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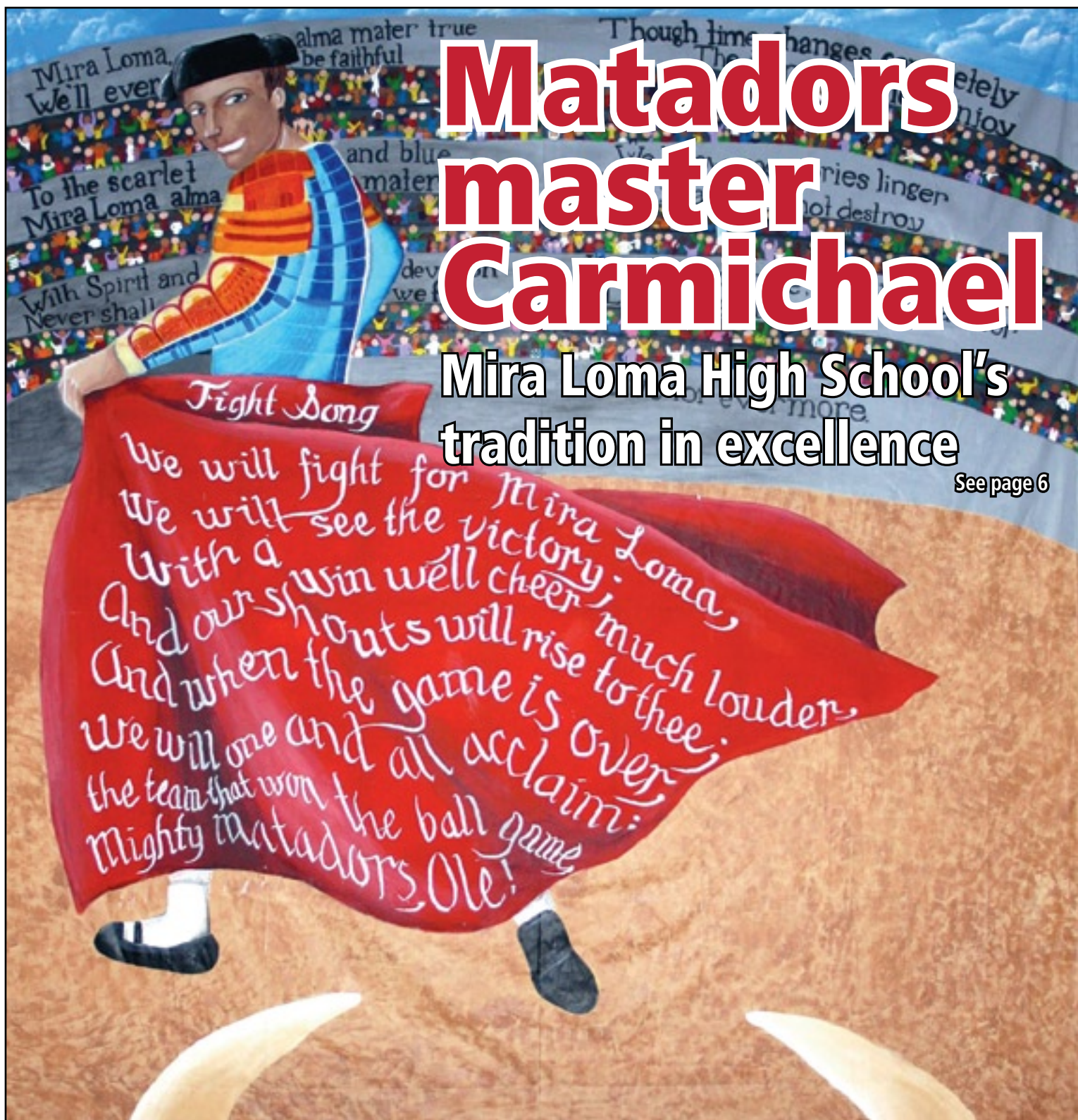
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Hundreds 'Race for the Cure' May 8

By RYAN ROSE
 Arden-Carmichael News Editor
ryanrose@valcomnews.com

A few years ago, I was in the dumps. Rarely did I exercise; my main physical activity was rubbing my eyes after watching too much television. I needed a goal – some finish line I could run to, something in which I could find inspiration to rouse me from my sofa.

Fortunately, the Sacramento region is home to a bevy of walk-run events, most of them geared to the novice. And I found one that not only helped get me in shape, it taught me a lesson in perseverance, courage and strength.

Held annually on the Saturday before Mother's Day, the Susan G. Komen Race for the Cure, a 5-kilometer (3.1-mile) walk-run event, draws hundreds to Cal Expo every year to raise funds to find a cure for breast cancer. A nasty condition that has affected women in my own family, breast cancer has a deep reach nationwide – 192,370 new cases of invasive breast cancer were estimated to

have occurred among women in the United States during 2009, according to Susan G. Komen for the Cure (formerly the Susan G. Komen Foundation).

Since my first Race for the Cure in 2004, I have become an event regular, readily signing up friends and family to join me. Superficially, the race has given me much in the way of healthy living habits: Since my first step in the '04 race, I work out, eat better, and I now run in a number of events across the country; on a deeper level, the race has had a profound effect on me. Running the event with breast cancer survivors and families affected by the condition has provided much in the way of inspiration and made me thankful for being active – not just in body, but in life.

Thus, I relay the challenge to you: Get up and get over your fitness obstacles – and in doing so, fight breast cancer. To register for the Susan G. Komen Race for the Cure (held this year on Saturday, May 8), go to komensacramento.org and click the "Race for the Cure" tab.

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As summer approaches, local students eye colleges

By MELISSA CRONIN-BROWN
Arden-Carmichael News Writer
reporter@valcomnews.com

Editor's Note: Melissa Cronin-Brown is a student journalist at El Camino High School.

As high school seniors finish their last few months of the school year before graduation, a million different ideas are running through their heads: Will they live on campus at their destined college or continue to live at home? Should they choose a job after college that relates to their major? Are they going to visit their high school after they're already established in college? It can be hard to say goodbye to the everyday life high schoolers are used to, but some are ready to move on in a new direction and gain independence in perhaps a different city or state and part from their parents in a new chapter of their lives.

After applying to five colleges in California, Sarah Jacobson, who is currently a senior at El Camino High School, was accepted to San Francisco State

and San Jose State and (at the time of this writing) is waiting to hear back from UC Davis. If she is admitted to UC Davis, she will most likely attend there but for now, she is set on going to San Francisco State, which is her second choice after UC Davis.

"I'm mostly looking forward to getting away from my parents and being on my own," Jacobson commented. "My main goals are just mostly getting through college and being very involved in school and being interactive."

Unlike many freshmen in their first year of college who do not know what major they want, Jacobson already knows she is going to be majoring in biology with a minor in physiology since she plans to become a doctor.

"I will miss most of my friends and my teachers, too, but I'm glad to be starting a new chapter in my life," Jacobson said.

Even though she plans on living in San Francisco or Davis and wants to leave Sacramento, she said she would visit El Camino High often to visit teachers such as Seno-

ra Bates, her Spanish teacher for three years. Her advice for high school sophomores and juniors is "do not procrastinate when it comes to filling out the college applications and (the Free Application for Federal Student Aid, called FASFA)."

Another senior at El Camino, Alexandra Wright, is soon awaiting her acceptance letters. Wright is (as of this writing) waiting to hear back from Harvey Mudd College located in Claremont, Calif. and Reed College in Portland Ore., which are her top choices out of the ten she applied for. She wants to major in engineering since she is currently enrolled in AP Statistics and AP physics at El Camino, along with many other rigorous Advanced Placement classes.

Wright believes El Camino has prepared her well for college but is wondering what it will be like to part with her twin sister, Sofi Wright, who she has gone to school with her entire life. They have AP physics and AP stats together in the same period right now and have shared

other classes in the past. Sofi is considering different colleges than the ones Alex is reviewing, but Alex says they are still "very happy for each other" and wish each other success in wherever they decide to pursue their education.

The second semester of high school for a senior can be described as a true transition in someone's life and is one of the biggest decision-making times. Some develop "senioritis," the act of becoming lazy

when it comes to completing assignments towards the end of the year just because they already are accepted to the college they want; others become even more involved in leaving a positive impression with good grades. Jacobson and Wright did not fall under "senioritis" and are therefore eagerly expecting their last few acceptance letters as April ends.



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Know your neighbor

Sports on the menu: Clubhouse Sports Bar & Grill

By BENN HODAPP

Arden-Carmichael News Writer
benn@valcomnews.com

For 31 years, Keith Ballard has helmed the Sundance Sports Bar on Sunrise Boulevard in Citrus Heights. He took it over at the age 19 – an age that many of us attribute to picking majors and suffering through prerequisites and other maladies of youth. Nevertheless, Ballard thrived, and with the success of the Sundance firmly in place, Ballard brings his know-how and a knowledgeable staff to Carmichael in the form of the Clubhouse Sports Bar & Grill.

The restaurant, located at 5150 Fair Oaks Blvd., opened its doors last month on March 1. Since then, the establishment has entertained a number of patrons through positive word of mouth. But before the 11 high-definition TVs, new granite countertops, freshly laid floor, new paint and big crowds on game night, Ballard and friends had some cleaning out to do.

The process of cleaning out the remnants of the former Italian restaurant began in early 2009. The moving in process began in the June, according to Ballard. After four or five months of work, the Clubhouse was about ready to open its doors.

March madness

Opening a sports bar in the month of March has some obvious advantages, with one of the most popular sporting events taking place therein – NCAA's March Madness basketball tourney brought people through the doors and set up the new arrival for business.

But it's not just the sports that Ballard and company believe will bring the people to Clubhouse; it's also the food,

drinks and family-friendly atmosphere.

"The calamari is our best-reviewed food item so far," Kitchen Manager Ty Balaguy said proudly. "The bacon-wrapped shrimp is great, too."

Clubhouse server Renata Varga spoke glowingly of the shrimp as well. Add in a full bar and you have the makings of a popular haunt for the foreseeable future.

But how did Carmichael come to be the home of the Sacramento area's newest sports bar? For Ballard, the answer is family.

"I want this to be a place that families can come to and have a good time," he said. "And I think the Arden-Fair Oaks area is a great place to open a business because there is a strong sense of community here."

With the economy the way it is, Ballard also understands the importance of making his establishment easy on customers' wallets. Of the 20 or so items currently on the menu, only one (the 24-piece chicken wings) costs more than \$10. Along with being affordable, the staff just can't stop talking about the quality of the food as well.

"We have absolutely great appetizers," Ballard said. "And our sandwiches are selling really well too." The tri-tip sandwich seems to be the go-to according to just about everyone on staff.

Chicken wings have become a staple for sports bars and sports fans alike over the years. The Clubhouse is no exception. You can go easy with a barbecue sauce, hot with the buffalo, or recklessly spicy with the "Dragon Slayer" hot sauce.

The bar at the Clubhouse is fully stocked with beer on

tap as well as hard liquor for those inclined to have a cocktail here and there. A 34-ounce domestic draft of what Balaguy calls "the coldest beer in town" runs the customer a modest \$5.

Sports on the menu

A sports bar would not be a sports bar without the sports, after all. The Clubhouse has you more than covered there, too. The restaurant has hosted games ranging from the Sacramento Kings, San Francisco Giants, Oakland A's to NASCAR and horse races. So far, the Clubhouse has only just begun in terms of hosting sporting event viewing parties, however.

"Most sports bars have Super Bowl parties and the real major events," Ballard said. "But we want to make this a community experience too."

Events such as the 49ers, Raiders, Kings, Giants, A's, Warriors for sure will be covered, but also more local happenings like River Cats baseball and the NBA Draft Lottery will get their due. Ballard is already gearing up for this year's Kentucky Derby. He plans to turn the Clubhouse into a little piece of Churchill Downs.

"We want to have the girls with the big hats, mint juleps and a whole bunch of racing fans," he said. He also spoke of donating half the proceeds from mint julep sales to local charities.

The Clubhouse will soon have access to the NFL Ticket as well as MLB Extra Innings and many other sports packages designed to keep the fans entertained.

But the next step for the new spot is a grand opening, which is planned to take place during the last week in May



Arden-Carmichael News Photo/Benn Hodapp

Keith Ballard, pictured at left in the black hat with staff and friends, is the owner and operator of Carmichael's newest restaurant, the Clubhouse Sports Bar & Grill, located at 5150 Fair Oaks Blvd.

according to Ballard. A neon sign is in the process of being made, which leaves the place easy to miss if you don't know where you're looking. For now, you can find The Clubhouse as it sits across the street from the Raley's Super-

market at Fair Oaks Blvd. and Walnut Ave.

For more information about the Clubhouse Sports Bar & Grill, call (916) 979-1422. Restaurant hours are Monday-Sunday, 11 a.m. to 2 a.m.

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Pieces of the past

Mira Loma High School: A half-century tradition

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

Editor's note: The following is the first of a two-par story series on the history of Mira Loma High School. Read part two in the May 13 edition of the Arden-Carmichael News.

This year marks a milestone for one of the area's schools, as Mira Loma High School will celebrate its 50th anniversary.

Opening for the first time on Sept. 6, 1960 with only freshman and sophomore students, Mira Loma, which is located at 4000 Edison Ave. in Sacramento, began to establish many of its longtime traditions.

And among these traditions that were instituted in this first academic year were the presence of the school's Columbia blue and scarlet red colors, its Matador mascot, Recuerdos yearbook and Matador Capers newspaper.

Of these things, only the school's newspaper has ceased to exist, as the school was not able to obtain the sufficient number of students necessary to create a full newspaper staff.

The school, however, hopes to re-launch the paper in either a print or online version either next year or sometime in the near future.

A tradition in excellence

Also beginning their longtime traditions during the 1960-61 school year were the school's athletic teams. The first sports to establish teams at the school were football, baseball, basketball, track, cross country, tennis and wrestling.

The most renowned Mira Loma sports teams throughout the school's history were the football teams of the 1970s and the basketball teams of the 1990s.



Mira Loma High School has been educating local students for a half-century.

Arden-Carmichael News Photo/Lance Armstrong

Heading Mira Loma during its initial school year was its first principal, Anthony Braginetz.

Summarizing the first school year at Mira Loma in the inaugural edition of Recuerdos, Braginetz, who served the school in this position until 1965, wrote: "The Mira Loma student body, deluged with a myriad of tasks during our first year, has emerged with flying colors, while having elevated the name of the Matadors among the finest of high schools."

And on the topic of the school's then-future success, Braginetz explained the importance of student involvement, adding that the school's future academic and co-curricular

fortunes would be no more successful than the foundation that the students created.

The school's second year of operation included various advancements, including the adoption of a fight song and alma mater, the opening of a new library, the purchase of band uniforms and choral blazers and the continued expansion of the school's building program. Construction of the school was completed in 1964.

The school opened with about 20 teachers, including Charles Novak, English; Patricia Hengel, mathematics; Jack Marzano, music; Patricia Hicks, home economics; and

Marilyn McInnis, girls' physical education.

Complimenting Mira Loma's faculty, the school added four student teachers from Sacramento State College during its second school year. They were: Jo Ellen Bewley, who worked in Dixie Sorensen's typing and shorthand classes; Russell McKeand, who taught in Leonard Frizzi's U.S. History class and Richard Westrup's German class; Mary Munk, who worked in Al Baeta's beginning business class and Walt Hardin's typing class; and Sandra Zimmerman, who taught

See Mira Loma, page 7

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Mira Loma: 'Couldn't imagine us being the Mira Loma Owls'

Continued from page 6



Photo courtesy of Mira Loma High School

The Mira Loma High School campus is shown in 1962, during its second school year.

in Robert Huber's business class and Margo Kaufman's French class.

The school also introduced such electives as auto shop, wood shop and metal shop and added a marching band during its early years.

A high point in the school's history occurred through the Class of 1963, which became the first of the school's many graduating classes.

The people who made the difference

When it comes to the topic of recalling Mira Loma's storied past, few, if any people are as knowledgeable as Lynn Holton, who served as the principal's secretary during the school's first 44 years.

"I served the first seven principals," Holton said. "The first of these principals, Anthony Braginetz, was really outstanding. He was an ex-basketball player with the Knicks in New York. I always thought that was impressive. He was really tall, maybe 6-foot, 4 (inches) or 6-foot, 5 (inches) tall and he had sort of a New York accent. He was the vice principal at El Camino (High) before he came to Mira Loma. He and I worked together for a year before (Mira Loma) opened. We had an office out in the district office and we would order the furniture and the books and hire the new teachers and meet the students that we were going to draw from. It's just real exciting establishing a new school and Mira Loma was fortunate, because (Braginetz) was real good with the kids."

"I absolutely loved it there," Holton said. "I had lots of offers to go to the district, but there was nothing that would have enticed me to leave Mira Loma. I worked there until I was 80 and I would have worked there beyond that, but I like cruises and I wanted to see the Panama Canal and they only cruise there during the school year, so I quit and went to the Panama Canal shortly thereafter."

Holton, 85, said that when Mira Loma opened for its first school year with students who had attended Encina and La Sierra high schools and freshman who had never attended high school, the school was fairly well prepared for its beginnings.

"Before we opened, we had meetings and talked about the school," Holton said. "We had the names of our student body, so we could contact them and have them get together with their parents and talk about what we were going to do. We had committees that worked on such things as selecting our mascot and colors."

Holton said that Braginetz was the lone man out when it came to selecting a mascot.

"Mr. Braginetz wanted Owls, but they all thought that was really weird, including myself," Holton said. "I couldn't imagine us being the Mira Loma Owls."

Reflecting upon her time working at Mira Loma, Holton said, "I loved every minute of it."

"I absolutely loved it there," Holton said. "I had lots of offers to go to the district, but there was nothing that would have enticed me to leave Mira Loma. I worked there until I was 80 and I would have worked there beyond that, but I like cruises and I wanted to see the Panama Canal and they only cruise there during the school year, so I quit and went to the Panama Canal shortly thereafter."

Read part two in the next edition of the Arden-Carmichael News.



Arden-Carmichael News Photo/Lance Armstrong
This mural by Lisa Inouye at Mira Loma High School highlights the Matador mascot and the school's fight song and alma mater.

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Canine Craze Fun Dog Show May 1

Special to the Arden-Carmichael News

It's going to be a dog-gone good time.

The annual Canine Craze Fun Dog Show is Saturday, May 1, from 10 a.m. to 1 p.m. at Carmichael Park, 5750 Grant Ave. An event for all, big

and small, the annual dog show is for everyone and every dog.

County Supervisor Susan Peters will also be holding "Office Hours" during the annual Canine Craze Fun Dog Show.

Peters will set up a table near the Band

Shell where the event is being held between 10-11:30 a.m. for residents who wish to drop by and discuss with her items of interest. No appointment is necessary; visits will be handled on a first served basis.



Photo courtesy

See a flurry of furry friends at the annual Canine Craze Fun Dog Show Saturday, May 1, from 10 a.m. to 1 p.m. at Carmichael Park.

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"Carmichael's annual dog show is a great event that provides a lot of fun and laughs for the entire family," says Peters. "Establishing 'Office Hours' provides the opportunity to mix business with pleasure. I'll be available to talk about county matters while people can enjoy watching the canine contestants vie for such honors as the 'Best Singer' or 'Biggest and Smallest Dog.'"

"I hope everyone and their four-legged best friend participates in the annual fun sponsored by the Carmichael Recreation and Park District,"

Peters added, who will be there with her Welsh terrier, Bryn.

Last month In April Peters held "Office Hours" during Carmichael's annual egg hunt and pancake breakfast. Continuing a tradition started in 2005, last year she held these public meetings at several community events in Carmichael, East Sacramento and Old Foot-hill Farms.

For more information about the dog show, call the Carmichael Recreation and Park District at (916) 485-5322 or go online to carmichaelpark.com.

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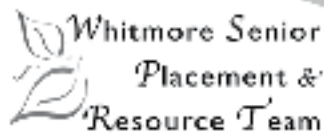


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The purpose of the Masters Club is to support the Sacramento Association in providing programs and services that enhance the competency, professionalism and productivity of its members, and to recognize the achievements of the top REALTORS® who apply for membership and who have earned a requisite level of excellence in real estate sales.

The Sacramento Masters Club is active in supporting community activities by donating monies and services to a wide range of local charities. Giving back to the communities that have contributed so much to the success of Club members is one of the primary goals of the Masters Club.

Proceeds from the annual Masters Club fundraisers, including a golf tournament and other club activities, benefited the following charities in 2009: The GreenHouse, WIND and Wellspring Women's Center. All told, the SAR Masters Club raised and donated more than \$10,000.00 to these local charities in 2009.

Masters Club members, in partnership with their clients and the community, anticipate another great year for the Sacramento County real estate business in 2010. Make your move to team up with the best in real estate, your Masters Club REALTOR®!

Congratulations to all the outstanding producers who achieved Masters Club membership during 2009!

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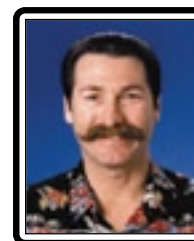
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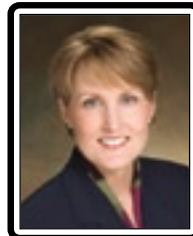
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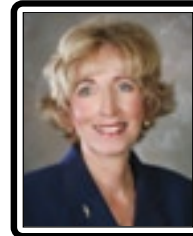
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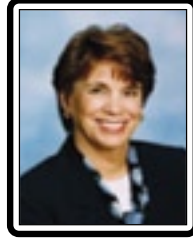
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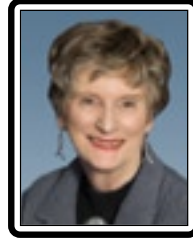
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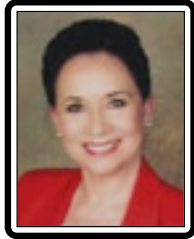
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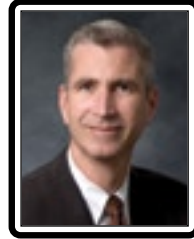
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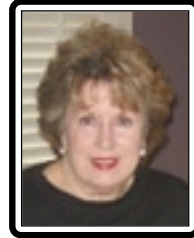
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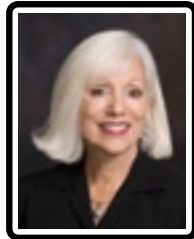
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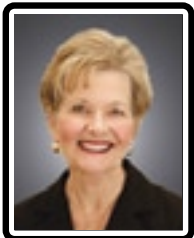
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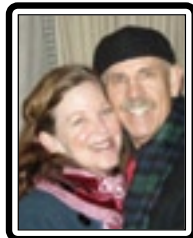
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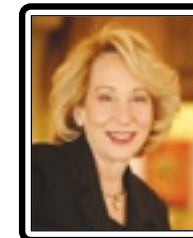
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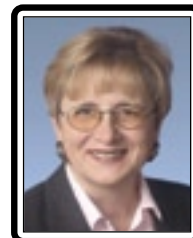
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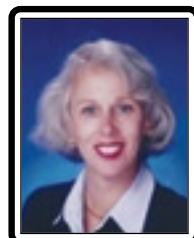
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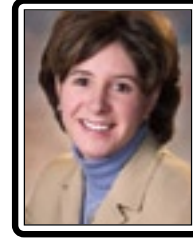
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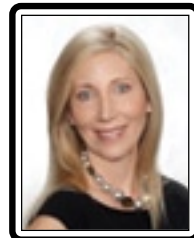
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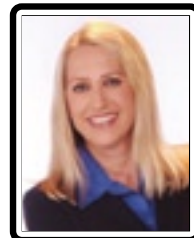
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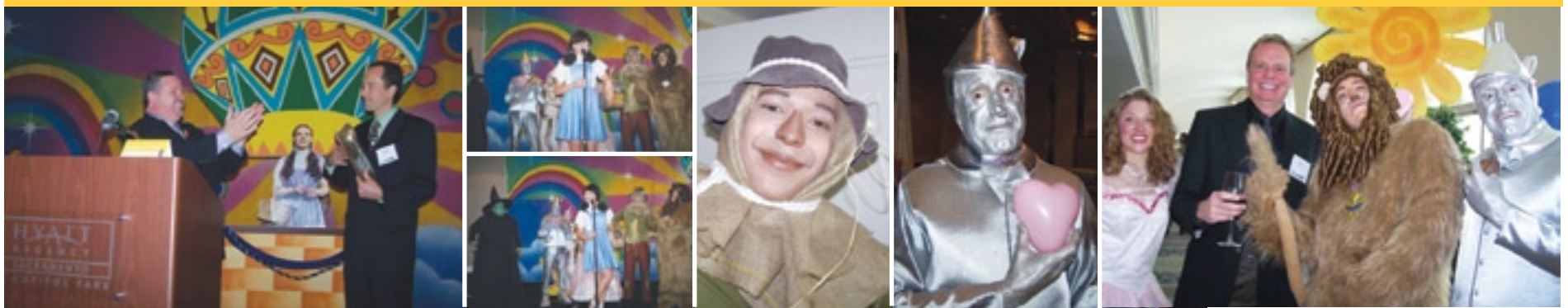
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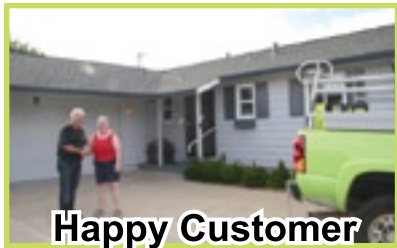
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Indian Museum plans to relocate, expand in West Sacramento by 2016

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

Sitting in his office at the California State Indian Museum last week, Rob Wood spoke about the current California

Indian Heritage Center project, which would eliminate the necessity of the longtime East Sacramento museum on the grounds of Sutter's Fort.

The new center is scheduled to open in the summer

of 2016, following the completion of the 50,000-square-foot first phase of the project at its selected 43-acre West Sacramento site, across from Discovery Park and overlooking the confluence of the American and Sacramento rivers.

Revisiting history

Although the museum has continuously operated between its adobe walls that were built in the likeness of the fort 70 years ago, Wood, who serves as the heritage center's project manager, said that the museum's size has always been a problem.

"From the date (the museum) was built, it was inadequate in terms of its size," Wood said. "This (museum) is probably about 4,000 square feet and we're projecting that at final build-out, (the new center) will be 125,000 square feet."

Wood added that the vastness of the museum's off-site collections, which he endearingly, yet unofficially refers to as "tribal treasures," is so great that only about 5 percent of the entire museum archives are currently on display in the museum, which for the most part consists of displays created in the mid-1980s under the direction of the museum's former curator, Mike Tucker.

Further emphasizing the magnitude of the inadequate size of the museum, Wood said, "We have about 3,500 baskets (in storage) alone."

But looking forward, Wood shared details about the future heritage center, which he has so passionately devoted his time to helping it become a reality.

"(California) State Parks has been trying to make this (center) happen probably since about the 1970s and it is part of the relationship that State Parks has with the Native American community," Wood said. "This project is extremely exciting. It gives us an opportunity to do what we haven't been able to do in terms of telling the story of California Indians. Mostly what's shown here (at the museum) are things from the North Coast and there are some dabblings from some other stuff from throughout the state. The idea of this (future) facility, too, is to take a greater statewide look of what we're able to do there."

Wood added that it is also an important element of the project to create a place where California Native Americans can "tell their own story in their own way."

"It's been a big deal throughout this project through consultations with native folks to have them involved in this project, so it speaks with what we call the 'native voice,'" Wood said. "There was an interpretive document created in consultation with Indian advisors and academic advisors to accomplish that."

The new museum

Although Wood recalled seeing concepts for a new State Indian Muse-

See Museum, page 17

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Arden-Carmichael News Photo/Lance Armstrong
 Rob Wood, who serves as the heritage center's project manager, has played an integral role in the efforts to bring the new center to West Sacramento by 2016.



Photo courtesy of the California State Indian Museum
 The future California Indian Heritage Center will be located on a 43-acre site, along the Sacramento River in West Sacramento.

Museum: '(The park is) a huge attraction for the city'

Continued from page 16

um in Folsom as early as 1978, it was not until this century that much progress was made on this endeavor.

With the 2002 legislation through SB 2063, the center's task force was established for the purpose of assisting in the development of the center and seed money was acquired for preliminary planning.

From 2003 to 2007, the task force conducted a statewide site search with the Folsom Lake area being held as the backup plan for the project's site.

During a large portion of this search, the Richards Boulevard area was considered, but the land acquisition, Wood said, "got too complicated and too expensive."

In 2007, West Sacramento came forward with the now-selected site, which was offered as a donation.

A 20-acre parcel, which is owned by an Alaskan native corporation and located just north of the Broderick Boat Ramp, may also be incorporated into the overall project.

Additionally, the project consists of a secondary site in the Natomas area, just across from the

Richards Boulevard area and near Camp Pollock, a Boy Scout camp located at 1501 Northgate Blvd.

Cathy Taylor, district superintendent of the Capital District for California State Parks, said that the (Natomas area) site was once considered as a main site for the project.

"For quite a long time, we had negotiated with the city of Sacramento about locating the facility out in (the Natomas) area," Taylor said. "The American River Parkway, however, has a lot of restrictions about what can be built (there). There are limitations in the parkway about how large a facility can be and so we looked at the Natomas area as really more of an outdoor, interpretive space that could be used for large events. We aren't going to do a lot of huge overnight gatherings

in the West Sacramento site, where the center is itself, but we can certainly do that at the Natomas site."

Taylor added that the parkway plan is limited to about 30,000 square feet of interpretive space and as a gathering area, it could include such amenities as an amphitheater, a stage and an outdoor, shaded interpretive programming site.

"It would be more of an outdoor type of facility than a (large) interpretive center," Taylor said.

The center, which is projected to be paid for through one-third state funds and two-thirds private funding, is in its general plan stage for about the next 18 months and once this stage is completed, work on the project's preliminary plans and working drawings will begin.

Taylor said that when the working drawings are completed – which may be about a two-year process – actual construction on the project can proceed.

Although it is uncertain when the project will be completed in its entirety, Taylor said that the center will be a world-class facility that will be well worth the wait.

"The California Indian Heritage Center has been a long time coming," Taylor said. "It's important for California Indians, but it's also important for this community to have a project of this importance with this subject matter in the capital city. It's a huge attraction for the city."

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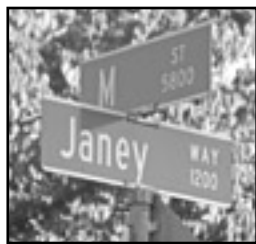
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The Dalton Children



By **MARTY RELLES**
Arden-Carmichael News Columnist
marty@valcomnews.com

The Dalton children, Carolyn, Wayne, Donna, Bonnie and Wiley, lived with their grandmother on N Street. Their parents left them in her care early in their lives. All went fine until their grandmother died suddenly in the early 1960s. That left them without parents or a guardian. Consequently, the local Child Welfare Department contacted their Aunt Mary who lived on Janey Way. They asked her to take the five children. She agreed.

To accommodate the kids, Mary and her husband Richard built a dorm-like room on the back of their house. They installed bunk beds in the room where the Dalton children slept. All five children moved in and began their long path to adulthood. This must have constituted an enormous burden to Mary and her husband. They had two children of their own: Nancy and Dick. Instantly transitioning from a family of four to a family of nine must have been earth shattering. But they seemed to make the transition almost seamlessly. The entire family ate at a large dining table in the living room. They all shared one bathroom, but somehow they managed. Mary's son Dick, who is my friend, noted, "During my whole time at Sacramento High School, all I ate for my daily lunch was a baloney sandwich and a piece of fruit. We were probably poor, but we didn't know it, so there you go."

The Dalton kids fit right in on Janey Way. Carolyn, the oldest, hung out with Joan Ducray; Wayne befriended Lou Viani and me. The girls, Donna and Bonnie, spent time with Mary Puccetti and Josie Tomassetti. Wiley, the youngest, played with Tom Hart and the Tomassetti boys. We all accepted the Daltons as full-fledged members of our gang. I remember all of us in the summer, sitting in the shade of the Puccetti's lawn, making the kind of racket kids make when they interact. The Dalton kids had survived the death of their grandmother and fallen gently into their Aunt Mary's loving arms.

One by one, the Dalton children grew up and moved off Janey Way. Carolyn got a job and found an apartment. Wayne obtained student loans and graduated from UC Davis. Sadly, he died of cancer in his thirties, one of the early losses for our gang. The younger girls moved away and married. Dick tells me they live in Portland, Ore., near the parents that had abandoned them years ago. Finally, Wiley, the youngest boy, moved out. I have heard he works and lives in Elk Grove.

The story of the Daltons remains one of the most touching memories of growing up on Janey Way. When they lost their grandmother, they could have ended up in the foster child merry-go-round. Instead, their Aunt Mary took them in and raised them as her own. This kind of thing happens rarely in these times. This is truly an uplifting Janey Way memory.

Sacramento winemaker has award-winning record

By **JENEKA SANFORD**
Arden-Carmichael News Writer
jeneka@valcomnews.com

Sometimes the allure and novelty of trying out a Tempranillo is to travel to the Rioja region in Spain where it was made and get the whole experience of the *terroir* there. The same could be said for going to Chile for Carménère, or to the Bordeaux region of France for a good Bordeaux wine.

Assuming that international travel for wine tasting is not in the cards at the moment, many are convinced that, regionally speaking, good wines are made in Napa or not at all. The Shenandoah Valley south of El Dorado Hills seems to be getting some great reviews lately, especially with Zinfandels and other wines made from grapes that do well in warmer climates. But making wine at home? Most people still shake their heads in disagreement. "It can't be done," they say.

I have to disagree. My evidence: Michael Cardenas, a River Park resident.

Cardenas has been making wine since 1992 and, in my opinion, his wines can really compete with most of the good wines I've tasted – and if you don't trust my opinion, one need only inspect the awards, medals and ribbons Cardenas has received as further proof of my claim. Among his fans are the judges at the El Dorado County Fair, the Orange County Fair, the Santa Cruz County Fair, the Los Angeles

County Fair and the California State Fair.

It's been a journey to his award-winning status, and Cardenas said he's learned a lot over the years to help him improve his craft.

What sparked his interest: Some of his neighbors, Troy Armstrong and Joe Kramer, were making wine, so he started asking them questions, got involved helping out whenever possible, and learned what he could. He considers them his mentors, and said he learned most of what he knows from them.

"My wines are good," he said, "but when I go to Joe Kramer's house and taste his wines, I'm still humbled by his gift."

When he first started out, he really enjoyed entering competitions at fairs throughout California. After winning "Best of Show" in Orange County and Amador with his Petite Sirah, he decided he'd rather just focus on winemaking.

Cardenas said that one of his best critics has been Darrell Corti, a friend, neighbor, local wine connoisseur and the owner of East Sacramento's Corti Brothers grocery store. He would stop by, try the wine, and say, "Better check the acid," or "What was the pH on this supposed to be?" then pour it out on the grass. Kramer, Cardenas' mentor, would often do the same. It meant a lot to Cardenas when these guys finally took a sip of his wine and gave a nod of approval. He credits his



Photo by Robert Ossa
Local winemaker Michael Cardenas and his wife Denise in the wine cellar of their River Park home.

wife Denise for helping him to improve his wines too, with her refined palate and ability to identify imperfections in the wine.

Over the years, he's experimented with several different varietals such as Cabernet Sauvignon, Cabernet Franc, Merlot, Zinfandel, Petite Sirah, Pinot Noir, Tempranillo, Syrah, Sangiovese and Nebbiolo. These days, he tends to prefer making Petite Sirah, Zinfandel and Tempranillo blends. His favorite wines to make are called "Spanish Dos Amigos," Tempranillo blends made with Tempranillo/Cabernet or Tempranillo/Cab Franc.

Although Cardenas' Tempranillo blends were previously my favorite, I was sipping on some of his 2008 Petite Sirah while I was interviewing him, and I have to say I have a new favorite. The Petite Sirah is bold with berry flavors and a rich, complex taste; I am in love with this wine. I'll be the first to admit that I'm no wine connoisseur, but as with art, when it comes to wine, you like what you like, and in my opinion, this wine is among the best I've had.

Making wine is a labor-intensive hobby, and nobody can do it alone, so when it is time for picking up grapes, the crush, or bottling, Cardenas has his right hand guys like Wayne Alamo and Jim Truso to help him out. Bottling the wine is the part he enjoys most. When the bottling is done, his wife Denise puts on a big meal, and it's all about good friends, good food, and, of course, wine. In the end, it's having the camaraderie and the friends and family to enjoy it with that makes the work all worthwhile.



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Events abound at Carmichael's Garfield Elementary

Special to the Arden-Carmichael News

School Open House/Closing Celebration

Garfield School has always been a safe, caring, loving, teaching, daily experience for hundreds of students each year.

On Thursday, May 6, the formal ceremony will begin

at 6 p.m. followed by refreshments, display of students' work, art show, picture collages of Garfield's 56-year history and honoring of retirees.

This year, the school has five retirees: Rich Nystrom, Marie Coleman, Nancy Greenhalgh, Sharon Janof and Joe Roy. The last four principals

will also be in attendance and honored.

Todd Morgan, former Garfield student, will open the formal celebration with music and a special song. Following the brief ceremony, refreshments will be served as participants enjoy students' special tributes to their edu-

cational experiences at Garfield, as well as their artwork. There will be memory boards of the five retirees and the stroll down memory lane of life at Garfield. This school will be closing in June and the staff would like to share their memories with current and former families.

50s Rock and Roll Carnival
Garfield Elementary School will be holding their final carnival on Friday, May 14, from 5-8 p.m. It will have a 50s theme and great prizes for games, special activities and food.

For more information, call Garfield Elementary School, (916) 595-2349

MOSQUITO AWARENESS WEEK is April 26th – 30th

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CALENDAR

For more Calendar entries visit
www.valcomnews.com

GET IN THE CALENDAR

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

APRIL 22

Legacy planning

Learn ways to protect your assets and create greater value for your heir, and some gifting strategies that will not create gift taxes for you or your beneficiaries. Workshop held on April 22, 2010 from 10-11 a.m. Presenter is Jennifer Co-

rona, LPL Financial. Free of charge but pre-registration is required. Contact Lucy Chao at 916-393-9026 Ext. 322.

APRIL 23

Flavor at Hart

Heart disease is a major health concern among older adults. Whether you have symptoms such as high blood pressure or cholesterol, heart healthy eating can be deliciously rewarding! Registered dietitians Rhonda Gabaldon and Shannon Guthrie will share ways to make simple changes and discover new foods for a heart-healthy life. Heart healthy recipes will be demonstrated during this class. The class is Friday, April 23 from 1:30-3 p.m. Free. RSVP required. Space limited. Held at Ethel Hart Senior Center, 915 27th St. For more information, call (916) 808-5462.

APRIL 24

E-waste Recycling

Saturday April 24 from 9 a.m. to 5 p.m. at 6207 Riverside Blvd at the Cabana Club North in Greenhaven - All residents and businesses are invited to help the Sacramento Stingrays Swim Team by donating their E-Waste (PCs, Monitors, Televisions, Notebooks, Small Electronic Equipment, Printers, Copiers, Fax Machines etc.) Please come to drop off your unwanted E-Waste but please no Microwaves, chemicals, batteries or other non e-waste items. Help the planet and help the Sacramento Stingrays too. The more TV's, Monitor's and PCs the better. For more information, please call Rob at (916) 549-7404.

"Our Life Stories"

"Our Life Stories," a cross-generational writers' conference sponsored by Hart Senior Center and Cosumnes River College (CRC) takes place on Saturday, April 24 from 8:00 a.m. to 4:30 p.m. at the CRC campus. Keynote speaker is Albert Garcia, a nationally recognized poet and Dean of the Language & Literature Division at Sacramento City College. Workshops on autobiographical narrative, memoir, poetry and publishing will be led by locally and nationally recognized experts. The conference is designed for adults 50 years and older who are writing or interested in writing their life story, however, aspiring writers of any age are welcome. Registration fee is \$30 and includes lunch. Space is limited so register early. For more information, call the Hart Center at (916) 808-5462 or visit the website www.hart-crcwritersconference.org.

Free poetry program

A free program of poetry readings and a panel discussion featuring three acclaimed local poets will be held at the Arden-Dimick Library, 891 Watt Ave. Sacramento, on Saturday April 24 at 2 p.m. The event, sponsored by the Friends of the Arden-Dimick Library, is part of the celebration of National Poetry Month. Participating poets will be Kathleen Lynch, author of "Hinge", Indigo Moore, author of two collections, "Tap Root" and "Through the Stonecutter's Window," and Sacramento's current Poet Laureate, Bob Stanley, whose chapbook "Walt Whitman Orders a Cheeseburger" has just been published by Rattlesnake Press. For further information, call (916) 264-2920.

Treasure or Trash?

Insure it or toss it? Antique experts will help you decide. Event held at Trinity Lutheran Church, 1500 27th St., April 24 from 11 a.m. to 3 p.m. Suggested donation \$8 per item or \$35 for 5 items. Call 505-5232 for more information. Proceeds to benefit Welcoming Home Housing: a non-profit that provides housing to adults with mental illness.

Compton's Market Food and Wine event

Compton's Market, 4065 McKinley Blvd., is holding a Neighborhood BBQ and Wine Tasting event on Saturday, April 24, 11 a.m. to 5 p.m. There will be food, wine, live music, raffles, and a laptop giveaway. Five percent of the store sales will go to Theodore Judah Music and Arts Program. For more information (916) 731-4304.

1906 Earthquake Response Re-enactment

Experience Living History Day and re-live the 1906 San Francisco Earthquake, Saturday, April 24, 10:30 a.m. to 3:00 p.m. at the California State Capitol, 10th and L Streets. Step back in time at the California State Capitol and witness volunteers and staff of the Capitol Museum costumed in the attire of the period re-enacting scenes in response to one of America's greatest disasters - the 1906 San Francisco earthquake and fire. Guided tours run every 15 minutes from 10:30 a.m. to 3:00 p.m. This glimpse into turn-of-the-20th Century California history is free for everyone. For more information, call (916) 324-0333.

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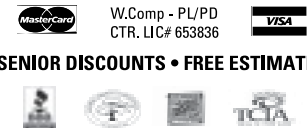
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Boy Scouts' e-waste recycling event

Go green with Boy Scouts – recycle your e-waste for free. Bring your old computers, TVs and other e-waste. The Boy Scouts and CEAR will recycle it safely. The event is Saturday, April 24, from 9 a.m. to 1 p.m. 6241 Fair Oaks Blvd. in Carmichael (shopping center parking lot between Waffle Barn and Walgreens, south of Marconi). Questions? Want to arrange a pick-up (if you have big items or you're a business)? Contact: ponyexpress@surewest.net. Recycling proceeds help Pony Express Friends of Scouting (helping all Scouts in our District); and Troops 386 and 215.

Alzheimer's and Dementia Care-giver 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. Meet Saturday, April 24, 10:30-11:00 a.m. at the Asian Community Center, 7375 Park City Dr. For more information contact: Susan Sarinas, 393-9026 Ext. 339, ssarinas@accsv.org.

APRIL 27

Legal Workshop for Seniors

Small Claims Court – Learn about what to expect when suing or being sued in small claims court. Workshop held on April 27, 2010 from 1 to 2 p.m. at the Asian Community Center, 7375 Park City Drive, Sacramento. Free of charge but pre-registration is required. Contact Lucy Chao at 916-393-9026 Ext. 322.

APRIL 28

Embroiderer's Guild meeting

Embroiderer's Guild of America, 7 p.m. Wednesday, April 28, 2010, SMUD Building, 6301 S Street, Sacramento. Gail Bird will speak on The History of Russian Punch-needle. Visitors welcome. (916)961-3558.

How to do an oral history

Learn how to interview your loved ones to get them to tell their stories and share life experiences. Class held on April 28, 2010 from 10:30 a.m.-12 p.m. at the Asian Community Center, 7375 Park City Drive, Sacramento. Presenter is Linda Revilla, PhD. Free of charge but pre-registration is required. Contact Lucy Chao at 916-393-9026 Ext. 322.

19th Annual Feast for the Streets

As Francis House of Sacramento celebrates its 40th Anniversary of service to the community, 40 of Sacramento's finest restaurants and caterers and six wineries and a dozen other businesses join with them for the "Feast" of the year. Rescue Concrete and Francis House present the 19th Annual "Feast for the Streets," a Food & Wine Tasting Gala & Auction on Wednesday, April 28 from 5:30-8:30 p.m. at the Scottish Rite Masonic Center, 6151 H Street, Sacramento. Reservations are \$50 per person. To reserve a space or sponsor tables, please contact Greg Bunker or Forrest Reed at Francis House at (916) 443-2646, or mail a check to 1422 C Street, Sacramento, CA 95814 or online at www.francishouse.info.

APRIL 29

Upcoming event at Casa Garden

"2010 in Full Bloom" – Lunch with Fashions – is a Casa Garden Restaurant event present by Drapers and Damons on Thursday, April 29. Seating at 11:15 a.m. and 1:15 p.m. Entrée selections: Beef Tips in Cabernet Sauce or Chinese Chicken Salad. Dessert: Heavenly raspberry torte. First-come-first-served group reservations. One contact person, one

check. Cancellations are 10 days prior to lunch. Food selection and pre-payment required. For reservations, call (916) 452-2809.

ID theft prevention

Find out ways to protect you and your family against scams, identity theft, and what to do if you are a victim. Learn what to do in the event that you receive a potentially fraudulent check. Workshop held on April 29, 2010 at 10-11 a.m. at the Asian Community Center, 7375 Park City Drive, Sacramento. Speaker is Veronica Silva-Gil. Free of charge but pre-registration is required. Contact Lucy Chao at 916-393-9026 Ext. 322.

APRIL 30

Health Faire and Fit for Life Walk

Held Friday, April 30, from 8 a.m.-11 a.m., a wide variety of health-related vendors will be on hand to answer all of your 50+ health and wellness questions. We will have continental breakfast treats to share provided by the vendors. All fitness levels are welcome to participate in our annual walk through Gibbons Park. Choose the half mile, mile or two mile course. Door prizes will be raffled off throughout the event. Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA 95608 (916) 972-0336 or go to morpd.com.

APRIL 24

Cover the Kids

Cover the Kids' Healthy Kids Day in collaboration with the Elk Grove Unified School District, is a free day for the family with free dental screenings for children, child finger printing ID kit, entertainment by local groups and much more. The event is Saturday, April 24, 10 a.m. - 2 p.m., at Edward Harris Middle School, 8691 Power Inn Rd. in Elk Grove. Cover the Kids (CTK) will also be assisting families to apply for health coverage for their children ages 0-18. To enroll your child, bring most current proof of one full month's income, proof of address and your child's birth certificate and social security card. Citizenship is not required for all programs. Families can also call CTK at 1-866-850-4321 to pre-register for an on-site appointment.

ARCC Nutrition Seminar

ARCC is hosting a free nutrition seminar on April 24, 2010 at 10 a.m. until noon. We respectfully request that you list our event in your Arden-Carmichael News newspaper in the Calendar Section. The details are "Personal Chef, Nancy Fischer, will provide healthy eating tips and menus, and give a food preparation demonstration. Come join us at ARCC, located at 3300 Walnut Avenue, Carmichael. Please contact the church office at (916) 483-3465 to reserve a seat. If you have any questions, please feel free to contact me at (916) 205-1968.

APRIL 25

Spring Tree Tours

Join the Sacramento Tree Foundation for a walk under Sacramento's tree canopy. Meet Sunday, April 25, 10 a.m.-12 p.m. at Southside Park, 8th and T streets, meet at the amphitheater. Learn about identifying trees by leaf, bark and growth habits and get an idea of the great varieties of trees over our heads. Insect and disease issues will be discussed as well as watering needs for our particular environment of clay soils and hot weather. For additional information, including planting opportunities, please visit www.sactree.com

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Cul-de-sac location on over 1/3 ac. **PENDING** Kitchen with oak cabinets and tiled counters. Floor to ceiling brick fireplace with gas starter. Master suite is expansive. Backyard could easily hold an over sized pool and still have room to roam. Security alarm. Newer HVAC. Clear termite. \$259,000

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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 **\$439,000**

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