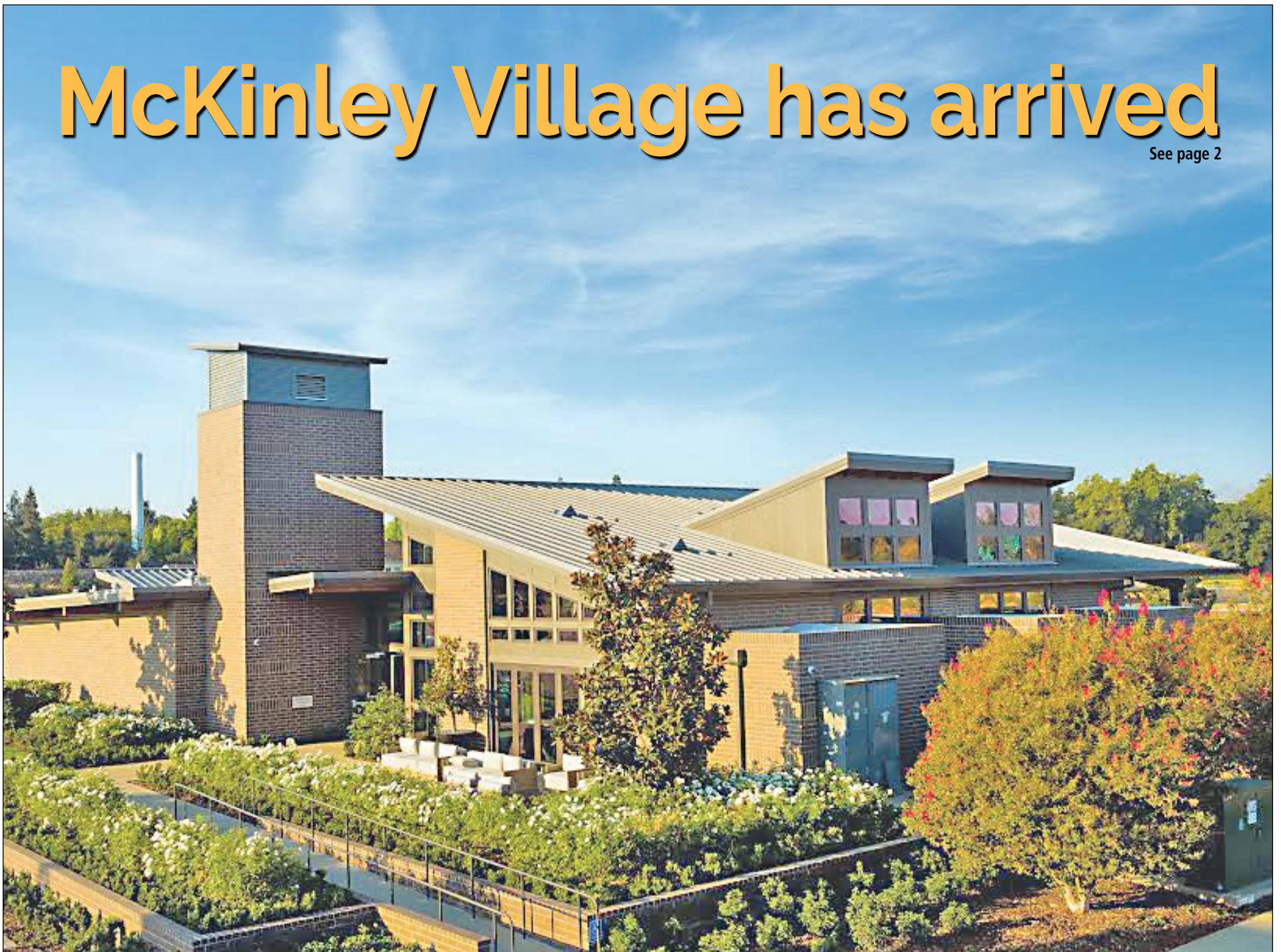


EAST SACRAMENTO NEWS

— BRINGING YOU COMMUNITY NEWS FOR 25 YEARS —

McKinley Village has arrived

See page 2



- Lance Armstrong feature.....6
- Door-to-Door9
- Art10
- Life in the Village11
- What's Happening.....14

Faces and Places:
Preservation
Sacramento
Home Tour

■ See page 4



"The Unity of
Community"
Michelle
Andres' artwork
with Haiku

■ See page 10

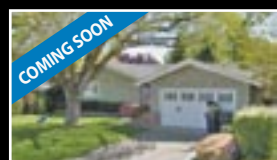


Tom Leonard | 834-1681

Tom.Leonard@CBNorcal.com
CalBRE#01714895



4th Generation
East
Sacramentan



5021 Jennings Way
4 bed, 2.5 bath, 1,986 sq ft



5875 Camellia Ave • \$460,000
3 bed, 1 bath, 1,152 sq ft



5895 Camellia Ave
\$499,000
3 bed, 2 bath, 1,272 sq ft



3786 Breuner Ave
\$665,000
5 bed, 2.5 bath, 2,038 sq ft
Represented Buyer



5413 Caleb Ave
\$600,000
4 bed, 2.5 bath, 2,068 sq ft
Represented Buyer



112 Ada Way
\$567,500
3 bed, 2 bath, 1,668 sq ft
Represented Buyer

Welcome To River Park

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

Vol. XXV • No. 18

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.

PublisherDavid Herburger
EditorMonica Stark
Art DirectorJohn Ochoa
Graphic DesignerAnnin Greenhalgh
Advertising DirectorJim O'Donnell
Advertising Executives:
Melissa Andrews, Steve Crowley, Linda Pohl

2709 Riverside Blvd.
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover photo:
Phil Kampel
Photography

Donald Cox
Courtesy

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



Phil Kampel Photography

McKinley Village has arrived: 14 model homes unveiled last weekend

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

McKinley Village, the 49-acre community developed by The New Home Company and Riverview Capital Investments in East Sacramento near Business I-80, opened last weekend with the unveiling of 14 model homes and community amenities. McKinley Village is an infill project of 336 homes "designed to foster connectivity and healthy living with a wealth of parks, common greens, public art and a wide array of homeowner amenities," according to a press release.

The weekend's events included open houses of the model homes, and on a lighter side, attendees got to enjoy refreshments, shuttle rides around the grounds, bocce ball, balloons, outdoor foosball, making for a festive unveiling.

The prices for the various plans range from the mid-\$300,000s to the low \$900,000s and are broken down as follows: Birch Cottage Greens (alley loaded, parking in the back and porches in the front with opportunity for

See McKinley Village, page 3

McKinley Village:

Continued from page 2

granny flat) boasts up to 2,781 square feet and are priced from the low to high \$600,000s; the prices for the up to 3,172 square-foot Cottonwood homes (single family detached on standard sized lot) range between the low \$700,000s to the low \$900,000s; the Magnolia homes (courtyard homes) are up to 2,258 square feet and range between the low \$400,000s to the high \$500,000s; the up to 2,007-square-foot Mulberry homes (also courtyard homes) are priced from the mid \$300,000s to the mid \$500,000s. Additional model homes that will debut in the fifth McKinley Village enclave in mid-October and include the Adler homes (stack flats) which will be up to 2,536 square feet and priced between the low \$500,000s to the low \$700,000s.

With about 30 years of home-building experience, Kevin Carson, President of The New Home Company in Northern California, spoke with the East Sacramento News regarding McKinley Village and what the community outside of this enclave can expect in the coming months.

He said currently 17 homes are under construction and the entire project is slated to take about three years to complete with the first home buyers will move in late November, early December. Three thousand people

"(At McKinley Village), he put together this amazing light show so you'll drive through there at 10 o'clock at night and it's not just a boring underpass: It's a whole art show in itself."

signed up on the McKinley Village website as "interested" in the project and were notified of the weekend's unveiling. Last Saturday, between 10 a.m. and noon, there was a special preview. By about 1 p.m. about 500 people had come to check out the homes with "several thousand" expected by Sunday afternoon.

"Interest has been really strong and good," Carson said. "This has been a good opportunity to do infill development. It's much more exciting as a homebuilder to go into areas that have schools, recreation and parks and have all that right there instead of going out into suburbia and building. So, we love infill development. So this was a real partnership between the city of Sacramento, Riverview Capital and ourselves to create McKinley Village."

Carson shed some light into the project's pricepoints when asked about any affordability requirements required by the city of Sacramento. To illustrate, he described the Canary project in Davis (another New Home Company development) where they were able to use accessory dwelling units as part of their affordability

requirement. "The city of Sacramento had different affordability requirements," he said.

Regarding entrances in and out of the project, there are just two, the main entrance - McKinley Village Way, which comes off of C Street in East Sacramento and the underpass under the Union Pacific Railroad.

"That was the real reason the property stayed vacant so long. It was very expensive and difficult to make that access happen. But a great partnership with Riverview Capital and the city of Sacramento to make it happen. It's lighted by Michael Sestak of Carmichael-based Sestak Lighting Design who lighted the outside of the Governor's Mansion, bringing it out of the dark.

"(At McKinley Village), he put together this amazing light show so you'll drive through there at 10 o'clock at night and it's not just a boring underpass: It's a whole art show in itself."

The other access is at 28th and A streets, which will take residents into the midtown area.

Carson said the traffic generated by all the traffic studies estimates about

1,800 trips per day would use McKinley Village Way and about 1,700 trips per day would be taken toward midtown. "They're estimating about 3,500 vehicle trips coming out of McKinley Village per day when it's completely built out. In comparison to Carlson Drive out of River Park, that gets 10,000 trips out per day. So, the traffic generated by just 336 lots is not as much as people anticipate."

"It's just gratifying to do an infill project in Sacramento where housing is so needed. We're fortunate we did a lot of focus groups with buyers before designing the homes. Mike Woodley Architecture designed all of the homes and we talked to people about what they wanted to see. So these homes have larger secondary bedrooms, great outdoor living and entertaining areas, large kitchens, storage in every possible area you can get: under stairs. People really wanted storage in their homes. So, I'm really proud of the homes. I'm really proud of how they came out. And the clubhouse, a 4,400-square-foot facility designed by (midtown architect) David Mogavero -- It's really a combination between the Clunie Center and the Shepard (Garden and Arts Center) house. That's where you get the roof lines and the architecture. I'm just really proud of how it turned out ... the tower (in the front of the clubhouse) lights up. Michael also did that and it can be any color you can imagine."

Charming East Sacramento
PENDING

830 56th St. • \$449,000
This property has two units. Very tidy 2 bed, 1 bath in the front house and self-contained 1 bed, 1 bath in the large rear yard.

KURT CAMPBELL
PROFESSIONAL REAL ESTATE CONSULTANT
956-5878

LYON REAL ESTATE
www.GoLyon.com

Enjoy Life
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

Discover adventures...
along the American River

Parkway Passport to Nature Programs on Sept. 24 and Oct. 1

Head outside with family or friends to explore and enjoy the American River Parkway. Naturalists, including Guy Galante, will teach about different characteristics of the Parkway each session, through hikes, games and exploration. Discover adventure in our backyard!

And you'll earn a Parkway Pass (value \$50) if you attend *any session PLUS the final session on Oct. 1.*

Programs offered 9am to noon on: July 23, Aug. 27, Sept. 24, and Oct. 1. Details and registration at:
www.SacNatureCenter.net/ParkwayPassport.html

NEW PRICE 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. \$1,175,000	CLASSIC BRICK TUDOR	SOLD 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. Within walking distance to Curtis Park and Taylor's Market/Kitchen. \$401,000	QUIET STREET IN CURTIS PARK
PENDING 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	TWO STORY CRAFTSMAN	SOLD This 2 bedroom, 1 bathroom home is 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. \$456,000	CHARMING EAST SAC HOME
PENDING Well cared for 3 bedroom, 1.5 bathroom, 1359 sq/ft home. This home hasn't been on the market since 1968. Features include hardwood floors throughout and classic details of original built-ins. The living room is full of light with it's large dual pane windows and fireplace. Close to shopping, restaurants & coffee house. \$499,950	SHORT WALK TO EAST PORTAL PARK	SOLD Residential income opportunity! This duplex in River Park has been immaculately maintained and is perfect for any investor. Proximity to Sac State makes these two 2 bedroom, 1 bathroom turnkey units a great investment. Light, bright finishes really bring this property to life. \$559,950	GREAT RIVER PARK DUPLEX
 Rich Cazneau 454-0323 www.EastSac.com CAIBRE# 01447558 to 87778 for a free mobile KW app.	 KW LUXURY HOMES MILLER REALTY GROUP Keller Williams LUXURY HOMES MILLER REALTY GROUP	SOLD Located on a beautiful tree lined street in East Sacramento, this 2 bedroom, 2 bath, plus den, is on almost 1/4 acre. Features include hardwood floors throughout, as well as a 2 car tandem garage with an attached shop. Great location near restaurants and shops. \$850,000	CHARMING BUNGALOW



Faces and Places: Preservation Sacramento home tour featuring Elmhurst

Photos by Donald Cox/Special to the East Sacramento News

Shown here are photos from last Sunday's Preservation Sacramento home tour featuring the Elmhurst neighborhood. Shown top left: Matt Piner, Gretchen Steinberg (president of SacModern) and Gretchen's friend Sarah.

Shown top right: There was a dinner after the tour to honor the House Captains, docents, and all those that worked on the tour. A special guest was Roberta Deering who recently retired as Preservation Director of the City of Sacramento. To thank her for her 15 years of service, Preservation Sacramento gave her a photo collage of some of the buildings she helped preserve or renovate. Roberta is on left and Garret Root, President of Preservation Sacramento, is on the right.

Shown on the bottom left: Robert Sinclair in the foyer of the Julia Morgan house waiting receive tour guests.



LIFE LONG
Learning

The Saké Mystery

Did you know there is an alcoholic beverage that has been around for 2,000 years! Plus, has 13 proven health benefits. Come join us at Greenhaven Estates as we understand the Saké Mystery. This is a Free Life Long Learning Series and complimentary Saké tasting.

When: October 6, 2016 at 6:30 PM

Where: 7548 Greenhaven Drive Sacramento, CA 95831
Space is Limited RSVP today at 916-427-8887.



Greenhaven Estates
7548 Greenhaven Dr • Sacramento, CA 95831
Phone: (916) 427-8887 • Fax: (916) 427-8904
administrator@greenhavenassistedliving.com

Copyright © 2016 by Uhlig LLC. All rights reserved. 0883

Art of the Car
featuring **GARIBALDI**
Friday, November 4, 2016
5:30 p.m. to 9:00 p.m.
Benefiting the California Automobile Museum

Featuring a farm-to-fork dinner, cocktails, live entertainment, and a fabulous auction of art and unique experiences.

Individual Tickets: \$75 –VIP Table Sponsorships available.
To purchase tickets or for more information call **916.442.6802** or visit calautomuseum.org/artofthecar

CALIFORNIA AUTOMOBILE MUSEUM @CalAutoMuseum

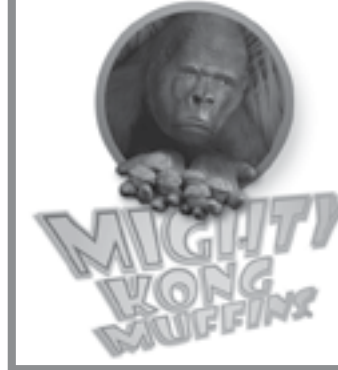
2200 Front Street | Sacramento CA | 95818
www.calautomuseum.org

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.

CareGivers of Land Park

Serving the elderly in our neighborhood

In-home care for seniors who need assistance. Land Park, Pocket and Greenhaven areas.
Available 24 hours a day!

- Respite care
- Full time care
- Meal Preparation
- Food & diet monitoring
- Grooming assistance
- Bathing assistance
- Appointments & errands
- Medication reminders
- Incontinence care
- Pet care assistance
- Light housework & Laundry

Call Today for a **FREE**
in-home Consultation
916.424.6292

COOK REALTY

THE HOUSE "SOLD" NAME
IN YOUR NEIGHBORHOOD
TREY BONETTI, Broker
CalBRE# 00999899

- REAL ESTATE SCHOOL
- PROPERTY MANAGEMENT
- RELOCATION SERVICES

www.cookrealty.net
(916) 451-6702



4305 Freeport Blvd
Sacramento, CA

King Crossword

ACROSS

- Rearward, at sea
- Highlanders
- AAA job
- Scatter seeds
- Monastery head
- Years you've lived
- 9-Ball setting
- Popular sandwich, for short
- Him (Ger.)
- They can't be compared to oranges
- Thickly entangled, as hair
- Aching
- Playwright Levin
- Steal from
- Do, re and mi
- Occupy completely
- Ph. bk. data
- Colt's mama
- Dervish
- Affirmative
- Falsehood
- Sketch
- Rouse
- Journalist Fallaci
- Scot's hat
- "— and Peace"

1	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	

- Cheating, e.g.
- Recede
- Witnessed
- Superlative ending
- Albright and Falana
- Old Italian money
- Small egg
- Trample
- Washington city
- Citric bever age
- Haphazard
- Secret agent
- Lecherous look
- Vacillated
- Apportioned
- Drenches
- Relinquish
- Tatter
- Illuminated
- Seniors' dance
- Pump up the volume
- Cleopatra's snake
- Anger
- Has bills
- Egg — yung
- Opera solo
- Grate
- Pair
- Swear
- Trench
- Accumulate
- Lad
- Rowing tool
- Strand
- A Great Lake
- Lower limb

© 2016 King Features Synd., Inc.

See answers, page 7

BUILDING P.I. PROPERTY INSPECTION SERVICES

Residential • Commercial • Manufactured Homes

Book Online 24/7 & Recieve a Discount

www.buildingpi.com • bldgpi@hotmail.com

916-930-0209

CREIA/ASHI CERTIFIED/ E/O Liability Insured

Same Day Report, Weekends

Visa / Master Card Welcome

Protect Yourself, Book With The People That Care About You, Your Biggest Investment, And Your Family's Safety!

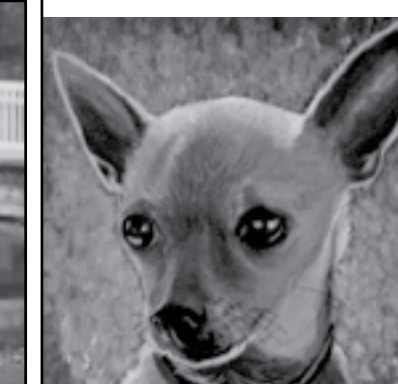


Photos by CROWLEY

Capturing Memories
for a Lifetime

Steve Crowley
916-730-6184

photosbycrowley@yahoo.com
www.photosbycrowley.com



Martial Arts Training for the Whole Family

2 weeks for \$39
(including uniform)

Kick Start Your
Family Fun!
916-373-9789
atasouthport.com



3170 Jefferson Blvd. #120
West Sacramento, CA 95691

The Meadows at Country Place



"We respectfully care for your loved
one right here in our neighborhood."



- Complex Physical Limitations
- Dementia • Alzheimer's • Hospice
- Respite Care • Stroke Recovery

Call Today!
916.706.3949

10 Country Place
Sacramento, CA 95831
TheMeadowsatCountryPlace.com

Melissa Andrews

www.MelissaAndrews.com
melissandrews@comcast.net
(916) 447-4441

A unique and original gift for that Pet
Lover in your life this holiday season!
You provide a favorite photograph, I do
the rest!

Acrylic Portraits starting at \$195.00
for an 8x10".

Cary 'Captain Carrot' Nosler shares his KZAP memories

By LANCE ARMSTRONG
Lance@valcomnews.com

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

Before the Sacramento region knew him as the nutrition expert, "Captain Carrot," local native Cary Nosler entered the world of underground radio.

Nosler, who once again resides in the Arden area, said that for about six months prior to becoming the original program director at Sacramento radio station, KZAP 98.5 FM, in November 1968, he was a DJ at another station.

"We did a nighttime shift on a station out (at 2912) Auburn Blvd.," he said. "It was an FM station (KJML 106.5 FM) that actually no one listened to, and a friend of mine bought three hours of time a night."

"We traded out a bunch of albums at a place called Jack's House of Music, which I would carry to the station every night. And that was the first underground radio station in Sacramento."

Nosler, 72, said that those albums featured music of the day by such rock bands as the Grateful Dead and the Jefferson Airplane.

"It was everything that was not the 45s of the day," he said. "They were long-play-

ing cuts that were popular, but they weren't played on the radio, because they were too long. They didn't fit in the AM (radio) format, and FM was practically nonexistent. FM stations that were around played classical or jazz, and essentially had no listeners, because most people didn't have FM receivers."

Nosler, a 1962 graduate of El Camino High School, said that he became involved in radio while he was living in the Bay Area and heard (KMPX 106.9 FM), the first West Coast underground radio station.

"I had never heard a radio station like that in my life," he said. "It so impressed me that I went to the Columbia School of Broadcasting. I drove into San Francisco from Palo Alto, signed up for this thing, because I didn't know what else to do but become a disc jockey. I came back to Sacramento and just practiced, not knowing that I would ever make it to an underground radio station."

During the first week he was on the air at KJML, Nosler received a telephone call from Ed Fitzgerald, KZAP's original general manager.

"I didn't know that KZAP was being built, and (Fitzgerald) said, 'Hey, we're building a new station. Would you be interested?' he recalled. "I was just amazed. I thought, 'My God, I've only been on the air a week and I'm getting another job.'"

Although Nosler initially declined the offer, he said that he later contacted Fitzgerald to tell him that he changed his mind.

Nosler described himself as "kind of the straightest guy there (at KZAP)."



Cary Nosler is shown in his home radio studio, where he co-hosts the weekly health program, "Forever Young." Photo by Lance Armstrong

"I was still kind of living with my folks (Bird and Sherry Nosler), because I had spent my money to go to the Columbia School of Broadcasting," he said. "And we started off at like \$150, \$160 a month at KZAP, so I didn't have much money."

Despite his role as KZAP's program director, Nosler was primarily just one of the station's DJs.

Yet he explained that unlike other DJs at the station, music was not at the forefront of his life.

"I just wanted to fulfill my journey, which was health, nutrition, inner exploration; same as a lot of other folks at the time, trying to figure out who I am, where I am, what I am," he said. "Unlike a lot of my compatriots at KZAP, music was not the end all for me. It was the community and the tenor of the times. That's what spoke to me."

Nosler also noted that KZAP experienced challenge

Nosler said that he briefly planned to leave KZAP to work at KROY 1240 AM in 1971.

"I told Ed I was going to quit and I went over to KROY one night and I couldn't handle those little 45s," he said. "They just drove me nuts. It's like you put on this little record and in a couple of seconds it's done. And the whole ambience was just not what I was into, so I went back to KZAP."

Nosler described KZAP's free-form format, which gave DJs the freedom to play whatever they desired.

"KZAP became more rock radio as time went on, but in the beginning it was true free-form," he said. "It was the jock's prerogative as to where you went and what you did with it."

Nosler also noted that KZAP experienced challenge

See KZAP, page 7

KZAP:

Continued from page 6

as a free-form station on the FM dial.

"We were so different," he said. "We had a hard time getting commercials when we started. Nobody knew what the heck (the station) was. They were afraid of our listeners in a sense. Plus, we actually had lists that told people how to make an FM antenna, so they could get it in their home. And (FM) radio in your car, forget it."

As a station that reflected the era, KZAP, Nosler noted, represented that "whole ambience of exploration" of the times.

And as a free-form DJ, Nosler played music in the genres of rock, folk and classical.

Nosler recalled being introduced to music by the station's music director Jeff Hughson.

"(Hughson) would turn me on to some really obscure stuff," he said. "Jeff played stuff that to this day doesn't get played anywhere in the world. And I would play his stuff, and whatever I liked. That was the whole point. I did whatever I wanted to do."

Nosler said that as another sign of the "tenor of the times," he eventually left KZAP after a woman did his astrological chart and convinced him that "something was right around the corner."

"I quit KZAP, as crazy as that sounds, on her advice," he said. "Six months later, nothing was around the corner."

Around that time, Johnny Hyde, who had attempted to hire Nosler at KROY, made another attempt to hire him, Nosler explained.

"Now (Hyde) was the program director at KCRA

(1320 AM)," he said. "He had come from KROY, and he tried to hire me for an all-night shift, and that didn't sound good. I said, 'Nah, no thanks. And Johnny calls up again and he wanted to hire me from 8 (a.m. to noon). I said, 'No.'"

"Finally he was so exasperated and said, 'What the heck do you want to do?' I said, 'Well, I think I want to do a little health segment.' He said, 'Ok, come see Lee Kirk.' He was doing the noon show, and that's how I started (on KCRA)."

Nosler said that it was during his time working with Kirk, in about 1970, that he became known as Captain Carrot.

"Eventually, (Kirk) said, 'Nobody knows who you are,'" he said. "I said, 'Fine, it doesn't bother me at all.' He says, 'Why don't we call you something?' I said, 'I don't care. What do you want to call me?' He says, 'Think of something.'"

"Here I'm still in my KZAP smart ass days and I said, 'How about Off the Wall with Captain Carrot?' Captain Carrot sounded liberative and healthy. He says, 'Well, I like Captain Carrot, but Off the Wall won't work here. We're going to call you Captain Carrot.'"

Nosler recalled that while he was working for KCRA radio, he was approached about becoming a guest on KCRA-TV.

"I (got) a request to be a guest on the 'Today at Noon' show, but before they would let me do that, I had to go out to lunch with the news directors to make sure that I wasn't some kind of drugged, crazed hippie," he said. "I passed the test, I went on the 'Today at

Noon' show with Harry Martin and Bob Whitten.

"And they were the rudest people in the world. I came on trying to talk about health. Harry Martin wouldn't even look at me. Bob Whitten was making fun of me and doing all this kind of stuff"

Nosler said that after several shows of being treated in this manner, he decided to make healthy milkshakes on the air and serve them to Martin and Whitten on the show.

After Martin and Whitten refused to look at or drink those milkshakes, older female viewers called the show and expressed their displeasure with how Nosler was treated.

Nosler said it was those calls that gained him some notoriety.

And with that notoriety, Nosler returned to KZAP to present a health show.

Meanwhile, Nosler was still working for KCRA-TV and radio.

As Nosler's Captain Carrot notoriety increased in the 1970s, Raley's supermarkets hired him to do commercials and have his own product line, which included vitamins, yogurt, muffins, cheese and olive oil.

Nosler, whose health pursuit dates back to his junior year in high school, said that

he also increased his involvement at KZAP, broadcasting his nutrition classes at C.K. McClatchy High School and American River College.

He also taught a very popular yoga class at Mira Loma High School, and was paid to speak about nutrition to various groups.

His career also included working as a guest commentator on KOVR Channel 13.

Nosler, who also earned a bachelor's degree in psychology from Sacramento State College (today's California State University, Sacramento), said that his time at KZAP included the suicide of the station's original owner, Lee Gahagan, the relocation of the station from 921 11th St. to 924 9th St., and its gradual shift from free-form to the heavier rock of that time.

Nosler, who remained at KZAP until about 1978, recalled how his time ended at that station.

"I was there when they sold it to the new group (Western Cities Broadcasting), then one by one we just got let go and they came into the next incarnation of the KZAP model, which was the heavier rock 'n' roll-type thing, but not underground by any stretch of the imagination," he said.

Nosler's radio experience also includes spending about 14 years on a weekend show on KSTE 650 AM.

Today, Nosler continues to maintain his healthy lifestyle, which includes weight training.

And in combining that love and his love for radio, he currently co-hosts the "Forever Young" health-focused radio show, which can be heard every Saturday from 8 to 10 a.m. on Sirius XM Channel 131 and through more than 20 terrestrial stations across the country.

Nosler, who recognizes KZAP as the "launching pad" of his career, expressed his appreciation for that now-defunct station.

"I'm glad I had the opportunity to experience it and that it came along at a time that just helped me for my own personal growth," he said. "And I think that's where a lot of people were (with KZAP). I'm just glad I was there."

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

East Lawn Memorial Park & Crematory

4300 Folsom Blvd.,
Sacramento, CA 95819
RSVP: (916) 732-2000 or
on-line at www.EastLawn.com
Friday, October 7 @ 11:30 am

Andrews & Greilich Funeral Home

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.

FD136

www.EastLawn.com

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

- | | |
|------------------------|---------------------------------|
| <i>Services</i> | <i>Experience</i> |
| • Wills and Trusts | Medi-Cal - 9 Years • |
| • Special Needs Trusts | Francise Tax Board - 11 Years • |
| • Trust Administration | 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. #547001338/42

Day Club, Respite,
Residential, Support Groups
& Educational Classes
casey.s@chancellorhealthcare.com
www.reverecourt.com

(916) 392-3510

7707 Rush River Dr. Sacto, CA 95831

THE 28TH WINES OF CLARKSBURG

WINE TASTING & ART AUCTION
BENEFITING THE CLARKSBURG LIBRARY

SUNDAY, SEPTEMBER 18TH
1:00PM - 5:00PM
HERINGER RANCH
37375 NETHERLANDS RD
CLARKSBURG

Tickets are \$60 per person
Tickets can be purchased at the
Clarksburg Library, or online at
ClarksburgLibraryFriends.org

No one under 21 will be admitted

WINE TASTING FROM LOCAL WINERIES
FINE ART AUCTION • GOURMET FOOD • LIVE MUSIC

— King Crossword —
Answers

Solution time: 21 mins.

A	F	T	G	A	E	L	S	T	O	W		
S	O	W	A	B	B	O	T	A	G	E		
P	O	O	L	T	A	B	L	E	B	L	T	
			I	H	N	A	P	P	L	E	S	
M	A	T	T	E	S	O	R	E				
I	R	A	R	O	B	N	O	T	E	S		
F	I	L	L	N	O	S	M	A	R	E		
F	A	K	I	R	Y	E	S	L	I	E		
			D	R	A	W	A	W	A	K	E	N
O	R	I	A	N	A	T	A	M				
W	A	R	D	I	R	T	Y	P	O	O	L	
E	S	T	O	V	U	L	E	A	D	E		
S	P	Y	M	F	T	E	D	R	A	G		

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.cfcsSacramento.org

Serving the community since 1921

Harry A. Nauman & Son

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

Serving Sacramento Families since 1903.
Pre-arrangement packages available.



LIND BROTHERS

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

Reliving camp memories at Camp Capital City

A nostalgic celebration of all things camp – benefiting local Y youth programs

By MONICA STARK
editor@valcomnews.com

It's time to get campy; but don't fear. The event featured here does not lack in social graces nor aesthetics. Quite the contrary.

However, "campy" is the word used to describe the second annual Camp Capital City. It's a nostalgic celebration of all things camp and it happens from 5:30 to 9 p.m. on Saturday, Sept. 24 on the play fields of the YMCA of Superior California. The whole back end of the local YMCA will be transformed into an event where adults can relive their beloved camp days without leaving Sacramento.

From a gourmet barbecue dinner to a smores dessert bar, beer by Bike Dog Brewing, wine by Bogle Vineyards and camp-themed libations (Bug Juice was a drink last year that included apple juice and "apple vodka" and perhaps given that name as something

to tell the children), Camp Capital City will also include live music and camp games and activities – including archery, rock climbing, horse shoes and more. The evening will also include a wine-pull and live auction, with packages including a Disneyland family getaway, a seven night Oregon coast retreat, a weekend stay at Bear Valley Y Camp in the High Sierra, among others.

The campy fun of last year's inaugural event brought back camp memories to YMCA board member Mark Hanzlik who grew up with the YMCA as his father was a camp counselor and administrator in the Bay Area. "We did have Bike Dog Brewing (at Camp Capital City). I don't remember having that as a kid. The archery- I was big on that. I enjoyed pulling a bow back again and I was sure to do it before I had too many beers. I still have the touch."



Hanzlik also enjoyed the light blues and camp tunes. "I don't know if I was singing along that well. But, the great thing (about the fundraiser) is that it's a change of pace for everyone. People like the casualness of it."

As another 2015 Camp Capital City attendee, Christina D., put it: "The fundraiser circuit around town can get a little... same-y. It's refreshing to look forward to a relaxed event where you can ditch the heels and embrace

that last bit of summertime for a good cause. The food, drinks, activities, and program were wonderful, and unique. Even if this event didn't raise money for programs that benefit the kids in our community, it would've been an amazing night out."

From the climbing wall, to the archery an "unbiased" attendee Erin K. McDonough, the event's organizer, said, "Everything was lots of fun (last year). Bike Dog and Bogle were both fantastic.

I loved the climbing wall; I haven't done that in quite a few years, as well as archery. That definitely takes you back to time away at camp as a kid, getting to shoot a bow and arrow."

McDonough, also a board member for the YMCA, said her children (who are now in the first and third grades) are YMCA preschool graduates, and also took swim-

See Camp, page 15



Door
— to —
Door
with PAT LYNCH

One Blue Friend

One Blue friend says, "I live in a Red state. If I put out a sign it would be seen as...hostile." She says her Red and even Purple neighbors would view the sign as brazen public criticism of their collective Red preference. We all understand this. Lawn signs are speech. Officially, Red and Blue believe in free speech and 'will defend to the death your right' to say almost anything, even when privately aghast at your myopic and wrong-headed grasp of issues. But we also like to get along, and be neighborly enough to borrow emergency coffee. So my friend will vote Blue, but no Blue sign will go up on her lawn.

I live in a Blue state, a Blue city, in a Blue neighborhood and on a Blue block. I would guess my street is 80 percent Blue. True Blue, Bernie Blue, Bold Blue, Union Blue, Lavender Blue, Pastel Blue, Sky Blue. We even have a Shy Blue, a quiet lady in her nineties whose voice drops to a whisper when she hazards a political remark. There is only one political sign on our block, and no signs at all on the blocks around us. It was the same during the primary. But last

merely because of his aggressive politics. He also has logorrhea (a compulsion to talk incessantly), and likes to parrot Savage's more vulgar insults. This is a great misfortune for the Generic Reds who live directly across the street from him. Blood Red loves Trump and assumes the Generic Reds share the love. But they do not. They are discrete, mannerly Reds, distressed by crass braggadocio. They suffer the embarrassment and perplexity that presently besets a great many of their kind. When I see these pleasant people we speak of hydrangeas and pets, nothing more. The last Red on our block, Rosy Flair, is not registered to vote.

The rest of the block is Blue. True Blue, Bernie Blue, Bold Blue, Union Blue, Lavender Blue, Pastel Blue, Sky Blue. We even have a Shy Blue, a quiet lady in her nineties whose voice drops to a whisper when she hazards a political remark.

There is only one political sign on our block, and no signs at all on the blocks around us. It was the same during the primary. But last

week a Blue neighbor said excitedly, "There's a huge Trump sign on Name Withheld's lawn." We drove over to see. Nothing. "They must have taken it down already," she said. "Or maybe somebody tore it down."

We all said, at once, "Kids." Because no respectable adult, Red or Blue, would tear down a political yard sign, right?

These are fraught times. It's scary to think that our national elections so often depend on a few Purple swing states, forcing candidates to tailor their arguments to appease the typical Purple voter. The Electoral College seems an antiquated system that favors Red and Purple over Blue, rural over urban. This pleases Blood Red but vexes others, especially a Union Blue neighbor whose peace of mind has been permanently rattled by his study of global warming.

Many people avoid talking about politics. This is really too bad because the current presidential race is a fascinating clash of tremendous consequence. Nevertheless the aforementioned prefer neutral conversations about recipes, gyms and furniture. These chats are not thrilling. You can try to avoid politics but eventually may feel compelled to take a stand. I know a Blue divorced woman who

began dating via Match.com, but many of her dates turned out to be Reds. Arguments ensued, romances fizzled. So she tweaked her profile and said she only wanted Blues. Then came quite a parade of men who thought we should regulate Wall Street and guns. Another friend, a widower who is a Sky Blue (benignly Blue by habit, and the possessor of a generally benevolent world view) stated on his profile that he preferred Blues but would also try Violets. A Violet arrived. She, however, turned out to be a Red Violet, not a Blue Violet, and she got grumpy when she saw his Blue bumper sticker (put there not by himself but by a Bluer friend). The self-designated Violet had tried to mask her deep Red leanings, but was unable to maintain her cover. (It speaks to her authenticity that she couldn't carry on the pretense). The Sky Blue widower decided to move on and soon met a Bold

Blue woman who had written a book about myth. He was intrigued and soon forgot Red Violet's given name. So politics follows us everywhere, even into E. Harmony. No matter how tense the current national election is, not everyone has retreated to the Zone of Silent Abiding. A number of us, while avoiding argument with neighbors, are still openly partisan. It makes us less popular in some circles, but those are not particularly stimulating circles. We speak up. When people suggest that the exchanges in this election have plunged both sides to a new low, we reject the false equivalency. One side has gone low, not both. One side has scraped the cultural bottom, not both. We are the people who will say so. We will rebut the received wisdom and media crafted polarities and enter the fray. You know that one political sign on my block? It's mine, and it's True Blue.

Pat Lynch is a Sacramento writer with astute social consciousness and a reporter's sharp eye. She tunes 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 the book at Lulu.com or call 916-457-2725 for a 10% Discount

All That Glisters AND OTHER STORIES
PAT LYNCH

Welcome to Bethel Ministries
Church of God in Christ
"A place to call home"

Weekly Services:

- Sunday School 9:30 AM
- Sunday Worship 11:00 AM
- Wednesday Bible Study 7:00 PM
- Women's Ministry Every 3rd Wednesday
- Tuesday & Thursday Day Prayer 12 Noon

Pastor William Hunt • 916-802-3264
3738 Broadway, Sacramento, CA 96817
wahunt2864@sbcglobal.net • bethelmop@sbcglobal.net

Dixon Scottish Highland Games
9 a.m. to 5 p.m., Saturday, Sept. 24
Dixon Fairgrounds, 655 South First Street
(Dixon is 19 miles southwest of Sacramento, off Interstate 80)

Lots of Scottish fun: Celtic, Scottish and Irish folk and rock bands; region's finest bagpipe bands; Highland and Irish dancing; Scottish athletic competitions; British food, beers and gifts; Scottish living history displays; rugby; Scotch whisky tasting; Scottish animals; children's activities and *a wee bit more!*

\$10 general admission; \$8 for youths and seniors; and FREE for kids, under age 9, and active-duty military and their families (with military ID).

www.scotsindixon.org

PLEASE Recycle this paper

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

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

Elk Grove Giant Pumpkin Festival
THE GREATEST PUMPKIN SHOW ON EARTH
October 1-2, 10 am-5 pm
Elk Grove Park
Free Admission
\$10 parking

ENTERTAINMENT * KIDS ZONE * CRAFT FAIR * PUMPKIN FOOD

- Giant Pumpkins!
- Scarecrow Contest
- Art Activities
- Pumpkin Patch
- Pumpkin Kitchen
- Recipe Contest
- 1 MILE Pie Eating Contest
- Pumpkin Regatta
- Velocity Circus
- Music
- Food & more!

Vendors & Contest Applicants:
www.yourcsd.com

(916) 405-5600
@ElkGroveGPF

ARTS

"The Unity of Community"

Michelle Andres' artwork with Haiku

The Unitarian Universalist Society of Sacramento presents a solo art exhibit by Sacramento artist Michelle Andres, "The Unity of Community," that began last week and continues to Oct. 31. A reception for the public and artist talk will take place Friday, Sept. 16 from 5:30 to 7 p.m.

Andres' work focuses on the human experience. She incorporates haiku into abstract mixed media paintings. Many of the haiku topics are drawn from her weekly blog, "The Art of The Well Lived Life."

My work, largely abstract, explores our human condition, the possibilities of our time here and the choices we make which lead to the creation of our lives. Non-representational abstract work does not so much tell a story to us; it reminds us of our own stories. We may remember a specific

ic time, experience, feeling, or the "stimulus" may tap into us at the moment of viewing. That connection can speak to different people in so many different ways – each from their own, unique, personal experiences.

As a painter, Andres creates abstract work with paint and resin that focuses on the narrative, using words, haiku, color and texture to prompt responses that resonate with the viewer's personal stories. She explores the common threads that run through the human experience. Regarding this particular body of work, she says "I hope the viewer will find this art meaningful in a way that is uniquely personal to him or her. I can tell someone a story, but here, I paint a common story we all likely share."

A born artist, yet also trained in psychology and organization be-



havior, introspection is part of my life and who I am. When I paint or write I'm able to "leave myself" and let that introspection flow onto the canvas or page. Each week I write a blog, called "The Art of The Well Lived Life" which explores human nature, its brilliance and challenges. For this series, I've allowed my visual and written art to work together through haiku, which is a form of Japanese poetry. When I begin a work, sometimes the writing comes first, but sometimes the painting informs me of the words. It feels natural to me to integrate

these aspects of life into one body of work.

Andres also keeps a studio, Studio #1, at ARTHOUSE in the historical R. Street Corridor. The space includes a gallery and collection of artist's studios. Andres' studio is open to the public each First Friday and Second Saturday of the month, and by appointment at 1021 R. St.

For more information visit individual artist's website at: www.michelleandres.com www.facebook.com/michelleandresstudio



LIFE IN THE VILLAGE

By JAN DALSKA
East Sacramento News

Our First Day in the Village

We were finally moving into our new home. But, while we were in the process of getting settled, we had to stay where our parents told us to. Linda and I had to babysit our younger siblings, Rita and Wayne, who were both in the playpen. Rita had to be watched closely all of time because she had a habit of putting anything that she found on the floor into her mouth. We encouraged Wayne to play with his alphabet blocks or his ball to distract him from crying.

Rodney and Timothy were told to stay in the house or the backyard area, and out of the way of the men who were carrying in the boxes, and furniture and setting up the bunk beds and cribs. Our mom was busy giving directions to them about where to put our belongings. Our dad's goal was to have everything unloaded and put in place before we all sat down to eat dinner.

My brothers were lucky to get outside for a few hours. Rodney reported to Linda and me what he had seen. He told us that the backyard was nothing but dirt, and there was no fence between our house and the neighbors' houses. He also said that the yard needed a tree for him to climb. And, he

hinted that dad might be getting us a swing set soon, and that it would have a slide for us to play on.

Finally, the trucks were empty. My dad's friends had left. Mom was sorting through the boxes to find her pots and pans, and dishes. She stared into the cupboards, searching for something she could fix for dinner. It would probably be peanut butter and jelly sandwiches, which I did not care for. There was nothing else to eat. Dad had not gone to the grocery store for a few days so there would be less food items to move. We were all very hungry since none of us had eaten since breakfast.

Wayne had fallen asleep sucking on his bottle of milk, and Rita was quietly playing with his blocks. Soon, they would both be sleeping in their own cribs in what my mom called the "nursery room". It was the room that was next to my parents' bedroom so my mom could hear them when they cried. Linda and I were checking out the bedroom that we would be sharing. We slept in a double bed.

The house was finally coming together. It was a relief for all of us to have our furniture, clothes and toys in

place. Rodney and Timothy slept in single beds in their own room. They were in their room putting away their clothes and toys and talking about what our dad's plans were for the backyard. Rodney said he had asked our dad if he could get a bicycle so he could ride around on the streets in our neighborhood.

He was telling Timothy that he was going to check out the next door neighbors after dinner, and that Timothy had to stay home because he was too little. He would turn five next month, and wasn't even in school yet. Rodney constantly reminded all of us that he was the oldest kid. Rodney told me more than once that he had wanted to be the only kid, and that I had messed that up by being born, and then the other kids came along. I did not know what he meant by that. My parents could have as many kids as they wanted to. Rodney was not in charge of them.

What Rodney and I did not know at the time was that my mother was expecting another baby in late November or early December. That would really make him mad. More kids in the family, and there were only four bedrooms. Where would they sleep? Maybe my parents should stop having more children. Or, maybe they should have thought about buying a larger house.

My mother was one of twenty children. My dad came from a family of fifteen children. We only had six kids in our family, a very small family compared to theirs. I was sure that I would have more brothers and sisters in the future. But, I would always be the oldest girl, and Rodney would always be the oldest boy. I knew that would never change.

Auto Museum to Debut Powerful New Exhibit "Live Free: California Motorcycle Culture"

Powerful, fast and flashy, motorcycles have left enduring tracks on California's vehicular history and are an integral part of the very culture of the Golden State. To showcase the lasting impact of the motorcycle on California's collective psyche, the California Automobile Museum, 2200 Front St., is proud to present "Live Free: California Motorcycle Culture" exhibit that will debut on Saturday, Sept. 24 and will continue through Feb. 19. The exhibit will feature a wide variety of motorcycles on display by makers that range from Harley Davidson to Honda. For more information about the upcoming "Live Free" exhibit or the California Automobile Museum in general, call 442-6802 or visit www.calautomuseum.org. A special opening day celebration will be held on Sept. 24 from 11 a.m. to 3 p.m. and the museum is open from 10 a.m. to 5 p.m. Costs are \$9 for adults, \$8 for vintage (ages 65-plus), \$8 for military, \$5 for students (ages 5-18), free for children ages 4 and under.

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



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



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

(916) 392-3510
www.reverecourt.com

We Care Every Day In Every Way.

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

916.971.9333
www.VisitingAngels.com/Sacramento

America's Choice in Homecare.
VisitingAngels
LIVING ASSISTANCE SERVICES

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

Kodo Arts
Japanese Antiques

10th ANNUAL FALL WAREHOUSE SALE

OCTOBER 8 - 16
10AM - 6PM
9 DAYS ONLY!
Open to the public twice per year

KODO ARTS Warehouse
571 Searls Ave., Nevada City, CA 95959
(530) 478-0812 • www.kodo-arts.com

FURNITURE ♦ HOME DECOR ♦ ART ♦ GARDEN ♦ TEXTILES

Your Home Improvement Guide

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

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
Remodeling and Design
LIC# 480492

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

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

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

PLUMBING

ROONEY'S PLUMBING
FULL SERVICE PLUMBING
456-7777
rooneysplumbing.com
License #683688

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#692838

CONSTRUCTION/HAULING

DB Haul-away
Commercial & Residential Hauling
Reliable - Dependable - Insured
Lic# 627768

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

TILE WORK

BAXTER TILE
EXPERT INSTALLATION
REMODELING & REPAIR
Ceramic • Marble • Granite
Floors • Counters • Walls
33 Years Experience • FREE Estimates
916-213-4669
License #668100

TILE WORK

NIETO'S
TILE & LANDSCAPING
RESIDENTIAL & COMMERCIAL
Frank Nieto (916) 480-9512

Sprinkler Systems (Install & Repair) Concrete • Tile Installation
Fencing • Plumbing Granite Fabrication
Electrical • Painting Laminate/Wood Floors

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

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

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

TRACTOR WORK

TRACTOR WORK
Lic # 571637

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

Dave (916) 988-3283

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

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

HAULING

C & C REMOVAL SERVICE
"Make one call, we haul it all!"

- ✓ Hauling
- ✓ Home improvements
- ✓ Handyman services

SPB 12015-00457
Cory King • (916) 531-1165

CLASSIFIED ADS

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

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

Freshen Up Your Home
VCN Special
In business since 1982

Full Service Company - Start to Finish

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

Specializing in custom trim & moulding!
Color Consultants
FREE ESTIMATES

As seen on yelp (916) 591-5056

PAINTING

GARY'S PAINTING

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

FREE Estimates!

McClatchy 67
(916) 725-8781

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 appt. 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, Chiropractors, Non-Profits, 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

Selling a car? Looking to get rid of old furniture?

Call (916) 429-9901 for ad rates.
Reserve your space in the Classifieds!

WHAT'S HAPPENING EAST SACRAMENTO?

SATURDAY, SEPT. 17
GREAT AMERICAN RIVER CLEAN-UP: The Great American River Cleanup is an annual event, organized by the American River Parkway Foundation, which provides everything you need to do the job. Last year 1550 volunteers removed 20,000 pounds of debris. This is a great activity to do with the whole family. Friends of the Riverbanks will be participating and you can join the group at Sutter's Landing from 9 a.m. to noon. Sign up at <http://www.warpf.org/registration-garcu.php> or just show up and offer to help. It takes all of us to keep the River clean and healthy.

SUTTER'S FORT TO PRESENT "HANDS ON HISTORY: THE REAL GOLD IN CALIFORNIA": Continuing a popular series of fun and interactive "Hands on History" activities offered each month, Sutter's Fort State Historic Park (SHP) will present a special "Hands on History: The Real Gold in California" event from 10 a.m. to 5 p.m. Fort visitors will be delighted to see the recently completed restoration of the historic walls and gates plus have the opportunity to step back in time to appreciate the important role agriculture played in California's early development. Coinciding with the city's "Farm-to-Fork" movement, Fort guests will learn why the early focus on seasonal and locally sourced agriculture was essential to survival. In fact, when John Sutter first arrived in California in 1839, his dream was to build an agricultural empire. While it took many years for California's agricultural industry to recover from the impacts of the Gold Rush, it is now one of the primary breadbaskets of the world. At the special event, visitors will learn about the unique process by which wheat was threshed and winnowed at the Fort, turn the stones on the grist mill, make rope, sling a lariat learn to use a lasso, and hear about Sutter's extensive gardens and the wide variety of produce that was available seasonally. In addition, there will be a display of guns and weapons from the Gold Rush era and demonstrations of black powder weaponry in action including the crowd-favorite firing of Sutter's cannon. All "Hands on History" activities are included in the cost of admission. Sutter's Fort SHP admission costs are as follows: \$7 per adult (18 and older), \$5 per youth (ages 6 to 17) and free for children 5 and under. For more information, call 916-445-4422 or visit www.suttersfort.org

AUTOMOBILE MUSEUM PRESENTS CAR TREK, A ONE-DAY CELEBRATION TO HONOR THE 50TH "AUTO-VERSARY" OF STAR TREK: Calling all trekkies! Beam down to the California Automobile Museum

as they welcome all lifeforms to Car Trek in celebration of the 50th Anniversary of Star Trek. The Museum will be transformed into a Starship of sorts complete with a BORG station, Starfleet officers, Klingon warriors and even a Fleet Bar. On this special one-day "auto-versary" event, Museum visitors are encouraged to get in the Star Trek spirit and come dressed in their favorite character costumes (all phasers must be set to stun). Visitors will enjoy a family-fun mission adventure featuring some of the cars that have appeared in past episodes and movies. Some examples of the special vehicles on display include the following:
 1969 Chevy Camaro, Voyager Lieutenant Tom Paris spent time working on this amazing car in a holoprogram called "Grease Monkey" which allowed Tom to tinker with 20th century cars;
 From the Original Series a Volkswagen Beetle was recreated on planet Ekos. Museum visitors will have the chance to participate in a number of special activities that include joining Klingons for a Great Tribble-Hunt or an intergalactic trivia test to find out if they are an Ensign, Captain, Commander or a lowly Red Shirt. Guests can also peek inside a special space vehicle titled the Star Streak, take a picture with Jupiter 7, watch episodes of the 1970s animated Star Trek series, and play Star Trek Jeopardy with members of Sacramento's Starfleet Chapter, U.S.S. Independence. Visitors in Star Trek character costumes will receive a \$1 off Museum admission. For more information about Car Trek or the California Automobile Museum in general, please call 916-442-6802 or visit www.calautomuseum.org; California Automobile Museum, 2200 Front St. 10 a.m. to 5 p.m. Costs: \$9 for adults, \$8 for vintage (ages 65+), \$8 for military, \$5 for students (ages 5-18), FREE for children ages 4 and under. Note: guests who arrive in Star Trek character costumes will receive \$1 off admission. For more call 442-6802 or visit www.calautomuseum.org.

TUESDAY, SEPT. 20:
SAC STATE GUEST MUSIC PERFORMER: Sacramento State welcomes guest artist baritone Tod Fitzpatrick at 8 p.m. Tuesday, Sept. 20, in the Capistrano Concert Hall on campus, 6000 J St. A visiting professor from UNLV, Fitzpatrick sings operatic and music theater roles. He will be joined by Rebecca Sherburn, soprano; Kimberly James mezzo; and Louise Thomas, piano. Tickets are \$10 general, \$7 seniors, \$5 students, available at (916) 278-4323

BEST BETS

FALL SALE AT THE SHEPARD GARDEN AND ARTS CENTER: Art, plants, jewelry, flowers and crafts for sale; free admission, East McKinley Park, 3330 McKinley Blvd. 10 a.m. to 4 p.m. on Saturday, Oct. 1 and Sunday, Oct. 2. Come for food and fun; www.sgac.org

EAST SACRAMENTO FARMERS MARKET: East Sacramento Farmers Market and Farm to For Capital present a neighborhood certified farmers' market under the trees in McKinley Park. The market showcases organic produce, farmstand products, artisan and fair trade crafts. Now in its second season, the market is held on Saturday mornings through October. 8 a.m. to 1 p.m. 35th St. and McKinley 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 Renolds, Robert Pierosh, Carol Duarte, Priya Drews, Denise Irwin, Eileen Searcy, Jill Layton, Susan Berry, Chuck Drumm, Cuauhtemoc 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)



Sculpture from the Lily Tomlin Experience.

or www.csus.edu/hornetricketts. Contact: (916) 278-5191.

WEDNESDAY, SEPT. 21
DEER AND FAWN STORYTIME: A NATURE-FOCUSED PROGRAM FOR PRESCHOOLERS AND THEIR PARENTS AT EFFIE YEAW- 10:30 to 11:30 a.m.: Mini-naturalists only! We invite you and your preschooler to join us for a whimsical journey into nature through stories, songs and crafts. And if time allows, you'll meet and learn about one of our friendly, resident animals! The program ends before lunchtime, so feel free to bring a picnic lunch or enjoy a short walk in the nature preserve before you head home. Deer and Fawn Storytime introduces preschoolers and their parents to the wonders of the natural world and helps reinforce a lifetime love of learning in children. We hope to see you here! Cost is \$5 per child. (Adult accompanying child is free.) Appropriate for ages 3 and 4. NOTE: NOT a drop-off program - at least one adult must accompany each child. Please no siblings. Pre-registration is required. Program is limited to the first 15 registered children. Program funded by Sac-

ramento County Regional Parks. Effie Yeaw Nature Center, Inside Ancil Hoffman Park, 2850 San Lorenzo Way, Carmichael, CA 95608. Register at <http://www.sacnature-center.net/storytime.html>

THURSDAY, SEPT. 22
MAMA TALKS: The Colonial Heights Library is proud to partner with the Capital City Doula Collective to present Mama Talks starting at 10:30 a.m. 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 toward pregnant and new mothers with babies and children under 5, however all parents/caregivers of small children are welcome to attend. Colonial Heights Library, 4799 Stockton Blvd.

SATURDAY, SEPT. 24
TIME BANKING MEETING: Community Skill Exchange Time Banking where one hour equals one time credit. Make new friends and learn about Time Banking! Colonial Heights Library Community Room, 4799 Stockton Blvd. Information Presentation: 5:15 p.m.; Video and Questions Por-

luck Dinner: 6 p.m. Please bring a dish to share! Become a Member: Monday, Sept. 26 at a meeting from 6:30 to 8 p.m. (Location TBA at Potluck). A community system where people share their skills and talents. communityskillexchange.timebanks.org. Questions: info@csetimebank.org

TUESDAY, SEPT. 27
FAMILY GAME NIGHT @ COLONIAL HEIGHTS (FAMILY/ALL AGES): Join the Friends of the Colonial Heights Library for Family Game Night at 6:30 p.m. 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! Colonial Heights Library, 4799 Stockton Blvd.

THURSDAY, SEPT. 29
CORNEL WEST AT SACRAMENTO STATE: 7:30 p.m., University Union Ballroom, 6000 J St. The Sacramento native, author, activist, and academic once described

See Events, page 12

Events:

Continued from page 14

as "America's most exciting black scholar" will lecture on "Race, Democracy, Justice and Love." SacStateUNIQUE.com

SATURDAY, OCT. 1
SAC STATE PRESENTS: 4TH ANNUAL FERIA DE EDUCACIÓN: From 10 a.m. to 3 p.m. at the University Union, 6000 J St. Sac State, a Hispanic-Serving Institution, helps students from the Spanish-speaking community realize their college dreams. The event includes workshops on college admission, financial aid, scholarships, and career options, along with exhibits, food, music, and campus tours. csus.edu/excellence/feria

SATURDAY, OCT. 1 AND SUNDAY, OCT. 2
FALL SALE AT THE SHEPARD GARDEN AND ARTS CENTER: Art, plants, jewelry, flowers and crafts for sale; free admission, East McKinley Park, 3330 McKinley Blvd. 10 a.m. to 4 p.m. Come for food and fun; www.sgac.org

TUESDAY, OCT. 4
SAC STATE PRESENTS 2016 CRIMINAL JUSTICE CONVOCATION, The theme is "Police and Community Relations." Delores Jones-Brown, founding director of the Center for Race and Justice at the John Jay College of Criminal Justice, will deliver the keynote address. csus.edu/hhs/cj/professional%20activity/convocation.html. From 1:30 to 4:30 p.m., University Union Ballroom, 6000 J St.

THURSDAY, OCT. 5
READ TO A DOG AT COLONIAL HEIGHTS LIBRARY: Looking for a way to boost school-age reading skills? Join the library for the Read to a Dog program and practice reading out loud to a registered therapy dog from 3:30 to 4:30 p.m. readers of all levels are invited to bring their own books or borrow one from our collection, then read aloud to Ry, the friendliest bearded collie you've ever met, who is accompanied by his trained adult volunteer. Colonial Heights Library, 4799 Stockton Blvd.

THURSDAY, OCT. 6
SINGING WITH MISTER COOPER AT COLONIAL HEIGHTS: Children ages 0 to 5 and their caregivers are welcome to join local favorite Mister Cooper for singing and freeze dancing. After the music, families are invited to stay and play with the library's developmental, age-appropriate toys or visit in the library garden. Colonial Heights Library, 4799 Stockton Blvd.

FRIDAY, OCT. 7
MAGIC AND BALLOONS WITH THE PIXIE TRIBE: From 3 to 5 p.m. at the McKinley Library, 601 Alhambra Blvd., come meet the magical fairies and daring pirates of Pixie Tribe as they astound us with a fun 30-minute magic show, and where puppets will help us find clues along the way. Then stay for another hour as the Pixies will astound with amazing balloon creations for everyone! Magic show recommended for ages 4-8.

SATURDAY, OCT. 8
WELCOME BACK, SALMON: On Saturday, Oct. 8 at 10 a.m., Friends of the Riverbanks once again welcome back the salmon to Sutter's Landing with activities and games for young people. Salmon hold a sacred place in the river ecosystem and we have been very lucky in our salmon sightings during this event. A couple of years ago a sea lion came down the river and proceeded to play with its catch, tossing a large salmon in the air for many minutes before eating it. What will we see this year? Come by on Saturday, October 8 and find out.

Ongoing ARCHIVAL GALLERY PRESENTS: THE HISTORY OF THE SACRAMENTO CITY COLLEGE ART DEPARTMENT: Showing in conjunction with the Centennial Exhibition at the Kondos Gallery, The History of the Sacramento City College Art Department Faculty will be showcased at The Archival Gallery 3223 Folsom Blvd. The art spans from 1920 to the present and will be up from Sept. 1 to Oct. 1. There will be a Second Saturday reception on Sept. 10 from 6 to 9 p.m. Hours are Tuesday-Saturday from 11 a.m. to 4 p.m. There will be works by many well known Sacramento artists including: Lauren Landau, Daryl Forney, Wayne Thiebaud, Fred Dalkey, Mel Ramos, Patricia Tool, Larry Weldon and many other well-known Sacramento artists that taught at Sacramento City College. The exhibition opens with a "Second Saturday" artists' reception and continues through September.

"GO WITH THE FLOW" WASH OPEN SHOW AT SAC FINE ARTS: Watercolor show will be held until Oct. 6. Sacramento Fine Arts Center, Sacramento Fine Arts Center, Inc., 5330B Gibbons Drive, Carmichael, CA 95608. 971-3713; hours open 11 a.m. to 3 p.m., Wednesday through Saturday and Tuesdays 11 a.m. to 7 p.m.

EAST SACRAMENTO FARMERS MARKET: East Sacramento Farmers Market and Farm to For Capital present a neighborhood certified farmers' market under the trees in McKinley Park. The market

showcases organic produce, farmstand products, artisan and fair trade crafts. Now in its second season, the market is held on Saturday mornings through October. 8 a.m. to 1 p.m. 35th St. and McKinley 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 Renolds, Robert Pierosh, Carol Duarte, Priya Drews, Denise Irwin, Eileen Searcy, Jill Layton, Susan Berry, Chuck Drumm, Cuauhtemoc 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)

NEW CLASSES AT CLAYARTSTUDIO814 starting this week and Marsha Schindler still has openings!
 Vessels, Vases & Urns All levels of experience welcome.
 Section 1: Tuesdays, September 6th to September 27th 6pm to 9pm
 Section 2: Thursdays, September 1st to September 22nd 10am to 1pm
 Section 3: Thursdays, September 1st to September 22nd 6pm to 9pm
 For more info visit clayartstudio814.com or call 838-2676. The studio is located at 814 Alhambra Blvd.

DO YOU HAVE AN UPCOMING OR MONTHLY EVENT? Let us know.

e-mail Monica: editor@valcomnews.com

YMCA:

Continued from page 8

ming and tumbling lessons at the local YMCA. McDonough also has fond memories of growing up with the YMCA, but all the way in upstate New York. "I loved being a part of the Y and I wanted my kids to be a part of the Y."

Before the idea of the "camp" came to fruition for last year's fundraising event, YMCA marketing director Diana Stantz said previously they wanted to incorporate propelling off buildings into the money-making and adventurous aspect of the event. "But our insurance didn't cover it," she said.

Funds raised from Camp Capital City will benefit YMCA camp and youth programs - providing year-round program (swim lesson, day camp, childcare, and more) scholarships to children who would otherwise not be able to participate in Y activities due to financial hardship.

According to Stantz, this last summer, the YMCA of Superior California served about 700 summer day campers each week for 10 weeks, at nine day camp sites throughout the region (more than 5 percent growth from 2015), in addition to 180 kids who attended the residential camp, Bear Valley Y Camp, this summer (more than 50 percent growth from 2015).

Through Y-Assist, the nonprofit's scholarship program, the Y granted over \$100,000 in summer camp scholarships, enabling more than 235 kids from low-income and underserved families to participate in Y summer camp. Among the summer camp scholarships provided, roughly 20

full scholarships were provided each week to children from St. Johns Program for Real Change, as part of an ongoing partnership in which the Y subsidizes a full summer of camp for the kids in residing at St. Johns. Further, about 40 full scholarships, or "camperships", were provided to children from Sierra Forever Families, Mercy Housing, the Salvation Army, the Y, and other community organizations to attend Bear Valley YMCA Camp, this summer. Bear Valley YMCA Camp scholarships were made possible through a YMCA of the USA grant, which was matched by local Sacramento Rotary clubs.

"All funds raised from Camp Capital City will directly support our community by providing valuable YMCA program and membership support through Y-Assist, ensuring that the Y is accessible to all," Stantz said.

Stantz said the success of last year's event exceeded the Y's expectations. "From our perspective, we wanted to make sure it was everything we hoped it would be. Every time there's a new event, there's hesitation, but the feedback was great."

Camp Capital City will take place around the campfire and under the stars at the Sacramento Central YMCA at 2021 W St. Tickets to Camp Capital City are \$75 and can be purchased at ymcasuperiorcal.org, at your local YMCA welcome desk (Sacramento, Woodland, Oroville), and at the door at the event. Volunteer opportunities are available and there will be weekly giveaways leading up to the event. Learn more and purchase tickets at ymcasuperiorcal.org/CampCapitalCity

— EVENT LISTING SECTION —

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers. Call (916) 429-9901 for rates.

CRAFT FAIR - 38th year
 St. John the Evangelist School
Over 150 Crafters!
 Fri., Dec. 2, 5-9 p.m. (\$5.00)
 Sat., Dec. 3, 9 a.m.-7 p.m. (FREE)
 Sun., Dec. 4, 9 a.m.-3 p.m. (FREE)
 5701 Locust Avenue, Carmichael

To the members of the 1966 class of C.K. McClatchy High School
 50 year REUNION is in October 2016. We are looking for you, PLEASE contact us
McClatchyreunion66@yahoo.com
Facebook: McClatchy High school class of 1966

SAVE THE DATE!
 67th Sacramento High School Reunion Class of 1949
Saturday, September 10, 2016
 11 A.M. - 3 P.M.
 Contacts: Joyce Cowan at cowan_j@sbeglobal.net and Vera Malkovich at borka@comcast.net

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

EAST SACRAMENTO BUSINESSES

EAST SACRAMENTO Chamber of Commerce

October Luncheon
 Wednesday, October 12, 12-1:30 pm
 Clunie Community Center

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

October Mixer
 Thursday, October 20, 5:30-7:30 pm
 TBA

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.

Affordable placement for Chamber members & small businesses (Call 916-429-9901)

Sofa Sale

all sofas, loveseats, sectionals, chairs, ottomans, and recliners are on sale!

The Longstreet



The Baldwin



The Hutton



The Winston



The Westside



The Pure Comfort



The Forest



The Bixby



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 all "Clearance", "Truckload" and "Special Buys". Sale price not available in conjunction with any other offer or discount. Allow time for delivery on some items. Sizes and colors are approximate. Sale Ends 09/30/16