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REMEMBERING SACRAMENTO'S MAJOR LEAGUE'S SON: **Alex Kamouris**

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The Land Park News is published on the second and fourth Thursdays of the month in the area bounded by Broadway to the north, Interstate 5 on the west, Florin Road on the south and Freepoint Boulevard/21st Street on the east.

Publisher.....David Herburger
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Vol. XXV • No. 14
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Cover photo by:
Courtesy
Ellen Cochrane

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Land Park family in need of help from the community

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

Once they realized they couldn't conceive on their own, Land Park's Kathy Hedicke and Ron Busselen adopted Tyler, now 29, and Austin, 24, at birth. They are biological brothers. Tyler was born with cerebral palsy and Tyler has had his share of doctors' visits and physical therapy and those bills have continued to mount. Kathy owned and operated a Sacramento based public relations and advertising company for over 20 years until 1999 when she closed her business upon doctor's recommendations and went on disability due to a diagnoses of Lupus in her 20's that was beginning to progress. Ron is a Sacramento commercial photographer. The powerhouse couple have helped the community through their generosity with others now need your help as they fear losing their house which is tentatively set for auction on Aug. 25.

Ron's doing his best to care for them but that has meant he hasn't been able to put as much time into his photography business, suffering from a mini stroke himself in recent years that was a setback to the family needs as well as the needs of his business.

Austin has found minimum wage work to help support the family and dropped out of college after completing two years and receiving his AA degree from Sacramento City College. They had to use the rest of his college fund toward expenses.

The family has sold off most of their personal heirlooms to meet day-to-day living expenses and have been negotiating with their mortgage holder for a loan modification.

When the original mortgage loan was sold, the new mortgage holder has been less than accommodating offering them several opportunities and then renege on their offers continually putting the family in a constant state of flux and uncertainty and anxiety.

Ultimately, they may lose their home, all of its equity and the handicap access-



Photo courtesy

sibility that Tyler needs to survive (and can't be duplicated in another living environment). Several years ago the family remodeled their home to make it more handicapped assessable for Tyler and for them as they aged. "We put in two ramps and a bathroom and shower that I could drive my wheelchair in and helps with less heavy lifting and transferring me from my wheelchair to a shower chair. It's a big help to both Ron and me," said Tyler.

The family does not qualify for any subsidies; non-profit organizations have been unable to assist them; the GoFundMe account started by a collection of colleagues and friends has not provided sufficiently for them to sustain daily living.

As a very high profile couple with business credentials and entrepreneurial skills that have put them into the "successful local business leaders" category, Kathy, Ron and family now find themselves in need of

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Family:

Continued from page 2

financial help and services that they cannot qualify for traditionally.

They are very private people, used to the public/business stature that came with their businesses so it is very difficult for them to be on the other side in need of help.

In an interview with the Land Park News, Kathy and Ron spoke about the amazing support from friends who have stayed with them and what life has been like going from career-focused to focusing on each other's health and the more mundane.

"We have some amazing friends who have stayed by us, so many of them. A couple of our closest friends passed away, Kathy says and it was very devastating to the family as they had always been there for us."

"It's interesting because my wife and I have both been in similar businesses, but our client bases have been different. A number of Ron's old employees have stepped up and helped out. It amazed me," Ron said, adding that some of them he hadn't talked to in 20 years.

Kathy's clients such as folks from organizations like the March of Dimes and Shriners have been people who understand what the family has gone through. "Those clients were really helpful. That those kind of clients would come to me."

Shortly after Tyler's birth, they knew that he was going to have special needs, but they were attached immediately. As Ron puts it: "If you go through a pregnancy and have your own child, you do what you have to do."

And that pretty much sums up their philosophy – one based on their strong love for each other.

Tyler attended Crocker-Riverside Elementary, Sutter Middle School

and graduated in the top third of his class from C.K. McClatchy High School in 2006. During Tyler's school days, Kathy says there were definitely ups and downs with some teachers more accommodating than others, but Tyler is very bright and very verbal and learned to adapt.

Also legally blind, Tyler definitely had his share of challenges but his parents spent a lot of money to get him the best physical therapy possible.

"He would stand up for himself," Kathy says. "He did well. He had an aide that became a second mom to both of the boys who helped raised them while Ron and I were working."

In his adulthood, Tyler was appointed by the Governor to a council on developmental disabilities, which he has served on for two years. "He's still doing it. I think he has a lot more to give. We need to get him back in college, which he did for a short period of time and get to a point to get a degree and help more people. He has insight. He has perspective. And very willing to share the frustrations and what is going on with that," Ron says.

"(Tyler) goes to meetings to talk about funding for other programs. He also councils other parents with disabled children," Austin said.

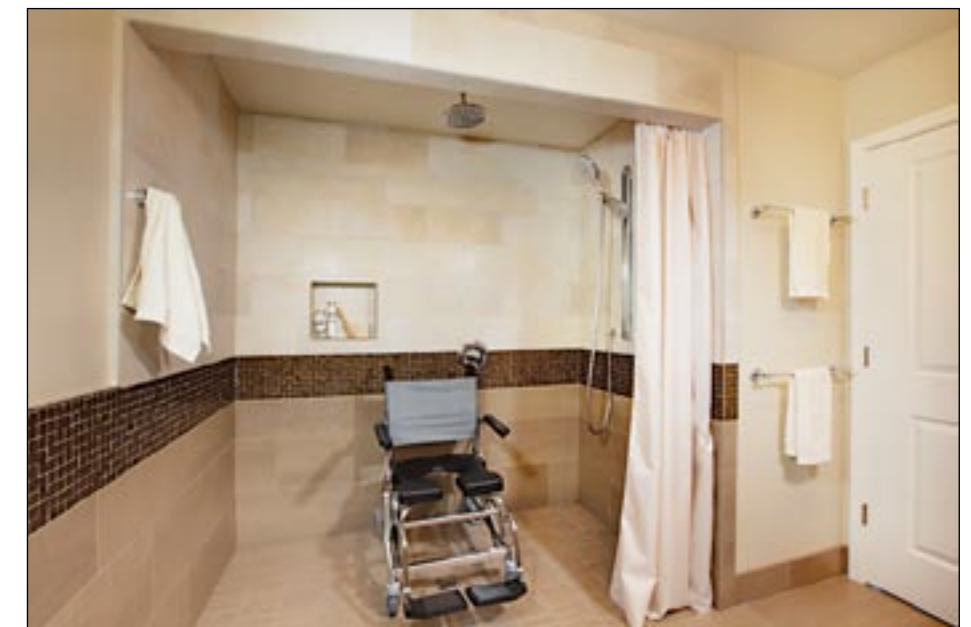
Driving an electric wheelchair, Tyler has gone off the curb and has had a few mishaps, but Austin said he's never had a serious accident, like being hit by a car, and is pretty self-reliant most of the time.

He gets on the bus with Paratransit. He goes out with friends, plays golf, skis, water skis.

"He's not afraid of trying for anything. Latest we've heard is he wants to sky dive," Kathy said.

"I told him I wasn't going to go to watch," added Ron.

"He has more bravery and dedication than most people," summed up Austin.



As the family has cared for each other, finances haven't been so forgiving. Trying to raise \$35,000 to pay off debts, Ron said with attorney fees, the amount each month keeps creeping up.

"What's happening is we applied for (a loan) modification. If we have that whole amount, that brings us current. That saves our house. If they go through with the modification, they take what we owe, put on back end of the loan ... it's not like any of this is in our hands. With a lender like this we don't know... and in the last nine months or so with Kathy having to have hip surgery that became infected, and I haven't been able to promote a lot of work. I've been spending most of my time at home taking care of Kathy and Tyler."

The loan situation got so bad, Austin said, "people came trying to buy the house while we were still living in it... they literally had pages for me to sign. I basically told them we are not selling and slammed the door in someone's face."

"A lot of real estate agents live in Land Park and because it's all public



record everybody knows ... what's going on. It's been over a year.. year and a half, two years ... We've been struggling with it for a long time. It's been very stressful obviously."

Kathy's best friend, Connie Martin, started a GoFundMe page, but for Kathy, "going public wasn't easy."

On the web: www.gofundme.com/23qf3de4

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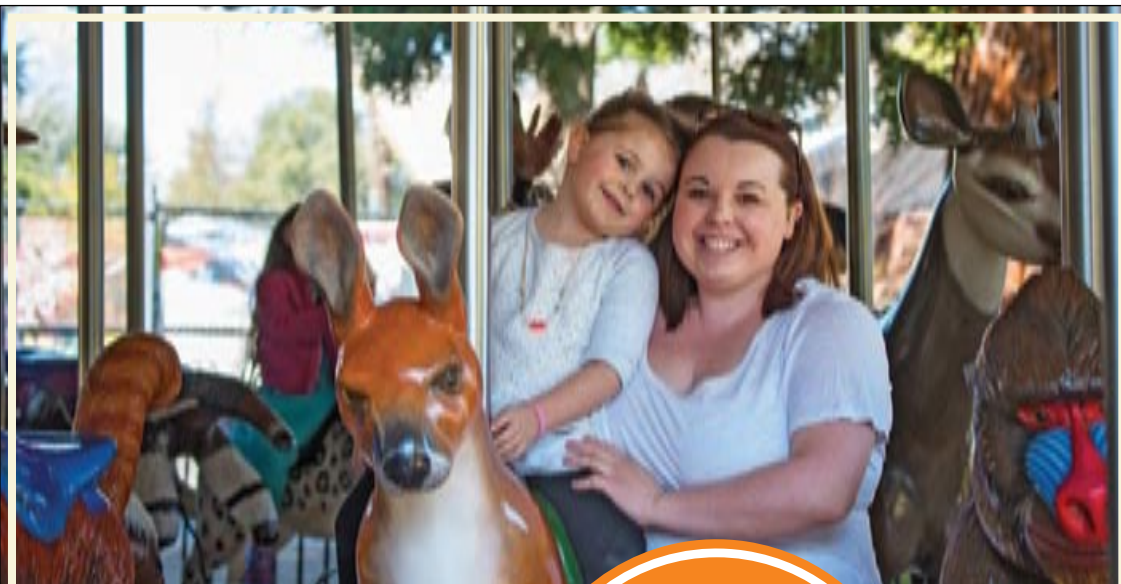
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Dell Richards.

Photo by Andy Pischalnikoff

Whether earth, fire or water, she's always been a dancer

Although she didn't call herself a dancer at first, Sacramentan Dell Richards always has been a dancer.

"I didn't think of myself as a dancer because I didn't teach dance or dance professionally," said Richards.

Over the years, Richards not only danced on a dance floor, but she also "danced" in water and with fire.

Her father, Raymond Fitzgerald, taught her to foxtrot before she even started school.

"We'd dance around the living room to Big Band music with me standing on his feet," said Richards, who runs Dell Richards Publicity, a Sacramento public relations firm.

Because Fitzgerald was in the military, they followed his career, moving until Richards started school.

With the orange groves, palm trees and swimming pools of Southern California, Richards' family was ready to settle down.

Her mother, Elizabeth, taught her to swim.

"She loved to swim and taught me as soon as we moved there," said Richards. "It was wonderful growing up with such an emphasis on the outdoors."

Like many children, Richards took ballet, folk dance and gymnastics, but she also swam competitively.

"When I was training, I swam a mile a day."

In high school, Richards discovered synchronized swimming and joined a team that performed across the region.

"Once I found out you could do patterns in water to music, I was there."

After traveling herself and living for five years in London, Richards moved to Sacramento.

At the time, she worked as a freelance journalist for Gannett

News Service, California magazine, Sacramento magazine and others.

She also wrote for trade journals such as California Grocer.

She currently does public relations for clients such as Withereil's global online auctions and Sacramento nonprofit developer Mutual Housing California.

"Because I'm a trained journalist, I pretty much know what's newsworthy—what journalists want," said Richards.

Since 2008, she also has done fire performance art.

"I was so drawn to it, I just had to learn it," said Richards.

A local fire artist—Sequoia, the founder of Obsidian Butterfly—became her teacher.

"Sequoia really helped build the fire culture here," said Richards.

Richards has performed at Obsidian Butterfly's annual Fire Spectacular in Land Park, the Callson Manor Halloween Show and local festivals.

She no longer performs with the group, but she dances twice a week—Latin, standard ballroom and social dances such as West Coast Swing, Night Club Two Step and Bolero.

"It's great exercise for the mind and the body," said Richards. "And foxtrot is still my favorite dance."

"I love the way you can glide across the floor if you have a good partner," said Richards.

Whether fire, water or "earth," Richards even calls herself a dancer today.

"I finally became comfortable enough to say it's what I love and what I can do."

For information and tickets to this year's Fire Spectacular Aug. 13 at Land Park Amphitheater, go to: <http://www.brownpapertickets.com/event/2560503>.

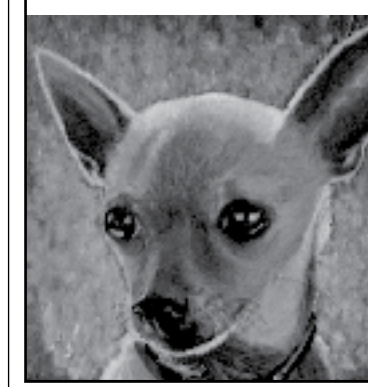
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Meet the Marmaladies

East Sac and Land Park neighbors developed unique recipe for the California State Fair

By PAT LYNCH

They don't lounge at spas and plan leisurely retirement cruises. They are K. D. Proffitt from Land Park and Barbara Ruona from East Sacramento, and they play for keeps. They created and developed a unique marmalade recipe. Making extraordinary marmalade requires the science of a chemist and the art of a superior chef. Last year Proffitt and Ruona earned a second place award in the Cal Expo canning and baking competition. This year, determination heightened, they entered again. Using tasty naval oranges from Proffitt's tree and Seville oranges donated by a friend, the women set to work. Both are acknowledged excellent cooks, but that is not nearly enough to win the coveted State Fair awards. You won't find too many more focused protagonists than Proffitt and Ruona, and they worked resolutely on three entries—three identically sized small jars of marmalade, two bitters, one sweet.

Now they needed a name. The rules demanded it.



Photos by Ellen Cochrane
(above left) K.D. Proffitt with the 2015 shared rosette. (above right) Barbara Ruona stands triumphant in front of the winners' display case.

"How about, the Marmaladies?" suggested friend, Eileen Lynch, and the women set to work. Both are acknowledged excellent cooks, but that is not nearly enough to win the coveted State Fair awards.

July 14th—the judging begins. Proffitt had to leave to Colorado, so a nervous Ruona went with other friends through the milling State Fair crowds to Building B, where the fate of the marmalades would be decreed. Some people had come early, sat on pillows, and had brought stools upon which

they propped their feet. Contestants and general fairgoers filled the seats. Some, who sold wares at the Farmers Market, longed for those blue ribbons that would testify to the high quality of their goods. Finally the judges began to sample the products. People watched intently. Ruona's nervousness now palpable, she listened as the judges (all cookbook authors, chefs or other acknowledged experts) began smelling, tasting with spoons, holding jars to



Seven judges worked hundreds of entries in jams, spreads, pickled division.

the light, intently discussing the texture and flavor. Some entries were quickly disqualified for multiple reasons: the jars didn't match, the lids were wrong, the spread was too thick, or a jar was found with exterior dirt. The judges generally tried to find something encouraging to say as they disqualified people, but there were no exceptions: if you were out, you were out.

Ruona's nervousness increased. But there were so many entries the judges didn't reach the Marmaladies offerings in time. She would have to come back later that night. What a long day it was. Her friends took her to the movies to distract her, but it didn't work. The Marmalady couldn't stop thinking about marmalade. At 9:30 pm they returned to the

fair. The contest area was empty now, the jars behind a window display. Ruona and her friends advanced on the display, began reading. Then a shout—"Here it is—a blue ribbon." One blue ribbon. No, two blue ribbons. No, three. A blue ribbon sweep for the Marmaladies!

Last year when they shared a second place ribbon, Ruona kept it for six months at her house. Proffitt for six months at hers. Now there would be no need to share. The next day Ruona made a phone call to Colorado and heard jubilation. "K. D. was so thrilled," she said. "We worked so hard to get it right. It all paid off." "Now you can relax," somebody said. "You're a big winner."

"Oh no," replied Marmalady Barbara Ruona. "Now we have to aim for Best of Class."

Sactown Union Brewery: Cold Beer & Friends

by LEIGH STEPHENS

Dreams do come true! Quinn Gardner and Michael Barker conjured up magic with the opening of their Sactown Union Brewery in East Sacramento. It's a place "where everybody knows your name;" a relaxing place for a cold beer and budding friendships. It's motto, "Passion is our most important ingredient!"

Customer Jason Kelley says about the new craft brewery, "Quinn and Michael had a dream and didn't quit. Look at this place; you want to be part of that dream and help it grow."

The brewery had their "soft opening" during Sacramento Beer Week in February 2016. They are planning the grand opening this year as they wait for several beers to ferment.

Quinn and Michael are co-owners of the brewery. Quinn serves as CEO and Michael as Brew Master. Quinn previously worked in sales at a Central Valley large domestic beer distributor. Michael worked at Santa Cruz Ale Works for twenty years before he came to Sacramento. He and Quinn met in Santa Cruz before partnering in bringing Sactown Union to our community.

Michael says "Our ultimate goal is to bring national recognition to our products. We are ahead of production, and our goal this year is 1,000 barrels. Next year it's 2,000. Our next step is to get cans to the retailers. We want to be the prime craft brew in Sacramento."

"When I was a firefighter I developed a love for craft beer, but my interest was ignited because my grandpa



ther brewed beer. When I was 16-years-old, my friend and I convinced his mother to let us make a batch of beer in the bathtub. I have to admit it wasn't very good."

Available brews are award-winning (four gold medals) #Kolsch (Koln-style Ale), Carpe Noctem (Coffee Oatmeal Stout), Centennial Falcon (West Coast Pale Ale), Nitro Noctem (Oatmeal Stout), Something Wicked IPA, The Catalyst (Sacramento Common), First Responder (Helles Lager), and Jeff's Hefe (Bavarian Hefeweizen).

The price of beers range from \$5.50-\$6.50, with tastings at \$2.-\$3. Larger quantities such as crawlers and growlers can be purchased to take off site.

The brewery is open on Wednesdays and Thursdays 4 p.m.-10 p.m., Fridays 2 p.m.-midnight, Saturdays noon-midnight, and Sundays noon-8 p.m. They are closed on Mondays and Tuesdays.

Each evening the brewery is open, a different food truck is invited. Customers

have a relaxing eating area in front where trucks such as Cali Love, Burgess Brothers, North Border Taco, Arlington Brothers and others set up their trucks and offer yummy foods such as bar-b-que ribs, burgers, chicken, tacos, and Asian grill specialties.

Community activism is very important to the owners and staff. In addition to promoting the craft beer culture, the brewery supports: education, environmental sustainability and protection; veterans, police and firefighters; research for Cancer, Alzheimer's and AIDS; and shelters and food for the homeless (both two-legged and four-legged). The business supports the Sacramento Food Bank and the Firefighters' Burn Institute among other community groups.

On each September 11, the brewery plans to offer 50-cent beers to military, police, firefighters, and EMT's. Community charities are invited to hold their non-profit fundraisers at the site.

The brewery plans to book local artists monthly to display their art in the tasting



room. A community music get-together is also planned to start once a month in August. Bring your guitars, fiddles and whatever.

Peter Wisham is one of the brewery part-time staff of 12. Peter's interest in beer began when he started making home brew. He eventually took the Beer Judge Certification Program and now represents Sactown Union Brewery at the State Fair and at festivals and fairs over Northern California. He recently worked the Make a Wish Foundation Gala and Brew for a Cure (Juvenile Diabetes Research Foundation).

He says of his work, "Being able to work for a brewery with such passion for the community is a joy and an honor."

An exuberant Britanya Eason after attending a special event for Barley's Angels said, "The Sactown staff has a wealth of knowledge in beer, brewing, and the history of beer and is eager to share information with customers. The beer is delicious and some of the best craft beer in the area."

In Mesopotamia, early evidence of beer is a 3,900-year-old Sumerian poem honoring Ninkasi, the patron goddess of brewing, which contains the oldest surviving beer recipe, describing the production of beer from barley.

Sactown's *The Catalyst* originated from a recipe the owners found in the Sacramento history archives. This comes from the Union Brewery that existed in the 1800's, therefore honoring the city history with the Sactown Union Brewery name.

The brewery is located near CSUS at 1210 66th St., Unit B, in East Sacramento. For information on events call 916-272-4472 or contact them online info@sactownunion.com for sales or event planning questions.

Leigh Stephens is a retired Journalism Professor from CSUS.

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Former Good Hands barber needs reconstructive surgery on his right hand

By MONICA STARK
editor@valcomnews.com

Friends of Clyde Moore III, who many Land Parkers know from his work at the now-closed Good Hands Barbershop on 16th Street, are coming together to help save the barber's right hand. Employed now at Alchemy Salon on J Street, Clyde and his girlfriend Paloma Pompei were at a 10-year anniversary event for neighboring skate shop, PLA, when trouble started.

As Paloma describes the situation: "A guy was being disrespectful towards a female and attempted to steal items from the skate shop. The guy was asked to leave nicely a couple times by Clyde and others at the event before being kicked out. He returned to the event with a knife. Clyde saw him creeping back up. Acting on instinct, Clyde knocked him out to prevent him from doing whatever he came back to do."

Clyde was able to diffuse the situation but got hurt in the process and Paloma said they had to visit UC Davis Medical Center a couple times before being sent to the emergency room. Once at the ER, he was told he needs surgery on his right hand. "At the Med Center they did an x-ray and said nothing was broken. They cleaned the cut and sent him on his way. The swelling and discharge from the cut on the knuckle got worse and worse. He went back to the Med Center two days later and they told him to go to the ER right away. Once at the ER they knew it was infected really bad and that he needed surgery. They didn't realize how bad it was till they cut his hand open. They found a piece of the man's tooth stuck in his hand still."

Unfortunately, Clyde does not have medical insurance and the medical bills were already piling up. "Clyde, being a barber, relies on his right hand



Clyde Moore III



need to see a hand specialist but without insurance that will be very difficult. She said he will need another surgery. He will be out of work for awhile. At this point they aren't sure how much that will cost or when that surgery will take place. But a GoFundMe <www.gofundme.com/2fhacf5g> has been created where you can help save Clyde's hand.

A barber for over four years, Clyde has been described as a "people person" who loves the feeling of knowing he made someone feel good about themselves and making them look good in the process. "A lot of his clients feel comfortable talking to him about personal stuff and he enjoys giving advice. He is also an amazing skateboarder so this is hindering his ability to skate everyday. The two things he loves to do will have to be put on hold because of this," Paloma said.

to help him work. The injury is affecting his livelihood and his main source of income. He loves what he does for a living so he is really heartbroken," Paloma said. He recently got out of surgery and the surgeon said a tendon in his right hand was completely ripped. She did what she could but he will

Staying sharp:

Barbers pledge 300 free haircuts to kids who read to them this summer

To help kids stay sharp this summer, Sacramento barbers are partnering with the Sacramento City Unified School District and Sacramento Public Library on a literacy drive that rewards students for reading. The following have agreed to give away 30 free haircuts this summer to students who read a book to a barber. Sacramento Public Library is supplying 300 books for the initiative.



www.flickr.com/photos/mom320/399953227

Akuta Head Barber Shop, 5972 Stockton Blvd., contact Ron Upgrade Cutz, 1195 Florin Road, contact Marcus The Rich Barber, 2504 J St., contact Chuka Razor Sharp Kutz, 2513 Riparian Drive, Elk Grove, contact Steav Barber Zone, 2416 28th St., contact Mace Barber Blues, 1401 E St., contact Jason Axis Barber Shop, 2850 Northgate Blvd., No. 3, contact Jelani Fadez on 20th, 2423 20th St., contact Jaalil Dorian's Barber Studio, 5409 Florin Road, contact Dorian
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Update: Geese crossing sign to be added to Riverside Boulevard and Lelandhaven Way

Christine McCall's urging for a geese crossing sign will become a reality in coming weeks, she told the Pocket News. She received a message from the city's engineering department that they will be putting in reinforcement strips that will coincide with the signs.

"We have accomplished our goal," she said proudly. "I've been working on it for about a month since that tragic accident with the babies that were killed," she said, referring to an incident writer Lance Armstrong reported in the last issue of this publication. Christine had gone to get her nails done at NT Nails Salon (6363 Riverside Blvd No. 3) when the owner Mike said out of the gaggle of goslings

one made it across with the parents but had a severed leg from the accident. Christine was able to locate and catch the injured gosling in an attempt to save its life.

"I talked to the Department of Fish and Game. These are protected animals. If you were going to shoot one when it's out of season, you would be cited, charged thousands of dollars, and face a jail sentence. Why not protect them the way we should... The woman that hit the little babies, she should be fined."

Because of Christine's dedication to protecting the waterfowl, hopefully drivers take heed to the signs, which if according to plan should be in place soon.

-Monica Stark

Designer produces "Before & After – Lose the lawn to create a drought tolerant landscape" DVD to inspire sustainable—but still stunning—gardens

By DELL RICHARDS
Special to the Land Park News

With water shortages still a concern and water limits in many cities, Arden landscape designer Roberta Walker has produced a DVD that walks people through the design process to lose the lawn for a drought-tolerant landscape.

With more than 1,000 garden designs under her belt, Walker still believes in creating stunningly beautiful landscapes using plants that tolerate heat with less water.

"A garden is a magical part of who we are," said Walker. "When you create a landscape with more diverse, sustainable plants, you're opening up a conversation between you and nature."

"You can have painting with a lovely palate of plant-

ings year-round—and still be sustainable."

Her third DVD, "Before and After," shows people what choices they'll have in a garden make-over.

From shape and grade, walkways, walls and water features, patios and kitchens, plants and ground cover, the DVD covers the steps and some of the many choices.

Walker not only talks weed fabric, irritation and lighting, but has gives instructions and has helpful suggestions.

By the end, Walker has people thinking differently about their "square footage"—expanding the usable space to create outdoor living areas.

A former graphic designer, art teacher and painter, Walker has produced two other



Roberta Walker
DVDs-- Creating a Drought Tolerant Landscape and Create a Dry Cobble Stream.
Since founding Roberta Walker Landscape Design nearly 20 years ago, Walker's exquisite designs have been featured in Sunset magazine and HGTV's "Gardening by the Yard."



Faces and Places: Sacramento Shakespeare Festival's

Photos by BARRY WISDOM

Here is a selection of photographs from this year's Sacramento Shakespeare Festival in William Land Park at the William A. Carroll Amphitheatre. Tickets are \$18 general, and \$15 for students, seniors, SARTA members, and persons with disabilities. Children ages 6 to 12 are free. Children under 6 are not admitted. Parking is \$2 per car. For 6 p.m. performances, the box office opens at 4 p.m., and

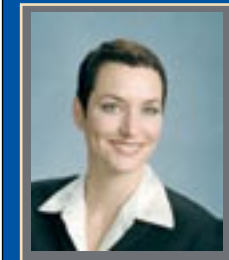
gates open at 4:30 p.m. Some concessions will be available, and picnics are welcome. There are two more performances of *Midsummer Night's Dream* both at 6 p.m. one on Friday, July 29 and the second on Sunday, July 31. And there are two more performances of *Love Labour's Lost*, one on Thursday, July 28 and one on Saturday, July 30 with performances at 8 p.m. (Box office opens at 6 p.m. and gates open at 6:30 p.m.)



Bob Lystrup
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CalBRE#00991041



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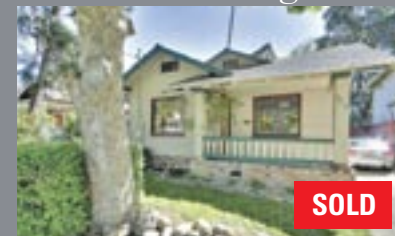


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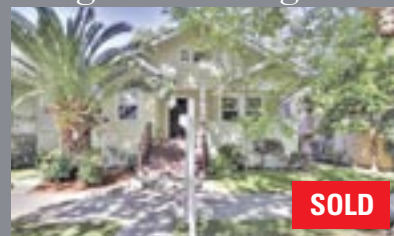


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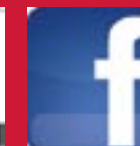
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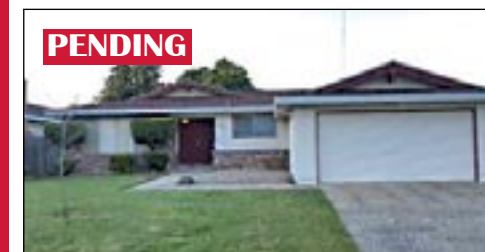
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Conrad De Castro discusses life as new Elks exalted ruler, more

By LANCE ARMSTRONG
Lance@valcomnews.com

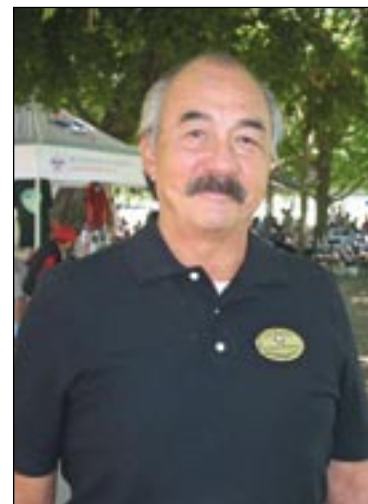


Photo by Lance Armstrong
Conrad De Castro is the current exalted ruler of Sacramento Elks Lodge No. 6.

With only three months into his one-year term as the new exalted ruler of Sacramento Elks Lodge No. 6, Conrad De Castro has already made strides in his approach to improve the local lodge.

De Castro, who became the lodge's exalted ruler on April 1, stated that he intends to make a mark on the lodge that will extend into the future.

"What I have done is to set up a hierarchy where my legacy hopefully will be followed by more capable and more energetic leaders that will not only follow in my footsteps, but improve whatever it is I accomplish this year," he said. "I'm proud to say I've got folks in those places whereas a few years ago that wasn't the truth."

De Castro said that one of his priorities during his time as exalted ruler is to rapidly increase the notoriety of the lodge.

"I'm looking for expedience to improve the outreach of our lodge through the greater community to get (people) to know us," he said. "One of the first things I found to be really helpful

in this electronic age (is) getting on the Web and getting on social media. That's really taking advantage of what is happening today in the greater social structure.

Another way the lodge is working to increase its notoriety is through informational booths at public events.

De Castro added that he is working to increase the mem-

bership of the lodge from about 700 members to at least 1,000 members with an aggressive approach.

"One of our themes this year (is) instead of knocking on doors, kick the doors down kind of thing," he said.

With the lodge's median age of 68, De Castro said that it is important to attract the younger demographics.

"What actually happened in the last few years is there's a little complacency about membership drives," he said. "What happened is we created a gap. There's a gap now of probably about 20 years. We would like to get the 40 and under age group."

And DeCastro recognizes the need to have events that attract people of a variety of ages.

"You've got to have events that also attract the younger age people," he said. "So, the challenge there is extreme, because you're covering a whole range of demographics."

De Castro explained that he enjoys the challenge of working with volunteers.

"It's a personal challenge, because what I see is a challenge to my ability to put together an

effort that utilizes strictly volunteers to accomplish a lot of the things we need to meet the needs of the community," he said. "And for me to muster up all the resources, both human and otherwise, to get the job done, to me that's a personal challenge and I enjoy the challenge."

De Castro, who was born in the Philippines, added that his diverse background is beneficial in his ability to lead the lodge.

In having grown up as a child of a career diplomat, De Castro has traveled the world.

"I'm a child of the world, so to speak," he said. "I actually didn't spend more than one or two years in any one school, because I was like the diplomatic version of an army brat. So, I traveled all over the world and I was exposed to a lot of cultures at that time. My exposure to different cultures and different values, that's helped me over the years."

During his high school years, De Castro studied in Seattle, the Philippines and India.

After graduating from a Christian Brothers high school in New Delhi, De Castro earned a bachelor's degree in business in the Philippines and a master's degree in public policy administration in the same country. He fulfilled some of the requirements for the latter degree while he was living in India.

De Castro, who eventually earned a second master's degree, began the first of his three decades working for the state of California in about 1973.

Although he had initially intended to establish a career in the public industry, De Castro discovered that he had an interest in government service.

After beginning his career with the state working in benefit payments as a disability evaluation analyst, who adjudicated disability claims, De Castro earned many promotions in different departments.

De Castro said that his last position with the state was working as the principal consultant for the father involvement program.

"I wrote the grant for that," he said. "I got a \$15 million grant from the feds. And I recruited several renowned Ph.D.s from throughout the United States to work on the project. I was actually starting to work on my dissertation for my doctoral, but I never really finished it."

"We were working on the program through the state to establish a foundation based primarily on father involvement, because a lot of the research showed that father involvement was very crucial in the development of children all the way from prenatally to young adulthood."

DeCastro said that the program "kind of met its own evolution demise over time."

Early in his retirement, De Castro joined the local Elks lodge. But he admits that he was not very active in the organization until about three years ago.

After becoming active in the lodge, De Castro was, to his surprise, drafted as a trustee of the lodge, he recalled.

"I was in Hawaii at the time I got drafted in as a trustee," he said. "When I got back, people were congratulating me, saying, 'Congratulations you're our trustee.'"

De Castro said that lodge members eventually began talking about the possibility of him becoming the exalted ruler.

"It started off as a joke around the lodge about me becoming the exalted ruler," he said. "And last year they kept kidding about it and also it took on a life of its own and people started getting serious about it. And I almost became ER last year, but I said, 'No, I'm not prepared to do this.' So, the compromise was for me to take what is essentially the vice president's position (leading knight) with the expectation that I would be grandfathered in to exalted ruler."

"This year, I'm pretty well equipped to deal with this (position), plus I've got managerial background, supervisory background. I pretty much employed my knowledge that I (acquired) when I was with the state."

With his race to the finish line sort of approach to his year of serving as exalted ruler of Elks Lodge No. 6, De Castro emphasized his desire to make a lasting impression.

"I don't want what I have accomplished to fall by the wayside," he said. "I don't want to look back and say, 'Geez, what a waste of time that was.' I would like to say, 'I contributed to this great lodge.' I would like to say in some small way I have made lives better, at least in my community."

Sacramento's largest Japanese cultural and food bazaar celebrates its 70th year

The Buddhist Church of Sacramento's Japanese Culture & Food Festival is a summertime tradition in Northern California. This annual event is on Saturday and Sunday, Aug. 13 and 14, 11 a.m. to 8 p.m. both days.

Enjoy delicious, Japanese dishes, prepared right before your eyes. There will be everything from fresh fish-topped sushi, to our succulent teriyaki chicken, teriyaki beef sandwiches and more. There is something for everyone at this year's 70th annual Sacramento Buddhist Church Bazaar.

You can see performances by Japanese folk dancers and singers, and listen to the mighty drummers of taiko (TAH-ee-koh) groups, experience Japanese folk dancers and musicians among other cultural entertainment, exhibits and demonstrations. Children's games, are a must for the little ones, and there are home made desserts, both Japanese sweets and good ole American cupcakes, cookies, pies and cakes.

After World War II, Japanese Americans and immigrants had to rebuild their homes, lives and communities after returning to the Sacramento area from their forced evacuation to concentration camps in the most-desolate parts of our country. In 1947, the Japanese Bazaar began as a festive, social event for the Sacramento Japanese residents celebrating food and friendship.

The Bazaar is a major fundraiser for the Buddhist Church of Sacramento. This event supports the many affiliated organizations such as boy scouts, girl scouts, youth sports programs, the Japanese language school, and adult and senior organizations.

It is free admission and free parking under the freeway with a shuttle bus directly to the church grounds.

70TH ANNUAL SACRAMENTO BUDDHIST CHURCH JAPANESE BAZAAR BY THE NUMBERS

• Rice! We love rice! Over two-and-a-half tons, or 5,500 pounds of short-grain rice are used. About

1,500 pounds are cleaned, cooked and consumed in traditional Japanese cuisine, and the balance is used for game prizes.

• 3-3/4 tons or 7,500 pounds of chicken are prepared for teriyaki chicken, using two pallets of charcoal for grilling this favorite dish.

• Two tons or 4,000 pounds of beef are prepared for teriyaki beef sticks and teriyaki beef sandwiches.

• The Sacramento Buddhist Church is sweet! 1,600 pounds of sugar, and 100 pounds of salt are used for the various Japanese dishes prepared for the two-day event.

• Six tons, or 12,000 pounds of ice are used to keep the sushi fish fresh, make refreshing snow cones and the ice is also used for drinks.

• 500 pounds of shrimp are prepared for tempura and sushi.

• 500 pounds of noodles are boiled for udon hot noodles and somen cold noodle dishes.

• 100 gallons of soy sauce are used in authentic Japanese marinades, broths and other dishes.

• We purchase over 15,000 canned and bottled beverages, including soda, water, beer, sake, tea, coffee and fruit drinks.

• More than 750 church members and friends volunteer to make the Bazaar run as smooth as a well-oiled machine.

• Estimated attendance for the two-day event is between 25,000 – 35,000 people.

70th Annual Sacramento Buddhist Church Japanese Bazaar Food Glossary

RICE DISHES

• **Nigirizushi** (nee-gee-ree zoo-shee) – Raw or cooked fish is parked on top of a little mound of flavored short-grained rice. Fish may include but is not limited to: salmon, tuna, mackerel, boiled octopus, or boiled shrimp.

• **Inarizushi** (ee-nah-ree-zoo-shee) - The outside pouches are thin, deep fried tofu cooked with soy sauce, sugar and other ingredients. Inside of the pouch is flavored-sushi rice.

• **Makizushi** (mah-kee-zoo-shee) - Makizushi is a type of sushi roll filled with various ingredients. These may include carrots, egg, cucumber or many other fillings.

• **Onigiri** (oh-nee-gee-ree) – Handmade rice balls made with salted, short grain rice and sprinkled with sesa-

me seeds. A real, Japanese American favorite!

MAIN DISHES

• **Teriyaki** (teh-ree-yah-kee) **Chicken** – Chicken is marinated in a made-from-scratch teriyaki sauce and grilled to perfection.

• **Teriyaki** (teh-ree-yah-kee) **Beef Sticks** – Beef-on-a-

skewer is marinated in a made-from-scratch teriyaki sauce and grilled on hot coals.

• **Teriyaki** (teh-ree-yah-kee) **Beef Sandwich** – Beef is marinated in a made-from-scratch teriyaki sauce and served on a soft roll with lettuce and other vegetables.

See Food fest, page 16

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Food fest:

Continued from page 15

- **Tempura** (tem-poo-rah) – Shrimp and vegetables are coated in a light batter and deep-fried in vegetable oil.
- **Curry Beef Over Rice** – The flavor of Japanese curry is quite different from Indian or Thai curry. Japanese curry is thicker, milder, and sweeter and always served with rice. There are usually three degrees of spiciness indicating mild, medium hot, or hot. Buddhist Church of Sacramento's curry is spicy!
- **Korokke** (koh-roh-keh) - The Japanese name for deep-fried potatoes originally related to a French dish, the croquette. Korokke is made by mixing cooked vegetables with mashed potatoes, rolling it in wheat flour, eggs, and Japanese breadcrumbs. Next it is deep fried until golden brown on the outside. Korokke are usually shaped like a flat patty.

Noodles

- **Udon** (ooo-dohn) - is a type of thick wheat flour noodle. Udon is served hot as a noodle soup. A mildly flavored broth is made of soy sauce and other ingredients. Udon could be topped with thinly a thin slice of kamaboko, which are a half moon-shaped, fish cake, green onions and other condiments.
- **Somen** (soh-mehn) – These noodles are very thin and made of wheat flour, and are usually served cold. The noodles' diameter is the chief distinction between somen and the thicker wheat noodles of udon. Somen is usually served with a light-flavored dipping sauce. In the summer, somen chilled with ice is a popular meal to help stay cool.

Sweets

- **Mochi** (moh-chee) – This popular snack is a rice cake made of sweet, short-grain rice. The rice is pounded into paste and molded into a little disk sometimes filled with sweet red bean paste or sweet chestnut paste.
- **Peanut Butter Mochi** (moh-chee) – This popular snack is a rice cake made of sweet, short-grain rice. The rice is pounded into paste and molded into a little disk, filled with peanut butter.
- **An Pan** (ahn-pahn) - is a baked, [sweet roll](#) most commonly filled with sweet red bean paste.

CULTURAL PROGRAM SATURDAY, AUG. 13

11 a.m.: Koyasan Spirit of Children Taiko, outdoor stage: Enjoy the musical rhythms of thundering drums and see colorful, traditional Japanese dress as children of all ages perform in concert to kick off the 70th Annual Bazaar. The taiko group was formed in 1993 to teach children the ancient art of taiko and continue the tradition of Japanese culture.

Noon: Hokka Minyo Tanoshimi Kai, Japanese Folk Dance and Music Main Chapel: Members of this Lodi-based group sing folk songs and perform folk dances depicting daily lives and religion of Japan. The performers wear gorgeous, Japanese summer yukata and play traditional Japanese instruments.

1 p.m.: Sakura Minyo Doo Koo Kai, Japanese folk dance, outdoor stage: Members perform both Japanese folk and modern music and dances. They wear beautiful traditional Japanese summer yukata. Dancers range in age from 13 to 85.

2 p.m.: Koto Concert, main chapel: Shirley Kazuyo Muramoto performs Japanese music on a large, stringed instrument known as a koto, or Japanese harp. She plays tunes from traditional Japanese music to contemporary Jazz.

4 p.m.: Introduction to Buddhism, main chapel: Rinban Bob Oshita provides an understanding of the Jodo Shinshu Buddhist altar and an introduction of Buddhist philosophy.

4:30 to 6:30 p.m.: East Wind Band outdoor stage: If you like old school tunes funk soul and classic rock, you will love this concert by East Wind. Get up and dance as they sing the summer night away at this year's 70th annual bazaar. East Wind Band has performed with the Dramatics, Bloodstone, and Hiroshima to name a few headliners.

SUNDAY, AUG. 14

11 a.m.: Na Aikane Ukulele Group: Enjoy Hawaiian-style entertainment featuring hula dancing and ukulele tunes. Songs are both Hawaiian and modern hits sung by the Buddhist Church of Sacramento Adult Buddhist Association.

Noon: Hokka Minyo Tanoshimi Kai, Japanese Folk Dance and Music, main chapel: Members of this Lodi-based group sing folk songs and perform folk dances depicting daily lives and religion of Japan. The men and women wear gorgeous, Japanese summer yukata and play traditional Japanese instruments.

1 p.m.: Sakura Minyo Doo Koo Kai, Japanese folk dancing, outdoor stage: Members perform both Japanese folk and modern music and dances. They wear beautiful traditional Japanese summer yukata. Dancers range in age from 13 to 85.

2 p.m.: Azama Honryu Ichisenkai U.S.A. Okinawa dance and music, main chapel: Instructor Kinuko Motokake and her students perform classical Okinawan dances, sing Okinawan songs and play traditional Okinawan instruments. They perform in authentic Okinawan attire.

3 p.m.: Sacramento Taiko Dan, outdoor stage: You will feel the beat of the drums deep in your heart and soul when the taiko group plays their rhythmic musical delights on traditional Japanese musical instruments. The group was founded in 1989 and performs nationally and internationally.

4 p.m.: Introduction to Buddhism, main chapel: Reverend Dennis Fujimoto provides an understanding of the Jodo Shinshu Buddhist altar and an introduction of Buddhist philosophy.

CULTURAL DISPLAYS THROUGHOUT THE WEEKEND

Ikebana, Japanese flower arranging, Kaikan, indoor eating area: In 1927, when everyone believed practicing ikebana meant following established forms, the Sogetsu School recognized ikebana as a creative art form. Flower arrangements reflect contemporary life with an emphasis on individual expression using natural and man-made materials.

Shuji, calligraphy, main chapel back room: Students of the Nihon Shuji Kyoiku Renmei display their artwork, demonstrate and share knowledge of the ancient art of Japanese calligraphy. **Mataro Kimekomi, handmade dolls, main chapel, back room:** See gorgeous Japanese dolls dressed in their finest silk and brocade kimono, which are handmade by the students.

Matías Bombal's Hollywood

Star Trek Beyond

The MPAA has rated this PG-13

Paramount Pictures continues the latest incarnation of Star Trek movies with "Star Trek Beyond" which I will say from the outset is nothing less than sensational in an IMAX 3-D presentation, which I happened to see at the Esquire IMAX Theatre in Sacramento. The presentation was perfect. The cast returns from the last two features; Kirk (Chris Pine), Spock (Zachary Quinto), Uhura (Zoe Saldana), Chekov (the late Anton Yelchin), Leonard "Bones" McCoy (Karl Urban), Sulu (John Cho) and Scotty (Simon Pegg). Pegg, a huge Star Trek fan, co-wrote the script with Doug Jung based on the world created by Gene Roddenberry fifty years ago in 1966.

Whilst in the middle of their five year mission to explore the unknown reaches of space for the Federation, Captain Kirk and the crew of the Enterprise feel unsure of what a future in space will be. The picture opens with Kirk awkwardly handling the presentation of a gift to a alien culture, a rare ancient artifact that did not please the aliens, for to them it was a symbol of past battles and death with that culture. Escaping the wrath of his faux pas by Scotty's quick action on the transporter, he beams his way to safety just in time and the artifact is returned to storage within the ship.

Stopping in at the gigantic Starbase Yorktown, almost the size of a small planet, The Enterprise gets some service, whilst Spock learns of the death of a great mentor. Kirk considers being bumped up to a desk job because of the meandering mission of the Enterprise already has him restless. This idyll ends quickly, when a distress call comes in from an unknown ship entering the area of the Starbase. The crew is quickly called in to action and the Enterprise launches to save an alien who is under attack from an unknown aggressor.

It turns out to be a trap, as an entity known as Krall infiltrates the Enterprise and destroys it, sending the decapitated dish of the famous

starship to the surface of an unknown planet. Why? He wants that little ancient artifact that is stored on board to complete his domination of the universe, killing all in his path. Krall is played by Idris Elba.

With much of the crew scattered or killed on the planet surface, the team of officers and survivors must reunite and find a way to keep Krall from destroying Yorktown and the rest of the universe. Scotty, alone on the surface encounters a new ally, Jaylah (Sofia Boutella), an all-business fighter and survivor of a previous Krall attack. She shows him her home, a key to the past of Krall and the future of the Federation which you'll just have to see yourself in the picture to find out just how things will turn out.

This movie was far better than the last movie. "Beyond" is directed by Justin Lin. There is, of course, the quick cutting and the frequency of too much activity on the screen in the battle sequences to keep track of what's what at times, along with ugly aliens which are standard fare for Sci-Fi these days, but the core relationships of the characters are golden and respectful to the original series. There is a sequence with heavy metal music in the movie which I think may be the best application of that genre in the history of entertainment, but I cannot reveal it here and leave the movie a pleasure to watch.

Star Trek has now been part of our culture for 50 years. As a boy I was fascinated by the original series, but never enjoyed the subsequent TV versions. The feature films, however, have been spectacular for the most part and I may have enjoyed this as much as the first one in which this cast appears. The second one with this cast, not so much. The movie is dedicated to the memory of Leonard Nimoy and following that title card in the credits, the line: "For Anton", in tribute to the brilliant young Anton Yelchin who died so tragically recently. This may be in theaters everywhere, but the IMAX 3-D experience is the way you MUST see this picture. You'll applaud as I did.

Captain Fantastic

The MPAA has rated this R

Bleecker Street releases a complex and thought provoking movie directed by Matt Ross, "Captain Fantastic" in which a father has reared his family in the woods of the Pacific Northwest, completely isolated from modern domestic city life. His six children, two boys and four girls, are trained from the cradle to live in the wilderness, hunt for food and stay in top physical shape. The intensity of the harsh training brings into question if these children are given the best opportunity in life.

Their mother, who had lived with them up to a point is away due to mental health issues, brought on by her wealthy father's total lack of understanding of why the couple went rogue from society. The children's education has not been neglected, the father has home schooled the children to a degree that far exceeds the knowledge of children the same age that might be going through a public school system. They have learned classical music, art and are a band a free spirits, clinging to mother earth with ideals that we could all admire and even aspire to, but for the reality of conforming to society to the degree necessary to survive in our modern world. The father, Ben, played by Viggo Mortensen, is concerned about his wife's health and mental stability.

Ben is torn at this point; does he continue with the path he and his wife set up for their children away from the toxicity of modern life? At what point do the children become adults and are ready to go into the world? Have his choices been the best for his children?

They begin their adventure from the wilderness to the world of concrete and technology on the family's green school bus, named "Steve" As they travel further, the children themselves question if they must assimilate in to this new to them world, are they prepared to understand it?



He must take a trip into the city to find more details.

When he gets back he has difficult news for the children that will be the impetus to change their lives. They must go to the meet their grandfather. Morever, they will be introduced gradually, in the long bus trip, to a way of living they've not seen before, with their structured perspective of life hewn from their father's education, perspectives and beliefs. A viewpoint, they discover, which is radically different from the mainstream.

Ben is torn at this point; does he continue with the path he and his wife set up for their children away from the toxicity of modern life? At what point do the children become adults and are ready to go into the world? Have his choices been the best for his children?

They begin their adventure from the wilderness to the world of concrete and technology on the family's green school bus, named "Steve" As they travel further, the children themselves question if they must assimilate in to this new to them world, are they prepared to understand it?

Are they superior to it? Can they adapt?

The grandfather, Jack, is played by Frank Langella. His is the performance of a man pained by what became of his daughter and how his grandchildren are so far from the norm. He's excellent. Also in the cast, you'll see Anne Dowd as Langella's wife Abigail and a terrific group of young actors as the children handling adult themes with a sophistication beyond their years. I particularly enjoyed the rebellious anger frothing deep inside Rellian, played by young Australian actor Nicholas Hamilton.

Matt Ross has offered a palate of great performances with valid and profound questions on the avenues that may be taken by all parents which he sets against this rather extreme setting. Sadly, he did not know how to finish the movie. It lingers longer than welcome, and seems to almost end on three separate occasions. Thought provoking and profound, yet falls apart at the end. Still worth watching for fine performances and astute observations on modern life and culture.

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THURSDAY, JULY 28
THE MEADOWS AT COUNTRY PLACE OPEN HOUSE: From 1 to 4 p.m., come help celebrate, visit, enjoy entertainment and cool off with luau style refreshments. Celebrating five years, owners are proud of the community and the compassionate staff, a team of unique, caring individuals who are committed to providing the highest quality of life to residents. 10 Country Place (Right off Florin Road in the Pocket)

FRIDAY, JULY 29
BELLE COOLEGE MOVIE NIGHT: It's movie night and Pixar's "Inside Out" will be playing. Fun starts at 6:30 p.m., Belle Coolege Park, 5900 South Land Park Drive.

SATURDAY, JULY 30
GARDEN TOUR: WHAT'S BLOOMING AT THE OLD CITY CEMETERY? The Old City Cemetery Committee presents a tour of the Cemetery's Hamilton Square Garden, starting at 10 a.m., 1000 Broadway. With 800-plus unusual Mediterranean perennials, the garden has drought-tolerant color all year long. For more information, call 448-0811.

CAT & THE FIDDLE MUSIC FESTIVAL: Hey Diddle, diddle, the cat and the fiddle are at Fairytale Town this summer! Families will be over the moon listening to rockin' daytime concerts on the Mother Goose stage. The schedule of performances is as follows: 11 to 11:30 a.m.: Mister Cooper; 11:45 a.m. to 12:15 p.m.: Drumsum; 12:30 to 1:15 pm: Musical Robot; and from 1:30 - 2:15 p.m.: Alphabet Rockers. 3901 Land Park Drive. Concerts are free with paid park admission. Blankets and chairs are welcome! Schedule subject to change without notice.

SUNDAY, JULY 31
SACCIRQUE SOUTHSIDE PARK TAKEOVER: SacCirque is a collective of local performing artists who once a month invite our community to Southside Park for their park takeover. SacCirque is a collective of individuals with a wide range of specialties from partner acrobatics, contortionists, aerial arts, dance, flow arts, juggling, clowning and sideshow performing. They welcome other acro-yogis, flow artists, gymnasts, dancers, jugglers, balloon animals, block heads and everything in between to come and join them in the fun. And it is free! The next one

BEST BETS



BELLE COOLEGE MOVIE NIGHT: Friday, July 29 is movie night and Pixar's "Inside Out" will be playing. Fun starts at 6:30 p.m., Belle Coolege Park, 5900 South Land Park Drive.

CAT & THE FIDDLE MUSIC FESTIVAL: Hey Diddle, diddle, the cat and the fiddle are at Fairytale Town this weekend! Families will be over the moon listening to rockin' daytime concerts on the Mother Goose stage. On Saturday, the schedule of performances is as follows: 11 to 11:30 a.m.: Mister Cooper; 11:45 a.m. to 12:15 p.m.: Drumsum; 12:30 to 1:15 pm: Musical Robot; and from 1:30 - 2:15 p.m.: Alphabet Rockers. On Sunday, the schedule of performances is as follows: from 11 to 11:30 a.m.: Drumsum; 11:45 a.m. to 12:30 p.m.: Asheba; and 12:45 to 2:15 p.m.: The Hipwaders. Fairytale Town is located at 3901 Land Park Drive. Concerts are free with paid park admission. Blankets and chairs are welcome! Schedule subject to change without notice.

SACCIRQUE SOUTHSIDE PARK TAKEOVER: SacCirque is a collective of local performing artists who once a month invite our community to Southside Park for their park takeover on Sunday, July 31. SacCirque is a collective of individuals with a wide range of specialties from partner acrobatics, contortionists, aerial arts, dance, flow arts, juggling, clowning and sideshow performing. They welcome other acro-yogis, flow artists, gymnasts, dancers, jugglers, balloon animals, block heads and everything in between to come and join them in the fun. And it is free! The next one

will be held from 1 to 4 p.m. Southside Park, 2115 6th St., 95818. What to bring: Yourself, your props, your mother (optional), food! This will be a potluck-style event.

CAT & THE FIDDLE MUSIC FESTIVAL: Hey Diddle, diddle, the cat and the fiddle are at Fairytale Town this summer! Families will be over the moon listening to rockin' daytime concerts on the Mother Goose stage. The schedule of performances is as follows: from 11 to 11:30 a.m.: Drumsum; 11:45 a.m. to 12:30 p.m.: Asheba; and 12:45 to 2:15 p.m.: The Hipwaders. 3901 Land Park Drive. Concerts are free with paid park admission.

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NATIONAL NIGHT OUT IN SOUTH LAND PARK: Join neighbors, businesses, nonprofits, and the South Land Park Neighborhood Association at this great community event on Tuesday, Aug. 2. There will be face painting, sidewalk chalk art, bounce house, music, and food & beverages! Meet the police officers and fire personnel that protect our neighborhood. 5:30 to 7:30 p.m., Alice Birney Waldorf EK-8 students, Pony Express Elementary School and Valley Community Newspapers. There will be visits by Council Member Jay Schenirer, Supervisor Patrick Kennedy, and Assembly Member Jim Cooper, plus more nonprofits and businesses adding on each week!

mission. Blankets and chairs are welcome! Schedule subject to change without notice.

THE SIERRA CURTIS NEIGHBORHOOD ASSOCIATION PRESENTS, MUSIC IN THE PARK, FEATURING NORMAN & THE BOYZ WITH MR. COOPER. Music in the Park is a celebration of family, life and community. This free event is a great time for the whole family at William Curtis Park, 3349 West Curtis Drive. Norman & the Boyz is an R&B ensemble that has been delighting audiences for at least 12 years and Mr. Cooper is a local favorite children's musician.



Young Actors Stage, Sons of Italy, Alpine Mortgage Planning, 7-Eleven, City of Sacramento "Del Rio Trail" team, New Technology High School, Alice Birney Waldorf EK-8 students, Pony Express Elementary School and Valley Community Newspapers. There will be visits by Council Member Jay Schenirer, Supervisor Patrick Kennedy, and Assembly Member Jim Cooper, plus more nonprofits and businesses adding on each week!

FAMILY OVERNIGHT SAFARI: The Sacramento Zoo offers a fun-filled educational evening, starting at 5:30 a.m. They will guide you through all that the nighttime Zoo has to offer. The camp-outs are designed for small groups and families of two or more people. This is a perfect opportunity to see animal behaviors you may not have seen before. Dinner and breakfast are provided! Fun ends at 9 a.m. Saturday, 3930 West Land Park Drive, Sacramento, CA 95822. For more information call, 808-5888.

See Events, page 21

Events:

Continued from page 20

MONDAY, AUG. 1
MERMAID MONDAY AT FAIRYTALE TOWN: The Sacramento Mermaids will be swimming into Fairytale Town every Monday through Aug. 15 for Mermaid Mondays! Make your way to the outdoor Mother Goose Stage at noon and 2 p.m. for storytime featuring books about the ocean and water safety, plus a farewell song and photos with our MerFolk guests. 3901 Land Park Drive, Sacramento, 95822. Main Office: 916-808-7462; 24-Hour Information: 916-808-5233. Email: mail@fairytaletown.org

TUESDAY, AUG. 2
NATIONAL NIGHT OUT IN SOUTH LAND PARK: Join neighbors, businesses, nonprofits, and the South Land Park Neighborhood Association at this great community event. There will be face painting, sidewalk chalk art, bounce house, music, and food & beverages! Meet the police officers and fire personnel that protect our neighborhood. 5:30 to 7:30 p.m., Alice Birney Waldorf K-8 School, 6251 13th St. Confirmed participants include: iYa Taikwondo, California Family Fitness, Sacramento Police Department, Sac Metro Fire Dept (Engine 13 will arrive at 5:30 pm!), Ohana Dance Group (get ready to hula!), Barrio Coffee & Bakery, Scott's Seafood, Belle Coolege Library, Young Actors Stage, Sons of Italy, Alpine Mortgage Planning, 7-Eleven, City of Sacramento "Del Rio Trail" team, New Technology High School, Alice Birney Waldorf EK-8 students, Pony Express Elementary School and Valley Community Newspapers. There will be visits by Council Member Jay Schenirer, Supervisor Patrick Kennedy, and Assembly Member Jim Cooper, plus more nonprofits and businesses adding on each week!

WEDNESDAY, AUG. 3
SACRAMENTO HISTORIC CITY CEMETERY AND EAST LAWN MEMORIAL PARK: Join ACC for a field trip to the Sacramento Historic City Cemetery and East Lawn Memorial Park. The City Cemetery is the oldest existing cemetery in Sacramento and it was designed to resemble a Victorian garden. East Lawn Memorial Park also holds a wealth of California history. Pre-payment of \$10 and pre-registration is required. Lunch is included. Please arrive at ACC Senior Services, 7334 Park City Drive by 8:45am on Wednesday August 3, 2016. For more details, call (916)393-9026 ext 330, www.accsv.org

THURSDAY, AUG. 4
3-DAY PHOTOGRAPHY WORKSHOP & SAFARI AT THE SAC ZOO; DAY 1:

THURSDAY, AUG. 4
3-DAY PHOTOGRAPHY WORKSHOP & SAFARI AT THE SAC ZOO; DAY 2:

Hone your photography skills with Mike's Camera staff during this three-day experience including an evening class session, a morning visit to the Zoo and an evening follow-up critique. Fifty percent of your tuition benefits the Sacramento Zoo. 3930 West Land Park Drive, Sacramento, 95822; 916-808-5888.

FAMILY DEAL NIGHT AT THE SAC ZOO: From 4 to 7:30 p.m., enjoy late summer nights and discounted admission at Family Deal Nights! Everyone receives child-priced admission, \$7.75 per person and last admission is at 7:30 pm. Sacramento Zoo Members get in free! Everyone pays child-priced admission. 3930 West Land Park Drive, Sacramento, 95822; 916-808-5888.

AFGHAN RICE PILAF COOKING CLASS AT ACC: Come and enjoy two famous traditional Afghan dishes. The combination of textures, colors and nutritional value of the rice, topped with carrot and raisin, make the dish a popular and complete meal when served with yogurt-marinated chicken. Pre-payment of \$12 and pre-registration is required. Class will be held from noon to 1 p.m. at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org

Upcoming
SATURDAY, AUG. 6 and SUNDAY, AUG. 7
FAIRYTALE TOWN AND THE FRATELLO MARIONETTES PRESENT MOTHER GOOSE LAND: Enter the world of Mother Goose Land, where all your beloved characters are brought to life by the Fratello Marionettes. Follow Mother Goose as she introduces you to her favorite stories. We encounter Mary and her little lamb on their way to school, while Jack and Jill are climbing a hill in search of water. Humpty Dumpty is perched high atop a wall waiting for the kings arrival, while Bo Peep is searching for her lost sheep. There is no better way to introduce young readers to classic Mother Goose rhymes than this warm and heartfelt production using exquisitely hand crafted marionettes. Tickets are a \$1 for members and \$2 for nonmembers, in addition to paid park admission. 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. All performances take place in Fairytale Town's indoor Children's Theater. Show times are 12:30, 1:30 and 2:30 p.m. with an approximate run time of 30 minutes.

SUNDAY, AUG. 7
3-DAY PHOTOGRAPHY WORKSHOP & SAFARI AT THE SAC ZOO, DAY 2:

Hone your photography skills with Mike's Camera staff during this three-day experience including an evening class session, a morning visit to the Zoo and an evening follow-up critique. Fifty percent of your tuition benefits the Sacramento Zoo. 3930 West Land Park Drive, Sacramento, 95822; 916-808-5888.

WEDNESDAY, AUG. 10 and THURSDAY, AUG. 11
THE SACRAMENTO WALKING STICKS PRESENT THE ANNUAL ICE CREAM WALK: Choose a 5K or 10K. Start at Vic's Ice Cream, 3199 Riverside Blvd. On Wednesday start between 6 and 7 p.m. and an approximate end time of about 10 p.m. Or walk Thursday starting between 9 and 10 a.m. and end by 1 p.m. Sacramento's warm summer nights are the perfect opportunity to eat ice cream at its two locally owned ice creameries in the Land Park and Curtis Park neighborhoods: Vic's and Gunther's. If you didn't get enough on the previous night or if you couldn't make it, there is another opportunity on Thursday morning to sample the tasty treats at these creameries. The walk between the two is a lovely shady stroll through upscale neighborhoods with classic '20s and '30s homes. Join the Sacramento Walking Sticks for this annual fun event and bring the family! Restrooms are along the route, pets are welcome with leash and cleanup. There is outside seating at creameries for those with pets. Water is available at Vic's and Gunther's and Vic's has sandwiches, soups and classic soda fountain drinks. Wheelchairs and strollers are fine; however, wheelchairs may find some of the curbs difficult. This walk is rated 1A - flat & easy and very tasty! Check our website for updates prior to the walk at www.SacramentoWalkingSticks.org.

SATURDAY, AUG. 13 AND SUNDAY, AUG. 14
70TH ANNUAL BAZAAR: The Sacramento Buddhist Church presents the 70th year of Japanese cultural performances and arts. Traditional cuisine, prizes, imported gifts and craft fair. 2401 Riverside Blvd., The Sacramento Buddhist Church. 11 a.m. to 8 p.m.

THURSDAY, AUG. 18
DIABETES ACADEMY EDUCATIONAL SERIES: Diabetes 101 is a series of classes on managing diabetes. This class to be held from 6 to 7:30 p.m. will be about lifestyle modifications, motivation, stages of change and setting smart goals Free of charge. Pre-registration is required Class will be held at ACC Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, www.accsv.org.

SUMMER SEAFOOD SALAD: Summer is a perfect time to enjoy a simple and refreshing

salad of frisee, spinach, orange and grapefruit segments, and avocado. Topped with pan-fried shrimp and scallops, the salad will be served with a homemade Asian vinaigrette. Your meal will include a roll and a mixed berry parfait for dessert. Pre-payment of \$15 and pre-registration is required. Class will be held from noon to 1 p.m. at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org.

MEDITATION, CHINESE, HINDU & TIBETAN: Meditation has been used for thousands of years by traditional schools of medicine to balance and promote mind, body & health. Learn how to use Hindu Insight, Taoist Healing, and Tibetan Nine Point meditations to reduce blood pressure, support heart & immune system health, and even balance brain chemistry. Pre-payment of \$15 and pre-registration is required. Drop-in rate at \$20. Class will be held from 1:30 to 3 p.m. at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org.

SATURDAY, AUG. 20
ONE-DAY KIMEKOMI DOLL MAKING WORKSHOP: Students in this one day class will select their own model of doll and be taught individually. Additional material fees vary depending on choice of dolls.

Student should bring a small pointed scissors and a hand towel for their workstation. Nominal fee for lunch or bring your own. Pre-payment of \$55 (doll kit not included) and pre-registration is required. Class will be held from 9 a.m. to 4 p.m. at Meals on Wheels, 7375 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org or Masanori Wasano at 530-350-8083.

SATURDAY, AUG. 27
THE RACE FOR THE ARTS 2016 is right around the corner! Now is the time to register and get your team excited for an entertaining day that will raise funds for art programs throughout our community. It's a 5K Run/Walk & Kids Fun Run (B-tagged available) & Arts Festival in William Land Park. For more information visit www.raceforthearts.com.

SUNDAY, AUG. 28
THE SIERRA CURTIS NEIGHBORHOOD ASSOCIATION PRESENTS, MUSIC IN THE PARK, FEATURING ON AIR WITH MR. COOPER. Music in the Park is a celebration of family, life and community. This free event is a great time for the whole family at William Curtis Park, 3349 West Curtis Drive. On Air plays "classic rock with power horns" and Mr. Cooper is a local favorite children's musician.



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McClatchy High school class of 1966

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Don't Miss This Great Family Event!

Legendary KZAP radio station debuted with free-form programming in 1968

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part one in a series about the history of radio station KZAP 98.5 FM. An article about the one-year history of K-ZAP (KZHP) 93.3 FM, a station inspired by KZAP, can be read at www.valcomnews.com.

Nearly a half-century ago, Sacramento area radio listeners were introduced to KZAP 98.5 FM, a station that would become an institution that continues to be reminisced about by many people today.

KZAP, which made its debut on Nov. 8, 1968 and remained on the air for nearly a quarter century, drew a very early following due to its existence as a free-form radio station.

The free-form movement in radio, which was born earlier that decade, presented listeners with a new experience that differed from previous structured radio program formats.

An article in the Dec. 16, 1968 edition of The Sacramento Union describes KZAP's offerings at the time as "65 percent progressive rock and 35 percent casserole - ethnic, folk, jazz, classical and spoken word."

In an interview for the same article, Ed FitzGer-



Photo by Lance Armstrong
Jeff Hughson was one of the original staff members of Sacramento radio station, KZAP, which made its debut on Nov. 8, 1968.

ald, KZAP's original general manager, commented about the then-new station and pioneering efforts to introduce free-form radio to Sacramento.

"There's been a definite need in Sacramento for a station like ours," he said. "This town is three years behind San Francisco in progressive FM. Plus all the AM rock stations here are strictly formula rock."

KZAP's first music director, Jeff Hughson, who was the third person hired by the station, described the approach to the station at that time.

"We prided ourselves on taking the listener on a journey," he said. "What I always

All that got exposure and it all started selling."

Hughson described the station's free-form programming as being "all about the flow."

"When you do a good segue way, nobody even notices the segue way," he said. "It's like, 'Oh, it's a different song. We listened to that, now we're listening to this.' Seamless, that's what it's all about. And that's where the art came in."

Hughson has the notoriety of having been the only KZAP employee to work for the first Sacramento station to debut on 98.5 FM.

Known as KXRQ, the station made its first official broadcast on Nov. 1, 1959.

Broadcasting from the 13th floor of the 226-foot-tall Elks Building at the northeast corner of 11th and J streets, KXRQ originally played classical, semi-classical, operettas, full-length operas, dramatic plays, Broadway musicals and symphonies.

The station, which was owned by Dale Flewelling, a professor at American River Junior College (today's American River College), began its operations with 3,500 watts of power and a schedule of noon to midnight daily.

In addition to Hughson and Flewelling, others associated with KXRQ were Bob Jones, program director, and disc jockey Ken Strawn.

In 1968, KXRQ was replaced by KZAP, which was originally owned by Lee Gahagan and initially operated at the same power wattage as its predecessor.

Hughson said that there is more than one version to the story of the acquisition of the KZAP call letters for the then-new Sacramento station.

And in explaining his own version, he said, "My version of the call letter story is that we're pounding nails," he said. "We're building the station and all call comes in from our Washington, D.C. attorney and (FitzGerald) takes the call and the attorney tells Ed, 'Ed, out of the entire list you submitted, only two call letters are available - KZAP and KPOT.'"

"(FitzGerald) came in and told us (the KZAP staff), 'I knew, of course, you wanted KPOT, so that's what I

told him, KPOT.' We went, 'No, no, that's so stupid and obvious. KZAP, that's magic. We'll take KZAP.' So, he had to call (the attorney) back and say, 'We want KZAP.'"

Among the original staff of KZAP were the aforementioned FitzGerald and Hughson, Paul Merriam, program director, and DJs Fred Gaines, Charlie Weiss and Cary Nosler.

Hughson commented about the original KZAP employees.

"The guys that started KZAP were on the (Sacramento State College/now California State University, Sacramento) radio station, KERS, but I had actually done this all-night jazz show on KXRQ. But we knew music."

It was that knowledge of music by the KZAP staff that was essential to the success of the station, Hughson explained.

"You had to have a broad and deep knowledge of music to pull this off," he said. "If you're knowledge is limited to songs that your friends play at parties, that ain't going to work. You can't just play the hit tracks off of the contemporary albums. You had to have depth and knowledge."

"Everyone who ever got a job at KZAP and other good free-form stations, you had to know your music. You had to know folk, country, rock, jazz, ethnic music, which is now called world music. You had to know all that stuff."

Although the staff of KZAP was very serious about its presentation, Hughson recalled the party atmosphere of the station. He said that listeners were allowed into the studio and that KZAP DJs would accept invitations to parties in the area and show up as sort of "minor celebrities."

Hughson fondly described the KZAP experience during its free-form era as a close-knit, family-like experience.

"It was community, it was family," he said. "That was the great thing about it. Everybody was brothers and sisters. Your audience, your cohorts, your advertisers, bands, we were all single minded. We're creating a new world. We're going to run and populate. And it was just never even questioned. And that went on for two or three years."

Remembering Sacramento's major league's son: Alex Kamouris

By JAMES PEYTON

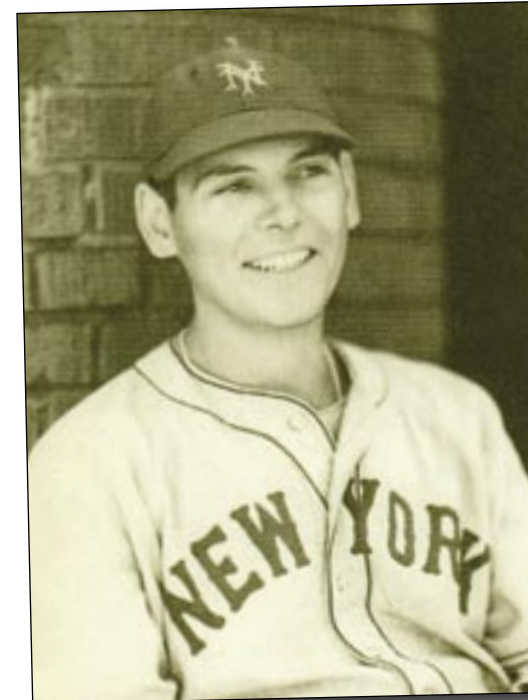
When I was a child, my grandmother used to drive me in her car to visit my auntie Della. This was my Grandfather's sister, or my Grandmother's sister-in-law. I may have met and even visited with my Uncle Alex as well, but I don't really remember. I think I may vaguely remember something about him, both of them sitting in their chairs in the front room and talking, one at a time. I remember the red brick house, I remember going to see Auntie Della, and kind of thinking it was my Grandmother's relative, not really knowing what that was. I don't think that I understood at that time, that our family had a major league baseball player in it, or that it was a particularly special one, the first Major League player of Greek descent. Not an average player, but a skilled player at infield and at hitting, one that was in demand. This was uncle Alex. Wow! Pretty cool.

Like Rodney Dangerfield, I did my "family tree" and found out I was the sap. I didn't think there could be anything interesting on that family tree, and I discovered there was a famous photographer, a major league baseball player, a miner, an adopted grandfather, some school teachers, and a World War I veteran, among other things. This article is about Uncle Alex, the baseball player. His name was Alex Kampouris, and he played for several major league teams. As sources, most of the information for this article was taken from talking to my relative, Alex Kampouris's daughter, the internet, and a book called "Baseball's Golden Greeks." The information for Uncle Alex's entry in the book was mainly taken earlier from my relative herself.

Alex Kampouris was born on Nov. 13, 1912 in Sacramento as Alexis William Kampouris. Uncle Alex played both football and baseball for Sac High. He played during the years 1929-1931. In football he played both halfback and quarterback positions. He became part of the Winter-League All-Star team. He attended Sacramento City College. In 1932, He played for the Sacramento Solons.

In 1934, Alex got to the major leagues. He was only 21 years old. He played for the Cincinnati Reds, The New York Giants, The Brooklyn Dodgers, and The Washington Senators. His main role in the majors seemed to be as a second baseman, from 1934 to 1939 and 1941 to 1943. He was a right-handed batter with 45 home runs. His batting average was .243, and his RBI (runs batted in) was 284. Some highlights of his career were that he hit three home runs in one game for the Reds against

the Phillies. In 1946 he had 17 steals. Alex was nicknamed the "Graceful Greek". There was even a Greek restaurant in San Francisco who advertised his name rather than the name of the team when he was with the Sacramento Solons. For example, on the store front was written "Kampouris vs. Seals, This Week."



Speaking of baseball and the major leagues, I used to have morning weight training with a certain major league coach Jerry Weinstein at Sac City for years....but that's another story. Then there was the time where Uncle Alex received a brand new car, for free. One day, the Greek Community in Chicago decided to give Alex a new car. He was a Baseball hero to the Greeks, and to general fans of Baseball. Remember the famous World War II song, "The Boogie Woogie Bugle Boy of Company B?" Alex met the Andrew Sisters and a picture was taken of it. The famous Andrew Sisters were also of Greek descent, and were present that day in Chicago. Here is a video link to the girls singing the song. <<https://www.youtube.com/watch?v=4lmZiqrqXDw>>.

In a newspaper dated July 9, 1938, it is mentioned that Kampouris substituted on second for Burgess Whitehead. "The agile Athenian drove in the first Giant run with a double that landed on top of the scoreboard and almost stayed up there for a homer." Further down it reads "Whitehead doubtless will be able to return to the wars when regular play is resumed Thursday, but Manager Terry may play a hunch and keep Kampouris at second for a spell. Alex is hitting about 60 points higher than Whitey and during the stretch in which he played second the Giants won 12 out of 17."

In a column called "Daniel's Dope", by Dan Daniel, Alex was referred to as "the son of Attica". It mentions Kam-

pouris getting traded from the Reds to the Giants. "And it is also possible that in a New York uniform, with the more or less magic and coveted "Giants" across his chest, the son of Attica will recapture the extra-base punch he featured so amazingly in 1937. Alex certainly was Greek fire at the Polo Grounds last season. He hit seven home runs there in eleven games."

There is a clipped picture of Kampouris with his nick-name "Camel-Horse" while playing for the Senators.

In another newspaper, there is a mention of a Julius team beating the American Legion, in an old newspaper clipping with a very young picture of Alex Kampouris. "With the score tied in the eleventh Alex Kampouris hit safely to score George Lial with the winning run for Julius over the Legion yesterday." I'm assuming this is his Sac High period.

While on the Sacramento Solons, "Alex Kampouris drove out a homer, double, and two singles, batting in four runs and scoring three himself to be of indispensable assistance in all rallies by Sacramento." In another article, he was referred to as "the Grecian guardian". The Solons won against LA 23 to 6. The articles' subtitle reads: "Kampouris Blasts Out Two Homers In Angel Slaying. The Los Angeles Angels' first appearance that season seemed to be a wash-out. According to statistics, Kampouris played in the major leagues for 9 years. His debut was on July 31, 1934, for the Cincinnati Reds. His last Major League appearance was on Sept. 23, 1943, for the Washington Senators.

After leaving baseball, Alex became a Sacramento County Marshal. He was also in the U.S. Army in the 1940s. He became a youth baseball coach for several years, the Baseball school being sponsored both by

The Sacramento Bee and KFBK radio. Speaking of the Sacramento Bee, there is also a 1989 interview by Ben Swesey, conducted when Uncle Alex was 77. Some of his hobbies were hunting, fishing, and the stock market. An avid fisherman, he would get up at the crack of dawn and go out on the boat. One time he went deer hunting with a buddy and another hunter fellow took a pot shot at him. No more hunting after that. Mr. Kampouris was a long time member (well over 40 years) in the Sacramento BPOE Lodge #6 in Sacramento (Elks). He worked out and played handball in their athletic department and enjoyed the fellowship of other members.

Uncle Alex was born in Sacramento and died in Sacramento. His father was born in Greece, and his mother in France. It appears that Uncle Alex never traveled to Greece, but he was American of Greek descent. He went to Greek School in addition to public school to learn the language. He was married for over 50 years to my Grandpa's sister Della Peyton. He was Inducted to the AHEPA Athletic Hall of Fame around 1975. (American Hellenic Educational Progressive Association) This award was given to Americans of Greek descent. In 1970, Alex was inducted into the Sacramento Athletic Hall of Fame. I think in 1977 he was inducted to the "Sacramento La Salle Club" Baseball Hall of Fame.

There used to be a picture of uncle Alex up in the old Joe Marty's. One of the new co-owners who was recently featured on the cover of this newspaper informed me that he had a few pictures of Uncle Alex, and may put them up in the near future. By the way, stop by the new Joe Marty's some time. The sweet potato tots are pretty good!



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