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Banana Festival celebrated diversity and delicious banana treats

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Asian supermarket to fill vacancy at former Vic's IGA Market site

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E-mail stories & photos to: editor@valcomnews.com
Editorial questions: (916) 267-8992

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Editor ..... Monica Stark
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Graphic Designer ..... Annin Greenhalgh
Advertising Director ..... Jim O'Donnell
Advertising Executives ..... Linda Pohl, Melissa Andrews

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1109 Markham Way
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover by:
Stephen Crowley

Other Photos:
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Lance Armstrong



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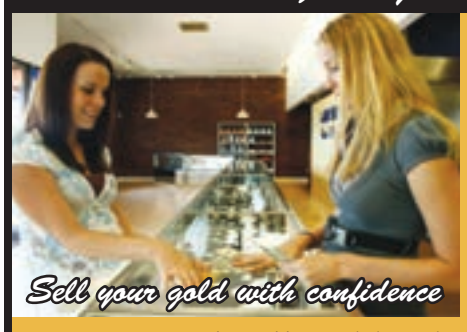

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Longtime East Sacramento guitar store to move to Curtis Park

By MONICA STARK
editor@valcomnews.com

Because of the likes of corporations like Amazon, John Green, the owner of the Fifth String says he's winding down the store's retail operations to focus more on teaching and to offer performance space – something that only a personal touch can offer.

Green secured a location near Broadway that will provide more space for live performances and will benefit customers with adequate parking. "I like it down there (near Broadway) because it's between city college and Sac State and it's a really great location – it's just a wonderful building."

Green acquired 2900 Franklin Blvd., the former location of the short-lived ESH Gallery owned by estate sales mogul Jennie Krausse who told the Land Park News the gallery had been vacant since around the first of the year. "We just didn't have time for it (the gallery). We're just too busy."

In addition to that location, the Fifth String will also occupy 1,500 square feet next to it on 4th Avenue, near the barbershop.

While Green's leaving a charming 1920s building at 3184 N St. in East Sacramento, the price is high for what's he's been getting. "The problem with this building

See Guitar store, page 12



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Asian supermarket to fill vacancy at former Vic's IGA Market site

By LANCE ARMSTRONG
lance@valcomnews.com

Shun Fat Supermarkets, an Asian retail grocery store chain, has acquired the old Vic's IGA site in the South Hills Shopping Center. And work is underway to have a store of that chain open to the public by the summer of 2018.

This latest news ends longtime speculation regarding what business could fill the vacancy left by Vic's, which closed in March 2015.

The store, which will be known by the shortened name of SF Supermarket, will become the chain's third market in Sacramento, with the others being located at 6930 65th St. #123 and 4562 Mack Road. The future store's address is 5820 South Land Park Drive.

Altogether, the chain, which was founded in Monterey Park, Calif. in 1993 by a Chinese-Vietnamese entrepreneur and seafood wholesaler named Hieu Tran, consists of nine stores in California, two stores in Las Vegas and another one in Dallas.

Work on the future store's site began on Aug. 13 behind the privacy of chain-link fences with dark green coverings.

And among those helping a cleanup crew inside the building on that day was Thong Lu, an assistant for all of the chain's stores, and Phat Thiem, grocery manager of the 65th Street store.

At the end of that first workday, Lu and Thiem met with this publication to talk about plans for the future South Land Park store.

Lu stated that SF Supermarkets acquired the old South Land Park Drive grocery store building about three months ago, and that efforts are being made to open the store in the next 10 to 12 months.

"We're all working at SF Market over there, just to help them clean up," he said. "It's not our job. We're just helping them move faster."

Lu estimates the cost of completing the remodeling of the building will be about $1 million.

"That's to clean up, some new pieces, everything new," he said. "We have to remove all the refrigerators, everything. We have to clean up everything. That will take more than a month."



Photo by Lance Armstrong

Thong Lu, an assistant for all of the SF Supermarkets stores, and Phat Thiem, grocery manager of the chain's 65th Street store, stand in front of the former Vic's IGA site in the South Hills Shopping Center.

Lu added that although the project still must meet the city's approval, he believes that should not be an issue.

"The next move (after the remodeling) will be to draw out the plans to the city," he said. "We'll wait for the city to approve (those plans). But still grocery, I think is easy. I think if it's not a grocery store and you change it to something else, maybe it will (be) a little bit of a problem. But with grocery store changed to grocery store, I think it's OK."

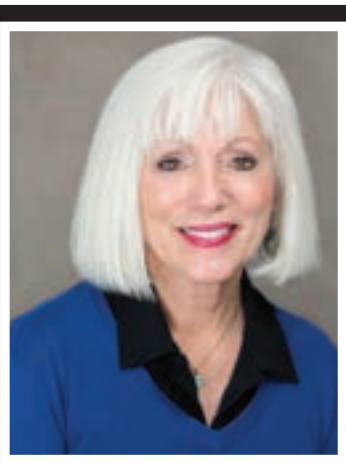
Lu mentioned that the South Land Park store, which would be smaller than the other Sacramento stores, would have about 50 employees, compared to the other stores, which have about 80 employees each.

As for actual offerings at SF Markets, Lu noted that these stores have a wide variety of food.

"We carry Asian food, everything, fresh fish, meat, vegetables, all types of Asian (food) and we also carry American groceries, too," he said. "We carry some American brands, but not much."

Lu mentioned that the best way for people to become familiar with how the future South Land Park store will look is to stop by the 65th Street and Stockton Boulevard store.

"If you have time, stop by the 65th (Street store) and you'll know what we carry for food," he said. "Yes, stop by, then you'll see. It's the same style, just more."



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Police Logs

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SATURDAY, AUG. 5 AT 8:47 P.M.
(Missing Child): 15th Ave at Land Park Drive at 8:47 p.m.
Officers responded to Land Park after parents reported that a 3-year old boy had walked off during a family BBQ. The family thought he may have fallen into a nearby pond. SFD DART Unit responded and searched a portion of the pond and AIR1 and STAR searched the park from the air. A number of officers conducted a detailed area search of Land Park and the surrounding area. After an extensive search, the missing child was found hiding in the bushes on 13th Avenue at about midnight. A report was generated.

TUESDAY, AUG. 8 AT 6:49 A.M.
(Assault): 1100 block of Broadway at 6:49 a.m.
The suspect was refused entry into the store by the manager because he was not wearing shoes. The suspect became upset and threw a large broken piece of cement at his vehicle smashing the window. When the manager went to confront him, the suspect threw another piece at the manager, nearly hitting him. Officers responded detained the subject and booked him into jail for assault and vandalism.

WEDNESDAY, AUG. 16
(Theft): 1300 block of X St at 1146 hours.
Two suspects arranged to meet at this location to purchase an item from a online media forum. As the victim was showing the suspect the item, the suspect ripped the item from the victim's hand and fled in a nearby vehicle. A report was generated and the investigation remains active.

FRIDAY, AUG. 18
(Attempted Robbery): 1400 block of Shirley Drive at 9:50 a.m.
The victim was walking home when three male juveniles began following her. The suspects began demanding the victim's money, covering their faces with their shirts. The victim refused, turned around and the suspects were gone. The victim was uninjured and nothing was taken. A report was generated and the investigation remains active.

SATURDAY, AUG. 19
(CHP Assist): U.S. 50 Eastbound at 23rd Street at 8:14 p.m.
\Sacramento Police Officers were called to the area to assist CHP with a subject who was threatening to jump from the overpass onto the freeway. Sacramento Police Crisis Negotiators were called to the scene to assist. The Crisis Negotiators spoke with the individual for several hours, resulting in the subject agreeing to get off the ledge. With the assistance of the Fire Department, the subject was safely brought off the ledge. CHP handled the remainder of the call and the transport of the subject.



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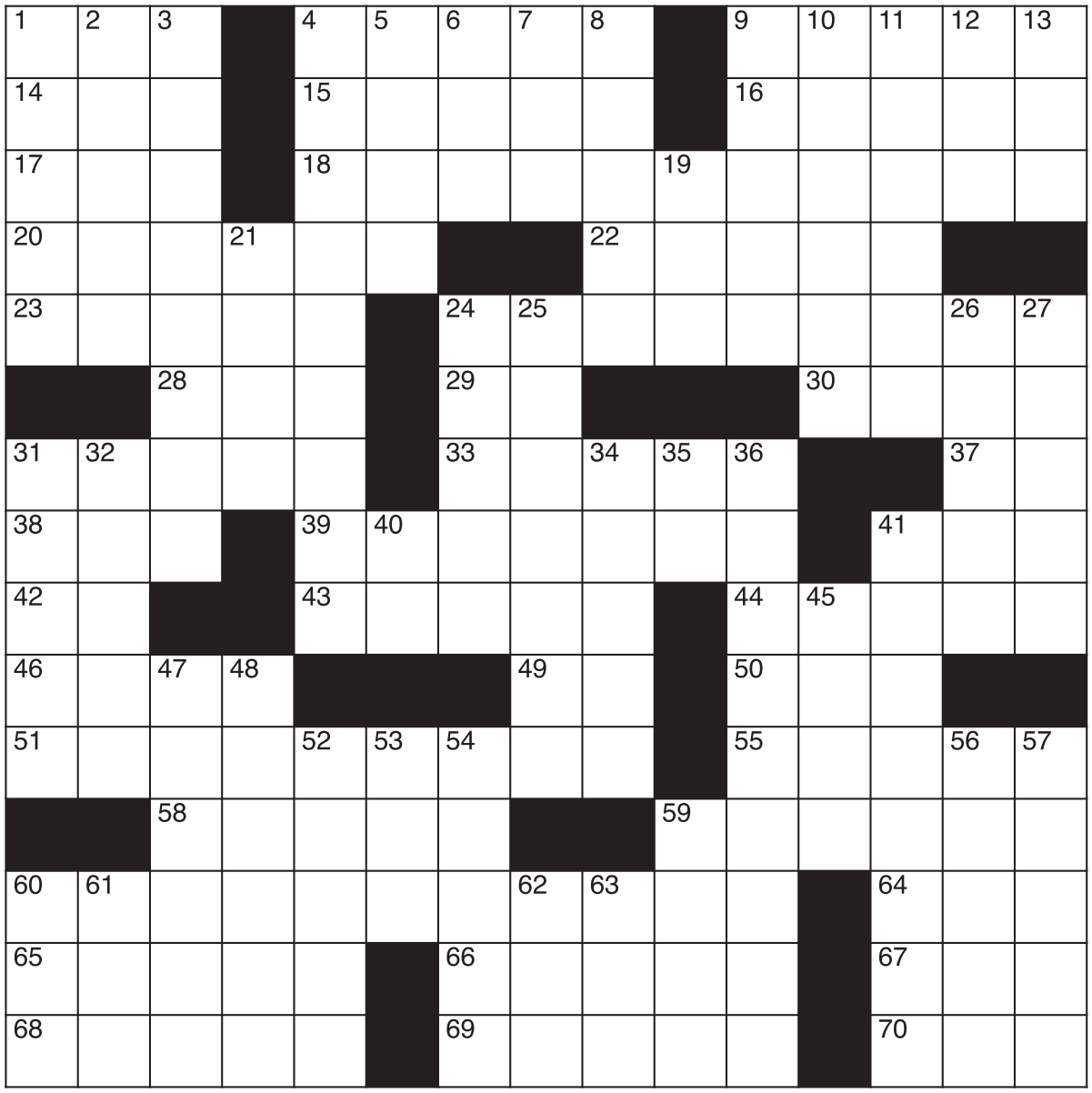

CLUES ACROSS
1. Defunct phone company
4. Rural area in Guinea
9. Hairstyles
14. Makes a good meal
15. Nats' CFer Adam
16. El __, painter
17. Midway between south and southeast
18. Baseball's "The Big Hurt"
20. A serialized set of programs
22. A woody climbing plant
23. Japanese metropolis
24. Whirlpool
28. Toddler
29. Integrated circuit
30. WWII British fighter Blackburn __
31. Ancient Briton tribe
33. Injurious weeds (Bib.)
37. Nonredundant
38. Turf
39. Canned fish
41. Team's best pitcher
42. Touchdown
43. Woody perennial plants
44. Rattling breaths
46. Smaller quantity
49. Of I
50. When you'll get there
51. Adventures
55. Type of chip
58. Having wings
59. Mutilated
60. Considered
64. Wrath
65 A citizen of Iran
66. American state
67. Explosive
68. One who challenges
69. ___ senilis
70. Affirmative

CLUES DOWN
1. Move rapidly in music
2. Brief are one type
3. Repeated
4. Quitter
5. Paddles
6. Broadway actress Hagen
7. Politician Paul
8. Joint
9. Ottoman military men
10. Covers for illegal operations
11. Comment
12. Office of Consumer Affairs
13. Distress signal
19. '__ death do us part
21. S. Korean boy band
24. Bishop's hat
25. Learning environment
26. Measurement
27. Equines
31. Hard plant fiber
32. Protocols
34. Stands up
35. Linear unit
36. Songs
40. One of the six noble gases
41. Cheerful readiness
45. Zoroastrian concept of holy fire
47. Having only magnitude
48. Containing salt
52. Chadic language
53. Fed
54. Beef or chicken intestine
56. Hill in Australia and London
57. "Waiting for Lefty" playwright
59. A list of available dishes
60. Have already done
61. Geological time
62. Swiss river
63. Twitch

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Making good pizza better: Land Park's breakfast pizza revolution

By BIA RIAZ
bia@valcomnews.com



Land Park's Buffalo Pizza & Ice Cream Co. has been a Sacramento institution for over 30 years. Loved and known by locals for its signature Original Breakfast Pizza and quirky hours of operation, it is the go to place to feed breakfast cravings. They are celebrating 21 years at its current location. With recently extended hours, and an introduction of new vegan cheese options, Buffalo Pizza's herd of followers, and curious new visitors, will be able to experience these house-made plant based cheeses at two pop up events scheduled for September.

The Legend of Buffalo Pizza

Several years ago, Mai Linh Tompkins and Brian Fischer, two of the innovative minds behind Sacramento's first co-working space, Capsity, noticed a curious little shop advertising breakfast pizza and ice cream on the block next to their office. They peeked inside the windows and it appeared to be a working kitchen with a huge pizza oven and boxes, but it was never open. Mai Linh remembered thinking, "What's up?, I need my Pizza!" After some investigation, they discovered it was indeed a working pizza place, and had been in existence for thirty years. During that time, Buffalo Pizza had experienced several incarnations and changes to their business model. About twenty years ago, local resident, Charles Elkik had become the owner and proprietor of the infamous pizza place. According to local lore and conversations with neighbors, the business had experienced some challenges in the original dining room location on the corner of Broadway and 21st. Various acts of vandalism, issues with credit card payments, and delivery service, prompted Elkik to move the location to the 2600 block of 21st street, Buffalo Pizza's current location. He also also set some very strict rules like no credit cards, no delivery, no dining room, no weekend hours, and no chicken wings! The hours were also limited to breakfast from 7 a.m. to 1 p.m.

As Capsity was growing and providing an active workspace for many of Sacramento's new start-ups and community organizations, less than a block away from Buffalo Pizza, they knew they had to connect with the owner. The Capsity space was hosting 45-60 meetings and events on a regular basis. Having a working pizza place and kitchen next door was immensely important and vital to the co-working community. Brian, Capsity's Chief Inspiration Officer, finally managed to connect with Elkik and inquired if he would be interested in selling the place. According to Brian and Mai Linh, "Yes!" was the emphatic response from Elkik. He had been looking to wind down the business to pursue other ventures. Elkik agreed to stay on during the transition to mentor Mai Linh and Brian. They learned the original recipes and the fundamentals of the pizza business. They also actively worked to help Elkik realize his new vision and path outside the pizza world. And just like that, Capsity purchased Buffalo Pizza in 2015.

Do Good Better

Founded on the principle of "Do Good Better," Capsity's holistic values shaped the new business model for Buffalo Pizza. According to the founders, "The concept of co-working goes beyond just a shared office space. Coworking is the belief that a community can create more powerfully and more efficiently than just an individual, but that it needs a place where individuals can integrate and collaborate. Capsity is an on-going experiment in creating the space for human relationships to manifest into community and social good." In keeping with their Capsity principles and welcoming Buffalo Pizza into the Capsity family, they kept all the Buffalo Pizza staff and increased their wages. "We pay our workers a living wage. Our employees average well over $15/hour TODAY. We're not going to wait for the 2022 legislation for $15/hour minimum wage. By then, $22 will be too low," said Mai Linh.

Although they kept the original recipes, they tweaked them to use fresher local ingredients. They follow a "Farm to Face, no fork required!" principle in creating their pizzas by sourcing ingredients from local growers whenever they can. They work with and support local farms like youth owned, H&K Farms. The breakfast pizzas feature cage-free eggs from Vega Farms.

As a vegan in a mixed food family, Mai Linh wanted to add vegan options to the Buffalo Pizza menu. Often times, vegans, vegetarians, and people with allergies to dairy or gluten, may avoid pizza places. Usually, they are faced with a sad iceberg lettuce based day-old salad as their only option. Mai Linh introduced some commercially available dairy free cheese style shreds and a vegan dough to appeal to customers with special dietary needs. Although the substitutes were good, she wanted to do better. Unsatisfied with the taste and texture of those products, she went on a mission to create her own plant based cheeses. Of course, as Co-CEO of Capsity, she had worked with and knew many of the local innovative entrepreneurs, like Ilsa Hess, founder of Love & Joy Foods and creator of the dairy free, gluten free 'Nacheez' sauce. Ilsa had already pioneered the creation of a creamy luscious cheese sauce to satisfy any cravings for nachos and beyond, using cashews, red peppers, and other healthy ingredients. She had created an anomaly, "healthy junk food." Excited by the challenge, Ilsa agreed to mentor Mai Linh and they both embarked on a journey to create tasty vegan cheeses to use on pizza. Building on Ilsa's vegan cheese recipes and lots of additional research on the non-dairy evolution taking place all over the world for people seeking healthier and more humane options for food, they tested and developed several new flavors to offer at Buffalo Pizza. Using ingredients like cashews, almonds, soy, and various spices and herbs, they created dill havarti, and smoked gouda inspired non-dairy cheeses. Also in the works, is a new "Bac-un" Jack using textured vegetable protein to mimic the flavor of bacon in a Monterey Jack inspired vegan cheese.

Wake-up your Taste Buds at the Pop Up Vegan Pizza Party

The best way to introduce these new vegan options to customers would be to have a pop up Buffalo Pizza party," thought Ilsa and Mai Linh. Curious customers and new visitors will be able to sample the new vegan cheeses at two pop up events being hosted at Buffalo Pizza in collaboration with Nacheez.

The first event will be Sunday September 10th from 10 a.m. to 2 p.m. According to the the Facebook event page, "We are veganizing the infamous Buffalo Pizza and Ice Cream Co. Breakfast Pizza with amazing homemade garlic cheese and other creative vegan toppings. Nacheez Chilaquiles Pizza (vegan!) will also be on the menu. Each slice is $5. A great way to fill up your belly before or after the Antique Faire under the highway (21st and X streets).

This is to help kickstart the new vegan menu at Buffalo Pizza and Ice Cream Co. They will be offering their amazing homemade vegan cheeses and vegan pizza dough so you can create your own mind blowing vegan pizza."

The second pop up will be held on Sunday, September 17th from 10 a.m. to 2 p.m. and in addition to the vegan cheese pizzas, will also feature special guest and local tea sommelier, Leo Hickman, of Classy Hippie Tea Company located in Oak Park and also available at Vino Volo lounge located at Sacramento International airport. Leo will be offering his herb and spice tea creations. "Breakfast Pizza pairs perfectly with tea and coffee infused with wellness," said Leo. He will also have a special spice and herb coffee blend available at the pop up.

It's time to abandon your cold leftover pizza as a breakfast option and explore the breakfast pizza evolution and revolution at Buffalo Pizza and Ice Cream Company. Stop by one or both of the pop up parties. Also, stay tuned for news about their exciting foray into house-made ice cream offerings in collaboration with local Cornflower Creamery, a unique artisan, farm-to-scoop ice cream experience.

For more information about the event and Buffalo Pizza visit: buffalobreakfastpizza.com/
For more information about Ilsa and Love & Joy Food Company visit: nacheez.com/
For more information about Leo and Classy Hippie Tea visit: classyhippieteaco.com

Barrio Café temporarily closes its doors to the public

Owners vow to open next month, following alleged 'callow behavior' of their employees

By LANCE ARMSTRONG
lance@valcomnews.com

Barrio Café, a less than 1-year-old business in the South Hills Shopping Center, shut its doors to the public on Aug. 12. But its owners, Sergio Barrios and Melissa Allen, state that the closure is both temporary and necessary due to employee behavioral issues.

Taped on a window of this bakery and coffeehouse is the message: "To our valued customers, we are forced to close for a few weeks – possibly shorter – due to the callow (or immature) behavior of our employees. We will be recruiting new personnel and training them in the next few weeks.

"We will reopen with a new, more professional crew, and with our expanded menu. Again, sorry for the inconvenience, and hope to see you soon. Melissa (and) Sergio."

Shortly after the business's temporary closure, the Pocket News visited with business employees and local residents who were surprised by the sudden closure of the café, which opened on Sept. 24, 2016.

Wendy Lee, a manicurist at the neighboring business, Royal's Nails, commented about the closure.

"They closed this morning," she said. "This morning a lot of customers came there. Oh, my God, I think about 100 people came in. They're good, they're nice and the coffee is good. I hope (the business) comes back."

Martha Cervantes, who arrived at Barrio Café that evening for a student art show that was to have been presented but was cancelled by the organizers, expressed her opinion about the message that was placed on the window.

"That wasn't very tactful the way they did it," she said. "They didn't handle it very right. They should have just said, 'Closed due to a staffing shortage.' That would have been better. They're putting their laundry out."

During the following morning after the temporary closure of this business, the Pocket News met with Sergio and Melissa inside their café at 1188 35th Ave., where Brick Oven Pizza operated for many years.

Sergio stated that he does not regret the strong words included in the message posted on his business's window.

"I'm going to say that is the right response, because the people don't know what we've gone through," he said. "Basically, it has to do with employees and discipline. Finally, the whole thing just collapsed in the sense of they're just not doing what they're supposed to do. And then they turned the tables around and said, 'We're doing what we're supposed to do.'" Sergio added that none of his staff were terminated from their employment.

"A couple of them did quit on their own," he said. "They said they're not coming back. The other ones, we haven't dismissed them yet. The two of those that quit, those could have been fixed with anything, but they just didn't want to come back for the whole mess. The other ones are disciplinary actions."

Sergio referred to the situation as a whole as "drama," and he mentioned that the two employees who quit claimed that they were being overworked and were unappreciated.

"They seemed to think that they were having too much work, of which now we can ease the pain," he said. "We're looking for more people to take care of the counter."

Sergio noted that he had already conducted some interviews prior to when those two employees quit. And as of the deadline for this story, those vacancies had not yet been filled.

In the meantime, the remaining employees are no longer earning money, Sergio said.

"I paid them up to Friday, (Aug. 11)," he said. "I don't know if we can continue the conversation (of employment with the remaining employees). Otherwise, we'll be doing some (additional) recruiting. We have things on Craigslist and other (job classified sources)."

Sergio mentioned that because of issues he has had with his employees, his business's progress has been slowed.

"We wanted to do breakfast and lunch and we're stuck on the breakfast part right now, because of the same reason," he said. "Our employees haven't really come up, but in their defense they're very young. One of them comes out of culinary school – just fresh out of culinary school – never had experience on the workforce. The other comes from a vocational school.

"We're behind our schedule where we're supposed to be. By this time, we were supposed to have a beer and wine license, be open some evenings and have lunch, and it hasn't materialized."

Sergio added that fortunately for his business, it can financially survive this temporary closure.

"Financially, (this closure) hurt us, but it doesn't put us in any potential thing," he said.

In further speculating about his South Land Park business's challenges, Sergio admitted a possible need for him and his wife to spend more time there.

"A point against us is that maybe we spend a little too much time over there (at their downtown Sacramento business, Fluid Espresso Bar) and not enough (time at Barrio Café)," he said.

Sergio and Melissa opened Fluid Espresso at 1230 N St. in Feb. 2006.

Moving forward, Sergio and Melissa are considering writing a statute of conduct for their employees at Barrio Café, and are planning for that business's reopening.

"We'll (reopen in) no longer than a month," Melissa said. "We're trying not to take up a month, but we're giving ourselves a month, just in case."

And in providing more specifics on that opening, Sergio committed to having the café operating with at least a partial menu by Sept. 1 and a full menu by the middle of September.

"If we have the right people, then we can do it sooner," he said.



Photo by Stephen Crowley
Sergio Barrios discusses the temporary closure of Barrio Cafe, located in the South Hills Shopping Center.

Following Sergio and Melissa's interview for this article, several other community members spoke about the business and its temporary closure.

One of those people was Land Park resident Lisa Wunsch.

"I think it's nice for the neighborhood to have a coffee shop for the community," she said. "So, hopefully they get it together."

Another resident of the area, Jaquie Duerr stated that she had already found out about the café's closure and had come to the business hoping to provide her encouragement.

"I was going to stop by and say hello, and let them know I'm in the neighborhood and kind of routing for their success," she said. "I hope they resolve their labor issues for the benefit of both labor and the owners. We want to see them survive."



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Door to Door

with PAT LYNCH

We put a sign in our front yard. It says, "*In Our America, LOVE WINS, All People are Equal, Back Lives Matter, Immigrants and Refugees are Welcome, Disabilities are Respected, Women are In Charge of Their Bodies, People and Planet are Valued Over Profit.*" I know, it's a chatty sign, garrulous even, but that's how free speech works. You don't have to like the sign, but you have to leave it alone. It's our sign and we freely planted it in the lawn. Did we do it to provoke people? No. We did it to take a small but determined stand against the verbal bullying we're starting to see everywhere: on the news, on the street. Yes, here in sunny, serenely blue California.

Do you remember Milosevek who died in prison for war crimes? He used local media to revive ancient hatreds among Bosnians and Serbs. He ordered inflammatory commercials made. The ads reopened long dormant ethnic wounds. Influenced by the ad bombardment, friendly neighbors(people who barbequed together) became political opponents, then outright enemies. They ended up fighting and killing one another. That's how tyrants manipulate people. Remembering this, and aware of the resurgence of immigrant bashing and racial abuse in our country, we put out our sign.

Many people on 43rd Street said they liked it. So there it stood, out in the open and under the sun—a reaffirmation of humane and civic values. But early one morning a woman walking her dogs paused, angrily pulled out the sign out and threw it on the grass. Another neighbor watched her do it. "I let her know I was watching," our neighbor said.

We came home and replanted the sign in the same space. Days later it went down again. We put it back up. The woman (we assume it was the same woman) tore it out again. We replanted it. This went on for some time.

Then she, or somebody, broke it. Whoever it was stepped hard on the bottom rung, snapped it, left it bent and crooked on the grass. We stuck it back in the ground, and there it stood, brave and tilted: Refugees welcome, Black lives matter, Planet over profit. Really, what was not to like?

The next day (or night) the sign stalker/breaker ripped it from the ground and threw it in the gutter. Another neighbor happened by, retrieved the sign and placed it carefully behind our wheelbarrow. Some neighbors now took a kind of custodial regard for it. They weren't sign people themselves, but they protected ours.

I peered out the window one morning, fantasizing what I'd do if I caught the woman in the act. Maybe I'd yank her hair, good and hard, and bring the sign down on her head. She'd scrunch up in shame and I'd whack her. 'You never heard of the First Amendment?' *Whack*.'A lawn sign is freedom of speech, you dumb thug.' *Whack*. 'You stupid (*whack*) authoritarian (*whack*) tyrannical (*whack*) two-bit, mob-minded, sleazy, spineless twit (*whack! whack! whack!*). It was an immensely satisfying reverie.

I told my friend, Joan, about the fantasy.

"What about LOVE WINS?" Joan said.

"Oh."

Joan's fantasy was that she'd stop the woman and say, "The Constitution protects free speech. This is in the Bill of Rights." She'd explain that what the woman did repudiated America's highest ideals.

It turned out that a few people had been thinking about this. Ray said he'd holler at her, "Hey! This is private property! Hands off!"

Ellen's fantasy was that she'd film and photograph the culprit in the act, then tell her: "We have evidence. Keep away or I'll report you, post your picture on Next Door, and file a legal complaint against you.

Eileen said simply, "I'd call the police."

So, Joan would try to educate the woman, Ray would invoke the sacrament of Private Property, Ellen would threaten to bust her legally, Eileen would call the cops, and I…well, I would have to delve a little deeper to find a few drops of that LOVE WINS juice.

Then another neighbor said she knew who the sign stalker was and where she lived. Enter fantasy number two: I'd sneak over to the stalker's house at 3 a.m. and plant a sign in *her* front lawn. Wouldn't that be delicious? Imagine when she got up to make her venom tea or whatever, glanced out and saw it. Better yet, I'd plant it where she wouldn't notice it from her window. Then when she went out to walk her dogs she'd see it and realize she'd been promoting black lives, refugees and birth control all morning.

But of course nobody would accompany me on this mission and I was too chicken to go alone.

Then another neighbor said she'd put up a sign too. Fantasy three: the sign crusher turns on our block and sees thirty identical signs sparkling under the sun. That ought to throw her into a conniption so epic you'd pay to see it.

One Saturday afternoon I came home to see the sign standing neat and straight, no more screwy tilt. "It's the gardeners," a neighbor said. "I watch them. They take it out to mow, and they put it back so carefully."

It's been two weeks now since the woman has been seen on our block. The sign still stands. Unmolested by multiple strangers walking to medical offices on the corner, Amazon delivery drivers, neighbors' visitors, salespeople, other dog walkers and random strollers; it's become part of the fabric of the street.

This morning I read in the Bee about the Durstons from Gold River. They displayed the same sign, and got a letter from Homeowners Association Board of Directors. The Board doesn't want the area to be "littered with signs" which could cause a "negative impact to the value of our homes." Here's the typical clash of values with which we always have to contend: monetary value vs. moral value. The Durstons made the moral choice and got flack for it. (What if they'd put up a sign saying, *God Bless the Almighty Dollar?*)

Here in East Sac we don't have a Homeowners Association, just the occasional crazed dog-walker. But we know what's happening in the world beyond our block, and it matters to us. Some neighbors don't approve the import of our sign, but they respect our right to display it. In turn, we appreciate their tolerance. If they put up a contrary sign, we won't like it, but we'll let it stand. Democracy is hard, and messy, but it's all we've got. We believe: use it or lose it.

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Relive Camp Memories at Camp Capital City

A nostalgic celebration of all things camp – benefiting local Y youth programs



On Saturday, Sept. 23, the YMCA of Superior California will host its third annual Camp Capital City - a nostalgic celebration of all things camp. Camp Capital City is a one-of-a-kind opportunity for adults to relive beloved camp days - featuring a gourmet barbecue dinner and s'mores dessert bar, craft beer, wine and cocktails; live music, and your favorite camp games and activities - including archery, rock climbing, horseshoes and more! Back by popular demand, the evening will also include a wine-pull and live auction, with packages including a Disneyland family getaway, a Sacramento arts tickets package, a sports package including memorabilia and event tickets, an Amador winery trip package, and an inclusive weekend stay at Bear Valley Y Camp in the High Sierra for twenty, and much more. Camp Capital City will take place around the campfire and under the stars at the Sacramento Central YMCA at 2021 W Street in Midtown, Sacramento.

Tickets are $75 and can be purchased at ymcasuperiorcal.org, at your local YMCA Welcome Desk (Sacramento, Woodland, Oroville), and at the door at the event. Early bird tickets for $50 are available until August 25th. There will be weekly giveaways leading up to the event. Learn more and purchase tickets at ymcasuperiorcal.org/CampCapitalCity

"The fundraiser circuit around town can get a little… same-y. It's refreshing to look forward to a relaxed event where you can ditch the heels and embrace that last bit of summertime for a good cause. The food, drinks, activities, and program were wonderful, and unique. Even if this event didn't raise money for programs that benefit the kids in our community, it would've been an amazing night out." – Christiana D., Camp Capital City Attendee.

This summer, the YMCA of Superior California provided ten weeks of adventure, friendship, values and fun to an average of 700 children each week at nine-day camp sites throughout the region). In addition, more than 200 kids enjoyed a week of High Sierra excitement at Bear Valley YMCA Camp. Through the Y-Assist program, the YMCA of Superior California's scholarship fund, more than $71,000 in camp scholarships were granted - enabling 235 kids from low-income and underserved families to participate in Y summer camp; including children from St. John's Program for Real Change's shelter and foster children.

"With school out during the summer, many kids don't get enough physical activity – a critical gap that the Y is addressing," says Jay Lowden, President & CEO of the YMCA of Superior California. "As a part of our focus on youth development and social responsibility, the Y-Assist Fund ensures more kids have a safe, structured environment where they can learn, grow and thrive during the summer. The Y-Assist Fund ensures more kids have a safe, structured environment where they can learn, grow and thrive during the summer."

Funds raised from Camp Capital City will benefit YMCA camp and youth programs by providing year-round program (swim lesson, day camp, childcare, and more) scholarships to children who would otherwise not be able to participate in Y activities due to financial hardship.

While the Y focuses on youth development year-round, Camp Capital City is a special opportunity intended for adults to relive their camp days.





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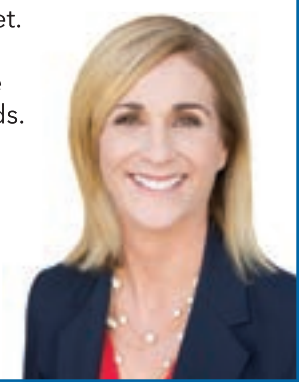

Faces and Places:

8th Annual Sacramento Banana Festival

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

The Banana Festival, held on Saturday, Aug. 12 and Sunday, Aug. 13 at William Land Park, featured delicious foods from the Caribbean, Central America, Puerto Rico, Mexico, Africa and Pacific Rim cultures, as well as traditional festival foods, live entertainment including ethnic dancers; R&B, jazz, country and rock performers; fashion show; interactive hula hoop and hip hop stations; healthy cooking demos and culinary art for kids and families; crowd participation Zumba; community line dance and salsa lessons; arts and culture displays, crafts bazaar and vendor fair.

Kid-friendly activities included arts and crafts, face-painting, storytelling, banana split-eating contest, bounce houses and inflatables, carnival rides and more.

















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Guitar store:

Continued from page 2

is the archaicness of how old it is in terms of its heating, air, plumbing and electricity. And the rents are high. The building doesn't have adequate heating and air for the really hot days. All of that is a little bit of a problem."

With a passion of teaching, he's bringing along his seasoned staff to Broadway. "They are very happy with it. They love the feel as I do."

And with that, he says it doesn't feel weird to leave East Sac. "My passion and that of everybody here is teaching... It's just crazy how long this business has been around, but retail changed. Retail's pretty much a dying market. Everything about the store is great. It's just time to move on. Going to the teaching side, that's one thing you can't get online very well, although I have a bunch online. God, I've been teaching the world how to play guitar the last three years on YouTube."

A Certified Public Accountant, Green makes his money "fighting the IRS and tax preparation." Many musicians in town receive accounting services from him and he plans on moving his CPA practice, along with the music school to the Broadway location. "Catch you all on the flip side," he wrote in an announcement on his personal Facebook page.

Asked about some of his favorite memories of owning the Fifth String, Green's stories are endless, however a couple of them really have really stuck with him. "It's crazy actually how many people have played at the Fifth String or who are associated with the Fifth String. It's just crazy."

Recalling one such memory, Green recalled when Chris Hillman from the Byrds, Jerry Scheff who played bass for Elvis Presley, Bernie Leadon from the Eagles, and Al Perkins, session musician for Linda Ronstadt, walked into his store. "They were doing a Christian show at Warehouse Ministries and they just happened to drop in because they knew about my store. After that, I became a supplier of picks for them. They stayed all afternoon." A favorite story of that day, he said, was when Bernie spoke about what it was like to have a No. 1 hit on the radio, but that he was too broke to buy a burrito. "It was their first hit. Walking down the streets of LA, listening to themselves on the radio but they were so broke they could barely get by."

A Rio Americano High School graduate, class of 1972, Green said he began guitar playing after a ski accident. "I broke my knee on the ski slope and my uncle who had polio used to teach mildly mentally challenged kids how to play Jazz. So, he gave me a guitar because he didn't walk well and told me to quit whining, that I'd walk again. He gave me a guitar and I took it up at 17 with a broken leg, or a broken knee to that effect."

As local guitarist and Fifth String former employee Ross Hammond wrote in Midtown Monthly back in 2011: "The Fifth String isn't really the type of place where you walk in, buy a set of guitar strings, and walk out. The laid-back atmosphere and the staff's warm encouragement to try all of the instruments on the wall is enough to keep a person there for the afternoon. Green keeps the coffee pot brewing all day for customers, and will often find himself teaching free lessons on a variety of instruments on Saturdays. It's more of a clubhouse or a musical barber shop than a guitar store."

Bringing along his talented staff to Broadway, Green praises each one highly.

Staff include: Steve Randall (who has taught guitar to adults and older children for more than a decade), rock and metal guitarist and store's manager of at least a decade Steven Ward; violinist and fiddle player Fiona Pulskamp, singer/songwriter Sherman Baker; local musician Julie Meyers who since 2004 has taught guitar, piano, ukulele, voice and bass; Scott Mota (musician who plays multiple styles on guitar and bass and teaches anything from rock to pop, jazz to blues, classical to metal) and Dave Shapiro (whose lengthy biography includes working with Jerry Garcia and Merle Saunders on music for the '80s revival of the classic TV series "The Twilight Zone." According to the bio on the Fifth String website: "Shapiro has worked with many well-known artists throughout a long career in the music business. Live performances, recording sessions, dance companies, musical theatre, television, and symphonies have all benefited from his skill as a player of fretted string instruments and his scores ranging from folk and country to R & B, swing, be-bop and big band jazz charts. He is one of the few musicians who is as knowledgeable about folk and roots music as he is about writing full scores and advanced music theory.")

Also, of note, Hop Gardens Taproom starts construction this week inside the old Coffee Garden, which will be next door to the Fifth String. Hop Gardens hopes to open in late September to mid-October. It will feature a 25-foot bar top serving 24 of the best taps out there. And, undoubtedly, the taproom would be nice for people attending shows at the Fifth String.

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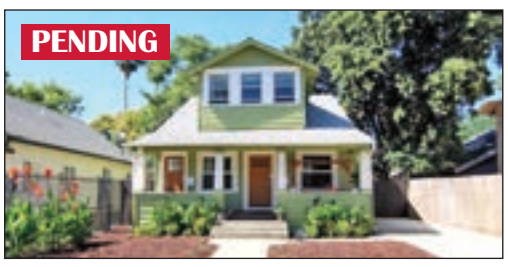

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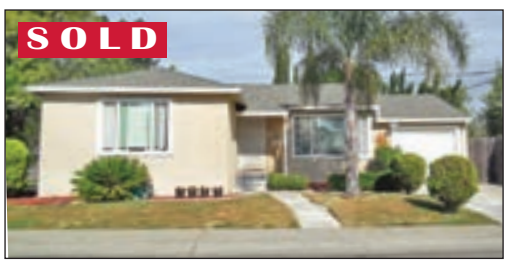

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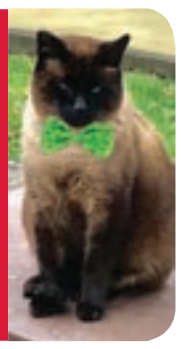

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Groundbreaking West-Coast Brewpub Issues Final "Last Call"

By JOE PERFECTO

After a nearly 30-year odyssey, Northern California saw a colorful, storied era draw to a close as the taps ran dry at Sacramento's legendary pioneering Rubicon Brewing Co. Universally recognized as an innovator in the industry, the midtown icon burst onto the scene Nov. 1, 1987, in the early days of America's microbrewing renaissance. Although the return of craft brewing was officially ushered in with the opening of Grant's Brewery Pub in Yakima, WA a decade earlier, NorCal was the de facto ground zero for the industry's rebirth, with the establishment of Sonoma's New Albion, and sites such as Sacramento's short-lived River City followed by the infamous Hogshead Brew Pub (both operated by controversial character Jim Schleuter), and the *Reinheitsgebot*-ruled Sudwerk Privatbrauerei Hubsch (later simply Sudwerk) in nearby Davis. Rubicon's enduring influence was evidenced in the beer lineups of countless brewpubs that appeared during the ensuing period of industry expansion nationwide.

Initially only a single lager was on tap, but over time Rubicon would produce a variety of styles. Right out of the gate it set the industry standard for the nation's current favorite style of ale; under the direction of original brewer Phil Moeller, the brewery won unprecedented back-to-back GABF (Great American Beer Fest) gold medals in 1989 and 1990 for the American IPA category. Moeller also set the bar for the Wheat Ale style, and by accidentally doubling the amount of wheat added to the mash tun, he invented Wheat Wine, which the GABF now recognizes as an official style. In the third year of operation Moeller was succeeded by Scott Cramlett, who racked up scores of additional awards for styles like the famous Monkey Knife Fight Pale Ale over his two decades as resident hopmeister.



Photos by Joe Perfecto

A capacity crowd fills the sidewalk seating area on August 8th.

While Rubicon saw many good years, recent exponential local market growth led to its decline. Owner Glynn Phillips, who succeeded founder Ed Brown in 2005, said the closure was forced by insufficient cash flow due to the combined pressures of capital overextension and massively increased competition, referring to the 2013 addition of a second brewing facility shortly followed by the explosion of the microbrew-

See Rubicon, page 15

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Rubicon

Continued from page 14

ing scene. As Phillips told the Sacramento Bee, "[T]he competition in midtown and the extensive opening of breweries throughout Sacramento has been a challenge.... Years ago, when you wanted to get a craft beer, and you lived in Auburn, you would come to the Rubicon. And now there are five or six world-class breweries in Auburn." In that regard, Auburn, located 45 minutes to the northeast, is typical of the region.

While the site's future is uncertain, according to a local commercial real estate agent it is guaranteed that the vacant space will attract much interest among investors. A source familiar with the local restaurant trade stated that the owner of the adjoining upscale Waterboy restaurant is considering annexing the pub and resuming brewing operations. But even should brewing recommence, it may be some time before the taps could flow again; brewer Chris Keeton (who succeeded Moeller about three years ago) stated that the facility could use some work.

Back in the day especially, the brewpub enjoyed a sizeable cadre of stalwart patrons, yours truly among them. Since I frequented there at least weekly from its opening through the mid-1990s, I have many Rubicon stories.... There was the time I headed there directly from my 1993 college graduation ceremony, still clad in a tuxedo, for a celebratory pitcher or two. Another time, channeling both Nikita Khrushchev and Steve Martin, I pounded my boot on the table, shouting "More beer—it doesn't affect me!" Perhaps of most significance to me, it was here that I first encountered a new "brewspaper" called the *Celebrator Beer News*, another industry pioneer, whose pages would bear my own words and images a few years later.

Just as with any such gathering place, Rubicon had its own particular brand of *gemütlichkeit*, its own specific mix of colorful characters including both customers and staff, its own unique story. Along with the now-dormant bar and production facility and empty dining area, the vintage brick-and-neoindustrial building at 2004 Capitol Ave. holds three decades of brewing history, and this once-bustling site will live on in the minds of countless beer lovers across the globe.

For years the brewery's motto was "Congratulations—you've crossed the Rubicon." In those final days we supporters made our last crossings. But now that bridge is out. The Rubicon was a beautiful river indeed.



Outside the sidewalk seating area a longtime patron chalked an ersatz epitaph that, like the brewery, would be gone in a few days.



The front room chalk board displays the final beer list.



The City of Trees Brass Band performs an impromptu gig outside the sidewalk seating area.

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Linda Paris revised in blue

By DEBBIE ETO



When you first enter Linda Paris' art studio, you are greeted by a tall, slender, beautiful woman with short red hair, paint on her sleeves and an infectious smile. Going forward and looking at the walls, makes you feel like a kid entering Disneyland for the first time. Paintings, sculptures, art circles and other pieces of mixed media abound. I was first drawn to a piece called a "Bird Circle". "I found these compressed cardboard circles in a recycle pile down the hall from my studio. Every week I would pick up what the business left out. I had no idea what I was going to make from them, but I have a fascination with multiples. The cardboard circles hung on my studio wall for years. I would look at them everyday and wonder what can I make with these? One day, I decided they needed painting. While I was painting the circle, the birds outside were making a fuss about something. I looked up to see what the fuss was about and it came to me. The circles, they could be about birds and all their antics!"

Born in Washington State, her parents were scientists. "My mom, a dietician and my dad, a chemical engineer." Linda describes herself as "average as most and as unique as everyone else." This is far from the truth, unless everyone lives next door to an accomplished, professional artist. "I was desperate to learn how to draw. When I was young my parents smoked cigarettes. They would use matches when the lighter wasn't around. I would look at the matchbook because there would be an ad for learning how to draw. It would say something like "draw me" or draw some cute little cartoon character. Once, I sent in one of my drawings in hopes of winning the prize. I didn't win, of course. I suppose my talent or strength is in painting and mixed media rather than drawing. I love color and trying out new methods for making things."

Linda had a late start creating art. "Although I loved art I knew it was not a profession that I could support myself in. It wasn't until later, after I took a couple of drawing and painting classes that I decided to put the newly learned skills to work. I painted widows during the holiday season. I made good money doing this and got to a point that I needed an assistant. However, it is hard work, in horrible weather and the season is short. During the rest of the year I worked for an interior designer photographing her work as well as doing commission work, but all that was spotty. I also taught piano lessons as well as gave art lessons to children." It wasn't until a job at Tower Books turned into being the store artist. "This was a once in a lifetime opportunity to actually make artwork full time. I was scared but excited. It was a great job. I learned more about materials and alternate uses than I could have in a classroom situation. I learned about merchandising and how to take an idea, expand it, and make it eye-catching." After having a few shows of her own she felt something missing in her personal work. It was then she decided to go to Grad School, "It gave me words to understand what I saw."

As a multimedia artist, Linda works in numerous mediums: Oils, pastels, pen and ink, and other materials and techniques to numerous to mention. Dioramas, paintings, and handmade books adorn her East Sac Studio. When I asked about her 3 D work she said "With my 3 D pieces I start with materials and the idea evolves from there. Some works start with a story or poem and evolve from that." Regarding her paintings she is a little more traditional, the paintings start with a sketch, she then redraws the sketch on the substrate (wood panel), then she starts painting.

Her White Tree paintings started because of a love for trees, "I always feel peaceful around a tree. When they, the tree sketches, started to become a painting with color I did not want them to be representational, in other words have tree color. They are pure, they are otherworldly, they are not the trees that we know as "tree"…my trees are constantly communicating with each other, the limbs are communicating with other limbs, they have their own world even though it looks very much like our world."



Oil painting is where she feels most at home. "It brings a calmness, it's intuitive. Mixed media is challenging because so much of it is experimenting with new materials and coming up with a technique to achieve the result I sort of see… it's unpredictable, challenging and exciting. Sometimes I have to be a chemist so everything is archival."

Her goal for what she creates is for that piece to convey exactly as she perceived it. "If a piece is whimsical then I hope the whimsy comes though, if it is meant to be contemplative then I hope that it achieves that. My goal is to know that I have paid enough attention to what the piece was saying as I was making it. Overall, I want my work to be collected. I want it to be loved and enjoyed."

"Art takes a lot of time. It is having the stamina to maintain a constant dialog with the work. After a while the artwork has control and I must observe and pay attention to what it is saying to me. I must release control. To be an artist is about giving in."

Ralph Waldo Emerson once said, "*In art, the hand can never execute anything higher than the heart can imagine.*" The art of Linda Paris is boundless as is her heart.

Linda's artwork is in public and private collections throughout the US. Linda is having an Open Studio on Sept. 9, from 10 a.m. to 5 p.m. at: 388 36th Way, Sacramento, Ca. 95816. To view her work online, go to: www.parisartwork.com or email her (to see her work in person) directly: parisartwork@gmail.com.

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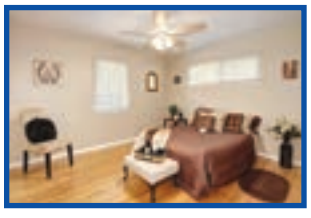





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Cook Realty Charity Golf Tournament celebrates 25th anniversary

The Annual Cook Realty Charity Golf Tournament will take place on Friday, Sept. 15 at William Land Park Golf Course with an all charity dinner and prize raffle to follow. Hundreds of guests and golfers take part each year.

Since inception in 1992 the Cook Realty Charity Golf Tournament has raised well over $400,000 for local charities. An important characteristic of this unique event is that over 90% of the earnings are turned over to several local non - profits, schools and churches.

Cook Realty Broker Trey Bonetti says the event is successful in raising needed funds for many local nonprofits and valuable community assets."We've recognized how important these funds are and how many groups have come to rely on our help", said Bonetti. "We are extremely proud of the accomplishments of our agents and the part they play raising money for charity in a challenging economy."

Both Bonetti and Golf Director Ed Daniels know it doesn't happen without the help and hard work of vendors, merchants and service companies in the hundreds, from both within and outside the local real estate industry. "Each year we ask folks to donate time, money or goods and services and they respond overwhelmingly," says Daniels.

Jocelyn Yap, event treasurer, agrees; "We are very grateful to have the help and support of so many people, who in turn help and support so many others". "Our event is significant to so many people" says Yap.

Each of Cook Realty's agents play a part in securing ample gifts and prizes for the event dinner that evening. It is estimated the raffle helps to bring in as much as half of the total proceeds. "We have been so fortunate to be surrounded by so many fine business people in our community," says Realtor Meena Chan Lee. "Each year they are thrilled with the result of participating. The return on their investment exceeds expectations," said Chan Lee.

The late Charles Covey, then a Cook Realty agent, began the fundraiser in 1992. Each year an award is given in his honor to a community member who has exhibited selfless work and sacrifice on behalf of those less fortunate.

Cook Realty wants to thank past major sponsors that include Steve Larson of Farmer's Insurance, Bouey Termite and Construction, Ken Perry of State Farm Insurance, Property I.D. and Phillips Painting.

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Play, donate or just come eat and enjoy the fun. Secure your spot at this year's Cook Realty Charity Golf Tournament, Dinner & Raffle. Contact Ed Daniels at 916-451-6702 for tickets and details.

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What's happening, Land Park?

THURSDAY, AUG. 24

NEIGHBORHOOD KNITTERS – Do you have knitting projects you need to finish? Do you enjoy a little conversation with your knitting? Join our knitting group, learn some new tricks, and share your knowledge with others. We welcome all ages and skill levels. Thursday, August 10 and Thursday, August 24 from 2 p.m. to 3:30 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

SATURDAY, AUG. 26

FAIRYTALE TOWN CELEBRATES 58th BIRTHDAY WITH TALES AND ALES BREWFEST FUNDRAISER: Fairytale Town will celebrate their 58th birthday with Tales & Ales Brewfest Fundraiser on Saturday, Aug. 26, from 5 to 9 p.m. The event is an all-ages fundraiser featuring beer tastings, food trucks, and live music by AKAlive. The highlight of the evening will be tastings from 24 craft breweries based in Sacramento and beyond. Guests will be given a Red Solo Cup to use throughout the evening to sample tastes from 2 Towns Ciderhouse; Alaskan Brewing Co.; Auburn Alehouse; Ballast Point Brewing Co.; Deschutes Brewery; Dust Bowl Brewing Co.; Fort Rock Brewing Co.; Fountainhead Brewing Co.; Hemly Cider; Heretic Brewing Co.; Hoppy Brewing Co.; Lagunitas Brewing Co.; New Helvetia Brewing Co.; Oak Park Brewing Co.; Porchlight Brewing Co.; Pyramid Brewing Co.; Sactown Union Brewery; Six Rivers Brewery; Small Town Brewery; Strad Meadery; Sudwerk Brewery; Tilt Brewing Co.; Two Rivers Cider Co.; and Wildcide Hard Cider. AKA live will perform a high-energy set of cover songs throughout the evening. Four food trucks -- Bella Familia Wood Fired Pizza, Chando's Tacos, Slightly Skewed, and Squeeze Inn -- will be onsite with food and beverages available for sale. There will also be a raffle running throughout the evening, including a Disneyland vacation package. "Tales & Ales is a unique all-ages fundraiser celebrating not only our 58th birthday but Sacramento's active craft brewing scene as well," said Kathy Fleming, executive director of Fairytale Town. "Plus, it's a great opportunity for all of our adult fans to visit Fairytale Town. We often hear from guests who have fond memories of visiting Fairytale Town as children and want to visit again but are unable to do so without children." Advance tickets are $30 for adults and $5.75 for children ages 2-12. Fairytale Town members receive $5 off per adult ticket on advance tickets, and member children are free. Day-of tickets are $40 for adults and $10 for children ages 2-12. Children 1 and under are free. Tickets are available at fairytaletown.org or (916) 808-7462. Located in William Land Park in Sacramento, Calif., Fairytale Town opened to the public on August 29, 1959, when it was dedicated as a gift to the children of the Central Valley by the City of Sacramento, the Junior League of Sacramento and other community and business leaders. Fairytale Town remains the only literacy-based park that serves children in this region.

Proceeds from Tales & Ales will support Fairytale Town's programs and park improvements. For more information, visit fairytaletown.org or call (916) 808-7462. Tales & Ales is sponsored by Brown Construction, Now 100.5, KNCI 105.1, and Yelp Sacramento.



19TH ANNUAL RACE FOR THE ARTS: 5K Run/Walk and Kids Fun Run raising funds and awareness for California nonprofit visual, performing, cultural, literary arts organizations, and school music, drama, literary, and art programs. http://www.raceforthearts.com/ 8-11 a.m. throughout William Land Park

GARDEN TOUR – WHAT'S BLOOMING?: The Old City Cemetery Committee presents a free tour of the cemetery's Hamilton Square Garden, starting at 10 a.m. With 800-plus unusual Mediterranean perennial plants the garden has drought tolerant color all year long. Meet at the 10th Street gate. The cemetery is located at 1000 Broadway, Sacramento. There is free street parking on surrounding streets. For more information, call 448-0811.

BELLE COOLEDGE MOVIE NIGHT: TROLLS!: Are you ready to meet the Trolls? Come out to the Belle Cooledge movie night for popcorn and fun, from 7:20 to 10 p.m., 5900 S Land Park Drive.

SUNDAY, AUG. 27

10th ANNUAL CURTIS FEST AND MUSIC IN THE PARK: The 11th Annual Curtis Fest will feature over 60 local artisans under the beautiful canopy of trees at Curtis Park from 10 a.m. to 4 p.m. Artists and makers include painters, sculptors, textile artists, and wood workers. Live music, food trucks, a petting zoo, children's fairy and a pet refreshment station makes this a great way to finish out the summer. This free event is open to the public and followed by Music the Park. Don't forget a picnic blanket and chairs to sit on while you watch the musicians or eat your food truck tasties. Explore blog posts on this year's artists. There are a limited number of no more artist spaces available. Please contact Faith Johnstone at faith@Sierra2.org or 916-452-3005 for availability. William Curtis Park is located at the corner of Sutterville Road and Franklin Boulevard.

Following Curtis Fest, there will be the **final Music in the Park** of the season, featuring On Air from 6 to 8 p.m. This is a great way to relax with your family, friends and neighbors. With a blanket and picnic basket you can enjoy the music in a wonderful outdoor venue. On Air's powerfully popular horn section and energetic choreography will follow a day of art and food at the 10th annual Curtis Fest. On Air is known for its pulsating renditions of the classics from Tower of Power, Chicago, The Doobie Brothers and Steely Dan. Local children's favorite, Mr. Cooper, will get the evening started and entertain the young at heart in between sets.

TUESDAY, AUG. 29

PHONE TRAINING: Having difficulty hearing or seeing on your iphone? Attend a free training class and make your iPhone work better for you. Make your iPhone louder and easier to hear. Turn your iPhone into a magnifier; connect to Bluetooth devices; send text messages; operate the basic functions of your iPhone and much more! Free of charge and pre-registration required. Class will be held Tuesday, August 29, 2017 from 1 to 3 p.m. at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.org

WEDNESDAY, AUG. 30

NEW CLASS: LIVING AND COPING WITH FIBROMYALGIA: Held at Sacramento Natural Food Coop, this class is all about strategies that you can use to help you live an active and positive lifestyle with fibromyalgia, held from 6:30 to 8:30 p.m. For more information email Terry Mcsweeney <fibromyalgiapathways@gmail.com>. Tickets are $15-non-members, $10-members. Purchase ticket at http://www.brownpapertickets.com/event/3008494.

SATURDAY, SEPT. 2

CEMETERY TOUR – A DOZEN WAYS TO DIE – FAVORITES FROM THE CRYPT: Like fine wine, stories of bizarre, tragic and mysterious deaths have aged well. This year, The Old City Cemetery Committee will dive into their bottomless well to revisit some of their favorites. If you happened to miss a few – or if you just want to experience them again – you are welcome to revisit some of the classic tales they've told since 2013! The cemetery is located at 1000 Broadway, Sacramento. There is free parking on surrounding streets. Tours are free; however, donations are appreciated and benefit cemetery preservation. Tour starts at 1o a.m. at the Sacramento Historic City Cemetery, 1000 Broadway, Sacramento. For more information, call 448-0811.

SATURDAY, SEPT. 2 AND SUNDAY, SEPT. 3

CAMELLIA KOI CLUB'S 2017 KOI SHOW "A TASTE OF EXCELLENCE": An educational and fun event featuring pond builders, fountains, landscape and other vendors, artists and beautiful Koi to purchase or just to admire. Qualified judges are on hand to explain how Koi are judged. The purpose of the Camellia Koi Club is to promote, create and enlarge the hobby of keeping, breeding, appreciating and exhibiting Koi. This show is one way we can accomplish that.

Saturday, Sept. 2 from 11 a.m. to 5 p.m.; Sunday, Sept. 3 from 11 a.m. to 3 p.m.

The Old Sugar Mill, 35265 Willow Ave., Clarksburg. Free Admission – Free parking; www.camelliakoi.org

THURSDAY, SEPT. 7

HOME INSURANCE COVERAGE: THE BASICS AND NEEDS: Learn the basic terminology used in a home insurance quote and learn what's covered to be sure that the amount of insurance you purchase will meet your personal needs. Learn about the documentation needed to support your claims and ways to safeguard that information. $3 prepayment and pre-registration required. $5 drop-in at the door. Class will be held Thursday, Sept. 7 from 11 a.m. to noon at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.org



FRIDAY, SEPT. 8

ESKATON MONROE PRESENTS "BEFORE THE FALL" DOCUMENTARY: Eskaton is proud to host "Before the Fall," a never before seen documentary about fall prevention and recovery. Enjoy this 30-minute educational film, join the Q&A with the Emmy-winning filmmaker Karen Christian, and watch a demonstration of fun and easy exercises to help reduce your fall risk. 2 to 4 p.m.; Eskaton Monroe Lodge, 3225 Freeport Blvd.

DIABETES 101 EDUCATIONAL SERIES: Diabetes 101 is a series of classes dealing with diabetes. In this class, you will learn how to manage better office visits, avoiding complications and psycho-social aspects of diabetes. Free of charge and pre-registration required. Class will be held Friday, Sept. 8 from 9 to 10:30 a.m. at ACC Senior Services 7334 Park City Drive. For more information, call 393-9026 ext 330, www.accsv.orgs.

SATURDAY, SEPT. 9- SUNDAY, SEPT. 10

CURTIS PARK ARTISTS UNITE FOR SAC OPEN STUDIOS TOUR: Did you know that your neighbors are artists? Want to see what they are creating? As part of Verge Center for the Arts 12th Annual Sac Open Studios, 4 Curtis Park artists, along with other Sacramento artists, are opening their studios on September 9 and 10 from 10 a.m. to 5 p.m. Get on your bike or take a stroll through the neighborhood to see paintings, prints, wearable art, drawings, and more. Raffa Chavez works at The Old Pugilist's Studios at 4248 24th St, Unit B. Raffa explores his Mexican-American bicultural experience through his colorful paintings on unusual and weathered metal surfaces. Right around the block is Erik Niemann's studio at 4311 Attawa Ave, Ste 206. Erik exhibits throughout the US and internationally. His abstract paintings draw upon his architectural background; dynamic and quiet elements mix, mingle, disappear, and reappear. Heather Hogan's studio, Tenacious Goods, is at 3027 Montgomery Way. Heather is excited to open her studio again this year for an art party. She will be printing garments all day; guests can bring a garment and have it printed for $10. Cross the tracks at 4th and head down Freeport to Judith Johnson's studio at 2183 Weller Way. Judith is a recent transplant from Austin TX. Her paintings and Prismacolor drawings celebrate the mundane and the mysterious in vibrant color.

Pick up a map at any of the artists' studios. Get a stamp from each artist for the opportunity to win a basketful of artwork, gift certificates, beer, and cider. To find out more about these artists and to see their work, please see: Erik Niemann at www.ErikNiemann.com, Tenacious Goods at tenaciousgoods.com, Judith Johnson at www.judithjohnson-artist.com. For information about Sac Open Studios events, go to vergeart.com and click on the Open Studios menu.

OTO'S MARKETPLACE 50TH ANNIVERSARY CELEBRATION: Oto's Marketplace celebrates 50 Years on Freeport (1967 - 2017) plus 10th year anniversary at current location, 4990 Freeport Blvd. There will be food tastings and demonstrations, Asian food booths, Osaka-Ya Shaved Ice. The schedule is, as follows: Saturday, Sept. 9 from 10 a.m. to 5 p.m. and Sunday, Sept. 10 from 10 a.m. to 4 p.m. On the "Sapporo Beer" Stage on Saturday, Sept. 9, The Bay Area's own "Rendezvous" will entertain the lunch crowd from noon to 2 p.m., followed by Sacramento's Island Sunset Band which takes the stage starting at 3 p.m. On Sunday, Sept. 10, Sacramento Taiko Dan will perform from noon to 1 p.m., followed by the Otahi Marama Hawaiian Dance Group from 2 to 3 p.m. On Saturday, visitors can "Spin The Wheel" for free prizes. Free popcorn will be given on both days to paying customers. An anniversary sale starts Wednesday, Sept. 6 will there will be a "special sale" on Sunday only. Parking lot will be closed for this event. Parking available at the "Church of the Masters", 1900 Potrero Way, Parking lot directly behind Rite-Aid.

TUESDAY, SEPT. 12

SAVE MONEY ON YOUR PHONE AND PG&E BILLS: Knowing about your phone service options can save you money, help you avoid telephone fraud and ensure that you get the service that is right for you. Also, were your PG&E bills extremely high this winter? Learn what you can do to help reduce your PG&E this winter. Free of charge and pre-registration required. Class will be held Tuesday, Sept. 12 from 2 to 3 p.m. at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

FRIDAY, SEPT. 15

YOUR GUIDE TO MEDICARE'S COVERED PREVENTIVE SERVICES: This workshop provides an overview of the Medicare program including eligibility cost benefits and any recent changes to Medicare Part B covered preventive services, tests and general descriptions. Free of charge and pre-registration required. Class will be held Friday, Sept. 15 from 10 to 11 a.m. at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

SUNDAY, SEPT. 17

4TH ANNUAL GOLF TOURNAMENT: The Hornets Policy & Politics Alumni (HPPA) Chapter of the Sacramen-

See more What's Happening, page 21

What's happening, Land Park?

to State Alumni Association invites you to the 4th Annual HPPA Golf Tournament. Come out and play 9 holes with your fellow Hornets on Sunday, September 17, at William Land Golf Course, 1701 Sutterville Road. 9:30 a.m. Registration, 10 a.m. Shotgun Start. Golf carts are available to rent. Tournament limited to 9 teams of four. For more information, please contact info@hppa.org. All sponsorships include entry for four golfers. 9 a.m. to 2:30 p.m.
- Green and Gold, $1,500 Event Presenter
- Hole in One, $750 1st or 2nd Hole and Contest Sponsor
- Birdie, $500 Sponsor a Hole of Your Choice
- Fore, $250 Sponsor a Foursome
- Single tickets $50
Registration Deadline:Friday, September 15, 2017 2:00 p.m. (CST)
For ticket information, visit online.sacstatealumni.com

MONDAY, SEPT. 18

INHERITANCE MYTH BUSTERS: Is it myth or fact that the best way to pass your property to your children is by placing them on title to your assets while you are alive? Come to our free legal workshop to find out! This is one example of the misconceptions that people have about planning for the distribution of their assets after they pass away. Free of charge and pre-registration required. Class will be held Monday, Sept. 18 from 3:30 to 4:30 p.m. at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

SATURDAY, SEPT. 23:

DEAF AWARENESS DAY AT THE SACRAMENTO ZOO: The Sacramento Zoo will hold a special day for our deaf and hard of hearing community sponsored by NorCal Services for Deaf and Hard of Hearing from 9 a.m to 4 p.m. The zoo will have ASL interpreters on site for the event. There are limited facilities for service animals. Please call 916-808-5888 in advance for service dog information. 3930 West Land Park Drive, Sacramento, CA 95822.

MONDAY, SEPT. 25

SENIOR TEA AND TOURS AT THE SACRAMENTO ZOO: This senior-only program features a group led by docents on a tour of part of the zoo from 9 a.m. to noon. You'll hear about where the Sacramento Zoo has been and where they're going. During the tea break you'll be treated to ice tea, lemonade, water, tea sandwiches, salad, and cookies. Senior Tea and Tours programs start at the front gate of the zoo. 3930 West Land Park Drive, Sacramento, CA 95822.

FRIDAY, OCT. 20 AND SATURDAY, OCT. 21

LANTERN TOURS 2017: You're invited to the annual October evening tours with Victorian-era costumed actors for "Wild Rides" through the tombstones at the 2017 Lantern Tours of the Sacramento Historic City Cemetery presented by the Old City Cemetery Committee. Four tours per night are available on Oct. 20-21 and Oct. 28 at 7 p.m., 7:45 p.m., 8:30 p.m., and 9:15 p.m. On Oct. 27, two tours are available at 8:30 and 9:15 p.m. On a lantern-led tour through Sacramento's past, guests will meet some of the cemetery's eternal residents who will share stories of adventure and misadventures on the water, across the prairies, on trains and through Gold Rush streets. A stage show will feature riverboat entertainment at the tour's midpoint, and you will encounter riverboat gamblers and enjoy period music. Along the way, you will encounter some ghostly – or is it ghastly? – spirits. It will be a lively night in the cemetery! Tickets for this fundraiser are $35 and available only through http://www.brownpapertickets.com/event/3034629. Price includes the tour, entertainment and light refreshments. Proceeds benefit cemetery preservation and maintenance, and other programs of the Old City Cemetery Committee. **Tickets will go on sale Sept. 1.** For more information, call 916-448-0811 or 916-264-7839. The mission of the OCCC is to join hands with the community to restore, beautify, preserve, and protect the Historic City Cemetery, while maintaining access by descendants of the deceased, and to provide educational services to all visitors to the Historic City Cemetery of Sacramento. The Sacramento Historic City Cemetery is located at 1000 Broadway, Sacramento.

FRIDAY, OCT. 27 AND SATURDAY, OCT. 28

LANTERN TOURS 2017: You're invited to the annual October evening tours with Victorian-era costumed actors for "Wild Rides" through the tombstones at the 2017 Lantern Tours of the Sacramento Historic City Cemetery presented by the Old City Cemetery Committee. Four tours per night are available on Oct. 20-21 and Oct. 28 at 7 p.m., 7:45 p.m., 8:30 p.m., and 9:15 p.m. On Oct. 27, two tours are available at 8:30 and 9:15 p.m. On a lantern-led tour through Sacramento's past, guests will meet some of the cemetery's eternal residents who will share stories of adventure and misadventures on the water, across the prairies, on trains and through Gold Rush streets. A stage show will feature riverboat entertainment at the tour's midpoint, and you will encounter riverboat gamblers and enjoy period music. Along the way, you will encounter some ghostly – or is it ghastly? – spirits. It will be a lively night in the cemetery! Tickets for this fundraiser are $35 and available only through http://www.brownpapertickets.com/event/3034629. Price includes the tour, entertainment and light refreshments. Proceeds benefit cemetery preservation and maintenance, and other programs of the Old City Cemetery Committee. **Tickets will go on sale Sept. 1.** For more information, call 916-448-0811 or 916-264-7839. The mission of the OCCC is to join hands with the community to restore, beautify, preserve, and protect the Historic City Cemetery, while maintaining access by descendants of the deceased, and to provide educational services to all visitors to the Historic City Cemetery of Sacramento. The Sacramento Historic City Cemetery is located at 1000 Broadway, Sacramento.

SATURDAY, OCT. 14

HAWAIIAN STYLE TEXAS HOLD-EM TOURNAMENT FUNDRAISER FOR LOCAL CHARITIES: Tournament is being played on Saturday, Oct. 14 at Swallows Nest Country Club, 2245 Orchard Lane, 95833. South Sacramento Rotary's Satellite Club is hosting this event. Come to play or just cheer on your favorite player while enjoying some good food and great fun, HAWAIIAN STYLE. Beginners welcome! There will be a practice table for those who arrive early. One lucky winner will take home the grand prize valued at $500! Your participation will benefit worthy Sacramento non-profits supporting women and children. From 5 to 6 p.m., come for the drinks, practice table, and buffet. From 6 to 10 p.m. is playtime and from 10 to 10:30 p.m., prizes will be awarded. Players are $80 per person; spectators, $20 per person. Bring friends - RSVP and sign up online at Checks to be made out to Rotary Club of South Sacramento Foundation.
Provide checks to your Rotary contact or mail to: Rotary Club of South Sacramento Foundation, 6191 South Land Park Drive, Sacramento, CA 95831. The Rotary Club of South Sacramento Foundation is a 501(c)(3) charitable organization (Tax ID # 68-0234137), and your contribution is tax deductible to the extent allowed by law. Must be 21 years or older to attend. Tickets are non-refundable. Tickets may be transferred to individuals over the age of 21; contact information for transferred tickets must be provided to Rotary no later than Oct.9 for tickets to be honored. And don't forget to wear your best island casual!Each ticket includes one drink coupon and dinner buffet. Players receive chips, and the opportunity to purchase additional chips during the event. https://info.3marketeers.com/rotary-club/texas-holdem-night

ONGOING

YARD DUTY HELP: Alice Birney Waldorf ek-8 is looking for two campus supervisors. If you are available in the middle of the day and are interested in making a few extra dollars while helping at school or know someone who is, contact principal Mechelle Horning at mechelle-horning@scusd.edu. There are two shifts available. Shift 1: Monday through Friday 9:45 to 10:45 for morning recess and 11:45 to 1:15 for lunch duty and recess. Shift 2: Monday through Friday 11:45 to 1:15 for lunch recess and Monday through Wednesday and Friday from 2:05 to 2:30 and 1:05 to 1:30 for crosswalk duty.

OFF THE GRID FOOD TRUCK EVENT: Every Thursday evening, Off the Grid is hosting a weekly food truck and music event from 5-9pm. Mark your calendars for this fun, family-friendly event on 15th Ave near Land Park Drive! Visit https://offthegrid.com/events/ for vendor details. Corner of 15th Ave. and Land Park Drive.

JANE AUSTEN READING GROUP AT ELLA K. MCCLATCHY LIBRARY: This monthly group reads the works of Jane Austen and meets the third Saturday of each month in the Ella K. McClatchy library from 3:30 p.m. to 5 p.m. All Austen fans are welcome. 2112 22nd St.

MCCLATCHY CLASS OF 1967 50-YEAR REUNION: The 50th reunion for McClatchy graduates will be held at Scott's/Westin Hotel on the Sacramento River, $75 per person until August 1. Details at: http://www.1967mcclatchylions.com. Call Bob Sertich at 441-0657

See Events, page 22



Helen Tarasco
916.798.7679
helentarasco@yahoo.com
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Events:

Continued from page 21

LAND PARK VOLUNTEER CORPS WORK DAYS: Help the corps with various work projects in William Land Park after a very wet winter.. First Saturdays of the month from 9 a.m. to noon. Meet at the Base Camp located in the picnic grounds directly behind Fairytale Town.

FAMILY FRIDAYS AT BELLE COOLEDGE LIBRARY: Spend some family time together this summer at the library with Family Fridays! Each Friday, in the Community Room there will be board games, cards, Wii gaming, arts and crafts, toddler toys, and a reading nook! This is a Summer Reading Challenge: Read by Design event each Friday from 3 to 5 p.m., 5600 South Land Park Drive.

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

SAC TRANSIT RIDERS UNION WEEKLY MEETING: Interested in democratizing transit and putting the "public" back into "public transit"? Sac TRU's weekly meetings, held every Saturday from 1-3 p.m. addresses these issues. Organize Sacramento, 1714 Broadway, Sacramento, CA 95818

POP-UP BOOK SALE AT BELLE COOLEDGE LIBRARY: Every first Tuesday of the month from 11 a.m. to 5:30 p.m., the book sale features books for all ages. Support your local library and pick up some great reads! All proceeds from the sale benefit library programs. The Friends Bookstore will be open regular hours. The sale is held at the entrance to the library. 5600 South Land Park Drive

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY –Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY– Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

PRESCHOOL STORYTIME AT BELLE COOLEDGE LIBRARY – Preschoolers ages three and older and their caregivers are invited for fun songs, stories, fingerplays and a play activity. Thursdays at 11 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

HOMEWORK ZONE AT BELLE COOLEDGE LIBRARY– Teen and adult volunteer homework coaches will be available to assist students in grades K-8 with homework assignments. Please note: Homework Zone ends on June 8, 2016. Space is available with coaches on a first-come, first-served basis. Wednesdays from 4 p.m. to 5 p.m. and Thursdays from 3 p.m. to 5 p.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

BELLE COOLEDGE LIBRARY PRESENTS SING ALONG WITH MISTER COOPER – Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive.

FAMILY STORYTIME AT ELLA K. MCCLATCHY LIBRARY – Every Tuesday at 10 a.m. for books, songs, stories and fun. Miss Lindsey and her guitar always make this storytime a fun event. Everyone is welcome to stay for our STEAM stay and play activity of the day. Recommended for ages 0-5. Every Tuesday from 10 a.m. to 11 a.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

YOGA CLASSES AT PARKSIDE COMMUNITY CHURCH: **Svaroopa ©/Restorative Yoga** classes are a journey into yourself. Beginning by walking through the door, settling in a relaxation pose, guided through self awareness, breathing and poses. The poses are propped to meet your deepest muscular tension. As the support of props, specific alignments and the weight of your body gently reach into these deep tender areas, your spinal muscles release and let go. Side effects of this deep release are Bliss, resolving stress and fear, and a deep appreciation of yourself. Physical effects that have been reported are pain relief, improved respiratory, circulatory, immune, neurological systems and more. Walking out of the class you feel a greater sense of wellbeing. This is a body, mind and spirit filled experience. Thursdays 7:15-9:00pm advanced. Questions 916-833-9444.
Hatha Yoga – breath, meditation, and postures with various forms of movement to help release tension throughout the entire mind and body. You'll sweat a little, relax a lot, and leave feeling strong, calm and connected.
*Hatha Flow is Level 1-2 class and is suitable for active beginner and intermediate students. Wear comfortable, form-fitting clothes. Questions, Call (718) 578-5258 or email: eva@evacollins.com
Hatha Flow Classes Thursdays 5:45-7:00pm. All Classes held at Parkside Community Church Fellowship Hall
5700 South Land Park Drive; 916-428-7927.

THE FORUM: HEALING PATHWAYS PSYCHOLOGICAL SERVICES: Every Thursday from 5:45 to 7 p.m., the community is welcome to the Sierra 2 Center, 2791 24th St., to participate "CONVERSATIONS ON THE EDGE!" The forum provides a framework for investigating human nature. FORUM IS NOT THERAPY, it is a ritualized form of communication designed to enhance transparency, growth, and community. A Way of Group Communication and Being in Community through a Culture of Non-Violence. Tamara Intentional Community and Forum Founders Sabine Lichtenfels and Dr. Dieter Duhm define one aspect of community as living truthfully with each other and this is the cornerstone of our peace work. Another aspect of having a culture of non-violence is ending the war between genders, by letting go of fear in the humanistic love we share with and for one another, despite our gender differences and the complexities brought to our gender identity. These definitions embody what it means to be in Forum, including transparency with our felt experience and what is alive in us, psychologically and emotionally. Participants connect through their own self awareness and through a willingness to share it with the group. They may wish to do this nonverbally, with active or passive facilitation, through a poem, dance, or whatever moves you! The Forum will be held in the Garden Room. Donations are encouraged to cover the cost of room rental.

SOROPTIMIST INTERNATIONAL OF SACRAMENTO SOUTH MEETING: The club welcomes women and girls to the club's lunch meetings on the second and fourth Tuesday of the month from 12:15 to 1:30 p.m. at the Aviators Restaurant, at Executive Airport, 6151 Freeport Blvd.

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

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 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 lyengar 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

BABY/TODDLER STORYTIME -- Babies and toddlers (ages 0 to 3 years) and their caretakers are invited to join us for songs and rhymes. Arrive early or stay late for extra social time with other children and parents. Tuesdays and Thursdays, from 11 a.m. to 11:20 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

KNIT TOGETHER -- Love to knit? Want to learn? Join the library for expert advice, great conversation and more. All crafters are welcome--not just knitters! Every Friday from 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

COMMUNITY DAY AT THE SACRAMENTO ADVENTURE PLAYGROUND: All ages are invited for a day of play at the Sacramento Adventure Playground! Children get to create their own play structures and spaces by re-purposing everyday items such as cardboard boxes, plus household wares, natural elements and unexpected items. The Playground is a fun and safe environment where children can use their imagination and creativity to direct their own play! Community Days also feature special activities and craft projects. Families are requested to wear closed-toe shoes and clothes that can get messy. The event will take place rain or shine. Admission to the Sacramento Adventure Playground is free. Featured activities include: Box forts, mud play and slide, sand play, bike riding (bring your bike and helmet!), craft projects, bubbles, painting. While the Sacramento Adventure Playground's regular operating hours are designed for ages 7-15, the Playground opens up for children of all ages to come and play on Community Days. Advance registration is not required. Community Days are held on the second Saturday of the month (except December and January) from 11 a.m. to 3 p.m. at 3301 37th Ave.

NATURE EXPLORERS AT THE SACRAMENTO ZOO: The Sacramento Zoo and the Sacramento Library in an open play environment, the last Saturday of the month anytime between 10 am to 2 pm. Near the playground, there will be storytime, playing, and exploring the wonders of the natural world with a new topic each month. For more information, call 808-5888; 3930 West Land Park Drive.

WELLS FARGO WEDNESDAY AT THE SACRAMENTO ZOO: Thanks to Wells Fargo, the first Wednesday of each month in 2017 is Wells Fargo Wednesday. Up to four children ages 2-11 receive free admission to the Sacramento Zoo with a paid adult.

TECHNOLOGY HELP – Are you curious about eBooks but not sure how to get started? Is your tablet or eReader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the McClatchy Library and meet with a Technology Assistant. Sessions are first come, first served and last 30 minutes. Adult. Every Wednesday from 2 p.m. to 3 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.



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Camellia Koi Club's 2017 Koi Show "A Taste of Excellence"

By MONICA STARK
editor@valcomnews.com



The Camellia Koi Club will hold an educational and fun event featuring pond builders, fountains, landscape and other vendors, artists and beautiful koi on Saturday, Sept. 2 from 11 a.m. to 5 p.m. and Sunday, Sept. 3 from 11 a.m. to 3 p.m. at The Old Sugar Mill, 35265 Willow Ave., Clarksburg. Qualified judges are on hand to explain how koi are judged. The event is free admission and free to park. The purpose of the Camellia Koi Club is to promote, create and enlarge the hobby of keeping, breeding, appreciating and exhibiting Koi. This show is one way to accomplish that. For more information, visit www.camelliakoi.org.

Valley Community Newspapers got in touch with various club members to discuss their involvement with the club and their love of koi.

Club member Bob Haugland has been a member ever since he dug the hole. "My pond is small so I only have seven fish. Six of them are three years old and about 18 inches. I have one that's five years old and 24 inches because when I had a very bad problem with my pond, three years ago, a Camellia member came out and helped me save this one." He said he usually buys young, small koi because he likes to watch them grow. "Once you have a few years invested in these guys, you become very attached to them. Some of my fish even have names. It takes a few years before you can tell if it's a girl-fish or a boy-fish so I try to use appropriate names. Lulu grew up to be Lou, and Marilyn Monroe became Monroe. I feed them five or six times a day so they'll grow as fast as possible. They're very impressive when they're very big," he says.

Another club member, Jerold Kyle, joined the CKC in 2001 to have a hobby to keep him busy in retirement. "Joining a club gets one invited into some back yards one would otherwise never be privileged to view. Another plus is instead of learning from your mistakes building a pond, you can more easily learn from other's successes. Much more fun that way. The Japanese call Koi the 'Jewels of The Garden' for good reason. To raise special jewels does not just happen as success depends on learning Mother Nature's rules." Understanding a healthy pond environment is key, he explains. One of his fish, a white koi qualifies as a Jumbo Koi meaning it is at least a meter in length (over 39.3 inches) which can only happen in a healthy environment and virtually never happens in a normal backyard pond. How did it happen? He explains: "In the beginning, a club 'old timer' took me under his wing and helped me make better choices developing my pond environment. Now I am an old timer and carry on the tradition. It is what we do. A plus to all this is the CKC is very social so one will make great friends. We are all about friends helping friends. And sharing successes. I joined for the Koi and remain for the people. Consider this an invitation to others who have a desire to enjoy the serenity of having special Jewels of the Garden."

If you go:
What: Camellia Koi Club's 2017 Koi Show "A Taste of Excellence"
When:Saturday, Sept. 2 from 11 a.m. to 5 p.m. and Sunday, Sept. 3 from 11 a.m. to 3 p.m.
Where: The Old Sugar Mill, 35265 Willow Ave., Clarksburg
Cost: Free admission, free parking

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