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Waiting Room

It's real, It's not real

Pocket resident discussess Fibromyalgia and its misconceptions

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Annual California Waterfowl dinner returns to Portuguese Hall

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FROM YOUR COUNCILMAN, RICK JENNINGS



As a councilmember, one of my most important goals is ensuring that our residents feel safe in our community. In effort to address concerns and educate on efforts to keep our community safe, I hosted the Pocket-Greenhaven Public Safety Forum on Thursday, October 27th, in the auditorium of Kennedy High School.

Leading up to the forum, we invited our neighbors to participate in a survey to gather views related to traffic safety in the Pocket-Greenhaven community. Over ninety residents responded to the survey, with a well distributed representation of every geographic area of Pocket-Greenhaven. We also noticed that 58% of the respondents have lived in Pocket-Greenhaven for over 20 years. With this in mind, I believe that it is safe to assume that the responses received are very representative of the views of Pocket-Greenhaven residents.

The survey revealed that the top two traffic concerns for our community are speeding (42.2%) and failures to stop at stop lights and stop signs (38.9%). The number one

recommendation for curtail- ing traffic concerns was more policing and traffic enforcement (49%). And, the streets of highest concern were Gloria Drive, Florin Road and Pocket Road, with Florin Road and Greenhaven Drive being the intersection of most concern.

The survey quantified what I and my staff already believed based on conversations and interactions with residents of Pocket-Greenhaven. These results are also reflective of the feedback often received by the City's Traffic Division of the Public Works Department. Since the beginning of my term as your council- member, I and my staff have worked very closely with the Transportation Division to address traffic concerns as they come up. But, we also work together to find long- term, proactive solutions in effort to keep our roadways as safe as possible for motorists, pedestrians and bicyclists.

During the forum, our district's traffic investigator, Staci Hovermale, reviewed the process of traffic investigations, one of our best tools for accomplishing these short- and long-term goals. The Transportation Division uses traf- fic investigations to assess the need for and the potential suc- cess of proposed or requested design changes such as stop signs, traffic signals, cross- walks, speed lumps, and other signs and markings. A traffic

investigation may be initiat- ed by calling 311 or contact- ing my office.

In Pocket-Greenhaven, there have been 36 traffic in- vestigations in the last month. Following these investiga- tions, we have installed new speed lumps to reduce speeds, refreshed or updated traffic signs to better control the flow of traffic, and rezoned park- ing to give pedestrians bet- ter visibility. Even more im- provements are expected such as adding new crosswalks and reducing speed limits.

Looking forward, we will continue to identify solutions to increase the safety of our roadways. Interim City Traf- fic Engineer Ryan Moore shared during the forum that the City of Sacramento is ini- tiating Vision Zero Sacra- mento, an initiative to reduce the rate of preventable traf- fic collisions to zero. Vision Zero is a proactive approach to traffic safety that includes identifying long-term and sustainable solutions to elimi- nate all preventable collisions. And, I am proud to announce that this initiative will soon be launched in District 7 and we will continue to share more information about Vision Zero as plans unfold.

During the forum, we also received a crime update presentation by our very own Captain Peletta of the Sacra- mento Police Department

See Councilmember, page 23

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Back Row: Jerry Huang (advisor), Isabel Sylvia, Marquis Hunter, Samuel Robb, Khaa-Lel Whitaker, Riley Ramos Middle Row: Senna Vasquez (advisor), Nathan Vaiz, Nicholas Johnson Front Row: Christine Baker (advisor), Mia Huang, Isabella Heidrich, George Da

New Tech students use computer modeling to learn how forests can survive fires

Eleven students from Sacramento New Tech High School participated recently in the 2016 El Dorado Forestry Challenge, one group of a total of 84 high school students from 13 schools from northern California.

The event was October 26-29 at Leoni Meadows Camp, near Grizzly Flats. Two of New Tech's three teams scored in the top 10 of the 20 teams at the event.

One of the highlights for the students this year was learning how to conduct a "Brown's Transect," a method to quantify woody debris on the forest floor.

The study area was the site of a fuels reduction project in 2008. Students entered the data into a fire behavior computer modeling program to determine optimum conditions under which to conduct a prescribed burn in the project area. During the Challenge, teams of students also completed field training, followed by a field test, to assess their technical forestry knowledge and data collecting skills.

"The Forestry Challenge is a unique and real-world experience for high school students that opens their eyes to much of what is special about California," said Sacramento New Tech High School teacher Jerry Huang. Francisco Torres and Riley Ramos, both juniors at Sacramento New Tech High School, summed it up as follows: "Forestry Challenge is a great way to learn about all of the hard work that goes into managing our forests and has opened the doors to a new career choice."



Photo courtesy SCUSD

Early Head Start engages new parents with fun Fall Social

New parents and their infants and toddlers enjoyed a fun Fall Social on Friday, Oct. 21 that featured a puppet show, pumpkin patch, photo booth and activities designed to help children develop literacy and motor skills.

The event was organized by SCUSD's Early Head Start Home-Based team.

Early Head Start Home-Based is a free program to income eligible families. Families are visited once a week for 90 minutes with the focus on parents as the child's most impor-

tant teacher. Parents also participate in twice monthly group socialization activities.

At the Fall Social, representatives of four community agencies spoke with parents about important issues such as dental health, safe sleep and nutritious eating. The event had a farmer's market theme to emphasize adding vegetables and fruits to children's diets.

Learn more about all SCUSD Infant and Toddler Programs at <http://www.scusd.edu/infanttoddler>.

Source: SCUSD

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Mister Cooper's new track makes the big leagues: Pandora!

By MONICA STARK

South Land Park's very own children's musician Ken Cooper, aka Mister Cooper, had to make up something, he said. So, he did it himself. It's a DIY 10-track album called "The Colors of Us." True to name the title track speaks on multiculturalism and the importance of unity while maintaining one's unique identity. And, like many of the musician's songs, this one has a humorous twist at the end.

The album, unlike many of his others, is just Mister Cooper on guitar and vocals. There's no back-up band - no extra singers or ban-

jo. But apparently, Pandora picked up track 2: "Look at that Cat." On his website now, mistercooper.com, folks interested in the music can take a listen. It's about his furry and fat cat Macy Gracy who drives him nuts. "I figured if I wrote a song about her, I'd get a laugh out of all the frustration. It's working... so far," he says.

Lyrics of "Look at that Cat" are, as follows:

Look at that cat, look at that cat
She's lying like a rug, flat on her back
Look at that cat, look at that cat
She's always under my feet

Begging for more to eat
She's furry and she's fat
Look at that cat, look at that cat
My cat's a tortie tiger
I'll tell you what that means
She has got more catitude
Than you've ever seen
She sleeps all day, up all night
Bouncing off the walls
I'm lucky I get any sleep at all

There's shredded toilet paper
On the bathroom floor
But I don't know how I could ever love her more
Look at that cat, look at that cat
Once I caught her curled up
In the kitchen sink
She likes to lick the faucet
When she wants a drink
She makes the weirdest noises
When she's lost control
She thinks my leg is her scratching pole

Born on May 6, 2007, 9-year-old Macy can be described as "a scaredy cat who doesn't like too much light or



too much noise and doesn't like to be held, doesn't like to be petted. She sleeps all day and is up all night." But Mister Cooper loves her. Poor Macy has had a little medical difficulty lately but she's feeling better now and Mister Cooper sings the song at local libraries. While supplies last, his current CD is a "\$5 no holler". I guess he figures he can't charge too much since it's just him and a hand-held digital recorder, an album he produced in just about two days.

You can catch Mister Cooper at live library shows, where you can purchase this affordable gift idea for those kiddos in your life. Oh, and

an added bonus with this Mister Cooper album, you get his autograph!

Upcoming Events
Belle Cooledge Sing-Along Club on November 19 at 11:00 am - 11:30 am
Belle Cooledge Sing-Along Club on November 26 at 11:00 am - 11:30 am

For more information, visit mistercooper.com.

If you can't make it to a library show, or your youngster doesn't sing with Mister Cooper at school, you can now order online by visiting <http://www.cdbaby.com/cd/mistercooper7>. You can also listen to samples of all the songs. Please beware of shipping and handling charges. Digital downloads are also available from iTunes, Amazon, and everywhere.

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ACROSS

- Sensitivity
- Green 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
- 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

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

PLEASE Recycle this paper

Panama Pottery history began more than a century ago

By LANCE ARMSTRONG
Lance@valcomnews.com

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

Sacramento's historic business, Panama Pottery, at 4421 24th St. has a rich history dating back to its establishment in 1913.

But despite its grand past, many Sacramentans are unaware that the capital city is home to a pottery, let alone one with such a long history and even deeper roots, which date back to the 19th century.

But the business, which has survived major fires and the threat of closure, continues to add to a legacy that is famous among some people and unknown to others.

After progressing through its first 15 years, the business's original owner, Victor Axelson, returned to his native country of Sweden, and Andrew Anderson replaced him as the company's president.

Anderson had already established a history with the company at that time.

For instance, in 1922 he joined Axelson and Gustaf Johnson in filing for the business's articles of incorporation.

The area was certainly much less developed at that time. William Land Park was not yet built and Hughes Stadium was not even planned for the then-6-year-old campus of Sacramento Junior College – today's Sacramento City College.

A dark day in the business's history occurred on March 18, 1937 when Panama Pottery was destroyed by fire.

In its following day report, The Sacramento Bee noted that the fire burned for several hours and only a tall chimney and two large, brick kilns were left standing.

Another tragedy occurred on Jan. 18, 1945, when a fire of undetermined origin destroyed the rebuilt Panama Pottery.

The again rebuilt plant was on fire once more during the morning of Oct. 26, 1954.

The fire, which was caused by an overheated kiln, spread to the roof.

But despite the damage, business was not interrupted.

Many people have contributed to the success of Panama Pottery, including the Indiana-born Noble Leonard, who bought the business in about the late 1940s.

Noble and his wife, Ouweta, operated Panama Pottery until 1954, when they leased the business to a separate party who closed the plant after entering bankruptcy proceedings two years later.

The Leonards, who resided at 2381 20th Ave., came out of retirement to reopen the business in September 1956.

Noble died at the age of 64 on April 2, 1964, and his widow, Ouweta, maintained the operation of the business until her own death at the age of 74 on June 25, 1970.

Another notable name associated with Panama Pottery was Ramon Santos, who worked for the company for a short time in the late 1940s. He was rehired as a laborer for the company in 1958 and worked continuously for the business until becoming its owner in 1972.

Santos purchased Panama Pottery from Wells Fargo Bank, the executor of the estate, for \$100,000.

Under Santos' ownership, the business continued to fire handcrafted pottery made with red, American clay in its two beehive kilns.

An article in the March 31, 1998 edition of The Bee notes that at that time, the plant was produc-

ing about 30,000 pottery pieces a month "ranging from heavy, 24-inch bell pots to 1 1/2-inch standard clay pots." The pots were stamped with the wording, "Panama Pottery, Made in U.S.A."

A resolution of the Sacramento City Council, issued on May 7, 1998, recognizes Panama Pottery and the then-69-year-old Santos.

The resolution notes: "Panama Pottery is one of five major pottery makers left in the United States, having turned out hundred (sic) of thousands of pieces of red clay pottery for more than eight decades."

"Panama Pottery operates out of a striking Titanic-shaped plant marked by a large vent stack towering above the buildings sitting on nearly two acres of land, which is wedged between 24th Street and the Union Pacific Railroad tracks, south of Hughes Stadium."

The resolution also mentions that Santos and his wife, Arselia, were then seeking a buyer who would continue the operation of the business, which also gained notoriety for its more detailed artistic creations and pottery classes.

Santos ran Panama Pottery until September 2006, when it was sold to Dave DeCamilla.

In a well-documented story, with Panama Pottery on the verge of being closed prior to its 2013 centennial, Maria Vargas purchased the business in September 2012.



Pocket sculptor Miguel Paz worked laboriously on Elks Tower restoration

By MONICA STARK
editor@valcomnews.com

With incredible heart, Pocket resident and sculptor Miguel Paz for about two months worked laboriously on the restoration of the corbels 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.



Artist Miguel Paz

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 Dennenfeller. 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; corbels 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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Fibromyalgia is Real

Pocket resident 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 Pocket 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.

a. Fatigue
b. Waking unrefreshed (feeling like you never slept)
c. Cognitive (memory or thought) also known as "fibro fog" or "brain fog."

d. Symptoms lasting at least 3 months at a similar level.

e. No other health problem that would explain the pain and other symptoms.

f. Overall body pain
g. 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;
1. Irritable bowel (IBS-D or IBS-D)
2. Bladder symptoms (overactive)
3. Low blood pressure
4. Dizziness on standing
5. Poor balance
6. Frequent headaches
7. Numbness or tingling in hands or feet
8. TMJ
9. Sleep disturbances: toss and turn, overactive mind, and sleep apnea
10. Sensitivity to loud noises (Ginevra Liptan, MD)

2. What are some misconceptions about Fibromyalgia?

a. 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.
b. 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?



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.

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, 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

See Fibromyalgia, page 10



Local Rotary Club's first blanket drive going on now

The Rotary Club of Pocket/Greenhaven is proud to announce the launch of its "1st Annual Blanket Drive" throughout the entire month of November 2016. The club thanks Pacific Workplaces (1104 Corporate Way), Cook Realty (4305 Freeport Blvd.), Public Safety Headquarters (5770 Freeport Blvd.) and the New City Hall (915 I St.) for providing public drop off locations for the donated blankets.

"As Sacramento's temperature drops to near freezing every winter season, we hope to provide a little warmth and comfort to certain residents within our community," says club member Keiko Wong. The donated new or clean gently used blankets will benefit Moral Values Program & Homeless Outreach, My Sister's House (women & children shelter) as well as other organizations within our community. "The Rotary Club of Pocket/Greenhaven would like to thank our generous neighbors for your valuable support in this very worthy cause," states Wong. If you have any questions, call at Keiko Wong (916) 718-7400.



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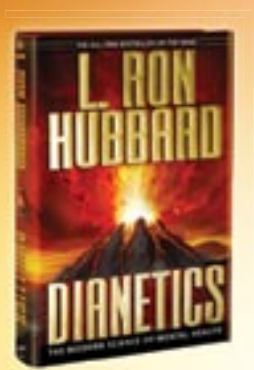
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Fibromyalgia:

Continued from page 8

- 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 crazy. 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, anxiety, 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 fibromy-

algia 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 fibromyalgia. 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."

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 shoulder 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, McKenna 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 lineup 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 Jass-

mine 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

See Tennis, page 14

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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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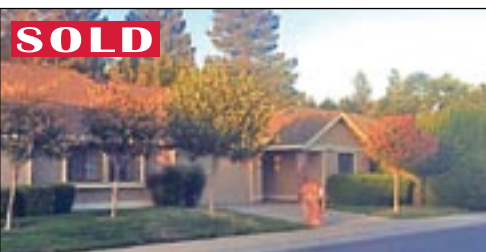


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Tennis:

Continued from page 11

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 championship title was the best way it could have gone and I'm so 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



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).

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 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."

Sacramento City College held large centennial celebration, opened time capsule from 1991

By MONICA STARK
editor@valcomnews.com

It was the moment the crowd had been waiting for. After a full day of events from live music in the performing arts center to free manicures and an art show, Sacramento City College students, faculty, alumni and visitors waited in anticipation on Saturday, Oct. 15 for college interim president Michael Poindexter to pry open a time capsule that had been buried beneath concrete for 25 years near the cafeteria.

But when Poindexter opened it up, the contents — a course catalog and class schedules — were water damaged and the audience let off sighs of disappointment. In a scurry, photographers with their big cameras rushed the scene to capture images of what used to be. There was no cassette tape of Nirvana's Nevermind, nor were there any mentions of popular films of the year like "Silence of the Lambs" or "The Addams Family". There wasn't even any mention of the new constitution for a multicultural society after years of Apartheid in South Africa. And yet, the audience was so disappointed by the water damaged SCC class schedules of 1991.

Because Poindexter mentioned that next spring the college will place a time capsule somewhere on campus, the Land Park News asked, "Well, what kind of stuff will be put inside?" He replied stating the same kinds of things -- a course catalog and the class schedules. As a friend at a party said since then: For how many years has the college offered Spanish I?

What do you, dear reader, think should be put into the capsule? This



(above left) Shown here is a copy of a book by Dr. Bill Doonan, professor of archaeology at SCC, called "A History of Sacramento City College in 100 Objects". The book showcases 100 objects that have been collected throughout the years and that reflect the rich history of the college. He published a book it as part of the college's centennial celebration. The book is available to purchase at the Kondos Gallery, the College Store and the SCC Foundation Office for \$25.



(above right) Shown here is the water-damaged contents of the time capsule that was opened at the centennial celebration on Saturday, Oct. 15 at SCC.

article is being written on election day, so the results aren't in. But history could be in the making. If Hillary Clinton becomes president, should stories about her be in the capsule? She did, in fact, visit Sacramento City College during her campaign. Perhaps photos of her at the SCC rally?

Digression aside, there were many fun happenings at the open house and 100-year celebration, including free manicures.

Cosmetology department chair Marcia Bonawitz spoke with the LPN about the free offerings provided by her students. Bonawitz also dis-

cussed the changes in the department over the 16 years she's taught at SCC. "We've added so many things to keep up to date in the industry. We go on field trips, to shows, salons." Sharing a success story, Bonawitz said she recalls one manicuring student who came to class right out of high school. "Her parents came in, her dad pulled me aside and said she's very fluttery, very all over the place. She doesn't have focus. Hopefully, you can get her on the right path." When the student finished Bonawitz's program, she took the state board exam to get her license and was working in a salon as a man-

icurist before starting the cosmetology program. Within the first year, she had enough money to buy herself a car and her own cosmetic supplies. By the time she finished the second semester, she had enough money to get herself an apartment just by doing manicures on the weekends and after school. By her third semester, she got the job of her dreams and became a success story. "I see her every once in awhile; her name is Michelle. She'll come back to visit. She loves the industry."

Perhaps success stories like Michelle's could be put into a time capsule. What do you think?

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Alone Together Again: Dave Mason at The Crest Theatre

By MARK HANZLIK
Special to
Valley Community Newspapers

I've been working on a musical bucket list of sorts the past few years, dropping in on more shows in clubs, mid-size theaters and larger venues in the area, longing to fulfill the dreams of a young man's sideline as a rock/pop music critic. I'm hoping to catch a favorite band or musician that I've wanted to see for many years but never seem to make the effort required. This is not to say that I don't follow current styles, and enjoy discovering new music, but there's something about reliving a bit of your musical past that brings with it a sense of satisfaction or at the very least accomplishment.

The downside of chasing aging musical heroes is their physical viability as live performers. Familiar voices weaken and crack, and as nimble fingers become more measured and deliberate, some of the energy of what was once fresh is no longer present. It takes a fair amount of courage or financial need for a musician to mount a tour after decades of performing. I assume most musicians at this

stage are not taking to the road on a lark, and often fans are there to see if they can still deliver the goods. I'll admit I'm usually one of the doubtful followers.

Some musicians I've already checked off my list over the past few years, who performed in varying degrees of success: Bruce Hornsby, Paul McCartney, Richard Thompson, Hot Tuna, Rita Coolidge, Nick Lowe, Irma Thomas, Dr. John, and Geoff Muldaur.

Add to that list, Dave Mason who appears at the Crest Theatre December 4. I'll be there to take another trip back in time, to see if he's still got some chops. The last time I listened to his music was in 1974 concert at Memorial Auditorium, but little of that memory remains other than the newspaper review I wrote.

Today my curiosity in seeing Mason, founding member of Traffic in the 60's and five decade solo artist after all these years was sparked simply by his tour title *Alone Together Again*. From his classic first solo album *Alone Together*, Mason brought to life all eight songs for this limited engagement tour along with other hits in his canon.

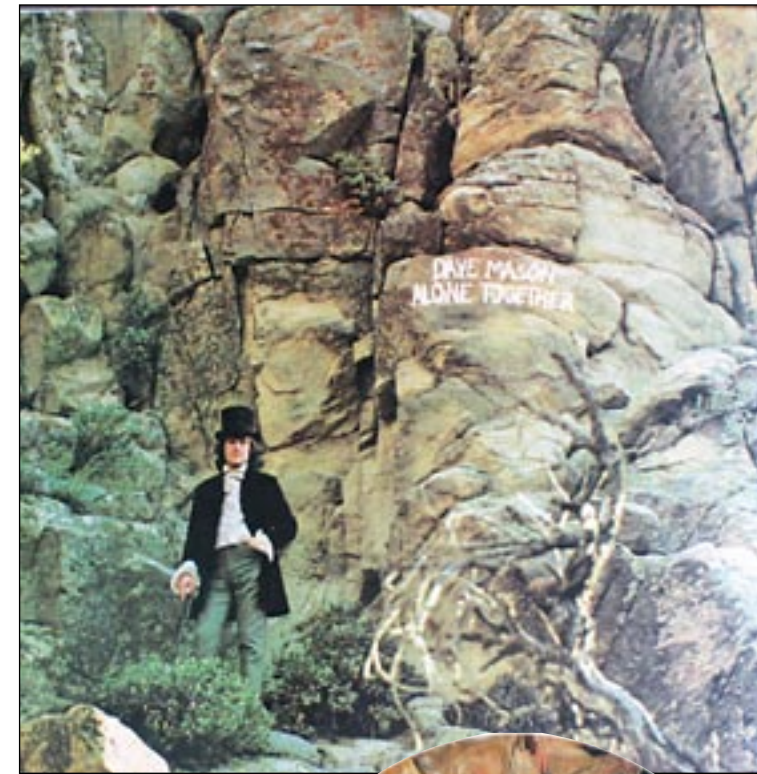
Some of those hits include "Feelin' Alright" from Traffic, "We Just Disagree," "Only You Know and I Know" and an iconic cover of Dylan's "All Along the Watchtower."

Even though I've only nominally followed Mason's career for the past 40 years, the throwback to this 1970 record brings back vivid memories that prefaced years I spent "hounding rock stars for that break with *Rolling Stone* that would never happen."

In the summer of 1970, my brother added *Alone Together* to his record collection (a collection I sampled often) and it wasn't long before the album became a favorite of mine. We had one of the original marble vinyl records that provided a bit of amusement spinning on the turntable, and a unique cover that was a tri-fold with a die-cut image of Mason in a top hat perched on rocky backdrop.

The music between those marble grooves was mostly love songs, all pleasantly crafted with enough of an edge provided by Mason's masterful electric guitar. It was an introduction of sorts for many listeners to a sound and song craft that would serve Mason well for years though to this listener his guitar licks despite their familiarity, proved to be the one gift that kept giving (much more than his forced songwriting.)

Alone Together contained some of Mason's best material, "Only You Know and I Know" also a hit for Delaney & Bonnie, "Look at You Look at Me," "Just a Song" and "Shouldn't Have Taken More Than You Gave," a wah-wah guitar-dominated piece



that highlighted Mason's vocal and instrumental talents.

The all-star personnel contributing to the album helped boost its cred with music critics and broaden its appeal. Leon Russell, and Delaney & Bonnie band members formed the nucleus of the group in addition to a number of session players. Even the drum kit position attracted some of the rock's top drummers with three Jim's (Keltner, Capaldi and Gordon). Backing vocalists Bonnie Bramlett, Claudia Lennear (*20 feet from Stardom*), and Rita Coolidge (guilty pleasure bucket list) provided the harmonies needed to balance Mason's reedy vocals.

The results on *Alone Together* were much greater

than the parts; an agreeable collection of tunes; solid studio performances; and creative packaging.

I recently listened to the album from start-to-finish for the first time in years. It immediately transported me back to that summer with my brother and I sharing a room and record collection briefly before he moved out and our lives began to change in many ways.



KZAP memories remain strong for station's former listeners

By LANCE ARMSTRONG
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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 Travis 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 nighttime 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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WHAT'S HAPPENING POCKET/GREENHAVEN?

FRIDAY, NOV. 18
ACC TRIP TO THE NIMBUS SALMON FISH HATCHERY: Nimbus Hatchery Visitor Center offers fun and educational activities for all ages. Enjoy the on-site nature trail along the American River and the American River Parkway trail adjacent to the hatchery. Located in eastern Sacramento County, the hatchery raises Chinook salmon and steelhead for release to the American River. Pre-registration and Pre-payment of \$35 required. Lunch is included. Trip will be on Friday November 18, 2016 from 8:45-2:00pm at ACC Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, www.accsv.org.

HOMEFIT: Through the AARP HomeFit workshops, learn simple do-it-yourself repairs – or even larger design projects which will make your home work for you as you age. Many of the simple home modifications are free while others can cost less than \$75. Learn smart solutions for making your home a great fit. Free of charge. Pre-registration required. Class will be held Friday November 18, 2016 from 10:00-11:30am at ACC Senior Services, 7334 Park City Drive. For more details, call (916)556-3204 or e-mail clem@aarp.org.

SATURDAY, NOV. 19
JFK PACE E-WASTE AND SHRED DAY: From 9 a.m. to 1 p.m. John F. Kennedy High School, 6715 Gloria Drive, will hold their annual e-waste event. Please note that microwaves are not accepted for free any more - there is currently a \$5 disposal fee for microwave ovens. From 10 a.m. to 2 p.m., you can bring items to shred and students will help you with that. They're raising money for Grad Nite 2017. \$5 per box; \$3 per grocery bag. And they're taking cash donations for the Cook Realty Charitable Foundation, Inc. Any questions can be directed at Meena Chan Lee at 837-9104.

SUNDAY, NOV. 20
INVITING ALL INSTRUMENTALISTS AND VOCALISTS TO PERFORM AT THE SACRA-

MENTO YOUTH SYMPHONY PRESENTS SYMPHONY OF 2000: The Sacramento Youth Symphony is inviting all instrumentalists and vocalists of the Sacramento Valley region to come and participate in the Symphony of 2000, a unique orchestral and choral experience. People of all ages and abilities are invited to choose and perform as many as they would like from the selection of classical and well-known compositions that include Mozart's Eine Kleine Nachtmusik, Handel's "Hallelujah Chorus" (from the Messiah), Amazing Grace, and Sousa's Stars and Stripes. This is a grand event for instrumentalists, vocalists, or spectators alike, as the Symphony of 2000 makes Sacramento history again. Tickets: \$25 participation fee for instrumentalists and vocalists. Participants register online at www.sacramentoyouthsymphony.org/symphony-of-2000. General Admission \$20, Tickets available at Community Center Theater Box Office or at http://www.sacramentocommunitycentertheater.com/Events. More details are as follows: Sunday, Nov. 20 at 4 p.m. at the Sacramento Memorial Auditorium, 1515 J St. Contact: Sacramento Youth Symphony, Vicki Schaevitz, vicki@sacramentoyouthsymphony.org or at 731-5777.

SATURDAY, NOV. 26
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
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

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 state-wide 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: "Generate sufficient abundance and dispersion of waterfowl throughout California and the Pacific Flyway. "Protect hunting rights, shooting sports, the use of dogs, and related recreation activities for all Californians. "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. 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

Ongoing WEDNESDAY COFFEE AND CONVERSATION GATHERING: Every Wednesday morning from 7 to 11 a.m., join neighbors at Caffè Latte, 7600 Greenhaven Drive, for conversation and fun. Find the group back near the piano.

See Events, page 21

Events:

Continued from page 20

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.

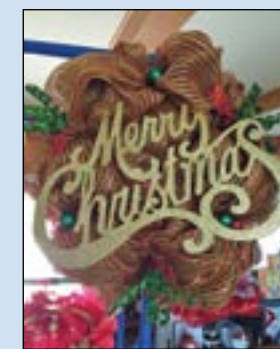
ACC PRESENTS 'BODY WISDOM BREATH AND MOVEMENT': Perform easy to follow seated and standing exercises for health and well-being. Most movements are based on eastern techniques for relaxing and re-energizing the body. Use simple Qigong postures to stimulate vitalizing "Chi". Discover the joy of self-massage 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

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BEST BETS

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Matias Bombal's Hollywood

HACKSAW RIDGE

The MPAA has rated this R

Summit Pictures brings us "Hacksaw Ridge", Mel Gibson's latest directorial effort, about one of the great heroes of the United States during the second world war, Desmond T. Doss, who, when serving his country on the treacherous battlefield of Okinawa, never fired a single shot. The combat medic was a conscientious objector, which put him at odds with the men he was training with to fight.

Andrew Garfield sheds his Spiderman suit and into a meaty role as Doss. His fellow soldiers find it hard to believe that he will not even as so much touch a gun in his training and they seriously doubt his effectiveness in combat, but he remains steadfast in his profound belief that he, himself, must not kill. The story begins much earlier, with young Doss and his brother scrapping about the humble family home, where his alcoholic father, who had severed in the great war, is played by the talented actor Hugo Weaving. Weaving masters a very good Midwestern accent in his excellent performance.

There are many Australians in the picture, which was in fact, photographed entirely down under. Every now and then an actor's accent slips into the dialogue. A state-side actor in the cast is Vince Vaughn as Sergeant Howell and in the bloodiest of Okinawa battle zones, the titular Hacksaw Ridge, we see Doss's bravery again and again as he drags men to safety, including his sergeant.

There are many intense scenes of battle in the picture, quite graphic, yet the battles are only approximately twenty-five percent of the screen time, for much of the story plays before the arrival of Okinawa, allowing plenty of time for excellent character development. This is, of course, yet another film on Hollywood's mad craze of true story telling, with this script adapted from the pages of the history of Doss' real life. The real Doss is actually seen and heard just before the credits roll in archival footage and in interview. Although the battle scenes are harsh, this movie and excellent cast are well worth your time at the movies. Also in the cast: Rachel Griffiths as Doss' mother, Bertha, Teresa Palmer, Sam Worthington and Milo Gibson. Braced for battle scenes, this is one you should see.

DOCTOR STRANGE (2016)
The MPAA has rated this PG-13

Walt Disney Studios Motion Pictures and Marvel Studios bring us "Doctor Strange", presented as an IMAX presentation in IMAX Theatres in 3-D and in regular engagements, but this is just the kind of movie for which IMAX and 3-D are experienced at maximum effect and really is the way you should see this attraction. From the pages of the Marvel comic book comes the screen visualization of the adventures of Doctor Stephen Strange, penned into a screenplay by Jon Spaihts, Scott Derrickson and C. Robert Cargill.



The self-absorbed and somewhat unlikable Dr. Strange, played by Benedict Cumberbatch, is oh-so-sure of himself as the medical and surgical genius of the age. This, whilst his work mates such as Dr. Nicodemus West played by Michael Stuhlbarg and Dr. Christine Palmer, an on-again-off again love interest played by Rachel McAdams, recoil at his ego-driven smarminess. The turning point comes when the Doctor defies death in a spectacular texting whilst driving accident. His hand reconstruction takes away the ability to work effectively as a surgeon, even with multiple surgeries by the best specialist on the globe. His funds exhausted and his drive increased to heal, he finds a case of a complete nerve recovery Jonathan Pangborn, played by Benjamin Bratt. On meeting Pangborn he's led to seek a master to assist with different kind of recovery, not that of the world of medicine, but that of mystic arts. Tida Swinton delivers one of her delightfully quirky performances as

"The Ancient One" a master sorceress who finds abilities in the strange doctor that make him worthy of tutelage. From this moment on, the story delves in to the magical world of sorcery and effects, fantastically rendered and delightful to watch as bad and evil forces that engage with Doctor Strange need not worry about good writing or further character development. This is primarily because anything can... and does happen. Just as the doctor gets into a jam, presto! You can have some new magic whisk him out of it!

Actor Mads Mikkelsen plays Kaelius, the big antagonist out to destroy the good doctor and all sorcery other than his own across myriad dimensions. His voice sounds so much like that of classic Hollywood actor George Macready that I could not stop thinking about it the similarity of it.

The movie itself is all eye candy. Yet that is perfectly OK, because I

See Reviews, page 23

Reviews:

Continued from page 22

had great fun watching it. Somehow, it is so much easier to suspend disbelief if the world depicted is so far from reality that the normal earth-bound rules of this dimension do not apply. I am very fond of both Rachel McAdams and Michael Stuhlbarg and found them greatly underused in the movie, almost wasted, which with their talents, seems criminal.

Thus, this is not a great movie, or even a memorable one, but I did have fun watching it and that is a value that should not be underestimated when choosing a movie to enjoy in the magnificence of an IMAX presentation. I think you'll have as much fun as I did. For you Marvel fans out there are two scenes during the final credit crawl, so you want to stay in the theatre till the lights come up or the curtain closes across the screen.

AQUARIUS

The MPAA has not rated this movie

Vitagraph Films distributes the Brazilian movie "Aquarius" starring the singular talent of Sonia Braga, who made her great mark in cinema in "Kiss of the Spider Woman" in 1985. Today, her expressive face holds a lifetime of experience that you feel with each gesture and expression. In this movie she is Clara, 65, living in an



Benedict Cumberbatch is Doctor Strange. Photo: Walt Disney Studios Motion Pictures/ Marvel Studios

a vintage apartment building called Ede. Aquarius, the very apartment where her entire family grew up and the home to her treasured memories, love affairs and celebrations over the years.

The movie is filled with music of all types, for Clara was a noted music critic in this seaside area of Recife, Brazil. Amid the music and memories, she has flashbacks to treasured moments with lovers, family and the beauty that was her home life. With modern construction towering over her vintage 1940s apartment on the fashionable upper-class Avenue Boa Viagem and its view of the beach, it is only a matter of time before her beautiful home will be at risk.

All of the other residents have left, their apartments acquired by a construction company set on demolishing it to build a high rise. She is alone in the building, and does not want to leave. The construction company, po-

lately at first, offers her a nice sum for the apartment, but she refuses. Then the company tries many other techniques to force her to leave, which only makes her fight all the more to keep it.

Braga is magnificent in her portrayal of a woman that will not budge, forced into stress by her situation, yet also invigorated by the conflict to the point that she tells the company "Only on a stretcher will my dead body be removed from this apartment". In a nation that has not yet adapted to the value of the preservation of the buildings in the distinctly different Modern, Moderne, and Mid-Century styles of architecture, her character's strong will of preservation is a magnificent stance against progress without consideration of history. The movie is written and directed by Kleber Mendonca Filho and in Portuguese language with English subtitles.

Councilmember:

Continued from page 2

(SPD). As suggested by the responses to the traffic safety survey, some of the most common crimes in the Pocket-Greenhaven area involve traffic enforcement - specifically, speeding and failures to stop. In 2016, SPD increased the traffic team to one sergeant and four officers. This team has been able to expand their efforts by using tools such as Police Observation Devices (PODs), the Justice for Neighbors program, and the Online Exchange Program. But, our best resource is you.

Thanks to neighbors like you, we have the most active and engaged commu-

nity on NextDoor.com, a private online social media platform for neighbors. In fact, our community is used as an example of best practices for sharing information on NextDoor.com. Similarly, our residents keep my office, SPD and City staff very informed of safety concerns in our community which allows us to quickly address and resolve these concerns, as we were able to do with the recent capture of the suspect involved in the string of robberies at local retailers.

Because of our engaged and connected community, crime rates in the Pocket-Greenhaven community are consistently the lowest in the entire City. And, we are on trend for this year to be the lowest in the last five years.

If you were not able to attend or would like additional information on what was covered in our meeting, the entire presentation was recorded live on our Facebook page and available to view at <https://www.facebook.com/RickTJennings/videos/>. For more information about traffic safety, contact Traffic Investigator, Staci Hovermale at 916-808-6830 or shovermale@cityofsacramento.org. For more information about crime safety, contact Captain Dave Peletta at dpeletta@pd.cityofsacramento.org or 916-808-6150.

And, as always, feel free to contact my office with any concerns about your community that we can be of assistance with. You can reach my office at 916-808-7007.

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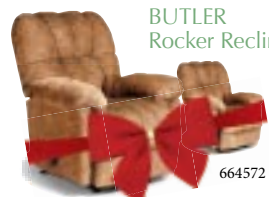
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