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BREAKFAST WITH SANTA

AT THE SACRAMENTO ELKS LODGE #6

SEE PAGE 2

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Breakfast with Santa at the Sacramento Elks Lodge #6



Photo credit: https://flickr.com/photos/30478819@N08/50373244928

There will be pancakes. There will be Santa. But, will there be Santa pancakes? That's quite uncertain…however, it made you look! This is just a fun flickr.com photo to catch your eye and say to yourself, "Hey, I wanna have breakfast with Santa at the Elks!"

This is going to be a big deal because Father Christmas returns to the Elks on Sunday for breakfast with all of you. You can catch him from 8:30 to 11 a.m. and the menu includes scrambled biscuits and gravy, eggs, bacon, sausage, pancakes and cinnamon rolls. Adults are $15 and children 12 and younger are free of charge.

In order to prepare for this Sunday's special breakfast with Santa, elves (aka volunteers) are needed! The Lodge needs cooks and servers. If you can spare Sunday, Dec. 19 from 7:45 a.m. until noon, please join the Elks in this fun community event! Contact Ron Roberts, Lodge Secretary, at 916-422-6666 or at lodge@elks6.com for more information.

The Elks Lodge, No. 6 is located at 6446 Riverside Blvd. Sacramento.

POCKET NEWS
WWW.VALCOMNEWS.COM

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Pocket News is published on the first and third Fridays of the month in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

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Editor ..... Monica Stark
Art Director ..... Annin Piper
Advertising Director ..... Jim O'Donnell
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Vol. XXX • No. 24

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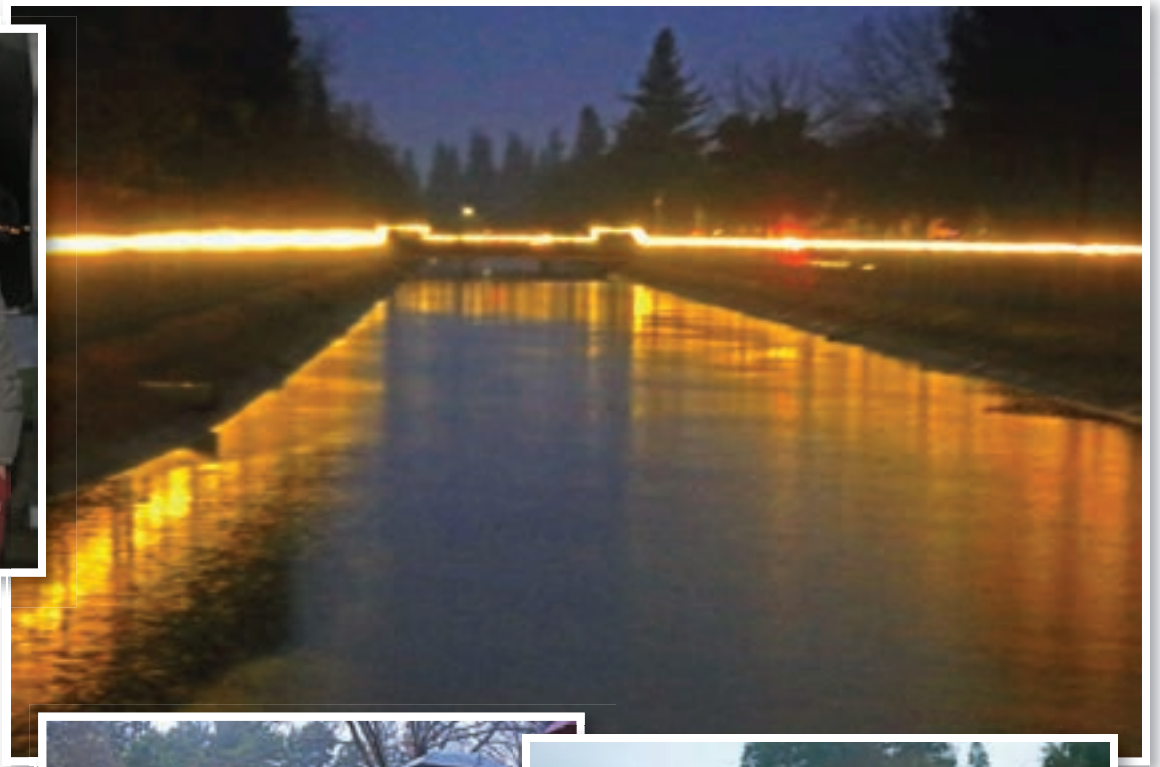
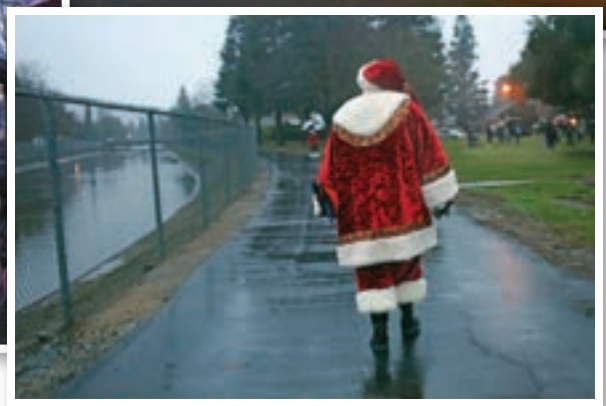
Faces and Places: Pocket Canal Holiday Lights











Photos by Stephen Crowley

The Pocket Canal pathway is lit up. Thanks to a number of community volunteers who worked together to hang lights, the canal donned a festive glow. Pocket Canal Holiday Lights Committee volunteers helped put up lights along the canal on Saturday, Dec. 11 at 9 a.m., starting at Portuguese Park with the goal of extending the lights to both Greenhaven and Gloria Drive.

The Pocket Canal Holiday Lights is an amazing tradition that was started by District 7 Parks Commissioner Devin Lavelle. Devin has gone above and beyond this year to make sure the lights along the canal extend farther than ever before.

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-Ben Franklin





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Sacramento County addresses COVID-19 safety during the holidays

Case rate spiked 40% in county after Thanksgiving

By LANCE ARMSTRONG

With a 40% increase in Sacramento County's COVID-19 case rate occurring after Thanksgiving, a county spokesperson last week said it is additionally important to be as safe as possible during this year's remaining holiday gatherings.

Janna Haynes, public information officer for Sacramento County Public Health, told this paper on Dec. 8 that since Thanksgiving, county case rate for COVID-19 rose from nine cases per 100,000 people to 14 cases per 100,000 people.

"Through our contact tracing efforts, it is very clear that this spike is a result of Thanksgiving family gatherings," she said. "And while we don't want people to feel like we're back in where we were last year, in 2020, during the holidays, where they literally (could) not see their families and friends, we do want people to take precautions."

Haynes recommended that people get tested for COVID-19 before they attend an indoor gathering, to make sure that they are healthy.

"(Stay) home if you're not feeling well," she said. "Even if it's not COVID(-19), that doesn't mean you cannot transmit the flu or something else. And if you're going to have an indoor gathering, make sure that you try to stay as socially distanced as possible, that you wear masks when you're not actively eating or drinking."

Haynes also suggested that people consider moving their holiday gatherings outdoors, and using outdoor heaters or gathering in an open garage to be protected from elements, particularly rain, while still having airflow.

For those who still prefer to gather indoors, Haynes provided various tips.

"If you must be inside, maybe consider opening up your front door and your back doors, so you have kind of an airflow going through," she said. "But also, just consider maybe not everyone sitting together at one 6-foot table; maybe spreading out throughout the house, so that while you're maskless and you're eating and drinking, that you're not directly next to someone else that you don't live with."

As opposed to last year, Sacramento County does not currently have an order preventing people from different households from getting together.

But while mixing households is not prohibited, Haynes stressed the need to decrease the risk of COVID-19 transmissions during holiday gatherings that consist of combined households.

"The last thing that we want to see is our case rate continue to go up and up and up from Thanksgiving to Christmas to New Year's Eve, and then at the beginning of the year," she said.

In 2020, the county's highest COVID-19 spike occurred between Thanksgiving and Christmas, Haynes noted.

"And that was when a lot of people weren't even getting together with each other, but the rate of transmission was so high on Dec. 11, 2020, our case rate was 62 per 100,000," she said. "You know, that's (nearly) five times where we're at right now.

"So, we're in better shape now than we were at this time last year by far. But let's keep that trend going and not see a huge spike, because we're still experiencing quite a bit of surge in our hospitals – not just from COVID(-19), but from the flu and from other things."



Photos courtesy of Sacramento County

A laboratory refrigerator holds COVID-19 test specimens at Sacramento County's primary care facility.

As of Dec. 8, Sacramento County had 151 active, hospitalized COVID-19 patients, including 33 people in intensive care units. However, Haynes mentioned that because of Sacramento County's large hospital system, its hospitals receive COVID-19 patients from other counties.

"We have to be aware of the fact that it's not just our residents (that are admitted into those hospitals)," she said. "We may see transfers come in from Yolo and El Dorado and Placer (counties), because of the robust hospital system that we have here."

Although there is no law requiring people to get vaccinated for COVID-19, Haynes noted that there are many benefits for people to get vaccinated for this virus.

"We've seen really, really good results from vaccinated people," she said. "I mean, just

see COVID page 5



COVID:

continued from page 4

from a numbers standpoint, out of the almost 170,000 (confirmed COVID-19) cases in Sacramento County, the breakthrough rate – which is a person that is fully vaccinated, but that tests positive for COVID(-19) and is experiencing symptoms – there's 3,400 cases across the county.

"When you look at the deaths, there are only 96 people in the entire county that have passed away that were fully vaccinated. And that's in comparison to 2,400 people that were not vaccinated that passed away. I think that that, in and of itself, speaks to the effectiveness of the vaccine."

Sacramento County is currently experiencing a significant increase in the demand for COVID-19 vaccinations, compared to a month ago.

Haynes mentioned that she believes this increased demand is associated with new COVID-19 variants.

"I think new variants coming out have people feeling more the urge to get vaccinated, whether it's their first dose of vaccine or whether people are now getting their booster shots," she said. "With the overarching eligibility opened up for everyone, we definitely see the demand for those booster shots, which is great."

Regarding the omicron variant – a highly mutated form of the virus that causes COVID-19 – Haynes said that it was recently detected in Sacramento County. This variant was initially reported, on Nov. 24, as having been detected in specimens collected earlier last month in Botswana and South Africa.

"Right now, we just found out that somewhere in Sacramento County, we know that there's an omicron variant, because we show the mutation in our wastewater," she said on Dec. 8. "While we haven't actually seen a positive case come out of our lab yet, it is only a matter of time. And so, we have to continue to be vigilant and do everything that we can to protect ourselves, not only from a vaccination standpoint, but just a sanitation standpoint."



A genome sequencing kit sits in a secured isolation room at Sacramento County's primary care facility.

A day after Haynes made that statement, Healthy Davis Together and the University of California, Davis Genome Center announced that they identified the first-known case of the omicron variant in the Sacramento area.

"The infection occurred in a West Sacramento adult with recent domestic travel who was vaccinated against COVID-19," notes a press release from Healthy Davis Together that was issued on Dec. 9.

Haynes mentioned that the COVID-19 pandemic recently reached an unfortunate anniversary.

"We're (at) 100 weeks," she said. "Never in my wildest imagination, if you asked me this question 85 weeks ago, could I have ever thought that even now, 100 weeks in, we are still wearing masks, we're still working to get a bunch of people vaccinated," she said.

"You can't possibly know (the future of COVID-19). I think in some ways that we may see (this virus) stick around indefinitely, just like we see the flu."

On a positive note, Haynes told this paper that she believes that better news regarding COVID-19 will emerge next year.

"I do not think that in December 2022 that we will be in the same position that we're in right now," she said. "I think that we will have returned to a much (more) normal pace of life.

"I'm hoping that we are not wearing masks everywhere we go in December of 2022. I hope that children are not wearing masks in school in December of 2022. That would be almost three years after we started this, because we're almost two years into this already."

As for when Sacramento's County's indoor mask mandate can be lifted, Haynes explained that the COVID-19 case rate would likely need to be significantly lower.

"We have said that that order probably will not be lifted until our case rate drops to five (cases per 100,000 people)," she said. "So, we were getting close before the Thanksgiving holiday. Now we're moving in the wrong direction, but hopefully we'll start to see a decline again and we'll get to a point where we can lift that indoor masking mandate."

Haynes stressed the need for more people to get vaccinated against COVID-19.

"We have said for months that (achieving a) high vaccination rate is really our only way out of this pandemic," she said. "So, we continue to see our vaccination rates climb in Sacramento County, but there's still a lot of work to be done. We still have thousands and thousands and thousands of people that have not gotten vaccinated, even one dose."

She added that while it is important for people to get vaccinated against COVID-19, one should not forget to get their flu shot.

"We're doing co-clinics, between flu and COVID(-19) vaccines, and people can get those at the same time," Haynes said. "We want to remind people that COVID-19 is not the only thing you can get sick with. And because there (are) such scarce resources in our hospitals, we want to make sure that we're keeping people out of hospitals with other preventable diseases."

For additional information about COVID-19 in Sacramento County, visit www.SacCounty.gov/COVID-19.



VCN food columnist releases new book, Produce with a Purpose

By Monica Stark

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

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

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

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

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

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

From CSAs to farmers markets to farm stands to what you should know about organics and superfoods, Gould then describes how to cook for the

see Book page 7



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Book:

continued from page 6

best nutrition. "We don't want to boil all the nutrition out of something or, you know, cook it to death so that there's no nutrition and no texture or anything like that."

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

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

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

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



Produce with a Purpose

So your doctor told you to eat more fruit and vegetables...now what?

By Kerin Leigh Gould, PhD.

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

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

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

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

The full borscht recipe:

Ingredients

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

Directions

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

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

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

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



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Trivia test

by Fifi Rodriguez

1. SCIENCE: How long does it take for light to travel from the Sun to Earth?
2. TELEVISION: Which comedian used the catchphrase "one ringie dingie, two ringie dingies" in a TV character sketch?
3. MEASUREMENTS: How many centimeters are equivalent to 100 inches?
4. U.S. PRESIDENTS: Who is the only president to serve nonconsecutive terms?
5. LANGUAGE: How many languages are spoken in the world today?
6. GOVERNMENT: Which branch of U.S. government is responsible for making laws?
7. SPORTS: Which famous baseball pitcher's nickname is "The Chairman of the Board"?
8. FOOD & DRINK: What type of food do the Teenage Mutant Ninja Turtles love?
9. GEOGRAPHY: Which ocean does Bermuda lie in?
10. MATH: What is a prime number?

Answers

1. Eight minutes, 20 seconds
2. Lily Tomlin, as telephone operator Ernestine
3. 254
4. Grover Cleveland
5. More than 7,000
6. The legislative branch — U.S. House and Senate
7. Whitey Ford
8. Pizza
9. Atlantic
10. A number that is only divisible by itself and 1

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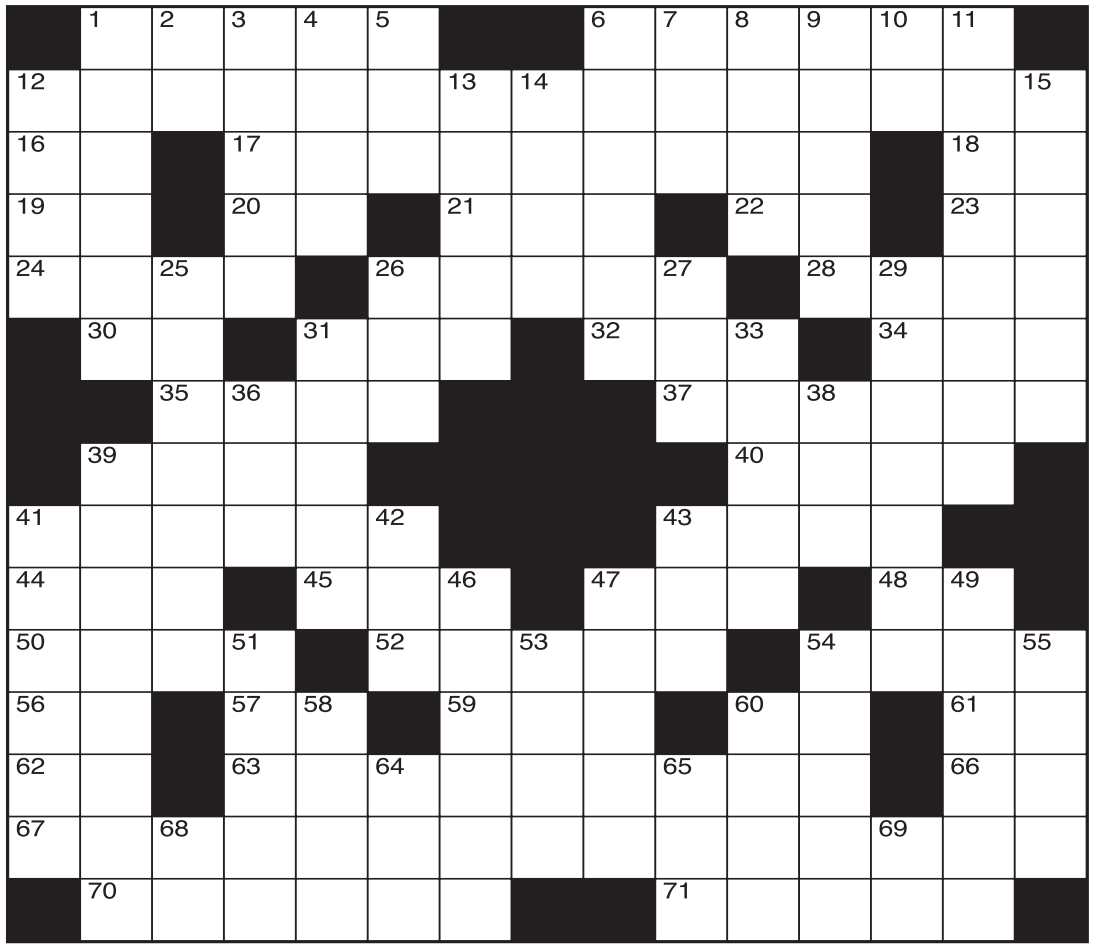


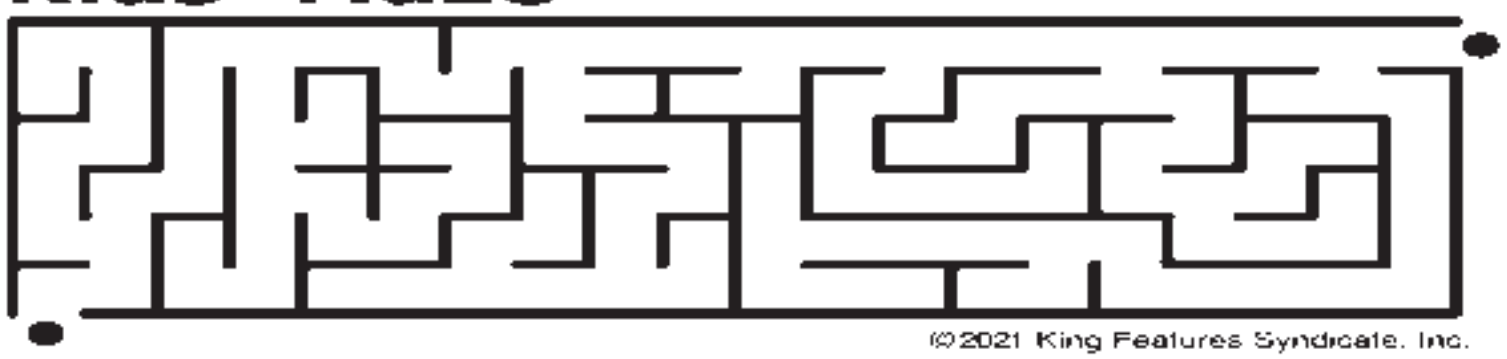
CLUES ACROSS

1. Struck firmly
6. Shirt part
12. Nevertheless
16. Article
17. Adornment
18. Educator's helper
19. Healthcare pro
20. Atomic number 28
21. Extinct flightless bird
22. Mystic syllable
23. College sports decision maker (abbr.)
24. Edible mushrooms
26. Venerable English monk
28. Surrounded by
30. Forming fractional numbers from 4 onwards
31. Eastern France river
32. Short cry or yelp
34. Brew
35. Ornamental box
37. In a way, surfaced
39. Attired
40. Peculation
41. Netted
43. It shows you paid (abbr.)
44. Payroll firm
45. Antidiuretic hormone
47. Japanese classical theater
48. The first two
50. Ancient burial chamber
52. Type of card
54. Expression of sorrow or pity
56. Hectoliter
57. Morning
59. NYC subway dweller
60. Law enforcement
61. Sodium
62. Elevated subway
63. Facility where wild animals are kept
66. Integrated circuit
67. Seaman's tool
70. Drink to
71. Small group

CLUES DOWN

1. Poem
2. Everest is one (abbr.)
3. Olympic legend Jesse
4. Portable tent
5. When you hope to get there
6. Unwavering
7. Back muscle
8. Within
9. Excessive fluid accumulation in tissues
10. Six
11. Involved as a necessary part
12. 2002 Liotta, Patric film
13. Living thing
14. Type of gin
15. Moved around in pursuit of fun
25. Makes light bulbs
26. Story of one's life
27. Small island in a river
29. A type of bliss
31. Genus of large herons
33. A way to make dry
36. One's grandmother
38. Vocal style
39. Pronunciation mark
41. American Indian chief or leader
42. Insecticide
43. Go bad
46. Capital of Zimbabwe
47. Polish river
49. Cast out
51. People of India and Sri Lanka
53. Cleaning fabrics
54. Very skilled
55. Pouches
58. Restaurant must-have
60. Native Americans from Arizona
64. Remaining after all deductions
65. Fleece
68. Dorm official
69. It cools your home

Kids' Maze



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College Cyclery is adjusting to new location

Business is Sacramento's oldest bicycle shop

By LANCE ARMSTRONG

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

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

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

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

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

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

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

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

Bardet told this paper that she plans to relocate her midtown Sacramento business, Humani Pilates, to the site sometime from late January to early February 2022.

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

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

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

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

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

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

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

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

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

College Cyclery has a storied past

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

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

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

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

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

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

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

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

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

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



Photo by Lance Armstrong

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

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

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

see Cyclery page 14

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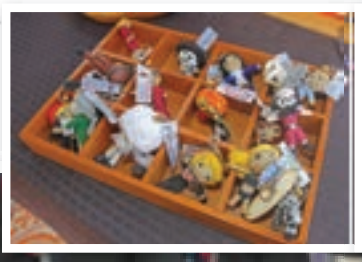
Faces and Places:

Camellia Waldorf Winter Faire

Photos by Stephen Crowley

On Saturday, Dec. 11, the Camellia Waldorf Winter Faire was held with many seasonal crafts and activities for all ages. The Camellia Waldorf School is located at 7450 Pocket Road.

see photos page 11













Faire:

continued from page 10







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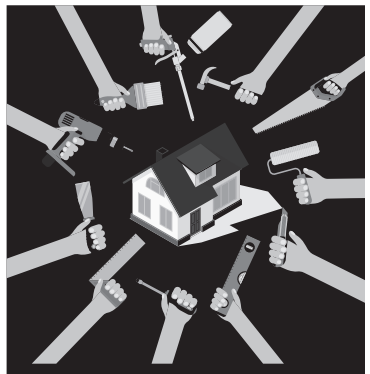

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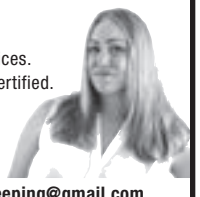

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DATE: February 4, 2022

TIME: 5:30p.m.-10p.m.

LOCATION: Elks Lodge #6 (6446 Riverside Boulevard)

PROGRAM:
5:30p.m.-6:30p.m. - Social hour
6:30p.m.-7:30p.m. - Dinner
7:45p.m.-10:00p.m. - Dance time! Social music dancing by legendary DJ Henry.

WHAT'S TO EAT:
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ENTERTAINMENT:
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Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am
Weekly Bible Studies - Jr/Sr High Events



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

Cyclery:

continued from page 9

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

A smashing good time

Carmichael's School of Rock holds grand opening

By LANCE ARMSTRONG

Highlighted by live music performances, free tacos, a school tour and a ceremonial guitar smashing – instead of a ribbon cutting ceremony – the newest School of Rock (SOR), School of Rock Sacramento, officially opened on Oct. 30.

As an international rock 'n' roll music instruction school, School of Rock provides lessons and group rehearsals, and features opportunities for performing on a stage in front of real audiences.

School of Rock Sacramento is located in the former Serritella's Italian Food and Pizza restaurant building at 6350 Fair Oaks Blvd., at the intersection where Marconi Avenue becomes Palm Drive.

This new School of Rock location is owned by Jason Kline and Cecilia Yi, who opened School of Rock Elk Grove on July 29, 2017, and School of Rock Roseville on May 24, 2019.

The couple also owns Axe Heaven, which produces small-scale replicas of guitars played by famous musicians.

The new School of Rock features three rehearsal spaces and nine lesson rooms.

In one of the rehearsal spaces is a Wurlitzer jukebox that was converted from playing 45 rpm records to playing music through a Bluetooth speaker. It was donated to SOR Sacramento from a parent from SOR Roseville the day before the grand opening.

School of Rock Sacramento also features "incredible staff," Kline noted.

"We have incredible staff, and they work tremendously with young people," he said. "And it's very challenging, because I have two kids myself. That's hard. They're just learning, they're making mistakes, learning from them quickly. Patience is paramount. They're architects of the soul."

Kline recalled the challenges that he and Cecilia faced in establishing their third School of Rock location.

"(It was) challenging, because we purchased this building right at the start of COVID-19, and the idea of renovating this building during a pandemic was daunting, challenging and scary," he said.

Despite those challenges, Kline and Yi continued to move forward with that project, much in part to their belief in the community.

"It's a really rich community, in not necessarily wealth, but just passion for the location and the heritage," he said. "So, we turned a 1960s Italian restaurant that was Serritella's – and which since moved to the Milagro Centre across the street – into (a School of Rock), which teaches kids how to rock on stage and in life."

The construction project, which is now completed, included the repurposing of the restaurant's bar into a front counter, and a wine rack now holds guitar cables.

Because of the owners' love for history, they worked to save many other historic features of the building, such as the tongue-and-groove ceiling, a lot of the beam construction, and the load bearing roof.

Jason Brennan, music director of SOR Elk Grove, told this publication that he was impressed by the new School of Rock.

"This building is an old building, but it looks like a brand spanking new building, and the people here are fantastic," he said. "It's a thing like no other. So, I think it speaks for itself, and people should come down and see it."

Kline recalled the project's greatest unforeseen challenge.

"Along the way we had someone run into the front of our building (with their car)," he said. "It was like 'I just finished it.' That was about two months ago. So, we put on the bags and fixed the windows, and I rolled up my sleeves and we fixed (the building), and we were back in operation six days after (the accident)."

Kline mentioned that the damage would have been much worse had the project not included the placement of 1,000-pound trough planters in front of the building.

"It was kind of a buffer, because we knew we would have kids walking through," he said. "That was the best move we made, because it stopped the car from coming through the entire building."



Photo by Eduardo Soler

The ceremonial smashing of guitars marked the official opening of School of Rock Sacramento, on Oct. 30.

It was through that incident that Kline fell further in love with the Carmichael community, he noted.

"A woman came up (to him after the accident) and she handed me $40, because they have seen how much work Cecilia and I have put into this building," he said. "It was the gesture and hospitality that meant more than anything. That says a lot about Carmichael. That passion meant more than (the money)."

David Endacott-Hicks, regional director of SOR Northern California, also noted that he is impressed by the community.

"This (has been) such a supportive community, since the get-go," he said. "You know, we have people walking in the door, (saying), 'We're so happy that you're here.' It honestly gives me goose bumps right now even talking about it.

"Just to have that support in the community, people are ready for this (place). They're ready to rock. They're ready to be in bands, they're ready to have music more at a forefront in this community, and that's what we represent."

Kline added that he feels "lucky" to be a part of the community.

"I couldn't be more happier to land School of Rock Sacramento in Carmichael," he said. "We looked all over. It's the right building, right place. We got lucky."

School of Rock is opened Mondays, Wednesdays, Thursdays and Fridays from 2 to 9 p.m., and Saturdays from 10 a.m. to 3:30 p.m.

For additional information, call (916) 907-7625 or visit www.Schoolof Rock.com.

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