

LAND PARK NEWS

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Artistic flow at the river's edge

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Don't call it a 'McMansion' It's the Hotel Carleton!

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Long-time C.K. McClatchy metal shop teacher leaves legacy

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Photos by Stephen Crowley / stephen@valcomnews.com

Dogs and their owners seemed to have had a barking good time at this year's SSPCA Doggy Dash in Land Park on Saturday, June 7.

Doggy Dash raised money for new 10-acre animal care campus

By MONICA STARK
editor@valcomnews.com

Dashing through the finish line, about 2,000 dogs made it through the nearly 5-kilometer run/walk event at William Land Park on Saturday, June 7. New this year was the "Ruff Mutter" – a canine take on the Tough Mudder, an obstacle course filled with lots of mud –

and the Kid Zone, where two-legged and four-legged family members visited with some ambassadors from the Sacramento Zoo. Challenged with high temperatures this year, the actual length of the walk was curtailed to reduce any stress the animals might have run into by working too hard to do the walk in a certain amount of time.

Sacramento SPCA CEO Rick Johnson took some time to talk to the Land Park News about all things new and exciting at the SSPCA – the beneficiary of the annual Doggy Dash held in Land Park.

"One of the exciting things is we bought 10 acres adjacent to

See Doggy Dash, page 3

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Doggy Dash:

Continued from page 2

the SPCA to grow. By growing, we will be turning additional 10 acres into an animal care campus. We are looking to build a holding facility for our animals here. In addition, we are looking to provide full-service vet hospital and care for people who might not be able to pay for vet care. It will be a means-tested program. People often give up their pets because they can't afford procedures. In addition to that, we will be building an education facility to expand summer camps, a humane education center, a barn, and an equine center. We have summer camps, and camps during the winter, it's very competitive to get in – They fill up within the first week, so we will have an expansion of those offerings."

The SPCA wants to remind pet owners to be cognizant of the high temperatures

and their effects on your cuddly creatures.

1. Awareness: When it's hot outside, do the same for pets as you do for yourself – Stay hydrated and cool.
2. Limit your walks
3. Never leave them in a parked car.
4. If have to leave them outside, find shade and provide fresh water; remember pavement is hot on paws.
5. Heat stroke signs are tricky, especially since dogs don't sweat. They could be panting excessively and increasingly so when they are reaching heat exhaustion.
6. Signs of heat exhaustion in a dog could include: A lot of salivation, vomit, anxiety, higher heart rate.
7. If you see these signs, get your pet into a tub of cool water, as internal damage could occur rather quickly.
8. In these hot temperatures, you want your pet indoors.

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CURTIS PARK
Charming home on a tree-lined street. Living room w/ fireplace, formal dining area with built-in bookcase. Updated kitchen with stainless appliances and eating area. Two downstairs bedrooms with access to backyard patio. Upstairs master suite with sitting area and sliding door to a large deck. 2516 9th Avenue \$559,000

SOUTH LAND PARK HILLS
This lovely home on a charming cul-de-sac offers 4 bds. & 2.5 baths. Tiered backyard with pool, spa and waterfall and side yard. Floor to ceiling windows provide abundant light. Chef's kitchen with maple cabinets, silestone counters and stainless appliances. Living, dining rms and kitchen boast hand scraped bamboo flooring. Family rm. with vaulted ceiling and bar area. 5864 13th Street \$559,000

SOUTH LAND PARK TERRACE
Beautifully maintained by original owner. Three bedrooms, two baths, formal living room, formal dining room with fireplace, updated kitchen w/ stainless appliances and eating area, inside laundry with storage, pretty front courtyard and entry. Built-in pool, patio and side yard. 5210 South Land Park Dr. \$450,000

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2789 13th Street
Lovely Land Park Tudor featuring 4 bedrooms, beautiful hardwood floors, central entry, master suite with outside access, formal living room, and dining room. Separate eating area in kitchen and door to yard. Newer roof, and a 2 car detached garage. Close to downtown, shopping, schools, and transportation. \$619,000

3500 Land Park Dr
Land Park Home w/ Architectural Period Details. Foyer opens to formal rooms w/ French doors from dining room to private & shaded yard w/ quartz stone patio & walkways. Balcony w/ park views & yard access. Beautiful vintage bath, granite counters in kitchen & a sep. eating area. Master suite offers sitting area & bath. Large 2-car garage plus a lrg basement. \$680,000



1315 Teneighth Way
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Congratulations New Technology High School Class of 2014

Forty students graduated from New Technology High School on June 4. Congratulations, your futures are bright. Principal Chapman has a message for the class:

Henry David Thoreau once wrote, do not practice resignation, live deep and suck out all of the marrow of life. These words have served me well and provided guidance for living a purposeful life that would be worthy of remembrance. I encourage all of you to be intentional about your life path and thoughtful about your experiences here at New Tech High School. Time is an expiring commodity that should cause each of you to be conscious about capitalizing on moments that can help make your lives all that you dream them to be.

As you reflect on this school year and make plans for the future, please consider the following words of encouragement:

- In striving to realize your dreams, you must be mindful of committing yourselves to working hard and surrounding yourselves with a network of people who will challenge and support you.

- Embrace moments of struggle. When you work through struggle and find success, you redefine what is possible.

- Ensure that you contribute to bettering the lives of others. Through altruistic acts you fill find deeper purpose and meaning in your life.

- Carpe Diem (Seize the Day)

It has been an honor and privilege being your principal this school year. I am grateful for all of my experiences here at New Tech. I find hope in the limitless potential that each of you possess and am eager to see all that you will become.

¡Si se puede!

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Over the Fence



with Greg Brown

By GREG BROWN
greg@valcomnews.com

DON'T CALL IT A McMANSION

Last October, I mentioned in "Over The Fence" an enormous 3,700-square-foot, seven-bedroom, six-bathroom house in Carleton Tract was getting a complete makeover by Lincoln Creek Builders. I made a few wisecracks about how it didn't fit the neighborhood and also told of the colorful history of the home. Most of the homes in Carleton Tract, which is north of Hollywood Park, are three bedrooms with one bath and less than 1,500 square feet.

The biggest house on the block is now up for sale. Charlotte Kyle of Lincoln Creek Builders contacted me about it. She wasn't even upset about my initial column, although she wasn't fond of the term McMansion, which is isn't. It's the Hotel Carleton!

Charlotte says she loves the place because it's "full of personality" just like Charlotte.

There have been some elegant upgrades to the home. They also kept some of the cool original things too. It's not tacky tacky. The home has a colorful history...there was even a counterfeiting operation back in the 90s. I asked if they found any cash in the walls, but no such luck.

The house is solid, not fancy. "We take pride in what we do. We aren't your ordinary fix and flip type of people," Charlotte said. Charlotte and her business partner Ray Post both have lifetime construction backgrounds.

I asked Charlotte, "Why this house and why Carleton Tract?" She said, "The price was right and looking at the house we could already see it done. We're visionaries. It's just built into who we are. We care about tying in with the style of the house and uniformity. We take a lot of pride in who we are and the product we put out and I think it shows."

When I first entered the two-story house, I noticed the two elegant staircases — one

to go up and one to go down. The French doors upstairs lead out to the deck where you can look down at the newly landscaped backyard. The deck had been taken down when they moved the house from behind the Land Park Ski and Sports many years ago.

All the improvements are too numerous to mention. There was a lot of attention to detail. The bathrooms were gutted and double sinks and a jacuzzi tub were installed. Charlotte boasted how she did all the elegant tile work, too. The kitchen is all new with quality Viking appliances and a neat-o pantry. All new lighting, too. I bet Giada De Laurentiis would love to cook linguine in clam sauce in the redesigned kitchen.

Charlotte and Ray have both enjoyed being in the Carleton Tract neighborhood. Even though it's hard work, Charlotte told me, "we're kind of on vacation because we're in a new area and we get to meet all the nice, interesting people in the neighborhood."

I thought, Carleton Tract isn't exactly Catalina Island!

They have kept some of the original character of the home including the bird aviary in the backyard. They cleaned it up, painted it, and redid the new birdhouse. Charlotte said, "I didn't have the heart to just get rid of it."

While I was talking to Ray about the aviary and landscape, Charlotte interrupted saying, "Somebody's gonna get in trouble if they put that hose on top of my plants one more time." Ray said, "I didn't do it."

I asked, "Are you sure you're not married?"

If you want to check out the house that Charlotte and Ray rebuilt, it's at 2361 20th Ave. Debra Sciotto of Keller/Williams is the agent.

NO ICE CREAM FOR YOU!

I scream you scream we all scream for ice cream. Right? It's hot in Sacramento in the summer and a refreshing ice cream



Photo by Greg Brown
If you want to check out this 3,700-square-foot, seven-bedroom, six-bathroom house in Carleton Tract that Charlotte and Ray rebuilt, it's at 2361 20th Ave. Debra Sciotto of Keller/Williams is the agent.

up. They all walked out of the Rite-Aid together.

It was quite a scene, too. They made their displeasure known by just walking out the door. A silent protest.

Maybe they should have screamed for ice cream!

Not sure why the Rite-Aid employee did not help them. Perhaps scooping ice cream

is above her pay grade? Some customers looked puzzled.

There was an air of uncomfortableness in the store. A giant band of customers just left the store together and the employee said, "Oh well, it's just ice cream" and proceeded to carry on a long conversa-

tion.

See Over the Fence, page 5

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Sleek and modern with expansive views of the lush yard describe this custom built Streng Brothers home, designed by Carter Sparks. You'll think you are on the set of Mad Men when you step into this ultramodern masterpiece. The home features 3 bedrooms and 2 remodeled baths, living room with breathtaking views of the yard, dining room and a stunning kitchen with breakfast nook. The master bedroom suite has doors to a private outdoor oasis, all situated on a huge .34 acre lot. Located in coveted Little Pocket, a short walk to Scott's Seafood, close to downtown and Land Park. Come see this stunning example of modern architecture that has been painstakingly maintained to keep the original 1965 detail.

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Over the Fence:

Continued from page 5

tion with an elderly male customer.

Then a new group of people wandered over to the ice cream counter. Folks love Thrifty Ice Cream! The employee kept on chit chatting when the other worker told the customers waiting patiently that she'd "be there in a minute." You could tell she was irritated by her co-worker completely ignoring the patrons waiting for two scoops of Vanilla.

When I left the store the employee was still chit chatting with a customer about something and there were more people waiting in line to order a scoop of Mint Chip.

Maybe Rite-AID could use a full-time ice cream scooper – somebody with big forearms that stands there waiting for hot, sweaty customers jonesing for an ice cream cone.

DISSING THE DISH IN LAND PARK

Love Thy Neighbor...except if they own a satellite dish.

That's what is happening in Land Park. Both parties did not want their real names to be used, so I went with Pro-Dish/Anti-Dish to identify them.

A woman on Land Park Drive is flabbergasted by her next door neighbor's satellite dishes. Two satellite dishes peer down on her backyard and taunt her from the side of her neighbor's roof. Her family moved to the charming Land Park home more than

a year ago with the satellite dishes next door "not understanding it had such an impact on my landscaping. Visual damage is being done to my property," she said.

The anti-dish lady told me, "I can see them outside every window. Every window. They're in my sight line...and I told my neighbor that. They are a visual imposition."

An unsightly satellite dish is hardly the biggest problem a neighbor can be faced with. Loud obnoxious parties, a constantly yapping dog, or even a meth lab would seem to be more of an imposition.

But I guess to some people a satellite dish is a neighborhood eyesore, especially when it's staring right back at you. #firstworldproblems right?

The two families were actually friendly with each other in the beginning. Their children played together and they had dinner a couple of times. I joked she was probably buttering them up to get rid of the satellite dishes.

"Would you like some dessert...and can you dump the dish?"

At first the neighbors tried to work together to come up with a solution. "When you move into a neighborhood you always hope that people can work together and that your neighbors care what you're looking at." The anti-dish lady said.

The pro-dish couple were thinking about switching to Comcast after their Direct TV contract was expired to placate their neighbor. That would have been six months



Photo by Greg Brown

A duo of dishes in Land Park has made for interesting conversations between neighbors.

down the road which was too long of a wait for the anti-dish lady.

Moving the dishes, which are facing south, would have created a reception issue.

The pro-dish lady said, "I guess I feel like it's not that we weren't willing to compromise. I felt like she really took control of the situation before we really had a chance to compromise."

The anti-dish lady has forged ahead with her own solution. She had a designer come in and design a pergola that was up to code and attached to the fence. She also purchased large planters and has planted bamboo to camouflage the two dishes.

Only time will tell what this might do to the pro-dish

neighbor's satellite reception as the bamboo grows to the sky. Right now, they seem to have no problem with it.

The pro-dish neighbor said, "She sort of took ownership of the fence so they could do whatever they wanted to do to the fence. And we were OK with that."

There are some other innovative ways people are camouflaging satellite dishes.

In Germany, there is an artist who has come up with a creative way to make satellite dishes more attractive. Daniel Knipping calls it satellite dish art. He paints images like a ferocious tiger, a happy baby, even a classic Chevy Chevelle, directly onto the dish to make it more eye-catching.

Another way people are camouflaging satellite dishes is through the website, <http://www.sqish.co.uk/gallery.php>.

It's billed as a "discreet alternative to a satellite dish" with various patterns pasted onto it from faux-brick finishes to fake wood-slat patterns and more.

Even if you think a satellite dish is an ugly eyesore and would like to tear it off your neighbor's roof, you can't. It's not legal. People who own satellite dishes have rights.

When Congress passed the telecommunications Act in 1996 they instructed the Federal Communications Commission to adopt the Over-the-Air Reception Devices rule concerning governmental and nongovernmental restrictions on viewers' ability to receive video programming signals from direct broadcast satellites. The rule has been in effect since October 1996, and it prohibits restrictions that impair the installation, maintenance or use of antennas used to receive video programming.

In other words, I'm watching "Game of Thrones" on my Dish, and there's nothing you can do about it.

I asked the anti-dish lady if they'll still have dinner parties after all this and she gave out an exasperated, "Noooooo." But who knows? Maybe they can patch things up and all watch "Neighbors" together when it comes to Direct TV.

Got an item for Over The Fence? Greg@valcomnews.com

Valley Community Newspapers, Inc.

Rotary Club of South Sacramento held award luncheon

The following organizations were nominated by members of the Rotary Club of South Sacramento at an awards luncheon last month. The Rotary Club of South Sacramento meets every Thursday at noon at Iron Steaks Restaurant, 2422 13th St. (at Broadway).

ShelterBox USA: An organization that responds instantly following natural and other disasters by delivering boxes of aid to those who need it most. Each ShelterBox supplies an extended family with a tent and essential equipment to use while they are displaced or homeless.

NorCal Camp Grizzly: A camp that accepts children between ages 7 and 15 who are deaf or hard of hearing. All camp counselors are and program staff are deaf, hard of hearing or fluent in sign language.

Sacramento City College Scholarships: Scholarships were given to high achieving city college students. Congratulations!

YMCA of Superior California: The YMCA has various health and wellness programs, summer camps and offers memberships at discounted prices for low-income individuals.

St. John's Shelter for Women & Children: A local non-profit shelter serving homeless women and children.

Children's Receiving Home of Sacramento: The only emergency shelter of its kind in the area, the home has a daily capacity of 88 and serves more than 1,500 children each year. As a shelter, the Receiving Home is a refuge where children can stabilize and heal from the severe abuse and neglect they have suffered.

Moral Values Program, a drop-in center, safe house and "home" to many of the children.

Loaves & Fishes Mustard Seed School: Mustard Seed is a free, private school for children 3-15 years old, which provides a safe, nurturing and structured environment, a positive learning experience, happy memories, survival resources of food, clothing and shelter referrals, medical and dental screenings, immunization updates, counseling for children and their parents, and assistance entering or re-entering public schools.

South Sacramento Interfaith Partnership Food Closet: Located at Bethany Presbyterian Church, the Food Closet serves families and individuals in need under the auspices of the South Sacramento Interfaith Partnership, which was established in 1970 by clergy from south area congregations.

I Can Do That! (formerly Very Special Arts): I Can Do



Photo by Monica Stark

This year's Rotary Club of South Sacramento awardees gathered at Iron Steaks last month.

That! promotes artistic excellence and provides educational opportunities through the arts for 3,000 Sacramento area children of all abilities annually. The organization also works to educate the general public, reduce fear, and promote awareness regarding the capabilities and accomplishments of people with disabilities.

Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,144 homeless women and their more than 2,500 children.

Camellia Juniors Orchestra is dedicated to engaging and educating its community. Through free concerts, donated ticket program, Camellia Juniors, and classroom instruction, CSO is doing its part to bring classical music into the lives of all Sacramentans.

Sacramento Guitar Society: Sacramento boasts one of the more active and successful guitar societies in the country, with international touring artists appearing in an ideal listening environment – the Scott-Skillman Recital Hall at Three Stages at Folsom Lake College, plus U.S. and international fea-

tured artists at the third Sunday, third weekend monthly meetings at Sacramento State University's Capistrano Hall, Choral Hall Room 151.

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5th annual Banana Festival to celebrate banana cuisine, fun for all ages

Sacramento's 5th Annual Banana Festival will be held Saturday, Aug. 9, and Sunday, Aug. 10, at William Land Park, 3800 W. Land Park Dr. The festival, a multicultural event celebrating the cultures of Asia, Africa and the Americas that use the banana as a source of food, art and culture, will run from 10 a.m. to 7 p.m. on Saturday, 10 a.m. to 5 p.m. on Sunday. General admission tickets are \$5 and may be purchased online at <http://www.eventbrite.com/event/6587963777> or at the gate. Exhibitor spaces and event sponsorships are available—visit <http://bananafestival.sjoarts.net> for more information.

Proceeds from the Banana Festival support the National Youth Academic Corps, Sojourner Truth Museum and more than a dozen other non-profit, community-based organizations. "The National Academic Youth Corps and Sojourner Truth Museum launched the Banana Festival in 2010 to raise funds for programs to help area youth through the arts and celebrate the diverse cultural heritages of the Greater Sacramento region," said festival organizer Shonna McDaniels. "Every year, the festival gets larger and draws more families from throughout the area with a positive, healthy message. Our fifth year promises to be bigger and better than ever."

The 2014 Banana Festival will offer programs and events for the entire family, including live, age-appropriate entertainment on three stages, with the world-famous Velocity Circus Troupe performing multiple times on both days. Other featured acts will include Texas Blues Band, Compañía Mazatlán Belas Artes de Sacramento (CMB), Pan West Caribbean Steelpan Music by Harry Best; Ur-

ban Fire; Soma Sila Polynesian Dance; Latin Magic Band; College Fund Band; Umoja African Dance Interactive Show; Paul Ryan Band and more. Featured attractions will be a Chef's Challenge, banana pancake breakfast provided by the Laguna Creek Lions Club, Banana Split-Eating Contest, fashion show, youth chess tournament, teen talent competition, community line-dancing, Banana Salsa Dance Competition, kiddie carnival rides, and lots of banana cuisine, from banana pudding to banana salsa to banana bread.

The festival is drug- and alcohol-free and offers a wide variety of health and wellness and environmentally themed activities for families. The Power Soul Stroll for Health, a fun walk-run produced by the County of Sacramento Infant Health Program, will begin at 9 a.m. on Saturday, August 9, with 1-, 2- and 3-mile routes and a half-mile kids' route.

The Banana Festival is produced by National Youth Academic Corps and the Sojourner Truth Museum, which provides year-round arts, educational and health and wellness programming serving more than 15,000 at-risk youth from all communities in the Greater Sacramento area. Other participating non-profit organizations include Laguna Creek Lions Club, B.E.S.T. (Building Empowerment Skills Today), Fenix Drum and Dance Company, Star's Power Program, Southside Arts Center, Spiritual Life Center, Western Service Workers Association, YYS girls softball team, Samba Sila Polynesian Cultural, Yisrael Family Farm, Sol Collective, Compañía Mazatlán Belas Artes de Sacramento (CMB), and the Brazilian Art Center.

For more information about the Banana Festival, visit <http://www.sacbananafestival.com/>.

New Spay/Neuter Clinic fights pet-overpopulation, open house at the Sacramento County's Bradshaw Shelter

You're invited! On Saturday June 28th from 1p.m.-4p.m. the Sacramento County Bradshaw Animal Shelter, 3839 Bradshaw Road, is hosting an open house with Sacramento Animal Spay and Neuter (ASN).

"Sacramento ASN is our new spay/neuter services partner occupying the spay/neuter facility here on the grounds of the Bradshaw Shelter. We invite the community to come out, tour the clinic, talk to staff, and register for some excellent prizes," said Dave Dickinson, Director of the Bradshaw Shelter.

The event will feature a free rabies vaccination clinic, food, and giveaways. Attendees can register for a Super Prize that includes a free spay/neuter, microchip, wellness and rabies vaccines, a Sacramento County pet license, I.D. tag and a collar. Other prizes include, a year supply of Heart Guard heartworm preventative, with heartworm test, free single doses of FRONTLINE Plus flea treatment to be given away every half hour, and free pet microchips for the first 30 attendees. Dave's Dawgs and Lucia's Scoop from SactoMoFo will also be on site.

Modeling ASN's original Auburn clinic, Sacramento ASN offers low cost spay/neuter services, vaccinations and wellness services without income or residence restrictions. "We're excited to be aligning our animal wellness efforts with the Bradshaw Animal Shelter, making this our second successful location," said Maria Naumann, ASN Practice Manager.

"Sacramento ASN's reputation and performance are outstanding," said Dickinson. "Together we will continue efforts to reduce the number of unwanted animals filling area shelters by providing additional proactive resources to fight pet overpopulation."

Attendees will also be invited to tour the Bradshaw Shelter's newly re-designed community outreach trailer, which later this summer, will make low-cost spay/neuter and other veterinary services more accessible to communities in need, as well as allow the Bradshaw Shelter to increase mobile adoption efforts throughout our area.

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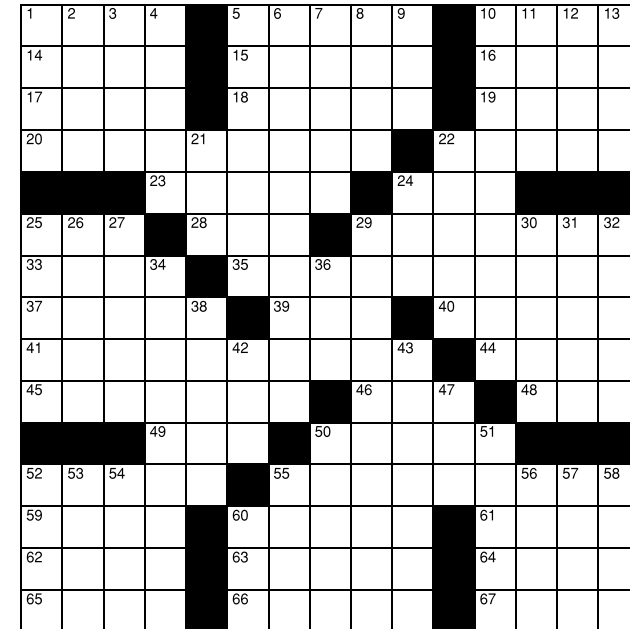
To participate on this page, call (916) 429-9901 for information

The Crossword

by Margie E. Burke

ACROSS

- 1 Hefty horn
- 5 Wipe clean
- 10 Character weakness
- 14 From the top
- 15 Wisdom tooth, e.g.
- 16 First-rate
- 17 Gyro holder
- 18 Blender button
- 19 Like kittens and puppies
- 20 An original co-host of "The View"
- 22 Foul-smelling
- 23 Hardly hip
- 24 Hair holder
- 25 Paid athlete
- 28 Vegas action
- 29 Overfill
- 33 Rosemary, for one
- 35 Affectionate cat breed
- 37 Dizzying designs
- 39 Storage box
- 40 Mink's cousin
- 41 Fracking extraction
- 44 Teed off
- 45 Blight on the landscape
- 46 "The Matrix" hero
- 48 Seasoned sailor
- 49 Primitive shelter
- 50 Reeked
- 52 Knotted neckwear
- 55 Type of paper
- 59 Lounge around



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- 60 Food from heaven
- 61 Yen
- 62 Corpus Christi's water
- 63 Utilize
- 64 Grow weary
- 65 Treaty subject
- 66 Mystic's deck
- 67 Passion

- 9 Before of yore
- 10 Mug makeovers
- 11 Scoundrel
- 12 Opposed to
- 13 Unwanted growth
- 21 Line of work
- 22 Sonogram subject
- 24 Leg, in old slang
- 25 Conversation piece?
- 26 Satisfy a debt
- 27 Speak from a soapbox
- 29 Tower of the Americas city
- 30 Underway
- 31 Pageant prop
- 32 Script direction
- 34 Rejections

- 36 Band booking
- 38 Freshwater catch
- 42 Life imitator
- 43 Gourmet sprinkle
- 47 Wee hour
- 50 Submarine tracker
- 51 Ungraceful one
- 52 Pond dweller
- 53 Pucker-producing
- 54 Peaceful
- 55 Molten rock
- 56 Pennsylvania port
- 57 Taj Mahal's locale
- 58 Have a hunch
- 60 Tangled mass

DOWN

- 1 Lights-out tune
- 2 Army group
- 3 Early release
- 4 Oscar or Tony
- 5 Enable
- 6 Knights' gathering spot
- 7 Place for pins
- 8 Bratty talk

See Solution, page 24

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Prospecting through The Prospector:

A look into early pages of McClatchy High's student newspaper

By LANCE ARMSTRONG
lance@valcomnews.com

The Prospector, C.K. McClatchy High School's 76-year-old student-run newspaper, is as old as the school itself. And with a prospecting approach, this article delves into some of that paper's early editions to pluck out a few of its nuggets — pun intended.

The Nugget

For those in the community who would have trouble figuring out that pun, it is best to review a bit about the school's yearbook, The Nugget, which was first published in 1938.

The Dec. 15, 1937 edition of The Prospector includes a front page article about the school's annual.

It was announced in that article that low senior student Spencer Burroughs was selected to serve as the first editor of The Nugget. High senior Katherine Hubbard was named as his assistant.

Another article about the annual appeared in The Prospector's Jan. 14, 1938 edition, and notes that the book would be distributed on June 1, 1938. The annual was sold for \$1.25 per copy.

The Jan. 26, 1938 edition of the paper includes a report about a Jan. 20 pep rally, which was held at the school to garner interest in the yearbook, and to inform students about a payment plan of 25 cents per week.

The making of a school

In continuing this prospecting within The Prospector's pages, the earliest of the paper's pages reveal many details regarding the then-developing school.

In the publication's first edition, which is dated Oct. 8, 1937, it was noted that Bob Schwing, the school's student body president, and June Lewis, vice president of the school's student body, had announced the formation of naming, rally, finance and yell committees.

In the same edition, an article announced: "A tractor and water wagon have marked the first steps in the development of the new athletic field."

It was stated in the article that once the work was finished on the athletic field, which would include a football field, two baseball diamonds, a track, a hockey field and tennis courts, the field would "become one of the most complete high school athletic grounds in the state."

In the paper's second edition, dated Oct. 22, 1937, it was mentioned that



C.K. McClatchy High School's student-run newspaper, The Prospector, has been published since 1937.

the first noon dance would be held later that day in the gymnasium, and four extracurricular clubs had been organized. Those clubs were chapters of the California Scholarship Federation and the national Hi-Y club, the Girls' Riding Club and the Stamp Club.

The Nov. 5, 1937 edition of the paper refers to the naming of a constitution committee, the first senior play, "Rose of the Rancho," and the school's first variety show.

A tradition begins

The locally famous football match-up between the McClatchy High Lions and the Dragons of Sacramento High made its debut on Saturday, Nov. 13, 1937. Six days later, the school's newspaper reported that the Lions had lost the game, 19-0.

Gold Dust

During the search for nuggets in the early pages of The Prospector, Gold Dust was often found. This cleverly named column presented collections of campus observations.

In one such column, the question was posed: "Why can't Kenneth Hendren be as big hearted in the Lion's Den as he was when paying (sic) the part of Padre Antonio in 'Rose of the Rancho?'"

A portion of a later published column reads: "Although Elwood 'Daniel Boone' Kattenhorn is quite a trapper, he'd better look to his laurels around here. The only game he'll find is lions."

War era headlines

With a review of the paper's headlines of 1942, it is obvious that there was no hiding of the fact that the United States had become involved in World War II.

Among the headlines that year were: "Sophs enter as M'Clatchy war babies," "Fifth company added by ROTC as war result," "McClatchy gets cup for work in scrap drive" and "Shop doors open to all McClatchy girls who want to replace men in trades."

Popular tunes of the day

It was also during 1942 that a music column, called "Jam Session," regularly appeared in The Prospector.

The column presented information about "some of the latest solid disc hits." Among the songs mentioned in the column were "Juke Box Saturday Night" by Glenn Miller, "There Are Such Things" by Tommy Dorsey, "The Humming-Bird" by The Andrew Sisters, and "After It's Over" by Vaughn Monroe.

A perfect season

The June 2, 1943 edition of The Prospector includes an article dedicated to coach Jack Mauger's 1942 Lions track team, which won the first varsity championship in the school's history.

In accomplishing that milestone, the team went undefeated in its nine meets.

Committee heads for 1944-45

An early custom at McClatchy High was for the student body president to select new committee heads.

The Prospector reported on Oct. 4, 1944 that President Robert Johnson had appointed the following high

Prospector:

Continued from page 10

seniors as committee leaders: Ellen Moll, general activities committee; Bill Ogden, rally committee; and Richard Alves, election committee.

Johnson also appointed Ruth Rippon, advertising manager, and Florence Pressey, historian.

Commencement at the Memorial

As it had many times before, the Memorial Auditorium served as the site of McClatchy's graduation ceremonies in 1946.

The Prospector, in its Jan. 31, 1946 edition, announced that the 17th semiannual commencement would be held at the Memorial Auditorium on Feb. 7, 1946 at 8 p.m.

In representing the February class of 1946, Lorraine Masters gave a speech,

entitled "Go North, Young Man," and Loren Hov spoke on the topic of "Science, Our Endless Frontier."

The evening also included the escort of colors by the ROTC color guard, band music under the direction of Leland Long, the singing of the school hymn and the presentation of the class by Principal Sam Pepper to Dr. John E. Kennedy, the Board of Education president, who awarded the diplomas.

Lions maul Dragons in '46

To the delight of the McClatchy Lions gridiron faithful, the McClatchy varsity squad romped over the rival Sacramento High Dragons football team, 33-0, in the annual Turkey Day match-up in 1946.

Stars of the game for McClatchy included quarterback Jack Higdon, full-back Dave Stone, left half Louis Pisani and left end Bob Hill.

McClatchy's running game surpassed its passing game, and leading all Lions

rushers on that day was Johnny "Jar" Pappa with 134 yards on eight carries.

Chuck "Horn" Marino, who was selected as the school's athlete of the week following the game, rushed for 60 yards on nine carries.

The team was coached by George Bican, who had the tradition of wearing an old, brown hat.

Bican, who was known to compete against his own Lions' players in the team's practices, was formerly a standout tackle for the Sacramento High squad from 1926 through 1928. He was later a member of the undefeated Sacramento Junior College (today's Sacramento City College) football team of 1930, and a top player on the Washington State College (now Washington State University) gridiron team from 1931 through 1933.

Going steady

Pairings between boys and girls of McClatchy High were occa-

sionally mentioned in issues of The Prospector.

In the April 18, 1947 edition of the paper, several students were mentioned as "going steady." Among the couples referred to in the write-up were Dolores De-Massey and Bob Hardesty, and former Dragon Norman Santos and Kathleen Anderson.

More to come

While taking this ride down memory lane in search for golden kernels from times gone by, it became apparent that presenting selections of McClatchy High memories from the earlier years of The Prospect is a worthwhile endeavor that need not end with one article.

And with this understanding, readers of this publication should be on the lookout for similar articles in this paper in the future.

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**Faces and Places:
Hula for Health**

Photos by MONICA STARK
editor@valcomnews.com

Led by YMCA Hula for Health teacher, Michelle-Kaliko Sweeting, this group of performers entertained toddlers and preschoolers at the Child Development Center with singing and dancing on Friday, June 20. "It is an honor to perpetuate the culture through song and dance," Sweeting said in a message to the Land Park News. Some of the members at the YMCA play ukulele and travel with the hula class for small performances. The hula dancers performed "Beautiful Kauai," a beautiful song (mele) to get the attention of the little ones. Then, the children were asked to participate in song and dance to "Uupalakua," which is a place on the island of Maui where the cowboys (pali-ans) live, as well as to a basic luau song, "Hukilau." Hula for Health meets weekly on Wednesdays from 11:30 a.m. to 12:30 p.m. inside Studio A. The class size typically ranges in size from 20 to 30 students varying between 20 to 92 years of age. Aloha!



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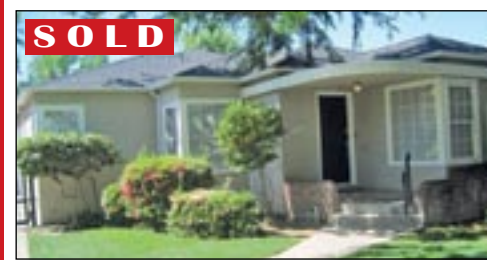


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"Obvious Child"

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From A24 comes a small indie comedy, "Obvious Child", with actress Jenny Slate as Donna Stern, a 20-something angst ridden young woman of exceptional quickness who, in similarity to Asperger Syndrome symptom behaviors, has an ongoing non-stop, self-focused monologue with no threshold, through the entire 84-minute feature. Donna is a stand-up comic of low humor of a very direct and picaresque nature. We first see her in a New York City comedy club making jokes about female body functions. Her boyfriend decides to break up and admits he's been seeing someone else, which makes her even more maudlin and whiny to her friends, family and us in the audience.

This movie has the most contemporary sounding di-

alogue, which makes it hip for the moment, but will date this movie very quickly as popular catch phrases change in the vernacular.

She finds a nice man named Max (played by actor Jake Lacy) from the Midwest by chance one night, and takes him to bed, only to find that she is pregnant with his child shortly after. Ms. Slate is a very capable and bright actress, able to deliver fast dialogue, but I found her role without merit as written. She never seemed to care for anyone beyond herself. It's hard to relate to an unlikable character, and without that concern or engagement from the viewer, you will likely dismiss what happens in the narrative. "Obvious Child" is a real stinkeroo!

"Earth To Echo"

The MPAA has rated this PG

Relativity Media offers a story of wonder for chil-

dren of all ages and perhaps the E.T. of this generation of the smart phone, "Earth to Echo". A bizarre series of smart phone transmissions are seen by a trio of boys in one neighborhood who have determined that they are a map leading them to adventure.

They cycle out to an area of the Nevada desert at night, and encounter a tiny projectile imbedded in the ground, which starts to beep. They try to figure out just what's in it, and presto! It's a cute little armored alien. The boys side with trying to assist the alien in the projectile and encounter all sorts of challenges from agents trying to track the little guy down to destroying him.

The photography is all from the perspective

of the kids themselves though the medium of their electronic devices— the way most kids relate to each other in this modern age.

We see this story through Skype-like calls, small strap on cameras, glasses with cameras in them and more. Many of the shots are from the low angle of a kid's perspective, or are from the handlebars on their BMX bikes. Anticipate the image on the screen to suddenly turn sideways when their bikes are set on the ground, or shaky quick movements in tandem with the rapid fire quick exchanges that are the way kids really talk.

The choice of the director, Dave Green, to have almost the entire story told through the eyes of the kids' electronic devices is at first a neat idea, but becomes tiresome very quick-

ly, and ultimately is distracting.

It's like a kinder, gentler kid's version of "The Blair Witch Project" with a cute alien instead of horror. The young actors are Reese Hartwig, Astro (He goes by just that one name.) and the fellow destined to become the next "tween" heartthrob, Teo Halm.

This is a delightful movie for everyone, in spite of the less than traditional cinematic photography.

Until next time, this is your pal, Matias Bombal, bidding you a fond farewell.

For more in-depth, complete reviews of these same movies and many more in theatres now, with scenes shown from the movie reviewed, you may see and hear "Matias Bombal's Hollywood" at: www.mabhollywood.com. Find us on Facebook or follow us on Twitter: @MABHollywood

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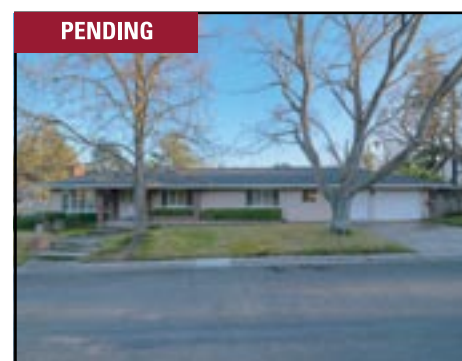


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Twilight Thursday now underway

On June 19, hundreds of people flocked to the Sacramento Zoo for Hot Rod Night, the first of the Twilight Thursdays which featured live music by Elvis and the Experience, a Elvis tribute band, as well as a car show featuring hot rods and a dinner special featuring Memphis-style barbecue pulled pork and sweet potato fries. The following are the upcoming themes for Twilight Thursdays.

On July 3, the Sacramento Zoo presents Red, White & Blues, the third of the Twilight Thursdays at the Zoo, which will feature live music by Mick Martin and the Blues Rockers and a car show featuring muscle cars and a dinner special of a bacon cheeseburger sliders with red and blue fries.

On July 10, the Sacramento Zoo presents British Invasion, the fourth of the Twilight Thursdays at the Zoo, which will feature live music by Mania, a Beatles tribute band and a car show featuring British and European cars. The dinner special is fish and garlic chips.

On July 17, the Sacramento Zoo presents Rockabilly Night, the fifth of the Twilight Thursdays at the Zoo, which will feature live music by The Nickelslots and a car show featuring Kustoms and Rat Rods, as well as a dinner special of beer battered deep fried hot dogs with fries.

On July 24, the Sacramento Zoo presents classic rock music, the sixth of the Twilight Thursdays at the Zoo, and will feature live music by The Count and a car show featuring vintage trailers and classic

cars. A dinner special could include Buffalo wings with sweet potato fries.

On July 31, the theme is "Old Skool Groove" and will feature live music by East Wind and will feature Lowriders. The dinner special includes patty melts with onion rings.

Register your show car early for extra value. Pre-registration is \$10 per vehicle; car entry includes admission for four that night, six ride tickets good for the carousel or the train, 10 percent off purchases at the Zoofari Market and

10 percent off at Kampala Café! Pre-registration cut-off is 5 p.m. the day before the event. Cars arrive at the front entrance of the Zoo between 4 and 5 p.m. Space is limited; advance registration is recommended.

Registration after 5 p.m. the day before the event is \$10 per vehicle and includes four admissions for that night. Call 808-5888 to reserve your spot. The summer weather was just about perfect for the thousands of visitors who came out for Twilight Thursdays.



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Photo 1979 Nugget yearbook

Ray Allinger.

Long-time C.K. McClatchy metal shop teacher leaves legacy

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

Sad news hit the C.K. McClatchy community of latter years on May 7 with the passing of long-time metal shop teacher, Ray Allinger, who many described as a good-natured, happy individual who enjoyed his retirement with a zest of life and adventure.

Preceded in death by his first wife Mary and his brother Doug, Ray is survived by his wife Bonnie, son Chris (Patti), daughter Carla (Jason), brother Grant, grandsons Joshua, Lauren, Nathaniel, Luke, Nicholas, Alexander and Matthew. Richard, as his family called him, was born in Berkeley on May 20, 1931, and spent a great deal of time when he was young with his beloved cousins, hunting in the fields and mountains and fishing in the creeks of Butte County. He fondly remembered going to the 1939 World's Fair on Treasure Island. While he was only 8 years old, he was allowed to go unsupervised with friends, just as young as he was with only 50 cents in his pockets, 10 cents for the train to get there and back and 40 cents to spend on food or whatever he wanted.

He proudly earned his Eagle Scout Award in 1947 with six other friends in Troop 24. Ray graduated from Berkeley High School in 1950 and Chico State University in 1957. With the generous help of friends and his brother Doug, Ray built an adobe brick house with a red tile roof on 10 acres in Wilton in 1967 and lived there until his death.

One June 1, hundreds of former students, friends and family gath-

ered at Ray's adobe home for his celebration of life service.

Ray's wife, Bonnie, spoke with Valley Community Newspapers about the ceremony and about her and her late-husband's many years together.

"It was a gratifying (turnout at the ceremony)," Bonnie said. "(Ray) had a huge diversity of interests we were involved in. He was a very, very wonderful, giving person in that he was always willing to help people," she said.

Sadly, Bonnie explained that while over the last eight to 10 years, Ray suffered from many different health issues, involving various kinds of operations, he continued to persevere with a hopeful attitude. "We had many, many years of happy times. We were together for 28 years. It was a nice, wonderful relationship. As he started going downhill, we had to alter our lives, but he still remained happy and he did a good job with that. In the latter years, he was in quite a bit of pain. We have to look at the fact he's gone but that he's not in any more pain. He was very positive in his approach of getting over stuff and trying to get back to a normal life where he could still work in his shop and do his iron work and participate in his social activities he enjoyed. He was a happy person."

Recalling how they met, Bonnie explained it all happened in "1986 or 1987" during an educational trip to visit a vocational school in Arizona.

"Three of us went down there from the Sacramento area. I had seen him in other vocational department affairs. He and the other industrial education teacher were both really nice guys. We had a lot of fun.

We learned a lot. We discovered we enjoyed similar interests. That was the beginning. But, we all came back to our regular jobs and came back to work. We didn't get married until 1992. We just meshed beautifully. We enjoyed each other. He had a lot of diverse interests. I enjoyed them. He enjoyed mine. He was a friendly person. He enjoyed people. He loved kids. He was good at relating with students," Bonnie said.

During his teaching career, Ray taught at Stanford Jr. High School, part time at Sacramento City College and metal shop at C.K. McClatchy High School until his retirement. Ray was an active member of the Wilton community. He and Mary took square dancing lessons at the Alta Mesa Community Center and he thoroughly enjoyed being the auctioneer at the annual Box Social dinner. He was also very active in the Wilton 4-H Club. Ray took great pleasure in being Master of Ceremonies and planning and participating in evening entertainment at the annual Alta Mesa Fair. Many Wilton kids will remember sitting on the floor in his house stamping, carving, stitching and dyeing their various leather projects in the leather craft class he taught in 4-H. Ray also made a hand-engraved wood sign for each child that showed an animal at the County Fair. Each sign had the children's name on top and their show animals' names below, attached with two chains, to be hung outside the pen or stall. In addition to 4-H, Ray was a valued member of the Western Festival Committee and an active member of the Elk Grove Optimists. Ray loved the Alta Mesa

Gun Club. He helped organize and also participated in the shoots, and he held the positions of treasurer and president over his many years of involvement. Ray and Bonnie also enjoyed jazz and assisted for many years for the setup of the jazz festival in Old Sacramento.

Ray loved to fish. Family vacations often revolved around locations with a lake or creek that he could put a line in. These included places like Butte Meadows where his Aunt Grace had a cabin, Weed to visit Father Mellow and Jackson Meadows with Wilton friends.

Several years after his first wife Mary passed away, Ray met Bonnie and began a second, happy chapter in his life. They enjoyed being a part of a dinner group and traveling to their travel trailer (and later their motor home) and overseas. He also loved the fishing trips he took to Alaska and Mexico. After retirement, Ray continued to work with ornamental iron, creating beautiful railings and gates for the custom brick homes his brother Doug built as well as for the homes of many neighbors and friends. In later years, his iron work drifted to creating bells from oxygen tanks, each one with a unique hanging attachment. He sold some of the bells and also enjoyed donating one each year for the Optimist crab feed.

In the late 1970s, Ray's close cousin Fred introduced him to diving for abalone in Fort Bragg and he was hooked. This was the beginning of many cherished family trips to the coast. Ray loved diving, spearing fish and just sitting around

Legacy:

Continued from page 20

camp visiting, and the evening sing-alongs where he would play his banjo. Throughout the years, additional family and friends would come along and soon become part of the annual group.

Retired McClatchy teacher and counselor Jim Coombs said Ray was one of his favorite teachers to work with. "We had lots of laughs together. He was truly one of the best educators I met in my 38 years as a teacher/counselor, definitely in my top 10. He was so good with the kids and made a major impact on many hundreds of lives. I never saw him give up on a kid, no matter how big an asshole the kid was. Today our schools miss the likes of Ray and Chuck Warner (print shop teacher) who gave those non-academic kids a chance to succeed."

Jim shared two quick stories that came to mind in regard to Ray.

As the Vietnamese immigrants became more integrated into school life, Jim would call them in and ask them if they would like an American first name to go by, which would end up on their transcripts.

Jim did this for many kids and it became a joke around the lunchroom. But one day, Ray sends this poor kid who is not Jim's counselee in with a sealed note. The incident is still clear as crystal in Jim's memory. "The kid stands there while I read (the note). In huge letters Ray has written his name: FU KING YU. In quotes, he says, 'NEEDS A NAME CHANGE.' I asked the boy about doing this and his response was 'FU KING YU is bad name.' So in less than one minute, FU KING YU became KENNY YU and life was much better for him thanks to Ray. From then on, I was Kenny's counselor whenever he had a problem even though I wasn't his counselor."

The other story had to do with Ceila "BOOM BOOM" Boomhower, who was Ray's sixth period teacher's assistant. "BOOM BOOM was pretty accurate in describing her and all of the boys loved having Ceila in sixth period as she never wore a bra, and, boy were they big," recalled Coombs.

"He was a friendly person. He enjoyed people. He loved kids. He was good at relating with students..."

-Bonnie Allinger

"(Celia's) fifth period teacher was an old biddy who still lived in the 1930s and every day she would send Ceila out of fifth period with a note that said, 'Needs a bra.' She wanted Ceila suspended for violating the dress code. After this had happened about five times, Ceila and I made a deal that would get me fired today. Ceila brought in a bra and put it in a drawer in the back of the guidance clinic. After fourth period she would pop in and put on her bra. After fifth period, she would pop back in again and take it off for Ray and the sixth period class. Ray and I had many laughs over Ceila and the bra story."

Joking aside, Ray clearly made a difference in many students' lives.

Starting high school averaging C and D grades, one of Ray's former students, Kerry McColloch, said things turned around because of his metal shop teacher. "(Ray) was the dad I never had. That's saying it mildly," Kerry said. "He set me on a path that straightened me out. Ray had a knack and ability to get through hard-headed, dumb kids our age when we thought we knew everything. He put the fear of God in you. He had a way to teach you without you knowing it."

While Kerry excelled in metal shop and continued his studies in college, he followed his then-new-found dream of opening a RV trailer repair and storage business (McColloch's Rv Repair & Stor-



Bonnie and Ray Allinger.

Photo courtesy

age, 2420 Harvard St.) and hasn't looked back. That motivation and courage to start the business on his own volition, Kerry said, was inspired by Ray. "It's a good feeling to have. I put my two kids through college. And this all goes back to Ray. Three years ago, I told him all of this and it made him cry."

Bob Sertich, a college-bound 1967 McClatchy graduate, said Ray was his class's sponsor. "I was a class officer and Ray would always encourage us to do stuff we didn't think we could do. I remember him saying, 'Bob, you can do this.' He was really positive and encouraging. I had lost my dad a few years before I started at McClatchy. There were male teachers and the principal who took care of

me. There weren't that many people who didn't have a father. It's not like today with divorcees. (Ray) was one of the males who filled the void."

As Jim Coombs stated: "Even as his health began to fail in recent years, Ray kept an optimistic attitude and stayed as active as his health would allow. Ray will be remembered for his positive outgoing personality, his willingness to help a friend, soup parties, tool loan cards, horseshoes, his beautiful iron work and his love of playing the banjo and ukulele. In addition to his family, Ray leaves behind many dear friends from Wilton, people he met during his teaching years and from traveling and the industrial education guys he befriended."

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FOR THE CLASS OF 1964 - FROM LUTHER BURBANK
September 20, 2014
2 to 7 p.m.

\$35.00 includes catered food/beverages/music
Casual Attire

The event will be held at a private residence. For more information contact:
Janis (Chapman) LaBella (916) 704-9464 or janis.labella@att.net
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CALENDAR

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

ONGOING

Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs. As the weather gets warmer, more families want to visit the zoo. The Sacramento Zoo generally has wheelchairs to loan at no charge. However, at this time, we have none. If you would like to donate a "near new" wheelchair that you no longer need, please call 808-5888. Your wheelchair can be a tax deductible donation, and we'll give you four zoo tickets as well for your generosity.

Free summer meal program returning at four Arden-Carmichael locations

The San Juan Unified School District is once again offering all children 18 and younger a free meal this summer as part of its popular Summer Fun Café. The café will be found at four locations throughout the community. There are no qualifications to receive the free meal. Students do not have to be enrolled in the San Juan Unified School District, there are no income requirements, and there is no paperwork to complete. All locations will serve lunch from 11:30 a.m.-12:30 p.m. Monday-Thursday. Below are the locations for this year's program, which goes from June 9-July 31:

SJUSD Admissions & Family Services: 3700 Garfield Ave. in Carmichael

Coyle Avenue Elementary: 6330 Coyle Ave. in Carmichael
Howe Avenue Elementary: 2404 Howe Ave. in Sacramento: Howe Avenue will also serve breakfast from 7:45 a.m. - 8:45 a.m.
Carriage Drive Elementary: 7519 Carriage Dr. in Citrus Heights
Parents can eat with their children by purchasing a meal for \$3. Call 979-8966 for more information.

Tai Chi at Hart Senior Center

Focuses on low impact form of ancient Chinese exercise, combining slow movements with relaxation. Classes are ongoing and always open to newcomers age 50 and above. Classes are held Mondays, 10:30 - 11:30 a.m. at the Ethel MacLeod Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Try it once for free! For more information or to register, stop by the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$18 for 4 classes.

Zumba for Seniors at Hart Senior Center

Zumba for Seniors incorporates physical exercise and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba, and much more. It's an easy and fun way to lose weight, get in shape, and live healthier. No dance experience required. Classes are held Tuesdays 9:30-10:30am and Fridays 3:45-4:45 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th Street, Sacramento

(27th and J streets). Try it once for free! For more information or to register, stop by the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$16 for 4 classes.

Singers with Hart

Love to sing? Experienced and beginning singers age 50 and above are welcome. Led by a professional choral director, Singers with Hart aims to inspire and encourage elders to become involved in an ongoing older adult singing group. Ongoing sessions are offered as part of the Hart Choral Initiative presented by the Ethel MacLeod Hart Senior Center and the Sacramento Metropolitan Arts Commission. New sessions start every nine weeks and are held at the Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Pre-registration is required. For more information, visit the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$15.

Free summer meal program returning at four San Juan Unified District locations

The San Juan Unified School District is once again offering all children 18 and younger a free meal this summer as part of its popular Summer Fun Café. The café will be found at four locations throughout the community. There are no qualifications to receive the free meal. Students do not have to be enrolled in the San Juan Unified School District, there are no income requirements, and there is no paperwork to complete. Parents can eat with their children by purchasing a meal for \$3. Call 979-8966 for more information. All locations will serve lunch from 11:30 a.m.-12:30 p.m. Monday-Thursday. Below are the dates and locations for this year's program:

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Carriage Drive Elementary: 7519 Carriage Dr. in Citrus Heights

Emotions Anonymous

Meets regular Tuesdays, Thursdays, and Saturdays. Meeting information is available at www.emotionsanonymous.org. Free 12-step program/support group for those who desire to become well emotionally healthy.

Acquire a new way of life, sharing experiences, and learning to live with unsolved emotional problems. Meets Tuesday 6:30 - 7:30 p.m. Parkside Community Church 5700 South Land Park Dr.;

Tuesday 6:30 - 7:30 p.m., Sierra Arden Church of Christ, 890 Morse Ave (at Northrup), Room F-4. Thursday 7 - 8:30 p.m. at Church of the Good Shepherd, 1615 Morse Ave. (at Arden Way) left of choir room. Saturday 1 to 1:30 p.m. at the Wellness Recovery Center, 3851 Marconi Ave. (at La Paz), Suite #1. Saturday 1:30- 2:30 p.m., 3851 Marconi Ave (at La Paz).

Mahogany Urban Poetry Series - Queen Sheba - poetry readings

Each Wednesday from 8-11 p.m. at Queen Sheba in Sacramento, local talent makes it way to the restaurant for weekly open-mic events. \$3-\$5. 1704 Broadway.

Brain Gymnasium

Exercise your mind and have some fun at this on-going Brain Gymnasium class! Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 9:20 a.m. Thursdays. \$6 per class. Call 441-1015 for more information.

Women with Good Spirits monthly meeting

Women With Good Spirits is a networking group that engages women in the Sacramento community with non-profit organizations that make contributions to our quality of life and care for our fellow residents. Each month, Women With Good Spirits invites a community non-profit to present on its mission work. The meeting is held at Revolution Wines on the second Tuesday of each month and starts at 6:30 p.m. The presenter will start their presentation promptly at 7:15 p.m. and will last 15-20 minutes with an open question and answer forum after. RSVP is appreciated as well as a \$5+ donation per person that will go directly to the non-profit presenting that month. Revolution Wines is located at 2831 S St. Visit www.womenwithgoodsprits.com or find the group on Facebook.

Gentle Qi Gong

Learn powerful relaxation techniques reduce stress, reduce physical pain and emotional suffering, lower blood pressure, increase immune response and improve balance. Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 3 to 4 p.m., Wednesdays. \$7 per class. Call 441-1015 for more information.

California Youth Basketball League taking applications

CYBL is a non-profit year round league for ages 4 through 18 that prides itself on being well organized that aims to develop basketball skills, sportsmanship and self-esteem through coaches, gym official and organizers. Visit www.cybbhoops.com or call 391-3900.

ketball skills, sportsmanship and self-esteem through coaches, gym official and organizers. Visit www.cybbhoops.com or call 391-3900.

Kiwanis Club of East Sacramento-Midtown

Visitors Welcome, weekly breakfast meeting on Fridays at 7 a.m. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com. Meeting/Membership info: 916-761-0984, volunteers always welcome!

Food trucks at Carmichael Park

Every first Thursday of the month from 5 to 8 p.m. (July will be held on July 10) food trucks hit Carmichael Park, 5750 Grant Road.

The Sacramento Capitolaire meeting

A men's Barbershop Harmony group, meets every Tuesday night at 7 p.m. at Pilgrim Hall (Sierra Arden United Church of Christ), 890 Morse Ave., Sacramento. Info: www.capitolaire.org, call 888-0877-9806, or email info@capitolaire.org

Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group meets at Aviator's Restaurant, 6151 Freeport Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m. The meetings discuss our fund raising Projects and Community Service, often with speakers from our community.

JUNE

Tips For Choosing Cell Phone Service

June 26: Soojin Yoo, MSW, Program Assistant, will cover what questions to ask when choosing a service, what you should know before signing a contract, and how to cut your cell phone costs. Also, learn about unauthorized third party charges and what you can do to prevent them. 2:30-3:30pm at ACC Senior Services Center, 7375 Park City Dr. Free of Charge. Pre-registration required. Call 393-9026 x330, www.accs.org.

30 Minutes That Can Change Your Life!

June 26: Tom Nakashima along with Deborah Short, Planning for Seniors, LLC, will provide information for Boomers with Aging Parents. Eddie Fong will be providing appetizers. 7 p.m. at ACC Senior Services Center, 7375 Park City Dr. Free of Charge. Pre-registration required. Call 393-9026 x330, www.accs.org.

Solution to Crossword:

T	U	B	A	E	R	A	S	E	F	L	A	W	
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A	R	M	S	T	A	R	O	T	Z	E	A	L	



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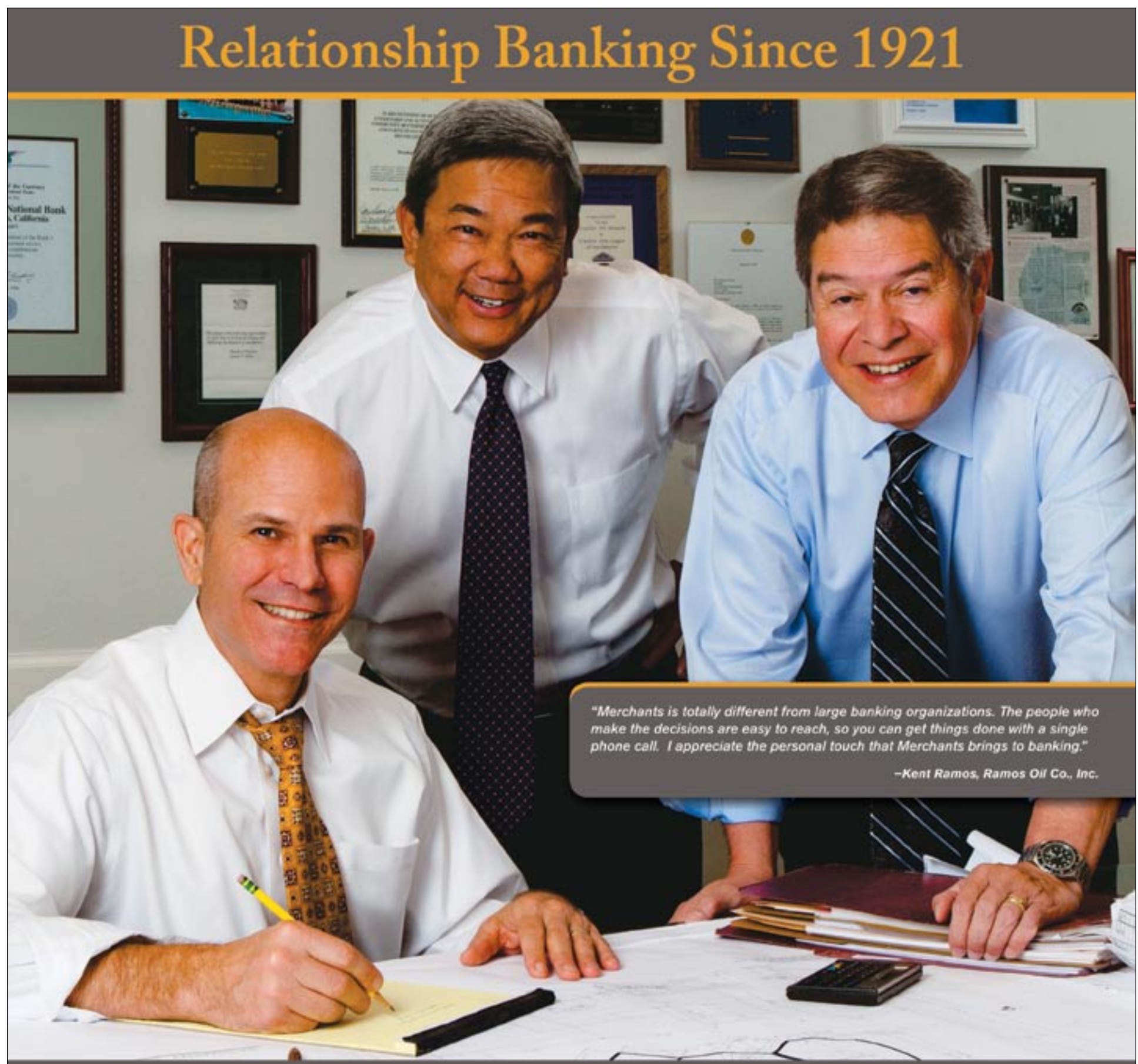
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(L TO R) JOSEPH KLEEMANN, VICE PRESIDENT COMMERCIAL LOAN OFFICER; STEVEN LIH, SENIOR VICE PRESIDENT; AND JAMES POHS, EXECUTIVE VICE PRESIDENT



CALENDAR

Open House: Lifelong learning computer classes

June 27: Join us for an open house, check out the classroom, and try the computers. Our friendly computer instructors will be available to answer questions about upcoming classes. You can discuss which classes are best for you. You may also ask questions about your own computer and any specific problems or issues you are having. Refreshments will be available outside the computer

lab. 10:30 a.m. to 12:30 p.m. Free of charge. Call 393-9026 x330, www.accsv.org.

Food truck festival at Tahoe Park

June 27: From 5 to 8 p.m. enjoy food from food truck vendors, 3501 59th St. 95820.

Pops in the Park (McKinley Park)

June 28: Beaches, boats, bars and tropical drinks with little umbrellas. That's what you think of while listening Garratt Wilkin

& the Parrotheads performing "A Celebration of Jimmy Buffett's Music." The band will be bringing their best to McKinley Park starting at 6 p.m. 601 Alhambra Blvd., Sacramento.

Midsummer Night's Dream and Crystal Ice Cream Fantasy

June 28: From 5 to 9 p.m., celebrate William Shakespeare's popular fairy-themed play while enjoying all-you-can-eat Crystal ice cream! This magical midsummer's evening features multiple ice cream tasting stations, live entertainment, hands-on activities, an olde worlde marketplace and more. Costumes for the whole family are encouraged. No host food and bar. Tickets go on sale May 1 at www.fairytaletown.org. Advance tickets are \$15 for adults and \$5 for children ages 2-12. Day-of tickets are \$20 for adults and \$10 for children ages 2-12. For more information, visit www.fairytaletown.org or call (916) 808-7462.

Summer Concerts in Carmichael Park

June 28: MANIA (formerly BECAUSE), a Beatles tribute band from 6:30 to 8:30 p.m., 5750 Grant Ave.

Summer Concerts in Carmichael Park

June 29: Lincoln Highway, 50s to 90s, country and rockabilly, from 6:30 to 8:30 p.m., 5750 Grant Ave.

July

Matsuyama 4th of July Fun Run

July 4: This event, which takes place immediately before the annual Pocket Parade, helps raise money for incoming 6th graders at Matsuyama Elementary School to attend Sly Park Environmental education camp the following spring. It's also a terrific community event and a way to promote family-friendly fitness. Registration costs \$15 between now and May 30, and \$20 for on-site registrants. Runners/ walkers can register by visiting the Matsuyama Elementary School office (7680 Windbridge Dr.) or printing out a form at <http://matsuyama.scusd.edu/> and mailing it to the school with payment. On-site registration will take place July 4th at Matsuyama starting at 7 a.m. The race begins at 8 a.m.

Neighborhood Park Day at Southside Park

July 5: Enjoy a day full of fun activities. (TBA). 2115 6th St.

Summer Concerts in Carmichael Park
July 6: Metro Swing, from 6:30 to 8:30 p.m., 5750 Grant Ave.

Food truck festival in McKinley Park

July 11: Enjoy food from various food truck vendors at McKinley Park.

Summer Concerts in Carmichael Park

July 12: On Air, classic rock with power horns from 6:30 to 8:30 p.m., 5750 Grant Ave.

Summer Concerts in Carmichael Park

July 13: The Kick N 60s, songs from the 60s from 6:30 to 8:30 p.m., 5750 Grant Ave.

'Protect yourself from elder abuse' discussion to be held

July 14: Join the Pacific McGeorge School of Law, Victims of Crime Resource Center representatives for a workshop on how older adults can protect themselves from financial abuse, domestic violence and elder abuse, and crimes against people with disabilities. "People with Disabilities - How to Protect Yourself" to be the theme on July 14. Workshop begins at 1 p.m. and will be held at the Ethel MacLeod Hart Senior Center, 915 27th Street, Sacramento, California (27th and J streets). Space is limited. For more information or to register, stop by the Hart Senior Center front desk or contact (916) 808-5462. Cost: Free.

Food truck festival at Garcia Bend Park

July 18: Enjoy food from various food truck vendors, 5 to 8 p.m. 7654 Pocket Road.

Movie night at Curtis Park

July 19: Movie starts when it gets dark - at about 8 p.m. 3349 West Curtis Dr.

Cabrillo Park Neighborhood Concert

July 20: From 5 to 8 p.m. at Cabrillo Park, catch some good tunes. 1825 67th Ave., Sacramento, 95822.

Sacramento Youth Symphony presents its Summer Chamber Music Workshop

July 19-20: The Sacramento Youth Symphony's Summer Chamber Music Workshop directed by Susan Lamb Cook will feature student and faculty performers in two evenings of concerts. Compos-

er in Residence, Hermes Camacho (<http://www.hermescamacho.com/about>) has composed a new piece to celebrate the 25th Anniversary. Reception following concerts. Both Saturday and Sunday shows start at 7:30 p.m. The Saturday show will be held at CSUS Capistrano Hall - Music Recital Hall. 6000 J St., and the Sunday show will be held at St. Anthony Church, 660 Florin Road. Tickets are \$10 adult, \$5 seniors and students, youth age 10 and under free. Available 30 minutes before each concert, and on the web site at www.sacramento-youthsymphony.org For more information, call 731-5777 or email Vicki Schaevitz at vicki@sacramento-youthsymphony.org. The mission of the Sacramento Youth Symphony is to educate and advance the musical skills of the youth of our communities in ways that engage, challenge and inspire them to reach their highest potential.

Summer Concerts in Carmichael Park

July 20: Group Therapy, classic rock, R&B from 6:30 to 8:30 p.m., 5750 Grant Ave.

'Protect yourself from elder abuse' discussion to be held

July 21: Join the Pacific McGeorge School of Law, Victims of Crime Resource Center representatives for a workshop on how older adults can protect themselves from financial abuse, domestic violence and elder abuse, and crimes against people with disabilities. "Money Smartz for Older Adults" to be the theme on July 21 for a workshop to begin at 1 p.m. and held at the Ethel MacLeod Hart Senior Center, 915 27th Street, Sacramento, California (27th and J streets). Space is limited. For more information or to register, stop by the Hart Senior Center front desk or contact (916) 808-5462. Cost: Free.

Food truck festival at Tahoe Park

July 25: From 5 to 8 p.m. enjoy good food from food truck vendors.

Summer Concerts in Carmichael Park

July 26: Mick Martin and the Blues Rockers, rhythm and blues, from 6:30 to 8:30 p.m., 5750 Grant Ave.

Summer Concerts in Carmichael Park

July 27: Carmichael Kiwanis Band, swing dance band from 6:30 to 8:30 p.m., 5750 Grant Ave.

'Protect yourself from elder abuse' discussion to be held

July 28: Join the Pacific McGeorge School of Law, Victims of Crime Resource Center representatives for a workshop on how older adults can protect themselves from financial abuse, domestic violence and elder abuse, and crimes against people with disabilities. "Domestic Violence and Elder Abuse" workshop to be held July 28, at 1 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th Street, Sacramento, California (27th and J streets). Space is limited. For more information or to register, stop by the Hart Senior Center front desk or contact (916) 808-5462. Cost: Free.

AUGUST

Movie night at Belle Cooledge

Aug. 1: Enjoy a movie with your neighbors under the stars. Movie TBA. 1825 67th Ave, Sacramento, CA 95822.

McClatchy Park concert/health fair

Aug. 2: From noon to 6 p.m., enjoy live music and receive health information from various groups.



Ryan practices Poi arts at the river regularly.



Artistic flow at the river's edge

By MONICA STARK
editor@valcomnews.com

On a warm and Delta breezy evening, psychedelic colors illuminated the Sacramento River with their warmth and coolness, spinning out of control from the careful hands of two friends - Ryan and Nate.

Finding comfort in nature, they practice swinging these tethered weights, also known as poi, until the flow of the rhythmic patterns solidify into Celtic-shaped knots.

"It kind of just flows. You make a big circle, then a small circle, and a small circle, small circle, big circle. It's like a pattern. So if you go at

the right pace, it never really stops at any point. It's Zen-like and a little bit mindless," Ryan said.

Mindless, perhaps, but their minds are transfixed. The hardest part, Ryan said, is just letting go and allowing the tear-drop shaped, silicone vessels expose the programmable LED lights that changed from solid pinks and blues to rain-bow and strobe.

While speaking about his progression into the art form known as flow, Ryan said: "I felt the more I let go and just let it happen, it feels more natural and it flows. I guess that's why they call it flow because it flows out of you versus trying to manipulate it yourself."

On another evening, Ryan was there spinning poi as his best friend hula hooped to the sound of waves crashing made from the speed boats cruising up and down river.

With effortless control, the hula hoop traveled up and down her body, dancing around her arms, neck, chest and waist, as time seemed to stand still, and as the music of the night, reverberated through portable speakers connected an iPod.

Always interested in fire dancing, Ryan said he found poi through some sleuthing around on the internet. "I saw fire dancers doing it and I thought, 'wow, that's really cool. But how do you

get to that point? You can't just practice with fire.' So I found a tutorial online that taught me how to make sock poi."

Starting with old knee-high socks, Ryan filled them with rice to make a ball and twirled them around for about a week and a half, but that's all it took. "I was just hooked; I couldn't put it down. I thought this is something I could get into, so I just started to do some research." About five or six months ago, Ryan found the website, www.flowtoys.com, where he said he bought his poi. "I had them for a good month and I was on the fence about it, but then I just fell in love with it, and I really haven't stopped since."



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CURTIS PARK CLASSIC

Welcome to this lovingly maintained 3 bedroom 2 bath Curtis Park home! The interior has been freshly painted and compliments the pretty hardwood floors and pretty curved fireplace. Newer master suite features fun bathroom and walk in closet. \$449,000

PAULA SWAYNE 425-9715



CONVENIENT SLP

Wonderful location meets wonderful home! 3 bedrooms, 2 baths and 1500 square feet this home has it all. Original owner took great care of this home and it shows! You'll love the hardwood floors under carpet, fireplace, slate hallway, large kitchen, indoor laundry room and 2 car garage. Covered, enclosed patio. \$315,000

KELLIE SWAYNE 206-1458



WONDERFUL S. LAND PARK

Sharp 3 bedroom features new roof, floors, granite counters and master bath remodel. Nice location close-in, with easy access to both 99 and I-5. Screened-in Florida room for relaxing with those Delta breezes. Family room / kitchen / dining area, and generous sized living room with fireplace. \$365,000

MIKE PUENTE 395-4727



LAND PARK LOCATION

Land Park location, location, location within easy walking distance of Taylor's Market and Light Rail. Recently updated 2 bedroom home with a new kitchen and bath. This property also features a deep 155 foot lot awaiting personal touch. \$349,900

JAMIE RICH 612-4000



GREAT LAND PARK STARTER

Such a cutie waiting for you to make it your own - located on a tree lined street within easy walking distance of Vic's Ice Cream. 3 bedrooms 2 baths, 1124 sf awaiting your personal touches! So many possibilities the lot is 166 feet deep! \$275,000

SHEILA VAN NOY 505-5395

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