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TURTLE RAMA

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A Fruitridge
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favorite

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Andrea Picot, the
youngest female
president of the Rotary
Club of South Sacramento

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Over the Fence
with Greg Brown

By GREG BROWN
greg@valcomnews.com

Cowboy Jerky At The State Fair

"You know what? That's the way to go." It was as simple as that. So, that's what he did, as Andrew told it. Cowboy Jerky Malone passed away back in 2012, but his jerky booth lives on. They only employ friends and family at Jerry's jerky stand. "We try to take care of the people who take care of us. They volunteer and come to the fair for free and we make sure they don't go hungry," Andrew quipped, "They work for jerky." I was thinking of filling out an application. As I tore into the flat hickory stick, Andrew helped customers and told me about his beef jerky empire. My head was sweating from the spices

The cowboy jerky compound is located on 24th and Fruitridge Road in South Sacramento. It's a local family-owned business. It all started when Andrew's father-in-law, Jerry "Crawdaddy" Malone, retired from the Los Angeles Police Department and became a commercial pitchman. One day, Jerry saw a beef jerky booth and thought to himself:

See Over the Fence, page 26

Sue Olson & Teresa Olson
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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.

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Where's the 1968 Yorozu sign?

Photos and short story by MONICA STARK

Editor's Note: A follow up about the old 1968 Yorozu sign will be featured in an upcoming issue of the Land Park News.

As demolition is underway over at the old Yorozu Oriental Gifts shop on Riverside Boulevard, so are efforts to preserve the two business signs.

Gretchen Steinberg, a South Land Park resident and president of SacMod (a non-profit association dedicated to promoting, preserving and protecting modern art, architecture and design), has been working with Center for Sacramento History and Pacific Neon to remove the signs, crate them, and donate them to CSH as they are expected to join other historic signs, which are stored at McClellan Air Force Base with the hope someday to be displayed again.

Unfortunately, however, the 1968 sign that reads "The Yorozu Oriental Gifts" actually had been removed prior to Gretchen's knowledge. "Dunno where it went," she told the Land

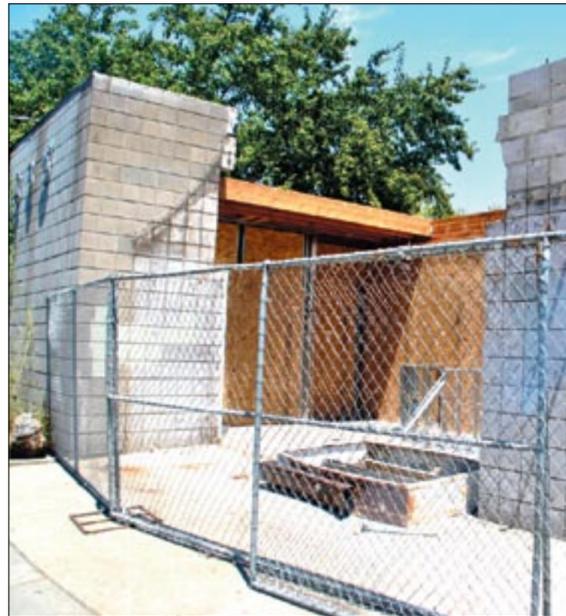
Park News. "These signs each could use a case worker. Each set of circumstances is unique and complex."

Asked what she thought has been amongst the most "unique" sign cases, Gretchen said: "It's all new and we have several signs in the line of fire right now."

The earlier "blade" sign, that reads, "Yorozu Gifts," is "super historic," she said, and was still hanging on the backside of the building as of press time.

The Yorozu closed after the death of longtime owner Eugene Hirohisa Okada who died in his sleep after battling prostate cancer on Sept. 21, 2012. The Yorozu store was the place in town to buy Japanese gifts, be it magazines, dishware, or origami. The store remained open until all items had been sold and proceeds gone to his estate: Okada's older sister, Agnes.

It's still unknown what the business will become, since the property had been sold to an anonymous businessman.



(above left) Fairies will again face paint children at this year's Curtis Fest, which will be held Sunday, Aug. 24. (above right) A petting zoo was a highlight at a previous Curtis Fest.

Photos courtesy of Faith Johnstone

Curtis Fest Artisan Fair provides fun for the whole family

More than 100 talented local artists will display and sell their crafts under a canopy of lush trees on Sunday, Aug. 24 at the eighth annual Curtis Fest Artisan Festival. Attending guests will be surrounded by wonderful music, fantastic food and fun activities for the whole family. Held at William Curtis Park, this free, annual art fair is sponsored by the Sierra Curtis Neighborhood Association and is open to all as part of the closing events for the 2014 summer season.

Participants will find something for everyone with artists of all kinds including painters, sculptures, jewelers, and crafters. Music will be provided by the renowned guitarist Jon Merriman and followed by the sultry sound of Jahari Sai.

Later in the day, the Loose Acoustic Trio will entertain guests with their smooth jazz and upbeat classics. Children will have the opportunity to feed live animals in the Pony Ranch Par-

ty petting zoo, have their faces painted or take in the magic show by the fairies of Happily Ever Laughter. For those looking for a bite to eat, Mama Kim's, Wicked 'Wich, and Local Kine Shaved Ice food trucks will be on hand to provide some delicious fare.

If you are interested in putting up a booth at the festival, you must fill out an entry form and pay the non-refundable entry fee of \$50. Make checks out to SCNA. The deadline is Aug. 8. For more information, contact Faith Johnstone at faith@sierra2.org or call 452-3005 to pay with a credit card.

SCNA is one of the busiest neighborhood associations in California. It was formed in the 1970s to rescue the old Sierra School from demolition. Since then, this vibrant, innovative group has worked to bring neighbors together for year-round events and offer a cohesive voice for community concerns. The restored Sierra 2 Center now serves as a focal point for artists,

teachers, students, parents, children, seniors and more – all who rely upon its dance studios, gardens, performance spaces, meeting halls and classrooms to provide them a charming and reliable home. Curtis Park is a residential neighborhood of approximately 2,500 homes, a patchwork of diverse architectural styles situated around a quaint 18.32-acre park.

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Accomplished artists chose Sacramento as destination place to expand their notoriety

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's note: This is part two of a two-part series about 1967 C.K. McClatchy High School alumna and artist Margo Z. Nahas. This article also includes details about her husband, graphic designer Jay Vigon.

Margo Z. Nahas, the local artist who was recognized in the last edition of this paper for the 30th anniversary of her creation of the cover art for the rock band Van Halen's famous album, "MCMLXXXIV", has had a lifelong love of art.

During a recent interview for this article, Margo shared various details about her life history, which included her unusual birth in the capital city.

"I was born en route to Sutter (Maternity Hospital/ later known as Sutter Memorial Hospital at 52nd and F streets)," Margo said. "I was born in front of the (Sacramento) County

Hospital (at 2315 Stockton Blvd.), but we were on our way to the Sutter (Maternity Hospital)."

Margo grew up with her father, Alfred, her mother, Myrle, and her older sister, Kay Nahas (now Kay Cunningham), who like Margo graduated from C.K. McClatchy High School.

After being asked to cite her first memory of art, Margo said, "Our neighbor, Eva 'Baba' Parker, who, interestingly enough, was in the car when I was born and even delivered me, used to take care of us when we were little kids. In order to keep us busy, she used to set us down and have us draw pictures. She put a vase of flowers in the middle of the table and we would have to draw it, my sister and I. And then we got another caregiver, Dorothy 'Dot' Parks, another lady who we also adored, and she would draw women's faces, profiles for us. I became totally obsessed with drawing fac-

es to a point that I couldn't fully concentrate in school. I eventually became a full-time professional artist." In the fall of 1954, Margo began her schooling years at Fruitridge Elementary School at 4625 44th St., and she transferred four years later to Sutterville School at 4967 Monterey Way. Margo's next stop in her educational voyage began in 1961 at Joaquin Miller Junior High School at 4701 Joaquin Way.



Margo Z. Nahas and her husband, Jay Vigon, recently moved to Sacramento to present their artistic talents to a broader audience. Photo by Lance Armstrong

es to a point that I couldn't fully concentrate in school. I eventually became a full-time professional artist."

In the fall of 1954, Margo began her schooling years at Fruitridge Elementary School at 4625 44th St., and she transferred four years later to Sutterville School at 4967 Monterey Way.

Margo's next stop in her educational voyage began in 1961 at Joaquin Miller Junior High School at 4701 Joaquin Way.

While attending that school, Margo had an art teacher who she said brought her much inspiration.

"Randy Wilson, my instructor at Joaquin Miller, introduced mediums that were new to me, especially oil paints," Margo said.

She also recalled that it was during her time at that school that she began taking private art lessons.

Margo added that she was fortunate to have had a mother who supported her artistic aspirations and invested in art supplies from the professional art store, Flax of Sacramento, at 1016 14th St.

During Margo's years at McClatchy High from 1964

to 1967, her ability as an artist continued to increase.

Margo noted that she was among the school's top artists and was recognized by her art teacher, Joy Fox, as a very versatile art student.

After high school, Margo attended Stephens College, a liberal arts college in Columbia, Mo.

While in her second year at that college, one of her good friends from high school sent her a very small advertisement about Art Center College of Design in Los Angeles (now located in Pasadena).

Margo, who decided to attend Art College, said that

See Margo, page 7

Margo:

Continued from page 6

she met her future husband, Jay Vigon, at that institution.

"Lucky for me, Jay turned into one of the more notable, international graphic designers," Margo said. "I met him in 1972 and we were married in Topanga Canyon on Feb. 14, 1976."

Margo said that she obtained her first job while she was still attending Art Center.

"In the midst of going to Art Center, I got my first job doing an album cover for (the soft rock duo) Seals and Croft," Margo said. "It was in 1973 and the album was released the following year. The album was called, 'Unborn Child,' and it was a major introduction into the record business for me."

Shortly after completing that project, Margo, Jay and Jay's twin brother, Larry, opened their own design firm, Vigon Nahas Vigon, which was located at 6420 Wilshire Blvd. in a high rise building, right on the cusp of Beverly Hills.

In recalling that business, Margo said, "We became one of the most popular design/illustration studios in L.A. Most of our work came from the myriad of record companies in the area. We did mostly music-related graphics, but we also did complete album covers and worked in advertising and worked for magazines, including Hustler, Oui, Playgirl, Bon Ap-

pétit and In Flight. Among the album packages we created at that time were Stevie Wonder's 'Journey through the Secret Life of Plants,' Fleetwood Mac's 'Tusk,' and four albums for J.J. Cale. We also created the ever popular Tom Petty and the Heartbreakers original logo."

After five years on Wilshire Boulevard, the business moved to 717 N. La Cienega Blvd. in Los Angeles, and soon afterward, Larry left the company.

Shortly thereafter, the partnership dissolved and Margo and Jay began working in their home studio.

Margo then focused primarily on advertising illustrations and some album art, including artwork for albums by Stevie Ray Vaughn, Toro, Autograph, and ultimately Van Halen.

Another one of her notable creations was her artwork for the film, "Fright Night Part II."

In a brief interview for this article, Jay said that he created one of his most famous designs at his home studio.

"I created the logo for the original working title of (Star War's) 'Revenge of the Jedi,' which I later had to augment to the final title of 'Return of the Jedi,'" Jay said.

Jay also created the graphics for the Prince and The Revolution film and soundtrack album, "Purple Rain."

Additionally, Jay said, "I was the first American designer to be invited to create two Swatch watches. One was called 'Fishbone' and the other one was called 'You Don't Live in a Nine to Five World.'"

In 1984, Jay created the business, Vigon Seireeni, with Warner Bros. art director Rick Seireeni.

And in recalling that time in his career, Jay said, "We kept on doing music (related projects) and also branched

out into fashion and advertising, and we began working on international projects."

Vigon Seireeni remained in business for five years, at which point Jay returned to his home studio, where he pioneered moving graphics over live action for national television commercials.

Jay and Margo opened Made on Earth retail store in Studio City in the early 1990s. The store focused on Jay's character designs on products such as T-shirts, bowling shirts, watches, custom Zippo lighters and artistic chairs.

In that partnership, Margo designed the products and Jay designed the products' characters.

Assisting Jay and Margo in the store were their daughters, Morgan and Jordan.

In 2004, after three decades of creating for other companies and individuals, Jay and Margo decided to search for their own acreage and move to the country.

They literally, by chance, found 34 acres, with a quarter mile stretch along the Raccoon River by Adel, Iowa.

There they focused on their personal artistic interests, with Jay doing fine art work, along with his graphic design, and Margo completely devoting herself to jewelry design.

Margo said that after 10 years in Iowa, she decided to move with Jay back to her hometown of Sacramento for both business reasons and to spend time with other members of her family.

And in commenting about the business portion of that decision to head west, Margo said, "After a winter of minus 36 degree wind chill, we decided to pull up stakes and move to sunny California. We essentially said, 'Nobody sees art here.' We really need to reintroduce ourselves and our talents to a broader audience."

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The Music Man JR features neighborhood actors at the 24th St. Theater

The Music Man JR, a toe tapping crowd-pleaser, is hitting the 24th St. Theater one weekend only, Aug. 8-10 with favorites, including, "Trouble," "Goodnight My Someone," "Seventy-Six Trombones," "Wells Fargo Wagon," and "Gary Indiana."

Excited to direct this classic, Liorah Singerman, the Artistic Director of Young Actors Stage, oversees almost 70 children divided into two casts. Included in this musical are many dance numbers, including a full cast tap dancing routine, choreographed by Singerman.

The Music Man JR is part of the Broadway Junior Collection adapted for family audiences. The music and lyrics are by Meredith Willson. The play is based on the timeless Broadway classic which was the winner of five Tony awards, including best musical. The play went on to be a successful award-winning movie, starring Robert Preston and Shirley Jones. The story follows the fast-talking traveling salesman Harold Hill as he cons the people of River City, Iowa into buying instruments and uniforms for a boys' band he vows to organize. The catch is he doesn't know a trombone from a treble

clef! His plans to skip town with the cash as foiled when he falls for Marian, the librarian, whose belief in Harold's powers just might help him succeed in the end.

Growing up studying acting at A.C.T.'s Young Conservatory in San Francisco, Singerman received her BFA in Musical Theatre from Syracuse University and studied in London and New York City with award-winning voice teachers and choreographers. She has a long list of stage credits and is a member of SAG-AFTRA. In 2008, she founded Young Actors Stage, which has brought full-scale musical theatre productions to Sacramento and to the local public and private schools, including Crocker-Riverside, Holy Spirit, Genevieve Didion, Sutterville, and many more.

The role of Professor Harold Hill is played by Adan Hensley and Peter Sunseri. The role of Marian Paroo is played by Clara McNatt and Ana Riley-Portal. All have a great deal of musical theater experience and are looking forward to the show.

The following budding actors provided the following statements for this Valley Community Newspapers' articles.



Photo by Jane Mikach
Peter Sunseri as Professor Harold Hill and Clara McNatt as Marion Paroo in the Young Actors Stage's production of "The Music Man."

Peter Sunseri said, "I'm thrilled to be playing Harold Hill in another one of Liorah's fantastic productions. Music Man has always been one of my favorite musicals."

Ana Riley-Portal, an 8th grader at St. Francis Elementary School who plays Marian in one of the casts, said the following about her involvement with the production: "It is very exciting to sing such beautiful songs written for a soprano in a classic musical like The Music Man!"

Describing her excitement for The Music Man JR, Ana Konovaloff, a 4th grader at Holy Spirit School who plays Amaryllyis, Marian's piano student, said: "I can't wait for the show when the whole

cast is on stage doing a tap routine together!"

Rosie Sunseri said the following about her experience, "I am so excited to play Zaneeta, a lot of dancing, great choreography and such a great cast."

Anna and Louisa McNatt are excited to be in a show with their big sister, Clara, who plays Marian in one of the casts. All three sisters attend Country Day School. Louisa says, "it is a lot of fun singing and dancing at the rehearsals" and says that "you get to show your personality on stage!"

The shows are at the 24th Street Theater, 2791 24th St., Friday, Aug. 8 at 7 p.m.; Saturday, Aug. 9 at 1, 4, and 7 p.m.; and Sunday, Aug. 10 at 1 and 4 p.m.; \$10 adults; \$7 children.

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The Crossword by Margie E. Burke

ACROSS

1 Rustic retreat
5 Room at the top?
10 Bushy coif
14 Reed instrument
15 Facebook option
16 Wet blanket
17 Siamese sound
18 Cleaner scent
19 Wedding wear
20 Mike Brady was one
22 Archipelago part
23 Solitary
24 Skin problem
26 Trip up
29 Retailer's battle
33 Sticky stuff
34 Thwart
35 Wrigley product
36 Pragmatic believer
37 Lonely place?
38 Overly eager
41 Awesome, to the Beav
43 Waterfront
44 Somewhat
45 Put in the mail
46 Aries or Aquarius
47 After all?
49 Treehouse accessory
55 Mixed bag
56 Motionless
57 Party pooper
58 Lunch time, often
59 Battle of the
60 Pond growth

DOWN

1 True-crime TV show
2 Lean against
3 Glutton's request
4 Befuddle
5 Not quite upright
6 Pointer's word
7 Unlikely to bite
8 Wrinkle remover
9 Political moderate

10 Consultant
11 Like some fish
12 Train track
13 Gawk at
21 Yankee Doodle's ride
25 False front
26 Auspices
27 Bubbles at the beach
28 Empathy
29 File menu
30 Sign of age
31 Coral island
32 Email option
34 Lawyer's charges

36 Venomous venting
39 Polish remover
40 Whole bunch
41 Heroic narrative
42 Talkative one
44 Coffeemaker supply
46 Twilled cloth
47 Former footballer Howie
48 Medicinal herb
50 Heavy burden
51 Trapper's ware
52 Kewpie, e.g.
53 For that reason
54 Gather from the fields

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Rotary Club of South Sacramento president's first meeting was a memorial for herself

By MONICA STARK
editor@valcomnews.com

Editor's note: This is the first story in this publication about South Land Park resident Andrea Picot, the new president of the Rotary Club of South Sacramento and the current manager and funeral director at Klumpp's Funeral Home, a Land Park landmark.

Friends and family of Andrea C. Picot entered Iron Grill (formerly known as Iron Steaks) restaurant on Thursday, June 10 to the scene of a funeral. Photos of Andrea with her daughter, Olivia Rose, sat alongside an empty blue urn borrowed from Klumpp's Funeral Home and a bouquet of pink and white flowers from Balshor's Florist, as the first song, Israel Kamakawiwo'ole's ukulele version of "Over the Rainbow" set the stage for a unique first meeting organized by the youngest female president of the Rotary Club of South Sacramento. Andrea, 33, even created a memorial service program with the cover photo of herself on a fishing trip on the Sacramento River.

There were some tears in the room, some laughter, some nods of approval and some whispers of discomfort.

Describing how she came up with the idea to have a funeral service for her first Rotary Club meeting as president, Andrea said: "I had this idea and decided to go ahead and go for it. It was really hard because I was super particular and picky about finding the perfect pictures, the perfect quote to put inside the memorial folder, and I feel like I have a better understanding of my high maintenance family because you want it to be perfect and you want it to completely portray you and you only have a certain amount of time to squeeze in a certain amount of years. I had Ollie pick my urn."

The officiant for the service and author of "The Power of a Broken-Open Heart: Life-Affirming Wisdom from the Dying," Julie Interrante, spoke positively of Andrea's approach to her first Rotary meeting. Having planned services and working in "end-of-life care" for 25 years, Julie said the following about Andrea's funeral: "I thought it was really wonderful Andrea decided to do her own memorial service."

One of the Rotary Club members, Anne Hasbrook Smith, complimented Andrea while acknowledging her odd approach: "Obviously, this is very weird, but we appreciate Andrea's sense of humor. I attend a lot of funerals, and the last one I went to was one that she did. It's nice to be able to have a sense of humor about things."

Craig Stevenson, past president, said with a chuckle, Andrea's service was "very moving. I was in tears from the beginning to the end of it. I could hardly control my emotions."

Toward the end of the service, Andrea's father, donated \$100 in her name toward the \$1,000 needed for his daughter to become a Paul Harris Fellow.



Photos by Monica Stark
(above) Andrea Picot, the new president of the Rotary Club of South Sacramento, shows the urn that was used at her funeral, which was held on Thursday, July 10 at Iron Grill (formerly Iron Steaks). Iron Grill is the location of the weekly Rotary meetings, which are held Thursdays from noon to 1 p.m.

(left) Past president of the Rotary Club of South Sacramento, Craig Stevenson, raises his glass to the memory of Andrea Picot, the new president of the local chapter.

(Harris founded Rotary in 1905 and those who have contributed more than \$1,000 to the Annual Program Fund, the Polio Plus Fund or the Humanitarian Grants Program of the Rotary Foundation are recognized as Paul Harris Fellows.)

The following day inside a conference room at Klumpp's, Andrea spoke with this publication about the previous day's events and her goals for the Rotary Club of South Sacramento.

"I was expecting a few people who were 'weirded' out by it and a few who were intrigued by it. It was a different group because there were some widows and widowers, so, I was nervous because I didn't want to offend anybody, but at the same time, it was my own type of a thing. So, I thought, this can't be offensive to anybody because I am putting this all about myself right now, and this is kind of about me right now. Sorry, sometimes things make people uncomfortable."

Every new Rotarian who starts his or her residency as president has "some sort of theme and they have some kind of crazy kick off," Andrea said, adding: "I didn't know what to do because I plan funerals every day, so I thought well, I should just play on my own and reverse the role. One thing we do (at Klumpp's) is vocational talks. I've had Rotarians here for a tour and it's always turned out really well. It's always been

well (received). I got really picky, getting stressed about the memorial folder, I took it kind of seriously because I do this for a living."

While she's not attempting to reinvent the wheel, Andrea said she wants to add a little more fun, and a little more of a spark to the club. She wants to plan a few more social events. She also wants to change how fundraisers are organized. "For one thing, we'll focus on the crab feed, a major fundraiser. A lot of that money you donate to people - we're going to have different organizations fill out an application for a majority of those proceeds. So we're still going to be donating to those organizations we have in the past, but will do things a little bit differently. We'll have applicants apply on a need basis and then donate a larger percentage. So it's not like a \$1,000 here or \$1,000 there. It'll be like \$5,000 to \$10,000 (to an organization)."

Also, in the future, she's looking to put together another memorial service, but for the Rotarians that have passed away or for those in the club who may have lost a spouse or significant other. Describing her inspiration in that regard, Andrea said: "A lot of funeral homes do that. They'll send out a letter saying, 'thinking of you during the holidays,' if it's the first (holiday) without their loved ones. So it's

See Rotary, page 17



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Join in the Vic's to Gunther's Annual Ice Cream Walk

What's more fun than eating homemade ice cream on a hot summer day or night in Sacramento? Walking to get to where you can eat that ice cream and taste testing to see which place has your favorite flavor! Everyone's invited to join in the Sacramento Walking Sticks' annual Vic's to Gunther's Ice Cream Walk, including the family dog.

The start location for the walks is Vic's Ice Cream, 3199 Riverside Blvd. The walks are scheduled for Wednesday night, Aug. 6 with registration between 6 and 7 p.m. If you can't make the night walk, then come on Thursday morning, Aug. 7 and register between 9 and 10 a.m. The routes are exactly the same; you can choose between a 5K (3.1 miles) loop or go the distance on a 10K (6.2 miles) loop that takes in both ice cream parlors. (If you choose to do the 5K, you can drive a short distance to Gunther's, 2801 Franklin Blvd., to complete your taste test.)

The walk route between the two locally owned ice creameries in the Land Park and

Curtis Park neighborhoods is rated a 1A and is suitable for strollers, wheelchairs, scooters and wagons. It's a lovely, shady stroll through upscale neighborhoods with classic 1920s and 1930s homes. The longer route takes in a walk through Sacramento City College and Curtis Park. The cost of the walk is free (donations are always welcome) and \$3 if volkswalk credit is desired. The beauty of volkswalking is that people go at their own speed and the events are always non-competitive. Families are encouraged to stop along the way to enjoy the neighborhood playgrounds. Everyone will receive written walk directions with a map.

This walk is part of the summer series called the Hot Walkin' Nights. Every Wednesday night from June through August, the Sticks offer group walks all over the Sacramento region. It's a way for people to turn off their TVs, get off their couch and see the sights where they live.

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DR. DECARLI
 UC DAVIS MIND INSTITUTE
 Speaking on-"How to Keep Your Brain Healthy". Dr. DeCarli is Director of the Alzheimer's Disease Center at the University of California, Davis (UCD) and holds the Victor and Genevieve Orsi Chair in Alzheimer's Research. He is a behavioral neurologist focused on using advanced brain imaging to study dementia and the role of genetics, cerebrovascular and Alzheimer's disease on these processes.

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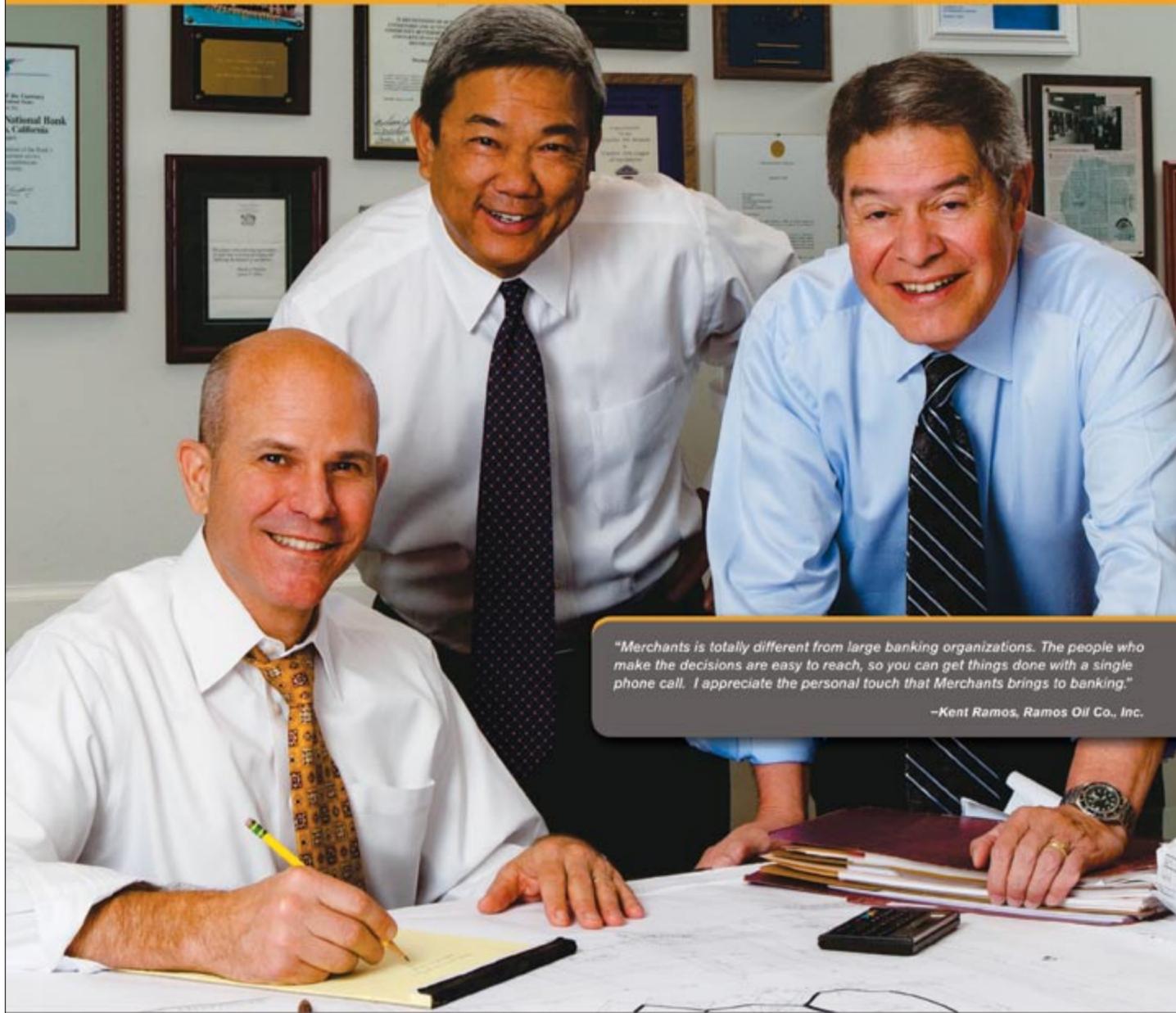
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Faces and Places:

Turtlerama

Photos by MONICA STARK

The Sacramento Turtle and Tortoise Club presented Turtlerama on Saturday, July 19 at Belle Coolidge Library, 5600 S. Land Park Dr. At Turtlerama, there were adoptions, lectures and educational displays. Plants were free with any donation toward the "Sick Turtle Fund."



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Rotary:

Continued from page 10

kind of nice to do something like that."

According to the eulogy she wrote and read aloud on Thursday, Andrea was born on July 12, 1981 in Eureka to John and Dana Picot. Since the very early age, she was creative, active, and loved animals. She grew up throughout northern California, living in Red Bluff, Concord, Turlock, Sonoma and back to Red Bluff where she graduated from Mercy High School. She danced and was an equestrian horse rider.

Andrea attended Southern Oregon University, Chico State and California College of the Arts where she obtained her bachelor's of fine arts degree. She realized that being a starving artist wasn't the path she wanted to take, so in 2006, she moved to Sacramento to attend mortu-

ary school at American River College.

While going to school, she landed a job at George L. Klumpp where she received her apprenticeship and where she continued to work as a funeral director up until her pretend death.

In 2010, she gave birth to her only daughter and love of her life, Olivia Rose. Together, Jeff and Andrea co-parented with love and respect. Olivia brought her love, joy and purpose. On July 28, 2013, she met her soulmate, Aaron, at the state fair and they have been together ever since.

Andrea has been compassionate toward animals, teaching as an adjunct professor at American River College in the funeral service program, being a South Sacramento Rotarian and enjoying her time with family and friends. She will always be remembered for her wit, dedication to hard work, caring, feistiness and beautiful personality.

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'And So It Goes'

The MPAA has rated this PG-13

Clairius Entertainment distributes Rob Reiner's uplifting comedy "And So It Goes," which opens July 18 and stars Michael Douglas as Oren Little, a Realtor who is about as likeable as television's Archie Bunker, whose attitude his resembles. Before Oren's planned retirement, he has one last house to sell—his own.

Oren motors in his classic, white 1967 250SE Mercedes-Benz Cabriolet, which he prizes, willfully oblivious to anyone he passes. When his estranged son shows up out of the blue and drops off Oren's never-before-seen granddaughter for a prolonged, unplanned visit, he tries having his neighbor Leah (a radiant performance by Diane Keaton) take

care of the delightful little girl, played by pretty Miss Sterling Jerins.

That brings Oren to a new level of communication with those around him, and he starts the long road to becoming an agreeable human being again. Douglas plays crusty very well, and you'll enjoy disliking his curmudgeonly ways.

Director Rob Reiner has a cameo as a milquetoast pianist and accompanist for Keaton, who sings again in this movie, but has trouble getting through each song without breaking out in tears for her deceased husband. Sharp eyes will notice the director's famous father, Carl Reiner, in vintage photos on the wall of Keaton's apartment.

Actress Frances Sternhagen ("Up the Down Staircase," 1967) has a wonderful bit as a veteran Realtor in

Oren's office. This is a pleasant comedy of well-dressed folks in an agreeable setting. It's perfect for summer, and just as light.

'Wish I Was Here'

The MPAA has rated this R

Actor Zach Braff has written and directed the Focus Features release, "Wish I Was Here," which was unusually funded by 46,529 fans who, via Kickstarter, raised more than \$3 million, half the entire budget for the film.

In the film, Braff is a man at a crossroads in his career, where financial realities and other unexpected stressors make him look for new alternatives for his kids and his wife. She works at a job she barely tolerates to provide for the family whilst he follows his dream of acting, going constantly to auditions for which he's never hired. They are behind in their payments for their

children's private school. Things get worse with family health issues.

Aidan Bloom (Braff) never loses hope.

This is a wonderful production with a big heart and excellent performances. You'll see a particularly agreeable return to the screen for Mandy Patinkin, as Aidan's aging dad, struggling with a terminal cancer.

Lovely Kate Hudson is very good as Aidan's wife. Alexander Chaplin offers a good turn as Rabbi Rosenberg and Josh Gad plays the nerdy, game-playing adult brother of Aidan, offering both sarcastic and touching moments. Fans of television's "Big Bang Theory" will delight in seeing that show's star, Jim Parsons, in a small, enjoyable bit.

Many clever scenes including a sequential demonstration of Mr. Bloom's love for his children, whilst on a vacation with them. This is a magical, sweet and touching image that will linger in your memory.



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'Broadway Augmented' to virtually showcase local art

By CRAIG KOSCHO

Broadway Augmented, an art project that explores augmented reality, is now in the final testing phase. Public artworks have been created for the sophisticated, high-tech undertaking – but only in the virtual world.

The project is a partnership of Sacramento State, the Sacramento Metropolitan Arts Commission (SMAC), the Greater Broadway Partnership District and the Urban Land Institute.

No physical piece of art actually will be placed in the neighborhood between Interstate 5 and Highway 99, but by using a custom app created for the project, pedestrians will be able to see the sculptures, animations and videos on their smartphones and tablets, superimposed onto Broadway locations as if they really were there. The works even will appear in differing perspectives as the viewer walks around the site.

The unveiling is scheduled for the Sept. 13 Second Saturday arts celebration.

The alliance recruited 11 artists for the project, some of whom haven't worked with augmented reality media before. They visited the neighborhood during the fall and winter, chose a site and created a piece for the particular environment.

The technical elements are being supervised by Sacramento State Professor Rachel Clarke, who also is one of the artists, and

Geoffrey Alan Rhodes of the Art Institute of Chicago. This spring and summer, Clarke has led a 3-D modeling team composed of current and recently graduated Sac State students from her New Media Art program. First they created test artworks to demonstrate the project's workings and to show the artists what to expect from a finished product. Test subjects have included a giant dodo standing in a light-rail station and a giant, colorful seashell in the window of a business.

"From this the artist could get a really strong sense of what the location looked like and what could be done at that location," Clarke says.

In May, the students received the artists' designs, and they are turning them into the digital models that will appear on the screens of viewers' smart devices. "The computer models are then sent to the artists, who provide input so that we can refine them," Clarke says.

One of those works, "Floating Cities," from local artist Benjamin Hunt, comprises a pair of unique paper lantern-inspired structures. Broadway has a strong Asian tradition, so Hunt is combining Asian design elements with vintage American home architecture from the greater Sacramento area to create paper lanterns that seemingly will "hang" from two buildings.

"It came full circle and made sense to make this lantern-inspired structure that

takes the form of a house," Hunt says. Each lantern has a "mirrored" twin attached to the bottom, creating a reflection of the upper house.

Hunt constructed a physical model from Plexiglas that then was translated into a 3-D computer model by Sophia Scalice, a senior who graduates in December.

She created the digital model, textured it and then worked with Hunt to create the second one, which did not exist in a physical form. Waiting for the computer to create the actual model from the information Scalice enters takes considerable time, but she has enjoyed being part of such an ambitious project. "It's exciting, frustrating and fun at the same time," she says.

"We are very excited about blending this new technology with one of Sacramento's most historic districts," says Teresa Roche, executive director of the Broadway Partnership.

"This project would not be possible without Rachel and her team working with the participating artists to translate their ideas to 3-D tech-

nology," says Shelly Willis, executive director of the Sacramento Metropolitan Arts Commission. "It is a very complicated process that requires a unique set of skills."

Rhodes was here recently from Chicago and developed the augmented reality app. He worked with Clarke to place the works on Broadway and test every model in every location.

The Broadway Augmented team also includes Sacramento State Design Professor Gwen Amos and participating students who have designed a project website that, when launched, will include information on locations, related events, artists' biographies and more.

At the same time the project is unveiled, Broadway Augmented will open a related exhibition at 2421 17th St., current office for the Sacramento Republic FC soccer team and former home of Beatnik Studios. Broadway Augmented will establish a gallery in the building's front area where people may download the app and get information about the project.

The participating artists are: Clarke (new media), Hunt (sculpture), Jose Carlos Casado (multimedia), Malcolm Cochran (sculpture and public art works), Michael Rees (sculpture and new media), Mark Emerson (paintings and works on paper), Chris Manzione (sculpture and augmented reality art), Joseph Delappe (new media), Sabrina Ratte (video), Gioia Fonda (mixed media) and Rebecca Krinke (multimedia, sculpture and installations).

The gallery exhibition at Sacramento Republic FC will feature work by artists Chris Daubert, Mark Lanning, Andrew Connelly and Emily Schleiner.

For more information, contact Shelly Willis at swillis@cityofsacramento.org, Teresa Rocha at greaterbroadwaypartnership@gmail.com or Rachel Clarke at rclarke@csus.edu. For media assistance, call Sacramento State's Public Affairs office at 278-6156.

Craig Koscho is a writer for Sacramento State University's Public Affairs office.

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Body Café: Massage therapy business survives on a co-op model

By MONICA STARK
editor@valcomnews.com

The lights are dimmed. The energy is warm. Sitting in the lobby of the Body Café on 21st Street, near Broadway, conversation flows between four massage therapists about the healing arts and how they can use their collective knowledge to improve each other's practices.

By sharing clients and by continually teaching and learning from each other, all of the therapists have a stake in the Body Café; they are not just employees, they are partners there. It is a collaborative, not only in terms of the business model, but also through sharing and learning from each other.

Ideal for therapists right out of massage school, the Body Café offers them a place to hold appointments and build their private practices.

Focusing on energy work, like Reiki, spiritual guidance directs Charon Perez's intuitive, holistic approach.

For Ashley, who attended the Healing Arts Institute, working on the more firm side with deep tissue and acupuncture, the Body Café is an ideal workplace where she's constantly learning from her peers: "I am always so excited to exchange services because you really grow a lot with body work," she said. Many of her clients are referrals from her other job at River City Phoenix, a medical marijuana dispensary (1508 East El Camino Ave.). "So sometimes, I work with cancer survivors and a whole array of patients, and, I feel with my essential oils, I can use vibrational healing at a cellular level."

"It's conversational. It's magnetic sometimes," said therapist Paula Osborn about giving massage.

Meanwhile, Paul Simmons, the Body Café's manager, said he has always struggled to describe his practice in words. A musician, Paul likens the conversation to when someone asks him to describe a symphony: "Listen to it."

A fluid approach to massage, therapists at the Body Café don't have a checklist of techniques they must follow each time, as Paula explained: "You're not getting signed off on a salon protocol that (therapists elsewhere have to follow)."

The Body Café is not the kind of place where management sets up shop and hires some people with profit as the main motivation. The cooperative is really about people being in business for themselves – starting their own private practice or expanding their private practice until they can go out on their own.

At first, the Body Café was a money loser, Paul said, however now, at the very least, the business is breaking even. "Now, we have good months, even though it's still a labor of love proposition. My goal is to not lose any money."

Opened about four years ago by Lorelee Pagenkopf, the Body Café, within six months, quickly expanded to three additional therapists. Prior to that time, the building at 2414 21st St. was a dentist's office.



Therapists at Body Café.

Photo by Monica Stark

The amount of therapists who offer massage at Body Café varies as does the amount of time each therapist puts in there. "There are two therapists that are in one hour every couple of weeks. I don't really count them. I mean they're here, available, but they both have full time practices (elsewhere). One of them works at a women's hospice. She can't take male clients there, so when she gets a phone call from a male client, she does it here."

Clearly, a beneficial opportunity for the aforementioned therapist, the Body Café provides many opportunities for the therapists whom all come from different backgrounds.

Paula, a martial arts enthusiast, had to stop sparring four years ago after a major injury, but found massage to be in line with the very healing arts her senseis encouraged practicing. "(The injury) is why I came to massage because I had traditional teachers who told me to learn the healing arts as well as the martial application. So it's been a real adventure for me. They were right; these old school teachers from Japan and China were right. Now, I understand. So in a way, I get to continue my practice, it's just in a different way."

With only three massage rooms and about 20 therapists, keeping appointments organized and scheduled properly might seem like a full time receptionist job, but actually therapists utilize calendar scheduling that is available for free online.

The unique cooperative approach to running a massage studio is one that has had its ups and

downs and even after four years, there's still room for perfection. Describing the business's growth and goals for the future, Paula said: "We'd love to pay the concept forward if we can. This is really a work in progress. It's been a high learning curve for all of us to try to figure how to make this concept work because it is unique. But we love to make it work and be able to share that and what we learned with other massage therapists to offer the option because many of us come out of massage school with the question: 'What am I going to do? I guess I have to go work for (a corporate massage business) or borrow a lot of money or get a lot of money to open a private practice.' It's just not easy to launch yourself into this world."

Adding to the discussion on paying the business model forward, Paul said, "The other piece in terms of paying it forward, at some point when somebody here does 20 massages, it may be time (for them) to go on their own because if you are doing 20 massages here, you'd like to have a room to yourself, so you don't have to say, 'Oh jeez, does Ashley have the room?' But, I will cry when they leave."

While that hasn't happened yet, Paul looks forward to the day when the business has grown to that point – an inevitable outcome based on the love and dedication that is put into each massage.

For more information, visit <http://www.bodyCafe.info/>. For appointments, call 292-0898 or email bodyCafe@massage-ca.com.

Faces and Places:

Hollywood Park Neighborhood 4th of July Parade

Photos by GREG BROWN
greg@valcomnews.com

The annual 4th of July Hollywood Park Neighborhood Parade featured a vintage 1920s fire truck, which led the parade through the streets. Dressed in red, white and blue, some residents and their families marched the parade route, while neighbors cheered them on from their front yards. Along the parade route, there was a lemonade stand, a mimosa stop, and a World War II veteran who waved the flag at the parade goers. Like every year, snacks and refreshments were served at the end of the parade at Leonardi DaVinci School.



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Zumba for Seniors incorporates physical exercise and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba, and much more. Tuesdays 9:30-10:30am and Fridays 3:45-4:45 p.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. 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 808-5462. Cost: \$16 for 4 classes.

Active Yoga at Hart Senior Center

Increase your strength and flexibility, improve balance, and enhance the ability to relax and release stress. Class begins July 7 and will be held Mondays and Wednesdays, 2:15 p.m. - 3:15 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th St. Classes will not be held Nov. 3, 5, 10 and 12. For more information or to register, stop by the Hart Senior Center front desk or call 808-5462. Cost: \$35 for five classes or \$70 for 10 classes. Try the class once for free and see if Active Yoga is right for you.

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.

Run with a Recruiter

Every Friday at 6 a.m., the public is invited to join the Sacramento Police Department in "Run with a Recruiter." This provides a unique opportunity for potential police candidates and those in the hiring

process to run together. It's a great opportunity for anyone interested in being a Sacramento Police Officer or those in the hiring process to run with command staff, officers, recruiters, and support staff with the department.

Old Sacramento Walking Tours Continue thru Aug. 24

Experience the legacy of the California Gold Rush with walking tours in Old Sacramento, Sacramento History Museum, 101 I St. Tours are offered on Saturdays and Sundays at 11 a.m. The cost is \$5 for adults and youths; children 5 and under are free. For more information, call 808-7059 or visit www.historicoldsac.org. First-time guests and even longtime residents will gain a fresh perspective about the original and reconstructed buildings while learning more about the city's unique history.

Emotions Anonymous

Meets regularly 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. An optional newcomer orientation occurs on Saturdays from 1 to 1:30 p.m. at Wellness Recovery Center, 9719 Lincoln Dr. Ste. 300. Also on Saturday from 1:30 to 2:30 p.m., there will be a topic for discussion at WRC, 9719 Lincoln Dr., Ste. 300.

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 Freepoint 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.womenwithgoodspirits.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 Freepoint 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 officials and organizers. Visit www.cybhoops.com or call 391-3900.

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 Freepoint 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.

JULY

Food truck festival at Tahoe Park

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

Fairytale Town offers a Family Campout

July 26-27: Every summer Fairytale Town opens its gates after hours for a night of family fun! Families set up camp all over Fairytale Town's 2.5 acres. Tents, sleeping bags, blankets, chairs and picnic dinners are common items you'll see during the event. After the last guest arrives, the gates are locked and the fun begins! With scavenger hunts, a theater performance, sing-alongs, arts and crafts, bedtime stories and more, Family Campouts are a fun experience for the entire family. From the experienced camper to the first timer, it's the perfect summer adventure! A snack is served during the theater show and a light breakfast is served at 6 a.m. Campers must say goodbye to Fairytale Town at 7 a.m., but are welcome to re-enter the park for a day of play once it reopens. This is a special ticketed event, prices range from \$25 - \$30 per person and include all activities and overnight admission. Member discounts available! 3901 Land Park Dr. Visit: <http://www.fairytaletown.org/calendar/campouts/> for more information.

'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.

ACC presents "Medicare 101"

July 31: In this Medicare 101 class, you will learn everything that you need to know to ensure that you have proper coverage and avoid any penalties. The class will also cover changes to Medicare for 2014 and touch on Medical. 11 a.m. to noon. Pre-registration required. Call 393-9026 x330, www.accsv.org.

AUGUST

Movie night at Belle Coolegge

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.

Fairytale Town presents 'Three Billy Goats Gruff' puppet show

Aug. 2-3: Enjoy a playful puppet show in Fairytale Town's Children's Theater! Puppet Art Theater Company will perform "Three Billy Goats Gruff," the classic tale of three goats trying to outwit a troll, cross the bridge, and enjoy the field of green grass. Showtimes are 12:30, 1:30 and 2:30 p.m. Tickets are \$2 for nonmembers in addition to paid park admission and \$1 for mem-

bers. Tickets can be purchased at the Fairytale Town box office or at the entrance to the Children's Theater 15 minutes prior to show time. For more information, visit www.fairytaletown.org or call (916) 808-7462. Sponsored in part by ScholarShare College Savings Plan, California Arts Council and National Arts & Disability Center at the University of California Los Angeles. 3901 Land Park Dr.

Lunch and wine social

Aug. 5: Lunch and "Wine Social" with red and white wine sips offered by Scott Harvey Wines paired with delicious Casa hors d'oeuvres at 11:30 a.m. (one seating only), Casa Garden Restaurant, 2760 Sutterville Road, Sacramento. Entree choices: Chicken en Filo or Sesame Thai Beef Salad; dessert: Latte Mocha Torte -- \$22 per person, includes tax and gratuity. Reservations a must, open seating -- call 916-452-2809. Proceeds benefit the Sacramento Children's Home.

VIC'S TO GUNTHER'S ANNUAL ICE CREAM WALK
Sponsored by the Sacramento Walking Sticks

Wednesday, August 6th: Start Location is Vic's Ice Cream, 3199 Riverside Blvd. Registration from 6-7pm
Thursday, August 7th: Start location is Vic's. Registration from 9-10am

Choose between a 5K (3.1 miles) loop or go the distance on a 10K (6.2 miles) loop that takes in both Vic's and Gunther's Ice Cream. (If you choose to do the 5K, you can drive a short distance to Gunther's to complete your taste test)

Families Encouraged: A walk suitable for strollers, wheelchairs, scooters and wagons. The walk is FREE (donations are always welcome)
Differnet walks every Wednesday night for the summer series called the Hot Walkin' Nights.

Questions? Contact Barbara Nuss, 916.283.4650

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A part of The Broadway Junior Collection Music and lyrics by Meredith Willson

Performances:
Friday, August 8, 7pm;
Saturday, August 9, 1pm, 4pm, 7pm; and
Sunday, August 10, 1pm, 4pm

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Tickets: \$10 adults, \$7 children (12 and under)
Purchase tickets online: www.YoungActorsStage.com
Box office opens 1 hour prior to each performance.

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Over the Fence:

Continued from page 3

while I doused my tastebuds with ice cold water after a few bites.

The jalapeno shooters are their spiciest jerky. They used to sell something called the 911 Jerky. It was so hot that his father-in-law was afraid of a lawsuit. Andrew remembers one time this girl was "probably 100 pounds, soaking wet and she ordered the 911 jerky, ate it, and never batted an eye. Then there was the guy who looked like he could probably bench press a house try the 911 jerky and he turned to tears," Andrew said.

They have a large variety of protein-packed jerky to choose from at Jerry's. From sweet to spicy. The Cowboy slab to the steak jerky. The teriyaki jerky is the most popular. They sell about 1,200 pounds of jerky each year at the State Fair.

They also sell churros, caramel corn, pretzels, and giant dill pickles. One woman was looking at the big jar of pickles in water and said: "That's the biggest pickle I've ever seen." Andrew called them the Double Dills.

Then he asked me, "Do you like nachos?" I joked, "Only the gluten free nachos." He called them "Dirty" nachos...I was intrigued.

He brought back a huge pile of nacho chips, smothered with cheese, and shredded beef jerky. Dee, who's worked with Andrew for 10 years, came up with the idea for "Dee's Dirty Nachos" - catchy name, tasty snack. I really could not stop eating them. I was taking notes with my nacho-tainted fingers. I was making a pig of myself. I'm glad my wife wasn't around to see it.

Beef jerky is pure Americana. It's not just for cowboys. Since 1996, jerky has been selected by astronauts as space food several times for space flight due to its light weight and high level of nutrition. I guess the beef jerky pairs well with Tang.

I personally like it for fishin' trips and road trips. It's a handy snack.

Jerky is also commonly included in military field rations. It is particularly attractive to militaries because of its light weight, high level of nutrition, and long shelf life.

Every year they have servicemen that come to the jerky stand and stock up on the Cowboy jerky as they're getting ready to go overseas. They better have lots of water in the canteen!

One year they had some leftover jerky. Two of Andrew's nephews were stationed over in Iraq and he sent them each two or three pounds of jerky. "They were the heroes of their unit, everybody loved it," Andrew said.

You can find Jerry's Cowboy Jerky stand in Buildings A and C. Don't forget the toothpicks!

Curtis Park Caramels Enter The Cookies and Confections Competition

Curtis Park resident Brenda Alexander Mitchell started entering the State Fair contests in 2008 because she wanted a blue ribbon.

Her first entry was a craft competition - a toe-sock chicken. It made honorable mention in Arts And Crafts. That just wet her appetite for more State Fair contesting. She was hooked. "I just love the Fair," she said.

This year Brenda, who's nickname is "Bee," is making Earl Grey Caramels for the California Kitchen's Cookies and Confections competition. She had tasted some chocolate infused with Earl Grey tea and that's where the idea for the Earl Grey Caramels came from.

She's dipping the bottom of the caramels in chocolate and sprinkling some salt on top. Instead of See's Candies, it's Bee's Candy!

She'll have some stiff competition at the California Kitchen Cookies and Confections contest. They don't want just a hunk of brown caramel. "It's gotta look pretty." The judges are looking at taste, texture, consistency and appearance. None of the judges are Oompa Loompas, but one is a culinary teacher at American River College.

This is the first time Brenda has made candy for a State Fair competition. The last time she entered a competition for the Fair it was in cookies. She made Mexican chocolate chip cookies. In 2012, she won her division and won best in show. It was fun because she got a really big ribbon.

She took a year off from competing in the State Fair contests in 2013 because she says, "I was busy dieting." She actually lost 70 pounds last year. Hopefully she won't gain anything back from all the caramel and chocolate taste testing. "There's lots of sampling, you gotta get it right," Brenda told me.

She gave me a sample of the caramel, dipped in chocolate with a sprinkle of salt on top. It gave it a little crunch. I could also taste a small hint of the Earl Grey tea. She was still perfecting it while I spoke to her in the decadent smelling kitchen. She was perfecting the caramels all day and into the night.

She updates her progress on her Facebook page and posts photos of the caramels. One of her Facebook friends commented: "I would love to try them!!!! Can I just subscribe to your dessert of the month club???? YUMMMMMMM!"

I'm sure Brenda hopes the judges are as wildly enthusiastic about the caramels as her Facebook pals.



Photo by Greg Brown

Cowboy Jerky under Glass at the California State Fair.

Brenda said one of the reasons she loves caramel so much is she used to wear braces and could never have the chewy candy.

Tempering is the key to good chocolate. If you properly temper your chocolate, it realigns the crystals in the chocolate to give it a shiny look and also gives it that snap like when you bite into a Hershey's chocolate candy bar. It also keeps it from melting in your hand.

Brenda added, "and you need a good thermometer."

She used an oiled sterling silver knife to cut the caramels into squares. "You don't want to just squish the candy," Brenda said.

She also added the best ingredients. The Earl Grey tea was from Teavana in the Arden Fair Mall and the caramel ingredients were from Corti Bros.

Brenda just does it for fun and every year she's won something. "I can't imagine that my luck might hold out but I'm hoping that I can get some attention with this." I'm rooting for Bee's candy to win Best In Show.

Iron Steaks on 13th and Broadway is now being called "Iron Grill" or simply "Iron." Even their website address has changed www.Irongrillsacramento.com.

The owner of Iron Grill, Bill Taylor, told Land Park News his reasoning, "With beef prices moving up almost 30 percent, we are looking at what we can do with other food. We still do steaks and do them well, but we want to provide people with options and our chef is passionate and loves being creative. People want value and it's not enough to be static. Keeping the menu simple allows us to be flexible."

Executive Chef Keith Swiryn and the chefs at Iron not only grill some of the best steaks in town, they also offer jambalaya, fried chicken, and pasta primavera. Numerous new entrees to choose from. Iron Grill...they're more than just steaks.

If you have an item for Over the Fence, email greg@valcomnews.com.



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