

New design bull's-eyed, but Target store still long way off

Almost four years later, East Sacramento area still missing the Target

See page 15

Fun on the Fourth in Carmichael

See page 2

COMMUNITY CALENDAR, PAGES 20-23 • KNOW YOUR NEIGHBOR, PAGES 6-7 • FACES AND PLACES, PAGE 10

Inside This Edition



A man, a dog and his life's journey

See pages 6-7



Fathers, daughters hit the dance floor

See page 10



Secret Garden

A tour of Carmichael's Jensen Botanical Garden

See page 5

NEW DUO TEAM - MAKES A DIFFERENCE



We are pleased to introduce **Rose Ullery**, LVN as our new Nurse Case Manager at Rosewood Rehabilitation. Rose will be in the field to assess your patients on site and understands the complexities of acuity.



Kyle Dahl, MSG - Administrator, Kyle manages the Rosewood Rehabilitation Administration with expertise and compassion. This combination/duo makes for a competent, relaxed and secure atmosphere.

916.483.8103



Rosewood Rehabilitation
Providing Courteous 24-Hour
Skilled Nursing Care &
Sophisticated Rehabilitative Services



6041 Fair Oaks Blvd • Carmichael, CA 95608

E-mail stories & photos to: vcnnews@valcomnews.com

Vol. XVIII • No. 12

Arden-Carmichael News is published on the second and fourth Thursdays of the month and is delivered by mail and home delivery. Newspapers are also available in stands throughout the area.

2709 Riverside Blvd.
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Ryan Rose
Production Manager..... John Ochoa
Graphic Artist..... Ryan Vuong
Sales Manager..... Patty Colmer
Advertising Executives..... Linda Pohl
Marc Harris Desilés, Melissa Andrews
Distribution/Subscriptions..... George Macko

\$30 a year subscription



Photo courtesy "Happy Shooter" via Flickr at www.flickr.com/photos/happysooter

Carmichael Elks 51st annual Fourth of July Parade will start with engines from the Sacramento Metro Fire Department and the Sons of the American Revolution Color Guard at 10:30 a.m. from the corner of Fair Oaks Boulevard and Marconi Avenue.

Finding Fun on the Fourth

Carmichael Elks 51st annual Fourth of July Parade

Special to the Arden-Carmichael News

It was during this country's founding that the forefathers of our nation placed a call to arms to help foster the independence the continent so intensely demanded. Today, a call goes out to Carmichael residents to help celebrate that illustrious declaration that created the experiment we call the United States of America.

Now's the time to join in a cornerstone tradition of Carmichael. All that's missing is you.

Community leader Ruthie Bolton, an Olympic gold medalist and Sacramento Monarch's WNBA star (not to mention also a new mother), will act as Grand Marshal for the Carmichael Elks 51st annual Fourth of July Parade.

The parade theme "Honoring Citizen Patriots," celebrates the accomplishments of Bolton and contributions of all American patriots.

"I can't think of any Fourth of July Parade that has had a mother and her new baby as parade grand marshals," noted parade coordinator Jim Warrick.

The parade will start with engines from the Sacramento Metro Fire Department and the Sons of the American Revolution Color Guard at 10:30 a.m. from the corner of Fair Oaks Boulevard and Marconi Avenue.

More than 1,200 entries have signed up to march, float and ride along Fair Oaks Boulevard parade route to the Carmichael Elks Lodge on Cypress Avenue. During the parade, travelers may use Garfield or California as alternate north south routes.

Fun and entertainment after the parade includes free swimming, live music and dancing, an outdoor BBQ, children's games, a hole-in-one contest, and parade awards at the Carmichael Elks Lodge.

For further information, call the Elks Lodge at 489-2103.

Fireworks display in Carmichael



Photo courtesy About A Million to One via Flickr.com

Independence Day celebrations will culminate the night of July 4 with the annual Fireworks Show at La Sierra Community Center, 5325 Engle Road, Carmichael, CA 95608. Beginning at 4 p.m., the Sacramento Firefighters Association will host free kids' activities, fire trucks, demos and music. The fireworks display begins at approximately 9:15 p.m. The Fireworks display is sponsored by the Carmichael Recreation and Park District and Mission Oaks Recreation and Park District and new this year, Sacramento Metropolitan Fire Fighter Association. For more information: call (916) 485-5322 or visit www.carmichaelpark.com.

SOLD!

Carol Kellogg
Serving With Integrity And Excellence
(916) 966-0405
www.CarolKellogg.com

The Kellogg Team
"Getting Results"

LYON
REAL ESTATE

ADVERTISE YOUR COUPON SPECIALS

VALLEY SHOPPER

Published by Valley Community Newspapers

Quarterly

Reach Over 50,000 Potential Customers who live in
**Arden, Carmichael, East Sac,
Land Park, and Pocket areas.**

www.valcomnews.com

Publishers of:
ARDEN/CARMICHAEL NEWS
EAST SACRAMENTO NEWS
LAND PARK NEWS
POCKET NEWS

Call a Valley Shopper Representative today
(916) 429-9901



El Camino alum goes to big leagues

Special to the Arden-Carmichael News

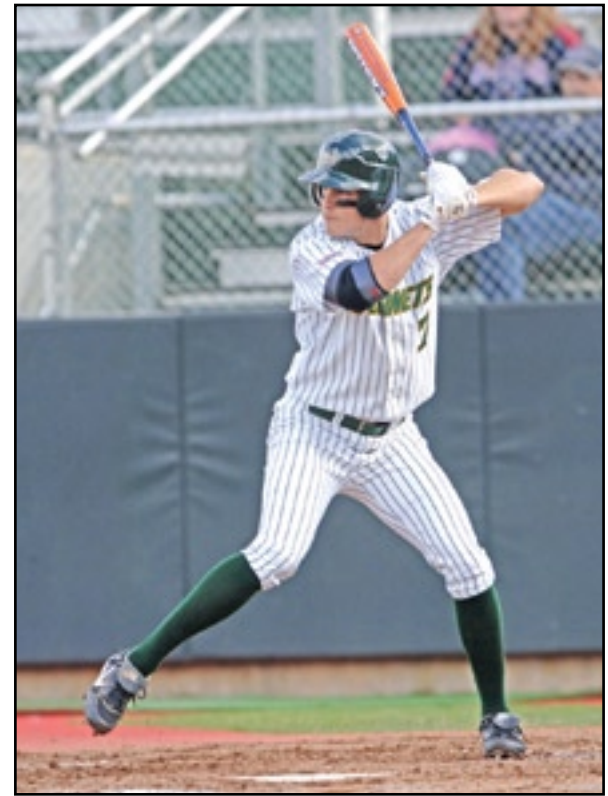
Junior outfielder Tim Wheeler became Sacramento State's highest draft pick ever, after he was selected with the 32nd pick in the first round of the 2009 MLB Draft by the Colorado Rockies.

Wheeler, a native of Sacramento, became the school's first two-time first team all-Western Athletic Conference selection in 2009. The centerfielder hit .385 on the season with 18 home runs and 72 runs batted in, setting the school's single season RBI record in the process. He also broke the school's all-time RBI mark in just three seasons, boasting 142 in his career. Wheeler hit .457 on the season with runners in scoring position, and .451 with runners on base, while amassing 15 stolen bases and five outfield assists. Wheeler ranked in the top 30 nationally in six categories, with his highest ranking coming in RBI.

A product of El Camino High School, Wheeler was a third team preseason All-American by Baseball America after being named to the Cape Cod League All-Star team in the summer of 2008. He was named team MVP for the Orleans Cardinals in the league after leading his team in hits and leading the league in stolen bases.

As a sophomore in 2008, Wheeler hit .330 with three home runs, 43 RBI, and 10 stolen bases. He tied for the longest hitting streak in the WAC on the season, hitting safely in 20 consecutive games while posting 17 multi-hit games. In 2007 as a freshman, Wheeler hit .310 with six home runs, improving his average to .352 inside of WAC play.

Prior to Wheeler, Erik Bennett (1989) and Chris Kinsey (2003) were the highest draft picks in the program's history, with both being selected in the fourth round. He was the only player from the WAC to be selected in the first round.



Tim Wheeler off to the Major Leagues.

Neglected Pools Produce Mosquitoes. REPORT THEM!

Call 1(800) 429-1022

or visit www.FIGHTtheBITE.net

SACRAMENTO-YOLO
MOSQUITO
& VECTOR
CONTROL
DISTRICT

**FIGHT
THE BITE!**

Discover the Davey Difference Expert Care for Your Living Investment

DAVEY
TREE & SHRUB CARE EXPERTS SINCE 1880
(916) 443-5500

Healthy trees and shrubs add to the value of your home. Davey offers the nation's most comprehensive tree and shrub care services, and our Certified Arborists use today's most modern, state-of-the-art equipment. Let us develop a customized program tailored to your needs.

- Tree & Shrub Pruning
- Insect & Disease Control
- Lightning Protection
- Tree Removals & Moving
- Tree & Shrub Fertilization
- Cabling & Bracing
- Tree & Shrub Installation

To learn more, or to schedule a free, no-obligation analysis of your trees and shrubs, call today or visit us on the Web at www.davey.com.

THE CARMICHAEL CHAMBER OF COMMERCE

"There's No Business Like OUR Business"

www.carmichaelchamber.com • (916) 481-1002 • 6825 Fair Oaks Blvd. #100 Carmichael, CA 95608



People Live Here.

"Complimentary Tours & Fun Events"

Aegis of Carmichael
4050 Walnut Avenue
Carmichael, CA 95608
Lic# 347001686
ph: 916-972-1313
fax: 916-972-1060

Chris Schoonveld
Marketing Director
chris.schoonveld@aegisliving.com
www.aegisliving.com

BACK-TO-BACK NATIONAL WINNER FOR 100 TOP HOSPITALS

One of the best hospitals in the country is right here in your community.

Mercy San Juan Medical Center, for the second straight year, has been named to Thomson Healthcare's 100 Top Hospitals list.

Out of 3,000 hospitals, Mercy San Juan is one of only four California hospitals to stand out in five key areas – quality patient outcomes, patient safety, efficiency, growth and financial stability.

Learn more about the medical center by checking out mercysanjuan.org.



TREE TECH SERVICES



Serving the Green Industry

A Subsidiary of Tree Technology, Inc.

RESIDENTIAL / COMMERCIAL

- Trimming
- Tree Preservation
- Chipping
- Pruning/Shaping
- Tree Removal
- Lawn Maintenance
- Crown Reduction
- Stump Grinding

688-7979

ELK GROVE

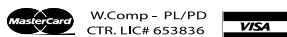
386-1780

SACRAMENTO

1-800-821-TRIM
TOLL FREE

Thorough Clean-Up Prompt friendly service
www.TreeTechServices.com

4 CERTIFIED ARBORISTS ON STAFF
REPORTS & CONSULTATION
AVAILABLE



**SENIOR DISCOUNTS
FREE ESTIMATES**



\$25

OFF ANY SERVICE
Of \$200 Or more
TREE TECH

Mission Oaks Recreation & Park District **3344 Mission Ave**

SUMMER YOUTH CAMPS & PICNIC/FACILITY RENTALS

Register NOW online at www.morpd.com or at the District Office (916) 488-2810



CAMP HAVE-A-LOT-OF-FUN, Sessions 6/15-8/7

Boys and Girls: 3-5 years & grades K-4
Location: Mission-North Park (Mission & North)
M-F, 9am - Noon Cost: \$46/weekly session



CAMP KIDS, ages 6-11; Sessions 6/8-7/31

June 9 - July 31; 8am - 12:30pm and/or 12:30pm - 5pm
Locations: Ashton Park, Gibbons Park & Choices Charter
Fees: 1/2 day-\$35/child; Full day-\$70/child (\$65 ea addit. child)



24 HOUR

AUTO SERVICE INC.

Celebrating 50 years
Since 1959

- Towing
- Auto Body Shop

Ask for "Bud"

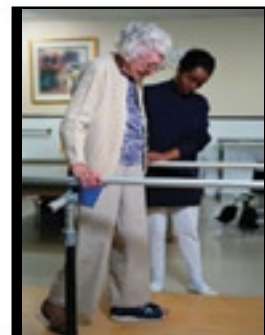
7344 Fair Oaks Blvd.
Carmichael, CA 95608

(916) 483-4649

fax: 483-7410



SKILLED NURSING & REHABILITATION



SPECIALIZED SERVICES:

- Extensive Rehabilitation
- Post Surgical Rehabilitation
- Intravenous Therapy
- Wound Care Management
- Hospice & Palliative Care
- Pain Management

(916) 488-8601

3529 WALNUT AVE.
CARMICHAEL, CA 95608

www.horizonwest.com/walutwhitney

Sacramento Fine Arts Center 'Magnum Opus'

(our very best work)

July 7th - 29th

Featuring Northern California artists,
Juried by Philip Linhares, Chief Curator of Art,
The Oakland Museum of California

The public is invited to the free Second Saturday
Reception July 11th, 5:30 - 8:30pm

Refreshments, Music by Bonnie Otto
Sponsored by The Sacramento Fine Arts Center



sacramento
fine arts center

**5330-B Gibbons Drive
916-971-3713
www.sacfinearts.org**

"Schwyz" by Ken Potter
2008 Best of Show

Introducing CurvesSmart.

A workout that keeps you motivated like never before to get the results you want.



PERSONAL COACHING SYSTEM



DETAILED PROGRESS REPORT

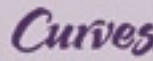


JOIN NOW
50% OFF & 30 DAYS FREE*

OVER 10,000
LOCATIONS WORLDWIDE.

973-9900
4141 Manzanita Ave
Carmichael, CA 95608

722-1400
4320 Elverta Rd.
Antelope, CA 95843

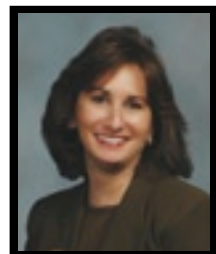


curves.com

*We based on this advertisement, maximum 12 mo. 1st 60 days program. Discount applies to initial price. See website for full details. ©2009 Curves International, Inc.

LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.®

For your insurance and financial needs, see State Farm Agent:



P057015 9/05

Stephanie Slagel, Agent, CLU
Insurance Lic. #: 0C34763
6130 Fair Oaks Blvd. Suite E
Carmichael, CA 95608
Bus: 916-485-4444



statefarm.com

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company - Bloomington, IL



Invites you to our monthly health series

Complimentary Lunch Tour Daily!

RE-DEFINING SENIOR LIVING

- A History of Excellence • Life Style Options for Aging in Place
- Value and Quality Services

Carmichael's Convenient Location

5757 Cypress Avenue, 95608

Call us anytime: (916) 486-3533

www.seniorhousing.net/ad/atriumofcarmichael



Jensen Botanical Garden: 'Best hidden secret in Carmichael'

By LANCE ARMSTRONG
Arden-Carmichael Writer
vcnnews@valcomnews.com

In a meeting with the Arden-Carmichael News at the Carmichael Recreation and Park District office in Carmichael Park last week, Tracy Kerth, the park district's recreation services manager, referred to the Charles C. Jensen Botanical Garden as "the best hidden secret in Carmichael."

But Kerth added that she does not care for the 3.5-acre public garden to be a secret, but instead encourages people in the community to take the time to find out about this community asset and enjoy its many offerings.

"It's a wonderful jewel in Carmichael that a lot of people in the community don't even know exists and you can go down there, have a picnic and spend time there," Kerth said. "Fair Oaks (Boulevard) is a well-traveled street and many people are in a hurry, but if you just stop and take a turn in there and walk around, you'll find it's a very lovely place. It's an absolutely beautiful spot and it's the best hidden secret in Carmichael."

The garden, which carries the name of its founder, Charles C. Jensen, is described as an oasis by many of its visitors. Guests are invited to take advantage of the serene environment of the garden, which is located at 8520 Fair Oaks Blvd.

A space for solace

Despite its position directly off the boulevard, the garden carries with it a sort of peaceful sentiment, as if one was taking a walk in the wilderness – but a very well-groomed wilderness, nonetheless.

The garden, which features a wide variety of plants and trees, manicured lawns, walkways, benches and a pair of bridges over a small creek bed, was a dream fulfilled by Jensen.

This dream began in 1958, when Jensen had the initial plants and trees of his garden delivered to his property, where he first lived in a tent

and then a shed with his wife Marguerite until his house was built on the property.

Among the first plants and trees to arrive to create his garden, which was developed as a place to be enjoyed by all, were magnolias, Japanese maples, azaleas and dogwoods.

Jensen's garden eventually drew attention for such attractions as its floral displays and its Coast and Dawn redwoods.

The garden, which was featured in a variety of newspaper articles, including an article in the New York Times, also served as a site for many weddings and picnics.

Jensen not only displayed plants and flowers, but he also sold them to visitors. And at times, he even gifted plants and flowers, including the long-stemmed, cut camellias, which he sent to First Lady Pat Nixon.

The words of Jensen, who was self-taught in gardening and horticulture and an advocate of unsprayed cultivation, are preserved on a plaque at the entrance to the garden.

These words include Jensen's straightforward philosophy regarding landscape design.

"Landscaping is a matter of simple engineering," Jensen said. "You need the right slope, right light, right water, right drainage and the right location for the right plant. And I pick only plants that grow easily in this area and give a lot of bloom with little extra care; then I arrange the plants so they are pleasing to the eye."

Jensen passed away in 1974 at the age of 80 and through the efforts of the Charles C. Jensen Botanical Garden, Inc., which was formed by a group of concerned local citizens, his property was saved from being subdivided.

Two years later, the Carmichael Recreation and Park District took over the ownership of Jensen's former property.

Kerth, who has worked for the park district for nearly 25 years, described the first time she saw the garden in 1987.

"When I first saw (the garden), there was a lot of ivy," Kerth said. "They've slowly



The Charles C. Jensen Botanical Garden is a 3.5-acre public garden, which is known for its wide variety of plants and trees, manicured lawns, walkways, benches and a pair of bridges over a small creek bed. The garden, which is located at 8520 Fair Oaks Blvd., is open daily, from 8 a.m. to dusk.

gotten rid of the ivy to put in botanical-type plants in the garden."

Growing a better garden

In its post-Jensen-owned years, the garden received its largest assistance through the Friends of the Jensen Botanical Garden, which formed in January 2004, as a result of an advertisement placed by the park district in search of volunteers to help with the garden.

Pat Rhine, master gardener and park liaison of the Friends

of the Jensen Botanical Garden, said that the first project of the Friends group was to tear down the old shed, where Jensen had lived with his wife prior to the completion of his home. The house is still present on the property and is leased to a tenant by the park district.

With intentions to restore Jensen's garden, the volunteer group has spent many hours clearing away beds of ivy and removing ivy off trees.

The group has also built a greenhouse on the property and has spent much time

See Garden, page 8

Kennedy's
Collectibles & Gifts
Since 1971

Now in the
Sacramento Antique Mall
875 57th Street
(916) 973-8754


COLLECTIBLES & DISPLAYS

Bradford Exchange, Bing & Grondahl and Royal Copenhagen, Charming Tails, Disney Classics, Franz Porcelains, Fenton Art Glass, Hummels, Miss Martha, Precious Moments, San Francisco Music Boxes, Jim Shore.

Glass Domes, Cup & Saucer and Plate Hanger & Stands, Spoon Racks and MUCH MORE!

IN THE MIDDLE
of a major life change
WITHOUT HEALTH INSURANCE?

If you're between jobs, in school, or starting your own business, don't sweat it. I have plans from Assurant Health designed with your needs in mind. To find out more about short term, student or individual medical coverage, call me today.



Stephanie Slagel CLU, Agent
Insurance Lic. #: OC34763
6130 Fair Oaks Blvd, Suite E
Bus: 916-485-4444 Fax: 916-485-5629
www.sslagel.com

See a local State Farm agent for more details on coverage, costs, restrictions, and renewability. Assurant Health products are underwritten and issued by Time Insurance Company, Milwaukee, WI, which is financially responsible for these products. No member of the State Farm family of companies is financially responsible for these products. Assurant, Assurant Health and Time Insurance Company are not affiliates of State Farm.

ASSURANT
Health

LIKE A GOOD NEIGHBOR
STATE FARM
INSURANCE
STATE FARM IS THERE.®

State Farm Mutual Automobile Insurance Company • Bloomington, IL • statefarm.com®
P564001 02/06

A man and his dog: Getting to know a community fixture

By **BENN HODAPP**
Arden-Carmichael News Writer
vcnnews@valcomnews.com

he has a cute dog would be an absolute injustice.

A mile in his shoes

Donald was born on June 9, 1950 in Red Bluff, Calif. and it was not long before tragedy struck he and his family. In December of 1951, when Donald was just a year and a half old, a house fire claimed the life of his five-year-old brother Evan.

Despite his age at the time of the event, Donald does recall certain parts of the event in chilling detail.

"I remember I was in a high chair and my mother was feeding me bananas," he said. "I remember seeing the fire go up the wall."

His mother had gone outside to hang clothes when the wood stove somehow caught the wall on fire. Donald's screams as the fire engulfed his right arm and head brought his mother running. She rescued Donald, but brother Evan, who had been outside with their mother, also ran inside. He went in to try to save the family dog. Before he could get out, both were lost in the fire.

The flames scarred Donald's arm from his hand up

If you live near the intersection of Arden and Fair Oaks, you have likely seen him. Or to put it more accurately, seen them. If you frequent William B. Pond Park at the east end of Arden Way, you have certainly seen them. And if you haven't found reason enough to strike up a conversation with Donald Jae Barley and friend, doing so might just make your (and their) day.

Seeing someone move around in a scooter is a normal occurrence, but how often do you see a beagle riding along like it's the most normal thing in the world? That's Donald's dog Marquisa, or Markie for short. Donald named her Marquisa because "she's a lady of property and she has people at command," he said.

With a goofy grin and a tongue hanging out the side of her mouth, it's easy to see how she commands this attention.

Together, Donald and Markie have become local icons of sorts. But to call Donald an interesting man just because



Arden-Carmichael News Photo/Benn Hodapp

Often seen in the area on his scooter, Donald Jae Barley and dog friend Marquisa (called Markie) are fixtures of the community.

to his elbow. He removed his hat to explain that the fire ensured that he was never able to grow hair atop his head. But his mother faced a different kind of pain.

"I think she felt a great deal of shame and guilt because of Evan's death," he said. He is quick to defend her though. "Of course it wasn't her fault."

Early on in his life, Donald moved around quite a bit. In fact, the four years that he has lived near the park is the longest he has ever stayed in one spot. Born in Red Bluff, lived in Eureka, Humboldt Bay, Shasta among others. His

working life was filled with many outdoor jobs.

"I have always been an outdoors kind of guy," he said with a smile.

He worked in logging, farming, was an auto mechanic and used to pick daffodils seasonally. How many of us could say that we could be an auto mechanic or a logger with a stunted hand almost since birth? Not only that, but in his spare time he works with leather and wood using tools that he made himself. Leather bags that hang from his scooter (which he rides because of terrible arthritis) he

made himself. Again, not bad for a guy with a "bad" hand.

A story he told about one of his jobs gave an insight into how much of a role dogs have played in his life. He explained that he got a job at an equipment rental place. He was told to show up for work the next day at 7 a.m.

"I got there early and there was no one there to let me in," he said. "So I hopped the fence and took a seat outside the office."

He explained that the boss lived above the office, and when he came down, he was astonished at what he saw. There was Donald, sitting quietly and calmly with the company's three doberman pinschers that were used as junkyard dogs.

"How did you do that?" the boss asked after several moments of shocked silence.

"They knew I wasn't up to anything," he said. "I've always just gotten along with dogs."

Man's best friend

To connect Markie to Donald, we must first run through Donald's line. He

See Donald, page 7



THE GOLF BARN

Getting Ready for Summer Golf?
DO IT RIGHT THIS YEAR!

New to Seasoned Golfers

- 6 1/2 hour lessons \$150 •
- Hour video/computer: \$70 •
- Heated and Air Conditioned barn •
- video, computer, grass stalls, putting, short game... •
- Men, women, beginning and returning •

GalGolfG2.com

Contact Email or Call
Jenni Martin, LPGA Teaching Profession
(916) 837-8952 galgolfg2@me.com

Natomas Driving Range and Learning Center 5 minutes from downtown.

Senior Homecare By Angels®
Select Your Caregiver®



- Up to 24 Hour Care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Light Housekeeping
- Respite Care for Families
- Rewarding Companionship

Visiting Angels
LIVING ASSISTANCE SERVICES

(916) 422-2122

Donald: Canine companion Markie was gift from his granddaughter

Continued from page 6

and ex-wife Sherrie had two kids: Amber, 40, and Geoffrey, 37. Geoffrey has two kids of his own, Geoffrey Jr., 13, and Katy, 6. Amber has three kids, daughters D.J., 20, Cassie, 17, and Andi, 13. When Andi was 8 years old, she informed Donald that their beagle had given birth to puppies and was told, "Grandpa, you have a puppy now."

He talked about Markie's calm demeanor and that she was born that way.

"I can't take credit for that," he said.

As he sat there during the interview, he took several times to stop and say just how much that little dog means to him.

"I can't tell you how important she is to my mental health," he said. "She doesn't let me mope and she tells me when it's time to go out and do something."

Beyond that, Markie may have even saved Donald's life. Literally. About four years ago, Donald was out picking flowers when he suffered what he believes was some sort of al-

lergic reaction. When he got home to his apartment, he collapsed in the doorway. "Markie called the ambulance," he said. Of course she didn't dial 911 and explain the situation, but what she did was just as good. She sat next to him and howled until someone came to see what was the matter. Twelve hours later Donald woke up in a hospital bed. The two are both literally and figuratively inseparable.

Meeting the man

If you see the two of them joy-riding down Arden Way or in the park enjoying the sunshine, don't think twice to start up a conversation.

"I have all kinds of conversations with people," he said. "About the weather, politics, religion, dogs, kids, birds..."

Of the people who surround him in the area, he said what was so clearly evident in his tales: "I love this community."

Know of someone in the community that needs to be profiled? Let us know. E-mail ryanrose@valcomnews.com.

A family fun night

American River Community Church, 3300 Walnut Ave. in Carmichael, presents "Family Friendly Comedy Night with Stephen B. The free event is Saturday, June 27, starting at 7 p.m. There will be free childcare, door prizes and refreshments. Donations will also be accepted at the door. For more information, call www.arconline.org.



Carmichael Senior Living Oaks
www.carmichaeloaks.com

The Lifestyle You Deserve

- Three Chef Prepared Meals • Elegant Dining
- Many Apartment Styles/Sizes to Choose From
- Fun, Friendly Atmosphere • Exciting Activities & Events

• **Now also offering - Assisted Living & Memory Care**

INDEPENDENT LIVING SINCE 1978
8350 Fair Oaks Blvd. - Carmichael, CA 95608
(916) 944-2323
Lic. #347003685

Support our advertisers

Have fun looking for the names of some of our advertisers! Each has one description that you will have to match up to that advertiser. Look carefully, words can appear vertically, horizontally, diagonally, backwards and upside-down.

F A T C I T Y S C F V N O T A K S E
X B J V I S I T I N G A N G E L S N
O T F R A N K F A T S U D J B I V E
R L E S U O R A C O N N X E Y V I T
O C C R A R X R V B O I B E I I Z T
S A C Z O O J M B J L L Q W R V N R
E O G C I H I I D G A U G T Z G I E
S K I L L E D N U R S I N G C A R E
H F V I J W D S W O Y G X E X S I S
A V Y V O O F U S S T I N V Q S F H
I O H H N M C R Q E U F J A B I H R
R B O X Q A L A I W A T D D Z S I U
D T U A V E X N H O E S G S I T B B
E R S B G R X C Y O B R X I D A G C
S O E A I C R E Q D X Q G I Z N J A
I X L O H E I B J R B U R R S C B R
G S V B A C E E R T Y E V A D E A E
N G N I V I L T N E D N E P E D N I

- | | | | |
|--------------|--------------------|--------------------|----------------------|
| Beauty Salon | Fat City | Ivy House | Skilled Nursing Care |
| Burr's | Frank Fats | Living Assistance | Slagel |
| Carousel | Gifts | Rose's Hair Design | St. Farm Insurance |
| Davey Tree | Ice Cream | Rosewood | Tree Shrub Care |
| Eskaton | Independent Living | Sac Zoo | Visiting Angels |

Call your representative for information on how to be included in the newest addition to the Arden-Carmichael News, East Sacramento News, Land Park News, and Pocket News.
"Support our advertisers! Wordsearch"

(916) 429-9901

Burr's
4920 Folsom Blvd.
452-5516

Davey Tree
www.davey.com
443-5500

Eskaton
5105 Manzanita Ave.
334-3520

Fat's
806 L Street,
442-7092

Ivy House
5601 H Street
737-0895

Rose's Hair Design
394 45th Street
457-6659

Rosewood Rehabilitation
6041 Fair Oaks Blvd.
483-4675

Sacramento Zoo
3930 S. Land Park Drive
808-5888

Stephanie Slagel
6130 Fair Oaks Blvd.
485-4444

Visiting Angels
7485 Rush River Drive #710
422-2122

Garden: 'Listen to the birds, sit and relax, take walks along the pathways'

Continued from page 5

landscaping and working to return the garden to its former colorful and visually pleasing existence.

Kerth said that she is pleased with the progress made by the Friends group at the garden and shared her own specific desire for the garden.

"I would like to see a garden house, you know, a place where garden clubs could meet," Kerth said. "We have the geranium club, we have the cactus and succulent. There are so many different groups that could help us make that a more beautiful spot."

Rhine said that there is no definite blueprint for re-creating the garden and noted that, in terms of plantings, "Jensen liked trying new plants" and the garden's appearance was "always changing."

Among the projects of the Friends group is to plant tulips every December and to keep the garden beautiful and colorful throughout each year.

Additionally, another garden project is the Daughters of the American Revolution's upcoming path for the blind, which will include brail signs identifying existing plants.

A community treasure

Carmichael resident Paul Tanner, one of the earliest Friends members, said that he is extremely passionate about helping to maintain and enhance the appearance of the garden.

Regarding the beauty of the garden, Tanner, who worked 400 hours in the garden last year, said that he enjoys its wide variety of plants, trees and wild-

life, and added that his favorite trees in the garden are the dawn redwoods and a very large oak tree, which serves as a centerpiece of the garden.

Admiring this oak tree last week was Sylvia Bringas, who was raised in Carmichael.

"That's a beautiful tree," Bringas said. "I bet its hundreds of years old and it probably saw Native Americans."

Bringas added that she enjoys coming to the garden to "listen to the birds, sit and relax, take walks along the pathways and see the many colorful flowers."

While visiting the garden last week, Ron Harlos, who lives within walking distance from the garden, said that Jensen's former property is one of the most peaceful places in the Sacramento area.

"This place is incredibly peaceful," Harlos said. "It's a great place to get away, relax and be with nature."

Another Carmichael resident, Malika Nair, added, "This place is very cute, tucked away and unexpected. It's a nice little oasis in the midst of suburbia."

Since many people remain unaware of this community "oasis," Rhine encourages others to become acquainted with the garden and if motivated enough, become a Friends volunteer.

"Mr. Jensen enjoyed welcoming visitors to his garden and I believe he would be very pleased to see more people continue to enjoy the garden today," Rhine said. "And since maintaining a garden of this size is certain-

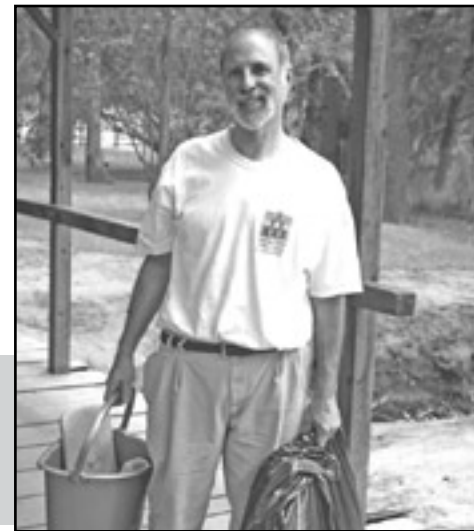


Arden-Carmichael News Photo/Lance Armstrong
Sacramento resident Sylvia Bringas, who has fond memories of growing up in Carmichael, relaxes on one of the garden's benches.

ly no simple task, our Friends group would appreciate any assistance in helping to maintain the beauty of this wonderful community asset."

For information regarding volunteer work or how to provide a tax-deductible donation to the Friends of the Jensen Botanical Garden, contact Pat Rhine at (530) 677-3179.

Pictured right; Paul Tanner, shown during a recent day volunteering at the garden, was the Friends of the Jensen Botanical Garden's number one volunteer for 2008, in terms of hours worked. Tanner provided 400 hours of work in the garden last year.



Arden-Carmichael News Photo/Lance Armstrong

Senior Services *and* Resources

Call Melissa (916) 429-9901

<p>DOCUMENT PREP SERVICES</p> <p>LIVING TRUST/LIVING WILL Legal Document Prep Services:</p> <ul style="list-style-type: none"> • Trust • Will • Powers of Attorney • Residential Deed <p>SENIOR SPECIAL</p> <p>Couples \$495 Singles \$450 Lynda K. Knight (916) 214-1215 641 Fulton Ave. #100, Sacto 95825</p>	<p>HOME SAFETY</p> <p>California Energy Service</p>  <ul style="list-style-type: none"> • Safety Tub • Handicap bars & ramps <p>Senior Discounts Financing Available</p> <p>Bill Hill (916) 804-2243 Since 1978 Lic# 365598</p>	<p>HOUSECLEANERS/ERRANDS</p> <p>GREEN X ENTERPRISES</p> <p>Cleaning Services</p> <p>"How can we make your life easier today?"</p> <p>(916) 541-0693</p> <p>Email: greenxenterprises@hotmail.com</p> <p>Bonded - Licensed - Insured</p>	<p>MOBILITY PRODUCTS</p>  <p>Pride Mobility Products Corp. MEDICAL</p> <p>Approved by the Joint Commission of Accreditation of Healthcare Organization (JCAHO) DEPENDABLE SERVICE</p> <ul style="list-style-type: none"> • POWER WHEELCHAIRS • SCOOTER • MANUAL WHEELCHAIRS • HOSPITAL BEDS • LOW AIR-LOSS MATTRESSES • T-PUMPS <p>MEDICARE - MEDI-CAL PROVIDER</p> <p>FREE In-Home Evaluation www.g7medical.com (916) 983-6366</p>	
<p>"PS" ERRANDS 4 YOU</p> <p>"PS" Errands 4 You</p> <p>Saving you TIME & \$\$\$ No errand too small Giving you a helping hand.</p> <p>Patty @ (916) 296-5185 www.pserrands.com</p>	<p>REBUILDING TOGETHER</p>  <p>(916)455-1880 Safe at Home Fall Prevention Program</p> <p>Vision: All homeowners in our community live in a safe, healthy & efficient home.</p> <ul style="list-style-type: none"> • Grab bars • Hand rails • Night lights • Smoke detectors • Shower stools • Fabrication of outdoor railings <p>Call to schedule a safety assessment of your home! FREE or for-a-fee depending on eligibility www.rebuildingtogethersacramento.org</p>	<p>SKILLED NURSING FACILITY</p> <p>Asbury Park Nursing & Rehabilitation Center</p> <ul style="list-style-type: none"> • 24 hour admission availability • Short term skilled nursing services • Long term care • Hospice services <p>(916) 649-2000 www.jdlhealthcare.com</p>	<p>Transition/Relocation</p>  <p>Compassionate Relocations A Senior Transition Company</p> <p>SENIOR RELOCATION AND TRANSITION SERVICES Serving all of Northern California 916-966-8745 compassionaterelocations.com</p>	<p>WOODS RETREAT</p> <p>Woods Retreat</p> <p>Residential Care Facility for the Elderly now accepting applications for residents. Let us care for your loved ones.</p> <p>State Lic #340306720 Owner-operated (916) 421-5845</p>

ESKATON®

Senior Residences and Services

Open House & Resident Art Exhibit

Come and experience our beautiful historic Land Park community. Enjoy hors d'oeuvres and refreshments, provided by our Dining Room, while you stroll the beautifully landscaped grounds. Admire the wonderful art pieces created by our residents & their family members.

Residents will be in attendance for true life testimonials and to answer questions from their perspective.

There will be guided tours of our apartments during the entire event and staff will be on-site to answer any questions you may have.



We hope you will join us to celebrate our 36th year in the Land Park community!

July 25th, 2009
1:00 'til 4:00 p.m.

Please RSVP if you would like to set a time for a guided tour

Eskaton Monroe Lodge

3225 Freeport Blvd
Sacramento, Ca 95818

916.441.1015

www.eskaton.org

Just two blocks north of Sacramento City College



Faces and places

Mission Oaks holds annual Father and Daughter Dance

Inviting fathers, grandfathers, daughters and granddaughters from across the region, the Mission Oaks Recreation and Park District held their 8th annual Father/Daughter Dance June 19 at Mission Oaks Community Center, 4701 Gibbons Dr., in Carmichael. Dozens of doting dads and dancing daughters attended the event, enjoying good music and building great memories.

Photos courtesy Mission Oaks Community Center



up to \$1,500 OFF

any Whole House Job!

(Limited Time Offer. Call for details.)

FREE ESTIMATES

Across from Carmichael Park!
www.TomYancey.com

Buy Local! CALL

979-1888

ONE CALL DOES IT ALL!

ROOFING • SIDING • WINDOWS

Tax & Utility Rebate Experts,
up to \$1,500 Tax Credit Available

TOM YANCEY
COMPANY™

CA License # 549999

100% FINANCING
NO MONEY DOWN
HUGE Senior Discounts!



A moving matter for seniors

By ART GERMAN
Arden-Carmichael News Writer
vcnnews@valcomnews.com

Members of the Older Women's League (also called OWL), an organization that supports the needs of older and mid-life women, were urged at a meeting this past week in the Hart Senior Center to oppose proposals to expand current freeway capacity in the Sacramento area and reduce frequency of service on buses and rapid transit lines.

The speaker was Karen Jacque, representing Neighbors Advocating Sustainable Transportation, which is fighting a current proposal by the State Department of Public Works to widen Highway 50

freeway between Watt Avenue and Sunrise Boulevard. The state also is seeking to cut back public transportation routes, and Jacque responded that such plans would increase congestion on freeways and make it difficult, especially for older persons who tend to switch from their cars to RT and buses.

Jacque noted that public transportation becomes increasingly important with age, as many can no longer depend on their cars and must rely on public transit to get around.

Some 50 OWL members and friends attended the June 20 meeting, which was chaired by OWL president Eunice Lycke. Deborah Rafter, who chairs OWL's transportation committee, assisted her.



Freeway growth opposed: Karen Jacque, right, whose NAST organization opposes freeway expansion, meets with OWL president Eunice Lycke at Hart Senior Center. Photo courtesy

AWARE HEALTH

"We got relief from our uterine fibroids with UFE~ Uterine Fibroid Embolization"

- Heavy, Prolonged Periods?
- Pelvic Pain or Pressure?

These are the most common symptoms of Uterine Fibroids. Uterine Fibroid Embolization is a safe and clinically-proven procedure that relieves symptoms **without surgery**.

- No surgery
- No anesthesia
- Covered by insurance
- Return to regular activities in a week or less

Call Mercy Imaging for more information or to schedule a consultation: (916) 961-6920

ask4UFE.com
Your Connection for the Treatment of Symptomatic Uterine Fibroids

Love Lasts Forever...

Life's calling. So answer. There are too many things to see and do, not to take advantage of every second. And we can help. Consider us your second family we'll certainly treat you like you are. Call 888-252-3447 or go to toaegisliving.com for more information.

ASSISTED LIVING & MEMORY CARE

Aegis Living
We're the people who make life better.

Aegis of Carmichael
4050 Walnut Ave
Carmichael, CA 95608
(916) 972-1313
www.aegisliving.com

24 HOUR SKILLED NURSING CARE and Rehabilitative Services

We are pleased to introduce **Rose Ullery**, LVN as our new Nurse Case Manager at Rosewood Rehabilitation. Rose will be in the field to assess your patients on site and understands the complexities of acuity.

Kyle Dahl, MSG - Administrator
Kyle has over 10 years of experience and received both his bachelors and masters degrees from the University of Southern California in Gerontology. He is excited to be working at Rosewood Rehabilitation.

Rosewood REHABILITATION
24 HOUR SKILLED NURSING
916.483.8103

6041 Fair Oaks Blvd • Carmichael, CA 95608

Tubz

\$3995
While supplies last

"The Walk-In Tub"

- Easy In and Out
- Watertight Seal
- Slip Resistant Floor
- Easy On/Off Handles
- Lifetime Guarantee

(916) 575-9100
830 National Drive, Suite 120
(off Del Paso Rd)

Store Hours: Mon-Fri 10-5
Sat 10-4 • Closed Sunday

Advanced Vein Care

Sebastian Conti, MD, FACS
Vascular Surgeon

Eliminate Embarrassing Spider & Varicose Veins Without Surgery

- Diagnostic Venous Ultrasound
- Complete Affordable Vein Care
- Injection Sclerotherapy
- Some Treatments Covered by Insurance
- VNUS, Laser Ablation

6450 Coyle Avenue, Suite 1
(916) 965-5050 • www.advancedveincare.com

The logo for KNCP Properties features a stylized grid of blue and green squares on the left, followed by the letters 'KNCP' in a large, bold, blue font, and 'PROPERTIES' in a smaller, blue font below it.

KNCP
PROPERTIES

Revolutionizing the Real Estate Industry...

See for Yourself:

www.KNCPproperties.com

(916) 563-8292

Licensed by the California Department of Real Estate, License #01257166



MADE IN AMERICA
American Car
Care Center

Exclusively
MADE IN JAPAN
Japanese Car
Care Center

SACRAMENTO

916-486-8400

1516 Howe Avenue (Behind Cort Furniture)

DOWNTOWN SACRAMENTO

916-442-3287

1200 I Street (12th & I)

wefixcars.com

OPEN MONDAY-FRIDAY 7:30-5:00

Experience What Dealers And Most Repair Shops Can't Or Won't Deliver!

COMPLETE AUTO REPAIR SERVICES – 10 REASONS TO CHOOSE US!

1. ASE MASTER CERTIFIED TECHNICIANS ARE THE BEST QUALIFIED to fix your vehicle the first time! All of our technicians are MASTER CERTIFIED or overseen by a MASTER.
2. WE FOLLOW A DIAGNOSTIC PROCEDURE to avoid excessive charges and find the problem the first time! We also have the most advanced equipment in the Valley that the dealers don't even have.
3. EVIDENCE ABOUT YOUR VEHICLE'S PROBLEMS. We believe that it's not only our job to diagnose and repair your vehicle, but also to educate you on what we found so you fully understand what we did and why.
4. NO SURPRISE POLICY. We never do any work without your approval first.
5. LONGEST WARRANTY IN THE SACRAMENTO AREA. Our warranty on the repairs we do is 18 months or 18,000 miles on the parts and labor. That's at least 25% longer than our competitors!
6. NATIONWIDE WARRANTY. 12 months or 12,000 miles.
7. SAME DAY SERVICE AVAILABLE on most services and repairs.
8. AUTHORIZED TO SERVICE YOUR NEW VEHICLE.
9. FREE TOWING. Call for details.
10. EARLY/LATE DROP OFF/PICK UP. We know getting your vehicle to the shop can be a pain. For this reason we can arrange for you to Drop-Off and Pick-Up of your vehicle 24 hours a day.

SERVING YOUR COMMUNITY FOR OVER 20 YEARS!

MINOR SERVICE SPECIAL
RECOMMENDED EVERY 7,500 MILES

- | | | | |
|-----------------------|-------------------|--------------------|-------------------|
| CHANGE: | LUBE: | INSPECT: | • Shocks |
| • Oil & Filter | • U-Joints* | • Brakes | • Exhaust System |
| ADJUST: | • Suspensions* | • Belts | • Water Pump |
| • Timing & Idle* | • Doors & Hinges | • Hoses | • Wiper Blades |
| • Brakes* | CHECK: | • Fluid Leaks | ROAD TEST: |
| • Clutch* | • Lights | • Front Suspension | 49 Pt. Inspection |
| SERVICE: | • Charging System | • Rear Suspension | |
| • Air Cleaner Box | • Starting System | • Tires | |
| • Radiator Level | | | |
| • Window Washer Fluid | | | |
| • Brake Fluid Level | | | |
| • Clutch Fluid Level* | | | |
| • Rotate Tires | | | |
| • Set Pressure | | | |
| • Battery | | | |

\$79⁹⁵

Some Models Extra
*If Applicable

For this service we request to have your vehicle for 1/2 day. Most models. Must present coupon when service order is written. No valid with any other coupon. EXPIRES 07/30/09 ACVN

Nominated For KCRA-A List!



OUR RULES OF BUSINESS:

1. Always Honest
2. Always Quality
3. Always Exceed the Customer's Expectations
4. Always Treat Every Customer Like Family



90 DAYS SAME AS CASH OAC

*Not available at all locations

OIL CHANGE & FILTER SPECIAL

- Replace engine oil with up to 5 qts. of Multigrade oil **\$24⁹⁵***
 - Replace oil filter
 - 49 pt. Inspection
 - Comprehensive Inspection
- Some Models Extra

For this service we ask to have vehicle for 1/2 day

*Price or discount is valid for most vehicles, some vehicles may be slightly higher. Must present coupon when service order is written. Not valid with any other coupon or discount. EXPIRES 07/30/09 ACVN

A/C Maintenance Service Special

- Includes: Check, Fan Speed Operation, Vent Operation, Heater Control Operation, Engine Cooling Fan, Compressor Clutch Operation, Perform Refrigerant Purify Test, Performance Test. Visually Inspect Exposed Hoses, Tubing & Connections, Service Ports Condenser Coil, Accumulator, Belts.
- \$59⁹⁵***
- Some Models Extra

Freon Extra. Most Vehicles.
49 point inspection. Must present Coupon. Not valid with any other offers. For this service, we request to have your vehicle for 1/2 day. EXPIRES 07/30/09 ACVN

PROTECT YOUR INVESTMENT!
SERVICE & TUNE-UP SPECIAL

4 Cylinder	6 Cylinder
\$159⁹⁹*	\$179⁹⁵*
SAVE OVER \$100.00	
Some Models Extra	8 Cylinder
	\$199⁹⁵*
	*most models

Must present coupon when service order is written.
* If applicable. **If has drain plug. Vans Additional. Platinum Spark Plugs additional.
Not valid with any other offers. EXPIRES 07/30/09 ACVN

- | | |
|-------------------|----------------------------|
| REPLACE: | SERVICE: |
| • Spark Plugs | • Battery |
| • Air Filter | • Air Cleaner Box |
| • Oil & Filter | • Radiator Level |
| ADJUST: | • Window Washer Fluid |
| • Timing & Idle* | • Brake Fluid Level |
| • Brakes* | • Clutch Fluid Level* |
| • Clutch* | • Tire Pressure and Rotate |
| CHECK: | • Transmission Fluid Level |
| • Lights | INSPECT: |
| • Charging System | • Brakes |
| • Starting System | • Belts |
| LUBE: | • Hoses |
| • U-Joints* | • Fluid Leaks |
| • Suspensions* | • Front Suspension |
| • Doors & Hinges | • Rear Suspension |
| | • Tires |
| | • Exhaust System |



- Shocks
- Water Pump
- Wiper Blades

ROAD TEST:
49 Point Inspection

25% OFF
UP TO \$50.00 VALUE

Valid for any service or repair at 25% off the regular price.

(Maximum discount \$50.00)
Some Models Extra

Must present coupon when service order is written.
Not valid with any other coupon.
EXPIRES 07/30/09 ACVN

LOOSE DENTURES?

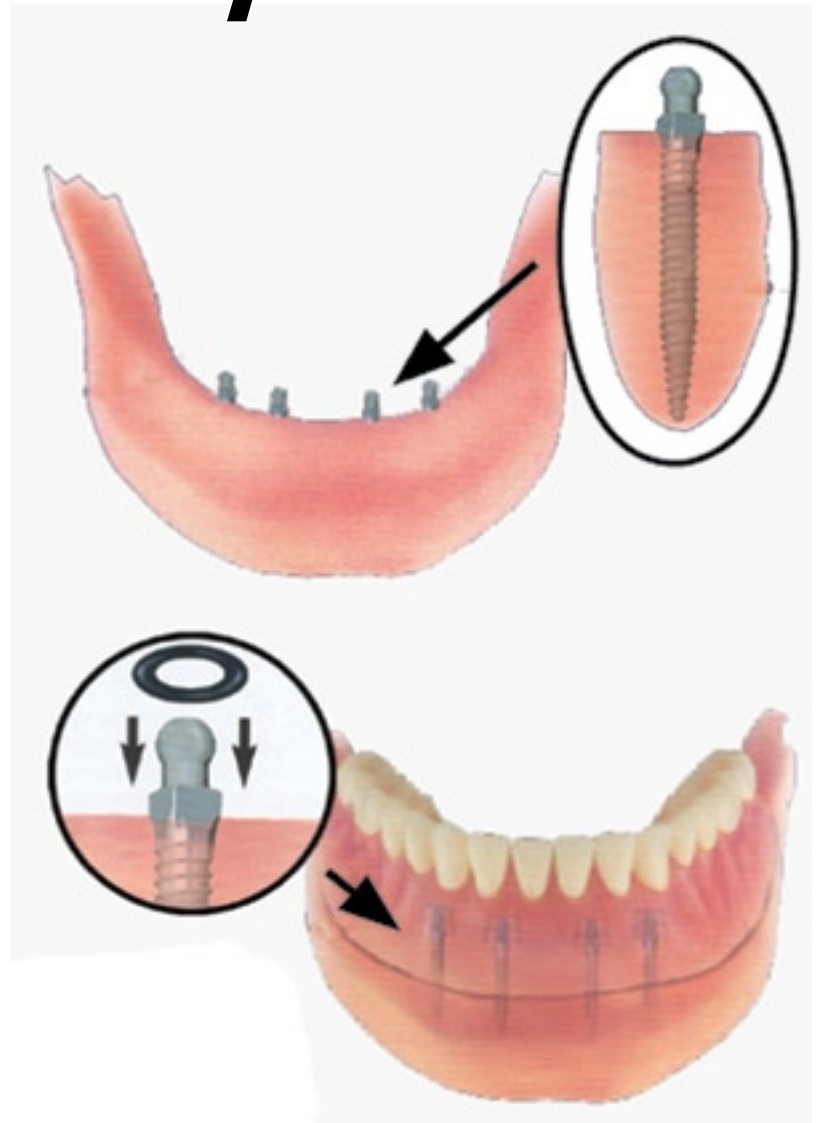


**Now you can
have foods you crave!**

Visit Dr. Jorge Rico in the morning, have the "Mini-Implant System" placed in less than two hours, then go out and enjoy your favorite lunch.

What are MDI Implants?

The MDI System consists of a miniature titanium implant that acts like the root of our tooth and the retaining fixture that is incorporated into the base of your denture. The head of the implant is shaped like a ball, and the retaining fixture acts like a socket that contains a rubber O-ring. The O-ring snaps over the ball when the denture is seating and holds the denture at a predetermined level of force. When seated, the denture gently rests on the gum tissue. The implant fixture allow for micromobility while withstanding natural lifting forces.



9390 Big Horn Blvd., Suite 130
Elk Grove, CA 95758

**Call for your complimentary consultation
916-684-8200**

Sacramento missing the Target?

New design bull's-eyed, but Target store still long way off

By **BENN HODAPP**
Arden-Carmichael News Writer
vcnnews@valcomnews.com

The good news is that eastern Sacramento will add a Target store to its retail arsenal. The bad news is that the timeframe is anything but on target.

The location that the Target Corporation set its sights on was the former Golden 1 Credit Union headquarters building located at the corner of 65th Street and 4th Avenue. The 110,000-square-foot building has been closed since 2005. Plans have been made on numerous occasions for the site to be made into a Target store, but the recent economic problems have stifled those ideas. The newest plan recently announced by the corporation is to simply renovate the existing building rather than expand it to accommodate for a Target retailer.

The biggest commitment that anyone can or will make officially is that the renovations could begin sometime this year with the new revised plan. Or, to borrow the lone statement at Target65th-street.com, "The (site) for the Target store at 65th Street and 4th Avenue is under construction. Thank you for your patience."

Seems both sites are stymied.

Public interest is high

As for the people who live around the proposed store location at 65th Street near Highway 50, they remain hopeful for a resolution.

"I'm looking forward to the Target store," nearby resident Hannah Keller said. "(The building) is kind of an eye sore right now. It's been closed up for years with boarded up windows and everything."

The new design promises to fit in with the style of the surrounding area without being too different from other nearby buildings.

"I like the idea of remodeling," Keller said. "It creates less waste and I'm sure they will make it look beautiful."

But it isn't just aesthetic reasons that have the neighborhood eagerly anticipating the store.

"The Target store is important for this part of town," Sacramento City Councilman Kevin McCarty said. "The area is very retail deficient."

He added that the people in the area surrounding the site seem very interested in the new addition. Keller agreed with McCarty.

"All malls are far away and there's nothing (nearby) like Target or Wal-Mart," she said.

One of the issues that concerns residents is the expected rise in traffic in the immediate area. But McCarty assures people that the Target store will come complete with a large parking lot that will hopefully ease traffic tension on the streets.

"Some people are worried about the traffic," McCarty said. "But it's a growth area and the store will really be a benefit."

As for Keller, she is not overly concerned with the traffic situation.

"When we moved in about seven years ago it was all fields," she said. "We lived through all the construction work since then. We've gotten used to the traffic in the street."

Despite the new plan to renovate rather than rebuild, nothing is inevitable just yet.

"We hope to come to a resolution soon," McCarty said. "The community is working with (Target Corp.)."

The waiting game

Since the closing of the Golden 1 headquarters in 2005,



Arden-Carmichael News Photo/Ryan Rose
The location for the new Target store would be the former Golden 1 Credit Union headquarters building located at the corner of 65th Street and 4th Avenue. The 110,000-square-foot building has been closed since 2005.

people have been waiting for something to happen with the building. As far as when residents can finally look forward to seeing the work done, McCarty answered hopefully, but is ultimately unsure.

"It's all up to (Target Corp.)," he said. "I expected them to be halfway done already."

Keller said that she thinks the area is excited for the eventual Target store.

"I have some friends who complained when the plans were put on hold, but with the economy the way it is I can't

blame (Target Corp.)," she said. "I'd rather they be responsible with their spending instead of overspend and go belly up like some other businesses."

Whenever the store does make its appearance in the local landscape, it will have at least one loyal customer. When asked if she will make use of the new store, Keller chuckled and answered with a resounding "Yes."

Are you eager for Target to move into East Sacramento? Let us know. Email ryanrose@valcomnews.com.

A BETTER MOVING CO.
489-3322
abettermoving.com



Got News?

e-mail ryanrose@valcomnews.com or call 429-9901.

Summer Music Camp

For 2nd - 12th graders

July 6 - 10, 9am - 4pm

- Learn to play musical instruments
- Work with props & set decoration
- Participate in singing & movement
- Produce a musical to be performed during July 12th worship service @ 9:55am

Cost: \$25

Bring a lunch
Snacks & drinks
provided

Northminster Presbyterian Church
3235 Pope Ave (between Watt & Fulton)
916-487-5192
Northminsteronline.org



Reverse Mortgages For Senior Homeowners

Now your home can work for you!
Call today for more information.

Hank Rhoads
916-787-3638 Phone

Borrower must be at least 62 years or older. Wells Fargo Home Mortgage is a division of Wells Fargo Bank, N.A. © 2009 Wells Fargo Bank, N.A. All rights reserved.

WELLS FARGO

HOME MORTGAGE



101128
05/09

Answering your questions on local law enforcement

By OFFICER MICHELLE LAZARK
Sacramento Police Department
Special to The Land Park News

Editor's note: Ask Officer Michelle your question by emailing her at mlazark@pd.cityofsacramento.org or visit her online blog at <http://blog.sacpd.org>.

Police program to evaluate home safety

Hello Michelle,

I saw your write up in "The Pocket News" magazine and had a question. I live in the Pocket. I used to live in the Washington D.C. area and the PD there

had a program were homeowners could get a appointment and have a PD officer come over and give a "crime prevention inspection" of their house to show weak areas and give tips on how to protect one's home and family.

Do we have anything like that in the city of Sacramento?

Thank you,
Pettipaw

Dear Pettipaw,

We certainly do have such a program. We have Community Service Officers (CSO) at each of the police stations that can accommodate citizens in each part of the city. You can make an appointment with the CSO for your area. Her name is CSO Hutchison, and she can be reached at 277-6079. She will come to your home and look at your lighting, the foliage around your house, the locks around your doors and windows, as well as give you advice on how to safeguard your home. We also have information on our Web site at www.sacpd.org pertaining to personal safety as well on how to safeguard your home. Click on the "Be safe" button to take you to all of the areas. Check out our public service announcements here as well. Be safe!

Officer Michelle

Rummaging through garbage cans at night is disturbing to sleeping resident

Dear Officer Michelle,

I like to sleep with the windows slightly open in my room to allow fresh air in when I am sleeping. However, on garbage and recycle collection nights, I have been woken by the sounds of someone going through the recycle cans and collecting the cans and glass bottles.

I am wondering if there is someone I can call to report this or someway to have this issue looked into to.

Thanks,
Angel

Dear Angel,

This is a common problem. If you live in the city limits, you can call the Police Department's non-emergency number at 264-5471 and request an officer be dispatched. There is an ordinance that makes it illegal to rummage through recyclables. If you live in the county, call 874-5115 for their non-emergency number. Let the dispatcher know what is occurring. Try to get a description of the subject, whether

he/she is on foot or riding a bike, etc. The responding officer will stop and contact the subject. Some of the people are harmless and are only there to collect your recyclables to make money. There are others, however, who use the opportunity to look further onto your porch, in your vehicles and anywhere else an opportunity presents itself.

On a side note, be mindful of open windows. If it is the window in your room, that is one thing, but I would caution you about leaving other windows in your house open while you are sleeping. We have had cases of "cat burglars" who could make there way into homes through an open window. There are window locks you can install that allow you to open your windows a few inches so that you can still enjoy the delta breezes.

Take care,
Officer Michelle

Safe place to live

Hi Officer Michelle,

I'm moving to the area from Southern California and I wanted to know of the safer areas to live while I attend Sacramento State. Any suggestions would be greatly appreciated!

Thanks,
Jabroni21

Dear jabroni21,

First of all, welcome in advance to Sacramento! You've chosen a great place to go to school. It's wise to do some research before deciding where to live in a city that's not familiar to you.

You can research crime statistics and crime maps by going to the Police Department's Web site at the Crime Summary link: <http://www.sacpd.org/crime>. More importantly, your best bet is to visit Sacramento well in advance of your move. Talk to people (including other students) about the city, drive around and get the feel of the city. Follow your instincts, too. For students new to a city, sometimes it can be most beneficial to be in a safe area near to the campus to make life easier in your first year.

Good luck and thanks for writing in!
Officer Michelle

FUN, FUN, FUN
For the Entire Family
Sacramento, CA Convention Center
June 27 & 28, 2009 11 am to 7 pm
Tickets: ONLY \$10 at the door

ENJOY GREAT LIVE MUSIC ALL DAY LONG

" HEAR THE FABULOUS CALIFORNIA BEACHBOYS"
...Plus top Tribute Bands of SANTANA, The STONES AND MUCH MORE!

See www.BabyBoomerFestival.com

Participate in a full line up of activities to keep you entertained, educated, and informed.
Exhibits Include: Health & Fitness, Financial Planning, Vacations & Travel, Restaurants & Wineries And Much More!

CLASSIC CAR DISPLAYS!
Admission \$10 at the Door.
10% of the Gate is donated to the Boys & Girls Clubs in this area.

Del Webb JACKSON RANCHERIA CASINO & HOTEL CALIFORNIA AUTOMOBILE MUSEUM Sharp Jewelers

Phone: 916-446-2766 Email: info@BabyBoomerFestival.com

No new high school for East Sacramento

SCUSD decides to hold off on the promise of a new high school

By MIRANDA MENESTRINA
Arden-Carmichael News Writer
vcnnews@valcomnews.com

Faced with the momentous task of cutting millions out of their budget and the difficult decision to close four schools, the Sacramento City Unified School District has also resolved not to open a new high school in East Sacramento—something that's been promised since they closed Sacramento High in 2003.

"It's not forgotten, but, at least for awhile, there are no immediate plans to move forward (with the opening)," said SCUSD Communications Officer, Maria Lopez.

The resolution to open a new high school was the result of a consent decree that came about after parents and the teachers union sued the district for closing Sacramento High School.

The closure

Receiving state funding due to underperformance issues, Sacramento High was shut after it failed to meet specific targets for two years in a row. Unfortunately, the closure of the historic school, the second oldest

high school west of the Mississippi, left the students of College Greens, East Sacramento, Midtown, Oak Park, River Park and Tahoe Park without a traditional neighborhood high school.

And while the site became the new home for St. Hope, a public charter school, parents pleaded to have the district open a new high school nearby that that offered all the extra-curricular activities that they believed every high school student should be entitled to.

However, six years after the fact, that high school still doesn't exist.

District Efforts

The guidelines of the consent decree required SCUSD to open a small (roughly 500-800 students), comprehensive high school within two miles of the former Sacramento High's attendance area. In 2005, the district surveyed the involved neighborhoods, came up with several sites that could work and discussed ideas with the community.

In 2008, the conclusion was to renovate and use the



The historic halls of Sacramento High once housed many students from eastern Sacramento. Since the school's conversion into a charter school in 2003, the East Sacramento region has been left without a high school.

Photo courtesy

former Marian Anderson Elementary School facility at 2850 49th St. Looking for just 150 students for the first year, the district did an open enrollment.

"We only got 75 (students) and only half were confirmed to be registered by the deadline," said Tom Barentson, CFO and deputy superintendent of SCUSD. "Therefore, the board decided not to open a high school because of financial reasons."

Future plans

The district has since put a group together to study just how great a need there is for a new high school, and what type of school that should be.

"There are a lot of families with young children moving into the downtown area and they are concerned that there's no neighborhood high school," Barentson stated. "They want a conclusion about where their kids will go."

For now, Barentson is encouraged with the fact that

students who live in the former attendance area of Sacramento High have other "excellent" high schools in the area to go to, such as McClatchy, Hiram Johnson and others.

"Sac City is a great district," he said. "It's just heart wrenching what's happening (with the budget), but we have far more schools than most, so they need to be pared down and we need to do this with a plan, so that's what we're doing."

Let us build
an ad to fit
your
company's
needs

One of our graphic
artists will design a
free of charge
advertisement for you
or your company, when
you advertise in one of
our publications. For
more details on this
offer, give us a call at

429-9901

2nd Annual

**Alzheimer's Aid Society
Memorial 5k Run/Walk**
City of Sacramento 5k Championship

Saturday July 25, 2009
Start and finish lines at the historic
East Lawn Memorial Park

For registration or more info:
www.memory5k.org

Benefiting
ALZHEIMER'S AID SOCIETY
Of Northern California

Caring & Sharing since 1981

KCRA 3
www.KCRA.com

KQCA 17/58
my58.com

ESKATON
Senior Residences and Services

PORTER | SCOTT
ATTORNEYS

MPG
Messenger Publishing Group

METR HUB
NETWORK

Raley's
Family of Five Stars

Hayes-Davis
Professional Financial Group

NewsTalk
1530
KFBK

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

Arden Carmichael News Home Improvement Guide

call Melissa at 429-9901 to advertise your service

AIR CONDITIONING & HEATING

AIR CONTROL SYSTEMS

- \$60 Service Call
- Full Service Heating & Air Conditioning (Service all brands)
- SMUD approved contractor
- SMUD financing available
- Senior Discount

(916) 214-6845

Licensed - Bonded - Insured LIC#847081

AIR CONDITIONING/HEATING

BONNEY PLUMBING, HEATING, AIR & ROOFER SERVICE

- Cooling & Heating Service/Repairs
- New Installs & Existing Replacements
- Maintenance Programs/Agreements
- Service on All Brands
- High Efficiency Air Filters
- Freon Leak Detection

CALL 444-0551

REBATES/TAX CREDITS AVAILABLE/ ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC# 696355

DON'T WAIT-BEAT THE HEAT!

Season Special

A/C Check-up-\$59.99

CARPET & UPHOLSTERY CARE

JOHNNY ON THE SPOT

Complete Carpet & Upholstery Care

"Our cleaning is the most thorough you have ever had, or we will clean it again free. If you are still not pleased, we will refund your money."

- I.I.C.R.C. Certified Firm
- Carpet Repairs & Restretching
- I.I.C.R.C. Master Cleaner
- Red Stain Removal
- Pet Urine Removal Treatment
- Free in home written estimates

Call (916) 391-9292

CLEANING

PRIME QUALITY MAINTENANCE

- WINDOW CLEANING (inside/out/screens washed)
- Pressure Washing (house ext/walkways/all concrete areas)
- Rain Gutter Cleaning
- Hard Water Stain Removal
- Landscape Maintenance

Free Estimates
Licensed & Insured



Call Jesse (916) 417-4231

CONSTRUCTION

Philip Braun Construction

Quality work - Great rates!

- Additions • Remodels
- New Construction • Windows
- Doors & Trim • Fences
- Decks & Crown Molding

(916) 532-4475

Lic. #81461

CONSTRUCTION

Griffin Construction

- New Construction
- Remodeling & Room Additions
- Demolition & Removal of Old Unwanted Existing Garage & Replace with New Single/Double

Larger Garage or Shop.

Staying small to serve you better.

Local references
Lic # 510423

Call (916) 714-1606

CUSTOM CARPENTRY

Sacramento Millworks Measuring success one client at a time.

- Traditional & Contemporary Handrails • Crown molding
- Custom cabinets
- Doors • Mantels • Hardwood Floors

VISIT OUR WEBSITE FOR COMPLETE LISTING OF SERVICES

SacramentoMillworks.com

(916) 332-5412 CA Lic# 910214

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC

Since 1960 in Sac area

Reasonable

Res. & Commercial work
Repairs, Trouble Shooting
Custom Lighting/Free Est.

(916) 451-2300

Cell: 213-3740

Neil McIntire - C.S.L.# 394307

FENCING

GATEWAY FENCE COMPANY

- Redwood, Cedar, pressure-treated
- Ornamental Iron
- Ranch-style fencing

FREE Estimates

10% Senior Discount

Lic# 927602

Call (916) 425-7435

FENCING MATERIALS

AFFORDABLE LUMBER

Specializing in Fencing Material

- Cedar
- Redwood
- Pressure Treated
- Custom Milling
- Steel Posts
- Chain Link Supplies
- Security Panels Rentals
- Installation Available \$10.75 per ft.

(916) 570-3078 PH./FAX/(916) 380-0061 CELL#

ELECTRICAL

Sunshine Electrical

Prompt. Dependable. Honest!

Security Lighting

Computer Circuits Etc

Spa Electrical

New Houses/Additions

(916)344-8735 or (916)752-5308

Ca License # 633853

GENERAL CONTRACTOR

FULSTER CONSTRUCTION

Custom Remodeling & Additions

Specializing in state-of-the-art

Kitchens/Bathrooms

& every aspect

of construction

from Painting to Roofing

(916)443-4166 (916) 952-0838

Local References/ Lic# 639780

HANDYMAN

Summer Clean-ups

- RAIN GUTTER CLEANING
- ROTOTILLING/& SOD PLACEMENT
- CONCRETE REMOVAL
- YARD CLEAN-UP/HAULING
- PRESSURE WASHING

Call LESTER

(916) 838-1247

Lic#128758

Pressure wash your driveways clean! your decks, too!

Hang holiday lights! Clean out your garage! Replace that old lawn!

Hard work ---not a problem!

SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 10 YRS*

HANDYMAN

FREEDOM HANDYMAN SERVICES

Free up your time from those pesky unwanted jobs. I do odd jobs, plumbing, carpentry, security door installation, light fixtures & fans, recaulking of tubs, hauling

NO JOB TOO SMALL!

Call Eric

(916)470-3488

**YOUR SERVICES ARE NEEDED
CALL 429-9901 TODAY TO PLACE YOUR AD**

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

HANDYMAN

Reliable Handyman

Doors • Molding • Windows
Cabinets • Electrical
• Plumbing
Water Heaters • Disposals
All repairs
15 Years Experience



Call (916) 806-7879

ORNAMENTAL IRON

Iron Fencing, Stair Railings, Gates
(916) 456-6497

**FENCE WORLD
IRON WORLD**



SCL #386767 1100 65th St.
Sacramento, CA
www.FenceWorld.com

PAINTING

**ROSE & DYNAMIC
PAINTING CO.**

Summer Discount 10% OFF
Interior & Exterior
Residential & Commercial
Steve Rose 665-1041
References Available
Lic# 911035 BBB - Member

PAINTING

GARY'S PAINTING

CUSTOM RESIDENTIAL
INTERIOR & EXTERIOR OVER 20
YEARS EXPERIENCE WITH PRIDE
EXCELLENT REFERENCES
725-8781
Contractors Lic. # 734323
McClatchy '67

PAINTING

DANEAU PAINTING



- RESIDENTIAL & COMMERCIAL
- QUALITY WORKMANSHIP
- 18 YEARS EXPERIENCE
- DISCOUNT AVAILABLE

CALL TODD 916.284.9413
Lic# 923796

PEST CONTROL

THE END TO ALL YOUR TERMITE AND PEST CONTROL PROBLEMS



- Effective Termite & Pest Control
- Termite Inspections
- Termite Treatments
- Dry Rot Repairs

916-447-3922
Pest Control: \$68/Service* - Homes up to 2500 Sq. Ft.
Termite Inspection: \$95 - Homes up to 3000Sq. Ft.
* 5 service minimum agreement, additional Sq.Ft slightly higher
Ants • Spiders • Earwigs • Silverfish • Rodents • Roaches • Fleas • Bees

**\$20 OFF
COUPON**
Pest Control Contract
or Termite Insp.
Coupon cannot be used in conjunction
with any other offer. One coupon per
person or address.

PLUMBING

BONNEY
PLUMBING, HEATING, AIR
& ROOTER SERVICE

WE CHARGE BY THE JOB...
SO YOU KNOW THE COST
BEFORE WE START!

- Toilet, faucet, sink & disposal repairs
- Sewer & Drain Cleaning
- Installation of new plumbing fixtures
- Water & gas line repair
- Trenchless sewer replacement
- Water heaters

CALL 444-0551
FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

PLUMBING

**ROONEY'S
PLUMBING**

FULL SERVICE PLUMBING
456-7777
rooneysplumbing.com
License #683668

PLUMBING

Riverside Plumbing *Keith & Harry Staley*
Office 442-7586 Mobile 204-4090 *Full Service*
Lic# 338816 C-36

Located on corner of 7th and Riverside Boulevard
25% Discount for all new customers with this ad, good until 06/30
(discount applies to labor only)
Water Heater Disposal Faucets
Sewer & Drain Cleaning/Video Camera Inspections
WE SPECIALIZE IN
•Copper repipe •Sewer and water line replacements •Gas lines - installed

REMODELING CONTRACTOR

Retirement home costs start at \$3,000 to \$5,000 per month.
Remodel and stay in your own home longer and for less!
Universal design/remodel: bathrooms, kitchens, whole house
Husband and wife team • Your safety and satisfaction is our first concern.
Nationally certified kitchen and bath remodelers C.K.B.R.



Visit our web site for more information!
www.PioneerWestRemodeling.com
CALL FOR FREE ESTIMATE:
(916) 726-2410
CA CONTRACTOR LICENSE#748223

ROOFING

Gallagher Roofing
Serving Sacramento Since 1993

- *Residential Composition Specialist
- *Roof Repair & Maintenance
"No job too small"
- FREE estimates

Call DAN: (916) 965-6381
LIC# 664323

ROOFING

All Seasons Roofing

We specialize in
Residential Re-roofing
All types of roofing:
•Tile • Composition • Shake
• Seamless Gutters

Free est. **(916) 483-1318**
Bonded, insured, lic. #459864

ROOFING/SIDING

**ZIMMERMAN
REROOFING**

3675 R Street
Sacramento, California 95816
\$100 OFF Emergency Repairs
454-3667
zimroof.com
License #763169 Dave Zimmerman

ROOFING

THE ROOFING COMPANY

RESIDENTIAL REROOF SPECIALIST
Secure your investment at an affordable cost!
"FREE ESTIMATES"
ALL TYPES OF ROOFS
Request a fast estimate by calling Andy
(916) 721-3935
theroofingcompany@surewest.net
TheRoofingCompany.net Lic# 647568

TREE SERVICE

Tree's 'R' Us



- Complete tree care & stump grinding
- Residential & commercial
- FREE estimate
- 24-hour emergency service
- Licensed & insured

Call **395-4892** State Contractor's License # 646923

YOUR AD SHOULD BE HERE!

Call today!
Your services
are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

TREE SERVICE



Arborwell
professional tree management

Jeff Newborn
Residential Account Manager
jnewborn@arborwell.com • www.arborwell.com
(916) 317-4241 Lic# WE-5614A

- Proper pruning to ISA Standards
- Certified Arborist
- BS in Forestry
- Fully Licensed & Insured

WATER CONSERVATION

R. M. E. CA Lic.# 813511 - C 27/HIC
City 108106

- Landscape Design — Extensive experience
- Convert your sprinklers into a highly efficient irrigation system — \$\$\$ savings
- Discount for FIRST time customers
- References on request

Call David Maroni NOW!
(916) 956-1175 OR 482-2892
David_Maroni@att.net — Since 1995

**NOW IS THE PERFECT TIME
FOR HOME IMPROVEMENTS!
CALL Melissa at 429-9901 FOR RATES**

CALENDAR

GET IN THE CALENDAR

Is your club, group, church, school, or organization having an upcoming event? Let us know. Send information about your event—including date, time, location, a brief description, cost (if any), and contact information—to Calendar, c/o Valley Community Newspapers, 2709 Riverside Blvd., Sacramento, CA 95818, or e-mail ryanrose@valcomnews.com. Deadline is one week before publication. Priority is given to events that are in the community and/or of little or no cost.

JUNE

Pops in the Park

Councilman Steve Cohn and the Pops in the Park Committee are pleased to present the 15th annual "Pops in the Park" summer concert series. All concerts are free and open to the public and begin at 6:00 p.m. Food and beverages will be for sale. People should bring lawn chairs or blankets for seating. The re-

maining concert is June 27 with Kate Gaffney at McKinley Park, 33rd and H streets. For additional information, please visit www.east-sacpopsinthepark.com or call (916) 808-5240.

Art at SFCA

The Sacramento Fine Arts Center presents "Inner Views" from June 9 through June 27. The event is sponsored by the Northern California Arts. The show will present original artwork by local artists. Visit the Sacramento Fine Arts Center at 5330-B Gibbons Dr., Carmichael. Visit them online at www.sacfinearts.org.

JUNE 24

Get OrderLee

Educate your mind via Carmichael Oak's educational series. Learn professional tips to simplify, clean clutter and better use your space and time at a seminar at 3 p.m. at Carmichael Oaks, 8350 Fair Oaks Blvd. in Carmichael. The event is hosted with Lee Mahla. RSVP to 944-2323.

JUNE 25

Senior Legal Hotline Workshop

Supplemental Nutrition Assistance Program, formerly known as "food stamps". Learn about how the program is changing, and how you may be one of the thousands of seniors missing out on this extra assistance. 1pm. Ethel Hart Senior Center, 915 27th Street. Free. 808-5462.

JUNE 26

Phonebill workshop

Free Phone Bill Workshop and Clinic, presented by Susan Sarinas of the Asian Community Center. Bring your phone bill and learn how to spot fraudulent charges that can save you money. Individual bill review offered. Event runs from 1 to 2 p.m. Ethel Hart Center, 915 27th St. Sign up in advance by visiting or calling 808-5462.

JUNE 27

Singles Summer Dance

Christian Singles Network, will hold a Summer Kickoff Dance for single adults Saturday, June 27, from 7 PM to 11:30

PM. at Carmichael Presbyterian Church, 5645 Marconi Ave., near Fair Oaks Blvd, Carmichael. The ticket price of \$15 pre-sale or \$20 at the door includes hors d'oeuvres and the dance lessons. Most attendees fall between the ages of 35 to 65 but all ages are welcome. For more information, call 658-0606.

Annual Rummage Sale

Parkside Community Church's Annual Rummage Sale and Flea Market is Saturday, June 27 from 8 a.m. to 3 p.m. Booths available to outside groups and individuals for \$25. Proceeds from the rummage sale benefit the non-profit Parkside Community Church at 5700 S. Land Park Dr. For more information, call 421-0492.

Skate Park fun

The La Sierra Skate Park, 5325 Engle Rd. in Carmichael, will host a day starting at 2 p.m. of music, skating and fun for kids of all ages. Music groups include local bands such as Ambrosia Caprice, The Captains of Spaceship Earth, Baconhawk, Takilma, Jeepster and Fishcatfish. There will be food, vendors, skate demos, raffles and more. The cost is \$5 and sponsors include Alien Workshop and Habitat. For information, call Bob

Kerr at 480-0700 or Elizabeth Crisante at 483-7826.

JUNE 27

Bow-Wow Beauties

Kay Burton's Bow-Wow Beauties dog fashion show is coming up. The annual event, during which dogs dressed in canine fashions model their fancy duds, is a benefit for the Sacramento SPCA. The event starts at 11:30 a.m. and will be held at Gold River Bel-Air Shopping Center, at the south end of the complex next to the Hallmark store. Admission is \$5.00 (children and dogs are free). For more information: Email: Kay-burton1@comcast.net.

2009 Pet Expo

Held 10 a.m.-12 p.m. by the Meadows Senior Living of Elk Grove, 9325 East Stockton Blvd. in Elk Grove, experience SPCA Senior Citizen Services, mobile pet grooming, pet adoptions, organic treats, the latest in pet fashion and Mickaboo companion bird rescue. This event is free and open to the public. For more information, call 714-3755

See more Calendar, page 22

MINI MARKETPLACE

CALL (916) 429-9901 FOR AFFORDABLE RATES!

LANDSCAPING

ROBERTS LANDSCAPE

Custom Landscape & Design
Call: 444-6458
License # 590317

GENERAL CONTRACTOR

HandyHand Service

Lic # 908157
Call Manda
(916) 606-6810

CLEANING

Joy of Cleaning

Call NOW for a FREE estimate!
(916) 208-5015
www.joyofcleaning.net

FENCING

Aesthetic Fence Co.

Free estimate & consultation!
(916) 570-3078 ph/fax
(916) 380-0061 cell
• Local References • Unlicensed

LANDSCAPE MAINTENANCE

Darin's Bonsai

Landscape Maintenance
Call (916) 397-8978
Free estimates

ELECTRICAL

Sunshine Electrical

Prompt. Dependable. Honest!
(916)344-8735 or (916)752-5308
Ca License # 633853

HANDYMAN

FREEDOM

HANDYMAN SERVICES
(916)470-3488
NO JOB TOO SMALL! Call Eric

ROOFING

All Seasons Roofing

Free est. (916) 483-1318
Bonded, insured, lic. #459864

YOUR AD SHOULD BE HERE!

Your Ad Here!

Your services are needed. Your ad should be here. Ad design is free. Call Melissa 429-9901

CLASSIFIED ADS

Call a sales representative today for great advertising rates: 429-9901

ANTENNA REMOVAL

ANTENNA REMOVAL
Conover's Antenna Removal Service
Why not remove that old, ugly, unused antenna. A home improvement at little cost. Call (916) 973-9928 for an appt. for removal.

BOOKKEEPING

#1 BOOKKEEPER
25 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Ask for Irene Senst (916) 640-3820. www.taxirene.info

COMPUTERS

GOT COMPUTER PROBLEMS?
Pocket Computer Technician. I do on-site visits in the Pocket area. \$30/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161

PLEASE RECYCLE your Arden Carmichael News

HANDYMAN

AFFORDABLE CLEANUP
Concrete removal (Patio, borders, etc.), gutters cleaned, pressure washing, painting, tree & shrub removal, clean-up, general labor, fence repairs, planting, light tree trimming, odd jobs & more. LICENSED. References available. Call Les at 838-1247. Ask about the specials for seniors.

HANDYMAN SERVICES
No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock, Plaster, Stucco, Repairs and Remodeling, you name it! Lic# 908942. Call Steven at 230-2114.

HOUSEKEEPING

EXPERIENCED HOUSEKEEPER
Experienced housekeeper looking to add new clients. Honest, dependable, reliable & very picky about how I clean your home. "I clean your home the way YOU want me to." Affordable rates. Ref available. Contact Sharon @ 916 451-4014.

Check out the Home Improvement Guide in the Arden Carmichael News Call 429-9901.

PET PORTRAITS

ORIGINAL PET PORTRAIATS
Original Pet Portraiture. Realistic paintings of beloved pets. Perfect gift for animal-lovers! Reasonable prices. Submit photograph—turn around 7-10 days. Email melissa@melissaandrews.com or call 447-4441.

TAX PREPARER

#1 TAX PREPARER
25 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820. www.taxirene.info

WANTED

OLD GUNS
Old guns wanted. Also want Parker & L.C. Smith double barrel shotguns. Cash paid. Pls call (916) 531-5972.

Classified ads work!

CALIFORNIA KIDS!

Advertise in California Kids! Family Fun Guide!!! Serving Greater Sacramento, For more information, call Marc at (916) 429-9901
Published by Valley Community Newspapers, Inc.

FOR A BOX CLASSIFIED AD
Call MELISSA

429-9901

Do you have an interesting story to tell? Unusual hobby, collection or job? Maybe it's your 100th birthday! Did your child win a special award that needs to be recognized? Do you have fun/unusual photos you would like to share with the readers?

Do you know someone who deserves recognition for volunteering? Mail to: Arden/Carmichael News 2709 Riverside Blvd. Sacramento, CA 95818 ryanrose@valcomnews.com



Sell your car fast in the classifieds!

Call Melissa at 429-9901 for advertising information



Re-Discover Your Sex Life!

Doctor's Clinic for Men Specializes in the Treatment of Men with Erectile Dysfunction & Premature Ejaculation

If your romantic life is dead... and Viagra-type medicines have failed you... **CALL US!**

We've helped thousands of men and their partners including hundreds who has lost hope.

Romance is a vital part of your life.

We guarantee that if you don't respond to our custom blends of medicine there is no charge.

Men - all you have to lose is frustration.

Women - if your partner won't call... pick up the phone.

We can't help you if you don't call!

Mention you saw this ad in the Arden Carmichael News

DOCTOR'S CLINIC FOR MEN

2825 J Street #245, Sacramento CA 95816
Located near the heart of the Sutter medical complex.

CALL TODAY FOR YOUR APPOINTMENT
Toll Free 877-493-8839 or 916-551-1595

www.doctorsclinicformen.com

CALENDAR

JUNE 28

Auditions for new season

The Chautauqua Playhouse, 5325 Engle Rd, in Carmichael will conduct general auditions for local actors on Sunday June 28, from 5-9 p.m. Directors for the 2009/10 productions will be on hand to recruit for their upcoming shows. Auditioning actors are asked to present a monologue (two minutes or less – please no accents or dialects) or prepared reading.

These auditions are for the Adult Theatre productions only and minimum age to audition is 18 years old (auditions for our Children's Theatre will be held at a later date). Callbacks will be arranged by directors for a later date. Auditions will be scheduled on an appointment basis. To schedule a time or for more information, please email your request to auditions@cplayhouse.org. Please be sure to include your name and return email address.

JULY

Small works, miniatures exhibition

Small Works, miniatures and maquettes features a broad array of small works, from turn of the century female sculptor Camille Claudel, shown currently in the Louvre, to young college students Christopher Dubois and Wesley Wright. This free exhibition, which runs from July 8 through August 23, attempts to display the diversity of miniatures as a whole, and will include a number of well-known national and international phenomena. A juried collection, Small Works provides emerging artists the opportunity to showcase their work among established greats.

Music Camp

Northminster Presbyterian Church is offering a week-long music camp for 2nd - 12th graders from July 6 to 10, 9 a.m. to 4 p.m. at 3235 Pope Ave. Children will have the opportunity to learn to play musical instruments including guitar, percussion, song flute, and chimes, do drumming, work with props and set decorations as well as participate in singing and movement. They will also be putting a musical together. The musical, Fruit for Thought, will be performed on Sunday, July 12, during the worship service (9:55 a.m.) Children are asked to bring their lunch. Snacks and drinks will be provided. The cost is \$25. For more information, call 487-5192 or visit Northminsteronline.org.

JULY 4

Fun Run/Walk

It's time for the 14th annual 4th of July Fun Run/Walk at Matsuyama Elementary. Everyone is invited to attend this community and family oriented event, which raises funds for the 2009-2010 sixth graders to attend the Sly Park Environmental Science Camp. The Fun Run/Walk is a 5K/8K event that take place on Saturday, July 4th. The race begins at Matsuyama Elementary School, 7680 Windbridge Drive. Check in begins at 7 a.m. and the race start time is 8 a.m. Fees are \$15 includes event T-shirt before May 22; after May 22, the fee is \$20. For more information, please contact Poh-Ling Oon at 424-0873.

Carmichael's Gala Parade and Fireworks Show

Begin your 4th of July celebration by attending the pancake breakfast (7am -11am) at Carmichael Park, sponsored by the Kiwanis Club of Carmichael. After, walk over and enjoy the Annual Elk's Club Parade (10:30 am) featuring many wonderful community floats, marching bands, equestrian entries, military units, antique automobiles, and much more! The parade route starts at Marconi/Fair Oaks and continues down Fair Oaks Boulevard to Cypress/ Manzanita. The Grand Stand is located across the street from Carmichael Park, 5750 Grant Avenue. Don't miss out on one of the Largest and Oldest parades in the region! For more information on float registration email Jim Warrick at jdwarrick@lanset.com or call the Elks Lodge at 489-2103.

Carmichael's Fourth of July Fireworks Show

The evening will culminate with the annual Fireworks Show at La Sierra Community Center, 5325 Engle Road, Carmichael, CA 95608. Beginning at 4pm the Sacramento Firefighters Association will host free kids' activities, fire trucks, demos and music. Inflatable's and free kids' activities will continue throughout the evening along with a performance by the Sacramento Valley Symphonic Band at 7pm a Touchstone Theater performance at 8 p.m. and the fireworks at approximately 9:15 p.m. The Fireworks display is sponsored by the Carmichael Recreation and Park District and Mission Oaks Recreation and Park District and new this year, Sacramento Metropolitan Fire Fighter Association. For more information: call (916) 485-5322 or visit www.carmichael-park.com

JULY 8

Lower House Payment

Attend this free seminar to get answers on short sales vs. loan modifications. The meeting is 6 p.m. to 7 p.m. on 4305 Freeport Blvd. RSVP Deb Luna or Anthony Carrillo at www.cookrealty.net or 834-1947 or 833-6266.

JULY 9

Computer club meeting

Mission Oaks Computer Club will meet at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael from 1 p.m. to 3 p.m. Alan Drew with Wireless Toyz, will present: Everything you wanted to know about cell phones whether you have one or not. A question and answer session will follow the meeting. Visitors are welcome. For additional information call 366-1687 or visit our Web site: <http://missionoakscomputerclub.org>.



A RELAXING
ESCAPE

THAT'S EASY
TO AFFORD



Receive the attention your body deserves at a price you can well afford with Massage Envy. During your one-hour massage session, our professional Massage Therapists will work away the areas that cause you daily stress. With a relaxed body and renewed mind, you'll discover true value in your overall wellness. And best of all, our extended hours and convenient locations ensure you can fit a massage into even the busiest schedule. Restore balance in your life today with a rejuvenating visit to Massage Envy.



ARDEN PLAZA
4383 Arden way
Next to Whole Foods
(916) 971-ENVY (3689)

LOEHMANN'S PLAZA
2511 Fair Oaks Blvd
Next to Save Mart
(916) 481-ENVY (3689)

Franchises Available | MassageEnvy.com | Convenient Hours. Open 7 days. M-F 8am-10pm, Sat 8am-8pm, Sun 10am-6pm



Give the gift of relaxation with a gift card from Massage Envy.

*Valid for first one hour session which consists of a 50-minute massage and time for consultation and dressing. Prices subject to change. Rates and services may vary by location. Additional local taxes and fees may apply. © 2009 Massage Envy Limited, LLC.

JULY 11

Ice tea tasting program offered

Anne Evans, a certified tea consultant, will present a free ice tea tasting program at 2 p.m., Saturday, July 11, at Arden-Dimick Library, 891 Watt Avenue. As well as sampling tea, participants will learn the history of iced tea, find out what bubble tea is, and play a game of TEAGO. Registration required by calling (916) 264-2920 or online at www.saclibrary.org. The program is sponsored by the Friends of Arden-Dimick Library.

See the Art

Glass and Clay Artist Evan Michael Barton, and Clay Tile Artists Vincent Monrel and Chris Kubi will join Fe Gallery Resident Artists Stephen Lyman (metal art) and Sheena Wolfe (fused glass) for a Second Saturday Reception July 11 from 6-9pm. There will be an art demonstration at 7:30 p.m. Fe Gallery is located at 1100 65th Street (north of Folsom Blvd., corner of 65th and Elvas), East Sacramento. For more information about the artists and the gallery visit www.FeGallery.com or call, (916) 456-4455. Daytime gallery hours are currently from 8:30am to 4pm Monday through Friday and Saturday 10am to noon. The current show will run throughout July.

Free E-Waste Collection

Held 9 a.m. to 2 p.m. at the Northeast YMCA, 3127 Eastern Ave. Funds raised will help send children to Jujitsu Summer Camp. Items Accepted Include your old or broken electronic equipment: monitors, TVs, computers, laptops, VCRs, stereos, speakers, keyboards, PDAs, cameras, telephones, cell phones, printers, copiers, scanners and fax machines, etc. For your security, CEAR Inc will shred all hard drives at their secure facility. Visit www.cearinc.com. For information, call the YMCA at: 916-483-6426

JULY 14

Special senior seminar

Talking to Your Doctor, presented by Lisa Smith-Youngs from Senior Connection. Learn how to get answers to your most important questions, how to keep notes and ways to prepare for effective appointments. Leave your next medical appointment feeling empowered and satisfied! 1:30-3:00 p.m. Ethel Hart Senior Center, 915 27th St. Sign up in advance by visiting or calling 808-5462.

JULY 18

A night at the movies

Enjoy a night at the movies and see a classic film the third Saturday each month at Didon/Lewis Park Recreational Center at 6490 Harmon Dr. Doors open at 6.30 p.m. Movie begins promptly at 7 p.m. Free admission, free popcorn and free prizes. See the following movies: "Roman Holiday" on July 18; "To Kill a Mockingbird" on August 15; and "Gaslight" on Sept. 19.

Art Show in Lyon Village

Cottage Affair in the Lyon Village Shopping Center at Fulton and Fair Oaks will host an artists' exhibit Saturday from 11 a.m. to 2 p.m. See unique pieces by local artists. Admission is free.

Find your roots

More genealogical information is being made available online all the time. Learn about the web sites that will enable you to start researching your family's history at a free workshop at 10:15 a.m., Saturday, July 18, at the

Central Library, 828 I Street, Sacramento. Registration is required by telephoning the Sacramento Public Library (916) 264-2920 or visiting www.saclibrary.org.

JULY 20

Medical care tips presented at Arden-Dimick Library

Local practicing family physician and author Davis Liu, M.D. will share valuable tips on receiving the best medical care and getting the most out of one's doctors' visits at 6:30 p.m., Monday, July 20, at Arden-Dimick Library, 891 Watt Avenue. He covers this topic in depth in his book, Stay Healthy, Live

Longer, Spend Wisely: Making Intelligent Choices in America's Healthcare System, with the critical information needed to make intelligent medical and related financial issues. Dr. Lieu's book will be available for purchase and signing at the program's conclusion. For more information, telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.

Paratransit Mobility Training

Come learn about navigating the RT Bus system, senior discounts and how to sign up for Paratransit. Do you qualify for a free lifetime RT bus pass? Come and find out Monday at 1:30 p.m. at the Ethel Hart Senior Center, 915 27th St. Free to public. Info: 916-808-5462.

JULY 23

Senior Legal Hotline Workshop

Reverse Mortgages. Are they as good as the brokers offering them make them sound? How do they work? How can you determine if one may work for you? 1 p.m. Ethel Hart Senior Center, 915 27th St. Free. 808-5462.

JULY 24

Movie night at Arden Hills

With summer in full swing, Friday night is "Movie Night" at Arden Hills Resort Club & Spa on July 24. Your family will love watching the kid-favorite animated mov-

ie "Toy Story" outdoors under the stars at Arden Hills Resort Club & Spa, 1220 Arden Hills Lane, Sacramento, on Wednesday at 6:30 p.m. Tickets are \$20. For more, call 916-482-6111 or visit www.ardenhills.net.

JULY 25

Lunch give-away

KSL Inc. Sack Lunch Give-A-Way starting at 11 a.m. The event will provide a nutritious sack lunch to the kids in the Meadowview area on this day. KSL Inc. will visit the various park within the area as well as Coral Gable Apts., Nedrea Ct., Jarden Villa Apts., and Whispering Pines Apts.

TNT FIREWORKS

THE BIG BANG

OVER 4' TALL

\$45.99

A FAMILY FAVORITE!!!

SUPPORTING LOCAL NON-PROFIT GROUPS.

HOME OF THE BUY ONE GET ONE FREE ON SELECTED ITEMS.

\$599.99

RETAIL VALUE \$713.91

THE LARGEST ASSORTMENT IN THE STATE OF CALIFORNIA

BUY A TNT BIG TIMER, GET THE HEAT FREE WHILE SUPPLIES LAST \$21.99 VALUE

\$10 OFF \$50 PURCHASE

OFFER GOOD THRU JULY 5, 2009

NOW \$139.99

DELIRIUM

BIG TIMER

VISIT OUR FIREWORKS BOOTHS



Windermere

Dunnigan Realtors



RARE OPPORTUNITY

Never before been on the open market. Original owners loved and maintained this spectacular one story home with high beamed ceilings, a perfect floor plan, 3 fireplaces, random hardwood floors, pool and gorgeous lot! Fabulous private location with gorgeous views. \$1,795,000

CARMAH HATCH 765-6210



AMERICA RIVER DRIVE

Desirable Sierra Oaks 4 bedroom 3 full baths with great floor plan and generous room sizes. Living room has stunning travertine fireplace. Family room has wood beamed vaulted ceiling. Remote 4th bed and bath. Location, location, location - close to American River Parkway. See www.3321AmericanRiverDr.eproperty.com \$739,000

CAROLE GOODIN 718-0875



UNIVERSITY PARK

Spacious and free-standing Powell-built home with over 2400 square feet. Popular model with sunny kitchen, formal dining room and a family room off kitchen. Lots of privacy and 2 car attached garage. Beautiful flooring, roof is only a few years old. See www.2014UniversityParkDr.isnow4sale.com \$445,000

ANN WORTHINGTON 425-7715



ARDEN PARK

Spacious ranch home with 4 bedrooms, 2.5 baths plus bonus family room located in the desirable Arden Park neighborhood. Formal living room and dining room with hardwood floors and a charming kitchen with an adjoining sunroom. Pool and bonus detached office. See www.LaGoletaWay.com \$889,000

CHRIS BALESTRERI 996-2244



CONTEMPORARY GEM

Great floor plan! 4Bed 2Ba on private court in Carmichael. Laminate flooring, new kitchen countertops and large backyard. Not a REO or short sale. Owner has taken good care of this home; it is ready for your decorating touches. See www.5417HomeCt.com \$798,000

CARMAH HATCH 765-6210



SIERRA OAKS

This is a beauty - Just remodeled in 2007. Charming hardwood floors, kitchen with granite, new appliances, tile flooring, all new dual pane windows with new shutters. Baths have been remodeled w/granite, new fixtures & cabinets. See www.3008Huntington.quickbuyme.com \$725,000

NITA CASKEY 616-5380

CUSTOM LOT

This is the last custom lot on a very private cul-de-sac of 11 home sites. Current owner has custom designed home plans available for review. Situated close to river, parks and shopping in Carmichael off Fair Oaks Blvd. Build your dream home! See www.windermere.com \$134,900

CHRIS BALESTRERI 996-2244

DESIRABLE OLD SIERRA OAKS

2 story home on one half acre. Complete remodel features raised ceilings, tile floors, lots of glass. Gorgeous grounds with pool. Gourmet kitchen and large breakfast room. Large formal dining room. 5 bedrooms + office. See www.411CrockerRd.com \$1,775,000

PATTY BAETA 806-7761

WONDERFUL CONDO

Wonderful 3 bedroom Woodside Condo! Freshly painted! New tile floors kitchen and bath. Shows very well!! No cottage cheese ceilings! 2 covered parking spaces deeded to property. Light and bright!! Beautiful country-club like grounds. 3 pools, tennis courts, clubhouse and more!! See www.661WoodsideSierraLn.com \$255,000

ROSLYN LEVY WEINTRAUB 952-6602

LUSH ACRE IN CARMICHAEL

A rare gem in Carmichael on an acre lot full of beautiful trees and floral shrubs. There are 6 bedrooms and 4 bathrooms in this charming mission-style estate property. The home also features a large open kitchen and 2 verandas. See www.1500MissionAve.2cmymhome.com \$995,000

PATTY BAETA 806-7761



Windermere

Dunnigan Realtors

2401 American River Drive,
Suite 150
484-2030

Visit Our Web Site: www.windermeredunnigan.com