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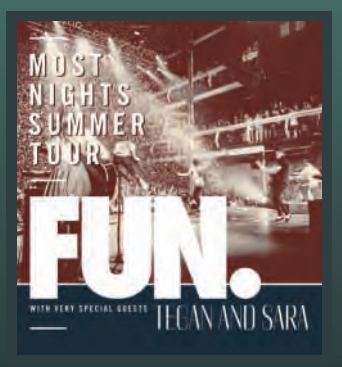
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EDITOR'S NOTE

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June 13, 2013 | Vol. 25, Issue 09

More than just Summer Guide

Thoughtful, hilarious, useful and unexpected goodies abound in SN&R's annual ode to June, July, August and September. Flip to page 22 and jump into the fray, for sure.

But there's a lot more to grow on in this week's issue.

For instance: I knew "trap" (hate that term) music's popularity was on the rise over the past year. There's even a friggin' trap track on A$AP Rocky's album with Skrillex (groan?). And now, there are dance cartels in Midtown's gay-friendly nightclub 'hood, where deejays are "smuggling bass into the Lavender district." Sounds interesting, dangerous, weird (see this week's 15 Minutes interview, page 94).

Plus, other music-scene updates: Local rapper C Plus drops his latest album (page 78), and popular producer Ira Skinner's band Paper Pistols has a record-release party on Friday at Assembly (page 80).

In the world of "cinema": It's hard to believe Hollywood's still churning out Superman-franchise flicks; good thing we pay Jim Lane to taste test this stuff instead of, say, me (does *Man of Steel* fly? See page 76).

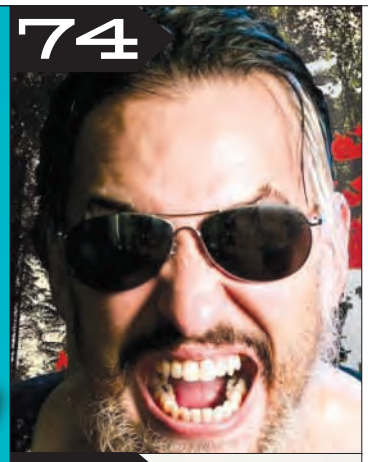
I wouldn't mind sampling some crawfish this week, however (page 73), or maybe some smoked hamburgers in Land Park (page 71).

In the world of news, Raheem F. Hosseini reports on the drama surrounding gang-prevention efforts in the city (page 17), Dave Kempa looks at how City Hall can embrace Silicon Valley (page 17, too), and Whitney Phaneuf looks at state legislators' attempt to privatize UC education (page 13).

All right, now back to your regularly scheduled Summer Guide programming.

—Nick Miller
nickam@newsreview.com









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In Neighborhoods

BUILDING A **HEALTHY** SACRAMENTO

Code Breakers

ACCE pushes for accountability on neighborhood blight

BY MIKE BLOUNT

There is a pungent, unpleasant odor coming from one of the abandoned foreclosed homes in a neighborhood in South Sacramento. The house itself is in a state of disrepair. It's missing pieces of wood from the handrail on the front porch. The grass in the front yard is brown and long dead. Just a few houses down the street from it, another house sits abandoned with all of the windows boarded up to prevent squatters and drug users from occupying it.

"SINCE WE STARTED WORKING AND ORGANIZING, I WOULD SAY 90 PERCENT OF THE HOMES HAVE BEEN CLEANED UP AND ARE EVEN BEING RENTED OUT NOW."

-Amelia Garduno, lead organizer for ACCE in Sacramento

These houses are examples of a new problem arising from the sheer number of foreclosed homes in recent years, according to Amelia Garduno, lead organizer for the Alliance of Californians for Community Empowerment (ACCE). Garduno's organization works to hold owners accountable for blight on their property by organizing community members to push for stronger code enforcement.

ACCE is funded by The California Endowment's Building Healthy Communities initiative to promote healthier neighborhoods.

"We asked the residents, 'What are your main concerns?' and these vacant and blighted homes kept coming up, so we started working to find solutions, take action and bring the community together in a positive way," Garduno says. "I used to live in [South Sacramento] when I was younger, so it was really a personal issue to see my neighborhood worse than it was 20 to 30 years ago."

The city of Sacramento requires the owner of a vacant property that has been cited for code violations to be listed on the front door of the property. If the owner has fallen on hard times, Garduno says ACCE will organize a community cleanup to get the property up to standards. In cases where the home is owned by a bank, ACCE puts pressure on city officials to enforce the city code, including fines and penalties until the property is fixed.

Some of the houses — aside from being an eyesore and bringing down surrounding property values — are also health hazards to these neighborhoods, Garduno says. Foreclosed properties often attract unwanted elements into the community such as squatters, drug users and drug dealers, who refer to abandoned properties where they can come and go freely as "trap houses."

"Kids couldn't even go outside because they were finding needles and [drug paraphernalia] lying on the ground outside their front doors," Garduno says. "Blight brings endless health concerns, and for kids to be exposed to that is ridiculous."

Garduno says there are other health concerns like mold, rats and feces left from feral cats who have taken over the property.

But since her organization began taking action a little over a year ago, conditions in South Sacramento neighborhoods have improved immensely. ACCE conducted several community-led cleanups of vacant properties, as well as protests against bank-owned blighted properties. But there is still work to do.

"Since we started working and organizing, I would say 90 percent of the homes have been cleaned up and are even being rented out now," Garduno says. "It brings a completely different feel and energy to the neighborhood. People are taking more responsibility because they see other houses in their neighborhood are being taken care of and they want to take care of theirs. It's been amazing to see what's happening."

BUILDING HEALTHY COMMUNITIES

In 2010, The California Endowment launched a 10-year, $1 billion plan to improve the health of 14 challenged communities across the state. Over the 10 years, residents, community-based organizations and public institutions will work together to address the socioeconomic and environmental challenges contributing to the poor health of their communities.



Amelia Garduno, lead organizer for ACCE in Sacramento, brings community members together to take on neighborhood blight in South Sacramento.

Photo by Mike Blount

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“[Mermaids] are free-spirited and pretty and, hopefully, real.”

Asked at Fourth Avenue and Franklin Boulevard:

What is your spirit animal?



Alex Fischl
landlord

A wild mustang. I think I like their spirit. I like the fact that they can be kinda wild and unpredictable. They can be very calm and have a very strong presence. They stay in packs and try to take care of each other. They are unique.



Herbert Hale Jr.
technology intern

I think I am more like a lion. I get out there, and I go get it! No matter what, even if the gazelle is faster than me, I still think of a plan to get around it. A lot like life.



Haley Wood
student

I think I can identify as a mermaid. They are free-spirited and pretty and, hopefully, real. They are kind, gentle and humans of the sea.



Jeremy Sykes
freelance photographer

Well, I am an Aquarius, so I am going to have to go with a fish. I love the water, and I am most happy when I am closest to the ocean.



Kelly Kenniston
disabled

It is a cat. I love cats because they are soft, loving, affectionate. The ones I have experienced are very loving and affectionate. I attract all animals, but mostly cats. I have had more than one lifetime worth of changes. I identify with a cat.



Christine Cross
makeup artist

A wolf. I took a class [at the Esalen Institute in Big Sur], and I visualized that I was brought up by the wolves. They are packs, but they like to be left alone. My food is very important. I have a lot of hair, but it is very fine.



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Sacto needs ultra lounges

Re "Hey, Sacramento, ultra lounges still suck" by Nick Miller (Midtown&Down, June 6):

I honestly couldn't disagree more. Upscale is *exactly* what this cow town needs. Telling people they should go to the Palms [in Las Vegas] for luxury is ridiculous. That's good money you're asking [people] to leave on the table, and this city needs it. Is Sacramento such a hick town that luxury is frowned upon? There is literally nothing to do in this boring city other than go cow tipping or hit some wannabe swank spot like the Mix Downtown that's trying to bring a some sort of nightlife to a town that routinely advises new residents to go to faraway cities if they want to have fun. Why should someone be forced to go to San Francisco, Lake Tahoe or Reno for some serious adult fun? Why export all that income and business? People are dying to leave this city, which is one level away from being called the boonies. And you want to have fewer places to go? Low-class spots don't do well because nobody worth anything wants to hang around rednecks, meth heads or thugs that eventually bring down low-class venues. Keep it upscale, and bring Wackamento out of the country-music dark ages! Meridian, Miss., has more going on than Sac. Wake up!

LETTER OF THE WEEK

Iz Wuditiz
via email

Email your letters to sactoletters@newsreview.com.

Geoengineering may be necessary

Re "Geoengineering: an earthly gamble to combat global warming" by Melinda Welsh (SN&R Feature Story, June 6):

You have performed a considerable public service by presenting a solid analysis of what will soon be one of the top political issues. With a few decades of business as usual, we'll hit CO_2 levels last seen in the Eocene, when crocodilians lived in the Arctic Circle. Things should get bad enough that we'll start reducing greenhouse-gas emissions before then, but lags and feedback in the climate system mean we'll be heading over the cliff before the average voter realizes we've got a problem. There is, unfortunately, an excellent chance that some sort of geoengineering scheme will be needed.

I personally think highly of the specific biochar approach outlined by James Lovelock of Gaia fame. It could take enough CO_2 out of the atmosphere to be a big help without a lot of nasty side effects. It also looks like since farmers would profit from plowing biochar into their fields, it would ensure its own passage by buying farm votes. As long as North and South Dakota have two senators each—the same as the vastly more populous California—buying off farmers can make things happen.

The schemes to block sunlight are scary, both because of the unintended impacts and because we'd be stuck keeping them going for tens of thousands of years, and humans aren't very good at being responsible for even short stretches of time. The problem is the enforcement issue that the article neglected. It would be easy to tell Bill Gates or Nicaragua to stop pumping sulfates into the atmosphere, but what if China or India is hit with mega-droughts and tries a sulfate sun shield to counter them? Good luck telling a nation with a billion-plus people and a nuclear arsenal to play by the rules.

I'm all in favor of just throttling back on fossil-fuel usage, but progress on selling that to American voters has proceeded at a glacial pace. If we get the USA on board, we then get to confront the who-does-what and why-can't-we-burn-as-much-coal-as-we-want-until-we-get-rich-like-you arguments from hundreds of countries. Without geoengineering, we'll probably be engulfed by a global disaster, with the only plus being the fun of Nuremberg-style trials for global-warming deniers.

Frank Grober
Carmichael

Stop inflating college bubble with cheap credit

Re "College debt is out of control" (SN&R Editorial, May 30):

Your editorial on college debt never addresses the cause of the education bubble: cheap credit. Flood any market with money and the prices go up. Sen. Elizabeth Warren's proposal will ease near-term debt burdens, but it will not stop colleges from increasing tuition ad infinitum. The result will be lower interest rates but greater total debt loads. That is not a long-term solution. If we want higher education to be affordable, then we should stop inflating this bubble with subsidies. This will force colleges to slash prices so that they fall in line with what people can really afford.

Marcus Karr
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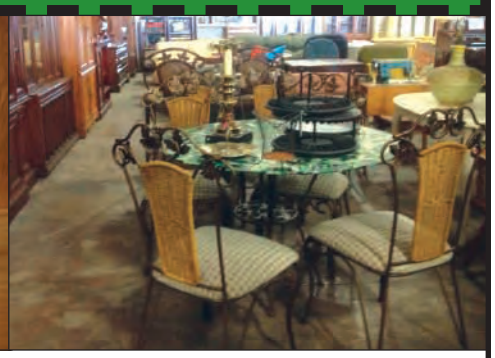
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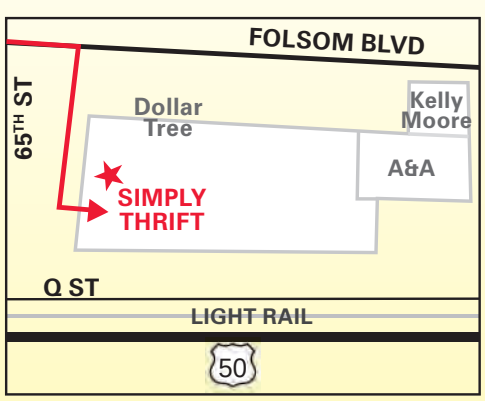
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Privatize the UC?

Steinberg's new bill proposes that California's public universities partner with private companies to provide classes online

by **Whitney Phaneuf**

If a contentious, and groundbreaking, bill passes the state Legislature this summer, many students at UC Davis and other University of California schools won't be doing some of their basic course work on campus anymore. As of next year, they also may be enrolled in classes that aren't taught by UC faculty. Instead, they will be taking classes online, produced by for-profit companies—and getting full college credit for them.

Supporters of Senate Bill 520, authored by local state Senate President Pro Tem Darrell Steinberg, argue that the legislation is designed to eliminate the "bottleneck" of students trying to access general-education course work—the classes that have been most impacted by recent state budget cuts. Online courses produced by for-profit companies also could be offered to students at California State University and California Community College campuses.

"The intent is to reach students who can't get into the classes—to get those students back in the classroom would require phenomenal amounts of money," said Steinberg's press secretary, Rhys Williams. "If we could do it at lower cost and retain quality, then why not do it?"

But opponents of the bill, including multiple faculty organizations, argue that it will allow for-profit educational companies to gain access to public colleges and universities that they would not otherwise have, and thereby undermine the quality of higher education in California.

In March, the Academic Senate of the University of California released an open letter criticizing the bill's inclusion of private corporate interests. "There is no possibility that UC faculty will shirk its responsibility to our students by ceding authority over courses to any outside agency," the letter stated.

Some of the largest venture-capital firms in Silicon Valley have heavily invested in educational technology startups like Udacity, EdX and Coursera. Last week, Coursera announced partnerships with 10 public universities, including the State University of New York system, to offer for-credit courses to currently enrolled students.



Biology 101—at the local Starbucks? It could happen, if a new bill to privatize UC courses passes through the Legislature.

UC faculty groups have also expressed concern that private providers may infringe upon their intellectual-property rights, which identify the instructor as the owner of its course work. There is no language in the current bill that protects curriculum developed by public university faculty from being used by private partners.

> **"The Legislature is on the verge of throwing in the towel."**
>
> Colleen Lye
> University of California professor

Steinberg recently amended his bill, allowing academic senates to consult on what online classes will be offered. Under the latest version of the bill, the UC, CSU and community-college systems would select a list of 20 high-demand, general-education courses and provide incentive grants to develop online curricula. The course work could then be facilitated by private technology providers. The bill recently passed the state Senate and is headed to Assembly.

But despite the recent amendments, UC Berkeley associate English professor and incoming BFA co-chairwoman Colleen Lye said S.B. 520 still feels like a disinvestment in public universities.

"The major spirit of the bill remains in place, to intensify reliance on for-profit online courses," Lye said. "It's essentially choosing to subsidize venture capital."

UC Berkeley history professor and incoming BFA co-chair James Vernon said that adding online classes "seem like a magic bullet to reducing costs." But "we believe it's a back door to the privatization of public education—and an excuse to not hire real faculty," Vernon said.

If passed, the bill would go into effect January 1, 2014. The online courses would be available to students across the state under a program called the California Virtual Campus (student fees have not yet been determined). The bill would be the first in the nation to require state colleges and universities to give credit to students taking classes exclusively online.

Due to significant budget cuts over the past four years, California public universities have frozen or reduced student enrollment, raised tuition, and cut course offerings. Williams said the bill's budget and overall cost has not yet been determined, but it will be addressed after the Legislature passes a new state-spending plan and it is signed by Gov. Jerry Brown.

According to an April 25 analysis by state Senate staffers, "the Governor's 2013-14 proposed budget includes funding to expand the delivery of higher education courses through the use of technology" and "includes a $16.9 million augmentation to the community colleges and a set aside of $10 million each in the University of California and California State University budget to increase the number of online courses."

Williams said the bill, which has been amended four times since Steinberg introduced it in February, aims to provide "standards of quality control as a movement to online education happens."

"It'll happen anyway—let's set controls," Williams continued. "Steinberg doesn't want to undermine local control. He wants to bring the quality control to scale."

Williams said the incentive grants would be available to both online initiatives created on college campuses and to public-private partnerships, citing San Jose State's partnership with online education startup Udacity as an example of how a public university can use an outside technology provider to offer for-credit college classes.

However, it remains to be seen whether such public-private partnerships will save money. A recent San Jose Mercury News report questioned the cost advantages of the San Jose State-Udacity partnership, explaining that participating students at an Oakland charter school had to be issued laptops and required significant hands-on instruction. A formal study on the partnership is currently underway.

Faculty associations, meanwhile, have repeatedly said they are not against online instruction—as long as it's produced on campus and led by college professors and instructors. The CSU offers 84 online undergraduate and master's degree programs, and more than 13,000 fully online or hybrid courses.

Still, Lye noted that the jury is still out on whether online classes are effective, especially when compared to traditional, face-to-face instruction. Lye said there is a lot of mixed analysis about how online education affects different demographics—a fact Steinberg's bill currently overlooks—as well as what courses work best in an online forum.

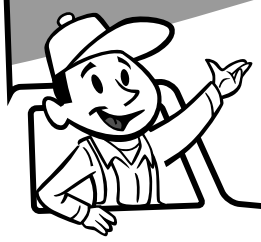
She also compared the current legislative climate to what happened when the state defunded its K-12 schools in the late 1970s: "California higher education is still considered a top-notch system. We're able to offer California residents an equivalent education to the private elite. The Legislature is on the verge of throwing in the towel." □

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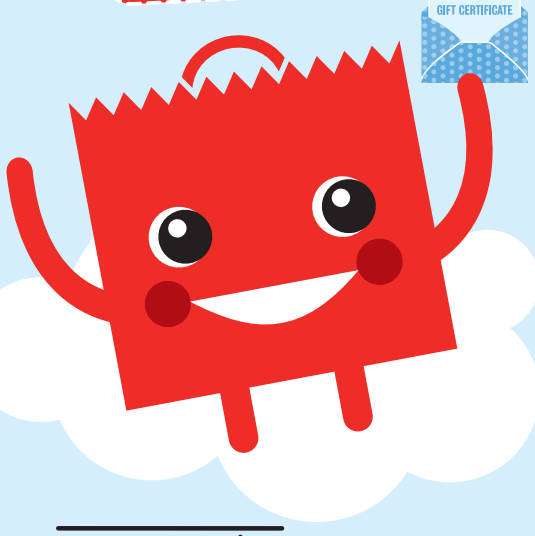
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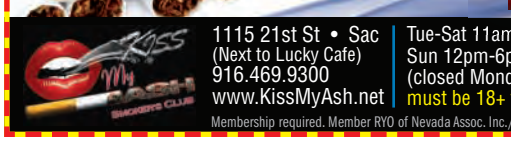
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Gang mentality

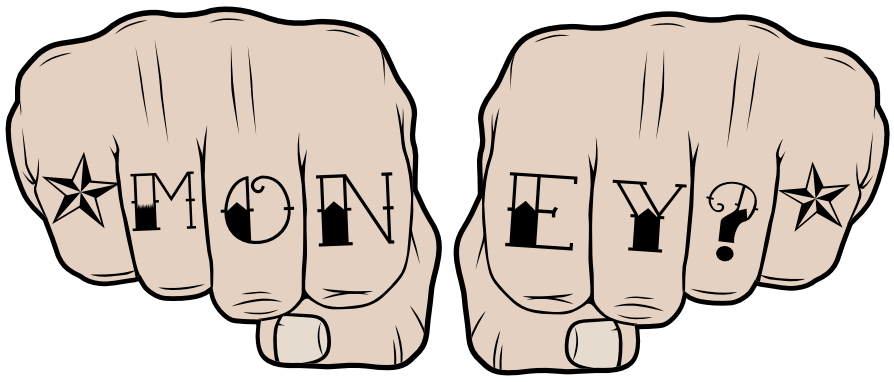
Sacramento City Council turns mayor's gang-prevention plan into political-turf battle

by
Raheem F. Hosseini
raheemh@newsreview.com

A relatively new dispute is kicking off between entrenched Sacramento gangs. While it has nothing to do with guns or bandannas, it is all about turf.

After months of lip-service support for Mayor Kevin Johnson's unfolding gang-prevention strategy, a city-council-steered budget plan (scheduled to be voted on June 11) included what amounts to a pittance to actually implement it.

Of the city's $846 million in base budget and first-year Measure U allocations, $50,000 has been slivered out for the mayor's gang-prevention task force, equal to one full-time employee. Stakeholders were asking for $1 million to expand the city's Ceasefire Program and start implementing some of the 20 strategies they say will redirect future generations of color-tripping gangbangers.



Sacramento City Council members were poised to increase their own discretionary funds this week, while virtually ignoring a budget request for the mayor's gang-prevention strategy.

Sacramento ACT—short for Area Congregations Together—requested $490,000 for Ceasefire, which has shown mixed results in cooling gang violence along the Mack Road corridor.

Stakeholders want to expand it to the Del Paso Heights neighborhood, which has also seen an uptick in gang-related violence. But with what's been proposed, Ceasefire administrators may have a Sophie's Choice on their hands.

Debra Cummings hopes it isn't her community that loses out. The lifelong Del Paso Heights resident told city-council members last month that after a two-decade war between rival neighborhood factions, she was seeing flickers of hope.

"We finally have a dialogue open," she said. "We're just trying to take back our neighborhood one day at a time. … And we don't want to be the forgotten neighborhood."

Some of the state's most notorious ganglands have witnessed success by embracing the programs Sacramento is considering, neighborhood-resources coordinator Khaalid Muttaqi told SN&R. The cities of San Jose, Richmond, Oxnard and even Los Angeles are now being heralded as examples of how to attack gangsterism through evidence-based prevention strategies. Over the last eight years, gang-related homicides dropped nearly 67 percent in the City of Angels, reports Southern California Public Radio.

"If Los Angeles, of all places, can turn it around and get a hold of their gang issues, I'm sure Sacramento can also institute some best practices and eventually be a model," Muttaqi said.

But after arguing the same point on May 21, Muttaqi ran into a roadblock named Bonnie Pannell. The councilwoman from District 8, which includes gang-affected Meadowview, swiftly batted down the million-dollar ask.

"This program is not reaching hard-to-serve people," she said. "These people need jobs. And since we're building an arena, we need to train people for those jobs."

"I can't support this," she added, cutting off Muttaqi when he tried to say workforce development would be part of the plan.

Pannell *was* able to support redirecting $391,500 in city cellphone-tower revenues to her personal operational budget and those of her fellow council members. Each member's discretionary fund would get an extra $43,500 as a result, to be spent how elected officials choose.

The Sacramento Police Department has proposed using $165,000 in asset-forfeiture funds this year on youth gang-diversion programs like the Boys & Girls Clubs of Greater Sacramento and a summer camp for at-risk youth, among other activities.

Meanwhile, the gang violence rages on.

Of the seven homicides Sacramento County Sheriff's Department detectives investigated this year, three were "likely gang related," said department spokesman Sgt. Jason Ramos.

Sentence-ballooning gang enhancements, meanwhile, haven't put a dent in Sacramento's vaunted gang problem, law-enforcement officials acknowledge. If anything, they've sucked in 16-year-old wannabes and spit them out legit criminals.

"They'll get their graduate degrees in crime," Muttaqi said. "Everyone knows we can't arrest our way out of the problem."

"Crime is down with the youth in this community. … But without prevention and just funding cops, it's not going to work."

Karen Flynn
assistant public defender

Even with all the money in the world, if municipalities just keep funding the back-end enforcement and incarceration strategies, they'll constantly be chasing a problem that's growing larger, they say.

"Crime is down with the youth in this community," said Karen Flynn, assistant public defender. "We want that to continue. But without prevention and just funding cops, it's not going to work."

Among other efforts, the gang-prevention task force is examining law enforcement's validation system and looking for ways to allow validated gang members to "opt out," Muttaqi said.

Catching a young wannabe at the moment of validation, Muttaqi said, is a unique opportunity to give someone a glimpse into their dark future and nudge him down a different path.

Without a prevention and deterrence strategy, Muttaqi said, "they'll be the ones that'll be doing the shootings in a couple of years." □

BEATS

Citizen engagement, no questions

Lt. Gov. Patrick Bateman, er, **Gavin Newsom**, set aside his lunch hour Monday to tout his *Citizenville* book and regale fans with stories of meeting **mustachioed New York Times columnists**. (In 2005, "Twitter was a sound," "4G was a parking place" and "LinkedIn was a prison," according to Tom Friedman.)



PHOTO BY JOSH THOMPSON

Lt. Gov. Gavin Newsom visited Sacramento, *not* fictional sociopath Patrick Bateman.

The downtown Sacramento event, a panel on the promise of communication technologies for **government engagement**, was titled "What's Possible: A Conversation with Gavin Newsom." It did include a few other tech-savvy wonks, however, such as Sacramento City Councilman Steve Hansen, Santa Monica Mayor Pam O'Connor and an articulate Abhi Nemani, who is chief of staff for the geeky nonprofit Code for America.

Hansen dropped a **news bomb** on the people of Sacramento in announcing that it had been added to the ranks of U.S. cities participating in Newsom and Nemani's Citizenville Challenge.

No idea what that means? Good. We didn't know either.

It turns out that Code for America will be stepping in with Sacramento city officials to help make local government more transparent, inclusive and interactive, using existing tools of 2.0 engagement.

Ironically, the politicos rattled on for so long about public discourse and constituency engagement that they ran clear over the time allotted for audience questions. Inspired by the day's theme of 2.0 discourse, SN&R circumvented the lack of floor time by asking the panelists questions on Twitter.

Hansen and Newsom have yet to respond. (Dave Kempa)

Drugs and money

Lee Seale made one rookie mistake during his first budget hearing Monday as Sacramento County's new chief probation officer—he forgot to ask for **more money**.

Seale, 41, appointed in April after a career in state corrections, found himself dumped in the deep fiscal end his first week on the job. He acquitted himself well, laying out what he'd like to do with limited resources to affect change in a **high-risk**, **drug-abuser** population currently receiving limited supervision by his undermanned department.

Citing last month's report by the White House Office of National Drug Control Policy, Seale said 78 percent of all people arrested in the county tested positive for some sort of illicit narcotic. That includes 85 percent of property-crime arrestees and 76 percent of people arrested for violent offenses.

"I don't think it's something we should accept as part of our identity," Seale told the Sacramento County Board of Supervisors.

He began to wrap up when board Chairwoman Susan Peters interjected: "Do you want to talk about the budget?"

After the chuckles died down, Seale requested an additional $1.1 million to be spent on drug treatment and supervision for 700 high-risk drug offenders. The plan was short on details, and Seale offered to follow up in the next few weeks with a breakdown.

District Attorney Jan Scully later said the idea, while worthwhile, could put an additional burden on law-enforcement agencies when some of these individuals fail. (Raheem F. Hosseini)

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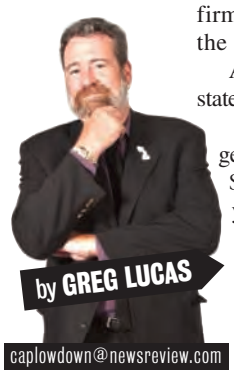
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The budget deal

Now playing at a state Capitol near you



by GREG LUCAS

caplowdown@newsreview.com

The budget is California's biggest, most boring and bodacious stomp-on-the-terra-firma public-policy shindig of the year.

And the deal is going down at a state house near you.

Gov. Jerry Brown, cagey septuagenarian, proposes spending $146 billion during the fiscal year that begins July 1, on public schools, health care, welfare, state universities, prisons and other services millions of Californians rely on. Or at least expect.

Democrats, who control the Legislature, say "Rock on, **Jer Bear**. Spend every billion in your pocket, then haul your bony ass over to the ATM and grab more. Never mind, we'll handle it. On a tight schedule."

The Legislature's budget plan says more money flows to the state than Brown predicts. Their work is nearly done, because if legislators haven't OK'd a budget by their **June 15 deadline**, their pay is docked.

Residents of the "real world" don't seem real jacked up about the budget. Most of the angst seems confined to what's known by its occupants as "The Building."

Buying the analyst's prediction is like Wimpy paying Tuesday for a hamburger today.

Decibels are relatively low because, for the first time in a decade, spending commitments don't need to be ratcheted down by **double-digit billions**.

The crafty, grizzled governor says that's swell, but believes it's risky to increase spending. California should stand pat. If history is any guide, that's fiscally sound.

Previously, when there's been money on state shelves, governors and lawmakers made mischief, chaining the state to new programs whose annual costs keep climbing exponentially—like in-home care for the elderly, which, at $1.8 billion, is the fastest-growing state expense of the past 10 years.

So, Brown downplays the $4.5 billion more in unexpected dough the state received this year. The boon is partially caused by increased taxes Californians approved last November for residents earning $250,000.

Secretly, there really isn't $4.5 billion in **mad money**, Brown says. Formulas require most of the moola be sent to public schools, which seems pleasantly karmic, given how they've been shorted billions over the past 10 years.

Overall, Oakland's ancient mariner wants spending to stay right about at the same levels he proposed in January before the $4.5 billion windfall he says never happened.

In sum, Brown's **lowballing**.

Bummer for legislative Democrats. Brown's stance means no money for restoring some of the programs the Legislature digs that were eliminated in previous budget years. Like a measly $131 million to provide dental care for indigent adults.

But—presto chango!—legislative Democrats escape Brown's box.

The Legislature's chief budgeteer and **channeler of Houdini** is the legislative analyst. The analyst solves everything with a rosier revenue outlook than Brown.

Using the analyst's number gives Democratic lawmakers more nonexistent—but expected—money to spend now on programs like adult dental care that appease the interest groups, who help keep them and their colleagues in office. If Brown vetoes the additional spending, so what? He's the heavy.

Buying the analyst's prediction is like Wimpy paying Tuesday for a hamburger today. But, again, what's the downside? A reserve has been created in the Legislature's budget using these **ephemeral greenbacks**. If the currently nonexistent money remains nonexistent, then the reserve built of them simply goes "poof."

But now **a deal is consummated**. The Legislature agrees to go with Brown's lowball and, in return, gets some mad money to spend on stuff they like. Brown gets approval of his new funding formula for schools that earmarks more money for English learners and kids with learning difficulties. He claims his idea is both just and moral, which are words that, when used in politics, deserve extreme skepticism.

While neither is particularly just nor moral, it's certainly a shocking coincidence that 2013 is the year California brings bring back adult dental care for the indigent and unsnarls the state's public-school purse strings. All at the same time. But totally unrelated, because vote trading is a felony and stuff.

Sketch? Totally. Better to bogart the biggest, baddest public-policy utterance of the year and mess with 38 million lives in nothing but bad ways? No way. It's **Chinatown**, Jake. □

Greg Lucas' state-politics column Capitol Lowdown appears every-other week in SN&R. He also blogs at www.californiascapitol.com.

Big-box theory

Sacramento businesses and developers argue the impact of local superstores



by COSMO GARVIN
cosmog@newsreview.com

The debate over Sacramento's superstores ordinance isn't really about whether you love Walmart or loathe it, or whether you believe Sacramento is "business friendly" enough. It's really about information.

All kinds of questions arise when a big-box store sets its sights on a community.

What impact is that new Walmart going to have on the local grocery store? Will it **undercut local business** with lower prices, but also with lower wages and benefits?

You can guess the answers to these questions. You can call Walmart and ask them. You could go on Facebook and ask your friends.

But you won't get any real information that way. For actual data on local impacts, you need an economic-impact analysis, and a wages and benefits comparison.

That's really all that is required by the city's current superstore ordinance—information. The rules kick in automatically for any **big-box store** more than 90,000 square feet, if that store also sells groceries. (Some bulk retailers and membership clubs like Costco are excluded.)

Business groups like Region Builders and various chambers of commerce say doing this analysis and disclosing it to the public is too "onerous" for big-box developers.

They want city council to repeal the five-year-old ordinance and do away with the automatic economic analysis for box stores, and they don't want the city to do any wage and benefit analysis at all as part of the land-use process. They say the current rules have already prevented several big-box stores from locating inside the city.

Not everyone would agree that's a bad thing, or even that it's true. But what exactly is it that is so onerous about the superstore ordinance?

It's not the cost. City staff estimates economic-impact studies cost $50,000 to $100,000 each. But full development applications costs hundreds of thousands of dollars, and that's not going to change.

City planner **Scot Mende** says the real burden to business is uncertainty. By introducing an analysis of wages and benefits, "It's a known process vs. an unknown process." Information.

Some argue it's a more political process. Certainly, it was city council politics circa 2006 that brought us the superstores ordinance. Same politics that kept a Walmart from opening in Downtown Plaza back then.

But so what? Repealing the ordinance is political, too.

And there's nothing whatsoever in the ordinance that prevents a big-box store from opening a store in the city, just because they pay crappy wages. It merely requires that information and analysis be given to the public.

Bites' neighborhood is nothing fancy. But it's got a union grocery store that pays enough for some workers to buy some of the modest houses nearby. Likewise, there's a busy independent hardware store. What's wrong with asking about the impact on these places from "**category killers**" like a Walmart?

"It may be useful information for consumers," said Mende. "But it has a chilling effect on applications."

Mende said the city council would still have discretion to require an economic analysis in some cases, for example, "If a large-format store is proposed in the Midtown area."

And no doubt folks in specially protected and connected neighborhoods like Midtown would ask for, and get, their economic-impact studies. But what about the rest of us?

Some people think **Mayor Kevin Johnson ought to recuse himself** from voting on the superstore-ordinance repeal, given that Walmart pumps so much money into StudentsFirst, the anti-teacher-union lobbying group founded by Johnson's wife, **Michelle Rhee**. The Walton Family Foundation (named for the family that founded and controls Walmart) recently committed $8 million to Rhee to help bust unions and privatize public schools and push for more student testing.

That's a lot of money. But Bites thinks this misses a more direct conflict of interest. After all, the Walmart people give plenty to the mayor directly.

In 2012, the Walton Family Foundation gave $500,000 to K.J.'s Stand Up nonprofit. That was part of the much larger chunk of money that Johnson illegally failed to disclose last year, until reporters started poking around.

The superstore issue highlights just how remarkable this end-runaround campaign-finance laws really is. Do we want companies like Walmart funneling unlimited dollars to city council members while they vote on policies like the superstore ordinance? Would it be too "onerous" for business to regulate that as well? □

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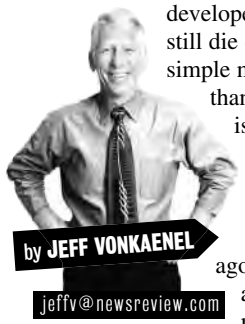
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Alice in health-care land

Americans pay more than anyone else for medical procedures—but without significant improvements in health outcomes



by JEFF VONKAENEL
jeffv@newsreview.com

In the Alice in Wonderland world of health care, crazy things can appear normal. "American health care" normal. The United States spends two-and-a-half times more than most developed countries on health care. But 40,000 Americans still die each year due to lack of health insurance. Relatively simple medical procedures in this country can cost more than having a baby in Europe. Health-care specialists can make more than half-a-million dollars a year. And our elected officials in the Alice in Wonderland House of Representatives have voted repeatedly to maintain this crazy status quo.

I remember a conversation with my dad 45 years ago, when I was a sophomore in high school. This was a couple of years after he had sold his small-town medical practice and moved our family to San Jose. We were discussing friends and family back home, when Dad told me that some other doctors were doubling their incomes.

I assumed that doubling one's income was a good thing. But my dad seemed upset. I asked him how this happened. My dad paused. Then he took my hand, looked me in the eye, and said, "I think you have the flu, but I want to run a couple of tests to make sure."

There is no reason that health care costs so much more here than in other countries.

Furthermore, my dad told me that if people knew how much the tests would cost, and the likelihood that the tests would actually matter, they would never agree to them. My dad's patients were working people who needed money to put food on the table and to buy clothing for their kids. They couldn't afford to pay for frivolous tests. Many of these tests, like so many other things in our crazy health-care system, have more to do with greed than medical necessity.

There is no reason why health care costs so much more here than in other countries. The New York Times recently did a story on the escalating costs and used colonoscopies as an example. Colonoscopies cost almost twice as much in the United States as they do in Europe. Colonoscopies used to be done in doctors' offices, but now doctors are investing in surgical centers and referring patients to them instead.

According to The New York Times, "The high price paid for colonoscopies mostly results not from top-notch patient care ... but from business plans seeking to maximize revenue; haggling between hospitals and insurers that have no relation to the actual costs of performing the procedure; and lobbying, marketing and turf battles among specialists that increase patient fees."

So, instead of having a typical European medical bill for a few hundred dollars, Americans are paying thousands of dollars without any significant improvement in health outcomes.

Forty-five years ago, my dad was ashamed that some doctors weren't looking out for the good of the patients. Things haven't gotten any better. If my dad was alive today, he'd be advocating for health-care reform. □

Read The New York Times June 1 article, "The $2.7 Trillion Medical Bill: Colonoscopies Explain Why U.S. Leads the World in Health Expenditures," at http://tinyurl.com/whyhealthcosts.

Jeff vonKaenel is the president, CEO and majority owner of the News & Review newspapers in Sacramento, Chico and Reno.

THIS MODERN WORLD BY TOM TOMORROW



ESSAY

The homeless numbers game

Last week, Sacramento Steps Forward released the numbers from the 2013 Homeless Street Count, a federally mandated biennial tally of all the homeless people found during the course of a four-hour time frame.

by
Dave Kempa
davek@
newsreview.com

In total, volunteers in the count done on January 24 found 2,538 homeless people in the region, 786 of them unsheltered. These numbers represented a small bump up from 2011's total, which tallied 2,358—but a drop from 2011's unsheltered count of 955.

Independent reporting for this story is funded by a grant from Sacramento Emergency Foodlink

The region found 432 chronically homeless individuals—a rise from 2011's 353 (a 22.4 percent increase). There was also a rise in persons in homeless families—801 this year, up from 2011's 604 (a 32.6 percent increase).

Are we wasting our time with the tally?

But what do these numbers really mean, and how accurate are they? Has the homeless population really risen in Sacramento since 2011? Or has it been this bad for years? Stroll around North C and 16th streets today—historically, the area is known for its homeless population—and ask yourself if we really have only 786 unsheltered homeless living in Sacramento at any given moment.

Are we wasting our time with the tally?

Sacramento's homeless count has historically been a controversial undertaking, with critics such as those at the Sacramento Housing Alliance claiming that findings are always low and in no way reflect the marked homelessness problem. I could also point out a few of these critics in the SN&R newsroom.

It behooves our nation's homeless to go unseen in the evenings, and this year's Sacramento count took place in wet conditions, between the hours of 8 p.m. and midnight. Additionally, the survey is still in its nascent years; officials continue work to improve methodology.

Steps Forward took the reins from the county for the first time ever in this year's count, greatly increasing the likelihood of methodological differences from previous years. In January, volunteers agreed that things were run differently than in 2011. The count's Midtown launch site, for example, was more chaotic than in previous years.

Anyone working in policy, however, will tell you that the first step in dealing with a problem is compiling data on the subject. This is why officials believe the homeless count to be important, and why the city must continue to work on improving tally strategies in the years to come.

So, while 2013's numbers may not tell us much, it's important that Sacramento continues to work toward better understanding the scope of the region's homelessness problem. □

EDITORIAL

Farewell to Geoff Petrie

When Geoff Petrie's contract expires on June 30, it will truly mark the end of an era. The Sacramento Kings' new owners understandably want to hire their own man to oversee personnel decisions, and it's been announced that Petrie won't be retained as president of basketball operations. Before he's officially gone, let's consider the Petrie era.

The Kings had never come close to a winning season in Sacramento before he arrived in 1994. From 1995-96 through 2005-06, they made the playoffs nine times, including a meeting with the Los Angeles Lakers in the 2002 Western Conference finals that was one of the classic series in NBA history. (We still think the Kings would have been champs that year if not for some strangely pro-Laker officiating.)

The Kings teams of those peak years were a reflection of Petrie's vision of basketball as an international game of selfless passing, skillful shooting and constant motion, and they made Sacramento proud.

Obviously, recent seasons haven't been as successful. But let's remember: Petrie deserves credit for building some of the best and most entertaining teams the NBA has ever seen, and for doing it here in Sacramento, where a lot of people believed it couldn't be done. He'll be missed. □

Sympathy for the IRS

It's been the subject of six separate federal investigations. Heads have rolled. Republicans in Congress and pundits on Fox News have declared that it "exceeds the scandals of Watergate or any other prior government abuse."

In reality, the Internal Revenue Service's mishandling of tea-party-group applications for tax-exempt status as 501(c)(4) "social welfare" organizations bears more resemblance to a bad episode of *The Office* than it does to any major presidential scandal.

In essence, low-level IRS employees in the Ohio-based branch came up with an ill-advised shortcut for wading through the thousands of 501(c)(4) applications they needed to check for impermissible political activity and searched the files for terms that might indicate a political orientation, such as "tea party." As a result, tea-party applications received extra scrutiny.

The IRS admits it was inappropriate. In fact, records show the employees acted in direct defiance of their boss, who recognized this as a bad idea and nixed the practice. There is no evidence that anyone outside the IRS—let alone President Barack Obama—knew about what was going on. But that isn't going to stop Republicans from talking impeachment.

Lost amid the gale-force, anti-Obama bloviating is the real issue: 501(c)(4) groups, which are not required to disclose donors, have become a means for well-heeled donors to spend hundreds of millions of dollars on political campaigns without public knowledge. Congress should drop the political posturing and act immediately to require social-welfare groups to disclose their funding. □



SN&R's 2013 Summer Guide cover models hail from Bows & Arrows, a lovely Midtown cafe and boutique where co-owners Olivia Coelho (left) and Trisha Rhomberg (right), and chef Gabe Nokes are gatekeepers to summer chill (see page 35 if you want to be the key master).

2013 SUMMER GUIDE





'DON'T BOTHER ME, I'M HOT'

THE FIREBALL IN THE SKY

roasted us at nearly 110 degrees last Saturday—how could you forget?—so I tried to teach my pug Bernie how to swim.

Pugs are pretty stupid. I think I saw a canine chart once that ranked the breed as the 66th-most intelligent. But you'd think in triple-digit heat, the survival instincts would kick in. That a pug in a pool would flail those legs and enjoy a quick splash.

No.

Bernie panicked for a few moments, feigning motorboat, then got his sink on. After escaping the water, he shook in a tizzy, then sneered: "Don't bother me, I'm hot."

We Sacramentans, thankfully, are smart enough to embrace the cool, chill and wet. We want ice pops and airy vintage duds, like those found at this issue's cover models' hangout, Bows & Arrows (see page 35). We get hot, we get bothered, and we crave new summer cocktails (see page 25), or even want to show off our flesh (and tattoos, page 65).

We broast and toast, then we do something about it. Like sit in the shade and read this here Summer Guide.

—NICK MILLER

2013 SUMMER GUIDE STAFF

EDITOR: Nick Miller

WRITERS: Deena Drewis, Guphy Gustaphson, Lovelle Harris, Raheem F. Hosseini, Dave Kempa, Rachel Leibrock, Garrett McCord, Jonathan Mendick, Ann Martin Rolke, Shoka

COPY EDITORS: Shoka Shafiee, Deena Drewis

ART DIRECTOR: Hayley Doshay

PHOTOGRAPHER: Wes Davis

DIRECTOR OF SALES AND MARKETING: Rick Brown

SALES TEAM: Josh Burke, Vince Garcia, Dusty Hamilton, Brian Jones, Rosemarie Messina, Dave Nettles, Lee Roberts, Julie Sherry, Olla Ubay, Joy Webber, Kelsi White, Gary Winterholler

AD SERVICES OPERATIONS MANAGER: Will Niespodzinski

AD SERVICES TEAM: Melissa Bernard, Alicia Brimhall, Matt Kjar, Jessica Takehara

DISTRIBUTION MANAGER: Greg Erwin

WEB PUBLISHING: Joe Kakacek

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PHOTO BY WES DAVIS



Jameson Alexander is a great name for a bartender—and he mixes pretty refreshing drinks, too. Shown here is LowBrau's Cherry Cask, with German kirschwasser schnapps.

THE SUMMER SWILL

BY
DEENA DREWIS
deenad@
newsreview.com

FIVE HOT NEW COCKTAILS, BECAUSE NOTHING BEATS SACRAMENTO'S TRIPLE-DIGIT HEAT LIKE A GOOD BUZZ

THE NIGHTTIME weather of a Sacramento summer is intoxicating. Almost. You're going to need a little help from some of the city's finest liquor magicians to get all the way there. Luckily, they've been planning some new, seasonal drinks that are impeccable complements to the Delta breeze. Behold refreshing, boozy concoctions that are creative takes on old standbys—and one that's not necessarily summery (duck-fat cognac!), but is a must-try anyway.

Whatever your predilection, Sacto's bartenders have something to help you kick back and laugh about the insane string of expletives you yelled after getting into your sunbaked car earlier in the day. □

"SUMMER GUIDE" CONTINUED ON PAGE 26





"SUMMER GUIDE" CONTINUED FROM PAGE 25

JAMESON ALEXANDER

Tends bar at: LowBrau, 1050 20th Street
Drink: Cherry Cask
Ingredients: Barrel-aged gin, kirschwasser, sweet vermouth, sugar, lemon, bitters

IF THIS DRINK WAS A SONG, IT WOULD BE ...

"Easy" by Lionel Richie. I really have no idea what any of the lyrics are besides "easy like Sunday morning," but for some reason, it was the first thing that popped into my head and, actually, it really fits.

HOW'D YOU COME UP THIS DRINK?

We wanted to use authentic German schnapps, and we chose kirschwasser, a fruit brandy made from distilled cherries. We tried a million combinations before I enlisted the help of Ben Moore, one of our amazing hired guns, and we finally dialed it in by keeping it simple. I can't speak for Ben, but I was inspired by spite. I couldn't let the schnapps win.

WHAT'S SO SPECIAL ABOUT GERMAN SCHNAPPS?

It's nothing like the schnapps most people are familiar with. Authentic schnapps are made from distilled fruit. The result is a very simple, beautiful spirit.

LAUREN STEELE

Tends bar at: Hook & Ladder Manufacturing Co., 1630 S Street
Drink: Mariner's Revenge
Ingredients: Monkey Shoulder scotch, sage-infused honey, Angostura bitters and orange bitters, garnished with a lemon twist and a sage leaf

WHAT'S UP WITH THE DRINK'S NAME?

It's a song by the band the Decemberists. The title seemed fitting because of Scotland's history of importing used bourbon, rum and sherry barrels through maritime merchant trade routes that they used for aging their "whisky." The drink shares both sweet and bitter qualities, lending itself to the substance of revenge.

HOW'D YOU COME UP WITH IT?

My favorite cocktail of all time is a scotch old fashioned. I wanted to impart some floral qualities to the cocktail by replacing the sugar with honey. I added some sweet citrus with orange bitters and paired the peat with an earthy sage.

TRAVIS KAVANAUGH

Tends bar at: Shady Lady Saloon, 1409 R Street, Suite 101
Drink: Duck Dynasty
Ingredients: Duck-fat-infused cognac, house-made Berryessa Brewing Co. IPA liquor, house-made vanilla truffle-oil Angostura bitters

SO, DUCK FAT?

I was watching *Iron Chef America*, and a lot of places are using bacon fat in cocktails, but we have a lot of duck fat here.

WHY'S IT SPECIAL?

It combines my two great loves: food and liquor that push limits.

IF THE DRINK WAS A SONG, IT'D BE ...

"Beast of Burden" by the Rolling Stones.

VINCE BOWEN

Tends bar at: Blackbird Kitchen & Bar, 1015 Ninth Street
Drink: Tarragon Slinger
Ingredients: Aviation Gin, tarragon, fresh-squeezed lime juice, house-made simple syrup, soda water

> "A LOT OF PLACES ARE USING BACON FAT IN COCKTAILS, BUT WE HAVE A LOT OF DUCK FAT HERE."
>
> **Travis Kavanaugh**
> Shady Lady Saloon

HOW'D YOU COME UP WITH IT?

I was bartending in Santa Barbara at the time. A sous chef approached me with an ingredient I was none too familiar with—tarragon. As I was always inspired by the beautiful weather in Santa Barbara, I wanted to make something refreshing and a spin-off of a mojito. Hence the lime, simple syrup, soda. I felt it was a well-balanced cocktail and kept it in my trusty bag of tricks.

WHAT'S SO SPECIAL ABOUT IT?

It's a clean, well-balanced drink that uses good, fresh ingredients.

IF THIS COCKTAIL WAS A SONG, IT WOULD BE ...

Bad Company's "Feel Like Making Love." Why? Not sure.

SCOTT MARTIN

Tends bar at: The Press, 1809 Capitol Avenue
Drink: Lennon/Lenin
Ingredients: Strawberry-infused vodka, strawberries, Thai basil, lemon juice, agave nectar, reduced balsamic vinegar

WHAT'S WITH THE NAME?

"Lennon" after John Lennon and "Strawberry Fields Forever," and "Lenin" for the color red.

WHAT'S SO SPECIAL ABOUT THIS COCKTAIL?

Our guests love it, and they appreciate the effort we put into our cocktails.



FOOD & Drink



Hook & Ladder Manufacturing Co.'s Lauren Steele says her Mariner's Revenge cocktail is peaty and earthy, with citrus and floral qualities.

PHOTO BY WES DAVIS

"SUMMER GUIDE" CONTINUED ON PAGE 30

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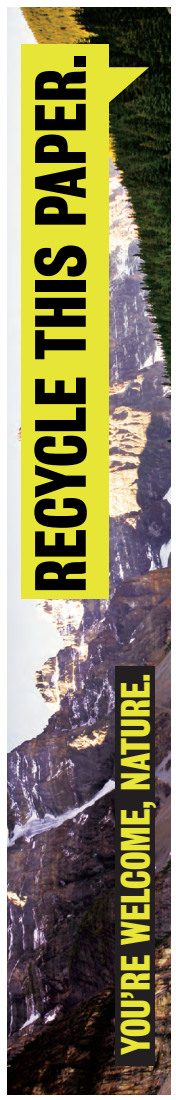
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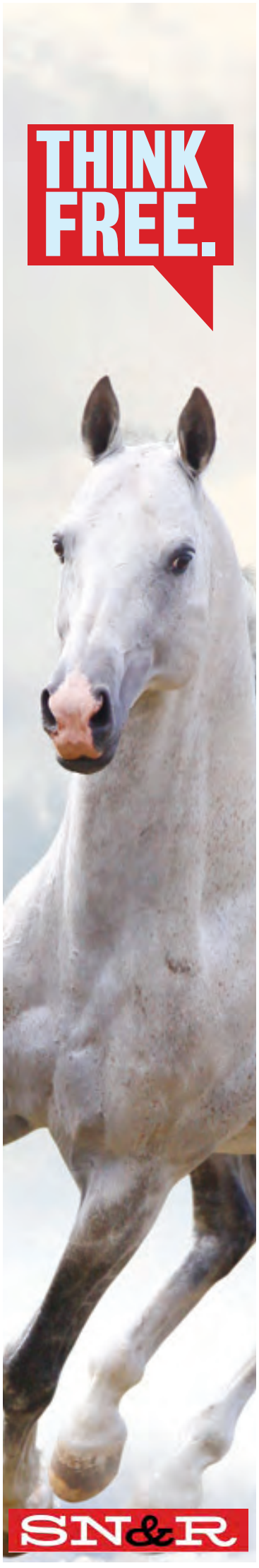
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FOOD & Drink

All the pretty girls know ice cream is the secret to inner and outer beauty. Need a makeover? Try the blackberry shake at Whitey's Jolly Kone in West Sacramento. Or, head into Midtown to sample the best *sorbetto* on the grid at the Devine Gelateria & Cafe (below). Enjoy it on the eatery's back patio to get that special California-dreamin' glow.



PHOTOS BY WES DAVIS



"SUMMER GUIDE" CONTINUED FROM PAGE 27

SHAKE YA ASS

Skip the "McCafé," and head straight for West Sac for the best summer milkshake in town. **Whitey's Jolly Kone** is an old-school burger stand with the requisite dogs, burgers and chili fries. But zero in on the shake menu for a **blackberry shake** made with preserves and, starting around July 4, transcendent **peach shakes** made with fresh, local fruit. For about six weeks, Whitey's blends ripe, juicy peaches with ice cream to make a thick ambrosia of summer goodness. This family-owned throwback has been around for more than 30 years and boasts an enormous parking lot. Head there after a day at the pool for a memorable treat. *1300 Jefferson Boulevard in West Sacramento, (916) 371-3605.* A.M.R.

NUTRITIOUS WAY TO NOT LOOK BLOATED IN A SWIMSUIT

For cultural-heritage day in the fourth grade, I brought in little packets of roasted seaweed to share with my class. Everyone (minus the one other Asian-American kid) thought this was gross. Fast-forward 15 years, and these seaweed snacks are all the rage, being sold at grocery stores like Trader Joe's and Safeway at a hefty markup. (FYI, you can get them in bulk and on the cheap at most Asian-food grocery stores.) If you've recently become addicted to these delightfully oceanic snacks, I have a next-level recommendation for you: the **mixed seaweed salad** at **Kru Contemporary Japanese Cuisine**. A spectacular leap beyond the wakame salad that's ubiquitous at sushi places, this salad features a mix of seaweed varieties dressed in a kimchi ponzu and garnished with apple, cherry tomatoes and asparagus tempura. It's delicious *and* nutritious—an excellent source of iron and calcium, and it supposedly reduces bloating (hey, swimsuit). *2516 J Street, (916) 551-1559, www.krurestaurant.com.* D.D.

ROGER EBERT'S FAVORITE SODA?

The greatest thing about West Sac (a.k.a. "Best Sac") is the diversity of residents, which means a diversity of ethnic markets. In a few short blocks you can visit an Afghani, Indian or Russian store, and delve into the mysterious world of labels in Cyrillic, unlabeled fresh foods and enigmatic spices. Fortunately, there is a guide to help you navigate the unfamiliar—a friendly shopkeeper. Buy Russian candy by the pound or many varieties of European breads baked locally at the **Amin Foods**. Or try a Thums Up cola or some ayurvedic soap from **Delhi Bazaar**. *Amin Foods, 2216 W. Capitol Avenue; (916) 371-2646; Delhi Bazaar, 2905 W. Capitol Avenue; (916) 669-8787.* E.G.

LOSE THE MUFFIN TOP

If there were ever a time to embark in a culinary adventure into a raw-food diet, summer in Sacramento would be it. Besides having a wide variety of fruits and vegetables available at farmers markets during this season, it's just too hot to be cooking over a blazing stove. And, yeah, you'll probably ditch your muffin top by ditching muffins with the **30-Day Raw Food Challenge** at **The Green Boheme**. Its $150 tuition includes a weekly demo class and coaching—plus the support of others going through the program with you, who will surely understand your cheese-detoxing pain. The cycle starts at the beginning of each month. The Green Boheme also will make challengers' meals (at an additional cost), but don't expect it to be all salads, all the time: "Chocolate Silk Pie," anyone? Testimonials by participants of the challenge on the website found their blood-pressure and blood-sugar levels were reduced, their energy was increased, and they dropped major poundage. *1825 Del Paso Boulevard, (916) 920-4278, www.thegreenboheme.com.* S.

MOST DELECTABLE SUNDAE IN THE HISTORY OF EARTH

Yes, **Ginger Elizabeth Chocolates** is a top-notch confection boutique. But its annual summer **Ice Cream Socials** are legendary. For each Second Saturday from May through October, proprietor Ginger Hahn has dreamed up indulgent sundaes full of organic ice cream and local fruit. Available for just one day, the June extravagance includes Ferrari Farm Bing-cherry Brown Betty with Manresa Bread Project pain au levain, cherry-butter sauce, frozen custard made with Contreras Farm duck eggs and Chantilly cream! Translation: The best cherry pie à la mode you've ever tasted. Future pairings include exotics like fromage blanc ice cream and fresh apricots, blackberry compote and Buddha's hand ice cream, and bananas Foster made with 18-year rum; $8 each, while supplies last. *1801 L Street, Suite 60; http://gingerelizabeth.com/events.* A.M.R.

ANTIDOTE FOR SUFFERING (IN FLOWER-SHAPED CUPS!)

You will suffer. It is certain that for several consecutive days each summer, temperatures won't budge from hovering in the triple digits, and you will uncomfortably sweat it out, waiting for the cool relief of dusk to put an end to your fried agony. That sweet time of day is how *sorbetto* from **Devine Gelateria & Cafe** tastes. In decadently fruity flavors, such as classic lemon or raspberry, and gently boozy strawberry champagne or black-currant lemon vodka in little flower-shaped cups, enjoy it before it—or you—melts on the cafe's garden patio. Take it in until 9 p.m. Tuesday through Thursday, and 10 p.m. Friday and Saturday. *1221 19th Street, (916) 446-0600, http://devinegelateria.com.* S.

LIKE PETTING A KITTEN'S BELLY

If you find yourself at the Davis Farmers Market on a Wednesday night or Saturday morning this summer, chilly salvation comes through **Fat Face popsicles**, a cult Davis favorite that quickly spread to Sacramento. Popsicles are $3, which may seem rather steep for ice on a stick. However, the quirky and elegant flavors bring more delight than petting the downy underbelly of a kitten. Kaffir lime and avocado is buttery, verdant and floral in flavor; while the Thai tea and sweet potato is mellow and earthy. For something more approachable, try the refreshing strawberry lemonade or the rich and caffeinated fudge espresso. *Fourth Street in Davis, (530) 756-1695, www.davisfarmersmarket.org.* E.M.

PLAY HOOKIE

Take time to appreciate the surprises this summer at **Hook & Ladder Manufacturing Co.**, which opened in the past year in Midtown. Tasty Neapolitan-style pizzas (smoked eggplant, nice job!) and thoughtful salads (anything kale) are light, affordable hot-weather offerings with quality ingredients. Inimitable cocktails by local bar-scene godfather Chris Tucker and staff never disappoint. And there's a solid burger. Plus, if you don't give a damn about watching your weight during beach season (me!), H&L's pastas are the real surprise. There was that fettuccine made with beets last month, or the ravioli stuffed with bacon—some of the best handmade pasta on the grid. I'd concede I'm hooked, but that's pretty cheesy. *1630 S Street, (916) 442-4885, www.hookandladder916.com.* M.M.

TAKE A LUNCH RUN, RUN, RUN

Don't listen to your boss: You so have more than an hour for lunch. Which is why there's ample time to drive way, way out of your zone to the Noralto neighborhood of north Sacramento for the best Thai-Laotian eats in town: **Asian Café**. Some people call this area ghetto; some people are idiots. Sit down, enjoy the usual curry, noodle and rice Thai fare, or go bold—larb; pork-stuffed chicken wings; papaya salad, Lao style (think shrimp paste). All dishes are prepared to order by the owner, who speaks very little English but always smiles. And servers Burly and Koony are the best. *2827 Norwood Avenue, (916) 641-5890.* M.M.

"SUMMER GUIDE" CONTINUED ON PAGE 35

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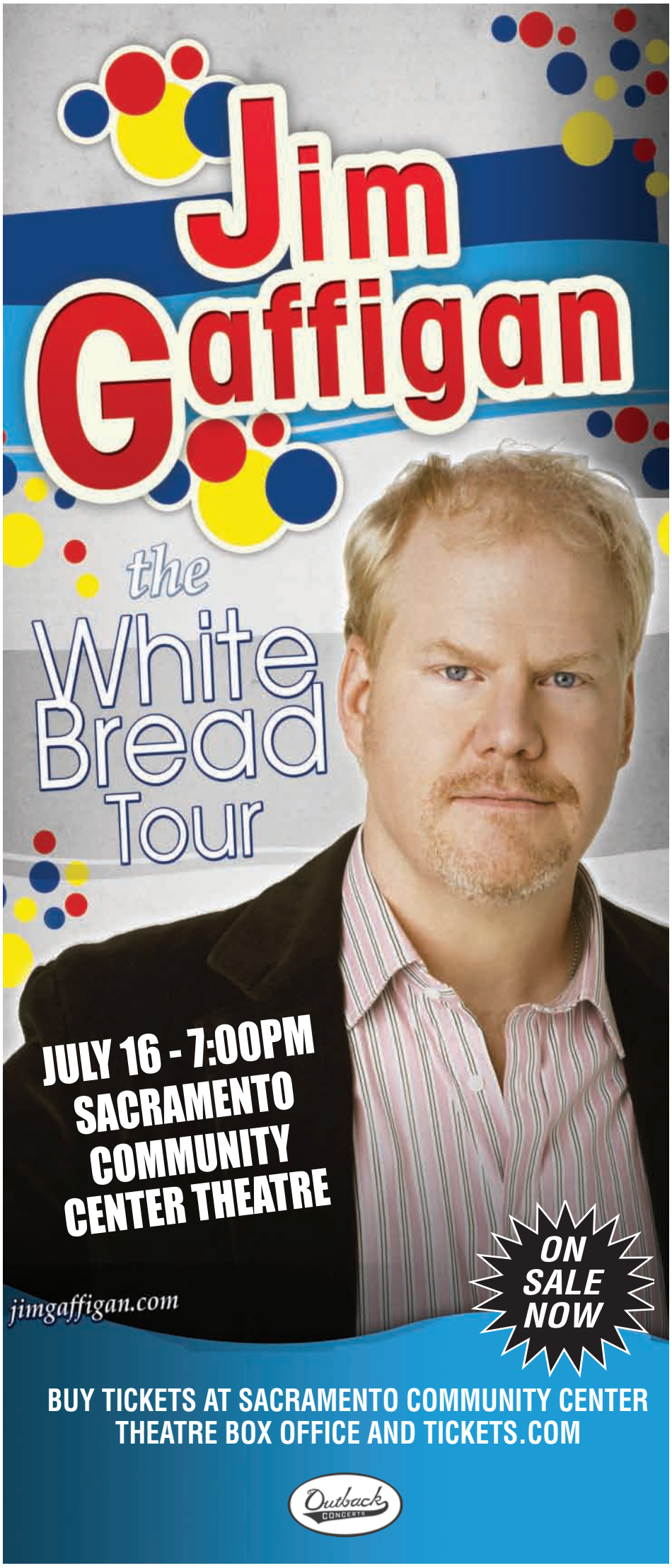
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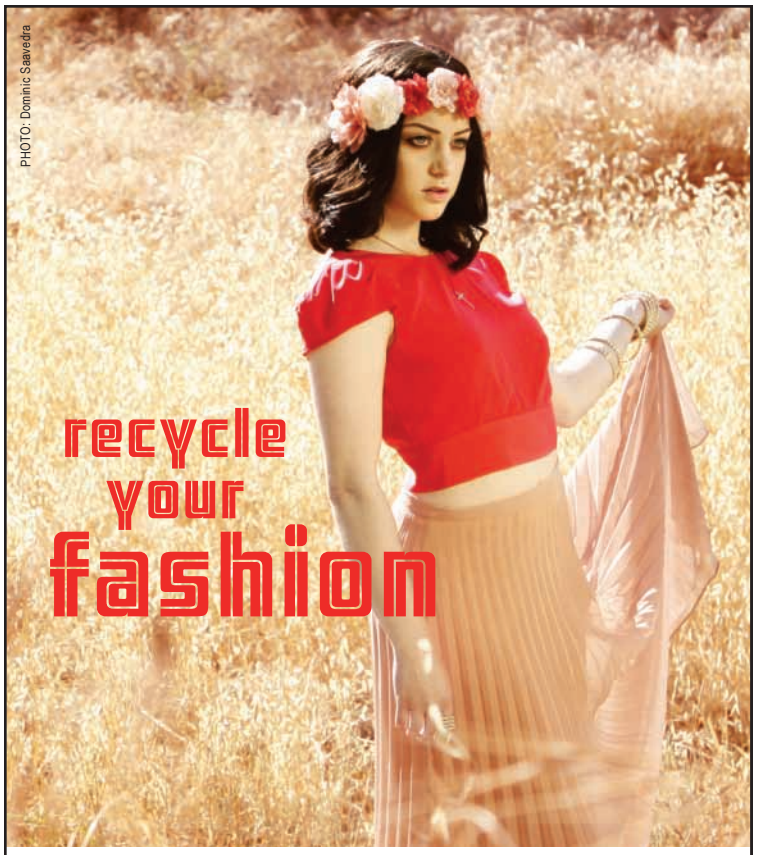
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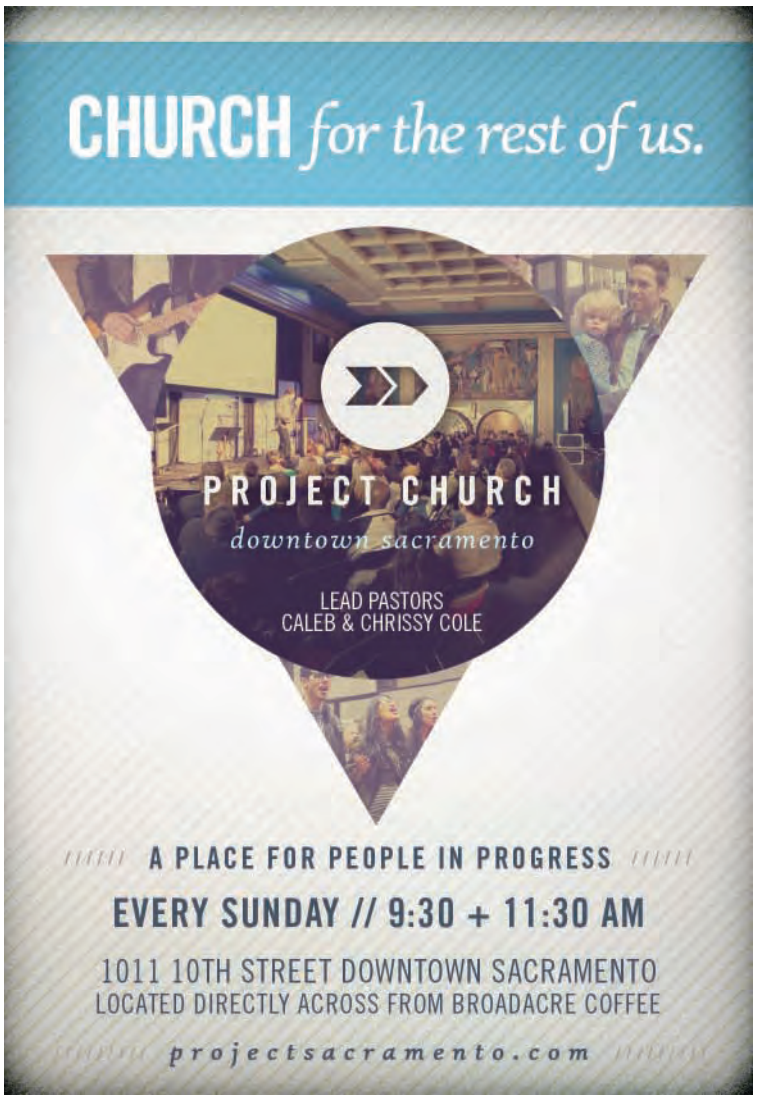
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MONDAY, JUNE 17



WE CAME AS ROMANS

LIKE MOTHS TO FLAMES - UPON A BURNING BODY - CROWN THE EMPIRE ICE NINE KILLS & SET IT OFF

TUESDAY, JUNE 18



WEDNESDAY, JUNE 19



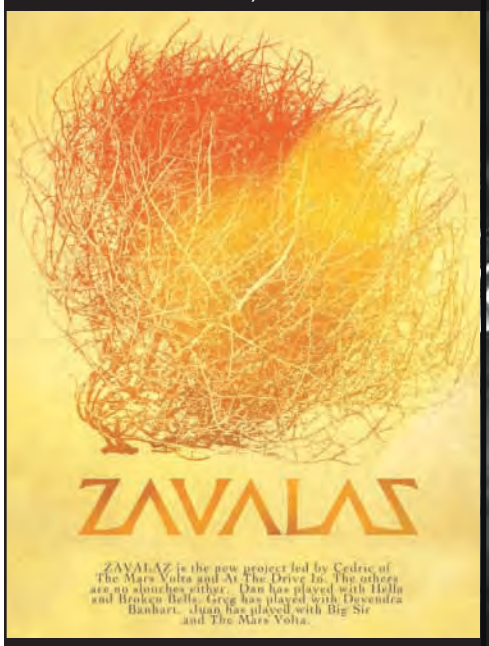
FRIDAY, JUNE 21



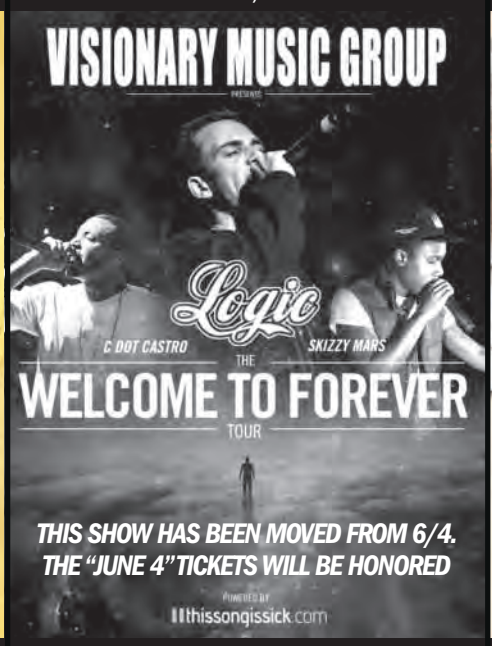
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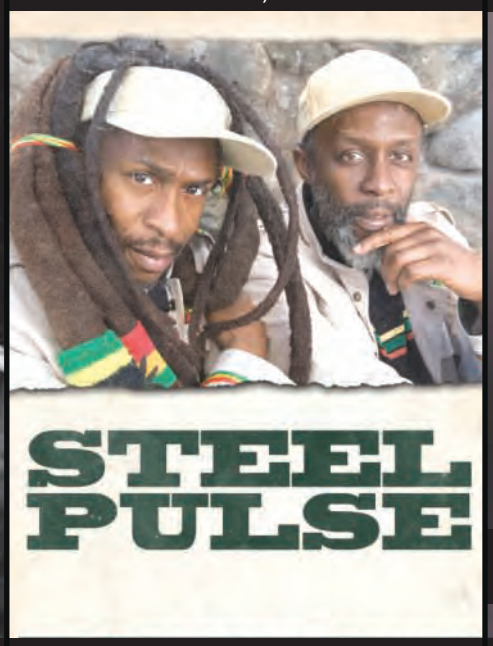
SATURDAY, JUNE 22



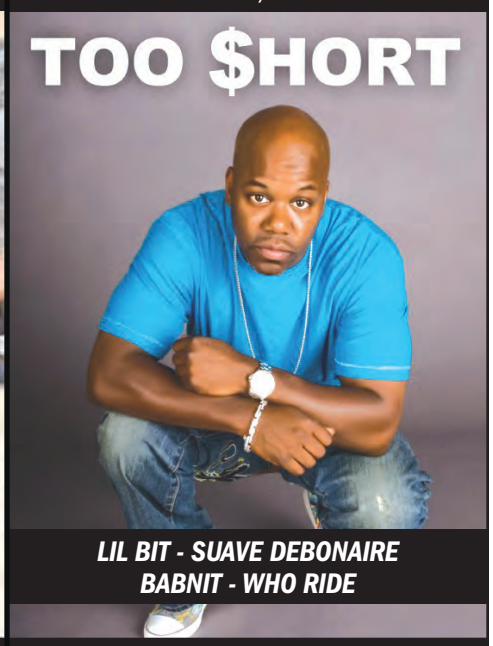
SATURDAY, JUNE 29



SATURDAY, JULY 6



SATURDAY, JULY 13



LIL BIT - SUAVE DEBONAIRE
BABNIT - WHO RIDE

FRIDAY, JULY 19



MONDAY, JULY 22



THURSDAY, JULY 25



COMING SOON

07/21	Emblem3
07/26	We The Kings
07/27	Y&T
07/30	Fitz & The Tantrums
07/31	The Dirty Heads
07/31	Bubba Sparxxx
08/01	J Boog
08/02	Dogfood
08/11	Matisyahu
08/17	Stepchild
08/23	The Melvins
08/24	Kill The Precedent
08/25	Gary Numan
09/05	Launch Festival Kick-Off Party
09/11	Adam Ant
11/11	Clutch
12/11	Blood On The Dance Floor

Tickets available at all Dimple Records Locations, The Beat Records, and Armadillo Records, or purchase by phone @ 916.443.9202



PHOTO BY WES DAVIS

Kick it on the Bows & Arrows back patio and enjoy copious sunshine, greenery, and ice-cold, lemony Sacramento Treats.

DESTINATION FOR ECLECTIC CHILL

A LITTLE SOMETHING FOR EVERYONE WHO'S SICK OF EVERYTHING ELSE AT BOWS & ARROWS

BY NICK MILLER
nickam@newsreview.com

LET'S START in the back: the most welcoming, relaxing patio in Midtown.

Bows & Arrows' backyard is like the Home Depot garden section if the Home Depot garden section didn't suck. The patio vibe is curated with funky thoughtfulness, complete with gurgling waterfalls, a mishmash of secondhand furniture and a cornucopia of colorful potted plants. (Bows co-owner Olivia Coelho gives props to her mom, Ruth, who tends to and prunes the garden almost every morning).

Some people on Yelp might call it a hipster garden, what with the fauna of choice who populate said habitat, but that's just silly. It's replete with shade and misters. And beer. What more do you want?

Well, you might want a snack. So, make your way inside: This is where chef Gabe Nokes, who now runs the Bows kitchen, dishes out simple soup-sandwich-salad fare, some of it vegetarian friendly (braised mushroom with "shoyu" mayo sandwich), some of it carnivorous (chicken tacos). Yes, it still serves Fat Face popsicles. And yes, there's still Sunday brunch, with $2.50 "Sacramento Treats" (cheap beer, lemon, ice).

Hang out for a while, though, and the place gets eclectic, dilettantish, unexpected.

"I've always called Bows an inspiration station!" said co-owner Trisha Rhomberg. "A great idea-and-collaboration factory where ideas come to life."

Consider the recent Bows itinerary: On June 1, there was a *Fifty Shades of Grey* reading, then, the next day, a concert featuring touring bands from out of the country. Later in the week, an art opening by local talent Omar Thor Arason and Heather Jeremy (exhibit still on display), and even an open-mic comedy night.

The latter is one of the more exciting little events in Midtown each month. Hosted by Ray Molina, he invites staple comedians and first-timers into the cafe. Sure, there's a lot of wiener gags and awkward moments, but also plenty of gut-busting punch lines.

In the front of the shop, what you see from the street, is a boutique: threads, jewelry, knickknacks. Like the rest of the shop, it's different: The kind of vintage stuff you'll end up wearing one day when you're sick of everything else.

"I tell people that—although it seems nuts that we do so many different things at Bows and we offer different types of events, cater to different crowds—we like to think we are a purveyor of all things special to us," is how co-owner Coelho explains her collective. "Bows is a reflection of our aesthetic."

The fun part is keeping up with Bows, because its aesthetic is constantly evolving. *1815 19th Street, (916) 822-5668, www.bowscollective.com.* □

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"SUMMER GUIDE" 35
CONTINUED FROM PAGE

NIGHTLIFE & Entertainment

cool

TAKE SN&R'S OFFICIAL SUMMER GUIDE 2013 QUIZ, AND FIGURE OUT WHAT TO DO WITH YOUR LIFE

THIS TOWN

can get hot. Like Sonoran Desert hot. I'm-gonna-vomit hot. It's the kind of heat that makes you hallucinate.

And we hate to see that happen to you. We don't want you to be that person ambling down K Street shirtless, muttering to yourself about the chupacabra and laughing maniacally at nothing in particular. We don't want to see you like that.

Which is why we created this quiz. Everyone needs to find their own ways to beat the heat this summer, but we all can't raft down the American River at once. Take the quiz below to decide which cooldown methods will fit you best this summer.

1. IT'S 4 P.M. ON THURSDAY. WHERE ARE YOU?

A. Browsing the CD section at the public library.
B. Dry heaving into the toilet at work.
C. I don't know. Watching TV or something.
D. At the Laundromat.

2. YOUR IDEA OF THE PERFECT NIGHT OF MUSIC IS:

A. Friday Night Concerts in the Park.
B. Taking control of the jukebox while shooting some pool.
C. Top 40 remixes.
D. C+C Music Factory on repeat. In your basement.

3. FINISH THIS SENTENCE: "A PENNY SAVED IS A ..."

A. "penny earned."
B. "spliff to burn."
C. OMG, just shut up already.
D. I'm sorry, I can't do this.

4. YOU'RE GOING TO SEE A PLAY TONIGHT. WHAT IS YOUR BIGGEST CONCERN?

A. How far away is this venue?
B. Should we have taken acid?
C. Am I going to die of boredom?
D. Will it be crowded?



5. YOU ARE MOST LIKELY TO EAT LUNCH ...

A. In the office cafeteria.
B. It's called "brunch."
C. No, I'm not.
D. Alone.

6. YOUR FAVORITE SPORT-RELATED ACTIVITY IS:

A. Lawn seats at Raley Field.
B. Here We Stay, baby!
C. Like, *ew*.
D. Hot-dog-eating competitions.

7. THE LAST TIME YOU FELT SAND BETWEEN YOUR TOES WAS ...

A. At a family vacation down the coast two years ago.
B. Burning Man 2012.
C. Cancun, 2012.
D. Old Reeboks, this morning.

8. IF YOU WERE TO BE ARRESTED SOME DAY, WHY WOULD THAT BE?

A. Tax evasion.
B. Possession with intent to sell.
C. Fake ID.
D. Cat hoarding.



IT'S YO

BY SN&R STAFF

RESULTS

IF YOU ANSWERED:

MOSTLY A: YOU ARE A CHEAPSKATE!

Don't take it the wrong way, but chances are your friends haven't seen your wallet escape your pocket in ages. For whatever reason, you just don't spend money. And that's fine with us. There are plenty of ways to stay out of the sun this summer on a shoestring budget, like meandering down the aisles at Costco, eating all the free samples. Hell, if you've got an entrepreneurial streak, you could invest in a kiddie pool while you're there, and charge your friends to use it all summer!

Other options: nude beach, Ikea, city council meetings.



MOSTLY B: YOU ARE A DRUNK OR HEDONIST!

Listen, we're not going to be the ones to tell you that you've got a problem. That's not our job. We're just here to keep you hydrated and to make sure that ticker of yours works on through the end of August. Thankfully, there are plenty of places for you to go to tie one on and keep cool this summer, like Rage on the River for some bro-friendly water fun, or drinking summer cocktails under the shade of Tower Cafe's overgrown vegetation. Just always have a designated driver, keep hydrated at the concerts and know your dealer.

Other options: Paradise Beach, Total Wine & More, the back patio at Bows & Arrows.

MOSTLY C: YOU ARE A TEENAGE GIRL!

We don't care if you're 35 with a full-on beard and the only daddy issues you have involve the fact that you're about to become a daddy. If you answered mostly C, then you, friend, *are* a teenage girl. Which is fine. Not all of us are into the snooty Midtown farmers-market-and-rusty-bicycles-and-kombucha lifestyle. If you want to rock out to Selena Gomez while eating some Gunther's Ice Cream in the shade, more power to you. If you want to find the perfect outfit perusing the chilled Galleria at Roseville mall, then we're not going to stop you. Enjoy your summer, girl. You earned it.

Other options: Leatherby's Family Creamery, Grandma's house.

MOSTLY D: YOU ARE A HYPERHYDROID.

Maybe it's glandular. Maybe you have a lot of stress. Either way, your sweat glands work overtime, and we're here to help. We get it, too. You're not one for crowds. You've been burned one too many times out there in the real world (literally and figuratively), and you now find solace among your fellow Redditors on the Interwebs in the comfort of your own basement. But should you ever come out of that shell, we recommend you go all out by letting your worries float away at one of Northern California's secluded nude beaches or going down the river in the Auburn woods.

Other options: walk-in beer fridge at the local convenience store. Ω

"SUMMER GUIDE" CONTINUED ON PAGE 39



DOWNTOWN SACRAMENTO PARTNERSHIP

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"SUMMER GUIDE" CONTINUED FROM PAGE 37

NIGHTLIFE & Entertainment

RUN FOR THE ASSEMBLY

Say what you will about the ongoing dueling K Street-development philosophies ("Keep building!" vs. "Keep downtown janky!"), the new **Assembly** nightclub occupies a much-needed niche in Sac's live-music scene. No mermaids here, just a focus on regional and touring acts. Past shows include the Sacramento Electronic Music Festival and local singer-songwriter Autumn Sky. This summer, the club's diverse lineup includes a trio of '80s nostalgia acts with the Fixx (July 22), Wang Chung (August 4) and the Psychedelic Furs (August 31), as well as alt-country singer-songwriter Iris Dement (June 26) and jazz artist Larry Carlton (July 1). *1000 K Street, www.assemblysacramento.com.* R.L.

Hey, no one ever said it was a polite alternative. *(916) 44-2527, http://hystericalwalks.com.* S.

BEST PLACE TO WALK WITH THE MERMAIDS

Last year, the **Promenade of Mermaids** was led by "grand marshal" DJ Larry Rodriguez. This summer's promenade, happening Saturday, August 17, at 1 p.m., will follow the same route as last year—starting and ending near the Delta King. It's open to mermaids, mermen, pirates and all other sea life. A still-to-be-announced grand marshal will judge costumes, and prizes will be awarded for the best child and adult costumes. *1000 Front Street in Old Sacramento, www.sacramentomermaids.com.* I.M.

KNOW YOUR CABBIE

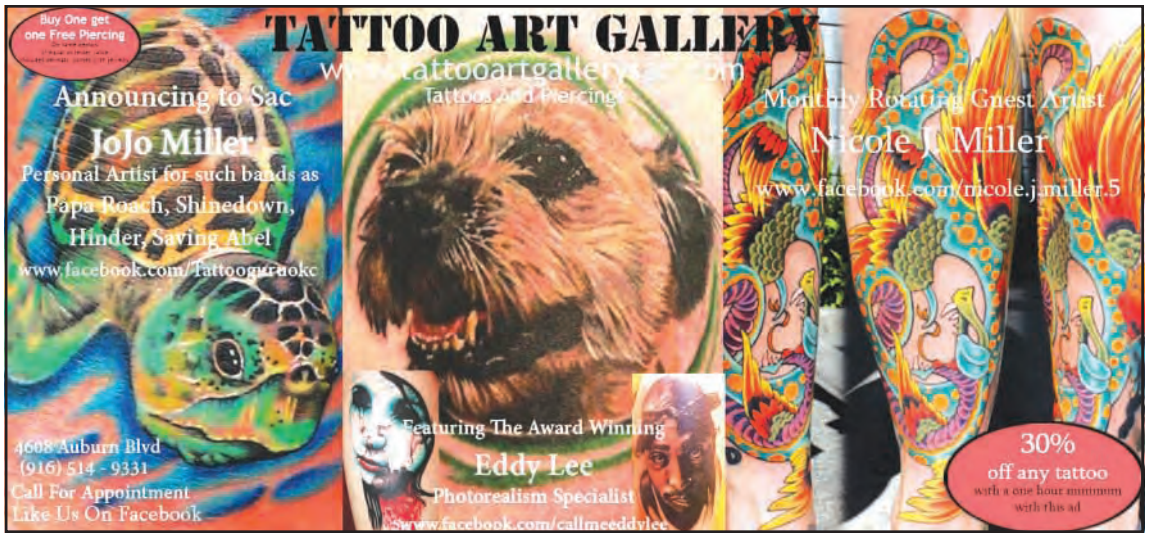
Taxi drivers are like snowflakes: Each one is special and unique. So when the bars close, and every hack is crammed with tipsy ruffians, you want a go-to cabbie you can rely on. Our favorite was a guy named Twon. He fist-pumped to something called "Dumpstaphunk" and railed against the use of animal byproducts in gummy snacks. Needless to say, best cabbie ever. But then Twon's "party van" blew its transmission, so we graduated our eastern Sacramento County bull pen to starter status. **Freddie** has the privately operated **Express Cab** and smooth-as-Persian-silk demeanor. Amiable **Paul** of **Folsom City Cab** likes to joke about his wife. If you're downtown, the rapping Taxi Dave is an Internet phenomenon, but we'll take the black-and-yellow driven by Yellow Cab Company of Sacramento's inquisitive Mark Jackson, who blast-texts philosophical bon mots. Sample: "Kings stadium will be a great incubator for biotech, science, energy tech & efficiency tech, nanotech, Sac o' tomato tech, etc. I'm not sure how, but I believe." Yeah, wow. *Freddie of Express Cab, (916) 221-0005; Paul of Folsom City Cab, (916) 983-8877; Mark Jackson of Yellow Cab Company of Sacramento, (916) 862-7872.* R.F.H.

TAXI DRIVERS ARE LIKE SNOWFLAKES: EACH ONE IS SPECIAL AND UNIQUE.

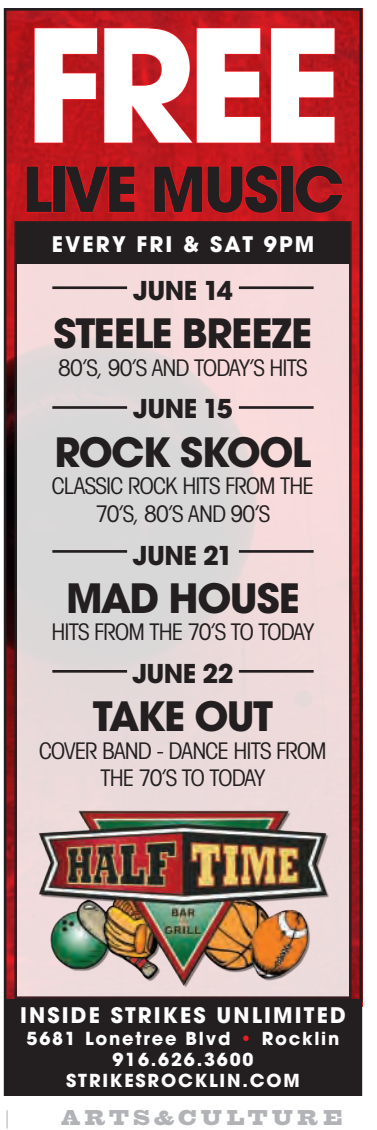
AVOID PIT STAINS

If you've never spotted several Segways in a row rolling along a downtown or Old Sacramento sidewalk, rest assured, it is a hilarious sight. The absurdity of adults, decked out in helmets and neon-yellow reflective vests, standing upright on the two-wheeled electric "futuristic" vehicles is inescapable. The company that offers these **Segway tours** in town certainly knows that, too, based on its name, **Hysterical Walks & Rides** (it specializes in comedic tours). If anything, riding one of these machines may be a way to avoid pit stains on toasty days and could be an amusing way to share Sac with out-of-town visitors this summer, but if you don't have the $80 to $120 to drop on a hour-long tour, consider the cheapskate alternative: Track down the tour on bicycle and take pictures of the tourists, because, let's face it, they're a moving Sacramento target, er, novelty.

"SUMMER GUIDE" CONTINUED ON PAGE 43









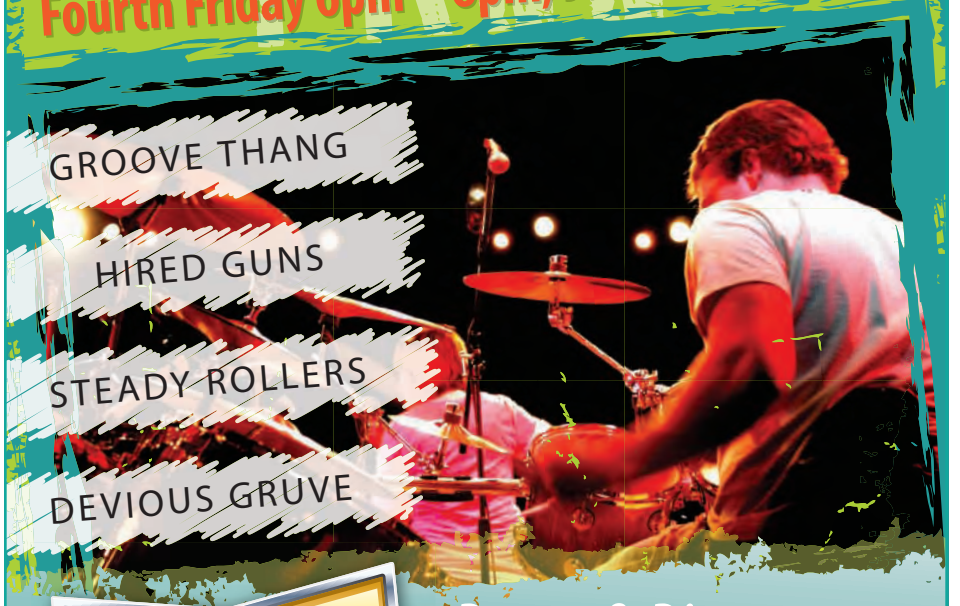
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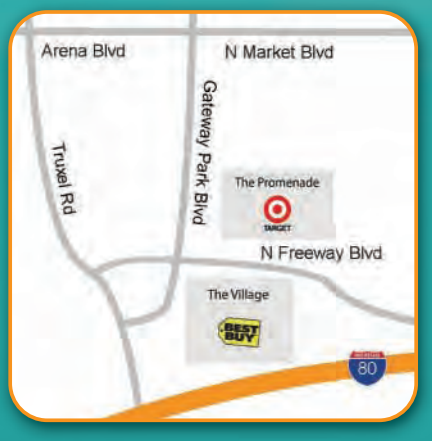


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Assembly, the latest nightlife addition to the K Street Mall, went off during last month's Sacramento Electronic Music Festival.

PHOTO BY JENN WONG OF WWW.TAKEOVERTOKYO.COM

"SUMMER GUIDE" CONTINUED FROM PAGE 39

BOOZY OUTDOOR FILM FUN

There is no better summer social event than an evening of picnicking in the park, followed by a film screening once the sun has gone down. The snacks. The friends. Awkwardly hiding your drinks from roaming park rangers. Unfortunately, Sacramento is lacking when it comes to hosting quality films in public spaces. But **Calvine Storage Kings** in south Sacramento holds **summer screenings** for those of you who need to scratch that outdoor-movie magic itch. Pack the picnic blanket, wine and four of your best friends into the car and check out this summer's screenings of *Brave* and *Toy Story 3*. *8704 Calvine Road, (916) 681-4994, www.storagekings.com/calvine-storage-kings-summer-movies.aspx.* D.K.

SUSHI AND DRUNKEN KARAOKE ALL NIGHT

If you're looking for a literally and figuratively "cool" evening, here's the plan: Head to **Oishii Sushi Bar & Grill Karoke Lounge**, located upstairs from Assembly and Kbar. First, eat a roll or two of cold sushi. Then, rent a karaoke booth, order a few cold brews and select "Ice Ice Baby" or "Cold Cold Heart" on the touchscreen. Oishii's flashy lighting, sleek furniture, and tile-and-stone interior will make you feel like you're in a cool modern lounge. If this doesn't bring some refreshment to your sweaty summer nights, then you don't really have a heart at all, do you? *1000 K Street, Suite 200; (916) 557-8088; http://oishiisushikaraoke.com.* I.M.

DANCE YO FACE OFF

Given the choice between sitting on bar patio on a summer night and going to a "club," I will invariably pick the patio—unless that club is **Faces**. It's no secret that the clubs in the Lavender Heights district are far and away better places to go dancing if you actually want to dance, rather than do whatever it is people do at places like The Park Ultra Lounge. The many conjoined rooms in the club are divided by genre (Beyoncé is considered a separate genre there), and it's on just the right side of overwhelming. Theoretically, in the span of three minutes, you can attempt to imitate Shakira, drop it like it's hot, vogue and samba. Top it off with a Jell-O shot in a vial (totally unacceptable anywhere else) served by a ridiculously ripped cocktailer, and there's no way you're not going to have a good time. *2000 K Street, www.faces.net.* D.D.

DUST OFF THE CORSAGE

Were you a late bloomer who missed out on the epicness of high school? Good. This means you're probably well-adjusted. But if you still regret not making it to your senior prom (hey, it's hard to do the Dougie in a back brace), the solution is as simple as TI-84 *Tetris*. Borrow your dad's frilly tuxedo, gather some friends and plot your very own grown-up prom. We recommend springing this summer formal on unsuspecting suburban bars with jukeboxes and hard-nosed regulars. (**Swiss Buda** in Hollywood Park, **Black Stallion** in Orangevale and **City Slickers** in Folsom all fit the bill.) You want a spot where your mere presence wins over the tip-hungry bartenders, and where you can set an era-appropriate rotation of late-'90s R&B and hip-hop. And then party like it's circa 1999. Do this right, and the initially wary regulars will join in the fun. You can even pretend you're being the Alanis version of ironic. Which is to say, not. *Swiss Buda: 2342 Fruitridge Road; (916) 421-6947; Black Stallion, 9353 Greenback Lane in Orangevale; (916) 988-4763; www.facebook.com/blackstallionlounge; City Slickers, 97 Natoma Street in Folsom; (916) 985-3435.* R.F.M.

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DAY TRIPS & Getaways



It's not really a jaunt to Truckee without picking up some barrel-aged Eclipse beer (if you can get it) at FiftyFifty Brewing Co.

PHOTO COURTESY OF VANCE FOX PHOTOGRAPHY AND MWA ARCHITECTS

KEEP ON, TRUCKEE

IT'S NOT JUST A PIT STOP. HELL, THERE ARE TOP-TIER BURGERS AND BEER.

BY
RACHEL LEIBROCK
rachell@newsreview.com

SACRAMENTO is often, perhaps unintentionally, unappreciated as that sweet spot between San Francisco and Lake Tahoe: conveniently located halfway to either destination. Time for a bathroom break!

Truckee, located up Interstate 80 between Sac and Reno, suffers from a similar middle-sister syndrome.

Now it's time, finally, for the Jan Brady of tourist towns to step into the spotlight.

Nestled just a few miles northeast of Donner Lake, this mountain town boasts equal parts gold-rush charm and modern touches. In addition to hiking and nearby skiing and boating options, Truckee's downtown makes for an easy day trip, with both the usual array of touristy traps—antique shops, toy stores and overpriced but alluring candy spots—as well as some good food options.

Because, really, it's all about the food.

For hearty burgers, check out Burger Me! (10418 Donner Pass Road), which, despite its bro-tastic name, serves a fairly sophisticated selection, including turkey burgers and several veggie options. Or, if you're in a breakfast kind of mood, the legendary Squeeze In (10060 Donner Pass Road) is a must. Once featured on the Food Network's *Throwdown With Bobby Flay* (and no relation to the Sacramento burger joint by the same name), this place boasts an overwhelmingly exhaustive breakfast menu. The omelets here are spectacular—and available just about any way you want them, with several gluten-free and vegetarian options—but there are also some killer French toast and pancake offerings. Or order a burger, burrito or sandwich—but really, what's the point?

WASH DOWN ALL THAT GLUTTONY WITH A STOP AT THE FIFTYFIFTY BREWING CO.

Finally, wash down all that gluttony with a stop at the FiftyFifty Brewing Co. (11197 Brockway Road, Suite 1). The building itself is nondescript, but with all that pretty, surrounding nature and decent brews—it's known for its Eclipse imperial stouts—who cares about interior design? *www.townoftruckee.com.* □

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PHOTOS BY NICK MILLER

No, you won't find Drake's Brewing Company's specialty hopped brews at your local Walmart, but if you travel to San Leandro in the Bay Area, you'll find these barrels *behind* the mammoth big-box store.

DAY TRIPS & Getaways

BEER IN

SACRAMENTO'S BREW SCENE BUZZES—BUT THERE'S ALWAYS ROOM FOR A BEER GETAWAY

IT ALL BEGINS

with Megabus, because when the plan is to visit, like, 10 beer spots in a single day, you gotta leave the car keys at home.

Megabus is fairly new to Sacramento, so for those not in the know: It departs from Old Sac, drops off in San Francisco near AT&T Park, and costs anywhere from $2 to $10 one way. Deal, right? (Find out more at http://us.megabus.com.)

Once in the Bay, the first stop is **City Beer Store** in SOMA (1168 Folsom Street, No. 101). CBS bottle shop is a decent place to fill up the backpack with bombers for the day—it's the lite version of Pangaea Two Brews Cafe or Davis Beer Shoppe—and drink a few. Or you can shell out some $70 for a bottle of Cantillon (baller!).

Other worthy beer stops in the city abound: **The Monk's Kettle** (3141 16th Street in the Mission), **Toronado** (547 Haight Street in Lower Haight), the soon-to-open **Mikkeller Bar SF** (34 Mason Street in the Tenderloin) are just a few.

However, I'm more partial to the East Bay, so I propose taking BART to glorious San Leandro (no kidding), then either cabbing or hooving it a mile it to the nearest Walmart. That's right.

Behind the Walmart is the prize: **Drake's Brewing Company**'s taproom (1933 Davis Street). Drake's excels at hopped brews, and drinking these at the source is unequaled. Sours and barrel-aged specials are always on draft, too. Just bring snacks, because there's not always a food truck nearby.

OK, so now a good buzz is a goin'. Next stop: Oakland. **Beer Revolution** (463 Third Street), a staple of downtown with good American-brew selections, never disappoints. Ditto the nearby **The Trappist** (460 Eighth Street), where you







THE BAY

BY NICK MILLER
nickam@newsreview.com

AT THIS POINT, LIFE MIGHT BE A BLUR.

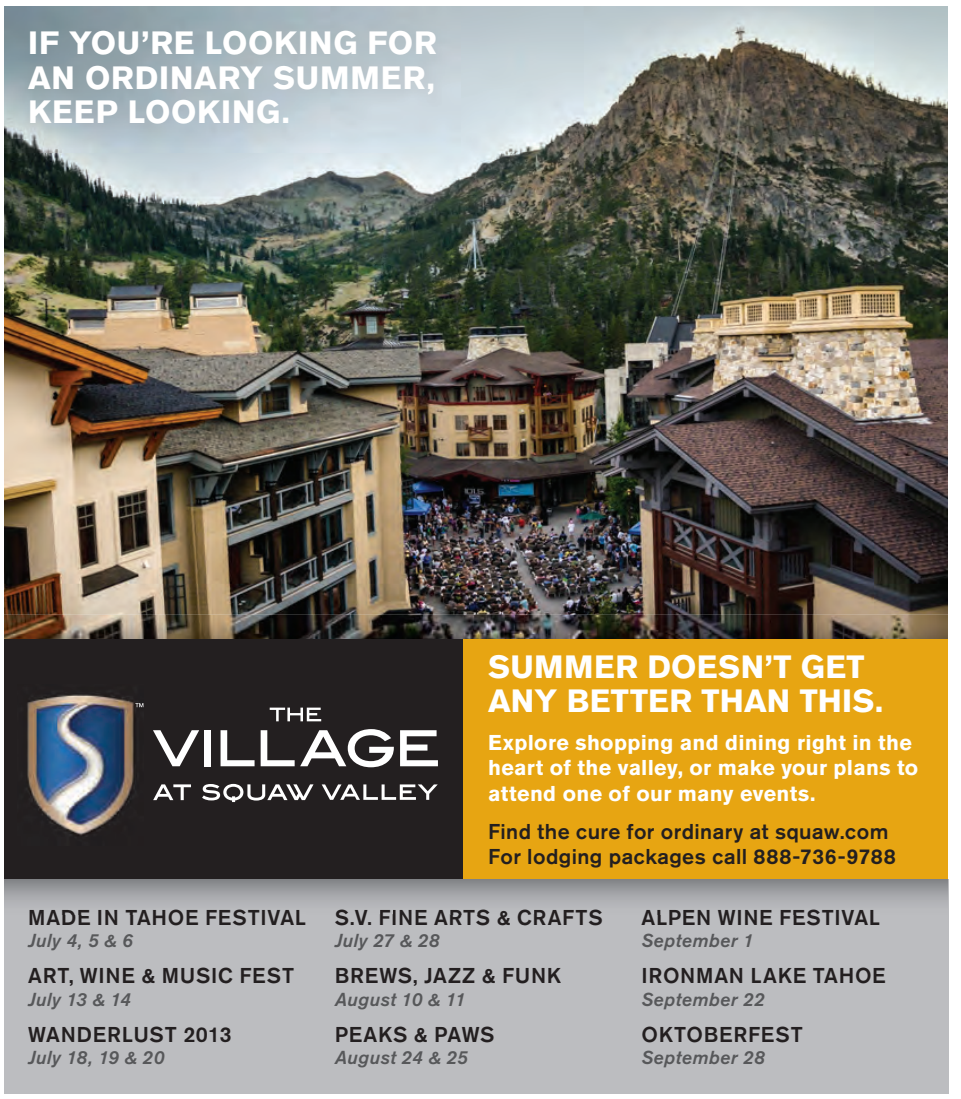
can explore rarer, finer beers. Both locations dish eats, although I prefer the charcuterie and cheese-plate fare at the latter.

At this point, life might be a blur. Lying down for a siesta could be in order. There's nearby Lake Merritt, where you can chill (don't forget those bombers in your backpack). But don't zonk out, because the best is for last.

The Trappist Provisions (6309 College Avenue), the sister store of the aforementioned monkish hideaway, is near the Rockridge BART stop. Head east into the trendier edges of Oakland and Berkeley: Here you will find the mother lode, a (relatively secret and new) bottle shop and taproom with top-tier ales and treasures: pork-shoulder confit and Prairie Artisan Ales—plus Fantome and Upright Brewing rarities to-go. You can't beat T.P.

Now, it's over. You're stuck in Oaktown, based like Lil B and carless. No sweat: Take BART to Richmond, catch the last Capitol Corridor train to Sac, pass out. □

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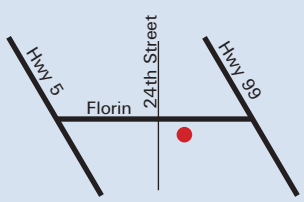
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DAY TRIPS & Getaways



Lots of swimming holes in the Yuba River up near Nevada City. You like swimmin' holes, don't ya?

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ZAC EFRON APPROVED

Hollywood Heartthrob Zac Efron has "YOLO" tattooed on his hand. Allegedly, it is an acronym for "you only live once," but insiders know it's for his love of Yolo County, and **Winters** in particular. Winters typifies an older Western town. It's cute, historic downtown is home to the famous Palms Playhouse, which inhabits the grand yet snug Winters Opera House. The best practice is to arrive at 4 or 5 p.m., proceed directly to Berryessa Brewing Co. for a few pints and the laid-back vibe that epitomizes the town and its residents. If you are lucky (or know how to check the Internet), there will be music. Tear yourself away (with a growler in hand) before dark, and head into downtown Winters, eat well at nearly any restaurant you see and check out a show. Heaven. *Palms Playhouse, 13 Main Street in Winters; (530) 795-1825; www.palmsplayhouse.com. Berryessa Brewing Co., 27260 Highway 128 in Winters; (530) 795-3526; http://berryessa brewingco.com.* E.E.

SANDY, GORGEOUS—ALMOST PUNK

It's not the same **Rockaway Beach** the Ramones immortalized in song (*that* beach is in Queens, New York), but it's still pretty rock 'n' roll. Located about 20 miles south of San Francisco, this cozy stretch of sandy oceanfront is free to access for the public (with free parking, too!), tucked away from view from passersby on Highway 1. Good thing, too, because even though it's not officially designated as a nude beach, there seems to be plenty of unclothed flesh on display. Oh, yeah, and there's that gorgeous Pacific Ocean—the sunsets here are exceptional. It's also popular with fishing and surfing. Bring a picnic lunch and enjoy the view. *Rockaway Beach Avenue in Pacifica.* R.L.

YOU LIKE TO FROLIC IN RIVERS, RIGHT?

There really is nothing as delightful as frolicking in the **Yuba River** on a hot summer day. Protected under the Wild & Scenic River Act, the Yuba's clear water and natural waterslides and luges are exactly what the doctor ordered on a broiler in the Valley. Access the "Yube" near the South Yuba State Park near Nevada City, or find a favorite spot of your own. I like to grab a pasty or two in Grass Valley on my way in for lunch. Just note that some river-access points are in canyons, so the sun goes down early and makes for a short day. *Near Auburn and Nevada City.* E.E.

DO IT FOR THE DOGGY

With laws preventing off-leash dogs at many of the sandy river beaches in the Sacramento area, local dog owners are stuck with a hourlong or more drive to the nearest **dog-friendly beach**. Here are my favorites: Point Isabel Regional Shoreline in Richmond (a 23-acre park that features views of the San Francisco Bay and Golden Gate Bridge, hiking trails and a dog-swimming area); Fort Funston in San Francisco (featuring scenic cliff views, soft sand and abandoned military-defense structures); and Carmel Beach City Park (technically, all city-owned beaches in Carmel-by-the-Sea are legally off leash). Make sure to pack some water and towels. *Point Isabel Regional Shoreline, 2701 Isabel Street in Richmond; http://tinyurl.com/pointisabel; Fort Funston, Fort Funston Road in San Francisco; http://tinyurl.com/ftfunston; Carmel Beach City Park, Ocean Avenue and Scenic Road in Carmel-by-the-Sea; http://tinyurl.com/carmeldogs.* I.M.

WANNA GET AWAY, AWAY, AWAY?

In Pacific Grove lives a place that is the happiest coming together of elements: a silky-sand beach, a native-plant-rehabilitation and protected area, groves of Monterey cypress, and a handful of gorgeous buildings designed by Julia Morgan, who also designed Hearst Castle and many buildings on the UC Berkeley campus. The **Asilomar State Beach & Conference Grounds** boasts special quirks—there are buildings named "Stuck-Up Inn" and "Pirates' Den" (it was formerly a summer camp)—and breakfasts are served family style, and there are fire pits to gather around in the evening (s'mores and hot chocolate are available for big groups). Use only if you need to get all the way away. *On the southern tip of Monterey Bay.* E.E.

"SUMMER GUIDE" CONTINUED ON PAGE 53

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Sunday, July 21 • Mrs. Robinson
Monday, July 22 • Reno Chamber Orchestra
Monday, July 29 • Sierra Nevada Ballet
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Monday, August 19 • TOCCATA - *Les Misérables* in Concert

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DAY TRIPS & Getaways

SUMMER BITCHIN'

A CURMUDGEON'S GUIDE TO SURVIVING THE SEASON

BY RAHEEM F. HOSSEINI
raheemh@newsreview.com

SUMMER is here. And according to my Facebook friends—or, as I think of them, strangers—this is a good thing. Which is just what the skin-cancer lobby wants you to think.

I tolerate summer. Some things are nice about the season, but everything else about this scalding time of year simply burns.

The chronic wildfires and smoggy Spare the Air days reek almost as noxiously as the housewives buttered in stripper-scented tanning lotion. If I have to see one more self-portrait of anyone's toe-ringed feet outstretched at the beach, I'm going to meme them into manure farms, toxic dumps and Dave Navarro's mouth.

So, yeah, I'm kind of a summer scrooge. But I'm not alone. And this is a guide for all like-minded curmudgeons to avoid the worst this season has to offer.

CROSS-DRESS

It's the fifth straight 100-degree day and your office is an environmentally conscious building that stirs humidity soup with a few limp fans. I know your pain. If you're a guy, male-dominated corporate America demands you cocoon your furry legs in old-world torture fabrics called "pants." Shorts are only for the unemployed and that pool guy you buy your weed from. What to do?

There are no great solutions. I recall Japan trying to make men's professional capris a thing during a particularly brutal summer a couple years ago. It didn't take. With no fashion innovations forthcoming, here are two possible alternatives:

1. Wear a kilt. Hey, you pretend to be Irish every St. Patty's day, so why not get your Scot on during summer?

2. Challenge your workplace's nondiscrimination policies, swallow your machismo and hike on a skirt. It's 2013. No one cares. You'll be the coolest cross-dresser in the cubicle, both literally and figuratively. Just make sure whatever man-skirt—"mirt"—you buy reaches your knees. You still want to be respected.

KILL THE RADIO

Stifling heat brings out the absolute worst in already terrible chart toppers. I submit to you exhibits 2008-12:

2008: **Lil Wayne, "A Milli."** (If spent on sizzurp, will get you nowhere.)
2009 (tie): **Black Eyed Peas, "I Gotta Feeling."** (So do I. It's contempt.); **Miley Cyrus, "Party in the U.S.A."** (Britney Spears called it nasally.)
2010: **Katy Perry featuring Snoop Dogg, "California Gurls."** (More like "California Hurls.")
2011: **LMFAO, "Party Rock Anthem."** (FML.)
2012: **Carly Rae Jepsen, "Call Me Maybe."** (How about you don't? Ever.)

But arguably the past decade's worst crime against earmanity came in 2005. That's when the Pussycat Dolls ambushed every shopping mall, aerobics class and desperate housewife's ringtone with the offensively stupid "Don't Cha." Feminism is still recovering.

APPLY BRO-SCREEN

Bros are like asexually reproducing bacteria, and summer is their mating season. To avoid them, frequent air-conditioned libraries and art-house cinemas. Bros can't do whispering. They are drawn like moths to light beer and energy drinks, so avoid popping cans and stick to whiskey, tea and coffee. (That's just a good rule in general.) And, if you must go to the gym, favor cardio and leg machines. Their Gollum legs can't navigate either.

BROS ARE LIKE ASEXUALLY REPRODUCING BACTERIA.

TOLERATE BIKERS

Tommy Bahama-clad weekend warriors and leather-chapped, leathery-skinned outlaws alike will be roaring up curly country roads this summer. Yes, their belching motors, discourteous lane changes and precious waves to each other are obnoxious. No, I don't have a "but." Just be aware they're around, and feel free to talk shit behind their backs. They're doing it to you "straights."

STAY POSITIVE

This last tip may seem antithetical given what you've just read, but it's important, nonetheless. Summer is only three months—give or take God's wrath—and it'll be no time at all until you're back in your ascot complaining about the 60-degree "cold."

And if that's too distant a horizon, here's one unequivocal thing to love about summer: It's great to complain about. □

"SUMMER GUIDE" CONTINUED ON PAGE 56

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FARM-TO-FORK FEST
Saturday, September 28, on Capitol Mall; http://farmtoforkcapital.com/festival-info

COORS LIGHT CRAWFISH & CATFISH FESTIVAL
September 14, through September 15, at Rio Ramaza Marina, RV & Event Park; 10000 Garden Highway; www.louisianasue.com

CELEBRATE AMERICA
June 29, through June 30, at Twin Oaks Park, 5500 Park Drive in Rocklin; http://celebrateamericaonline.com

CALIFORNIA STATE FAIR
July 12, through July 28, at Cal Expo, 1600 Exposition Boulevard; www.bugfun.org

SEAFARER'S PIRATES & PUMPKINS FESTIVAL
Saturday, September 28, at Rio Ramaza Marina, RV & Event Park; 10000 Garden Highway; www.louisianasue.com

DO YOU SPEND MORE MONEY ON CRAFT BEER THAN UTILITIES?
- YES → CALIFORNIA BREWERS FESTIVAL
- NO → OUI

CAN YOU NAME FIVE DIFFERENT TYPES OF TOMATOES?
- YES (Can't we all?) → FARM-TO-FORK FEST
- NO → IS "HOT WINGS" A FOOD GROUP?

IS "HOT WINGS" A FOOD GROUP?
- YES → THAT'S OK. NEITHER CAN WE. ✖
- NO (It tastes like cold piss.) → DO YOU LIKE SPEAKING WITH A N'AWLINS PATOIS?

DO YOU LIKE SPEAKING WITH A N'AWLINS PATOIS?
- OUI → COORS LIGHT CRAWFISH & CATFISH FESTIVAL
- YES → DOES YOUR FAVORITE BAND OR SONG HAVE THE WORD "WHISKEY" IN IT'S NAME?

DOES YOUR FAVORITE BAND OR SONG HAVE THE WORD "WHISKEY" IN IT'S NAME?
- YES → DO YOU CONSIDER DEEP-FRIED FOOD ON A STICK THE HEIGHT OF CULINARY ACHIEVEMENT?
- NO → IS IT OK TO WEAR OLD GLORY AS A THONG?

IS IT OK TO WEAR OLD GLORY AS A THONG?
- YUP → DO YOU CONSIDER DEEP-FRIED FOOD ON A STICK THE HEIGHT OF CULINARY ACHIEVEMENT?
- NAH → DO YOU OWN AT LEAST FIVE WIFE-BEATERS?
- NO → YOUR COLORS DON'T RUN.
- ON SPECIAL OCCASIONS, YES → DO YOU OWN AT LEAST FIVE WIFE-BEATERS?

YOUR COLORS DON'T RUN.
- NEVER → CELEBRATE AMERICA
- SOMETIMES (If I mix a red in with the whites.) → SEAFARER'S PIRATES & PUMPKINS FESTIVAL

DO YOU CONSIDER DEEP-FRIED FOOD ON A STICK THE HEIGHT OF CULINARY ACHIEVEMENT?
- YES → DO YOU WISH YOU HAD SCURVY?
- NO → DO YOU OWN AT LEAST FIVE WIFE-BEATERS?

DO YOU OWN AT LEAST FIVE WIFE-BEATERS?
- YUM! → DO YOU WISH YOU HAD SCURVY?
- YES (Try 10.) → IS DJ SHAUN SLAUGHTER YOUR CO-PILOT?
- NO → SEAFARER'S PIRATES & PUMPKINS FESTIVAL

DO YOU WISH YOU HAD SCURVY?
- GROSS → DO YOU CONSIDER DEEP-FRIED FOOD ON A STICK THE HEIGHT OF CULINARY ACHIEVEMENT?
- YES (Of course.) → YOU HAVE LONG HAIR AND WEAR BIG, BILLOWY BLOUSES —AND YOU'RE A MAN.

YOU HAVE LONG HAIR AND WEAR BIG, BILLOWY BLOUSES —AND YOU'RE A MAN.
- NO → YOU THINK, "FINALLY, PIRATES AND PUMPKINS TOGETHER AT LAST!"
- I'M SEXY, AND I KNOW IT. → YOU THINK, "FINALLY, PIRATES AND PUMPKINS TOGETHER AT LAST!"

IS DJ SHAUN SLAUGHTER YOUR CO-PILOT?
- WHO? → CALIFORNIA STATE FAIR
- YES → CALIFORNIA STATE FAIR

YOU THINK, "FINALLY, PIRATES AND PUMPKINS TOGETHER AT LAST!"
- YES → SEAFARER'S PIRATES & PUMPKINS FESTIVAL
- NO → WHAT DO YOU HAVE AGAINST PUMPKINS? ✖

start HERE

WHAT KIND OF FESTIVAL DO YOU WANT TO GO TO?

FOOD AND DRINK

DO YOU PRONOUNCE "ENDIVE" *AHN-DEEVE*?
- NO
- YES

DO YOU THINK LIGHT BEER QUALIFIES AS BEER?
- YES (burp)
- NO

ARE YOU DRUNK RIGHT NOW?
- NO
- YES

DO YOU OWN A VITAMIX?
- YES
- NO

DO YOU KEEP A FARMERS MARKET CASH FUND?
- NO
- YES

IS ALLIGATOR A FOOD?
- YUM!
- GROSS

MUSIC

DO YOU SAY YOU LOVE GRIZZLY BEAR, BUT YOU REALLY WANT TO SEE HALL & OATES.
- YES — Well, their kiss *is* on my list.
- NO

LIAR.

OUTSIDE LANDS
August 9, through August 11, in Golden Gate Park, 501 Stanyan Street in San Francisco; www.sfoutsidelands.com

YOU WERE INTO THAT ONE BAND BEFORE THEY GOT BIG.
- OBVS
- WHO?

COULD YOU AFFORD TO GO TO COACHELLA?
- NO, I'M A BROKE HIPSTER
- YES, I'M A RICH HIPSTER

IS YOUR AURA PURPLE?
- YES
- WHAT?

WHY DIDN'T YOU JUST SAY YOU ALREADY HAD PLANS?

YOU SAY "NAMASTE" UNSARCASTICALLY.
- YES — And *namaste* to you!
- NO

WANDERLUST CALIFORNIA
July 18, through July 21, at Squaw Valley Ski Resort, 1960 Squaw Valley Road in Squaw Valley; http://squaw.wanderlustfestival.com

REGGAE ON THE RIVER
August 1, through August 4, at French's Camp, Highway 101 near Piercy; www.reggaeontheriver.com

DOES YOUR CHILD HAVE DREADLOCKS?
- NO
- YES

DO YOU KNOW HOW MANY CHAKRAS YOU HAVE?
- NO
- YES — And it's *a lot*, too.

IS WEED ONE OF YOUR MAIN FOOD GROUPS?
- YES
- NO

ARE YOU BAREFOOT 70 PERCENT OF THE TIME?
- YES
- NO

DO YOU STILL GET STOKED EVERY TIME "SANTERIA" COMES ON THE RADIO?
- NO
- YES

FAMILY FUN

YOU GO TO TOBY KEITH'S I LOVE THIS BAR & GRILL UNIRONICALLY.

YOU HAVE A THIRD-DEGREE SUNBURN.

YOU'RE STILL REALLY INTO JOHNNY DEPP.

SOMETHING DIFFERENT

DO YOU PRONOUNCE "CROISSANT" AS *CWA-SOHN*?
- OUI — Bien sûr.
- NOPE

DO YOU SPEND MORE MONEY ON YOUR HAIR THAN ON YOUR SPOUSE?
- YES
- NO

ARE YOU FABULOUS, LIKE, ALL THE GODDAMN TIME?
- DUH
- NO

DO YOU THINK JUSTICE SAMUEL ALITO SHOULD BE LESS CYNICAL ABOUT CELLPHONES AND THE INTERNET?
- YES
- WHO?

DO YOU KNOW HOW TO DO THE "BLUE STEEL" POSE?
- YES — And I look amazing.
- NO

YOU USE THE WORDS "BEAR," "CHICKEN" AND "BUNNY" A LOT—AND YOU'RE NOT TALKING ABOUT ANIMALS.
- YES
- NO

DO YOU HAVE OR ARE YOU SOMEBODY'S MISTRESS?
- NO
- OUI

IS *AMELIE* A NATIONAL TREASURE?
- OUI
- NO

IS AMOUR YOUR DEODORANT?
- OUI
- NO

OK, BUT STILL ...

SACRAMENTO FRENCH FILM FESTIVAL
June 21, through June 30, at the Crest Theatre, 1013 K Street; http://sacramentofrenchfilmfestival.org

IS YOUR HAIR HIGHLY FLAMMABLE?
- YES — Seriously, don't come near me with an open flame.
- NO

WATCH *ZOOLANDER*.

HAIR & FASHION BATTLE EXPO
August 24, through August 25, at Sacramento Scottish Rite, 6151 H Street; www.hairandfashionbattle.com

YOU SHOULD WORK ON YOUR SELF-ESTEEM.

SACRAMENTO PRIDE
Saturday, June 15, at Capitol Mall between Fourth and Seventh streets; www.sacramentopride.org

"SUMMER GUIDE" CONTINUED ON PAGE 61

sac pride News

June 13, 2013

Special Pride 2013 Edition

Pride is a stellar community festival with a strong statement:

Lesbian, Gay, Bisexual, Transgender and Queer-identified people deserve respect, equal rights and equal opportunities.

Pride Parade and Festival allows Sacramento to celebrate and express solidarity in marriage equality, equal protection and freedom from harassment and discrimination. As allies–my husband Ryan and I party alongside our LGBTQ family, friends, neighbors and colleagues. We invite allies and LGBTQ people to join in that celebration this weekend.

Pride Parade and Festival is the largest fundraiser for Sacramento LGBT Community Center. As producer and beneficiary of Pride, the Center works to create an evermore inclusive and awesome community festival.

Attend Pride and help us raise funds to continue to create events, programs and pathways to services that help lesbian, gay, bisexual, and transgender people feel welcome, needed and safe.

Shara Perkins Murphy
Executive Director

SACRAMENTO LGBT COMMUNITY CENTER

Photo by Jeff Hettinger

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sac pride Live

sac pride News

pride media

SN&R Sacramento News & Review

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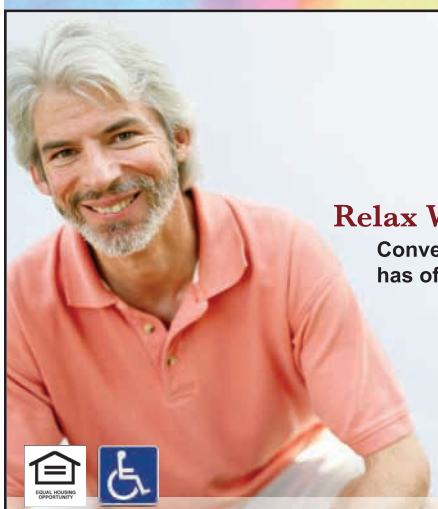
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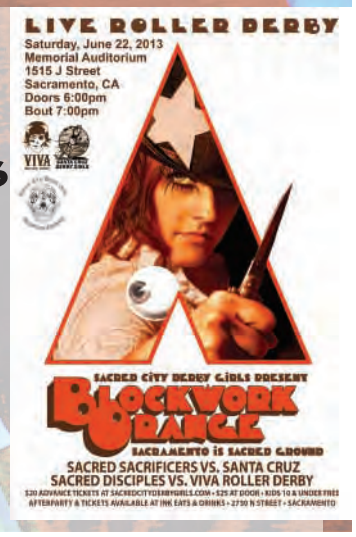
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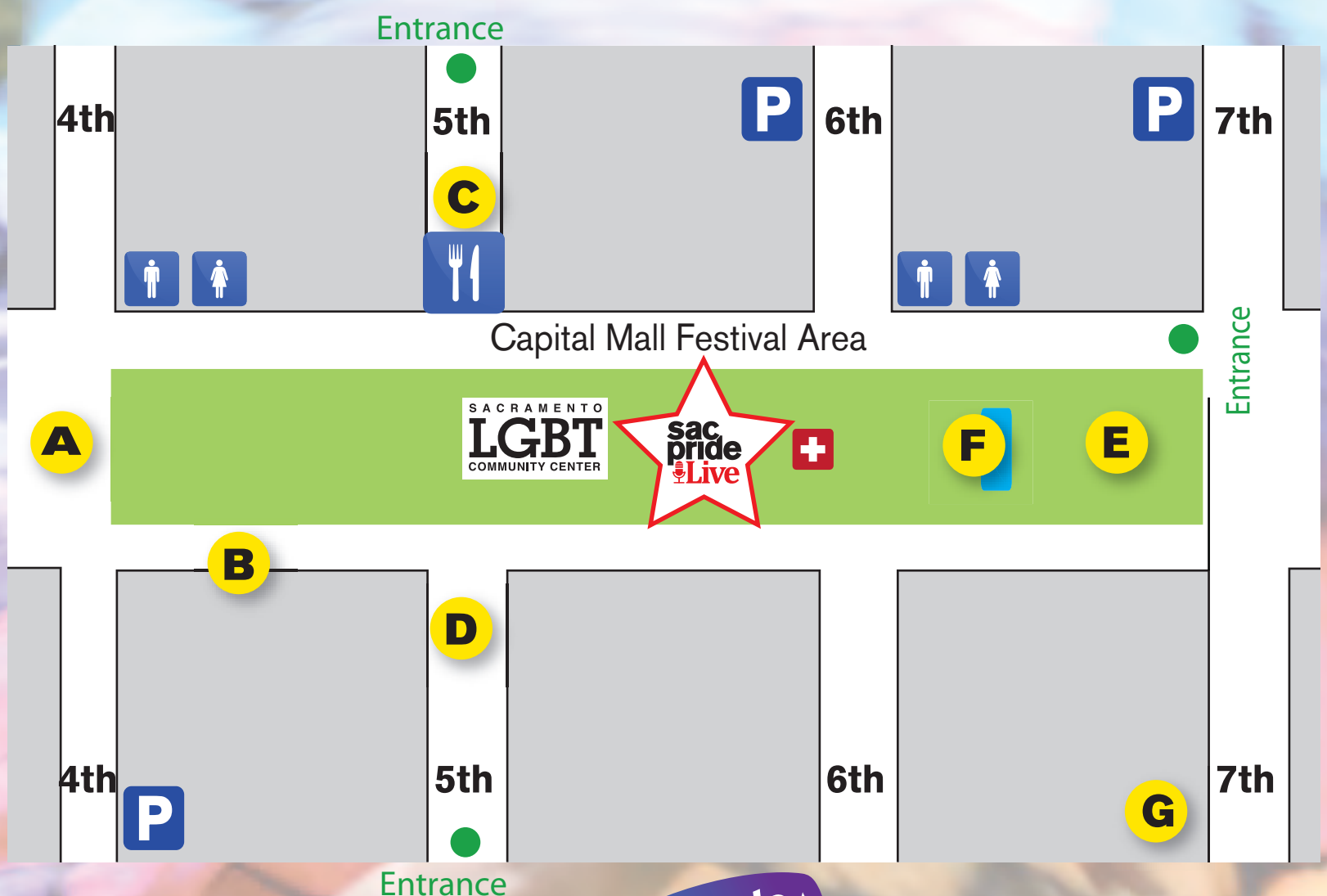
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G Parade Grandstand 7th & N

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2013

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"SUMMER GUIDE" CONTINUED FROM PAGE 57

ARTS & Festivals



It took 90 rectangles of paper to construct Daniel Kwan's "Six Interlocking Pentagonal Prisms," which will be at the Crocker Art Museum this summer.

PHOTO BY SHUE-YU KWAN

ORIGAMI OVERLOAD!

Despite how simple it looks, origami, the Japanese tradition of paper folding, is incredibly complex and diverse. With more than 140 works by more than 50 international artists, the *Folding Paper: The Infinite Possibilities of Origami* exhibition at the **Crocker Art Museum** will impress with feats of design, engineering and technology. Along with paper, there are oragami-related woodblock prints, videos and photo murals. Plus, various programs during the summer include classes, author lectures and concerts that tie in with the show. Besides, the Crocker has a hella good air-conditioning system. *Saturday, June 30, through Sunday, September 29, at the Crocker Art Museum, 216 O Street; (916) 808-7000; www.crockerartmuseum.org.* I.M.

BESIDES, THE CROCKER HAS A HELLA GOOD AIR-CONDITIONING SYSTEM.

"SUMMER GUIDE" CONTINUED ON PAGE 63

MORE THAN 60 BANDS ON 15 STAGES THROUGHOUT DAVIS

ALICIA MURPHY • ALLY HASCHE AND THE BAD BOYS • BE CALM HONCHO • BEN LEWIS
BISCUITS & HONEY • BISOUX BISOUX • BLACK MACKEREL • BLIND CORN LIQUOR PICKERS
BE BRAVE BOLD ROBOT • DESARIO • GARRETT PIERCE
BOCA DO RIO • DAVE NACHMANOFF • DOE EYE • DOOMBIRD
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GRILL CLOTH • GROOVE HEROES • HOLLOW POINT STUMBLERS • THE HOOTS • ITAL SOULS
HANDS • HORSENECK • MISNER & SMITH • MISS LONELY HEARTS
CHUCK PROPHET & THE MISSION EXPRESS
JD McPHERSON
JOHN VANDERSLICE • JON LANGFORD
JON HATAMIYA • JONNY GOLD TRIO • JOY & MADNESS • LAUREN COLE NORTON & KEITH CAREY
MANTLE SOUND CORE • MASON REX • THE MEN UPSTAIRS • MOONLIT WHEAT • MUSIC MATT
THE NICKEL SLOTS • RIN TIN TIGER • SEA OF BEES • SURROGATE
TV MIKE AND THE SCARECROWES • WEST NILE RAMBLERS
THE LURK • ROSS HAMMOND • SEATRAFFIC • SOFT SCIENCE • STEVE KOTAREK • SWEET 100S
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car show HOT RODS
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JUNE 13
80'S NIGHT
band MACH 5
car show MUSCLE CARS
food DETROIT'S CONEY ISLAND DOG

JUNE 20
ACROSS THE POND
band BECAUSE, BEATLES TRIBUTE BAND
car show BRITISH CARS
food BRITISH PUB GRUB

JUNE 27
BLUES NIGHT
band MICK MARTIN & THE BLUES ROCKERS
car show ANTIQUE & VINTAGE TRAILERS, 30'S TO 50'S CLASSIC CARS
food MEMPHIS SOUL FOOD

JULY 11
ROCKABILLY NIGHT
band THE NICKELSLOTS
car show KUSTOMS AND RAT RODS
food SOUTHERN BBQ

JULY 18
REGGAE NIGHT
band ZUHG
car show VOLKSWAGENS
food GERMAN STREET FOOD

JULY 25
OLD SKOOL GROOVE
band EAST WIND
car show LOWRIDERS
food TEX MEX SPECIAL

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FOR MORE INFORMATION VISIT:

sacZOO.org

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CONTINUED FROM PAGE

ARTS & Festivals



Erik and Martin Demaine's "Splash II" is made of Zanders Elephant Hide paper. Hit up the Crocker to find out what the heck that is.

PHOTO BY ERIK AND MARTIN DEMAINE

POP-UP YURT GOES CLASSY

It's nonprofit-meets-big budget on Thursday, July 11, when the Verge Center for the Arts, the gritty art gallery and studio, relocates (temporarily!) to team up with the Crocker Art Museum for the **Art Mix/Verge Takeover**. The event will feature various art installations, including a pop-up exhibit featured in a custom yurt and curated by Verge executive director Liv Moe. There will also be a special self-guided museum tour of photographs and videos depicting artists at work, live music, performance art, and films by Verge artists-in-residence and alumni. It happens from 5 to 9 p.m., and it's free with museum admission ($5-$10). *216 O Street, www.crockerartmuseum.org; www.vergeart.com.* R.L.

HISTORY IN A SHOP

From the outside, the **Chew Kee Museum Store** is a small, rammed-earth building that appears time-worn and dilapidated. Inside, it's a fascinating ode to an erstwhile community centerpiece. Dr. Yee Fung Cheung opened a practice during the gold rush and used herbs to treat Chinese miners and, later, Chinese rail-yard workers. By the 1880s, Cheung's practice had given way to Chew Kee, a grocery store (named for its owner who was, reportedly, only known to others by the name of the shop) serving the area's Chinese community. Eventually, Chew Kee, the proprietor, willed the store to his adopted son Jimmy Chow, who lived there until his death in 1965. Today, the building—still stocked with tiny glass jars of herbs—offers a brief, if illuminating, glimpse into a Fiddletown (and way of life) that no longer exists. Admission is free, but donations are accepted with proceeds going toward its restoration. *Open Saturdays, noon to 4 p.m. through October; Fiddletown Road at Jibboom Street, www.fiddletown.info/chewkee.htm.* R.L.

GOLDEN SUSPENDERS AND BONNETS

Finally, a festival that the drummer from the Lumineers won't have to put on a costume for to fit in. Actually, he and his 19th-century-inspired suspenders will be in Delaware with Tom Petty during the **Grass Valley Gold Rush Days**, but there will still be 1800s-garb wearers aplenty. Costumed merchants will likely be hot and bothered buried inside of voluminous prairie dresses, bonnets and stiff trousers, just like the townsfolk used to be in this old mining town. This inaugural event will feature re-enactments, gold panning and the requisite old-timey photos. It's on Saturday, June 22, from noon to 8 p.m., and Sunday, June 23, from 11 a.m. to 5 p.m. Admission is free, and so is parking. While you're there, set aside time to take a dip in or hike along the South Yuba River, walk across the 1862-built Bridgeport Covered Bridge and dip that pan in the water for some gold, you know, since you have your suspenders and bonnet on anyway. *Mill Street in downtown Grass Valley, (530) 272-8315; http://historicgrassvalley.com; www.parks.ca.gov/?page_id=496.* S.

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CONTINUED ON PAGE





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HEALTH & Beauty

PHOTO BY WES DAVIS

Zach Charchuk of River City Tattoo says yes to simple, traditional designs, no to tiny lettering on the inside of your fingers.



PHOTO BY WES DAVIS

Corey Bernhardt of Reclamare Gallery & Custom Tattoo advises customers to not give up body real estate to trite clichés.

BY RAHEEM F. HOSSEINI
raheemh@newsreview.com

HOT INK

SUMMER MAY BE ONLY THREE MONTHS, BUT TATTOOS ARE FOREVER—ACT ACCORDINGLY

TATTOOS used to be rare, even taboo. They were strictly for pirates, outlaws and whatever religious sect Madonna belongs to. But now it seems like everyone has a lifelong ink scar.

Since summer is when we all see a lot more of each other's skin, we're pleading with you not to mark it up with uninspired, eyesore ink. After all, those Chinese characters on your shoulder probably don't mean what you think they mean, Yoga Lotus. And, hey, bro, nice tribal tat and all, but what tribe did you ever belong to?

With so many potential permanent pitfalls out there, who better to offer expert advice than some of the area's busiest inkers? Reclamare Gallery & Custom Tattoo owner Corey Bernhardt, Zach Charchuk of Old Sacramento staple River City Tattoo, and Alice-Ann Gilbert of Monroe Tattoo Parlor all put down their buzzing needles long enough to weigh in.

We may not have been able to help that tribal bro, but the rest of you will thank us later.

COREY BERNHARDT

Reclamare Gallery & Custom Tattoo, 2737 Riverside Boulevard; (916) 760-7461; www.reclamareart.com

Is there a difference between a "summer" and a "fall" tattoo?

The demographic slightly changes to more of the "first-time" tattoos and a younger crowd of people wanting them in the summer. People tend to have more disposable income during the summer, too. In the fall, it seems like there are more serious collectors wanting pieces and people planning out larger pieces.

What makes for a great summer tattoo?

If your intention is to show off your tattoo at the beach or something, then the ideal summer tattoo, in my opinion, would be one that could be completed in one to three sessions. I don't think people want to show off half-finished work.

What body part should never be tattooed?

Probably that area between your balls and asshole.

When a tattoo is bad, is it typically because of the concept or the execution?

Definitely execution. You can still make a bad concept work if it's tattooed well. Most times, what seems to make for the worst tattoos are tattoo artists that try something that they don't understand fundamentally.

What's the biggest tattoo cliché?

For me, personally, I'd have to say the whole paragraph of script somewhere (mostly on their side). Tattoos are so organic in nature, they're not meant to be as perfect as a font would be. I think people are just giving up real estate on their body that could have otherwise been something amazing.

ZACH CHARCHUK

River City Tattoo, 1028 Second Street; (916) 448-1212; www.rivercitytattoo.net

Is there a difference between a "summer" and a "fall" tattoo?

Um, I don't think there are tattoos for the seasons. Except maybe like a sweet pumpkin tattoo for Halloween.

What makes for a terrible summer tattoo?

A terrible one? An infinity symbol with any lettering makes for a terrible summer tattoo. Actually, they're bad in all seasons.

Describe the worst tattoo you've ever seen.

The most recent bad tattoo was some kid who had what he said were three skulls with flames. But it really looked like three kinda-circles with random squiggly lines.

"SUMMER GUIDE" CONTINUED ON PAGE 67

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Alice-Ann Gilbert, a tattoo artist at the Monroe Tattoo Parlor, swears that tramp stamps aren't as common as you think. No, really.

HEALTH & Beauty

PHOTO BY WES DAVIS

"SUMMER GUIDE" CONTINUED FROM PAGE 65

Summer is also wedding season. White wedding gowns and big shoulder and back tattoos: Do they go together?

If the tattoo's done well, it goes with anything.

What's the biggest tattoo cliché?

Little lettering on the inside of the fingers on nontattooed people. Bad idea.

What's the best tattoo you've done?

Recently, I got to make a nice fallen-soldier-memorial tattoo with a wavy flag in the background. All black and gray. That was fun to do. I always appreciate getting to do something cool on military folks. I also did a sweet little broken compass and flowers on a foot recently. Straight-forward traditional design—my favorite.

ALICE-ANN GILBERT

Monroe Tattoo Parlor, 9312 Greenback Lane in Orangevale; (916) 989-1408; www.monroetattoo.com

Is it ever OK to give someone a tramp stamp?

Some people really like that tattoo. Still, although it's not commonly requested, if someone really wants that area tattooed, and it's well-designed, sure! Everybody over 18 is welcome to get tattooed. Even tramps.

I knew a guy who lost a bet and got "Daddy's little cutie" tatted along his lower back. Was that brave or insane?

Ha-ha! Joke or bet tattoos—I try not to take them too seriously.

What makes for a great summer tattoo?

Sunblock.

What's the worst tattoo you've ever seen?

I've seen them all. Usually, the worst ones are stories that happened during a wasted night. It's always best to have a sober, clear mind when getting a tattoo.

When a tattoo is bad, is it typically because of the concept or the execution?

It's a little of both. It's good to think ahead, how it's going to look over time and to make sure you're still going to love it in your lifetime. Go somewhere you trust.

What's the biggest tattoo cliché?

It really depends on the year. Every summer season there's a new cliché. But if you truly love the idea, then who cares? □

"SUMMER GUIDE" CONTINUED ON PAGE 69

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CNN, Professor, Author, Syndicated
Columnist, and Political Strategist





CHRIS HEDGES
NOVEMBER 1, 2013
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HEALTH & Beauty

PHOTO BY WES DAVIS

CONTINUED FROM PAGE

HAIRCUT ON THE CHEAP

It's summer, a.k.a. the season of shearing. But relief from hair-induced sweatiness can come with a hefty price tag at area salons. Enter **Federico Beauty Institute** in Natomas, fresh off an extensive remodel. The 24,000-square-foot facility offers a vast array of services at a supersteep discount. The catch? Services are provided by students. But at $10 for a haircut—Midtown salons hover around the $50 mark—the risk seems reasonable, and you can probably afford something you didn't even know you wanted, like a "lava shell massage" (whatever that is) for another $10, or a perm for $40 (apparently, people still get perms). *1515 Sports Drive, (916) 929-4242, http://federico.edu.* D.D.

YOU CAN PROBABLY AFFORD SOMETHING YOU DIDN'T EVEN KNOW YOU WANTED.

STATE WORKERS ACTUALLY GET OFF THEIR ASSES!

People visiting our state Capitol for the first time might be surprised at the number of people wearing white badges, sensible shoes and sun visors, speed walking. At lunch, they could encounter a few hundred of these state workers, who are getting a little **exercise on their break**. Admittedly, it is a hecka pleasant thing to do. Capitol Park is beautiful, and it's a great place to watch the seasons change. But I prefer watching the state workers themselves. There is always a running bingo game in my head. Unlikely friendship, check. Loudly talking on a cellphone, check. Weird protester, check. One thing I am pretty sure of, though, is that these walkers are probably the bureaucrats who actually get things done. They sure are showing that sidewalk a thing or two. *Capitol Park, between N and L and 15th and Tenth streets.* E.E.

JUST DRUNK IT

Manuel J. Castillo-Garzón, professor of medical physiology at the University of Granada School of Medicine, released a 2011 study that concluded beer, in moderate amounts, is as effective as water for rehydration and recovery after exercise. So, all you beer-swilling joggers, it's time to ditch the water bottle, don your sneakers and join Sacramento's sudsiest running club, **Midtown Beer Runners**. Serving up monthly runs for those looking to unite their love of beer and running, the group hosts short, 2 to 3 mile runs around area parks with post-run brewskis at local taverns. Quirky events like "Midtown goose chase" at Fox & Goose, and "Drinking off the turkey," a post-Thanksgiving run at Bonn Lair, keep its members lacing up for more. *www.facebook.com/midtownbeerrunners.* L.H.

TURN YOUR ARMS INTO BAGUETTES

If someone would have told the early-20s me that, in a few short years, I would voluntarily drink nothing but fruit and vegetable juice for five days straight, I probably would have choked on my vodka soda. But somehow, I got talked into doing a **Peel'd juice cleanse** this past winter and emerged knowing two truths: 1. Your organs will be superstoked about it. 2. Around day three, your arm will bear a strong resemblance to a baguette. It's $99 for a smoothie and two juices a day over five days, and if you can convince two other people in your household to do it with you, Peel'd will deliver them for free. A word of advice: When the Peel'd people warn against going on a bender mere hours after you've finished your last juice, they're not joking. *Peel'd has a stand at the Midtown Farmers Market Sacramento every Saturday, 8 a.m. to 1 p.m.; 2020 J Street; www.getpeeld.com.* D.D.

GO CLIMB A BOULDER, KID

Do the kids start climbing the walls during summer vacation? If so, they might as well do it safely. Sign them up for a weeklong **Rock Climbing Camp** at **Sacramento Pipeworks** to learn the basics of top-rope climbing, movement techniques, knot craft, bouldering, and climbing games and exercises. Experienced instructors lead ages six to 17 from 9 a.m. to 1 p.m., Monday to Friday. For another option, try the Teen Team from 6:30 to 8:30 p.m. (actually for ages 8 to 18). This noncompetitive group focuses on the fun and social aspects of climbing. *116 N. 16th Street, www.touchstoneclimbing.com/pipeworks/kids.* A.M.R.

STAND IN THE PLACE WHERE YOU PADDLE

It's not your run-of-the-mill health-and-beauty idea, but anyone who's tried stand-up paddling will tell you that it's one hell of a core workout. The **Sacramento State Aquatic Center** hosts a stand-up-paddling clinic several times a week throughout the summer (check the schedule online), providing a course easy enough for beginners, but challenging enough for advanced paddlers. Sacramento State University students pay $35 and the general public $45 for a three-hour course on Lake Natoma. Don't forget to bring sustenance and water—it's gonna be a workout. *1901 Hazel Avenue in Gold River, (916) 278-2842, www.sacstateaquaticcenter.com.* D.K. □

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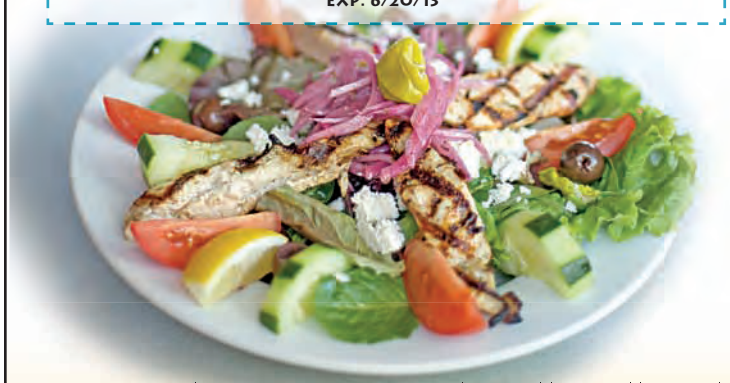
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Burgess Brothers' Burgers

2114 Sutterville Road, (916) 209-0277, http://burgessbrothersburgers.com

Being employed as a public servant is probably a lot like being a restaurateur. There's a lot of behind-the-scenes hard work, but you need to be all smiles up front. Burgess Brothers' Burgers is a great example of that model, as evidenced in part by their motto, "Committed to Service."

by **Ann Martin Rolke**

Actually, the twin brothers behind the shop *are* both public servants: Matthew Burgess currently serves as a California Highway Patrol officer while Jonathan Burgess is a Sacramento firefighter.

Rating: ★★★

Dinner for one: **$5 – $10**

When it came time to join forces, a burger cook-off between the two resulted in a nice compromise: The Burgess brothers combined the best of their recipes and opened a restaurant in 2012.

The exceptional result is located near Sacramento City College, but it's easy to miss. Here's a clue to finding it: Look for the impressive custom smoker in the parking lot. It's used to give the distinctive flavor to the burgers here, and also to make the eatery's under-the-radar barbecue.

I must have passed the restaurant 100 times without realizing they had more than burgers. Fortunately, they lugged their smoker over to the Track 7 Brewing Co. parking lot one Sunday, where I discovered them. The pork and beef ribs I tasted then were both incredibly tender and flavorful, brushed with a tomato-based hickory-flavored sauce. Equally memorable was the employees' friendliness. The two children with me even received complimentary (and tasty) chicken skewers, generously stacked with mushrooms, roasted peppers and onions.

★ FLAWED

★★ HAS MOMENTS

★★★ APPEALING

★★★★ AUTHORITATIVE

★★★★★ EPIC

A trip to the actual restaurant turned out just as well. The front room is set up almost like a family room, with some recliners and a big-screen TV for watching sports. Food is ordered in an adjacent, larger room. The décor here is spare, featuring police and fire gear, photos, and framed newspaper articles.

There are plenty of burgers on the menu—all smoked before they're grilled. Choose from three sauces: the barbecue variety used on the ribs; the "Patrol," comprising barbecue sauce, mustard and mayo; and the "First Alarm," a spicy blend of chipotle and mayo. The one-third pound Tactical Blue Burger is served with blue cheese, tomato, lettuce and fried onions. With a generous slathering of the Patrol sauce, it's full of flavor but not too smoky. The bun holds together nicely, and the fries are good and crunchy (substitute thin, crispy sweet-potato fries for $1 extra).

Burgess Brothers' also offers, among other options, kid-sized sliders; the house burger (the original inspiration for the business); a Hero Burger, featuring pulled pork, cheddar and grilled onions; and a Code 4 vegetarian burger, made with a portobello mushroom.

Don't miss the barbecue, though. The pulled-pork sandwich is nicely smoked and shredded, piled on a garlic roll. I would have liked more sauce, à la North Carolina style, but the Patrol gives it some extra oomph. The tri-tip sandwich tastes pretty good, but it's not as droolworthy as the brisket: It's served with thinly sliced, juicy smoked meat that's just a bit overwhelmed by the large bun.

Additions include potato salad—an unusual mashed texture and flavored with chives, but a little scant in size. The chili is a fairly mild mix of ground beef and beans that's perfect for the chili-cheese fries. It might be an even better topping for one of the burgers.

Don't miss the barbecue. The pulled-pork sandwich is nicely smoked and shredded.

There's no liquor here, but there are "hydration fountain drinks," including a Southern-style sweet tea. The milkshakes are fine, but not exceptional. More interesting is a root-beer float with vanilla ice cream, featured on the dessert list. Ask about specials, since the restaurant also does catering.

While the burgers are unique, with their smoky undertones, the barbecue is Burgess Brothers' Burgers strength. Keep an eye out for their smoker in the parking lot or at Track 7 and other locations and be sure to say hi. They're happy to serve you. □

Still hungry? Search SN&R's "Dining Directory" to find local restaurants by name or by type of food. Sushi, Mexican, Indian, Italian—discover it all in the "Dining" section at **www.newsreview.com.**

THE V WORD

Strawberries in December

Each year, when the summer harvest reaches farmers markets at attractively inexpensive prices, the **white-nectarine** and **heirloom-tomato** starved among us buy them up like gluttons. However, there's no sin in that, because some of the bounty can be dehydrated and stored in airtight jars to enjoy during later seasons. **Electric dehydrating machines** range from $40 to $400 (and beyond), but placing sliced fruit or vegetables on a screen in the Sacramento Valley sun for a few hours is the most energy-friendly method. Tip: Place the screens in the **trunk of a car**, so there'll be no need to worry about hungry bugs. Oven dehydrating is another option, too: Set the oven to the lowest temperature (no higher than 175 degrees), keep the door ajar, and enjoy **strawberries in December**.

—Shoka



Where to eat?
Here are a few recent reviews and regional recommendations by Becky Grunewald, Greg Lucas, Ann Martin Rolke, Garrett McCord and Jonathan Mendick, updated regularly. Check out www.newsreview.com for more dining advice.

Downtown

Estelle's Patisserie With its marble tables and light wooden chairs, there's an airy atmosphere, casual and cozy. Estelle's offers an espresso bar and a wide assortment of teas and muffins and rolls for the breakfast crowd as well as sweets, including DayGlo macarons. For the lunch-inclined, there are soups, salads, sandwiches and meat or meatless quiche. One of the authentic touches is the spare use of condiments. The smoked salmon is enlivened by dill and the flavor of its croissant. Its tomato bisque is thick and richly flavored, and, in a nice touch, a puff pastry floats in the tureen as accompaniment. There's a lot to like about Estelle's—except dinner. Doors close at 6pm. **French.** 901 K St., (916) 551-1500. Meal for one: $5-$10. ★★★1/2 G.L.

Grange Restaurant & Bar You won't find any "challenging" dishes on this menu—just delicious local and seasonal food such as the Green Curry & Pumpkin Soup, which has a Southeast Asian flair. A spinach salad features ingredients that could be considered boring elsewhere: blue-cheese dressing, bacon, onion. But here, the sharply cheesy buttermilk dressing and the woodsy pine nuts make it a salad to remember. Grange's brunch puts other local offerings to shame. The home fries are like marvelously crispy Spanish patatas bravas. A grilled-ham-and-Gruyere sandwich is just buttery enough, and an egg-white frittata is more than a bone thrown to the cholesterol-challenged; it's a worthy dish in its own right. **American.** 926 J St., (916) 492-4450. Dinner for one: $40-$60. ★★★★ B.G.

Zia's Delicatessen Zia's Delicatessen isn't really about trying every sandwich: It's about finding *your* sandwich. In addition to a large selection of salumi, there's the worthy eponymous offering, served with a wedge of zucchini frittata, a slice of provolone, romaine lettuce, grainy tomato, and a simple dash of vinegar and oil that adds tang. Order it hot, so that the provolone melts into the bread. Also tasty: the hot meatball sub with small-grained, tender meatballs bathed in a thin, oregano-flecked tomato sauce that soaks into the bread. A tuna sandwich is sturdy, if not exciting. It is just mayonnaisey enough, with tiny, diced bits of celery. A rosemary panino cotto with mozzarella could benefit from a more flavorful cheese. For a meatier option, try the Milano: mortadella, salami, Muenster; all three flavors in balance. The turkey Viareggio has a thin spread of pesto mayo, and the smoked mozzarella accents rather than overpowers. **American.** 1401 O St., Ste. A; (916) 441-3354. Dinner for one: $5-$10. ★★★★ B.G.

Midtown

24K Chocolat Cafe This cafe serves a solid, if very limited, brunch and lunch menu. One offering is a firm wedge of frittata with a strong tang of sharp cheddar that almost but doesn't quite jibe with the slightly spicy mole sauce on the plate.The spinach curry, made creamy by coconut milk rather than dairy, comes topped with cubes of tofu and tiny diced scallion and red bell pepper and rests atop a smooth potato cake. A side of garbanzo-bean salad is well-flavored with the surprising combination of mint and apricot. The place, located inside Ancient Future, has "chocolat" in the name, and chocolate is in many of the menu offerings, including a tiny cup of hot Mexican drinking chocolate, and chocolate-cherry scones served crisp and hot, studded with big chunks of bittersweet chocolate and tart dried cherries. **American.** 2331 K St., (916) 476-3754. Meal for one: $10-$15. ★★★ B.G.

Hook & Ladder Manufacturing Co. The restaurant, by the same owners as Midtown's The Golden Bear, sports a firefighting theme (a ladder on the ceiling duct work, shiny silver wallpaper with a rat-and-hydrant motif, et al) and a bar setup that encourages patrons to talk to each other. An interesting wine list includes entries from Spain and Israel; there are also draft cocktails and numerous beers on tap. The brunch menu is heavy on the eggs, prepared in lots of ways. One option is the Croque Madame, a ham-and-Gruyere sandwich usually battered with egg. This one had a fried egg and béchamel, with a generous smear of mustard inside. The mountain of potato hash alongside tasted flavorful and not too greasy. The menu also features pizzas and house-made pastas, but one of its highlights includes an excellent smoked-eggplant baba ganoush, which is smoky and garlicky and served with warm flatbread wedges and oil-cured olives. The bananas foster bread pudding is equally transcendent, accompanied by very salty caramel gelato, pecans and slivers of brûléed bananas. **American.** 1630 S St., (916) 442-4885. Dinner for one: $20-$40. ★★★1/2 A.M.R.

LowBrau This place specializes in beer and bratwursts. Both are done smashingly. The sausage is wrapped in a tight, snappy skin like a gimp suit, which gets nicely charred by the chefs. Within it lies a beguilingly spicy and juicy piece of meat. Get it with a pretzel roll for a truly exciting experience. There are vegan options, too: The Italian, an eggplant-based brat, has a surprisingly sausagelike texture that no self-respecting carnivore will turn it down for lack of flavor. Toppings include sauerkraut, a "Bier Cheese" sauce and caramelized onions. The idea behind Duck Fat Fries is a glorious one, yet somehow still falls short. You just expect something more when you see the words "duck fat." The beer selection is epic. If you're lost and confused, the staff will help guide you to the right brew via questionings and encouraged tastings. **German.** 1050 20th St., (916) 706-2636. Dinner for one: $10-$15. ★★★★ G.M.

East Sac

Istanbul Bistro Turkish chef Murat Bozkurt and brother Ekrem co-own this paean to their homeland, with Ekrem usually at the front of the house, infusing the space with cheer. Turkish cuisine features aspects of Greek, Moroccan and Middle Eastern flavors. The appetizer combo plate offers an impressive sampling. Acili ezme is a chopped, slightly spicy mixture of tomatoes, cucumber and walnuts that's delicious paired with accompanying flatbread wedges. For entrees, try the borani, a lamb stew with garbanzos, carrots, potatoes and currants. The meat is very tender, while the veggies arrived nicely al dente. Also good is the chicken shish plate (souvlaki), which features two skewers of marinated grilled chicken that's moist and succulent. There are also quite a few choices for vegetarians, including flatbread topped like pizza, with spinach and feta or mozzarella and egg. **Turkish.** $15-$20. 3260-B J St., (916) 449-8810. ★★★1/2 A.M.R.

North Sac

Asian Café Asian Café serves both Thai and Lao food, but go for the Lao specialties, which rely on flavoring staples such as fish sauce, lime juice, galangal and lemongrass, lots of herbs, and chilies. One of the most common dishes in Lao cuisine is larb, a dish of chopped meat laced with herbs, chilies and lime. At Asian Café, it adds optional offal add-ons—various organ meats, entrails, et al—to three versions of the dish: beef with tripe, chicken with gizzards, or pork with pork skin. The beef salad offers a gentle respite from aggressive flavors, consisting of medium-thick chewy slices of eye of round with red bell pepper, chopped iceberg and hot raw jalapeño. The single best dish here is the nam kao tod, a crispy entree with ground pork that's baked on the bottom of the pan with rice, then stirred and fried up fresh the next day with dried Thai chilies and scallions. **Thai and Lao.** 2827 Norwood Ave., (916) 641-5890. Dinner for one: $10-$15. ★★★★ B.G.

South Sac

Blue Moon Cafe and Karaoke In Sac, most people equate Hong Kong-style cuisine with dim sum, but this restaurant, which also features private karaoke rooms, serves up tasty, familiar food by way of rice plates, sandwiches, noodle bowls, soups and stir-fries. A few random Japanese (ramen, fried udon), French (sweet or savory crepes), Russian (borscht), Korean (beef and kimchi hot pot) and Italian (various pastas) foods add to the feeling that whatever your cultural background, you'll find a comfort dish from your childhood to wrap its arms around you and give you a hug. Cultural diversity aside, one of Blue









Moon's best dishes is the braised pig ear with soy sauce and peanuts. **Asian.** 5000 Freeport Blvd., Ste. A; (916) 706-2995. Dinner for one: $10–$20. ★★★ J.M.

Arden/ Carmichael

Don Quixote's Mexican Grill The food here is a flavorful combination of traditional Mexican food, Mexican-American cooking and Southwest cuisine by way of a large selection of both menu items and made-to-order burritos and burrito bowls. Adobada is the best meat option. It's a slow-cooked pulled-porklike dish marinated in a guajillo chili sauce, which adds copious spice and saltiness. The best burrito is the Chipotle Ranch, which includes a choice of meat, plus beans, rice, lettuce, cheese and a chipotle-ranch dressing. There are also chimichangas, salads, soups, enchiladas, nachos, quesadillas, tamales, tortas, "chili" rellenos and various dessert options—in other words, way too much to order in just a handful of visits. **Mexican.** 2648 Watt Ave., Ste. 115; (916) 481-3000. Dinner for one: $8–$15. ★★★1/2 J.M.

El Chilango Taqueria The restaurant's proprietors hail from Mexico's *Distrito Federal*, and, accordingly, the menu offers perfectly simple regional cuisine, such as gorditas and a torta chilanga. The latter contains melty white cheese, spicy chorizo, sliced hot dogs, lightly fried ham, crunchy onions and avocado—all sandwiched within a charred, crispy bolillo moistened with a schmear of refried beans and mayo. The gordita is served steaming hot, stuffed with abundant chopped cilantro and onion, melted cheese and caramelized bits of chicharrón. The masa is crisped and oily on the outside and cooked all the way through with not a hint of the gumminess that can sometimes plague similar dishes, such as pupusas. **Mexican.** 3397 Watt Ave., (916) 971-9898. Dinner for one: $5–$10. ★★★1/2 B.G.

Skip's Kitchen You know you're at an American restaurant when a cheeseburger is one of the healthiest items on the menu. Sure enough, Skip's Kitchen features a lot of calorie-rich items, such as fried macaroni-and-cheese balls, ravioli, chicken strips, chicken wings and shrimp, plus creamy Oreo milkshakes. There are salads, too, but the best dish on the menu is the burger. All five styles (original, mushroom and Swiss, bacon and cheddar, three-cheese, and Western) are served on a brioche bun and cooked "medium," unless otherwise specified. The kitchen offers a house-made veggie burger as well. If there's such a thing as a "gourmet" burger that can rightfully sell for $10, this is probably it. **American.** 4717 El Camino Ave. in Carmichael, (916) 514-0830. Dinner for one: $10–$20. ★★★1/2 J.M.

Land Park/ Curtis Park

Buffalo Pizza & Ice Cream Co. The eatery, which offers take-out only, keeps the menu simple. Customers can choose from two types of pies: breakfast or lunch. Breakfast pizzas consist of standard pizza dough, on top of which rests a thin layer of egg, cheese and toppings (read: no sauce). One pepperoni-and-jalapeños morning pie starts off well, but then the dough disappoints. It doesn't quite fit in either the "thick" or "thin" category; it's not yeasty enough and too chewy and firm. A mushroom-and-spinach pie offers better texture. For lunch, the garlic pizza reaches a nice balance of sweet and salty with a creamy white sauce, mushrooms, onions, pepperoni and sausage. Buffalo also offers Gunther's Ice Cream, side salads and fried chicken, but here, it's breakfast pizza for the win. **American.** 2600 21st St., (916) 451-6555. Meal for one: $10–$20. ★★★1/2 J.M.

The Hideaway Bar & Grill This bar fills a niche Sacramento might not have known it lacked with its vague rockabilly vibe, lots of greased hair on the men, brightly dyed hair in retro styles and cat-eye glasses on the ladies, and an abundance of black clothes and tattoo sleeves for all. The liquor selection is basic (no craft cocktails here). The menu's heavy on fried appetizers, salads, sandwiches and burgers, the latter of which are architectural, towering assemblages. Happily, the fluffy charred buns are sturdy enough to hold up when the tower is squeezed to a more realistic height. A meaty veggie burger gets crunch from fried pickles and sweet heat from barbecue sauce. Overall, the Hideaway offers cheap beer, adequate bar food and a comfortable place to hang with out friends. **American.** 2565 Franklin Blvd., (916) 455-1331. Dinner for one: $10–$15. ★★★1/2 B.G.

Winters

Preserve Practically every restaurant worth its handgathered fleur de sel is "farm-to-fork" these days. Here, that's interpreted with an all-day menu of bar snacks, salads, sides, pizzas and sandwiches. Current favorites include a platter of cured meats and cheeses, with überlocal Mariani dried fruit and nuts, olives, and Grandma Ogando's jalapeño jelly. Salads include house-cured salmon with blood oranges and avocado, and beets with farmer cheese and red-onion jam. Individual-sized pizzas arrive with a flavorful fresh tomato sauce and plenty of Parmesan cheese. The slow-smoked brisket sandwich with garlic aioli is deliciously tender and not too fatty. There's also an unusual vegetarian option with shredded carrots, slivered almonds and Gouda on rye bread. It has an oddly sweet flavor reminiscent of raisins. Some of Grandma O's jelly would be a better fit. **American.** 200 Railroad Ave. in Winters, (530) 795-9963. Dinner for one: $10–$20. ★★★ A.M.R.



ILLUSTRATION BY MARK STIVERS

Crooners and crustaceans

After Isleton's Cajun Festival—formerly the Crawdad Festival—caused a stir last summer for serving thousands of crawfish imported from China, this weekend's event has been renamed the **Isleton Cajun & Blues Festival.** Mindy Giles (of Swell Productions) has partnered with the Isleton Chamber of Commerce to throw the fete, and she's already drastically bolstered the music lineup. It features a Grammy Award-nominated headliner (**Elvin Bishop**), Cajun bands (the Lost Bayou Ramblers and the Magnolia Sisters) and **local bands** (the Kyle Rowland Blues Band, Sacramento Blues Revue). Most importantly, the Isleton Chamber of Commerce confirmed that the crustaceans this year will come from the Sacramento River, procured by Rocklin-based **Crayfish International.** Additionally, there will be a crawfish-eating contest, and food and drink vendors. Tickets are $15. Visit http://isletoncajunfestival.net for details.

—Jonathan Mendick









Anarchy in the U.K.

Jerusalem

by **Patti Roberts**



Green Valley Theatre Company has been the local British importer of late. Its last production, *Blood Brothers*, was the little-produced but impressive musical based in Liverpool. And now the company is the first theater group outside of New York City's Broadway to stage the 2009 English hit *Jerusalem*, an odd play about the struggling economic woes of British youth with a story that's set largely in the trashed trailer of a drugged-out aging party dude.

Blood Brothers worked because the story is compelling and universal, with a great score. *Jerusalem*, on the other hand, is much more regionally oriented, and harder to embrace with its problematic plot, which is probably why local theater companies have not been lining up to produce this show.

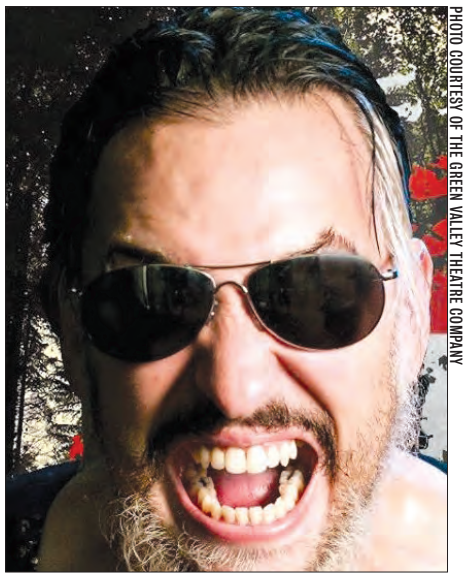


PHOTO COURTESY OF THE GREEN VALLEY THEATRE COMPANY

This is the face of a man who downs vodka, Red Bull, raw egg and coke smoothies.

The opening scene is revealed when a stage-length red-cross St. George flag drops to show a dilapidated trailer in the English countryside, littered with cast-off furniture and scattered trash. Emerging from the rubble is a wobbly, bleary-eyed Johnny "Rooster" Byron, whose character is quickly marked by his choice of breakfast shake—a raw egg, vodka, Red Bull and cocaine.

Byron has become the pied piper of disillusioned youth, who gather at his squalid campsite to drink, drug and dance. And on this day, when the county puts on its annual fair, the local young people are ripe with mockery of the monarch, a lackluster call for anarchy, and the bemoaning of any viable future for the local young people.

The production values are consistent with Green Valley's first-rate staging—great set and spot-on costumes. Unfortunately, both the play itself and the lead performance are a bit problematic. One main problem is the accents—there's a cornucopia of heavy cockneyesque dialect that makes it hard to understand the dialogue, and a disconcerting, noticeable lack of accent on the part of Jay Patrick, who portrays Byron. While Patrick does have the cock in his walk, he mostly brays his displeasures without layering his character with any subtleties that would have made him more sympathetic and relatable.

The rest of the cast looks like they are having fun frolicking in debauchery, but the story as unveiled in this production and its violent ending leave much to be desired. □

***Jerusalem*, 8 p.m. Friday, Saturday; 7 p.m. Sunday; $18. Green Valley Theatre Company at The Grange Performing Arts Center, 3823 V Street; (916) 736-2664; www.greenvalleytheatre.com. Through June 30.**

FOUL · FAIR · GOOD · WELL-DONE · SUBLIME-DON'T MISS

Ding dong, the witch is here

The Music Circus takes on five classics for its 2013 summer season

The Wicked Witch of the West returns to Sacramento on June 21.

That's when the Music Circus season opens with *The Wizard of Oz*—more specifically, the 1987 stage adaptation by the Royal Shakespeare Company, which hews close to the ever-popular 1939 film. (Music Circus staged this version once before, in 2004).

Of course, the Wicked Witch was also in town in 2012, when the touring musical *Wicked* (which spins characters and events from *The Wizard of Oz*) had a May-June run with Broadway Sacramento. (*Wicked* returns on Broadway Sacramento in May-June 2014, and Andrew Lloyd Webber's 2011 adaptation of *The Wizard of Oz* tours this fall, but won't visit Sacramento.)

Given the competition, Richard Lewis, president and CEO of California Musical Theatre (which produces the Music Circus and hosts Broadway Sacramento shows) says he's happy with the resulting lineup.

"We were very pleased we could get the rights," Lewis said.

The Wizard of Oz will open on a Friday (June 21), rather than a Tuesday—the traditional Music Circus opening night. The show will also stage 13 performances (rather than eight), ending on June 30. Expect kiddies at the matinees.

Lewis polls regularly, and knows his audience wants classics—this summer's season includes *Show Boat* (1927), July 9, through July 14; *Sugar* (1972, based on the 1959 film *Some Like It Hot*), July 23, through July 28; *The King and I* (1951), August 6, through August 11; and *Chicago* (1975), August 20, through August 29.

It's a leaner season than years past—and so far, seems to be successful: Last summer, Music Circus switched from seven consecutive productions to a five-show season (with a week off in between), and subscriptions rose from 8,800 in 2012 to 9,500 (and still selling) this summer.

—Jeff Hudson

Tickets for the Music Circus 2013 season are available at the Wells Fargo Pavilion Box Office at 1419 H Street, (916) 557-1999 or www.tickets.com. Individual tickets are $30–$64, and season subscriptions are $150–$256. Visit www.sacramentomusiccircus.com for details.

Now Playing

BOURBON AT THE BORDER
In this adaptation of Pearl Cleage's 1990s-era drama, memories of the civil rights movement of the 1960s are still fresh for May (Brooklynn Solomon) and Charlie (Andre Ramey). Through friendship and camaraderie, they and their friends must come to terms with some awful truths, including decisions that hearken back to a past filled with horror. Cameron Johnson takes the cake as wily friend Tyrone. His timing is pitch-perfect, and he works seamlessly with the language and tone of the play. **Th, F, Sa 8pm; Su 2pm. Through 6/30.** $8–$15, Celebration Arts, 4469 D St.; (916) 455-2787; www.celebrationarts.net. M.M.



***Hedda Gabler*: Capital Stage's production of this Henrik Ibsen play runs through June 16.**

HEDDA GABLER
Janis Stevens directs Stephanie Gularte in Capital Stage's production of Henrik Ibsen's *Hedda Gabler*, an adaptation that presents central character Hedda in a whole new light. Here, she's an enigmatic woman whose actions and motives are questionable: She's presented a complex woman—depending on the moment, she's a victim, a villain, a tragic heroine or a mentally unstable woman. Capital Stage has masterfully layered in a sinister undertone to the play and most its characters, painting Hedda as pistol-packing psychopath. **Th, F 8pm; 2pm Su; 7pm W. Through 6/16.** $24–$35. Capital Stage, 2215 J St.; (916) 995-5464; www.capstage.org. P.R.

HOW WE GOT ON
Idris Goodwin's play about 1980s-era aspiring urban rappers doesn't depict a hard-edged scene but rather a peaceable saga. Directed here by Buck Busfield, it works nicely as a slice of life that illuminates a particular place and time, with some appealing young characters in the process of finding themselves. **Th, F 8pm; Sa 5 & 9pm; Su 2pm; T 6:30pm; W 2 & 6:30pm. Through 6/23.** $5–$35. B Street Theatre, 2711 B St.; (916) 443-5300; www.bstreettheatre.org. J.H.

Short reviews by Jeff Hudson, Maxwell McKee and Patti Roberts.

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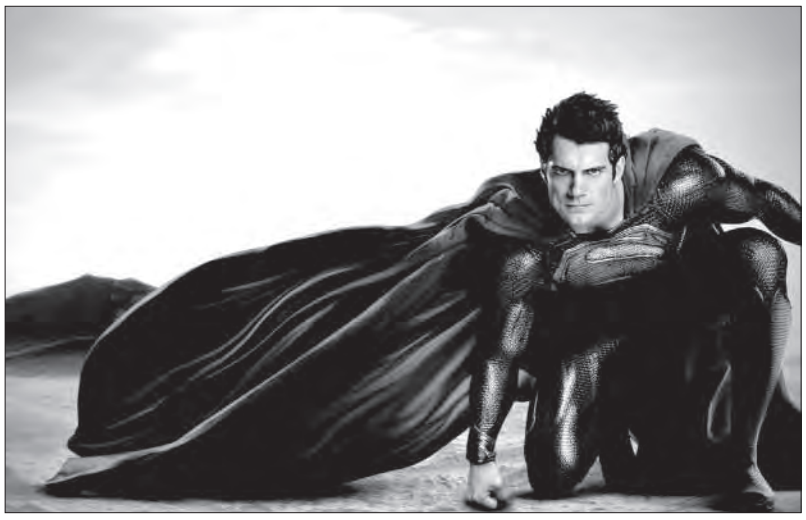
Fallen superhero

Man of Steel

by **Jim Lane**

***Man of Steel* isn't your father's Superman; that would** be Christopher Reeve. Nor is it your grandfather's, George Reeves of early TV. Or your great-grandfather's, the one created by Jerry Siegel and Joe Shuster in 1938. This Superman, or Kal-El—or as his doomed Kryptonian parents call him, Kal (short for Kalvin?)—is a whole new species of alien. And boy, is he alienated.

Man of Steel is labeled as "A film by Zack Snyder." The erratic Snyder may have called "action" and "cut," but the movie looks more like the work of Christopher Nolan, the hand behind transforming Batman into The Dark Knight trilogy. Nolan is credited as producer (one of eight) and for creating the story with writer David S. Goyer, also a veteran of *The Dark Knight* movies. Like the man with a hammer to whom every problem looks like a nail, to Nolan and Goyer, every superhero universe apparently looks like Gotham City.



This is about as far off the ground that this film ever gets.

The movie opens on Krypton, a dark and grimy place compared to other versions of the Superman origin story. The only color is in the fiery explosions during the fascist General Zod's (Michael Shannon) futile revolt, then later as the planet explodes. Kal-El's parents Jor-El (Russell Crowe) and Lara (Ayelet Zurer) both could use a shower, and Jor-El certainly needs a shave. This Krypton is no longer a golden-age civilization struck down by cosmic destruction. It's a decrepit and exhausted dead end, doomed by the Kryptonians' own hubris; the only energy here radiates from the vicious Zod, a would-be Hitler to Krypton's Weimar Republic.

Though Jor-El and Lara dispatch their infant son to far distant Earth, Jor-El glumly predicts that the boy will be despised as a freak. In the glimpses we get of the baby's upbringing as the adopted son of Jonathan (Kevin Costner) and Martha Kent (Diane Lane, borderline miscast), we see that Jor-El was right. In flashes that play like Scientology-auditing sessions, we see Clark Kent grow up bullied, friendless and miserable, cringing in a closet at school, while his teacher hectors him for his bad behavior, and classmates whisper "freak" and "weirdo."

Even when he grows up, Superman (now played by Henry Cavill) spends more time dealing with Earthling fears than fighting Zod and his fellow villains. But he's hardly a reassuring presence; Kal/Clark has brought the colorless gloom of Krypton with him; he's sullen, scruffy and scraggy-bearded. Even when he cleans up and dons Superman's iconic costume, the look is muted and drab: the red has become maroon, the blue the color of new denim, the yellow like sand.

This drab, colorless concept of Superman as tortured, unhappy outcast calls for an actor to match, and that's what it gets. The bland Cavill can't differentiate Superman from Clark Kent—only Christopher Reeve ever could; besides, the dimple in Cavill's chin is a dead giveaway—so *Man of Steel* doesn't even try. Lois Lane (Amy Adams) learns within days that Clark Kent of Smallville is an extraterrestrial with superpowers, and when Zod comes to Earth and demands the surrender of "one of us," everyone in Smallville knows exactly who he wants. By the end, every citizen of Smallville and Metropolis—those who survive the battle between Zod and Superman—has seen Clark's new suit. When he reports for work at the Daily Planet, he's greeted with a wink and a nod. Superman's "secret identity" is demoted to "alter ego"; like Iron Man's Tony Stark, he's not secret to anyone.

In flashes that play like Scientology-auditing sessions, we see Clark Kent grow up bullied, friendless and miserable.

I can't believe this dull, dingy, joyless take on Superman will stick, but who knows? The character was created in Depression America by the sons of Jewish immigrants as a fantasy of a better future and of acceptance of the other in American society. Now that the vision of hope has devolved onto *Star Trek* and assimilation has less cachet than multiculturalism, has Superman outlived his usefulness? If the only way to make palatable his "never ending battle for truth and justice" ("and the American Way" was added at the height of the 1950s Red Scare) is to turn him into a dreary rehash of Batman, and Clark Kent into a sulky Tony Stark, maybe his time is past at that. Maybe they should just slip him a Kryptonite injection, and put us all out of his misery. □


POOR


FAIR


GOOD


VERY GOOD


EXCELLENT

CLIPS

by **JONATHAN KIEFER & JIM LANE**

After Earth

A millennium in the future, two space rangers, a father (Will Smith) and son (Jaden Smith), crash-land on Earth, and the boy must trek 60 miles to dispatch a distress signal. The latest "hostile Earth" sci-fi epic is an OK boy's adventure—or would be if director M. Night Shyamalan and co-writer Gary Whitta (from a story concocted by the senior Smith as a star vehicle for his son) didn't present it with such an air of lugubrious solemnity. It's handsomely mounted, well-designed and suspenseful, but not a lot of fun, more ordeal than adventure. Dad Will takes a backseat to son Jaden, who discharges his heroic duties, well, dutifully. Sophie Okonedo appears as wife and mother (respectively) to the two, with Zoe Isabella Kravitz showing up in flashbacks as the sister whose death haunts both father and son. J.L.

Before Midnight

Director Richard Linklater returns to the story he began with 1995's *Before Sunrise* and continued in 2004's *Before Sunset*. Another nine years, and Jesse (Ethan Hawke) and Celine (Julie Delpy) have 7-year-old twin daughters. In the first movie, the two walked around Vienna talking; in the second, Paris; now, Crete, Greece. As before, their conversation is uneventful but fascinating; they're both intelligent and interesting, and we hang on every word, even as nothing really "happens." (Well, not nothing, exactly: A crisis brews, but somehow, we sense it'll pass.) It's amazing to think Linklater, Hawke and Delpy (who all co-wrote the script) have sustained this talk-fest for three whole movies, but it's true, and the pleasure of their company is as keen as ever. We can hardly wait nine years to see them again. J.L

Fast & Furious 6

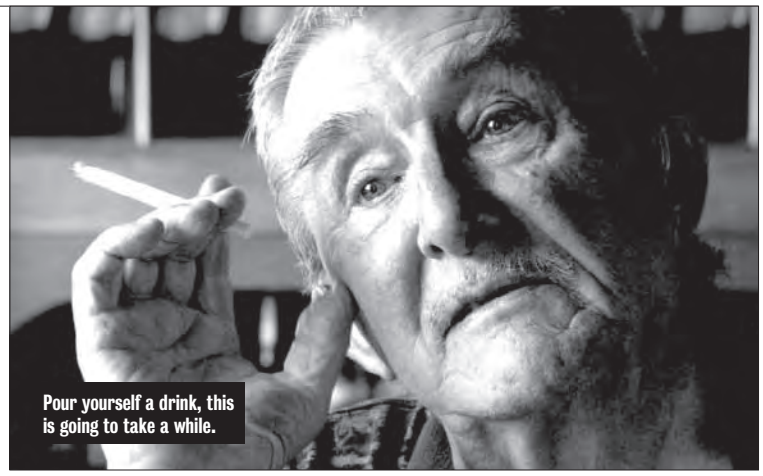
Dominic Toretto (Vin Diesel) and his crew of outlaw street racers (Paul Walker, Tyrese Gibson, Chris "Ludacris" Bridges, et al.) are recruited by a government agent (Dwayne Johnson) to bring down a mastermind specializing in vehicular crime (Luke Evans). Has there ever been a sequel with "6" in the title that was any good? Star Trek VI: The Undiscovered Country maybe, but besides that? Director Justin Lin jam-packs the screen with blatantly implausible car chases and fight scenes that blithely break every law of traffic and physics, interspersed with the growling repartee that passes for comic relief in this testosterone-drenched franchise (the biggest laugh, though, comes at the end, with a prim, don't-try-this-at-home disclaimer). Fans will not be disappointed. And God help us, No. 7 is on the way. J.L.

Frances Ha

Noah Baumbach's ebullient film shows what it's like to be alive and in one's 20s and living in New York—or, briefly, Sacramento—and aware of one's potential slipping away. Greta Gerwig stars as an aspiring dancer, whose signature move might be flightiness, and whose slow drift toward true adulthood might also be away from her best friend, played by Mickey Sumner. Shot in sumptuous black-and-white, this subtly romanticized slice of life amounts to a minimal assembly of improbably resonant nonevents, almost unthinkable as a film without the specific virtue of Gerwig's daffy, guileless poise. Otherwise, Baumbach's style could be called homage-happy; it's French New Wave meets vintage Woody Allen meets Girls. What's key is how playfully at ease Baumbach seems among his many tasteful influences, including obvious muse Gerwig, his co-writer and vital spark. Inspired by her spontaneity, and scripted to cultivate it, the movie does turn up some occasional stilted line readings here and there, but periodic awkwardness also is shrewdly elemental to its charm. J.K.

The Internship

Two salesmen with no skills but the gift of gab (Vince Vaughn, Owen Wilson) find themselves out of work when their company goes belly-up, so in desperation, they go for a summer internship at Google, where their co-workers are half their age with twice their IQs. The script by Vaughn and Jared Stern is silly and far-fetched, and the sucking up to Google throughout is just a tad unseemly. Still, the movie has charms in spite of itself; it's pretty funny and rather sweet. Vaughn and Wilson's comic rapport is as strong as it ever was, and the supporting cast is a big help: Rose Byrne as Wilson's romantic interest, Aasif Mandvi as the men's doubtful supervisor, and Josh Brener, Dylan O'Brien, Tiya Sircar and Tobit Raphael as their geeky teammates. Shawn Levy's direction is uninspired but unobtrusive. J.L.



Stories We Tell

The perceptive Canadian actor-director Sarah Polley gathers her extended family for a collective documentary remembrance of her late mother, Diane, who in retrospect, seemed all too comfortable at the center of so much attention. Yet Diane also had at least one whopper of a family secret, which Polley rather politely wants to unpack. On this matter, the rest of the family is both a great help and no help at all. Arguably, they incriminate themselves, but Polley's plan isn't to corner anyone; her heart is much too huge for that. Deep within the cozy nostalgic enclaves of bohemian Montreal and Toronto, some thorny questions do come up for Diane's most significant suitors: Sarah's sweetly reticent father, Michael, himself also an actor and a writer—he overlays the film with his own beautifully literate narration of family lore—and Harry Gulkin, a gregarious film producer. What's really at stake is Sarah's own origin story, and sharing, she knows, is the best way to validate it. J.K.

Iron Man 3

Billionaire superhero Tony Stark (Robert Downey Jr.) contends with two villains: a terrorist called The Mandarin (Ben Kingsley) and an urbane think-tank tycoon (Guy Pearce), who may be working with the terrorist. Director and co-writer (with Drew Pearce) Shane Black takes over from Jon Favreau (now playing Stark's head of security), and his movie, while less memorable than the first *Iron Man*, is at least less instantly forgettable than its sequel. The action set pieces become enervating after a while, so patently CGI that nothing's really ever at stake. The movie works mainly due to its acting: Downey, of course; Gwyneth Paltrow as gal Friday/sweetheart Pepper Potts; Don Cheadle as Stark's military pal; and Kingsley. The most pleasant (and only) surprise is a sprightly youngster, Ty Simpkins, as a whiz kid who helps Stark. J.L.

Now You See Me

Four small-time illusionists—a card trickster (Jesse Eisenberg), an escape artist (Isla Fisher), a mentalist (Woody Harrelson) and a pickpocket (Dave Franco)—hit the big time in Vegas, somehow robbing banks during their act and dispensing the money to the audience. Meanwhile, an FBI agent (Mark Ruffalo), an Interpol detective (Mélanie Laurent) and a professional debunker (Morgan Freeman) all try to figure out how it's done, and how to stop the next heist. Directed by Louis Leterrier and written by Ed Solomon, Boaz Yakin and Edward Ricourt, the movie is a bit of a fast shuffle itself. Like many magic acts, it's a lot of smoke and mirrors, and not always on the square. Still, the tricks are tricky enough to be fun; the plot may be just a series of diversions, but at least the diversions are diverting. J.L.

The Purge

In 2022 America, the "New Founding Fathers" have decreed 12 hours every year when no crime will be punished, including murder. When the time comes, the well-off either hunker down behind their security systems or form hunting parties to stalk and exterminate the homeless and other social undesirables. This night, a suburban couple (Ethan Hawke, Lena Headey) and their two kids see things go horribly wrong. Writer-director James DeMonaco's cockamamie premise tries to lend things an aura of wry social satire, but it's just gaudy lipstick on an old whore; the movie is nothing more than a standard home-invasion slasher flick, and a lousy one at that. DeMonaco poses and answers an ironic question: Does the Purge really "make America a better place"? But he raises a more pertinent one: Do movies like this? J.L.

Star Trek Into Darkness

Captain Kirk (Chris Pine), Spock (Zachary Quinto), Dr. McCoy (Karl Urban) and the Enterprise crew are on a secret mission on the Klingon home planet to kill a Starfleet renegade (Benedict Cumberbatch)—but it's a trap, and this renegade is no ordinary criminal. Director J.J. Abrams proves that his 2009 reboot of the venerable franchise was no fluke. The spot-on cast is back (Simon Pegg, Zoe Saldana, John Cho, Anton Yelchin) with some welcome new additions—Cumberbatch (a classic villain), Alice Eve, Peter Weller. Written by Roberto Orci, Alex Kurtzman and Damon Lindelof, this is about as good as space opera gets: It revives our affection for the original series with a rejuvenating new spin. It's fast, fun, dramatically sound and emotionally right, making the old and familiar new and surprising again. J.L.

This Is the End

Visiting from the Canadian motherland, Jay Baruchel meets up with his pal and countryman Seth Rogen in Los Angeles, where they try to get past post-Rogen-sellout estrangement through partying at James Franco's place. It's not really Baruchel's scene, but the apocalypse begins just as he's about to bail. That means holing up with Rogen, Franco, Danny McBride, Craig Robinson and Jonah Hill—and all playing (with) themselves—and for the desperate stoner-raunch survivalism of roughing out a lo-fi sequel to *Pineapple Express*, dodging violent death and bucking for redemption. As proof of concept for a reality series about crudely dueling Judd Apatow alumni, this might work. As a summer movie? Well, fine, whatever. A lark for Rogen and his co-writer and co-director Evan Goldberg, it is at least on preposterousness par with celebrity-stuffed disaster-movie precedents. And it does make the most both of Baruchel's natural appeal and of a solicitously slumming Emma Watson cameo. The joke of Hollywood self-indulgence as the last straw for a vengeful God is not entirely unfunny. J.K.

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Haters to the left

On his new album, Sacramento rapper C Plus grows up and tells all the local jokers to kiss off

Sacramento rapper C Plus is out to make his first million before age 30. If you find that amusing, cool. The 25-year-old is serious. So much so, in fact, that he doesn't issue pedestrian "I love haters" talk. He even wrote the song "Change Up," addressing the family- and friends-turned doubters in his life with the words; "Is this what I got up in the game for? / So all my loved ones can I ask what I changed for?"

by **Blake Gillespie**



PHOTO BY KAYLEIGH MCCOLLUM

Yeah, that's right. C Plus is so money.

C Plus just self-released a new album *L.O.C.A.L*—the acronym means "Loyalty Over Cash and Luxury"—a digital-only release available via iTunes and Bandcamp. With mixtapes dating back to 2006's *The After-School Special Vol. 1,* C Plus may still be in his 20s, but he says he feels old. Maturity has kicked in harder than ever, as visions of reaching 30 and having nothing to show for it gains focus.

"I'm not big on partying or distractions," he said. "Whether it's girlfriends or not being able to kick it with friends who weren't focused and in the long-term fell off, it's funny I named [the album that], but the theme took off with its own identity in the process of recording."

For more information on C Plus, check out http://cplus.bandcamp.com or https://twitter.com/plusmoney.

His words: "God works in mysterious ways." *L.O.C.A.L* began as a catchy acronym influenced by the growing pride in Sacramento's grassroots movement. When the recording sessions wrapped in September, C Plus says he was changed, done with local jokers.

There's a scene in the 1992 flick *Juice* in which Q, played by Omar Epps, endures an earful from his "Wrecking Crew," who tell him he can't win a deejay competition because the contestants are world-renowned, and Q is "just local." C Plus sampled the sound bite on "Intro (LOCAL)," evoking the character with the retort, "Kiss my local ass."

"I've had many of the close homeys tell me that: 'You're just a local guy,'" he said. "The more we pushed the concept, … we felt that stigma of being local. It always has a negative connotation to it. It makes you think something is low budget or not professional.

"We wanted to erase [that stigma]," he said. "If something is local and comes from the city you're in, it doesn't mean it's not as good, if not better than what's on the national level."

C Plus recorded a few tracks in the Bay Area as well as some with the legendary Ski Beatz in New York. But the bulk of *L.O.C.A.L* was done in Sacramento, mostly at Omina Laboratories, alongside executive producer Chase Moore, with some tracks laid down at SoundCap Audio in Midtown. In addition to Moore, Hippie Sabotage and a select few other interior players brought live instrumentation to Plus' music for the first time.

The music reflects a passage of time: Court dates for two separate minor drug-possession charges; a five-year relationship dissolved into nothing; and laments to those who are no longer around due to death, incarceration or personal differences all trickle into the album's narrative. C Plus did not write an autobiography, per se, but the album nonetheless reveals reflections on tribulations.

> **"I'm not big on partying or distractions."**
>
> C Plus

"By the time we finished the album, I realized it's two years of my life on wax," he said.

The album also features a hedonistic anthem in "Girls on Drugs" and a hyperbolic sequel to *Scarface* on "Scarface 2," for those who prefer mainstream hip-hop—rap demands bravado, after all.

Beyond the album, C Plus says he's eyeing the long term, currently occupying any downtime doing design work and managing his career—all with the hunger for that first million dollars. There's a line on the album closer "Invisible," in which he says, "Two more albums, then I'm out." In short, the rapper's got a self-imposed deadline to meet within five years.

"I might end up doing more [music], but I'm trying to be a millionaire before 30, and I'm a little behind right now," he said.

"If I'm 30 and I've not reached goals I expect to reach, I'll focus on design … or promotion or something," he said. "I like doing music, but I'll go wherever the check's at." □

Sex, drugs and the not-bummer summer

As crunk as ever: Rap legend **Juicy J**'s *Stay Trippy Tour* made a stop in Sacramento on June 5, with one of the most anticipated lineups of the summer, featuring newcomer **A$AP Ferg**.

After **20 years in the rap game**, Juicy J's latest resurgence with his "Bandz a Make Her Dance" hit proves that drugs, sex and rap music aren't just **a young man's game**.

It's been 13 years since Three 6 Mafia's breakout hit "Sippin' on Some Syrup," and eight years since "It's Hard Out Here For a Pimp" won an Academy Award for Best Original Song (for the film ***Hustle & Flow***) and Juicy J is still as crunk as ever and making a whole new generation of fans.

The *Stay Trippy Tour* is exactly what it sounds like. A sexed-up, drugged-out, two-act reincarnation of Woodstock in 2013.

A$AP Ferg proved why he is one of the most talked about new faces in the hip-hop world, putting on a wildly electric stage show. Ferg and his hype man ran through his acclaimed ***Trap Lord*** mixtape, stage diving and whipping the crowd into a frenzy before making way for Juicy J.

By the time Juicy J came to the stage, the Ace of Spades crowd seemed frantic. The 38-year-old veteran did not disappoint. After running through new material from his third solo album, *Stay Trippy*, the "dirty south" pioneer asked the crowd if they remembered a group called Three 6 Mafia, and **the building erupted** as he performed the group's hit songs, including the aforementioned "Sippin' on Some Syrup" and "Slob on My Knob."

He finished the night with his current hit "Bandz a Make Her Dance." The **strip-club anthem** took over airwaves and reached No. 1 on the Billboard Hot R&B/Hip-Hop Songs chart earlier this year—a first for the Memphis rapper.

With more than two decades in the industry, Juicy J is still outperforming most of the 20-somethings; he's a testament to the **timeless art of the party rock**, or "turning up," as it is known among the "trippy" generation. And it doesn't look like he'll be ready to pass the torch anytime soon, either.

—Andrew Bell

Hot time, summer in the city: I have found myself on several Second Saturdays scurrying around the same grid like a **worn-out rat** that has long since lost sight of the prize. Maybe it was being back home in Sacramento after several months away, or maybe it was my seven-hour yard-sale shift in the **100-degree-plus sun** earlier that day, but something changed for me last Saturday night. The 20th Street block between J and K streets felt rejuvenated, despite the day's nearly fun-debilitating temperature. As host to the first of several **This Midtown** block parties scheduled to occur throughout the summer (www.facebook.com/thismidtown), the **LowBrau** (1050 20th Street) porch was packed to the rails, and a fair number of folks took up space in front of the stage for **Planet Booty**'s grindworthy set.

Further down the way, Bows & Arrows (1815 19th Street) hosted an evening with a former ***American Idol*** contestant, soulful singer songwriter **Josiah Leming**. After Leming suggested the **art gawkers** viewing Heather Jeremy's new work take their conversations to the patio, a modest crowd of devoted fans remained, soundlessly mouthing Leming's every lyric. It would have been a fine respite if the cafe hadn't sold out of its Fat Face **mango sticky-rice popsicles**. We decided to explore our options elsewhere.

Our meandering took us past the usual suspects before landing us at the foot of "The Kay" district. The neon of the Crest Theatre radiated like a beacon, illuminating **a living mass** that moved seamlessly between half-a-dozen clubs and venues I have yet to give a chance. Outside **Assembly** (1000 K Street), familiar faces stepped out for a smoke between sets, seeming at ease in the midst of a scene I found so foreign.

Capitol Avenue revealed all the cabs that are otherwise missing anywhere else in the city, as midnight ushered the **blacked-out and the barely standing** into the sanctuary of Gogi's Korean BBQ (1431 L Street), adjacent to The Park Ultra Lounge (1116 15th Street). Us Midtowners sat there, strangely sober amid the growing public sloppiness, eating our tofu banh mi with busy minds.

"We should open a burger joint," a friend stated definitely, looking around. "We should open—" Suddenly, it seemed possible that the city does have the numbers to support new venues, new cafes, new spots for late-night falafel. Now, thinking about Sacramento, I'm excited again.

—Julianna Boggs



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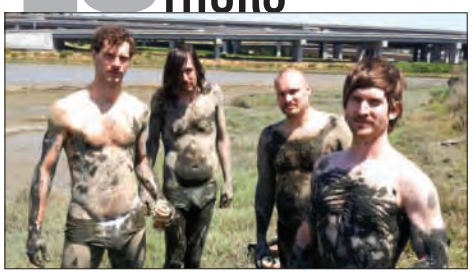
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EIGHT GIGS

13 THURS



The Trashies

Davis Bike Collective, 8 p.m., $5

As the name implies, the Trashies make music that's straight-up busted—but in the best way possible. Think raw, scrappy and frayed around the edges. On songs such as "Let it Be Trashed" and "In the Gutter Together," the Seattle four-piece takes elements of classic fuzzed-out 1960s garage rock and infuses it with elements of bellicose street punk and catchy, hummable pop. Going to the show this Thursday night at the Davis Bike Collective? Expect

GARAGE PUNK

a big ol' sweaty, aggression-releasing dance party. Sacramento groups Screature and Darlingchemicalia are also on the bill. *1221 1/2 Fourth Street in Davis, www.facebook.com/thetrashies.*

—Rachel Leibrock

14 FRI



Awkward Lemon

Bows & Arrows, 8 p.m., $5

Its name may have the word "awkward" in it, but in reality, Awkward Lemon sounds quite natural. The group has a gentle vulnerability about it as it delves into folk, bluegrass and Americana—all with a bent toward simple

FOLK/AMERICANA

music that tells a story.

The three-piece group's instrumentation includes an acoustic guitar, upright bass and everyone on vocals. It's got plenty of dynamic hand-clapping fun, but still retains the intimacy of a solo artist. It also has the ease of a group of friends gathering, playing to—and with—each other. As fun as it is, there's some real depth of soul to it as well. *1815 19th Street, www.facebook.com/awkwardlemon.*

—Aaron Carnes

14 FRI



The Infamous Swanks

Cesar Chavez Plaza, 5 p.m., no cover

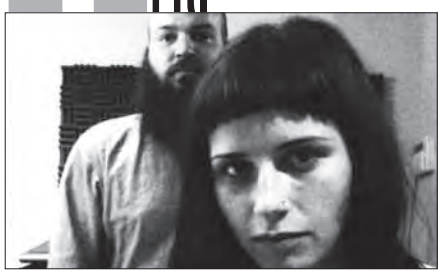
Before forming the Infamous Swanks, Brandyn Williams played in a punk band. But then, rockabilly called, and he answered. Raised on Kiss, Van Halen and Led Zeppelin, Sacramento native Paul Johnson joined Williams in 2009; and Nick Chacon, another Sacramentan, joined in 2010. This trio plays

ROCKABILLY

rockabilly with an edge. On "S.F. Blues," you'll hear something that sounds like the Stray Cats meets Johnny Cash—two of the group's many influences. Chuck Berry, Billy Joel, Willie Nelson and Johnny Dilks are also on that list. The music's fast, fun and meant to get you out of your seat. The Swanks will be joined by Lesdystics, Avenue Saints and the Bay Fly Effect. *910 I Street, www.facebook.com/theinfamousswanks.*

—Trina L. Drotar

14 FRI



Paper Pistols

Assembly, 9 p.m., $8-$10

It's unlikely that any Paper Pistols fan would've missed them at the Sacramento

ELECTRONIC

Electronic Music Festival on May 30, *and* at Concerts in the Park on May 31, but just in case you did (or in case you're kinda obsessed with them), the local duo is throwing a release party for its first album, *Deliver Us From Chemicals*, on Friday. The much-anticipated record promises an eclectic mix of what the band describes as "filthy" music—otherworldly electronica, plus singer and keyboardist Juliana Lydell's Bjork-esque vocals. The two are slated to play Launch in September, too, which leads one to believe these fibrous firearms will continue to be a fixture in the Sacto scene. *1000 K Street, Suite 100; https://paperpistols.bandpage.com.*

—Deena Drewis

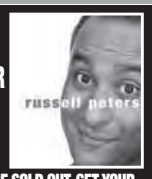
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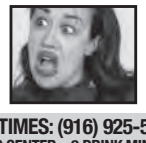


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15 SAT



PHOTO BY CARA ROBBINS

Cayucas

Sophia's Thai Kitchen, 9:30 p.m., $7–$10

If you like upbeat, melodic pop rock in the vein of '60s surf-rock tunes, then you'll probably enjoy *Bigfoot*, the debut album from Cayucas. The "Faith"-like (note: George Michael reference) guitar strumming and beat of "Cayucos" match well with singer Zach Yudin's echoing vocals, while the propulsive and compulsively danceable single "High School Lover" is so groovy it might get stuck in your mind for all eternity. The band doesn't get many points for creativity, as most of its songs sound the same—the Yudin-sounds-like-he's-singing-in-a-cavernous-empty-concert-hall feel occurs throughout the record—but there is talent here. Hopefully Cayucas gets more creative next time around. *129 E Street in Davis, www.cayucas.com.*

POP ROCK

—Brian Palmer

15 SAT



Joy & Madness

Assembly, 9 p.m., $10

Six former members of the Nibblers—including 2012 Sammies award-winning singer-songwriter Hans Eberbach—comprise Sacramento soul and funk group Joy & Madness. The band cites James Brown, Galactic and Otis Redding as influences, but its horn section's tight staccato blasts that back Eberbach's dynamic vocals are more reminiscent of Oakland's Tower of Power. Add in the pounding rhythm section of Jeremy Springer (keyboards), Andrew Enberg (drums) and Nyxi Rehfeld (bass), and you have a band that is sure to cause some rump-shaking action this Saturday night at Assembly. Dane Drewis, Roem Baur and Steven Roth open the show. *1000 K Street, Suite 100; www.joyandmadness.com.*

SOUL/FUNK

—Jonathan Mendick

16 SUN



Gina Sicilia

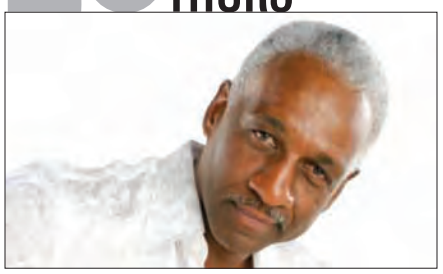
Palms Playhouse, 7:30 p.m., $15

Gina Sicilia's smoky vocals waver, bellow and skulk in a coquettish cat-and-mouselike inflection. Inspired by Etta James and Aretha Franklin, the Philly blues singer didn't take the stage professionally until she was almost 20. She assimilated quickly. Sicilia released *Allow Me to Confess* two years later in 2007 to rave reviews. *Hey Sugar* came 16 months later—too soon, probably—but her last two, *Can't Control Myself* and her latest, *It Wasn't Real*, showcase her already voluptuous vocals and sharpening songcraft. New tracks, like the reggae-tinged "Wake Up Next to You" and the country-flavored "Write a Little Song With You," are a testament to her increasing eclecticism. *13 Main Street in Winters, www.ginasicilia.com.*

BLUES

—Chris Parker

20 THURS



Lloyd Gregory

Crocker Art Museum, 6 p.m., $6–$12

Lloyd Gregory's body of classical jazz guitar work sometimes includes a helping of African or Caribbean stylings and a side of funk. His R&B roots reach far back in the musical family tree. He's recorded with Martha Reeves and MC Smooth and performed with the Dells and Freda Payne. With five acclaimed albums to his name, including his most recent, *Gentle Warrior*, this acoustic- and electric-guitar master has also served as the musical director for both Jesse James and the Natural Four. As a studio musician, Gregory has played with Klaus Voorman and Joe Sample, and says he now simply makes "music for my friends." *216 O Street, www.lloyd-gregory.com.*

JAZZ

—Trina L. Drotar

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SISTA MONICA PARKER – JUNE 15

She's Blues! She's Soul! She's Gospel! She Rocks! Sista Monica Parker "The Blues Lioness" is an award winning singer/songwriter and performer. Her 11th CD release "Living In The Danger Zone" recently earned a 2012 and 2013 BMA nomination for "Best Soul Blues Female Artist of the Year" by the Blues Foundation. Since then, she has traveled and toured worldwide and has been recognized for her captivating stage presence and rich contralto vocal power.

VANDELLA – JUNE 20

Vandella draws their music from Motown, classic rock, Southern rock, folk-rock, blues, and modern-day sounds of indie pop/rock. It's like if Ryan Adams was backed by The Band, or Jenny Lewis took over for Jay Farrah and Jeff Tweedy in Uncle Tupelo. It's 1970's rock via the present.





COFFIS BROS – JUNE 27

The Coffis Brothers & The Mountan Men are a Rock and Roll band born and raised in the Santa Cruz Mountains. Songwriters Jamie and Kellen Coffis are backed by Kyle Poppen on lead guitar, Mason Hutchinson on bass and Henry Chadwick on drums. The Coffis Brothers boast an extensive repertoire of original rock and blues tunes built around simple and honest lyrics, neatly constructed verses and catchy hooks. The brothers blend of folk, blues, R&B and straight ahead rock are evidence of an upbringing spent listening to Tom Petty, Neil Young and Beatles records.

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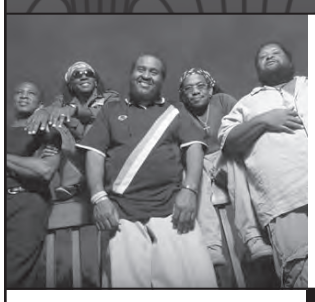
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ASSEMBLY 1000 K St., (916) 832-4751	B Street: Live!, 7pm, $15; DJs Louie Giovanni, Ricky V, Jules, 9pm, no cover	B Street: Live!, 7pm, $15; PAPER PISTOLS, DOOMBIRD, EXQUISITE CORPS; 9pm, $10	B Street: Live!, 7pm, $15; JOY & MADNESS, DANE DREWIS, ROEM BAUR; 9pm, $10		
BLUE LAMP 1400 Alhambra, (916) 455-3400		POOR, NOME NOMADD, RASAR; 9pm, $6	BAD VEINS, 8pm, call for cover		TRIBE OF LEVI, 9pm Tu, call for cover
THE BOARDWALK 9426 Greenback Ln., Orangevale; (916) 988-9247	NEVERENDING, TETRIZ, DIGITAL FURY, JASON KARSTENS; 8pm, call for cover	THE ALMOST, CONDITIONS, PALISADES, THE GRIZZLY EFFECT; 8pm, $15-$17	JG MADE UM LOOK, PROMIZE, RAJHEN HILL, STONE CREW; 8pm, $10		
BOWS & ARROWS 1815 19 St., (916) 822-5668	LIZ BARTON, JIA-MO CHEN, KIM DAVIS, CASEY LIPKA; 8pm, no cover	AWKWARD LEMON, ORANGE MORNING, MASSIVE DELICIOUS; 8pm, $5	SONS OF AN ILLUSTRIOUS FATHER, LEXIE ROTH, TRE BURT; 8pm, $5		FLAPPER DAN, ROSS HAMMOND; 8pm Tu, $5; THE EPILOGUES, 8pm W, $5
CENTER FOR THE ARTS 314 W. Main St., Grass Valley; (530) 274-8384				FATOUMATA DIAWARA, 8pm, $18-$20	Josh Fernandez and Frank Andrick, 7:30pm W, $5
THE COZMIC CAFÉ 594 Main St., Placerville; (530) 642-8481	Open-mic, 7:30pm, no cover	ATLAS & ARROWS, FALLING FORWARD, RAGWOOL BROS.; 8pm, call for cover	SPARK & WHISPER, 8pm, $8		
DISTRICT 30 1016 K St., (916) 737-5770	FLIPSIDE JUMP SMOKERS, 9pm, call for cover	DJs Louie Giovanni and Jason Davis, 9pm, call for cover	AMY ROBBINS, 9pm, call for cover		
FOX & GOOSE 1001 R St., (916) 443-8825	BRANDON BAILEY, BRETT HOLLAND; 8-11pm, no cover	THE PIKEYS, HOLLOW POINT STUMBLERS; 9pm, $5	SINEW, RICH DRIVER, PREGNANT; 9pm, $5		Open-mic, 7:30pm M; Pub Quiz, 7pm Tu; Northern Soul, 8pm W, no cover
HARLOW'S 2708 J St., (916) 441-4693	INNER CIRCLE, EGG, SIMPLE CREATION; 9pm, $15	DEAN-O-HOLICS, 5:30pm, call for cover; INDIGENOUS, 10pm, $15	ANN KELLY, 7pm, call for cover; MERCY ME, 10pm, call for cover	SHANNON CURTIS, GABRIELLA NICHOLE; 7pm, call for cover	
LUNA'S CAFÉ & JUICE BAR 1414 16th St., (916) 441-3931	Joe Montoya's Poetry Unplugged, 8pm, $2	XOCHITL, EMILY O'NEIL; 8:30pm, $6	J.D. VALERIO, JENN ROGAR, CHRISTINA ZUNIGA, PATRICK GRIZZELL; 7pm, $7		Nebraska Mondays, 7:30pm M, $5-$20; Comedy night, 8pm W, $6
MARILYN'S ON K 908 K St., (916) 446-4361	"Rock On" Live Band Karaoke, 9pm, no cover	THE STAXX BROTHERS, PHAT BUTTA JAM; 9pm, $8	SAL VALENTINO, HENCE PHILLIPS, PARIE WOOD; 9pm, $7	TYSON GRAF, 5pm, call for cover	LUCY HORTON BAND, 8pm M; WHITEY MORGAN & THE 78'S, 8pm W, $10
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OLD IRONSIDES 1901 10th St., (916) 442-3504		THE BRODYS, SANS SOBRIETY, DRIVE THRU MYSTICS, IN THE NO; 7:30pm, $10	SOL PELIGRO, WHISKEY AND STITCHES, DESARIO, CRAZY BALLHEAD; 7:30pm, $10		Karaoke w/ Sac City Entertainment, 9pm Tu, no cover; Open-mic, 9pm W, no cover
ON THE Y 670 Fulton Ave., (916) 487-3731	Karaoke, 9pm, no cover	CONCUSSION, MAIDENS SORROW, SYSTEM ASSAULT; 9pm, call for cover	Karaoke, 9pm, no cover	Open-mic comedy, 9pm, no cover	Karaoke, 9pm Tu, no cover
THE PALMS PLAYHOUSE 13 Main St., Winters; (530) 795-1825		AUSTIN LOUNGE LIZARDS, 8pm, $20		GINA SICILIA, 7:30pm, $15	
PARLARE EURO LOUNGE 1009 10th St., (916) 448-8960	Top 40, 9pm, no cover	Top 40, Mashups, 9pm, no cover	DJ Club mixes, 10pm, no cover		
PINE COVE TAVERN 502 29th St., (916) 446-3624	Karaoke, 9pm-1:30am, no cover	Karaoke, 9pm-1:30am, no cover	Karaoke, 9pm-1:30am, no cover	RUSTIC LOTUS, 8-10pm, no cover	Open-mic, 10pm-1am Tu, no cover; Trivia, 9-10pm W, no cover
PINS N STRIKES 3443 Laguna Blvd., Elk Grove; (916) 226-2625		2ND LEVEL BAND, 9pm, $10			

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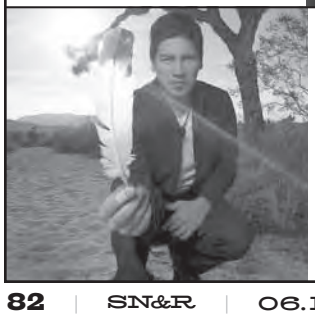
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July 03	Trapeze: The Burlecto
July 06	CAVE Women
July 06	Martin Luther
July 08	Chris Pureka
July 12	Trailer Park Troubadours
July 16	HRVRD
July 17	Pickwich
July 19	Tainted Love
July 20	Diego's Umbrella

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POWERHOUSE PUB 614 Sutter St., Folsom; (916) 355-8586	AMANDA GRAY, 9:30pm, call for cover	CARAVANSERAI, 10pm, $10	ATOMIC PUNKS, 10pm, $12	MOON ALICE, 3pm, call for cover	Karaoke, 9pm M; DJ dancing, 10pm Tu; LOST CATS, AWKARD LEMON; 8pm W, $5
THE PRESS CLUB 2030 P St., (916) 444-7914	CITY OF VAIN, CRASHED OUT, OLD GLORY, UNION HEARTS; 8pm, $8	Top 40 w/ DJ Rue, 9pm, $5	Top 40 Night w/ DJ Larry Rodriguez, 9pm, $5	Sunday Night Soul Party, 9pm, $5	Work Your Soul, 9pm M, $5
SAMMY'S ROCKIN' ISLAND 238 Vernon St., Roseville; (916) 773-7625		G SPOT BOOGIE BAND, 9:30pm, $10	LOVEFOOL, 9:30pm, $10		
SHENANIGANS 705 J St., (916) 442-1268	Comedy Night and DJ Selekta Lou, 9pm, $5		Eden Pride w/ DJ Astro, DJ Lady Ryan, DJ Val G, 6pm-2am, call for cover		
SOL COLLECTIVE 2574 21st St., (916) 832-0916			HOPIE, SOOSH E, ABSTRACT NINJAA, LUKE TAILOR; 8pm, $7-$10		Microphone Mondays, 6pm M, $1-$2
SOPHIA'S THAI KITCHEN 129 E St., Davis; (530) 758-4333		RADAR BROTHERS, OLA PODRIDA; 9:30pm, $5	CAYUCAS, JBM; 9:30pm, $7-$10		
STONEY INN/ROCKIN' RODEO 1320 Del Paso Blvd., (916) 927-6023	THE BRODIE STEWART BAND, 9pm, $5	Country dancing, 7:30pm, no cover, $5 after 8pm	Country dancing, 7:30pm, no cover, $5 after 8pm	Country dance party, 8pm, no cover	Comedy open-mic, 8pm M; Bluebird Lounge open-mic, 5pm Tu, no cover
SWABBIES 5871 Garden Hwy, (916) 920-8088		APPLE Z, 6pm, $5	RENEGADE, LONG TIME; $8	SANDY NUYTS, KERINA, RACHEL STEELE AND ROAD 88; 2:30pm, $5	
TORCH CLUB 904 15th St., (916) 443-2797	X TRIO, 5pm, no cover; RED'S BLUES, AKI KUMAR, LITTLE JOHNNY; 9pm, $5	PAILER AND FRATIS, 5:30-7:30pm, no cover; STEVEN ROTH, 9pm, $7	JOHNNY KNOX, 5pm, no cover; SISTA MONICA, 9pm, $15	Blues jam, 4pm, no cover; THE GOLDEN CADILLACS, 8pm, $5	TESS MARIE & THE POOR MAN BAND, 9pm Tu, $5; KERI CARR BAND, 9pm W, $5
TOWNHOUSE LOUNGE 1517 21st St., (916) 613-7194	Wild w/ DJ Billy Lane, 9pm, no cover	DJ Shaun Slaughter w/special guests playing dance tracks, 9pm, $5	DJs Fame Change and X-GVNR, 9pm, $5		Grimey w/ DJ Whores and guests., 9pm Tu, $5-$10; Open-mic, 9pm M, no cover
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ACE OF SPADES 1417 R St., (916) 448-3300					WE CAME AS ROMANS, M; MEMPHIS MAY FIRE, Tu; KRIZZ KALIKO, W, $20
CLUB RETRO 1529 Eureka Rd., Roseville; (916) 988-6606		THE WESTWARDS, NO WHERE BUT UP, TWENTY 3, AMONG POETS; 6:30pm, $10	THE KIDS WE USED TO KNOW, VITALITY, CAUSA MORTIS, CROSSFACE; 7pm, $5-$8		
COFFEE GARDEN 2904 Franklin Blvd., (916) 457-5507	Open-mic, 8-10pm, no cover	STEVEN GELLMAN, 8pm, no cover			NATE CURRIN, 200 WEST; 7pm W, no cover
DOWNTOWN PLAZA (LOWER LEVEL) 547 L St., (916) 822-5185	CRUSH, 6pm, no cover		PAIGE ANDERSON & THE FEARLESS KIN, 1pm, call for cover		
LUIGI'S SLICE AND FUN GARDEN 1050 20th St., (916) 552-0317	FREE ENERGY, FLOATING ACTION, THE KELPS; 8pm, $7-$10				
SHINE 1400 E St., (916) 551-1400		THE SILENT GAME, 8pm, $5	JAY SHANER/ERIC WARREN DUO, FARADAY LE SOLEIL; 8pm, $5		Open jazz jam w/ Jason Galbraith & Friends, 8pm Tu, no cover
ZUHG LIFE STORE 545 Downtown Plaza, Ste. 2090, (916) 822-5185			XOCHITL, KASSIE ORTEGA; 1pm, no cover		



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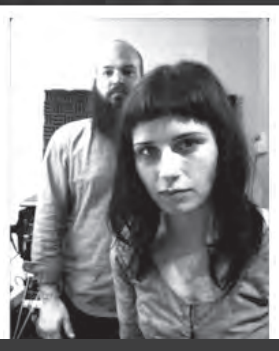
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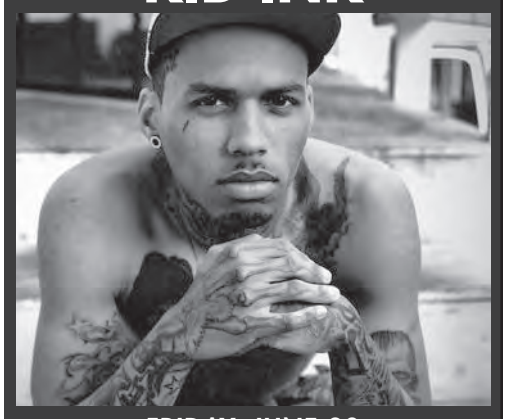


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Favorite stoners

Remember back in May when I asked people to tell me their favorite spot to toke in Sac? This is one of the responses:



by NGAIO BEALUM

ask420@newsreview.com

I like the park atop the subterranean building [Seventh and Eighth streets at N and O streets]. There's a sculpture garden, an amphitheater, lots of park seating, and a big, open space for pacing back and forth. (Why they don't hold food-truck events [here] is beyond me—there's even driveway access up there.) Great view of downtown buildings, including the light show atop the building that houses Morton's [the Steakhouse], and a view of the harlequin building that is the state power station, plus the Stanford Mansion and a view of the state Capitol dome. There is hardly anyone up there day [or] night, and especially weekends. For a cozy smoke spot nearby, try the passageway beneath N Street that connects the subterranean building with the state [Employment Development Department] building. When I'm really stoned up there, it's fun to pretend that the place is an empty *Star Trek* set, and Kirk and Spock are just around the corner getting high.

—Lalo in Alkali Flat

Who are some of your favorite cannabis users?

—420 Legends

That's a tough question. There are so many cool, talented, productive, creative people that have admitted to using and enjoying cannabis, it's hard to narrow it down to just a few favorites.

In sports, there are NBA Hall of Famers Kareem Abdul-Jabbar (he uses it for his migraines) and Bill Walton (he uses it because he's a Deadhead), 18-time Olympic gold medalist Michael Phelps (never smoke weed with an Olympic swimmer; they have huge lungs).

Pot has been helping people think and create since before Moses saw the burning bush.

When it comes to musicians, I like Paul Simon, Tom Petty, Redman, Rihanna (don't judge me), Louis Armstrong, Bing Crosby (weed helped him to stop drinking), and we can't forget Snoop Dogg (duh) and Willie Nelson (double duh).

Turning to politics, how about Barack "Choom Gang" Obama? No? Arnold "It's Not a Drug, It's a Leaf" Schwarzenegger? Not him either? I see your point. Maybe we should keep politicians out of this.

How about global entrepreneur Sir Richard Branson or scientist Carl Sagan? I have a special place in my heart for activists like Seattle Hempfest organizer Vivian McPeak or the late, great Jack Herer.

I can keep going: Cheech. Chong. Seth Rogen. James Franco. Melissa Etheridge. Just about every famous stand-up comedian ever, including George Carlin and Dave Chappelle. Hal Sparks is one of my favorite nonstoner comics, because even though he has never smoked weed, he's a pot-legalization activist, so he gets an honorable mention. You can't pick just one—or even a few.

Pot has been helping people think and create since before Moses saw the burning bush and came up with 10 cool rules for how to behave toward your fellow man. Just think: If weed didn't exist, the Beatles would never have written the *Rubber Soul* album. □

Ngaio Bealum is a Sacramento comedian, activist and marijuana expert. Email him questions at ask420@newsreview.com.

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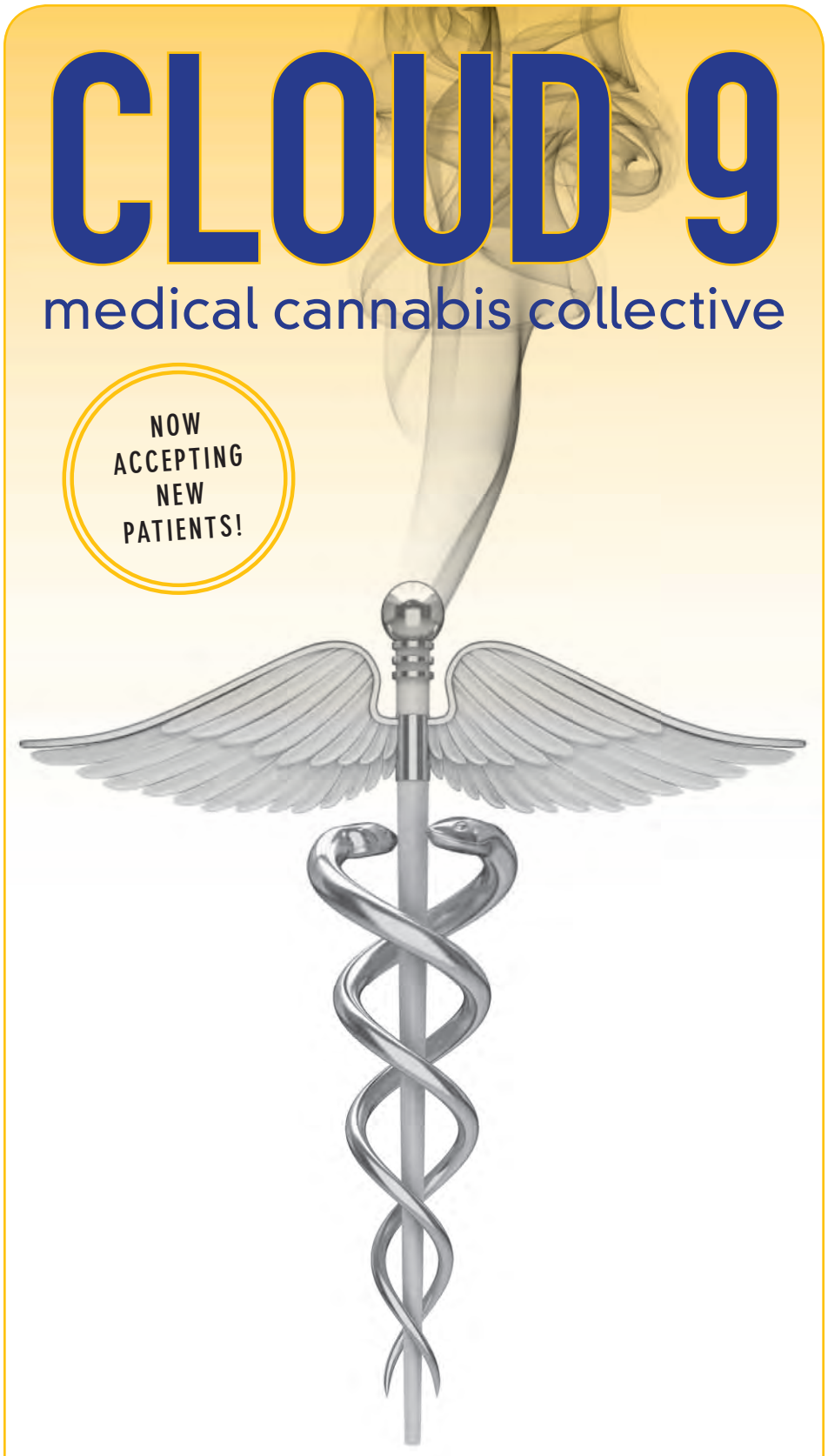
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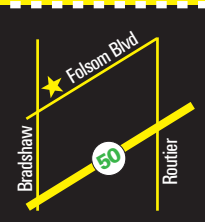
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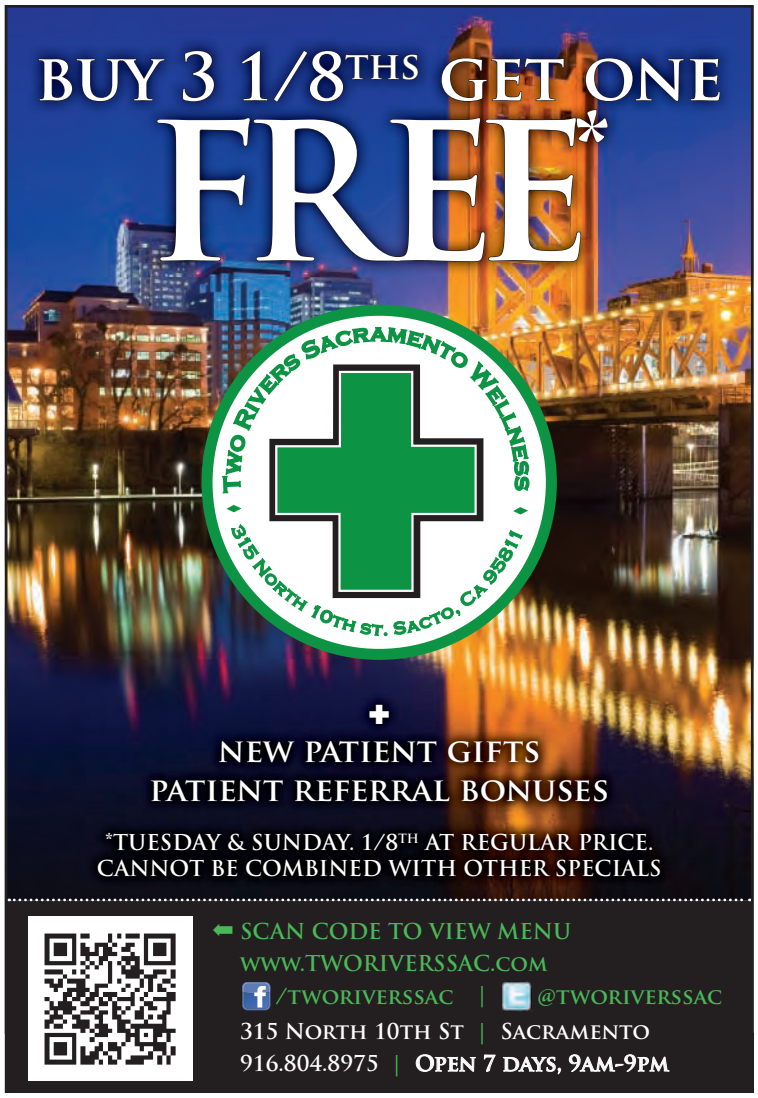
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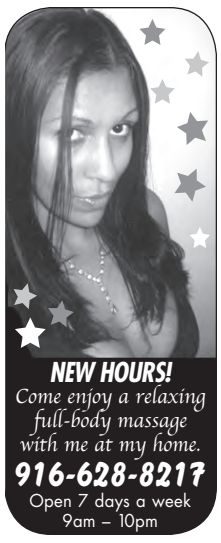
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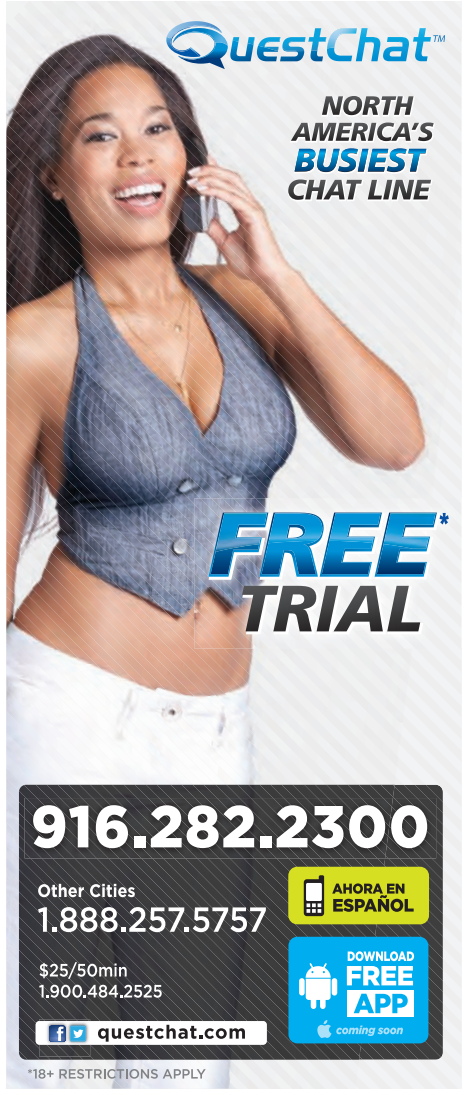


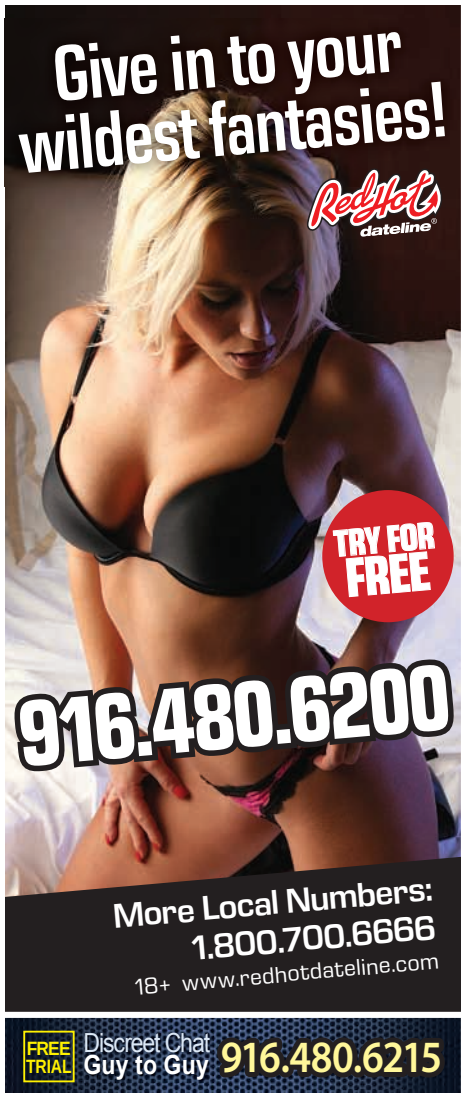
















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BY ROB BREZSNY

ARIES (March 21–April 19): Irish poet Richard Brinsley Sheridan didn't confine his lyrical wit to well-crafted poems on the printed page. He used it to say things that would advance his practical ambitions. For example, when he first met the woman who would eventually become his wife, he said to her, "Why don't you come into my garden? I would like my roses to see you." That's the kind of persuasive power I hope you will summon in the coming days, Aries. According to my analysis of the omens, you should have it in abundance. So what's the best use of this mojo? Is there anything you would really like to sell? What new resources do you want to bring into your sphere? Who do you want to convince?

TAURUS (April 20–May 20): In *The Book of the Damned*, Charles Fort revealed one of the secrets of power. He said that if you want power over something, you should be more real than it. What does that mean? How do you become real in the first place, and how do you get even more real? Here's what I think: Purge your hypocrisies and tell as few lies as possible. Find out what your deepest self is like—not just what your ego is like—and be your deepest self with vigorous rigor. Make sure that the face you show the world is an accurate representation of what's going on in your inner world. If you do all that good stuff, you will eventually be as real and as powerful as you need to be.

GEMINI (May 21–June 20): Long after the artist Amedeo Clemente Modigliani died, his paintings sold for millions of dollars. But while alive, he never got rich from doing what he loved to do. He expressed frustration about the gap between his ambitions and his rewards. "I do at least three paintings a day in my head," he said. "What's the use of spoiling canvas when nobody will buy anything?" I hope you don't arrive at a comparable conclusion, Gemini. It's crucial that you *not* keep your good ideas bottled up in your imagination. You need to translate them into practical actions, even if there's no immediate or obvious benefit in doing so. Expressing yourself concretely has rarely been more important than it is right now.

CANCER (June 21–July 22): In 1967, dissidents dreamed up a novel way to protest America's horrific Vietnam War. They marched to the Pentagon, the military's headquarters, and performed an exorcism to purge the place of its evil. With the power of songs and chants, they invoked magic spells designed to levitate the 6.5 million-square-feet building into the air. Their plan didn't quite work in a literal way—the Pentagon remained firmly fixed to the ground—but the legend they spawned was potent. When I heard about it years later, it inspired me to become an activist. I see myth-making as a worthy goal for you right now, Cancerian. Dream up an epic task or project that will fuel your imagination for a long time.

LEO (July 23–Aug. 22): In 1926, surrealist artist Max Ernst painted "The Blessed Virgin Chastising the Infant Jesus in Front of Three Witnesses." It shows Mary vigorously spanking her son as he lies on her lap. Nowadays, the image doesn't seem nearly as scandalous as it did when it first appeared. Even some Christians I know find it amusing, welcoming the portrayal of Jesus as a genuine human being with lessons to learn. What would be your equivalent of creating a cheeky image like this, Leo? How could you achieve cathartic release by being irreverent toward something or someone you respect? I recommend it. (See the image at http://tinyurl.com/SpankingJesus.)

VIRGO (Aug. 23–Sept. 22): It's prime time to promote cross-cultural liaisons and interspecies relationships, Virgo. I encourage you to experiment with hybrids and facilitate the union of diverse interests. You will be working in alignment with cosmic trends if you strengthen the connections between influences that belong together, and even between influences that don't know they belong together. So, see what you can do to facilitate conversations between "us" and "them." Negotiate peace treaties between "yes" and "no." Look for legitimate ways to compare apples and oranges.

LIBRA (Sept. 23–Oct. 22): Gonzo columnist Mark Morford wrote a list of liberated behaviors he wants to cultivate. Since you're in the emancipatory phase of your yearly cycle, I invite you to try some of his strategies. 1. Have a gentler grip. Let go of tight-assed attitudes. 2. Make deeper penetration. Don't be satisfied with surfaces. 3. Raise the vibration. Isn't it a waste of precious life energy to mope around in a sour and shriveled frame of mind? 4. Appreciate appreciation. Treat gratitude as an emotion of the same caliber as joy. 5. Cultivate ecstatic silliness. Develop a blissful ability to take everything less seriously. 6. Drink the awe. Allow astonishment to seep in. (Read more here: http://tinyurl.com/MorfordJoy.)

SCORPIO (Oct. 23–Nov. 21): From an astrological perspective, now would be a good time to go on a meditation retreat for a few days or make a pilgrimage to your ancestral homeland. You would generate just the right shifts in your brain chemistry by doing something like that. Other recommended adventures: reviewing the story of your entire life from your first memory to the present moment; writing a brief letter to the five people you have loved best, telling them why you've loved them; spending a day outside of time, when you don't consult a clock or use electronic media for the duration.

SAGITTARIUS (Nov. 22–Dec. 21): Sagittarius comedian Steven Wright said he took a class in speed waiting. "Now I can wait an hour in only 10 minutes," he bragged. I think you will have the same knack in the coming days, Sagittarius. Your patience is likely to be much more effective than usual. Results will come faster, and they'll be more intense. The only catch is that you will really have to be calm and composed and willing to wait a long time. It won't work if you're secretly antsy and only pretending to be imperturbable.

CAPRICORN (Dec. 22–Jan. 19): Let the boundaries blur a bit, Capricorn. Don't stick too rigidly to the strict definitions. Play around with some good old-fashioned fuzzy logic. The straight facts and the precise details are important to keep in mind, but you shouldn't cling to them so ferociously that they stifle your imagination. You need to give yourself enough slack to try open-ended experiments. You'll be smart to allow some wobble in your theories and a tremble in your voice. Magic will happen if there's plenty of wiggle room.

AQUARIUS (Jan. 20–Feb. 18): "One should be light like a bird, and not like a feather," said French poet Paul Valéry. How do you interpret that thought, Aquarius? In the book *The Science of Self-Control*, here's how Howard Rachlin expands on Valéry's idea: "[W]e need to be spontaneous, but only in the context of some framework that allows us to attain higher levels of spontaneity; a feather is a slave to the wind, while a bird *uses* the wind." Take heed, Aquarius! Your creative flights will go further and last longer if you have a solid foundation to take off from.

PISCES (Feb. 19–March 20): Let's call today Sigh Day. Tomorrow, too, and the next day, and the two days after that. During these five Sigh Days, you should feel free to let out big, deep sighs at a higher rate than usual. Allow yourself to be filled up with poignant thoughts about life's paradoxical mysteries. Give yourself permission to be overwhelmed with emotions that are midway between lamentation and reverent amazement. For even better results, indulge in some free-form moaning during your five Sigh Days. That'll help you release your full backlog of tension and give you more appreciation for the crazy beauty of your fate. (P.S. Try not to whine, though.)

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15 MINUTES

by LOVELLE HARRIS

Party cartel

There's a new cartel gunning to take over Midtown—and while they're not setting up the latest designer-drug ring, they are trafficking bass-laden beats into the Lavender Heights district through Badlands with its weekly Wednesday-night Trapacana party. The leader of the syndicate, electronic-dance music "capo," 30-year-old Tyler Miller, project manager of Faux Krass Productions, was inspired by the New York trap-music scene—a mix of moombah, bass and EDM genres. Here in Sacramento, he's assembled a formidable crew of lieutenants, hit men and falcons to infiltrate the dance scene on the grid. Miller took a break from his commanding duties long enough to discuss bass smuggling, *Fight Club* and how to keep Sacramento "krassy."



PHOTO BY LISA BAETZ

Left to right: Tyler Miller, Brent Tyler and Kenny Hawkins aim to keep Sacramento "krassy" with their weekly Trapacana dance night.

What's the "bass cartel" all about?

That whole theme is coming from smuggling bass into the Lavender district—smuggling the proper bass music into the district by way of Trapacana, but there's a light Latin theme to it, because we play moombah, which is Puerto Rican or Latin-inspired. It's based on a documentary I watched on the Vice channel about Mexican narco cinema, and I was like, "How can we make this into a party?" I saw all these other Latin parties called "tropicana," and I was like, what's up with Trapacana? Although we open with moombah and EDM and electro, we always close out with trap, just because it's that new shit.

What is "trap"?

Trap refers to a trap house or a trap life—in a trap house, there are drugs and prostitution. The genre [based on hip-hop] was birthed primarily in the South, although it kind of bled out into the [Bay Area], ... but then it kind of died out for a while, and then British dubstep producers started reinventing trap as an EDM kind of a thing, because they realized, if we can glitch this out a little bit and add some of the same elements of dubstep, then we're going to have something hot. Then it became extremely hot in the U.K., and then it came over [to the United States]. And now, like in New York, all of the parties are trap. Nobody's fucking with dubstep anymore. The first official trap party in Sacramento was my party Pitfall, which started at [the TownHouse Lounge], kind of on the coattails of Grimey, to Dan Whores' credit, but we did something different.

What is Faux Krass, and how does one keep it "krassy"?

You keep it krassy by not taking yourself too seriously. We're Midtown, we're janky, so we keep it krassy. We wear cutoff jeans and we ride beat-up bikes, and that's just how we live. Faux Krass is a production company; it's an umbrella. Under that umbrella, our mission statement is that no matter where we go, we will create a renaissance.

Explain this cultural renaissance?

We induce a cultural renaissance in any environment that we are in. Under the Faux Krass umbrella, there's so much talent—we have professional graphic designers who do all of our graphic design, [and now] we are also moving into fashion. Now that I have a couple of venues [Badlands and Midtown BarFly] where I can just grind our own merch, I feel pretty confident that you can look forward to a Faux Krass fashion show soon. We also do catered dinner parties. Faux Krass is basically art, music, fashion, culinary and nightlife.

Who are some of the local deejays that roll with the Faux Krass crew?

We have mostly local talent, but we also bring some out-of-Sacramento talent. You can look forward to, of course, [my lieutenant] Kenny Hawkins, IMF.Dred, DJ Epik, MC Skurge ... Tha Fruitbat, Game Genie—who is out of Reno.

What's with your alter ego, T.L. Durden?

When I was 18, I was crazier—if that's possible—than I am now. I was getting in fights, I was dressing hella flashy and wearing leather coats and polyester shirts. So, some of my homeys started calling me Tyler Durden [from the movie *Fight Club*], but I could never embrace it, until Bru Lei from Tribe of Levi told me to embrace Durden. Durden really comes out when I'm partying, it's the Dr. Miller-Mr. Durden kind of a thing.

So, is the community feeling what you're doing?

What we're finding in the lesbian, gay, transgender and straight community is that they are superexcited about what we are doing at Badlands. We started Trapacana because my gay homeys, my lesbian homeys, my straight homeys that fuck with the Lavender district got at me and said, "You're throwing all of these parties. What's up with doing something in the Lavender?" So, I got at my boy [Hawkins], and we started doing parties. We're right across the street from Faces, and for no cover, we're doing something so progressive. ... That's where we're getting the positive feedback from the community. It's just chill. It's just all love. □

Check out Trapacana at 10 p.m. every Wednesday at Badlands, located at 2003 K Street. Visit www.sacbadlands.com for more information.



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