

LAND PARK NEWS

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HOLIDAY MAGIC RETURNS TO THE SACRAMENTO ZOO

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Tennis Take Sac-
Joaquin Section Title

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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. 22
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Cover art by:
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LETTER TO THE EDITOR

My name is Stephanie Duncan and I am a resident of Land Park and on the board of the Land Park Community Association. I wanted to let the various news outlets know about an issue in our area. Portions of the Land Park area are currently having its roads repaved by a company called Valley Slurry Seal (VSS), a contractor for the City of Sacramento. The areas affected are Broadway to 4th Ave (north to south) and Riverside to Freepoint Blvd (west to east). Unfortunately, the work is substandard and VSS has been reopening the roads before they are dry/cured, causing all vehicles traveling across the roadways to have tar/slurry splattered on the doors, undercarriage, and brakes of the vehicles. This is also causing ruts on the newly paved roadway. Residents have been contacting the City, Steve Hansen's office, and VSS. The City tells people to fill out a claim form. Hansen's Office and VSS have not responded.

I would like the rest of the Sacramento area to see what type of bids that the City of Sacramento is accepting and the shoddy work being done on our roads, which will need to be redone. Roadwork should be done in the Spring or Summer, when temps are warmer and hours



of daylight are longer. Instead of the roads drying in 1 day, these are taking closer to 3 days. Roads are being reopened on the same day that they are repaved. I have photos of multiple resident vehicles with splatters of tar on them (one is attached). Some people are getting estimates of \$200 to have the tar removed from their paint, undercarriage, and brakes.

A representative from Steve Hansen's office normally attends Land Park Community Association meetings and she will be asked about this situation during the next meeting (Wed., Nov. 16th at 6:30pm) at Eskaton (3225 Freepoint Blvd).

Sincerely,
Stephanie Duncan

Patricia Webb - Realtor



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Hateful graffiti spreads to Land Park

Even before President-elect Donald Trump took to 60 Minutes pointing his finger and saying "stop it" when told by CBS' Lesley Stahl that Latinos and minorities are facing harassment ever since Election Day, Land Park residents have experienced their own bout of hateful rhetoric.

Over on the train trestle that crosses over River-

side Boulevard and Highway 5, leading to the Sacramento River bike path, graffiti with expletives hurtful to women were paired with the following statement: Trump won (expletive). Now make me a sandwich woman."

Erin Peth and her husband Luke Pearson, who actually took the photos, reported the graffiti to the city and neighbors have reported

that it has since been painted over. Nonetheless, the ripple effect the graffiti had on neighbors spread quickly after Erin posted the photos on social media. "Rhetoric matters. Fortunately, we ALL have the freedom of speech. So, speak up, my friends. Yell as loud as you can that Love Trumps Hate!" she wrote.

-Monica Stark



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The Holiday Magic returns to the Sacramento Zoo on Saturday, Dec. 10

The holidays are here and it's time to enjoy the season! Bundle up the family for Holiday Magic at the Sacramento Zoo on Saturday, Dec. 10. Throughout the day, special gifts will be delivered to the animals. See them pounce, tear and stomp into their one-of-a-kind holiday gifts through out the day from 10 a.m. to 4 p.m.

Zoofari Market will be open at 10 am for Sacramento Zoo Member shopping. Members receive a 25 percent discount with their Membership card (excluding books, disposable cameras, sunscreen, sunglasses, Fair Trade, and promotional, discounted or sale items.)

Food Drive: Bring a non-perishable food item and receive a \$1 off your Zoo admission.

Animal Enrichments: Animals will get special treats delivered to them and staff will be on hand to share facts, secrets and answer your questions.

Schedule of Enrichments

All enrichments will happen at the animals exhibit.

- 10:30 a.m. - Sumatran Orangutan, stockings with treats
- 11 a.m. - Eastern Bongo, Christmas tree with edible ornaments
- 11:30 a.m. - Black & White Ruffed Lemur, "Santa's Village" with edible treats
- Noon - Snow Leopard, frozen presents and ice
- 12:30 p.m. - Wolf's Guenon, holiday pinata, presents and pinecone "reindeer"
- 1 p.m. - Red Panda, bamboo wreaths with apple



- 1:30 p.m. - Jaguar, boxes with spices, ice and a Christmas tree
- 2 p.m. - Red River Hogs, pumpkin bowls filled with fruit and vegetables
- 2:30 p.m. - Giraffe, wreaths with treats, holiday pinata and a Christmas tree
- 3 p.m. - Fruit Bats & Guinea fowl, fruit rings and browse wreaths
- 3:30 p.m. - African Lion, holiday-themed pinata and boxes with spices

Visitors Tip: Keep an eye out for off-schedule enrichments that will be placed on exhibit at the zoo keeper's convenience.

Holiday Magic 2015 was a wonderful day, as 1,100 people came out to watch the animals get their special holiday treats.

Call 808-5888 for more information.

Symphony of 2000 reports the event was an "international success"

The Symphony of 2000 was an international success. The number of performers from 2014's Symphony of 1000 increased to thirteen hundred instrumentalists and singers participating at Sacramento Memorial Auditorium under the baton of Maestro Michael Neumann on Sunday. After several hours of rehearsal, the concert began with our "National Anthem" and a lively rendition of "Happy Birthday" for several of the participants. Beth Ruyak from Capital Public Radio was the emcee between the musical selections both choral and instrumental. Twenty Five musicians from Jinan China, via the Sacramento Jinan Sister Cities Corporation, sang and played. Beth Ruyak even persuaded Michael Neumann to take a 'selfie' with the sea of musicians. Performers ranged in age from a young violinist age 4 to a Soprano age 85. Special guest musicians included Liz Tubbs from the Sacramento Pipe Band performing a moving solo performance of "Amazing Grace" accompanied by the Symphony of 2000 ensemble and numerous piccolo players soaring on the "Stars and Stripes Forever" solo. The concert ended on a high note as the performers sang and played their hearts out for Ludwig van Beethoven's "Ode to Joy" from the Ninth Symphony.

From: Sacramento Youth Symphony
 Contact: Robert Vann, Programs Manager
 Email: Robert@sacramentoyouthsymphony.org
 Phone: 916-731-5777



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Faces and Places:

Harvest Festival at Pony Express Elementary School

Photos by ELIZABETH MOSEBY

Pony Express students got in the Halloween spirit in preparation for an evening of delicious food and fun games on Friday, Oct. 28. The community joined in on the fun and got into the spirit with their Halloween costumes. Money earned helped teachers get supply money. Pony Express is located at 1250 56th Ave. 95831.



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ACROSS

- Sensitivity
- Greek island
- Up to the time of
- Wife
- Composer Ned
- Edging to street path (Brit.)
- Lose energy
- Biblical parable
- Celery (Spanish)
- Arm bones
- Japanese family emblem
- Customary practice
- Acceptance
- Very fast aircraft (abbr.)
- Cool
- Indian state
- Young boy or girl
- Astronomy unit

- Confederate soldier
- Famed German composer
- Alternate name
- Used to pave driveways
- Artery
- Type of powder
- Inquire too closely
- Northern Ireland
- Connects two points at right angles
- Hot drink
- A newt
- Engine additive
- Wealthy Connecticut town
- Not invited or requested
- Embrace
- Spiritual leader
- Wild or sweet cherry
- Day, actress

- Daughter of Ion
- Recline
- Type of acid
- City in Utah
- Lazily
- Music term
- Divulge a secret

CLUES DOWN

- Very short skirt worn by ballerinas
- Angle between leaf stalk and stem
- Popular in Nebraska
- Dessert
- Cognitive retention therapy
- Wandered
- Mistake
- Adolescent
- Medical term

- Russian tsar's edict
- Type genus of the Nepidae
- High school math class
- Double-reed instrument
- Painful places on the body
- Fiddler crabs
- Resinous substance
- Person of wealth (Brit.)
- Series
- North American plant
- Warble
- Pastries
- Group of eight
- Twyla __, dancer
- Pouch
- Singer Charles
- Cattle genus
- Eye infection

- Where couples go to marry
- Long bench with backs
- Unrestricted free agent
- Talks
- Causal agent
- Nincompoop
- Relating to the aura
- Person of conspicuous wealth
- Type of mottled fruit
- Essential
- Fertility god
- Folk singer Ives
- La __ Tar Pits, Hollywood
- Foot
- Digital audiotape
- Drunk

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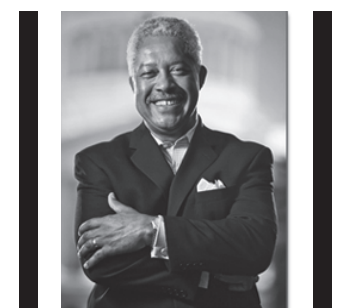
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Land Park area police logs

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where the victim transported himself to an area hospital. Upon arrival, officers determined the assault was domestic violence related. The victim's injuries were not life threatening. The suspect was located and arrested on assault charges.

Friday, Nov. 18

(Armed Subject): 3800 block of Freeport Boulevard at 7:46 p.m.

Officers responded to the call of a subject armed with a sharp object reportedly threatening people. Officers arrived on scene and located the described suspect. He was safely detained and arrested for a parole violation and possession of an illegal knife.

Thursday, Nov. 17

(Robbery): 1900 block of Fruitridge Road at 5:46 p.m.

A male suspect entered the business location possibly armed with a firearm. He stole an undisclosed amount of cash and fled on foot. No injuries were reported. Officers arrived on scene and canvassed the area for evidence. Officers located the suspect in the area who was safely detained and ultimately arrested for robbery.

Monday, Nov. 21

(Burglary): 4900 block of Freeport Boulevard at 12:04 a.m.

Officers responded to a business regarding a ringing alarm. Upon arrival, officers determined that a burglary had occurred and that the suspects had taken property from inside. The suspects had fled prior to the arrival of officers. A report was generated.

Tuesday, Nov. 22

(Domestic Violence): 300 block of River Bend Circle (Upper Land Park) at 2:59 p.m.

Officers responded regarding a stabbing that occurred



City Council votes on Raley's project

The Land Park Community Association as well as the South Land Park Neighborhood Association have been in agreement in their support of the Raley's Commercial Center aka "The Park" as the Raley's design team goes was planned to go before the City Council for a final vote on Tuesday night. An update on the project and the council's decision will be in an upcoming issue of the Land Park News as this issue of the paper went to press minutes before the meeting.

If approved by the Council, The Park will be located at the former Capital Nursery site on Freeport Boulevard. The bicycle and pedestrian-friendly center will house a new Raley's store and six additional buildings with regionally and nationally recognized restaurants and



stores to serve the Land Park area and surrounding communities.

For more information about The Park, visit <http://www.landpark.org/projects/> or watch the design team's video at <https://www.youtube.com/watch?v=6GuLi2k0Rfw>

To view the full City Council agenda, visit <http://sacramento.granicus.com/GeneratedAgendaViewer.php>



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Celebrating 40 years of choir music

River City Chorale will open its 40th anniversary season with three concerts, one in South Land Park

“The Many Gifts of Christmas”. The choir will offer a wide selection of favorites, both sacred and secular, as well as some works rarely performed in our area,

Including “Cantate Domino” by David Ashley White and Baldassare Galuppi’s

“Kyrie.” On the lighter side, audiences will enjoy “We Need a Little Christmas,”

“Angels We Have Heard on High,” and “I’ll Be Home for Christmas,” among many others. RCC is accompanied this year by the Golden State Brass and its new and outstanding pianist Dean Mora.



There will be three different dates and venues from which to choose:

Friday, Dec. 2, 7:30 p.m. at First Baptist Church of Fair Oaks;

Saturday, Dec. 3, 7:30 p.m., at Faith Presbyterian Church in South Sac;

and Sunday, Dec. 4, 4 p.m., at St. Mark’s Lutheran Church

in Citrus Heights. As you can see, you don’t have to drive downtown or pay for expensive parking to hear fine choral music. Parking is free!

The 60-voice River City Chorale has been providing a very eclectic selection of music to Sacramento for forty years, featuring classical, jazz, and Broadway styles.

The Chorale performs three sets of concerts per year; in addition to the Christmas concert, there is the ever-popular Cabaret in March and the Spring concert in May.

Richard Morrissey has been the Musical Director of RCC for 16 years, and brings a wealth of teaching, arranging, composing, and

performing experience to the group.

Visit www.RiverCityChorale.org or call 916 331-5810 to order tickets. Christmas concert tickets are \$15 in advance, \$20 at the door, and \$5 for children. Season tickets can be purchased for only \$44, a 20% savings.

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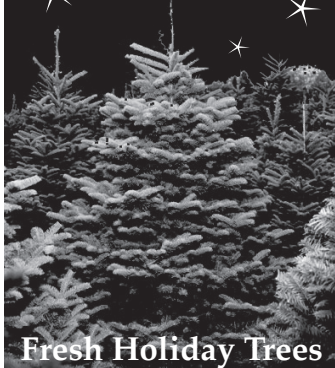
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CKM Women's Tennis Take Sac-Joaquin Section Title

The C.K. McClatchy tennis program achieved a new high point this month when it captured its first ever Sac-Joaquin Section team title. This is the first tennis team at CKM, either men's or women's tennis, to go this far in the postseason. Yes, CKM has won dozens of conference titles over the decades, but the 2016 squad really raised the bar with its sterling performance. The Lions tallied up an 18-11 win/loss record, going 10-0 in the Metro Conference (without losing a single set in those 10 dual matches).

The Lions head coach, Willard Hom, summarized the achievement simply. "When I started coaching at CKM some 9 years ago for the boys, I just took over the girls team to keep the train rolling along, so to speak, after Coach Sark (Richard Sarkisian) moved to Hawaii in retirement. But I revised my expectations. With the talent here we came oh so close in 2014 and 2015 (CKM lost in the section final 5-4 in both years), and it just felt like we were going to earn that section title this year. I still kept that thought mainly to myself because I didn't want to create unnecessary pressure on the kids who already have enough school work to handle."

The climactic, history-making match took place with perfect weather at Johnson Ranch Racquet Club in Roseville on Wednesday, November 9. In this final round of the California Interscholastic Federation (CIF) Division II Team Playoffs, #1 seed Whitney High faced off against #2 seed C.K. McClatchy. Whitney had won a pre-season match over CKM (score of 6-3), and that set the table, so to speak for this postseason dual.

CKM jumped out to a 3-1 lead as Taylor Ishida (#3 singles), Natalie Wong (#4 singles), and Ginger Harris (#5 singles) stifled their opponents in short order while Daisy Lewis (#2 singles) could not get in gear against the strong Whitney player, Nikala Tuffanelli. The team score shifted

to 4-3 as CKM picked up a big 3-set win from its #3 doubles (Debby He/Jasmine Duong) while CKM's #1 team of Bethany Gen/Clara Ginnell and its #2 team of Kylea Wong/Anna Schott fell amidst a very vocal and influential Whitney rooting section. Senior Gigi Castaneda (and co-captain) then set the stage for a dramatic clinching victory at #6 singles. She led 5-3 in the 3rd set. But the Whitney player, Emerson McCoy suddenly ratcheted up her game to sweep the final four games of that tight contest.

The CKM #1 player, junior Shirley Kwong, carried the hopes of CKM on her shoulders with the team score tied at 4-4. Although Kwong had begun her match at 4:00, the points in her battle involved long rallies of more than twenty shots per player. The long points meant she was still in her second set when everyone else had already finished. Consequently, the teams from both schools camped along the fences around Kwong's court to cheer on their last competitor. In a way, they resembled gladiators in an arena with one school giving an elated wave of applause for each point won with the other school giving shouts for a comeback from each point lost. Whitney's player, McKinna Macias, staged her comeback to win the second set (leveling the match at one set apiece), and it took almost another full hour of scrambling and tactical wizardry for Kwong to finally close it out around 8:00 p.m. CKM fans erupted with joy after the last point of this 7-6, 3-6, 6-3 win that spanned four hours.

The road to the section title had its hurdles. The 2016 team lost five of its starters from the 2015 squad (four seniors and one foreign exchange student), and the top player, Shirley Kwong, missed a month of team play in August to undergo physical therapy for back problems. Even after she completed those therapy sessions, she wore a back brace

for most of the day. The Lions lacked a full roster for its early matches. For example, in August CKM had only six of its top 12 players in its first match with Whitney in the Best of Sacramento Showcase tournament (aka B.O.S.S.), and the Lions fell 3-6 in that initial encounter. Throughout the season, Coach Hom shifted his line-ups to handle the labyrinth of player schedules (primarily course-taking at Sacramento City College, community service, jobs, and soccer commitments).

"Credit for the team's success goes to dozens of people," says Coach Hom. "First of all, I've enjoyed the commitment and team spirit of a solid core of girls for a few years. Our co-captains, Gigi Castaneda and Clara Ginnell put in a ton of time on team-bonding and fundraising activities. Natalie Wong gave a huge effort to make a strong comeback from a knee injury that sidelined her for the 2015 season. Shirley Kwong, Daisy Lewis, Taylor Ishida, and Gigi Castaneda did their own personal tennis programs during the summer and spring to prepare for the fall. So I should also credit their personal efforts and the critical support of their parents."

Natalie Wong's contribution was substantial in her comeback. She boosted the Lions with strong wins at #4 singles in the semifinal round of the CIF playoffs against Benicia and in the final round against Whitney. In addition, she teamed with Taylor Ishida to reach the final round of the CIF Division II Individual Tournament at Johnson Ranch Racquet Club on November 3-4. This pair of juniors won three rounds (knocking off 2 seeded teams in the process) to achieve the best finish in history by a CKM team in the Sac-Joaquin Section Individual Tournament. It was therefore little surprise that Wong received the "CKM Comeback Player of the Year" award for 2016.

Coach Hom added, "I can't say enough about all our players, and

it's wrong to focus on just a couple of them. We easily saw how Shirley was clutch for us but don't forget how Daisy, Taylor, Ginger, and Gigi each got us big wins throughout the season. Taylor gave us a superb boost in each postseason match as our #3; she nailed down 4 straight postseason wins in straight sets to give the Lions an early lead. In doubles our starting six had to juggle high-stress schedules to make our practices and the matches. Bethany Gen, Clara Ginnell, Kylea Wong, Anna Schott, Debby He, and Jasmine Duong all performed admirably throughout the season, fighting off sleepless nights and colds. Debby and Jasmine stood out of course because they were nails at #3 dubs. They won all four of their postseason matches. All of their opponents were good teams we needed to beat under pressure."

The parents and coaching staff at CKM apparently played critical roles as well in the success of 2016. Parents signed up to help drive players to matches (which required complete paperwork to authorize their volunteer driving), brought snacks and drinks, and supported them during their matches. The four volunteer assistant coaches (Gil Moreno, Helen Hom, Clint Swett, and Kevin Judson) not only helped the girls handle pressure and opponents' strategies during matches, but they also handled instruction and drills at every practice. Because the parent drivers often had to miss matches to stay at work, these coaches also filled in to transport players as needed.

The record-setting season was poignant for the team, especially to the seniors. Co-captain Clara Ginnell reflected on it this way. "The season was an emotional one for me, after four years on the team there was a lot riding on it. Finishing off with a section champion title was the best way it could have gone and I'm so

See Tennis, page 9

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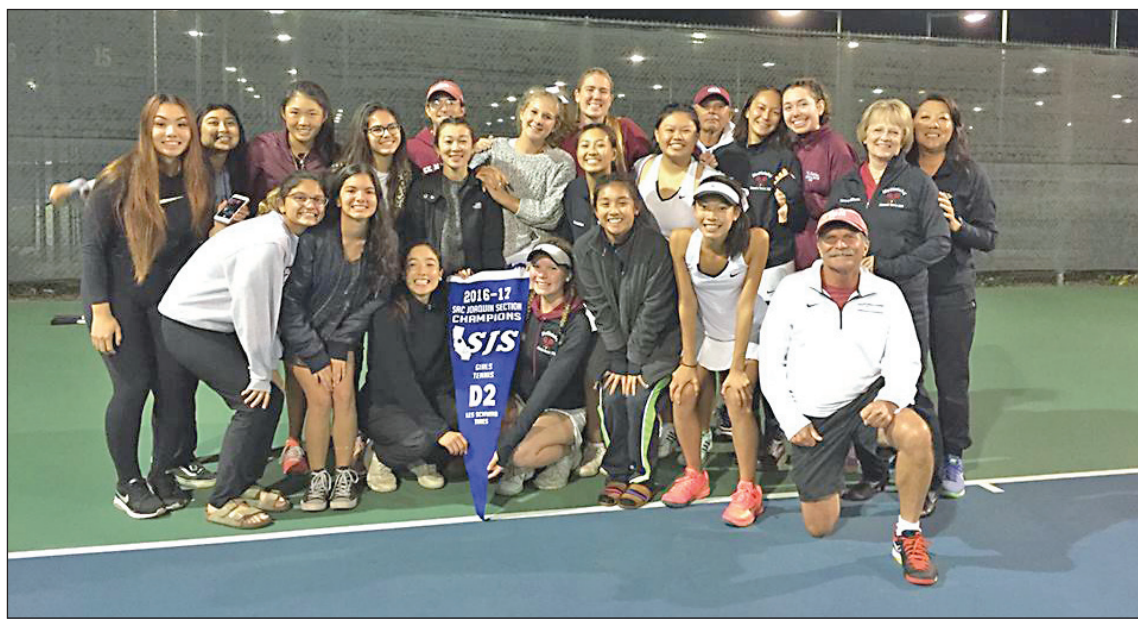
Continued from page 8

proud of our team. I have known most of the girls since their freshman year and seeing them every day brought us together and helped us form friendships on and off the court. As a captain, seeing the team bond was important to me and I believe our support for each other was a factor in our successful season.”

Co-captain Gigi Castaneda gave her perspective this way. “This season brought an overwhelming amount of improvement, pride, and good times. Our deeply committed squad meant we could easily go back and forth between victories and laughs. You can look at us from a mile away and instantly notice the physical talent on the courts, but it’s the jokes, the feeling of a huge friend group, and the individual personalities of each girl that make me look forward to two hours of sweaty practice every day. As a senior, the stress of imminent adulthood was at a constant high, and though our practices left me tired at the end of the day, the season served as a distraction from the overload of school. I have made some of my closest friendships on this team and I can whole heartedly say, as cliché as it sounds, that the love and unity felt on this team (coaches included, of course) contributed 100% to our (record breaking) success.”

The CKM tennis program seems to have a formula that will continue to bring success by multiple measures of performance. The high academic standards at CKM continue to draw students from around the region, and that interest in academic excellence seems to correlate with interest in competitive tennis on campus. The coaching staff apparently makes the game fun while teaching novices how to play—a catalyst for players to return and continue to develop. While the large roster of 43 girls this season would badly swamp a normal coaching staff, CKM’s crew of dedicated volunteer coaches seems to manage each year to not only sharpen the skills of experienced players but also to build tennis talent from scratch, as was the case of the two co-captains, Gigi Castaneda and Clara Ginnell. Neither student had played tennis before trying out for the tennis team at CKM.

The program will probably keep on winning. Freshmen at CKM are the heart of the future, and Coach Hom continues to get an influx of



Back row: Kevin Judson (coach); Ginger Harris; and Gil Moreno (coach)
 Middle row: Kathy Liu; Vanessa Vasquez; Natalie Wong; Daisy Lewis; Taylor Ishida; Anna Schott; Jassmine Duong; Debby He; Bethany Gen; Piper Stallings; Kate Judson (team mom); and Helen Hom (coach)
 Front row: Bianca Henderson; Britney Garcia; Gigi Castaneda; Clara Ginnell; Kylea Wong; Shirley Kwong; and Clint Swett (coach).

new talent. One such player, freshman Caitlin Donovan, voiced her first year experience like this. “My freshman year on the tennis team was spectacular! I progressed so much in my game and also made tons of new friends. Everyone was so welcoming even though I’m a freshman and the overall experience was super fun.”

The tennis program will continue with its current leadership. Coach Hom (who notched a few USTA regional rankings himself a couple decades ago) is a tennis crusader who loves expanding the tennis playing population in the area. With his son Jason playing as a sophomore on the CKM men’s team (where he

played #1 and was the conference’s #2 player in 2015), CKM will get to enjoy his enthusiasm and expertise for a while longer. Coach Hom quips, “I was something of an animal when I competed for about twenty years in tournaments, and it’s just fitting to continue in tennis coaching as a Lion.”

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Sierra 2 Center Builds Community

By LEIGH STEPHENS

You are never too old to set another goal or to dream a new dream.

- Les Brown

In the 1970's, Curtis Park residents came together to save Sierra Elementary School on 24th Street from demolition. This community effort led to the formation of the Sierra Curtis Neighborhood Association (SCNA). Today, it manages the Sierra 2 Center for the Arts and Community.

The Center is a vibrant place for all ages hosting special events, community groups, classes, and the 24th Street Theater. You do not have to live in Curtis Park to take advantage of the cultural array of mind, spiritual, and body classes offered at the Center. One exciting unit offered there is the Senior Center Program.

Since April of this year, Katie Byram has been the Sierra 2 Center Program Coordinator. She has worked at the Center for about three years in different positions. She and her husband moved to Sacramento from Santa Cruz where she worked with the Santa Cruz Museum of Art.

Byram's work covers all of the Center's programs, which includes the Senior Center. She says the concept of programs is new with the exception of the Senior Center that was established in 2000. Today Sierra 2 hosts all kinds of activities such as fitness classes, art and music classes, a variety of dance classes, children's groups, spiritual services by local ministries, and martial arts programs.

When talking about the Senior Center Katie Byram says, "I strive to fill weekdays with activities and classes that enrich the minds and bodies of our older adult community. Many people

seek out the Senior Center for social reasons, and the friendships they form keep them coming back. This leads them to create additional support such as sharing rides, throwing each other birthday parties, and visiting each other at the hospital when sickness strikes.

She says that the Senior Center gives attendees a sense of belonging and purpose that strengthens the communities they live in. "I highly enjoy working with seniors because they have so much to share."

The Senior Center offers classes weekdays, Monday through Friday with a community potluck once a month on Fridays. Following are some of the exciting and ongoing classes and events:

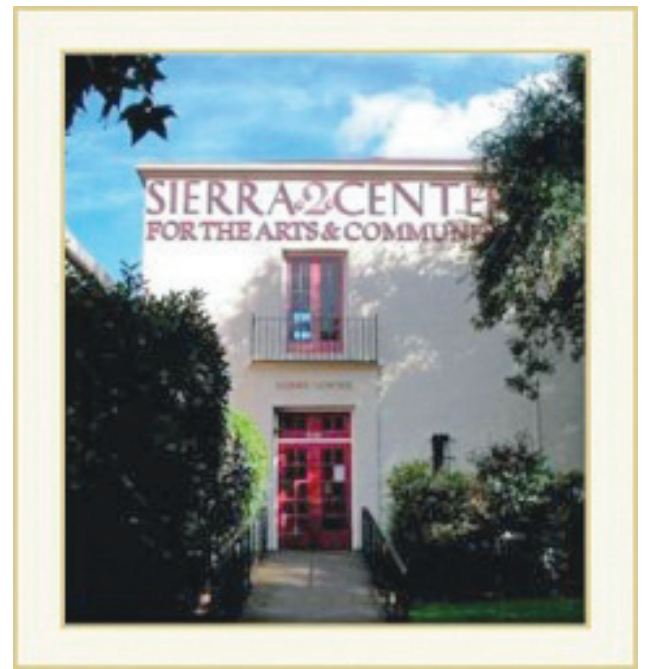
Life History Writing

Leaders Bubbles and Joe Miguel say they took this class through the Hart Senior Center 20 plus years ago. When the leaders there retired, they took over the class and have now begun a second class at Sierra 2 Center. The Miguels were the recipients of the 2013 Older American Senior Volunteer Award by the Sacramento County Adult and Aging Commission.

The class has about 20 members who write about their life experiences at home and then come together in their class to read what they have written and get comments from class members. The group begins with coffee and pastries and each member takes a number for that day, which dictates who reads first.

One attendee of the Life History Writing class is retired therapist Wanda McGuire. She says she has been a member of the group for several years. "They helped me find a publisher for my book, *The Progression Tree – Codependency, a Family Disease*."

The book is a collection of personal stories, designed for recognition and validation of codependent ways of thinking. McGuire gives her profes-



sional take on each story. She says codependency is an unhealthy emotional connection.

Chair Exercises

Allison Sabraw leads the gentle chair exercises that help many people who because of physical limitations cannot do more rigorous ones. She says, "It's a safe and fun ways to develop confidence and better body movement. It enhances cognitive function, increases range-of-motion, helps maintain or increase muscle tone, and promotes balance. Strengthening the lower body is one of the most effective methods of preserving independence and health."

Sabraw left a sales and marketing career to form her own company working with seniors. She uses art and exercise to empower older adults to live their lives to the fullest.

In her exercise classes, she demonstrates the value of proper breathing, stretching, and body

See Community Center, page 10

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Community Center:

Continued from page 10

strengthening. Allison has a kind way of leading participants into each exercise, stressing the "do your best" attitude. She leads a number of programs throughout the area with senior organizations such as Sunrise Living in Carmichael and Escaton.

Tai Chi

Listed as one of the top Tai Chi instructors in the Sacramento, Michael Shane leads one of the most successful classes at Sierra 2. He also offers massage therapy once a week. He says that Tai Chi boosts your balance and prevents falls by practicing this ancient Chinese form of exercise.

Tai Chi is described as moving meditation, using slow, flowing movements. The exercise promotes health care, stress reduction, and preventive movements that strengthen the mind and body.

Book Clubs

The original book club became so overcrowded that the Center added a non-fiction book club where attendees choose and discuss books of interest to the group.

Yoga

Several types of yoga make up the body exercise groups. Yoga stretches the mind and body and promotes self-healing using various body positions along with controlled and mindful breathing. Pat Shaw instructs these classes.

Beginning Drumming

This gathering is an excellent way to relieve stress, get out aggressions and have fun is by drumming. No experience is necessary. Olivia Yasmin James from Fenix African Drum and Dance instructs this class. Drums are furnished.

Photo Memory Book Making: Explore Digital Scrapbooking

Leader Judy Bujold asks attendees to bring laptops, external drive or flash drive. She uses *Mixbook.com* to put together favorite photos. They create the book of photos around a theme such as weddings, special vacations, and other significant events of life.

The **AARP Driver Safety** course helps participants to brush up on their driving skills and sharpen reflexes to reduce accidents.

Tools for Reducing Stress and Creating Joy is a workshop series that trains participants how to become less stressed, how to develop mindful awareness, and how to tackle the inner critic. It teaches how to nurture personal gifts and talents and encourages each to live with purpose.

Other examples of program offerings are **Beginning Drawing, Open Art Studio, Drawing Mandalas, Cards & Games** featuring Ginasta, Mahjong, Bridge and Pinochle. For a list of classes and events, go to www.sierra2.org.

Volunteers are welcome at the Center. One volunteer, A.J. McClinton, a retired military veteran spends every Friday visiting with those taking classes. She makes sure everyone gets a ride home. McClinton spent 24 years in the U.S. Army and has spent countless hours volunteering for organiza-



tions such as the American Cancer Society and the American Heart Association.

If you are seeking a community that helps nurture a healthy mind, body and spirit, Sierra 2 Center fits the bill. Trained, professional leaders come together there to help enrich all facets of life. Some programs are free and some have small fees for participation. Rooms 10, 11, and 12 house the senior activities. You can register by going to the office of Sierra 2.

For more information contact Katie Byram at Katie@sierra2.org or call 452-3005.

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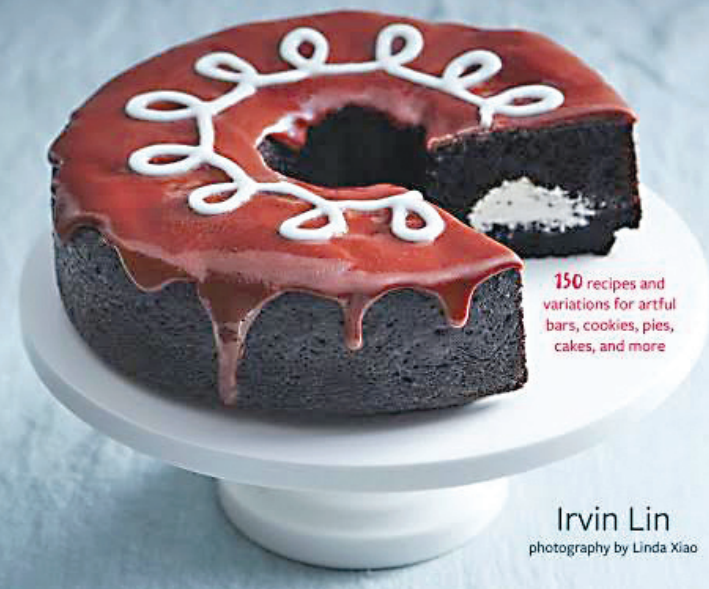
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Irvin Lin
photography by Linda Xiao

Featured cookbook event at Avid Reader: **A book for the holidays**

Irvin Lin, author of *Marbled, Swirled, and Layered*, which is now on sale, will be at Avid Reader on Broadway on Thursday Dec. 8 at 6 p.m. Just in time for the holidays, this book is full of Instagram-worthy desserts and plenty of Christmas cookie options. It's about customizing desserts that you love and want to make.

The book includes 150 core recipes and also an alternative recipe or two, such as:

Boozy Baked Goods: Banana Crunch Beer Brownies, Double Chocolate Chunk Blondie Bars with Bourbon Ganache, and Bloody Mary Pretzel Knots.

Ho, Ho, Holidays: Cranberry-Apple Pie with Walnut-Cinnamon Crumble Topping, Apple Roses and Spiced Brown Butter Tart, Chocolate-Cinnamon Babka with Crumb Topping and Pumpkin Spice Crunch Pumpkin Brownies.

Tropical Tastes: although we're in those winter months, we long for days of summer again with recipes like Mango Italian Cream Cake with Passion Fruit Custard and Kiwi Buttercream, Strawberry and Hibiscus Vanilla Cake, and Grilled Pineapple with Vanilla Pastry Cream Rosemary Galette.

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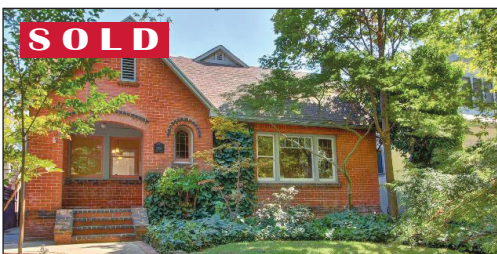
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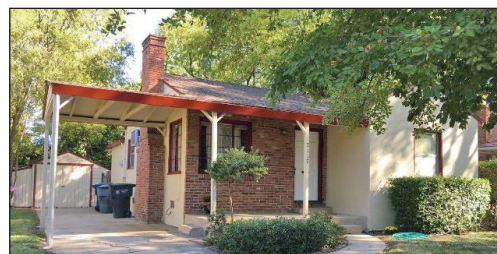
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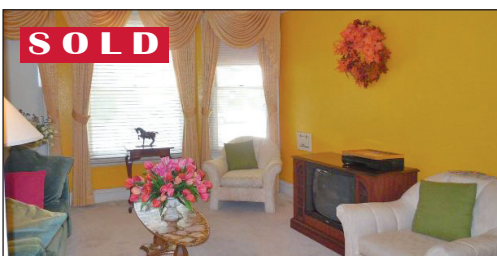
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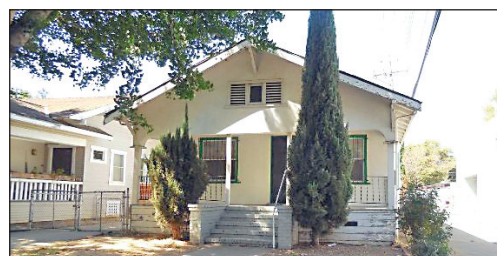
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Panama Pottery sculptor Miguel Paz worked laboriously on Elks Tower restoration

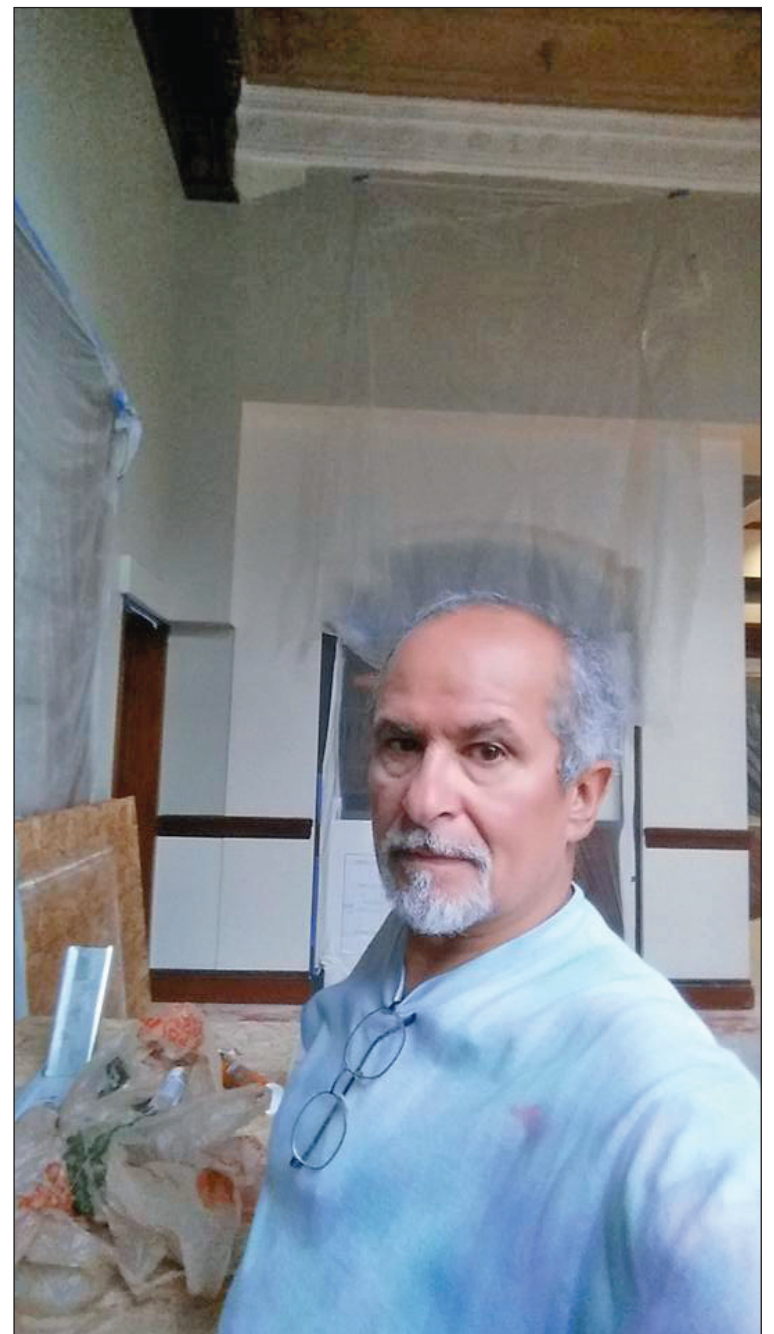
By MONICA STARK
 editor@valcomnews.com

With incredible heart, Panama Pottery sculptor Miguel Paz for about two months worked laboriously on the restoration of the coribles that detail the historic 14-story Elks Tower, which as about six weeks ago, had a proposal sent to the city to turn the building into a casino.

Using the space of the Panama Art Factory and Panama Pottery yard, Paz worked the clay and modeled directly from the pieces and the artwork laid forth by the Elks Tower architect Peter Dennenfelser. Location-wise, he said, "I was really close. I could transport all the stuff." He made rubber molds on location

and then made direct copies in his PAF studio, making so many that they cover a large space all around the area, spanning about 80 feet. "It really took a lot of effort in terms of creating the pieces and mounting the pieces. They wanted them about 30 feet over the floor; then I did repairs on the ceiling itself. It was a great opportunity. Plaster work is three-dimensional. From that point, it was really great. My hands really hurt when i finished. Plaster is a beautiful material for sure but it requires a tremendous amount of water and you subject your hands to that type of exposure."

Paz hired his homeless brother Gonzalo Paz



to help with the molding process. "He had a tough time in life. He was able to work and help and really I couldn't have done it without him. I needed those extra hands."

Paz worked on the Elks Tower board room back in 2008 or 2009, refurbishing it with a "Michelangelo feeling."

"It was primarily the sculpture; coribles and things of that nature needed relief that was done by (Lincoln-based) Gladding McBean. They needed someone who could do it on that level sculpturally. I did the work and they liked my bid. That's probably what got me in there (this second time)," he said with a chuckle.

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Panama Pottery advertisements tell tales of century-old business's history

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part four in a series about the history of the longtime-operating Sacramento business, Panama Pottery.

The rich history of Panama Pottery at 4421 24th St. dates back to 1913, and a quality source to better understand the first half of that history is vintage advertisements.

Although many details of the company's history during that time would be otherwise lost or challenging to acquire, such advertisements collectively present portions of this business's evolution.

On July 26, 1913, an article appeared in The Sacramento Union that mentions the availability of Panama Pottery-manufactured Mexican stone water ollas (coolers) at Breuner's department store at 6th and K streets.

The advertisement includes the following words: "Keep

your drinking water pure and cool without ice. Saturday only, 2-gallon size, 15 (cents). These coolers are made in Sacramento by the Panama Pottery Co., who, in order to reduce their stock, made us an offer to take all they had on hand, at a price away (sic) below regular."

The advertisement also mentions that the ollas could be used for pottery plants and flowers.

A 1920 advertisement for Wixson & Barr at 500 L St. recognizes Panama Pottery as then using a delivery truck with a 4,000-pound capacity.

In August 1940, two years after a fire destroyed Panama Pottery, the company, with its newly-built facility, advertised in The Sacramento Bee.

The advertisement recognizes the then-Andrew Anderson-owned and operated business as "Sacramento's only local, outdoor garden pottery manufacturing company."

Research for this chapter revealed that the Missouri-born Isadore Sebastian Seidel (1872-1956), of 2224 11th Ave., served as foreman of Panama Pottery in the 1930s.

An advertisement in the Dec. 31, 1942 edition of The Bee notes that Panama Pottery employees were then investing 10 percent of their wages and salaries in U.S. war bonds.

Ten years later, Panama Pottery advertised that it was among the many businesses that would be participating in the "Made in Sacramento Week" - Feb. 6-11, 1950.

The company is recognized in the same ad as then being operated under the ownership of Noble and Ouweta Leonard.

A June 9, 1950 ad in The Bee notes that Panama Pottery was then offering glazed and unglazed bowls, dishes and flower pots.

The Leonards, notes an article in the Aug. 25, 1956 edition of The Bee, announced

that they would soon reopen the business.

They had leased the company to a separate party who closed the plant after entering bankruptcy proceedings two years later.

Prior to the reopening of the business in September 1956, the company presented the following advertisement: "Panama Pottery: Workers wanted. Former employees notice! Contact N.R. Leonard at plant, 4421 24th St. or write P.O. Box 668."

The Leonards' goal was to employ about 15 workers at the plant.

Panama Pottery, as mentioned in the previous article of this series, would be run for three decades by Ramon Santos. He purchased the business in 1972.

The company was sold to Dave DeCamilla in September 2006, and to its current owner, Maria Vargas, in September 2012.

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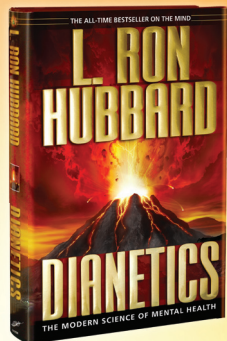
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Matías Bombal's Hollywood

Arrival

The MPAA has rated this PG-13

Paramount Pictures brings us science fiction with "Arrival" based on the book "The Stories of Your Life and Others" by Ted Chiang, adapted for the screen by Eric Heisserer. Several large spacecraft arrive across the earth, causing widespread global panic as the military from all nations try to determine what is the intent of these UFO's. The United States assigns Colonel Weber (Forest Whitaker) to enlist the aid of a linguist that they have used before, Dr. Louise Banks (Amy Adams), to assist with communication with the aliens.

She agrees to go to a location in the western hemisphere where one such craft hovers over the surface of the globe to attempt to understand just who "they" may be and why "they" have come. Using all of her skills and assisted by scientist Ian Donnelly, played by Jeremy Renner, the two regularly visit the inside of the craft and try to understand and communicate. Will it lead to answers?

This movie, directed by Denis Villeneuve, has visual references that remind one of "2001: A Space Odyssey" and 1951's "The Thing from Another World". I found it one of the most refreshing science fiction movies since "Ex Machina" of a few years ago. Here, at last, is sci-fi without the gimmickry of 3-D and

a smorgasbord of visual effects, loud music and disgusting looking monsters or people. Although it may not be a picture that will lend itself to repeated watching due to the way the story unfolds, at initial viewing you are taken by the subtle way that it slowly builds, allowing for great character development and mood. Nothing flashy here, I just loved that.

The idea that we might try to understand the unknown before killing it off out of fear is the strong and wonderful aspect of this story. The shapes of the alien's language, not unlike a drink ring on a Rorschach test, is very organic in appearance and clever. The aliens themselves seemed mysterious and different but not horrifying, making this a great story of possibility, and not one of gloom and doom. Of course, the humans of the globe react in fear and threaten violence, a point of the story not lost on me, yet the idealism of Dr. Banks sees us through to a higher human level. The picture also features the talented Michael Stuhlbarg, again somewhat underused. I enjoyed "Arrival" and think you will appreciate its subtle nature. It is an excellent production beautifully realized.

Almost Christmas

The MPAA has rated this PG-13

Universal Pictures offers director/writer David



Amy Adams reaches out to touch a new friend from another world. Paramount Pictures.

E. Talberts feel good family "dramady" for the holiday season with featuring some of the most popular black actors working in an ensemble. "Almost Christmas" gives you the back story of all of the family members over the years to the present right during the title sequence.

From that moment on, we see this somewhat dysfunctional family as they gather for their first Christmas holiday at home following the death of their mother. The father is played by likable Danny Glover and other cast members include Gabrielle Union, Nicole Ari Parker, Jessie T. Usher, Omar Epps, Romany Malco and the irrepressible Aunt May, played by Mo'Nique. Although this may be marketed to the African - American community, I found this to be a somewhat predictable, but



Danny Glover gets some love from his wife's sister, played by Mo'Nique. Photo: Quantrell D. Colbert Universal Pictures

at times very funny picture reflecting the very human nature of family gatherings, a universal experience in the coming holiday season for folks of every kind.

The story of the gathering offers subplots; a rivalry between two sisters, a phi-

landing husband of one of the two sisters, one young athlete with a pain pill addiction, one son running for public office and the sale by the father of the family home, which he is keeping secret from the family.

You are sure to laugh as much as I did through the more frequent comedy moments of "Almost Christmas" in this first Christmas themed movie to be released this year. Hollywood usually waits until Thanksgiving to start the rush, but it seems the Christmas mood comes earlier and earlier every year. This year, we may need a little Christmas.

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KZAP memories remain strong for station's former listeners

By LANCE ARMSTRONG
Lance@valcomnews.com

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

Nearly a quarter century has passed since listeners of 98.5 FM learned that this legendary Sacramento radio station was replaced with a country music station. But many of KZAP's former listeners continue to reminisce about the station.

Bud Gordon

Bud Gordon fondly recalled the early years of KZAP when it operated as a free-form FM radio station.

"Of course, KZAP was groundbreaking," he said. "(Free-form) was just a real good format, and a nice departure from the AM (stations) that we were listening to in the 1960s.

"All my friends and myself, we were all listening to the popular music of the day and it was all AM. We were used to the commercials and the loud noise and all that chatter and then all of a sudden FM came on with KZAP and it was just really quiet, calm and great music. It was a life changer."

Gordon also said that the station's DJs were very memorable.

"And, of course, you can remember the DJs," he said. "They were very good and I think some of them are still working today for other stations.

"There was a female DJ, one of the first female DJs that I had heard," he said. "Helen Meline was her name. This was the early 1970s and I remember that was really refreshing to hear a woman DJ, and she was quite good."

Although Meline left KZAP in the 1970s, she returned to work at the station in the early 1980s.

Donna (Wetterer) Pane

Among the people who attended KZAP's first birthday party in Cal Expo's Building A on Friday night, Nov. 21, 1969 was Donna (Wetterer) Pane.

Performing at the event was the headlining San Francisco band, the Grateful Dead, as well as A.B. Skhy, Command-

er Cody, Country Weather and Wildwood. And a light show accompanying the music was presented by Rainbow Jam.

Individual tickets for the show were available for \$3.50 in advance at Tower Records, Tower Books, directly from KZAP in the Elks Building and other locations, or at the door for \$4.

Pane, who was one of KZAP's earliest listeners and visitors of the station, said that a unique part of the event was the presence of a giant birthday cake, which was shared with the audience members.

"They passed out birthday cake there, I know it," she said. "I ended up with a box and I was passing it out."

Pane added that Bonnie Gillespie, one of her former Foothill High School Class of 1969 classmates, also attended the event.

Mick Martin

The well-known, local musician and disc jockey Mick Martin recalled an unusual moment in KZAP's history when he was listening to the continuous crackling noise of a record that had finished being played 20 minutes earlier.

"This (crackling noise) goes on for 20 minutes, so I hopped into my car and I drove down to the station and everybody in the studio was on the floor and they were playing Captain Beefheart's (album), 'Trout Mask Replica,' which was one of those four albums if you had to use the men's room, for example, you would put that on.

(A DJ said), 'Mick, can you turn the record back? Just put the needle at the beginning.' So, I sat down and played some different songs. But it was like if somebody didn't do it, nobody was going to do it, because everybody there had smoked too much fun."

Martin said that incident occurred during the early years of KZAP when "all the disc jockeys were really celebrities."

Those disc jockeys, he added, included Jeff Hughson, Fred Gaines, Cary Nosler and Charlie Weiss.

Pat Melarkey

Pat Melarkey, who served as a Sacramento County su-

pervisor from 1972 to 1978, recalled being a guest on KZAP.

"I was on there two or three times," he said. "I would talk about county planning and (more). They were very active in local stuff like that. All the other political people, they were on, too. I would say I was on (KZAP) in 1974 or 1975. (KZAP) was very popular."

Bob Gorham

Bob Gorham remembered growing up listening to KZAP.

"I remember all the disc jockeys, all the music," he said. "It was just a great station. It was one of the first stations where you could actually hear the whole album. There was the Grateful Dead, a lot of the music that was coming out of San Francisco.

"I remember it was the first time you could hear the Grateful Dead music live and discussions about it. I enjoyed the Dead, Quicksilver (Messenger Service), Jefferson Airplane, all the great stuff.

"I remember people would call in (to the station) and ask the disc jockeys, 'Can you play this?' And they would say, 'No,' and hang up on them. It was rude, but it was just sort of great."

Gorham also shared his memories of KZAP's Chan Laughlan (1937-2012), who worked for the station from 1968 to 1978 and was known on the air as Travus T. Hipp.

"I enjoyed all the music, but Sunday nights, Travis T. Hipp was on for three hours at least," he said. "He would do interviews with people. I remember when he had Bob Matsui on and Vic Fazio on. This was at the time when Bob Matsui was going to run for City Council. They were very good interviews. He would get them going and everything."

An article by Ted Bell in the Jan. 5, 1998 edition of The Sacramento Bee notes: "(Hipp) was, and is, a newsman and commentator cut from the same radical mold of the 1960s with people such as Hunter S. Thompson. He was one of the Roman candles of the 'underground' broadcasting movement that barely exists anymore, but was alive and exploding in Sacramento on KZAP back then."

Tim Hunter

While growing up in Folsom in the 1970s and 1980s, Tim Hunter listened to KZAP.

Among his favorite KZAP DJs were Bob "The Godfather" Galli, Kevin "Boom Boom" Anderson, and Bob Keller, who hosted his noon-time show, the Café Rock on the station. That show continues today on KSEG 96.9 FM, "the Eagle."

Hunter described the old KZAP bumper stickers with their iconic cat image as a sort of currency of his childhood.

"It was like social status to collect KZAP stickers and if you had more than 20 of them, you were like God; you ruled the playground," he said. "They were like trading stock. You could trade them for steelies, you could trade them for marbles, you could trade them for knockers – those big, kind of urethane plastic things that we used to play marbles with.

"I had like 100 (KZAP stickers). There was a pizza place in Folsom and they handed them out every time you bought a pizza and I coerced my parents into going into this pizza place over and over and over. At first you could grab a stack of KZAP stickers before they cracked down on you. And oddly enough, they had great pizza, too. So, it was just a win, win."

K-ZAP 93.3 FM

Gorham, who also recalled listening to KZAP's May Brussels and Cary Nossler, said that he enjoys listening to the 1-year-old, low-powered radio station, K-ZAP 93.3 FM, which includes DJs who worked at KZAP 98.5 FM.

"I enjoy (K-ZAP)," he said. "I get it here in the Pocket in one room and I can't get it anywhere else in the house. It brings back a lot of memories just listening to the music and the stories."

Today's K-ZAP can also be heard through the internet at k-zap.org.



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SATURDAY, NOV. 26

LEGO BUILDER'S BALL @ BELLE COOLEGGE: From 1 p.m. to 5 p.m., join the Belle Coolegge Library on the floor of Kid's Place every Saturday afternoon! All kids and their families are invited to engineer something new or design something classic with our collection of Duplos and Megablocks. Kids of all ages are encouraged to try out their building skills!

GROWN UP COLORING CLUB @ BELLE COOLEGGE LIBRARY: From 3:30 p.m. to 4:30 p.m., enjoy an hour of relaxing music, beautiful images to color, and refreshments.

FAITH PRESBYTERIAN CHRISTMAS BOUTIQUE: From 10 a.m. to 3 p.m. at Faith Presbyterian, 625 Florin Road, there will be a Christmas Boutique featuring items from local artists: Sheri Kindsvater, maker of colorful glass art to wear, to use, to enjoy; Brent Rees who will sell handcrafted pens, seam rippers and bottle stoppers in a variety of bright, rich colors and themes; Shirley Braun who will sell large pretzels hand-dipped in milk chocolate and vanilla and festively decorated. This event will raise funds for the One Child, One Chicken mission project in Kenya. It will take place on "small business Saturday", November 26, nothing is more small business than a craft fair! Also, there will be live entertainment by Danielle Baldwin, an accomplished vocalist and pianist.

TUESDAY, NOV. 29

KNITTING CLUB @ BELLE COOLEGGE: From 10 a.m. to noon, enjoy a relaxing morning of knitting with fellow yarn enthusiasts. Anyone interested in knitting and crocheting, (even beginners) are welcome to join in. This is not an instructional class, but assistance is available. Bring your own supplies and a project to work on

BABY STORYTIME @ BELLE COOLEGGE: From 12:30 to 1:30 p.m., join the library for nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. This program is for children up to about 18 months old or until they are ready for toddler storytime. Each child must be accompanied by a participating adult. Following the program, babies and their caregivers are invited to stay and play with activity learning toys.

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END OF LIFE OPTION ACT: What does the End of Life Option Act mean and what implications does it have now that it has been signed into California law? Learn exactly what the intent and requirements are surrounding the act. Pre-registration required. Class will be held November 29, 2016 from 4:00- 5:00pm at ACC Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, www.accsv.org

WEDNESDAY, NOV. 30

DROP-IN TECHNOLOGY HELP AT BELLE COOLEGGE: From 1 p.m. to 2 p.m., get expert help with your computer and technology related questions. Our knowledgeable staff will be available during this time to help you with eBooks, social media, software training or anything else you bring to the table. First-come first-served basis in the Belle Coolegge Library.

THURSDAY, DEC. 1

CALIFORNIA WATERFOWL ANNUAL FUNDRAISING DINNER: Event price includes

meal, membership and gift. \$60 per person; \$90 includes two meals, one membership and gift; \$35 includes meal and gift. \$650 includes eight meals, eight CWA wine glasses, \$100 in raffle tickets per table, entry into sponsors only raffle for a gun, list as a sponsor in program, reserved seating and first to eat. Dinner starts at 5 p.m. at Portuguese Hall, 6676 Pocket Road, Sacramento. Contact Jack Carmany at 427-6961 for more information. Perry reminds readers it's not just ducks and geese but all migratory water birds that benefit from the efforts of California Waterfowl.

According to the stated mission on the organization's website, the California Waterfowl Association is a statewide nonprofit organization whose principal objectives are to conserve California's waterfowl, wetlands and hunting heritage. In order to fulfill that mission, CWA has carefully thought out the following goals:

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"Expand hunter opportunity, recruit new hunters, and teach skills and behaviors that will help sustain hunting into the future.

"Communicate the importance and benefits of hunting. "Increase membership and funding for CWA to increase our capacity to achieve our mission.

"Ensure the long-term viability of CWA and plan for its growth.

"Maximize volunteer effectiveness."

FRIDAY, DEC. 2

FIBROMYALGIA DISCUSSION: On a mission to debunk the myths and share her own experiences, Pocket resident and retired John F. Kennedy teacher Terry McSweeney, a Certified Independent Fibromyalgia Adviser, will hold "an event that can't be missed" on Dec. 2 from 5:30 to 7:30 p.m. at the Robbie Waters Pocket-Greenhaven Library (7335 Gloria Drive) where she will answer questions regarding the chronic disorder millions of people suffer from on a daily basis. McSweeney also holds a support group on the second and fourth Mondays of each month from 4:30 to 6:30 p.m. in the back room of the Sunlight of the Spirit church, located at 2314 J St., Sacramento.

SATURDAY, DEC. 3

MULTICULTURAL HOLIDAY POTLUCK AND UNITED NATIONS ASSOCIATION LOCAL CHAPTER ELECTIONS: From 10 a.m. to 1 p.m. at Sierra 2 Center, 2791 24th St., the public is welcome to the United Nations Association Sacramento, Compassionate Capitol Region and One World For Love and Peace multicultural potluck celebrating neighbors and new friends! Bring an ethnic food dish to share, bring family and friends to connect with our Sacramento community. Music and dance may spontaneously happen! Free admission, donations accepted. About United Nations Association Sacramento Chapter:

United Nations Association Sacramento Chapter Non-Governmental Organization (NGO) · Sacramento, California

Dedicated to educating, inspiring and mobilizing Americans to support the principles and vital work of the United Nations such as peacekeeping, women's health, human rights, fighting poverty, voting rights, environmental issues, and Model UN programs.

HOLIDAY CARDS AND CRAFTS AT MC-CLATCHY LIBRARY-

Come celebrate the winter holidays by making your own winter holiday cards and creations. We will use paper, markers, pompoms, Popsicle sticks, glitter markers, Bingo Dots, and other decorative materials to make holiday cards for your loved ones, winter-themed ornaments, and other holiday decorations. School Age. Dec. 3 from 2:00 p.m. to 3:00 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

FRIDAY, DEC. 9

ORGANIZE SACRAMENTO COMMUNITY OPEN HOUSE: Organize Sacramento cordially invites you to join us at our fabulous new office and training space for a Grand Community Open House! We'll mingle with friends, local leaders and community members. There will be food, refreshments and entertainment and we'll review Organize Sacramento's work in the community over the last year, and share with everyone what projects we're working on now and in the coming months!

See Events, page 21

— EVENT LISTING SECTION —

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

Please Come...



Craft Fair

Our 38th Year Over 150 Crafters

Friday, Dec. 2	5 – 9 p.m. (\$5 at door)
Saturday, Dec. 3	9 a.m. - 7 p.m. (Free)
Sunday, Dec. 4	9 a.m. - 3 p.m. (Free)

St John the Evangelist School
5701 Locust Avenue • Carmichael, CA 95608

Crockett-Deane Ballet & Deane Dance Center present...

Nutcracker & Christmas Angels
Friday, Dec. 16, 8 p.m. - Preview
Saturday, Dec. 17, 7 p.m.
Sunday, Dec. 18, 2 p.m.

"The Center" 2300 Sierra Blvd.
Preview only - \$7; adults \$15
\$12 Seniors/Students; \$10 Children

(916) 453-0226 • Tickets at door or
www.DeaneDanceCenter.com

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Please bring an unwrapped gift for the Children's Home

Nov. 30 - Dec 9th Weekdays 11am - 3pm	Fri. Dec. 2 - 11am - 7pm
	Sat. Dec. 3 - 9am - 4pm
	Closed on Sun. Dec. 4
	Dec. 5th-9th - 11am - 3pm

Casa Gardens Event Center (Sac Children's Home)
2760 Sutterville Rd., Sacramento

CALL AND PLACE YOUR EVENT TODAY!

(916) 429-9901

Events:

Continued from page 20

What: Community Open House
When: Friday, December 9th 6:00pm-9:00pm
Where: Organize Sacramento Office 1714 Broadway, Sacramento 95818
Individual Tickets: FREE

SATURDAY, DEC. 10

CAMELLIA WALDORF SCHOOL'S 28TH ANNUAL WINTER FAIRE: Come celebrate the magic of the season at Camellia! Enjoy children's puppet shows and craft activities, live music and entertainment, holiday shopping with local artisans, organic coffee and baked goods, delicious food, gingerbread houses and a children's store stocked with treasures for young shoppers -- all at Camellia's Pocket neighborhood location. Free admission, nominal fee for some activities. It takes place from 10 a.m. to 3 p.m. at Camellia Waldorf School, 7450 Pocket Road. For more information, call 427-5022 or go to www.camelliawaldorf.org

LEGO MANIA! AT MCCLATCHY LIBRARY

– Like building with Legos? Join us for our monthly Lego free-play afternoon! Legos and Duplo Legos will be provided. Family/All Ages. Dec. 10 from 2:00 p.m. to 4:00 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

HOLIDAY MAGIC AT THE SACRAMENTO ZOO:

The holidays are here and it's time to enjoy the season! Bundle up the family for Holiday Magic at the Sacramento Zoo on Saturday, Dec. 10. Throughout the day, special gifts will be delivered to the animals. See them pounce, tear and stomp into their one-of-a-kind holiday gifts through out the day from 10 a.m. to 4 p.m. 3930 West Land Park Drive, Sacramento.

SATURDAY, DEC. 10 AND SUNDAY, DEC. 11

WINTER WONDERLAND AT FAIRYTALE TOWN: Mark your calendar for Fairytale Town's annual Winter Wonderland celebration! For eight days and nights, our storybook park will be transformed into a wonderland of twinkling lights, festive decor, snowfall and more. Enjoy even more holiday fun on the weekends with a visit from Santa, Victorian carolers and craft activities. And don't miss meeting two of Santa's reindeer during the first weekend, December 10 and 11. Fairytale Town is located at 3901 Land Park Drive. For more information, call 808-7462 or visit fairytaletown.org.

APPETITE ENHANCEMENT RIDE: On Thanksgiving Day from 8:55 a.m. to 3 p.m., starting at the California Automobile Museum, 2200 Front St., take part of the annual Appetite Enhancement bike ride. Once again it's that time to be with new and old friends so bring your bikes your good attitude and some cash to help raise money for some of our local charities we will have some raffle prizes. \$10 gets you a 2016 water bottle to fill with beer and cider. We'll have custom double walled stainless steel pint cups too for a little more. They'll be a raffle so bring some cash to win. Tshirts will be for sale too. Entry gets you free food too, they'll be BBQ Oysters, and other fun stuff. Music by Flower Vato, and well, it's been 25 years of this, you know the drill!!! Money goes to Trips for Kids charity and others!

TUESDAY, DEC. 13

TEEN BOOK CLUB AT MCCLATCHY LIBRARY

– Join us for our monthly teen book club meeting! Enjoy snacks and participate in a lively discussion of our book of the month. Copies of this month's book will be available to pick up at the front desk. This month's book: Six of Crows by Leigh Bardugo. For ages 13-18. Dec. 13, from 4:00 p.m. to 5:00 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

SATURDAY, DEC. 17

WINTER MAGIC WITH MIKE DELLA PENA AT MCCLATCHY LIBRARY

– Come join us as magician and teacher Mike della Pena will amuse and astound us with magic tricks to celebrate the winter season. This humorous, interactive show will be fun for the whole family! Family/All Ages. Dec. 17 from 2:00 p.m. to 3:00 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

Ongoing

WEDNESDAY COFFEE AND CONVERSATION GATHERING:

Every Wednesday morning from 7 to 11 am., join neighbors at Caffe Latte, 7600 Greenhaven Drive, for conversation and fun. Find the group back near the piano.

BEST BETS

FIBROMYALGIA DISCUSSION: On a mission to debunk the myths and share her own experiences, Pocket resident and retired John F. Kennedy teacher Terry McSweeney, a Certified Independent Fibromyalgia Adviser, will hold "an event that can't be missed" on Friday, Dec. 2 from 5:30 to 7:30 p.m. at the Robbie Waters Pocket-Greenhaven Library (7335 Gloria Drive) where she will answer questions regarding the chronic disorder millions of people suffer from on a daily basis. McSweeney also holds a support group on the second and fourth Mondays of each month from 4:30 to 6:30 p.m. in the back room of the Sunlight of the Spirit church, located at 2314 J St., Sacramento.

MULTICULTURAL HOLIDAY POTLUCK AND UNITED NATIONS ASSOCIATION LOCAL CHAPTER ELECTIONS: On Saturday, Dec. 3 from 10 a.m. to 1 p.m. at Sierra 2 Center, 2791 24th

St., the public is welcome to the United Nations Association Sacramento, Compassionate Capitol Region and One World For Love and Peace multicultural potluck celebrating neighbors and new friends! Bring an ethnic food dish to share, bring family and friends to connect with our Sacramento community. Music and dance may spontaneously happen! Free admission, donations accepted. About United Nations Association Sacramento Chapter: United Nations Association Sacramento Chapter Non-Governmental Organization (NGO) - Sacramento, California Dedicated to educating, inspiring and mobilizing Americans to support the principles and vital work of the United Nations such as peacekeeping, women's health, human rights, fighting poverty, voting rights, environmental issues, and Model UN programs.

TEA DANCE: Every first Sunday of the month from 2 to 5 p.m., dance to the music of the '30s, '40s, '50s, played by a live 16-member orchestra. A touch of class is yours for \$8 at the Elks Lodge, No. 6, located at 6446 Riverside Blvd. That includes tea/coffee, crumpets, scones, cucumber sandwiches, and other delicacies to grace your afternoon experience. Enjoy quaint conversation and dance music. It's a romantic chance to recapture the magic of the past and fall in love all over again. For tickets, contact the Lodge at 422-6666.

ACC PRESENTS 'BODY WISDOM BREATH AND MOVEMENT':

Perform easy to follow seated and standing exercises for health and well-being. Most movements are based on eastern techniques for relaxing and re-energizing the body. Use simple Qigong postures to stimulate vitalizing "Chi". Discover the joy of self-massage and acupressure. Slow down with guided imagery and meditative breath-work. Improving your health and be simple and fun. Pre-registration and Pre-payment of \$20 @ \$5 per class required. \$7 Drop-in rate per class. Class will be held on Tuesdays beginning September 6, 2016 from 8:30 to 9:30 a.m. at ACC Senior Services, 1180 Corporate Way. For more details, call (916)393-9026 ext 330, www.accsv.org.

ACC PRESENTS YOGA-NEW: This yoga class introduces the Iyengar method of hatha yoga. Basic standing, sitting, forward extension, introductory inversion, and restorative postures will be taught. This class will build upon prior class and will use props to assist the students. You will need a yoga mat and possibly blocks, belts and blankets. Pre-payment is \$6 per class or \$8 drop-in rate. Pre-registration required. Class is now held from 7 to 7:30 p.m. at ACC Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330. www.accsv.org

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

e-mail **Monica:**
editor@valcomnews.com

Photo by Tony Fischer Photography

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Fibromyalgia is Real

Sacramentan to answer questions regarding the misunderstood musculoskeletal disorder

By MONICA STARK
editor@valcomnews.com

It's real. It's not real. The conflicting messages behind fibromyalgia confuse folks who suffer from the musculoskeletal disorder can give one a migraine. On a mission to debunk the myths and share her own experiences, Pocket resident and retired John F. Kennedy teacher Terry McSweeney, a Certified Independent Fibromyalgia Advisor, will hold "an event that can't be missed" on Dec. 2 from 5:30 to 7:30 p.m. at the Robbie Waters Pocket-Greenhaven Library (7335 Gloria Drive) where she will answer questions regarding the chronic disorder millions of people suffer from on a daily basis. "Ten million people across the country suffer from fibromyalgia and deserve to be treated with respect from doctors, alternative practitioners, and family and friends among others," she said.

McSweeney also holds a support group on the second and fourth Mondays of each month from 4:30 to 6:30 p.m. in the back room of the Sunlight of the Spirit church, located at 2314 J St., Sacramento.

The Land Park News caught up with McSweeney and asked our own questions.

1. How do you know that you have Fibromyalgia?

A. It takes a very long time to diagnose, because the symptoms usually do not

appear at the same time. Usually a person with Fibromyalgia goes through many medical tests such as blood work, EKGs, biopsies, urinalysis, and so many more. Usually the tests all come back negative. It becomes very frustrating for the fibromyalgia patient, because they know in their hearts that something is really wrong, but the tests say "no."

B. After a fibromyalgia patient goes through these tests a doctor with knowledge of fibromyalgia should start putting all the clues together to come up with the fibromyalgia diagnosis.

C. This is what finally determines and confirms that a person has fibromyalgia. These vary in level of intensity from person to person.

- Fatigue
- Waking unrefreshed (feeling like you never slept)
- Cognitive (memory or thought) also known as "fibro fog" or "brain fog."
- Symptoms lasting at least 3 months at a similar level.
- No other health problem that would explain the pain and other symptoms.
- Overall body pain
- There are 18 tender or trigger points throughout the body. A person with fibromyalgia is tender to the touch in at least 11-12 of these points. In other words being touched in these spots is very painful. This is why a person with fibromyalgia will often say, "gentle hugs please."



h. Other symptoms that fibromyalgia patients may experience;

- Irritable bowel (IBS-D or IBS-D)
- Bladder symptoms (overactive)
- Low blood pressure
- Dizziness on standing
- Poor balance
- Frequent headaches
- Numbness or tingling in hands or feet
- TMJ
- Sleep disturbances: toss and turn, overactive mind, and sleep apnea
- Sensitivity to loud noises (Genevra Liptan, MD)

All of these add up to an overactive stress response. A person with fibromyalgia is always on high alert. The pain that a person without fibromyalgia might feel is amplified in a person with fibromyalgia.

2. What are some misconceptions about Fibromyalgia?

- Only women can be diagnosed with fibromyalgia. This is not true, Men and children as young as 5 years old have been diagnosed with fibromyalgia.
- Fibromyalgia is not real it is all in one's head.

c. If you can't see it, it is not real.

d. You are lazy. You are a hypochondriac.

e. Fibromyalgia is a "catch all" diagnosis.

f. You look great, so you can't possibly be sick.

g. Exercise is not good for a fibromyalgia patient. (gentle exercise such as stretches or yoga can be very helpful.)

h. It is a disease, it is a syndrome, Technically it is "A collection of signs, symptoms, and medical problems that tend to occur together, but are not related to a specific identifiable cause. Dr. Liptan does not agree with this theory. She believes there is an identifiable cause that comes from the connective tissue (fascia) which becomes inflamed which includes many pain sensing nerves." She does call it a disease. (Liptan, 2016)

3. What does a group session entail?

Here is a brief overview of what the group sessions will look like. They will be 2 hours in length. It is often difficult for those with fibromyalgia to stay seated for long periods of time. They can,

See Fibromyalgia, page 23

Sacramento

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Fibromyalgia:

Continued from page 22

however, get up and move around while the meeting is ongoing.

a. The first 90 minutes will be sharing their stories with the group and what has worked and not worked for them. During this time we will use the stories to educate the other group members. This is important because each person that has fibromyalgia will have different pain levels with the variety of symptoms. There is no one way that can be used to lower pain levels or the upsets caused by their other symptoms. In other words there is no cure, but there are different coping strategies and reduction of pain strategies that can work. The participants need to work to find out which strategies will work for them. We will discuss these strategies together to help the participants become empowered to become their own best advocates.

b. The last 30 minutes will be for questions and answers.

c. Each meeting will be based on a topic that concerns each of the group members. There will be guides and handouts to help guide the group members through some of the strategies.

d. At the end of each meeting a goal will be set for each group member to work on during the 2 weeks between each meeting.

e. At the next meeting, we will discuss how each dealt with the weekly goal.

f. Once a month Dr. Dennis Godby (ND), Dr. Ethelbah(ND), or Dr. Damon West(chiropractor) will join us to help answer questions from the participants.

4. Tell me more about the walk: When? Where? How Much does it cost? How many participants do you expect for the next one?

The 2016 Sacramento Fibromyalgia Awareness Walk took place in front of John F. Kennedy High School on Gloria Drive. There were 25 walkers from not only Sacramento, but Roseville, Auburn, Citrus Heights, and San Francisco. This team came together only a few months before the walk when I was asked if I would lead a walk in Sacramento. I jumped right in and am very

proud that we raised "1,400.00. Several of this year's participants have already volunteered to help get next year's walk going. My goal is to have at least 100 walkers next year, more would be great. I would love to start it at the Capitol in the center of downtown Sacramento's action. The walk next year is scheduled for Saturday, May 13th, 2017. May 12th is Fibromyalgia Awareness Day, in fact the entire month of May is Fibromyalgia Awareness Month. I would love to get a proclamation from the Governor to declare May 12th "Fibromyalgia Awareness" day in California. I did not have enough time to do so this year, but will get the paperwork started very soon. There was a \$20.00 registration fee this year. I do not know if that will change for next year's walk. The funds raised are to benefit research for the "Center for Understanding Research & Education of Fibromyalgia" at the National Fibromyalgia and Chronic Pain Association. (NFMCPA)

5. What is your personal story entail with Fibromyalgia?

I was diagnosed with fibromyalgia 9 years ago, but I believe I had it for much longer, maybe 20 years or more. 20 years ago I had colon cancer and went through 1 year/52 chemotherapy treatments. Happily I am cancer free today, but a serious illness, an accident, emotional trauma or distress can bring on fibromyalgia.

By the time I was diagnosed: I had 12 out of the 18 tender trigger points, IBS, TMJ, "Fibro Fog," daily headaches, fatigue, palpitations, shoulder, neck, and back pain, piriformis syndrome, overactive bladder, dizziness, shortness of breath, poor balance, lack of focus, reactive hypoglycemia, and oversensitivity to loud noises. When I was diagnosed 9 years ago, I had experienced a great deal of sensitivity to touch. It hurt to be hugged. In fact it was so painful I cried a lot. Then one day, I was sitting in the back of my classroom helping a student. There was a student sitting at the computer behind me. He got up from his chair and lost his balance putting his hand on my back to regain his balance. I screamed in pain. Then I went to the doctor. She put all of the symptoms together, and said, "You have fibromyalgia." I cried and said, "You mean I am not cra-

zy. There really is something wrong with me?" There was now a name for my health issues, I was so relieved. This is a feeling that millions of fibromyalgia patients feel on a consistent basis. After that I went on various medications to help bring the pain levels down, help with the depression that often comes with fibromyalgia, help with sleep, anxiousness, hyperactive nerve responses and more. After a while some of the medications did not work and I had to try new meds. Side effects/sensitivity to drugs is common with people with fibromyalgia. I had some side effects that were scary, so the meds were changed. I then decided to retire from teaching after 43 years, the last 13 at John F. Kennedy High in Sacramento. The fibromyalgia symptoms were part of the reason for my retirement. I noticed that when I retired in June 2014 that my symptoms began to get worse, any relief I had was gone. I used to walk every day for 30 minutes or more, but one day I couldn't walk, I was dizzy, my back hurt, and I was having trouble breathing. I thought I was having a heart attack. I wore a heart monitor, saw a cardiologist who said everything was fine and she didn't know much about fibromyalgia. I left her office crying, because I wanted there to be just a little something wrong, so that again I would know I wasn't crazy. That is when I had the epiphany. I had to take control of my medical care, do my own research, and step outside of my comfort zone. As I was doing my research, I came across the website for Tami Stackelhouse, Fibromyalgia Coach. We talked, I hired her to be my coach. This is one of the best things I could have done for myself. She led me down the road to self-empowerment. She led me to practitioners outside of my comfort zone that would put me in charge of my health. All of the practitioners I saw and still see are a team with me in charge. Tami then opened the International Fibromyalgia Coaching Institute. I was in her first class with 12 other women from across the country and England, graduating on Jan. 31 as a Certified Independent Fibromyalgia Advisor. Each of the graduates has fibromy-

algia. This makes a big difference to those we serve.

6. Why did you start the support group? When I found out I had fibromyalgia, my doctor sent me to a support group that was run through my health insurance provider. I walked out the first time more depressed than when I walked in. I was sympathetic to the others in the group, but the entire time the group members complained. There was no sharing of ideas or strategies that could help each of us feel better. I felt for each of the women, but I wanted to learn how to deal with fibromyalgia. Then some doctors spoke: a rheumatologist, pain psychologist, pharmacist, and neurologist. They each discussed how their specialty dealt with fibromyalgia. This was very informative, but not very compassionate or caring. It was all factual. These practitioners meant well, but they really didn't know how we felt. They did not have fibromyalgia. Last year I tried another support group through my insurance. This time there were 12 women, one of them was me. 11 of them were newly diagnosed and were devastated, crying, not knowing what to do. The insurance co. did not learn their lesson since the last group I had attended. It was all technical information about fibromyalgia, no real

understanding of what these women including myself are going through. I had had my diagnosis the longest. I started comforting them and suggesting strategies to the other group members. When the meeting was over, they asked for my number, because they needed someone who understood what they were going through. This was the seed that has been in the back of mind for the last few years. When I became my own best advocate, hired a coach, went to school, and became a fibromyalgia advisor, I knew in my heart that it was time to start a support group that is compassionate, caring, informative, and educational. I want the group members to become empowered self-advocates. It is my goal to guide them on the pathways to health, hope, and happiness to do exactly that. I want the group members to learn that Fibromyalgia does not need to define their lives. Every person with Fibromyalgia can lead a joyous and fulfilling life. The key to success with fibromyalgia treatment for anyone is team work between the fibromyalgia patient, traditional medical doctor, any alternative practitioners, family, and friends. This is what I want to help with in the support group and my 1-1 advising/coaching business, "Fibromyalgia Pathways to Health, Hope, and Happiness."

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