since 1991 ARDEN-CARMICHAEL NEW

May 27, 2010

Your News in Your Hands

www.valcomnews.com

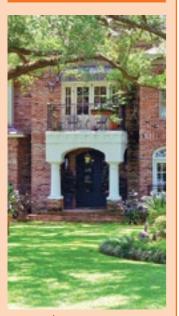
Election 2010: Get to know your Sacramento Sheriff candidates Meet the candidates seeking to be the next Sacramento County Sheriff See page 17

Marty Relles presents 'Janey Way Memories' See page 12

COMMUNITY CALENDAR, PAGES 20-21 • KNOW YOUR NEIGHBOR, PAGE 13 • FACES AND PLACES, PAGE 12



Papadopoulos biz blooming See page 13



Special Section: Real Estate Quarterly See insert



WE ARE THE ONLY MEDICARE RATED (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**



ARDEN-CARMICHAEL NEWS WWW.VALCOMNEWS.COM

E-mail stories & photos to: vcnnews@valcomnews.com	Vol. XIX • No. 10		
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		
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 Desiléts, Melissa Andrews	t: (916) 429-9901 f: (916) 429-9906 Cover photo by: Noah Winn		
Distribution/SubscriptionsGeorge Macko			
Advertisement design Political campaigns Postcarf mailers Contact Ryan Vuong at 916.429.9901 or e-mail RedAII0ver@valcemeex.com for more info.	d all over e s i g n		

Sacramento County needs to partner with non-profits

By SUSAN PETERS Sacramento County Supervisor Special to the Arden-Carmichael News

The continuing decline of the economy is expected to result in reduced state and local revenues for Sacramento County's budget for the upcoming fiscal year 2010-2011. In April, Interim County Executive Steve Szalay released preliminary information for Fiscal Year 2010-11 identifying a number of possible impacts to programs including cuts to Health and Human Services as well as to Regional Parks.

The budget shortfall is about \$166 million dollars. That's why we need to look outside the bureaucratic box and seize the opportunity to utilize the private and non-profit sectors to deliver services and programs in a more efficient and less costly manner than what is being provided by government. I support new business models that involve exploring more partnerships with non-profits like what the County did recently transferring control of the Mather Community Campus, a major homeless program, to Volunteers of America (VOA). That move will save the County \$1.2 million but still result in providing shelter to the approximately 320 homeless residents who currently occupy the campus. Now VOA will take over all aspects of running the campus, including staffing, building and grounds maintenance services, vocational training for residents and case management services utilizing funding by several sources.

Another transition under way is the transfer of Senior Nutrition Services (SNS) to the

See Peters, page 22





Your vehicle donation: the key to strong families 866.689.KIDS

kidshome.org and SACRAMENTO CHILDREN'S HOME

DON'T LET YOUR PETS POLLUTE OUR CREEKS AND RIVERS!

PROBLEM:

When it rains, bacteria from pet waste left on the ground washes directly into storm drains, flowing untreated into local creeks and rivers.

SOLUTION:

Pick up pet waste with a plastic bag, seal it, then toss it in the trash.



Senior Homecare By Angels®

Select Your Caregi

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

916-971-9333

America's Choice in Homecare. Visiting A ngels

LIVING ASSIST

www.visitingangels.com/sacramen



South Sacramento Rotarians give back large to community

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

A small group of local business men and women gave over \$19,000 local nonprofits that serve the community on May 10.

Some 20 community organizations received checks from the 39 members of the Rotary Club of South Sacramento, at the group's weekly meeting at the Casa Garden Restaurant. The donations reflected just a portion of the funds given out by the generous club, which is firmly committed to Rotary International's slogan "Service Above Self."

"This is nothing new," said Frank Cook, president of the Rotary Club of South Sacramento. "Serving others and stepping up when there is a need, this is the basis for our society."

Rotary International is a volunteer service organization with 33,000 clubs in over 200 countries and geographical areas. It initiates humanitarian projects that address today's challenges affecting the world today, such as hunger, poverty and illiteracy.

Rotary club members represent a cross-section of business and professional leaders around the world. These 1.2 million men and women donate their expertise, time, and funds to support local and international projects that help people in need and promote understanding among cultures. The South Sacramento club is one of some 40 Rotary clubs in the Sacramento region.

The South Sacramento Rotarians worked hard during the past year to raise funds to benefit those in need in the local community, the region and the world. They sweltered in the summer sun, selling fireworks. They put on an annual crab feed and a golf tournament, and performed numerous other fundraising tasks with joyful and hopefilled hearts.

"Our club responded with great generosity to needs around the world and locally," said Krysia Falltrick, a member of the club. "In only one meeting, over \$1,000 was raised to be donated to Shelter Box International. Each box supplies up to 10 people with a tent and essential supplies to use in a disaster. I am so proud to be a member of this club."

Rotary's flagship program is its effort to protect children against polio. It aims to eradicate the disease from the world. Another international effort is the Wheelchair Foundation. The South Sacramento group contributed to these international efforts also. In partnership with other clubs in the area, the Rotarians will distribute 1,120 wheelchairs next year in San Jose, Costa Rica.

Local groups receiving funds included: the Boy Scouts of America, the Camellia Symphony Orchestra, Chicks in Crisis Inc., the Foster Youth Speech Contest (National Coalition of 100 Black Women



Photo courtesy of Barbara Tracy

See Rotary, page 16

Making a difference in the local community, these representatives of area nonprofit groups received over \$19,000 from the Rotary Club of South Sacramento to go out and do good for others. Left to right, Donna Wood, Ed Daniels, Bernice O'Neil, Phil Sherwood, Elnora Woods, Gay Ritner, Megan Perry, Patti Shaw, Liz Long, Angela Adams, Gus Guichard. Seated, Inez Whitlow, Frank Cook.



SUMMER READING IS ALMOST HERE!

READ TO SUCCEED!

Studies show children, who

participate in summer

and do better in school.

ng programs, retain more

Exciting, fun, and educational programs and events for all ages – pre-readers, kids, families, teens, and adults – are planned for the 2010 Sacramento Public Library free summer reading series:

- storytimes for pre-readers
- arts and crafts
- game nights
- book discussions
- how-to workshops
- now-to workshops
- ice cream socials and more!

Kids and teens can earn a book, and adults will get a book bag for their summer reading accomplishments, plus other great prizes.

SIGN UPS BEGIN JUNE 1 AT SACLIBRARY.ORG OR AT A SACRAMENTO PUBLIC LIBRARY LOCATION NEAR YOU. INFO: 916.264.2920



SUMMER READING MEGA-SPLASH! SEE WHAT IT'S ALL ABOUT AND SIGN UP SUNDAY, JUNE 6, 1 - 3 P.M. CENTRAL LIBRARY, 828 I ST., SACRAMENTO FREE ACTIVITIES FOR EVERYONE!



ch 👔 Sacramento Public Library

saclibrary.org

Lance Armstrongs unite Arden-Carmichael News writer meets famous cyclist during Amgen Tour

By LANCE ARMSTRONG (The writer, not the cyclist) Arden-Carmichael News Writer lance@valcomnews.com

As a staff writer for four Valley Community Newspapers publications – the Arden-Carmichael News, the East Sacramento News, The Land Park News and The Pocket News – attending and reporting on this year's Amgen Tour of California presents a variety of opportunities.

One such opportunity is to inform some of our confused readers that as amazing as it may seem that I have taken a week from my already busy schedule to participate in this world-renowned cycling event, while still producing articles for these publications, this is, however, not the case. Instead, it is merely a coincidence – a very bizarre one, in fact – that out of the tour's relatively small number of reporters when compared to the thousands upon thousands of people who have flocked to various places throughout the Golden State for this prestigious cycling event, I just so happen to share the same name of one of the tour's cyclists.

And no, not just any cyclist, but ironically one the sport's most renowned athletes, seven-time Tour de France winner, Lance Armstrong.

Making it my main goal to set the record straight that there is a difference between the Lance Armstrong at the tour who wrote with pen on paper and the Lance Armstrong at the tour who rode with a pack of bicycles around the Capitol last Sunday, I began this mission at the tour's press conference, which was held last week at the Sacramento Convention Center. And this quest continued at the first stage sites of Nevada City and Sacramento and at the second stage site of Davis.

Meet and greet

Just prior to the beginning of this 104.3-mile stage that traveled through Grass Valley and Auburn on its way to Sacramento, I was informed by a tour representative that Armstrong, the cyclist, was readying to step out of his tour bus and head out on his bicycle to the starting line.

Having been in communication for several months with Philippe Maertens, the press officer representing cyclist Armstrong's Team RadioShack, I made my way to the bus to speak with Maertens, who assured me that he would do his best to assist me in meeting with Armstrong, the cyclist, despite a mountain of similar requests.

Accompanied by my friendly photographer Tracy Bryan of Elk Grove, I was fortunate enough to be the first person to greet Armstrong, the cyclist, as he stepped off the bus.

And although our meeting was brief, it was a key mo-

Dave Mendoza

916-977-1227 direct

916-768-5231 cell

COMSTOCK



Arden-Carmichael News writer Lance Armstrong spends a moment with Armstrong prior to the first stage of the Amgen Tour of California.

ment in my efforts to assist the aforementioned confused readers of our publications in understanding that there is a difference between Lance Armstrong the writer and Lance Armstrong the rider.

But as many teachers know, subject matter is not necessarily learned in one lesson, so I was also fortunate enough last year to instruct my students – aka readers – of the community about the difference be-

Mortgage Lending

Excellence!

Prices are low.

Rates are low.

The Federal and State Governments

are giving tax credits as an incentive to buy.

WHY WAIT?

If you or anyone you know are considering to purchase a

home, please call me today. It is a great time to buy a home!

IS REFINANCING IN

YOUR BEST INTEREST?

4 | CA DRE LIC. #01000837 | SAC 15T DBA CONSTOCK MORTGAGE

CALL DAVE TODAY! 🚇

tween the two Lance Armstrongs in a well-circulated article, titled "Lance Armstrong Meets Lance Armstrong." The article can be found on various sites on the Internet.

During my previous meeting with Armstrong, just prior to the Prologue of last year's Tour of California, the globally-famous cyclist pointed to me and let a large group of onlookers know that I, too, am also Lance Armstrong (albiet, a different one).

But even with one of the world's most renowned athletes as my spokesman, word has still traveled relatively slow.

But then again, it was somewhat of a strange experience for me at the event to approach various people from throughout the world who said that they had read about me in last year's article.

One such person was Australian Will Dickeson of the Jelly Belly Cycling Team.

Just prior to departing from Davis, Dickeson, whose mother Helen Perry is a volunteer for the tour,

See Cyclist, page 7



Stephanie Slagel CLU, Agent Insurance Lic. #. 0C34783 6130 Fair Daks Blvd, Suite E

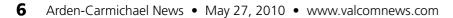
www.stephanieslagel.com Bus: 915-485-4444 Fax: 915-485-5629 Protect your family for less, build cash value or even get your premiums back if the death benefit has not been paid out at the end of the level premium period.

LIVING.



Adjustable Premium Level Term Life Insurance policy series 08025 in all states except MT, NY, Wt; 08075 in MT, A08025 in NY & WI.

State Farm Life Insurance Company, Bloomington, II, (Not Toensed in MA, NY and WI) na State Farm Life and Accident Assurance Company (Licensed in NY and WI), Bloomington, IL



Cyclist: 'It's like LeBron James meeting another LeBron James'

Continued from page 6

said that he was glad to meet me.

With a sense of humor, typical of many Australians, Dickeson said, "This is something a bit different (meeting Lance Armstrong). I thought he'd be pretty closed off and pretty hard to talk to. He's a pretty famous guy, but he was just walking by like an average guy, like the rest of us. He's a very easy guy to talk to. I like him a lot."

Another person familiar with last year's article is Sacramento resident Travis Hagen, a cancer survivor, who was diagnosed with testicular cancer in 2002 and is among the many people throughout the globe who are inspired by the cancer survival story of Lance Armstrong, the cyclist.

With his cancer now in remission through the assistance of Lance Armstrong's doctors in Indianapolis, Ind., Hagen has since had two children and is an avid cyclist.

"(Armstrong, the cyclist) inspired me to get on the bike and I'll be racing the



Sacramentan Travis Hagen, an amateur cyclist and a cancer survivor who was a patient of cyclist Lance Armstrong's doctors, stands with his wife Carrie and children, William and Ashley.

Leadville 100 (in Leadville, Colo.) in August," said Hagen, while standing with his family in Capitol Park.

Steve Brunner, the tour's press chief, who is also familiar with last year's article, finds it very entertaining that the two Lance Armstrongs were able to meet.

"It's like (National Basketball Association star) LeBron James meeting another LeBron James, so it's pretty cool," Brunner said.

in cover photo by Tracy Bryan.

Following the May 14 press conference before the tour began, Mark Cavendish, who later won the first stage of this year's tour with a mark of four hours, four minutes and 46 seconds, said that it was a unique experience meeting another Lance Armstrong.

Seven-time Tour de France winner Lance Armstrong speaks about his team's strategies for the Tour of

California during a press conference held in Sacramento May 14. Lance Armstrongs pictured together

 $\mathcal{I}_{(R)}$

"I never thought I'd meet another Lance Armstrong, but sometimes I thought I'd never meet the (cyclist) Lance Armstrong," Cavendish said.

And indeed, there is another Lance Armstrong, thus readers can rest assured that they will promptly get their news, despite the fact that another Lance Armstrong will be pedaling in hopes of capturing his eighth title at the Tour de France next July.

Arden-Carmichael News Photo/Lance Armstrono

For an expanded version of this story, visit www.valcomnews.com.



Valley Community Newspapers, Inc.

Tradition in education Hiram Johnson High School: A half-century of memories

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

When it comes to local high schools in the community, few have been around as many years as Hiram Johnson High School.

Located at 6879 14th Ave. at 65th Street in Sacramento, this local educational institution has been the center for many academic, sports and social memories for more than a halfcentury.

The large, brick, single and two-story school first opened for the 1958-59 school year under the leadership of its principal, Bert G. Chappell, and graduated its first students in January 1958.



"Pioneers" in education

This first graduating class, which was commonly referred to by Johnson stu-dents as the "Pioneer Class," was led by its student body officers, Ken Steving, president, Liz Cohn, vice president, Pat Stout, deputy, Penny Mayfield, secretary and Linda Brumm, treasurer.

Named after the famous Sacramento native, who served as California's 23rd governor from 1912 to 1917 and as a United States senator from 1917 to 1945, Johnson High established many of its longtime traditions during its first school year.

Among these traditions were: the Warrior mascot, the Smoke Signal newspaper, the Manakopa yearbook, the Junior Prom, the Senior Ball, bands, choirs, clubs and the baseball, football, basketball, track, swimming, tennis and golf teams.

In the spring of 1958, Johnson High joined the "Pioneer Council," which was an organization composed of about 25 active students from different Sacramento area schools. These schools included Sacramento, McClatchy and Elk Grove high schools and Pe-

See Johnson, page 9



Senior Services 2 Resources Call Melissa (916) 429-9901

ASSISTED LIVING/MEMORY CARE DOCUMENT PREP SERVICES YOUR AD SHOULD BE HERE! **ELDERLY CARE HELP AT HOME** LIVING TRUST/LIVING WILL Aegis of Carmichael Woods Retreat **HELP AT HOME** Call Melissa today! Legal Document Prep Services: 4050 Walnut Avenue **Senior Care Residential Care Facility** Your services Trust • Will • Powers of Attorney Carmichael, CA 95608 for the Elderly now accepting • Residential Deed are needed. Light housekeeping applications for residents. We're the people who 10 % OFF Meal preparation Your ad should be here. Let us care for your loved ones. make life better. Med reminders • Errands SENIOR SPECIAL Dementia care Bathing Ad design is free. Lic #347001686 Couples \$495 Singles \$450 State Lic #340306720 & Much More (916) 972-1313 Lynda K. Knight (916) 214-1215 For no-cost/in-home assessment, Call 429-9901 Owner-operated (916) 421-5845 www.aegisliving.com 641 Fulton Ave. #100, Sacto 95825 call 877-404-6636 LOVING COMPANIONS SENIOR PLACEMENT SPECIAL ALZHEIMER'S LIVING * Primrose "Assisted living" in Jeanne Skondin, LVN, MBA Loving Living With Memory Loss **RCFE** Licensed Administrator the privacy & comfort Whitmore Senior Companions Day Club, Respite, of your home. Senior Services R Proud Member of The Senior's Choice **Residential, Support Groups** Placement & 916.223.8380 & Educational Classes whitmoresenior@gmail.com Affordable rates, Resource Team Whitmoreseniorplacement.com cas@primroselz.com 1-24 hours/day Certified care • Health & legal resources www.primrosealz.com FREE Referral Service to Fai nory Care Placement tal or skilled nursing facility (916) 392-3510 (916) 753-1491 NO MINIMUM. t placement from ho

7707 Rush River Dr. Sacto, CA 95831

Johnson: 'The staff is always willing to try new things'

Continued from page 8

ter Lassen, Stanford and Kit Carson junior high schools.

The council, which held its last meeting in October 1958 at the home of Johnson student Jeanne Taber, was designed to create temporary by-laws for the new school and to select names for Johnson's pep and service organizations.

Being that Johnson was not initially known for its landscaping, the school's first seniors reflected upon the campus' grounds as "The Big Dust Bowl."

Commenting on his earliest memories of the school for the Smoke Signal, John Pearson, as a senior in 1959, described Johnson High as "a lot of school on a lot of dust."

Unfortunately for those on the campus during this time, the school's grounds worsened before they improved, as once the rains arrived, thus did the mud.

Athletics and achievements

In regard to sports, it did not take long for Johnson to experience very noteworthy success and among the first of its major athletic accomplishments was the 1959 varsity football team's tie for first place in the Metropolitan League.

This was an improvement upon the first varsity squad's three-win, three-loss and one tie, inaugural season. And with this final record, the team tied for third place with the El Camino High Eagles and the Woodland High Wolves.

During some of Johnson's earlier years, a ship's wheel, which was given to the school by the Navy, was presented to the winner of the Johnson-Burbank football game.

When it came to providing support for its earliest sports teams, Johnson students, who were also referred to during this time as "Johnsonites," were very dedicated.

Ken Bartell served as the first chairman of a rally committee, which was designed for the purpose of making sure that Johnson had "one of the best – if not the best – rooting sections of all the schools in the league."

Drama took main stage at the school during its initial year, as Johnson's first play, "The Night of January 16th," was performed at the school's Little Theatre on Jan. 14 and 15, 1959.

In the play, Pearson played the role of the defending attorney, John Eoff played the prosecuting attorney and Eileen Schmidt performed as the defendant.

Memories of Johnson High

Reflecting upon the school's inaugural academic year, the staff of the 1959 Manakopa described the emotions felt by the school's first students, as follows:

"Our year began with considerable confusion. Everything was new, sometimes not even completed. Both faculty and students had strange new tasks before them. A tremendous amount of energy, combined with growing school spirit, brought order out of confusion. This was a year that has established Johnson High as a leader in scholarship, athletics and school spirit."

Wallace J. McAllister, who graduated from Johnson High in June 1959, said that he has fond memories of attending the school despite the fact that "everything was dusty and a lot of stuff wasn't ready."

"When I started, the fields were just dirt and the gym and the pool weren't finished, but other than that, it was a very modern school at that time," said McAllister, whose sister, Marcia, is currently a teacher at Johnson. "And in fact, the way they built it, it still looks pretty good."

Because of the era when he attended high school, McAllister said that many students, including himself, had a strong interest in some of the earliest rock and roll groups.

Another attraction among students at this time was automobiles.

And with the popularity of cars at this time, the Smoke Signal regularly ran a photo and caption of a studentowned automobile. This portion of the newspaper was originally known as the "Wheel of the Week" and was later changed to "Heap of the Week."

An example of this area of the paper appeared on Nov.

21, 1958 and featured Tom Lyon's modified 1952 Chevy.

Expansion and additions

With the 1960s came many changes at Johnson High, including the naming of its second principal, Donald C. James, outdoor rallies and an undefeated football team.

Johnson High completed its first decade with a major milestone in its history, as the school's 1,401-seat auditorium opened during the 1968-69 school year.

The auditorium, which was constructed for such purposes as assemblies, rallies and concerts, also became home to the Sacramento Symphony.

During the 1970s, while under the direction of its principal, Donald James, Johnson achieved much recognition for its music department, which cut records, had five choirs, traveled and had three music teachers.

An effort to bring back elements of these memorable years will begin next year, as Johnson will open its School of the Arts.

Johnson history teacher Elaine Deatherage, who began teaching at the school in 1982, said that with the 1980s came a lot of challenging times for the school.

"The 1980s were hard years," Deatherage said. "The class was changing from working class and middle class to a lot of immigrants, a lot of poverty and a lot of people coming from Vietnam. We had a huge Hmong, Minh population here and so it gave us new challenges, especially with many, many languages."

Cultural diversity has continued to be a part of Johnson's growth and today, about 20 different languages are spoken on the school's campus and about 25 percent of Johnson's students have English as their second language.

Deatherage said that Johnson was one of the first area schools to provide special educational opportunities for such students, which allowed them to more quickly progress at the school, while they were improving upon their English skills.

For Johnson, the 1990s presented other challenges, as the population of the school expanded to about 3,000 students, compared to about 2,500 students in the mid-1980s.

Deatherage said that this growth created difficulties, since this amount of students was too great for the size of the school.

She added that this population problem was actually alleviated on two occasions – first by sending students to its public, college preparatory pilot school, Hiram Johnson West Campus High School – now West Campus High School.

Later, after Johnson's population once again expanded to about 3,000 students, the 1993 opening of Rosemont High School lowered Johnson's population by about 500 students.

Johnson High today

In the 21st century, Johnson has concentrated on various new concepts of education through small learning communities.

And it is Johnson's staff members, explained Deatherage, who are responsible for the success of the school's progress.

"The nice thing that I see about Johnson is the staff is always willing to try new things," Deatherage said. "Often we design things and the district looks at it and says, 'Well, I think the rest of the district should do that, too.' So, we're always in the forefront."

Another unique aspect of Johnson High is its many Native American-themed designs.

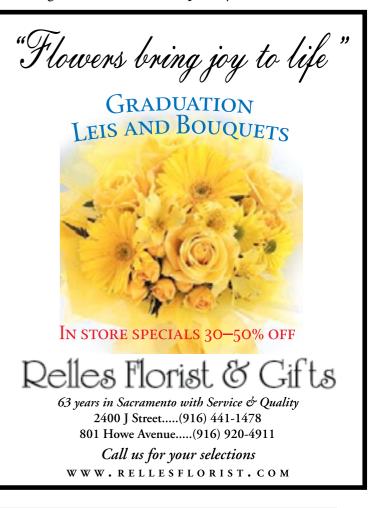
Deatherage explained that a lot of effort went into designing the school.

²⁷When Johnson was built, it had been a long time since a high school was built (in Sacramento), so they really wanted to show off the strengths and the beauty, so they hired an architect who did a lot of historical background (research) into (Native American) artifacts, so everything is symbolic."

The school's entrance features a design reminiscent of Cheyenne beadwork, while the school's many bricks represent Native American basketry.

Upon the brick walls are images such as thunderbirds, deer, dogs, kachina figures and mazes, which represent "the creator's universal plan to follow."

Colored glass is representative of beadwork, while colorful tile work above several drinking fountains in one of the hallways was designed to portray such



Carmichael resident wins in international business competition

Arden-Carmichael News Staff Report

Classmates for merely a week, when this group of five first-year MBA students from Drexel University's Center for Graduate Studies in Sacramento came together to compete in an international tournament as a team they barely knew each other.

But 10 days later, Samuel Bradshaw, Justin Johnson, Alexander Malana, Bill Reaugh, and Carmichael resident Shaun Youngberg not only knew each other well, they were in perfect sync.

The newly-minted Drexel students captured first



Shaun Youngberg

place in the 2010 Spring Capsim Foundation Challenge, winning with a record-setting score in the finals. The Drexel team finished on top in the business simulated game that drew 226 college and university teams throughout the United States and internationally.

Drexel's score in the finals was 805, while second place Brigham Young-Idaho had 730 points. Not only was this a "runaway" win, but it was a record high score for the Capsim tournament, which has been run twice a year for the past 11 years. Drexel's part-time MBA program was recently ranked No. 1 in the country by BusinessWeek magazine for academic quality.

The diverse skills of Bradshaw (software en-

gineer for PMC Sierra), Johnson (mental health technician for United States Air Force), Malana (investment analyst for CALSTRS), Reaugh (regional manager for Draker Laboratories), and Carmichael's Youngberg (worker's comp team leader for The Hartford), melded together right away. Over the competition's eight rounds, the group met online or in person for an estimated 40 hours.

"Working with a group of people that just met one week prior and set out to represent Drexel University in the Capsim Challenge was highly rewarding," local resident Youngberg said. "It gave me great insight into developing a team strategy in line with an overall vision, executing that strategy, and ultimately achieving success for ourselves and our program."

and our program." The Capsim Challenge requires students to compete against both a computer and other teams by winning the most market share with a computersimulated business.

For more information on Drexel University, visit www.drexel.edu/sacramento or call (888) 389-3781 or (916) 325-4600.





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
- Cabling & Bracing
 Tree & Shrub Installation

Tree & Shrub Fertilization

Tree Removals & Moving

ving

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. 5 Certified Arborists on staff.

Teaching far and away Going abroad: Two Carmichael educators join the Peace Corps

Arden-Carmichael News Staff Report

Two local educators have been selected for Peace Corps assignments in Eastern Europe and Central Asia.

Anita Rodriguez, 30, of Citrus Heights has been invited to serve as an English teacher in Moldova. She departs June 10 to begin her 27-month assignment. Rodriguez has worked for more than nine years in the San Juan Unified School District, including the Discovery Program at Schweitzer Elementary.

She is a 1998 graduate of Casa Roble Fundamental High School in Orangevale and received a bachelor's degree in child development from Sacramento State University in 2009.

"I have always had a passion for service and volunteering, and a desire to be an elementary school teacher," says Rodriguez of her decision to serve. "The Peace Corps will allow me to do what I love and help the people of Moldova at the same time." Cameron Jones, 23, of Carmichael will serve as a primary education teacher trainer in Mongolia. He departs June 3 to begin his service.

Jones is a 2005 graduate of Del Campo High School in Fair Oaks. He received a degree in liberal studies and child development from Chico State University last December.

Jones and Rodriguez will spend their first three months of service in training, living with host families and studying their host countries' language and culture. After training, they will begin two-year assignments, living in the manner of the people in their new communities.

Through President Obama's support and Congress' corresponding 2010 budget appropriation, Peace Corps is poised to grow significantly over the next several years. The agency's goal is to reach 10,000 volunteers during 2011, its 50th Anniversary year. Currently, 7,671 Americans serve as Peace Corps volunteers in 76 countries.

Since 1961, nearly 200,000 Americans have served as Peace Corps volunteers in 139 countries. More Peace Corps volunteers come from California than any other state.

Peace Corps is a 27-month commitment. Volunteers must be skilled U.S. citizens,



Anita Rodriguez

at least 18-years old, and in good health. There is no upper age limit to serve. More information and online applications are available at www. peacecorps.gov.



40% cut in heating & cooling costs!

For a FREE estimate call

Steve

916-225-1339

Go right over your old wood sided

house with the best exterior wall

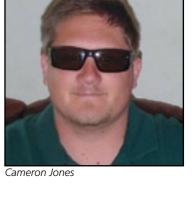
Free retardant, water resistant!

system on the market today!

50% less cost than siding!

Bill

916-612-<u>1163</u>



Rivers of the



66.6020 • www.thechromagallery.com



Janey Way Memories



Jim Ducray: A story of redemption



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

The Ducray Family lived across the street from our house on Janey Way: Justin Ducray, his wife Alice and their six

children: Joan, Bill, Jim, Jennifer, John and Mary Kay. The two older boys, Bill and Jim, were fierce sibling rivals. They fought regularly. These were not the pushing and shoving kind of fights brothers sometimes have, but knock down drag-out fights that resulted in cuts, bloodied noses and black eyes. They were tough kids.

Jim seemed the wilder of the two boys and got into trouble early. His parents separated, then divorced during his mid-teens and that seemed to really throw him off. At age 15, he and two other boys took a car and went on a joy ride. The police apprehended them and Jim landed in juvenile court. The juvenile judge sensed he needed some supervision and placed him in the Sacramento Boys Ranch, a minimum-security facility that featured a working ranch where boys mucked stalls, fed animals and tended a garden. Jim seemed to prosper in this environment. He returned home six months later and seemed a changed person. However, his troubles were not over.

A few weeks before his 18th birthday, he stole a second car on the way to a job interview. Again, the police caught him and placed him in the Juvenile Hall. After release on his own recognizance, he went immediately to an army recruiter and enlisted. Somewhere on his way to basic training, the court system found out he enlisted and dropped the charges. Jim served two years in the army, including a tour of duty in Viet Nam. In 1968, he received his honorable discharge from the army and returned home.

After returning home, Jim had trouble adjusting. He enrolled at Sacramento City College, but soon dropped out. Then he took a job selling jewelry door-to-door. He soon found trouble yet again, when he tried to sell a small amount of marijuana to one of his customers who turned out to be an off-duty cop. This landed him in jail yet another time. This time he pleaded guilty to a misdemeanor charge of selling a controlled substance and spent six months at Sacramento County's Rio Cosumnes Correctional Facility.

That time in incarceration changed Jim's life path. After his release, he enrolled at Sacramento State University and four years later attained a bachelor's degree in Psychology. Following graduation, he went to work for the California Youth Authority as a youth counselor. Unfortunately, this career ended early when a youth gang member threatened his life. Subsequently, Jim returned to Sacramento State and completed work on a master's degree in counseling, then began a long and successful career as a crisis counselor for Amador County.

After his career with the county, he started a private practice as a marriage and family counselor in Jackson. He has come full circle from run-ins with the law to counseling families and troubled youths. Jim lives with his wife and nephew in a beautiful Sierra foothills home he had built near Jackson. His story is truly one of redemption. It is proof positive that with the right kind of support, and friendships like the ones built on Janey Way, a young person can turn his life around and achieve success.

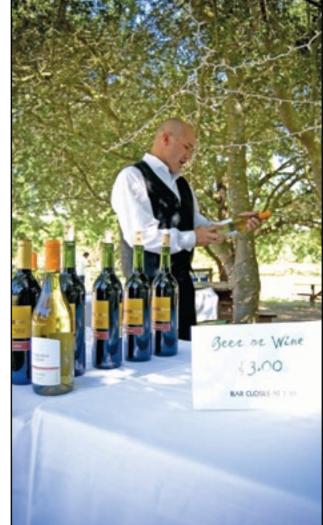


Faces and places **'Painting Where the Wild Things Are'**

"Painting Where the Wild Things Are" was a special open juried art show at the Sacramento Fine Arts Center in Carmichael benefiting the Effie Yeaw Nature Center. Regional artists submitted paintings of the American River Parkway and the wild things that live there. An accompanying Gala and Art Auction was held at the Effie Yeaw Nature Center in Carmichael on May 15. For more information on the Sacramento Fine Arts Center, visit them online at www.sacfinearts.org.

Photos by Arden-Carmichael News photographer Noah Winn.

EVEAW NATURE CENTER





Valley Community Newspapers, Inc.

Brothers Papadopoulos Florist owner speaks about success, history of his business

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

While taking breaks between preparing orders at his Carmichael store, Brothers Papadopoulos Florist at 6340 Fair Oaks Blvd., Fotios "Frank" Papadopoulos met with the Arden-Carmichael News last week to share details about his rich tradition in the floral industry.

In telling the story of his many years as a florist, Frank did not immediately mention that his family's business consists of 11 Northern California stores. But he instead spoke about being raised in Greece and immigrating with his family to America.

"It was 1973 that my dad and my mom and their five kids – three boys and two girls – came to the United States," Frank said. "My dad sold everything he had back in Greece. And when I say everything, I mean everything. He had cows, mules goats, sheep, everything. He put \$75 in his pocket and he brought all seven of us (to America). Now, that's a sacrifice."

Although he did not speak English, Frank's father, Anastasios, was able to obtain work in a flower shop in downtown San Francisco.

Frank's father, however, struggled to support his family, as Frank explained.

"He started working and he started putting us through school and everything and after six or seven months, we couldn't make it," Frank said. "My dad and my mom (Kostadina) were getting up in the night and crying. They didn't want us to see them cry, so they would hide and they would cry."

With the knowledge that their parents were planning to return to Greece with their family, Frank, who was 12 years old at the time, and his brother, Andreas, who was 13, decided to provide their parents with some assistance. One day, while at their school, Frank and Andreas

spoke about their family's financial struggles and faced with the possibility of leaving America, they decided to quit school and assist their father with his work.

"We started selling flowers on a street corner," Frank recalled. "So, my dad started getting a little bit of help to pay the rent and everything. Either we had to do that or we had to go back (to Greece). We didn't want to move back."

With Frank and Andreas' assistance, the Papadopoulos family was able to continue living in the United States.

The American Dream

After two years, John Murdock, the man who owned the flower shop, which employed his father, had a very important discussion with Frank and Andreas.

Frank related the fear that he shared with his brother when Murdock approached them about their work for the flower shop.

"My brother said, 'Uh oh, he's going to fire us, right?" recalled Frank.

Frank said that Murdock then reached into his pocket and pulled out a set of keys and asked the boys to follow him around the corner from the shop.

"(Murdock) took us around the corner – it wasn't very far from the shop – and he goes, 'Okay, this is your flower shop. This is what you guys are going to do for a living from now on. You're not going to work for anybody. You're going to work for yourselves. I put flowers in it. You have money in the cash register and it's yours. And next week, if you have no money to buy flowers, come back to me.' And so, we started out like that."

Anastasios, Frank and Andreas' determination to succeed in the flower selling world, coupled with many other motivated Papadopoulos family members, has led to the family's aforementioned 11 Brothers Papadopoulos stores, which include a pair of Sacramento shops and stores in Stockton, Modesto, Turlock and San Francisco.

Many people in the community are familiar with Frank's Carmichael store due to its continuous advertisements for two dozen roses for \$9.99.

The store also offers a dozen roses for \$6.99 and a large spring bouquet for \$19.99.

Operating a business model that achieves success through its offerings of low-priced flowers – as compared to many other professional flower shops – Frank's Carmichael store relies on large quantities of flowers sold rather than depending on a lesser number of higher-priced sales for the same types of flowers.

The Carmichael Connection

Opening his Carmichael store on July 1, 2005, Frank said that he has gained a strong following of many dedicated customers, who appreciate the fact that despite offering low-cost flowers, his florist does not cut back on quality.

"People not only come back to my shop, but they also send their friends and family," Frank said. "My flowers are not cheap flowers. They come from Ecuador and Colombia. The high-quality, expensive flower shops that sell \$120-a-dozen roses, they get the same roses I get. We open them up from the same boxes. I have people buying flowers from here that last them 10 days. And they say, 'I don't believe it. I paid \$9.99 and they last 10 days.""

Frank said that his shop, which does a lot of business for weddings and funerals, can afford to sell high-quality flowers for less money, since his family has "cut out the middle man."

"We are wholesalers," Frank said. "We have our own semitrucks going to Miami. That's the whole thing. We don't



Brothers Papadopoulos Florist owner Frank Papadopoulos stands alongside the store's manager Paige Church.

have the middleman anymore. We have Columbia sending it to Miami through customs and we have a semitruck two times a week picking up our flowers and bringing them to San Francisco, our main flower shop. We're taking them in and dividing them between all the flower shops. That's why we can afford to sell them much cheaper than anybody else."

Carmichael resident Paige Church, who manages the Carmichael store, which is operated by five people, including Frank and his wife Paraskevie, said that she is accustomed to having customers returning to the store or calling on the telephone to simply express their appreciation for the flowers, which they purchased at the store.

"It's just like this lady who just came in (to the shop) and bought her roses and (returned) just to say how great they were," Church said. "She didn't come back for anything else. She came back just to say, 'Hey, that worked out beautifully and man, I'm so glad I came here and I'll be back.' When do you go back to the restaurant and say, 'I just wanted to come in here and say, thanks, that was a great meal.' You don't do that, but they do that here."

Pride and purpose

With the success of his involvement in the floral industry, Frank, who resides in Carmichael and in his spare time enjoys deer, pheasant and quail hunting, photography and traveling, said that he is proud of his family's business.

"If you want to call it an American dream, it is an American dream that I'm here and it's still a dream," Frank said. "I'm very proud of the business and my sons (Anastasios, Toli, and Kosta), who all finished high school and college and are now working in the flower business. I love what I do here. This is my life."

Brothers Papadopoulos Florist is open Mondays through Saturdays from 8 a.m. to 8 p.m. and Sundays from 9 a.m. to 5 p.m.

For additional information about this business, call (916) 973-9161 or visit the Web site www.brotherspapadopoulos.net.



Why risk a ladder accident? Byers' LeafGuard gutters NEVER clog. Guaranteed!



Ladders are dangerous! More than 500,000 ladder accidents are reported each year. Don't risk your safety – get Byers' LeafGuard and take gutter cleaning off your list forever.

- Guaranteed to NEVER clog for as long as you own your home, or we'll clean them for FREE.
- Keeps leaves, pine needles and debris out. Hassle-free and maintenance-free – permanently!
- The only seamless, one-piece leaf protection gutter system on the market.
- A complete patented system not an add-on screen or cover.
- Heavy-duty, rustproof aluminum 20% thicker than ordinary gutters. Also 20 oz. copper!
- Beautiful colors and crown molding aesthetics.

Call today for a free, no-obligation consultation & estimate 800-977-5323 Ø ByersLeafGuard.com





The gutter that never clogs ... ever. Guaranteed!



or as long as you an them for FREE. and debris out. -free – permanently! the leaf protection t. - *not* an add-on

50% Off* Installation Labor Expires 5/31/10

Quality Independent Senior Living at Affordable Rates

- Enjoy your privacy and independence as well as opportunities for satisfying friendships.
- Experience the added peace of mind of having a professional, well-trained staff onsite 24 hours a day.

Choose independent senior living at



CALL Suzanne Today (916) 481-7105

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

www.HankFisherProperties.com



DISCOVER A HEALTHY GETAWAY AT THE PERFECT PRICE



Rotary: 'The purpose of Rotary is to give service to others'

Continued from page 5

Inc.), the Girl Scouts of America, Loaves and Fishes, Luther Burbank High School, Moral Values, NorCal Camp Grizzly, Project Night Night, Rosemont Robotics Club, Sacramento City College, the Sacramento Recovery House, St. John's Shelter, SSIP Emergency Food Closet, Toys for the Troops' Kids, YMCA and VSA Arts.

All requests for grants from the Rotary Club of South Sacramento received consideration, including one from a student. Megan Perry, a junior at Christian Brothers High School, received a grant to provide canvas bags for Project Night Night.

"Project Night Night in San Francisco collects stuffed animals and blankets in canvas bags for homeless children," Perry said. "This gives them something concrete and stable to hang onto while they are in a very unstable situation."

Each gift will help to fuel efforts to improve conditions for every resident in the local area and the region at large.

"As there are more and more cutbacks in education, it is harder and harder for families with youngsters to experience a live concert," said Gus Guichard, president of the Camellia Symphony Orchestra. "In this economy, I understand why cuts are necessary. This donation, however, will allow us to continue our program to give kids and their parents an opportunity to go see a concert next year. Thank you."

"Chicks in Crisis serves teens and women who are pregnant," said Inez Whitlow, founder and CEO of that organization. "We provide free services to help babies. The people we serve are in dire straits. Chicks in Crisis reduces the number of infants facing abandonment, foster care, abuse or even death. This money will go far to help make a difference."

"We will be holding our first speech contest next week," said Donna Wood, of the National Coalition of 100 Black Women. "Thank you. We are a 30-year-old organization dedicated to promoting leadership development and gender equity in the areas of health, education and economic empowerment."

"Thank you for helping men to get off the streets and deal with their issues of alcoholism and drug dependency," said Ed Daniels, representative of the Sacramento Recovery House. "This donation will get a kid off the streets and get him to turnaround his life."

VSA stands for Very Special Arts. The group pairs special education students with local artists. VSA will use the Rotary funds to continue to provide opportunities for these students in the visual and performing arts.

"Thank you from the kids who will benefit from YMCA's camp programs," said Liz Long, director. "These funds will send kids to local and resident camps."

The enthusiasm of the recipients warmed the hearts of the Rotarians, and served to inspire them to continue their efforts to give back to the community. It is something that Cook does not find surprising.

"The purpose of Rotary is to give service to others and thereby create momentum in those people to pass that service on," he said. "Then it's a complete 'pass it on' environment."



Ooo...That's gonna leave a mark.



Call Chem-Dry for a deep clean on carpets and upholstery, safe non-toxic solutions and our patented Pet Urine Removal Treatment (P.U.R.T) that deals with even the toughest odors. Quick service, deep clean and fast drying times... only at Chem-Dry.



Sacramento



Chem Dry Advantages:

- Dries in 2-3 hours
- Removes Stubborn Stains
- Leaves No Dirt-Attracting Residue
- Safe & Non-Toxic
- **P.U R.T** (Pet Urine Removal Treatment)

· (916) 971-9080

Superior Carpet & Upholstery Cleaning

All work done on premises. Independently Owned & Operated Serving The Sacramento Area Since 1998



Know your candidate Meet the three running for Sacramento County Sheriff

By ELIZABETH VALENTE Arden-Carmichael News Reporter elizabeth@valcomnews.com

Editor's note: Our newspaper is pleased to offer our readers complete profiles of the three candidates running for Sacramento County Sheriff. The interviews are printed in alphabetical order and are also available online at www.valcomnews.com.

In the world of politics, the race for Sacramento County sheriff is not typically considered a hot one. But this year, with 57 years of law enforcement experience between them, three candidates, Jim Cooper, Brett Daniels and Scott Jones, are vying for the position and the race is heating up. The current sheriff, John McGinness, is not seeking re-election, and the Primary Election is Tuesday, June 8.

Jim Cooper

jimcooperforsheriff.com

Having served 25 years as a deputy sheriff in this county, Captain Jim Cooper, commander of the Sacramento Valley Hi-Tech Crime's Task Force, covers all the child pornography investigation for the region. The Cordova High School graduate is also the taskforce commander for the department that deals with identity theft investigations and forensics for cell phones and computers. As if that was not enough, he is in his third term as an Elk Grove city councilman, having already been mayor of the city twice.

Born in France but raised in Sacramento County after his father retired from the Air Force, Cooper put himself through college, receiving a Master's Degree in Organizational Leadership from Saint Mary's. He then went to the FBI National Academy and has taken a number of leadership courses. All his education and training has led him to lead the narcotic and gang unit.

and gang unit. "I spent the first five years of my job buying drugs every night and arrest the guys who sold it to me," said Cooper. "Since then, my team and I have worked all over California with several drug agencies to combat the state's drug problems."

Cooper is backed by organizations like the Sacramento County Deputy Sheriff's Association, Former Sacramento County Sheriff Lou Blanas, Sacramento County Law Enforcement Managers' Association, and the Sacramento Police Officers Association. His campaign strategy is to help meet budget constraints by bringing in more revenue for the department. "We need to be more self-sufficient and not rely on the County General Fund," he said.

Cooper wants to bring in more contracts, like the Work/Release Division.

"The inmates that pick up trash and do community work paid to be in that program," said Cooper. "The program brought in at least 6 million (dollars) a year. Little league fields were cleaned up, trash was picked up in neighborhoods – it was a win-win situation for the community. And though it brought in revenue, the administration cut the unit."

Along with increasing more deputies in the department and appointing a committee to help review department audits and help devise solutions for the best use of department funds, Cooper also advocates an academic/athletic program to help troubled youth.

"When I worked narcotics I saw teens that were abused, that never had a chance in life. I've always been committed to our youth," said the father of three.

Despite all the political mud slinging and accusations in this hotly fought election, Cooper said he wants voters to know he's a man of action, not inaction.

"I will do everything I can to make our citizens safe," he said.

Bret Daniels

bretdanielsforsheriff.com

Bret Daniels is a former Sheriff's Department deputy and former Citrus Heights city councilman. Currently, Daniels works as a safety director for a shopping mall. As to his experience, Daniels cites his 13 years in the department dealing directly with the public.

"I've watched this department grow into a very bureaucratic, cop-heavy kind of function, as opposed to a law enforcement function," he said. "I have more direct law enforcement experience then my two opponents combined. They have spent little time in the patrol car responding to calls. I don't think they grasp the full importance of patrol enforcement."

If elected Sacramento County Sheriff, the Citrus Heights native says he plans to move more officers from behind the desk and onto the streets patrolling more neighborhoods.

"When you call 9-1-1, you don't care that there is a taskforce for this and a taskforce for that, you care whether or not a cop is out there in time to help you," Daniels said. "We especially need this done by the summer, when more calls come in."





Bret Daniels

Like the other two candidates running with him, Daniels is also looking to downsize management ranks and explore cost-sharing efforts with other departments and organizations.

"The function of the Sheriff's Department is to serve and protect the community. I'll put more officers in the community and will work with non-profit organizations that want to help," he said. "We need more neighborhood watch and senior volunteer programs. Every little bit helps."

This is Daniels' fourth run for Sacramento County Sheriff and says he does it because of the passion for law enforcement and Sacramento County.

ty. "I want to ensure that people living in Sacramento County get the opportunity to live in a safe place," Daniels said.

Daniels, a former mayor of Citrus Heights (he resigned from his position before the term was over), plans to take a business approach in running the department. He admits he did not go to school for business, but rather studied criminal justice at a local community college.

"I went to the school of hard knocks," laughed Daniels. "But seriously, the past ten years working in the private sector has given me an insight of how to approach the department with a business perspective."

Scott Jones

jones4sheriff.org

Captain Scott Jones, an Antioch resident, has been with the department for 21 years. Before choosing a career in law enforcement, Jones studied at UC Davis to become a doctor. A few years later, he decided to change his major and pursue criminal justice at Sacramento State University. But the ambition didn't stop there. While working in corrections as an officer, Jones went to law school at night.

"I was a lawyer by day and patrolled the mean streets of North Highlands at night," Jones said.

His drive paid off. He currently serves as legal adviser and assistant to



.0_

Scott Jones

current Sacramento County Sheriff John McGinness.

"As a cop, we tend to be linear thinkers, black and white, just the facts. The law degree gave me a whole different context on how to look at problems and situations. It has given me the ability to recognize the importance of perception," he said.

But his career hasn't always been a smooth ride. In 2004, Jones was suspended from the department while federal investigators looked into a mishandling of a Treasury check. He was cleared of all charges.

"It was fully investigated by the U.S. Attorney and FBI and proven to be unfounded. I understand they had to investigate it," he said. "I was exonerated, I had nothing to hide."

With a strong support from his family and backers like Sheriff Mc-Ginness, Sacramento Police Chief Rick Braziel, and former U.S. Attorney McGregor Scott, Jones has since pushed forward and is focusing his effort on making the Sacramento County Sheriff's Department an "open-book policy."

"As commander of the Main Jail, the largest division in the Sheriff's Department, I instituted reforms that dramatically reduced the number of complaints, excessive force allegations and costly lawsuits," said Jones. "I opened up the jail for the first time to the media and the public."

Along with opening the jail to media, examining the allegations of excessive force and high suicide rates in the jail, and the ride-along program, Jones plans to take an innovating thinking and ethical leadership approach in his campaign for sheriff.

"We are custodians of the taxpayers' dollars," he said. "This department will have no secrets and be as transparent and open as possible."

Like the other candidates, Jones also vows no advocacy for fees or taxes.

"As sheriff I'll work to find alternative funding sources including federal and state grants, local ballot initiatives, and the expansion of enterprise-based services." **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



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

Your Home Improvement Guide



Your services are needed! Call Melissa at (916) 429-9901 and reserve your space on the *Arden Carmichael News* Home Improvement page

CALENDAR

For more Calendar enteries 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 eventincluding 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.

May 27

Wellspring golf tournament

Wellspring Women's Center is hosting it's 21st Annual Golf Tournament benefit event on Thursday, May 27, at Whitney Oaks Golf Club in Rocklin. There will be a shotgun start at 8:30 a.m. Proceeds support Wellspring Women's Center in the Oak Park neighborhood. For more information (916) 454-9688 x 205 or visit us online at www.wellspringwomen.org. Golfers register for just \$135, with reservations due no later than May 20 and forms are available online.

May 29

Memorial Day Ceremony of Reverence Join us at 10 a.m. for a ceremony honoring our Veteran's who gave the ultimate sacrifice. Speakers will be featured and the Vet-

erans Affiliated Council Honor Squad will give a rifle salute and taps. The gravesite of all veterans will be adorned with U.S. Flags. Visitors may park across the street from the 10th Street Gate and meet at the Mortuary Chapel near the middle of the cemetery (follow the carriageways to the south). Held under the auspices of City of Sacramento Division of History & Science and the Old City Cemetery Committee, Inc. the Veterans Affiliated Council of Sacramento, presents this free event as a public service.

May 31

Memorial Day tribute

Mount Vernon Memorial Park - 43rd Annual Memorial Day Tribute. Jet flyover, skydiver, Navy 2 Bell Ceremony, 59th Army Band, Mr. John Cavaiani, Congressional Medal of Honor Recipient will be the guest speaker and much more to honor veterans of the past and present. 11 a.m. 8201 Greenback Lane, Fair Oaks. Free (916) 969-1251.

JUNE

E.

8

Pops in the Park 2010

Pops in the Park returns to East Sacramento for the 2010 season: Saturday, June 5 -East Portal Park "Whiskey Dawn" playing; Saturday, June 12 - Glenn Hall Park "Because," a tribute to the Beatles and Second Saturday Showing by Sofia Lacin & Hen-

ic -

nessy Christophel; Saturday, June 19 - Bertha Henschel Park "SwingMasters," ESIA Sidney Pope & Onion Awards, Wading Pool Open - Free Admission; Saturday, June 26 - McKinley Park, "The Q-Balls" playing. All concerts begin at 6 p.m.

Widowed Persons Association

Widowed Persons Association of CA (WPAC) Chapter 1 is a non-profit organization that addresses the needs of widowed persons (both men and women) coping with the death of their spouse. This is a peer support session of two hours from 3:00-5:00 p.m. every Sunday, conducted by a trained facilitator. These sessions are held at the office located at 2628 El Camino Avenue Suite D-18. For more information about these sessions and the organization, contact the WPAC office at (916)972-9722.

Free Dance Lessons

Free tap dance lessons on Fridays at noon at the Dance Corner, 2927 Fulton Ave. For more information, call 804-3104.

JUNE 5

(Presented by the Sacramento Valley Symphonic Band Assn.)

1:00 - 5:30 pm, Saturday June 5

II:00 am - 7:00 pm, Sunday June 6

Carmichael Park Community Band Festival

Including the 59th Army National Guard Band "The Governor's Own" at 1 pm Sunday

Bring the entire family, a picnic, lawn chairs and enjoy music under the shade trees!

Carmichael Park Amphitheater ~ 5750 Grant Avenue

(southeast corner of the park; Fair Oaks Blvd. between Grant and North)

Information: (916) 489-2576

Jensen Garden Workday

Friends of the Jensen Botanical Garden hold garden work days one Saturday of every month from 9AM to 1PM. The next workday is Saturday, June 5, 2010. Bring work gloves, hand pruners and your lunch. Come join with other volunteers to keep the gar-

Being Broke is

NO JOKE!

Do You Need a Loan

To Stay Afloat?

1-877-406-6133

NO UPFRONT FEES!

PLEASE RECYCLE your

Arden Carmichael News

Need Home Improvement?

Check out the

Home Improvement Guide

in the Arden Carmichael News

For Home Improvement

ad rates, call 429-9901.

den beautiful all year. Next workdays in 2010 are 7/10, 8/7, 9/11, 10/9, 11/6, 12/4. The Jensen Garden is located at 8520 Fair Oaks Blvd. in Carmichael. For more info: Tracy Kerth (916) 485-5322 ex23 or email tracy@carmichaelpark.com.

Resource fair

Primrose: Living with Memory Loss has teamed up with St. Anthony Parish to host a resource fair for seniors, family members, caregivers, and medical professionals seeking information and/or services for love ones or friends. There will be agencies and non-profit organizations from all different industries that will be more than happy to answer any questions and assist in any way. Event is Saturday, June 5, 2010 from 9:30 a.m.-1 p.m. at St. Anthony Parish: 660 Florin Rd.

Sacramento Buddhist Church

Rummage Sale

With a theme of recycling, reusing, and raising revenue for the Sacramento Buddhist Church Endowment Fund, a rummage sale is planned for Saturday, June 5, from 8-2 p.m. at the church social hall at 2401 Riverside Blvd., Sacramento 95818. A wide range of items including collectibles, clothing, household items, books, tools, and plants will be available at bargain prices. Donations to the sale will be accepted at the church on June 2-4. Unsold items will be donated to charities to help others and to keep them from going to the landfills. Come early for best selection. Call the church office, 916-446-0121 for more information.

Fuchsia Society show

The Sacramento Branch of the American Fuchsia Society will have their Annual Show and Sale at the Shepard Garden and Arts Center, 3330 McKinley Blvd, Sacramento, on Saturday, June 5 from 10 a.m. to 5 p.m. Members will be on hand to give tips on growing fuchsias. Hanging and upright fuchsia varieties for sale. Free admission. For more information call Alice Bowles, 916-972-8606.

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

Sell it fast in the classified ads:

autos, furniture, misc., rentals,

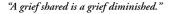
services.

Call 429-9901



Purchase \$30 tickets prior to 6/7 by calling 972-9722 (WPAC Office) or 722-1552 (Claudia Ezzell)

Widowed Persons Association of CA, Chapter 1 A non-profit organization for widowed persons, both men & women, coping with the death of a spouse.





BOOKKEEPING

#1 BOOKKEEPER

#1 BOOKKEEPER 26 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiro-practors, Non-profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in Gen-eral Ledger, Payroll, Profit & Loss & Quarterlies. Coll for versionid appt. Ack for terms Senet Call for yr specialized appt. Ask for Irene Senst (916) 640-3820. www.taxirene.info

COMPUTERS

GOT COMPUTER PROBLEMS?

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

HANDYMAN

YARD MAKE-OVERS EMERGENCY SERVICES, too! Sod, sprinklers, hauling, concrete removal (Patio, borders, etc.), gutters cleaned, pressure washing, painting, general 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 centor. 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.

LAND FOR SALE

LAND FOR SALE Want out of California? Two 1/2 – 4 1/2 acre parcels, Reno/Carson City area. \$35-45,000 with easy terms. Call (530) 222-8205.

PET PORTRAITS

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

TAX PREPARER

#1 TAX PREPARER #11AA PREPAREN 26 yrs. exp. We specialize in Business Tax re-turns including Corp & Partnerships. We prepare expertly all past tax returns including allState 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





Advertise in California Kids! Family Fun Guide!!! Serving Greater Sacramento,

For more information, call Marc at (916) 429-9901

Call Melissa at 429-9901 for advertising information

JUNE 5-6

Benefit Plant Sale

Carmichael Band Fest

winds.org.

JUNE **5-6**

Chrysanthemum Sale

The Benefit Plant Sales will have a sale of new, rare and hard to find perennials, from starter to gallons on Saturday and Sunday, June 5-6 from 10 a.m. to 4 p.m. both days. The sale will Benefit Sunburst Projects summer camp for kids, and will be held in the covered parking area on 18th St, behind the Gifted Gardener at 18th and J streets. Over 200 varieties of perennials will be available. For further info, contact the sale coordinator - Robert Hamm at (916) 943-6183.

The Sacramento Valley Symphonic Band

Association presents the annual Carmichael

Park Community Band Festival, Carmichael

Park Amphitheater. There will be a commu-

nity band, one every hour, on June 5-6 from

JUNE 6

Fair Oaks Village Singers

The Fair Oaks Village Singers, a community concert choral group of 70 mixed voices, will present their annual Spring Concert, Sunday, June 6 at 6 p.m. in the Fair Oaks Presbyterian Church - "Family Life Performing Center, 11427 Fair Oaks Blyd., in Fair Oaks, Public is invited, admission is free, and there will be snacks provided at intermission. For more information, call president Ed Silver (916) 723-2794.

JUNE 7

Wild day at Effie Yeaw

Things are about to get wild at Effie Yeaw Nature Center. Peter Gros, co-host of the original Mutual of Omaha's Wild Kingdom, along with some of his animal friends

will stop by Monday, June 7 to do two appearances from 8:45-9:15 a.m. and 9:30-10 a.m. Gros will talk with those in attendance about what they can do to protect the natural world and the animals that share it with us. A serval, python, civet, ocelot, ring-tail lemur, fennec fox and a few creepy crawly creatures will help him deliver his message. Live animals from the Nature Center and some fascinating natural history biofacts will also be on display. Tickets for this event are \$2.50 per person. For more information. please call 489-4918.

JUNE 8

Sharing the Journey Through Grief This workshop will meet once a month on the second Tuesday from 10:30 a.m. to 12 p.m. Each workshop will explore a different aspect of grief and loss. Presenter is Margo Hayes, MSW. Workshops

quired. Contact Lucy Chao at 916-393-9026 Ext. 322.

Ancient Techniques to De-stress in a Modern World

Instructors Mary Lynn Perry and Bill Taylor will lead this free workshop Tuesday, June 8 at 9 a.m. on stress and the negative effects it has on the mind and body. This workshop will offer a sampling of different modalities such as reflexology massage, chair yoga, meditation and Reiki. Come learn how you can decrease stress in your life. Please sign-up at the reception desk. Free. Hart Senior Center, 915 27th Street, Sacramento, 916-808-5462.

Latino Dance and Culture Group

Come dance to the beat of all types of Latin music. Featuring DJ music and delicious

enter. Held at the Ethel Hart Community Center, 915 27th St., from 6:15 p.m. to 9 p.m. Call Barbara Alarcon at (916) 400-4514 for more information.

JUNE 9

Genealogy Meeting

Root Cellar-Sacramento Genealogical Society general membership meeting Wednesday, June 9, 2010, 7pm - 8:30pm, Citrus Heights Community Clubhouse 6921 Sylvan Road, Citrus Heights. Root Cellar President and anthropologist Marilyn Ulbricht will present "Trash Talk - Identifying and Dating the Discards of our Ancestors and What They Tell Us About Their Lives". Free, guests welcome. Details about the speaker and Root Cellar at www.rootcellar.org or contact Sammie Hudgens (916) 481-4930.



Sunday, June 6 from 9 a.m. to 3 p.m. For more info call 916-988-6081.

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**



916.483.8103

"We found during our stay that the staff at your facility was vve round during our stay that the stan at your facinity was genuinely concerned about their patients and their well being. Yenumery concerned about their patients and their wen being. We, also found that your staff has improved their devotion to duty and increased their autotanding level of care of it is in passible to duty Vve, also toung that your start has improved their devotion to duty and increased their outstanding level of care. If it is possible to go to a tank of care was been able to be achieved and increased their outstanding level of carts. If it is possible to go from 100% of caring to 110% of caring, your people have achieved this accomplichment. In the future, for rehabilitative corvices from 100% or caring to 110% or caring, your people nave acide this accomplishment. In the future, for rehabilitative services populated polyabilitation will be also fixed obvious " John of uns accomptisiment, in the nuture, for renaminative services Rosewood Rehabilitation will be our first choice." - John D.

6041 Fair Oaks Blvd - Carmichael, CA 95608

Please send your updated 2010 Calendar announcements

...especially if you host monthly events! e-mail to ryanrose@valcomnews.com

Fax to: 429-9906 Phone: 429-9901 Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818

Great Rebates from SMUD

When it's time to replace your appliances, purchase ENERGY STAR® products. You'll use less energy and water, and save money for years to come.

Save even more with rebates from SMUD.

•	Clothes Washers -	\$35 - \$125 rebai
•	Dishwashers -	\$30 - \$50 rebate

Room Air Conditioners - \$50 rebate

Saving energy today keeps bills low, maintains reliable electric service, and helps build a cleaner, healthier environment for tomorrow.

For SMUD rebate information, visit savewithsmud.org

[®] A registered service mark of Sacramento Manicipal Utility District. 05/10-0245_7.5x10c

Peters: County needs partners to assist

Continued from page 2

non-profit Asian Community Center. SNS serves 2,000 seniors each day – 1,400 home delivered meals (aka meals on wheels) and 600 congregate meals at 22 locations. SNS provides a safety net for the elderly and most seniors receiving the home delivered meals are frail, isolated and alone. By administering the program and preparing the same number of meals as before, the Asian Community Center will save the County staff costs and other operational expensive for a savings of \$1.3 million.

Utilizing a hybrid model involving private, non-profit, and government resources is something Sacramento before. In December 2008, the County had to close the Oak Park Health Clinic due to budget cuts. However, through a unique public-private partnership, the clinic was reopened in July 2009 under the management of The Effort, Inc. – in asso-ciation with Kaiser Permanente; Sutter Medical Center, Sacramento; the County of Sacramento; and Sierra Sacramento Valley Medical Society. The closed facility today is providing affordable prenatal, pediatric, family practice, mental health and dental services to the underserved population of the Oak Park neighborhood. That unique collaboration resulted from generous donations by both Kaiser Permanente and Sutter Medical Center, volunteer physician hours through the Medical Society as well as an agreement with Sacramento County to lease the shuttered building for \$1 per year.

County has embarked upon

The bottom line is that out of challenging situations often comes innovative solutions. The Department of Regional Parks is well aware that a new approach must be pursued if the Effie Yeaw Nature Center is to remain open. Currently discussions have commenced with a number of organizations like the American River History Association and the American River Parkway Foundation about taking over and operating the nature center so the public does not lose access to that wonderful educational resource. Soon the County will be soliciting proposal requests for the nature center.

As a community, we are very fortunate that so many good and qualified non-profits are located in our region and willing to help serve the public. When Board of Supervisors begins budget deliberations during the week of June 14, we should remember the success that has already been made and build upon that by continuing to utilize nonprofit groups and the private sector where appropriate.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.



SMU

SMUD SACRAMENTO MUNICIPAL UTILITY DISTRICT The Power To Do More.*







FEELS LIKE BRAND NEW Gorgeous Remodel w/in past 2 yrs. Glenbrook/College Greens Neighborhood. Upgrades Include Gourmet Kitchen w/ Custom Cabinets, Quartz Counters, Boos Butcher Block Island w/Gas Cook top & Double Ovens. Remodeled Baths. On Demand Water Heater. Wood Flooring, New Roof, New Plumbing Throughout, New Landscaping. See www. www.2779WissemannDr.com \$269,000

LINDA WOOD 802-8042



NORTHRIDGE COUNTRY CLUB AREA Fabulous 10 home across the way from Northridge Country Club. No need to preview this beauty w/hardwood floors, corian counters, top of the line appliances, dual-pane windows, luxurious bathroom in Master Suite. Roof is 5 years old. Sparkling pool and Sunset Magazine beautiful patio and yard. See www.7610NortheastCir.com \$315,000

ANN WORTHINGTON 425-7715

CARMICHAEL CUSTOM Wonderful custom family home. Private cul-de-sac location. Desirable location on .48acre. Features hardwood floors, high ceilings, lots of glass. 4-5 bedrooms, library, separate bonus room. Large open kitchen with island, nook and new appliances. 3 fireplaces. 3 CH&A zones. See

PATTY BAETA 906-7761



THIS ONE SPARKLES!

Very cute house in mature Carmichael neighborhood. Fresh interior and exterior paint, granite counters in kitchen (new sinks and granite counter tops being installed in baths), beautiful laminate floors in living room, newer carpeting in bedrooms, sparkling pool, cul-de-sac location. See www.6254SilvertonWay.view24hours.com \$248.500

PATTI PRIESS 801-0579

UNIQUE ARDEN OAKS 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 garage w/ shop. Creek runs through yard. See www.4010WindingCreek.com \$1,195,000

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

COLLEGE CREENS

Wonderful 3 bedroom / 2 bath home located in the desirable neighborhood of College Greens. Open floor plan with Kitchen/Family room. Full 2 car garage. Close to Glenbrook Park and CSUS. The home has new carpet just installed. 5 year old roof. You won't be disappointed. See www. 8729BrighamWay.com \$249,900

CHRIS BALESTRERI 996-2244

CAMPUS COMMONS Exceptional 4400 plan! Bamboo floor **PENDING** throughout. Fireplace in living room & master, ruge walk-in closet in master w/ organizers. Plantation shutters, updated kitchen & baths. Good sized patio. Attached 2 car arage. American River Pkwy & CSUS just steps away. See ww.320elmhurstcir.isnowforsale.com \$325,000

LEIGH RUTLEDGE 612-6911 BILL HAMBRICK 600-6528

UNIVERSITY PARK

Spacious and free-standing home with over 2400 sq ft. Great buy for this popular model with sunny kitchen, formal dining room & family room off kitchen. Lots of privacy & 2 car attached garage. Beautiful flooring, relatively new roof, 2 pools & low association dues! Close to miles & miles of bike trails along the American River Parkway. See www.2014UniversityParkDr.com \$349,000

ANN WORTHINGTON 425-7715

LOCATION, LOCATION, LOCATION Situated on a gorgeous 1/3 acre corner cul-de-sac lot towards the end of desirable Keane Drive. Private, surrounded by large trees. Hardwood floors, family room, kitchen and hallway. Charming 4 bedroom 2 1/2 bath. Light and bright. Furnishings are available. See www.5090KeaneDr.com \$699,000

ROZ LEVY WEINTRAUB 952-6602

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 650,000

PATTY BAETA 806-7761



2401 American River Drive, Suite 150 484-2030

Visit Our Web Site: www.windermeredunnigan.com

