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A New Way to Retire

Senior living is no longer the retirement home you may remember from years ago. Huge advancements have been made in recent years, giving seniors today more choices than ever before.

Many retirees who live at home are likely to become dependent on others. Will you, or are you already, paying someone else to clean out your gutters? Who fixes your leaky roof? Who will make decisions about your future medical care?

Remaining Independent

A part of living your best senior life and remaining independent may mean taking steps now to establish the lifestyle and care you want. Take time to tour a few senior living communities to see what you may be missing.

Benefits of a Senior Living Community

- Low maintenance – the community takes care of your home maintenance, yard work and even housekeeping, giving you more time for the things you enjoy.
- Dining options – from snack bars to complete meals, you no longer have to cook.
- Social interaction – your new neighbors are people just like you. You'll also meet new friends at the many social, recreational, educational and cultural activities at the community.
- Wellness programs – many communities include fitness centers and a calendar full of activities. Retirees today are taking yoga and qigong, or they may be walking their dog along a scenic trail within the community.
- Transportation – many communities offer transportation for physician visits, shopping and local attractions.
- Security – you gain peace of mind knowing your home is in a secure community with assistance on site. Head out on your next big trip with no worries about the house.
- Safety – homes are designed with safety in mind, including handrails and may even include a medical alert system, if ever needed.

And the biggest benefit of today's senior living communities – choices. You pick how to spend your day. Your only problem may be too many choices (and that's not a bad problem to have!)

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There is a reason we use our residents as our photo models. We want you to see real people at real communities enjoying the life they choose. Whether it's joining friends in a card game, taking a stroll around the grounds, stepping on the bus for an excursion or getting together to share a meal, our residents find everything they need right here.

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Real Men of Sacramento

Hello *Sacramento Lifestyle* friends! The June issue is here and we have so much for you to read about and look through. This month's issue is all about men and our feature story is *The Real Men of Sacramento*. Each individual we interviewed has a great story. Hope you enjoy reading about each one of them as much as we enjoyed writing about them.

You'll also want to read about a new treatment for "menopause" at Parkside Pharmacy. John and Michelle Ortego had a unique idea when they opened their pharmacy in 2009—to combine their interests and expertise in compounding, pharmaceuticals, skin care and gifts. What evolved was a business that customers enjoy visiting, whether for customized medicine or a spa day.

Next up, one of our writers tracks down the latest fashions in men's summer wear. Whether it's a tailor-made suit, slim-fitting pants, or a pair of new wing-tipped Oxfords, move over stylish gals because guys, too, have a penchant for fashion, and some of the summer's latest trends even include a taste for short-shorts.

On the financial side of things, if you're asking yourself, "Is it too late for me to begin saving for retirement?" Find out what our financial guru, Bryan Bentley, has to say.... Check out the Sacramento debut of the new movie *Meet the Blacks*, featuring the film's director, Deon Taylor, in our Good Times section. Also covered in that section are recent events like the Sacramento Food Film Festival and the Sacramento Beer and Chili Festival. Check them out to see if we captured a photo of you and your friends.

And it goes without saying that we couldn't do any of it without the businesses that put their trust in partnering with us. When you visit one of our advertisers or call for that free estimate, please let them know you read about them in *Sacramento Lifestyle*.

Enjoy your read, and don't forget that if you know of anyone that has done and is doing something great for our community, please write in so we can share the stories.

Happy Father's Day to all the Dads and I look forward to seeing you around town!

Always my best,

Lori Cruz, Publisher
LCruz@LifestylePubs.com

SacramentoLifestylePubs.com

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TALK TO US



Sacramento

L I F E S T Y L E

JUNE 2016

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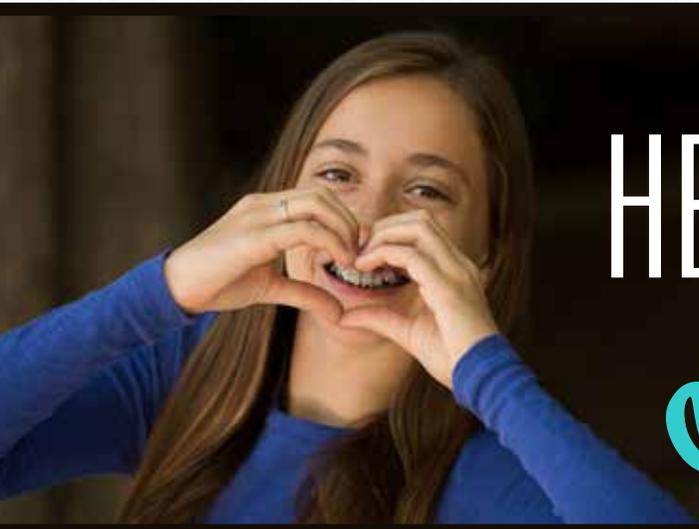
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Sacramento Food Film Festival Premier

This year's Sacramento Food Film Festival kicked off with a premier event at Turn Verein featuring an all-star cast of local chefs pairing bites with short food films. **PHOTOGRAPHY BY AMY NICOLE AND MARITA MADELONI.**



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Sacramento Chili and Beer Festival

Sacramento Artists Council, Inc., a local non-profit organization that provides funding for art programs for at-risk children and Sacramento regional schools, hosted the fifth annual Sacramento Beer and Chili Festival at Roosevelt Park.



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Director of Meet the Blacks Attends Debut of His Movie

Deon Taylor, director of the new movie *Meet the Blacks* was on hand for a debut of his movie at a local theater in South Sacramento. **PHOTOGRAPHY BY STEVEN HELLON.**





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Wed., Sept. 14
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Thurs., June 9
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Thurs., August 4
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AROUND TOWN

POPS IN THE PARK

Pops in the Park brings free, quality entertainment to East Sacramento during the month of June. Brought to the community by Councilmember Jeff Harris, the concerts are held in four different neighborhood parks. Sponsorship and advertising dollars, as well as proceeds from the sale of food and beverages at the event are used to enhance neighborhood parks and provide youth athletic scholarships. Choose from one of the concerts below, or enjoy all four. **EastSacPopsInThePark.com**

Saturday, June 4, 2016, 6 pm: East Portal Park - The Count

Saturday, June 11, 2016, 6 pm: Bertha Henschel Park - Beth Duncan Swing'n Jazz Band

Saturday, June 18, 2016, 6 pm: McKinley Park - Joy and Madness and Walking Spanish

Saturday, June 25, 2016, 6 pm: Glenn Hall Park - AKA live

SECOND ANNUAL FIRST FESTIVAL

Sacramento's grass roots, all local music festival returns on Saturday, June 18th and Sunday, June 19th for two days of fun and talent from the Sacramento region. There will be two stages with 25 bands. This event showcases some of the year's best local talent. Enjoy delicious food and local craft beer available at three



pouring stations. Vendors, crafters and artists will also be onsite. Single day tickets are \$30 and weekend passes are \$50. 12 pm - 10 pm, Southside Park, 2115 6th Street, Downtown Sacramento. **FirstFestivalSacramento.com**

WORLD WAR I REVISITED 1916 SERIES

Presented by Sacramento Public Library at the Central Library. This series will feature scholars and historians with exceptional knowledge of the first World War. Admission is free. More information is available at **SacLibrary.org**.

Saturday, June 4 (1pm-4pm): Lawrence of Arabia

Join in for a showing of 1962's WWI epic film, *Lawrence of Arabia*, starring Peter O'Toole and Omar Sharif.

Sunday, June 12 (Noon-1:30pm): This Unending War - 1916 and the Year of the Big Battles

This talk will be presented by WWI Historical Association President Sal Compagno.

Sunday, June 26 (3pm-4:30pm): The 1916 Battle of the Somme - As It Was Fought and As It Is Remembered

This event will be presented by History Channel contributor, military history editor, and publisher Michael Hanlon.

Sunday, July 10 (1pm-2:30pm): The Great War's Impact on Aviation - The Third Dimension Ascends

WWI writer and scholar Colonel (USAF ret.) Terrance Finnegan will present this talk.

CROCKER ART MUSEUM

Two new exhibits are opening at the Crocker Art Museum on June 19th:

Little Dreams in Glass and Metal, Enameling in America, 1920 to the Present. Through September 11, 2016.

Ourselves through the Lens, Photography from the Ramer Collection. Through October 23, 2016

CrockerArtMuseum.org



BEAR IN MIND: THE STORY OF THE GRIZZLY

Based on Susan Snyder's 2004 book of the same name published by Heyday Books, *Bear In Mind: The Story of the California Grizzly* is a traveling exhibit chronicling the complex history of the state's most iconic symbol, the grizzly.

Once the most powerful animal in the state's landscape, the grizzly has been extinct in California since the 1920s but lives on as a steadfast symbol, reflecting the spirit of independence, strength, and adaptability the state is world-renowned for. Through artifacts and ephemera on loan from institutions including The Bancroft Library at UC Berkeley, the California State Library and the California Academy of Sciences, the exhibit reveals the grizzly's enduring cultural legacy over the last 200 years that continues to embody California's ideals in the 21st century.

Produced and toured by Exhibit Envoy, the exhibit was developed in partnership by The Bancroft Library at UC Berkeley and Heyday Books, with support from the William Randolph Hearst Foundation and Bank of the West.

Continuing through June 30th at the California Museum, 1020 O Street, Sacramento. General admission is \$8.50, \$7.00 for seniors and college students, \$6.00 for ages 6 - 13, and 5 and under free. **CaliforniaMuseum.org**

Is it Too Late to Save for Retirement?

ARTICLE BRYAN BENTLEY

You are in your mid-40s, or maybe older, and it dawns on you that your college days are looking further and further in your rear view mirror and the exit sign for retirement is quickly approaching. As you sit down at your kitchen table to assess your overall financial situation, you begin to ponder the life and financial mistakes you have made. You ask yourself, “Is it too late for me to begin saving for retirement?”, and the answer is no. You should never feel like you are so far behind that you shouldn’t begin setting goals to achieve your dream of making work optional. Here are some steps to take to get on the right track.

▪ SET GOALS (AND REVIEW THEM REGULARLY)

The most important thing at the start of the process is to set some defined goals. You may not be able to accumulate millions, but the key is finding out how much you will need, in addition to social security and other pensions, to save now to help you recreate a paycheck down the road. You can also figure out how aggressive you’ll need to be with your financial plan.

▪ GET YOUR EXPENSES IN ORDER

At age 45, the next 15 to 20 years should be your peak earning years. If you get your expenses in order, you’ll be able to save more of those bonuses and salary increases as they happen. One of the keys to making up the ground you lost from early compounding of your retirement assets is to minimize your expenses. This may mean a smaller house, used cars, and don’t expand your lifestyle if your income increases.

▪ PAY DOWN DEBT

As you approach retirement, you want to be sure you pay down all consumer debt. You also want to work aggressively to pay down your mortgage. If you can’t save up enough money, then reducing overall expenses will be an important part of this equation.

▪ TAKE ADVANTAGE OF CATCH-UP RULES

50 is always a big birthday milestone in people’s lives. While you may take a dream vacation or throw a big party, it actually triggers an important switch when it comes to savings. For both your 401(k) plan at work and for your IRA/Roth IRA contributions, you can start to put away more money into these plans. Once you turn fifty, if you have the cash flow, you should immediately accelerate to the maximum on all of these catch up provisions

▪ TALK TO YOUR KIDS

If one of the reasons you are in this bind is because your children are living the good life at your expense, it is probably time to sit down and talk about why things need to change. We all want our kids to have a better life than we did, but it’s not worth jeopardizing our own retirement. Ask a 21 year old if they remember all of the gifts they got from five to ten years old, and they won’t be able to tell you.

These are just a few of the steps to get on the right track toward a successful retirement, but the key is to remain disciplined and get started right away.

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A Look Inside Parkside Pharmacy

LAND PARK'S BOUTIQUE PHARMACY IS WORKING TO TREAT "MANOPAUSE"

ARTICLE ALLISON HOPKINS | PHOTOGRAPHY PROVIDED

John and Michelle Ortego had a unique idea when they opened Parkside Pharmacy in 2009—to combine their interests and expertise in compounding, pharmaceuticals, skin care and gifts. What evolved was a business that customers enjoy visiting, whether for customized medicine or a spa day.

"We had a business plan that had won national recognition and when Land Park Pharmacy was bought and closed by Rite Aid, the stars aligned just right for us to come in and do a start-up business in a spot that had been a corner drug store for over 50 years," says John Ortego.

Ortego, a Sacramento native and 2006 Doctor of Pharmacy graduate from University of the Pacific, hopes to carry on the tradition of the independent pharmacists who served the Land Park neighborhood before him. One condition he is treating is a bit unknown: manopause (also known as andropause or male menopause). Yes, you read it correctly! This term is used to describe the changes in hormone production that men experience as they age. A November 2012 blog post on Ortego's website by Heather Sakai, a pharmacist and former intern to Ortego, states that the level of testosterone in men can start to decline gradually as early as 35 years old, at a rate of 1 to 1.5 percent annually. It also states that this decline is seen in about 39 percent of males over 45 years old.

"Often we sort of overlook men, because we don't think of men as going through menopause, having hot flashes, mood swings, etc.," says Ortego, who treats some of his male patients with bioidentical hormone replacement therapy (BHRT), a solution that has gained popularity to resolve menopause in women.

Ortego's "manopause" patients may be experiencing weakness, fatigue, and decreased muscle mass and bone density. They may also

suffer from depression, hair loss and/or sexual issues. To check testosterone levels, he performs a saliva test.

"It's not always just as simple as testosterone though," says Ortego. "The adrenals and thyroid need to be considered as well, along with diet, exercise and life's stressors. I like to make sure men that come in seeking answers are referred to a practitioner who will look at them from a holistic or functional approach."

If it's determined to treat the patient with BHRT versus a more conventional method, the approach involves supplementing hormones that are molecularly identical to the hormones produced in the body, available from compounding pharmacies. According to Sakai's article, the concept of using BHRT in men is similar to the treatment in women, just with different hormones. The main benefit? Using compounded medications enables the pharmacist to provide individualized treatment—the strength of the medicine, schedule of when to take it, and how it is administered can all be customized.

This past year, Ortego attained Pharmacy Compounding Accreditation Board (PCAB) certification, a status that no other compounding pharmacy in the greater Sacramento valley can claim.

"On a daily basis, we are receiving genuine gratitude from people we've customized very specialized medicine for," says Ortego. "Sometimes it's literally life-sustaining, while other times it might just be saving them money or adding convenience. Doctors and veterinarians rely heavily on us to help solve problems in situations where without compounding there often would be no acceptable solution."

To learn more, visit Parkside Pharmacy at 4404 Del Rio Rd. in Sacramento or MyParksidePharmacy.com.



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REAL MEN OF SACRAMENTO

ARTICLE LAURA WINN | PHOTOGRAPHY PROVIDED

“Nothing great was ever achieved without enthusiasm.” In their careers and in their charitable contributions, the four real men of Sacramento embody this Ralph Waldo Emerson quote. They give of their time, talents and pocketbooks to make a difference in Sacramento and beyond.

Dave Harmon

DAVE HARMON

Dave Harmon did not win the title of Sacramento's Most Eligible Bachelor, and he's a bit relieved. “It would be kind of embarrassing if a year from now I had won but still didn't have a date,” he laughs. Besides, he only agreed to the contest, hosted by Girls on the Grid, because it benefited WEAVE.

For Harmon, philanthropy is the focus of his life. The 33-year-old sits on the local boards of the Ronald McDonald Foundation and Construction Financial Management Association and serves as president of the Northern California Sigma Chi Alumni Association. He is also the co-founder of a new charity, The Council, which plans to raise \$10,000 for a different charity at each of the council's quarterly events.

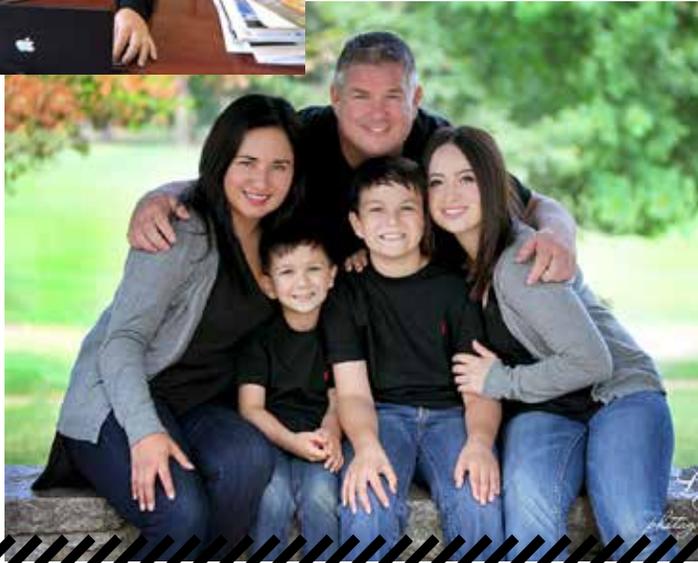
By trade, the ambitious Midtown resident delivers financial advice to public and private companies as a senior vice president with Bank of America in client management.

While banking has always interested him, Harmon first traveled down a different career path. Listeners of 100.5 FM might remember him as an on-air personality back when the station was still “The Zone.”

But for Harmon, a graduate of Sacramento State's journalism program, the job failed to satisfy his professional goals.

Following in his grandfather's banking footsteps was a better fit. “I have the coolest job in the world. I travel around and talk to successfully minded business people,” he says. “I'm always looking to make opportunities happen.”





MYLES MCMAHON

Self-described “ADD type” Myles McMahon found his perfect career match in real estate. As broker and owner of McMahon Phillips Real Estate, every day presents a variety of tasks to keep him focused—new clients, different houses to sell and deals to negotiate. “My job is a challenge because you have to be a people person and deal with people in their strange ways while staying a businessman who can manage effectively,” he says.

You also have to be creative to stand out in a competitive market. That's where his High Five program comes in. At McMahon Phillips, sellers and buyers can direct 5 percent of the company's dollar to an area school. That 5 percent is taken out after all the agents' fees; a \$400,000 home nets roughly a \$100 donation for an elementary, middle or high school.

“It's not a huge amount, but \$100 can go a long way in a school library,” McMahon says. Plus, the program helps align his business with the Land Park community, a historic slice of Sacramento he is proud to live, work and play in.

On weekends you can catch him at the park “herding cats” AKA coaching T-Ball for his youngest son's team. As a father, McMahon stresses that family is the most important thing to him and McMahon Phillips is run like a family business. “We're a mom and pop company, but with really good technology.”

CONTINUED >

Myles McMahon



RICHARD JONES

Dr. Richard Jones didn't initially set his sights on eye medicine. After graduating in the top 1 percent of his class at the University of Texas Medical Branch, he completed a surgical internship. Although he liked the work, he often found himself operating on patients too sick to appreciate the procedures.

He decided to put his surgical skills to work in a field where his patients could truly see the difference: ophthalmology. At Eye Site Sacramento, a private practice in East Sac, Jones and his partner, Dr. Christian Serdahl, provide routine eye care and cutting-edge surgeries for everyone from "millionaires to paupers."

"It's my duty as a physician to take care of all people whether they can afford it not," Jones says.

In service of that duty, he provides free, restorative eye surgeries to the uninsured, indigent members of the community through the SPIRIT program of the Sierra Sacramento Valley Medical Society.

These surgeries change lives. The trucker is able to drive again. The Cirque du Soleil artist can dazzle crowds once more.

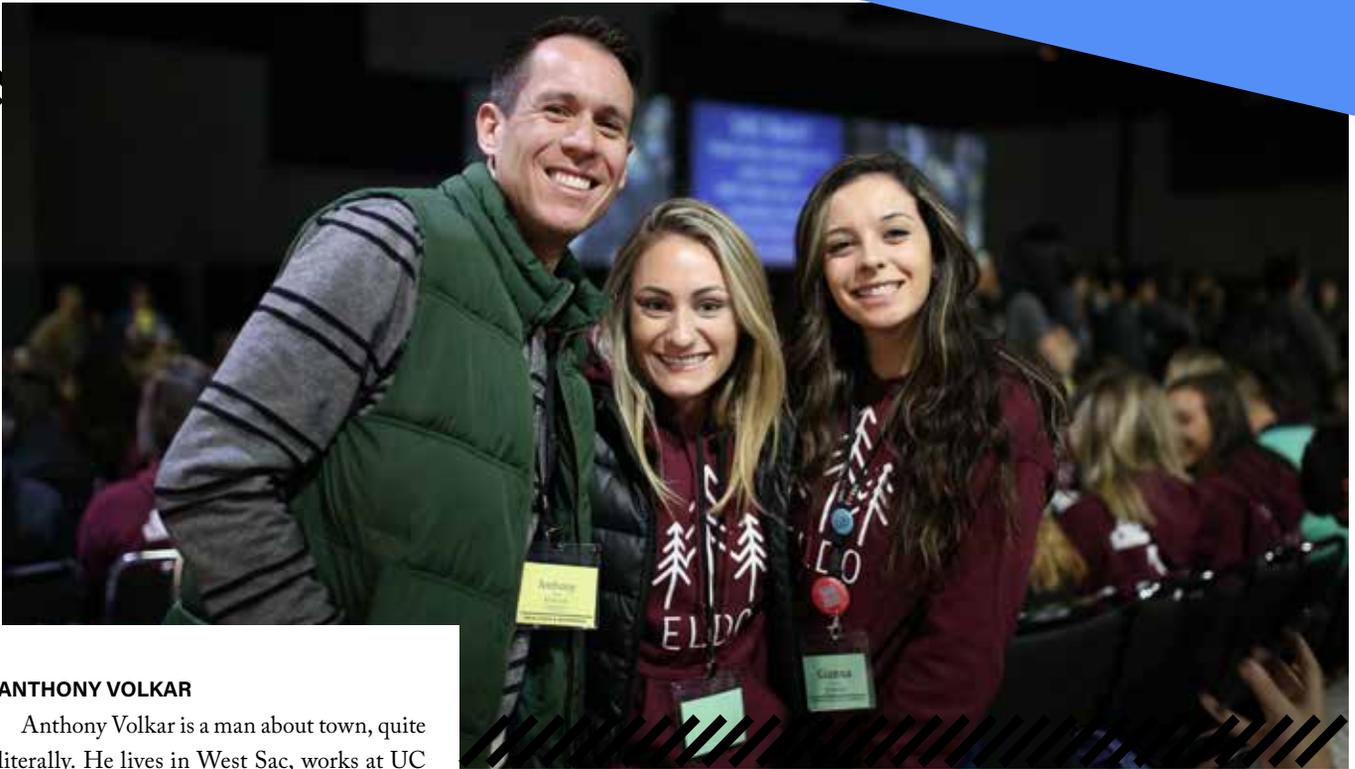
"It's kind of a thrill to restore a person's eyesight, to see their smile the next day. It's a warm fuzzy feeling," he explains.

As a leader in ophthalmology, Jones serves as a delegate of the California Medical Association. That's also how he met his wife, Dr. Lydia Wyrzes, a sleep specialist. The two first crossed paths at the annual convention, where they work to improve the practice of medicine and public health.

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Richard Jones





ANTHONY VOLKAR

Anthony Volkar is a man about town, quite literally. He lives in West Sac, works at UC Davis and every week he treks up to Oak Ridge High School to counsel his kids—all 170 of them—in the ways of democracy as the Lead Adviser of the YMCA's El Dorado Youth and Government Delegation, a role he stepped into six years ago when there were “just” 80 kids.

Volkar guides teens as they prepare for three statewide conferences, including a Model Legislature and Court at the State Capitol. Each year, Volkar sees how the program pushes kids out of their comfort zones and boosts their confidence so they can run for office or even start their own businesses.

But it's not just about goals and government. As an adult who is neither parent nor teacher, Volkar is a mentor the kids can talk to and relate to on a different level. He's also the recipient of the 2016 Volunteer of the Year Award from YMCA Sacramento Central, which he says is appreciated but unnecessary.

Volkar says he volunteers because he knows the impact the program makes. His own high school experience as a youth and government delegate influenced his decision to study political science and communications at UC Davis. Today, he oversees the student side of the MyUCDavis website.

In his “spare” time, Volkar, volunteers for the American Cancer Society and coordinates the Relay for Life event in West Sacramento.

Anthony Volkar





MEN'S SUMMER FASHIONS

Upcoming Trends

MOVE OVER STYLISH GALS, MEN'S FASHIONS ARE HEATING UP THIS SUMMER.

ARTICLE STEPH RODRIGUEZ
PHOTOGRAPHY CLAYTON BRADLEY



Lightweight Blazer

This summer, women won't be the only ones who show a little skin, nor will they be the only ones with an appreciation for quality fabric, busy patterns and vintage-style apparel. Whether it's a tailor-made suit, slim-fitting pants, or a pair of new wing-tipped Oxfords, move over stylish gals because guys, too, have a penchant for fashion, and some of the summer's latest trends even include a taste for short-shorts.

When it comes to sharp-dressed fashions, Ryan Hammonds, owner of R. Douglas Custom Clothier is an expert in the field. From myriad buttons and tie clips to the endless variety and colors of fabric swatches he keeps on hand, Hammonds says this summer is all about texture.

"A lot of textures are showing up this summer with the linen, cotton and silk blends," he says. "In men's fashion, you accent with certain textures like a linen shirt paired up with a cotton pant and we're seeing that in men's tailored-wear as well."

R. Douglas Custom Clothier specializes in men's tailored fashion and business casual wear, but a few key pieces to keep an eye out for this summer include light-weight fabrics like silk, linen-wool blends, and also bamboo polos and button downs. Hammond says his store sells a lot of blazers made out of bamboo, a surprisingly breathable fabric that's silk to the touch. He also recommends light-weight bomber jackets for those cooler Delta breeze evenings.

Whatever your style, here are the top five trends in fashion to make you the best-dressed man in the room or even on the river this season:

'50S-ERA SHIRTS

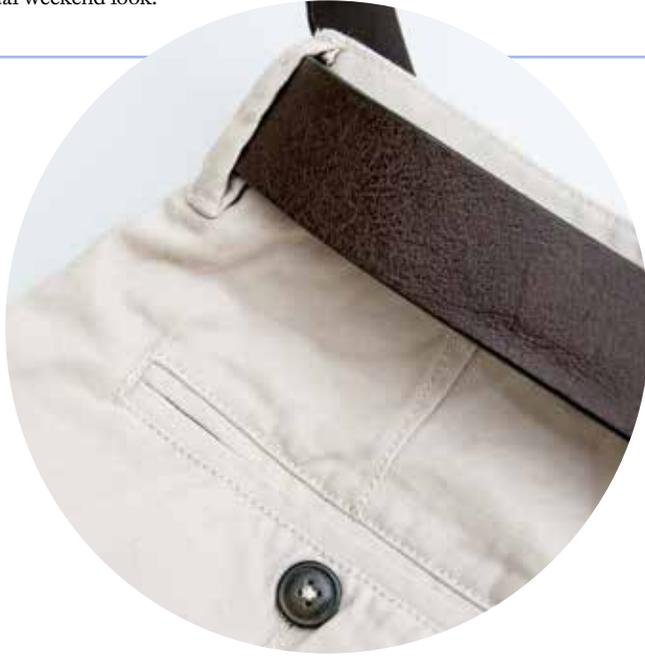
These light fabric vintage button downs are perfect for any occasion. According to Hammonds, light pastels are always popular and so is tan linen, light lavender and also light blues. Stock up on '50s-era attire at Ed's Threads, Kicksville Vinyl & Vintage, or hit the racks at Freestyle Clothing Exchange to keep up with the latest *it* trend of the summer.



CONTINUED >

CHINOS

Popularized in the '60s by the American military, chinos are a type of trouser made from cotton or a cotton-blend that give this pant its versatility, allowing it to be dressed up or down. With its slim-fitting appeal, chinos are the perfect choice for any fashionable gentlemen. This summer, white chinos are in and worn best with brown loafers or a pair of Chuck Taylor's for a more casual weekend look.

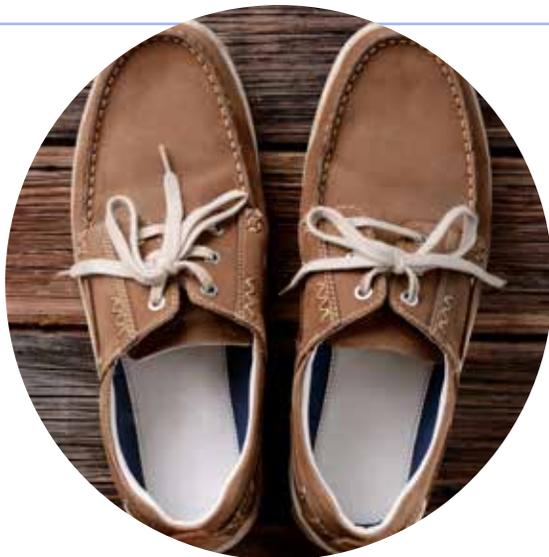


SHORTER SHORTS

Whether it's bright and busy patterns for those days relaxing by the river, bleach-spotted denim for afternoon lunch dates, or a more tailored style during the evening with buttons down the front, men wear short shorts. For Hammonds, this trend is expected. He says, "The fact that the shorts are getting shorter makes sense because the pants are getting more trimmed and shorter."

LOAFERS

In spring and summer, you'll see a lot of loafers and Hammonds says, "It's common to do the no-show ankle sock and pair that up with a loafer. If the guys are wearing the pants shorter and more cropped, it's OK to show the ankle." Finish up this style with a bright-colored, patterned sock and you'll be set all summer long.



BOMBER JACKETS AND BLAZERS

As a man who keeps up on the latest trends, Hammonds says he saw the popularity in bomber jackets last season as well. "In summer, everything is lightweight. If you're wearing a bomber it's probably going to be more of a windbreaker-style jacket than something with some weight to it. With men's tailored blazers, we're commonly half-lining the jackets so it keeps the jacket lighter-weight and a bit more breathable in the back panel of the jacket. So, if they do need to wear something extra in the evening, it won't get too heavy."

Recently **SOLD** Sacramento Properties

Neighborhood	List Price	Sold Price	%Sold/List	DOM*	Beds	Baths
5630 Monte Claire Lane, Loomis	\$1,355,000	\$1,260,000	93%	84	4	3/2
9645 Wexford Cir, Granite Bay	\$995,000	\$1,080,000	108%	9	5	6
10123 Lupine Ln , Auburn	\$849,000	\$849,000	100%	295	5	4
5290 Moss Ln, Granite Bay	\$949,000	\$975,000	102%	11	4	3
6255 Oakridge Way, Sacramento	\$895,000	\$850,000	95%	3	4	4
3741 Bridlewood Way, Roseville	\$799,000	\$780,000	98%	184	5	3/1
1209 El Toro Way, Sacramento	\$499,000	\$479,000	96%	356	5	3
111 Woodsmoke Way, Folsom	\$644,900	\$610,000	95%	331	4	2/1
3843 Berrendo Dr, Sacramento	\$575,000	\$550,000	96%	10	3	2
2210 26th St, Sacramento	\$595,000	\$570,000	96%	16	*Fourplex	N/A
4512 Saxony, Rocklin	\$680,000	\$665,000	98%	33	4	3
2747 Pennefeather Ln, Lincoln	\$520,000	\$515,000	99%	28	5	3
1740 Montana Ave, Sacramento	\$525,000	\$525,000	100%	7	5	4
4005 Albert Cir, El Dorado Hills	\$559,950	\$555,000	99%	81	4	2/1
2019 Beckett Dr, El Dorado Hills	\$529,000	\$529,000	100%	11	4	2/1
108 Foxridge Dr, Folsom	\$629,000	\$610,000	97%	21	6	3/1
2516 Kennedy Pl, El Dorado Hills	\$535,000	\$535,000	100%	52	5	3/1
8054 Shadowwood Ct , Granite Bay	\$539,000	\$525,000	97%	46	4	3
1080 La Sierra Dr, Sacramento	\$550,000	\$575,000	104%	75	4	2
940 El Oro Dr, Auburn	\$609,000	\$550,000	90%	13	4	3/1
702 Anna Pl , El Dorado Hills	\$529,000	\$509,000	96%	45	4	3
106 Fallon Ln, Sacramento	\$599,000	\$580,000	97%	165	4	3
720 Rolling Green Dr, West Sacramento	\$585,000	\$585,000	100%	277	6	5
3757 College Ave., Sacramento	\$725,000	\$685,000	94%	22	4	3

Information obtained from Comparative Market Analysis for 09-01-15 through 09-30-15. *DOM=Days on Market.



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THE 2016 DODGE

ARTICLE AND PHOTOGRAPHY ORRIE PELC

CHALLENGER

A RETRO-STYLED MODERN DRIVING MACHINE

Today, we have our pick of retro-styled driving machines inspired by the cars of yesteryear. The segment that exemplifies this trend is the American-made muscle car, with nearly every domestic manufacturer breathing new life into iconic names from the past. If you're looking for a ride that will give you the most nostalgic experience, while still offering the modern amenities you expect from a contemporary vehicle, look no further than the 2016 Dodge Challenger.

The first thing you'll notice is the unmistakably masculine contour of the car. The squared frame of this beast immediately harkens back to images from the 1971 movie *Vanishing Point*. Both front and back are modernized, but still faithful takes on the original vehicle from four decades past. Its sharp lines and no-nonsense shape assures you that you're not in for a sanitized, bland experience here. The 20-inch black, forged aluminum wheels clearly mean business.

A look inside reveals an updated, much more comfortable rendition of the original's cabin. Our test vehicle's cloth seats felt very supportive and gave the impression that long-distance driving would not result in

fatigue for front seat occupants. Rear seating offers full buckets, but legroom may be hard to find for those who are more legs than torso. Trunk space was immense - plenty for two or three pieces of larger luggage, and then some.

Once in the driver's seat, your attention turns to the simplicity of the center console. It's driver-focused in that the buttons are large, very legible, and are quite literally aimed toward the driver. Dual-zone heat and A/C controls are easily marked and located just in front of the gearshift. Once you move your gaze to the gauge cluster, you'll be welcomed to the homage of two large dials for the tachometer and speedometer, separated by a well-designed multi-function LCD display, which can display a slew of information, from fuel economy to tire pressure levels.

But it's not all retro here. The central-mounted large touchscreen makes controlling the infotainment system a snap. In addition to the standard navigation and radio you'd expect, other applications available range from weather to turning the car into a WiFi hotspot (both



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require subscriptions). The standard-equipped Integrated Voice Command with Bluetooth features are handy when you're focused on piloting the vehicle and wish to fiddle with accessories. An optional power sunroof lights up the passenger cabin nicely.

Once you press the push-button start, however, you'll quickly lose interest in all the gadgets and toys, and get excited about the rumbling engine hidden beneath the hood. Our test vehicle had a 5.7L HEMI V8 engine pushing out 375 horsepower and a whopping 410 lb-ft of torque. There are three other engine choices, ranging from a 3.6L V6 at the low end, all the way to the positively absurd supercharged Hellcat 6.2L HEMI V8, if you really feel the need for, and can control, 707 horsepower and 650 lb-ft of torque. Our tester was fitted with a 6-speed manual transmission, but an 8-speed automatic is also available. The car is very quick to pick up speed, yet does it in an unassuming way, which could get you in trouble if you don't

notice you're suddenly moving at well above legal speeds. That certainly didn't happen to me. No, definitely not. Straight-line pull was very entertaining, but didn't feel dangerous, though I suspect the Hellcat engine may have something to say about that. The sound is growly and menacing, but even in Sport mode, it wasn't intrusive or unpleasant in any way. Brakes were excellent, stopping the vehicle as quickly as the engine moves it.

Fuel economy for our tester was 19/30 city/highway, with the larger engines being thirstier, of course. Prospective buyers of this model won't be dissuaded from it for this, however, as performance like this doesn't come without some cost.

Speaking of cost, our test vehicle's MSRP at **SacSuperStore** on Fulton Avenue was \$36,970. One thing worth noting about the Challenger is that it is highly customizable. The options list - engine, interior, sound and performance packages - is quite extensive. As a result, prices range from

around \$27,000 for a stripped-down base model all the way into the \$65,000 range for one of those fearful Hellcats.

The 2016 Dodge Challenger offers throw-back styling, modern safety and conveniences and thrilling performance, in a package that has great road presence and can be obtained without breaking the bank, unless you want to. If a fun, stylish car is in the cards for you this summer, you'd do well to give the Challenger a spot among your contenders.



June

ALL MONTH

OLD SACRAMENTO UNDERGROUND TOURS

OLD SACRAMENTO

Take this historical tour of the hollow sidewalks, sloped alleyways and spaces underneath Old Sacramento. Learn how streets and buildings were jacked up, out of the flood waters during the 1860s and 1870s. Tours are offered throughout the day, everyday through June, and continue until December. \$15 for adults, \$10 for youth.

SacHistoryMuseum.org for tickets and information.

Tours begin at 10:30. Check website for times.

JUNE 3 - 5

TASTE OF SUMMER

SACRAMENTO

This popular event includes a winemaker's dinner, the Save Mart Grape Escape with more than 60 regional wineries participating and the Farm-to-Fork Sunday Brunch. **FarmToFork.com**



EVERY FRIDAY NIGHT

FREE CONCERTS IN THE PARK

CESAR CHAVEZ PLAZA

Looking for something fun to do on a Friday night? Grab and beer and join in downtown Sac's largest outdoor happy hour – Fridays from 5 – 9 p.m., May 6 – July 29. June 3- Hail the Sun, June 10 - Authority Zero, June 17 - Vokab Kompany, June 24- Arden Park Roots. **GoDowntownSac.com**

JUNE 4

3RD ANNUAL SACRAMENTO TACO FESTIVAL

NORTH SACRAMENTO

Who doesn't love tacos? Join in a fun filled day featuring continuous entertainment, arts and crafts, contests and competitions, and tacos, tacos, tacos! Tickets \$10 for adults, children 10 and under free.

SacTacoFest.com



JUNE 4

CROCKER ART MUSEUM ART AUCTION

SACRAMENTO

One of the preeminent auctions of the region, this art-filled evening features works by more than 100 of the region's most renowned artists. Enjoy a fabulous cocktail followed by a gourmet dinner and exciting live auction.

To purchase tickets or for more information, call (916) 808-7843 or visit **CrockerArtMuseum.org**.



JUNE 5

WOMEN'S FITNESS FESTIVAL

SACRAMENTO

Grab your sisters, mothers, daughters and girlfriends for Kaiser Permanent Women's Fitness Festival. This is Sacramento's largest all women's event. New this year is a 10K race, as well as the 5K option, followed by breakfast and post-race mimosas. Register at **WomensFitnessFestival.com**.

JUNE 11

BREW FOR A CURE

WILLIAM LAND PARK

Enjoy a summer afternoon of beer tasting, food trucks and live music at William Land Park and support the mission to find a cure for Type 1



diabetes. General admission tickets are \$40.00, designated drivers \$10.00. For more information, visit BrewForACureSacramento.com.

JUNE 16

JAZZ NIGHT: JAMIE DAVIS AND THE JOE GILMAN QUARTET

CROCKER ART MUSEUM

Jazz Night at the Crocker series kicks off with The Joe Gilman Quartet on the cafe stage and Jamie Davis on the main. Tickets are \$7 for members, \$14 for non-members, \$12 for students/youth. \$3 additional at the door. To purchase tickets in advance, visit CrockerArtMuseum.org.

JUNE 17

FAMILY CAMPOUT AT FAIRYTALE TOWN SACRAMENTO

Spend the night in Fairytale Town's storybook park. This exciting overnight adventure includes a theater performance, arts and crafts activities, a scavenger hunt, bedtime stories and a sing-along. Wake up the next morning under Fairytale Town's canopy of trees to a light continental breakfast. Prices range from \$25-\$30 per person and include all activities. Visit FairyTaleTown.org or call (916) 808-7462.

JUNE 17 - 19

WIZARD WORLD COMIC CON

SACRAMENTO CONVENTION CENTER

Join tens of thousands of fellow fans as they converge on the Sacramento Convention Center at Wizard World Comic Con Sacramento to celebrate the best in pop culture!

Wizard World Comic Con Sacramento brings it all -- movies, comics, toys, video gaming, games, TV, graphic novels, horror, wrestling, anime, manga, and more. Tickets \$39.95 - \$79.95. WizardWorld.com **CONTINUED >**

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JUNE 24

BEHIND-THE-SCENES ARCHIVE TOUR

CALIFORNIA STATE ARCHIVES - SACRAMENTO

Looking for a "cool" encounter with California history? Take a behind-the-scenes tour of the California State Archives. Enjoy this guided tour of collections documenting California's rich history and state government. View one-of-a-kind historical documents in the Archives' collections of records including more than 100 million documents, 20,000 maps and architectural drawings, 250,000 photographs, and thousands of video and audio recordings. SOS.ca.gov



JUNE 26

7TH ANNUAL RED SHOE CRAWL

SACRAMENTO

Grab your friends and family and join in the 7th Annual Red Shoe Crawl to support Ronald McDonald House Charities. Sample culinary delights from the best restaurants in the region while leisurely strolling from restaurant to restaurant in the downtown and midtown areas of Sacramento. General tickets \$60, Premium tickets \$80. Rmhnc.org

JUNE 30

CRAFTS AND COCKTAILS

CROCKER ART MUSEUM

Join in the Crocker courtyard for an evening of refreshing cocktails and festive crafting! Crocker provides a variety of supplies to create summer treasures and 4th of July decorations. Each ticket includes one cocktail or two nonalcoholic refreshers, and a no-host cash bar will be available throughout the evening. Museum admission included. Members \$18, non-members \$25. Purchase tickets at CrockerArtMuseum.org.



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HAPPY
FATHERS
DAY

THANK GOODNESS FOR THE MEN IN OUR LIVES

WORDS PAMELA BAKER

June is such a big month. So much is happening! School lets out, summer returns, graduations are taking place, weddings abound, warm weather is here and everyone is outside barbecuing. This issue is all about men, so fitting for the month that we celebrate Father's Day and those men in our lives. And on that topic, I want to pay special tribute to two men in my life that were instrumental in helping me to be successful in my life and in my career.

That first man, of course, is my father. Eighty-seven years old now, a little slower, a little hard of hearing, but his mind is still just as sharp as a tack. Throughout my life, my Dad has always been there to support and encourage me. This is the man who taught me how to ride a bike, helped me buy my first car, and walked me down the aisle only after he was very sure that is what I wanted. Always there to help no matter how big or small the favor, without hesitation, cooking dinners, picking up kids after school, and baking all of the holiday pies for our family gatherings. He was the first man to encourage me in my education and my career. Setting me up for success in early childhood, Dad was always quick to remind me that I could do anything I set my mind to. In fact, he always expected it!

And the second man in my life who helped me achieve my goals is my husband. He was there for me through my final years of college, cared for our baby daughter while I marched toward graduation, and even drove me to night class so I wouldn't have to walk to my car alone after dark. When I started my career, he was my biggest champion. No matter the challenge, no matter what goal I set out for myself, this guy was always there to support and believe in me. "Have to work late tonight, dear? No problem. I'll help our daughter with her homework and save you some dinner." Out of town for a week for work? No worries. He took care of everything. In his eyes, women were equals and my career was just as important as his.

Now with our daughter, he sends the same message and provides the same loving support, promoting, encouraging her career moves in every way possible. He raised her and expected her to be a strong and independent woman.

I feel blessed to have had such great influences in my life. So embrace this month of June and celebrate the men in your life. And to all the dads out there reading this, Happy Father's Day! You made somebody's life special.

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