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Pocket News

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DIRTY KID OBSTACLE RACE CAMP

see page 2



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Faces and Places: Dirty Kid Obstacle Race Camp











Photos by Stephen Crowley

Fitness should be fun. Youth ages 6-15 raced in a half-mile course with about 15 obstacles, including MUD at the Dirty Kid Obstacle Race Camp. New for 2020 there was also a smaller course for ages 4-5 and Team Races. Obstacles varied. There were over, under, carry, crawl, and of, course mud. Children ran in "waves" of up to eight people. The course was within and behind the Adventure Playground, which is located on the ground of the Maple Neighborhood Center, 3301 37th Ave. All proceeds supported the operation of the Sacramento Adventure Playground.





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Cover photo by:
Stephen Crowley



Youth, Parks, & Community Enrichment (YPCE) Announces Photography Contest

Want a chance to win a $100 Best Buy gift card? Submit photos of what you like about City parks or what makes a great park (e.g., natural features, landscaping, playgrounds, sports fields, trails, programs/events, active recreation spaces). 1st place, 2nd place, 3rd place and honorable mentions will all receive gifts and prizes. Photos will be shared on social media and illustrated in Parks Master Plan documents. Upload your photograph by midnight on Sunday, October 25, 2020 to be considered. Photo contest instructions are available in English, Spanish, Vietnamese, Simplified Chinese, and Hmong. Deadline: October 25.

Grand Prize – Superhero in Action – $100 Best Buy gift card

1st Place - $50 Safeway gift card

2nd Place - $25 Target gift card

3rd Place - $10 Starbucks gift card

Honorable Mention – YPCE swag

- Consider your superhero costume (it can be improvised or homemade!)
- Take photographs in your favorite SUPER park.
- Upload your favorite photograph(s) to https://bit.ly/PhotoMissionReport and fill out the online form noting name of the park or trail where your photograph was taken.
- Post your photograph on Instagram with this hashtag: #cityofsacsuperheroes and tag @ypce_city of sac
- Take and share more photos and encourage others to participate!

https://www.cityofsacramento.org/-/media/Corporate/Files/ParksandRec/parks-planning/YPCEPhoto-Contest82420.pdf?la=en

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Enjoy Our Playgrounds, Safely

By Devin Lavelle

You have probably already seen the good news. Governor Gavin Newsom recently provided updated guidance for park operations, allowing playgrounds to reopen around the state.

This had been such a frustrating situation for families everywhere. Prior to the change, a bipartisan group of legislatures sent a letter urging the Governor to develop standards, based on science and safety for all, which would give local governments the guidance they needed to open playgrounds safely. This was backed by several grass roots movements around the state, most notably in San Diego, San Francisco and even a modest push here in Sacramento.

Opening playgrounds is such a big boon to families frustrated by seemingly endless hours stuck indoors in Zoom classrooms. My boys have been so thrilled to run around the playground and the cheerful noise, even muffled by masks, brings so much joy to my heart.

Suffering through the impacts of COVID in 2020 has been so hard. We are just starting to be able to have nice things again. With a little more progress, youth sports may even be able to start up again.

Please, please do what you can to keep everyone safe. Follow the rules. Wear your mask. Keep your distance. Wash your hands. Stay home if you're feeling under the weather. The more we can all do our part, the more things can reopen and the sooner we can put COVID in the rear view.

How are our parks serving you?

Take the "Maptionnaire" survey to let the Youth, Parks, & Community Enrichment Department know which parks and recreation programs most need improvement. Complete the survey and enter into a contest to win a Chromebook. Survey is available here: bit.ly/SacramentoSuperHeroes



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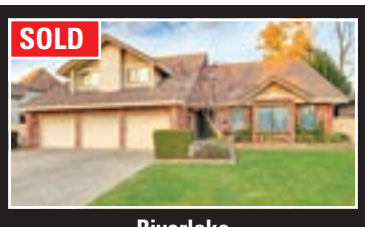
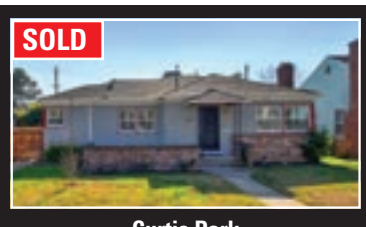
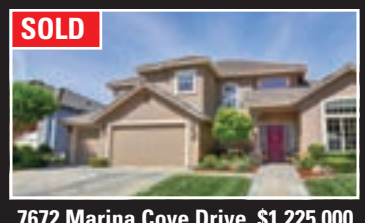


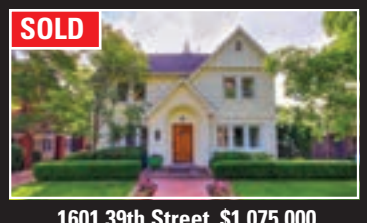
Riverlake
7707 Rio Estrada Way $799,999
5 Beds / 3 Baths / 3,564 SqFt



Curtis Park
2910 13th Avenue $362,500
2 Beds / 1 Baths / 1,096 SqFt



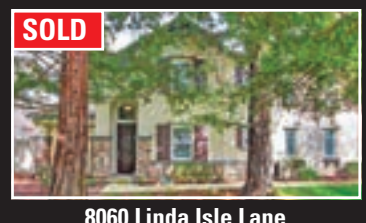
7672 Marina Cove Drive $1,225,000
5 Beds / 3 Baths / 3600 SqFt



1601 39th Street $1,075,000
3 Beds / 2.5 Baths / 2069 SqFt



1044 E Landing Way
$799,000



8060 Linda Isle Lane
$489,000

Got News?
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"Murders, Mysteries, and Misdemeanors in Northern California" History Book Now Available

By Monica Stark

A new history book titled "Murders, Mysteries, and Misdemeanors in Northern California," was released by Arcadia Publishing on Sept. 28, 2020.

From promotional materials on the new book reads the following:

Northern California has a fascinating criminal history. Some of America's most infamous criminals and outlaws lived and died in the area, including John Paul Chase, partner of Public Enemy Number One, Lester "Baby Face Nelson" Gillis. Others have come from far afield to exploit the opportunities of Californian crime. Englishman Charles Boles, AKA "Black Bart the Poet," was only one of many.

With crime, naturally, comes punishment. In 1937, the Folsom Five tried to escape, murdering Warden Clarence Larkin in the process. Instead of escaping Folsom, they entered California's history as the first men to die in its new gas chamber the next year. The legendary Battle of Alcatraz ended in bloodshed and recriminations from prison staff and convicts alike, with accusations that staff needlessly endangered convicts' lives and arranged the wrongful execution of convict Sam Shockley.

Northern California may not be as well-known for its crime as Southern California, but it's a fascinating part of the Golden State's history all the same.

Walsh took some time to answer questions about the book.

VCN: Tell us how this book stands out from other books on criminal history of California/Northern California?

Walsh: A lot of books focus on well-known cases already covered over and over again. Plenty of less-famous or even forgotten California cases are equally interesting and at least as historically significant.

VCN: Tell us about some history that you feature that readers would be surprised to know about?

Walsh: 1909's Santa Clara bank robbery was the world's first using a getaway car, many people think that happened in Chantilly, France over two years later. The Bonnot Gang may have been first to use automatic pistols, but not to use a getaway car. After a decade in San Quentin Santa Clara robber Frank Smith also made a come-back, robbing California banks, payrolls and trains as Prohibition-era outlaw 'Frank Ellis.'

VCN: Tell us a Sacramento specific murder, mystery or misdemeanor that would surprise Sacramento locals.

Walsh: Juanita Spinelli was the very first woman to suffer the gas chamber so her execution in 1941 was a world first. Dumping murdered gang member Robert Sherrod's body off the Freeport Bridge was their downfall, it was easily-found and forensic evidence proved it wasn't an accidental drowning. Thousands of Californians probably cross that bridge every day never knowing its place in Californian history.

VCN: Why did you choose to write this book now?

Walsh: This book is the second of three. My first book covered New York, but California has so rich a criminal history that I split the original volume into two. The book on Southern California is in the works and will probably be out some time next year.

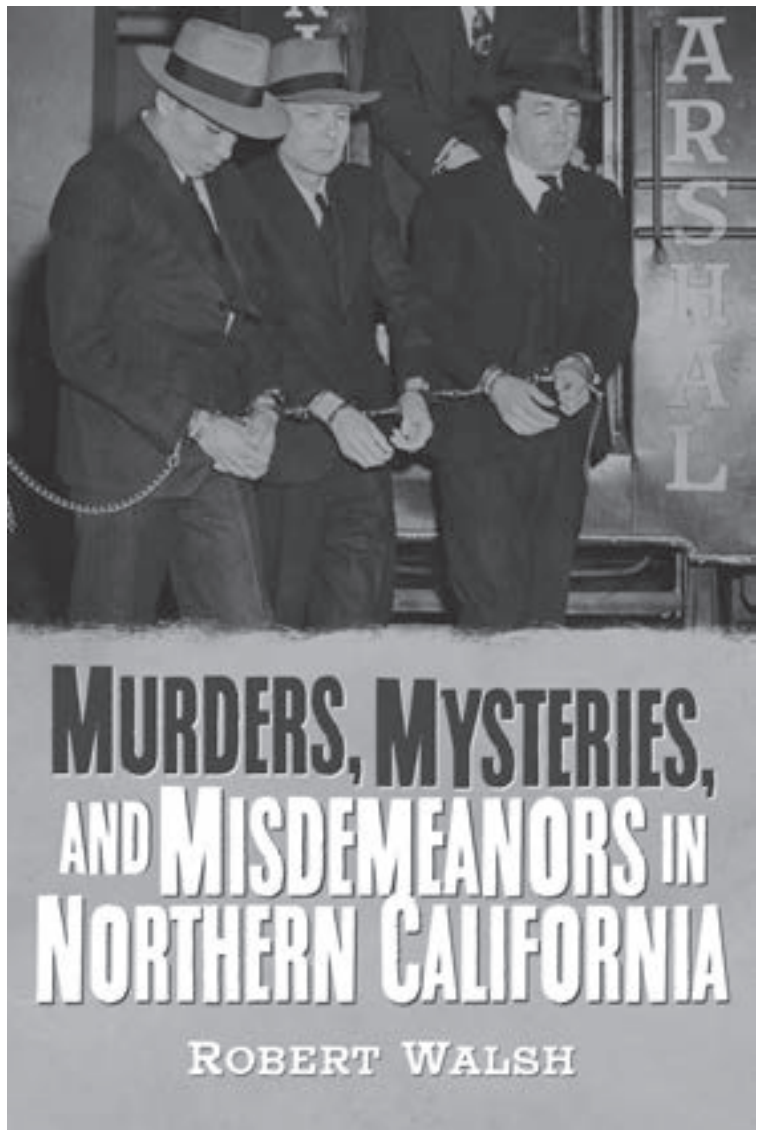
Walsh: What do you hope readers get out of it?

VCN: I'd hope readers get something a little different than the usual fare. It would be nice to know I had sparked their interest in the more unusual California crimes and in history generally. Some of the cases caused lasting change in California, but remain almost forgotten.

VCN: Tell us about your love of history, particularly criminal history. Tell us more (than what is on the book cover) about growing up in Dartmoor? What did you like about it? Tell us about your first memories of the famous prison there.

Walsh: Dartmoor is a beautiful place to live. I grew up with its wildlife and history, living in the same area Steven Spielberg used to film War Horse. The prison, which origi-

see MYSTERIES page 6



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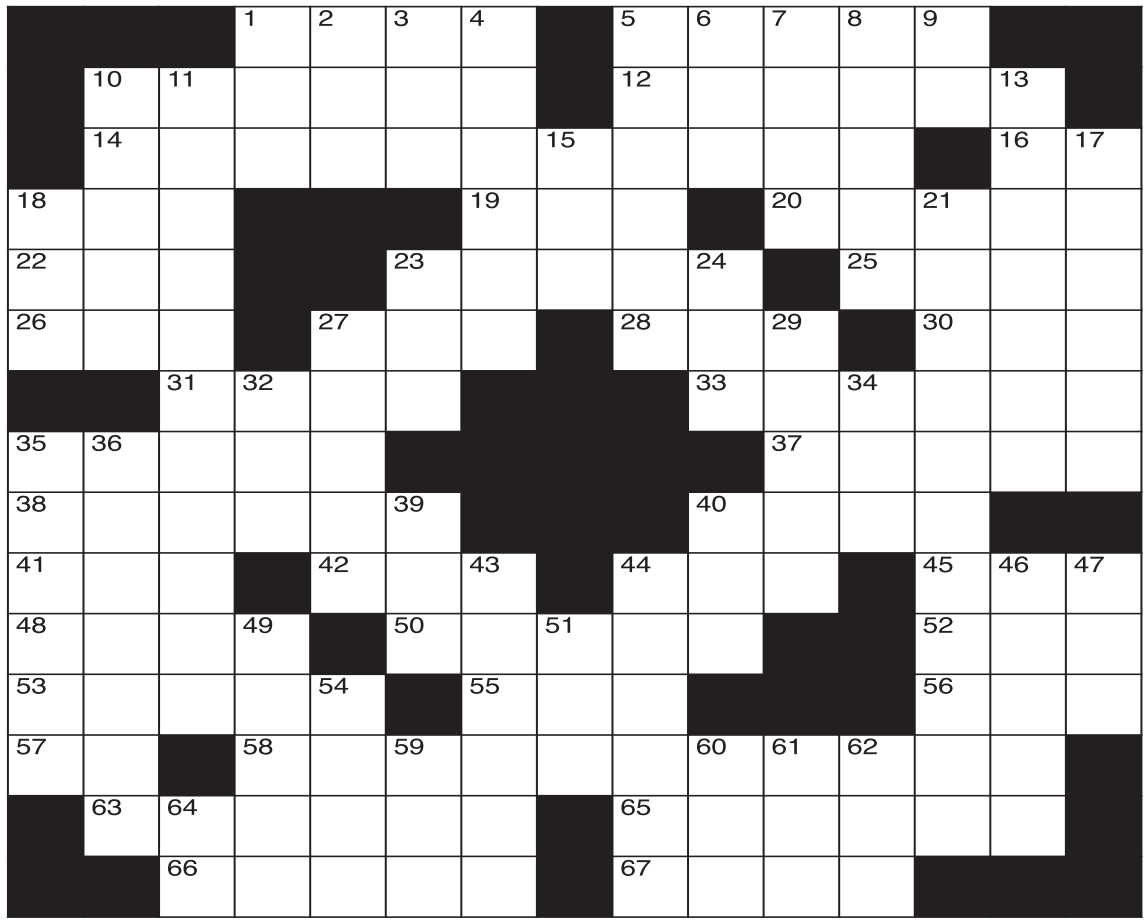

CLUES ACROSS
1. Upright post on a boat
5. Sentimental person
10. Native American tribe
12. Wear away
14. Where you're going
16. Doctor
18. Popular Chinese dialect
19. One point east of due south
20. Northern sea duck
22. Note
23. Wives (law)
25. Trigonometric function
26. A way to communicate (abbr.)
27. Swiss river
28. No (Scottish)
30. Commercials
31. Large instrument
33. __ Chantilly, __ de Menthe
35. Small, saclike cavities
37. High and thin in tone
38. Treat extremely well
40. Famed track star Usain
41. Secure web connection (abbr.)
42. Rob of energy
44. Paving material
45. Cool!
48. Tip of Aleutian Islands
50. Indicates silence
52. Water in the solid state
53. Security interests
55. Popular hoopster Jeremy
56. Shed tears
57. Low frequency
58. Harmful bacterium
63. Common language: lingua __
65. Standards of perfection
66. They consist of two parts
67. A detailed description of design

CLUES DOWN
1. More (Spanish)
2. A subdivision of a play
3. Japanese title
4. More jittery
5. Fabric
6. Luke's mentor __-Wan
7. Cleaving tool
8. Ancient city of Egypt
9. 36 inches
10. Farewell
11. Second to last
13. Improved by critical editing
15. Defensive weapon (abbr.)
17. Fancy attire
18. __ Farrow, actress
21. Completely opposed
23. Supervises flying
24. Pouch
27. True firs
29. Mistake
32. Computing platform (abbr.)
34. Snakelike fish
35. Greatly horrify
36. Despicable person
39. Tell on
40. Ballplayer's tool
43. Central Brazilian town
44. Court game
46. Land
47. "The Partridge Family" actress Susan
49. Retract a statement
51. Data executive
54. Capital of Yemen
59. Portable computer screen material
60. Electronic data processing
61. "Matt Houston" actor Horsley
62. Resinous substance
64. Rural delivery

see crossword solution page 19



Mysteries:

continued from page 5

nally held Americans captured during the War of 1812, is part of that. My first memory of the prison is a convict escaping. Back then locals often locked their doors and windows, refusing to answer the door unless they already knew who was there.

VCN: Where do you live now?

Walsh: I left Dartmoor some time ago, although I still visit occasionally. I now live in Truro, Cornwall.

History is a fascinating subject, but don't be afraid to look outside the obvious. Sometimes you find the most interesting stories by chance while you're looking for something else. So, good hunting and don't be afraid to get side-tracked.

Sumptuous Treats in Cooling Weather

By Devin Lavelle





While you can never rule out the late-season Sacramento heat wave, the weather seems to be cooling quickly. While COVID may limit cause to call it "sweater weather" (flannel PJ pants weather?), it is definitely time to start thinking about ways we can warm the body and the soul while supporting our great neighborhood restaurants by dining local.

Several local restauranteurs shared their favorite meals to enjoy in this cooling season. I'd encourage you to head on over to these or any of your favorite local restaurants to help keep them going. As I say so often, how sad would it be to get through COVID and then not be able to celebrate it by getting together with our friends at a favorite local restaurant? Let's sure we don't find out in the Pocket-Greenhaven neighborhood.

Katie from Cacio favors dishes that "lend to the transition into cooler weather, stick to your ribs dishes remind of us childhood slow cooked foods." For a pasta dish, she recommends the Orecchiette. It's a "traditional pasta dish with housemade Italian sausage, broccoli rabe, chiles and pecorino cheese."

For an entree, Katie loves "anything braised … braised short ribs or lamb shanks with creamy polenta and sautéed greens."

Marnie from Freeport Wine Country Inn agrees on the warming comfort of a rich, meaty braise. She recommends their Braised Lamb Shank for dinner. "It is fall off the bone tender -- no knife needed -- perfectly seasoned and covered with a delicious savory lamb gravy."

She adds, "For lunch we enjoy our slow smoked brisket. Generous portions on a French roll, tender, flavorful and moist. Drizzled in BBQ sauce and a slightly spicy coleslaw. We enjoy this with our macaroni salad. Both are definitely comfort foods, flavorful and filling."

Rich from A Taste Above loves their "homemade wontons in a flavorful broth, our savory, tender Asian Beef Stew (USDA prime) with bok choy over rice, and Kalua pork seasoned with Himalayan pink salt with cabbage over rice. We take pride in using only the freshest ingredients without adding MSG to any of our dishes. We will also have a soup of the day to warm the souls of our guests."

Recently Sacramento County moved from "Purple" to "Red" on the COVID scale and the hope is that we can match our pumpkins, getting to "Orange" by Halloween. Red allows restaurants to open for indoor dining at very limited capacity and orange further expands that capacity. We can get there if we all do the right things. Please wear your mask, wash your hands, keep yourself safe and if you have been at risk of exposure, please stay home, make sure you do not spread it.

While takeout is always safest for everyone, as the weather cools and outdoor dining becomes less viable, being able to offer indoor seating will be an important lifeline for many of these restaurants as they do their best to hold on through COVID.

Wearing masks and following the guidelines is the best way to keep everyone safe – but it's also the best way to support our local businesses. If we aren't safe, they'll have to close their doors or operate with more severe restrictions. No one wants that so we're counting on everyone to do their part.



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KJAY Radio Station Has Decades-Long History in West Sacramento

Oldies program director discusses his work at station

By LANCE ARMSTRONG
Photos courtesy of the Powell family

KJAY, one of the Sacramento area's oldest continuously operating radio stations, is keeping a tradition alive that dates back to its beginning in 1963.

It was in that year that word began to spread that a Stockton man, Joseph Gamble, was in the process of establishing the capital city's newest commercial radio station.

Commercial radio in Sacramento was four decades old at that time, as the earliest stations debuted in 1922.

Initially, KJAY was to be a Carmichael station, but a later effort began to have the station located in Sacramento.

A transmitter building for the station was completed at 7299 Riverside Blvd. in the Pocket area by January 1963.

Also in preparation of going on the air, KJAY was permitted by the Federal Communications Commission (FCC) to operate on 1430 kilocycles during the day and 500 watts at night.

KJAY can still be found at 1430 on the AM dial, as well as at 98.1 FM and on the website, www.KJAYradio.com. The station's difference in its power output is to avoid nighttime interference with other stations that broadcast on 1430 AM in different cities.

It was on May 23, 1963 at 6 a.m. that KJAY made history by making its on-air debut.

Originally a sunrise to sunset operation, the station began broadcasting from a then-new unit of the Sacramento Inn at 1431 Arden Way.

At the time of KJAY's beginnings, Gamble also owned KJOY in Stockton and KLAN in Hanford and Lemoore. He previously owned three other California radio stations: KCMJ in Palm Springs, KJAX in Santa Rosa, and KWIP in Merced.

The first general manager of KJAY was Jack Blake, and Ross McCarthy served as that station's first sales manager.

KJAY's ownership changed during its first year of operation.

On Nov. 29, 1963, only four months after moving to the Arden area with his family, Gamble died of a heart attack at the age of 46. He had been involved in the broadcasting industry since 1950.

Control of the station's license was transferred to Gamble's estate in January 1964.

About three months later, McCarthy was named the station's manager, and he continued to supervise the sales department.

KJAY President Ort J. Lofthus announced in May 1964 that KJAY was sold for $350,000 to Robert Walker Dumm, former owner of Sacramento radio station, KROY.

Around the time of that transfer, Robert told The Sacramento Bee that his son, John Rick Dumm, would also be associated with him

see KJAY page 9

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KJAY radio station was originally located in this structure at 1431 Arden Way.

KJAY:

continued from page 8

in KJAY's proprietorship and operation.

An original license record for the station recognizes the late 1965 transfer of the station's license from Robert Walker Dumm and three members of his family to Jack and Alyce Powell.

Although Alyce died at the age of 45 on Dec. 10, 1968 and Jack passed away at the age of 72 on July 13, 1994, KJAY continues to be owned by the Powell family. Tiffany Powell, one of the co-owners, currently serves as the station's manager.

KJAY has been located in West Sacramento since 1974, when it relocated to South River Road.

Dean Seavers, KJAY's overnight, oldies music program director, told this publication last week that although the station has been around since the 1960s, many people in the Sacramento area have never listened to it.

"It's a low-watt station, so the area of coverage is pretty much the Sacramento (letter and number-based street) grid; you know, downtown, midtown, East Sacramento, and I'm sure, probably the Pocket area picks it up," he said. "The signal, unfortunately, does not go that far, but it is streaming online."

KJAY's oldies program mostly consists of music from the days of early rock'n' roll, around 1957, to about 1967 – popular songs that were played on Sacramento area stations during the era when they were released.

The program has a wide range that includes early Beatles songs and Beach Boys tunes, and rarer Motown offerings by such artists as Mary Wells and Smokey Robinson and the Miracles. Listeners can also hear music by The Kinks and Frank Sinatra, as well as Conway Twitty, before he turned to country music. The station also plays songs

see RADIO page 10

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KJAY's history includes the use of this remote trailer.



Radio:

continued from page 9

by artists that are not household names, yet produced very recognizable music.

Seavers, who lives just south of Curtis Park, said that KJAY has not always offered the same programming, noting that it began as a Middle of the Road (MOR) – soft adult contemporary – station, and later became a soul station.

He added that during its early years, KJAY was rated #3 in the in the Sacramento music market.

"What kept it from really competing against KROY and KXOA was that with the FCC license, they had to sign off (at night)," he said. "So, they were on the air from like 6 a.m. to 8 p.m. It wasn't a 24-hour station, so that kind of hindered them a little bit."

Seavers, 53, mentioned that during that era, KROY purchased advertising from KJAY.

"They were the last ad for the day for KJAY, saying, 'Hey, KJAY's signing off, so move on over to KROY 1240 (AM)', that kind of a thing."

Seavers added that through his own research, he found that in about 1966, the station began introducing some top 40 music, while still remaining "soul heavy."

A KJAY "pop-soul survey" for the week ending on June 3, 1966, lists the number-one pop song as "Paint It Black," by The Rolling Stones, and the number-one soul song as "Hold On, I'm Coming," by Sam & Dave.

Research for this article revealed that by 1967, KJAY was a country music station, which presented news once per hour.

Later that decade, KJAY returned to its MOR format six days per week, and religious programs on Sundays.

During KJAY's early years, it used two slogans: "One of Sacramento's two great radio stations" and "Sounds like fun."

see HISTORY page 11

History:

continued from page 10

Seavers said that by the end of the 1970s, KJAY was presenting religious and local programming.

An article in the July 11, 1984 edition of The Bee mentions that soul music returned to Sacramento radio through KJAY. That genre of music was then played on that station from 5 to 8:30 p.m. weekdays and Saturdays.

The article notes that Hewitt Robinson, director of Hewitt & Associates entertainment and promotion agency, purchased airtime from Jack Powell for between $300 and $500 per month. The program was anchored by Keith LaMotte.

Robinson told The Bee, in 1984, that this programming provided airtime for new black music.

"I wanted to hear the new black music," he said. "All you hear on the other stations are selections by Lionel Richie and Michael Jackson, played again and again until you want to scream."

Seavers mentioned that the station underwent different variations during that decade, and then became an international station in the 1990s.

"During the day, the programming is Hmong and Russian, and then it just turns out that overnight (on weekdays), it's oldies. And then on Sundays, it's still religious programming."

Seavers commented on the station's Hmong programming, which is advertised as "the #1 Hmong radio station in Sacramento."

"Because they stream online, apparently they've got quite a following countrywide with the Hmong people," he said. "I know The New York Times had done a story a couple years ago about them serving the Hmong community. The fact there's people all over the country in that community that listen to (KJAY), it's kind of cool."

Seavers, who is also a former resident of East Sacramento and River Park, mentioned that it was his longtime love of music that led him to his involvement with KJAY.

Growing up in a musical family, Seavers began playing the guitar when he was 12, and he has performed in various bands since the mid-1980s. His current band, The Decibels, formed in 1992 and has had the same lineup since 1996.

Seavers recalled his introduction to KJAY less than three months ago.

"Because my house was built in 1940, I kind of decorated it with the same era of stuff," he said. "I bought a 1940s Philco console radio that wasn't working. I was tinkering on it and got it working one evening and turned it on to scan the dial.

"All of a sudden I heard Little Richard and I'm thinking, 'Gosh, I haven't heard Little Richard on a Sacramento station in 40 years, since I was a kid. I kept listening, and the oldies program is really pretty good. It wasn't like the same stuff we've heard to death."

With his interest in KJAY, Seavers called the station and spoke to Tiffany Powell.

During that conversation, he learned that KJAY offered its oldies program on a regular basis, but had a small playlist.

After explaining his love for music of the 1950s and 1960s and his belief that presenting songs to radio listeners in real time was a special experience, Tiffany asked him if he would be interested in "doing the oldies programming."

"I said, 'Sure, that would be great,'" Seavers responded.

Since become KJAY's oldies program director on July 15, Seavers has worked to expand the playlist to include a wider range of songs – something that he noted is appreciated by many listeners.

"The enthusiasm has just been the playlist, the fact that they're not hearing the songs pounded to death and there's new discovery and songs that they haven't heard in a long while," he said. "And I think the fact that I bracketed the era to where it all fits together, even though it's a lot of different music. There was a certain sonic or intangible quality to those records that make them lock together really well. So, everything flows really well."



Dean Seavers, KJAY's oldies program director, is also a longtime musician in Sacramento. His current band, The Decibels, formed in 1992.

Seavers said that when he began working for KJAY, the station included Jamaican music from 8 to 10 p.m. and oldies programming on weekdays from 10 p.m. to 6 a.m.

"After we got a good response (from improvements to the oldies program), Tiffany took the Jamaican music off the air and let me expand the oldies programming, starting at 8 p.m.," he said.

Seavers added that he is dedicated to continuously expanding the oldies program's playlist and drawing in more listeners.

"I really wanted (the program) to be a personal experience and for people to be enthusiastic to listen to the radio," he said. "So, it's been fun to do that. We're currently at about 658 songs and I'm getting ready to add another 200 in the next few weeks."



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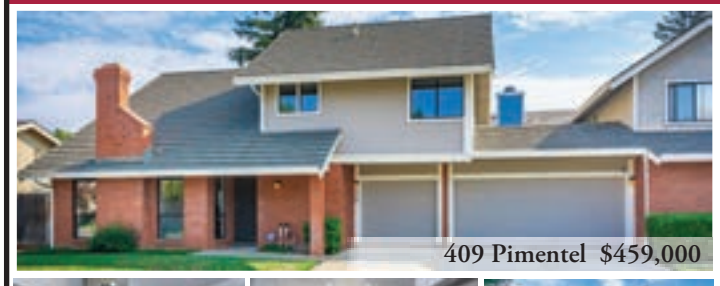

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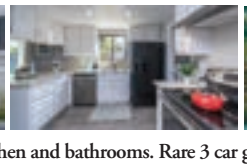

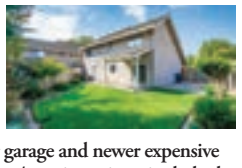

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Higley to Conclude Longtime Service as Local Church's Pastor

By LANCE ARMSTRONG

Mike Higley, longtime pastor of River's Edge Church, is stepping away from his service at this Pocket area place of worship.

Higley became the lead pastor of this church in June 2005, when it was known as Riverside Wesleyan Church.

He told the Pocket News that his decision to depart was made, because he believes that the church needs a "new voice."

"I just know that God has clearly told me that I'm not supposed to be the next voice," he said. "The church needs a new voice to take it into the future, and I'm very clear about that. For me, it means leaving the church completely and hoping that God leads me somewhere else (to serve as a pastor)."



Photo courtesy of Mike Higley

River's Edge Church is located at 6449 Riverside Blvd.

He added that although his next pastorship will likely be in a different state, he will "not be a stranger," considering that he has children and grandchildren who live in this area.

Higley's last day as the lead pastor of River's Edge Church will be Oct. 11.

If he has a new pastoral assignment at that point, Higley and his wife, Robin, will leave Sacramento five days later.

Reminiscing about his early days of serving as this church's lead pastor, Higley said that he and his wife quickly fell in love with the church and the community.

"The church needed a pastor at that time and I got to be the one, if you will, that God selected and to enjoy the ministry of the people of the church, as well as the great community, in which we fell in love with very quickly," he said. "This community is full of some amazing people."

Prior to beginning his service at this church, Higley resigned from his pastorship at a church in Tucson, Arizona.

Altogether, he lived in Tucson for 32 years, 14 years of which he spent as a pastor of one church.

Higley spent the earliest years of his life in his birthplace of Escondido, and Yreka.

In 2005, Higley submitted his resume to fill a nearly yearlong vacancy, which occurred with the departure of Pastor Steve Forsyth.

Higley said that he was surprised to receive a call that the church was interested in his service, considering that a month had gone by before he was contacted for an interview.

Higley additionally noted that the transition from the church in Tucson to this Pocket area church was interesting, since the community of the Tucson church was much different.

"I came from an area in Tucson and a church that was primarily in a lower income area to a church that is in the Pocket area, which is very affluent," he said. "The adjustment initially was I've got to learn how to redo some of this."

Fortunately for Higley, he realized that the ministry is basically the same wherever he serves.

"It doesn't much matter," he said. "But it was a little bit different. People here were equally as loving, but they had the means to do what they wanted to do.

see HIGLEY page 13

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Higley:

continued from page 12

In Tucson, where we were, people didn't have that kind of means. They didn't travel out.

"On Sundays, they went to church. Here, they go to Tahoe or they go to the Bay Area, and you wonder, 'Hey where are they at?' So, we had to adjust that and kind of learn how to do ministry again. That didn't take very long."

Higley recalled serving as the lead pastor when the church's name changed.

"Riverside Wesleyan Church, that was the name," he said. "(It is) a good name, but the word Wesleyan doesn't give us any (description), unless you're a denominational person. It doesn't give you a whole lot of understanding of what that means. So, a few years back, we changed that name to River's Edge Church – though we're still a part of the Wesleyan movement."

Membership in this church, which prior to the COVID-19 pandemic had about 350 members, consists mostly of members within a 5-mile radius, but includes members from West Sacramento, Elk Grove and Rancho Cordova.

Higley described River's Edge Church as a very community-minded church.

"We recognize that we need to serve the community," he said. "It's not just the invitation to come to the church, but to be a part of the things that happen out in the public schools or out on the back lawn of River's Edge, where we do our Harvest Festival or helicopter egg drop." The church also participates in levee or park clean-up, and assists with the annual 4th of July Spirit of the Pocket Parade.

While speaking about the Pocket area, Higley expressed gratitude with the opportunity he had to meet people from outside of the congregation.

"What sticks out to me is the involvement I got to have in the lives of the people within the community," he said. "Not all of them come to my church at all. We realized earlier on that the Pocket community is a very unique spot. So, we got to be part of people's lives from other churches, we got to know people who were business owners.

"I've been really blessed to personally know all the city councilmen during my tenure, from Robbie Waters, Darrell Fong, and, of course, the City Councilman Rick Jennings now. They're friends of mine. Just having that opportunity to be that involved in things that happen in the community, you don't get to do that very often. But, again, that's the uniqueness of the Pocket community."

Higley mentioned that although he is ready to serve a different congregation in a different city, he will miss his current congregation.

"You always do (miss the congregation) when you move, in particularly here," he said. "We love the church, we love the people here. That's the interesting thing when you're called by God to leave, you don't always have a choice. So, in my case, God made it very clear.

"But the people are our friends, they're family. We love them desperately and we'll miss them incredibly. But we also get to see them on social media and stuff like that and we'll be able to make new friends without losing old friends."

DO YOU HAVE AN UPCOMING OR MONTHLY EVENT?
Let us know.
e-mail Monica:
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River's Edge Church to Hold Halloween Day Drive-Thru harvest festival

Looking for an activity to do with the family on Halloween? Join River's Edge Church on Saturday, October 31st from 5-8pm to celebrate the annual Harvest Festival with a unique twist. This year the entire experience will be done in drive-thru style! We want to provide safe, socially-distanced, and FUN activities for the whole family to participate in. The River's Edge Church parking lot will be transformed into an engaging drive-thru experience complete with carnival games, performers, music, prizes, and of course LOTS of candy. Everyone will be required to stay in their cars for the entirety of the event, and "drive-thru" to participate in the activities. This event is geared towards kids from preschool to 5th grade and their families. This event will allow for one direction only of cars. All cars will be required to enter at the same location. The entrance to the event will be at the light on Riverside and Park Rivera.

In this season of unknowns, challenges, and increased physical separation from others we want to continue to offer a dose of entertainment and fun. River's Edge Church loves hosting the Harvest Festival and it is a great way to bring the community together. Although this year will look a little different, our hope is still that it is a fun *socially distanced* gathering space for kids and families to enjoy.

For more information contact Heather Huffman our Children's Ministry Director at Heather@recsac.org.

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A Magical Beer for a Magical Cause



By Devin Lavelle

Some of my favorite things are wholesome family fun, supporting community building and local craft beer. If you love all or any of those things as much as I do, boy oh boy, is this for you!

So many non-profits are struggling right now. Operating revenue is down, traditional fundraisers are canceled and COVID has imposed significant new safety costs to continue operation.

Our beloved Fairy Tale Town is no exception. Thankfully, New Helvetia Brewery (on Broadway) stepped up to partner with Fairy Tale Town to help them make ends meet during these challenging times.

"In a typical year, Fairytale Town would host its hugely popular 'Tales & Ales' brewfest, which attracts over 1,000 guests and is our biggest fundraiser of the year. The pandemic forced its cancellation. To offset the big revenue loss, the fundraising committee for Fairytale Town dreamed up some new ideas – one of which is the $35 Fairytale Ale gift pack. Dave Gull at New Helvetia, who has long been a friend to the park, didn't hesitate when asked to collaborate on the project," said Fairytale Town Director Kevin SmithFagan. (Gift packs can be ordered in late October at this link: bit.ly/FairytaleAle.)

And with that, Fairytale Ale was born."The beer is an American wheat ale brewed with citra hops and orange peels," making it "light easy refreshing and appealing," says Dave Gull, owner of New Helvetia Brewing. Kevin added, "It's both delicious and will appeal to a broad variety of beer drinkers. We wanted something that everybody will enjoy."

"New Helvetia Brewing Company takes pride in supporting local civic amenities in fairytale town is among the best. I grew up in Sacramento and have fun memories of going there as a kid," Dave says, "I have great memories of taking my kids there to enjoy Fairytale Town. It's just a magical place."

This author says amen to that. It's been the source of so many great memories for my kids and really a refuge for their exhausted parents, desperate for an affordable, safe, wholesome place to get them out of the house.

As "kids have lost so many outlets due to the pandemic – youth sports, arts programs, camps, even going to school – the wonderful Fairytale Town experience is more important than ever for children in our community. In response, Fairytale Town is welcoming all families of low-income backgrounds to visit the park for free through December 31. Families can book their visits using the promo code 'FT-Cares' at www.fairytaletown.org," says Kevin.

Regular readers will remember that this isn't the first time New Helvetia has stepped up. "We've been doing quite a few non-profit collaborations. Black Is Beautiful benefiting the Sojo Museum, a private label beer for the Water Forum and this Fairytale Ale. It's a great way to support non-profits in the community and do some new beer styles," said Dave. And good news, Black is Beautiful, featured last month, will be available in the next few days.

Fairytale Town would be grateful for your support, just as they are grateful for New Helvetia's. "New Helvetia has been a leading supporter of our annual Tales & Ales Brewfest, and Dave continued that spirit of generosity in creating Fairytale Ale to accompany the gift pack. And of course it doesn't hurt that I'm a huge fan of their beer!" said Kevin.

New Helvetia's willingness to step up and support community non-profits is all the more impressive when you consider they are working through their own challenges with COVID – having had their doors closed for months and now only being able to operate at a very reduced capacity. When you're picking up your Fairytale Ale gift pack, consider treating yourself to some cans of local favorites like NE Land Park IPA or Buffalo Craft Lager. Or if you're feeling adventurous, try their newest creations, "Shut Your Piehole" pie-inspired kettle sour ales. Pie? Yes, pie! You can order ahead at this link: https://newhelvetia-brew.square.site/s/shop

Kevin reminds us, "Everybody loves Fairytale Town, but not everyone realizes the park is an independent nonprofit that relies on donations from people who appreciate the power of Fairytale Town to brighten young lives. Buying the Fairytale Ale gift pack is a great way to support the park, and so is making donations!"

Kids experience a magical time when they visit Fairy Tale Town. But the truth is, supporting a great non-profit like Fairy Tale Town can be a magical experience for adults too. I can assure you, I'll be picking up a gift pack and I know the beer will taste all the more magical knowing the proceeds are going to such a magical cause.

Order your gift pack here: bit.ly/FairytaleAle.

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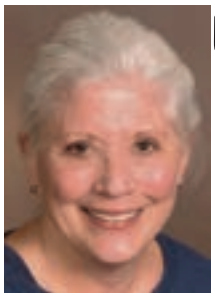

THIS 'n' THAT

by Carol Bogart

Share the Bed or Sleep Alone?

Here's a totally unscientific poll for couples: Do you sleep together? Or do you not?

In July, a flurry of stories alleged that POTUS and FLOTUS (the President and First Lady) not only don't sleep together in the White House, they haven't (gasp) slept in the same bed for *years* and, in fact, occupy *separate living quarters* in America's DC mansion. (Or maybe not. Different 'unnamed sources' said different things.)

The tabloidish stories implied this lack of togetherness equals trouble in Trumpville.

All I know is, somehow the two came down **simultaneously** with the corona virus.

Besides which – if they don't sleep together, so what? Maybe someone is a thrasher. Or keeps the light on reading. Or is, essentially, single parenting a teenage boy and needs extra rest. All of which is *their* business, and, frankly, I don't care.

In my own family, until my brother left for college when I was 5, he had a room, I had a room, my parents shared a bed. It was only when we lived with my gramma (mom's mom) for a year as dad got his business started that mom, dad and I each had separate rooms and beds. My guess is, it was a propriety thing, decided by my dad. That, or because the Victorian beds in my gramma's Victorian house were short and narrow by modern standards.

During that year, as a family, the three of us looked at several farms. Dad settled on one in the county outskirts of mom's hometown, largely because it had sandy soil (no more forcing a rototiller through hard-packed clay when gardening).

And there they stayed for the next 30 years – each in his/her own bedroom.

Mom slept in a twin. Dad, in a full. As an impertinent teenager, I one day asked my mother, "Why don't you and dad have sex anymore?" She raised an eyebrow and retorted, "You don't know what happens after you're asleep." !!! Well THAT sat me down and shut me up!

Some posit that not sharing a bed deprives a couple of an intimacy that has nothing to do with sex. An opportunity to talk privately when they're relaxed without the intrusion, say, of children.

A known fact is that most people sleep better in their own bed than, in say, a guest bed at the in-laws, or even an expensive bed in a fancy motel while on vacation. Anytime I travel or will be in a hospital overnight, I always take my pillow. As long as I have that, it feels like 'home' and I can sleep.

Personally, two things I liked about a shared marriage bed were:

1. my husband walking my sleepy toddler back to his own bed when Mike wanted to get in bed with us. (I suspect husbands, more than mommies, object to sharing the bed with a small third party.)

2. feeling safe when, yawning, my hand encountered my sleeping husband's arm.

Well, it's been a good long while now since I've shared my bed with a human being. Four different dogs, however, have shared it with me, plus my Bengal cat. Much like Sheldon in the Big Bang Theory who so jealously guards 'his' spot on the couch, each dog has preferred that no cat share my bed.



Photo by CAROL BOGART

These two share my bed with me. Who gets which spot is a work in progress.

However. Ricky (the cat) is 13 and predates them all. After the current dog, Nikky, stops being a pest and goes to sleep, Ricky reclaims his usual 'spot' pressed up close to me.

My spot is the side of the bed by the nightstand with the reading lamp which is also closest to the bathroom. I'm righthanded, but got used to sleeping on the left side of the bed when I had a husband. Now, I could sleep in the middle, I guess. The bed's a queen. But taking up half or less is just a habit.

The animals have to be reminded nightly that they are in *my* spot. Nikky, especially, is an encroacher and tries to be stubborn about moving over. The nice thing about animals, though – they never elbow you when you're sound asleep, complaining that you snore.

Carol thinks maybe, now that she knows she DOES snore (as noted in her sleep apnea report), she might just as well use the middle of her bed – provided the dog allows it. Questions, comments? Contact Carol at carol@bogartonline.com.

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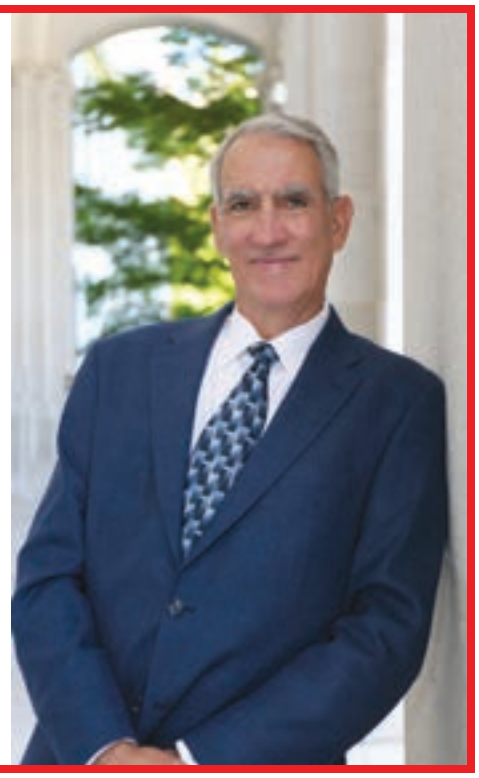

In Memoriam:Dr. Denny Anspach, MD 1934-2020

Dr. Denny Anspach M.D., a highly esteemed member of the California State Railroad Museum Foundation Board of Directors, passed away on Sunday, September 20, 2020 at the age of 86 after a long battle with cancer. A passionate rail enthusiast, Dr. Anspach was instrumental in the vision for and creation of the California State Railroad Museum that opened in 1981.

Born in Chicago in 1934, Dr. Anspach was a graduate of Stanford University medical school, a retired radiologist in Sacramento (which included serving as Chief of Radiology at Sutter General Hospital), and Arden Park resident for 50+ years. While growing up in Chicago, Dr. Anspach had a fascination with railroads from a young age and was committed to preserving their legacy over the course of his entire lifetime. After relocating to Sacramento, Dr. Anspach hosted a historic dinner in 1970 for California Governor Ronald Reagan aboard the Gold Coast, an occasion designed to win the governor's support for what would one day become the California State Railroad Museum. Ronald Reagan would later turn the first shovelful of dirt to signify the start of the construction of the museum.

"There is no question that we would not have the California State Railroad Museum without Dr. Denny Anspach, he was truly the 'Founding Father," said Cheryl Marcell, President & CEO of the California State Railroad Museum Foundation. "He was my guide, my historian, and my counselor in all things as I stepped into the role of President & CEO of the Foundation. I cherished our long breakfast meetings at The Sutter Club, our travels throughout the country and enjoyed listening and learning. He would often say that we shouldn't get bogged down by policies and procedures and if it was the right thing to do, we should just do it! He will forever be remembered for his passion and his dedication and we are all better human beings by knowing Dr. Denny Anspach."

Dr. Anspach was also the founding president of the Sacramento Trust for Historic Preservation and was the primary author of the nearly 200-page "California State Railroad Museum: Recommendations for Planning & Development" that was published in 1972 and served as the master plan for the world-class museum. He served as the unofficial but effective custodian of many prized locomotive and was instrumental in the relocation of the Gov. Stanford, the Central Pacific railroad's first locomotive that remains on display in the Railroad Museum. He was honored to serve as master of ceremonies for the grand opening of the California State Railroad Museum (that coincided with Railfair '81) at the Old Sacramento Waterfront.

"Dr. Denny Anspach was a public servant not by vocation but by advocation," said Ty Smith, Museum Director for the California State Railroad Museum. "Over the last three years, I had the great pleasure of traveling, laughing, and learning with him. I came to understand that, although he had many interests, three things animated his life: his family, his work as a medical doctor, and his stewardship of the California State Railroad Museum. I intend to honor his legacy by putting my maximum effort into ensuring

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Anspach:

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that the Museum will continue to help people imagine their futures, by understanding our collective past. Dr. Anspach has passed, but his good work is forever enshrined in the Museum and the community."

In 2014, the national Railway & Locomotive Historical Society presented Dr. Anspach with the prestigious Gerald M. Best Senior Achievement Award, named for the famed railroad historian. Up until his death, Dr. Anspach remained active on the Board of Directors of the California State Railroad Museum Foundation, an organization he helped to create, and served on its executive committee. He is survived by his wife Rev. Diane Wenthe, daughter Carolyn Smith and son-in-Law Kenneth Smith, son David Anspach, granddaughter Anna Smith, grandson David Smith, and brother Dr. William Anspach. At the request of the family and in lieu of flowers, any remembrance donations should be made to the California State Railroad Museum Foundation. Click here to make a memorial donation.

The California State Railroad Museum Foundation recently commissioned the creation of a bronze bust in honor of Dr. Anspach that will be put on display at the museum in the near future.

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