February 16, 2023

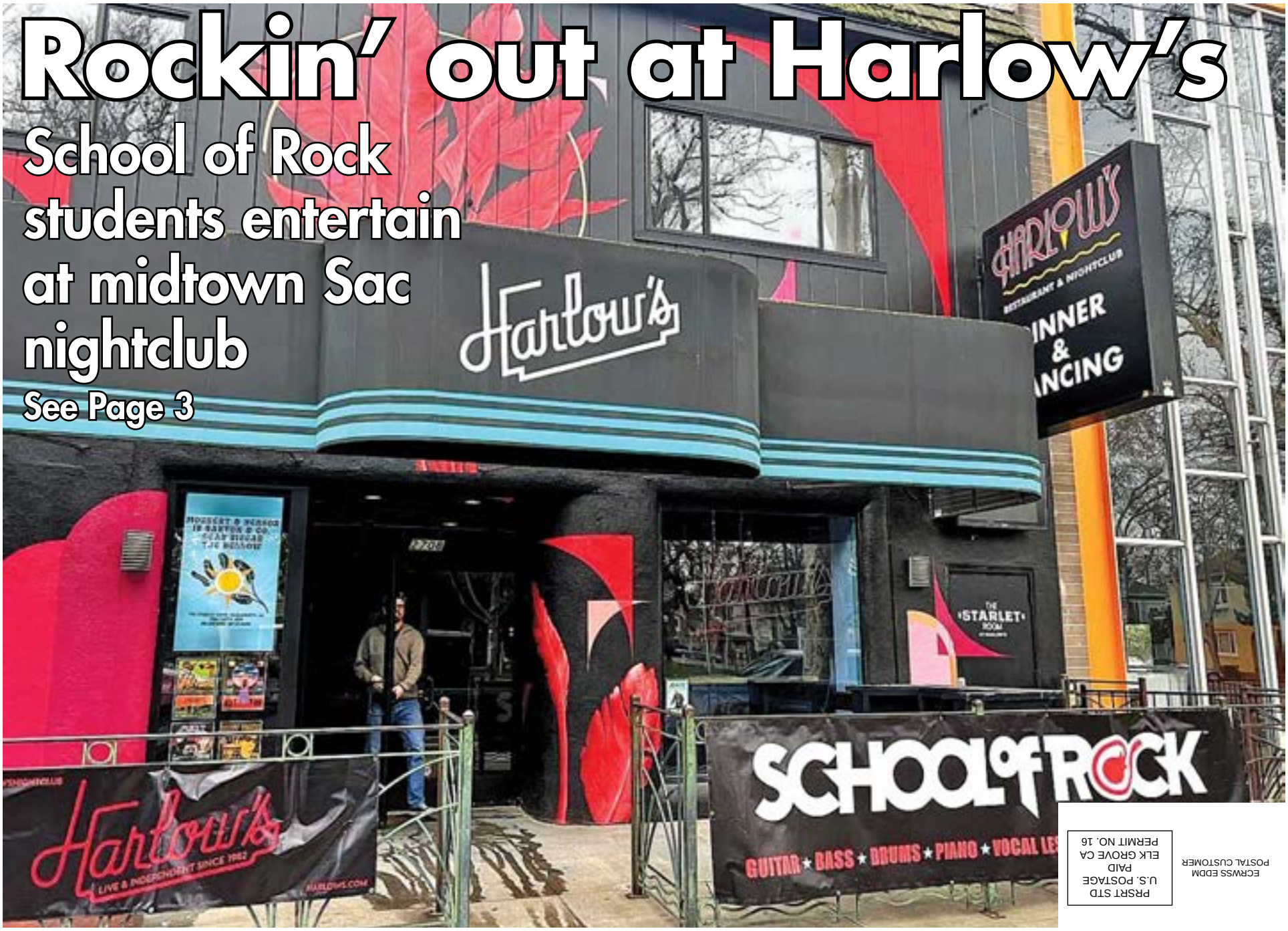
East Sacramento News

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Rockin' out at Harlow's

School of Rock students entertain at midtown Sac nightclub

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East Sacramento bobsledder wins silver, bronze medals in first international competition

When most people think of Sacramento, California, the thought of winter sports rarely crosses their minds. Sure, it's only two hours from Lake Tahoe, but typically it's the idea of spending warm summer days near the rivers or hearing the jingle of the ice cream truck as it rolls through the neighborhoods. But a local Sacramento teenage bobsledder? No way. That is until East Sacramento's very own Emily Bradley entered the scene.

You may remember Emily made headlines early last year as she became the youngest athlete to ever drive a bobsled from the top of the track in Lake Placid, New York – considered to have the most difficult bobsled track on the planet.

That accomplishment shattered a record set 21 years ago by former Olympian John Napier when he was just 15 years old. However, this was only the start of Emily's journey toward the Winter Youth Olympic Games, which will be held in Gangwon, South Korea from Jan. 19 to Feb. 1, 2024.

The Youth Olympic Games is an international, multisport event for athletes, ranging in age from 15 to 18 years old, and organized by the International Olympic Committee.



Photos courtesy of Mike Bradley

While draped with an American flag, Emily Bradley stands on the podium after being awarded the bronze medal at the Winter Youth Olympic Games qualification races ceremony on Jan. 28.

Shortly after returning home last March, Emily began a rigorous training program consisting of weight lifting at Hyperthrive Athletics in East Sacramento and speed training with the Sacramento-based sports performance coach, Ike Okoroike, of IkePerformance.

All of this training was for the current bobsled season when Emily must successfully complete eight races on three separate tracks to qualify for the Youth Olympic Games.

All of the off-season preparation has paid off for the young teen who is fresh off the plane after returning home from her first two races in Innsbruck, Austria. Emily competed fiercely in her first international competition on Jan. 27 and 28, as she earned silver and bronze medals for the U.S. team.

Asked what it felt like to stand on the podium wearing the U.S. flag draped over her shoulders, Emily said, "I had such a sense of pride and accomplishment to be standing there in a different country with the American flag displayed behind me. It also really justified all the hard work I had put in over the summer, because I was able to win two medals for my country."

Emily's father, former bobsledder Mike Bradley, has been guiding Emily through this sport from day one and was there to witness Emily win her first medal.

Mike described his experience watching his daughter's silver medal-winning run.

"I held my breath the entire run just watching the clock," he said. "I probably looked like a statue. When she crossed the finish line and I saw that she had secured a silver medal, I jumped up and down and started hug-

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Cover by:
Mike Bradley



Photos courtesy of School of Rock Sacramento

A four-piece, youth rock band performs at Harlow's Restaurant and Nightclub during the final weekend of January.



Spotlights shine on School of Rock Sacramento students during their late January performance at Harlow's Restaurant and Nightclub.

Rockin' out at Harlow's

School of Rock students entertain at midtown Sac nightclub

By Lance Armstrong
vcneditor@gmail.com

Harlow's Restaurant and Nightclub in midtown Sacramento was recently the site of two very rockin' days of live musical entertainment performed by musicians ranging in age from 8 to 18 years old.

Those musicians are students who are enrolled at School of Rock (SOR) Sacramento, a successful music school, which is located at 6350 Fair Oaks Blvd. in Carmichael.

Playing to a packed house on Jan. 28 and 29, 14 different bands of the school performed a variety of music at Harlow's, which operates at 2708 J St., just west of East Sacramento.

Jason Kline, co-owner of School of Rock Sacramento, told this paper that these young musicians work hard to prepare themselves for the stage.



Harlow's Restaurant and Nightclub in midtown Sacramento was recently the venue for live music entertainment by School of Rock Sacramento student bands.

"They're coming in for their weekly lessons from vocal, guitar, bass, drum and keys, and then they're also having a weekly rehearsal, which they get together with their casted band," he said. "And they're working (toward their live performances).

"We have (the) Led Zeppelin performance program (that entertained at the Harlow's show) and that was a killer performance. One of the kids can actually sing vocals and play the drums, so he gave (Led Zeppelin drummer) John Bonham a run for his money, for sure."

Other music covered at the recent SOR Sacramento shows at Harlow's were songs by Joan Jett, The Cure, and The Smiths.

Because of the different skill levels of these young musicians, songs are not always played note for note, but instead are formatted to meet the abilities of the performing musicians.

Kline mentioned that the school's Rock 101 program, which has students ranging from 9 to 13 years old, produces very entertaining performances.

"They're some of the funnest groups to watch, because this is their first performance forte into live music and getting on stage, and some of the younger kids are the coolest groups to watch, because they're not as polished, they're not as perfect," he said. "But it's killer to watch those kids just get on a stage like (at) Harlow's and rock out. You know, Harlow's is an iconic music venue."

Kline added that it is not a tough task for SOR Sacramento to fill a venue like Harlow's, given the support of the families and friends of its students, and that this Carmichael music school is the fastest growing School of Rock location in the United States.

"That's out of 300 (SOR) schools (nationwide)," he said. "So, the amount of students we have there in a little over 12 months (of operation) is incredible. It's close to almost 400 (students). So, it has exceeded our expectations."

Gaining experience as a young musician is a confidence building experience, not only in a music performance sense, but also for

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A School of Rock Sacramento drummer performs at Harlow's Restaurant and Nightclub last month.

Rockin':

Continued from page 3

life, in general, Kline noted.

"Getting on that stage, it goes beyond just performing music," he said. "They're going to be the future, (and say), 'Hey, I'm going to work hard and I'm going to not be afraid to ask for a raise or get up in front of people and do public speaking. And it translates into so many other things (in life)."

Kline explained that part of the model of the School of Rock is to make sure that kids gain levels of comfort before they step onto a stage in front of a live audience.

"We're not going to throw you on stage without you being prepared," he said. "That's what you're leading up to. It goes from the lesson, it goes to the rehearsal. So, you're breaking ice in different levels to the final icebreaker of jumping on stage.

"And you're going to make mistakes, and that's OK. That's the point of all of it. You make a mistake, you learn from it quickly, and you just keep going on."

The School of Rock Sacramento will present its next local show at The Boardwalk at 9426 Greenback Lane in Orangevale on Sunday, March 26 at 2 p.m. That show will feature the school's house band and its adult band, and general admission is free.

Puzzle Solutions

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East Sacramento gym assists local dog rescue

HIIT X Fitness, of East Sacramento, is excited to officially bring back their charity workout event that will help fund the lifesaving efforts of the local dog rescue organization, NorCal Bully Breed Rescue (NorCal BBR).

HIIT X Fitness partners with a local charity annually in an effort to give back to the community it serves, and NorCal BBR is its partner in 2023.

Mike Ortega, owner of HIIT X Fitness, spoke about his business and its rescue dog.

"Everyone needs a little inspiration and a fantastic workout in their life, and I plan to deliver that," he said. "I'm excited to give everyone who joins us the best workout of their life and introduce them to Bubbles, one of NorCal BBR's rescue dogs. Bubbles' story is gut-wrenching, but her recovery is inspiring."

The Sacramento County Sheriff's Department found Bubbles abandoned with life-threating injuries, tied to a pole at an intersection.

Local shelters did not have the resources to care for Bubbles, so she was put into the hands of volunteers at NorCal Bully Breed Rescue. She was taken for medical care, and according to her veterinarian, her deep lacerations and overall condition was most likely from spending a lifetime in a hard crate with no bedding, only released to breed.

Leslie Bird, co-founder and executive director of NorCal Bully Breed Rescue, spoke about Bubbles' struggles.

"(The) sheriff's (department did not) know how long Bubbles was left out there, but her wounds were deep and she had been bred many times," he said. "She ultimately had her front leg amputated – a $3,900 surgery.



Photo courtesy of HIIT X Fitness

Bubbles the rescue dog, enjoys a moment on the couch at her foster home.

"This is exactly why we're here, to help the dogs who would otherwise be considered unadoptable or unable to receive treatment, and it's only possible with foster homes and donations."

Marylin Hermit, a NorCal BBR volunteer and Bubble's foster mom, spoke about this dog's emotional recovery.

"Bubbles didn't know how to be a dog when I first met her," she said. "She didn't know creature comforts like blankets, toys or love, but now she is almost fully recovered and loves jumping up on the couch and snuggling."

On Feb. 25, HIIT X Fitness will offer a high-intensity interval training workout in exchange for a $35 donation. Gym members and non-members are welcome.

There will be a class offered every 10 minutes and 100% of the funds raised will be donated to NorCal Bully Breed Rescue.

Bubbles and other adoptable dogs will be present at the event from 9 a.m. to 11 a.m., and volunteers will be available to answer questions about the adoption application process.

HIIT X Fitness is located at 5141 Folsom Blvd.

For further information, visit the website, www.HiitxFitness.com.

Bobsledder

Continued from page 2

ging everyone around me. I was hugging my wife, the coaches of Emily's competition, officials, strangers and whoever was within reach, honestly.

"I was so proud of what Emily had accomplished. She had one week to learn a new track in Europe before the race and was able to be competitive and earn a medal."

The celebrations didn't last long though.

After spending only a short time at home, Emily left her home on Feb. 11 en route to train and compete in Pyeongchang, South Korea for races No. 3 and No. 4, which will take place on March 1 and 2.

The next day after those races, she will depart for Lake Placid for the season's final two races.

Emily spoke about her upcoming travel schedule.

"I'm really excited to travel and compete in all these different places around the world," she said. "I have met such amazing people and athletes from all over, and made friends with people I would have never met without this sport. It is truly something special to have teens from so many different countries coming together to share their culture through sport. It's what I love most about bobsledding."

Each of the races this season puts Emily that much closer to qualifying for the Youth Olympic Games, which are held every four years and feature only the top 18 nations in the world.

The Games in Korea are sure to be both a challenge and an opportunity, as most of the competition has never seen this track before, so it will be a level playing field.

Korea will also be the host of the 2024 Youth Olympics, so these races could be an indicator of what's to come.

The hope for Emily is to secure more medals for the U.S. in Korea before returning to her home track in Lake Placid in March.

Emily is currently a sophomore at St. Francis High School in East Sacramento.

She and her parents say that St. Francis has been extremely supportive of her athletic endeavors and has assisted in making accommodations for her training and race schedule.

"I'm so proud to be a Troubie (an adopted nickname associated with the school's Troubadour mascot) and represent St. Francis on an international platform," Emily said. "My school has a long history of successful women breaking barriers, and I get to be part of that history and culture through my own journey towards the Olympics."

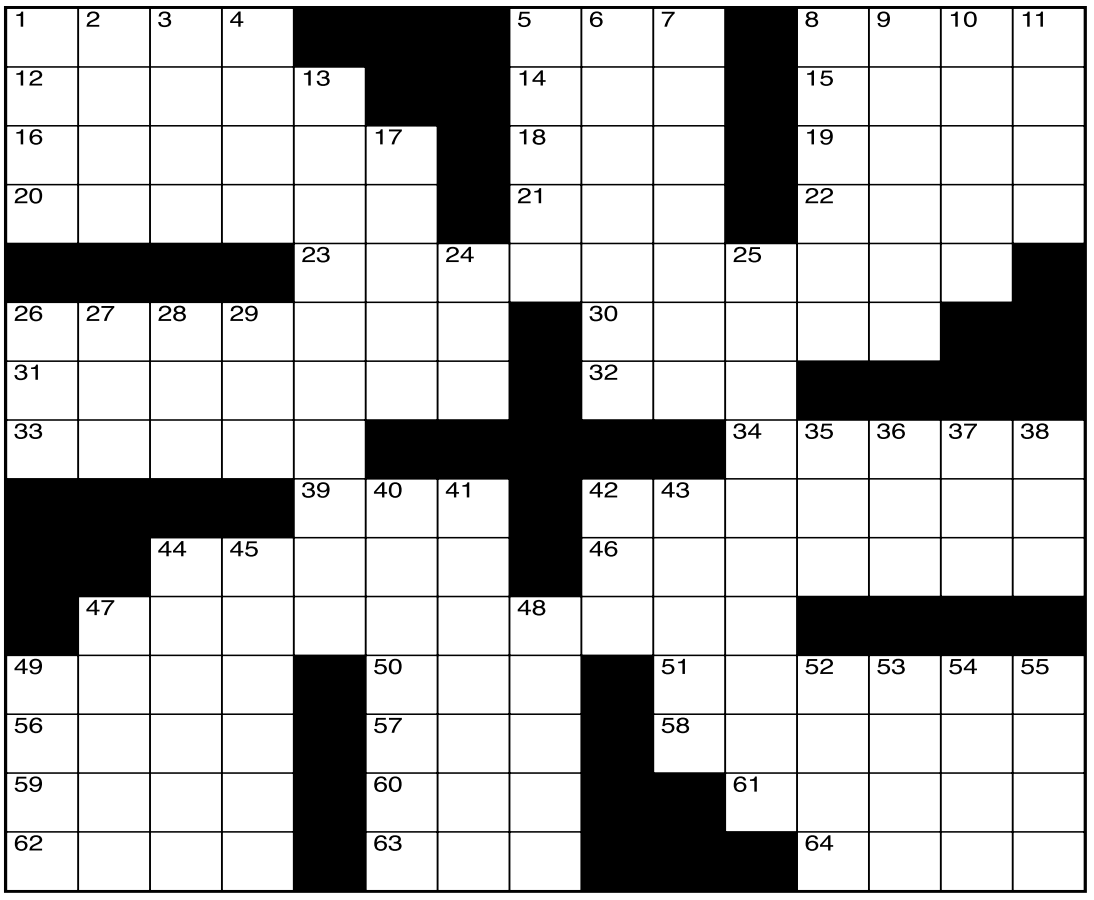
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Friday, Feb. 17, 7:30 p.m.

TRAVEL FILM,
"THE GREAT LAKES OF ITALY"
Sunday, Feb. 26, 2 p.m.

The Italian Center is located at 6821 Fair Oaks Blvd. in Carmichael. For more information, call the Italian Center at (916) 482-5900 or visit website, www.ItalianCenter.net.

CROSSWORD



CLUES ACROSS
1. River in Tuscany
5. A way to represent
8. Rocker's guitar
12. Civil Rights group
14. Brew
15. Scratch
16. W. Asian country
18. The Eye Network
19. Clarified butter
20. Part of the Cascade Range
21. Downwind
22. A way to steer
23. Loop
26. Not ingested
30. Swampy coniferous forest
31. Musician
32. Signing
33. Containing iron
34. Part of a theorem or proof
39. Veterans battleground (slang)
42. Of enormous proportions
44. Italian city
46. Come before
47. Balm
49. Undergarments
50. Male parent
51. Ropes
56. Ear part
57. Investment vehicle
58. Dictator
59. Cain and __
60. A type of code
61. Border river along India and Nepal
62. It's what's for dinner
63. Consume
64. Christian __, designer

CLUES DOWN
1. Cuckoos
2. Skin issue
3. City in central Japan
4. Sorrels
5. Twinned diamond
6. Canadian province
7. Monetary units
8. Head honcho
9. Goddess of wisdom
10. Part of a play
11. Get rid of
13. Applicant
17. Bowling alleys have many
24. Explosive
25. "The Say Hey Kid"
26. Ultrahigh frequency
27. No (Scottish)
28. Make a mistake
29. Credit card term
35. Keyboard key
36. Woman (French)
37. In the middle of
38. Score perfectly
40. Coat a metal with an oxide coat
41. Deadly disease
42. A place to dock a boat (abbr.)
43. Belch
44. Member of U.S. Navy
45. "In __": separate from others
47. Examine extensively
48. Adjust
49. Tattle
52. Actor Pitt
53. Gulls
54. Within
55. Exceptionally talented performer

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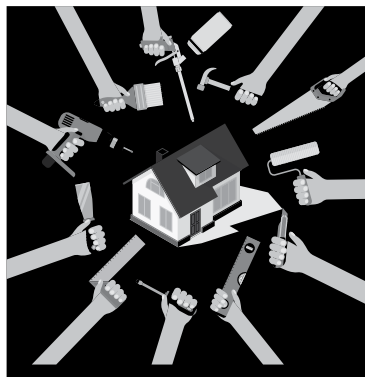
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