August 28, 2014 | www.valcomnews.com

LAND PARK NE



| Lance Armstrong feature | (|
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They write songs in Land Park:

Read about your neighborhoods involvement with the Nashville Songwriters Association

■ See Over the Fence, page 20



Land Park went banana's at annual festival

■ See page 27





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

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Cover by:

Stephen Crowley

First stop: A Land Park koi pond

9am-3pm

Bottomless Mimosas

Patio Dining

Camellia Koi Club 2024 Pond and Garden Tour set for Sept. 20

On Saturday, Sept. 20 from 10 a.m. to 4 p.m., enjoy a self guided tour of 11 ponds and gardens in the Sacramento area. Ponds range from a 500-gallon patio pond to a 22,000-gallon extravaganza. Koi range from humble pet status to indescribable show-winning beauty. Bring your camera. Tickets are \$10 per person or \$15 per carload. They are available in advance at www. camelliakoi.org or can be purchased at the News. Designed and built by Mike himfirst pond of either the north or south end of the tour. For more information, call Bob Haugland at 428-7640 or Sam Niebank at 826-9709. The first stop on the tour is the home of Land Park residents, Mike and



Molly Tsuchida, whose garden will be featured in the next issue of the Land Park self, the pond holds 2,500 gallons of water and includes a waterfall and filter system. As koi ponds go, this is considered a small pond. They have 15 koi and a half dozen redracer goldfish.





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(Note: See a photo spread by ness programming serving Land Park News photographer, more than 15,000 at-risk youth from all communities in the Greater Sacra-

This year's Banana

Festival was the

biggest yet

Stephen Crowley on page 27.)

tors than ever before.

the youngsters.

Offering programs and events for the entire familv. the 2014 Banana Festicluded: Texas Blues Band. val wowed visitors on the Compañía Mazatlán Belweekend of Aug. 9 and 10, las Artes de Sacramenattracting the largest atten- to (CMBA), Pan West dance in its five-year histo- Caribbean Steelpan Mury, as well as more exhibisic by Harry Best; Urban Fire; Soma Sila Polyne-The weather was perfect sian Dance; Latin Magic this year, warm but not too Band; College Fund Band; hot, as Velocity Circus en- Umoja African Dance Intertained folks with their teractive Show; Paul Ryan high-flying stunts and ac- Band and more. Featured robatics several times on attractions included: a both Saturday and Sun- Chef's Challenge, banana pancake breakfast providday. Latin Magic Band, which celebrated its 25th ed by the Laguna Creek anniversary during the fes-Lions Club, Banana Splittival, also attracted a big Eating Contest, fashion show, youth chess tourcrowd to the main stage. Many families purchased nament, teen talent comthe bargain wristband petition, community linedancing, Banana Salsa for the kids' jumpers, and those were popular with Dance Competition, kiddie carnival rides, and lots And, of course, everyone of banana cuisine, from was looking for banana cui- banana pudding to banana

sine—the banana popcorn salsa to banana bread. and fried bananas, which undoubtedly were big hits. One of the exhibitors at wide variety of health and Sacramento Banana Fes- wellness and environmen-

tival was Stacy Anderty on the Affordable Care kids' route. Act. She said she enjoyed were delicious.

tional and health and well- at the Crocker.

mento area.

Other featured acts in-

The festival was drug- and alcohol-free and offered a tally themed activities for son, Individual & Family families. The Power Soul Plans Outreach Manager Stroll for Health, a fun for Blue Shield of Califor- walk-run produced by the nia. She was at the festival County of Sacramento Inon behalf of Blue Shield fant Health Program, was of California to provide held on Saturday morning, information and educate along with 1-, 2- and 3members of the communi- mile routes and a half-mile

The Sojourner Truth the festival because, "it is a Museum and its parent great event to bring every- organization, National one together to share re- Academic Youth Corps, sources that will empower produces arts education the community." Ander- programming through son said the banana pan- the year, including aftercakes, served by the La- school arts education and guna Creek Lion's Club, cultural awareness programs that have alcohol The Banana Festival and drug prevention and was produced by Nation- anti-crime components. al Youth Academic Corps Currently the museum and the Sojourner Truth has an exhibit of youth Museum, which provides art inspired by the Haryear-round arts, educa- lem Renaissance showing

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Know your neighbor: The cameraman, Chad Williams

reading the ongoing movie reviews by Matias Bombal, this article features the cameraman, Sacramentan Čhad Williams.

In light of the success of the one-year anniversary of Matias Bombal's Hollywood online movie reviews, Valley Community Newspapers wanted to pay tribute to a man behind the scenes because as is often the case, cameramen don't often get the spotlight shown on time style, Chad said, "That's what attractdon't often get the spotlight shown on

Chad E. Williams runs the camera, audio, performs all the behind-the-camera work; he edits the footage and creates special graphics and uploads the weekly show viewers at www.mabhollywood.com. Joining the production crew are Mark A. Vieira for lighting design; Charles William Midgley (1899-1986) wrote the musical score, "Bombalino" in 1985, which is performed by Jim Jor-

Editor's Note: For those who have been dan; the director of World Wide Web distribution, Tony Singingeagle; and of course produced and directed by Pocket resident, Matias Bombal, the host of the show who has written short versions of his shows for VCN.

Drawn to the movie aficionado for "a very long time," Chad said, he remembers when Matias managed the Crest Theatre in 1986 to 1991. As viewers and readed me to (producing Matias Bombal's Hollywood). I was a fan. I knew (Matias) from when he managed The Crest. Over the years, I kept my ears open to what he was doing. When the opportunity came up to work with him, I thought, this will be great – yes, yes, yes."

In addition to the weekly reviews and archives of past interviews with



See Williams, page 5



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filmmakers, www.mabhollywood.com also includes a segment called Your Mail, during which time Matias reads the viewers' mail and talks about it. They also produce additional short subjects called "Novelties" in which he demonstrates lost skills, or art forms, such as learning how tie a bow tie. An interview with the late Rod Steiger (1925-2002) has been most popular as has a review of Walt Disney's "Get A Horse!" a short that plays before the popular blockbuster, "Frozen."

Matias's old style has attracted audiences young and old who have been drawn to his style of a bygone era when going to the movies was a big event. "Local response has been great," Chad said of the online movie reviews. "Matias had a bit of fan base. People know Matias. It's been very positive, incredibly. It's nice how people are appreciating his style. You learn to appreciate things that are old. It's obviously very old, but new again, and so different from what a lot of people are doing. And because his desire to have things correct, the little details, it's very important to do it right. And that makes his persona, which makes it very interesting."

While Chad could talk endlessly about his appreciation for his experiences working on Matias Bombal's Hollywood, this story's focus is on him. Very modestly does Chad talk about himself, as he's quick to acknowledge all those who have helped him get to where he is today.

Chad hails from distant Orangevale where at a "very, very early" age he took an interest in music and film. He learned guitar in high school, and for a while, he operated his own mobile recording studio where he featured local bands, live shows in various band members' garages. It was back in 1997 when Chad was introduced to John Christensen, local video producer

who helped the budding producer create RAW TV. Aired on Channel 3's offshoot station, Q58, the show was short-lived, just one year until KCRA got bought out by Heart-Argyle Television (which decided to cut local, non-news programming). "In a way we were part of the last dying breath of an era where local stations had to produce a certain amount of their own

During that time working for RAW TV, Chad said he started helping behind the camera, but soon enough, he was in front of the camera. "My friend and I could improvise very well. It was fun. It was very much a learn-as-we-went experience. In '97 people weren't producing what we are doing now, but that ran for a year, we had very good numbers. We did well locally, we went on right after Saturday Night Live. We had our run, but after a year it was over."

But from that learned video production experience, Chad continued working for Christensen for many years. Many commercials were made, video projects, music projects – "and whatever else was happening" - all things he learned on his own, or at least with some help from his friends.

"I have been very lucky to have a lot of talented people support me along the way," he said. From Christensen who opened the door to a new world of making video, to a friend of his, Denise Chelini, who for the last four years has worked with him tirelessly to help produce a documentary on the Norcal Noise Festival, a three-day festival of experimental music and "general chaos" an event run "efficiently with very little money." And of course, to Matias, who has praised him as a god.

Then of course, there are those at the noise festival who "have been very accommodating. They just ignore me. I'm just the man with the camera. But (as filmmakers) we try to be very respectful of the performers."

Aware of his surroundings, he said,

maker. "(Noise) is an intense thing. You don't want to mess them up. They are trying to reach a certain sound. You don't want to get in their way."

While the documentary will exhibit historical accounts of experimen- umentary, Chad said, he just wants to tal sound, its focus is on the Norcal Noise Fest specifically, featuring those noisemakers involved and their reasons for putting so much time, energy and money into an event that has a one is sitting around waiting for it. very limited audience.

With a working title, the NorCal Noise Fest Film Project, which unabashedly Chad admits is not too original for the documentary he's worked on for four years, he said he figures they'll come up ed to call it "Noise" but there are already two films he knows of called "Noise."

Rather than hearing sound as a collection of rhythms and notes, noise (in terms of the sounds at the festival), as Chad exzons, "cool. If I'm with him, too, great." plains, is "an umbrella term for many things. Sounds as colors that can be painttampering with noise making is the ed any way you want – soft or quite, loud

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last thing you want to do as the film- or harsh, or anything in between." He said it's a collection of techniques that is not for everybody. "Some find it repulsive and go screaming into the night."

Asked what he wants to accomplish next with the yet-to-be-released dockeep things going as best he can. "Once I finish the documentary, there's the trouble of getting that seen. But there's no hurry on (finishing) it because no Noise is pretty much a fringe thing, but it's creeping in."

And as far as his goal for the Matias Bombal's Hollywood, he said, "(It) always is the goal is to get (the reviews) finished. But with the show I'd like to with something a little more creative see how far we can take it. I feel the rewhen the film is cut together. He want- surgence in film and theater history is coming back. I see it already in bits and spurts and I think a show like we're doing is going to fit right into that.

If it takes Matias to bright new hori-

Matias said he cannot wait until Chad finishes the documentary so that he could review it on the show.





McClatchy Park's amusement park themed playground nearing completion

By LANCE ARMSTRONG

Oak Park's historic James McClatchy Park is presently undergoing a major improvement project, which includes the construction of a new children's playground that is reminiscent of an between G and H streets. amusement park that was During its early years, a once located at that site.

which was known as Joyland, was part of the rich destination spot for pichistory of Oak Park, which nics, baseball games and was established as Sacra- other diversions. mento's first suburb.

An early advertisement The Sacramento Union.

park for 40-foot by 150-

Terms of the sale were menof auctioneer's hammer; bal-

days; remaining two-thirds in monthly installments of \$20, with an interest of 5 per cent per annum."

It was also noted in the advertisement that a "cable road" would soon be built to connect Oak Park to the Southern Pacific Railroad passenger depot on 2nd Street,

portion of the grounds of That amusement park, today's McClatchy Park at 3500 5th Ave. served as a

for Oak Park appeared in Oak Park was annexed into ation, explained that it was park. We want to recall the There's a ramping system the Sept. 2, 1887 edition of the city. The amusement his idea to have a Joyland history of the park when it up the whole thing. And grounds were sold to Val-The advertisement re- entine S. McClatchy and ferred to an auction sale his wife, Adaline H. Mcthat would be held at the Clatchy, in 1927 and gifted to the city of Sacramenfoot lots in the area on Sept. to in honor of the memory of V.S. McClatchy's father, James McClatchy, of Sacrationed as "10 per cent at fall mento Bee fame. The prop-



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This new children's playground at James McClatchy Park is scheduled to open this fall.

landscape architect with courts at McClatchy Park, pathways. And the roller-Clatchy Park.

that have a theme, so I was trying to think of different theme of Joyland."

who came up with the specific features in the park. I I thought that was kind of theme (of Joyland)."

In describing the playground equipment that was ber surfacing in here (on walkways, new solar lights added at the former site the ground), as well, and of an earlier playground we've got the wood fiber,

Joyland was opened in the Sacramento Depart- Day said, "Everything is coaster (play set), it's ful-1913, nearly two years after ment of Parks and Recre- modeled after the original themed children's play- was Joyland. So, there was a then the smaller children's ground constructed at Mc- (wooden track) rollercoast- area, somebody that's diser originally, and we're try- abled would need to trans-"I like to do playgrounds ing to re-create that (ap- fer out of their wheelchair. pearance with a play set). So, it depends on the ability The play structure for the of the child. And originalthemes (for the park)," said older kids is in a wooden- ly, the park had a miniature Day during his interview themed playground. We've train. It was much bigger, mento Bee fame. The prop- with this publication at also got the trolley. Orig- but we created the style and erty was then designated as McClatchy Park last week. inally, this (site) was the the character of that minia-"Originally, I was thinking south end of the trolley ture train. Also, there's goof African safari. And then system for the city of Sac- ing to be a shade canopy I came across the history of ramento. So, we've got the over the tot lot to provide a the park on the Internet. trolley here and there's go- little bit of protection from So, it just seemed an ideal ing to be trolley lines paint- the sun in the summer and match to have a whole play- ed on the entry walkway. In the rain in the winter." ground designed after the the tot lot area, that kind In discussing other new of recalls a carnival. Orig- amenities of the project, Day was quick to note inally, (in) Joyland, there Day said, "There's a group that he did not design the was a carnival and concespicnic area and there's a playground equipment. sions and such. We have the shade structure that kind of larger than life popcorn and looks like one of the strucand I provided the consulice cream and candy apples tures that was in the park at tant with different ideas, (structures), as well. Those the time Joyland was here. and they did the research," are the kind of things they We also have two, brand Day said. "They're the ones would have sold at the park new tennis courts. And at the time. Originally, (the we've got a new skate park. park) had a small zoo. We We have jogging trails with had seen a catalogue that don't really know what an- fitness equipment scattered hadrollercoaster play equip- imals those were, but we throughout the park." ment back in New York and tried to re-create the kind of animals they could have the 'project, which had cool. So, I kind of fed them been. We've got mountain its groundbreaking on some ideas and they just lions and black bears and April 26 during the opentook the ideas and ran with a large tortoise. Eventual- ing day of the park's popthem, and made the entire ly, all the animals were tak- ular farmers' market, will playground based on the en to (William) Land Park also include a water spray when that zoo was built area with a horse carousel (in 1927). We've got rub- theme, a butterfly garden,

Dennis Day, associate and basketball and tennis and it provides accessible ly wheelchair accessible.

Day mentioned that

See McClatchy Park, page 7





(above left) A fence surrounds McClatchy Park's under construction children's playground and tot lot. (above right) A worker places a stake in the ground near the new arch in front of the under construction Mc

McClatchy Park: Continued from page 6

the park property, including its Joyland era history.

courts, a drop shot basket- grass will be growing. ball area for young children part of the project.

the current park improve- that up."

er, who represents District it will feature a rule that 5, expressed his satisfaction adults cannot enter that with the project.

park is really a symbol of the least one child. rejuvenation of this community that has occurred scribe his satisfaction with for this neighborhood."

next thing, they're finishing side Park - that was based ing to be the grass last. And years. We're expecting peo-

there's a little bit of touch up. They've got to color coat, as well as install the benches and the tables. And then and ornamental acorn the water mister area equiplights and an interpretive ment is going to be installed sign with a brief history of last. You'll come back here in three weeks and it will look like (the playground New basketball and tennis area) is done, it's just, the

"So, construction is goand an archway reminiscent ing to be completed over of the amusement park's the next three weeks, but original archway are also the park is not going to be opening until probably No-The overall project was vember. There's going to be made possible through a three months of mainte-\$2.8 million state grant, nance. We're planting grass and the city has contribut- by seed, so that's got to be ed about \$300,000 toward established before we open

When the playground fi-Vice Mayor Jay Schenir- nally opens, Day noted, portion of the park unless "The rebuilding of the they are accompanying at

After being asked to de-

from the inside out," Sche- the project, Day said, "I nirer said. "I see the \$2.8 think it's incredible. It remillion state grant we won ally recalls the history of as a partial match to the en- the park and what was the city (to visit the park)." ergy and passion residents here. People who rememand business owners have ber Joyland or have heard moved to Oak Park from about it are going to think San Francisco in 2001, said As for the timeline for it's kind of incredible. We that she is looking forward the completion of the un- were trying to make a play- to the completion of Mc- improvements, Washington finished portions of the ground that was as great as Clatchy Park's new chilproject, Day said, "The (the playground at) Souththe grading of the park, so on a spaceship theme, and they can get ready to plant. we had the same designer They're going to be plant - and I think we achieved ing the trees and then pull- that. (McClatchy Park's Jayla and Taya Brown) to Park. And that's my favoring up the shrubs and the new playground) is beauti- see if that park is ready (to ite park. I love McKinley ground cover, and it's go-ful. It's going to last for 20





dent Eugenia Washington is looking forward to making daily visits to McClatchy Park's soonto-be-opened children's playground with her son, Melvin Haywood, left, and neighborhood twins, Jayla and Taya Brown, shown in the arms of Washington.

(left) This bear cub replica was placed at the site in memory of the

ple to come from all over but (the kids) only have so

Eugenia Washington, who dren's playground.

neighbors, 2-year-old twins, the better than McKinley open)," Washington said. Park. I can't wait until (Mc-"I live across the street, Clatchy Park) is done."

much to play with (at their homes). But here (at Mc-Clatchy Park), they can run and play."

As for the overall park said, "The park before (its recent improvements) was "I come here every day so bad. You know, it was (with her 8-year-old son, run down. But this park, I Melvin Haywood, and her think it's going to be a lit-





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Fairytale Town celebrates Talk Like A Pirate Day on Sept. 19

Families are invited to Fairytale Town for swashbuckling fun in celebration of international Talk Like A Pirate Day on Friday, Sept. 19. From 10 a.m. to 2 p.m., adults and children can enjoy talking like a pirate. Plus, there will be pirate-themed fun and games inside Fairytale Town's storybook park.

Young sailors can learn pirate vocabulary, songs of the seas, and stories of adventures on the high seas at "Pirate Skool," presented by the Pirates of Sacramento. Pirate-themed craft activities and relay games will add to the fun day. And Fairytale Town's Pirate Ship play set is available for imaginative adventures throughout the day.

Guests who wear pirate-themed attire, including eye patches, bandanas and pirate hats on the day, will receive one free child general admission with one paid adult general admission.

International Talk Like A Pirate Day is held annually on Sept. 19. The holiday was first established in 1995 by John Baur and Mark Summers of Albany, Ore., and gained prominence after Miami Herald columnist Dave Barry featured the holiday in his column in 2002. For more information about International Talk Like A Pirate Day, visit www.talklikeapirate.com.

Talk Like A Pirate Day is free with paid park admission. Weekday admission is \$4.50 for adults and children ages 2 and older. Children age 1 and under are free. Activities take place from 10 a.m. to 2 p.m., and Fairytale Town is open from 9 a.m. to 4 p.m. daily, weather permitting.



Members of the Pirates of Sacramento were at Fairytale Town on Thursday, Sept. 19, 2013 recruiting its newest crew members. This year they'll be back, on the same date, Sept. 19 which is International Talk Like a Pirate Day.

For more information, visit www. fairytaletown.org or call 808-7462.

If you go

What: Talk Like A Pirate Day When: Friday, Sept. 19, 10 a.m. -2 p.m. Park hours: 9 a.m. - 4 p.m. Daily (weather permitting) Where: Fairytale Town, 3901 Land Park Dr.

Admission Fees: \$4.50 weekdays, children 1 and under are admitted free For more information, call 808-7462, email mail@fairytaletown. org, or visit www.fairytaletown.org.





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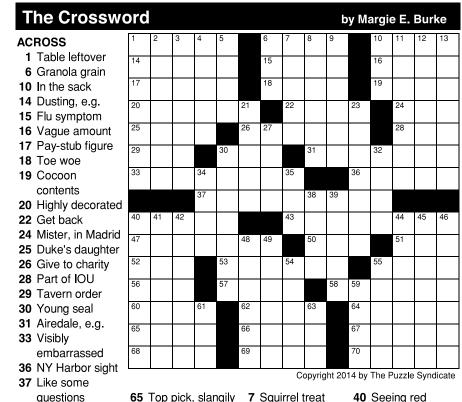
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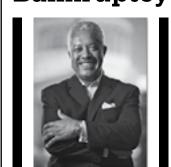
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Matias Bombal's Hollywood

"If I Stay"

The MPAA has given this a PG-13 rating. Warner Bros., Metro-Goldwyn-Mayer and New Line all got together to bring you "If I Stay", based on Gayle Forman's book which relates the experience of a young lady in a terrible car crash who has an out-of-body experience. Whilst in a coma, folof-body experience. Whilst in a coma, following the accident, she recalls the joys and pains in her life. She must come to terms with herself: should she choose to live or banks, played by Mel Gibson, the co-founder of

Miss Chloe Grace Moretz is Mia, an applicant to the Julliard School waiting to find out if she has been accepted for advanced cello studies. Her parents are played by Mireille Enos who you might have seen in "World War Z", and Joshua Leonard of "The Blair Witch Project".

As Mia goes over the key points in her deras, and Dolph Lundgren! life, good and bad, much time is spent on the love of her life, a rocker played by Ja-Mia's memories.

John de Borman's composition, lighting, and photography are exquisite. The shots are held for maximum effectiveness, without unsettling quick cutting. I liked very much that this movie took its time to tell its story, and that the shots were held for long, lingering lengths allowing for you to fully comprehend the content of the images. There was one plot flaw that haunted me throughout, but it did not take away my overall appreciation for this good movie.

"The Expendables 3"

The MPAA has given this a PG-13 rating

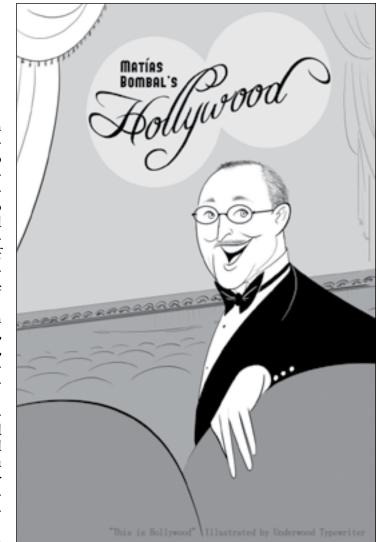
Loinsgate brings us more major film stars in one movie than it is easy to count with "The Expendables 3," another story of macho daring-do penned by the lead in the movie, Sylvester Stallone. In this new installment, Barney Ross (Stalthe Expendables who apparently did not die previously, and now is an arms dealer ready to take out Barney and his crew, old or new.

The rest of the cast is impressive: Harrison Ford, Arnold Schwarzenegger, Jason Statham, Wesley Snipes, Terry Crews, Kelsey Grammer, Kellan Lutz, Jet Li, Ronda Rousey, Victor Ortiz, Glen Powell, Randy Couture, Ántonio Ban-

I was brought back to a fun time in my child-hood when I played with green army men, and mie Blackley. They come from diametrical-ly opposite musical passions, yet share an anyone in real life. This movie has this feel; you attraction that blossoms as we experience just check reality at the door and latch on for the ride. Mel Gibson is fantastic in his cool hatred. You may even actually understand Stallone when he speaks.

The photography of Peter Menzies, Jr, (No relation to famous production designer William Cameron Menzies) is quite good with some nice compositions for the wide screen. Happy this was not in 3-D. So nice to see the aging Alist action heroes have fun laughing with themselves and kudos to them for still working.

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 "Matías Bombal's Hollywood" at: www.mabhollywood. com . Find us on Facebook or follow us on Twitter: @ MABHollywood



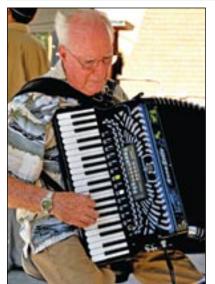












Hundreds flocked to the 30th annual Ice Cream Safari at the Sacramento Zoo

Photos by MONICA STARK

Hungry animal lovers frolicked from ice cream booth to ice cream booth at the 30th annual Ice Cream Safari for allyou-can-eat Baskin Robbins Ice Cream on Saturday, Aug. 14. There were ice cream booths around every corner. There was entertainment for the kids and fun for everyone, including face painting, an ice cream dance party, and live enter-tainment. All proceeds benefited the general maintenance and animal care at the Sacramento Zoo.

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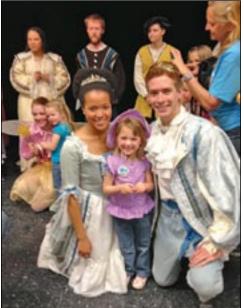
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Children enjoyed the Vic's to Gunther's (and back to Vic's) walk

Shown here, Katie, who just turned 3 years old, enjoyed her ice cream cone at Vic's after having just finished the 5-K Walking Sticks Vic's to Gunther's (and back to Vic's) walk with her mom and baby sister. The ice cream cone was definitely the reward for the long walk. Reportedly the event, which was held on Aug. 6 and 7, had about 100 participants this year.

her parents since she was very little and now they're bringing 1 yr old Owen in the stroller. With the help of Barbara Nuss's Fairy Princess Wand, Cassie walked the whole 7-K (4.3 miles) route with a small group. Last year, Barbara organized another fun adventure in which a group met at Vic's, walked over to Sacramento City College and went to their Children's Theatre to see the production of "Cinderella." Then, they walked back to Vic's for ice cream. Parents, grandparents and even a Brownie Troop brought their children (including teenagers) and they all had such a fun time.

Shown at far left, is Cassie who just turned 5. Cassie's been coming with

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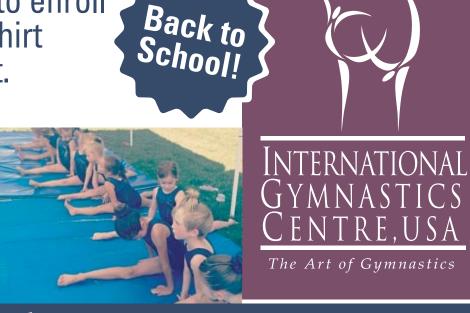
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Land Park studio owner is founder of Free Yoga Day

On Monday, Sept. 1, people of every age and fitness levels are invited to take off their shoes, roll out their mats and pose like a warrior for the third annual Free Day of Yoga. Whether new to the trend and trying yoga for the first time or an experienced

"Sacramento Free Day of Yoga gives the entire community a chance to try yoga for the first time, explore a new style and check out a new studio or teacher," says event founder and It's All Yoga studio owner Michelle Marlahan. "It's the perfect time to try out a class if you're new to yoga, because the vibe of the day is incredibly fun, and you have such a range of classes to choose from! We're proud to have brought Free Day of Yoga to Sacramento," she said. "We hope the everyone in Land Park comes out to the studio to try yoga for the first time, explore a new style or check out our studio or teachers. The vibe of the day is incredibly fun!"

"It's also the perfect time to try out a class if you're new to yoga," Marlahan continues. "There are so many styles of yoga to choose from! We even have a class called I'm New To Yoga, Please Don't Hurt Me."

More than 1,700 students got their Namaste on during last year's Sacramento Free Day of Yoga. This year organizers hope for 2,000 participants to share in the event and yoga's many health benefits -- increased flexibility, strength, stamina and balyogi exploring a new style, more than 38 free classes will be offered by 17 studios across town.

ance, as well as reduced stress and improved concentration.

Marlahan brought the Free Day of Yoga to Sacramento in 2012 after a visit to Austin, Texas, where the event started in 1999. Now a worldwide affair, Sacramento celebrates the Free Day of Yoga with other yogis and participants in locations from Virginia to .A. and Victoria to Guam. Sacramento studios offering free classes include It's All Yoga, Ananda Yoga, Asha Yoga, Bikram Yoga in Granite Bay and Sacramento, CenterShape Yoga and Pilates, Leap Yoga, Radiant Yoga, Rise Yoga, Saha Wellness and Yoga Center, Solfire Yoga, Veera Yoga, The Yoga Seed Collective, The Yoga Solution, The Yoga Workshop and Zuda Yoga (all locations).

For the 2014 Free Day of Yoga schedule, visit www.sacramentofreedayofyoga.com.

It's all Yoga is located at 2405 21st St.





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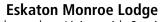


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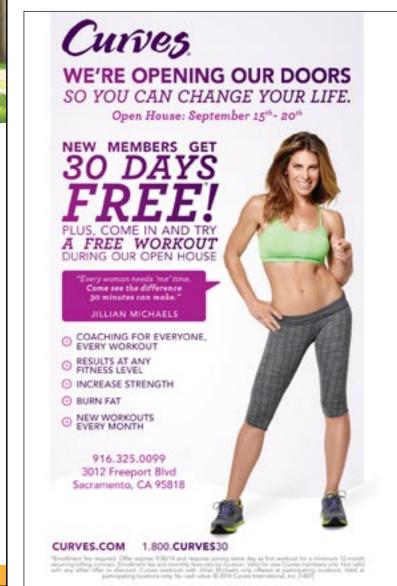
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EQUAL HOUSING

Correction

In the July 24 article about the Body Cafe, there was a mix-up of the practitioners' specialties. Ashley does acupressure not acupuncture and Alicia works in a women's spa not hospice. Charon does hospice. The Body Cafe is located at 2414 21st St.







Food Truck Mania hit Land Park

Photos by MONICA STARK

On Sunday, Aug. 17, food truck mania featured Krushburger, Drewski's, Chando's Tacos, Gameday Grill, Bacon Mania, Hefty Gyros, Cruzin' Crustacean, Local Kine, Happy Cow, Green Papaya, a beer garden and music by Jimmy Ashley. Kids got to enjoy bounce houses, face painting and a big inflatable slide. Presented by the Land Park Community Association, the event is sure to make a comeback to the corner of Sutterville Road and Freeport Boulevard. Stay tuned.











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Tribute to Mary Healy

Editor's Note: The Sacramento Zoo provided the Land Park News with the photographs on this page as well as the bio of longtime director Mary Healy.

Mary Healy, the zoo's longtime director who died on Thursday, Aug. 7 while en route from Ecuador to the Galapagos Islands was a native of Syracuse, New York, and received her B.A. in psychology from the State University of New York at Binghamton. She started her zoo career in 1975 as a keeper at Riverbanks Zoological Park in Columbia, South Carolina. Mary became Curator of Birds at the San Antonio Zoological Gardens in 1983. In October 1990, she was named Director of Discovery Island, a zoological park owned and managed by the Walt Disney Co. in Florida. In December of 1999, Mary accepted the position as the Director/ CEÓ for the Sacramento Zoo.

Ms. Healy had been a member of the Association of Zoos & Aquariums (AZA) since 1974. She was elected to the AZA Board of Directors in 1996. In 2004, she was elected back on the board and served as Chair for the 2006/2007 term. Ms. Healy is a past member of the AZA Accreditation Commission and served as Chair in 2003/2004. Mary had served as Chair of the AZA Ethics Board and on the Board of Regents for the AZA School for Professional Management Development. She also was an instructor at the school for 10 years.

In 2013, Ms. Healy was elected to the Council of the World Association of Zoos & Aquariums (WAZA) and won the Women Who Mean Business award from the Sacramento Business Journal.





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Small Wonders of Africa opening later this fall

As the summer draws to a close, six species will be moving to a new home at the Sacramento Zoo. Small Wonders will house Straw-colored Fruit Bats, Aardvark, Wolf's Guenons, Red-billed Hornbill and Crested Guineafowl. Later this year, Banded Mongooses will be joining the Aardvarks on exhibit.

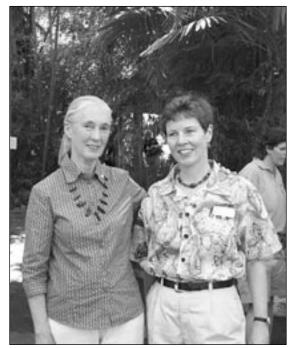
Out of respect for the recent and sudden passing of Zoo Director Mary Healy, the Small Wonders of Africa exhibit opening celebration has been postponed from Labor Day weekend until later this fall. New dates will be announced as they become available. The Zoo staff appreciates your understanding during this time of mourning.

Each of these species will help tell the story of East Africa, presenting the challenges of conserving wildlife in this unique corner of the world. The Sacramento Zoo has been an active participant in many East African conservation programs to educate the African people who share the landscape with native wildlife.

Small Wonders has expanded and improved an existing structure - both on-and off-exhibit animal facilities. It replaced the existing mesh with modern, finer-grade stainless steel and glass to allow for greater visibility. The previous parrot, owl, porcupine and lemur habitats (six exhibits in all) were combined to form three large spaces. The renovation also includes an artificial termite mound where guests will be able to observe nocturnal Aardvarks even as they sleep.

Thanks to presenting sponsor The Ron & Shirley Watkins Family as well as many additional donors, over \$600,000 was raised to make this project possible.



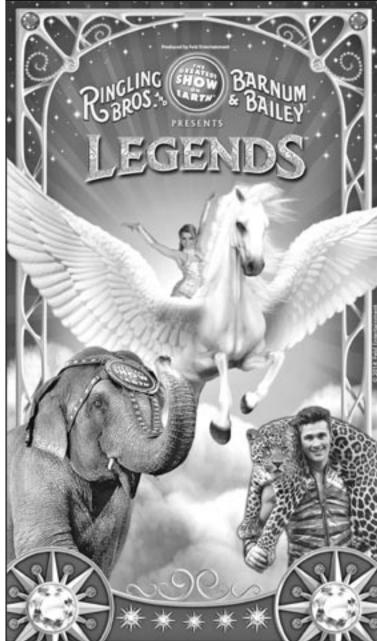


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Over the Fence

with Greg Brown greg@valcomnews.com

They write the songs in Land Park

An artist can't record a song without the words and music of a songwriter, but a catchy ditty with a good hook line can catapult an ter in Curtis Park on the secartist to the top.

The recording artist is always on the lookout for THAT BIG HIT.

That's where the Nashville Songwriters Association International comes into play. NSAI is the world's largest not-for-profit songwriters, trade association. Established in 1967, the membership of more than 5,000 active and pro members spans the United States and six other countries. NSAI is dedicated to songwriters and musicians, protecting the rights of and serving aspiring and professional songwriters in all musical genres.

chapter is located right here a year to visit the local chapin Sacramento and has more ter of the NSAI. Last month, than 450 members.

The Northern California Chapter of the NSAI gathers at the Sierra 2 Cenond Wednesday night of each month. They get together to discuss and share their songs, bouncing ideas off of one another in a supportive and collaborative way. It's a great way for them to inspire each other and have fun too.

I spoke with Gabrielle Kennedy, who is the Northern California coordinator for the NSAI and she told me, "We have pros, people that make their living being come to Sacramento from Nashville quite often."

The Northern California from Nashville several times Rick Beresford, best known as the writer of the George Jones hit "If the Drinkin' Don't Kill Me Her Memory Will," hosted an all day workshop and gave feedback to folks attending. In September, Dan Hodges, a prominent music publisher, will be looking for songs to pitch to today's country stars in a special event be- cians who has played on the ting something commercially ing held at Sidedoor Studios in Fair Oaks.

Another special event that will be held in late September is a workshop called "Arranging The Hits," where writers can find out how to write and record their songs to sound like commercial hits. Larry Beaird from Nashville-based Beaird Music Group will be A wide range of music in- hosting the workshop. He's dustry professionals travel one of Nashville's top musi-



He's trying to get one of his songs recorded by an artist.

recordings of stars like Rascal cut are greater. "But it's really Flatts, Faith Hill and Trace tough," Gabrielle told me. Adkins.

f your goal is to be on the radio, then there is a certain common. You want it to be catchy and have a good hook," Gabrielle said.

Most country music artists do not write their own songs, but there's actually a greater opportunity in country versus pop to be a songwriter because your chances of get-

If you are a member of the Members of the NSAI get NSAI, you can send a song in feedback based on what their once a month and they'll have goals are. "Not everybody's a pro critique it for you and goal is to be on the radio, but send it back. You get professional guidance.

Members are also supporttype of structure that's more ing one of the only organizations that go to Congress and lobby for the rights of songwriters. "That's what NSAI's primary purpose is," Gabri-

You're paying a yearly due to fight legislation and to make

See Over the Fence, page 21





Over the Fence:

sure your rights as a songwriter are protected. Right now they're trying to get the royalty rate for songwriters increased for digital music. Currently the songwriters get 9 thing cents, and if they collaborate, they have to divvy that up.

NSAI is more important than ever due to the digital world like streaming music through Pandora. Pandora is have a feeling the song will be a little "loosey goosey" when it comes to reporting which songs and artists are being listened to. It's very difficult to keep track.

Gabrielle, who worked for CBS/Sacramento radio 10 years ago, set her radio career aside and decided to with her sister called Gabried and had two children sometimes do that too." and that left Gabrielle to

Gabrielle excitedly told me artist named Canaan Smith and he's going to be coming out with his first album after the first of the year. They wrote a song five years ago like to refer to him.

Richard Bassett and Gabrielle actually met at an NSAI event in Lake Tahoe and began to collaborate. A Nashville publisher came to Sacramento at an NSAI event and 20 years. When he retired, he she pitched the song to him and he loved it! He thought they both had a lot of talent lic Safety for 17 years and while so he invited them to come to he was in Utah he became in-Nashville to write with some terested in country music. seasoned Nashville writers.

duction about how Nashville does its songwriting. From that initial trip, I met Caansongs together. One of those part of his first album," Gabrielle said.

that's exciting," and she told go to iTunes to buy it, I'm not keep in touch to this day. gonna believe it til I see it."

The song titled, "This Cigarette," is about how a love, or to California. Ted thought to person you're in a relationship

cigarette. "It's kind of gritty country," Gabrielle told me.

In a matter of time

You're gonna burn me again Light me up just long enough For me to feel like it's some-You'll give me what I want

Pressing me to your lips But you'll put me out again Like the end of this cigarette She sent me the demo and I headed to iTunes and the Target on Broadway next year!

You also may run into Gabrielle in the aisles at Target too, since she's a Land Park

Another member of the local chapter of the NSAI is Ted Bazarnik. He also lives in pursue her music dreams. Land Park. He's 72 years old She initially started a band and he's not satisfied sitting around watching Matlock rescourt. Her sister got mar- runs, although he did quip, "I

"When I was young, I was a continue to pursue her sing- musician," Ted said. He starter-songwriting career alone. ed making music when he was about 16 years old in Auburn, it looks as though she may get New York. Mainly rock and her first label cut soon. An roll and R&B. They performed on the college circuit: Syracuse signed to Mercury Records University, Cornell, Colgate, and all those places back in the 1950s into the 1960s.

His band was called "Chuck Rubberlegs Shady and the with "some guy from Bermu-da named Richard" as they mouthful.

my brain still works!"

'sign me up."

the NSAI office and told them,

ramento, he contacted Gabri-

elle Kennedy, who headed up

Ted isn't afraid of technol-

ogy either. He uses Facebook

regularly and even pitched

his first demo via Skype. He pitched it to Curb Records

added it to their catalog. He

also pitched the demo at a lo-

Bloch, who has a publishing

company in Nashville, liked

it and took it with him back

to Nashville. It's a big deal

song is called, "Wish I May."

The idea came to Ted while

he was sitting on his deck and he had the TV going at

that's how it all started.

When he got back to Sac-

He decided to get out of the music business and go into law enforcement. He has a degree in Criminal Justice and worked for the University of California Police Department for went to Utah and worked for the Sacramento chapter, and the State Department Of Pub-

Ted went from fight-"That was my first intro- ing crime to writing country

"I dated a cowgirl for awhile and she loved country music." an and we all started writing It kind of rubbed off on Ted. "She loved to sing along to all songs we wrote with him is the country songs in the car." looking like it's gonna be a He thought the music had great storytelling.

Ted was inspired to write having a music publisher put I mentioned to her "I bet her a song and everybody a song in their catalog. The ed the Kiss concert with one loved it. It was called "A Girl me, "Until it's at Target or I can Named Tracey." They still

He got serious about songwriting once he moved back himself, "I need something to with, can treat you like their do. I'm too old to get out on the comes on before the movie... thing to have her back. "I'll nev- NSAISacramentoChapter

road and play clubs and stuff... and I thought I'll write a song I'm 72 and have bad knees. But about wishes."

own here are local members of the Nashville Songwriters Association. The local chapter meets at Sierra 2

"Wish I May" is about a He started surfing the web and guy who's been searching found NSAI. He went down to for somebody special and he Nashville to visit a friend and he knows that somebody special "fell in love with the place. I abis out there for him. solutely went crazy. I stopped by

with the other members of the NSAI including Chris Burrows of Sacramento and singer-songwriter Andrea Stray who lives in San Francisco. He appreciates the collaborations and thinks it makes the songs much better when there are different voices and talents contributing. He's def-

initely not a one-man band. Ted stays really active and and they loved so much they gets out and goes to local con- a brand new world." certs. He went to the Palms Playhouse in Winters to see cal NSAI workshop. Steve singer-songwiter Holly Williams, who is Hank's granddaughter. He also recently saw Willie Nelson and Merle Haggard. He also hasn't forgotten his rock roots. Ted attendof his sons when they came to town. It was on his bucket list.

Ted really doesn't date, he says, because he's "having too the same time. As Ted tells it, much fun." He told me his wife "I heard the Disney 'When passed away from cancer back You Wish Upon A Star' that in 1997 and he would do any-

er find anybody like her. When you find a jewel, it's pretty difficult to find another one."

@ BEER GARDEN

After his wife passed, he did meet a couple of women, like the cowgirl in Utah, but he pretty much focuses on his Ted regularly collaborates songwriting, friends, and family these days.

"I fell in love with this songwriting thing and we have a great group of people. This group has brought me more happiness than you'll ever know."

Ted loves the songwriting process, heading to Nashville, going to the meetings, and the studio, and meeting all the artists. Ted said, "For me, it's

Ted's ultimate goal is to get one of his songs recorded by an artist, which is very difficult because in Nashville alone there's over 45, 000 writers. "The thing is if you don't try, nothing will ever happen. I'm having a hell of a good time trying," Ted said.

To learn more about the Sacramento chapter of the NSAI call 476-5073 or email Gabrielle Kennedy at Gabrielle@Gabscourt.com They're also on Facebook. https://www.facebook.com/

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CALENDAR

ation to: editor@valcomnews.com at least two weeks prior to publication.

"Stretch, Strengthen, and Thrive" at ACC:

This class is designed for the needs and abilities of active older adults, who are interestp.m. Mondays and Wednesdays. \$5 per class if pre-paid; drop-in fee is \$6. ACC Senior 9026 x330, www.accsv.org.

Stretch, Strengthen, and Thrive!

his class is designed for the needs and abilities of active older adults, who are terested in gaining or maintaining mo bility. The class consists of a mix of full

Solution to Crossword:

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| 0 | R | Ν | Α | Т | Е | | R | Е | Α | Р | | D | 0 | 1 |
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strength training, and active stretching. 5:00-6:00 p.m. Mondays and Wednesdays. \$5 per class if pre-paid. Pre-registration and pre-payment is preferred, but drop-ins are welcome at a rate of \$6 per class. Held at ACC Senior Services Center, 7375 Park City Dr., Sacramento, 393-9026 x330, www.accsv.org.

body stretches, body weight exercises,

Community Skill Exchange (time bank) monthly potluck/meeting

On the second Thursday of the month. monthly meetings will be held at the Sacramento Food Bank and Family Ser vices. Information presentation and questions will be discussed between 5:30 and 6 p.m. Interested new friends encouraged to attend. Potluck and sharing is 6:15-7:30 p.m. Members and past friends welcome. Please bring a dish to share and be prepared to record ingredients before serving. 3333 3rd Ave., Oak Park. Community Room (Big Blue Door on 34th Street)

Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs, 808-5888, Your wheelchair can be a tax deductible donation, and four zoo tickets will be offered as a thank you.

Support group for alienated grandparents

Meeting is the last Friday of each month at 2717 Cottage Way, suite 4. Meeting is at

Tai Chi at Hart Senior Center

Focuses on low impact form of ancient Chinese exercise, combining slow movements with relaxation. Mondays, 10:30 -11:30 a.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Try it once for free! Stop by the Hart Senior Center front desk or contact 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. 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, im-

prove balance, and enhance the ability to relax and release stress. Class began July 7 and are Mondays and Wednesdays, 2:30 p.m. -3:30 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

Experienced and beginning singers age 50 and above are welcome. New sessions start

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.

Rotary Club of South Sacramento accepting applications for funding from crab feed

The Rotary Club of South Sacramento and its 501(c)(3) charitable foundation are accepting applications for funding from the proceeds of the annual Crab Feed, to be held on Jan. 24, 2015. It is our intent to select one to three organizations for our annual giving based upon the organizations' submitted applications. Deadline for applications is Sept. 2. Visit www.southsacrotary. org for more information and to apply.

Run with a Recruiter

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

Fmotions Anonymous

Meets regularly Tuesdays, Thursdays, and Saturdays. Meeting information is available at www.emotionsanonymous.org. Free 12-step program/sup port group for those who desire to become well emotionally healthy. Acquire a new way of life, sharing experiences, and learning to live with unsolved emo tional problems. Meets Tuesday 6:30 -

Calendar Continued, page 25

- EVENT LISTING SECTION -

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> JFK Class of '74 - 40 Year Reunion October 11,2014 6 p.m. -11 p.m.

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To stay current on reunion information, follow the reunion Facebook page at John F. Kennedy HS, Secremento CA Class of 1974 For Further Information, contact Kevin Scott at Kevin.scott@norne.

com or at (213) 926-2626.

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Alumni should also visit the class website and complete profile information: www. jfk69.com

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

Continued from page 24

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 Freeport Boulevard, 9:20 a.m. Thursdays, \$6 per class, Call 441-1015 for more

Women with Good Spirits monthly meeting

Each second Tuesday of the month at Revolution Wines at 6:30 p.m., Women With Good Spirits invites a community non-profit to present on its mission work. 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. 2831 S St. Visit www.womenwithgoodspirits.com or find the group on Facebook.

The Community Housing and Services Coalition monthly meetings

Valley Community Newspapers, Inc

Originally created by the Sacramento Community Services Planning Coun-

cil, the Community Housing Coalition (CHC) was created as a vehicle to provide information and educate community leaders and decision makers regarding housing for low income, dis abled and older adults. CHSC monthly meetings are free and open to the public; they are held from 9:30 to 11 a.m. am on the last Tuesday of each month (except December) at the Sacramento Sheriff's South Area Office Community Room at 7000 65th Street, Sacramento (the Sacramento County Voters Registrar Building). At each meeting a guest speaker is invited to attend and give a 30-minute presentation with 10 minutes for O&A. Speakers are selected for their expertise and knowledge in their respective fields, and agencies/organizations. The speakers are encouraged to provide handouts, fliers, and other informational materials to the 15 to 30 at-

to 8:30 p.m. For more information, contact David Peterson at 716-5951. Sacramento Fine Arts Center is located

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cynthia.gabriel@smud.org.

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Kiwanis Club of East Sacramento-Midtown

Visitors Welcome, weekly breakfast on display on Tuesdays from 11 a.m. to meeting on Fridays at 7 a.m. Topi-7 p.m. and Wednesdays through Saturcal weekly speakers and 'first meal for days from 11 a.m. to 3 p.m. A Saturday visitors on us'. Meet at The Kiwanreception will be held Aug. 9 from 5:30 is Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th St. www.eastsacmidtownkiwanis.com. Meeting/Membership info: 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 Capitolaires 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.capitolaires.org, call 888-0877-9806, or email info@capitolaires.org

Sorontimist International of Sacramento South meetings

A service organization dedicated to insurthe status of women and girls, the group meets at Aviator's Restaurant, 6151 Free port Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m.

See more Calendar, page 26



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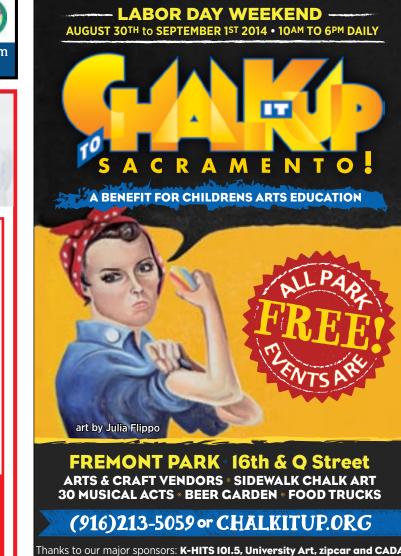
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CALENDAR

SEPTEMBER

Lunch and wine social at Casa Garden Sept. 2: Lunch and "Wine Social" with red and white wine sips offered by Merlo Estate Vineyards of Clarksburg paired with delicious Casa hors d'eouvres at 11:30 a.m. [one seating only], Casa Garden Restaurant, 2760 Sutterville Road, Sacramento. Entree choices: Lemon Chicken or Salade Nicoise; dessert: Chocolate Mint Sin -- \$22 per person, includes tax and gratuity. Reservations a must, open seating - call 452-2809. Proceeds benefit the Sacramento Children's Home

Knit Together! - Pocket Library (Adult)

Sept. 5: Carrie Parker a Pocket-Greenhaven resident and self professed knit-aholic is bringing her needles to the library at 1 p.m. Anyone interested in knitting—even an absolute beginner--is invited to join us. Participants can learn to knit get help on current projects or general advice from expert knitters. There might even be some great conversations too. Don't forget to bring your knitting needles and yarn! Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr.

Carmichael Health and Safety Fair

Sept. 6: Carmichael Health and Safety Fair will be held from 10 to 2 p.m. Free admission. Fun for kids. Learn about fire safety. CPR classes, bicycle safety and fingerprint ing. La Sierra Community Center, 5325 Engle Road, Carmichael.

Teen Advisory Board Meeting at Pocket Library (Teen)

eadership opportunities and fun? TAB is all about teens creating their own service projects--whether that means organizing fun programs for teens (think gaming tournaments and movie nights) or other community outreach projects. Join us for an informal meeting at 10 a.m. as we plan out our future ventures. Bonus: TAB looks *great* on your college applications. Partially funded by the Pocket-Greenhaven Friends of the Library. Robbie Waters Pocket-Greenhaven Library.

Sept. 6: Movie under the stars at Leonardo da Vinci Elementary School, 701 Joa-

7335 Gloria Dr. **Hollywood Park movie night**

Library (Book Club)

Sept. 6: If you like to read and you like to talk about books look no further than the Pocket Library book discussion group, which meets at 1 p.m. The group reads a wide variety of books to challenge the minds and interests of all group members. The title for discussion in September is "The Ocean at the End of the Lane" by Neil Gaiman. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr.

Pocket author hosts book signing

Sept. 7: Local author Suzanne Vince will host a book signing for her women's fiction novel, The Many Lives of June Crandall, from 1 to 4 p.m. at Natomas Racquet Club, 2450 Natomas Park Dr. The Many Lives of June Crandall will be available at www.Am-

Bone Marrow Donor Drive at Congregation B'nai Israel

Sept. 7: Save a life! From 10 a.m. to 2 p.m. join the national Bone Marrow Donation registry with a simple cheek swab. For those suffering from blood cancers and genetic diseases, a bone marrow or stem cell transplant is their only hope for a cure. Blood-Source is teaming with Congregation B'nai Israel to make this happen.

Become a life-saving donor. Join the registry with a simple swab of the cheek. Congregation B'nai Israel is located at 3600 Riverside Dr. in Land Park. For more information, call Congregation B'nai Israel 446-4861.

Grandparents Day at Fairytale Town

Sept. 7: From 9 a.m. - 4 p.m., Bring grandma and grandpa to Fairytale Town to celebrate National Grandparents Day! Grandparents receive free admission when accompanied with a child ages 0-12. Weekend admission is \$5.50 for adults and children ages 2 and older. Children ages 1 and under are free. For more information, visit www.fairytaletown.org or call 808-7462.

The Mission Oaks Computer Club

Sept. 11: From 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. The meeting will include a problem-solving clinic, led by Adam Lacey of Applications, Etc. First-time visitors are welcome. For additional information visit our website at www.missionoakscomput erclub.org or send an email to mocc@missionoakscomputerclub.org.

&WINES & CLARKSBURG Sunday, September 21, 2014 io benefit ilse CLARKSBURG LIBRARY

Please join us from 1-5 P.M. at the beautiful Heringer Ranch for an afternoon of wine tastings from local wineries, a fine art auction, gournet food, and live music \$30 per person in advance, \$40 at the door

Tickets may be purchased at the Clarksburg Library or online at www.ClarksburgLibraryFriends.org/wine-tasting.html

Faces and Places:

Land Park went Bananas with Banana Festival

Photos by STEPHEN CROWLEY

Shown here are photos from this year's Banana Festival, held at William Land Park on the weekend of Aug. 9 and 10. To read more about the festival, see page 3.













Sept. 17: From 9 to 11:30 a.m., participate in fun workshops for older adults, and learn from local vendors about nutrition, health, fitness, diabetes prevention, health care, dance, art, animal adoption, housing, childcare services, gardening, transportation, communication, legal services, volunteerism, and more. 2021 W St.

Colonial Heights Park movie night

Sept. 12: Movie under the stars at Colonial

Knit Together! - Pocket Library (Adult)

Sept. 12: Carrie Parker a Pocket-Greenhaven resident and self professed knit-a-

holic is bringing her needles to the library at 1 p.m. Anyone interested in knitting—

even an absolute beginner--is invited to

join us. Participants can learn to knit get

help on current projects or general advice

from expert knitters. There might even be

get to bring your knitting needles and yarn!

Robbie Waters Pocket-Greenhaven Library,

Sept. 13: The Sacramento Play Summit

will be held from 9:30 a.m. - 4:30 p.m.,

at the Central Library, 828 I St. Dr. Stu-

stitute for Play and author of "Play: How

it Shapes the Brain, Opens the Imagina-

tion, and Invigorates the Soul," will be a

featured keynote speaker. Early bird registration is available through Aug. 31:

\$35 per person; \$25 students, seniors,

the Sacramento Library, and Scholar-

members of Fairytale Town, Friends of

Share account holders. General registra-

tion begins Sept. 1: \$45 per person; \$35

students, seniors, members of Fairytale

brary, and ScholarShare account holders

Sacramento's Farm to Fork Week 2014

Sept. 13: On Saturday, Sept. 13, from 5

to 8 p.m., kick off Sacramento's Farm to

Fork Week 2014 with a communal com-

mitment to end hunger in our region. This sit down dinner for 150 features appetiz-

ers and a dinner menu from the best local

farms and producers. Your ticket buys two

meals - one for you and one for a neighbor

who has experienced food insecurity. Trin-

Town, Friends of the Sacramento Li-

www.fairytaletown.org, 808-7462.

art Brown, founder of the National In-

some great conversations too. Don't for-

Sacramento Play Summit

Heights Park, starting at 7 p₊m.

Dealing with College Stress @ Pocket Library (Teen)

Sept. 17: Applying to college is stressful but there are many ways to make the pro cess easier. Good preparation can be the key. On Sept. 17, at 6:30 p.m., hear how to make a plan for the 12 months leading up to the application deadline and get insight into what is causing the stress for both students and their parents. Learn how to balance the many worries pressures and concerns of the entire application process and senior year such as extracurricular activities parental expectations academic reements and not knowing where you will be accepted. Walk away with insights that will enable you to enjoy your senior year of high school. Space is limited so please register online at www.saclibrary.org or call 264-2920. Registration is required. Robbie Waters Pocket-Greenhaven Library is located at 7335 Gloria Dr.

Community Worship

Greenhaven Lutheran Church

475 Florin Road *(at Gloria Dr.*) • 428-8449 9:00am Bible Study & Sunday School 10:15am Traditional Liturgical Sunday Worship Service www.GreenhavenLutheran.org Angels Nest Pre School 2 yrs. - 5 yrs. (916) 428-4651

Riverside Wesleyan Church

6449 Riverside Blvd. • 391-9845

School: 9:15am • Sunday Worship: 10:30am • AWANA (Children's Ministry • Youth - Jr. High - Sr. High - College - Young Adults • www.rwcsac.org

Holy Spirit Catholic Church

3159 Land Park Dr. • 443-5442

ss times are Saturday, 5:15pm, Sundays at 8:00, 9:30 & 11:00am. Children's Litu of the Word at 9:30 * 11am Mass. Holy Spirit Catholic School ~ 448-5663

Crosswalk Christian Ministries

Belle Cooledge Community Center, 5699 S. Land Park Drive 801-1588 • www.crosswalksacto.org Sunday Worship: 10:00am with Children's Program

Take a Walk in the Park! \$492,000



It's only steps from this spacious and open emodeled Curtis Park home. Gorgeous kitcher with SS appliances, granite countertops & sunny breakfast nook. Beautiful wood floors, LR fireplace, formal dining, large bedrooms & lovely granite & tile bathroom. Dual pane windows, newer HVAC & roof to keep you cozy. The approx. 600 square ft upstairs loft area could be an office, kids rooms, or guest

Beauty on Bungalow Row! \$389,990

Step back in time with the craftsmanship of yesteryear & the modern conveniences of today in this 2/1 with a den. Remodeled kitchen with SS, granite & tons of storage, elegant & efficient updated bathroom, true dwd floors & beautiful built-ins. Lovingly maintained, this home has DP windows new roof (2014), newer HVAC, wood burning insert, & a whole house fan.



Steffan Brown steffan@steffanbrown.com



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SPACIOUS LAND PARK

Charming 3 bedroom 2 bath home! Pretty random plank flooring, nicely appointed living room fireplace and dining room large enough to host holiday meals. Very large finished basement with fireplace, great for game room or additional living space. Large shaded backyard! \$598,000

PAULA SWAYNE 425-9715



FACING CURTIS PARK

Beautifully updated 3 bedroom 2½ bath two story home located on East Curtis Drive that features a lovely pool. Fabulous kitchen with granite counter tops, updated appliances and island with adjoining family room overlooking the pool. Spacious master suite too! \$709,500

SHEILA VAN NOY 505-5395



EXCEPTIONAL PROPERTY

The "Didion House" in Poverty Ridge! 4 bedrooms 2 full baths and 2 half baths with 3rd floor media room that features stateof-the art equipment. Turn of the century woodwork and detailing; new kitchen and full basement. Beautifully updated while reserving the home's original quality and style! \$1,495,000

SHEILA VAN NOY 505-5395



4 BEDROOM HOME

Super clean, close in, and ready to go! Hard to find 4 bedroom home with 2½ baths in Land Park! Energy efficient and beautifully maintained. Conveniently located, an easy walk to Land Park, Vic's Ice Cream and Crocker Riverside Elementary School. It's waiting for you! \$325,000

SHEILA VAN NOY 505-5395 **ERIN STUMPF 342-1372**



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. \$345,000

MIKE PUENTE 395-4727



SOUTH LAND PARK GEM!

3 bedrooms 2 baths plus a bonus room and potential for an additional half bathroom. With new heating and air systems in 2013, and new roof in 2009. Hobbyists and woodworkers will LOVE this oversized, fully insulated garage with dedicated 220v outlet. Lots of storage! \$319,900

KELLIE SWAYNE 206-1458



CONVENIENTLY LOCATED

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. \$339,900

JAMIE RICH 612-4000



WALK TO CURTIS PARK

Adorable updated Tudor cottage with all the charm of 20's era home along with a remodeled kitchen, 2 new baths, updated wiring and tankless water heater. 3 bedrooms 2 baths, upstairs master suite with walk-in closet, new HVAC, deep lot, detached garage with workbench, and fruit trees. \$399,000

CHRIS BRIGGS 834-6483



CUTE SOUTH AREA HOME

Nice ranch style 3 bedroom 2 bath home conveniently located near Bing Maloney Golf Course. Nice living room fireplace, breakfast bar in kitchen. Featuring a large yard with built-in BBQ, sprinklers front and rear. Easy downtown commute location. Call today! \$149,000

LISA MCCAULEY 601-5474

for current home listings, please visit:

Dunnigan Realtors.com 916.484.2030 916.454.5753

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