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Land Park News

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Cyclist group takes 'cemetery ride' in Land Park

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Tickets still available for Nov. 10 Joan Didion tribute

By Lance Armstrong
vcneditor@gmail.com

With limited time remaining before the Nov. 10 event celebrating the legacy of the famous Sacramento-born author Joan Didion, tickets can still be purchased.

This special event at downtown Sacramento's Golden 1 Center will begin at 6 p.m.

Didion, a renowned novelist, essayist, journalist and screenwriter, died last December at the age of 87.

Among Didion's many notable books are "The Year of Magical Thinking," "The White Album," "Blue Nights" and "Slouching Towards Bethlehem."

Prior to obtaining her fame in the literary world, she lived in Sacramento and attended local educational institutions, including C.K. McClatchy High School and Sacramento Junior College – today's Sacramento City College (SCC).

The Sacramento Historical Society, the city and county of Sacramento, the Sacramento Public Library, Sacramento City College, and the Sacramento Kings, invite people to join them in this evening of celebration of this fifth generation Sacramento native daughter.

The event, The Golden Land Joan Didion Celebration, will feature the unveiling of the Joan Didion statue, which will later be installed in the Sacramento Room of the Sacramento Public Library's Central Library at 828 I St., where Didion spent many hours during her youth.

The Golden Land Joan Didion Celebration

What: Unveiling of the Joan Didion Statue, and more
Where: Golden 1 Center, 500 David J Stern Walk, Sacramento
When: Nov. 10, 6 p.m.
Tickets/Info.: www.SacHistoricalSociety.org

A bust of Didion will also be unveiled. It will later be installed at Sacramento City College to serve as a longstanding inspiration and motivation for that institution's students.

Lisa Reinertson, the sculptor who created these artworks, will give a brief talk.

Other confirmed speakers for this event are Sacramento County Supervisor Don Nottoli, Sacramento Mayor Darrell Steinberg, Virginia McReynolds, a retired SCC English professor and Joan Didion expert, Sacramento City College Interim President Albert Garcia, and Sacramento City Historian Marcia Eymann.

There will also be pictures and videos of Didion, a question-and-answer session with Eymann, displays of art from Sacramento City College artists, a quote display by Women's Wisdom Art, music, food and drinks. A Sacramento literary luminaries painting by artist Jerald Silva that includes an image of Didion will also be on display at the event. The painting will later be placed on permanent display in the Sacramento Room.

Sacramento Historical Society Vice President Gregg Lukenbill, who worked with Sacramento resident Maurice Read on both the Joan Didion statue project and the creation of a Joan Didion Sacramento City College literary scholarship, spoke with this paper about the event and the importance of Didion to Sacramento.

"This (event) is going to be incredible," he said. "It's all about Joan Didion, who she is and who she was and her whole persona that we are going to identify, because it has everything to do with the history of Sacramento. She is the personification of the history of Sacramento, in my opinion.

"(The event is intended to be) a unifying, uplifting, enlightenment celebration to honor (Didion's) life's work."

Tickets for this event are $100 for the premium package, $50 for standard package (general admission), and $25 for students.

The premium package will include premium seating, a reception and discussion with Sacramento historian Marcia Eymann; food, wine and beer; a one-year Sacramento Historical Society membership, and a raffle ticket for the opportunity to win a 15-inch-tall Didion maquette – a small model of Reinertson's Didion statue.

The standard package includes entry into the Golden 1 Center for the event and free snacks and drinks.

To purchase tickets in advance and obtain further information about this event, visit the website, www.SacHistoricalSociety.org. Tickets will also be available to purchase at the Golden 1 Center on the day of the event.

LAND PARK NEWS
WWW.VALCOMNEWS.COM

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Cover by:
Joe Perfecto





Upcoming Events

Professional development/ networking event – This free event features motivational entertainer Kevin Bracy at Deloitte, 980 9th St., on Nov. 10 from 5 to 7:30 p.m.

Hosted by United Way California Capital Region's Young Leaders Society, this event will include light appetizers, beer and wine, and the opportunity to network with local leaders and professionals.

Although this event is free to the public, donations will be accepted to support United Way's digital equity program that is working to ensure everyone has equal access to technology and the internet.

To reserve tickets, visit the website, www.YLSspeakerKevinBracy.EventBrite.com.

Let's Read Oak Park – A free reading and exploration event for children, ages 5 to 12, will be held at Underground Books, 2814 35th St., on Nov. 12 from 10 to 11 a.m.

For more information, call (916) 737-3333.

CBS Neighborhood Concert Series – Congregation Beth Shalom is offering three concerts for all ages, beginning Nov. 13. Michael Neumann, artistic director emeritus of the Sacramento Youth Symphony and music director emeritus of the Folsom Lake Symphony is the host of this series.

Come and see world-class musicians perform live works from Mozart, Philip Glass, opera and Broadway.

Neumann will be facilitating a question-and-answer session after each performance, and a reception will be held after the performances with refreshments.

The event will be held at Congregation Beth Shalom at 4746 El Camino Ave. in Carmichael on Nov. 13, Jan. 8 and March 12, from 4 to 5 p.m.

Ticket prices are $18 for families, $10 for adults and $5 for students.

Tickets can be purchased through the website, www.cbshalom.org.

For more information, call (916) 485-4478 or write to the email address, lorinalangan@yahoo.com.

Sacramento Gay Men's Chorus holiday concerts – "Holiday Hits with a Splash of Sass," a funny, family-friendly concert, will be presented by this group on Friday, Saturday, Monday and Tuesday evenings, Dec. 9, 10, 12, and 13 at Pioneer Congregational United Church of Christ at 2700 L St. Doors will open at 6:30 p.m. and the curtain will go up at 7 p.m.

A matinee show will be presented on Sunday, Dec. 11, with doors opening at 2:30 p.m. and the curtain will be raised at 3 p.m.

General admission tickets are $30 each. VIP-seating tickets are $45. Students with a valid student ID can purchase tickets for just $15.

Tickets are available through the website, www.SacGayMensChorus.org or in person at Rocket Records, 1002 24th St.

Jack Gallagher comedy shows – This local comedian will perform two comedy shows in the Sutter Theater, the big room at The Sofia, 2700 Capitol Ave., on Dec. 10. The shows are scheduled for 4 and 7 p.m.

With a 45-year career that includes appearances on "The Tonight Show" with both Johnny Carson and Jay Leno, a role as Larry David's doctor on "Curb Your Enthusiasm," various film roles, and comedic performances on stages across the country, Gallagher will be back onstage with two stand-up shows at The Sofia.

Tickets can be purchased for $30 each through the website, www.bstreettheatre.org.

'Winter Wonderland' at Fairytale Town – Celebrate the holiday season at Fairytale Town with holiday lights, festive décor and vendors, snow, Santa, arts and crafts and more at Fairytale Town's Winter Wonderland event.

This fun-filled, family celebration is set for four days, Dec. 10-11 and 17-18. Fairytale Town will be open special hours for the event from 1 to 7 p.m.

For more information, call (916) 808-5233 or write to mail.fairytaletown.org.

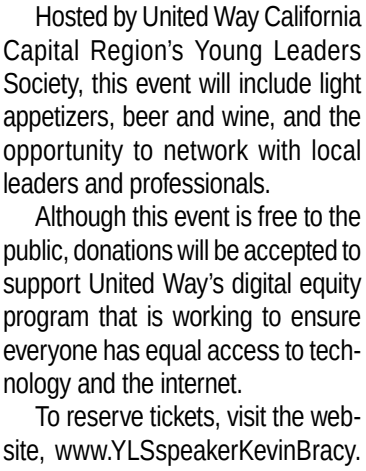
Christmas play at Sacramento First Christian Church – Looking for something different this Christmas season? Have you ever experienced a church Christmas play? The play will take the place of this church's usual sermon on Dec. 11, during the 10:30 a.m. service.

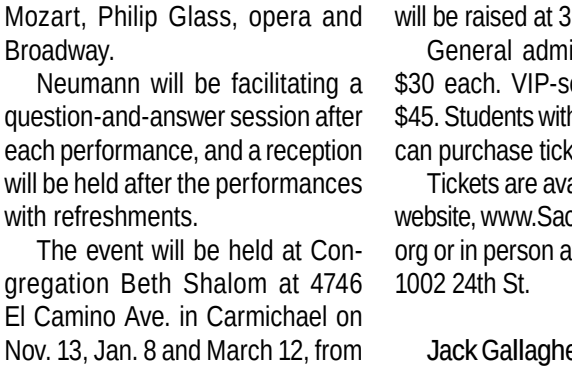
The event will be held at the First Christian Church at 3901 Folsom Blvd. in Sacramento.

Admission is free and parking might be limited on that day, so people are encouraged to arrive early.

For additional information, visit the website, www.fccsacramento.com.

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Adorable Land Park home with Art Deco features. Living room features a lovely fireplace with Deco design, wood floors, large picture window and two additional windows that allow light to filter into the spacious room. Open archway to formal dining room with double windows and wood floors. Kitchen has white tiled counters with blue tile accents, dishwasher, stove, refrigerator and breakfast area. Laundry area is behind louvered doors. Spacious bedrooms, wood floors and ceiling fans. Many dual paned windows throughout and central heat and air. Landscaped front yard and covered porch entry. Backyard has a larger patio for outdoor dining. Separate detached garage. One-and one-half blocks distance to Chocolate Fish, Marie's Donuts, Freeport Bakery, Taylors Market and Transportation. Don't miss this Cutie! 1705 Vallejo Way $668,500


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Charming two-bedroom Tudor in the heart of Land Park. This adorable home features many original built-ins like entry with leaded glass window in front door, formal living room with decorative ceiling, fireplace, mantel and hardwood floors. Formal dining room opens to a spacious kitchen with engineered floors that look like slate, granite counter tops, tile backsplash, stainless appliances and classic white cabinets. Original built-in hutch with leaded glass cabinet doors in breakfast room. Hall bath has original tile, pedestal sink and shower over tub. Inside laundry room with door to yard. Wood floors in both bedrooms, wall sconces and lots of windows. Partial basement is currently set up as an extra bedroom. Backyard is an Entertainers Dream! Several dining areas and a large mural on back of garage. Built-in BBQ, brick, crushed granite and flagstone add to the landscape, including two fountains. Don't miss this one! 1020 4th Avenue $759,000


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Cyclist group takes 'cemetery ride' in Land Park

By Joe Perfecto

Ghosts, ghouls, goblins and creepy creatures of various other sorts are a common sight come trick-or-treat time. So, it wasn't unusual that a group of them congregated in Land Park recently. Well, except that they appeared on the day before Halloween, in broad daylight, and on bicycles. But then, rather than going door to door for goodies, these costumed characters had another – but equally fitting – destination: the nearby Sacramento Historic City Cemetery at Riverside Boulevard and Broadway.

But there was nothing nefarious afoot. Instead, this final resting place of many of the city's pioneers was the tour venue for a costume cemetery ride.

This ride was the latest in a series of roughly monthly social bike rides conducted by Sacramento Area Bicycle Advocates (SABA), a local nonprofit organization.

SABA is dedicated to promoting bicycle-based transportation and making the region more bike-friendly for all types of riding through community outreach and by working with local governments to advance improvements to infrastructure.

After a leisurely pedal through the surrounding area, participants gathered at the Sacramento Historic City Cemetery to hear commentary about various points of interest.

About two dozen participants signed in for the Oct. 30 ride, which started a bit after 10 a.m. at the Freeport Boulevard location of Chocolate Fish Coffee Roasters.



Photos by Joe Perfecto

Riders head out from Chocolate Fish Coffee Roasters on Freeport Boulevard.

After reciting the SABA pledge – "I (state your name) promise not to do stupid things on my bike" – the group traveled down Vallejo Way to Land Park Drive, and continued their ride over to the recently-completed Interstate 5 pedestrian overcrossing near Seamas Avenue.

The riders next headed north on Riverside Boulevard to the levee trail, took Broadway to Muir Way and made their way to the Sacramento Historic City Cemetery via the Masonic Lawn Cemetery gates. This ride took a little under an hour to complete, and the tour took about as long.

Afterward, many attendees made their way to the nearby Urban Roots Brewing & Smokehouse at 14th and V streets for some socializing.

The Sacramento Area Bicycle Advocates has been offering its bicycle ride series for the past four years. However, the COVID-19 pandemic affected its regular schedule of rides.

Since last January, this organization has endeavored to conduct one ride per month.

Several of this year's tour rides visited a selection of city parks (led by a parks expert) and a variety of Wide Open Walls mural sites. Most rides, though, aren't tours per se, but are designed to expose participants to local riding options.

The ride/tour leader, Pierson Rohr, who serves as SABA's director of outreach and partnerships, spoke about the organization's approach to planning the rides.

"We try to showcase the different things to see, related to bicycles around the city," he said. "We did a ride that showcased the protected bike lanes with the bollards (short, vertical posts) that are going in downtown.

"There's usually some sort of purpose to it – we try to have some sort of theme – but really it's a good way to get people out and network with each other, enjoy each other's bikes and

See CEMETERY RIDE on page 5







Riders take a break at the Sacramento Historic City Cemetery.

Cemetery Ride:

Continued from page 4

enjoy each other's company."

The rides are suitable for most people – from skilled cyclist to complete novice – as the routes top out at about 10 miles in length and average pace is about 10 mph.

"We get a lot of families, a lot of kids, a lot of couples," Rohr said. "We try to make (the rides) very accessible and low-intensity; no hammerin'."

Most of the rides leave from either the 2940 Freeport Blvd. or 4749 Folsom Blvd. Chocolate Fish location, due to SABA's relationship with that business's owners, Andy and Edie Baker, who are ardent supporters of the organization.

The costume cemetery ride's attendance fell near the low end of the range compared to that of most SABA rides.

Rohr noted that the bicycling community's response to the series has been "incredible."

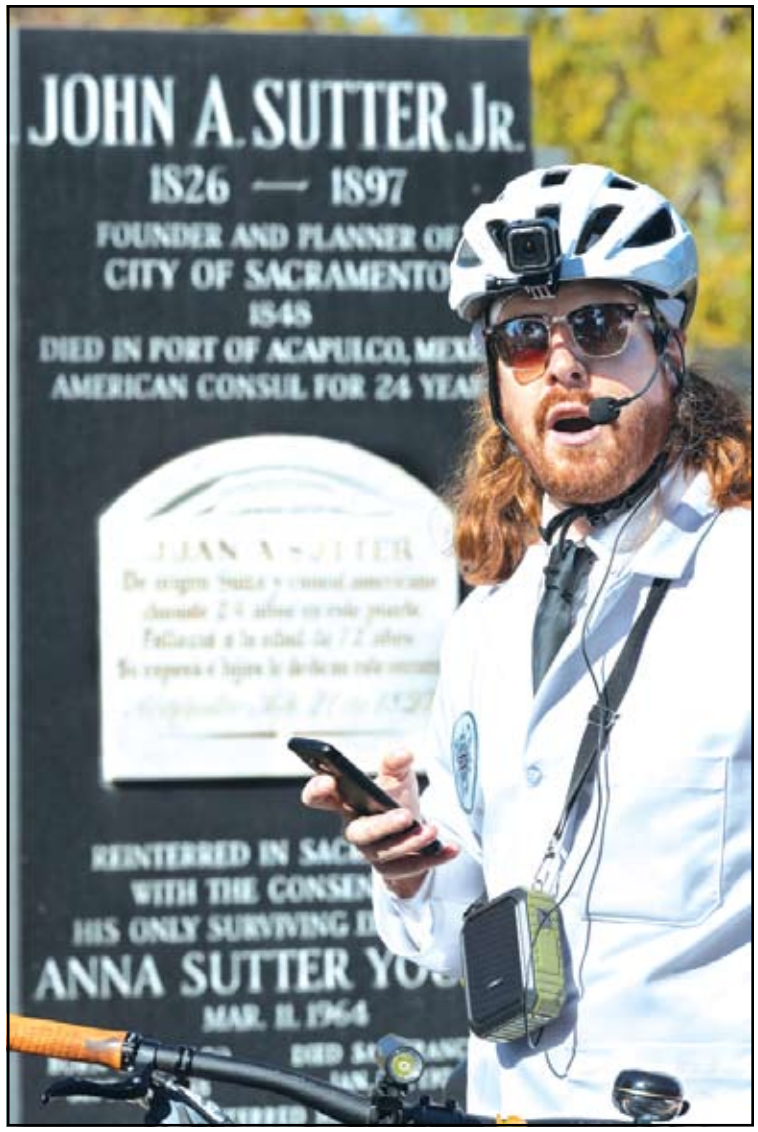
"We've (had) smaller rides of maybe 20 to 30 people," he said. "We (have) 50 to 60 people on average. Our first Wide Open Walls ride had 70 attendees; our second had 120. It's been overwhelming at times – that 120(-participant) ride was a little overwhelming. But it went great."

Community interest continues to grow, Rohr added.

"A lot of (participants) come to our rides very regularly," he said. "We've got a recurring cast. We (also) always get people who've never been on (one of these rides) before."

SABA offers activities regularly via www.EventBrite.com that include not only rides/tours, but periodic free bicycle

See CEMETERY RIDE on page 14



Tour leader Pierson Rohr stands before the grave marker of Sacramento's founder, John Augustus Sutter Jr.





Sacramento's longest operating radio station hosts centennial celebration

By Lance Armstrong
vcneditor@gmail.com

Sacramento's Scottish Rite Masonic Center, on Oct. 21, was the scene of a grand celebration for the city's longest operating radio station: KFBK.

Along with a large crowd of guests, including many longtime listeners, current and past KFBK executives and employees paid tribute to the station's history, which officially made its formal debut on Sept. 17, 1922.

KFBK, which began as Sacramento's second commercial radio station, was originally jointly operated at 6th and K streets by The Sacramento Union newspaper and the Kimball-Upson Co., a vendor of such merchandise as sporting goods, automotive supplies, motorcycles, records and phonographs.

Nearly three years after its establishment, The Sacramento Bee replaced The Union in the ownership of KFBK, and in 1929, The Bee became the station's sole owner.

KFBK is currently owned by iHeart Media Sacramento, a subsidiary of iHeartMedia, a leading global media and entertainment company.

This station, which is physically headquartered in the Arden area and has its transmitter near Pleasant Grove in Sutter County, presents simulcast broadcasting on 1530 AM and 93.1 FM, and can be listened to online or downloaded to the iHeart app.

The Oct. 21 event celebrating this radio station's centennial featured attractions such as an on-stage program and opportunities to meet KFBK on-air



Photos by Lance Armstrong

KFBK radio station personalities and others gather together at the station's 100th anniversary celebration on Oct. 21.

personalities, including Cristina Mendonsa and Sam Shane of the KFBK Morning News, nationally syndicated and noon to 3 p.m. host Tom Sullivan, afternoon show hosts John McGinness, a former Sacramento County sheriff, and Kitty O'Neal, and night program host Pat Walsh.

As part of this celebration, the station broadcast live from this event's venue at 6151 H St. from 4 to 7 p.m. The special, on-air program, which featured guests speaking about the station's history, was hosted by O'Neal.

The gathering also showcased framed, KFBK photographs from the past and informational displays, as well as two antique microphones and an antique microphone stand that were on loan from the collection of Sacramento resident Matías Bombal.

In addition to serving its primary purpose of presenting a party in recognition of the station's 100-year history, this sold-out event was used to raise funds for the Women's Veteran Alliance Sacramento Region.

Sara McClure, market president of iHeartMedia Sacramento, shared her thoughts on this station's milestone of turning 100 years old.

"One hundred consecutive years of informing Northern California is a remarkable accomplishment, part of the enduring legacy that is KFBK," she said "I'm proud to be part of this organization at this point in time and grateful to be sharing it with the talented team of people who make KFBK News Radio what it is today."

KFBK News Radio Program Director Bill White mentioned that this station's operators have maintained traditions throughout the history of the station.

"The founding principle of KFBK News Radio remains the same today as it did in 1922, to provide relevant local news and information," he said. "Through the generations, KFBK's team of talented news anchors, reporters and talk (show) hosts continues to proudly uphold that mission, to serve the listeners of Sacramento and Northern California."

See CENTENNIAL on page 7



Centennial:

Continued from page 6

Despite KFBK's ability to carry on traditions, Sullivan, who hosts 'The Tom Sullivan Show,' a longtime running program on KFBK, told this paper that the station, and radio, in general, is much different than it was a century ago.

"Somebody who was in radio 100 years ago would not recognize it today, but we still call it radio," he said. "There's a couple companies that are trying to change it and call it audio. They're getting a lot of pushback, because, no, it's radio. (Radio) has changed, but you should keep the label."

Although KFBK is commonly known today as a politically conservative radio station, Sullivan recalled a time when it was owned and operated by the McClatchy family – then-owners of the liberal-leaning Sacramento Bee newspaper – under their McClatchy Broadcasting Co. subsidiary.

"When I first started (working) at KFBK (in 1980), there was like an unofficial (political) war, and at the time I started, KFBK was owned by McClatchy," he said. "And I think the McClatchy executives, they didn't know quite what to do, so they sold it (in October 1987)."

The station's then-new operators were the Westinghouse Electric Corporation's Group W Radio unit.

Sullivan recalled leaving Sacramento to work for the FOX Business Network in 2007.

"I went to work for FOX," he said. "They were launching FOX Business (Network), and they heard that I was a financial person, and had broadcasting experience, so they said, 'Do you want to help us launch the FOX Business Network?' And I said, 'Sure, sounds interesting.' So, that's how I went to FOX.

"And so, I go there and they said, 'We would like to make you an offer to be an anchor on our network.' I said, 'Great.' And they said, 'Oh, by the way, we would also like you to bring your radio show over here. So, that's what happened is FOX picked it up, and that's what pushed it out nationwide."

Sacramento native Dave Williams, who spent the first 32 years of his radio career in this capital city, 15 of which he worked as a talk show host for KFBK, told this paper that he believes the station has remained strong for decades because of the people involved with it.

"KFBK has just always had fun, outgoing people who like each other and like what they do, and that's contagious," he said.

Also attending the event was former KCRA-TV news anchor Kellie DeMarko, who is currently a fill-in radio show host for McGinness and O'Neal.

DeMarko marveled at the milestone of the station reaching its 100th year of existence.

"I can't believe that they've been around for 100 years," she said. "First of all, I'm so honored that I even get to be a small part of this team. They're legendary and they just get it. They do it right. And as you just met these people here tonight, the voices that you hear on the radio, they're even better in person."

Among the longtime KFBK listeners who attended the event were the Sacramento-born twin sisters, Adevia (Bangs) Mackes and Aluvia (Bangs) Costello, who recall listening to this station since their childhoods growing up in the Colonial Heights neighborhood.

"We were raised with KFBK," said Mackes, who lives in Elk Grove. "As young as 4 years old, (when) it was time to take a nap, (their parents, Phil and Kathy Bangs), would turn on KFBK and we would hear the little jingle (coming from) the radio in the hall closet."

Costello mentioned that she was excited to see the people who she regularly listens to on KFBK in person at the event.

"I like KFBK and I like the people that are on (that station)," she said. "I was really glad to see these people. Every morning, I (regularly) listen to Christina Mendonsa and Sam Shane. We travel out of state and when I'm in the shower, I have to turn on iHeart Radio, because I listen to KFBK and that's my routine.

"And then when I get off work, I get to hear Kitty O'Neal (on) my drive home. (Also), I knew Tom Sullivan was coming (to the event from New York), and we all know that if Rush Limbaugh was still alive, he would come. That would have been amazing."

Like Sullivan, Limbaugh also had a syndicated radio program that could be heard on KFBK.

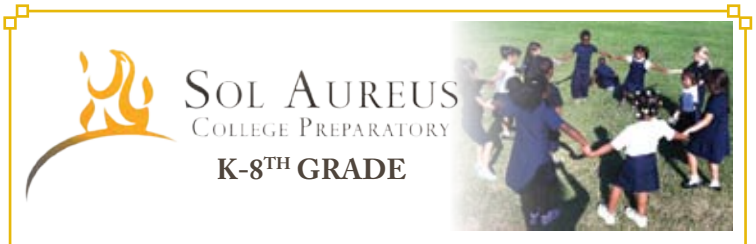
Limbaugh began his time at KFBK on Oct. 15, 1984 and his program continued until June 18, 2021, four months after his death.

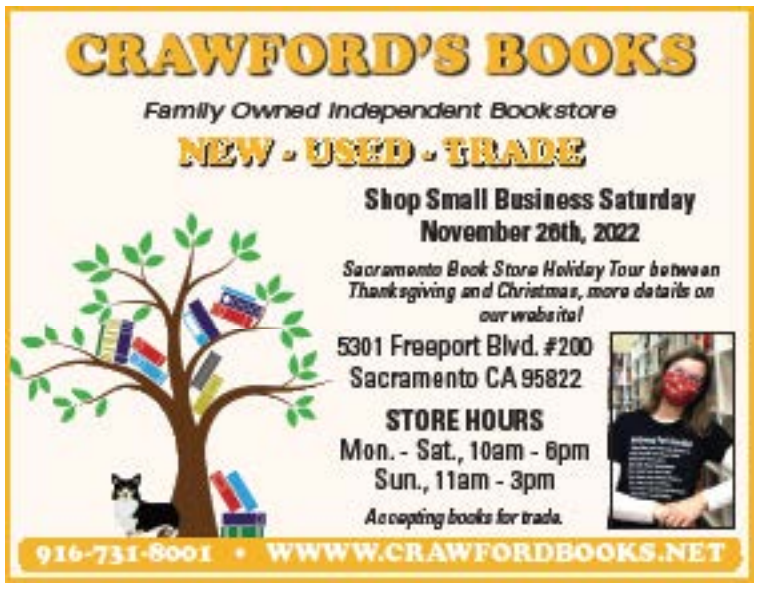
O'Neal shared her personal thoughts about Limbaugh.

"I met people who think he was the worst thing that ever happened to radio," she said. "I understand. Not everybody thinks (the same). But what they don't know about him is he was a very gentle human being who was extremely magnanimous, cheerful and full of thoughtfulness."

In addition to Limbaugh, other former KFBK talk radio show hosts who were mentioned on multiple occasions during the evening were Commander Bill

See CENTENNIAL on page 8







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Top left: While sitting alongside KFBK afternoon news anchor Kitty O'Neal, Tom Sullivan, host of 'The Tom Sullivan Show', speaks to attendees of the event.

Top right: Tom Sullivan, second from left, is joined by Greg Padilla, furthest right, and Topo Padilla, furthest left, of Greg Padilla Bail Bonds, and Sacramento County Sheriff Scott Jones.

Bottom left: KFBK listeners, Adevia (Bangs) Mackes, left, and Aluvia (Bangs) Costello, stand in front of large, lighted KFBK letters at the event. These Sacramento-born twins have been listening to the station since their childhoods.

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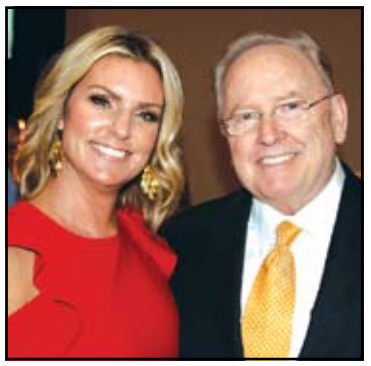
Continued from page 7

Eveland and Amy Lewis.

KFBK listener Chris Duckett told this paper that he has been listening to this station since 1984.

"It was about the time Rush came on," he said. "It's been our main go-to station every morning and every evening when we're in the car. It's all we listen to. We don't listen to music, and we've just kind of grown up with all the people that are here.

"It was just an awesome time (at the event). I'm so glad I came."



Kellie DeMarko, a former KCRA Channel 3 news anchor and a fill-in KFBK radio host, and Tom Sullivan are shown at KFBK's centennial celebration on Oct. 21.



Pictured is vintage KFBK artwork of the station's then-mascot, Gaby. The mascot was originally drawn for the station at the famous Walt Disney Studios.



The Scottish Rite Masonic Center's stage had a festive appearance for KFBK's centennial celebration event.

Art project celebrates Chicano, Latino history

The Midtown Association and its nonprofit arm, Midtown Parks, on Nov. 3, installed a vibrant mural, along with backboard wraps for a community basketball court, at Muir Park, at 1515 C St.

The project was accomplished through a $5,000 grant from the Sacramento Region Community Foundation, a $5,000 donation from Sutter Health, plus matching contributions from Sacramento City Council Member Katie Valenzuela and Sacramento County Supervisor Phil Serna.

Led by local artist Manuel Fernando Rios, this artwork is designed to highlight and preserve this area's rich Chicano and Latino history.

Rios spoke about this project.

"My team, Tomás Montoya and Amar Azucena and I, were excited to share the history of the Chicano, Chicanx, Latino and Latinx people in a colorful and historically accurate way by chronicling Mexican heritage all the way back to Olmec indigenous culture," he said.



'Please Adopt Me'

Ken the dog seeks new home.

"Hi! I'm Ken, and I'm a high-energy pup who is ready for adventure. The Front Street Animal Shelter at 2127 Front St. thinks I'm about 3 years old. I'd love to find a home with someone who is familiar with the Belgian Malinois breed and knows how much mental stimulation we need. Give me a job to do and I'll be living my best life! I came in with another dog (Barbie), so I'd likely do well with other dogs with a proper introduction. However, I'd be best in a home with no small animals. To meet me, make sure I'm still available at www.FrontStreetShelter.org, then ask for me at the shelter from noon to 5 p.m. seven days a week."

Holiday ballet shows to be held Dec. 17-18

Sac Civic Ballet Company and Deane Dance Center will present two holiday, one-act ballets, "Christmas Angels," and a narrated version of "The Nutcracker" on Saturday, Dec. 17 at 7 p.m. and Sunday, Dec. 18 at 2 p.m.

Land Park resident Ana Konovaloff and Holy Spirit School art teacher Doug Konovaloff will be among the performers.

Tickets for these shows are $20 for adults and $15 for children, students and seniors. They can be purchased at the door or through the website, www.DeaneDanceCenter.com.

For additional information, call (916) 453-0226.

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REVERE COURT
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Monthly Educational Seminar - "Brain Health"

Tuesday, November 15th at 2pm

Presented by: Dr. Howard Homler, Medical Director for Accent Care Hospice & Palliative Care of Sacramento.

Join us as Dr. Homler speaks about:

1. *What is brain health and why is it an issue?*
2. *When should we start looking at it?*
3. *What can society and we individually do?*
4. *What threatens brain health & what promotes it?*
5. *Why avoid fad diets and supplements?*
6. *The bottom line*

Dr. Homler attended Medical School at the University of California in Irvine and completed his residency at the University of California in Davis. He is board certified in Internal Medicine and has been board certified in Hospice and Palliative Care since 2012. Dr. Homler is a Fellow of the American College of Physicians and is a member of the American Academy of Hospice and Palliative Medicine.

Dr. Homler is a recipient of the Master Clinician Award from UC Davis, and has contributed to many publications and journals, including the British Journal ofMedicine, the Mayo Clinic Proceedings, and the Cleveland Clinic Journal of Medicine, among others. Dr. Homler is a longtime resident of the greater Sacramento area.

Revere Court Day Club offers socialization, supervision, assistance, and activities from 8:30am to 5:30pm, Monday through Friday in our clubhouse. We offer families the opportunity to "recharge" for the day while your loved one enjoys themselves.

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by November 12th at 916-392-3510

Residential License #: #342700005
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Revere Court Memory Care offers a Day Club, Respite & Residential Care for those with a memory impairment, also offering Support Groups and Monthly Seminars for caregivers and loved ones.





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Wood burning restrictions in effect in Sacramento County

The Sacramento Metropolitan Air Quality Management District's (Sac Metro Air District) annual Check Before You Burn season begins Nov. 1 and runs through the end of February.

During this time, residents and businesses in Sacramento County, including those in the cities of Sacramento, Elk Grove, Galt, Isleton, Folsom, Rancho Cordova and Citrus Heights, are required to check the daily burn status before using a wood-burning fireplace or other wood-burning device.

The Sac Metro Air District restricts or prohibits burning any solid fuel, including wood, pellets or manufactured fire logs, on days when fine particle pollution (PM2.5) is forecast to be high.

Sac Metro Air District Board Chair and Sacramento Mayor Pro Tem Eric Guerra spoke about the importance of abiding by these regulations.

"Wood smoke is unhealthy to breathe for everyone, especially children, older adults, and people with heart and lung conditions," he said. "Remember to 'Check Before You Burn' from November through February. It isn't just the law, it's the right thing to do for the health of your family, friends and neighbors."

Five ways to Check Before You Burn: 1) Download the free Sacramento Region Air Quality app; 2) View the daily burn status at www.AirQuality.org; 3) Follow on Twitter @AQMD; 5) Call 1-877-NO-BURN-5 (1-877-662-8765).

Sign up to get a daily Air Alert message by email at www.SpareTheAir.com. Enter your Sacramento County zip code and check the "Daily Air Quality Forecast" box.

Exemptions: If you are experiencing a financial hardship or your home does not have a heating source, you can apply for an exemption to burn at www.AirQuality.org.

If your exemption is approved, you may use your wood-burning device on Stage 1 or Stage 2 no-burn days.

Those with U.S. Environmental Protection Agency-certified fireplace inserts, wood stoves or pellet stoves may use them on Stage 1 days provided the devices do not emit visible smoke.

Wood burning causes more than 50% of the winter air pollution in Sacramento County.

Fine particle pollution poses a serious health threat, and everyone breathes unhealthy air when weather conditions trap pollution close to the ground.

Wood smoke, much like wildfire smoke, contains invisible particles that are small enough to enter the bloodstream.

Smoke is especially harmful for children, older adults and anyone with a preexisting heart or lung condition. Breathing wood smoke increases the risk of asthma, heart attack, stroke and many other health problems.

To file an air quality complaint, visit www.AirQuality.org/Residents/Complaints or call (279) 207-1122, extension 11.

First-time violations will result in a $50 fine or the option to pass a wood-smoke awareness examination. Subsequent violations are higher.

For more information about this wood burning regulation, visit www.AirQuality.org.

About Sac Metro Air District

The Sac Metro Air District is the leading regional agency responsible for monitoring air quality, reducing air and climate pollution, enforcing air quality regulations, and promoting decarbonization efforts. As a public health agency, this district is also focused on the regional effort to meet the National Ambient Air Quality Standards.

Think ahead – Preparing for a possible Alzheimer's diagnosis

By Steve Sarine
Regional Director,
Koelsch Communities

Rosa Parks, Ronald Reagan, Norman Rockwell, Glen Campbell. These are names most Americans recognize for their impact on society. What some might not know is these individuals spent a portion of their lives living with Alzheimer's disease or other forms of dementia.

As we recognize Alzheimer's Awareness Month in November, this a sobering reminder of the disease's reach.

In California alone, nearly 700,000 people over 65 are living with Alzheimer's disease or related dementia. These numbers are projected to increase by almost 22% over the next five years.

Alzheimer's disease is California's third leading cause of death. While hard work is being done to slow, stop or prevent this disease and other forms of memory loss, it, unfortunately, will not come down to one treatment or drug.

Sir Francis Bacon famously said, "Knowledge is power." Understanding, developing, and preparing a plan to address the possibility of memory loss will undoubtedly save future undue hardship and grief for you and your loved ones.

Here are four tips to better understand and manage potential memory loss care in your future planning:

Tip One: Assess the risk. Is there a family history of memory loss? There are no hard and fast rules, but research shows that risk rises when the family has a history of dementia.

Tip Two: Think about what happens when you can no longer live alone. There are several options. Suppose you hope to live at home with a family member. In that case, you should recognize that caregiving for someone with memory loss can become physically, emotionally and financially overwhelming for your loved ones.

At some point, most people need community care. There are several types of communities to consider. Assisted living, for example, offers burden-free living, committed caregivers and a supportive social environment.

As memory issues progress, a higher level of care or specialized memory care environment may be necessary.

Dedicated memory care communities, such as The Gardens at Laguna Springs in Elk Grove, offer the comforts of assisted living and are carefully designed and staffed expressly for those living with memory care issues. Exclusive dementia care enables a focus on best-practice care techniques and controlled environments that emphasize the individual dignity of each resident. This approach also minimizes distractions and centers on maintaining the highest quality of life.

Tip Three: Understand what living with memory care means from a financial and legal perspective.

Addressing this point includes straightforward steps, such as sorting out essential legal and financial documents, including your will, a living trust, and advance directives.

If you own a business, develop a succession plan or what the sale of your business should look like in case you cannot oversee these steps. Seek legal advice on a power of attorney or a health care proxy.

Additionally, it would be best to consider streamlining banking and investment accounts, including insurance providers. Finding a trusted financial planner who can advise and work alongside you and your caregivers can help avoid potentially disastrous mistakes.

Tip Four: Determine how to pay for the type of care needed. Will this include selling your business, other assets or investments over time? Do you have long-term care insurance that might factor into the equation?

Developing a plan with a trusted team of experts, including lawyers, accountants, your business leadership team and other advisors is vital.

As time progresses, working with a personal financial planner and a licensed geriatric care manager is crucial to making informed decisions about your plan.

It is said that the best preparation for tomorrow is doing your best today. Take time now to offer peace of mind for the future.

Steve Sarine is the California regional director for Koelsch Communities, a third-generation family-owned and operated senior living provider, which owns The Park at Laguna Springs independent living community and The Garden at Laguna Springs memory care community in Elk Grove.





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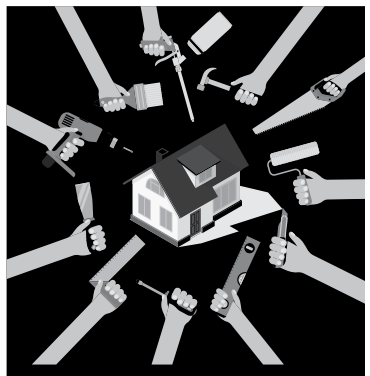


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Cemetery Ride:

Continued from page 5

repair clinics. This organization also offers free valet bike parking at many sporting and other events.

Interested parties can also learn about and sign up for events via the event calendar on SABA's website. The next repair clinic is scheduled for Nov. 19 at Bret Harte Elementary, 2751 9th Ave., in Curtis Park, from 10 a.m. to 2 p.m.

As of Oct. 31, no social ride was listed on SABA's website for the remainder of the year.

For more information about SABA, call (916) 444-6600 or visit the website, www.SacBike.org.

See CEMETERY RIDE on page 15



One rider demonstrates that a cape doesn't have to be black.



Riders take a rest during the costume cemetery tour ride, but certainly not as long as this cemetery marker indicates.

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More Scenes from Land Park 'cemetery ride', Oct. 30







Top left: Riders arrive at the gates of the Masonic Lawn Cemetery on Riverside Boulevard.

Top right: Tour leader Pierson Rohr, furthest right, shares a few facts about a point of interest at the Sacramento Historic City Cemetery.

Bottom left: One rider gets a little boost from her winged friend during the ride.

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