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Phase one of Brookfield School nearing completion

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Sacramento River on the north, west, and south, George Macko General Manager Kathleen Egan . Monica Stark Art Director.. .John Ochoa Graphic Designer ..Rvan Wunn Advertising Executives. ..Linda Pohl,

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**Zpizza set to open next month** 

Editor's Note: The next issue of the Pock- ery, but this location will focus on dine-

Zpizza has announced its latest new the business, according to Bright, prides venture: A sit-down pizza place in the itself by using organic ingredients "when Pocket, complete with five big television appropriate" and part-skim mozzarella screens and 16 self-pour craft beers.

"This one will be bigger," said Chris text is about using fresh ingredients." Bright, president of Zpizza Internationcus with Zpizza (elsewhere) is on deliv- on tap.

et News will feature an in-depth look inside Zpizza with exclusive interviews.

in." He's hoping the space will be used for parties and youth group dinners. With 95 locations, mostly in California, cheese. "It's great tasting food. The sub

Set to open in September at 7600 al, as he contrasted it to the franchises in Greenhaven Dr. near Caffe Latte, this is Folsom and in Roseville. "A lot of the fo- the first Zpizza to have self-pour beers

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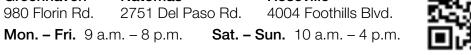
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The Pocket Watch:

## **Proposed community garden to** grow much more than vegetables



By JEFF DOMINGUEZ

There are just some people in this world who were born with that Bobby Kennedy thing. To paraphrase Senator Kennedy very loosely, they don't look at the way things are and ask, "Why?" They see the way things could be and ask, "Why not?" On my best days, I like to think I have a bit of that attitude, myself, though maybe it's become a bit muted with age. Whatever the case with me, there are others in our community in unmistakable possession of this admirable quality, and when they put it to work, great things happen for all of us who call the Greenhaven/Pocket area our home.

Put one or more of those people together in a room, and something good is bound

to happen, guaranteed. A perfect example of this phenomenon occurred recently, when Kathi Windheim, Will Cannady, and Angela Wood attended a meeting together on the topic of exploring the possibility of hosting a weekly farmers' market in the Pocket. Somehow, the idea of a community garden was broached, and light bulbs began to appear above their heads.

Will Cannady, a local resident and teacher at the School of Engineering and Sciences, described the process of getting the garden underway with the Pocket News. "We got together and decided that we needed to start doing a few things to get the process started." The next step turned out to be a meeting with an official with the Sacramento Department of Parks and Recreation whose information for the group would have been perceived by any other mere mortals as mixed at best, if not downright discouraging. Will and company, of course, left the meeting feeling upbeat and excited about the challenge. Among the things they learned was that the process of establishing a community garden in the Pocket can take several years, and the project could be fairly expensive. But they also

See Pocket Watch, page 17



## **Greenhaven Lutheran Church won best community** float at the Pocket Parade

Photo by MONICA STARK

In a previous listing of winners of parade winners, the Greenhaven Luther Church was left out accidentally. They won the best community float at the Pocket Parade and here are some adorable children who sat on the Noah's Arc themed float.

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# **Remembering Mike Nishio**

Aileen became concerned

about Mike's ambitions in

life even though he had two

part time jobs, and he taught

swimming in the summer.

Both Mike and Aileen then

moved on to Sacramento State

where he would get his degree

and teaching credential. He start-

coached football at Luther Bur-

bank. In 1984 he moved to Mc-

Clatchy, his dream job, as a PE

teacher and coach. Aileen also

became a teacher for many years.

daughter Cindy in tennis and

son Matt in basketball and

they played for the Sacramen-

to Rebels youth basketball

ball and basketball, boys and

girls' tennis, and golf. 'If the

Mike would go on to coach

always make you happy."

**By IIM COOMBS** 

Over 700 family, friends, Mc-Clatchy staff, and former students attended the funeral of Mike Nishio at the Sacramen-She finally asked him what to Buddhist Temple on Riverside Boulevard on July 16. The his major goal in life was. He entire temple and gymnasium immediately commented, "To were full for the service.

In mid-June Mike and wife Aileen took an Alaskan land and sea cruise with friends. They enjoyed beautiful Denali National Park the first ed teaching at Fern Bacon and week. Shortly after boarding the ship the next week, Mike contacted influenza.

Upon returning to Sacramento, he checked into the hospital immediately where he was diagnosed with pneumonia. Fighting a good battle, he passed away two weeks later on July 16.

Mike was born on May 10, 1945 at Tule Lake, California. He grew up in Sacramento with four brothers and two sisters. Long-time friend Harvey Tahara said the vacant lot next to Mike's house was home to many childhood football and baseball games while growing up.

As teenagers, golf became Mike and friends would play 18 holes in the morning, go home for lunch, and play another 18 in the afternoon.

Following his brothers to McClatchy, Mike immediately immersed himself into football, track, and basketball. He was known for his stocky legs and as a senior was a Sacramento Union All-City halfback for George Bican's 1962 McClatchy Lion football team.

In the Nishio lore, they

In the Nishio lore, they talk about the time he was stopped at the goal line by two Hiram Johnson defensive backs; there was a collision, backs; there was a collision, and Mike's sturdy legs pushed the two defenders into the end zone for a touchdown.

Upon graduation Mike attended San Jose State for a year and then luckily returned

year and then luckily returned to Sacramento City College where he met the love of his life, Aileen. Tahara mentions that during that summer he kept calling Mike to play golf, and Mike always had an excuse not to play. Finally, it was determined that Mike was in love.

At one point in the romance, to find their niche in life in sports and in academics.

Funeral chairperson Ruth Seo and Tahara both mentioned that Mike with the freshmen, along with Brad Klopp who coached the sophomores, were key people in helping Tahara achieve basketball success and championships in the 80's and 90's at McClatchy. Mike would also serve as athletic director for many years.

At least 25 of his former players now in their 30's and 40's were there to honor Mike for his influence on their lives. Many are successful businessmen today and one is a counselor at Sacramento State and Folsom College.

As a family the Nishios took many camping trips in the "famous van." Bodega Bay was golf at McClatchy. He also a popular spot at the coast coached his children when along with national and state parks in the western United States. Golf trips with friends teams where they won many came after Mike retired.

championships. Every guest speaker talked At McClatchy Mike was the about Mike's quiet resolve and ultimate team guy. He would even temperament. If Mike got coach both freshmen footexited, you were really in trouble. Pete DeGusta, who was the basketball timer for many Lions needed a coach Mike years, once asked Mike, "How was the man. Over the years can you stay so calm?" Mike a favorite pastime, and often he had tremendous influence just smiled and said, "My docon many 14-and 15-year-old tor told me it doesn't do me teenagers who were trying any good to get excited."

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Mike was the ultimate life teacher with his children, nieces and nephews, and then later with his grandchildren. All remembered him fondly for his enthusiasm and ability to become so involved while holding parties, playing games, or just visiting. Mike always made everyone feel very important.

The Nishios wish to thank everyone who participated, brought food, gifts, and for the many nice cards and emails. They were overwhelmed by the outpouring for Mike.

In 2013 Mike was inducted into McClatchy Sports Hall of Fame for his athletic prow-He will be deeply missed by etheroar, or DDSO.

his many, many friends for his smile and "just being Mike."

Donations can be made to SBC Legacy Endowment Fund, or McClatchy ess and coaching dedication. High School's Restor-



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## **Loving Mother Nature** by keeping her clean

A neighbor's drive to clean up Garcia Bend

By MONICA STARK

the Sacramento River rejuvenate Gus Sand who enjoys swimming at Garcia be overstated.
Bend with his dog, Bandit. In three da
The two of them have Fourth of July

undergone surgeries over brother and sister-in-law the last few years - Gus picked up 100 pounds of got a hip transplant after trash off the beach of Garfalling from the scaffolding of the fourth story of saw a woman about his age a Clarksburg building he and who, like him, was at was remodeling, and his the river picking up trash. dog Bandit has needed When they met, they hit it prosthetic knees.

"It's a therapy you just can't pay for," Gus said. "I'm amazed there aren't more people down there. It seems to heal me."

Park and spent many sum- 20, 2014. mers swimming in the

to rivers. He was a member of a water ski club in the "old days." And as he takes The healing powers of in the beauty of nature today, his appreciation of the Sacramento River cannot

> In three days after the Fourth of July, Gus, his cia Bend. More recently, he off and began working together to clean the beach.

After the Fourth of July clean-up, Gus approached the beach at Garcia Bend I am a river person. I love only to find a beautiful surthe current and the water. prise, "I love Sacto" carved

Also, upon seeing the American and Sacramen- goodness of the garbage

> and drug it up."
> And, in his humorously entertaining way, Gus gave himself a nickname for the kids to

> > See River clean up, page 7



Gus Sand is shown cleaning up a camp near Chicory Bend beach

picker-uppers, the director of Kovar's approached Gus and explained the community service requirement for those striving to become martial art black belts. So, a in the sand with a heart group of Kovar's kids came Gus grew up in Tahoe around it and the date, July, to the river to help Gus out. There was a piece of a boat we found and so my Kovar's people – there were eight of them – we really scoured the beach good and they had found (the boat) and I had seen it before way up in the bushes. They found it and drug it, so I went yesterday and I cut it in half



One of many piles of trash at Garcia Bend that have been cleaned up by Gus Sand



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(left) Garcia Bend is shown clean after the Fourth of July. (right) A visitor at Garcia Bend noticed the clean up job and showed appreciation with the lovely note: "I LOVE SACTO" with the date, July 20, 2014.

#### River clean up: Continued from page 6

refer to him as, Basuro Burro a beautiful place to be." (garbage donkey), which he expressed in a loud and quick tone, as if he was to follow that up with a karate move.

"The legendary Pocket samurai is all things," Gus said matter-of-fact about his nickname, as he toured trash there. "There's not a pleasant July afternoon.

For Gus who enjoys swimming in the river, havenjoy the peaceful river.

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clean and I swim in the river. Besides paper and plastic er Falls area near Marysville. I can't swim in the garbage. trash, fish hooks and "lots That means he's hoping you, The water itself flows clean. of diapers" have had their dear reader, can help keep It is a great water source. It's unsightly share of would- Garcia Bend clean. Ideally,

levee. I leave it there. When I have three, four, five (bags), Chicory Bend, looking for then I get my bicycle. I ride the bike down only 100 much garbage here. I'm a lit- yards to the gate where you tle disappointed," he said on enter the park. One of these hooks, gets a prize." bags fills the garbage cans."

To protect his hands from small shards of glass, Gus ing a cleaner beach is not brought a rake to clean the all my life. I'm here now," I say it's in your pocket and only more inviting for him- glass out of bushes and self, it's an opportunity to shrubs, as his drive to clean buy property in the Feath- as well take care of it." give back to Mother Nature the beach not only has been and to others who come to an aesthetic issue, but a safety one as well. "I focus on "It's very humbling," Gus glass. I really worry about said. "When a nice family glass. Hopefully, when we shows up, it's clean. It's total-find glass, it saves a trip to the ly a different beach when it's emergency room for a kid."

Describing his routine in for Gus, the one with the is out there who can stop by an interview with the Pock- happy-go-lucky attitude, the beach daily for routine et News, Gus said he keeps making a game out of di-the bags right at 50 pounds. aper and fish hook collec- As he told "Not more than that. Then, tions, has helped make the Kovar's and folks he meets I drag it up to the top of the clean-ups enjoyable for when he's out there cleannot only himself but for ing up the beach: "The riv-

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be pristine real estate. But Gus hopes just one person

As he told the kids at those he's had help him. er is a really special place. "As gross as it is, it's that It's been here 1,000 years. rewarding. Whoever it is It's a very special part of who picks up glass or fish our existence. It doesn't come into focus until gar-A rolling stone at heart, bage is cleaned up. You can Gus said he's "been travel- hear the birds, the wind ing all the time- - you know ruffling through the trees. but, he said he's looking to it is a jewel and you might





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# Matías Bombal's Hollywood

"The Hundred-Foot Journey" The MPAA has rated this PG

Touchstone Pictures bring us "The Hundred-Foot Journey" based on Richard Morais' book about the clash of two cultures, Indian and French, that operate two restaurants situated a mere 100 feet apart from each other in a small French village.

Helen Mirren plays the owner of the Michelin Star restaurant and famous Bollywood star Om Puri is "Papa."

Their first meeting set in motion the rivalry between the two, and as the story progresses, things become rather heated between. Not for long, though, as a change begins to occur when Puri's son Hassan, played by actor Manish Dayal falls for one of the cooks at the French restaurant, Marguerite, played by lovely Ms. Charlotte Le Bon. She offers the young man information and books about French cooking as the cultural opposites begin to seem less so as the story progresses.

There are many wonderful things about this production. The cinematography by Linus Sandgre is never hand-held or shaky. Wellconstructed screenplay adaptation from the book, and good use of music, includes a classic recording of Charles Aznavour's. However, sadly, I found the story to be entirely predictable. You'll likely figure out what's going to happen next as I did.

So what's left to enjoy? Helen Mirren's capable and consistent abilities, the warmth of Om Puri, and the two romantic leads, winsome Ms. Charlotte Le Bon, and the even more beautiful Manish Day-

"The Expendables 3" The MPAA has given this a PG-13 rating

Loinsgate brings us more major film stars in one movie than it is easy to count with "The Expendables 3," another story of macho daring-do penned by, the lead in the movie, Sylvester Stallone. In this new installment, Barney Ross (Stallone) recruits

a young, fresh, new team to go into a special operation after putting the old guard out to pasture. He's up against Conrad Stonebanks, played by Mel Gibson, the cofounder of the Expendables who apparently did not die previously, and now is an arms dealer ready to take out Barney and

his crew, old or new. The rest of the cast is impressive: Harrison Ford, Arnold Schwarzenegger, Jason Statham, Wesley Snipes, Terry Crews, Kelsey Grammer, Kellan Lutz, Jet Li, Ronda Rousey, Victor Ortiz, Glen Powell, Randy Couture, Antonio Banderas, and Dolph Lundgren!

I was brought back to a fun time in my childhood when I played with green army men, and knocking over 40 at once, which did not kill anyone in real life. This movie has this feel; you just check reality at the door and latch on for the ride. Mel Gibson is fantastic in his cool hatred. You may even actually understand Stallone when he speaks.

The photography of Peter Menzies, Jr, (No relation to famous production designer William Cameron Menzies) is quite good with some nice compositions for the wide screen. Happy this was not in 3-D. So nice to see the aging A-list action heroes have al. I hope to see more from those two on screen very soon.

fun laughing with themselves and kudos to them for still working.

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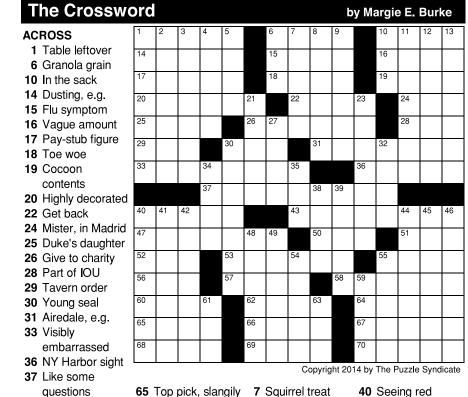
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## **National Night Out at Didion Gym recognized** the best in community organizing

By MONICA STARK

Photos by NICOLAS MORENO

About 100 neighbors gathered together for National Night Out at the Didion School gym, ice cream they could eat, a \$500 reward in a nationwide Fourth of July parade float design con-Tem Darrell Steinberg rode on the Nextdoor float at the 4th of July and came to the NNO ramento Police Department South Command's total of \$1 million. Captain Dave Peletta and four of the lieutenants who have helped NextDoor grow from 50 members to more than 1,500.

biggest surprise came to Kathi Windheim who received a certificate from the state senator.

Darrell Steinberg, a Pocket resident, told the Pocket News afterward his presentation that he remembered meeting Kathi years ago and thinking to himself: "This is a neighborhood leader. We live in an era in which we don't know our neighbors. She's the opposite. She's fighting that trend. She's saying, we must have community."

Among Kathi's accomplishments, acknowledged by Steinberg included: getting the Didion Gym as well as the Robbie Waters Pocket-Greenhaven Library built. She also helped raise money for a yetto-be-built skate park at Argonaut Park.

When Darrell started in public office 22 years ago, he said, cities were at the beginning of the neighborhood association movement with 50-75 people attending meetings all through word which has been used to help organize communities. "With the advent of technology, you combine the passion and the desire to keep neighthis has grown - how many people are connected, whether showing up to meetings or communicating with each other by computer. I think it's an incredible evolution that's going to keep our neighborhoods strong and safe for a long, long time. I thank the community for taking this to a level I could have never, never could have imagined."

Former councilmember Robbie Waters thanked Darrell and Kathi for their support in getting the Didion Gym built, stating the school sports teams never had a home advantage before, but "here it is - one of the nicest gyms in Sacramento."

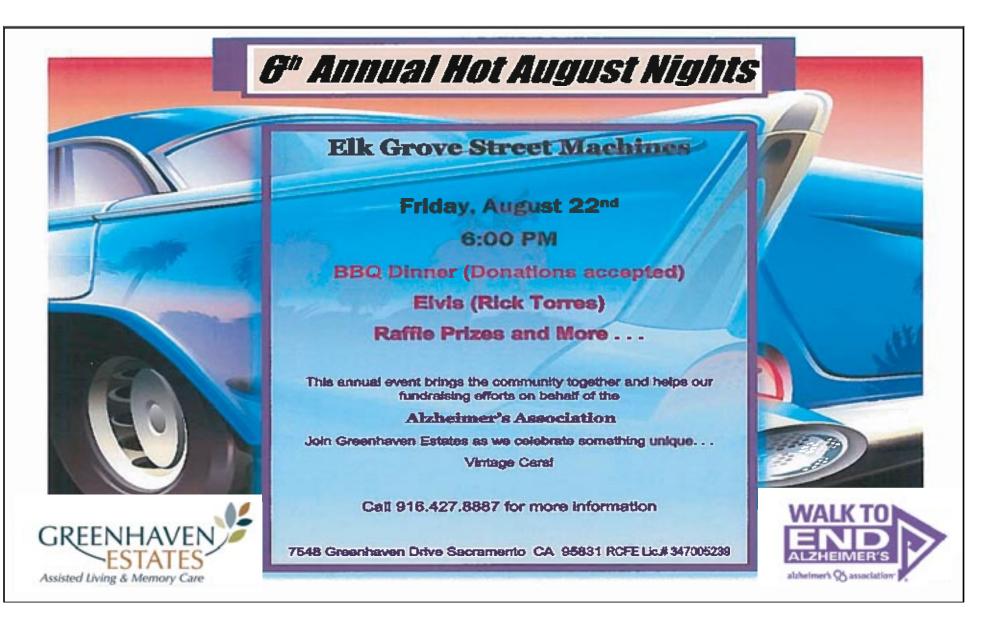
While no certificate was given to Darrell, where police officers and neighborhood activists Kathi piped up, thanking him for his support were recognized for their ongoing service to the and offering him a Buster Posey card. (Fun community. Neighbors were also treated to all the fact: Buster Posey is the only person Darrell follows on Twitter.)

Concerning the Didion Gym, Kathi rallied the test organized by NextDoor.com. Senator Pro- community and local businesses to raise \$300,000 in cash, as well as in-kind donations, state funded public school construction grants, and funds from event as a surprise to present certificates to Sac- the Capital Improvement Program. They raised a

In regard to the Robbie Waters Pocket-Greenhaven Library, Kathi began fundraising with the Pocket-Greenhaven Friends of While the honors were given to the officers, the the Library group in 2005 to build a \$15 million library with 45 public access computers, a community meeting room, a quiet room, two study rooms, and a Ready-To-Read room for children, which also boasts a beautiful mural in a tower-like stetting with a plethora of characters from childhood favorites.

Furthermore, Kathi partnered with Freeport Renovation in the Move, the City of Sacramento, Sacramento City Unified School District, community members, and teens, who played a large part in getting the skate park at Argonaut Park underway.

In a written statement to the Pocket News, Angela Wood, a lead on the social networking site, NextDoor.com, stated: "Kathi is an unfailing presence in the Pocket community. She has had a hand in just about everything you can think of. She puts together various celebrations, Summer of mouth. He praised the use of NextDoor Reading Program Kick-Offs, works with students on the Bound Together Free Little Libraries, 4th of July floats over the years for the Annual Pocket 4th of July Parade, the recent Values Project at borhoods safe. With the technology - look how Robbie Waters Pocket-Greenhaven Library, and most importantly the support she enlists for high school students by way of setting up internships and scholarships to help further their education. She has also been a lead on Pocket Nextdoor for a little over a year. She is an invaluable asset to our community and touches the lives of everyone who is lucky enough to know her."



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This 3 bed, 1 bath home is located right in the heart of Hollywood Park and within short walking distance to local schools. Roof & gutters 2 years old, dual panes throughout approx. 3 years ago, updated kitchen & bath, gleaming hardwood floors throughout, HVAC approx. 10 yrs old. \$299,950 - JOHN WONG 916-531-7150

#### **SOUTH LAND PARK**

Spacious 4 bed, 2 bath single story home located on a large lot. New carpeting. Kitchen features commercial 6 burner stove, sub zero refrigerator & corian counters. Master bedroom has bonus room (office, nursery, ??). Mature landscaping and solar heated pool. \$628,000 - JOHN WONG 916-531-7150



#### GREENHAVEN/POCKET



Beautifully maintained custom built 3 bed, 2 bth single story home. Newer roof/gutters, HVAC, dual pane windows/sliders throughout, plantation shutters. Updated kitchen w/granite counters, sink, newer appliances.
Walk in pantry w/custom glass door. Hardwood in livingroom, hall & all pedrooms. Beautiful backyard with in ground spa & more! \$365,000

#### MARSHA CHAN 916-217-5500

**GREENHAVEN/POCKET** 



Stunning upgrades highlight this 3-4 bedroom, 2.5 bath home located on a larger corner lot. Kitchen remodel includes expanded work area with custom cabinets granite counters, island, tile floor & top of the line appliances. Mature landscaping & extensive decking, plus expanded patio for outdoor entertaining. **\$485,000** 

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Faces and Places:

## **Senior Resource Fair**

Photos by LINDA POHL

Agencies and nonprofit organizations offered free services, including a blood pressure check, a glucose check, hearing tests, foot exams, memory testing, bone density testing, massage therapy sessions and legal advice at the sixth annual senior resource fair held at St. Anthony Parish, 660 Florin Road. Sponsored by Primrose Revere Court, the event featured speakers Laura Wayman, author of "A Loving Approach to Dementia Care;" and UC Davis Director of the Alzheimer's Disease Center, Dr. Charles DeCarli. Primrose Revere Court offers residential care, respite care, day club, support groups, one-on-one counseling and free monthly seminars. For more information, call Casey Simon, community relations director at Primrose, 382-3510. Primrose is located at 7707 Rush River Dr., Sacramento 95831.









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### Pocket Watch:

learned that there may be some funding available to curtail the costs involved, the process," says Will.

ing to Will, is that a large parcel of bare land is divided up into smaller plots, 20 feet by 20 feet. Fami- flow preventers, and whether lies or individuals in the or not to import soil... community lease the small free to come and go as they they are maintaining their waiting lists," says Will.

there are several options that can affect the cost and duration of the overall process. willing to invest in a proj-The garden could be established in an existing city park, to require such a significant even a school. Or the land amount of their time and en-

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ter involved, of course, must be borne by someone, another huge issue as the city gradually converts its neighborhoods to water meters, especially "And we have some ideas in a drought year. Also, a seabout possibly speeding up ries of meetings must be held to gain community approv-The way a communi- al of whatever location is fity garden works, accord- nally proposed for the garden. There are a myriad of variables yet to be established, including: irrigation, fencing, say 10 feet by 10 feet or insurance, composting, back-

The next step in the proplots for a nominal annu- cess comes when Will and al fee, maybe \$25-\$50, and company meet with Araceli are free to plant whatever Mercado, our district's repcrops they want to grow. resentative on the Sacra- benefit us all. A fairly sophisticated wa- mento City Parks and Rectering system is usually in- reation Commission. "Her tion comes from the folvolved, and usually a shed support will be key for us in lowing vision for the projwith some tools. People are getting this project to move ect he keeps in the back forward," according to Will. wish to work their gardens. Not unlike Kathi and Will As long as it is evident that and Angela, Araceli is well known for her volunteer ter is just 1 year old right plots, people can garden work in the Pocket Green- now, but when she's four or there for years. If a plot haven community on begoes unmaintained, it is half of a wide variety of or- let's go over to the garden leased out to someone else. ganizations and causes. Her and work on it a bit! When "Some gardens have long service as a Parks and Rec we get there, sure enough, Commissioner, for one, be- there's other families just The group has learned that ing a perfect example of her like mine, maybe even for-

Why would folks be so ect that is obviously going could be donated by a local ergy? It's a question that de-

Sunday, September 21, 2014

Jim Rome asked Evel Kniev- taking advantage of the opel why, if Evel knew in his portunity to come togethat best, 50-50, he would ever for each other..." agree to do it. Evel's response: "Do you know who the hell I am?" Kathi Windheim is the Pocket's version of the Roadrunner, with projects that include the Genevieve Didion great example. But it seems each other..." Gym and the Robbie Waters perfectly obvious to me Pocket-Greenhaven Library in the dusty wake that trails her. People of a like mind in our community somehow find a way to each other, and the results almost always

As for Will, his motivaof his mind: "It's a couple of years from now, maybe a weekend. My daughfive, she says, 'Hey Daddy, mer students of mine, and

church. The cost of the wa- serves a good answer, but it we're all working in the heim Community Gar-

already has a few community gardens up and running. The garden at Frethat are going to be raised community garden (Wind- at jeff@valcomnews.com

kind of reminds me of the soil, harvesting healthy den, perhaps?). There's time that sports radio host food to feed our families, also a bumper crop of future community activists coming up, the children of heart that his odds of surviv- er and work on something our gardeners, who will no ing a particular jump were, positive with each other, doubt learn to follow their parents' example in the fu-The city of Sacramento ture, and, without hesitation, be willing to get their hands dirty to, as Will puts it, work on something posmont Park downtown is a itive with each other, for

> that it's not just vegetables The Pocket Watch appears in every issue of the Pocket News. in the Pocket/Greenhaven Ieff Dominguez can be reached





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Outside of delicious pizza and beer, the new Tap Room is partnering with the Sacramento Society for the Prevention of Cruelty to Animals (SSPCA) and all beer receipts from opening day will be donated to the organization. A live pet adoption will also be on-site from 12p.m. to 3p.m. to help local animals in need find loving homes.

\*All guests must have a valid form of identification and be over the age of 21 to be served alcoholic beverages.



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Photos by Richard Turner

## There's art in the Pocket!

Pocket artist Richard Turner ists demonstrate their work, knows his photographs make people happy. "That's why I photograph flowers and birds." He has sold more than 49,000 greeting cards featuring bright, colorful flowers. "That's a lot of happy people," he says.

Richard's home studio is one of the stops on the ninth annual Capital Artists Studio Tour, which, up until this year has not included stops in the Pocket area, which may Gary Michael Weinberg will sound absurd, because, ves, there is art in the Pocket!

Pocket's stop on the CAST for all art lovers, as great art- guests to have a good time!

food trucks and live music entertain visitors on Mast Court near Gloria Drive, across from John F. Kennedy High School. Set for Saturday, Sept. 13 and Sunday, Sept. 14 from 10 a.m. to 5 p.m., there will be art, food and music. The Kennedy High Marching Band will perform on Saturday and rock and roller blues man perform on Sunday. Artists and neighborhood businesses will line Mast Court and a will surely be a fun destination festive atmosphere will invite



This will not be your usual ho-hum art walk. This will be a party.

From acrylic painting by Skip Lee, to bronze sculpting by Jay Bishop who will be demonstrating his techniques, the tour will also include Chinese brush painting by Dorothy Steed, "galactic art" and jewelry by Alex 8, fabric creations by Carol Wittich, and fine art nature photography by Richard Turner who will also be signing his new book, "I Can't Always See My Path...But I Keep On Walking," which has been praised by Dr. Wayne Dyer as a "masterpiece" and a "gift to the world."

"I'll have many new flower and bird images to share with those who come to the Pocket for the tour," Richard adds.

Carol wrote into the Pocket News stating that among her creations, her scarves are hand-dyed with synthetic dyes as well as natural dyes, such as pomegranates and basil.

Other highlights of the tour, though outside of the Pocket, include a SAC Open Studios launch party at Verge Center for the Arts on Thursday, Sept. 11 from 6 to 9 p.m. The party will be a preview of more than 125 artworks installed salon-style in the new classroom space at Verge Center for the Arts. This exhibition will be up until Oct. 1.



Photo by Richard Turne



Photo by Carol Wittic

## Pocket resident lobbies for pancreatic cancer research and funding

After five years of pressing the state and federal government for more awareness and funding for pancreatic cancer research, on Monday, Aug. 4, California State Senator Jim Beall presented Pocket resident Kathy Garcia with a resolution declaring November as Pancreatic Cancer Awareness Month. Coming up on the Tuesday, Sept. 16 Sacramento City Council agenda, council members are expected to pass a similar resolution. (Note: The text from the resolution is at the end of this article.)

To Kathy, it's been a long time coming - five years - since she and many other advocates and volunteers from the Pancreatic Cancer Action Network introduced a bill that was made into law under the name the Recalcitrant Cancer Act, which provides

deadliest cancers: lung/bronchial, co- olutions supporting pancreatic cancer lon/rectal, breast and pancreatic. More recently, the resolution declaring November Pancreatic Cancer Month will help for planning fundraisers and educational campaigns.

According to a statement from PCAN, the Recalcitrant Cancer Act "was the culmination of five years of effort by the Pancreatic Cancer Action Nétwork's passionate advocates and volunteers—who sent 76,000 emails, made 14,000 calls to Congress and participated in 1,500 meetings."

Coming up on Sunday, Sept. 14 at William Land Park is the annual "PurpleStride", which held in November last year, raised \$110,000 for research, awareness and patient services.

For a form of cancer that has no cure or diagnostic tools for detection, Kathy is thrilled to have the Recalcifunding and research for the top four trant Cancer Act in full swing and res-

research underway.

"We were so excited to get this passed," Kathy said in an interview with the Pocket News. "(Pancreatic cancer) is very underfunded and under-researched."

"When you have it, you have it," Kathy says. "The survival rate is 6 percent. Once six months to live. NCI expects pancreatic to move to the No. 2 cancer related death by 2030. My mother (Margaret Moss, 78,) had it. She was diagnosed in July 2002, and we lost her in October. They used a placebo chemo treatment; and they still use the same one."

That was 12 years ago, as Kathy explains, when her mother was in "extremely good health and was on vacation when she got sick. A diagnosis was made and she was sent home. We were flipping out."

This year, PCAN asked for \$5.26 billion from the federal government go to NCI to fund research on those aforementioned four most deadly forms of cancer and asked for forgiveness from future sequestration. "That's still in the works," Kathy says, but she expressed enthusiasm over asking for that amount of money. "I felt like we diagnosed, you have between three to were just podunk people asking for that much money, but they write down the number (\$5.26 billion) and (the request) to stop sequestration.

> The resolution to be brought to the city council on Sept. 16, reads as follows: Recognizing Pancreatic Cancer Awareness Month

WHEREAS, pancreatic cancer, the fourth-leading cause of cancer death

See Pancreatic Cancer Awareness Month, page 27



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# Aquaponics plant sale to benefit Burbank **Urban Garden**

ens, and a sophisticated PR campaign in full swing to promote ourselves as the "Farm-To-Fork" capital of the nation. But there's another type of urban agriculture that's gaining traction with local food aficionados: Aquaponics.

Simply put, aquaponics is a system that a food grower can use to produce vegetables without soil. It's a symbiotic environment which mimics what you might find in a riverbed or a lake, fish and other aquatic animals produce waste matter, which then becomes the food nutrients for the surrounding plant life. In turn, the plant life consumes the waste before it reaches toxic levels and provides clean water back to the system. Aquaponics reproduces this arrangement on a scale backyard, a patio, or even on top of a windowsill.

Humans have been using aquaponic methods to grow plants for ages, thousands of years, by the best guesses. More recently, aquaponics has seen a dramatic resurgence as hobby farmers and natural food enthusiasts searched for a way to produce quality veggies in a sustainable manner and without pesticides.

Sacramento State Environstudent interns and advisers, bank Urban Garden student

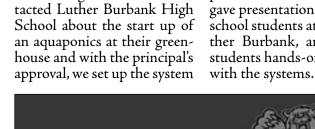
Sacramento's already got its urban gardens, backyard chickend of Sept. 6-7. Six packs of fall vegetable plants, a variety of herbs inside beautifully arranged tofa pots will range in price from \$2.50-\$10.

As of right now, students have grown about 600 to 700 plants through the aquaponics system, including varieties of small plants for sale such as rosemary plants, green onions, lettuce plants, lemon grass, flowering plants (Snapdragons, Calendulas, Pansy, etc), basil plants, succulents, Napa cabbage plants. All proceeds will go to Luther Burbank's Ag. Program.

At the plant sale, the community is invited to enjoy tours of the garden and aquaponics system. Sacramento State student organizer, Mary Xiong, said the students are in the process of talking with other organizations, so they small enough to be done in a might get some volunteer help from Americorps and Asian Resources, Inc as well.

Speaking with the Pocket News about the details of her involvement with the aquaponics program at Luther Burbank, Mary said she and the fellow Sacramento State students interning at Luther Burbank are trying to encourage sustainable urban agriculture throughout the local community and high schools.

Included in her comments, mental Studies Department Mary said: "We, Sacramento State students, initially startas well as members of the Bur- ed the aquaponics program at Luther Burbank High School club will be selling plants that earlier this year during May were grown in an aquapon- as a part of our final project



Contemporary Environmen-

tal Issues where we focused

on urban agriculture. We con-

for an environmental course – by the end of May. During the summer, we planted cuttings in the aquaponics systems, planted seeds in soil pots, gave presentations to summer school students attending Luther Burbank, and gave the house and with the principal's students hands-on experience

"As of right now, we hope to educate and bring interests to the students attending the high school and the community about sustainable agriculture and to bring community awareness to help fund Luther Burbank's agriculture program through the plant sale.



# INSERTS

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# Phase one of **Brookfield School** project nearing completion

New school to open in Pocket area this fall

**By LANCE ARMSTRONG** 

Although the "moon dust" is still flying at the Brookfield School project behind The Trap bar at 43rd Avenue and Riverside Boulevard, phase one of the project is considered on course for completion. The pre-K-8th grade school is thus expected to open on schedule at that site this fall.

Both Dwayne Taylor, project superintendent, and Joe Giger, project manager, took breaks from their busy schedules last week to share details about the project with this publication.

Prior to discussing the project, which is being performed by the Rancho Cordova-based DesCor Builders, Taylor strolled across the extremely dusty grounds of the new school site.

In commenting about that powdery layer of silt, Taylor, who is a resident of Rocklin, said, "It's been crazy. It's been really hard to manage, because when you get it wet, it turns into snot, just slippery and it sticks to everything and you can't drive on it. But after a good rain and it has actual-But as soon as you drive on it or walk on it, it breaks up and turns to moon dust again."

Taylor spoke with a confident and proud tone in his voice while he discussed the progress of the work that has since the project began last outside that we're moving March. However, he admitted that some days have been more productive than other days.

a square block in a round tain level of chaos.



A forklift driver maneuvers his vehicle on the east side of the school construction site

Everything is oversized and

overbuilt, because it's commer-

Taylor said that he feels

of the subcontractors had to

hole," Taylor said. "We have ly had a chance to dry, then it a really ridged, fast-paced kind of shrinks and solidifies. schedule, and its construcschedule, and its construc- the project, Taylor said, "It tion. You know, not everything goes as we would like ing. It's a wood frame, so it's like or we would hope. While we're moving full speed ahead, occasionally we have to go backward and sidestep. So, it just adds to the schedbeen performed on the site ule. It may appear on the forward. Sometimes we're cial and it's all wood." not. We have our complications, but sometimes that's "We're still trying to cram part of the fun. I enjoy a cer-

fortunate to have been presented with a group of quality workers. and got a good group of guys on this project," Taylor said. "I think because of the pace and speed of the project, some

send some of their better guys After being asked to name the most challenging part of out. We didn't have a relaxed environment, so they could would probably be the framsend out some more relaxed people. The quality (of labor) has been where it needs to residential, but it's commercial. be for a school (construction In order for it to be structurally sound, there's a lot of timber project), which is at a slightly higher level of quality for in these walls - a lot of posts and oversized studs, headers. safety and things like that."

> Several of the workers, Taylor added, did receive a few complaints from residential neighbors.

"Some of the guys get a little too anxious and they start earlier in the morning before our "We've been really lucky 7 a.m. start time," Taylor said.

Construction on the site was originally performed Mondays through Saturdays from

See Brookfield, page 21









## **Brookfield:**

Continued from page 20

7 a.m. to either 4 or 5 p.m., but by June that schedule was decreased to the present Monday through Friday schedule, with the same hours.

future school's other neighbor - The Trap, and some of its owners' concern with a school being built next to a bar – Taylor said, "I think they were just and when that didn't go their But they've been great. They've and mechanical work. been great neighbors."

Taylor said that there is a possibility that the entire Brookfield School project may not be completed for about five more years.

ture a pre-K building and an ground utilities" work. all purpose/community center building) is funding drivbudget," Taylor said. "So, right a "raw piece of land." now, it's unknown whether it's two can be commenced)."

During his interview with dations of the buildings. the Pocket News, Giger, who is a resident of Carmichael, phase one of the project.

"Phase one is (the) administration building, (a) bunch of ery single wall before the (ceclassrooms, computer rooms, ment) was even poured," Giger ral lights," Giger said. "These on it erecting walls, and the

dows, both skylights, as well as ephemeral walls. They also have a pretty unique system called the night flush system that's an energy efficient cooling system. There are a total of seven structures."

Giger, who also manag-

In presenting a timeline

Giger added that water, sewer, storm drain and elecen, so as enrollment increas- trical infrastructures were es in the school, then that added to the property, which will help create the phase two he referred to as having been

After the utility work was

"prefabed the walls" for the that portion of the project

out here (where) we built ev- ed, and workers are presscience rooms, a lot of natu- said. "Two days later, we were work and painting. classrooms have a ton of win- walls were already built, lay-

In discussing the topic of the es the project with Placerville resident Colin Culver, project engineer, said that on average, about 60 people have been working on the site during the past five trying to bring attention to months. These workers have themselves and the project, performed such labors as grading, concrete and framway, then they quieted down. ing work to drywall, painting

of activities of the project, Giger began by saying that in March "there was a lot of clearing and grubbing and a lot of land leveling work, "Phase two (which will fea-followed by a lot of under-

a year or five years (until phase completed in late April, cement was poured for the foun- such as electrical, mechanical,

Giger noted that workers mainly focused on reviewing project's phase one buildings.

ing down on the ground. So, tioned that the exterior of that was how we were able to the building will be painted expedite. If we were to just go in a variety of colors, with to begin in about two weeks. once the flat is built and build the main colors being red,

in framing stages." After the walls were com- well as nearby neighbors, away from completion. pletely secured in their up- was the laying of asphalt May or early June, roofs were on the corner of the site beconstructed above those walls from June through July.

every wall, we would still be blue and off white.

The next step of the project was to begin the interior work ring up of "moon dust" on and plumbing additions.

Giger, who referred to as the "roughing stage," said 'We had a lay down area that stage has been completently at the "finishes stage," which consists of drywall

> During his interview for this article, Taylor men- site, Giger said.

(top right) Dwayne Taylor, project points to a drawing of the soon-to-be opened Brookfield

> a new building on the southeast corne of the Brookfield

(top left) A new

is shown during

its final stage of

construction last

wing of the school



that portion of the grounds.

T-bar work on the ceilings,

to the grounds. The irriga-

tion system, which is neces-

To complete the project,

The addition of plants and trees at the site is scheduled

The current construction project, Giger noted last week, was then "roughly a month" Beneficial to workers, as

After that work is comright positions in either late driveways and parking areas pleted, off-site improvements, including the instalhind The Trap in late July. lation of a traffic light at 43rd Avenue and Riverside The presence of asphalt in that area eliminated any fu- Boulevard and a sidewalk on the street sides of the school, ture possibilities of the stirwill begin.

In reviewing Brookfield School's phase one project as workers will also perform a whole, Giger said, "The architects have done a very cool, grind and paint the concrete open design with a singlefloors and add landscaping pitched roof. It's very modern, as well. The quality of the work has been great and (the sary for the landscaping has Pocket area will soon have) a already been added to the nice, fresh, brand new, stateof-the-art school."

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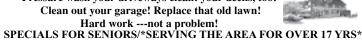
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The event will be held at a private residence. For more information contact Janis (Chapman) LaBella (916) 704-9464 or janis.labella@att.net Dennis Baer (916) 393-7839 or dbaer1@pacbell.com

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

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at John F. Kennedy HS, Sacramento CA Class of 1974 For Further Information, contact Kevin Scott at Kevin, scott@norne com or at (213) 926-2626.

#### 45th YEAR REUNION of the JFK Class of 1969 October 18, 2014

Dante Club- 6 p.m. 2330 Fair Oaks Blvd, Sacramento, Ca 95825 http://www.danteclub.com/

\$65 per person, includes entertaimentby our own alumni-Al Skinner (not to be missed)

RSVP: Mark Carlos 6751 Swenson Way Sacto, CA 95831- (916) 870-3154 or email: mdcarlos@gmail.com

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

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# CALENDAR

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

#### "Stretch, Strengthen, and Thrive at ACC:

This class is designed for the needs and abilities of active older adults, who are interest ed in gaining or maintaining mobility, 5-6 p.m. Mondays and Wednesdays, \$5 per class if pre-paid; drop-in fee is \$6. ACC Senior Services Center, 7375 Park City Dr., 393-9026 x330, www.accsv.org.

#### Stretch, Strengthen, and Thrive!

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility. The class consists of a mix of full body stretches, body weight exercises, strength training, and active stretching. 5:00-6:00 p.m. Mondays and Wednesdays. \$5 per class if pre-paid. Pre-registration and prepayment is preferred, but drop-ins are welcome at a rate of \$6 per class. Held at ACC Senior Services Center, 7375 Park City Dr., Sacramento, 393-9026 x330. www.accsv.org.

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

#### Support group for alienated grandparents

as a thank vou.

Meeting is the last Friday of each month at 2717 Cottage Way, suite 4. Meeting is at noon. 761-9121.

#### Tai Chi at Hart Senior Center

Focuses on low impact form of ancient Chinese exercise, combining slow movements with relaxation. Mondays, 10:30 –11:30 a.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Try it once for free! Stor by the Hart Senior Center front desk or contact 808-5462. Cost: \$18 for 4 classes

## **Zumba for Seniors at Hart Senior**

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

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

#### **Active Yoga at Hart Senior Center**

Increase your strength and flexibility, improve balance, and enhance the ability to relax and release stress. Class began July 7 and are Mondays and Wednesdays, 2:30 p.m. -3:30 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th St. Classes will not be held Nov. 3, 5, 10 and 12. For more information or to register, stop by the Hart Senior Center front desk or call 808-5462. Cost: \$35 for five classes or \$70 for 10 classes. Try the class once for free and see if Active Yoga is right for you.

#### **Singers with Hart**

Experienced and beginning singers age 50 and above are welcome. New sessions start every nine weeks and are held at the Hart Senior Center 915 27th Street Sacramento (27th and I streets). Pre-registration is required. For more information, visit the Hart Senior Center front desk or contact (916) 808-5462 Cost: \$15

#### Run with a Recruiter

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

#### **Emotions Anonymous**

Meets regularly Tuesdays, Thursdays, and Saturdays. Meeting information is available at www.emotionsanony mous.org. Free 12-step program/support group for those who desire to become well emotionally healthy. Acquire a new wav of life, sharing experiences, and learning to live with unsolved emotional problems. Meets Tuesday 6:30 - 7:30 p.m. Parkside Community Church 5700 South Land Park Dr.: Tuesday 6:30 – 7:30 p.m., Sierra Arden Church of Christ 890 Morse Ave (at Northrup), Room F-4. Thursday 7 – 8:30 p.m. at Church of the Good Shepherd 1615

Morse Ave. (at Arden Way) left of choir room. An optional newcomer orientation als to the 15 to 30 attendees. occurs on Saturdays from 1 to 1:30 p.m. at Wellness Recovery Center, 9719 Lincoln Dr. Ste. 300. Also on Saturday from 1:30 to 2:30 p.m., there will be a topic for discussion at WRC, 9719 Lincoln Dr., Ste. 300.

#### · Queen Sheba - poetry readings **Arts Center**

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

#### **Brain Gymnasium**

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

#### **Women with Good Spirits** monthly meeting

Each second Tuesday of the month at Rev olution Wines at 6:30 p.m., Women With Good Spirits invites a community non-profit to present on its mission work. The presenter will start their presentation prompt ly at 7:15 p.m. and will last 15-20 minutes with an open question and answer forum after. RSVP is appreciated as well as a \$5+ donation per person that will go directly to the non-profit presenting that month. 2831 S St. Visit www.womenwithgoodspirits.com or find the group on Facebook.

#### The Community Housing and **Services Coalition monthly meetings**

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

If you have any questions, please contact either: Alex Eng at 424-1374; email xeng916@ sbcglobal.net; or Cindy Gabriel at 916/732-6189; email cynthia.gabriel@smud.org.

#### **Art Show at Sacramento Fine**

Sacramento Fine Arts Center in Carmichael is hosting "Magnum Opus XXV", now until Aug. 16. A juried art show of the region's finest artists showing original art, sculpture, photography, painting and all mediums will be on display on Tuesdays from 11 a.m. to 7 p.m. and Wednesdays through Saturdays from 11 a.m. to 3 p.m. A Saturday reception will be held Aug. 9 from 5:30 to 8:30 p.m. For more information, contact David Peterson at 716-5951. Sacramento Fine Arts Center is located at 5330 B Gibbons Dr.

#### Gentle Oi Gona

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

#### **Kiwanis Club of East Sacramento-**Midtown

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

### **Food trucks at Carmichael Park**

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

#### The Sacramento Capitolaires meeting

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

#### Soroptimist International of Sacramento South meetings

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

Calendar continued on page 26

#### **Beginner Swimming Class at ACC** Now through Aug. 25: This begin

swimming class for older adults teaches basic water skills and simple swimming strokes that will give you confidence in the pool and improve your overall fitness. Class will concentrate on skills such as floating, treading water, entering and exiting the water, holding your breath while fully submerged, and freestyle (front crawl). Limit: six students. 9:30-11:00 a.m. Mondays & Fridays. \$60 for 8 classes. Pre-registration and pre-payment required. Held at ACC Greenhaver Terrace, 1180 Corporate Way, Sacrament 393-9026 x330, www.accsv.org.

#### **ACC presents Microbiology in** Sickness and in Health

Aug 21: Microbes are everywhere—on and in our bodies, on things we touch, on the food we eat, and in the air we breathe. They keep us healthy or do no harm—until they make us ill or pollute our environment. Without microbes, we couldn't eat or breathe. We will explore how to nurture the good bugs and try to avoid the "bad" bugs. This workshop is for anyone with an inter est in the human body and keeping healthy from an infectious disease standpoint. 11:30a.m.-12:30 p.m. Free. Pre-registration required. Held at ACC Senior Service es Center, 7375 Park City Dr., Sacramento 393-9026 x330, www.accsv.org.

**Food truck festival at Tahoe Park** Aug. 22: Enjoy food from local food truck vendors from 5 to 8 p.m.

#### **Summer Concerts in Carmichael Park** Aug. 23: Bad Catz, Rockin' Rhythm and Blues, from 6:30 to 8:30 p.m., 5750 Grant Ave.

#### C.K. McClatchy High School Class of '74 reunion

Aug. 23: C.K. McClatchy High School Class of 1974 will hold its 40 year reunion at Vallejo's Restaurant at 1100 O.St. For further information, email mo datchy74@gmail.com or visit www.classmates.com

**Summer Concerts in Carmichael Park** Aug. 24: River City Concert, 50-piece concert band, from 6:30 to 8:30 p.m., 5750 Grant Ave.

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**The Fairytale Town Troupers** present: "Beach Party Princess" Aug. 23, 24, 30 and 31: The Fairytale Town Troupers present a family-friendly

#### comedy review packed with pretty princess es, silly surprises, music, magic and interactive fun! All performances take place on the itdoor Mother Goose Stage and are free with paid park admission. Show times are at 12:30 and 1:30 p.m.

Weekend admission is \$5.50 for adults and children ages 2 and older. Children ages 1 and under are free. For more inmation, visit www.fairytaletown.org or call (916) 808-7462.

#### SCNA Curtis Fest

Aug. 24: From 10 a.m. to 4 p.m. the 2014 SCNA Curtis Fest will feature artist booths, petting zoo, children's fairies, musicians, food trucks ınd more. Free; location is William Curtis Park

#### Jackie Greene Live at Fairytale Town Aug. 23: Sacramento favorite Jackie Greene returns to Fairytale Town for a sixth annual benefit concert. Gates open 6:30 p.m. Concert starts 8 p.m. Taking place on the

park's Mother Goose Stage, the outdoor concert supports Fairytale Town's education programs and park improvements. Thi is a special ticketed event. Tickets go on sale June 1. Tickets are \$30 if purchased in June, \$35 in July, and \$45 in August, while supplies last. For concert rules and restrictions, please visit www.fairytaletown.org. For more information, visit www.fairytale town.org or call (916) 808-7462. Sponsored in part by Sierra Nevada Brewing Company, Barefoot Wine & Bubbly and Holiday Inn Capitol Plaza.

#### **East Sacramento Community Meeting** Aug. 27: Join Councilmember Steve Cohn,

Sacramento PD, Parks Safety and Neighbors for a community meeting, 6:30 to 8 p.m. Learn about NextDoor.com, how to start a neighborhood watch and get an update on the safety of our parks.

See more Calendar on page 26



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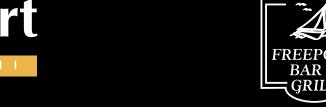


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# CALENDAR

#### SEPTEMBER

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

**Carmichael Health and Safety Fair** Sept. 6: Carmichael Health and Safety Fair will be held from 10 to 2 p.m. Free admission. Fun for kids. Learn about fire safety, CPR classes, bicycle safety and fingerprint

ing. La Sierra Community Center, 5325 Engle Road, Carmichael.

Hollywood Park movie night Sept. 6: Movie under the stars at Leonardo da Vinci Elementary School, 701 Joaquin Way.

#### **Pocket author hosts book signing**

Sept. 7: Local author Suzanne Vince will host a book signing for her women's fiction novel, The Many Lives of June Crandall, from 1 to 4 p.m. at Natomas Racquet Club, 2450 Natomas Park Dr. The Many Lives of June Crandall will be available at www.Amazon.com on Sept. 2.

#### **Grandparents Day at Fairytale Town** Sept. 7: From 9 a.m. - 4 p.m., Bring grand-

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

#### **The Mission Oaks Computer Club** meeting

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

#### **Colonial Heights Park movie night** Sept. 12: Movie under the stars at Colonial Heights Park, starting at $7~\mathrm{p.m.}$

**Sacramento Play Summit** 

#### Sept. 13: The Sacramento Play Summit will

be held from 9:30 a.m. - 4:30 p.m., at the Central Library, 828 I St. Dr. Stuart Brown, founder of the National Institute for Play and author of "Play: How it Shapes the Brain. Opens the Imagination, and Invigorates the Soul," will be a featured keynote speaker. Early bird registration is available through Aug. 31: \$35 per person; \$25 students, seniors, members of Fairytale Town, Friends of the Sacramento Library, and ScholarShare account holders. General registration begins Sept. 1: \$45 per person; \$35 students, seniors, members of Fairytale Town, Friends of the Sacramento Library, and ScholarShare account holders. www.fairytaletown.org, 808-7462.

Sept. 13: On Saturday, Sept. 13, from 5 to 8 p.m., kick off Sacramento's Farm to Fork Week 2014 with a communal commitment to end hunger in our region. This sit down dinner for 150 features ap petizers and a dinner menu from the besi local farms and producers. Your ticket buys two meals - one for you and one for a neighbor who has experienced food insecurity. Trinity Cathedral Church, 2620 Capitol Ave. For more information, and for dinner tickets visit: Farm-to-Every-Fork-Sacramento.Eventbrite.com

#### 13th Annual Aging Well Health Fair at the YMCA

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

#### **Genealogical Association** meeting announced

Sept. 17: The Genealogical Association of Sacramento will welcome Ianice Sellers to their meeting. The title of her lecture will be "They died in San Francisco," The meeting is held in the Belle Cooledge Library at 5600 South Land Park Dr. The doors open at noon. The public is welcome. Please join ou group for an interesting afternoon. Questions email melnesia@comcast.net

#### Embroiderers' Guild of America meeting Sept. 17: Join the Embroiderers' Guild of America Camellia Chapter at 6:30 p.m.

at the Carmichael Park Veterans' Hall. 5750 Grant Ave., Carmichael, for our annual salad potluck. Bring a salad to share and any needlework items you want to include in the stash swap. Guests welcome. Free, 961-3558.

#### **Recruitment coffee hour: Become** a Casa Garden volunteer

Sept. 18: Combine community service with fun as a volunteer with the Los Ninos Service League by working in the dining room, kitchen or garden at the Casa Garden Restaurant. Since 1974, the Casa, located in the Curtis Park neighborhood, has been raising funds to help support the Sacramento Children's Home. For more information, come to "recruitment coffee" on Sept. 18 at 9:30 a.m., at 2760 Sutterville Road, Sacramento RSVP at 452-2809.

#### Food truck festival at Garcia Bend Park

Sept. 19: Enjoy food from various food trucks at Garcia Bend Park, 5 to 8 p.m. 7654 Pocket Road.

#### Talk Like a Pirate Day

Friday, Sept. 19: From 10 a.m. - 2 p.m., join Fairytale Town in celebrating international Talk Like a Pirate Day. Learn pirate vocabulary, songs of the seas and tales of adventure on the high seas at "Pirate Skool," presented by the Pirates of Sacramento. Weekday admission is \$4.50 for adults and children ages 2 and older. Children ages 1 and younger are free; www.fairytaletown.org or call 808-7462.

#### **Food truck festival at Tahoe Park** Sept. 26: Enjoy food from local food truck

## vendors from 5 to 8 p.m.

## Pancreatic Cancer Awareness Month:

among men and women in the United States, has the lowest relative survival rate of all the cancers tracked by both the American Cancer Society and the National Cancer Institute as 73 percent of pancreatic cancer patients die within the first year of their diagnosis and only six percent survive more than five years; and

WHEREAS, there has been no significant improvement in survival rates in the last 40 years and research is still in the earliest scientific stages. The number of new pancreatic cancer cases has risen to 45,000 a year and the number of deaths has increased to over 38,000 a year. If no cure or diagnostic tool is found, pancreatic cancer will jump to the second-leading cause of cancer death among Americans; and

WHEREAS, risk factors include but are not limited to smoking, obesity, recent on-set diabetes, family history of pancreatic cancer and pancreatitis, and when symptoms of pancreatic cancer generally present themselves, it is often too late for an optimistic prognosis, and the average survival rate is only five to seven months; and

WHEREAS, Pancreatic cancer research is currently severely underfunded as compared to other cancers with similar mortality; and

WHEREAS, in January 2013 the Recalcitrant Cancer Research Bill was signed into law, which calls on the National Cancer Institute to develop scientific frameworks that will help provide the direction and guidance need-

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tem) Darrell Steinberg stood inside the State Senate Chambers worked hard to get a state resolution declaring November as Pancreatic Cancer Awareness Month passed. Melissa is Sacramento Affiliate of the Pancreatic Cancer Action Network.

ed to make true progress against recalcitrant or deadly cancers; and

WHEREAS, the Pancreatic Cancer Action network (PanCan), a nationwide network of people dedicated to working together to advance research, support patients and create hope for those affected by pancreatic cancer, will reveal its new branding "WAGE HOPE" in November 2014 to bring awareness and funding to combat this devastating disease;

WHEREAS, the good health and well-being of the residents of Sacramento are enhanced as a direct result of increased awareness about pancreatic cancer and research into early detection, causes and effective treatments.



On Monday, Aug. 4, State Senator Jim Beall and Senator (Prowith Melissa Tobin and Pocket resident Kathy Garcia who the affiliate chair and Kathy is the advocacy chair for the



7461 Spicewood Dr - \$265,000 Great Pocket Area value! 3 bdrm 2 bath 1-story. New roof & exterior paint in June 2014. Laminate flooring in living room, dining room, hallway & bdrms. Nice size kitchen with breakfast area & sliding door to patio. Convenient to Bel Air Promenade, Charter Pointe Park, bike path, Garcia Bend Park, the









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(H)



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#### **GRANGERS DAIRY**

J. Faszer designed, one of a kind custom home, spectacular architecture and high-end craftsmanship! 3 or 4 bedrooms 2 baths, ideally located on a special lot across from Sacramento River, Remodeled kitchen, 2 fireplaces, 3-car tandem garage, sunroom and more! \$489,000

**MONA GERGEN 247-9555 ANN VULETICH 203-0146** 



#### SPACIOUS DUTRA BEND

Comfortable 4 bedroom 3 bath Dutra Bend home with over 2600 square feet of living space. Kitchen family room combination looks out on easy care backyard with deck and spa. One remote downstairs bedroom and bath. Big master suite and master bathroom upstairs. 3-car garage. \$500,000

**PAULA SWAYNE 425-9715** 



#### **FABULOUS SOUTH LAND PARK HILLS**

Mid-century contemporary with fabulous updates. Fantastic floor plan with spacious rooms and a great layout makes it perfect for entertaining. 3 bedrooms 21/2 baths, new kitchen opens to family room and a huge skylight fills it with light. Wood floors - beautiful lighting - great detailing! Tons of storage space. \$564,500

**SHEILA VAN NOY 505-5395** 



#### **CLASSIC POCKET HOME**

Don't miss this three bedroom, three bath home located on a large lot in the Pocket area. Over 2280 sq ft with office that could possibly be converted to a fourth bedroom. Very spacious formal living/dining area combo. Kitchen looks over large family room with fireplace. Walk in Jacuzzi tub. \$379,500

**LIBBY NEIL 539-5881** 



#### **WALK TO GARCIA BEND PARK**

Play tennis, enjoy the playground, walk along the Sacramento River or launch your boat! Or walk to the Promenade Center to shop and dine! Single story 4 bedroom 2 bath home is freshly painted. Laminate and tile floors separate living and family room with brick fireplace. Large open kitchen with island! \$320,000

**CONNIE LANDSBERG 761-0411** 



#### **NEWER POCKET AREA HOME**

3 bedroom 2½ bath home, perfect for busy lifestyle. Walk to restaurants, store and bank. Steps to public transportation. Close to the river and easy trip to downtown. This home features 9 foot ceilings, low maintenance yards, CAT 5 wiring, designer tile, granite counter,  $\,$ tile roof, master suite with huge master bath. Wow! \$315,000

**MONA GERGEN 247-9555** 



#### **SOUTH LAND PARK GEM!**

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

**KELLIE SWAYNE 206-1458** 



#### **CONVENIENT ROUNDTREE**

Cute 2 bedroom, 1.5 baths. Tile floor, fresh paint, new hot water heater. Two patios. Covered spot is right in front of the back door patio. Laundry facilities are just at the side of the carport. Grounds are well maintained with a beautiful pool area. Great little starter place! Easy commute to downtown \$109,000

**LISA MCCAULEY 601-5474** 



#### **WONDERFUL S. LAND PARK**

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

**MIKE PUENTE 395-4727** 

for current home listings, please visit:

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