

## Shamrock Club puts the spirit in city's St. Patrick's Day Parade

Sacramento's Irish heritage club has deep roots in Carmichael, Arden Arcade

See page 6

Marty Relles presents 'Janey Way Memories'

See page 5

COMMUNITY CALENDAR, PAGES 20-21 • KNOW YOUR NEIGHBOR, PAGE 6 • FACES AND PLACES, PAGE 2

### Inside This Edition



'Day of Giving' helps elementary school

See page 2



Construction on Target proceeds

See page 11



# Blossoming talent

## One man's path from lawyer to artist

See page 8

**WE ARE THE ONLY MEDICARE RATED**

**"5-STAR" FACILITY WITH 24 HOUR RN STAFFING**  
(100 beds or more)

"I'm sending you a letter to thank you and the staff for the good care you are giving my father, Richard. It's good to know he is in a safe, clean, and caring environment. Our family appreciates the special attention and efforts to take care of him. We notice how the staff talks to each other and patients with respect and tries to meet their needs in a timely manner. Keep up the good care! It shows. Very truly yours." — Carolin K

**6041 Fair Oaks Blvd • Carmichael, CA 95608**



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



**916.483.8103**

E-mail stories & photos to: [vcnnews@valcomnews.com](mailto:vcnnews@valcomnews.com)

Vol. XIX • No. 5

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  
**Art Director**..... John Ochoa  
**Junior Designer**..... Ryan Vuong  
**Sales Manager**..... Patty Colmer  
**Advertising Executives**..... Linda Pohl  
Marc Harris Desilés, Melissa Andrews  
**Distribution/Subscriptions**..... George Macko

\$30 a year subscription

**Please send your updated  
2010 Calendar announcements**

*...especially if you host monthly events!*  
e-mail to [ryanrose@valcomnews.com](mailto:ryanrose@valcomnews.com)

Fax to: 429-9906

Phone: 429-9901

Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818



Arden-Carmichael News Photo/Susan Laird

Day of Giving volunteers gave a day of their lives to make a difference at Hubert H. Bancroft Elementary School in Sacramento. Here, Rob Feickert tills the soil in preparation for the restoration of a native habitat.

Faces and places

## Prudential Realty 'Day of Giving' benefits Sacramento elementary school project

By **SUSAN LAIRD**  
Arden-Carmichael News Writer  
[susan@valcomnews.com](mailto:susan@valcomnews.com)

There is a story told in business circles about a man who walked down to the beach one morning. As he approached the bubbly edge of the surf, he suddenly saw thousands and thousands of sea stars – “starfish” – that had washed on shore overnight. The tide was going out, and the entire colony was going die in the sun.

He started to grab sea stars and throw them back into the ocean.

Another man came up to him and asked, “Why are you doing this? You can’t possibly save them all, even if you work all morning. There are too many to make a difference.”

“It makes a huge difference to this one,” the man replied as he tossed yet another sea star back into the ocean.

Prudential Realty celebrated its first annual Giving Day on March 6. The Giving Day was held in honor of Ed Krafchow, the company’s founder. Some 40 offic-

es throughout Northern California and Northern Nevada each selected a “hands on” service project to benefit their local community and to make a difference.

The Sierra Oaks branch of Prudential California Realty selected third grade teacher Kristi Phillips’ educational/natural habitat preserve project at Hubert H. Bancroft Elementary School in Sacramento as the beneficiary for this inaugural event.

“This is part of a three-phase restoration of a quarter acre back to its natural habitat,” Phillips explained. “The first phase involved building nesting boxes for birds. The Audubon Society came out and gave a talk to the fifth graders, gave a bird walk and then donated the bird boxes and installation. The second phase involves restoring this area where the (Prudential Realty) volunteers are taking out the grass and preparing it for planting with drought-tolerant, California native species. The future third phase will be an ‘A through Z’ garden

See Face and places, page 14

**TREE TECH SERVICES**

RESIDENTIAL / COMMERCIAL

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



A Subsidiary of Tree Technology, Inc.

**688-7979**

ELK GROVE

**386-1780**

SACRAMENTO

**1-800-821-TRIM (TOLL FREE)**

Thorough Clean-Up Prompt Friendly Service

[www.TreeTechServices.com](http://www.TreeTechServices.com)

4 CERTIFIED ARBORISTS ON STAFF  
REPORTS & CONSULTATION  
AVAILABLE

MasterCard VISA  
W.Comp - PL/PD  
CTR. LIC# 653836  
SENIOR DISCOUNTS • FREE ESTIMATES

**\$25 OFF**  
any service of \$200 or more  
TREE TECH

**ADULT BASEBALL**

Want to play hardball again but don't know where?  
You can play ball again in

**THE NATIONAL ADULT  
BASEBALL ASSOCIATION**

with over 60 existing teams in the Sacramento area.



18+, 28+, 38+ Age Groups  
and 48+ (wood bat only)  
Various Levels of Play  
18-22 Game Season  
All Star Games • Playoffs  
Championships • Awards



For Info call **(916) 729-3373**  
or visit [www.sacnaba.org](http://www.sacnaba.org)

**NABA NOW ACCEPTING NEW PLAYERS AND TEAMS  
UMPIRES ALSO WELCOME • SUNDAY GAMES**



Your vehicle donation:  
the key to strong families

866.689.KIDS

[kidshome.org](http://kidshome.org)



SACRAMENTO CHILDREN'S HOME

**BUY ONE GALLON  
GET ONE  
FREE**



*Or \$6 per gallon off other select PPG Pittsburgh Paints products (up to 5 gallons)  
Valid 3/1/10 – 3/31/10*



## Expert Service, Quality Products, Great Price!

Do you long for great customer service and advice you can trust? Come see us at Warehouse Paint where our expert staff will take the time to understand your project and recommend everything you need to get the job done right. Let us help you do it right the first time. Expert service, quality products — all at a great price!



[warehousepaint.com](http://warehousepaint.com)

**Auburn**  
200 Palm Ave  
Auburn, CA 95603  
(530) 885-7914

**Citrus Heights**  
8113 Auburn Blvd  
Citrus Heights, CA 95610  
(916) 722-7454

**Sacramento - Arden Way**  
3357 Arden Way  
Sacramento, CA 95825  
(916) 480-0220

**Sacramento - Power Inn**  
4150 Power Inn Rd  
Sacramento, CA 95822  
(916) 452-2222

**Rancho Cordova**  
10117 Mill Station Rd  
Sacramento, CA 95827  
(916) 857-1614

# 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



Aegis of Carmichael offers short-term stays and permanent stays in Assisted Living and Memory Care. Beautiful community with outdoor courtyard, 24 hr. care managers on staff and restaurant-style dining. Call us today to schedule a tour.

**Aegis of Carmichael**  
4050 Walnut Ave.  
(916) 972-1313  
AegisofCarmichael.com  
LIC# 434700794

ASSISTED LIVING & MEMORY CARE

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

www.CarmichaelOaks.com



**Carmichael Senior Living Oaks** Independent Living since 1978  
Lic# 347003685



*Ask about our complimentary lunch and tour*

Now also offering - Assisted Living & Memory Care  
8350 Fair Oaks Blvd. • Carmichael, CA 95608  
(916) 944-2323

**Carmichael Towing**  
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

**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](http://mercysanjuan.org).






**Mission Oaks Recreation & Park District**

**Mission Oaks Community Center Rentals**  
4701 Gibbons Drive • (916) 972-0336 • Auditorium • Club & Craft Room

**Swanston Community Center Rentals**  
(916) 333-6464 • Email: [dcurtola@morpdc.com](mailto:dcurtola@morpdc.com) • Activity Room • Conference Room

**For Group Picnic Rentals**  
Ashton, Mission North, Gibbons, & Swanston Parks  
(916) 488-2810, Fax (916) 488-4349

Rental Applications online at [www.morpdc.com/rentals](http://www.morpdc.com/rentals)

*Walnut Whitney*  
CARE CENTER

**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](http://www.horizonwest.com/walutwhitney)

For information about advertising in this section, contact




**Patty Colmer**  
**916-429-9901**  
[www.ardencarmichaelnews.com](http://www.ardencarmichaelnews.com)

Curves works to help women live healthier.

There's never been a better time to join than during our Curves food Drive. Our 30-minute circuit works every major muscle group so you can burn up to 300 calories. It's good for everyone.

Join for \$0 enrollment fee when you donate a bag of groceries.

\*Food or cash donation required to local food bank determined by club. Offer based on first visit enrollment, minimum 12 mo. cd/left program. New members only. ©2010 Curves International, Inc. Valid at participating locations through 3/20/10.



973-9900  
4141 Manzanita Ave #105  
Carmichael, CA 95608

TOGETHER WE CAN MAKE THE WORLD 1 MILLION WOMEN STRONGER  
[Curves.com/StrongerTogether](http://Curves.com/StrongerTogether)

**LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.®**

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



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



[statefarm.com](http://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](http://www.seniorhousing.net/ad/atriumofcarmichael)



# Local family adopting baby with Down syndrome from Eastern Europe orphanage

Special to the Arden-Carmichael News

Hector and Jennifer Sanchez in East Sacramento are in the process of adopting Sofia, a one-year-old girl with Down syndrome, from an Eastern European orphanage. They are fundraising the \$25,000 they need to bring Sofia home at the Saving Sofia Crab Feed and Silent Auction on March 19. Additional charitable donations can be made to the Sofia Sanchez Adoption Fund.

When Jennifer first saw Sofia's picture on Reece's Rainbow – an international adoption Web site focused on children with special needs – this past December, she fell in love with the then 10-month-old girl. Jennifer made a small donation to sponsor Sofia in hopes that it would help a family adopt her. But over the holidays, Jennifer could not stop thinking about Sofia.

"I was convinced that there was no way we could actually adopt Sofia," Jennifer said. "How could we? Our house is small. We're crazy busy with three active boys. We have lim-

ited resources. But there were other strong whisperers telling me...she has nothing...she has no one...she is alone in this world...what we have is a mansion compared to the crib she is confined to...we have so much love to give...we have everything she needs."

Hector and Jennifer talked with their three biological sons – Diego (age 6 1/2), Mateo (age 5) and Joaquin (age 2 who has Down syndrome) – about the idea of adopting Sofia. And as a family, they decided to adopt Sofia to give her a better life and a family who loves her. Hector and Jennifer are finally going to have the daughter they always wanted, and their boys were finally getting the baby sister they hoped for.

Now their family and friends are rallying to help Hector and Jennifer raise the \$25,000 they need to bring Sofia home. They have organized the Saving Sofia Crab Feed and Silent Auction on March 19.

The Sanchez Family partnered with the local non-profit organization Down Syndrome Information Al-



Photo courtesy Family and friends are rallying to help Hector and Jennifer Sanchez in East Sacramento raise the \$25,000 they need to bring Sofia home.

liance (DSIA) for their fundraising efforts. The DSIA is sponsoring the event and created the Sofia Sanchez Adoption Fund.

Anybody wishing to help Hector and Jennifer offset the cost of Sofia's adoption can make a tax-deductible contribution to DSIA by going to <http://www.downsyndromeinfo.org/donatenow> and writing "Sofia Sanchez Adoption" in the comment section.

Hector and Jennifer are eager to bring their new baby girl home. Go to <http://savingsofia.blogspot.com> to learn more about the Sanchez Family's journey to adopt Sofia.

## Janey Way Memories



# The Janey Way Tree Fort



By **MARTY RELLES**  
Arden-Carmichael News Columnist  
[marty@valcomnews.com](mailto:marty@valcomnews.com)

In 1960, Gary Costamagna built a tree fort behind our house on Janey Way. He picked this tree because it featured four limbs roughly square with each other. The tree stood in a line of trees separating the pit (the vacated sand and gravel excavation lot where St. Francis High School now stands) from the residential housing on Janey Way.

He began by nailing spikes on each side of the tree up 20 feet to where the base of the fort would be. Then, he sawed off the limbs level with each other. After that, he nailed four two by four inch pieces of wood connecting the four limbs. On top of that foundation he fastened plywood for a floor. The next step in the process involved building four-foot high walls around the fort. Finally, he attached a roll of canvas to one side of the structure. This could be rolled back over the top in the event of inclement weather. It took him about a month to complete the project.

*"The pit had been our playground during childhood and finally, like all things, it disappeared along with our tree fort."*

The fort with its clean new wood looked majestic sitting high above the pine tree behind our backyard. Standing in it, facing west, you looked out over the rooftops above Janey Way. Facing east you gazed at the full expanse of the pit. By this time, the pit had been almost completely leveled. Mt. Everest, the mound in the middle of the pit, remained, but the rest of the pit contained mostly small piles of dirt and debris.

We spent hours in the tree fort, playing cards, eating lunch, drinking cokes and just hiding out. After school, I would climb up there to get away and contemplate the events of the day. We also used the fort as a lookout post to monitor activity in the pit or on the block.

Our tree fort lasted about three years. Eventually, workers cut down the entire line of trees on that side of the pit in preparation for the construction of St. Francis High School. That marked the end of an era on Janey Way. The pit had been our playground during childhood and finally, like all things, it disappeared along with our tree fort.

Later in life, Gary built his own home in El Dorado Hills. So the tree fort he built was only a prelude to many building projects he would take on in life. Oh, by the way, Gary went on to be the fire chief of the city of Sacramento, one of many Janey Way success stories.

## GO AHEAD... Eat what you want!

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

This is a one-step procedure that involves minimally invasive surgery, no sutures, nor the typical months of healing.

Call for your complimentary consultation

**Carmichael Dental Care**

8329 Fair Oaks Blvd, Ste A  
Carmichael, CA 95608  
916-944-1197



Know your neighbor: Irish heritage lives in Sacramento

# Shamrock Club puts the spirit in city's St. Patrick's Day Parade

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

As Sacramento once again prepares to come alive with a variety of activities to celebrate St. Patrick's Day, one local organization believes in making the celebration of Irish heritage and traditions a yearlong activity.

This organization, The Shamrock Club of Sacramento, is dedicated to its mission of "fostering and preserving the traditions of Ireland for the people of the greater Sacramento region."

The club is also very well connected with the Arden, Carmichael and Land Park areas of Sacramento, explained Chris Brown, a South Land Park resident, who grew up within a lion's roar of the Sacramento Zoo.

"We have about 15 members from the Arden and Carmichael areas and about a dozen more from the Land Park area," Brown said. "Our many valued members span from Grass Valley to Lodi and areas throughout Sacramento. We couldn't expand our club into the future without our founding and new members. But we also have plenty of room for more members who have interests in things Irish."

Shamrock Club member Jane Lamborn, a 25-year resident of Carmichael, said that the club is a very enjoyable and educational organization.

"I joined the club three or four years ago and it's just a lot of fun," Lamborn said. "It's a great group of people. They have that quick

wit when you're with the group and they're friendly and open and welcoming. They promote Irish culture and Irish history, so you get a chance to learn about it, to enjoy it and they're just a great group of people."

Lamborn added that much of her interest in the club derived from the fact that her mother is half-Irish and her stepfather is 100 percent Irish and that she enjoys learning about Irish music and dance.

"They (her mother and stepfather) traveled extensively in Ireland, they lived there for a short period of time and growing up with her, I really learned about Ireland and that background," Lamborn said. "I discovered the club when I went to the Scottish games in Wood-



Photo courtesy of The Shamrock Club of Sacramento  
Shamrock Club President Chris Brown, right, and Vice President CJ Kennedy are among about 100 members of their club, which was formed as Sacramento's only Irish club in 2005.

land and they were there with some of their members playing music and I stopped to listen to the music and learned about the club. A lot of the enjoyment in learning (through the club) is with music and dance, so you've got bagpipes, fiddles, flutes, drums and they really promote music, which I particularly enjoy and that caught my attention."

### Putting on the parade

As the capital city's only Irish club, the Shamrock Club is presently working with the Old Sacramento Business Association to bring the city's 14th annual St. Patrick's Day Parade to Old Sacramento on Sat-

urday, March 13 at 1 p.m. Other sponsors of the event are the Historic Old Sacramento Foundation, Fanny Ann's Saloon and radio station, Mix 96.

The family-friendly event, which was designed to celebrate the diversity and richness of the community, will feature Irish dancers, costumed marchers, floats, military regiments, school bands, police and fire representatives and various cultural organizations.

Participants in this year's parade will include the White Hackle Pipe Band, the Sacramento Fire Department Pipes and

See Shamrock, page 7

## QUALITY MAKES A DIFFERENCE

### QUALITY MANAGEMENT

Over 52 years under local management and ownership.

### QUALITY ASSETS

In 2009, we completed our 21st consecutive year without any foreclosed properties on our books.

### QUALITY RATINGS

Highest financial ratings from Bauer Financial, Inc., Veribanc, and IDC Financial Publishing, Inc.

SAFE—STRONG—SECURE



# EL DORADO SAVINGS BANK

Serving our local communities for over 52 years

35 locations to serve you

CARMICHAEL • 4701 Manzanita Ave. • 481-0664



eldoradosavings.com



Mortgage Lending  
Excellence!



### 3 REASONS TO REFINANCE NOW!

1. LOWER YOUR PAYMENT
2. LOCK IN A LOW FIXED RATE
3. REDUCE YOUR MORTGAGE TERM

**Dave Mendoza**

Managing Director/Broker/CMPS

916-977-1227 direct

916-768-5231 cell

dmendoza@comstockmortgage.com

**IS REFINANCING IN YOUR BEST INTEREST?**

**CALL DAVE TODAY!**

WWW.COMSTOCKMORTGAGE.COM | CA DBE LIC. #01000837 | SAC 1ST DBA COMSTOCK.MORTGAGE

# Shamrock: 'We're gathering more and more kindred spirits'

Continued from page 6

Drums corps, the Ophir Prison Marching Band, Irish dancers in Celtic costumes, tartan-clad Highlanders and Gold Rush re-enactors.

The Shamrock Club, which selected Kitty O'Neal of radio station KFBK 1530 AM as the parade's grand marshal, encourages parade participants to "Go Green by Wearing Green."

Lamborn said that the parade is a fun celebration of Irish history and culture.

"It's a chance to experience Irish music and dance, to see the people in the community who participate in those activities and to learn a little bit about it," Lamborn said.

Additional information about the parade can be obtained by calling the Old Sacramento Business Association at (916) 442-7644.

## Hearts in Ireland

Emphasizing that Irish heritage is mostly recognized one day per year in the United States, Shamrock Club Vice President CJ Kennedy said, "Everybody wants to turn Irish on St. Patrick's Day, but we're active preserving the heritage of Ireland the whole year round."

Kennedy, who comes from both Irish and Scottish heritage and is very knowledgeable about Irish history, added that although the club takes its position as an Irish heritage preservation group seriously, its members never forget that they belong to a social club.

"We want to be known as a well-known, nonpolitical and nonreligious club in Sacramento and the Northern California region that is serious about Irish heritage, but we also want to just kick up our heels and have a good time, too."

In addition to meeting on the second Wednesday of every month, the group also makes sure to work the attendance of live performances of Irish music and various Irish-related field trips into its schedule.

Activities of the club have included social nights at de



Photo courtesy of The Shamrock Club of Sacramento  
The White Hackle Pipe Band will be among the performers in this year's St. Patrick's Day Parade in Old Sacramento.

Vere's, the Fox and Goose and the Streets of London pubs in Sacramento, an annual Christmas party and a trip to the United Irish Cultural Museum in San Francisco.

Upcoming club events will include Celtic Heritage Night at the Sacramento River Cats game on July 1 and a "Halfway to St. Patrick's Day" party in September.

The organization, which has met in Sacramento at SMUD and de Vere's Irish Pub, began in 2005 through the efforts of its founder Chris Brown and about 15 other founding members.

Brown, who is serving in his fifth term as the club's president, said that his idea to establish the club derived from his love for his own Irish heritage and the fact that Sacramento was without an Irish club.

"There was an Irish club in Sacramento that failed and there was a point in time that there was no Irish club (in Sacramento)," said Brown, who is a member of fourth and fifth generation Irish families in Sacramento. "So, we founded the Shamrock Club in late 2005 and built it from the ground up."

## Historic and honored

Unlike many Irish clubs, which were established in and around the political difficulties in Ireland, the Sacramento club, Brown

explained, took a different route in its formation.

"A lot of the Irish clubs 10 to 15 years ago were sort of formed (in connection) to the troubles in Ireland," Brown said. "We're just not fostering any of that political stuff and in essence, Ireland is at peace right now and it's doing well with peace."

Sacramento's Shamrock Club, which is affiliated with about seven Shamrock Clubs throughout the nation, patterned itself after The Shamrock Club of Columbus, Ohio.

And because of its growth, Sacramento's club, which consists of about 100 members, reached a level and ability to assist a group in New Jersey in its efforts to form a Shamrock Club.

Brown, who graduated from Bishop Armstrong High School in 1965, said that the Sacramento club is on a course to grow exten-

sively during the next two years.

"We have survived the test of time and we're into our sixth year and we have been continually growing," Brown said. "We're gathering more and more kindred spirits, but not just kindred spirits, but people who are willing to take an active part in ensuring the longevity and the expansion of the Shamrock Club."

Brown said that 80 percent of Sacramento's Shamrock Club members are of Irish heritage and the remaining 20 percent of the club members "just enjoy things Celtic and want to be a part of the group."

"It's just a fun group of people," Brown added.

For more information regarding The Shamrock Club of Sacramento, including how to become a member, call Brown at (916) 447-6511 or visit the Web site [www.shamrocksac.com](http://www.shamrocksac.com).

*"The Original" celebrating 55 years*

## Carmichael Flowers

*Old world customer service specializing in:*  
Sympathy & Funeral Arrangements  
Spectacular Wedding Florals



**Think Spring!**  
Tulips, daffodils, spring flowers, now arriving!

916.483.8511

Toll Free 888.224.7673

6100 Fair Oaks Blvd. Carmichael, CA • [www.carmichaelflowers.com](http://www.carmichaelflowers.com)

Delivering to Carmichael, Fair Oaks, Elk Grove, Arden, Rancho & all the greater Sacramento region

FUNERAL  
DIRECTORY

Call Patty  
(916) 429-9901  
[www.valcomnews.com](http://www.valcomnews.com)

EAST LAWN

ANDREWS & GREILICH  
MORTUARY FD136

3939 Fruitridge Road  
Sacramento, CA 95820

*"Ready to provide guidance at a difficult time."*  
916-732-2026

EAST LAWN

EAST LAWN MEMORIAL PARK

4300 Folsom Blvd.  
Sacramento, CA 95819  
916-732-2000  
FD1242

*"Embracing a unique commitment  
to Sacramento and its people"*

EAST LAWN

ELK GROVE  
MEMORIAL PARK  
AND MORTUARY  
FD1455

9189 East Stockton Blvd.  
Elk Grove, CA 95624  
916-732-2031

Harry A. Nauman & Son



4041 Freeport Blvd  
Sacramento, CA 95822  
(916) 452-6157  
FD366

Serving Sacramento Families since 1903.  
Pre-arrangement packages available.



Lind Brothers FD1141

A FAMILY-OWNED FUNERAL HOME  
AND CREMATORY SINCE 1964

4221 Manzanita Avenue  
Carmichael, CA 95608  
916.482.8080

Since 1927  FD Lic# 355

Nicoletti,  
Culjis & Herberger  
Funeral Home, Inc.

5401 Folsom Blvd • Sacramento 95819  
(916) 451-7284  
Pre-arrangement packages available.

SIERRA HILLS  
MEMORIAL PARK AND  
EAST LAWN MORTUARY

5757 Greenback Lane  
Sacramento, CA 95841  
916-732-2020 • 916-331-9800

*"Knowing that professional guidance  
is always by your side"* FD1242

WF Gormley and Sons  
Funeral Home

2015 Capitol Avenue  
Sacramento, CA 95811  
(916) 443-6513

• immediate arrangements • online pre-planning  
• complete funeral/cremation services FD134

# A change of scenery: Man's journey from lawyer to artist

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

"I never got to appreciate what I saw before."

That is how Carmichael resident and photographer Richard Turner sums up his life before photography. It's not that he never went anywhere interesting; he detailed a seven-day span in which he traveled to a half dozen European countries for business during his 41 years as a lawyer. It's not that he was unable to see, it's that his job did not allow him to see.

"I didn't want any more calls or faxes or anything else," Turner said of a decision he made in 1998. "I told my wife I'd be back in a month. I drove through Idaho and Montana and took a camera along."

Turner wasn't experienced with photography when he left, nor had he ever had much interest during his years consumed with the legal process.

"I considered myself a pretty creative lawyer," he

said slyly. "But I didn't know I had any artistic ability at all."

When he came back, he showed his pictures to a professional photographer, but the reception he got was not favorable. He was told that the pictures he had taken were terrible. Instead of letting this news get him down, he took to heart what he was told and dove deep into the art of photography.

At the conclusion of a three-month trial in 2005, Turner retired from practicing law (although he remains licensed to this day). His newfound freedom allowed him to finally see everything that surrounded him. And what caught his eye in the most profound way was nature.

"I can hardly even walk by a flower without stopping to look at it now," he said.

To say that photography and nature changed his life is one thing, but hearing his words on life after being in the law profession

truly shows what a different path his life has taken.

"I learned that I don't want to miss the beauty of the world by being too busy," he said.

He had seen just about everything he could possibly see in law over those 41 years, but the life that he enjoys now never really got to play a part.

Turner said that 90 percent of his photography work is of nature. He specializes in high-impact color on flowers. To date he has sold 35,000 greeting cards that are sold all over Northern California including at the Crocker Art Museum. And while selling pieces is always a welcome event, it is the art itself that captivates him.

"Sharing (my photos) with people makes me happy," he said.

It would seem as though his photos make other people happy as well. Some of Turner's work now hangs in Mercy San Juan Hospital in Sacramento. Thirty-five photographers from all over Northern Califor-

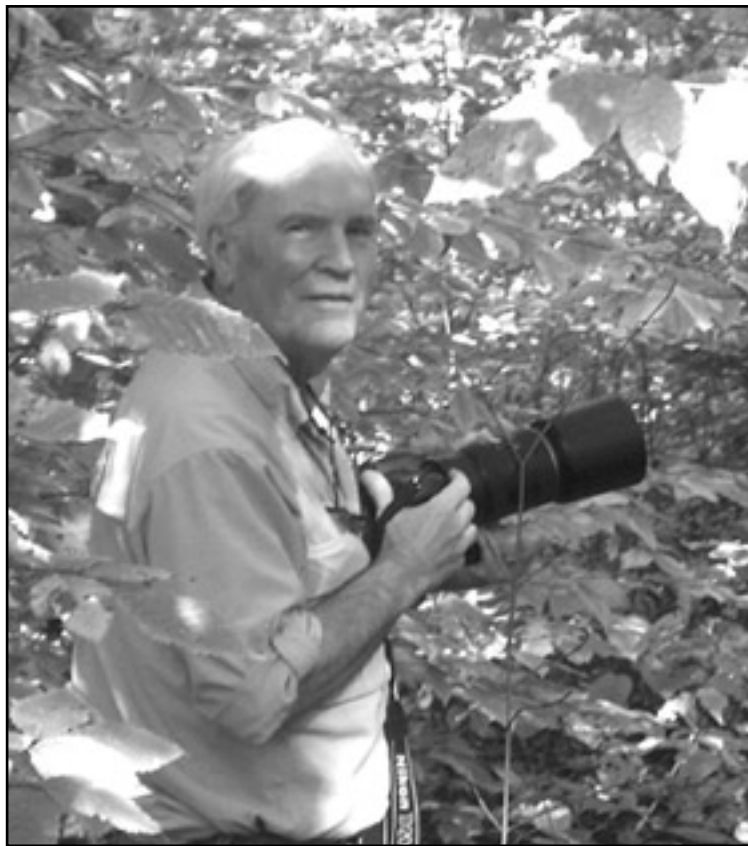


Photo courtesy Richard Turner  
Carmichael resident Richard Turner left his successful career as a lawyer to become a photographer.

nia entered a contest to see whose pieces would be chosen to adorn the walls. Currently there are 12 Turner original works on permanent display in the lobby as

well as the connection between wings.

His colorful and vibrant works were considered

See Artist, page 9

## Senior Services *and* Resources

Call Melissa (916) 429-9901

### ASSISTED LIVING/MEMORY CARE

#### Aegis of Carmichael

4050 Walnut Avenue  
Carmichael, CA 95608

*We're the people who  
make life better.*

Lic #347001686  
(916) 972-1313

www.aegisliving.com

### DOCUMENT PREP SERVICES

#### LIVING TRUST/LIVING WILL Legal Document Prep Services:

- Trust • Will • Powers of Attorney
- Residential Deed

**10 % OFF**

#### SENIOR SPECIAL

Couples \$495 Singles \$450

Lynda K. Knight (916) 214-1215  
641 Fulton Ave. #100, Sacto 95825

### ELDERLY CARE

#### Woods Retreat

Residential Care Facility  
for the Elderly now accepting  
applications for residents.  
Let us care for your loved ones.

State Lic #340306720

Owner-operated (916) 421-5845

### HELP AT HOME

#### HELP AT HOME

#### Senior Care

Caring, In-Home Assistance & Companionship

- Light housekeeping
- Meal preparation
- Med reminders • Errands
- Dementia care • Bathing & Much More

For no-cost/in-home assessment,  
call **877- 404-6636**

### POP INS WITH A PLUS

#### POP INS with a PLUS

Senior In-home Care Specialists

- Complete personal care
- 3 hr min to 24-hour care
- Shopping/errands
- Transportation
- LVN on staff
- Hospice

**(916) 247-1019**

### LOVING COMPANIONS



Certified care

**(916) 753-1491**

*"Assisted living" in  
the privacy & comfort  
of your home.*

*Affordable rates,  
1-24 hours/day*

**NO MINIMUM.**

### SENIOR PLACEMENT



Jeanne Skondin, LVN, MBA  
RCFE Licensed Administrator

916.223.8380

whitmoresenior@gmail.com

Whitmoreseniorplacement.com

- FREE Referral Service to Families
- Health & legal resources
- Independent, Assisted Living & Memory Care Placement
- Urgent placement from home, hospital or skilled nursing facility

### SPECIAL ALZHEIMER'S LIVING



**Day Club, Respite,  
Residential, Support Groups  
& Educational Classes**

cas@primroselz.com

www.primroselz.com

**(916) 392-3510**

7707 Rush River Dr. Sacto, CA 95831



# Artist: 'Pursue your passion. Good things will happen...'

Continued from page 8

ideal to put in a place for patients and their family members. Included is a five-by-three-foot Peace rose on canvas, which hangs on the wall across from the elevators.

## Special exhibit

Turner is also the co-chair of the Animal House Exhibit, which is showing now at the Sacramento Fine Arts Center at 5330-B Gibbons Dr. in Sacramento. It is an animal-themed show that is held once a year and covers a number of different types of art from photography to painting to sculpture to mixed media as well as a youth category.

This year, there were 210 entrants vying for the 100 available slots. According to Turner, the event boasts nationally renowned jurors and there is \$3,000 in cash prizes at stake. On Saturday, March 13, the event will hold its reception.

There will be painting demonstrations beginning

at 2 p.m. Saturday, the Sacramento SPCA will be in attendance with dogs and cats that will be up for adoption at 3 p.m., and the reception itself starts at 5:30 and runs until 8:30 p.m. The reception concludes the show for this year.

The show is open Tuesday through Friday from 11 a.m. to 3 p.m. and is open all day Saturday.

Turner is also starting a concert series at the Sacramento Fine Arts Center in which he will collaborate with both visual and performing artists to create what he calls "Art Song" by combining images with music. The series will hopefully be up and running by October of this year.

He will also have his works at the Sacramento Art Festival in October at the Sacramento Convention Center as well as at the Blue Wing Gallery in Woodland in May 2011.

Being an artist can be a tough thing if it is what



Photo courtesy Richard Turner

"I can hardly even walk by a flower without stopping to look at it now," said photographer Richard Turner.

you do for a living. But Turner has a message for the struggling artist who wonders if it's worth it.

"Pursue your passion. Good things will happen if you do," he said. "Good

things always happen. It might be money, it might not. But something good will happen."

For more about Turner and his work, visit his Web site at [www.rturner-photography.com](http://www.rturner-photography.com).

**On the cover:** Richard Turner's beautiful photos have become renown across the region and throughout the state. Photo courtesy Richard Turner.



## Discover affordable independent senior living from the name you trust for quality!

Starting at \$699 per month, you can enjoy:

- a studio or one bedroom apartment
- gated grounds in lovely suburban neighborhood
- 24/7 staffing
- on-site beauty/barber shop
- built-in "extended family" of neighbors
- complimentary scheduled transportation
- easy access to public transportation
- availability of optional services such as housekeeping and meals
- pets welcome (small, under 30 pounds)

CALL Suzanne Today  
(916) 481-7105

Move in before May 1 and become eligible for dinner FREE for a month

# the Chateau

## at Carmichael Park

7125 Fair Oaks Blvd, Carmichael • Between Engle Street and Grant Avenue



[www.HankFisherProperties.com](http://www.HankFisherProperties.com)

# red all over

## D E S I G N

### New offer from Valley Community Newspapers!

Valley Community Newspapers, Inc. (publishers of the Arden-Carmichael News, the East Sacramento News, The Land Park News, The Pocket News, California Kids!, The Valley Shopper and The Valley Wedding), has a new service to offer our clientele.

**Red All Over Design**, our in-house design department, will utilize its experience and expertise in the newspaper industry to ensure YOU, our client, receive the greatest impact in the visual medium.

**Red All Over Design** will help build your brand. Let us create your personal marketing package. Our design services are available for:

- Advertisement design
- Commercial flyers
- Logo development
- Political campaigns
- Public service announcements
- Brochures
- Posters
- Postcard mailers
- Identity systems (business card, letterhead, envelope)
- Any print design

Contact Ryan Vuong at 916.429.9901 or e-mail [RedAllOver@valcomnews.com](mailto:RedAllOver@valcomnews.com) for more information. Invoicing available and we accept all major credit cards.

### Why go elsewhere? WE CAN DO IT ALL HERE!

Valley Community Newspapers, Inc. is located at 2709 Riverside Boulevard. Learn more about us and our family-owned company at [www.valcomnews.com](http://www.valcomnews.com).

# Construction on East Sacramento Target store finally in progress

Arden-Carmichael News Staff Report  
reporter@valcomnews.com

After five years of planning (and then re-planning), numerous months of designing (and then re-designing), and weeks of anticipation after the building timeline was announced, construction on the Target department store long slated for the vast stretch of property near the corner of 65th Street and 4th Avenue is finally underway.

Starting in the middle of last month, trucks, work crews and demolition teams were seen ripping apart the façade of the former Golden 1 Credit Union administration building that had originally occupied the lot. Now, a little after two weeks of work, crews have carted much of the former structure away.

Target Corporation acquired the property in 2005; construction on the store was to proceed soon after, but was hampered when the economy slumped. Ultimately, Target submitted two revised store designs to the city for approval, each one with less form and more function as the current economic realities hit the corporation's bottom line. Instead of the two-story, high-concept store Target originally announced and planned, the new store will be one-story and more streamlined,

looking similar to their existing facility layouts.

Construction on the building is expected to last through the year; the 135,000-square-foot store is expected to be completed by the fall.

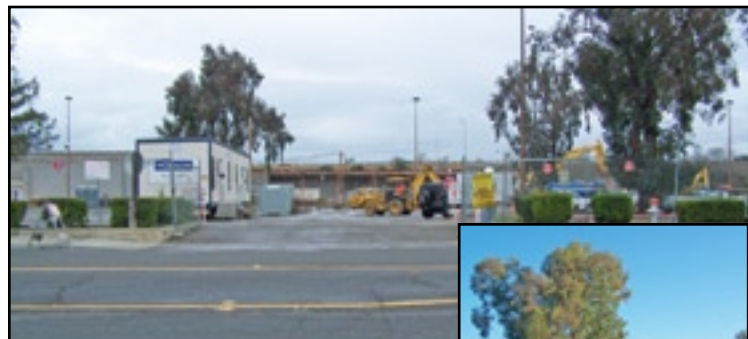
According to the company, Target will reuse the existing building foundation in a completely remodeled building that will feature leading energy-efficient design. Target will be the third business to use the existing foundation; Before the discount chain and Golden 1, the one-story building was a W.T. Grant retail store.

The Target corporation said in a statement that the 65th Street location makes the proposed 65th Street Target ideally suited to meet the retail needs of the surrounding area. In addition to the numerous trees already lining 65th Street, large canopy shade trees will be added along 4th Avenue, and will be planted in the parking lot to provide shade and reduce heat island effect. Bicycle parking facilities will be provided and for employees who choose to bike to work, showers will be provided on site.

A number of stylistic amenities have been added to the project to lend a pedestrian scale design to the building, its surroundings and the frontage walk. Additionally, the project

design features correspond to on-going redevelopment along the 65th Street corridor.

For information on the store and its development, visit [target65thstreet.com](http://target65thstreet.com).



Arden-Carmichael News Photos/Ryan Rose  
Construction is finally underway on the new Target store at the corner of 65th Street and 2nd Avenue. Inset, the former Golden 1 administration building that once occupied the site.



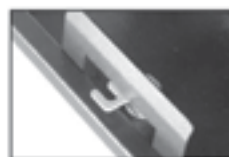
## STOP MAIL THEFT WITH A LOCKING MAILBOX!

Mail theft is on the rise and your identity is in jeopardy if you don't have a locking mailbox. Protect yourself with one of our new Package Masters™. This tough, large capacity mailbox accepts small packages and will securely store weeks of mail.



12" wide  
16.5" tall  
21.5" deep

USPS Approved high security locking mailbox made from 12 and 14-gauge electro-galvanized powder coated steel



Anti-pry locking system



Mail Shield technology prevents fishing



Multi-mount systems



**LIMITED TIME OFFER:**  
\$100 off any post-mount install or 10% off any mailbox purchase (CBUs not included)  
Over 30 styles of locking mailboxes available in all price ranges for mounting on wall or post

## UPGRADE YOUR OLD CLUSTER BOXES WITH NEW HIGH SECURITY CBU MAILBOXES

We can replace and upgrade your community's old, broken-into, worn out cluster mailboxes with new high security units. Our high security units help protect your mail from identity thieves. We'll work with the post office and your community to ensure a smooth transition. Call us for a quote.



### NEW CBU MAILBOXES

- NEW: High security units protect your mail from identity thieves.
- NEW: Extra-wide compartments, parcel lockers, large outgoing mail slot.
- NEW: USPS approved and very attractive, will add curb appeal.

### OLD NDCBU MAILBOXES

- OLD: Easy to break into for mail/identity thieves.
- OLD: Mail must be folded in half to stuff into small compartments.
- OLD: Unsightly rusting neighborhood eyesores.

### We Also Sell & Replace:

Decorative Mailboxes • Street Signs  
Address Plaques • Info Signs

Please see website for more products:  
[www.customhomex.com](http://www.customhomex.com)

800-265-0041 • 916-635-0231

CL# 783004



11300 Trade Center Dr., Ste. A  
Rancho Cordova, CA 95742

**DAVIS MUSICAL THEATRE COMPANY'S  
25TH ANNIVERSARY SEASON!**

COLE PORTER'S  
**Kiss Me, Kate**

Music & Lyrics by Cole Porter  
Book by Bella Spewack & Sam Spewack  
Based on William Shakespeare's "Taming of the Shrew"

**February 26 - March 21, 2010**

\$18 General, \$16 Students & Seniors  
Fridays and Saturdays at 8:15 pm, and Sundays at 2:15 pm  
at the DMTC Performing Arts Center, 607 Pena Dr., Davis

Reserve your tickets at **530-756-3682**

Presented under special arrangement with Tams-Witmark Music Library Inc., NY, NY.

**BUY ONE TICKET, GET ONE FREE!** AC News  
Purchase one ticket at the regular price and get one free, with this ad.

# St. Francis Troubadour Theater Arts rock on in 'Starmites'

By SUSAN LAIRD  
Arden-Carmichael News Writer  
susan@valcomnews.com

St. Francis High School brings an unusual, Tony Award-nominated musical to the Sacramento area this week, with the debut of its production of "Starmites." So much so that the creator of the musical will fly out from New York to teach the students at a special seminar and will attend one of the performances.

"Starmites" is not a musical about cosmic insects...but it certainly is outside of the realm of "average" musical theater.

The plot centers around an introverted, shy teenage girl named Eleanor, who creates a fantasy world from the characters in her science fiction comic book collection. In Eleanor's quest to help good conquer evil are the Starmites – a teenaged band of space youths dedicated to fighting the deadly forces of the Universe.

This is quite a fantasy, with numerous musical genres to match. In fact, it is difficult to describe the genre of "Starmites" – "space opera" might be close, but that really wouldn't be accurate.

"I love how much fun the show is and Starmites has a great score," said Cheryl Watson, arts/performing arts department chair and theater director at St. Francis High. "It's a Sci-Fi

musical along the lines of 'Little Shop of Horrors' and 'The Rocky Horror Show' but a lot sweeter in places. We like to mix up what we do with our productions and I can honestly say this is the first show we've done in this genre. It's a rock-based musical with influences of many genres including, Gospel, Tribal, Pop and traditional Broadway ballads. It's got everything."

"Starmites" made its New York debut off Broadway in 1987. Composer Barry Keating wrote the music and lyrics. It received six Tony Award nominations, including one for Best Musical. There is also a "Starmites" book written by Keating and Stuart Ross.

"St. Francis students Katelyn Rothleder, Morgan Henry, Annie Guthrie, and Camille Totah are the leads in 'Starmites,'" Watson said. "Also, we have a wonderful group of supporting characters with major importance to the script."

The St. Francis Theater Arts program is known for its efforts to connect young artists with the subjects they are portraying. This opportunity is extended to male cast members who attend other high schools, since St. Francis High is an all-girls college prep school. This production's male thespians hail from Jesuit and Oak-



Photo courtesy

"Starmites" opens on March 11 with a special \$25 per ticket gala evening at 7:30 p.m. Regular performances are at 7:30 p.m. on March 12, 13, 19 and 20.

See Starmites, page 13

We are the only over 100 bed rehabilitation facility with a medicare

**5 STAR RATING AND  
24 HOUR RN STAFFING**

**Rosewood Rehabilitation**

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



**Rosewood**  
REHABILITATION

24 HOUR SKILLED NURSING

**916.483.8103**

**6041 Fair Oaks Blvd - Carmichael, CA 95608**



"Many have gone the extra mile and making my stay at Rosewood Rehabilitation more pleasant and happy even on bad days when I was feeling bad. They made my day more pleasant. They all deserve consideration."  
-Sandra M

# Starmites: 'Theatre is a collaborative art form'

Continued from page 12

mont high schools. For example, students met with survivors of the Nazi Holocaust to gain an understanding of the horrors of World War II while preparing to perform "Playing for Time" a few years ago.

This year, Keating is flying out from New York City to meet the students and to attend a performance of the musical. It will be a unique opportunity for the students to learn from and engage a New York composer and director one-on-one. Thespians and theater technicians ("techies") will participate.

"The techies work as hard as the actors in making the magic happen," Watson said.

In addition to his work with "Starmites," Keating composed the score and co-wrote the book and lyrics to a gospel/hip-hop/rock adaptation of "The Jungle Book" that was staged at the New Victory Theater on 42nd Street in New York City in 1997. The critically acclaimed musical toured nationally and was praised for its "innovate style and charm." He wrote a book, music and lyrics for Jim Henson's "Mup-

pet Babies' Magic Box," and a cabaret, "Hollywood Opera." He directed Penn & Teller's first stage show and Jim Steinman's "Neverland."

Keating is an honors graduate of Amherst College and is the author of four children's books for Jim Henson and the Muppets.

St. Francis High School has a good reputation in the theater community, and often wins regional awards (Ellys). When asked what kind of pressure students feel to perform in any production, Watson said that the focus is never on winning an award.

"Actually there is no pressure," she said. "We never choose, nor do I direct, a show for awards. Our arts council looks for a varied experience for our actors and theatre technicians in selecting each production. Hopefully, our students and staff can stretch themselves. For example, in the past two years, we presented a drama by Arthur Miller, an original musical written by faculty member David Blanchard and Thom Green, a comedy by Shakespeare and

now a Sci-Fi space rock musical. Quite a large range of style and content. Of course I am proud of the awards, but I'm most happy about the opportunities and experiences provided to our students. The faculty members involved in the productions are professional artists in their individual disciplines and in choosing our shows we like to challenge ourselves. Theatre is a collaborative art form and it is wonderful to collaborate with our students and each other."

"Starmites" opens on March 11 with a special \$25 per ticket gala evening at 7:30 p.m. Regular performances are at 7:30 p.m. on March 12, 13, 19 and 20. Tickets for performances on March 12, 13, 19 and 20 are \$10 for students under age 19 and \$15 for adults. There will also be a matinee on March 20 at 1:30 p.m. Tickets to performances at St. Francis High School sell out quickly. St. Francis High School is located at 5900 Elvas Ave. in Sacramento. For more information and to order tickets, visit [www.ticketguys.com/stfrancis](http://www.ticketguys.com/stfrancis).

## Local artists turn to furry friends for 'Animal House' exhibit

Special to the Arden-Carmichael News

It's a zoo in there. There are certainly a lot of animals at the Sacramento Fine Arts Center these days. Co-sponsored by the Sacramento SPCA and the Carmichael Recreation and Park District, the Fine Arts Center's annual Animal House show opened February 23. The animal themed art show will run through March 13 featuring paintings, sculpture, photography and mixed media, all about animals and the animal kingdom.

To invite serious artists to participate, there are \$3,000 in cash prizes to be awarded at the gala reception, March 13, which will feature a jazz band, an SPCA animal rescue operation, an Audubon exhibit, painting demonstrations, and, of course, fabulous art.

"We have over 200 entries in this juried show," said Bonnie Otto, president of the fine arts center, "but only space for the 100 to be selected." The judges included Susan Sarback, nationally known artist, author and educator, Ann and Doug Otto, one of Sacramento's premier fine art photographers.

The March 13 reception will open at 5:30 p.m. Painting demonstrations by Rene Reyes and David Peterson will begin at 2 p.m. Dogs and cats to be rescued will be present. Both the demonstrations and the reception are free to the public. Great food and drinks will be available. And, of course, fabulous art.

The Sacramento Fine Arts Center is a non-profit community based organization dedicated to education in the arts, providing exhibit opportunities to both aspiring and accomplished artists, and sponsoring workshops and classes in a wide variety of art media. The Sacramento Fine Arts Center is located at 5330-B Gibbons Drive in Carmichael.

### THREE HEALTHY HABITS AT THREE INVITING PRICES



\$49

Introductory 1-hour customized massage session\*



\$59

Introductory 1-hour healthy skin facial session\*



\$98

Introductory 1 1/2-hour Hot Stone therapy session\*

Now you can create the wellness routine you've always wanted with Massage Envy Spa. Where some healthy habits are hard to hang onto, our therapeutic services remain a pleasure at the perfect price. So what'll it be: customized massage, healthy skin facial, or Hot Stone therapy? Every day holds a new choice at Massage Envy Spa.

**Massage Envy**

EXCLUSIVELY FEATURING **Murad** | *Transforming Skincare*

LOEHMANN'S  
2511 Fair Oaks Blvd  
Next to Chipotle  
(916) 481-3689

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

Franchises Available | [MassageEnvy.com](http://MassageEnvy.com) | Convenient Hours. Open 7 days. MF 8am-10pm, Sat 8am-8pm, Sun 10am-6pm

\*Session includes massage or facial 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.

# Faces and places: 'I could not believe the impact we were able to make'

Continued from page 2

for kindergarten and first grade students."

Realtors and staff members of the Sierra Oaks office raked, cut sod, tilled the soil and planted. They also repainted parking lines on the sidewalk entrance to the school.

"I spent the day removing weeds and grass to allow for the planned construction of a nature area on the site," said Realtor Glenn Fantazia. "It was hard work – I have blisters along with aches and pains to prove it – but very satisfying. I enjoyed working alongside colleagues as well as teachers and other school personnel to give something back to the community. It was a very worthwhile day and I hope the kids and neighbors enjoy the end product we helped jump-start."

"It's incredible how people are willing to help for a

good cause even in a tough economical time like this," said Doug Reynolds, who is a part of a Future Leaders of Real Estate group and was assigned to run the Prudential project out of the Sierra Oaks office. "As far as the actual day, our branch manager Mark Paul and I kind of broke up the projects: I was in charge of all of the ground clearing, tilling and mulching. We had some others working the painting and more doing the barbecuing for the volunteers."

Reynolds found the project simply by driving by it. He had recently moved into the neighborhood and saw that the school looked like it could use a hand. A call to the school principal started the ball rolling, and coordinating the Prudential volunteers with the on-going project quickly fell into place.

The Bancroft School Project is also receiving some support from a grant from the U.S. Fish and Wildlife Service, through the Schoolyard Habitat Program (SYH). The program connects kids with nature by helping teachers and students create native wildlife habitat on their school grounds. Through the Program, the U.S. Fish and Wildlife Service can provide technical support and guidance to educators, administrators, students, and community members who wish to create an effective, sustainable outdoor classroom and wildlife habitat on their school grounds, according to Karleen Vollherbst, who is with the program.

"SYH projects give every student a chance to observe, learn from, and experience nature and enhance



Arden-Carmichael News Photo/Susan Laird

Sod busters: (left to right) Prudential California realtors Glenn Fantazia and Doug Reynolds and Madeline Feickert, who is a student at Bancroft Elementary, worked hard to remove sod from the project area.

their connection to the outdoors," Vollherbst said. "Teachers use SYH projects to provide learning experiences that align with Federal and state education goals, and as an integrating context for improving skills in core curriculum subjects such as science, math, reading and language arts. Schoolyard habitat projects provide an opportunity to bring all age groups together to work on project implementation and maintenance. They are a beautiful place not only for the school, but also for friends and neighbors."

Despite a few aching muscles, the Prudential volunteers said they received as great a gift as the one they gave to the school.

"I couldn't believe how quickly everyone wanted to get started," Reynolds said. "Each volunteer was so open to helping with wherever it was needed. Just being around everyone working together for such a great cause was an infectious environment. Everybody was looking out for each other;

telling jokes and stories to pass the time. Whenever a hurdle would arise we would all work together to find the best solution. During the day I was mostly focused on getting as much work done as possible but once we finally wrapped up, I took a step back to see what had been done. I could not believe the impact we were able to make in such a short amount of time. The natural habitat preserve area is ready for its next phase of the project. The front of the school had a complete transformation by painting the curbs. It felt amazing to realize that you were a small part in such a huge change for a great cause."

"We would never have gotten this far, this fast," Phillips said of the volunteers and their help. "This is phenomenal. We are so excited to get this much done."

"It was a very large project to take on over the past two months," Reynolds said. "But the feeling of giving will be with me for a much longer time."

## St. Francis

CATHOLIC HIGH SCHOOL

A College Preparatory School for Young Women

LOOKING FOR A **FUN** AND **PRODUCTIVE**

# SUMMER

# EXPERIENCE?

ENROLLMENT NOW OPEN FOR MIDDLE SCHOOL AND HIGH SCHOOL  
SUMMER COURSES AND CAMPS · WWW.STFRANCISHS.ORG

Acting I · Algebra IB · Algebra 2A · Art I · Biology · Chemistry · Civics · Economics · Geometry · Health · Painting I ·  
Painting 2 · Spanish 2 (2nd Semester) · World Geography & Non-Western Cultures · Algebra I Readiness ·  
Algebra I Review · Bridge to Sophomore Year · Bridge to Junior Year · Driver Education ·  
Freshman Enrichment & Algebra I Readiness · Literature and Writing · SAT/PSAT Verbal Prep · Art Camp ·  
Advanced Art Camp · Dance Camp · High School English Prep I · High School English Prep 2 ·  
High School Math Prep I · High School Math Prep 2 · High School Science Prep/Robotics ·  
High School Foreign Language Prep · Public Speaking · Speech – Talking for Trophies · Theatre Arts ·  
Theatre Tech · Basketball Camp · Cheer Camp · Lacrosse Camp · Soccer Camp · Volleyball Camp

5900 Elvas Avenue · Sacramento · 916.737.5012

Tiny Tots Parent Participation Preschool

celebrates 61 years!  
1949 ~ 2010

Tiny Tots Parent Participation Preschool invites you to their Spring Open House

Saturday, March 27th 10 am-12 pm  
1949 Bell Street, Sacramento

Call 916-925-6673 for more information or check our website [www.tinytotspreschool.org](http://www.tinytotspreschool.org)

Don't miss our annual Rummage Sale March 20th

1949 Bell Street · Sacramento, CA 95628  
School: 916 925 6673 · Membership: 916-289-2321  
[tinytotspreschool.org](http://tinytotspreschool.org)

Play.  
Learn.  
Grow.

# Advertise Your Company Online!

[www.valcomnews.com](http://www.valcomnews.com)

Call (916) 429-9901 today for great ad rates!



## YOUR LOCAL NETWORK OF REALTORS

### Big Beautiful Home in Carmichael

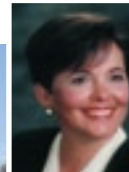


**Marge Reid**  
485-5124  
DRE# 00658682

**LYON**  
REAL ESTATE  
[www.Golyon.com](http://www.Golyon.com)

Corner large lot in Carmichael. New paint inside & out. Upgraded kitchen w/ island. RV & Boat covered parking. Pool, spa. House in perfect condition. Tons of upgrades through out this home. Game room w/access to covered patio, outdoor BBQ overlooks pool. **2839 California Ave..... \$885,000**

### Desirable Sierra Oaks Home



**Carole Goodin**  
718-0875  
carolegoodin@sbcglobal.net  
DRE# 00881752

**Windermere**  
Dunnigan Realtors

4 bed 3 full baths w/ great floorplan & generous room sizes. Living room has stunning travertine fireplace. Family room has wood beamed vaulted ceiling. Lovingly maintained & has potential. **3321 American River Dr .. \$675,000**

### Custom Built & Upgraded



**Sara Raudelunas**  
826-1500  
[www.CallSara.com](http://www.CallSara.com)  
DRE# 01442897

**LYON**  
REAL ESTATE  
[www.Golyon.com](http://www.Golyon.com)

Cul de sac home. Chef's kitchen w/dual ovens, warming drawer, granite, pantry, built-in entertainment center complete w/ surround, formal dining & living room, excellent floor plan, impressive master suite, 3 car garage, huge lot w/ pool and more! **2738 Julie Ann Ct..... \$750,000**

### Fair Oaks Home



**Vivian Daley-Wirt**  
849-7314  
[vdaley@golyon.com](mailto:vdaley@golyon.com)  
DRE# 00475888

**LYON**  
REAL ESTATE  
[www.Golyon.com](http://www.Golyon.com)

5 bed 3 ba, formal dining room plus dining bar, huge formal living room, cozy family room, master suite, tons of storage space, inside laundry area, newer roof, 2 hot water heaters, nice curb appeal, great area, lovely yard w/pool and fence. Fantastic value. **8188 Niessen Way ... \$295,000**

## Cleaner Storm Drains, Cleaner Rivers



**875-RAIN**

County of Sacramento, City of Rancho Cordova, City of Citrus Heights

**808-4H2O**

City of Sacramento, City of Folsom, City of Galt, City of Elk Grove

[www.sacramentostormwater.org](http://www.sacramentostormwater.org)

Local eatery was originally established in Old Sac

# East Sacramento's Español Restaurant has century-old roots

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

When it comes to Sacramento history, few places in the city have such a rich heritage as the Español Restaurant.

To the average commuter, this East Sacramento eatery's historic building and its accompanying old neon sign have the appearance of a business that has stood the test of time.

Although such an impression is undoubtedly correct, the historic building and sign represent only a part of this restaurant's rich past.

With a few steps inside this old building at 5723 Folsom Blvd., which was built in 1946 as the new home of the Square Deal Café, one can observe a business that is swarming with history.

Immediately inside the front doors of the place, black and white photo-

graphs of days of old begin to tell the story of a business that began long before it opened at its current site in 1965.

Hanging on the walls of the lobby area, which is an addition to the original structure, are photographs of the business's previous site at 231 I St., as well as other images such as photographs of members of the Luigi family. The business is currently owned by Perry Luigi, Paula (Luigi) Serrano and Karen (Luigi) Zito, whose father Frank "Babe" Luigi and uncle Mario Luigi previously owned the business.

The longtime tradition of the restaurant, however, began long before Babe and Mario purchased the business in 1959.

The restaurant, in fact, was established in an even earlier location than the 2nd and I streets site, near today's historic Southern Pacific train depot.

## Español of yesteryear

During the 19th century, the city was home to many hotels such as the Pacific Hotel at 916-918 11th St., the International Hotel at 320-326 K St. and the Tremont Hotel at 112-114 J St.

At the site of the Tremont Hotel, a new hotel, known as Hotel Español, emerged as early as 1919.

The Hotel Español, which was primarily operated as a Basque boarding house, was initially home to shepherders who were hired out to local ranchers.

It was at this hotel, which in its early years was owned by Victoriano Urrutia and then Castro Arrate and Mamerto Fernandez, that the Español Restaurant began to evolve.

On the ground floor of the large, brick building, food such as oxtail stew, pig knuckles, lamb fries, lamb chops, tripe, chicken and veal were prepared and cooked for the Basque tenants.

News of these meals eventually made its way to many outsiders of the building, as others were introduced to the boarders' food and the eatery increased in popularity.

During the early 1930s, the well-known Sacramentan Ancil Hoffman, who has a park named in his honor



Arden-Carmichael News Photo/Lance Armstrong  
Pictured left to right, Paula (Luigi) Serrano, Perry Luigi and Karen (Luigi) Zito are the owners of East Sacramento's historic Español Restaurant at 58th Street and Folsom Boulevard.

in Carmichael, became the owner of the building.

With the 1952 sale of the Hotel Español building, the Español Restaurant was relocated to the Commercial Hotel, which had been constructed about 15 years earlier.

This move was arranged following Arrate's retirement and under the direction of the restaurant's chef Joe Trueba and his close friend, Joe Martinez.

The restaurant, which continued to increase in popularity and serve Basque tenants who relocated to the Commercial Hotel, was operated by Trueba and Martinez until the business's sale to Babe and Mario Luigi,

who brought in the eatery's Italian food offerings.

The development of Old Sacramento, which included the nearby extension of Interstate 5, resulted in the second relocation of the restaurant within a 13-year span of time.

## Moving to East Sac

Opening at its current site in 1965, the Español Restaurant, despite no longer serving unique food to Basque hotel tenants, carried forth many of its traditions in East Sacramento, near the historic Little Italy neighborhood.

Among these traditions included the presence of the

See Español, page 17

Looking for a San Juan Unified School District Preschool?

Check out the

**Early Learning Academy**



**NOW ENROLLING!**

Fees: \$559 per month

for a full-time program in a safe, nurturing & stimulating environment

**Call 979-8766 for information**

Located near Arden and Eastern at 4425 Laurelwood Way, Sacramento

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](http://www.davey.com).

**5 Certified Arborists on staff.**



# Español: 'People come from miles around to buy our minestrone'

Continued from page 16

popular waitress Mary Trabazo, who worked at all three sites of the restaurant.

Beginning her career with the Español in 1936, Trabazo retired from the restaurant 52 years later.

Waitress Leah Alcanter also dedicated her fair share of time as an Español waitress, as she worked at the restaurant for 35 years.

Many other employees, including 26-year waitress Diane Lara and 25-year dishwasher David Larsen, have spent many years at the restaurant throughout its history.

This history includes various famous diners such as actress Ann Sothorn, actor Leo Carrillo, singer Frankie Laine, boxer Max Baer, flamenco dancer Jose Greco, Gov. Earl Warren and Secretary of State Frank Jordan, Sr.

East Sacramento native Willie DaPrato, who was part owner of the restaurant with Babe and Mario from 1978 to 1985, said that he enjoyed working with the Luigi family.

"I had a great time and (Babe and Mario) were two wonderful people," DaPrato said. "I had no problems. I went in on a handshake and I left on a handshake. Every now and again, I still drop into the restaurant. It's one of the finest family-owned restaurants in town with lots of home-style cooked food and it's just very good."

On Jan 1, 1988, Perry, Paula and Karen, who began assisting their father at the restaurant as children, purchased the Español from Babe, who passed away three months later.

Louise Luigi said that she is proud of her children's accomplishments as owners of the restaurant.

"They have done a wonderful job running the place and my husband (Babe) would be very proud to see that it is continuing on today," Louise said.

With a look around the Español on any given day, one can observe people who have been dining at the restaurant for many years, as well



Photo courtesy of Español Restaurant  
A group consisting of various Mexican organizations gather together at the second location of the restaurant during a visit by Mexican Consulate Dominguez.



Arden-Carmichael News Photo/Lance Armstrong  
Guests dine inside the Español Restaurant on Folsom Boulevard.

as those who are much newer guests of the establishment, which also includes a popular bar.

## Rave reviews

Español customer Mary Giacomotto said that she has been enjoying visiting the restaurant since it was located at 231 I St.

"In the old days, it was wonderful just going (to the restaurant) with our parents and (Rosemary and Ted Lehy) and their children," Giacomotto said. "It was very family-oriented and we would sit and have (soup) and wait for our parents to return from the bar. I also remember how my father (John Bateman) would start to sing there (at the restaurant) and then we would all sing and everybody around us would sing. Those were wonderful, wonderful times."

Perry said that the secret of the restaurant's longtime success is its traditional, family-style Italian dishes, as well as its great value and fine service.

The Español offers dishes ranging from veal cutlets and chicken cacciatore with polenta to cheese ravioli pesto and lasagna. Guests can also enjoy traditional spaghetti and raviolis with meat sauce.

Also among the restaurant's many menu items is its famous minestrone soup, Perry explained.

"People come from miles around to buy our minestrone soup-to-go for their diners and family functions

such as Christmas Eve," Perry said. "I think I sell more soup than any restaurant in Sacramento."

Complete lunches and dinners include tureen of minestrone soup, salad, an entrée of one's choice, pasta, vegetables, coffee or iced tea and spumoni.

Prices for these lunches range from \$9 to \$11 and the dinner prices range from \$15 to \$20. And for those who prefer a lighter meal, soups and salads cost about \$5.

The restaurant also includes the following daily specials: roast turkey, mashed potatoes and gravy on Tuesdays, veal stew on Wednesdays, corned beef and cabbage on Thursdays and meatloaf on Fridays.

Paula said that people are attracted to the restaurant, in general, because it reminds them of the traditional, family-style restaurants of New York, Chicago and San Francisco.

"It reminds them of the Godfather-type restaurants," Perry added with a chuckle.

Español Restaurant, which has a seating capacity of 160, is open Tuesdays through Saturdays from 11 a.m. to 9 p.m. and on Sundays from 11:30 a.m. to 9 p.m.

Perry said that he takes great pride in carrying forth the tradition of what he refers to as "the Italian restaurant with a Spanish name."

"We're proud of our long history in East Sacramen-

to, as well as the Old Sacramento area, and we invite people to take a step back in time and drive to East Sacramento to enjoy Sacramento's oldest restaurant," Perry said. "Come on in,

join us and experience traditional, family-style cooking and be part of the Español family."

For additional information about Español Restaurant, call (916) 457-1936.

**BETTER PRICES.**  
**BETTER COVERAGE.**  
(No kidding.)



**LIFE COMES AT YOU FAST®.**

Luckily, you can save by switching your car insurance to Nationwide Insurance®. Get a quote today.

Jeff Cartwright Agency

Jeff Cartwright

cartwrj5@nationwide.com

2621 Marconi Ave

Sacramento, CA 95821

(916) 283-0364

Lic # 0A98323



**Nationwide®**  
On Your Side

Nationwide Insurance Company of America  
Auto Home Life Business



©2008 Nationwide Insurance Company of America, Nationwide Mutual Insurance Company and Affiliated Companies, Nationwide Life Insurance Company. Home office: Columbus, Ohio 43215-2220. Nationwide, the Nationwide Framemark and On Your Side are federally registered service marks of Nationwide Mutual Insurance Company. Not available in all states.

# 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

### ADDITION SPECIALIST

**LYTLE**  
CONSTRUCTION INC.

**Award-Winning Design/Build Firm**  
Serving Sacramento for more than 25 years

Remodeling and Design

LIC# 480492

Certified Kitchen & Bath Remodeler

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

**FREE Consultation**  
**916-422-6639**

[www.lytleconstruction.com](http://www.lytleconstruction.com)

### YOUR AD SHOULD BE HERE!

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

### CLEANING

#### PROFESSIONAL

Free Estimates  
Licensed & Insured

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

**Prime Quality**  
**Maintenance**



**Call Jesse (916) 417-4231**

### BUILDING MATERIALS



#### INVENTORY ALWAYS CHANGING!

*Windows & Doors! Plywood, lumber, siding, cabinets, molding & more!*  
*All are heavily discounted Contractors' extras or overstocked items.*

**916-369-1846 • [www.builderssurplusllc.com](http://www.builderssurplusllc.com)**

6015 Power Inn Rd, Suite G • Sacramento 95824

Hours: Mon-Fri 9-5, Sat 9:30-4, Closed Sunday

### 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**

### CARPET & UPHOLSTERY CARE

#### Johnny on the Spot

Complete Carpet and 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. Master Cleaner
- Stain Removal Experts
- Carpet Repairs & Restretching
- Pet Urine Removal

Visit our website at [www.johnnyonthespots.com](http://www.johnnyonthespots.com) for more info, coupons and specials.

**Call (916) 997-7895**

### CARPET/ UPHOLSTERY CLEANING

#### TLC CARPET CARE

Carpet & Upholstery Cleaners

Owner Operator  
Local in the Pocket  
State of the art Truck Mount

**(916)952-3831**



### CUSTOM CABINETS

CLB #707577



Excellence in woodworking

Custom cabinetry & cabinet refacing  
Crown moulding & baseboards installed

[www.aardvarkwoodcraft.com](http://www.aardvarkwoodcraft.com)

\*Major credit cards accepted\*

**(916) 230-3518**

### CUSTOM CABINETS

#### Bruce WOOD Products

Custom Cabinets for Any Room  
Crown Moulding & Remodeling  
FREE ESTIMATES

**Michael J. Bruce, Owner**

8140 Industrial Pkwy #7 • Sacramento 95824  
(916) 452-8134 • [brucewoodprod@aol.com](mailto:brucewoodprod@aol.com)

General/Cabinet Contractor Since 1990 • CA License #604802



### 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

#### AESTHETIC FENCE COMPANY

#### HANDYMAN SERVICE

Gates, Retaining Walls, Repair Work  
Fence Installments \$12.75 Ft. FREE Estimates. NO Deposit.

Retail lumber available at wholesale cost.

Phone: 916.570.3078 Cell: 916.380.0061

< unlicensed >

### FENCING

Bob Grove  
(916) 425-7435

License #: 927602

**GATEWAY**  
FENCE CO.

Commercial & Residential

Gateway-Fence.com  
[bob@gateway-fence.com](mailto:bob@gateway-fence.com)

Fax (916) 429-1905



### GUTTER CLEANING

#### GUTTER CLEANING

Licensed & Insured  
Senior Discounts

**James Brothers Services**

**(916) 236-8940**

Lic# 630547

### HANDYMAN

#### SPRING CLEAN-UP SPECIALS!

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

Call LESTER  
(916) 838-1247

Lic#128758/Ref

Pressure wash your driveways clean! your decks, too!  
Clean out your garage! Replace that old lawn!

Hard work ---not a problem!

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



# 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

### 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**

### HANDYMAN

**Quality Handyman**  
Over 30 Years Exp., Expert in all trades  
**Bathroom Specialist**  
Plumbing & Dryrot Repairs, Electrical/Carpentry, Appliance Repairs, Tile, Fences, Painting, Linoleum, Rototilling, Trenching, Etc.  
**(916) 485-2467**  
Senior Discounts, All Work Guaranteed  
Lic# HB5693

### YOUR AD SHOULD BE HERE!

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

### HEATING/AIR CONDITIONING

**BONNEY** DON'T BE CAUGHT IN THE COLD!  
**PLUMBING, HEATING, AIR & ROOTER SERVICE** Season Special  
Heating System tune-up \$85  
**CALL 444-0551**

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

FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

### KITCHENS / BATHS / HOME REMODELING

## Kustom Kitchens/Bathrooms

Design & Consultations • Serving the community since 1957

**NOW'S A GOOD TIME TO REMODEL!**

**Mark Cohn** 916.443.6778  
Certified Kitchen Designer www.KustomKitchens.com  
Lic# 193939 MarkCohn@KustomKitchens.com



### LANDSCAPING

## Terra Bella Gardening Maintenance

Get ready for Spring!  
• Full yard maintenance  
• One time clean-up  
"Not your typical mow, blow & go company!"  
Call Randy (916) 454-3430  
or 802-9897  
www.terrabelлагarden.com  
Lic# 152584

### LANDSCAPING

## SACRAMENTO LANDSCAPE Co.

SINCE 1995  
CONSULTATIONS  
DESIGNS • ESTIMATES  
HOMES • BUSINESSES  
CALL: 832-2010  
WWW.SACRAMENTOLANDSCAPE.NET  
CL# 770400

### LANDSCAPING

## ROBERTS LANDSCAPE

35 YEARS OF EXPERTISE  
• Design: Plants, Hardscape, Lighting  
• Garden Consultations  
• Specialty Pruning: Shaping, Japanese Maples  
• Irrigation Tune-Ups  
CALL: 444-6458  
ROBERTSLANDSCAPE.COM  
Contractors Lic# 590317

### PAINTING



All Interior/Exterior  
Custom Painting  
Call Bill (916) 519-1175  
Ref Avail. • Owner-Operated  
Fully Insured/Workers Comp/Bonded  
Lic# 792971

### PAINTING

## GARY'S PAINTING

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

### PLUMBING

## ROONEY'S PLUMBING

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

### PLUMBING

## Riverside Plumbing

Keith & Harry Staley  
Full Service  
Office 442-7586 Mobile 204-4090 Lic# 338816 C-36  
Located on corner of 7th and Riverside Boulevard  
**25% Discount for all new customers with this ad, good until 07/31**  
(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

### PLUMBING

## BONNEY

WE CHARGE BY THE JOB...  
SO YOU KNOW THE COST  
BEFORE WE START!  
CALL 444-0551

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

FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

### POOL & SPA



Sales • Service • Repair  
Chris Marks • Email: chris@sierrablue.net

### REMODEL CONTRACTOR

## All Range, Inc.

Free Estimates, WE DO IT ALL!  
Kitchens & Bath Remodels,  
Dry-rot repairs, Roofs, ADA, etc.  
916-240-7700 or 916-320-2534  
Lic# 930998

### ROOFING

## HOPKINS ROOFING

33 years experience  
Specializing in all types of  
roofing & repairs  
24-hour call  
**(916) 731-7073**  
License #667013

**Your services are needed!**  
Call 429-9901 and reserve your space on the  
Arden Carmichael News Home Improvement page

# 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](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.

## MARCH

### Gardening Classes

Classes are four hours (10 a.m. to 2:30 p.m. with a 30 minute break for lunch includ-

ed in fee) on either of the days given and are held at the house, address below. Cost per person, per class is \$40 or both classes for \$70. Reservations should be sent, with payment, to: Robert Hamm, 1689 Vallarta Cicle, Sacramento CA 95834. First come first served, as all classes have limited availability. For more info email me or call. Gardening in Sacramento – A class for people new to Sacramento Gardening – Tuesday, March 16 or Saturday, March 20; second class is Plant Propagation for Home Gardeners on Tuesday, March 30 or Saturday, April 3.

### March Benefit Plant Sales

Plant sales at the Gifted Gardener through March 2010: March 13-14, and March 27-28. All of the sales will be in the covered parking area on 18th St, behind the store at 18th and J Streets. Sales rain or shine. Hours will be 10 a.m. to 4 p.m.

### Jo Anne Marquardt art show

The Unitarian Universalist Society of Sacramento presents an exhibition of the artwork of Land Park resident Jo Anne Marquardt Jan. 22 to Mar. 21, 2010 at the UUSS Auditorium located at 2425 Sierra Blvd, Sacramento. An opening reception will be held on Friday, Jan. 22 from 5:30 to 7:00 p.m. This event is free. For more information visit [www.uuss.org](http://www.uuss.org).

### Short Story Contest

Open to ages 16 and older. \$5 entry fee. Please make checks payable to Friends of the Elk Grove Library. Deadline for entries is 5 p.m., Saturday, April 3, 2010. Entries may be fiction or non-fiction and not longer than 1,000 words. Manuscript must be typed and double-spaced. Final word count to be written at the top of the title page. Name, address, phone number, email address and story title to be written on a 3x5 card and attached to the entry. Do not put your name on the manuscript. Winners will receive cash awards. First place-\$100 Second place-\$75 Third place-\$50. Awards will be presented at the Elk Grove Library Writer's Workshop, April 17, from 10 a.m. until 2 p.m. Submissions will not

St. John the Evangelist Catholic School  
A coeducational TK - 8 school  
An educational ministry of St. John the Evangelist Parish

A SCHOOL OF EXCELLENCE  
EDUCATING THE WHOLE CHILD



WCEA / WASC accreditation  
Transitional and full-day kindergarten  
Music program  
Computer & science labs  
Drama club - Children's choir  
Academic Decathlon  
Art docent curriculum  
Track - Flag Football  
Volleyball - Basketball  
Golf Team  
Extension Program

Call today to  
schedule a tour

5701 Locust Ave., Carmichael, CA  
(916) 481-8845

[www.stjohnnev.com](http://www.stjohnnev.com)

Nancy Conroy, Principle  
Fr. Thomas Bland, Pastor

## Real Estate Quarterly FIRST QUARTER • January - March, 2010

Call Linda at 429-9901 or e-mail her at [Linda@valcomnews.com](mailto:Linda@valcomnews.com) for advertising rates for this special BIO PAGE to be included in the Real Estate Quarterly.

Real Estate Quarterly  
FIRST QUARTER  
January-March 2010

Scheduled to run  
May 6th & 13th

Deadline is April 29

Call to include your Bio!  
429-9901



Richard Smith  
Smith Real Estate  
2709 Riverside Blvd.  
916-999-9999  
[rsmith@smithre.com](mailto:rsmith@smithre.com)

smith  
RE

Richard has been a top-producer in his market area since entering real estate sales in 1987. From the very beginning, he specialized in the marketing of architectural and historic properties. Richard is known for his distinctive and creative marketing materials, which reflect his life-long interest in, and admiration of, architectural and historic properties. In 1991 Richard was selected to be an Estates Director in recognition of his consistent high production (about 600 career transactions) and record-breaking sales.

# CLASSIFIED ADS

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

## BOOKKEEPING

#1 BOOKKEEPER  
26 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](http://www.taxirene.info)

## COMPUTERS

GOT COMPUTER PROBLEMS?  
Pocket Computer Technician. I do on-site visits in the Pocket area. \$35/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161

## HANDYMAN

GET READY FOR SPRING SPECIALS  
EMERGENCY SERVICES, too! Sod, sprinklers, hauling, 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.

## PET PORTRAITS

ORIGINAL PET PORTRAITS  
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](mailto:melissa@melissaandrews.com) or call 447-4441.



Sell your car fast in  
the classifieds!

## TAX PREPARER

#1 TAX PREPARER  
26 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](http://www.taxirene.info)

## ADVERTISE YOUR RENTALS

Call 429-9901

## 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.

## HOUSING

*Florin Gardens  
Cooperative, Inc.*

Gated - Pool - Basketball Court - Playground  
On-site Laundry & BBQ Area

- Section 8 Available - Must meet HUD Requirements

1 BR-\$621 • 2 BR-\$708 • 3 BR-\$825

(916) 422-4242

6951 24th St, Sacramento 95822

Accepting applications from 1/25/10 - 3/31/10

## YOUR AD SHOULD BE HERE

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! 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 or  
send to:  
[ryanrose@valcomnews.com](mailto:ryanrose@valcomnews.com)

Sell it fast in the classified ads:  
autos, furniture, misc., rentals,  
services.  
Call 429-9901

Call Melissa at 429-9901 for advertising information

be returned. Mail or bring your manuscript to Elk Grove Library Short Story Contest, 8900 Elk Grove Blvd., Elk Grove, CA 95624.

## MARCH 11

### Mission Oaks Computer Club meeting

The Mission Oaks Computer Club will meet on Thursday, March 11, 2010 from 1:00 PM to 3:00 PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "What's New in Computers and Computing" presented by Steven Walker of Fast Break Tech. A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our Web site at [www.missionoakscomputerclub.org](http://www.missionoakscomputerclub.org).

### Moms in Motion Information Meeting

Women of all ages and fitness levels are invited to hear more about the Moms in Motion team, connecting women through fun, fitness and philanthropy. 7 p.m. at the REI store in Folsom. RSVP MIM\_EDHFolsom@yahoo.com or (530) 903-7765.

### California Citizens for Health Freedom

March 11, 2010 - Sponsored by California Citizens for Health Freedom, a free lecture on "Yoga for Your Eyes" will be presented by Meir Schneider, Ph.D., L.M.T., from 7 - 9 p.m. at the SMUD Auditorium (the old SMUD Building), 6201 S Street, Sacramento. Call 916-635-6724 for information.

## MARCH 12

### Carmichael Geranium Society meeting

Carmichael Geranium Society March Meeting, Friday March 12 at 10 a.m. at the Carmichael Community Clubhouse - 5750 Grant Ave. Carmichael. This will be a workshop on soils, watering, fertilizer, pruning & shaping. Bring 1 or 2 plants for this hands on workshop

## MARCH 13

### Alzheimer's and Dementia Support Group

Families and people with Alzheimer's Disease or a related dementia will benefit by learning how to live with memory loss, meeting with others in similar situations

and working with compassionate, professional facilitators. Held Saturday, March 13, 10:00-11:30 a.m. at the Asian Community Center, 7375 Park City Dr. Free of charge. For more information contact: Susan Sarinas, 393-9026 Ext. 339, [ssarinas@accsv.org](mailto:ssarinas@accsv.org).

### Fe Gallery Artist Reception

The event is March 15 and runs from 6 p.m. to 9 p.m. at Fe Gallery, 1100 65th St. March's show is going to be fun and exciting with a one of kind creations from tape artist Danny Scheible who carries his art with him, and even if Danny does not say a word you will remember Danny and know he has been in your world. Also featured are the unique metal mask portrayals by Douglas Pryor. A blacksmithing demo at 7:30 p.m., please join us at the corner of Elvas and 65th just north of Folsom Blvd for more information about the gallery or artists visit [www.FeGallery.com](http://www.FeGallery.com). Current show runs March 8 through March 31.

### Kiwanis event

Saturday, March 13 at 7:30 a.m. Mr. Gerald Clemens will be the guest speaker He will be speaking on: Programs of the Highway Patrol. The location of the Kiwanis Club of Elk Grove is Denny's Restaurant located at 8707 Elk Grove Blvd., Elk Grove, CA 95624. The public is invited to attend. For additional information and/or questions, please call President Dan Birks at 869-4711

## MARCH 14

### International Folk Dance Concert

A colorful show of ethnic dance and music for the whole family. March 14, 2010, 1 p.m. CSUS Student Union Ballroom, 6000 J St, Sacramento, Free Parking, \$7 per person, under 18 years free. This is our 54th year presenting a variety of groups performing dances from around the world - originally started as part of the Sacramento Camellia Festival. [Folkdancesac.org](http://Folkdancesac.org).

## MARCH 17

### St. Patrick's Day Concert with The Swingmasters

Event is Wednesday, March 17, 2010 from 6:30-8:30 p.m. La Sierra Community Center, 5325 Engle Road, Carmichael. \$5 per person. Plenty of FREE parking! Get your green on and come dance an Irish jig. Festive refreshments for sale.

### Genealogical Association meeting

The Genealogical Association of Sacramento will meet March 17 at the Colonial Heights Library on Stockton Blvd and 21st Ave. Our March speaker will be Enoch Haga and his topic will be "Publishing a Genealogy" He most recently published "Some Norse Families" by Henrik Lunde. His talk will be of special interest to people of Scandinavian ancestry and those who are almost ready to publish their family history. The meeting starts at 1 PM Please join us and bring a friend. The group is also planning a bus trip to the Sutro Research Library in San Francisco on Wed March 24th The cost is \$35.00 for GAS members and \$40.00 for non members. If interested please contact Melanie H. 916-383-1221 or [melnesia@comcast.net](mailto:melnesia@comcast.net)

## MARCH 18

### Candidate Night at the Didion Gym

Do you know who is running for District Seven City Council? Join your neighbors and other community members from 7 p.m. to 8:30 p.m. on Thurs. March 18, 2010 at the Didion/Lewis Park Recreational Center to meet the three candidates and hear their views on community and citywide issues. Candidate are: Ryan Chin; Dir. Strategic Communications Sac State; Darrell Fong; Ret. Police Capt. Sac PD; and Robbie Waters; Incumbent. The Didion/Lewis Park Recreational Center is located at 6490 Harmon Dr., Sacramento, CA 95831.

### Voetberg Family Band to perform

Enjoy a special evening with the Voetberg Family Band in a free family concert at 6:30 p.m., Thursday, March 18, in the Tsakopoulos Library Galleria, at the Central Library, 828 I Street, Sacramento. Based in Centralia, Washington, the Voetberg family members will perform their unique music with bluegrass, gospel, country, folk, jazz and Celtic influences. The Voetberg's 10 children, from ages from eight to 25, have garnered many awards including 10 Washington state fiddle championships, eight Washington State Music Teachers Association awards for outstanding keyboard and vocal performance, 20 regional fiddle championships, 10 top-five placements at the National Fiddle Competition, and the title of 2007 National Young Adult Fiddle Champion. For more information, telephone the Sacramento Public Library at (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org).

## MARCH 20

### 10th Annual Vendor Sale

10th annual vendor sale is March 20 from Saturday 9 a.m. to 3 p.m. at the Shepard Garden and Art Center, located at 3330 McKinley Boulevard in McKinley Park. The Perennial Plant Club is once again sponsoring an extraordinary collection of specialty nurseries, many from just outside the immediate Sacramento area to help you get a jump-start on this year's gardening season. They will also offer used books and magazines for sale at bargain prices and this year will have Timber Press Books available at discount prices. Proceeds from this event will help fund our work supporting community gardens and local horticulture projects.

### Greenhaven Lutheran Church Annual Crab Feed

The Annual Crab and Pasta Feed (all you can eat) will start at 5:30 p.m. with dinner at 6:00 p.m. on Saturday, March 20, in the parish hall. The Crab and Pasta Feed is the major fundraiser for the youth gathering in New Orleans. Tickets are \$40 per person. The event includes a silent auction and 50/50 raffle. Tickets are available by contacting the church at (916) 428-8449 or Stephanie Lack at [steph\\_lack01@yahoo.com](mailto:steph_lack01@yahoo.com) or by phone at (916) 201-3898. Come hungry!

## MARCH 21

### Sacramento Symphonic Winds Concert

Event is Sunday, March 21, 2010 from 3-4:30 p.m. La Sierra Community Center,

5325 Engle Road, Carmichael. \$5 per person, seniors and kids under 12 FREE. Plenty of FREE parking.

### City College concert

The Sacramento City College World Music Ensemble, directed by Bob Wren, will present Middle Eastern music and dance, featuring the Ottoman Traders Middle Eastern Dance Troupe accompanied by the World Music Ensemble on Sunday, March 21, 2010 from 5:00 to 7:00 p.m. at the Davis Art Center, 1919 F Street, Davis 95616. Admission is free.

## MARCH 22

### Free grief support

Beginning Monday, March 22 at 7 p.m. Parkside Community Church will convene a 6-week series providing participants the opportunity to work through their grief in a supportive and caring environment. Led by Joe Lumello, a licensed therapist specializing in grief support, attendees will be equipped to heal their grief over the death of a loved one, loss of a job, or dissolution of a relationship. The group will meet in the church Library and is open to the community. For more information, please contact the church office at 421-0492. Parkside Community Church is located at 5700 South Land Park Drive (on the corner of 35th Ave and S. Land Park Drive—across from Vic's Market). Parkside is an open and affirming congregation.

## MARK YOUR CALENDAR...

Please join us for Palm Sunday & Easter Worship

### 2010 HOLY WEEK WORSHIP SCHEDULE

**Palm Sunday, March 28th -**

7:45am, 8:30am, 11:00am

**Holy Thursday Services - April 1st -**

11:00am, 7:00pm

**Good Friday Services - April 2nd -**

11:00am, 7:00pm

**Easter Breakfast - April 4th -**

7:30am - 11:00am (Youth Fundraiser)

**Easter Sunday Services - April 4th -**

8:30am, 9:45am, 11:00am

**The Lutheran Church of the Good Shepherd**  
1615 Morse Avenue • (916) 483-0451 • [www.goodshprd.org](http://www.goodshprd.org)



**FREE** Water Wise House Call

A professional will come out to check your indoor and outdoor plumbing and provide a custom watering schedule for your property.

Visit [www.SCWA.net](http://www.SCWA.net)

DEPARTMENT OF WATER RESOURCES  
SACRAMENTO COUNTY  
WATER AGENCY

# Church originally constructed in Carmichael Sacramento's St. Maria Church is historical Portuguese landmark

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

Among the many historic sites of the Pocket area, the St. Maria Church on Pocket Road is a very important part of Portuguese heritage.

Located on the old Riverside Road, which evolved into Park Riviera Way and then Pocket Road, the church had a unique beginning, considering that it was built as a clubhouse about 12 miles northeast of its present site.

## Constructing the church

Constructed in the Carmichael area in 1897 for the Associacao Azoreana do Divini Espirito Santo (Azorean Association of the Divine Holy Spirit) –

AADES, Grant – the organization utilized the building for its meeting hall.

The structure was also used for the storage of religious artifacts such as flags, banners and the crown for the Portuguese Holy Ghost Festa – a religious festival in honor of Portugal's 13th century queen, Isabela, who later became a saint.

The decline of the Portuguese population in the Grant area resulted in the relocation of the Portuguese lodge to the Riverside area, which had developed into a Portuguese settlement.

The move was prompted by Francisco J. Luiz (later Frank J. Lewis, Sr.), who with his neighbor, Antonio Pereira Rodrigues (later Antone Rodrigues Perry), traveled from the Pock-

et area to the Grant area to attend the AADES lodge meetings.

In order to persuade the AADES, Grant members to relocate, Luiz proposed that two acres of his land be used for a move and expansion in the Riverside area.

Additionally, Luiz offered to move the lodge building to his property.

AADES members voted and agreed that Luiz's offer was best for the future of the lodge.

In 1909, the building was cut in half, transported via large wagons and teams of horses and reassembled on the land that Luiz had offered.

The relocation of the structure proved to be a profitable endeavor for the lodge in that it attracted many Portuguese from the Pocket and city areas.

As a result, the AADES treasury increased to an extent that the lodge was able to construct a two-story hall adjacent to the clubhouse.

With the building of the hall, which was completed in 1913, the clubhouse was converted and remodeled into a church, which was necessary for the estab-

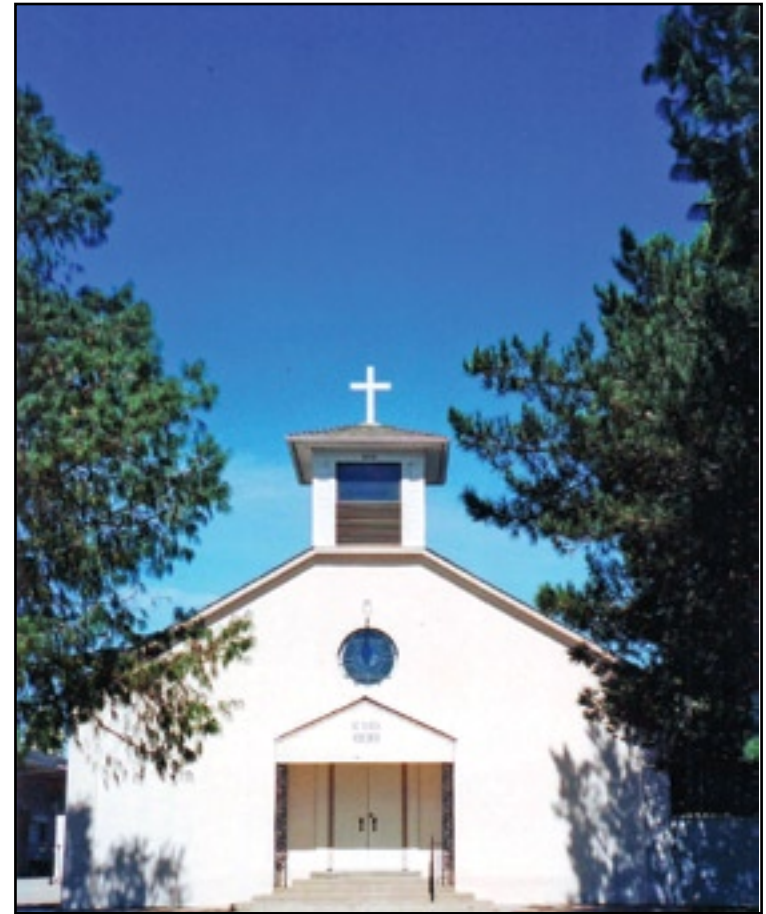


Photo courtesy of PHCS

The St. Maria Church building on Pocket Road has been a part of the Riverside-Pocket area for more than a century.



**SACRAMENTO  
SYMPHONIC WINDS**

Dr. Les Lehr, Music Director

**“Circus of Solos!”**

La Sierra Concert Series 2009-2010

**Sunday, March 21, 3pm**

La Sierra Community Center, Smith Hall  
5325 Engle Road, Carmichael

**916-489-2576 • www.sacwinds.org for map**

General Admission: \$5  
Child, Student, Senior (60+): FREE  
Tickets at the door

## PRAISE YOUR SCHOLAR-ATHLETE



Has your child done an exceptional job in school or sports – or both? Share your pride and let the community know!

**Special Announcement Ads are available in FULL COLOR for \$35.**  
*(See samples)*

**Call Melissa at (916) 429-9901 to buy yours today.**

SAMPLE


## Sam Casio is Student of the Month



Sam Casio was selected as Student of the Month for January at New Haven Elementary School. A second grader in Mrs. Hinton's class, Sam hopes to one day become a doctor like his father. Mom and Dad love you so much.

SAMPLE

## Rachel Wins Big



Rachel Avila played a significant role in her Tee Ball team win on Sunday, Jan. 17. Being a good teammate and strong hitter, Rachel hit a homerun in the third inning and scored in two runs. Mom, Dad, Grandpa Richard and Grandma Margo are so proud.

lishment of the Holy Ghost Festa.

Around this time, the AADES, Grant ceased to exist and instead became AADES, Riverside and the church was established as the Igreja de Santa Maria (later known as St. Maria Church).

In the will of Frank J. Lewis, Sr., who passed

away on Sept. 13, 1918 at the age of 61, the land, which he deeded to AADES, was required to be used specifically for the lodge's hall and church and the holding of the Holy Ghost Festa. If this agreement was not fulfilled, the property, according to the will, would revert back to the Lewis heirs.

## Chroma's Anniversary Celebration

Capturing the Light for 12 Years

March 12-April 11  
Hours: Thur-Sun, 12-5

**Second Saturday Reception  
March 13, 5-9pm**

PLUS "Artist in Action" Vicki Foote, demonstrating her techniques in developing an original painting  
"Water Dance" by Marianne Post



**CHROMA GALLERY**  
10030 Fair Oaks Blvd  
966.6020 • www.thechromagallery.com

## Celebrations and ceremonies

With the hall and church in place, the first Riverside Holy Ghost Festa was held in conjunction with the church's dedication on May 31, 1914.

During the first festa, Mary Silva, who was about 15 years old at the time, was selected as the first festa queen.

Through the establishment and dedication of the church, it became a parish of St. Joseph Church in Freeport in the historic postal area of today's Clarksburg in Yolo County. The St. Joseph Church

See Church, page 23

# Church: 'So much has changed, but the church and the hall remain'

Continued from page 22

was founded by the Portuguese in 1893.

The Portuguese priests from St. Joseph Church in Freeport would cross the Sacramento River via a platform, cable ferry to Riverside to celebrate Mass at the newly dedicated church.

To carry on the Portuguese customs and traditions in their own language, Portuguese priests from St. Joseph Church, until 1922, continued to baptize and perform communion at the Riverside church and in the homes of people who were unable to attend Mass due to health reasons.

Following this time, Portuguese-speaking priests were mostly unavailable, so the church resorted to priests of other nationalities. But on occasions when a Portuguese-speaking priest was needed to perform baptisms, the Portuguese priest from St. Elizabeth Portuguese National Church on 12th and S streets came to St. Maria Church.

Also during the early years of the Riverside church, young Portuguese men from the Riverside-Pocket area, including Frank J. Lewis, Sr.'s grandson, John Lewis, and the sons of Manuel and Mary (Dutra) Rosa, Martin and Michael Rosa, became altar boys.

Additionally, Portuguese women from the area performed maintenance duties in care of the altar.

Mary Florence, the daughter of Frank J. Lewis, Sr., was the first to perform these duties, which included crocheting altar doilies.

Many marriages were also performed in the church, including the marriages of Manuel and Mary (Dutra) Rosa and King and Beatrice (Mauricio) Silva. King was a mem-

ber of one of the prominent Silva families of the Pocket area.

## Remaking and rebuilding

The church had various remodels throughout the years, including the addition of a bell tower, a widening of the building to accommodate side aisles, additional small sections of pews, the construction of a double-door entry and the revision of the altar, so that the pastor faced the congregation.

Furthermore, the old standard windows were replaced with stained glass windows that were individually donated by members of the church.

The construction of Interstate 80, necessitated the move of the Portuguese association, the Ordem do Divino Espirito Santo, Sacramento, located at 5th and W streets.

In the early 1960s, the Portuguese organization merged with AADES, Riverside and the new name of the organization became Sacramento Portuguese Holy Spirit Society.

Jack Lewis, the grandson and heir in the will of Frank J. Lewis, Sr., instigated the signing of a release, along with the other heirs, for SPHSS to receive clear title to the acreage.

Although the old church still stands, the original hall was demolished and a new hall was built in the exact location. The new hall was dedicated on Oct. 21, 1967.

St. Joseph Church administered to St. Maria Church until 1974 and Father Brenden O'Sullivan, pastor of St. Joseph Church, was the last pastor to celebrate Sunday Mass on a regular basis at St. Maria Church.

Since St. Joseph Church no longer administered to St. Maria Church, pastors from St. Elizabeth Portuguese National Church celebrated Mass at St. Maria Church.

Pastors during this time included: Valdemiro Fagundes, Jose Rebeiro and Eduino Silveira.

## The church now

Today, the church building, which comfortably seats 300 parishioners and is hardly recognizable as the wooden, rectangular building of the days of old, is owned by SPHSS. The release in ownership was designed to avoid any future challenge of ownership of the land, which included the St. Maria Church.

The festa continues at St. Maria Church each year under the direction of Antonio Luiz Dos Santos Medeiros, one of the Congregation of the Sacred Stigmata with contract to assist St. Elizabeth Portuguese National Church.

It is unknown if Medeiros will continue to perform this service following this year's festa in May, since the contract for this assistance will expire in mid-July 2010.

Pocket native Dolores Greenslate said that as a person of Portuguese heritage, she is proud of the history of St. Maria Church and its accompanying hall.

"It is an important part of Portuguese history in the area," Greenslate said. "So much has changed in the Riverside-Pocket area, but the church and the hall remain and it gives me great happiness to see them."

# Supplementing the second half of life

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

Mini Med School, sponsored by the UC Davis School of Medicine provides ample food for thought for people seeking to make life's second half, the better half. The six-week course features top medical professionals, strictly focused on the topic of healthy aging. And, oh yes, entertaining the assembled class of about 500 people at the same time. For example, in February, we were treated to a dance (ala Michael Jackson) by a respected doctor and lecturer.

We also gobbled up a lively presentation called "Nutrition for Grownups" by Calvin Hirsch, M.D. With ever increasing advertising dollars being spent in major media by both the pharmaceutical and nutraceutical companies, it's very easy for consumers to be thoroughly confused.

Anti-aging diets and supplements should be aimed at mitigating diseases that sometimes come with age, according to Dr. Hirsch. The conditions we worry about as we ease around the biological clock to our 60s and well beyond include heart disease, strokes, diabetes, respiratory disease, cognitive decline and, oh, so many other nasty possibilities. The point to knowing what supplements are effective in building defenses against health threats, is that most of these conditions are preventable. Without disease and disability, aging can be a process of continued growth, contentment and stimulation.

It's also true that we are bombarded by unsubstantiated claims for the positive effects of nutraceuticals. These are the ads we see in newspapers, magazines, direct mail campaigns and on cable TV. Here are a few warning signs for consumers: Beware of concoctions that make fantastic claims that are based on little science and lots of personal testimonials. The people who offer their endorsement of the product look like you and me, and we can usually identify quickly with their pain and yearn for similar quick relief. Be suspicious of offers of "free" products with a toll-free phone call; ads that boldly declare, "As seen on TV," and any pressure to get you to "act quickly" because "supplies are limited."

Since the FDA does not regulate nutraceuticals, vitamins and herbs, consumers have little information about the origin, content and quality of many products. In general, carefully read the labels on vitamins – be wary of those that come from China (heavy metals and lead have been found in some brands) and labels that tell you nothing at all! Like Dr. Hirsch says, "Advertising makes us think we are deficient in almost everything." Not so. A chapter or more could be written on each of the supplements that show scientific promise for healthier longevity (or those that only benefit quick-buck, flimflam companies). To learn more about nutraceuticals and supplements here is a credible and robust Web site to get you started: [www.consumerlab.com](http://www.consumerlab.com).

Being only a humble columnist and Baby Boomer, I can't responsibly suggest dosages or specific products. I must, however, report that our Mini-Med docs caution us about herbs and supplements because many interact with medications. But, it doesn't hurt to get educated and then ask our own doctors about a regimen of supplements that may bring healthy blessings to the better, second half of life.

Darby Patterson is a member of the Sacramento County Adult and Aging Commission and the author of "Meow.org, The Cat-Napping Caper." Visit Darby at [www.storiesandbooks.com](http://www.storiesandbooks.com).



Valley Community Newspapers excitedly announces...  
*The Valley Home & Garden Shopper*  
Coming to our papers in April, 2010

Time for folks to think about Spring cleaning & decorating – both inside and outside

Fabulous placement & rates for your business

Exposure in the Arden-Carmichael, East Sacramento, Land Park, and Pocket neighborhoods

Call now for rates, questions, & to schedule space for your services or products  
**(916) 429-9901**



# Windermere

## Dunnigan Realtors



### DEL NORTE AREA

Fabulous home on great cul-de-sac location with huge lot! Spacious living and family rooms. Updated kitchen and baths. Newer roof. Hardwood floor exposed. Great schools. Del Norte Woods is a popular neighborhood and rarely do homes come up for sale in such an ideal location. Owners have truly taken great care of this home. See [www.3920knollwoodct.isnow4sale.com](http://www.3920knollwoodct.isnow4sale.com) \$439,000

**ANN WORTHINGTON 425-7715**



### CAMPUS COMMONS REMODEL

Tlustosch Construction presents this beautifully remodeled single story - Moss & Moss Ltd edition 2 bed/2 bath, 1600 sq. ft. home. LR w/ wood beamed truss ceiling & stone fireplace. Custom designed kitchen w/new cabinetry, granite counters, stainless steel appliances & tile flooring. Baths updated w/ granite. See [www.620CommonsDr.com](http://www.620CommonsDr.com) \$359,900

**CHRIS BALESTRERI 996-2244**



### WELLINGTON ESTATES

Rarely does one of these homes come on the market. Just feet from the American River Parkway. Completely remodeled kitchen. Large master and master bath. Atrium off of den. Attached two car garage. See [www.1049HarringtonWay.isnowforsale.com](http://www.1049HarringtonWay.isnowforsale.com) \$349,900

**LEIGH RUTLEDGE 612-6911  
BILL HAMBRICK 600-6528**



### WYNDGATE HOME

Beautifully appointed & updated home in gated community. Kitchen redone in 2009. Teak wood & stone flooring. New H/A unit in 2008. Custom closets. Redone stone patios. Pool & Spa resurfaced. 3 Bedrooms and 2 1/2 baths. Many amenities. See [www.432WyndgateRd.com](http://www.432WyndgateRd.com) \$650,000

**PATTY BAETA 806-7761**



### UNIQUE ARDEN PARK W/ STABLES

Fabulous remodeled ranch home on 1.19 acre in Arden Oaks. New kitchen, master bath. LR, FR & game rm. Remodeled pool, new outdoor kit w/ Viking range, 4-stall horse barn, oversized 3 car gar w/ shop. Creek runs through yard. See [www.4010WindingCreek.com](http://www.4010WindingCreek.com) \$1,295,000

**LEIGH RUTLEDGE 612-6911  
BILL HAMBRICK 600-6528**



### SIERRA OAKS

Remodeled in late '07. Charming hardwood floors, kitchen w/ granite, new appliances, tile flooring, new dual pane windows w/ new shutters. Dining & living rooms have fireplaces. 3 baths remodeled w/ granite, new fixtures & cabinets. See [www.3008Huntington.quickbuy.com](http://www.3008Huntington.quickbuy.com) \$687,500

**NITA CASKEY 616-5380**

### PRIVATE CUL DE SAC

French Normandy home on private cul de sac. Features private open courtyard. Open living room with lots of glass and French doors giving an open and airy feeling. 5 bedrooms and 3 baths. See [www.218HathawayCt.com](http://www.218HathawayCt.com) \$700,000

**PATTY BAETA 806-7761**

### CURB APPEAL & MORE!

3bd/2ba impeccably maintained, **PENDING** updated, 1 year old roof, new dual pane windows, new int doors, no popcorn ceilings, canned lighting, newer HVAC, and freshly painted exterior (in the last 4 months). Step out to the backyard with fruit trees and a lovely patio - the perfect spot to unwind at the end of the day. See [www.8562MerribrookDr.com](http://www.8562MerribrookDr.com) \$275,000

**SUE BALDO 541-3706**

### AMERICAN 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.epropertiesites.com](http://www.3321AmericanRiverDr.epropertiesites.com) \$675,000

**CAROLE GOODIN 718-0875**

### WYNDGATE HOME

Pvt cul-de-sac toward rear of pvt gated community. 2 bdrms, 2 1/2 baths. Gourmet kit w/custom cabinetry. Separate wine rm off kit. Wood flrs. Formal LR & DR & den w/ custom shelves. 2 patios w/view of mature trees & ponds. See [www.400WyndgateRd.epropertiesites.com](http://www.400WyndgateRd.epropertiesites.com) \$675,000

**PATTY BAETA 806-7761**



# Windermere

## Dunnigan Realtors

2401 American River Drive,  
Suite 150  
**484-2030**

Visit Our Web Site: [www.windermeredunnigan.com](http://www.windermeredunnigan.com)