 1950s and 1960s.

He was the oldest of the three children of Carl and Gerri Hughson.

In remembering his childhood, Jeff said, "It was a golden time in America, post World War II prosperity, nice neighborhoods, nice cars, nice houses, never wanted for much."

And when it came to providing nice cars for his family, Jeff said that his father had a particular advantage.

"My dad was a car dealer, so (the family car) changed every year," he said. "The one we had the longest was a 1956 (Chevrolet) Nomad station wagon." After obtaining his license at the age of 16, Jeff, at separate times, acquired several quality, used automobiles from his father.

One of those vehicles was a Ford van that he would fill up with his friends

and take road trips to San Francisco and Big Sur.

While attending Sacramento High School, Jeff worked for a couple years at Ikon Enterprises recording studios at 4232 H St.

Jim recalled some of his duties at that business, which was owned by his cousin, Jim Barkley.

"I pushed the brooms a little bit, I did studio set up for sessions, and then when records would come in, I would do the stocking," he said. "I would pull them off the truck and put them in groups by band (names) in the stock room, so that when the bands came to pick up their 45s, they were all neatly stacked."

Jim also learned about the music business from his cousin, who he would sit with in the control room during sessions.

Jim said that it was also during his teenage years when he acquired his passion for radio.

"When I was 13 years old, I was calling all the KROY disc jockeys, Jack Hammer, Hal Hopkins, Johnny Hyde, you know all those guys, going, 'Hey, I want to be a DJ, give me some advice,'" he said. "And there wasn't a lot of advice. I mean, 'Do it.' And that's the best advice for anyone with any kind of passion."

In 1967, Jeff's dream of working as a disc jockey became a reality through

a local DJ named Curly Cobb, who was a friend of his father.

Jeff recalled that experience, saying, "Curly said, 'Hey, we have an opening at the station, KXRQ (98.5 FM), and if you're interested you can come down and talk to me. So, I went down and talked to him.'"

Jeff, who was then 17 and a junior at high school, was hired as the DJ for an all-night jazz show and a Sunday morning blues show.

As a young DJ, Jeff idolized John Skorakis, who was both a state worker and a DJ at KXRQ.

Jeff recalled Skorakis as a man who dressed in suits with skinny ties and was "always sharp, very hip and cool."

"I just thought he was about the greatest thing ever," Jeff said. "I was a big fan."

Jeff added that it was also Skorakis who informed him that KXRQ would cease existence

"(Skorakis) said, 'Well, we've got two more weeks to work and then they're selling the station,'" he recalled.

After some inquiry about the future station, which would become KZAP, Jeff spoke to Ed FitzGerald, the first general manager of that station.

During his interview with FitzGerald at his parents' house, Jeff showed FitzGerald his large record collection, which he obtained through spending

most of his spare money at Thrifty Drug Store at 55712 Folsom Blvd. and Tower Records at 1518 Broadway.

Jeff recalled FitzGerald's reaction to his record collection.

"He went into my bedroom and he about fell over, because the bedroom was floor to ceiling, wall to wall albums," he said. "It was during the time period when they were liquidating mono records and you could get them for 50 cents (each). My favorite price was always five for \$1.38."

"Anyhow, he looked around and there were like musical categories, alphabetical by artists and chronological by year of release. You know, first, second, third, fourth. He looked at that and goes, 'You could be our music director.' I said, 'That would be great, I'd love to.' So, he hired me."

Jeff added that FitzGerald had hoped that he could use his records at KZAP.

"He thought, 'Hmm, maybe he'll let us use his records,'" he said. "And I was comfortable letting him think that, because I wanted the job. But there was no way on God's green Earth I was going to let my pristine record collection get beat up by a bunch of DJs."

See KZAP, page 10

Enjoy Life at Pioneer Tower
A 55+ Community

Come tour our newly remodeled, downtown facility featuring:
Spacious 1-bedroom apartments with complete kitchens, new appliances, walk-in showers, large closets, balconies, lovely views

We pay utilities, offer free transportation to shopping, medical appointments, and fun excursions to local area points of interest

- Active residents association with a variety of social activities
- On-site Service Coordinator
- 24-hour maintenance, compassionate, caring staff
- Small pets welcome
- Rental Assistance Programs for income-qualified applicants

We Pay Utilities!
Active Senior Living Retirement Community
515 P St., Sacramento
(916) 442-2907
www.rhf.org

	CLASSIC BRICK TUDOR Nestled in the heart of East Sacramento, this 3 bedroom, 2 bathroom home affords the appeal of an idyllic brick Tudor. This 2,571 sq/ft home features elegantly traditional living & dining rooms. This home hosts an impressive master suite with sitting area, gas fireplace, multiple closets, & a remodeled bathroom. \$1,265,000	PENDING 	CHARMING EAST SAC HOME Charming 2 bedroom, 1 bathroom home within walking distance to East Portal Park. Classic details of hardwood floors with mahogany inlay, lath and plaster walls with arches and rounded corners, large living room with brick fireplace and beamed ceiling. It also features a 2 car garage which is hard to find in the area. \$449,950
	TWO STORY CRAFTSMAN It's all in the details in this well appointed 4-5 bedroom, 3 bathroom, 2940 sq/ft cottage bungalow. The inviting Master Suite with sunroom/office opens to an outside patio that overlooks the backyard, while the master bath has a steam shower and his/her walk-in closets with custom built-ins. \$1,185,000	SOLD 	CLOSE TO MCKINLEY PARK Lovely Tudor-style home just steps from McKinley Park. This 3 bed, 2 bath is very spacious with it's large arched entryways leading into the dining room and living room. The updated kitchen has granite counters, Wolf appliances and Subzero refrigerator, making this a cooking enthusiasts dream come true. \$719,950
	QUIET STREET IN CURTIS PARK Great 2 bed, 1 bath, 1007 sq/ft, home on a quiet street. Open living room with fireplace that looks onto the dining room with lots of lighting. Kitchen was remodeled in the last 5 years with glass tile backsplash and granite countertops. Features include hardwood floors, Jack and Jill bathroom and a laundry room. \$379,950	ESTABLISHED NEIGHBORHOOD IN WEST SAC 4 Bedroom, 3 bath, 1600 sq/ft, in a nice neighborhood of West Sacramento. Features include a fireplace in living room, master bedroom, new interior/exterior paint. Close to shopping, restaurants, recreation center and short ride to downtown. TBD	
	Rich Cazneau 454-0323 www.EastSac.com CAIBRE# 01447558 to 87778 for a free mobile KW app.	LARGE CORNER LOT This 3 bedroom, 2 bathroom, 1960 sq/ft home sits on almost 1/4 acre corner lot. Situated in an established neighborhood of West Sacramento. New roof and new interior/exterior paint. Within walking distance to shopping, schools and restaurants. TBD	

Community Worship
Faith United Methodist Church
 3600 J Street • 452-7637 • 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!

Got News?
 E-mail us, editor@valcomnews.com



LIFE
 IN THE VILLAGE
 By JAN DALSKA
 East Sacramento News

Leaving our Old Neighborhood

When we climbed into our family sedan, I noticed one of my dad's friends from his work was driving. My mother did not have a driver's license. She was in the back seat with two of the youngest kids, Wayne and Rita. My older brother Rodney and I both took seats on the right side. He was in the front seat, with our little sister Linda, and I was behind them in the back seat with my mom. Timothy had wanted to ride with our dad in the moving truck.

Rodney and I sat on the right side of the car because we both wanted to get one last look at the school we had been attending for the last few months. It was just a few blocks from the small house we had been living in off of Franklin Blvd. I was convinced that that my older brother Rodney, a second grader, and me a first grader, were going to miss the neighborhood where we had been living the most.

Both of us sadly watched the old brick buildings disappear as we drove by St. Rose Catholic Elementary School for the last time. We wanted to remember the play yard, the classrooms, and the kids that we had to say goodbye to a few days ago. Maybe we would see them in the future at another school. Would they remember us? It seemed as if we were always moving. Just when we made friends, we had to say goodbye.

We had walked to school together in Sacramento, just as we had done when we attended St. Therese School in Schofield, Wisconsin. I was too young for 1st grade, but my dad signed me up for that class anyway, and I just skipped kindergarten. My dad told the religious Sisters who taught in the school in Wisconsin that I was smart enough and I did not need to attend kindergarten.

I teased my older brother Rodney about missing those graham crackers and milk. He thought that was the best part of kindergarten. In first grade, there were no snacks. Both of the schools were Catholic schools.

The big difference between the schools was that there was icy snow in the winters in Wisconsin, and California only had rain. Since it was warmer in California, there was no snow to walk through in the mornings, and no warm coats and mittens and hats were needed to stay warm. And, by leaving early for school, and taking our time walking home when classes were over, we got out of the house for a few hours every day.

In the new neighborhood, we would attend a new school. But, my dad already told us that it was a *public school*. At that time, we had no idea what he meant by a *public school*. Rodney and I would soon find out, as we would be "registering" on Monday. One thing was for sure, there was no Saints name in the school's name. It was called Joseph Bonenheim, whoever that was.

Roses' Hair Design
 Specializing in the Mature Woman!
 "Let us pamper you and make you feel special!"
 394 - 45th St, East Sacramento
 Call for appointment: (916) 457-6659

Sacramento's own
 Mighty Kong Muffins
 are now available at
Compton's Market
 in McKinley Park!
Get yours today!
 4065 McKinley Blvd.

Martial Arts Training for the Whole Family
 2 weeks for \$39 (including uniform)
 Kick Start Your Family Fun!
 916-373-9789
 atasouthport.com

Hank Fisher Senior Communities
 INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • RESPITE SUITES

Where Quality Memory Care Meets Quality of Life



Call today to schedule a complimentary lunch and tour!
 (916) 921-1970

The Chateau at River's Edge invites you to experience The Garden Memory Care: a life-enriching residential community for loved ones with Alzheimer's, dementia or cognitive difficulties.

- Private apartments with sensor entry and exit points
- Very high staff-to-resident ratio for a wide spectrum of needs
- Immersive cognitive activities that stimulate and strengthen social skills
- Personalized care from compassionate staff trained to listen, understand and orient residents



CHATEAU AT RIVER'S EDGE Lic. #340314013
 641 Feature Drive • Sacramento, CA 95825 • (916) 921-1970
HankFisherProperties.com
 Locally owned and operated for nearly 40 years.

Please send your updated Calendar announcements
 ...especially if you host monthly events!
 e-mail to editor@valcomnews.com
 Fax to: 429-9906
 Phone: 429-9901
 Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818

CareGivers of Land Park
 Serving the elderly in our neighborhood
 • Personalized Care & Services
 • Meal Preparation
 • Light Housework
 • Grooming & Bathing Assistance
 • Laundry & Linen Change
 • Medication Reminders
 • Appointments & Short Errands
 Offering Quick Check Care Service within Land Park, Greenhaven & Pocket neighborhoods for only \$14.95 per visit*
 * Price subject to change without notice, 15 minute visits.
 We are available 24 hours a day to provide care to seniors in need
 Call us today!
 (916) 429-3232
 CareGiversofLandPark.org

COOK REALTY
 THE HOUSE "SOLD" NAME IN YOUR NEIGHBORHOOD
 TROY BONETTI, Broker
 CalBRE# 00999899
 • REAL ESTATE SCHOOL
 • PROPERTY MANAGEMENT
 • RELOCATION SERVICES
 www.cookrealty.net
 (916) 451-6702
 4305 Freeport Blvd
 Sacramento, CA

Super Crossword
 THE FIRST REVERSED
 ACROSS
 1. Samba
 2. ...
 3. ...
 4. ...
 5. ...
 6. ...
 7. ...
 8. ...
 9. ...
 10. ...
 11. ...
 12. ...
 13. ...
 14. ...
 15. ...
 16. ...
 17. ...
 18. ...
 19. ...
 20. ...
 21. ...
 22. ...
 23. ...
 24. ...
 25. ...
 26. ...
 27. ...
 28. ...
 29. ...
 30. ...
 31. ...
 32. ...
 33. ...
 34. ...
 35. ...
 36. ...
 37. ...
 38. ...
 39. ...
 40. ...
 41. ...
 42. ...
 43. ...
 44. ...
 45. ...
 46. ...
 47. ...
 48. ...
 49. ...
 50. ...
 51. ...
 52. ...
 53. ...
 54. ...
 55. ...
 56. ...
 57. ...
 58. ...
 59. ...
 60. ...
 61. ...
 62. ...
 63. ...
 64. ...
 65. ...
 66. ...
 67. ...
 68. ...
 69. ...
 70. ...
 71. ...
 72. ...
 73. ...
 74. ...
 75. ...
 76. ...
 77. ...
 78. ...
 79. ...
 80. ...
 81. ...
 82. ...
 83. ...
 84. ...
 85. ...
 86. ...
 87. ...
 88. ...
 89. ...
 90. ...
 91. ...
 92. ...
 93. ...
 94. ...
 95. ...
 96. ...
 97. ...
 98. ...
 99. ...
 100. ...
 101. ...
 102. ...
 103. ...
 104. ...
 105. ...
 106. ...
 107. ...
 108. ...
 109. ...
 110. ...
 111. ...
 112. ...
 113. ...
 114. ...
 115. ...
 116. ...
 117. ...
 118. ...
 119. ...
 120. ...
 121. ...
 122. ...
 123. ...
 124. ...
 125. ...
 126. ...
 127. ...
 128. ...
 129. ...
 130. ...
 131. ...
 132. ...
 133. ...
 134. ...
 135. ...
 136. ...
 137. ...
 138. ...
 139. ...
 140. ...
 141. ...
 142. ...
 143. ...
 144. ...
 145. ...
 146. ...
 147. ...
 148. ...
 149. ...
 150. ...
 151. ...
 152. ...
 153. ...
 154. ...
 155. ...
 156. ...
 157. ...
 158. ...
 159. ...
 160. ...
 161. ...
 162. ...
 163. ...
 164. ...
 165. ...
 166. ...
 167. ...
 168. ...
 169. ...
 170. ...
 171. ...
 172. ...
 173. ...
 174. ...
 175. ...
 176. ...
 177. ...
 178. ...
 179. ...
 180. ...
 181. ...
 182. ...
 183. ...
 184. ...
 185. ...
 186. ...
 187. ...
 188. ...
 189. ...
 190. ...
 191. ...
 192. ...
 193. ...
 194. ...
 195. ...
 196. ...
 197. ...
 198. ...
 199. ...
 200. ...
 201. ...
 202. ...
 203. ...
 204. ...
 205. ...
 206. ...
 207. ...
 208. ...
 209. ...
 210. ...
 211. ...
 212. ...
 213. ...
 214. ...
 215. ...
 216. ...
 217. ...
 218. ...
 219. ...
 220. ...
 221. ...
 222. ...
 223. ...
 224. ...
 225. ...
 226. ...
 227. ...
 228. ...
 229. ...
 230. ...
 231. ...
 232. ...
 233. ...
 234. ...
 235. ...
 236. ...
 237. ...
 238. ...
 239. ...
 240. ...
 241. ...
 242. ...
 243. ...
 244. ...
 245. ...
 246. ...
 247. ...
 248. ...
 249. ...
 250. ...
 251. ...
 252. ...
 253. ...
 254. ...
 255. ...
 256. ...
 257. ...
 258. ...
 259. ...
 260. ...
 261. ...
 262. ...
 263. ...
 264. ...
 265. ...
 266. ...
 267. ...
 268. ...
 269. ...
 270. ...
 271. ...
 272. ...
 273. ...
 274. ...
 275. ...
 276. ...
 277. ...
 278. ...
 279. ...
 280. ...
 281. ...
 282. ...
 283. ...
 284. ...
 285. ...
 286. ...
 287. ...
 288. ...
 289. ...
 290. ...
 291. ...
 292. ...
 293. ...
 294. ...
 295. ...
 296. ...
 297. ...
 298. ...
 299. ...
 300. ...
 301. ...
 302. ...
 303. ...
 304. ...
 305. ...
 306. ...
 307. ...
 308. ...
 309. ...
 310. ...
 311. ...
 312. ...
 313. ...
 314. ...
 315. ...
 316. ...
 317. ...
 318. ...
 319. ...
 320. ...
 321. ...
 322. ...
 323. ...
 324. ...
 325. ...
 326. ...
 327. ...
 328. ...
 329. ...
 330. ...
 331. ...
 332. ...
 333. ...
 334. ...
 335. ...
 336. ...
 337. ...
 338. ...
 339. ...
 340. ...
 341. ...
 342. ...
 343. ...
 344. ...
 345. ...
 346. ...
 347. ...
 348. ...
 349. ...
 350. ...
 351. ...
 352. ...
 353. ...
 354. ...
 355. ...
 356. ...
 357. ...
 358. ...
 359. ...
 360. ...
 361. ...
 362. ...
 363. ...
 364. ...
 365. ...
 366. ...
 367. ...
 368. ...
 369. ...
 370. ...
 371. ...
 372. ...
 373. ...
 374. ...
 375. ...
 376. ...
 377. ...
 378. ...
 379. ...
 380. ...
 381. ...
 382. ...
 383. ...
 384. ...
 385. ...
 386. ...
 387. ...
 388. ...
 389. ...
 390. ...
 391. ...
 392. ...
 393. ...
 394. ...
 395. ...
 396. ...
 397. ...
 398. ...
 399. ...
 400. ...
 401. ...
 402. ...
 403. ...
 404. ...
 405. ...
 406. ...
 407. ...
 408. ...
 409. ...
 410. ...
 411. ...
 412. ...
 413. ...
 414. ...
 415. ...
 416. ...
 417. ...
 418. ...
 419. ...
 420. ...
 421. ...
 422. ...
 423. ...
 424. ...
 425. ...
 426. ...
 427. ...
 428. ...
 429. ...
 430. ...
 431. ...
 432. ...
 433. ...
 434. ...
 435. ...
 436. ...
 437. ...
 438. ...
 439. ...
 440. ...
 441. ...
 442. ...
 443. ...
 444. ...
 445. ...
 446. ...
 447. ...
 448. ...
 449. ...
 450. ...
 451. ...
 452. ...
 453. ...
 454. ...
 455. ...
 456. ...
 457. ...
 458. ...
 459. ...
 460. ...
 461. ...
 462. ...
 463. ...
 464. ...
 465. ...
 466. ...
 467. ...
 468. ...
 469. ...
 470. ...
 471. ...
 472. ...
 473. ...
 474. ...
 475. ...
 476. ...
 477. ...
 478. ...
 479. ...
 480. ...
 481. ...
 482. ...
 483. ...
 484. ...
 485. ...
 486. ...
 487. ...
 488. ...
 489. ...
 490. ...
 491. ...
 492. ...
 493. ...
 494. ...
 495. ...
 496. ...
 497. ...
 498. ...
 499. ...
 500. ...
 501. ...
 502. ...
 503. ...
 504. ...
 505. ...
 506. ...
 507. ...
 508. ...
 509. ...
 510. ...
 511. ...
 512. ...
 513. ...
 514. ...
 515. ...
 516. ...
 517. ...
 518. ...
 519. ...
 520. ...
 521. ...
 522. ...
 523. ...
 524. ...
 525. ...
 526. ...
 527. ...
 528. ...
 529. ...
 530. ...
 531. ...
 532. ...
 533. ...
 534. ...
 535. ...
 536. ...
 537. ...
 538. ...
 539. ...
 540. ...
 541. ...
 542. ...
 543. ...
 544. ...
 545. ...
 546. ...
 547. ...
 548. ...
 549. ...
 550. ...
 551. ...
 552. ...
 553. ...
 554. ...
 555. ...
 556. ...
 557. ...
 558. ...
 559. ...
 560. ...
 561. ...
 562. ...
 563. ...
 564. ...
 565. ...
 566. ...
 567. ...
 568. ...
 569. ...
 570. ...
 571. ...
 572. ...
 573. ...
 574. ...
 575. ...
 576. ...
 577. ...
 578. ...
 579. ...
 580. ...
 581. ...
 582. ...
 583. ...
 584. ...
 585. ...
 586. ...
 587. ...
 588. ...
 589. ...
 590. ...
 591. ...
 592. ...
 593. ...
 594. ...
 595. ...
 596. ...
 597. ...
 598. ...
 599. ...
 600. ...
 601. ...
 602. ...
 603. ...
 604. ...
 605. ...
 606. ...
 607. ...
 608. ...
 609. ...
 610. ...
 611. ...
 612. ...
 613. ...
 614. ...
 615. ...
 616. ...
 617. ...
 618. ...
 619. ...
 620. ...
 621. ...
 622. ...
 623. ...
 624. ...
 625. ...
 626. ...
 627. ...
 628. ...
 629. ...
 630. ...
 631. ...
 632. ...
 633. ...
 634. ...
 635. ...
 636. ...
 637. ...
 638. ...
 639. ...
 640. ...
 641. ...
 642. ...
 643. ...
 644. ...
 645. ...
 646. ...
 647. ...
 648. ...
 649. ...
 650. ...
 651. ...
 652. ...
 653. ...
 654. ...
 655. ...
 656. ...
 657. ...
 658. ...
 659. ...
 660. ...
 661. ...
 662. ...
 663. ...
 664. ...
 665. ...
 666. ...
 667. ...
 668. ...
 669. ...
 670. ...
 671. ...
 672. ...
 673. ...
 674. ...
 675. ...
 676. ...
 677. ...
 678. ...
 679. ...
 680. ...
 681. ...
 682. ...
 683. ...
 684. ...
 685. ...
 686. ...
 687. ...
 688. ...
 689. ...
 690. ...
 691. ...
 692. ...
 693. ...
 694. ...
 695. ...
 696. ...
 697. ...
 698. ...
 699. ...
 700. ...
 701. ...
 702. ...
 703. ...
 704. ...
 705. ...
 706. ...
 707. ...
 708. ...
 709. ...
 710. ...
 711. ...
 712. ...
 713. ...
 714. ...
 715. ...
 716. ...
 717. ...
 718. ...
 719. ...
 720. ...
 721. ...
 722. ...
 723. ...
 724. ...
 725. ...
 726. ...
 727. ...
 728. ...
 729. ...
 730. ...
 731. ...
 732. ...
 733. ...
 734. ...
 735. ...
 736. ...
 737. ...
 738. ...
 739. ...
 740. ...
 741. ...
 742. ...
 743. ...
 744. ...
 745. ...
 746. ...
 747. ...
 748. ...
 749. ...
 750. ...
 751. ...
 752. ...
 753. ...
 754. ...
 755. ...
 756. ...
 757. ...
 758. ...
 759. ...
 760. ...
 761. ...
 762. ...
 763. ...
 764. ...
 765. ...
 766. ...
 767. ...
 768. ...
 769. ...
 770. ...
 771. ...
 772. ...
 773. ...
 774. ...
 775. ...
 776. ...
 777. ...
 778. ...
 779. ...
 780. ...
 781. ...
 782. ...
 783. ...
 784. ...
 785. ...
 786. ...
 787. ...
 788. ...
 789. ...
 790. ...
 791. ...
 792. ...
 793. ...
 794. ...
 795. ...
 796. ...
 797. ...
 798. ...
 799. ...
 800. ...
 801. ...
 802. ...
 803. ...
 804. ...
 805. ...
 806. ...
 807. ...
 808. ...
 809. ...
 810. ...
 811. ...
 812. ...
 813. ...
 814. ...
 815. ...
 816. ...
 817. ...
 818. ...
 819. ...
 820. ...
 821. ...
 822. ...
 823. ...
 824. ...
 825. ...
 826. ...
 827. ...
 828. ...
 829. ...
 830. ...
 831. ...
 832. ...
 833. ...
 834. ...
 835. ...
 836. ...
 837. ...
 838. ...
 839. ...
 840. ...
 841. ...
 842. ...
 843. ...
 844. ...
 845. ...
 846. ...
 847. ...
 848. ...
 849. ...
 850. ...
 851. ...
 852. ...
 853. ...
 854. ...
 855. ...
 856. ...
 857. ...
 858. ...
 859. ...
 860. ...
 861. ...
 862. ...
 863. ...
 864. ...
 865. ...
 866. ...
 867. ...
 868. ...
 869. ...
 870. ...
 871. ...
 872. ...
 873. ...
 874. ...
 875. ...
 876. ...
 877. ...
 878. ...
 879. ...
 880. ...
 881. ...
 882. ...
 883. ...
 884. ...
 885. ...
 886. ...

Opinion:

Pokémon NO!

By JAMES PEYTON

In a world full of trendiness, fads, reality TV, and 15 minutes of fame, most are probably not surprised by the trend known as Pokémon GO. This is a cell phone video game published by a company called Niantic.

Pokémon GO is the Walmart of video games. Stupid people doing stupid things. Unlike Walmart, these people are doing them outside.

The problem with Pokémon is not the "cute" characters or that it's a video game, the problem is that it uses GPS.

to their phones. And you can actual see the level of severity, of distraction increased from when smart phones were a new thing to this new thing.

Ironically, an earlier trend reminiscent of Pokémon GO is "Geocaching", and that seems to have died down significantly to almost non-existent. Geocaching involves the storing of treasures at physical locations, commonly boxes of odds & ends or knick-knacks, that can be added to or taken by finders of the "cache". Another GPS game is called "Ingress", also by Niantic, also a video game. Ingress came out before Pokémon GO, and many of the same location points in Ingress were transferred over to re-use in Pokémon GO. The game is basically a sci-fi theme battle between two teams, and was developed/by Niantic/

Google. Niantic was formerly a port of Google. The two teams react to the "Exotic Matter", or "XM" that has been spread around the earth. There seems to be less "resistance" to this game and it seems more "enlightened" than Pokémon GO. Pun intended.

2600 magazine volume 33, number 2, summer 2016 edition has an article called "Gaming INGRESS", and explains how to hack the game for your own purposes. Several results unintended by the authors of the game can be achieved. So, too, can Pokémon GO, or any software and GPS system be hacked and locations spoofed. Pokémon go has been reportedly downloaded by more than 100,000,000 people worldwide. The game is free to play, but tries to suck up your money through In-app purchases of VIRTUAL items used in the game. The game was officially released on July 6, 2016, and runs on Android and iOS phone operating systems. If

Pikachu, Squirtle, and Blastoise were real, I think they would be disappointed.

In the 1980s, when video games, and arcade machines were the "new" thing and the craze of the moment, there were a lot of older reactionary people alarmed and calling for a ban on Pac-man and the rest. Marshfield, Massachusetts banned coin-operated video games from 1982-2014. Yes, unbelievably, till 2014. And if you look around now, you don't see many arcade games around in most places anymore. These blowhards were satirized on TV and in movies like Joysticks. Like anything, people could hurt themselves by not taking things in moderation. These games are considered very tame now, and it would be hard to find a news story nationwide of anyone being injured by the "craze". In fact, many players went on to become computer engineers, programmers, game designers,

See Pokémon, page 7

Pokémon:

Continued from page 6

businessmen, artists, and software designers. This article is not designed as an uneducated reaction. "Fire Good." "Fire Bad." argued some cavemen. I argue, "Fire both."

A good effect of the Pokémon GPS game is that it caused people to exercise and talk to one another. Some crimes were reported in progress and a few criminals were caught. Some churches found an increase in visits related to the game.

There was an increase in business and revenue for some, including the struggling Nintendo, which has a percentage. There are some good effects of the game, but I argue that the bad outweighs the good. In the 1990s, there was a video game called "Lemmings", but now that has become real. A mindless, mad horde under the sway of software designers. The public nuisance aspect of this GO game is unnecessary, any game could be completely run inside a phone, without using GPS as its basis.

It wouldn't be the same game, but the game isn't more worthwhile than all the trouble it has caused. Places that are seldom frequented or inappropriate for people to play games at shouldn't be victims of Pokémon GO. Many of these places don't know what the game even is, or why people are suddenly flocking all around. Imagine a sleepy store on the edge of downtown, with a few local senior citizens frequenting the place, when sudden-

ly a bunch of beard-wearing, kale-eating, ringer tee having Starbucks going, bubble-tea drinking dimwits rush into the store like a flashmob and in 30 minutes are gone. Here are some of the many ridiculous news stories, many deadly, that are effects of Pokémon GO and GPS "augmented reality". These were all from the internet and Google, direct or paraphrased.

A college student named Calvin Riley was shot and killed in San Francisco while playing Pokémon Go near the touristy area of Fisherman's Wharf on Saturday, Aug. 8.

An 18-year-old boy was shot and killed in Guatemala while playing.

A user crashed his car into a tree on while playing the game on July 12, according to a press release from the Auburn Police Department in New York. "Luckily the driver was not seriously injured but this is an example of how easily accidents can occur when someone is engaged in the game and not paying attention," the department said. Meanwhile, police at Texas A&M University announced a Pokémon Go-related crash the same day.

After Twitter user Elihudi Urassa shared a video found of a dog dyed yellow to look like Pokémon fave Pikachu, other users decided the dye job was dog abuse. Kohei Uchimura, a gymnast on Japan's Olympics team, racked up a 500,000 Yen roaming charge — close to \$5,000 dollars! His cell phone company ended up charging him a 3,000 yen a day flat rate. You

can't squeeze blood out of a turnip. A person was seen in the front row of a Beyonce concert playing Pokémon GO. Expensive game.

Nick Johnson, a 28-year-old from Brooklyn, is the first person to catch all 142 Pokémon available in the United States. In just a couple weeks, he also achieved level 31, caught over 4,600 Pokémon, walked 95 miles, and lost 10 pounds. On July 13, the Encinitas Fire Department rescued two men who fell off a cliff while playing the game in the North County area of San Diego. One man fell 80 to 90 feet to the beach below, while the other fell 50 feet. Another TV news story says several children playing Pokémon GO were robbed by adults playing the game, who took advantage of knowing where the user's locations would be in the next 20 minutes. Mobs of people suddenly showing up in public places have vandalized, left litter and graffiti behind.

A lady caught her boyfriend cheating because of Pokémon Go. "She saw that I had caught a Pokémon while at my ex's house," Evan Scribner told the New York Post. A 19-year-old girl discovered a dead body while playing the game near Riverton, Wyoming. A woman named Ivy St. Ives charges \$20 an hour to "walk around in 1-4 hour shifts signed in to your account capturing every single Pokémon I come into contact with, activating every Poke Stop I pass, and walking nonstop to help hatch your eggs." Britney Spears plays Pokémon Go.

Players have reportedly discovered Pokéspots — i.e. locations where players can restock and set lures to catch more Pokémon — at somber places like the 9/11 Memorial in New York City and the Holocaust Museum in Washington D.C. "Playing the game is not appropriate in the museum, which is a memorial to the victims of Nazism," Andrew Hollinger, the mu-

seum's communications director, told The Washington Post. "We are trying to find out if we can get the museum excluded from the game."

If you've heard about a 13-year-old stabbing his brother to death over deleted Pokémon or a man suing Nintendo for \$500 for being hit by a car while playing the game, blame Pablo Reyes, whose site CarTelPress.com published the hoax stories.

Dave Schilling wonders if Pokémon Go is the answer to America's obesity problem. "We might not be able to make fast food healthier or discourage the gluttony our culture reveres, but we can make walking less unpleasant," writes Schilling. "You might not ever be interested in real birds chirping, but at least maybe you can find the pleasure in the siren song of a wild Togeipi or Fearow. Just try not to get run over by a bus while you're at it."

Pokémon GO is stupid; how about Pokémon NO?

Save the Date: September 8 at 1pm

Come join us here at **Greenhaven Estates Assisted Living and Memory Care** as we host a delicious honey tasting event.

While you taste plenty of mouth watering exquisite honey, you will also learn about how the honey was created from our local Sacramento Bee Keeper.

Don't forget to take some honey home with you after the event and share it with all your loved ones.

Space is limited. RSVP to **(916) 427-8887**

GREENHAVEN ESTATES
Assisted Living & Memory Care

7548 Greenhaven Drive - Sacramento, CA 95831 • greenhavenassistedliving.com

IncrediblePets
Everything For a Healthy, Happy Pet

Huge Selection of Dry, Canned, and Raw Foods

20% OFF
Toys, Treats & Chews

Not valid on food or hay. Cannot be combined with other offers, discounts, or sale prices. Expires 9/30/2016

6 Locations to Serve You!

AUBURN (530) 885-7711	CARMICHAEL (916) 481-7741	SACRAMENTO (916) 451-1199
GRASS VALLEY (530) 272-7701	ROSEVILLE (916) 786-7701	GREENHAVEN (916) 421-7711

www.incredpets.com • Family Owned and Operated since 1995

HOST AN EXCHANGE 'STUDENT' TODAY!
(for 3, 5 or 10 months)

Make this year the most exciting, enriching year ever for you and your family. Welcome a high school student, 15-18 years old, from Italy, France, Norway, Denmark, Spain, Germany, Brazil, Thailand or China as part of your family for a school year (or less) and make an overseas friend for life.

For more information or to select your own exchange student please call:

Krista at 1-602-702-9086 or **Marcy at 1-800-888-9040** (Toll Free) or e-mail us at info@world-heritage.org

For privacy reasons, photos above are not photos of actual students

www.whhosts.com

World Heritage is a public benefit, non-profit organization based in Laguna Beach, CA.

ACHIEVE HAPPINESS, SELF-CONFIDENCE AND SUCCESS!

BUY AND READ DIANETICS

Church of Scientology
Located at
6th & J in Sacramento
(916) 319-5440
PB \$28.00 DVD \$28.00

Senior Services & Connections

Call Melissa (916) 429-9901

YOUR AD SHOULD BE HERE!

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

DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL
Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

Couples \$550 Singles \$495
Lynda K. Knight (916) 214-1215
1337 Howe Ave., Ste. 103
Sacto 95825

LEGAL SERVICES

WILLS AND TRUSTS

Services

- Wills and Trusts
- Special Needs Trusts
- Trust Administration

Experience

- Medi-Cal - 9 Years •
- Franchise Tax Board - 11 Years •
- Private Practice - 16 Years •

Free In-Home Consultation
Tim Tyler, Ph.D., Attorney at Law 916-452-0624

SPECIAL ALZHEIMER'S LIVING

REVERE COURT
MEMORY CARE Lic. #547001336/42

Day Club, Respite, Residential, Support Groups & Educational Classes

casey.s@chancellorforhealthcare.com
www.reverecourt.com
(916) 392-3510
7707 Rush River Dr. Sacto, CA 95831

Super Crossword

Answers

POWERAMP, ODESSA, WALKERS, KNITSTOCK, HIGHHEAVEN, YENRECS, STS, RIBI, ST, KIMCHI, DECAF, FACTS, STAR, HOAGIF, FT, YOR, LIVEDWITH, ABLE, UED, HESS, SOY, ORAMAS, BMINOR, MAST, MINEDJEANS, TSETSE, CATS, ADA, PFI, I, SSF, STROPS, ILLUSTRATED, ISOBAR, ALF, EODALE, STRAWANDALL, CUR, SARAN, RAINY, ORR, GA, SEPT, S, ATONE, LAVINAMAGNET, SM, EULEH, TOWAY, TEUTONIC, LFFRS, ENROBE, EN, GORGE, S.

FUNERAL DIRECTORY

Call Melissa at (916) 429-9901
www.valcomnews.com

GEORGE L. KLUMPP
CHAPEL OF FLOWERS
2691 Riverside Boulevard
Sacramento, CA 95818
(916) 443-7917
www.cfcsacramento.org

Serving the community since 1921

Harry A. Nauman & Son

Dignity FD366
4041 Freeport Blvd
Sacramento, CA 95822
(916) 452-6157

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
4 Sacramento locations serving families since 1904

Greek festival to be held at Sacramento Community Center Sept. 2-4

Festival to relocate to East Sacramento church grounds in 2017

By LANCE ARMSTRONG
Lance@valcomnews.com



Photo courtesy of Greek Orthodox Church of the Annunciation
An artist's rendition shows how the Greek church's Alhambra Boulevard site will appear next year when the festival is relocated to those grounds. This year's festival will be held at the Sacramento Community Center during Labor Day weekend.

The Greek Orthodox Church of the Annunciation will hold its 53rd annual Greek Festival at the Sacramento Convention Center during Labor Day weekend.

The three-day event will begin on Friday, Sept. 2 from 11 a.m. to 11 p.m., and continue on Saturday from noon to 11 p.m., and Sunday from noon to 9 p.m.

Guests of the event will be presented with a variety of Greek food, entertainment and other attractions.

Mike Dariotas, who co-chairs the event with Dan Eriksson, said that one of

the biggest attractions of the festival is its food.

"The food is amazing, amazing Greek food," he said. "It's probably the best in Sacramento, in my opinion."

The festival's homemade cuisine is made by volunteers, who use authentic recipes from throughout the Greek Mediterranean.

The menu includes pitas with feta or spinach and feta, loukaniko (spiced Greek sausage with pita bread), gyros (sliced, lean beef in pita bread and topped with onions, tomatoes and tzatziki sauce), Greek meatballs and fried calamari.

Guests can also visit the event's estiatorio or "dining court," which will include: panakopita (phyllo dough filled with seasoned spinach and cheeses), beef dolmathes (grape leaves stuffed with rice, ground beef and seasonings), kota psiti (baked chicken basted with lemon juice and Greek oregano), roast lamb, and horiatiki salad (traditional village salad).

Also drawing guests to the festival will be a selection of Greek pastries and Greek coffees.

Among the pastries offered at the event are baklava (rich, buttery, phyllo pastry with walnuts, topped with honey syrup), kourambietes (butter cookies), galaktobouriko (light custard filling baked in phyllo and sweetened with honey syrup) and loukoumades (doughnut puffs drizzled with honeyed

syrup and sprinkled with cinnamon).

Entertainment at the event will include traditional Greek dancing, live music by Takis Kokotas and Aphrodite, a performance of the Annunciation Choir, a kids' zone and a raffle.

There will also be demonstration areas dedicated to Greek music, cooking and learning to speak Greek for travel.

Dariotas invited the community to attend the upcoming Greek Festival, which has been held at the Convention Center for three decades, as well as at various other sites.

"If you're around on Labor Day weekend, come on down to the Convention Center and help celebrate with the Greeks and have some good food and good entertainment," he said. "The whole weekend is really a big party. It's a lot of fun."

Although Dariotis and other volunteers are looking forward to this year's festival, he said that he is much more anticipating next year's festival, which will be held at a structure that is currently being built on the church's grounds on Alhambra Boulevard, across from McKinley Park.

"Most Greek churches have their festivals on their

church grounds, so to be back at the church with facilities and showcase the church building itself is really special," he said. "It's like a dream come true."

During the 1950s, the parish had its Byzantine-style church building and recreation hall, known as the Hellenic Center, built on its Alhambra Boulevard property.

The Hellenic Center, which is located to the south of the Alhambra Boulevard church, was the church's first building constructed at the site.

The church was completed in the fall of 1951 and held its first liturgy in the building with its pastor, Father Nicholas Karas.

New church offices were also constructed along N Street in the same decade.

A plan to build a church in South Natomas fell short in 1993 and the property was subsequently sold.

Through that sale, the property's former owner, Angelo Tsakopoulos, gifted the church \$1.1 million, which was used to purchase the remainder of the block at the Alhambra Boulevard site.

Church members later became split between the options of demolishing the

Festival:

Continued from page 8

present church building and constructing a new church in its place or building a new church on an 8-acre site in the 48-acre McKinley Village development, just east of the current church.

Sam Manolakas, the current capital campaign chairperson for the construction project on the Alhambra Boulevard grounds, said that in about 2010, the parish voted to remain at its present site.

He added that a fundraising campaign was established in 2012 and a groundbreaking was held in June 2015 for a 40,000-square-foot family center and administration/Sunday school structure.

"The grand hall is large enough to have about 450 people and it's divisible into two different sections, so we can have two functions going on at the same time," he said. "We have a gigantic, really beautiful commercial kitchen that we kind of are utilizing the same kind of equipment that they have down at the Convention Center."

Manolakas said that the grounds' old, two-story administration and Sunday school building and the old church hall will be demolished in late September, and in between the new building and the church will be a plateia – a plaza, courtyard or open space.

The entire project, Manolakas added, is planned to be completed by mid-January 2017.

With the festival's relocation to the Alhambra Boulevard site next year, the parish will annually save about \$50,000 on the cost of renting the Convention Center.

And because the parish is not dependent on the schedule of that venue, the event will be more conveniently held in late September or early October at the Alhambra Boulevard site.

Terry Kastanis said that he has a specific concern regarding the parish's plan to relocate the festival to the Alhambra Boulevard site.

"Everybody thinks the festival's move is going to be a wonderful idea, but I'm not so sure," he said. "I have reservations, because downtown there is parking and there is the city garages. We don't have parking on Alhambra Boulevard."

Kastanis added that he is worried that this parking issue could result in the festival returning to the Convention Center.

Although Manolakas said that Kastanis has a valid concern, he added that he is not worried.

"I think we're going to try and work out something with some of the businesses and/or (Sutter



Photo courtesy of Greek Orthodox Church of the Annunciation
The festival will include many food items, including Greek pastries, and lots of dancing.

Middle School) that's right down on the corner of J (Street) and Alhambra (Boulevard) to see if we could potentially rent that for parking and have a shuttle bus go back and forth," he said.

And being that the church grounds are located near a park and neighborhood, Manolakas expects that many festival guests will arrive by foot and bicycles.

Manolakas said that the parish is looking forward to the completion of its long awaited facility.

"We're looking forward to our new home over there (on Alhambra Boulevard)," he said. "I mean, let's face it, I think we're in one of the best locations in the city over in east Sacramento. I don't think it gets any better than that next to McKinley Park. And this new facility is going to allow us to enhance our programs and our missions for the church. So, it's going to be wonderful."



East Lawn Presents A Three-Part FREE Lecture Series

I Survived. Now What?

Presented by:

Dr. Jerry L. Cook, PhD

Professor of Family Studies
at California State
University Sacramento

Although we often see our losses as holding us back from enjoying life, they can be molded into the very thing we need to help us live life more fully.

First Lecture:
Thursday, September 15
at 6:30 p.m.
"How Different Forms of Loss Affect Us"

Second Lecture:
Thursday, October 20
at 6:30 p.m.
"Coping with the Loss of Someone Close"

Third Lecture:
Thursday, November 17
at 6:30 p.m.
"Moving Forward After a Significant Loss"

Refreshments will be served



East Lawn Memorial Park
4300 Folsom Blvd., Sacramento
916.732.2000
www.EastLawn.com

See Festival, page 8

KZAP:

Continued from page 3

I'd been a DJ. I'd seen records at radio station libraries."

Jeff recalled that only a month after his graduation from high school in June 1968, he attended preliminary meetings for the station at FitzGerald's home in Rancho Cordova.

"We met in (FitzGerald's) living room - me and Charlie Weiss and (program director) Paul Merriam and maybe Cary Nosler and a few other characters (who were hired to work at KZAP)," he said.

FitzGerald, Jeff said, played an essential role in KZAP's existence on the 13th floor of the Elks Building, where KRXQ had previously operated.

"Ed, and this is part of building rock 'n' roll in America, you know, he had to kind of sweet talk the Elks to let him come into the building," he said. "He joined the Elks, he went to their meetings."

And in describing the soon-to-be-on-the-air station, FitzGerald presented the Elks with a very limited description of KZAP, which would originally operate with a free-form format.

Jeff described free-form as follows: "Free-form radio is really simple. The disc jockey, the announcer who's on the air, has the freedom to do anything he wants. Anything, play any kind of music, poets, interviews, children's stories, actualities. One of my favorite records on KZAP was the tribes of New Guinea, which (produced) tribal chants. You know, and you would segue way into Santana and stuff."

Jeff added that the greatest number of songs originally played on KZAP were songs by new rock bands.

"Percentage wise, probably the biggest style of music was the new rock bands, because it all came together," he said. "You know, demographics, political revolution, baby boomers, and all these new bands are coming out and they could get no air play anywhere else. They weren't getting played on top 40. They're San Francisco bands, Steve Miller, Grateful Dead, Jefferson Airplane."

The debut of KZAP occurred nearly 48 years ago.

After KZAP employees worked to redesign the studio, the station officially signed on the air at 6 a.m. on Nov. 8, 1968.

Jeff explained that KZAP played an important role in a unique time in history.

"We were in the eye of the hurricane," he said. "All of our peers, be it musicians, artists, activists, teachers, whatever, we were changing the world."

"It was the same kind of social and cultural, political revolution that hit Berlin in the 1920s and Paris in the (postwar) 1940s and New York in the 1950s and San Francisco in the 1960s. You know, we changed the world. And I could point to a string of successes. Did we stop war? No, it turns out the war machine is just too big and too well funded to stop. You know, endless war for endless profit."

"We were doing our part in the revolution to change the world. And I would argue that we succeeded on many fronts. Ecology, politically in terms of political choice in America,



Photo courtesy of Jeff Hughson
Jeff Hughson worked at Sacramento radio station, KZAP 98.5 FM, from 1968 to 1971.

whole foods, back to the land, back to the Earth movement. PETA (People for Ethical Treatment of Animals) and all those kind of things I would allege all grew out of the radio I did and others like me did in the late 1960s and the early 1970s."

After about two and a half years of working at KZAP, Jeff continued his radio work as a DJ at the Sacramento FM radio stations, KNDE, KSFM and KXOA-FM. He left the latter station in about 1974.

He eventually held a variety of jobs, including producing concerts, fairs, festivals, rodeos and other events, working as the entertainment director at the Contra Costa County Fair, and operating a mail order business, selling records and music memorabilia.

Jeff currently provides publicity work for the multi-E Emmy-winning singer-songwriter Bob Cheevers, and is the executive producer of a

documentary film, called "Free-form, Baby!: The FM Radio Revolution."

The film, which is directed by Mark Herzog, is scheduled to be released in early 2017.

Jeff commented about why he decided to end his career in radio.

"I gave it up because all my radio experience after that meant nothing compared to doing KZAP," he said. "KZAP was beyond special. It was a unique experience and you had to be in the right place at the right time with the right knowledge, and we changed the face of radio. Now it's gotten worse than the top 40 that we replaced."

"But you know what? These other jobs that I had I did it because I was a DJ and they issued checks every two weeks. But KZAP, I did it because I loved doing it. And KZAP wrote checks, too. They were just a lot smaller than the other checks."

School starts September 1 with all new bell schedules

The Sacramento City Unified School District is giving teachers dedicated time every week to get together and plan. Research shows that educators who collaboratively discuss and plan their work are more effective in the classroom. SCUSD is proud to bring this successful strategy to the community.

To accommodate this collaborative time, SCUSD is adjusting fall bell schedules. Students will be released early on Thursdays, including the first day of school on Sept. 1.

According to Gabe Ross, spokesman for the school district, at most school sites, this will mean a slightly longer day (12 minutes) on Mondays, Tuesdays, Wednesdays and Fridays and an hour shorter day on Thursdays. For example, if a school went from 8 a.m. to 2 p.m. last year, they would go from 8 a.m. to 2:12 p.m. on Monday, Tuesday, Wednesday and Friday and from 8 a.m. to 1:12 p.m. on Thursday (to al-



low for the one hour weekly collaborative time). In addition to it being an opportunity to provide additional supports for classroom teachers, it also allowed us to provide teachers with additional compensation to maximize our ability to recruit the best and brightest educators to Sacramento City Unified School District. Other area districts are already employing a similar model.

All other days, students will stay in school a little longer than last year. Please contact your child's school for an exact bell schedule.

Weekly teacher planning sessions are vital to helping schools maximize their full potential to support students. Teachers will be better supported, too, and students will benefit from this collective approach to learning.

Do you have a story?

Tell it to us.

E-mail Monica Stark at, editor@valcomnews.com

SENIOR HOMECARE By Angels®

We Care Every Day, In Every Way.
Experienced senior care for total peace of mind.

Bathing Assistance • Dressing Assistance • Grooming
Medication Reminders • Errands • Shopping
Light Housekeeping • Friendly Companionship • Flexible Hourly Care
Respite Care for Families • Live-in Care

www.VisitingAngels.com/Sacramento

916.971.9333

America's Choice in Homecare.
VisitingAngels.
LIVING ASSISTANCE SERVICES



Each Visiting Angels agency is independently owned and operated. Lic# 344700003

**25 Minute Educational Presentation
and a Free Luncheon or Dinner**

East Lawn Funeral Homes, Cemeteries & Crematory
Reservations Required
Please RSVP for the day of your choice.
Seating is limited to 30 attendees per seminar.

FREE LUNCHEON / DINNER SEMINARS

<p>East Lawn Memorial Park & Crematory 4300 Folsom Blvd., Sacramento, CA 95819 RSVP: (916) 732-2000 or on-line at www.EastLawn.com Thursday, Sept 8 @ 6:30 p.m. Friday, October 7 @ 11:30 am</p>	<p>Andrews & Greilich Funeral Home FD136 3939 Fruitridge Road, Sacramento, CA 95820 RSVP: (916) 732-2026 or on-line at www.EastLawn.com This presentation will be in English and Spanish Wed, Sept 21 @ 6:30 p.m.</p>
---	--

FD136

www.EastLawn.com

SATURDAY, SEPTEMBER 3
sacramento
ZOO NIGHT

rivercats.com

MONDAY, SEPTEMBER 5
Meet Sacramento River Cats
Players at Opening Gates!

LABOR DAY BBQ

BBQ package available

REVERE COURT

MEMORY CARE



EDUCATIONAL MONTHLY SEMINARS!

IF SOMEONE YOU LOVE HAS
MEMORY LOSS, WE CAN HELP!

WE PROVIDE...

- Free Support Groups and Education
- Day Club — Fun and Friends
- Respite — Giving Family Caregivers Much Needed Breaks
- Specialized Residential Care
- Warm feeling of home
- Caring, loving staff
- Delicious homemade meals
- Special programs

CHC
CIANCELOR
HEALTHCARE

QUALITY THEY DESERVE...
AND THE HELP YOU NEED.

Find us on
Facebook
Search for Revere Court



7707 Rush River Drive, Sacramento, CA 95831
LIC 347001338; 347001342

(916) 392-3510
www.reverecourt.com

Your Home Improvement Guide

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

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

Remodeling and Design
LIC# 480492

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

Certified Kitchen & Bath Remodeler

www.lytleconstruction.com

CLEANING

Prime Quality Maintenance

- Window Cleaning (inside/out/screens washed)
- Rain Gutter Cleaning
- Junk Removal & Hauling
- Yard Clean-ups
- Pressure Washing
- Hard Water Stain Removal
- Landscape Maintenance

Free Estimates
Licensed & Insured

CSL# 996271

Call Jesse: 916-428-2940

YOUR AD SHOULD BE HERE!

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

Your Home Improvement Guide

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

PAINTING

GARY'S PAINTING

- Warranty
- Senior Discounts
- Professional & Reliable
- Interior & Exterior Painting
- Using only Kelly-Moore Paint!

FREE Estimates!

McClatchy '07

(916) 725-8781

PLUMBING

ROONEY'S PLUMBING
FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com
License #683668

**Our Readers Need Your Service!
It Pays to Advertise!**

Contact Melissa at 916-429-9901

CONSTRUCTION/HAULING

DB Haul-away
Commercial & Residential Hauling
Reliable - Dependable - Insured

Residential/Construction waste removal
Foreclosure services • Yard clean ups
Handyman services • Demo • Drop bin services

Bobby Timms • 916-402-7546 • dbhaulaway@gmail.com

CREATURE CATCHERS/REMOVAL

CREATURE CATCHERS
WILDLIFE MANAGEMENT

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 #7751, issued by State of California

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
zimroof.com
License #763169 Dave Zimmerman

ROOFING

KELLY ROOFING
We've got you covered

Herb Kelly
916.591.9189
25 years quality service

Lic#692638

TILE WORK

BAXTER TILE
EXPERT INSTALLATION
REMODELING & REPAIR

Ceramic • Marble • Granite
Floors • Counters • Walls

33 Years Experience • FREE Estimates
916-213-4669
License #668100

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

HANDYMAN

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

Carpentry - Electrical - Plumbing - Demolition
Sprinklers - Sheetrock
Fix leaks of all types

Accepts All Major Credit Cards "Senior Discount"

NO JOB TOO SMALL!
Licenced and Insured #152992

Call Eric (916) 470-3488

HANDYMAN

D & H Service

Office: 916-428-5907
Cell: 916-206-8909

Interior and exterior painting
Fence Installation
Tile Installation
Dry Rot Repair

25 years of experience

TILE WORK

NIETO'S
TILE & LANDSCAPING
RESIDENTIAL & COMMERCIAL

Frank Nieto (916) 480-9512

Sprinkler Systems (Install & Repair)
Fencing • Plumbing
Electrical • Painting

Concrete • Tile Installation
Granite Fabrication
Laminate/Wood Floors

NietosTile@sbcglobal.net www.nietostile.com Lic. #917883

TRACTOR WORK

TRACTOR WORK
Lic # 571637

Tall Weeds, Blackberries Cut.
Dirt Moving, Discing, Rototilling,
Trenching, Bobcat Backhoe.

Dave (916) 988-3283

TREE & GARDENING SERVICE

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 • Lic# 152584

HANDYMAN

Summer Yard Clean-up Specials!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING /SHRUB REMOVAL
- 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 19 YRS*

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

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

**4 papers,
1 low price!**

Advertise your service
in this section, today!

Call 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

LANDSCAPING

Living Elements Landscape
Convenient and Reliable

Landscape design and installation

- Drought tolerant concepts
- Care-free designs
- Add instant curb appeal and value
- Quality materials and service

916-430-3777
www.livingelements916.com - bilalb@livingelementssac.com

Lic# 1013372

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

PAINTING

COOK PAINTING
Full Service Company - Start to Finish

Freshen Up Your Home
VCN Special

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

Specializing in custom trim & moulding!
Color Consultants
FREE ESTIMATES

In business since 1982

As seen on yelp (916) 591-5056

CLASSIFIED ADS

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

TAX PREPARER

#1 CONCIERGE TAX PREPARER
33 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. FREE Pick-up & Delivery to those who qualify. 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 your appl. today. Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. Same low 1990 rates. www.taxirene.info • taxireneinfo@gmail.com

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.

HANDYMAN

CLEAN-UP SPECIALS!
Rain Gutter cleaning - Yard clean-up. Rain gutter cleaning, pressure washing/power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. 18 yrs. exp. Specials for seniors. Licensed

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 CONCIERGE BOOKKEEPER
33 years exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Childcare, Non-Profit, Retail, Marshal Arts, Barber, Construction, Wholesale, Investment Clubs, Corp. Partnerships, Small Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for your concierge appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info • taxireneinfo@gmail.com

BUSINESS SERVICES

#1 CONCIERGE BUSINESS SERVICES
Put our 33 years in Concierge Business Support Service to work for your business. We provide support in: Licensing, Business & Corp Start-ups or Closures, Basic web design, Set-up social media, Business Concierge Shopping, Marketing and much more. Please contact Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. www.taxirene.info • taxireneinfo@gmail.com

**Our Readers Need Your Service!
It Pays to Advertise!**

Contact Melissa at 916-429-9901

ADVERTISE YOUR RENTALS

Call 429-9901

Check out the Home Improvement Guide and call Melissa for ad rates
916-429-9901

The ins and outs of Fibromyalgia from a local expert

Fibromyalgia, a chronic disorder that is known as an invisible disorder, is one that people don't see the pain that those with fibromyalgia suffer from on a daily basis. Sacramentan Terry Mcswaney leads a support group on the second and fourth Monday of the month from 5 to 7 p.m. in the back room of the Sunlight of the Spirit, 2314 J St.

What follows is a question and answer with Terry.

1. Who is the group for?

The group is for those with fibromyalgia as well as family and friends of those with Fibromyalgia.

2. How do you know that you have Fibromyalgia?

A. It takes a very long time to diagnose, because the symptoms usually do not appear at the same time. Usually a person with Fibromyalgia goes through many medical tests such as blood work, EKGs, biopsies, urinalysis, and so many more. Usually the tests all come back negative. It becomes very frustrating for the fibromyalgia patient, because they know in their hearts that something is really wrong, but the tests say "no."

B. After a fibromyalgia patient goes through these tests a doctor with knowledge of fibromyalgia should start putting all the clues together to come up with the fibromyalgia diagnosis.

C. This is what finally determines and confirms that a person has fibromyalgia. These vary in level of intensity from person to person.

a. Fatigue
b. Waking unrefreshed (feeling like you never slept)

c. Cognitive (memory or thought) also known as "fibro fog" or "brain fog."
d. Symptoms lasting at least 3 months at a similar level.

e. No other health problem that would explain the pain and other symptoms.

f. Overall body pain

g. There are 18 tender or trigger points throughout the body. A person with fibromyalgia is tender to the touch in at least 11-12 of these points.

In other words being touched in these spots is very painful. This is why a person with fibromyalgia will often say, "gentle hugs please."

h. Other symptoms that fibromyalgia patients may experience;

1. Irritable bowel (IBS-D or IBS-D)

2. Bladder symptoms (overactive)

3. Low blood pressure

4. Dizziness on standing

5. Poor balance

6. Frequent headaches

7. Numbness or tingling in hands or feet

8. TMJ

9. Sleep disturbances: toss and turn, overactive mind, and sleep apnea

10. Sensitivity to loud noises (Genevra Liptan, MD)

All of these add up to an overactive stress response. A person with fibromyalgia is always on high alert. The pain that a person with fibromyalgia might feel is amplified in a person with fibromyalgia.

3. What are some misconceptions about Fibromyalgia?

a. Only women can be diagnosed with fibromyalgia. This is not true, Men and children as young as 5 years old have

been diagnosed with fibromyalgia.

b. Fibromyalgia is not real it is all in one's head.

c. If you can't see it, it is not real.

d. You are lazy. You are a hypochondriac.

e. Fibromyalgia is a "catch all" diagnosis.

f. You look great, so you can't possibly be sick.

g. Exercise is not good for a fibromyalgia patient. (gentle exercise such as stretches or yoga can be very helpful.)

h. It is a disease, it is a syndrome, Technically it is "A collection of signs, symptoms, and medical problems that tend to occur together, but are not related to a specific identifiable cause. Dr. Liptan does not agree with this theory. She believes there is an identifiable cause that comes from the connective tissue (fascia) which becomes inflamed which includes many pain sensing nerves." She does call it a disease. (Liptan, 2016)

4. What does a group session entail?

Here is a brief overview of what the group sessions will look like. They will be 2 hours in length. It is often difficult for those with fibromyalgia to stay seated for long periods of time. They can, however, get up and move around while the meeting is ongoing.

a. The first 90 minutes will be sharing their stories with the group and what has worked and not worked for them. During this time we will use the stories to educate the other group members. This is important because each person that has fibromy-

algia will have different pain levels with the variety of symptoms. There is no one way that can be used to lower pain levels or the upsets caused by their other symptoms. In other words there is no cure, but there are different coping strategies and reduction of pain strategies that can work. The participants need to work to find out which strategies will work for them. We will discuss these strategies together to help the participants become empowered to become their own best advocates.

b. The last 30 minutes will be for questions and answers.

c. Each meeting will be based on a topic that concerns each of the group members. There will be guides and handouts to help guide the group members through some of the strategies.

d. At the end of each meeting a goal will be set for each group member to work on during the 2 weeks between each meeting.

e. At the next meeting, we will discuss how each dealt with the weekly goal.

f. Once a month Dr. Dennis Godby (ND), Dr. Ethelbah (ND), or Dr. Damon West (chiropractor) will join us to help answer questions from the participants.

g. The meetings will begin on Monday, June 13, 2016 from 5-7 pm at the Sunlight of the Spirit Book and Gift Shop at 2314 "J" Street in Midtown.

h. New participants can join us at anytime after June 13th on the 2nd and 4th Monday of each month.

5. Tell me more about the walk: When? Where? How Much does it cost? How many participants do you expect for the next one?

The 2016 Sacramento Fibromyalgia Awareness Walk took place in front of John F. Kennedy High School on Gloria Drive. There were 25 walkers from not only Sacramento, but Roseville, Auburn, Citrus Heights, and San Francisco. This team came together only a few months before the walk when I was asked if I would lead a walk in Sacramento. I jumped right in and am very proud that we raised "1,400.00. Several of this year's participants have already volunteered to help get next year's walk going. My goal is to have at least 100 walkers next year, more would be great. I would love to start it at the Capitol in the center of downtown Sacramento's action. The walk next year is scheduled for Saturday, May 13th, 2017. May 12th is Fibromyalgia Awareness Day, in fact the entire month of May is Fibromyalgia Awareness Month. I would love to get a proclamation from the Governor to declare May 12th "Fibromyalgia Awareness" day in California. I did not have enough time to do so this year, but will get the paperwork started very soon. There was a \$20.00 registration fee this year. I do not know if that will change for next year's walk. The funds raised are to benefit research for the "Center for Understanding Research & Education of Fibromyalgia" at the National Fibromyalgia and Chronic Pain Association. (NFMCPA)

WHAT'S HAPPENING EAST SACRAMENTO?

APPLICATIONS FOR SAC STATE SPRING 2017 ADMISSION RUN AUG. 1-31:

Prospective transfer students planning to attend Sacramento State for the Spring 2017 semester may start applying now. The application period runs through Wednesday, Aug. 31. The University is accepting applications during this period from eligible upper-division transfer students. Information regarding transcripts, eligibility, and more is available at csus.edu/admissions/transfer. Students may then apply online at csusnet.edu. Applicants will need to submit an application fee or fee waiver request by Thursday, Sept. 15. Official transcripts are due that same day. Admission decisions are expected to be released starting Oct. 1. Sacramento State, the California State University, and California Community Colleges are working closely to make transfers easier, with programs such as Transfer Ready and A Degree With a Guarantee. For more information on applying, visit the websites or call 278-7766.

TAPIGAMI SUMMER WORKSHOP:

The first rule of TAPIGAMI is to have fun! And TAPIGAMI workshops are fun for the whole family! Every workshop is a unique experience... each person will learn the basics of TAPIGAMI and get to take home a How-To-Book and a roll of tape! Suggested ages for these workshops are 6-11. TAPIGAMI is just as much fun for adults as it is for kids. From 11 a.m. to 1 p.m., workshops are two hours but can run a little longer depending on how much fun we are having. Workshops are located at TAPIGAMI Studios at 204 23rd St, Sacramento, CA.

SCREEN ON THE GREEN AT GLENN HALL PARK:

Bring the kids to the park to see "Hook" with free popcorn hosted by Sacramento City Councilman Jeff Harris and Pops in the Park. Sandburg and Carlson drives. Free. 8:15 p.m. screening. 808-5240. Various locations. sacscreenonthegreen.com.

COUNCILMAN JEFF HARRIS OFFICE HOURS:

Third Saturday of the month, the public is welcome to discuss neighborhood issues with the councilman. This month, meet at the McKinley Library Patio at 10 a.m. 601 Alhambra Blvd.

THE LILY TOMLIN EXPERIENCE: FE GALLERY'S UNAUTHORIZED/UNOFFICIAL LILY TOMLIN ART SHOW:

FE Gallery, 1100 65th St. presents original art interpretations of comedian, writer and singer "Lily Tomlin". Artists include: Gail Miller, Jim Marxen, Stephen Ward, Camilo Valencia, Paula Re, Skye Becker-Yamakawa, Madelyne Templon, Sarah Hedlund, Julie Crowder, Carrie Rennolds, Robert Pierosh, Carol Duarte, Priya Drews, Denise Irwin, Eileen Searcy, Jill Layton, Susan Berry, Chuck Drumm, Cuahtemoc Kish, Dwora Fried, Paula Lewis, Rhonda Thomas-Urdang, Sharol Nau, Mike Purdy, Emma Liff, Kenneth DelAlcazar, Susan Silvester. The show goes until Sept. 23. Gallery hours are 2nd Saturday Hours Front Gallery & Metal Shop 6 to 9 p.m., Monthly Daytime Hours Gallery Monday Friday 8:30 a.m. to 4 p.m. (Closed for lunch some days 11 a.m. to noon)

THURSDAY, AUG. 18

EAST SACRAMENTO CHAMBER OF COMMERCE MIXER: From 5:30 to 8:30 p.m., join the chamber meet local business owners for an evening at Hoppy Brewing Company, 6300 Folsom Blvd.

SATURDAY, AUG. 20

AUGUST KIDICAL MASS TO OKI PARK: Ride to swim! Meet at the Guy West Bridge for a ride along the American River Parkway to Oki Park swimming pool. Meet at Guy West Bridge (Sac State) at noon.

CONCERTS IN CARMICHAEL PARK:

PETER PETTY AND HIS TITANS OF TERPSICHOIRE: From 6:30 to 8:30 p.m., bring your family, blankets and lawn chairs and join us for FREE music all summer long at the Daniel Bishop Memorial Pavilion at Carmichael Park. Food and beverage will be available for purchase and/or bring a picnic dinner to enjoy! Peter Petty is a Sacramento based band leader that tests (and coins) the adage "There are no small rooms, just louder ones." Charged with the singular mission of reinterpreting music that scintillates, syncopates, and sometimes even educates, Mr. Petty swings out with the frenetic elegance of a Tasmanian devil in a tuxedo leading some of the finest stewards of traditional jazz in the Sacramento area to piggyback on the colossal, still-reverberating shoulders of such giants of the genre as Duke Ellington, Count Basie, Louis Armstrong, Mildred Bailey, Cab Calloway and Joe Williams. Then he leaps over to stomp on, and ride the coat-tails of undisputable legends like Ray Charles, Louis Prima, Roy Orbison, Shirley Bassey, Tom Waits, and David Bowie, singing every note of his 2/3 octave range with inexhaustible power and

WILD THINGS:

Starting at 3 p.m., join the library for the final Summer Reading performance of the year! Wild Things a wildlife education program returns to introduce children to a variety of rescued animals. Learn about animal rescue and wildlife conservation at this family-friendly presentation! Library programming is brought to you with the generous support of the Friends of the Colonial Heights Library, 4799 Stockton Blvd.

FRIDAY, AUG. 26 AND SATURDAY, AUG. 27

PUBLIC HOUSE THEATER MUSIC FESTIVAL: See some great live music at the Public House Theater. On Friday, Aug. 26, set times are 7 to 7:30 p.m., The Taylor Chicks (30min set), 7:40 to 8:10 p.m. Beyond Uranium (30min set), 8:20 to 8:50 p.m., Music for the Moment (30min set), 9 to 10 p.m. International Connection (60min set). On Saturday, Aug. 27, set times are 7 to 7:30 p.m., Fulkerson & Clarke (30min set), 7:40 to 8:10 p.m., The Big Poppies (30min

BEST BETS

THE LILY TOMLIN EXPERIENCE: FE GALLERY'S UNAUTHORIZED/UNOFFICIAL LILY TOMLIN ART SHOW:

FE Gallery, 1100 65th St. presents original art interpretations of comedian, writer and singer "Lily Tomlin". Artists include: Gail Miller, Jim Marxen, Stephen Ward, Camilo Valencia, Paula Re, Skye Becker-Yamakawa, Madelyne Templon, Sarah Hedlund, Julie Crowder, Carrie Rennolds, Robert Pierosh, Carol Duarte, Priya Drews, Denise Irwin, Eileen Searcy, Jill Layton, Susan Berry, Chuck Drumm, Cuahtemoc Kish, Dwora Fried, Paula Lewis, Rhonda Thomas-Urdang, Sharol Nau, Mike Purdy, Emma Liff, Kenneth DelAlcazar, Susan Silvester. The show goes until Sept. 23. Gallery hours are 2nd Saturday Hours Front Gallery & Metal Shop 6 to 9 p.m., Monthly Daytime Hours Gallery Monday Friday 8:30 a.m. to 4 p.m. (Closed for lunch some days 11 a.m. to noon)



TAPIGAMI SUMMER WORKSHOP:

The first rule of TAPIGAMI is to have fun! And TAPIGAMI workshops are fun for the whole family! Every workshop is a unique experience... each person will learn the basics of TAPIGAMI and get to take home a How-To-Book and a roll of tape! Suggested ages for these workshops are 6-11. TAPIGAMI is just as much fun for adults as it is for kids. From 11 a.m. to 1 p.m., on Saturday, Aug. 20, the workshop is two hours but can run a little longer depending on how much fun we are having. Workshops are located at TAPIGAMI Studios at 204 23rd St.

PUBLIC HOUSE THEATER MUSIC FESTIVAL:

See some great live music at the Public House Theater. On Friday, Aug. 26, set times are 7 to 7:30 p.m., The Taylor Chicks (30min set), 7:40 to 8:10 p.m. Beyond Uranium (30min set), 8:20 to 8:50 p.m., Music for the Moment (30min set), 9 to 10 p.m. International Connection (60min set). On Saturday, Aug. 27, set times are 7 to 7:30 p.m., Fulkerson & Clarke (30min set), 7:40 to 8:10 p.m., The Big Poppies (30min

set), 8:20 to 8:50 p.m., Gravy Nation (30min set), 9 to 10 p.m., International Connection (60min set). Tickets can be purchased for \$15 per night or \$25 for the weekend. <http://phtmusicfest.eventbrite.com/>. Here is the link where folks can purchase tickets (\$15 per night, \$25 for weekend): <http://phtmusicfest.eventbrite.com/> *Note, the venue has an intimate capacity, so buy tickets sooner than later to grab a seat!

captivating control. Throwing out novelized lyrics, and even a few original tunes, it's an infectious, eclectic, electric, acoustic mash-up that not only connects the dots between seemingly disparate musical genres, and artists, but does it with an adventurous and hilarious theatricality that entertains the "swell" out of audiences of all ages. Carmichael Park is located at 5750 Grant Ave., Carmichael.

THURSDAY, AUG. 25

MAMA TALKS: The Colonial Heights Library, 4799 Stockton Blvd., is proud to partner with the Capital City Doula Collective to present Mama Talks. Starting at 10:30 a.m., this will be a free public event for mothers to connect with one another and access local resources related to pregnancy childbirth and motherhood. This program is geared towards pregnant and new mothers with babies and children under 5 however all parents/caregivers of small children are welcome to attend.

FRIDAY, AUG. 26 AND SATURDAY, AUG. 27

PUBLIC HOUSE THEATER MUSIC FESTIVAL: See some great live music at the Public House Theater. On Friday, set times are 7 to 7:30 p.m., The Taylor Chicks (30min set), 7:40 to 8:10 p.m. Beyond Uranium (30min set), 8:20 to 8:50 p.m., Music for the Moment (30min set), 9 to 10 p.m. International Connection (60min set).

On Saturday, set times are 7 to 7:30 p.m., Fulkerson & Clarke (30min set), 7:40 to 8:10 p.m., The Big Poppies (30min set), 8:20 to 8:50 p.m., Gravy Nation (30min set), 9 to 10 p.m., International Connection (60min set). Tickets can be purchased for \$15 per night or \$25 for the weekend. <http://phtmusicfest.eventbrite.com/>. Here is the link where folks can purchase tickets (\$15 per night, \$25 for weekend): <http://phtmusicfest.eventbrite.com/> *Note, the venue has an intimate capacity, so buy tickets sooner than later to grab a seat!

TUESDAY AUG. 30

FAMILY GAME NIGHT: Starting at 6:30 p.m., join the Friends of the Colonial Heights Library, 4799 Stockton Blvd. for Family Game Night! Each month features a different game for family and friends to play from Pictionary to Family Feud. We provide the games and snacks all you need to bring is yourself and some friends or family. All ages are welcome!

EAST SACRAMENTO BUSINESSES

EAST SACRAMENTO Chamber of Commerce

(916) 947-9403
EastSacChamber@aol.com
www.EastSacChamber.org

September Luncheon

Wednesday, September 14, 12-1:30 pm
Clunie Community Center

September Mixer

Thursday, September 22, 5:30-7:30 pm
Alves & Martinez Physical Therapy
708 57th Street (@ H Street)



Your Total Food Purchase of \$40 or More
\$10.00 OFF
Daily After 4pm, with this coupon.

5723 Folsom Boulevard (Dine in & Take Out)
(916) 457-1936
Lunch: Tues.-Sat. 11 a.m.-4 p.m.
Dinner: Tues.-Sat. 4-9 p.m.;
Sun. 12-9 p.m. Closed Monday.

Entertain Family & Friends

11871 Silver Cliff Way, Gold River, CA 95670
4 Bedrooms, 3 Full Baths, 3 Car Garage, 3,948 sq. ft.

Best priced large home in Gold River with a spacious, brightly lit kitchen and large island for gracious entertaining. Two ovens, walk in pantry, lots of storage. Beautiful cherry cabinets. Extend the party outdoors with a gas barbecue, covered patio, swimming pool and spa. MLS 16004962



Phyllis Ehlert • 916-213-7665
phyllis@mcmahonphillips.com
CalBRE# 01935709



EXCELLENT PRICE

\$629,000
GREAT PRICE REDUCTION

Labor Day SALE

EVERYTHING is ON SALE!

EVERY sofa & loveseat, EVERY bedroom set, EVERY dining set, EVERY home office, EVERY kid's room, EVERY recliner, EVERY accessory is ON SALE!

PLUS

JUST A SAMPLE OF THE INCREDIBLE SAVINGS!

**FURNITURE
CLEARANCE
Parking Lot
SALE**

The parking lot is packed with closeouts, discontinued, floor samples, and clearance furniture.

Hundreds of items drastically reduced!

HURRY IN BEFORE IT'S GONE!



86" SOFA ~~\$596~~ **\$396** REG \$596 382509



151024



60" TV CONSOLE
~~\$736~~ **\$396** 902631

**5PC
PUB SET**
~~\$1289.53~~ **\$696**



Includes
48" round
Pub Table &
4 Barstools

**OVER
50% OFF
ON THESE!**



414274

**5PC QUEEN
BEDROOM SET**
~~\$2179.60~~ **\$1796**

Includes
Queen Bed
Dresser
Mirror
& 2 Nightstands
chest sold
separately ~~\$396~~



921175

YOUR CHOICE
~~\$298~~ **\$248**
OCCASIONAL TABLES



429274

**SAVE
\$200 ON
EACH OF THESE
SOFAS!**

99" SOFA
~~\$696~~ **\$496** REG \$696



376077

94.5" SOFA
~~\$796~~ **\$596** REG \$796



12125 Folsom Blvd.
Rancho Cordova
916-351-0227

Mon - Fri 10am - 8pm
Sat 10am - 6pm
Sun 11am - 6pm

www.naturwood.com

*Sale applies to all indicated items except "Special Buys" and all "Clearance". Allow time for delivery on some items. Some items are limited to stock on hand. Sale ends 9/5/2016.