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College Cyclery is adjusting to new location

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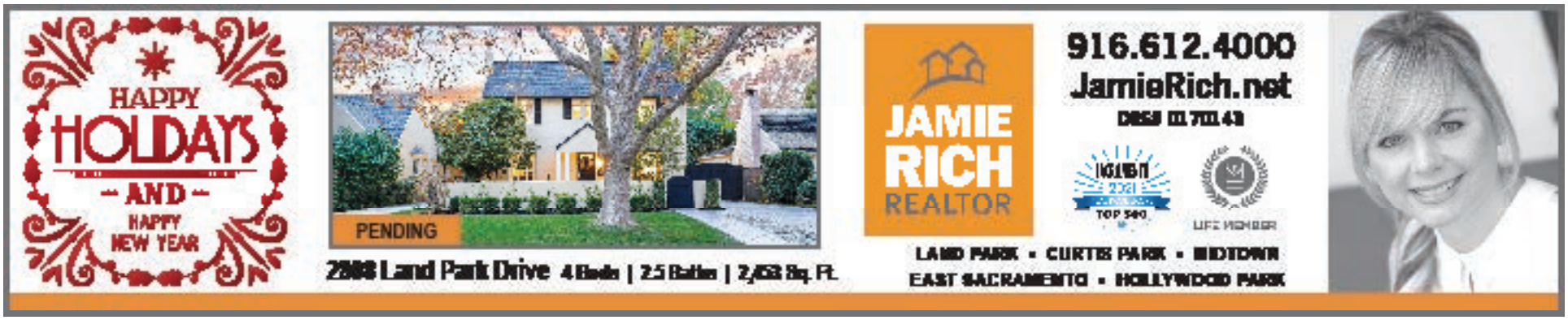

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College Cyclery is adjusting to new location

Business is Sacramento's oldest bicycle shop



Photos by Lance Armstrong

College Cyclery service manager Mike Threadgall stands inside the new location of College Cyclery at 212 13th St. in downtown Sacramento.

By LANCE ARMSTRONG

College Cyclery, one of Curtis Park's longtime institutions, closed its 21st Street shop last summer, and is now adjusting to its new location in downtown Sacramento. Its new address is 212 13th St.

Mike Threadgall, the business's service manager, told this paper last week that the relocation occurred due to multiple reasons.

"It's just a change in times," he said. "Costs, COVID(-19), competition – Walmart, Amazon, Craigslist. There are still a few shops doing old-fashioned, but they've really got to work hard. The owner actually has to be there, (and also), you have to know what you're doing."

A posting on this business's Facebook page also cites the relocation as occurring due to "worldwide shortages" and the "anti-small business climate."

Threadgall, a College Cyclery employee since 1985, recalled a different time when this shop sold about 100 children's bicycles around Christmastime.

"When the children's bikes became $180, $210 and you could buy a bicycle at Walmart for $39.95, well, that cut out our children's bikes darn near completely," he said. "The only people who bought children's bikes were well-to-do."

College Cyclery's last day of operation for in-person shopping at the 21st Street site was June 30, which was followed by a month of appointment-only shopping. The relocation to the current site occurred in August.

The 3,755-square-foot, 21st Street building, which was owned by College Cyclery's proprietors, Terry and Allison Cox, was sold to Maria Bardet last summer.

Bardet told this paper that she plans to relocate her mid-

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town Sacramento business, Humani Pilates, to the site sometime from late January to early February 2022.

"We've been leasing that space (at 2020 I St.) for the last seven years, and we just recently purchased this (21st Street) building in order to house our studio," she said.

Threadgall mentioned that College Cyclery's move to 13th and C streets allows this business to do "new and funner things."

"We have more space for events, parties; we can take our time a lot more and give more personalized service," he said.

The new location is a 15,000-square-foot warehouse, which for many years housed the Cox family-owned Sacramento Theatrical Lighting Co.

Threadgall said that with a lot of work, the entire contents of that building were relocated to the business's new site in August.

As it did in Curtis Park, College Cyclery will continue to offer specialty repairs and restorations, downhill and electric mountain bikes, and custom-built BMX bikes.

Customers of this business will find such bicycle brands as SE, Retrospec, and Fuji.

Threadgill mentioned that the current top-selling bicycle is SE's "Big Ripper."

"They're hotter than sliced bread," he said. "There are several different models, anywhere from $850 and up."

College Cyclery has a storied past

As Sacramento's oldest bicycle shop, College Cyclery has a storied history that began 76 years ago.

This business, which was originally known as College Hardware & Cyclery, operated in its longtime building at 2760 21st St., at Markham Way.

A building inspector's card, dated July 7, 1928, details the construction of a 40-foot by 95-foot, single-story, brick building at 2760 21st St. at a cost of $4,000.

Completed on Oct. 22, 1928, the structure was originally home to a Safeway store by the following year.

Safeway's 21st Street store remained in operation until 1939, when the building began a period of vacancy.

In 1940, this structure became home to Thrifty Five, Ten and Twenty-Five Cent Store.

Five years later, College Hardware & Cyclery opened in the same structure.

An advertisement for that business was published in the Dec. 1, 1945 edition of The Sacramento Bee as follows: "Power lawn mowers. College Hardware & Cyclery, 2760 21st Street. Dial 6-2042."

Another advertisement in the same publication's Sept. 26, 1946 edition refers to the store as the "headquarters for wheel goods."

Orders could then be placed for Blue Ribbon, Columbia, Dayton, Rollfast and Schwinn bicycles, as well as tricycles and ball bearing roller skates.

James Michael Dritz and Herbert Carroll Melvin were the original owners of College Hardware & Cyclery, and Melvin became the sole owner of the business in about 1950.

Dritz was also the proprietor of Dritz Cyclery, which would eventually be run under a different proprietorship

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College Cyclery's neon sign, which was attached to its Curtis Park building, is now displayed inside this business's new location.

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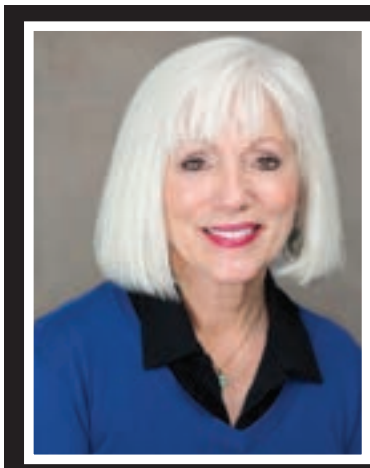

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COLDWELL BANKER RESIDENTIAL BROKERAGE



Among the familiar sights at the business's new location is this vintage delivery bicycle.

Cyclery:

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until about 2005. That business was located at 2209 Del Paso Blvd.

Melvin's longtime operation of College Hardware & Cyclery was celebrated in an article in the April 5, 1985 edition of The Bee.

The article, which has the headline, "Bike shop and owner fixtures since '45," mentions that Melvin opened the store in 1945 and, at the age of 82, was still dedicating himself to 60-hour work weeks.

Melvin, whose family history in Sacramento dates back to 1852, was quoted in the article as saying, "I like to work. When I get up in the morning, I like to have something to do, you see. And anything I do, I like to make a profit. I guess it's the Scotch in me."

Although the same 1985 article mentions that Melvin dismissed any suggestion that he was ready to retire, he sold the shop to Chuck Meyer in 1986.

After acquiring College Hardware & Cyclery, Chuck shortened the name of the business to its present name.

Chuck and his wife, Lorene, sold College Cyclery to their daughter, Allison Cox, and their son-in-law, Terry Cox, in 2006, and the business has since continued to build upon its notoriety of providing fine merchandise and quality service.

Threadgall mentioned that generations of family members have shopped at College Cyclery.

He also noted that some well-known people, including former National Basketball Association star and former Sacramento Mayor Kevin Johnson, have also visited the store.

"(There were) K.J., Earl Warren Jr. (second son of former California Gov. and U.S. Chief Justice Earl Warren, and Stephen Carpenter, (lead guitarist of Sacramento's alternative metal band, Deftones), did business with us regularly," he said. "All the Deftones (members) have bought bikes at College (Cyclery), but they got big and moved to LA, so we haven't seen them for a while."

He also recalled that some renowned doctors and surgeons, and former professional bicycle racers, including German cyclist John Degenkolb, have shopped at College Cyclery.

Threadgall recognized College Cyclery as an old-style, mom and pop-type business that is dedicated to taking extra efforts to serve their customers.

He emphasized the dedication of the business's repair department.

"We are just proud of the old-fashioned, trustworthy (approach) and dedication of fixing your bike properly – not just the fastest way possible to turn a profit," Threadgall said.

For more information about College Cyclery, call (916) 456-2042 or visit the website, www.CollegeCyclerySacramento.com.

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VCN food columnist releases new book, Produce with a Purpose





By Monica Stark

Returning VCN writer Kerin Gould infuses her expertise on organic farming and cooking into the pages of her brand new book titled "Produce with a Purpose: So your doctor wants you to eat more fruit and vegetables, now what?", bringing the reader into her life and home environment of small-scale local farming while providing a guide to sustaining a cancer-fighting/prevention way of eating.

Full of sage advice from the author whose expertise in natural health and recipes from her farm to her kitchen table, Gould's book was in part developed from her longtime running column in this publication, which was aptly called Farm and Flavor. "Produce with a Purpose" builds upon the column's themes in digestible and deliciously satisfying portions of useful information.

Opening to the first pages of the book, the reader gets pulled in with a warm welcome. "It's soothing. It's not your doctor's office," Gould says. "The idea is to inspire an appetite for freshness. You know, this little farm is the kind of place you ideally want your food to come from."

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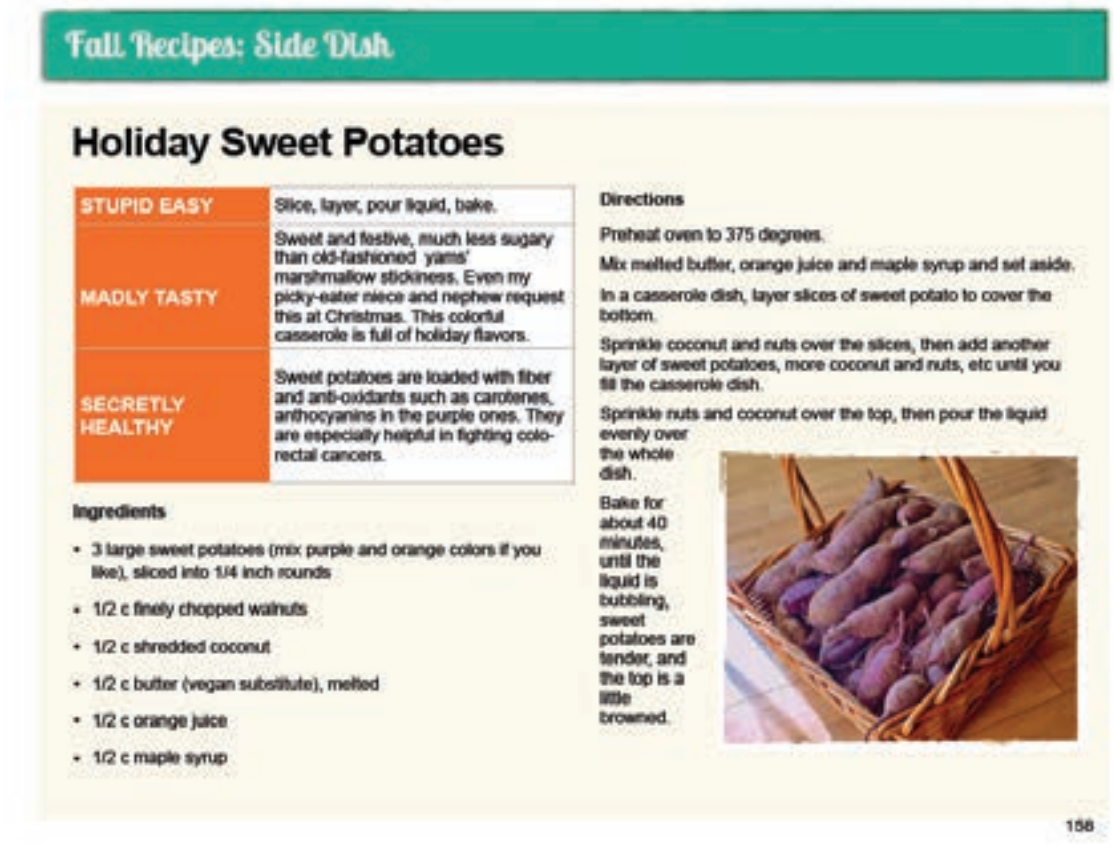

Fall Recipes: Side Dish

Holiday Sweet Potatoes

STUPID EASY	Slice, layer, pour liquid, bake.
MADLY TASTY	Sweet and festive, much less sugary than old-fashioned 'yams' marshmallow stickiness. Even my picky-eater niece and nephew request this at Christmas. This colorful casserole is full of holiday flavors.
SECRETLY HEALTHY	Sweet potatoes are loaded with fiber and anti-oxidants such as carotenes, anthocyanins in the purple ones. They are especially helpful in fighting colo-rectal cancers.

Ingredients

- 3 large sweet potatoes (mix purple and orange colors if you like), sliced into 1/4 inch rounds
- 1/2 c finely chopped walnuts
- 1/2 c shredded coconut
- 1/2 c butter (vegan substitute), melted
- 1/2 c orange juice
- 1/2 c maple syrup

Directions

Preheat oven to 375 degrees.

Mix melted butter, orange juice and maple syrup and set aside.

In a casserole dish, layer slices of sweet potato to cover the bottom.

Sprinkle coconut and nuts over the slices, then add another layer of sweet potatoes, more coconut and nuts, etc until you fill the casserole dish.

Sprinkle nuts and coconut over the top, then pour the liquid evenly over the whole dish.

Bake for about 40 minutes, until the liquid is bubbling, sweet potatoes are tender, and the top is a little browned.

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The two-and-a-half acre farm around the corner from Elverta High School transformed from a "kind of a wreck when we bought it" but with help from her father, Bill Gould who was battling prostate cancer, Kerin worked on the orchard and the fields.

The father-daughter duo searched for and found this little property near the home of the author's parents. Bill directed the renovation work, based on his experience as a home-owner and people manager, and had a great way with the contractors. "As that wound up, I started planting," Kerin Gould said.

Then, as the second section of the book explains the importance of eating fresh and seasonal food, preferably organic, Gould lightheartedly reinforces the idea that these are consumption ideals we strive for. "Honestly, you know, unless you're a Buddhist monk in a monastery, hardly anybody eats perfectly up to their ideals, but that's what ideals are for, right?" she posits.

From CSAs to farmers markets to farm stands to what you should know about organics and superfoods, Gould then describes how to cook for the best nutrition. "We don't want to boil all the nutrition out of something or, you know, cook it to death so that there's no nutrition and no texture or anything like that."

Woven throughout the book are strands of "Real Talk" conversations with several of her friends who are battling with cancer and figuring out how and what to eat. "There's nothing like first hand advice, right? I mean, I was there to support my dad. You know? So I cooked and I researched and all that but there's nothing like real talk," she says.

So there's these pages scattered throughout where she asked her friends for a tip, for instance gadgets that make cooking easier -- and everybody's got something different. "Here's real people. They did the best they could. They learned some things along the way. They're alive. They are, you know, survivors." Some people are in the clear at this point and others are really working hard on preventing any return of the cancer.

While this book's audience is primarily geared to those battling cancer, the

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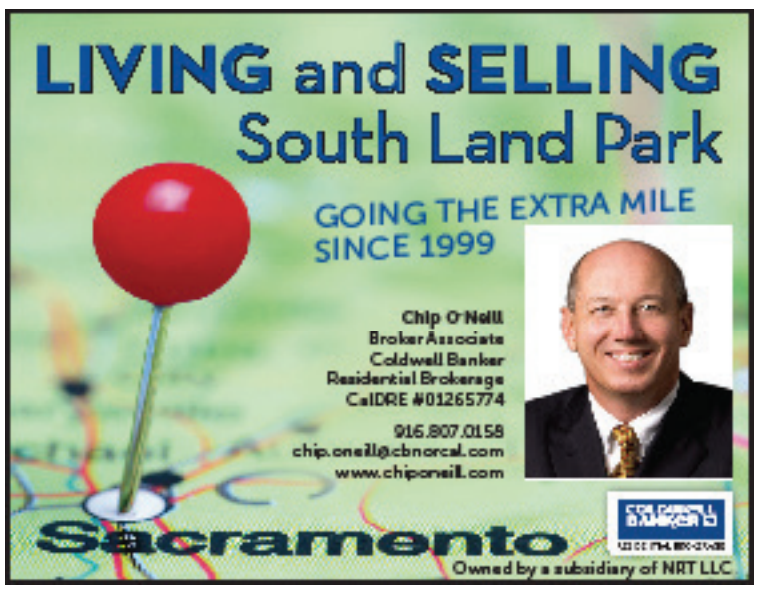

Book:

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book has plenty of gluten-free, diabetic-friendly, heart-healthy recipes. Generally speaking, she suggests getting lots more color on your plate. While healthy eating seems like such a daunting task, chalked up right alongside the other "shoulds" in your life, Gould ensures the reader that "it doesn't have to be hard...Because If it tastes great, and it's really easy to make, you just slide into this being your go-to habit."

For wintry days, Gould recommends a creamy borscht filled with beets, cabbage, onions and potato and a whole lot of dill made creamy with vegan unsweetened yogurt or vegan sour cream. "You can swirl it in so now you've got this fuchsia and white and it's just so eye-appealing, and then it just goes down like comfort food." And that goes for even those whose senses of smell aren't working at the moment because of their treatment or stress. "It enters through the eyes, like, 'wow, that's a pretty color. I really should have that. You know, I really want to have that.'"

Gould has a Bachelor of Science degree in Natural Health and a PhD in Native American Studies. "So she's a doctor, but not that kind of doctor," as the tagline reads at the end of each of her columns. Gould has worked with food-related non-profits and taught a local high school farm-to-fork program, but eventually focused on developing her own sustainable, non-toxic, wildlife-friendly farm and exploring a new way to connect vibrant fruit and veggies and those who strive to enhance their health with farm-fresh produce.

The print version will be available soon, and should be considered as a beautiful, delicious, supportive gift for anyone facing cancer or their caregivers.

"It's pretty, it's delicious and people can just go through it and take the parts they want at the time they can use it," Gould said.

"Produce with a Purpose" is available at Barnes and Noble and on Amazon by searching for the title.

The full borscht recipe:

Ingredients
1 Bunch of red beets, diced
1 Red onion, chopped
1/2 Red cabbage, chopped
1 red potato, diced
Non-dairy butter or a cooking oil without a strong taste
Dill
Water or broth (low-sodium veggie)
Vegan yogurt or sour cream

Directions

Sauté in oil/butter the onion and dill first, then add in the remaining veggies and continue to sauté until all look glassy and a bit softened. (You could add the beet greens if you have some nice ones.)

Cover with water or broth and cook at a low boil until the veggies are soft enough to blend (10-15 minutes). Don't cook too long as beets' nutrients diminish with too much cooking.

Blend with a stick blender or pour into a blender, puree and then return to the pot.

Stir in the yogurt or sour cream. It also looks spectacular if you just swirl the white stuff in each dark pink bowlful. Sprinkle with a bit more dill for a garnish.

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Sacramento Zoo visitors share thoughts on zoo's potential relocation to Elk Grove



The Sacramento Zoo has been located in William Land Park since 1927. Zoo officials are considering relocating this capital city institution to Elk Grove.



Sacramento Zoo member Linda Seielstad is shown in front of the zoo with her 7-year-old grandson.

By LANCE ARMSTRONG

With the city of Elk Grove and the Sacramento Zoological Society currently studying the feasibility of relocating the Sacramento Zoo to Elk Grove, visitors of the zoo last week shared what they thought of that potential move.

The current, 14-acre zoo location in William Land Park is considered insufficient in size, and has extremely limited parking availability for its visitors. A larger zoo site would also allow the zoo to further its essential mission of supporting conservation and education.

Currently under review is land consisting of at least 60 acres near the future intersection of Lotz Parkway and Kammerer Road in south Elk Grove.

The city of Elk Grove and the zoological society agreed last September to spend six months studying the practicality of a move to that city. Upon the completion of that study, the Elk Grove City Council will vote whether they feel the zoo is a good fit for the proposed location.

Elk Grove City Manager Jason Behrmann mentioned that the feasibility study period could be extended beyond six months.

"It's possible that it could go beyond that (time), but we're trying to get things buttoned up," he said. "So, we should have the feasibility study (completed) sometime in early 2021, and be able to make some decisions shortly thereafter."

Zoo member Linda Seielstad, who was visiting the zoo on Nov. 19 with her 7-year-old grandson, noted that she believes the Elk Grove location would be a quality site for the zoo.

"I think (moving to Elk Grove) is probably a pretty good fit for them, because they feel very landlocked here," she said.

"We like going and seeing animals and learning about them, so I think it will be a great thing for them to be

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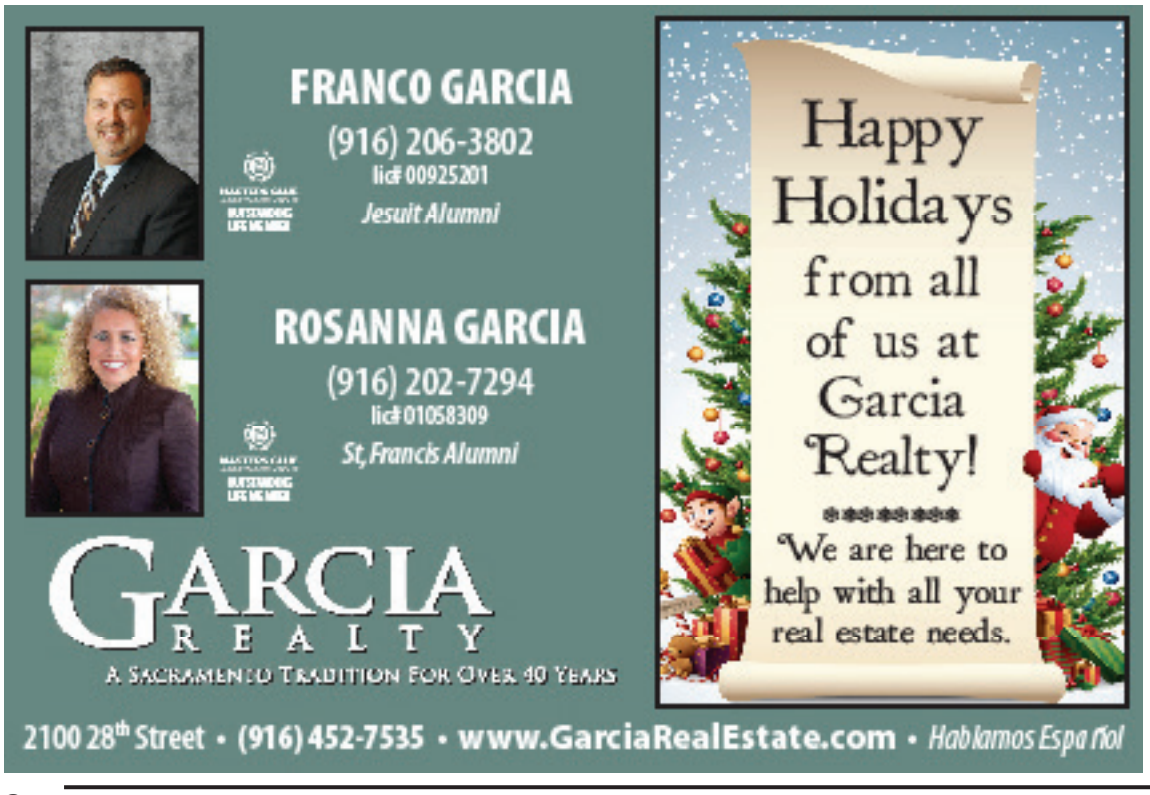





Photo by Lance Armstrong

Norma Heil, right, is pictured with her daughter and grandchildren at the Sacramento Zoo, on Nov. 19.

Zoo:

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able to get some more animals here that they haven't had. I remember when we first came a long time ago when they had the hippopotamus and things like that that they can't have now, because of the spacing."

Another zoo visitor Tamara Wilkinson, who graduated from California State University, Sacramento in 1982, is also supportive of the zoo's potential move to Elk Grove.

"I think that would be fantastic," she said. "They would be able to have more animals and more variety of animals. I think it would be great."

While standing alongside Wilkinson, Michelle Edwards added, "From a wildlife conservation (approach, a larger zoo) is a good idea."

Tamara's husband, Mike, told this paper that he likes the current Sacramento Zoo site's ability to make the most of its 14 acres.

"I think they do a great job with what they've got to work with, the size and everything," he said. "But because they have to give so much space for each type of animal, they have to get fewer animals there. It would be neat to see some of the other (animals) that are no longer (at the Sacramento Zoo). They can't keep like the bears and some of the other (larger animals). So, yeah, I think (a larger zoo in Elk Grove) would be great."

Sacramento Zoo visitor Norma Heil noted that she is familiar with what a larger zoo can offer.

"I'm from Phoenix, Arizona," she said. "We have a huge zoo and it's getting bigger. (The Sacramento Zoo) is a super neat, little zoo, but there's not enough room, especially for current animal containments."

While standing across the street from the zoo, near Fairytale Town with her grandson, Isaiah Hawkins, Julian Leonard said that she desires to see larger enclosures for the Sacramento Zoo's animals.

"I feel for the animals there, and they do need more space," she said. "And Elk Grove isn't that far away from Sacramento. They've outgrown this spot."

A woman who identified herself only as Rita mentioned that if the zoo is relocated to Elk Grove, she hopes that a smaller zoo

see Zoo page 10

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Zoo:

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could remain at the zoo's current site.

"I hate to see it go, but there really isn't much there," she said. "It's too bad. I think they still need to keep like a petting zoo or something like that for the kids. I still think they should keep it for some of the smaller animals."

Elk Grove city officials, staff tour Houston Zoo

Elk Grove Mayor Bobbie Singh-Allen and other Elk Grove city officials and staff on Nov. 4 visited the Houston Zoo as part of that city's zoo study mission.

Singh-Allen, who also visited the Fresno Chaffee Zoo on Oct. 22, noted that both study missions were strategically selected.

"Fresno was selected because it's a comparable climate to Sacramento and then Houston was selected because it would be comparable to a size," she said. "They were very specific. It's not like we went to San Francisco and San Diego. They were very specific as part of a study mission."

Singh-Allen stressed that the new zoo would take a modern approach by focusing on conservation and educational opportunities.

"The zoos of 100 years ago have no place in modern society," she said.

She also recognized the potential Elk Grove zoo as both a "tremendous economic driver" and more evidence that "Elk Grove is open for business."

"If this all comes together, it's a beautiful day for our city, but even a better day for all of the animals we get to help save," she said.

Upon his return from Houston, Elk Grove City Council Member Kevin Spease noted that his visit to that city's zoo was "very insightful."

"The Houston Zoo tour was very insightful into construction and operations of a world-class zoo," he said. "The idea of designing, developing and operating a zoo is very exciting and, at the same time, we need to understand the initial investment, ongoing costs and risk."

Spease stressed that it is important to be sure a sound investment can be presented to the Elk Grove community.

Elk Grove City Council Member Pat Hume mentioned that he found the trip to the Houston Zoo helpful in envisioning the long-range plan for a similar sized zoo.

"It was helpful to hear about emerging trends, best practices and the needs and flexibility that should be anticipated in a new project," he said.

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Left to right, Mike Wilkinson, Tamara Wilkinson and Michelle Edwards were among the zoo's visitors on Nov. 19.

Zoo:

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Hume also noted that Houston Zoo operators described their struggles and what they would do differently if they were building a new zoo.

"(They would) have more naturalistic, multi-species exhibits arranged by geography, rather than similar animals clumped together," he said. "(They would) build redundancy into the infrastructure, so that repairs and maintenance are more manageable."

Hume added that other ideas would be to create flexibility at the exhibits for power sources and sound systems to transform spaces into learning centers, and use topography and plantings to provide a sense of depth to a habitat, rather than a visible enclosure.

As a 21st century zoo, a new zoo in Elk Grove could additionally use modern technology to enhance the experience for its guests, Hume noted.

"Think QR (Quick Response) code that pulls up a website on a particular exhibit," he said.

Hume mentioned that another idea for the potential Elk Grove zoo would be to construct places that could accommodate public events.

Elizabeth Stallard, president of the zoological society's board of trustees, said that the zoo study missions represent the feasibility study's first phase.

Stallard spoke about the feasibility study's upcoming second phase.

"The next phase, which is going to take some time to do it, is looking at a proposed plan for the (Elk Grove) site, and evaluating what kinds of things we want to have there,

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Rivers Edge Harvest Festival



Photos by Stephen Crowley

River's Edge on Riverside Boulevard held their annual Annual River's Edge Church Harvest Festival on Oct. 30. Neighbors were invited to enjoy the bounce houses, food, games, candy, and more! see photos page 15



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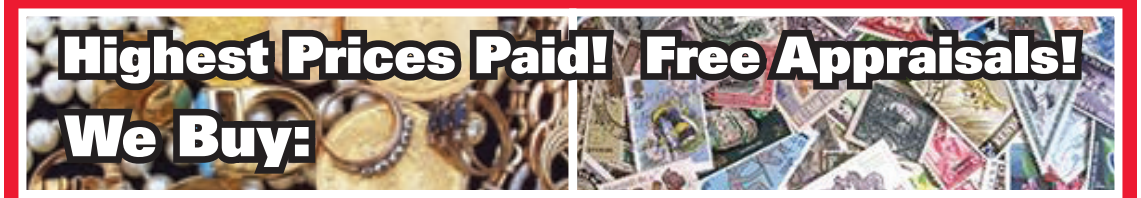

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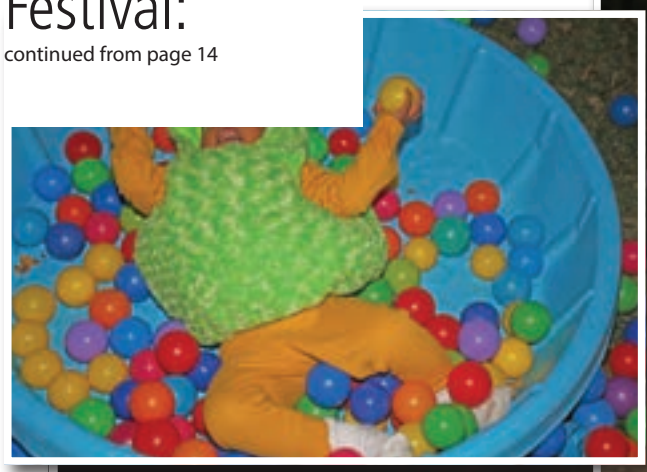
Festival:

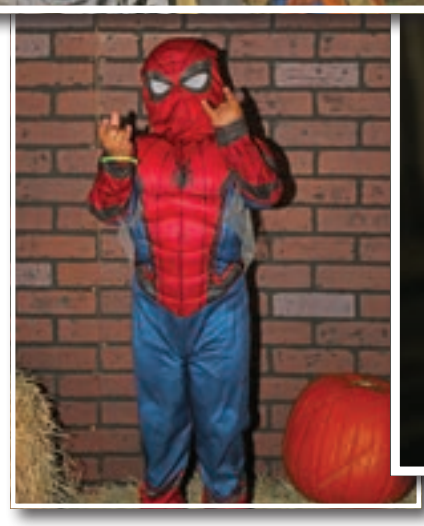
continued from page 14



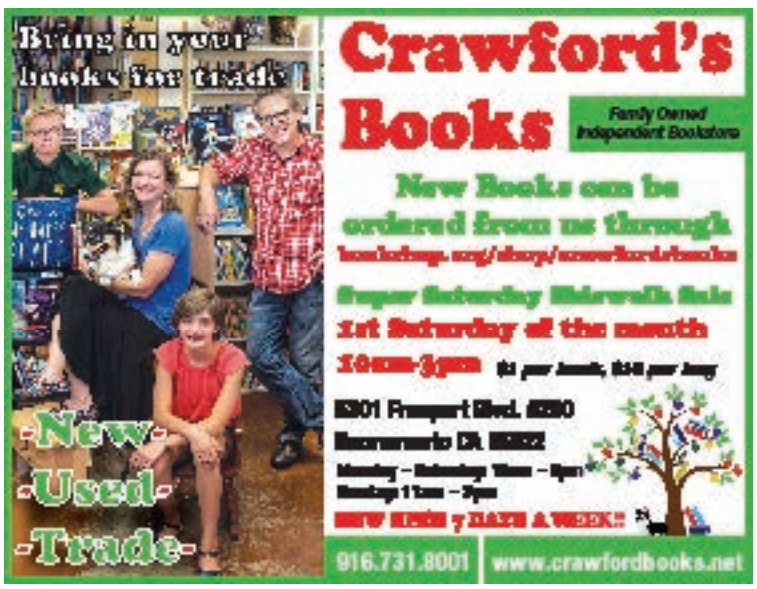














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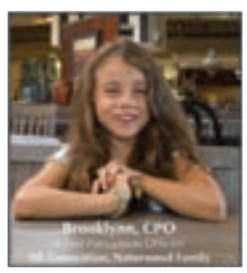

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