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## It's Summertime!

Hello and happy summer to all of our friends and faithful readers of *Sacramento Lifestyle Magazine*. I'm delighted to bring you this month's issue full of so many interesting articles and fun things to do in this beautiful city of ours.

The feature article is all about family friendly water getaways in and around Sacramento. Some you may have never heard about before, but with hot weather here, they are perfect spots for cooling off. We also have a new feature this month called "Real Wives". In this first edition of articles on amazing women in Sacramento, you'll learn about Rebecca Sturges, a licensed marriage and family counselor who specializes in helping people who struggle with over-eating.

There's a great little article about Funderland, a local gem in William Land Park that has been enjoyed by generations of families here in the Sacramento region. If you've seen those boxes full of books popping up in front of yards around town and wondered what they are all about, be sure to read the *Free Little Libraries*. If you've attended recent events like Derby Day or Haute Stuff, both worthwhile fundraising events, check out our Good Times section to see if your photo is there. Don't forget to check the calendar and our Around Town section for lots of fun and exciting events to fill your summertime days, including 4th of July events and the return of the California State Fair.

And finally, look for the announcement about our Reader's Choice. You get the opportunity to vote for your favorite burger, hair salon, dentist, spa, well, you get the idea. Our September issue will feature the winners, so be sure to take the time to support our local businesses, many of whom partner with us to bring you *Sacramento Lifestyle Magazine*.

Happy 4th of July!

My best,

*Pam Baker*

Pamela Baker, Editor  
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**ON THE COVER** Sacramento's Tower Bridge  
**PHOTOGRAPHY PROVIDED**

# Sacramento

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JULY 2016

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July 2016



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A favorite for generations of Sacramento families



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# Haute Stuff

Haute Stuff, the annual fundraiser to benefit the Sacramento Children's Home, was held at the beautiful Jardin Rue Estate on the Sacramento River. The event included a fashion show, drinks, appetizers, and a variety of unique gift and fashion items for sale.





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# Derby Day 2016: Hats on for the Kids

This event celebrated the 142nd Kentucky Derby locally while helping Lilliput ensure every foster child is given the opportunity to be part of a safe, nurturing, lifelong family. The event featured a live broadcast of the race, a live auction, food and drink, and a raffle.

PHOTOGRAPHY DI STARR STUDIOS





# Land Park Garden Tour, Tea and Fine Arts Festival

This year's Land Park Garden Tour, Tea and Fine Arts Festival saw beautiful weather and lots of happy visitors. The annual event supports the Fine Arts Program at Holy Spirit School.



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## Sacramento Children's Museum - Inspire Luncheon

Sacramento Lifestyle Magazine participated in judging the table design competition at this year's Inspire luncheon at the Sacramento Children's Museum, along with KCRA 3 anchor, Edie Lambert and Good Day Sacramento's Julissa Ortiz.





# AROUND TOWN

## 4TH OF JULY EVENTS AND FIREWORKS

Choose from a variety of Fourth of July Events and Fireworks Shows at the following locations around town:

*Old Sacramento, July 3rd and 4th*

Be the first to celebrate the Fourth by attending the Third for Red, White & Brews. Participating bars in Old Sacramento are offering select American beers for only \$3 with tons of live entertainment to make this the biggest 3rd of July party in Sacramento. Be sure to catch a glimpse of the fireworks from Front Street. Then on July 4, find a perfect spot in Old Sacramento to view the fireworks from across the river at the River Cats Stadium. **OldSacramento.com**

*Independence Day Celebration At Cal Expo, July 4th*



Bring the whole family out and enjoy a traditional fireworks display at Cal Expo's Miller Lite Racetrack Grandstand, 1600 Exposition Blvd., Sacramento at 9:30 pm on July 4th. Tickets are \$10. **CalExpo.com**

*Spirit of Freedom 4th of July Parade, Sacramento*

Don't miss the 15th Annual Arden Arcade Spirit of Freedom 4th of July Parade. The parade route is approximately 1.4 miles. Immediately following the parade, there will be an awards ceremony at the park, along with informational booths, family activities, and food. Howe Park, 2201 Cottage Way, Sacramento. 10:00 am, July 4th. **FecRecPark.com**

*4th of July Gala Parade and Fireworks Show, Carmichael*

Enjoy the 58th Annual Elks Club Parade with community floats, marching bands, equestrian entries, antique cars and more! Parade route begins at Marconi/Fair Oaks, continues down Fair Oaks and ends on Cypress/Manzanita. For more information on the parade and float registration contact the Elks Lodge at 916.489.2103. 10:30 am, July 4th.

Then enjoy a fireworks show at La Sierra Community Center, 5325 Engle Road beginning at 7pm (fireworks begin at dark approximately at 9:30PM). Join the community for food, music and fun! Activities include arts & crafts, inflatables, face painting, balloon artist and more. Bring your blankets, lawn chairs and shade umbrellas.

For more information on both events, **CarmichaelPark.com**

## CALIFORNIA STATE FAIR

Carnival rides, rodeos, nightly fireworks, horse racing, farm animals, concerts and exhibits galore return with the annual State Fair, running July 8 - 24. Tickets are \$8 youth, \$10 senior, \$12 adult or enjoy discounts on one of the following promotional days. **CaStateFair.org**

\$2 Taste of the Fair: Wednesdays and Thursdays (opening - 4 p.m.) - Sample a variety of fair foods with \$2 menu specials from your favorite food vendors.

Senior Savings Fridays: July 8, 15 & 22 - Discount admission of \$8 for seniors 62 & older every Friday. Plus, seniors ride FREE on the Grand Carousel and the Giant Wheel.

Wells Fargo \$2 Rides for all & Kids Free Tuesdays: July 12 & 19 - FREE admission for kids 12 and under and \$2 rides for all ages.

Military Appreciation Day: July 14 - FREE admission all day for military personnel with ID.

First Responders Appreciation Day: July 21 - FREE admission all day for first responders and law enforcement with ID.





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# HYDRATE YOUR WAY TO A HEALTHY SUMMER



## WATERMELON JUICE

*Servings: Vary, depending on watermelon size*

1 watermelon, washed and cut into chunks.

Blend 2-3 cups watermelon at a time until smooth. Strain into serving pitcher, if desired.

Note: If not strained, juice will need to be stirred until blended prior to serving.



## WATERMELON LEMONADE

*Servings: 5 cups*

1/2 cup lemon juice

2 1/2 cups water

2/3 cup agave syrup

2 cups watermelon chunks

Place all ingredients in blender and blend until smooth. Serve over ice.

Staying well-hydrated is especially important during the summer months. In addition to normal body functions, higher temperatures draw more water through perspiration, so consciously replacing your fluid content becomes essential for overall health.

"Every system in your body - from reproduction and digestion to circulation, mood and memory - depends on water," said Elizabeth Somer, M.A., R.D., and author of several nutrition and wellness books.

However, the Center for Disease Control and Prevention reports that 44 percent of adults drink fewer than four cups of water per day (less than half of the recommended eight glasses per day), and in some cases, no water at all.

What many people don't realize is that beverages aren't the only way to hydrate your body. In fact, water-dense foods such as watermelon can also boost your hydration. Sweetly flavored, low-calorie watermelon is 92 percent water and offers several nutrients along with the cancer-fighting antioxidant lycopene.

Whether eaten out of hand, tossed into a salad or blended in a healthy beverage, there are dozens of delicious ways a healthy serving of watermelon can help hydrate.

Crave-worthy snacks. Thoroughly chill the watermelon then slice, ball or cube it for a quick, refreshing and juicy boost. For kids, cut one-inch slices of the watermelon then use cookie cutters to make fun shapes for snacking.

Frozen treats. Puree watermelon, add chunks of fruit and pour into freezer molds for a sweet way to beat the heat.

Healthy juices. Make a simple Watermelon Juice for a great post-workout snack, or try this flavorful Watermelon Lemonade to put a fresh spin on a summertime favorite. Another option: add watermelon to your favorite fruit shakes or smoothies for a new flavor twist.

Salads and sandwiches. Easily add extra hydration into your regular meals by tossing chunks of watermelon into a salad or layering strips of the fruit on a sandwich or wrap.

*Find more mouthwatering ideas and recipes at [watermelon.org](http://watermelon.org).*

*Source: National Watermelon Promotion Board*





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# Little Free Libraries: Coming to a Yard Near You

ARTICLE MICHELE GIACOMINI | PHOTOGRAPHY MICHELE GIACOMINI

Little Free Libraries (LFL) are popping up everywhere and giving neighbors a way to connect with each other, in an almost old fashioned way. As Julie Harvey from Riverpark says, “It harkens back to older times. Because of the LFL, we’ve met all sorts of new people. Riverpark now has five or six LFLs just in our area. People stop and visit while looking for a new book, moms taking a walk with their babies in the stroller stop and talk, runners going by stop and get books, and retired teachers bring extra books from their career to our little library.”

Over in Land Park, Jay Gavron agrees, “We also love the idea of connecting with our neighbors, (for example) the senior citizen that lives around the corner or the parents with kids that happen to stroll by on any given weekend. We see so many people standing out by our library chatting with each other. It creates a great sense of community.”

So what exactly are these LFLs? Rick Rayburn of the Arden area explains it’s a national program where people build small libraries and place them in their yard. “Its primary purpose is to get books out of garage boxes & dusty shelves in a family room and get them into circulation for people to use.” He adds, “You read a book for free, put one in.” It’s that simple.

Neighbors are drawn to building these LFLs for many reasons. After learning about good friends in Oregon who built one, the Rayburns were inspired to do the same.

Rick’s wife, Marianne, is a retired 3rd grade teacher and Reading Specialist. She reluctantly retired early due to signs of early dementia, but as Rick explains, “We saw this as a good way she could continue working with children’s literature.”

Harvey reminisces, “The program reminded me of the Bookmobile from Roseville community library. I remember every Saturday, with great excitement, riding my bike to the Bookmobile site to get a new book.”







She continues, "With the LFL we could give the kids in our neighborhood and our grandkids the same experience."

Gavron's son, Jack, decided to build one for his high school Senior Project in 2014 after sharing a Sacramento Bee article with his family. Gavron explains, "We started building it together. It gave me the opportunity to show him how to draw up and plan a project, gather the recycled materials, and use our workshop full of woodworking tools to build something. It was a great 'dad and lad' experience for both of us."

Regardless of the reasons, the libraries have become a huge hit, and the books that rotate through have sparked fascination for readers of all ages to browse. One day, Rayburn recalls, a car pulled up and out jumped four teenagers, and they started going through the library. They became really engrossed in looking through the books, so much so, they forgot their motor was running. Rayburn seized the opportunity to go chat with them and said he never would have had the chance to make a great, positive connection with those teens, had it not been for the LFL in their front yard.

"Sacramento is known as the 'City of Trees,' it would be great if Sacramento could also be known as the 'City of Little Free Libraries.'" Harvey sums, "I love the saying it takes a village to raise a child. We're just trying to be part of the village."

The Little Free Libraries are helping her and many others do just that.







*Wake Island Monkey Bars*



# A WATER STAY-CAY

WITHIN A SHORT DISTANCE OF SACRAMENTO:  
THREE GREAT PLACES TO COOL OFF THIS SUMMER



CONTINUED >





There's only one direction to head to in the middle of a Sacramento summer...the water! Luckily you'll find many options in town and within an hour's drive. Whether you're ready to immerse yourself in the cool water, relax on the beach or bring on the adventure watersports, the region offers something for everyone.

The best news for this summer is that Folsom Lake is full and the popular Beal's Point and Granite Bay spots are a perfect day trip, with rentals, sandy beaches and snack bars.

"We are expecting a great summer for recreational activities out on the lake," says Shane Hunt, public affairs officer for the U.S. Bureau of Reclamation's Mid-Pacific Region. "Water levels should be higher this summer than they have been for the last several years so everyone should get out there and enjoy it."

Locals also love taking the family to Raging Waters in Sacramento and Golfand Sunsplash in Roseville, both great options for a full day, with a wide range of water park activities. The parks are set up for all ages and renting a cabana is an ideal stay-cay amenity.

#### Are you looking for something a little different this summer?

##### WAKE ISLAND

Wake Island is not your normal water park. In fact, it's the largest water park on the West Coast! It's an oasis just outside of downtown Sacramento and West Roseville neighborhoods. You may have heard of the cable (boatless) wakeboarding it offers; that's originally how it got its name on the map. The water park has recently expanded its activities and offers something for everyone.







Wiggle Bridge at Wake Island

A day at Wake Island is guaranteed to be a memorable day, whether you choose to challenge each other on the new Aqua Park (an enormous inflatable obstacle course), try cable wakeboarding or rent a stand up paddleboard. Families have fun with pedal boats, turbo paddlers and corcls, which are floating saucers that you can sit or stand on. The swimming beach is a great place to relax and watch the watersports, right next to Beach Hut Deli and Island Grill.

The park charges for the various water activities, but there is no admission fee to Wake Island. Visitors are encouraged to come and check out the facility.

Elizabeth Hall of Folsom enjoys coming to the water park with her husband and two children. For their family, it started as a summer camp two years ago for both kids (Lucia is 16 and Eric is 14). They had so much fun that the whole family learned to wakeboard and now purchases a season pass each year for that water activity.

“It’s one of the few spots that we can all do something at the same place at the same time,” says Hall, 48. “The thing I really like about Wake Island is that they give you free instructions; they want to see you succeed. If you want to learn something, they will definitely help you with whatever is the next step. They are not just operating the cable.”

Wake Island also offers summer camps for ages 7 to 15. Kids love the Aqua Park, cable wakeboarding, wakeskating, kneeboarding, tubing and stand up paddleboarding. On land, it’s volleyball and beach soccer!

#### **SACRAMENTO STATE AQUATIC CENTER**

Just off of Highway 50 and next to Nimbus Dam is the Sacramento State Aquatic Center on Lake Natoma, which is open to the general public and a popular destination for taking lessons on the water or spending the day. The facility occupies eight acres of land, with a beach area, picnic tables, barbecues, four docks and \$10 parking.

We are the closest thing to being next to the city and being right next to nature in less than 15 minutes,” says Cindi Dular, associate director of the facility. “There are owls, turtles, otters, deer and a heron rookery. An eagle has also been spotted.”

**CONTINUED >**



Kayaking at Sac State Aquatic Center



According to Dulgar, the renters and visitors of the aquatic center are diverse in their passions—many rent stand up paddleboards, kayaks, canoes and hydro bikes and enjoy being able to be on the water in less than 15 minutes. A popular plan for a family is to head out on two tandem kayaks and bring a sack lunch.

The on-site, week-long summer camps for kids ages 7 to 18 teach windsurfing, sailing, kayaking and canoeing.

“We have kids who most of our staff know on a first name basis,” says Dulgar. “It’s fun to see that this is not a fly-by-night business...it’s a lifestyle and community staple for this area.”

#### JENKINSON LAKE AT SLY PARK

An hour drive up Highway 50 will get you to Jenkinson Lake, a man-made lake (640 surface areas) within the Sly Park Recreation Area that is owned and operated by El Dorado Irrigation District. Visitors come from all over northern California and according to the parks and recreation manager, Greg Hawkins, they love the convenience of the park, the scenery and the water quality.

“There are day-use areas scattered throughout the park with picnic tables and barbecues and potable water,” says Hawkins. “Sometimes day-use will max out on the weekends so come up early. Midweek is great with about 50 percent occupancy.”

Families enjoy swimming in the lake (the water is in the 70s according to Hawkins) and hiking two-miles round trip to a 30-foot waterfall where you can also swim. If you plan for the waterfall hike, which is mostly flat and fairly easy, check the website first at [Eid.org/Recreation](http://Eid.org/Recreation) or call the gatehouse to make sure the water is flowing, as it’s not a natural, continuously flowing waterfall.

Lake rentals include stand up paddleboards, pedal boats, canoes and kayaks and are available on the weekends only, Memorial Day through Labor Day. Families also enjoy boating, fishing (the lake is planted with fish) and mountain biking.

What about lunch? The day-use areas include barbecues, picnic tables and restrooms, and are on a first come, first served basis. You can bring in coolers or another option is to head across from the park to the Sly Park Resort, a convenient store and bar and grill with burgers and sandwiches. The small mountain



#### WAKE ISLAND

7633 Locust Rd.  
Pleasant Grove, CA 95668  
(916) 655-3900  
[WakelslandWaterSports.com](http://WakelslandWaterSports.com)

#### SACRAMENTO STATE AQUATIC CENTER

1901 Hazel Ave  
Gold River, CA 95670  
(916) 278-2842  
[SacStateAquaticCenter.com](http://SacStateAquaticCenter.com)

#### JENKINSON LAKE

Main Entrance to Sly Park Recreation Area  
4771 Sly Park Road  
Pollock Pines, CA 95726  
(530) 295-6824  
[JenkinsonLake.com](http://JenkinsonLake.com)





town of Pollock Pines is just 10 minutes away and also has several restaurants.

There are a couple options for coming to the park. You can enter through the main park gate and pay \$11 for a day pass or enter through the Bumpy Meadows gate for \$5, which only has a few picnic tables and no barbecues or potable water.

"People enjoy being able to come in and drive around," says Veronica Slavik, a seasonal employee at the lake who says the area is really shady and there's a nice breeze off the water. "It's really pretty and we patrol it regularly, so it's very safe."

*Whether it's a relaxing day at the lake or a fun-filled adventure to a water park, a stay-cay in Sacramento and nearby areas is bound to be a great day!*



Boardwalk to Jenkinson Lake at Sly Park





# FUNDERLAND

A FAVORITE FOR GENERATIONS OF SACRAMENTO FAMILIES

ARTICLE KEN KIUNKE | PHOTOGRAPHY KEN KIUNKE

**W**illiam Land Park is the center for Sacramento family fun. The 160 acre facility has wide open spaces for picnicking with barbeques, sports fields and basketball courts, a nine-hole golf course, duck ponds, pony rides, Fairytale Town, the famous Sacramento Zoo, and the small but wonderful amusement park, Funderland.

While spending the day at a more famous theme park like Disneyland or Six Flags can be great, it can also be exhausting, and a big drain on the wallet. The complete opposite, Funderland has no admission price, so you can come and go as you please while enjoying the rest of Land Park. There are seldom any long lines to enjoy the attractions, and ride tickets, along with food and drink, are available as needed. Special birthday party packages can be arranged as well.

CONTINUED >









## Road Trip (CONTINUED)

The rides are designed to please kids from toddlers to pre-teens, including the charming Carousel, Backroad Buggies car ride, the Funderland Train, the Crazy Cups, and the Flying Dragon, a fairly gentle roller coaster for kids as young as two.

Besides being a relaxing spot for family fun, Funderland is a part of Sacramento history. According to Ashley Edds of Funderland, and owner Sam Johnson, “Funderland has been a part of William Land Park since the 1940s when Ray Silva opened amusement rides in the park.” Back then, Funderland was known as “Land Park Kiddie Land.” Johnson took over in 1984, gave it a new name and upgraded the rides, maintaining the Carousel and the Oscar the Fisher ride.

There are currently nine rides in the park, but expansion is limited to the space they already have. Edds says “The past few years we have been negotiating with the City of Sacramento on a new lease that would allow for a number of new amenities, including more rides and an in-park bathroom. We did have to remove one of our favorite rides, the Log Flume, but by doing so we are also able to add two new rides. One of those rides was already installed last June, the Squirrely Whirl! We plan on adding in another water ride to replace the Log Flume, and have been researching these the past few years. We think we have found a good fit, but we still have quite a bit of work to do before we can proceed.”

Funderland has also revamped the Backroads Buggies ride to add more track and provide a beautiful new queue shade structure, and added a number of in-park photo op areas, including Happy the Squirrel, Backroads Buggy Duesenburg car, Red Baron plane, and Funderland travel photo opp area. Edds added they have “completely rebuilt our Carousel ride, repainted all our Carousel horses, and added decorative trees to the Carousel building.” They also improved the birthday party areas to make them larger and more attractive, and overhauled the landscaping with drought tolerant plants and artificial grass.

Funderland is a perfect fit for Sacramento, mixing history with family fun and relaxation. Edds says “We have so many visitors that tell us they came here when they were kids, and are now bringing their grandchildren. We love hearing how people continue to include Funderland in their family traditions.” It won’t be long until some of today’s young visitors celebrate the 100th anniversary of the park with their own children.

*William Land Park is located at Sutterville Road and Freeport Blvd., at the Sutterville exit from the Interstate 5 freeway.*





# 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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“

I think that prejudice against people who are overweight is the last socially sanctioned area of bigotry in our country and I think in America, the food that is offered to us and available is problematic and it comes from a million areas.

”

## A COMPASSIONATE COUNSELOR FOR PEOPLE WITH PROBLEMS

ARTICLE STEPH RODRIGUEZ

PHOTOGRAPHY STEVEN HELLON

When your passion in life is people there are a few pivotal career choices that come to mind: doctor, professor, counselor. For Rebecca Sturges, her life as a licensed marriage and family therapist is laughter, tears, reward, but most of all, it's about the physical and mental wellness of her clients, the people she truly values.

Sturges received her Masters degree from Sacramento State University in marriage and family counseling. She also attended the University of California, Santa Barbara in the late '70s, the place where she met her husband of 37 years. With experience in both marriage and family therapy and as a professional clinical counselor, Sturges guides her clients through a number of private issues like weight concerns, anxiety troubles, and panic attacks. But, about 80 percent of her practice is working with people who have over-eating issues.

"I think that prejudice against people who are overweight is the last socially sanctioned area of bigotry in our country and I think in America, the food that is offered to us and available is problematic and it comes from a million areas," says Sturges.

With a short, blond haircut, kind and soft blue eyes, and a smile that radiates with welcoming energy, it's no surprise that Sturges operates a busy practice in Midtown in a large, striking Victorian-style building. "My passion has always been working with people and health education," she says. "I've always been interested in where the mind meets the body in terms of our health and our happiness."

Sturges' roots in the medical field run deep. Her father was a doctor, her mother, a physical therapist, and her brother, also a doctor. Yet, one memory resonated and stuck with her since the days she worked at her father's office in high school. A patient of her father's named Paul worked diligently to lose 100 pounds after taking some stern advice from her father. Stern advice, she describes as, "you're going to be dead in a year, unless you lose some weight."

"But, my dad was also overweight," she admits. "My dad wasn't doing anything about it and my dad ended up dying of a massive heart attack at 52." The irony of the situation was not lost on her.

"Really smart, really accomplished people struggle with over-eating and I'm able to hold that frame and I'm protective against people who are overweight," says Sturges of her practice. For her, it's more than just sitting in a room and listening to other peoples' problems. It's a gift. It's softening the way people view themselves. But, more importantly, it's helping her clients live a more rich and fulfilling life.

"I feel like I live in all these worlds. I've gone into these lives and people who don't know me, know about me," she says. "I love what I do. I really love it. A lot of times, there's just as much laughter as tears—and there's tears—but, when you help someone do better it's such a beautiful thing to facilitate. We all do better when we're supported."

To learn more, visit *Rebecca Sturges*, 2627 Capitol Ave., Sacramento, CA 95816, [RebeccaSturges.com](http://RebeccaSturges.com)



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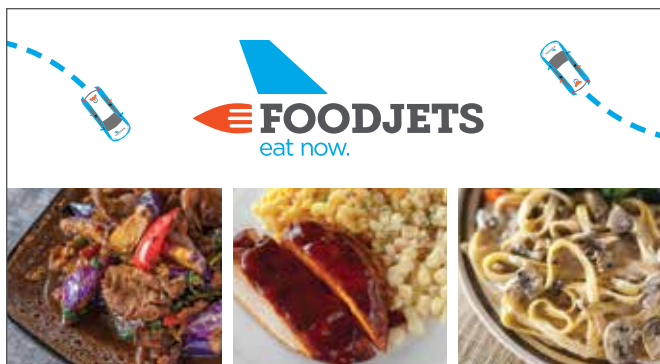
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# July

## DAILY THROUGHOUT JULY

### WITHOUT WORDS EXHIBIT

#### CALIFORNIA STATE RAILROAD MUSEUM

The new *Without Words* exhibit will help Museum visitors gain an appreciation for the bells, whistles, flags, lanterns and lights effectively used by the railroad for decades prior to modern electronic communication methods. [CSRMF.org](http://CSRMF.org)



## EVERY FRIDAY IN JULY

### CONCERTS IN THE PARK CESAR CHAVEZ PLAZA

Grab a beer and join downtown Sac's largest outdoor happy hour. 5:00 - 9:00 pm every Friday. Free for all ages. [GoDowntownSac.com](http://GoDowntownSac.com)

## EVERY SATURDAY

### CARMICHAEL PARK SUMMER CONCERT SERIES CARMICHAEL PARK

Enjoy these annual summer Concerts in the Park series! Bring your family, blankets and lawn chairs and join free music all summer long at the Daniel Bishop Memorial Pavilion at Carmichael Park. Food and beverage will be available for purchase. [CarmichaelPark.com](http://CarmichaelPark.com)

## JULY 9

### THE BLOCK PARTY (DISTRICT 5), CROCKER ART MUSEUM COLONIAL HEIGHTS LIBRARY

Crocker Art Museum brings this free event to the community with art, great food, and entertainment. 12-7 pm at Colonial Heights Library. [CrockerArtMuseum.org](http://CrockerArtMuseum.org)

## JULY 10 THROUGH OCTOBER 2, 2016

### OPENING EXHIBIT - GLASS FOR THE NEW MILLENNIUM, MASTERWORKS FROM THE KAPLAN-OSTERGAARD COLLECTION CROCKER ART MUSEUM

Inspired by its unique ability to absorb, transmit and reflect light, artists are using glass as a medium to express concept and content as never before. "Glass for the New Millennium: Masterworks from the Kaplan-Ostergaard Collection," showcases and celebrates the international artists reimagining the expressive potential of glass. [CrockerArtMuseum.org](http://CrockerArtMuseum.org)



## JULY 11 - 14 AND JULY 25 - 28

### JUNIOR GOLF CAMP

#### ANCIL HOFFMAN GOLF COURSE

During these four-day camps, Ancil Hoffman Golf Course coaches will keep the kids (ages 5-16) active, with an emphasis on having fun, while learning how to play the game of golf. [GolfAncilHoffman.com](http://GolfAncilHoffman.com)



## JULY 11 - 15 AND JULY 25 - 29

### MODES OF MOTION: EXPLORE THE SCIENCE, ART, AND HISTORY BEHIND AMERICAN TRANSPORTATION CALIFORNIA AUTOMOBILE MUSEUM

At this unique summer camp, kids will learn to build a car, look inside an engine, man the controls of an airplane, and much more at the California Automobile Museum's five day experience. Ages 8 - 12. \$200 for members, \$225 for non-members. [CalAutoMuseum.org](http://CalAutoMuseum.org)

## JULY 11 - 14

### AVIATION CAMP

#### MCCLELLAN FIELD

Summer campers will visit the United States Coast Guard Station at McClellan Field. Museum staff will also arrange for each student to take a free flight with a registered pilot. Ages 13 - 17, cost is \$225 for four days of Aviation Camp. [AeroSpaceCa.org](http://AeroSpaceCa.org)





**JULY 12 - 17**

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**CaliforniaMusicalTheatre.com**

**JULY 14**

GATHER

**OAK PARK**

Inspired by the warm California nights and the emerging trend of the food culture, GATHER is a take on the city as a dining table. Set in a familiar, but unusual setting; this unique food event that will take place monthly on second Thursday evenings in Oak Park from May through October. **Unseen-Heroes.com**

**JULY 17 - OCTOBER 16, 2016**

OPENING EXHIBIT - THE LUSTER OF AGES, ANCIENT GLASS FROM THE MARCY FRIEDMAN COLLECTION

**CROCKER ART MUSEUM**



Created from fire and sand, glass is one of the earliest man-made substances on earth. "The Luster of Ages: Ancient Glass from the Marcy Friedman Collection" explores the beauty of ageless glass from the 6th century BCE to the period of Roman rule in the eastern Mediterranean.

**CrockerArtMuseum.org**

**JULY 23**

PRO RUGBY, SACRAMENTO

VS. SAN DIEGO

**BONNEY FIELD**

This will be the fifth Pro Rugby match in Sacramento. Pro Rugby is the official league for professional rugby union teams in North America, sanctioned by USA Rugby and World Rugby. **ProRugby.org**

**JULY 26 - 31**

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# Fond Memories of the California State Fair

WORDS PAMELA BAKER

For more than 160 years, the California State Fair has been bringing summertime fun to California residents. That's a lot of years, which for any Sacramento native who has attended the annual event has probably resulted in many memories. The State Fair I remember, however, didn't occur in July. It used to open in late August culminating in Labor Day weekend, typically the first long weekend in September.

One fond memory I have of the State Fair is that it was always something to look forward to at the end of summer. In fact, when I was younger, I used to refuse to go out of town or to summer camp, if it meant I'd miss the opening day of the State Fair. The excitement was always the same each year. The crowds and the food smells that you only get to experience once a year when everything seems to be happening at once.

Another fond memory at the old State fairgrounds on Stockton Boulevard was the Horse Show, an evening event full of pageantry and precision drills for riders as well as their gorgeous horses. I remember the first time I saw a rider "canter" her horse. This disciplined gait is slower than the gallop, but faster than a trot. An amazing combination of cooperation for horse and rider.

But my favorite memory of the State Fair isn't about first impressions or horse shows. It's about food! And, to this day, my favorite food are the tacos. Not just any tacos, but those that have been served from a food trailer since 1947. If you've been around Sacramento for as long as I have, you know the ones I'm talking about. The Old State Fair Tacos! Oscar Chapa's family, out of Stockton, has made these tacos the same way with the same ingredients and flavor for 69 years. Even my mother loved those tacos and learned how to make them for us at home. Heck, I love those tacos so much, that one year my family and I had a taco eating contest and I'm proud to say I won. I can't wait to taste those moist and delicious tacos dripping with Oscar Chapa's home made hot sauce.

So readers, the California State Fair runs this year from July 8 - 24 and I'll be there on opening day. Sure, I'll visit the exhibits, and the wine tasting gardens. I'll go to the horse races, as always, and maybe even take a ride on the ferris wheel. But, first you'll find me at that trailer in the middle of food alley placing an order for those great Old State Fair Tacos.





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