August 24, 2023

Land Park News

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A taste of Mexico near Southside Park

See Page 3

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Ohana Walk

SATURDAY, SEPTEMBER 16TH

ACC's 2nd Annual Ohana Walk Fundraiser is a celebration of our community and the people that keep us together. Join us for a 1-, 2- or 3-mile walk along the Pocket Cono Parkway followed by a fun-filled Picnic, Food Trucks, Entertainment and more!

100

Celebrating our Centenarians

Calling all Centenarians! Sign up today to honor your friend or family member! Are you 100 years old and older? Receive FREE VIP reserved seating at the Ohana Walk Picnic for the honoree and one guest. Let us celebrate your incredible achievement.

New book highlights legendary life of swimming coach Sherm Chavoor

By Lance Armstrong
vcneditor@gmail.com

Former KCRA journalist Bill George is currently promoting his new book, "Victory in the Pool," which covers one of the grand stories in Sacramento's history: the story of a local swimming coach legend named Sherman "Sherm" Chavoor.

Chavoor, who died at the age of 73 in 1992, is forever remembered for training local swimmers, including Mark Spitz and Debbie Meyer, to Olympic glory.

In addition to his many years of training swimmers in the Sacramento area, Chavoor was also the U.S. Olympic women's swim team's coach in 1968 and 1972.

With Chavoor as his trainer, Spitz became a nine-time Olympic champion, and won a total of 11 medals in Olympic competition.

Spitz won seven of his gold medals, each with world-record times, in the 1972 Summer Olympics in Munich. That Olympic medal count record stood for 36 years, until it was eclipsed by another Olympic great swimmer, Michael Phelps. Phelps took home eight gold medals from the Summer Olympics in Beijing in 2008, with each of those medals won in world or Olympic record time.

Meyer, a former Rio Americano High School student who broke many world records as a swimmer, is best known for becoming the first person to win a gold medal in three freestyle events during the same Olympics. She accomplished that feat at the 1968 Summer Olympics in Mexico City.

Other swimmers who excelled under the training of Chavoor included Olympians Mike Burton, Jeff Float, Sue Pedersen and John Ferris.

Prior to receiving his own worldwide recognition in the swimming world, Chavoor served as a part-time physical fitness coach in the Army during World War II. In that role, he taught swimming lessons in Nevada.

Chavoor later moved to Sacramento and coached swimmers at the YMCA and the Sacramento Elks Swim Club before founding the Arden Hills wellness resort near the northwest corner of Fair Oaks Boulevard and Mission Avenue. The latter place was the famous training facility for his Olympic champion swimmers.

George told this paper that part of his motivation for writing "Victory in the Pool" was his discovery that no book had been written about Chavoor, and also to commemorate this history for Sacramento.

"I thought, 'Well, certainly, somebody must have dove into this (topic) before,'" he said. "And I found out, really no book had been written about it."

He added that he was also inspired by the book, "The Boys in the Boat," about the American rowing team that won a gold medal at the 1936 Summer Olympics.

"That was kind of a template for it, and I thought, 'Well, you know, there's a story here,' and so, I kind of dug into it."

George mentioned that the more he researched about Chavoor and his swimmers, the more he became fascinated by this story.

His fascination with Chavoor resulted in a three-year project, and the release of his book.

George mentioned that he found out many surprising details about Chavoor during his research.

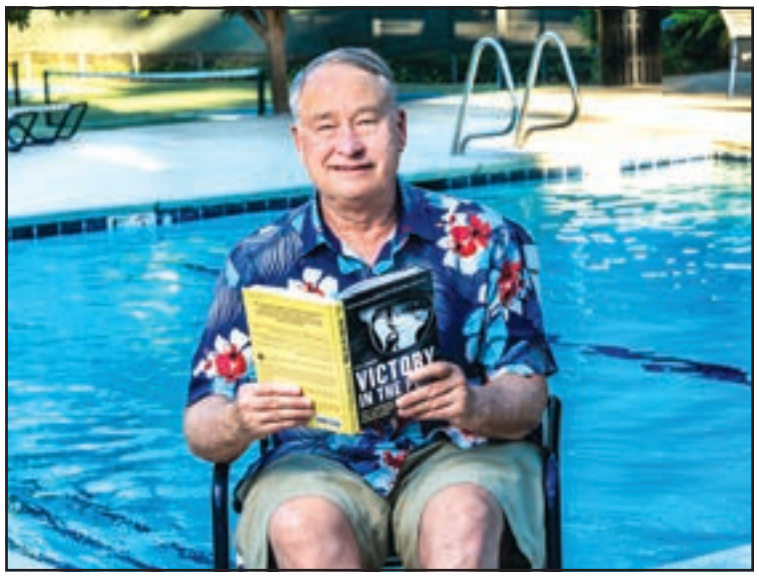


Photo by Aniko Kiezel
Former KCRA journalist Bill George sits poolside while holding his newly published book, "Victory in the Pool."

"I started finding some really surprising things like Sherm Chavoor's name wasn't Sherm Chavoor, (but instead Izikiel Correa)," he said. "(The) question is 'Why did he change his name?' None of his family really knows why.

"Also (of note are) the Japanese American swimmers, who were his first really great swimmers, if you will, and led by Tak Iseri, (who was a student at C.K. McClatchy High School)."

As a swimming coach, Chavoor knew how to win and get the best out of his swimmers, George noted.

"Every time he came to a challenge, be it with one of his swimmers, being it with the Olympics, rival coaches, other countries, Olympic officials, he knew how to win," he said. "And each swimmer will tell you that he could reach into them and get stuff out of them that nobody else ever could. And he did it through a combination of kind of gentle mockery, if you will –

See SWIMMING on page 9

NatureFest coming to Effie Yeaw Nature Center Oct. 8

NatureFest 2023, Effie Yeaw Nature Center's largest family event of the year, will be held on Sunday, Oct. 8, from 10 a.m. to 3 p.m.

This event promotes science and nature education, and is an excellent opportunity to learn more about local organizations that support the community.

Held annually at Effie Yeaw Nature Center, 2850 San Lorenzo Way in Carmichael's Ancil Hoffman Park, this family-friendly event includes live animal presentations, hands-on activities, demonstrations and guided nature hikes.

The cost to attend this event is $7/general admission, and $3 for children, ages 3 to 11 years old. Children, 2 years old and younger, will be admitted for free.

For additional information, call (916) 876-4918, or write to info@SacNatureCenter.net.



LAND PARK NEWS
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Cover by:
Mitch Barber

A taste of Mexico near Southside Park

Local business partners open Bueno Café

By Mitch Barber

There are certain locations in Sacramento where you can visit Mexico without leaving the city limits. Northgate and Franklin boulevards might come to mind. Now, there is a new business – Bueno Café – near Southside Park that offers a similar experience with some caffeinated beverages involved.

In an interview with this newspaper, Arturo Vallejo spoke about this new business, which is located at 400 T St., Suite 100.

"I always had in mind to bring in Mexican coffee, coffee that we have in Mexico that they don't have here," he said. "We don't have to go all the way to Mexico now."

Vallejo co-owns Bueno Café with his longtime friend, Carlos Talamantes. They opened Bueno Café together last January.

These business partners first met at Vallejo's deli 35 years ago in midtown Sacramento. At that time, Talamantes was running a car stereo shop next door.

In explaining why this new business is called Bueno Café, Vallejo referenced the man on the far left in the mural that decorates the café's interior.

"That's Mr. Francisco Vallejo," he said. "That's my dad. We got the name 'Bueno' from him, because we always, how should I say, include him in everything. 'Pops, you want to go here?' 'Pues, bueno. Let's go.' 'Pops, how's your food?' 'Bueno.' In other words, his favorite word is 'bueno.' My dad and mom both live here in midtown."

Arturo spoke about coffee that is offered at this café.

"We use a coffee that comes from the town of Vallejo," he said. "It's called Moschetti." Moschetti Artisan Roaster was founded in 1990.

Talamantes brings another upbringing, and last name, to the café. He and Arturo are both from the state of Jalisco in Mexico, the home of Guadalajara and tequila.

"We have some coffees the way my mom used to make coffees, way back when, when we were growing up," Talamantes said. "Café de la olla. We have that." The drink includes cinnamon and brown sugar, literally meaning "coffee of the pot."

The "secret menu" at the entrance mentions other Mexican beverages. There is the granito de canela that is served both hot and iced, and includes white chocolate, cinnamon, hazelnut and cocoa powder.

There is even a drink that includes the Mexican, peanut-based candy, mazapan. They crumble it and put it in the mazapan mocha.

See CAFE on page 4



Photos by Mitch Barber
This mural inside Bueno Café includes an image of Francisco Vallejo on the far left.



Customers enjoy a moment together on the patio at Bueno Café.



Sue Olson
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[redacted]
[redacted]



LAND PARK
Welcome to this charming home on a lovely tree-lined street. Spacious entry opens to a large living room with built-in fireplace flanked with bookcases and hardwood floors. The combination kitchen/family room has been remodeled with quartz countertops, stainless appliances and abundant storage cabinets. There is a first-floor bedroom with adjacent full bath. The upper level has a central hallway that gives access to the primary bedroom, a guest bedroom/office, laundry, full bath and a unique loft area. The primary bedroom features a balcony that overlooks a fabulous backyard with pavers, patio, pond, built-in barbeque and low-maintenance artificial turf. The former single car garage has been transformed into a delightful sunroom with terra cotta tile floors, wet bar, dual pane windows and storage room. 1940 Bidwell Way $885,000



CARMICHAEL
Stately two-story Ranch style home on an oversized cul-de-sac lot near OLA and St. Michael's School. Original owners, original condition, lots of space and potential! Features include formal living and dining rooms, kitchen / gathering room combination with fireplace and backyard access. Kitchen has tiled counters, electric range and dishwasher. Large laundry room with access to yard and two car garage. Upstairs has a primary bedroom with bath, an additional five bedrooms and hall bathroom. Fantastic lot with built-in pool and lush landscape. 4731 Nelroy Way $649,000



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COLDWELL BANKER
RESIDENTIAL BROKERAGE

Cafe

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Talamantes spoke about other beverages served at this business.

"Of course, we have horchata (a beverage made from rice, cinnamon and sugar)," he said. "We (also) have Jamaica (hibiscus water)."

These drinks are called aguas frescas in Mexico. But Talamantes plans to bring even more innovative aguas to the bar.

"It's alfalfa," he said. "And growing up we didn't have punch, we didn't have Kool-Aid. We had horchata, we had Jamaica, and we had alfalfa. It's alfalfa water. You boil it up and everything. You put a little sugar in it to sweeten it up a little. It's really good."

If you are more into straight juice, Bueno Café squeezes its own carrot and orange juices. If you ask for a 51/50, you will get a blend of half-carrot and half-orange juice.



Bueno Café is located at 400 T St., near Southside Park.

But there is Mexican food to be consumed, as well, Arturo noted.

"We have assorted types of pastries that we call pan dulce," he said. "We have the conchitas (literally "little shells," which are round sweet breads with a sugared coating of chocolate, for example). Conchitas, empanadas, puerquitos (pig-shaped cookies that taste like gingerbread), elotes. And they come from Panaderia La Jerezana (a bakery on Rio Linda Boulevard in Sacramento).

"And, if you want to have a quick breakfast, we have what we call los bonboncitos. It's French bread, a bolillo, that's stuffed with ham and cheese. Ham, cheese and jalapeno. And the chorizo."

Bueno Café has a full deli, as well, if you are craving a traditional American sandwich. Copious amounts of Mexican food can be found at Vallejo's Restaurant, just a block away at 4th and S streets. Arturo co-owns that restaurant with his brother, Efraín.

But "café" means coffee, and Arturo described his reason for opening a coffee shop.

"I'm going to tell you a funny story," he said. "My daughter, every day she was asking me for $5 to go get a coffee, and I've got three (daughters). So, you see, you know that it's costing me too much money. So, my wife went and got an espresso machine, and started learning how to do coffee and then they go, 'Papa, let's open up a coffee shop.'"

Arturo has his own love affair with coffee.

"Coffee is something that I got to have every single morning," he said. "I cannot function without coffee."

Though Bueno Café is a new coffee shop, it offers a piece of history, with its long, nearly century-old bar.

The café's interior, aside from its historic bar and mural, offers something else.

Talamantes described the ambiance inside this business.

"That's all I hear is good vibes when people come in here," he said.

The good vibes extend to the spacious outdoor patio where families were enjoying food and drink outside during this paper's recent visit to this business.

Though the staff and customers are culturally diverse, Talamantes described his and Arturo's mission.

"So, yeah, the biggest thing we're going to do here is just a little different twist, a Latino twist to it with coffees from when we grew up," he said.

Bueno Café is open Mondays through Fridays, from 7 a.m. to 4 p.m., and Saturdays and Sundays, from 8 a.m. to 2 p.m.



Pictured is Bueno Café's nearly century-old bar.



A sign features the "secret menu" at the entrance of Bueno Café.



Kennedy High Class of '73 to hold 50th reunion

John F. Kennedy High School's Class of 1973 will hold their 50th reunion on Saturday, Sept. 9, from 5:30 to 10 p.m. at Sacramento Elks Lodge No. 6, 6446 Riverside Blvd.

The celebration will feature a buffet dinner, photo booth, DJ, live music by the East Wind Band, dancing, and a slide show with Class of '73 highlights from way back when. No host bar and appetizers at 5:30 p.m., and dinner at 6:30 p.m.

For more information about this reunion, visit the Kennedy Class of 1973 50th Reunion, Sacramento Facebook page or www.KennedyHigh1973Reunion.com.

For those interested in attending this event, but cost is a concern, write to Committee@KennedyHigh1973Reunion.com.

ACC Senior Services: One of Sacramento's best-kept secrets

By Scott Okamoto
Marketing-communications manager, ACC Senior Services

A 50-year running nonprofit is one of Sacramento best-kept secrets. Many longtime Sacramento residents know the Pocket-Greenhaven neighborhood-based ACC Senior Services for its award-winning, five-star, skilled nursing center that has been serving older adults in the Sacramento region for nearly 40 years.

What many people do not know is that ACC offers so much more – an amazing plethora of services, resources and events for Sacramento area families.

The majority of ACC's programs and services are offered at low to no cost for participants due in great part to generous community donors, grants and private funding sources.

From the ACC Rides Transportation Program to the newly launched Senior Escort Program, ACC strives to keep seniors engaged and independent along with being active members in their own communities.

ACC Senior Services is a community based 501(c)3 nonprofit, which has served older adults and family caregivers throughout the greater Sacramento region for more than 50 years. ACC has three residential senior communities and a senior services campus.

This nonprofit builds community through its events held throughout the year, from the Lunar New Year celebrations attended by 1,500 community members to ACC's Big Day of Community – celebrating cultural diversity and heritage.

ACC's 2nd annual Ohana Walk, which will begin at 8:30 a.m. on Sept. 16, is a celebration of the community and the people who keep this nonprofit together – families, friends, community organizations, and more.

Last year, 750 people of all ages and walks of life registered for the ACC Ohana Walk. They helped ACC raise money to provide programs and support for older adults and family caregivers. This year, ACC will have a give-back program for participating nonprofit partners. The give-back program offers its sister nonprofits a co-fundraising opportunity by starting their own team and raising funds for both their organization and ACC Senior Services. It's this nonprofit's way of saying "Thank you!"

The 1-mile, 2-mile, 3-mile, customizable, outdoor walkathon event will be held on Sept. 16 along the Pocket Canal Walkway, 7525 Pocket Road, followed by a picnic at the ACC campus. The 1-mile and 2-mile routes are flat and wheelchair accessible, while the 3-mile route is a little more adventurous with an incline overpass. No matter which route you choose, participants all start and finish at the ACC campus located at 7334 Park City Drive.

See ACC on page 6



Photos courtesy of ACC Senior Services
ACC's Power Walkers, comprised of ACC staff and volunteers, participate in the walk last year.



Deborah Dunn, Keith Turner, Chris Salmon and other ukulele players provide live entertainment at the picnic that followed the walkathon event last year.



Pickleball players brought their A-game to last year's ACC Ohana Walk.



ACC

Continued from page 5

With water stations, rest markers, and fun-filled check-in booths along the way, you will be feeling the Aloha spirit.

As a special gift to commemorate the event, all registered walkers will receive a limited edition Ohana Walk 2023 T-shirt.

A fun-filled picnic event will await you as you make your way back to the ACC campus. Registration includes a picnic lunch provided by ACC, and the event will also include community booths, live music, and activities for people of all ages.

This year, as part of the Ohana Walk, ACC will celebrate centenarians in the community.

Honor a friend or family member who is 99 years old and older and receive free VIP seating in the Centenarian Pavilion at the Ohana Walk for the honoree and one guest. Groups can also start a walking team to honor this incredible achievement.



Forty members of the Saika family reunited at last year's ACC Ohana Walk. They came in No. 1 with $6,985 raised.

Centenarians will receive recognition and a special tribute by ACC and local elected officials. A special edition of ACC News will launch in October, showcasing the stories and achievements of this very special group of community members.

ACC will launch the ACC Community Cookbook on Sept. 16 as part of the walk.

Maryellen Burns and Chef David SooHoo have collaborated with passionate home cooks from throughout our ACC community, and invited talented chefs and culinary experts to curate more than 180 recipes that reflect the true essence of Asia's incredible culinary diversity.

The book features cherished family recipes passed down through generations, each with their own tales to tell.

Also included on this book's pages are secret techniques and carefully guarded spices that make each dish extraordinary.

From delicate dumplings to aromatic soups, fragrant curries and sizzling stir-fries to the fragrant spices of India, the delicate artistry of Japanese cuisine, the fiery delights of Thai and other countries' street food, the ACC Community Cookbook celebrates the Asian community's rich culinary heritage.

This cookbook goes beyond the kitchen. It delves into family customs, traditions and memories that surround the preparation and enjoyment of these beloved home-cooked meals. Recipes are accompanied by captivating stories, fascinating traditions, and cooking tips.

Its readers will gain insights into the cultural significance of certain dishes and the heartwarming stories behind them.

For more information about ACC and this year's Ohana Walk, visit www.accsv.org.



The Sakata Superstars won the award for the participants with the best theme at last year's walk.



The Florin Chapter of the Japanese American Citizens League was among 10 community groups that staffed the checkpoints along the walk route last year.



Jackie Chan and Rich LaBorde enjoy a moment at last year's picnic following the walk.



‘Please adopt me’

Patrick the dog seeks new home



Hello, world! My name is Patrick, and I am an 8-year-old, male, blond and white, American Staffordshire mix.

I am a gentle, friendly, reserved, mellow fellow. I like a leisure, chill-out session in the yard when I feel the need to get some sun and air, and at the end of the day, I enjoy snuggling with you.

I am easy to walk on a leash, but beware that I really like to do my own thing during a walk and I’ll guide you to where I want to go. I am curious and interested when I see other dogs, big and small, but I do my best to remain calm and well behaved. No crazy barking from me!

I know how to “find it” and how to “come” when you call for me. I have been witnessed to catch a treat in mid-air. If you are looking for an easy going, snuggle partner to watch movies with, then I am your man!

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. My animal identification number is A668035.”



Photo courtesy of Front Street Animal Shelter

Patrick is an 8-year-old, male, blond and white, American Staffordshire mix. His animal identification number is A668035.

Free life jacket rentals offered through fire department

With hotter temperatures, the Sacramento Fire Department (SFD) is urging swimmers and boaters to be cautious and wear life jackets in waterways this summer. And to help keep people safe, the department is currently offering free life jacket rentals.

“Our goal is to remind people of the risks of swimming in our local waterways and the best practices for keeping themselves and their loved ones safe,” said Sacramento Fire Capt. Justin Sylvia. “This includes wearing a life jacket, especially for children.”

Fire stations in the Sacramento region offer life jackets to the public on a loan basis. Life jackets are available for children and adults and can be borrowed for the day or weekend simply by completing a form.

Life jackets can be obtained at the following SFD fire stations: Station No. 1, 624 Q St.; Station No. 5, 731 Broadway; Station No. 8, 5990 H St.; Station No. 11, 785 Florin Road; Station No. 15, 1640 West El Camino Ave.; and Station No. 60, 3301 Julliard Drive.

Below are a few more water safety tips from the fire department:

Always wear a life jacket.

Never swim alone and never go in the water after drinking alcohol.

Stay within an arm’s length of inexperienced swimmers.

Always watch children in and around water. Assign a “water watcher.” Don’t assume someone else is watching. Drowning is quick and silent, it can happen in seconds.

Drain inflatable pools and coolers after each use. A toddler can drown in just 1 inch of water.

Call 911 right away if someone is in trouble.

Learn CPR.

Wear sunscreen.



Op-ed: Land Park's hidden danger

By Mathew Malkin – Guest opinion
Land Park resident and member of the Land Park Community Association and Upper Land Park Neighbors

Editor's note: This op-ed was submitted by Roman Ambroselli, chair of the Land Park Community Association's Traffic Safety Committee, on behalf of the entire committee and the more than 500 residents who signed its traffic safety petition last fall.

William Land Park is Sacramento's largest urban park. These 207 acres are a public amenity created for the enjoyment of the public. On any given day, you may see cyclists exercising, couples strolling, families picnicking and playing in Fairytale Town, youth sports, and classic cars showing off their shiny restorations.

Adding to its appeal, William Land Park is accessible by bicycle, on foot, light rail, bus, and by car using major streets and freeways. As a member of the Land Park Community Association, I am proud of our role as steward and advocate for the park, so it may remain in the admittedly archaic phrasing of former Mayor William Land himself, "a public park, within a suitable distance of Sacramento, to be used as a recreation spot for the children and a pleasure ground for the poor."

The familial atmosphere extends beyond the park boundaries, though. Children living within Land Park and its surrounding neighborhoods attend school just a few blocks away at Crocker Elementary on Riverside Boulevard, California Middle School on Land Park Drive, and McClatchy High School on Freeport. Additionally, the public Sacramento City College serves around 20,000 students annually. Expanding upon its namesake's intent, Land Park is a haven for Sacramento's young people.

Unfortunately, the streets surrounding are the opposite of family-oriented. Land Park Drive itself is 68 feet across at its widest, a long distance for a child or mobility-challenged pedestrian to cross. There are also few controlled intersections, which, in addition to wide lanes, encourage fast and reckless driving.

Ten major crashes have occurred at Land Park Drive intersections since October 2022. The most recent crashes include two broadside collisions on June 19 and August 11, which caused the impacted vehicles to "roll over," including one step away from California Middle School; an April 23 broadside at 2nd Avenue caused one vehicle to veer across the bike lane, sidewalk and several front yards; and the broadside crash on July 21 at 11th Avenue where homes have been repeatedly struck by out-of-control vehicles.

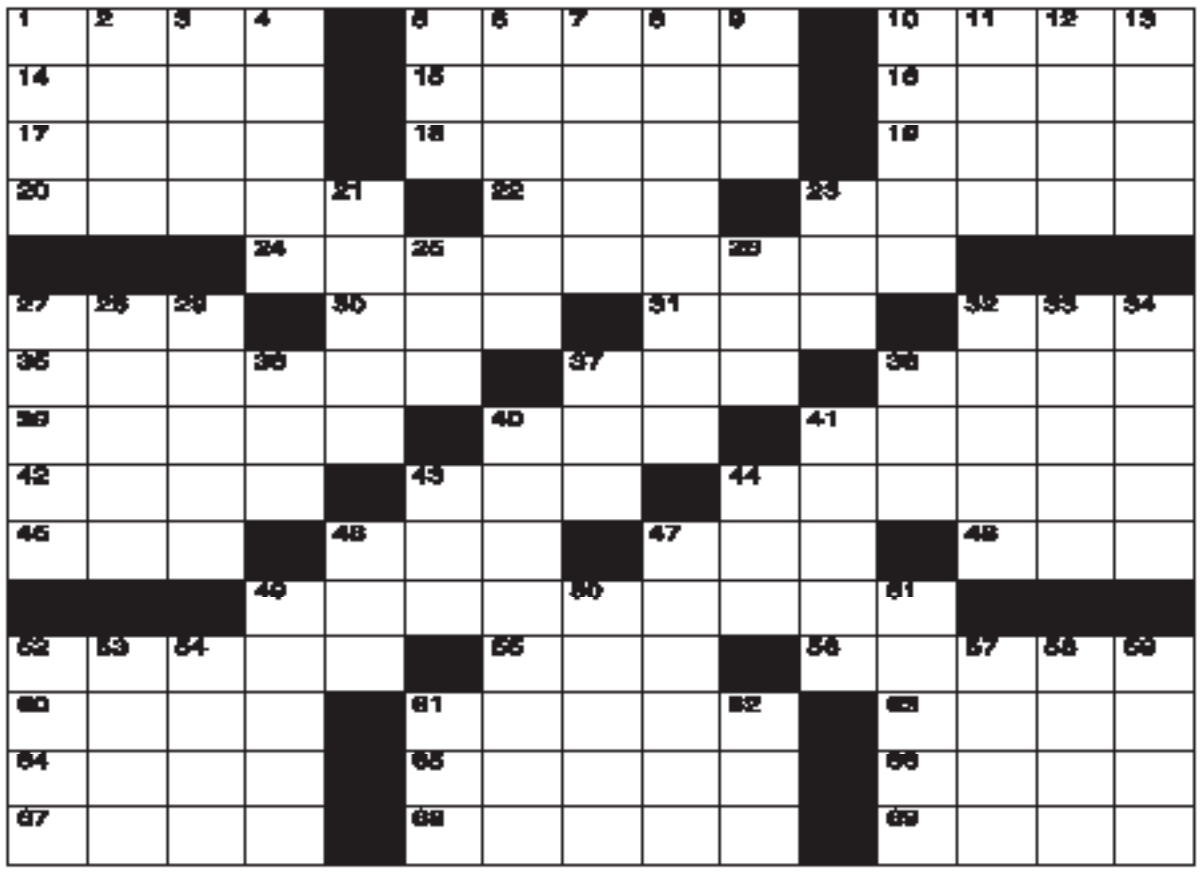
Security camera footage from neighboring homes reveals the near-misses and reckless driving, illegal passing that fuel the problem.

What about enforcement? Sacramento, like all cities, has limited law enforcement and traffic court resources. While it may be difficult to control drivers given this limitation, we can control the roads. The city can conduct traffic studies and fix unsafe road conditions. Federal agencies like the Federal Highway Administration can conduct special studies free of charge, make recommendations, and unlock federal funds.

Yet the (city's) Department of Public Works remains in

See OP-ED on page 9

CROSSWORD



CLUES ACROSS
1. A way to pick up
5. Forecasts
10. Type of guitar
14. Actor Idris
15. A zillion of less
16. Creative
17. Heaven
18. Weight unit
19. You better call him
20. Utterly devoted
22. Make out
23. Spiritual leader of a Jewish congregation
24. Risk-taker
27. A team's best pitcher
30. Credit
31. Women's__ movement
32. Georgia natives
33. Step-shaped rooms
37. The princess could detect its presence
38. Type of tank
39. Butterbeer leftovers
40. Angry people see it
41. Lines where two blocks are never together
42. Soviet city
45. Carpet
44. Traveled all over
45. Tide, straight bar
46. Body art (slang)
47. Congressman (abbr.)
48. No seats available
49. Bambi aunt
52. Aunt in music
55. Bulldozer's tool
56. Type of sword
58. Baseball team
61. Upper tent of game floor
65. Dallas Serpent
64. Ancient Syrian city
65. Shoelace tube
66. Tim Minal answer is one
67. South American nation
68. Popular video game "Mario__"
69. Body part

CLUES DOWN
1. Gemma contray title
2. Ancient Greek City
3. Ancient Hebrew calendar month
4. Long-legged frog family
5. Plato
6. Delivered a speech
7. Lots in classical Indian music
8. Decorated
9. Take a rest
10. Belonging to a bottom layer
11. Member of a Semitic people
12. Part of a ticket
15. Defunct Guinean money
21. Challenges
25. Popular BBQ food
25. Subway dweller
26. By way of
27. Sturdy garden glove
28. Egyptian city
29. Partner to "thereof"
32. Widow
53. Old Bavarian shoes
54. Act incorrectly
56. European pipeline
57. Al Bundy's wife
58. Ocean
40. Root eaten as a vegetable
41. Sound waltz
48. Style of music
44. A way to drench
46. Hot beverage
47. A cotton bridesmaid's unlucky finish
49. Ramadan city
50. Urge to action
51. Vaccine developer
52. Countries low volcanoes
53. Wings
54. "Ferry Maker" actor Raymond
57. Small fry
58. __ Clapton, musician
59. Take a chance
64. Blood feud
68. Command

Swimming

Continued from page 2

sometimes not so gentle – and encouragement."

George recalled when Meyer told him that she had a "love-hate relationship" with her coach.

But he added that Meyer also mentioned that this relationship was "mostly love."

"Mike Burton would say the same thing and so would Jeff Float," he said. "That's just the kind of guy he was."

George referred to Burton's story as a swimmer as "unbelievable."

"He gets two gold medals – three gold medals total – two in the 1,500(-meter freestyle), first in 1968, and then against all odds in 1972," he said.

Burton, who is an El Camino High School graduate, had been diagnosed with vitamin deficiency in 1972 and barely made the Olympic team. However, he became the first back-to-back Olympic gold medalist in that event.

Returning to the topic of Chavoor, George noted that he was a great promoter and public relations person.



Photo courtesy of Chavoor family

Mark Spitz, second from left, faced stiff competition as an Arden Hills age group swimmer.

"Whenever these people came through town, (Chavoor) was very quick to get on the phone with local reporters and get a story," he said. "And so, (just prior to the 1968 Olympics), they come out here. Here's (Doc) Counsilman, the great (swimming coach), talking about Arden Hills swimmers.

"And he tells the press, 'Nobody else has ever done this like Chavoor has done.' He said, 'Nobody has taken local swimmers from one local area and forged (a) great team. It just doesn't happen.' And I would argue I can't think of any other sport where it has happened."

To enhance his book, George acquired old Life magazine photographs, and also images from the collection of The Sacramento Bee and the Chavoor family.

The photograph on the book's cover shows a classic scene of Chavoor holding a stopwatch.

George found that photograph to be perfect for the book's cover.

"I wanted something unique, and when I saw it, I thought it just kind of epitomized the story, because one of Sherm's many nicknames was Stopwatch Sherm," he said. "So, there he is holding the stopwatch with a swimmer standing there. So, I thought it fit perfectly."

With his book now published, George mentioned that he has received some excellent feedback, including from Meyer and Burton.



Photo courtesy of Life magazine

Sherm Chavoor stands alongside Olympic swimmer Mark Spitz following his record-breaking, seven gold-medal performance in Munich in 1972.

"Both Debbie Meyer and Mike Burton said to me, 'I felt like I was back there standing (by) the pool waiting to jump in with the way that you described it,'" he said. "And I think that's really the strong point of the book. It brings you back to this (time), what's going on, the stakes involved. And I was really happy with the way it came out, again, thanks to the athletes themselves, who spent a lot of time with me on the book."

"Victory in the Pool" can be purchased online through Amazon or by contacting George by email at NimbusBill@iCloud.com.

Op-ed

Continued from page 8

denial. Residents presented 500 signatures to support the cause in 2022. Nothing. Perhaps they will respond to the then-12-year-old cyclist whose life was permanently altered when she was struck at the intersection of Sutterville and Mead, an intersection students use (to) cross to attend McClatchy and California Middle School. Still, no improvements.

In February 2014, a 66-year-old woman died in a collision at Swanston Drive and Riverside Boulevard, about one block north of Crocker Elementary and a few blocks north of William Land Park.

In 2017, the city of Sacramento, commendably, adopted Vision Zero, a pledge to "work collaboratively in a data-driven effort to eliminate traffic fatalities and serious injuries." In September 2021, a motorcyclist died in a collision with a pickup truck at this same intersection.

Unfortunately, the city repeatedly fails to honor their pledge, being neither collaborative nor data driven. As a result, fatalities and severe injuries have nearly doubled between 2016 and 2021 within Sacramento.

California's Office of Traffic Safety ranked Sacramento the least safe city in the state in 2020 – the most recent year published.

William Land Park belongs to everybody. Whether you play sports, worship nearby, attend school, or just otherwise love nature, the park, as decreed by William Land himself, was created for you.

The Department of Public Works promised us safe streets. Let's bring them to the table and make your memories of Land Park safe and happy ones.

Please join us in a public safety discussion on Sept. 7 (details at www.LandPark.org). Also, please share your opinions about Land Park intersections using this form – accessible at Forms.gle/5NV8dCj1nx4Atmpa9 – and we will share your testimony.

Fairytale Town offers free admission during hotter summer days

Keep an eye out for high forecasted temperatures and beat the heat with a free, refreshing visit to Fairytale Town.

This children's park, at 3901 Land Park Drive in William Land Park, is partnering with Bonney, Plumbing, Heating and Air through Aug. 31 to bring free admission for Fairytale Town guests when the temperature reaches 95 degrees or higher. The temperature is based on Fairytale Town's on-site thermometer only.

Bring the whole family to explore the lush, shaded grounds, and cool off under the rainbow arch misters.

For additional information, visit the website, www.FairytaleTown.org.

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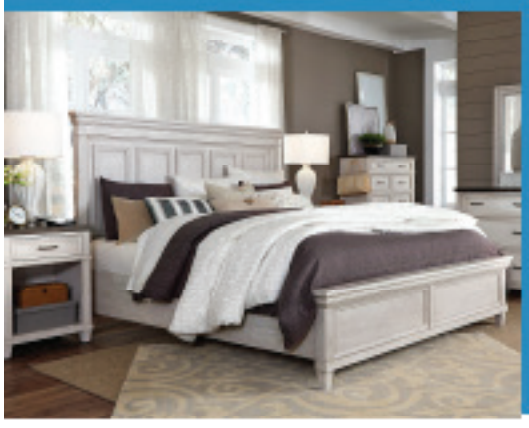
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