

## Sixty years of tradition at Town and Country Village

Historic shopping center maintains its unique appearance, independently owned stores

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Darby Patterson on health and wellness

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Local man's path to independence

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## Art alive at Arden Arcade's Artistic Edge

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## One local man's journey

# Working with friends, man gains independence

Special to the Arden-Carmichael News

For Jerry Barkes, independence meant more than his own four walls – it meant the chance to live life on his own terms.

After years of being able to walk and then years confined to a wheelchair due to cerebral palsy, the Arden-Carmichael resident felt hopeless and angry. He was not caring for himself and was at risk of moving to a care home, until he met Robert Piispanen, an instructor with UCP of Greater Sacramento's CLASP Independent Living Program. The program helps people with developmental disabilities learn to live independently and reduces state costs by two-thirds.

Together, Piispanen and Barkes began working on his mobility, with the hope that one day he would be able to walk again – which he did.

"After that, I started smiling all the time because I was so happy," Barkes said. "Robert is my number one guy. He's like a brother to me."

But for Barkes, independence did not stop there.

A few months later, Barkes dropped a bomb: He had decided to move to Oregon to live with childhood friends. Though he knew some would see it as giving up his independence, his apartment, his decision was based on his own values.

"My friends are like a second family to me," he said. "I want to spend the rest of my life with them."

Piispanen was concerned and wanted to make sure Barkes understood that it was a big decision to move to Oregon.

"We had some heated conversations to make sure that he really wanted to go," Piispanen said. "But this was his choice, and that's what independent living is all about."

So began the difficult process of preparing for the move, in addition to the daily assistance that Piispanen was already giving to Barkes. Piispanen is even planning to drive



Photo courtesy

Jerry Barkes, right, with Robert Piispanen, an instructor with UCP of Greater Sacramento's CLASP Independent Living Program.

Barkes to Oregon and help him get settled, despite no longer being on the payroll once they start the drive.

"It's a moral issue for me," Piispanen said. "I can't just walk away. So when we start the move, I'll be going as Jerry's friend."

Together, the two have already determined a pharmacy, physician and a location where Barkes can still participate in warm water therapy. He will move to Oregon at the beginning of September after months of hard work.

"I've always wanted to be up there," Barkes said. "This is my dream, and it's come true."





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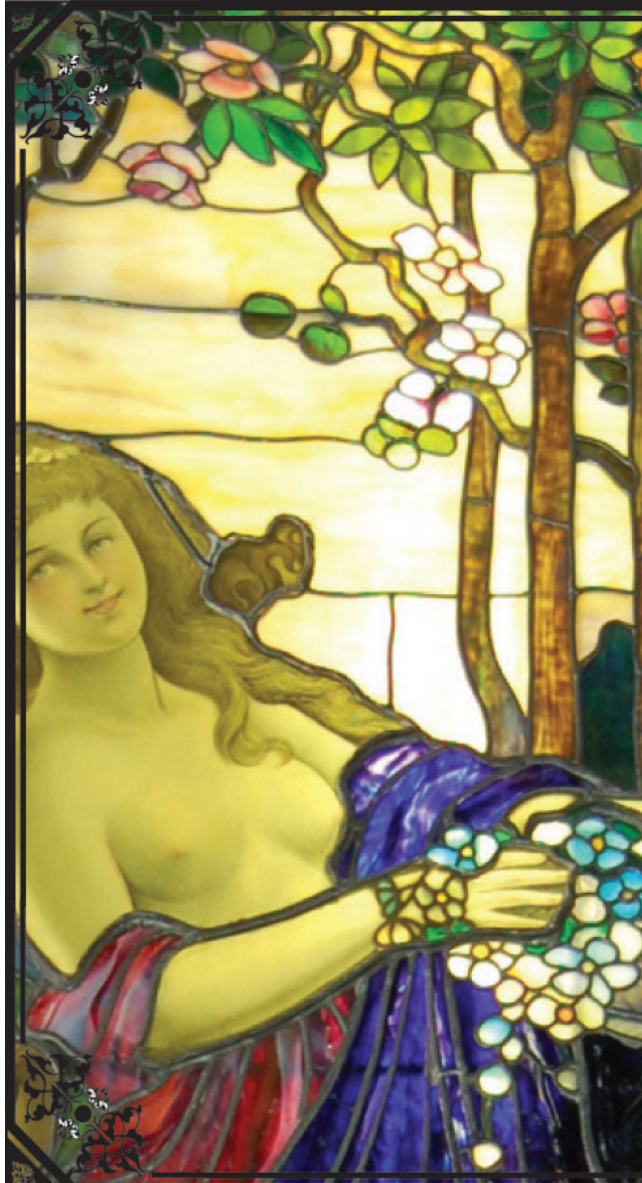
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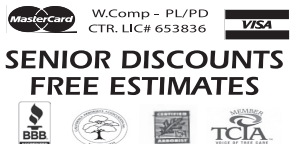
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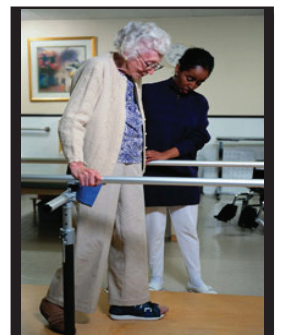
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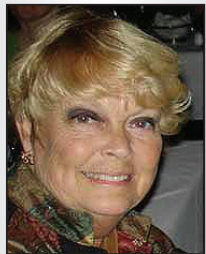
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Photo courtesy of Sacramento Public Library, Sacramento Room

Town and Country Village is shown during its second year of operation. The unique Sacramento landmark, which has the distinction of being the oldest shopping center in Northern California, has been a popular destination for many shoppers for the past 63 years.

## 63 Years of Tradition at Town and Country Village

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

Among the many notable and memorable historic sites of the Arden and Carmichael areas is undoubtedly Town and Country Village.

Although The Village is certainly just one of many places where one could opt to do their shopping today, in its early years, this shopping center was a rare attraction.

### It takes a village

Built on the former site of wheat fields at the corner of Fulton and Marconi av-

enues in 1946 by a visionary contractor, named Jere Strizek, Town and Country Village originally featured a 90-foot building with a market and several small stores.

Since this time, The Village has undergone a variety of changes, including separate expansions of 60,000 and 191,000 square feet of additional store space.

Sacramento resident Penny Kastanis remembers seeing the center during its earliest

See Town and Country, page 8

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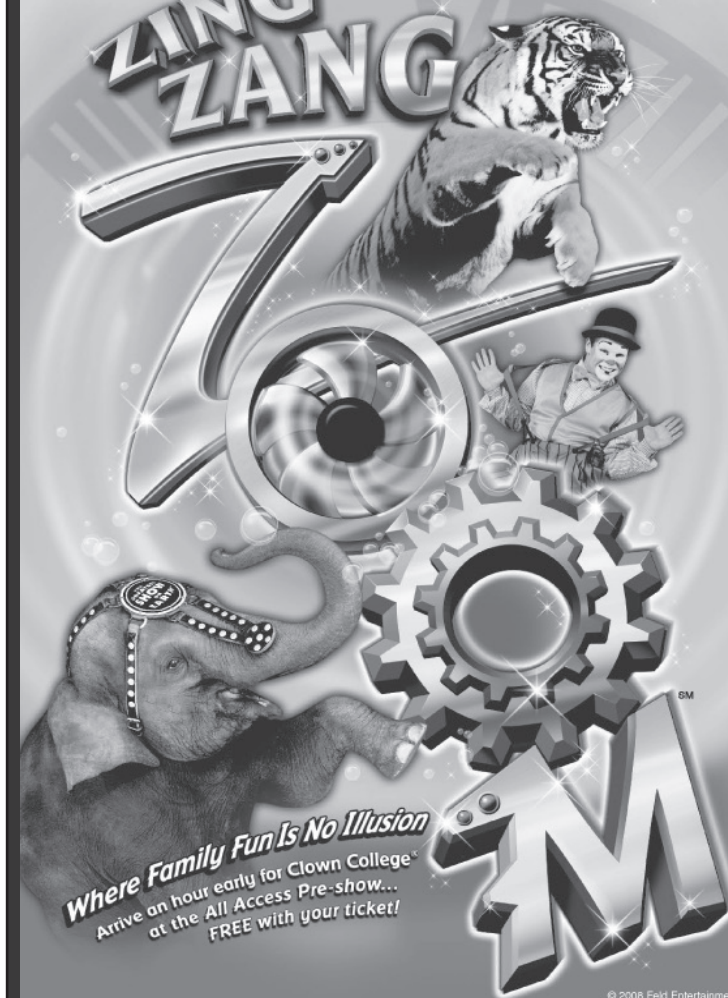
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Know your neighbor

# Jesuit High slugger picked up by Seattle Mariners

By **BENN HODAPP**  
Arden-Carmichael News Writer  
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You may have never heard of the small town of Pulaski, let alone which state it's in. It is a place that is home to roughly 9,000 people in the western part of Virginia. But don't look for third baseman Vinnie Catricala's name on the list of homeowners there; he's just passing through.

Catricala grew up in the Pocket area, playing baseball from the age of five for the Pocket Little League. Like so many other kids, Catricala seemingly played baseball from a young age because that's what you do growing up.

"I remember playing baseball in the backyard with my grandpa and dad when I was really young," he said.

He was part of some championship caliber teams in his Little League days, but it wasn't until high school when he realized he might be pretty good at this whole baseball thing. He went to Carmichael's Jesuit High School in Sacramento where he starred as the team's third baseman. Despite Jesuit's long-standing athletic excellence, it was not baseball that drew him there.

"I went to Jesuit and he was going to go there anyway," Vinnie's father David said.

While at Jesuit, Vinnie drew interest from MLB teams, much to his surprise. After his se-

nior season ended, Catricala was drafted in the 50th round by the Cleveland Indians.

"I actually had no idea (that I was good enough to go pro) until I got drafted," he said. "When it happened I started to think I might have a chance."

He now had a decision to make. Go pro in the Indians' farm system or take the scholarship he earned to the University of Hawaii. His decision was never really in doubt.

"I didn't think I was ready to go pro," he said. "I knew I had some maturing to do and that college would make me better."

Life for an athlete in Hawaii is not a bad one, which likely comes as a surprise to no one.

"They don't have any pro teams (in Hawaii) so the college teams are huge there," David said. "They are treated like kings."

"Everyone knows who you are," Vinnie said. "It's good weather all year round. We're in shorts most of the time."

In three years at Hawaii, Catricala blasted 20 home runs (T-4th in school history) including 13 in his junior season. That was all MLB scouts needed to see. Vinnie was drawing interest from a number of teams, most heavily from the Washington Nationals, Atlanta Braves and Cleveland Indians...again. He was brought in by the Giants (his favorite team growing up along with the A's) and Dodgers for workouts leading up to the

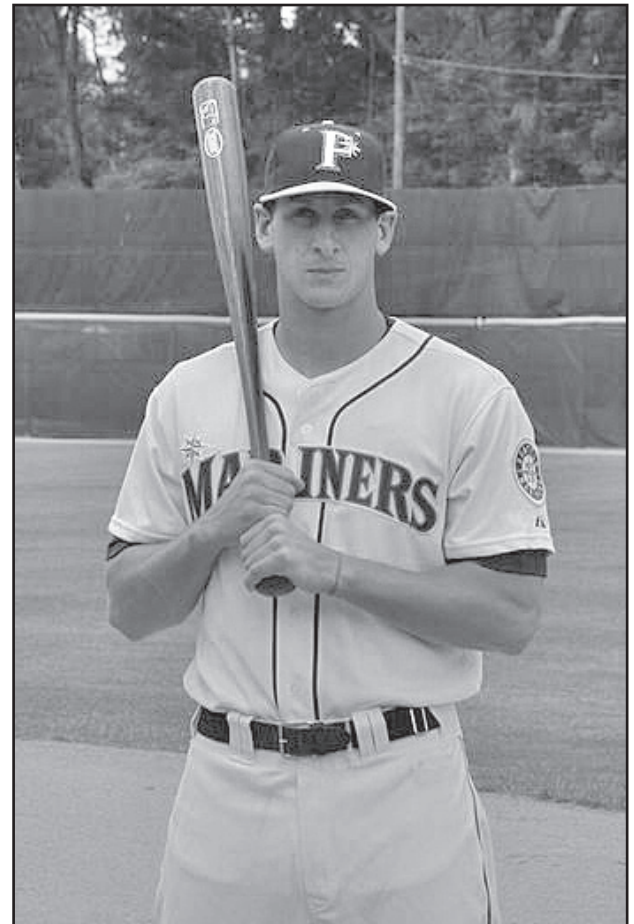


Photo courtesy [www.cougardavecentral.com](http://www.cougardavecentral.com)  
Vinnie Catricala grew up in the Pocket area, playing baseball from the age of five for the Pocket Little League. Now he's making a name for himself in the big leagues.

See Slugger, page 7



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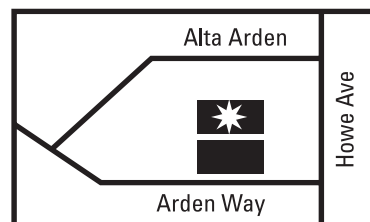
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# Slugger: 'but actually being on the field in those stadiums was crazy'

Continued from page 6

draft. The enormity of the situation was not lost on Vinnie.

"It's weird to think," he said before a brief pause. "You see these places on TV and in magazines, but actually being on the field in those stadiums was crazy. I was thinking 'This is where Barry Bonds hit the record-breaking home run. It's definitely surreal.'"

When the MLB Draft came along on June 9, Vinnie was rumored to go as high as the third round according to David. Vinnie was expecting to go more around the 10th. The first nine rounds went by without his name being called, but come the 10th he didn't have to wait long.

With the 293rd pick the Seattle Mariners selected "Vincent" Catricala, the second player taken in the 10th round. There was excitement all around from the family when his name appeared on the draft ticker, but the destination left a lot of people surprised. It's not that Vinnie had a problem with the Mariners, he was just shocked because they had had such little contact with him beforehand.

"I met their scout in Hawaii, but I wasn't expecting them to pick me," Vinnie said. "There were a bunch of teams who were more in contact with me."

On June 19, Vinnie signed with the Mariners, leaving behind one year of eligibility at the college level. This time he was indeed ready.

So now he finds himself in Pulaski as a professional baseball player. A player who was drafted not once by a Major League Baseball team, but rather twice. So far he has posted a .288 batting average with 6 home runs and 27 runs batted in for the Pulaski Mariners of the Rookie Appalachian League.

Life in the minors seems to be suiting Vinnie pretty well. It is a lifestyle of baseball, baseball and baseball.

"There's nothing much else to do in these small towns we go to but play baseball, but I guess that's kind of the point," he said. "The days are long and it feels like you're asleep for five minutes then you're up again. The body can handle it, but it can be tough on the mind."

Vinnie's Mariners are in the midst of a stretch of 57 games in 60 days, a schedule different than any he has played before. A Major League type schedule. It wasn't so long ago that Tampa Bay Rays third baseman Evan Longoria was in a similar situation. Vinnie said that he tries to emulate him. If he succeeds in doing so, big league pitchers will wish he had stayed a little while longer in little old Pulaski, Va.

# Orangevale resident makes SSU Dean's List

The spring 2009 Dean's List at Sonoma State University has been announced. Jacqueline Perez, the daughter of Richard and Gilda Perez in Orangevale, was recognized based on her outstanding grade point average.



Jacqueline Perez

This is the second semester that Jacqueline has been named a recipient of this prestigious award.

As a third-year (junior) medical major student, Jacqueline is pursuing a career in the medical field as a Physician's Assistant. Upon graduation from Sonoma State University, she will continue on her educational endeavor by seeking a master's degree in her chosen field at either UC Davis or Stanford University. She is an honors graduate (class of 2007) of St. Francis High School in Sacramento.

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# Town and Country:

Continued from page 5

years, when the area was still in its development stage.

"When they built Town and Country, there was hardly anything out there," Kastanis said. "There were goat farms and things like that in the area and the next thing you knew, buildings were going up and things were changing."

As a businessman, Strizek built The Village to accommodate residents of his nearby 200-house Bohemian Village and 155-house Vienna Woods.

## Different from downtown

With the construction of The Village, the shopping center provided an alternative and deterrent from the much busier downtown shopping area with its very limited parking availability. But unlike downtown's shopping stores, The Village had a much different and unique appearance.

Town and Country Village was not only a shopping center,

but a physical representation of Strizek's childhood vision of the things that symbolized California, such as Spanish buildings and tall palms hovering far above the ground in the warm sun.

Strizek, who began his career as a carpenter apprentice in Seattle in 1918, designed The Village with red Spanish tile roofs and overhangs and of course, large palms.

Some of the center's earliest features included wooden benches, hanging pots, urns and a variety of shrubbery and flowers.

Intended to present a rustic and country-like feel and appearance, The Village was not constructed with new, shiny material, but instead it was built with materials, which would better fit the mold of Strizek's vision.

And being that supplies were limited due to the effects of World War II, Strizek utilized his resources well.

In one instance, he purchased timbers from a defunct section of the Southern Pacific Railroad line that ran from Woodland to Marysville.

Following the delivery of the timbers, Strizek acquired old Pacific Telephone and Telegraph Co. telephone poles, which he used as uprights to support the Spanish tile-topped overhangs of the Village's buildings.

## A place like no other

Fair Oaks resident Dee Ellsworth said that she is very well connected to a very unique part of The Village's many features – its Adobe Court.

Ellsworth said that her late father, Les Meinzer, was involved in the construction of the court.

"I remember going with him on the (Adobe Court) job and helping him clean up when I was about 8 years old," Ellsworth said. "But at that age, I



Land Park News Photo/Lance Armstrong

Throughout its 63-year history, Town and Country Village has featured a wide variety of independently-owned shops in a unique setting.

also played a lot and I remember swinging around the large (telephone) poles that held up the buildings' overhangs. My father was the only adobe builder in Sacramento, so just about anything that was built in Sacramento with adobe was built by my father."

In order to enhance the California ranch, country-like appearance of his under construction shopping center, Strizek had several wagon wheels and kerosene lanterns placed at his new shopping center. The lanterns hung from the overhangs above 10-foot-wide walkways.

Furthermore, The Village featured historical artifact displays with such items as old photographs, rifles, cookware, a large rusty handsaw, a writing slate and an antique typewriter.

Adding to The Village's aesthetically unique appearance, the center was also unique in regard to its businesses.

Void of national chain stores, The Village, which consisted of about 60 stores by 1949, was completely composed of independently owned businesses with a wide variety of offerings.

Among the earliest businesses of The Village were The Chuck Wagon restaurant, The Kid-E-Korral, Town and Country Pharmacy, a post office, a pet shop, an ice cream parlor and many businesses that utilized the name Village such as Village Cleaners, Village 5 and 10 store, Village Flower Shop and Village Shoe Shop.

## Village's place in the city

Today, several historic Town and Country businesses continue to operate, including Wil-

liam Glen, Anderson Brothers Leader Pharmacy and Helen Jones Gallery and Custom Framing.

Longtime clothier, Bonney and Gordon, however, closed its doors this year after 61 years as a Town and Country tenant.

Jack Kersten said that he remembers going to Bonney and Gordon for his suits as earlier as 1960.

"I came here (to Citrus Heights) in about 1960 and I would get my suits there (at Bonney and Gordon)," Kersten said. "They had really good suits there and back then my wife would have me get a new suit every so often."

Sacramento resident Norma Idzinga said that she has fond memories of The Village.

"It was a nice place with a lot of (independently-owned) stores," Idzinga said. "I don't remember much about the individual stores there, except that they were small and there were a lot of nice little oddities that you wouldn't see at the big stores. I'd never seen anything like (The Village). It was the first (shopping center) in town and it was quite a place."

The Village, despite surviving a large fire in 1963 and undergoing reconstructions and renovations, continues to host a wide variety of independently owned stores and attract attention for its unique appearance.

Several years ago, Charles Chatfield, one of The Village's many owners throughout the years, described the shopping center as "one of the true real estate jewels in the Sacramento area."

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# Art alive at Artistic Edge

Thanks to art lovers and city event organizers, locals can take to the streets of Sacramento and Arden Arcade getting their fill of all things artistic. The Second Saturday Art Walk is a way for local artists to have their works seen, enjoyed and possibly even sold to admiring patrons. Arden Arcade's Artistic Edge, 1880 Fulton Ave., is a participant in the event festivities, drawing dozens to the framing center and art gallery during their special show August 8.

All photos and cover photo by Danny Kam. Ben Hodapp contributed to this story.



Featured artist William Buell stands before his work at Artistic Edge.



Featured artist Curt Brandhorst, at right, talks with a guest at Artistic Edge.



Harry Hills admires the art work on Second Saturday.

## Starting school right Giving your student the best foot forward

By STEVE DEBENEDETTI-EMANUEL  
Special to the Arden-Carmichael News  
steve@rivercitycounseling.com

As we near the end of summer, it's time for parents to consider how they can best help their high school students prepare for the upcoming school year. Each year, the academic demands placed on students increase, and it's getting more and more difficult for teens to balance school with the rest of their lives. It's crucial for parents to take time now to have conversations with their children about the upcoming year and to help them set specific goals.

Think about what you want to discuss before speaking with your teen. Did your child do as well academically last year as he or she (or you) wanted, and what helped or hindered their success? Could you have done anything differently to support your teen's performance? After considering these and other questions, you'll be better prepared for your conversation.

Begin by asking your child to share his/her thoughts on how the last school year went. Encourage your teen to focus on both the areas in which goals were and were not met. Then ask them why they think this happened and what they could have done differently to bring about better results.

Next, help your teen set goals for the upcoming school year. These goals should include academic and extracurricular activities, both in and outside of school.

Encourage your child to consider what could get in the way of meeting these goals. If your teen is hoping to earn straight "As," be the lead in the fall musical, and play three varsity sports, it would probably be unrealistic to work twenty hours a week outside school. It's important that you raise your concerns and help your child evaluate if the goals should be adjusted.

Ask your student to consider what types of extra support they think they'll need

and help them get it. Perhaps math isn't your son's strength, but he's still determined to take AP Calculus. Both compliment him for his willingness to challenge himself academically and remind him of the importance of seeking extra help when necessary. Encourage him to speak to his teacher sooner rather than later if he's struggling, and reassure him that you'll assist him with finding additional help, should it be necessary.

Help your child identify incentives for meeting these goals. Perhaps your daughter wants to buy her first car and would like your financial assistance. Let her know what help you'd be willing to provide, and be clear that it's connected to reaching the goals she sets. Be aware that many teens will attempt to convince you to provide this financial support ahead of time by promising to meet these goals, only to decrease their efforts once they get what they want. Should your teen attempt to influence you in this way, patiently remind her that your offer is good only *after* she reaches her goals.

Ultimately, the beginning of each school year brings chaos and upheaval. If students aren't prepared to put forth their best effort right from the start, it's simple to fall behind and feel buried within a couple of weeks. To help prevent this from happening, I encourage parents to take the time now to initiate honest conversations with your children about the upcoming year. If you help your teen identify potential problem areas and explore solutions ahead of time, I'm confident that they will be more prepared to respond effectively when the real challenges hit in a couple of weeks.

Steve DeBenedetti-Emanuel is a licensed marriage and family therapist based in the Sacramento area. Contact him at [steve@rivercitycounseling.com](mailto:steve@rivercitycounseling.com). Steve's columns appear periodically in the Valley Community Newspapers.

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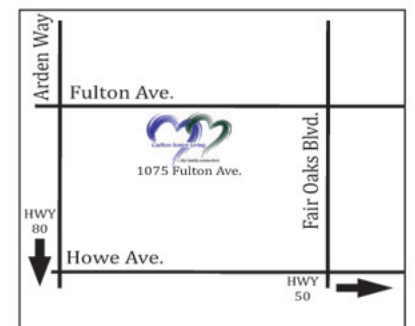
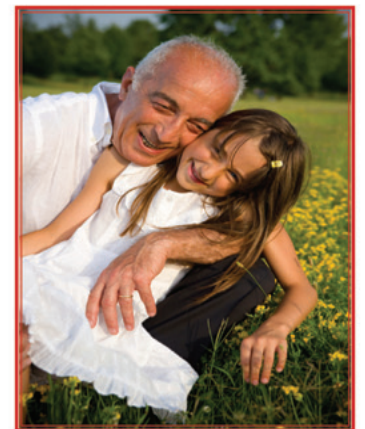
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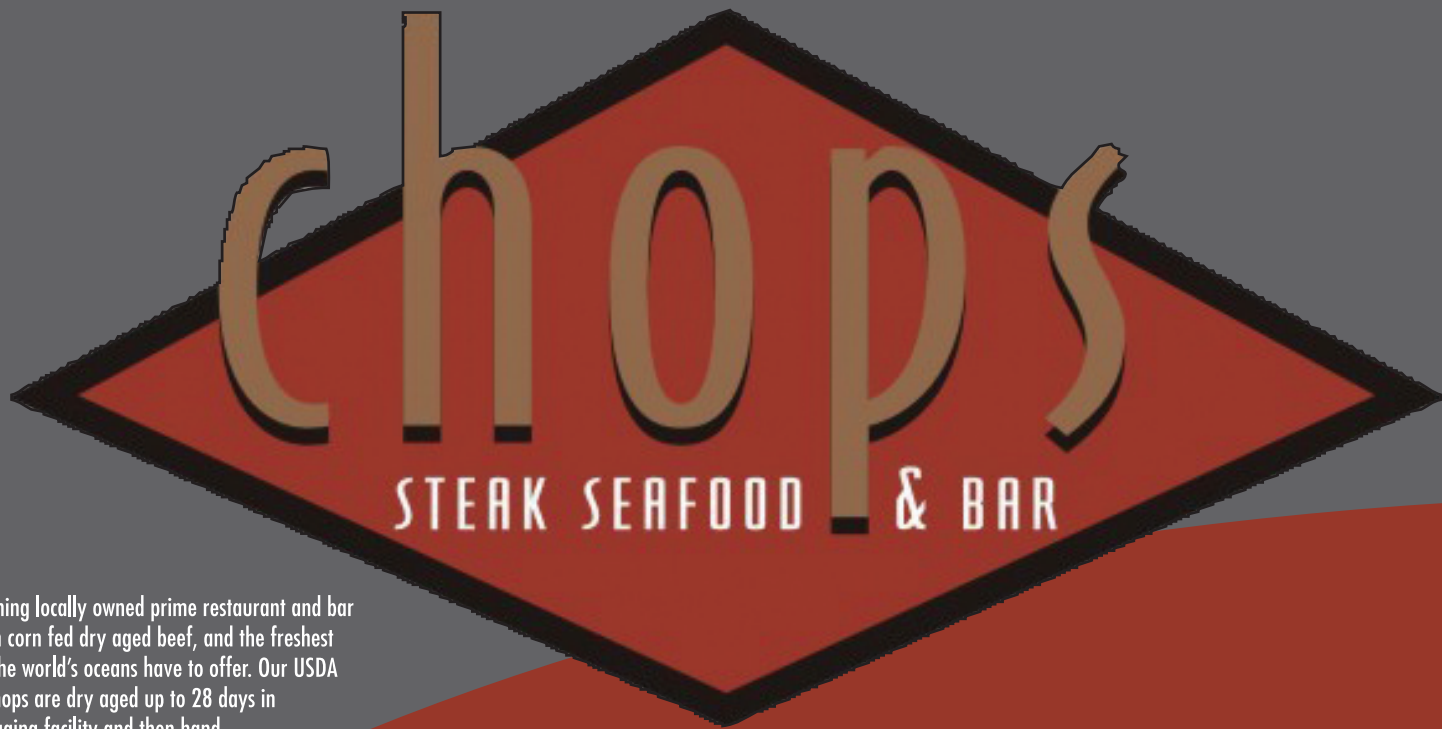
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# Get real: Looking ahead to healthy longevity

By **DARBY PATTERSON**  
Arden-Carmichael News Columnist  
vcnnews@valcomnews.com

Having had the opportunity to attend the excellent Mini Medical School at the UC Davis School of Medicine, and serving on Sacramento's Adult and aging Commission, quite naturally, encourage me to focus on the issues of health, longevity and aging. While many baby boomers, such as myself, feel like 35 year-olds encased in the body of a 60-year-old, the mere passage of time brings changes, challenges and – believe it or not – opportunities.

Today, when the average life span for a woman born in 2009 is 79 years and about 72 for men, even 40-somethings are considering how to prepare for active longer lives. It's true that this may not happen if we don't consciously look forward and adapt our behaviors accordingly. This might be particularly true for men who, as you see, statistically live shorter lives than women. It's not that women are superior to men, (although I once believed that back in the 70s) but that we manage our health differently and "engage in less risky behaviors" – such as lounging on the couch and watching sports, smoking, driving sans seat belts

and other activities. There are also certain hormonal differences that contribute to a male's shorter lifespan. But, hey, consider that an American born in 1776 had a life expectancy of 36 years. We've come a long way.

In this column, I'll be talking about the word few people want to hear, "exercise." How much is enough? I'll review medical advice about the healthiest diets, how to maintain strength and flexibility, and generally how make the most of the second half of life. It's common to hear that today's 70 is yesterday's 50, and with medical research revealing new secrets about aging, we might be able to prove that hypothesis.

Consider that, in 1950 there were 3,000 centenarians in the U.S. Today that number has risen to an estimated 55,000. By 2050, experts anticipate there will be 1 million centenarians. I'll have to take that on faith because, realistically, I won't be one of them.

Abundant resources are available to guide us through healthy and positive aging. Information, however, seldom comes knocking on our doors. It's incumbent on each of us to search out opportunities to get the facts about nutrition, exercise, attitude and

social networks that support healthy aging.

Taking personal responsibility for our journey into greater maturity creates new opportunities to exert control over our lives. We don't have to become frail or depressed. We don't need to feel unattractive or too old to enjoy activities. Research already shows that the stereotype of aging doesn't stand up to reality. But, ultimately, it's up to each of us to make the decision to join the new era of people consciously aging well.

Next week, let's talk about the "e" word, exercise.

*Editor's Note: It is with great pleasure on behalf of the editorial staff that the Arden-Carmichael News will host Darby Patterson, a longtime local journalist. A new regular feature for the paper, Darby's columns on health and wellness will appear in the first issue of the month.*

*"In this column, I'll be talking about the word few people want to hear, "exercise." How much is enough? I'll review medical advice about the healthiest diets, how to maintain strength and flexibility, and generally how make the most of the second half of life."*

**-Darby Patterson**



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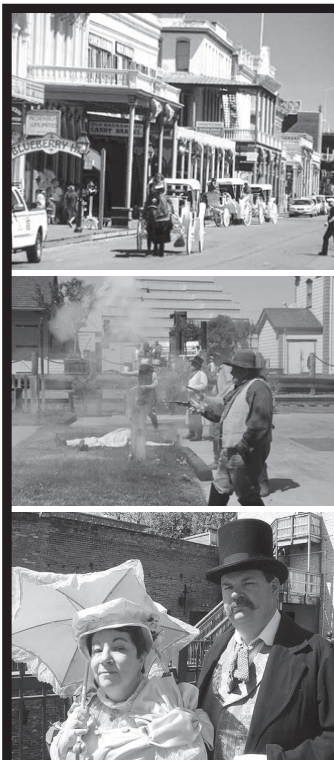
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### Attractions: Sunday, August 2

Storytelling, Waterfront Park, 11:00-2:00  
Children's Games, Wharf, 10:00-4:30  
Shootout, Blue Canyon Gang, Waterfront park, 4:00-6:00  
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### Attractions: Saturday, August 8

Jugglers, Dave and Caleb Sohigian, Pony Express Plaza, 11:00-2:00  
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### Attractions: Sunday, August 9

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Shootout, Blue Canyon Gang, Waterfront park, 4:00-6:00  
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### Attractions: Saturday, August 15

Variety Show, Eagle Theatre, 1:00-3:00  
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### Attractions: Sunday, August 16

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Shootout, Blue Canyon Gang, Waterfront park, 4:00-6:00  
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### Attractions: Saturday, August 22

Jugglers, Dan Holzman, Atlantis Park, 11:00-2:00  
Children's Games, Wharf, 10:00-4:30  
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### Attractions: Sunday, August 23

Storytelling, Waterfront Park, 11:00-2:00  
Children's Games, Wharf, 10:00-4:30  
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# CALENDAR

For more Calendar entries visit  
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### 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](mailto: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. There is no guarantee that events submitted will appear in the calendar. To ensure placement within the newspaper, please call 429.9901 to place an advertisement.

### AUGUST

#### Free pole walking clinics

Organized by Cure Arthritis Now, free pole walking clinics will be hosted Thursdays, August 13 and 27, at the Sierra 2 Community Center, 2791 24th St. Interested people need to call the group directly for times and specific locations, to pre-register and reserve the walking poles for the clinics. For more information, call 208-8700.

#### 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 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. Visit the show at John Natsoulas Gallery, 521 First St., in Davis. The gallery opens at 11 a.m. For more information, call (530) 756-3938.

#### Summer Concert Series

Parkside Community Church, 5700 S. Land Park Dr., will host area musicians to present Seven Summer Sundays + One Concert Series. The series funds the work and mission of Parkside Community Church. Suggested donations for each concert are: \$10 per person; \$30 per family; and a "Season Special" of \$65 per person for all eight concerts. Tickets may be purchased at the church office between 8:30 a.m. to 12:30 p.m., Monday through Thursday, at the door, or by phone at 421-0492. The concerts are the Se-

quential Sundays at 7 p.m. through to August 30. For more info, call 391-3317.

### AUGUST 13

#### Computer Club meeting

Mission Oaks Computer Club will meet from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Adam Lacey, Applications, Etc., will present a potpourri of subjects: Upgrading to a new computer, Backing up your data to CD, On-line and/or hard drive, and Transferring data. A question and answer session follows the meeting. Visitors are welcome. For additional information call 366-1687, or visit our Web site at <http://missionoakscomputerclub.org>.

#### Greater Broadway Partnership meeting

The next meeting is August 13 at 5 p.m. at the Broadway Career Center, 915 Broadway. Please check out their new Web site, [www.greaterbroadwaypartnership.com](http://www.greaterbroadwaypartnership.com), to keep informed of news and announcements.

See more Calendar, page 23

# MINI MARKETPLACE

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**OPPORTUNITY**  
Tired of businesses that don't work? If you are financially motivated for a CEO level income, driven & want to excel in life, call 800-662-1961 x 1155 Not MLM. Major Training Event in Los Angeles on August 30.

**Classified ads work!**

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Independent advisors needed. Eco-friendly, innovative, home-care solutions from France. Enjoy flexibility of working from home. Call Rosalie @ 775-224-2464 [www.h2ogogreen.com](http://www.h2ogogreen.com)

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4D V6 Sedan, fully loaded SEL. Great condition, appearance. Mileage 39K, 25 MPG on fwy. Automatic. A/C. Power steering, brakes, windows, door locks, seat, tilt wheel, AM/FM, CD player, dual front airbags, new tires. Silver \$7500 Call 978-9936.

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**Home Improvement Guide  
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**(916) 397-1605**

jmerica@golyon.com

www.jmerica.golyon.com

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**SOLD**

**Cute, Cute, Cute Land Park Cottage.**

Move-in ready! Hdwd floors, LR with faux-printed fp, recessed lighting & plantation shutters, Formal DR, remodeled kitchen, bkfst nook has French door to deck & lovely flowering bkyd. Inside laundry has new tile floor, qtr bsmnt, master BR has French door to yard. Attic nicely finished off & perfect for home office or maybe small bedroom. Remodeled bath. Detached 2-car garage w/ opener. New driveway has gate for extra privacy/security, new sidewalk. So much work already done. This house is darling!..... \$399,000

**Golden Opportunity**

Great location, wonderful schools & big lot! This major fixer & great price combine for huge potential on street of million dollar homes in Del Dayo Estates. 4 bed, including master suite. Master bath already demolished & ready to be rebuilt to your taste. Much more to be done but price reflects condition. Could be beautiful again. Bring your contractor - here's your chance!..... \$450,000



**SOLD**

**Curtis Park Tudor Cottage**

Works all done in this nicely updated Curtis Park 2 bed, 2 bath Tudor cottage close to park. Remodeled kitchen and laundry room, features sunny Mediterranean colors. Master suite with lots of storage. Both baths have been remodeled. Bonus attic space, perfect for office or play room. with skylights. Large newer 2-car garage with pull-down stairs for storage and pretty backyard. .... \$399,000

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**Massage Envy**  
Massage for the Cure

Help beat breast cancer on September 15th with a \$35 massage.\*

In one day, Massage Envy hopes to raise \$500,000 to benefit Susan G. Komen for the Cure®. But the only way this will happen is with your help. Join us on September 15th as Massage Envy and Susan G. Komen for the Cure help put an end to breast cancer. Limited appointments are available, so call to schedule your massage today.

For more information visit [MassageEnvy.com](http://MassageEnvy.com).

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**LAKE CREST VILLAGE**  
990 Florin Way  
Next to Nugget Market (916) 391-3689

\*Massage session consists of a 50-minute massage and time for consultation and dressing. Monthly pre-paid massages and gift cards not accepted on day of event. \$10 per massage will be donated to Susan G. Komen for the Cure, with a guaranteed minimum donation of \$250,000. ©2009 Massage Envy Limited, LLC.





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Mention you saw this ad in the Arden Carmichael News

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# Calendar

Continued from page 12

## AUGUST 14-16

### Ragtime Festival

The 11th Annual Sutter Creek Ragtime Festival will be held Friday from 4 p.m. through Sunday, August 16 at 4 p.m. There will be 31 musicians and groups playing in five different venues on Main Street, Sutter Creek. Special events include Silent Movies, a Youth Concert, and two concerts featuring all the musicians. Early Bird special All Event Badges are on sale for \$60 before July 15, and \$70 after. Daily badges, concert tickets and Silent movies tickets are also available. Reserve your badge now through the Mother Lode Ragtime Society, 11310 Prospect Drive #10, pmb 12, Jackson, Ca. 95642. For more information call 209-223-0867, e-mail jasser09@yahoo.com, or visit www.suttercreekragtime.com.

## AUGUST 15

### A night at the movies

Enjoy a night at the movies and see a classic film the third Saturday each month at Didi-on/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: "To Kill a Mockingbird" on August 15; and "Gaslight" on Sept. 19.

### Elmhurst Ice Cream Social

The Elmhurst Parent's Group will host an Ice Cream Social and Family Resource Fair on Saturday from 10 a.m. to 12 p.m. at the Coloma Community Center. The event features free ice cream, water play, carnival games, music by Music Matt, a visit from the Sacramento Fire Department, a visit from the Sacramento Police Department, a family resource fair, and lots of fun for the whole family. Please bring a picnic lunch. This is a community event open to all. For more information, call 731-4319.

## AUGUST 15

### Turtlerama

The Sacramento Turtle and Tortoise Club presents a Turtlerama on Saturday, August 15 at the Belle Cooledge Library (South Land Park and Fruitridge Road) from 11 a.m. until 4 p.m. The Turtlerama is an exhibit of live turtles and tortoises for the purpose of educating the public as to the care of these special creatures at home as well as how to preserve them in the wild. Admission is free. For more information, call (916) 421-1134.

## AUGUST 16

### St. Mary's Parish 78th Annual Festival

The annual festival is Sunday from 10 a.m. to 8 p.m. at the parish, 1351 58th St., The event features two great bands: Q-Balls and Miller Hi Lites. Plus lots of wonderful attractions for the family and kids. Arts and crafts, festival booths, bingo, rock climbing, laser tag, water slides, shopping mall, chicken/pasta dinner, international selection of foods, and dancing. For more info, call 718-2766.

## AUGUST 19

### Free real estate seminar

Do you qualify for a loan modification? Visit the seminar held at 6 p.m. and hosted by

Cook Realty at 4305 Freeport Blvd. RSVP to Deb Luna or Anthony Carrill at 833-6266. For more information, visit www.cookrealty.net.

### Genealogy Club meeting

Mission Oaks Genealogy Club in Carmichael with Meet August 20. If you have any questions, please contact the club's president: Robert Noyes (916) 332-5753.

## AUGUST 20

### Latino Dance and Culture Group

Come dance to the beat of all types of Latin music! Featured DJ music and delicious Mexican food! Held at the Ethel Hart Community Center, 915 27th St., from 6:15-8:45 p.m. Suggested donation: \$3. For more information, call Barbara Alarcon 400-4514.

## AUGUST 21

### On warm water therapy

A representative from Easter Seals will be here discussing the health benefits of aquatic exercise using their heated pool. Come learn if you qualify to take advantage of this great program. Please sign-up in advance. Friday, August 21st at 10 am, Ethel Hart Senior Center, 915 27th Street, Sacramento. Cost: Free. Info: 916-808-5462.

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# Windermere

## Dunnigan Realtors



**PENDING!**

### CAMPUS COMMONS REMODEL

You won't be disappointed by this newly remodeled unit. 3 full bedrooms upstairs. Kitchen has granite counters, tile backsplash, stainless steel appliances and new cabinetry. Updates include hardwood flooring, 5" baseboards, carpeting, tile flooring, recessed lighting, light fixtures and more. See [www.149HartnellPI.com](http://www.149HartnellPI.com) \$360,000

**CHRIS BALESTRERI 996-2244**



### 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](http://www.2014UniversityParkDr.isnow4sale.com) \$424,000

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### CARMICHAEL OVERLOOKING THE RIVER!

6 Bedrooms 5 1/2 baths, office, huge bonus/exercise/playroom. Great kitchen and family room combo. Pool, steam room, sports court all on beautiful private, lush setting. 5 heat and air systems. 4 car garage. 2 staircases and high ceilings. See [www.7036GrantAve.com](http://www.7036GrantAve.com) \$2,275,000

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Wonderful 3bdm 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](http://www.661WoodsideSierraLn.com) \$255,000

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Designed with space & light in mind. Large bedrooms & entertaining areas with many floor to ceiling windows. Freshly painted interior & new flooring enhance the cheerful interior. Fenced pool & side yard with winding slate path around majestic redwoods. Steps from the Am. River Parkway. See [www.3911crondalldr.view24hours.com](http://www.3911crondalldr.view24hours.com) \$689,000

**DAVID KIRRENE 531-7495**



### WYNDGATE CUL-DE-SAC

Beautifully updated 2 bedroom 2 bath. This lovely home is located in a private location in the highly regarded Wyndgate community. Gourmet kitchen with custom cabinetry; wood floors, formal living room and dining room, and den with custom shelves. Two patios and more! See [www.400WyndgateRd.com](http://www.400WyndgateRd.com) \$675,000

**PATTY BAETA 806-7761**

### ARDEN OAKS AREA

Prestigious Arden Oaks Neighborhood at an affordable price! Wonderful 4 bedroom family home with a very open and spacious floor plan. Remodeled and updated and shows like a dream! Large backyard is perfect for entertaining or just letting the children and pets run and play. See [www.4221WindingCreek.com](http://www.4221WindingCreek.com) \$549,000

**CARMAH HATCH 765-7210**

### 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.quickbuy.com](http://www.3008Huntington.quickbuy.com) \$725,000

**NITA CASKEY 616-5380**

### 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, close to American River Parkway. See [www.3321AmericanRiverDr.property.com](http://www.3321AmericanRiverDr.property.com) \$699,000

**CAROLE GOODIN 718-0875**

### SECULDED OASIS

This contemporary beauty is located in the desirable Del Norte neighborhood - just down from the club. The private yards offer quiet solitude from the busy city life. The home has high ceilings w/large windows. Great designer colors throughout, bamboo floor coverings, and an updated kitchen are a few of the many features offered. See [www.3950RobertsonAve.com](http://www.3950RobertsonAve.com) \$5489,000

**DAVID KIRRENE 531-7495**



# Windermere

## Dunnigan Realtors

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