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Easing the Transition to Assisted Living

Moving to assisted living can be a major change and transition for your parent — and you too. It is not uncommon to experience feelings of anxiety, apprehension and to even be a little scared. It's a new home, new faces and new caregivers that will likely become like family.

There are ways you can help ease the transition period. The smoother the transition, the quicker your loved one will be making new friends, enjoying the benefits and services of the community and feeling at home.

7 Tips to Ease Your Parent's Move to Assisted Living

- ☐ Set up the apartment ahead of time, if possible. Hang pictures on the wall, put their favorite pillow and blanket on the bed. Make the environment familiar. Try to recreate the feel of home, yet keep it simple. Take time to choose items that are truly meaningful.
- ☐ Talk to staff before the move, especially those who will work directly with your parent(s). Make your mom or dad's daily routine and personal preferences, such as bedtime, daily walks or mealtimes, known. Also, know who to contact when you have questions or concerns so you can quickly resolve any potential issues.
- ☐ Evaluate your parents' wardrobe for comfortable clothing that fits properly and is easy to get on and off. Also, include their favorite item, whether a nightgown, sweatshirt or slippers, even if it is in poor condition. Don't underestimate how clothing can provide a sense of comfort and confidence.
- ☐ Have some of their favorites in the living room: snacks, books, magazines or music. Favorite items at their fingertips can help ease initial anxiety that is not uncommon during the first few weeks.
- ☐ Discuss your parent's interest with the activity coordinator. Do they love playing cards? Swimming? Gardening? Staff can introduce them to fellow card players; volunteers can take them for walk through nature. Many assisted living communities offer an abundance of activities as the majority (59%) of residents are in good to excellent health and want to remain active and social, according to the CDC.
- ☐ Create a family correspondence area. This could be a bulletin board for posting the latest pictures, a calendar with a schedule of planned visits and/or a tablet or mobile device that allows them to easily connect with family through social media, email or video.
- ☐ Leave your own guilt and worry at the door. Your parents know you best and will sense your emotions. Remember that you are caring for them by helping them get the professional care and assisted living benefits they deserve

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It's Back to School Time!

August is here, along with the heat, and the calendar says that summer is slowly churning to an end. This month also marks our 11th issue of *Sacramento Lifestyle Magazine* since we launched in October 2015. Soon we'll be celebrating our one year anniversary! We are growing strong thanks to your readership, the support of our advertisers and all of the fantastic contributions from our writers and photographers.

Back when I was a kid, school didn't start until after Labor Day in September. But now, with school calendars shifting over the years, August has become the traditional back to school month for many of our Sacramento schools. To help you and your children get ready, be sure to check out our "Back to School Tips."

Our "Real Wives" department continues with this month's woman, Melissa Shroud, a woman who leads a very full and varied life. You'll also enjoy our feature article on Sacramento's Sunday farmer's market. Many of you are already familiar with the busy and colorful market that takes place under the freeway between 8th and W Streets, but this month's story gives insight into the vendors that have operated at the market, some for many years.

We have a story about Allspicery, an exciting new venture in downtown Sacramento that you'll want to visit soon for those unique spices and cooking tips. And we have an update on the B Street Theatre expansion, with increased capacity to greatly benefit the community and the performers. Lastly, yours truly paid a visit to Bogle Winery for an encouraging and eye opening look at what the Bogle family practices to ensure sustainability of their vineyards for many years to come. If you are a fan of Bogle wines like I am, you'll be heartened to learn about all of the good that this third generation of wine makers does for the environment and the local community.

As always, we would love to hear from you with your feedback and story ideas. Like us on Facebook! Enjoy this issue and enjoy the last of the summer barbeques...

All my best,

Pam Baker

Pamela Baker, Editor
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ON THE COVER South Land Park home of Molly Penberth and Stuart Baker

Sacramento

L I F E S T Y L E

AUGUST 2016

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Lifestyle
PUBLICATIONS
Inspired by Community™

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Overland Park, KS 66282-3214

Proverbs 3:5-6

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Wine and Brew at the Zoo

Wine and Brew at the Zoo, the Sacramento Zoo's annual fundraising event offered unlimited tastes of local wines and craft beers and a stroll around the grounds to see the Zoo's animals.



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Sacramento Music Festival

The Sacramento Music Festival returned to the streets of Old Sacramento featuring four days of live music, great food and tons of fun!



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Crocker Art Museum's Big Names Small Art Auction

Crocker Art Museum's annual outdoor auction of small art created by well known local artists provided a fun evening of art, music and food.



Crocker Art Museum's Annual Art Auction and Dinner

This artful evening, one of the Crocker Art Museum's largest fundraisers, featured work by more than 100 of the region's finest artists, and included a silent auction followed by a gourmet dinner and an exciting live auction.





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AROUND TOWN

AVIATION SUMMER CAMP

Aerospace Museum of California, McClellan Park

August 1st - 4th

Aviation Summer Camp activities include flying aircraft using simulators, a visit to the U.S. Coast Guard Station and a short flight with a registered pilot. Monday through Thursday, 9 a.m. - 4 p.m. Ages 13 - 17. Cost is \$225 and class is limited to 12 students. **AeroSpaceCa.org**

SACRAMENTO BLACK WOMEN'S HEALTH AND WELLNESS CONFERENCE

University of California Davis, Education Building, Sacramento

August 6th, 9 a.m. - 3 p.m.

The 1st Annual Sacramento Black Women's Health and Wellness Conference (SBWHWC) will take place at the University of California, Davis-Education Building.

This conference's motto is "A Healthier You! A Healthier Me! A Healthier We!" The purpose of this conference is to focus on reducing health disparities that disproportionately affect Black women by raising awareness about mental and physical health. The conference will educate attendees about the importance of maintaining a healthy lifestyle.

The vision for this conference was birthed by the Encouraging Life Organization (ELO) and the Juliette Health Organization (JHO) whose founders, Jessica Brown and Chioko Grevious, are committed to the overall health and well-being of Black women. Together they have extensive experience in providing leadership to underserved communities.

This year's conference will aim to address these specific health disparities and engage a community to reach towards prevention. There will be a dynamic keynote speaker, informative workshops, invigorating yoga demonstrations, plus breakfast and lunch will be included. Cost is \$25. **SBWHWC.org**

CARMICHAEL CONCERTS IN THE PARK

Join in the annual summer Concerts in the Park series! Bring your family, blankets and lawn chairs and enjoy free music all summer long at the Daniel Bishop Memorial Pavilion at Carmichael Park. Food and beverage will be available for purchase. **CarmichaelPark.com**

August 6th, 6:30 - 8:30 pm,

Zydeco on Our Mind

August 7th, 5:00 - 7:00 pm,

John Skinner Band

August 13th, 6:30 - 8:30 pm,

Dave Russell Band

August 20th, 6:30 - 8:30 pm,

Peter Petty and His Titans of Terspichore

August 27th, 6:30 - 8:30 pm,

The Hucklebucks

August 28th, 5:00 - 7:00 pm,

Capitol Pops Concert Band

JUNIOR GOLF CAMP

Ancil Hoffman Park

August 8th - August 11th and August 22nd - 25th

During this four day camp, Ancil Hoffman Golf Course coaches will keep kids (ages 5 - 16) active, with an emphasis on having fun, while learning how to play the game of golf. Golf clubs are available if needed. No prior golf experience is needed. Cost is \$179 and includes daily lunch. **GolfAncilHoffman.com**

ARTMIX - COMBUST

Crocker Art Museum

August 11th, 5:00 - 9:00 pm

It's the Crocker's first Burning Man pre-party! Dance the night away to electronic beats, and scope art cars, ephemera, and performance art sure to blow your mind. Shop the Burning Man Marketplace to help you prep for the fete in true burner style! Meet and mix with local groups to check out their projects for the playa, and get a dust-free peek into this city in the desert. This event for guests 21 or older and is free for Museum members, and free with general admission for non-members. Enjoy food and drink discounts during happy hour from 5:00 - 6:00 pm and \$5 drink specials all night. Tickets can be purchased at **CrockerArtMuseum.org** or at the Museum admission desk.

FAMILY CAMPOUT AT FAIRYTALE TOWN

Friday, Aug. 12, 5:30 p.m. through Saturday, Aug. 13, 7 a.m.

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. Member discounts are available. For more information, **FairyTaleTown.org** or call 916.808.7462.

18TH ANNUAL RACE FOR THE ARTS

William Land Park

August 27th, 7 a.m. - 1 p.m.

Grab your running shoes and run or walk through shady William Land Park in Sacramento. Come out for the race and stay for the arts festival. The 18th Annual Race for the Arts raises funds and awareness of arts and culture in local communities. This event includes live entertainment (both on stage and along the racecourse), along with approximately 45 hands-on booths allowing attendees to experience the arts first hand.

100% of pledges raised through the race benefit schools' literary, drama, art, and music programs, as well as California nonprofit literary, visual, performing, and cultural arts organizations. Cost is \$30 by August 17th and \$35 after. **RaceForTheArts.com**

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Downtown Sacramento SPICES IT UP

ALLSPICERY OPENS AS THE FIRST SHOP OF ITS KIND IN SACRAMENTO

ARTICLE ALLISON HOPKINS | PHOTOGRAPHY PROVIDED



Visiting Allspicery in downtown Sacramento is truly a sensory experience where smells from around the world inspire endless culinary possibilities! For the local chefs and well-seasoned, at-home cooks, there's finally a place nearby to find fresh, unique flavors. For the novice in the kitchen, the shop introduces an abundance of ways to enhance traditional meals or create new entrees.

In fact, it's Heather Wong's travels around the world with her husband that have inspired the spices she cooks with and sells in her shop, which opened on April 1, 2016, just eight months after her daughter was born. At 34-years-old and a new mom, the extensive list of countries she has visited is impressive, though she feels there's so much more to see. She's excited to share flavors that are harder to find and to showcase a wide range of blends, spices and herbs, chiles, roots, salts and peppers, and sugars.

According to Wong, who has a degree in business and previously worked in sales in the renewable energy field, this new adventure to open a spice shop "chose her." On a whim, she submitted her idea to the Downtown Sacramento Foundation's Third Annual Calling All

Dreamers competition, which collects votes from the public for a new downtown storefront. She competed against 35 others and won, supporting her conclusion that this is, indeed, a need!

"I threw in the idea because I like to experiment with cooking," says Wong. "My husband and I have been inspired by a lot of our travels and try to recreate things at home and have had a really hard time finding certain ingredients."

With a prime location near the Capitol on 11th Street (between L and K streets), Allspicery is definitely attracting visitors who are walking by and curious to know what's inside. They are surprised to learn how some of the spices can be used. Wong has found that adding the Everything Bagel blend into mashed potatoes, black lime into soups

Heather Wong



and cinnamon sticks into chili can enrich traditional dishes. For the thrill seekers, it's Scorpion Pepper Death Salt in omelets. Dukkah, an Egyptian nut blend, has been a popular spice among customers who use it as a dipping sauce or brushed over flatbread... yum. Some visitors have found it interesting that cinchona bark can make tonic water.

What staple spices should every cook have on hand? Wong recommends the Aglio Olio E Peperoncino (a classic Italian spice blend), harissa (a blend inspired by the traditional Tunisian chile paste), Ethiopian Berbere, alderwood smoked sea salt and roasted garlic granules, to name a few. Many customers go straight to the "sweet" section, where cocoa nibs, habanero sugar, strawberry sugar and several types of cinnamons are favorite choices.

"People are excited and relieved to not have to go out of their way to get fresh spices anymore," says Wong, who recommends using spices within six months. "Sacramento is fast becoming one of the best food towns in the country and we are thrilled to help take our city to that next level."

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COMING SOON:

The New B Street Theatre

ARTICLE BARRY WISDOM
PHOTOGRAPHY BARRY WISDOM

An architectural rendering of the Sutter Children's Theatre



When Emmy-winning television, stage and film actor Tim Busfield (*thirtysomething*, *A Few Good Men*, *Field of Dreams*) founded a Sacramento-based professional children's theater troupe in 1986, there was no B Street Theatre, and certainly no grand plan to grow what City Councilman Steve Hansen calls "the little theater that could" into a multi-stage midtown performing arts destination. But, in May – after an 11-year campaign kicked off by a \$6 million Sutter Health land grant – the B Street broke ground at 27th Street and Capitol Avenue for just that. The new location will include a new \$26 million complex featuring two larger stages than the current B Street location offers, as well as a spacious lobby, a bistro-style cafe, a loading dock, and a small workshop, said Buck Busfield, Tim Busfield's brother, co-founder and producing artistic director of the B Street Theatre.

And unlike its present spot at 2711 B Street, it won't be backed up by a levee-supported train track that rumbles and whistles by on a regular basis – before, during and after shows.

B Street Board Chairman Garry Maisel said deep-pocketed donors such as Sutter Health and the City of Sacramento weren't the only supporters who kept the dream alive. It was a collaborative effort on the part of 950 individuals and organizations who believed in the Busfields' dedication to introducing theater to children and providing new works to Sacramento-area audiences. "They put us where we are today, which is under construction," said Maisel, who projects a November 2017 completion date for the 40,000-square-foot center.

"Architecturally, it's going to be interesting and unique," said Maisel. "We hope to have restaurants in the new complex, and a beautiful rooftop area for folks to enjoy views in the midtown area."

While the exterior will definitely draw the eye, the play's the thing. And it's inside that the new B Street center will truly strut its stuff.

The larger of the two theater spaces will be the Sutter Children's Theatre, a 365-seat proscenium-style playhouse that will boast wing and trap space that will facilitate set changes without the need for long blackouts and elbow-bumping stagehands. This proscenium stage will not only host the B Street's Family Series and B3 Series, but function as a space for concerts, speaking engagements, conferences, and other community events.

"We're definitely looking forward to being a presenter," said Busfield, who noted that while the theaters will remain branded by the B Street Theatre name, the center as a whole will be named for a sponsor, which had yet to be announced at press time.

The second space will be the Mainstage Theatre, a 250-seat house with a thrust stage similar to the current B Street main stage.

"I think the B Street is going to take part in the renaissance which is happening in midtown," said Maisel. "We announced our plan in 2005 – before the arena, and we're seeing the rest of the city catching up, bringing folks into midtown, spending money on food and drink, and even spending the night. This new theater adds to the economic vitality of Sacramento midtown, a key piece of the renaissance in midtown which is really taking off."

Having the flexibility of two theaters – each with greater capacity than the existing spaces – will ensure that B Street productions have the ability to meet the requirements of a variety of productions. Moreover, the increased capacity will allow B Street to keep pace with its growing audience of season subscribers and regular ticket holders. It's estimated that the new complex will be able to accommodate some 35,000 more children and families.

But it's not only the business community and audience members who will

benefit from the new performing arts center. B Street Theatre Artistic Associate Dave Pierini said the acting community is also looking forward to the center's debut.

"The B Street acting company is chomping at the bit to get into our new space," said Pierini. "We can't wait to be able to expand the range of shows we can do with a state-of-the-art facility. Our new theaters will allow us to tell stories we haven't been able to tell in our current space and our dressing rooms will be pretty nice too!"

Pierini may have been half-kidding about the new facility's dressing rooms, but as Busfield says, actors are like any employees, and are attracted to modern, well-designed workplaces that offer a bit of comfort and cachet. But then again, who isn't?



1. An architectural rendering of the new B Street Theatre Mainstage Theatre

2. Tara Sissom and Jason Kuykendall in rehearsal for the B Street Theatre's recent production of "Clever Little Lies"

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Sacramento's Sunday Morning FARMER'S MARKET

GENERATIONS OF FOOD, FAMILY AND FRIENDS UNDER THE OVERPASS



Jeff McCormack and Jane Dolcini



Ask 21-year-old Amy Espinoza how long she's been working at the Sacramento Central Farmer's Market, and she gives a surprising reply, "Since my mom was pregnant with me."

All kidding aside, the college student has only been selling fruits and vegetables as a vendor with the Newcastle-based Twin Peaks Orchards for about two years, but she's following in her mother's footsteps while pursuing an anthropology degree. Mom Magda, also employed by Twin Peaks, has worked in the farming industry for over 30 years.

The Espinoza's story is like the stories of dozens of other farmers and vendors who set up stands in the state parking lot located under the W-X Freeway overpass. On any given Sunday, you can find generations of farm workers selling an array of fruits, vegetables, cheeses, meats, eggs, flowers and more to the thousands of shoppers who bustle in and out of what has become one of the largest farmer's markets in all of California.

From 8 til noon, the market is a whirl of noise and crowds, although you will catch some shoppers pausing to look up at the underpass's recent \$150,000 face lift.

Dubbed the "Bright Underbelly," the 70,000 square-foot mural of blue sky and trees represents the changing seasons of the year-round market.

During peak summer months, the market boasts more than 120 stands spread throughout the cement lot. Although some stands are manned by hired workers like the Espinoza's, others are staffed by the farmers themselves.

At the McCormack stand, farmer Jeff McCormack and his sister Jane Dolcini represent the fifth generation of the over 100-year-old Walnut Grove business. Depending on the season, they sell cherries and grapes, but what they're really known for is their more than 10 varieties of pears, Dolcini says. McCormack pears offer tangy and spicy flavors absent from most supermarkets. And unlike grocery-store pears which may have been picked green, McCormack's juicy pears offer instant gratification. "You can just take our fruit home and eat it that night. You never have to wait for it to ripen," Dolcini adds.

That combination of quality and quantity ready-to-eat food is what draws crowds from well beyond the Southside Park neighborhood, including shoppers who have smaller farmer's markets closer to home.





Amy Espinoza



SHOPPING THE SUNDAY MARKET

LOCATION: 8th and W Streets under the freeway.

Time: Sundays from 8 a.m. to noon, rain or shine.

PARKING: Free in the state lot of the market and around the surrounding streets.

PAYMENT: Cash only. Some stands accept EBT Cal-Fresh through a voucher program available on site.

BRING: Reusable shopping bags and/or small carts to carry heavy items.

LEAVE: Fido at home. Furry friends are not allowed at the market.

TIP: The early bird gets the worm. By 8:30 a.m. the market is crowded and some stands sell out before the market closes.

“Hearing, ‘That was the best tomato I ate ever ate’ is just so gratifying,” says farmer Heidi Watanabe of Watanabe Farms.

CONTINUED >

Midtown resident Tracy Prybyla is one such example. Prybyla has shopped at the Central Farmer's Market nearly every week for the past three years. Although she lists limiting her carbon footprint as one reason for buying locally grown, a stronger motivation drives her to the busy underpass at 8 a.m. "The food just tastes way better because it's so fresh," she says. "I can't stand food that's out of season anymore."

Plus, most of the food lasts longer, Prybyla says. "If I buy a head of lettuce and forget about it in the back of the fridge, it's still going to be good in two weeks because it wasn't sitting on a truck for days before it made it to the grocery store."

Prybyla is such a fan of the Sunday market that she shows it off to her out-of-town friends. "My friends from Portland are jealous of what we have here in Sacramento," she says. "It's one of the reasons I never want to move."

Enthusiastic feedback like Prybyla's is one of the best parts of the job for many of the vendors at the market.

"Hearing, 'That was the best tomato I ate ever ate' is just so gratifying," says farmer Heidi Watanabe of Watanabe Farms, a 70-year-old family business in West Sacramento. Watanabe, who also sells direct to restaurants, including the esteemed Ella and The Kitchen, adds, "We've been selling at this market for about 12 years, and have had repeat customers since Day 1."

That personal relationship between vendor and shopper, as well as among the vendors themselves, is echoed by Dolcini and Espinoza. Dolcini has worked her family's McCormack stand for about 10 years at the Sunday market. She counts the vendors on either side of her as "like family." They share homemade breakfast foods as they set up in the morning and enjoy people watching in the crowd when they're not busy tending to customers.

When lines are short and time allows, most vendors and farmers are happy to chat with customers and play the role of educators. At the Premier Mushrooms stand, Theresa Pyne describes how her cremini mushrooms are produced without pesticides at her aunt and uncle's farm in Colusa. At the King Salmon stand, vendor Justin Middleton answers questions about the where (Alaska), how (wild) and when (Friday) the \$2-per-pound halibut was caught.

"I've gotten to know so many of my customers like family," Espinoza says. "I'm not just here to sell. I'm here to give advice and teach," she explains. "As an anthropology major, I see food as a cultural part of everyday life. It's important to know where it comes from and how it's produced."

As an added bonus to working at the farmer's market, Espinoza says she enjoys introducing people to new foods. "I get to be the person who gives someone their first nectarine. It's a great feeling. I make a difference in people's lives."

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Back to School Tips

WAYS TO HELP YOUR CHILD PREPARE FOR THE NEW SCHOOL YEAR

ARTICLE STEPH RODRIGUEZ

When the school bell chimes on its last day before summer break, kids, teens and teachers alike all breathe a little easier. Summertime means ocean view vacations, late-night slumber parties, and video game marathons fueled by pizza and sugary snacks. Still, all good things must come to an end and what better way to prepare your child for the new school year than with these helpful back to school tips provided by educational experts? Whether it's enforcing an earlier bedtime or simply keeping your child's mind active, Sacramento Lifestyle's tips will prepare children (and parents) for the upcoming school year.

KEEP AN ACTIVE ROUTINE

For 15 years, Wendy Aiello has taught third grade for Diamond Creek Elementary School in Roseville. With math, language arts, and social studies a part of her everyday curriculum, Aiello says it's pertinent to maintain an active routine during the summer to keep children's minds sharp like No. 2 pencils.

"Parents need to have a consistent routine and some predictability during the summer, so when [their children] go back to school they're ready for the structure they're going to be dealing with," explains Aiello.

RESET YOUR CHILD'S BODY CLOCK

When you're traveling and adding busy activities into summer vacation, a routine is understandably broken. Bedtimes fluctuate, and often times, more hours are spent poolside than at the homework table, but Aiello says it's never too late to reestablish a suitable bedtime so your child gets enough rest before the new school year.

"Maybe things aren't as routine as they were and that's fine. But, especially the weeks before school starts getting them back to a regular bedtime is helpful," she says. "For myself, I even have to start doing that about two weeks in advance." (*Laughs*)

AVOID THE SUMMER SLUMP

First grade teacher Sarah Rambo will start her fresh career at Greer Elementary School in Sacramento when school returns. Throughout her time spent in the classroom alongside tenured teachers, she's learned that the summer slump is one hurdle that is best tackled with a few good books, apps or websites.

"Reading, writing, speaking and listening are all very important skills to keep active so they aren't losing them during the break," Rambo says. "Definitely reading to them and having them read to you and interact with the story by asking questions are all very important."

Rambo recommends StoryStarters.org, StoryLineOnline.org, and RoadWorks.org as great resources for parents who want to keep minds active.

MEET THE TEACHER

Both Aiello and Rambo encourage all parents to attend Back to School Night, which is usually scheduled within the first week of school. The goal is for parents to meet their child's teacher, learn what his or her expectations are, and then learn what they can do to start the school year off on a good note because teachers and parents both want your child to succeed.

REMEMBER: PARENTS AND TEACHERS ARE A TEAM

"I like to think of parents and teachers as a team looking out for what's best for the child," Rambo says. "So, if you continue what they learned in school and continue to build on that during the summer they will do their best the next year. It's only going to help them. Keep in mind that everyone's working together to make sure the child will do the best that they can."

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BOGLE Vineyards

Bogle Vineyards, a family owned and operated winery, nestled between the Sacramento River and Elk Slough in the peaceful, bucolic Sacramento Delta is hidden away in vineyards off Highway 160, just south of Clarksburg. Look closely for the Bogle sign on the side of the roadway; it's easy to miss the turnoff to this local treasure. The winery, tasting room, picnic area and acres of vineyards comprise the picturesque setting of this historic winemaking operation in the Clarksburg wine region.

For both wine club members and visitors, Bogle Vineyards offers a fun, friendly and educational approach to wine tasting. Visitors can relax while enjoying Bogle wines in the tasting room or out on the second story balcony overlooking the grassy expanse of the picnic area where tables and chairs are available to enjoy.

The Bogle Vineyards family has been farming the land since the mid-1800s and treasures its local history and wine making traditions. For nearly 50 years, the Bogle family has seen the business transform from what was primarily corn based farming into what is now exclusively grape planted acres. The first grapes were planted in 1968 and until 1978, the farm grew grapes for other large winemakers. Then in 1978, Bogle bottled for the first time and the rest is history. Today, Bogle Vineyards sells more than 2 million cases of wine around the world, shipped to all 50 states and more than 40 countries.

Following a unique family business model of consolidating and diversifying to reach economies of scale in the various components of wine production, Bogle Vineyards assured themselves of well managed and continued successful growth.

The third generation winegrowers, Warren, Jody and Ryan Bogle, have been able to build a successful winery which includes its own energy efficient production facility on nearby

Hamilton Road and a worldwide reputation for consistently high quality wines, at an affordable price. Although the family grows 1600 acres of grapes, 70% of their grapes are purchased from other growers in California. According to Warren, "Our wine is very consistent because most of our growers and staff have been with us for 20 plus years."

Bogle Vineyards is especially proud of their viticulture practices that balance environmental, social and economic goals. Being a responsible winery extends beyond farming to every aspect of the business. They are certified green under the standards set by the Lodi Rules for sustainable winegrowing in California. Certified growers are required to use measurable practices to manage the business activities, human resources and ecosystem including soil, water, and pest control. Pesticides used by Lodi Rules certified growers cannot exceed a specific threshold level in the vineyard for any given year. Annual independent audits to verify the sustainable practices are conducted under the auspices of Lodi Winegrape Commission and the Protected Harvest nonprofit organization. The family truly believes in the program and says that a lot of these practices were already in place, but not documented. When Lodi Rules opened up the certification to other California wineries in 2008, Bogle Vineyards happily signed on. Bogle even offers its other growers a bonus if they can prove that they are also certified sustainable. Today about 62% of the fruit that is sold to Bogle is in the Certified Green program. Jody explains, "We are committed as a family, keeping true to our values, and remaining good stewards of the land." Warren adds that the family is not only concerned about what they are doing today, but thinking ahead to the next six generations.

Concern for the environment and the future even went into the thought process for



GREAT WINEMAKING THROUGH FAMILY TRADITIONS AND MODERN SUSTAINABLE PRACTICES

ARTICLE PAMELA AND GARY BAKER



building their new, energy and water efficient production facility. Jody says the winery outgrew their old production facility 15 years ago. At that time, they were outsourcing by storing barrels of wine at other wineries in California. The family started planning the new facility 10 years ago and worked with PG&E to design the new building. In selecting the location, Jody said “it was important to keep it here in Clarksburg where our family has been growing grapes for generations.” Ryan says the new facility “got a lot of trucks off the road by centralizing the production and the quality of the wine has only gotten better.”

Owners Warren, Jody and Ryan Bogle also feel strongly about giving back to the community. From July 1st to September 2nd, Bogle Vineyards hosts a Friday evening event which includes live music, food and wine tasting. The entrance fee for these events goes to benefit their non-profit partners each week. There are 10 Fridays in this summer time frame and that means that 10 non-profit organizations throughout the local area receive support from these contributions. Bogle Vineyards is also very active in the Sacramento community. The winery pours at numerous charitable, fund-raising events and donates 600 cases of wine a year to local non-profits.

Bogle represents the iconic Sacramento Delta agricultural family business with all members actively involved in farming, wine-making, business management and hospitality. They continue to treasure time-honored family traditions of good stewardship of the land and sustainable wine production for future generations.

So the next time you head down the river, take some time to stop at Bogle Vineyards. Enjoy a glass of their spicy vanilla Reserve Chardonnay or the ripe berry Phantom and know that the wine you are drinking was made by a family who cares about the environment and the community now and in the future.

Melissa Shrout

A Woman with Many Passions



ARTICLE MICHELE GIACOMINI | PHOTOGRAPHY STEVEN HELLON

When mom and grandmother Melissa Shrout isn't fostering kittens, teaching Jazzercise or leading her hilarious "I Love Lucy" lifestyle with husband Rich Shrout of 38 years, you can find her working for Lyons Realty Sierra Oaks office as a real estate agent.

A long-time property manager and certified interior designer, Shrout decided to roll it all into one a few years ago. "I don't know how many property manager interior designer realtors that teach Jazzercise there are in the world, but I think that makes me rather unique. At least it gives me something to talk about at a party," she quips. For Shrout, walking away from any of her careers and interests isn't an option, so she looks for ways to keep them all going.

One of her passions is fitness. Like her work with property management and interior design, Shrout has been a Jazzercise instructor for 30 years. She's even a franchise holder and often teaches Jazzercise at the Arden Community Center.

But that's not all Shrout holds dear to heart, she also fosters kittens for Happy Tails. Shrout explains that she began fostering for the organization when she moved to Arden Park. "At the prompting of my then 10 year old son, we were at the local Petsmart and overheard a conversation between a woman with a box full of kittens and the volunteer. (The volunteer) was explaining they couldn't take any more kittens because there were no homes to place them in. Well, my son said, 'Mom, we can do this because they need us.'" She's been hooked ever since.

Shrout maintains, "Currently I have a litter of four I'm fostering and I have heard rumors that there are at least 40 more

waiting in the wings." The Happy Tails Pet Sanctuary on Folsom Blvd. cares for cats, kittens and even dogs. The organization needs fosters, like Shrout, to be Kitten Moms and care for them until they are old enough to be fully vaccinated, neutered, microchipped and socialized. She mentions, "Personally, I lost track at fostering 60 babies over the last few years. My mantra is "spay and neuter, people!"

What's maybe more amusing, (and sometimes messy—but never dull), is Shrout's marriage to Rich. She claims that's why they compare their lives to the classic "I Love Lucy" show (she even nicknamed her husband "Richie Ricardo"). She shares, "(Rich) works for a local engineering company and has one of those 9-5 jobs I can never really understand. Thankfully he is the solid, steady partner in this relationship. We met when we both lived in Orange County. We moved to Sacramento when he was on a football scholarship at Sac State. We loved it here and never went back."

For the past 20 years, the two have lived in Arden Park where Shrout is on the Board of the Arden Park Homeowners Association. She gets involved in various events in the parks too. She says, "Some years I've sponsored the Movie in the Park for the kids and regularly attend events, like the music concerts, Easter Egg hunts, July 4th parades, etc., that make it such a great neighborhood to be a part of."

She affirms, "I love the area, my neighbors, and the sense of community. It's one of the last true neighborhoods in Sacramento."



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AUGUST 6

SACRAMENTO BEER TRAIN

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The Sacramento Beer Train is a mini beer festival on rails. Each trip features live music and three-four Northern California breweries pouring two freshly-tapped selections. Standard tickets include a three-hour train ride, souvenir tasting glass, eight tasting selections, and live music. General tickets \$45, VIP tickets \$65. SacramentoRiverTrain.com

AUGUST 7

SACRAMENTO LUXURY

WEDDING SHOW

TSAKOPOULOS LIBRARY GALLERIA

The Luxury Wedding Show is a bridal show set up as a mock luxury ceremony and reception showcasing the work from the area's finest wedding professionals. This show features ceremony runway fashion shows, luxurious bridal gift bags, wine and cake tastings, and hundreds of wedding inspiration ideas. LuxuryWeddingShows.com

AUGUST 7

GENEALOGY: YOU CAN BEGIN TO WRITE YOUR FAMILY HISTORY

CENTRAL LIBRARY -

DOWNTOWN SACRAMENTO

If you have done genealogy research, you may have considered writing about your family's history. Learn how to get started in the rewarding experience of writing about your ancestors in this presentation by genealogy specialist and author Lisa Gorrell. This program will be held in the West Meeting Room on the 1st floor at the Central Library. Free admission. SacLibrary.org

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AUGUST 13 & 14

70TH ANNUAL JAPANESE FOOD FESTIVAL AND CULTURAL BAZAAR

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Celebrate Japanese culture by watching live performances, enjoying traditional cuisine and a festive craft fair. BuddhistChurch.com

AUGUST 13

WINEMAKING 101 COURSE

SACRAMENTO

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AUGUST 13

TWILIGHT WALK FOR WISHES

CALIFORNIA STATE CAPITOL

Join Make-a-Wish Northeastern California and Northern Nevada for the 17th Annual Walk for Wishes and help grant wishes to children with life-threatening medical conditions. SacWalkforWishes.Kintera.org

AUGUST 13

VINTAGE CAMPER TRAILERS

BOOK SIGNING

POCKET GREENHAVEN LIBRARY

Authors Paul and Caroline Lacitinola introduce collectors, glampers and other trailerites in their book, *Vintage Camper Trailers*. A vintage camper trailer will also be onsite. SacLibrary.org

AUGUST 13

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AUGUST 25

NIGHT AT THE MUSEUM

CROCKER ART MUSEUM

The Crocker Art Museum is joined by the Sacramento Zoo, California Automobile Museum and the Powerhouse Science Center to present a fantastical night inspired by the movie *Night at the Museum*. Filled with entertaining performances, live animals, fun talks on films and more, the evening will be filled with lots of surprises. Free for Museum members, \$5 for non-members. CrockerArtMuseum.org

AUGUST 28

CURTIS FEST

WILLIAM CURTIS PARK

The event features up to 50 artists, photographers and crafters. This free event also has musicians, food trucks, a petting zoo and the Happily Ever After Fairy for kids. Sierra2.org

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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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WHEN YOUR CHILD LEAVES FOR COLLEGE

WORDS PAMELA BAKER

It's back to school time and somewhere out there in our readership is a parent or two or maybe hundreds of you whose oldest, youngest or only child is about to leave for college.

I remember well the time when my only child was getting ready to leave for her first year of college. In between shopping at Target for all those adorable dorm accessories and packing up clothes, I wondered what would happen to me when my husband and I suddenly became empty nesters. After all those years of swim meets and soccer matches, birthday parties and school outings, sleepovers and the constant stream of my daughter's friends in the house, what would life be like when she moved away?

All summer long, I referred to that day (in my mind) as the "day of dread." Even the orientation went poorly, so how were we ever going to leave her there? I just knew this whole going away to college was going to be a disaster.

But somewhere along the way, I gradually changed my thinking. As an adult who completed her education while working a full time job, I didn't have that experience of going away to college, living in a dorm and joining a club or sorority. I began to realize this would be a wonderful chapter in my daughter's life coupled with the once in a lifetime opportunities she would experience. I wanted that for her. And once I realized that, I started to embrace this bold new adventure we were all about to embark on.

And embrace we did! With my daughter's guidance, we discovered new restaurants, new towns, new adventures each time we visited her at college. We met her teachers, discovered breakfast

burritos at Rosalina's, had drinks at The Hut and found the best chicken nachos at Henry's. We grew to love her campus and staying at our favorite hotel across from it. We watched our daughter blossom and thrive, making new friends, getting a job in the Art Department, joining a sorority, and developing a strong connection with some of her professors, one of who eventually became a lifelong friend, mentor and travel partner. And when our daughter moved to Italy for her study abroad experience in her junior year, we happily hopped on a plane half way through her stay in Rome. We had the time of our lives being toured around ancient Rome with our Art History major who was not only fully in her element, but also a darn good tour guide.

Sure the sleepovers were over, but her friends still came back to visit when everyone was home from school. And, we started traveling more and doing things like going to happy hour or watching a movie on a week night, something we would never have done during the homework years. We traveled off season, no longer worried about the school year. And when our daughter moved to London a few years later for her graduate study, I didn't fret! Every morning over coffee at the kitchen table, the Skype app would start ringing on the laptop and up popped my daughter's beautiful face.

So you moms (and dads) out there that are dreading that day when your child is off to college, take heart. Just know that this is the next phase in family life, when your child gets to have the time of their life and you get to discover a whole new world yourself.

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