

Paranormal Daily Thoughts

Interested in the Paranormal? Want to know the difference between a UFO and an USO? If you are looking for Ghost Hunting tips, cryptozoology information, or just want to know a little about this strange world of ours, then this is the place for you.

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Sacramento, California may be one of the most haunted cities in our country. Here are some of the places which are said to have spirits roaming the halls.

Ashford Park Apartments -apparition of a child has been reported.

Crocker Art Museum - Reports of feeling a presence, hearing squeak of the floor boards, and seeing the apparition of a man.

Delta King River Boat - Theater - An old paddle wheel boat docked at Old Sacramento, now used as a theater and restaurant. The theater is haunted by the ghost of the original captain. Employees have seen him sitting in the balcony during productions; footsteps are heard above deck, a glass of water spilled by unseen force onto the soundboard in the sound booth.

Florin Rd. - Burger King - A gunman walked in during a busy lunch hour and shot the store manager and turned the gun on himself. It is believed that on certain late night shifts the people working can hear gunshots and screams as if the spirits involved are reenacting the event.

Freeport Factory - It is said that the Freeport Factory is Haunted by workers that died on the job. If you are able to open a door into the factory make sure you hold on or the door will swing shut and lock on its own. You can also hear the laughter of little children as if they were playing in a playground.

Iceland -The original owner and builder of Sacramento's oldest ice skating rink still makes his rounds at night. Pops" Kerth, father of Sacramento City Councilman, and mayoral hopeful, Rob Kerth, wanders the dark, cold rink at 4 a.m., just as he always did, making certain all is well.

Jackson and Bradshaw -The house was built Pre-Gold rush. Reports of children crying, screaming, whispering, items moving on their own, and various reports of shadows moving about the rooms.

The Martinez House - Located on H and 22nd St. in Sacramento, this two story stone structure complete with a creepy attic, palm tree and two gargoyles with lions heads was the site of a huge murder. It is said that Dr. Arden Hart (who founded Sutter hospitals) gifted this house to the patriarch of his family who apparently suffered from some form of dementia, where he one day murdered everyone in the house including all his house staff, grandchildren and even the family cat. House was sold on the cheap to the Martinez family in 1976 who then started reporting struggles going on in the kitchen in the middle of the night, apparitions of a panting presence that would visualize of an oriental man in a white lab coat, a woman in a flower print dress, the grandchildren and the gray and white cat. House has been abandoned since 2000 when the grandson of the family lived there briefly but was scared out by "something" changing the radio stations constantly. House has been under paranormal investigation along with the Sacramento Theatre Company not too far from it.

Richard Trenton Chase aka The Vampire of Sacramento Victim's Homes

Richard Trenton Chase who was also known as The Vampire of Sacramento, was a serial killer who committed grisly murders in Sacramento. It is said that he drank the blood of his victims and as well as committed the horrific act of cannibalism. Richard Trenton Chase was a troubled child who is said to have mutilated animals. Some say that his victim's homes, there may be have residual hauntings. A residual haunting is where there is a reenactment of the murder which plays out over and over again.

Puente House - The Puente House is located on F St. in downtown Sacramento. In the 80's it was a boarding house for senior citizens. Dorothea Puente, the landlady, was subsequently found guilty of murdering her boarders and burying them in the backyard so that she could collect their social security checks. The house has been renovated and resold, but has an eerie quality about it. Photos taken in front of the house show anomalies and ectoplasm mist.

The Record Store on K Street - ghost of a very old woman in Victorian clothing is seen by customers.

Customers have said that she has appeared to them and asked them to keep the noise down. Some say she haunts the basement of this old store.

Sand Cove Park - Ghost lights appear from time to time. A woman's voice saying "Te papa" near the Sacramento River. Sight was probably an Indian Burial Ground or Mine Shafts.

Sacramento City Cemetery - Reports of several apparitions including a couple dressed in black, a pit bull who follows visitors around the cemetery and suddenly disappears (no animals are allowed inside the gates), and a little girl seen playing near the headstone of a deceased child. The cemetery is closed at night except for occasional guided tours and is well known for its numerous hauntings.

Sacramento Room of the Central Library - 2nd floor Sacramento Room - Sometimes it feels & sounds like someone is at the back of the room in the California section. The staff often hears the sound of Mylar rustling, most of the time it sounds like someone shelving or pulling out books. Also sounds like someone is in the copy room, when no is back there. There will be a staff member look for a book they will not find it the shelf, then another staff person will look for it & the book will not be there, then another will look it will be there. They have had up to four people looking, then someone will finally find it in its proper place, the exact place everyone else has looked several times! 2 witnesses heard & saw one of the glass doors [700s] close. The doors sometimes swing open naturally but never close! One employee working in the office a little before 7 a.m. and heard the wooden shutters on the door leading into the copy machine area rattle. Thinking it was a custodian entering he initially paid it no mind until he realized he had not heard the front door, which was locked, open. Acquainted with the stories surrounding the Sacramento Room and having had prior experiences in the building he wasn't surprised to discover no one there. A complete walk through the room found it completely empty! Subsequent conversation with custodian Caroline revealed that no employee had been in that area at that time.

Sacramento Theater Company - Reported to be one of the most haunted buildings in Sacramento, this theater is home to at least five ghosts. The most well-known specter, believed to be a former stagehand, has been affectionately dubbed "Pinky" because of the glowing pink aura that is often seen near hot spots. Disturbances include footsteps heard on the stage after hours, a man walking the hallways, lights flickering. The theater is currently under paranormal investigation.

Sutter Middle School- Sometimes at night there have been reports of doors slamming and items being moved around. It was built on top of an Indian burial ground.

Tunnels under Old Sacramento - There are a series of tunnels that run under Old Sacramento. These tunnels were originally the streets of Sacramento before the first 8 or so blocks next to the river were raised above sea level to avoid flooding. Apparently, the tunnels had served as opium dens, brothels and possibly for ritualistic activity at some point. Several business owners with access to the tunnels have reported an extremely menacing energy and strange noises coming from the tunnels, and went so far as to hire a paranormal investigator. Tours of the underground tunnels are giving through the History Center in Old Sacramento.

A House in Antelope - The occupants of the house claim they see a woman without a head that scares their 6 children who reside in the house. They have also seen a ghostly figure of a man in white t-shirt and white shorts. There is piano music that plays which can be heard from a distance.

Citrus Heights and Antelope Area - Former site of a temporary Japanese internment camp, forlorn Asian ghosts have appeared in the bedrooms, living rooms, garages, and front yards of homes in the area.

Posted by [SactoLady](#) at 5:39 PM
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