

## Effie Yeaw Nature Center finds new local caretakers

American River Natural History Association to run 'gem of Carmichael'

See page 16

Marty Relles presents  
'Janey Way Memories'

See page 10

COMMUNITY CALENDAR, PAGES 22-23 • KNOW YOUR NEIGHBOR, PAGE 5 • FACES AND PLACES, PAGE 12

### Inside This Edition



A 'Flipstastic' achievement

See page 5



Big value at State Fair

See page 11



# Freedom on the march

Scenes from Fourth of July in Carmichael

See page 12

**WE ARE THE ONLY MEDICARE RATED**

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

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

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



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



**916.483.8103**



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

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.

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

Vol. XIX • No. 13

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

Cover photo by:  
 Bill Condry

• Advertisement design • Commercial flyers • Logo development  
 • Political campaigns • Brochures • Posters  
 • Postcard mailers • Identity systems • Any print design  
 Contact Ryan Vuong at 916.429.9901 or e-mail [RedAllOver@valcomnews.com](mailto:RedAllOver@valcomnews.com) for more info. **red all over** DESIGN

# Peace Award from Northminster Presbyterian to Cristo Rey teen

Tasvir Singh, a senior at Cristo Rey High School, has been awarded an \$800 grant from Carmichael's Northminster Presbyterian Church in recognition of her efforts to further peace and reconciliation in school, church and community.

While at Cristo Rey High School, which combines a college preparatory education with work-study, Tasvir worked at Sutter General Hospital, maintained a 4.0-plus grade point average for all four years, and was named class valedictorian.

She has been editor of the school paper, a peer tutor in the academic success tutoring program, and played an integral part in the planning, organizing, and participating in the school's Holocaust Remembrance Week. She wishes to become a pharmacist and make a change in the life of others.

Tasvir states that her involvement in the work-study program and the academic success tutoring program "has taught me to appreciate each and every person that I meet, no matter what walk of life he or she may come from. I have learned to look past our differences and more at our similarities, and have realized that I shouldn't be afraid to learn about other cultures because I'm not of that culture, or because I don't want to look out of my element. I have learned to strive to learn



more about cultures and races different from my own because this is what brings us together, and that is precisely what can help us prevent future injustice."

She will enter the pre-pharmacy program at the University of the Pacific in the fall.

## IT'S NOT YOUR FAULT!

- Your home is worth less than you owe on it
- Your mortgage has re-set to a higher rate or will soon
- Experiencing hardship in this economy

**My team can help you with:**

- Explain your options of Loan Modification, Short Sale, or Foreclosure
- Professional Lender Negotiating • Avoid Debt Recourse
- Strategic Legal Counsel • Comprehensive Real Estate Services

**HAFSA Short Sale Certified Agent**

(The new Government sponsored Home Affordable Foreclosure Alternative program)

Contact me for a confidential consultation to discuss your options.



**Patrick Saumure**

916 224 3414

[pdsaumure@gmail.com](mailto:pdsaumure@gmail.com)

DRE #01336468



NorCal Realty

# Got News?

e-mail [ryanrose@valcomnews.com](mailto:ryanrose@valcomnews.com) or call 429-9901.

## Senior Homecare By Angels.

Select Your Caregiver.

Experienced Caregivers Thoroughly Screened. Providing *Peace of Mind* to thousands across America each and every day!



- Up to 24 Hour Care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Medication Reminders
- Respite Care for Families
- Low Hourly Rates
- Temporary/Long Term

Free In-Home Assessment  
**916-971-9333**

America's Choice in Homecare.  
**VisitingAngels**  
 LIVING ASSISTANCE SERVICES

[www.visitingangels.com/sacramento1](http://www.visitingangels.com/sacramento1)



Your vehicle donation:  
 the key to strong families

866.689.KIDS

[kidshome.org](http://kidshome.org) SACRAMENTO CHILDREN'S HOME

## THE PERFECT EXTERIOR WALL SYSTEM FOR WOOD SIDED HOMES

Super Summer Sale\*



- Will not Burn or Rot like wood - Fire Rated
- 5 Layers of Water Protection
- Mold Proof / Repels Termites & Insect
- Energy Star Rated Green Product
- Pays for itself in 5 years\*
- Solution to New Lead Paint Laws
- \$1,500 tax credit if you act now!

WE WANT TO SHOW OFF OUR SYSTEM IN YOUR AREA

*"Our System Sells Itself"*

Call **Bill Davis 916.612.1163** Anytime!

CCL# 674691

CCL# 459104

\*Offer Code 1969



*A Retirement Community Providing 5 Star Service*

# THERE'S A CHEF IN THE HOUSE AND YOU CAN *Taste* IT!

Creative Culinary Creations  
Restaurant Style Service  
Amazing Homemade  
Desserts  
Gourmet Soups  
Anytime Dining  
Fresh Seafood

Mention This Ad and Reserve a  
*Complimentary  
Dining Experience and Tour!*

*Independent,  
Assisted Living  
& Memory Care*



**(916) 971-4800**

*The Plazas of Sacramento*

[www.CarltonSeniorLiving.com](http://www.CarltonSeniorLiving.com) • 1075 Fulton Avenue



# THE CARMICHAEL CHAMBER OF COMMERCE

*"There's No Business Like OUR Business"*

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



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

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

ASSISTED LIVING & MEMORY CARE  
**Aegis Living**  
We're the people who make life better.

www.CarmichaelOaks.com



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



*Ask about our complimentary lunch and tour*

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

**Carmichael Towing**  
24 HOUR AUTO SERVICE INC.

Celebrating 50 years Since 1959

- Towing
- Auto Body Shop

Ask for "Bud"

7344 Fair Oaks Blvd.  
Carmichael, CA 95608  
**(916) 483-4649**  
fax: 483-7410

www.morpd.com

**Mission Oaks Recreation & Park District**

**PARKS MAKE LIFE BETTER!**

**Camp Have A Lot of Fun**  
3 - 5 years & Grades K - 4, June 21 - August 13, Monday - Friday, 9 am - Noon  
Mission North Park, Fee: \$48 / Weekly

**Camp Kids**  
6 - 12 years, June 14 - August 6, Monday - Friday, 8 am - 12:30 pm & or 12:30 - 5 pm  
Ashton and Gibbons Parks, Charter Choices School (formerly Billy Mitchell School)  
Weekly Fees: 1/2 day \$35 Full Day \$70 Weekly

**Camp Swanston**  
June 14 - August 20, Monday - Friday, 1 - 5 pm, Swanston Park  
Sign up for a day or pay by the week, Fee: \$7 / Daily Drop In or \$30 / Weekly

**Summer Preschool**  
June 14 - August 27 (three week sessions),  
Teddy Bears (3 - 3 years 11 mo.) Tuesday & Thursday, 9 am - 11:30 am  
Kare Bears (ages 4 - 5 years) Monday, Wednesday & Friday, 9 am - Noon

**Project HYPE**  
Fitness and Wellness Camp, Ages 10 - 15, June 21 - August 13,  
Monday - Friday, 9 am - 2:30 pm,  
Swanston Community Center  
FREE Program. Must register in advance to qualify for program.  
Space is limited! Call (916) 333-6464

Register now online at [www.morpd.com](http://www.morpd.com) or call the District Office at 488-2810

For information about advertising in this section, contact



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

*Walnut Whitney*  
CARE CENTER

**SKILLED NURSING & REHABILITATION**



**SPECIALIZED SERVICES:**

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

**(916) 488-8601**  
3529 WALNUT AVE.  
CARMICHAEL, CA 95608  
[www.horizonwest.com/walutwhitney](http://www.horizonwest.com/walutwhitney)

*Serving The Carmichael Community Since 1916*



**CARMICHAEL WATER DISTRICT**

**(916) 483-2452**  
[www.carmichaelwd.org](http://www.carmichaelwd.org)

**SPECIAL: \$50 Postcard or Flyer Design**  
Affordable Printing Available

POSTCARDS	FLYERS
100 .....\$1.50 each	50 .....\$1.34 each
250 .....\$1.37 each	100 .....\$1.05 each
500 .....\$1.28 each	250 .....\$0.68 each
1000 .....\$1.19 each	500 .....\$0.64 each
1500+ .....\$0.16 each	1000+ .....\$0.60 each

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

- Commercial flyers
- Political campaign material
- Public service announcements
- Brochures
- Posters
- Postcard mailers
- Any print design

Contact Ryan Vuong at 916.429.9901 or e-mail [RedAllOver@valcomnews.com](mailto:RedAllOver@valcomnews.com) for more information.

**red all over**  
DESIGN

A division of VALLEY COMMUNITY NEWSPAPERS, INC.

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

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



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



[statefarm.com](http://statefarm.com)  
State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company - Bloomington, IL

Become an even stronger woman this summer.



Try our 30-minute circuit that works every major muscle group two muscles at a time, and can burn up to 500 calories. All with a trainer to teach and motivate. And come see how Curves and TNT are going to inspire you this summer.

Try us Tuesdays, Free.

**Curves**  
CURVES.COM

**TNT**  
TNT FITNESS CENTER

973.9900  
6141 Maranzetta Avenue Ste. 105  
Carmichael, CA 95608

[ STRENGTHENING MILLIONS OF WOMEN ]



Know your neighbor

# Carmichael's 'Fliptastic!' wins national championship

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

In a matter of months, Carmichael's "Fliptastic," a facility for youth gymnastics, has gone from non-existent to grand opening to national champion. The facility sent its team of nine level-5 gymnasts to the USA Gymnastics Nationals in Zionsville, Ind., June 25-27. The team competed against seven others from across the country including teams from Texas, Massachusetts, New Jersey, Maryland and Pennsylvania.

They knew going in that it was going to be a tough road to that No. 1 spot, but the team had every intention of walking away with that big trophy. They scored an all-time team best 18.250 (the scoring is done on a 20-point scale), out-dueling their rivals from Texas in the process.

"It was our first time ever scoring in the 18s," coach Mandy Lister said of the performance. "I was really happy with how we performed, but I didn't know that we were in position to win."

"I knew," said 10-year-old team member Kaitlyn O'Donnell, almost interrupting her humble coach with a wry smile.

The event consisted of each team doing a jump routine (mini-trampoline, tumbling and vault) and a floor routine which was judged based on a number of required elements. Each routine was then given a score out of 10 points and the two scores were added together for the final tally. The Fliptastic! crew garnered scores of 8.950 on their jump routine and a sparkling 9.300 on floor. They edged out Bay State Gymnastics from North Dartmouth, Mass., which put up an 18.208. The razor-thin margin of 42 thousandths of a point shows just how important every jump, tumble and flip can be in a tournament of this magnitude.

Those rival Texans (Biron Gymnastics) finished fourth.

Both O'Donnell and 17-year-old teammate Christin Weiskircher were surprised that the floor routine received

a higher score as they both said that the team is stronger in the tumbling events.

The event is an annual one, but since Fliptastic! just opened in January of this year, this was the first time that the team participated. There were 22 teams in the group gymnastics category and the whole event included some 300 gymnasts.

Coach Lister had a bit of advice for youngsters who want to get involved in gymnastics.

"Group gymnastics is the way to go," she said. "It teaches kids the value of playing for your team as opposed to just rooting for yourself. It's for all age groups and it starts out at level 1, which most anyone can do."

In order to qualify for nationals, teams must compete in at least one event that is sanctioned by USAG. Coming away with a score better than 16 out of 20 earns that team the right to participate at nationals. Fliptastic! took part in eight sanctioned events prior to nationals and scored in the 17s each time out.

The team from Carmichael was comprised of O'Donnell,

10; Jayme Jones, 10; Molly Wilson, 10; Erin Wilson, 11; Holly Fasollo, 12; Emily Shelton, 13; Emmaleigh Carlton, 16; Weiskircher, 17 and Veronica Shoemaker, 17.

It was a long day for the girls as they awaited the final scoring at the awards ceremony. As each place from eighth to first was called, the team sighed collectively, thankful that their name was bumped up one spot further. As the announcement got to the second place finisher, only Fliptastic! and Bay State remained.

"Everyone was saying 'Come on Bay State. Come on Bay State,'" said Lister.

When they knew that they had come out on top, Lister said everyone on the team cried, including the coaches.

"I didn't cry," said O'Donnell defiantly. After all, she knew it all along.

### About Fliptastic!

Fliptastic! Gymnastics offers programs for boys and girls of all ages (infant on up) to participate in gymnastics, dance and cheer. The facility is located at 6404 Fair Oaks Blvd. in Carmichael. For more information, call (916) 487-3547.



Arden-Carmichael News Photo/Benn Hodapp  
Ryleigh Schoemer, 11, after doing a flip into the foam pit at Fliptastic! in Carmichael.

## NEW LOCATION NOW OPEN

### MERCY LABORATORIES SCRIPPS

1 Scripps Drive, Suite 106  
Sacramento, CA 95825

Phone: 916.922.2706 • Fax: 916.922.2634

Hours: Monday - Friday  
7:30 a.m. to Noon  
1:00 p.m. to 4:30 p.m.



## INTUITIVE • PSYCHIC



Palm & Taro card Reader

Get answers to everyday  
life questions!

**\$10 Introductory Reading**

**(916) 929-5152**

**PsychicJanetFisher.com**

## CROWLEY PHOTOGRAPHY



**Stephen Crowley**  
916-730-6184

email: [scrowleyphotos@yahoo.com](mailto:scrowleyphotos@yahoo.com)

web: [www.wix.com/crowleyphotos/crowley](http://www.wix.com/crowleyphotos/crowley)

## COMSTOCK MORTGAGE

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!

**Dave Mendoza**  
Managing Director/Broker/CMPS  
916-977-1227 direct  
916-768-5231 cell  
[dmendoza@comstockmortgage.com](mailto:dmendoza@comstockmortgage.com)

**IS REFINANCING IN  
YOUR BEST INTEREST?**

**CALL DAVE TODAY!**

[WWW.COMSTOCKMORTGAGE.COM](http://WWW.COMSTOCKMORTGAGE.COM) | CA DRE Lic. #01000837 | SAC 1ST DBA COMSTOCK.MORTGAGE



# Fair's CEO speaks about anticipation of successful 2010 fair

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

The California State Fair will enter a new era this July 14, when the annual event, which is now celebrating its 158th year, opens with its new early schedule, which will continue through Aug. 1.

Last year, the fair's Board of Directors voted to have the fair open in July in an attempt to increase the fair's attendance.

A major influence in the board's decision was the fact that since 2003, many California schools had begun their school years prior to Labor Day – the day that had traditionally become the final day of the fair each year.

Norb Bartosik, the fair's CEO, said that although it was no simple task to accom-

plish this date change, it was determined to be a very necessary change.

"We've done our homework with the date change and it took us almost three years to study before we made our recommendations to the board and after last year's fair and watching the weekday attendance during the day be off more than 50 percent, we believe that this is the right move," Bartosik said. "The sad part was that that the State Fair had traditionally always closed on Labor Day, but it's never been at the expense of the school year. We can't compete. You can't get kids to come to school tours that early in the season. Teachers are trying to settle their classes in and get (students) into chairs, not on buses to do tours at the fair.

You know, organized chaos is one thing, but it's just the wrong time. If we were a month and a half later, I'd say school tours during the State Fair would have been great. But you can't get that type of cooperation or the program to work the way we both mutually needed to make that successful. So, the date change was the important part of it."

With this date change, coupled with various new attractions, Bartosik said that the fair's management is hoping to see 750,000 to 1 million visitors at this year's fair, which would be a vast improvement compared to the about 676,000 people who attended last year's fair.

"I would love to see (that many) people return to the



California State Fair CEO Norb Bartosik is looking forward to a successful 2010 fair. The fair runs July 14 through Aug. 1.

fair and visit this year, but we'll see what the economy brings us," Bartosik said. "It's still a tough time out there, but we're hoping that we've offered enough new features and things that are different for people to come out and try us again and see the things that we've got to offer."

### Positive trends

Bartosik explained that another positive sign pointing in the direction of increased attendance for this year's fair can be found in the fair's focus group survey, which indicates that 20 to 30 percent more people will attend the fair due to its school schedule-friendly early starting date.

"We're hearing from people now that this is a good time of the year and that since the kids aren't in school, they'll be there more often and that they can come during the week when it's less crowded. All of those kinds of things that you would expect to hear and we are."

Although the majority of people appear to support

or at least have no problem with the fair's schedule change, there are those who did not want the schedule changed for the sake of tradition.

But Bartosik said that it is important to change with the times, even if it means altering the fair's traditional schedule.

"This date change was something we had to look at and I don't think we'll lose a lot of the loyalists (of the traditional schedule)," Bartosik said. "I think that they're going to come no matter what. There were a couple of people who told me that I was messing with a 150-year tradition and that I better be right. I also have to take that with the research that we have and that those kinds of things can't please everybody all the time.

"Things have changed around us, but we don't live the same way we lived. We don't have the same kind of competition. We have more competition than we had even 10 years ago. There are

See State Fair, page 7

## Thinking of Changing Banks?

### ✓ Check the El Dorado Advantage

- ✓ SIMPLY FREE Checking
- ✓ FREE Senior Checking with Interest
- ✓ FREE Direct Payroll Deposit Checking
- ✓ FREE VISA Check Card
- ✓ FREE Internet Banking with Check Images
- ✓ FREE Online Bill Payment
- ✓ FREE Telephone Banking
- ✓ Interest Checking
- ✓ Business Checking
- ✓ Investors Money Market Checking
- ✓ Gold Money Market Savings
- ✓ Purchase & Refinance Loans
- ✓ Home Construction Loans
- ✓ Owner-Builder Loans
- ✓ Fixed & Adjustable Home Equity Line of Credit Loans
- ✓ Friendly, Personal Service at No Extra Charge
- ✓ 35 ATMs at El Dorado Branches
- ✓ Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the SAFEST and STRONGEST Banks in the U.S. Since 1993
- ✓ In 2009, we completed our 21st consecutive year without any foreclosed properties on our books



# EL DORADO SAVINGS BANK

Serving our local communities for over 52 years

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

CARMICHAEL • 4701 Manzanita Ave. • 481-0664



### Need food for your pet and can't afford it? Consider the Pet Food Bank...

#### City Pet Food Bank

2127 Front Street | Tues through Sat: 8am-5pm

#### DONATIONS NEEDED:

Contributions of cash or food welcomed, including opened bags of food your pet didn't like!

Tax deductible monetary donations. Send checks with the notation (FOR THE FOOD BANK) to:

#### TEAM/ Pet Food Bank

City of Sacramento Animal Care Services  
2127 Front Street • Sacramento, CA 95818

[www.cityofsacramento.org/generalservices/animal-care/](http://www.cityofsacramento.org/generalservices/animal-care/)

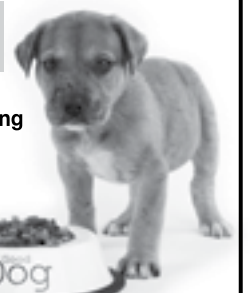






Photo courtesy of the California State Fair

The fair will include the Days of the Dinosaur exhibit.

## State Fair: Starts next week

Continued from page 6

more concerts in the market, there's more programs in the market, there are all kinds of things that are different. (Students) are going back to school earlier. It's all of those things. The tradition was that the State Fair was the last fair of the year. But even through Labor Day, there are now six or seven fairs that operate after us. And so, all of those things have changed while we've tried to hold tradition and it was time that we decided to start setting some new terms and new ways of doing things and establishing a new tradition that makes the most sense for us."

### Excitement and energy

Overall, there is a sense of renewed energy with this year's State Fair, as the advance numbers are up, as well as the hype regarding the fair from the billboards and other advertisements to the anticipation of its new schedule.

In addition to this renewed energy, Bartosik said that ear-

ly ticket sales show that the fair's change to a new schedule is already proving to be a success.

"We anticipate that we've resolved a lot of those issues and early indications from our pre-sale is that we're ahead of last year and we believe that that's a positive sign," Bartosik said.

Another change to this year's fair that should increase its success is its various reduced prices, which will be attractively combined with the fair's many free entertainment offerings.

Among the most notable price reductions will be seen on fair guests' food bills, as through a promotion, the fair worked with its vendors to lower food prices by 25 percent, predominantly throughout the grounds.

Additionally, discounts are available for those who decide to plan ahead by purchasing advance tickets.

Bartosik said that he hopes that many people take advantage of the special offers and many oth-



Photo courtesy of the California State Fair

The fair offers an array of different foods, including unusual items such as chocolate-covered bacon. This year, all food vendors outside of the Magnificent Midway, Kids Park and Miller Lite Grandstand have lowered their prices by 25-percent compared to last year.

er attractions of this year's fair.

"I'd like to say that (the State Fair) is the single best value that you're going to find anywhere in Northern California," Bartosik said. "(Fairgoers should) take advantage of the discounts we have to offer. Buy early and be able to enjoy (the fair) as many times as you can and don't plan on just coming out for an hour or two. You can't see the entire State Fair in one day. There is so much here that we have to offer and you (can) just kind of bask in the revelry of the showcase of California and have fun while you do it."

For additional information regarding this year's

California State Fair, including general and special-priced tickets, call (916) 263-3247 or visit the Web site [www.bigfun.org](http://www.bigfun.org).

Read a related story on the California State Fair on page 11.

*"The Original" celebrating 55 years*

# Carmichael Flowers



**Happy  
Summer!**

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

## 916.483.8511

Toll Free 888.224.7673

6100 Fair Oaks Blvd. Carmichael, CA • [www.carmichaelflowers.com](http://www.carmichaelflowers.com)  
 Delivering to Carmichael, Fair Oaks, Elk Grove, Arden,  
 Rancho & the greater Sacramento region

## FUNERAL DIRECTORY

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

EAST LAWN  
ANDREWS & GREILICH  
MORTUARY FD136

**3939 Fruitridge Road  
Sacramento, CA 95820**

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

EAST LAWN  
EAST LAWN MEMORIAL PARK  
4300 Folsom Blvd.  
Sacramento, CA 95819  
916-732-2000  
FD1242

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

EAST LAWN  
ELK GROVE  
MEMORIAL PARK  
AND MORTUARY  
FD1455

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

 **GEORGE L. KLUMPP**  
CHAPEL OF FLOWERS  
FD 360

**2691 Riverside Boulevard  
Sacramento, CA 95818**

**Phone: (916) 443-7917**  
Fax: (916) 443-7931

*Family owned and operated since 1921*

**Harry A. Nauman & Son**

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

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

 **Lind Brothers** FD1141  
A FAMILY-OWNED FUNERAL HOME  
AND CREMATORY SINCE 1964

**4221 Manzanita Avenue  
Carmichael, CA 95608  
916.482.8080**

*Since 1927*  *FD Lic# 355*

**Nicoletti,  
Culjis & Herberger  
Funeral Home, Inc.**

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

SIERRA HILLS  
MEMORIAL PARK AND  
EAST LAWN MORTUARY

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

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

**WF Gormley and Sons  
Funeral Home**

**2015 Capitol Avenue  
Sacramento, CA 95811  
(916) 443-6513  
gormleyandsons.com**

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



## Dental Care for Seniors

- New Dentures
- Denture Adjustments
- Implants and Mini Implants
- Dentures secured by Implants and Minies
- Cleanings, Fillings, Crowns & Emergency
- Conscious Sedation and Laser Dentistry

One Stop Dental Needs for Seniors!

**15%**  
Senior Discount

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



## Sacramento Zoo's 26th annual Ice Cream Safari

Special to the Arden-Carmichael News

The coolest event of the summer is almost here. Beat the heat for the coolest flavors of Baskin Robbins ice cream and Coca-Cola beverages: it's time for the annual Ice Cream Safari at the Sacramento Zoo on Saturday, July 24, from 4:00 to 8:00 p.m.

Have a brain-freezing good time with delicious all-you-can-eat ice cream, all-you-can-drink soft drinks, popsicles, live entertainment and face painting. Hot dogs, veggie burgers, chips and raffle tickets are available for an additional charge.

Over 5,000 guests are expected. Zoo volunteers are prepared to scoop nearly 1,000 gallons of Baskin Robbins ice cream in 10 different flavors of at this one-of-a-kind ice cream extravaganza.

General admission for this popular fundraiser is \$17; children (3-12) \$13; children two

and under are free. Tickets are available at the Zoo, online at [saczo.com](http://saczo.com) or at 916-808-5888.

### About the Sacramento Zoo

Open since 1927, the Sacramento Zoo is home to over 450 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9:00 a.m. to 4:00 p.m., general admission is \$11.00; children ages 3-12 are \$7.00 and two and under are admitted free. Parking is free throughout the park or ride Regional Transit bus No. 6. For information, call 916-808-5888 or visit [saczo.com](http://saczo.com).

# Senior Services *and* Resources

Call Melissa (916) 429-9901

### ASSISTED LIVING/MEMORY CARE

#### Aegis of Carmichael

4050 Walnut Avenue  
Carmichael, CA 95608

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

Lic #347001686  
(916) 972-1313

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

### DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL  
Legal Document Prep Services:

- Trust • Will • Powers of Attorney
- Residential Deed

**10 % OFF**

**SENIOR SPECIAL**

Couples \$495 Singles \$450  
Lynda K. Knight (916) 214-1215  
641 Fulton Ave. #100, Sacto 95825

### ELDERLY CARE

#### Woods Retreat

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

State Lic #340306720

Owner-operated (916) 421-5845

### FREE IN-HOME SENIOR CARE ASSESSMENT



Call us to schedule an  
appointment  
(916) 484-3965

#### Non-Medical Senior Care

Every Caregiver is insured,  
background checked and  
drug screened:

- New Homelife Enrichments<sup>SM</sup> Program
- Meal preparation
- Light housekeeping
- Transportation

We love seniors...and it shows.

### YOUR AD SHOULD BE HERE!

**Call Melissa today!**

**Your services  
are needed.**

**Your ad should be here.**

**Ad design is free.**

**Call 429-9901**

### HELP AT HOME

#### HELP AT HOME

##### Senior Care

Caring, In-Home Assistance & Companionship

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

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

### LOVING COMPANIONS



Certified care

**(916) 753-1491**

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

*Affordable rates,*

*1-24 hours/day*

**NO MINIMUM.**

### YOUR AD SHOULD BE HERE!

**Call Melissa today!**

**Your services  
are needed.**

**Your ad should be here.**

**Ad design is free.**

**Call 429-9901**

### SENIOR MOVE MANAGERS

#### Moving? Feeling overwhelmed?

Let US handle all the details!  
We'll reduce your stress &  
ensure a smooth transition!



**Call (916) 202-1297 today!**

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

### SENIOR PLACEMENT

Jeanne Skondin, LVN, MBA  
RCFE Licensed Administrator

**Whitmore Senior  
Placement &  
Resource Team**

**916.223.8380**  
[whitmoresenior@gmail.com](mailto:whitmoresenior@gmail.com)  
[Whitmoreseniorplacement.com](http://Whitmoreseniorplacement.com)

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

### SPECIAL ALZHEIMER'S LIVING



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

[cas@primrosealz.com](mailto:cas@primrosealz.com)  
[www.primrosealz.com](http://www.primrosealz.com)  
**(916) 392-3510**

7707 Rush River Dr. Sacto, CA 95831



The art of the 'decoy'

# Pacific Flyway Decoy Association's 40th annual festival July 10-11

Special to the Arden-Carmichael News

Birders of a feather will flock together as the Pacific Flyway Decoy Association presents its 40th Wildlife Art Festival, Saturday and Sunday, July 10-11, Double Tree Hotel Sacramento, 2001 Point West Way. Designed specifically for families, the event celebrates traditional wildlife artworks with contests, displays of carvings, fine art, antique decoys, sculpture and interactive kids activities.

Whether you're an avid outdoor enthusiast, woodworker, birdwatcher, hunter, or fisherman, the weekend festival is an opportunity to marvel at the intricacies involved with the art of capturing wildlife in carvings, sculpture and paintings. The second longest running festival in the nation, the event benefits the Pacific Flyway Decoy Association's public education programs that emphasize the beauty of our native bird population and the original American art form of decoy carving, right here in the Pacific Flyway.

Tickets are \$5.00 for the weekend; children 12 and under are free. Discount coupons available: [www.pacific-flyway.org](http://www.pacific-flyway.org).

Kids will find plenty to do with a Blackbellied Plover (Shorebird) progressive painting station that will let them learn about the bird and actually paint a carving in several steps. They will marvel at their accomplishment. A migration activity will also take kids on a jour-

ney, much like migrating waterfowl, in search of specific birds on the exhibition floor. When the task is successfully completed, everyone receives a migration certificate same as those used by The Federal Migratory Research Program (that shows where a bird was banded, migrated and collected).

Judged competitions will take place on the floor of the exhibition rooms throughout the weekend for all to enjoy, along with endless displays of wildfowl carvings, decoys, songbirds and antique decoys. Many of the West Coast's top experts in carving, painting, airbrushing, texturing and tool operating will provide "how to" demonstrations in these techniques – eager to share their craft with the growing population of wildlife enthusiasts. Exhibitors will also be on hand to sell carving supplies, sculptures, books, wildlife artwork, prints, photography and original watercolors – showcasing the many art forms that capture wildlife beauty.

The Pacific Flyway Decoy Association is a 501 C 3 non-profit public charity association, dedicated to the preservation of wildfowl art through education. The organization was selected as a "Legacy Project" in 1999 by U.S. Congressman Mike Thompson, and the organization's remarkable history is now archived in the Library of Congress. Since 1982, the festival has been held at Sacramento's Double Tree Hotel, right in the heart of the Pacific Flyway.



Photo courtesy

Designed specifically for families, the 40th Wildlife Art Festival celebrates traditional wildlife artworks with contests, displays of carvings, fine art, antique decoys, sculpture and interactive kids activities.

DOWNLOAD THIS PAPER ONLINE AT:  
[WWW.VALCOMNEWS.COM](http://WWW.VALCOMNEWS.COM)



## LAKE COUNTY WINE ADVENTURE

Explore Lake County Wineries with Two Days of Wine, Food, Music, and So Much More.  
[WWW.LAKECOUNTRYWINERIES.ORG](http://WWW.LAKECOUNTRYWINERIES.ORG) JULY 24TH & 25TH • 10AM TO 5PM



### 6th Annual Lake County Wine Adventure Saturday & Sunday July 24 & 25, 2010 • 10am to 5pm

Tickets \$35/person until July 15th can be purchased at [www.lakecountrywineries.org](http://www.lakecountrywineries.org)  
 Tickets \$40/person the day of the event can be purchased at any participating winery.

**We promote responsible hospitality...  
 please designate a driver.**

Designated Drivers are invited to enjoy  
 their Adventure free of charge.

### Lake County Wine Adventure

Lake County Winery Association -  
*Wines with Altitude*

tel: 707.355.2762 | [www.lakecountrywineries.org](http://www.lakecountrywineries.org)

## TREE TECH SERVICES

*Serving the Green Industry*  
 A Subsidiary of Tree Technology, Inc.

**688-7979**  
ELK GROVE

**1-800-821-TRIM (TOLL FREE)**  
 Thorough Clean-Up Prompt Friendly Service  
[www.TreeTechServices.com](http://www.TreeTechServices.com)

**RESIDENTIAL / COMMERCIAL**

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

**386-1780**  
SACRAMENTO

4 CERTIFIED ARBORISTS ON STAFF  
 REPORTS & CONSULTATION  
 AVAILABLE

MasterCard W.Comp - PL/PD CTR. LIC# 653836 VISA

**SENIOR DISCOUNTS • FREE ESTIMATES**

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



Up for some coffee and conversation?

# Special Summer Community Conversation Series is July 13

Special to the Arden-Carmichael News

Another in a series of Community Conversations will happen at coffee houses throughout Sacramento neighborhoods on Tuesday, July 13 at 7 p.m. The series, sponsored by the Sacramento Region Community Foundation in partnership with Capital Public Radio and the Sacramento Bee is designed to bring neighbors together to enjoy the time-honored tradition of civil discourse. The topic of the discussion is "Budget Cuts: What are we willing to do without and what are we willing to do about the rest?"

The events will be facilitated at eight coffee shops and encourage people to express their ideas and opinions. Each conversation

is subsequently summarized on the Community Conversation Web site and participants are encouraged to continue the discussion as well as offer ideas for future conversations.

Neighbors in communities served by Valley Community News are invited to events at Espresso Metro, 2104 11th Ave., Land Park/Curtis Park, and at the Starbucks in the Nugget Center on Florin Road in the Pocket. East Sacramento residents will be served by the College Glen Starbucks at 8393 Folsom Blvd. No reservations are necessary. For information, call the Sacramento Community Foundation at (916) 921-7723. The Web site to learn more about the series is [www.communityconversations.net](http://www.communityconversations.net).

Visit us online at:

WWW.VALCOMNEWS.COM

## Janey Way Memories



# The story of Jack Vance



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

Jack Vance moved to Janey Way early in the 1960s. He bought a house at the entrance to Janey Way next to the Ducray house. Initially his relationship with us seemed strained. He had a wife, but no children. He was sort of a recluse. When a football once rolled on to Jack's lawn, he admonished us for walking on it to retrieve the ball. This didn't sit well with us.

Then one day, things changed. As a group of us sat on the Ducrays' lawn talking loudly, Jack walked by holding two large dogs on a leash. Surprisingly, Jim Ducray stood up and intercepted Jack as he walked by.

"What kind of dogs are those?" Jim asked.

"They are American Bulldogs," said Jack, "Do you want to pet them?"

Jim knelt down and stroked the well-behaved dogs. He asked Jack if they belonged to him.

"No," said Jack, "I train dogs for a living. I also work as a judge in dog shows. I want these dogs to learn good behavior around people. That's why I walk them around the neighborhood."

Soon we all walked up to pet the beautiful dogs. They clearly enjoyed the attention we gave them.

"Sit now," Jack said to the dogs, and they sat up straight and barely moved. We spent several minutes asking Jack questions about how he trained his dogs. After that, he walked off smartly, with the dogs in tow and behaving like the well-bred animals they were.

Subsequently, our relationship with Jack Vance changed. If a ball rolled on his lawn, he picked it up and threw it back to us. When he walked his dogs of various breeds down the street, we stopped him and admired the handsome dogs. Other times, we'd just say, "Hi Jack, nice dogs."

Years later after we all moved out of the neighborhood to start our own lives, Jim Ducray bought a large purebred dog. He went back to Janey Way to ask Jack how to handle the dog. Jack gave him clear instructions on how to train the spirited young animal.

Over time, Jack had become an integral part of our neighborhood. Our parents had warmed up to him too. Unlike old Joe, who lived on the other side of the Ducray house, Jack had come to like the children of Janey Way. Though he had no children, in a way, we were all his kids. We, in turn, learned to appreciate his skill in training animals.

Jack Vance died several years ago. He had lived on Janey Way for over forty years. In his later years, his health failed him, so he required 24-hour in-home care. When he died, he left his house to the man who provided that care. That fellow and his wife continue to live on Janey Way.

I can't help but think that the relationship we developed with Jack changed him as a person. It mellowed him. He became more tolerant of other people. His dogs became a connection to the children and the parents in our neighborhood, and Janey Way turned into his last stop on the road of life. His is another inspirational Janey Way memory.

welcome home

ESKATON  
Senior Residences and Services

transforming the aging experience...

Northern California's premier continuing care retirement community

You are invited!

You've been curious about us... Here's your opportunity to see Eskaton Village Carmichael for yourself.

Call today to reserve your place on a **Summer Home Tour**. Stroll the grounds, tour our cottages and apartments, stay for a delicious lunch.

**Eskaton Village Carmichael**  
3939 Walnut Avenue • Carmichael, CA 95608  
916-974-2000  
[www.eskaton.org](http://www.eskaton.org)

EQUAL HOUSING OPPORTUNITY

License #340313383 • Certificate of Authority #202



# Big Value: California State Fair hopes discounts will woo families

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

Had a craving for food on a stick lately? Or have you wanted to take the kids to the State Fair, but just never found the time because of school activities? On a budget?

The 2010 California State Fair at Cal Expo is taking all of those challenges into consideration, and is taking an unprecedented step: it is opening a month early, with discounts on admission, specials on rides and reduced food prices.

Opening day at the fair is July 14, and the fair will run through Aug. 1.

Fair officials hope that this change in date will help families to re-establish the tradition of going to the fair together before the start of the school year. Fair attendance has been down significantly – some 45 percent – since 2002. Most of the decline was attributed to families being unable to attend the fair, due to earlier and earlier starts to the school year in California school districts. Gone are the days – for most – of school starting the day after Labor Day.

## Ticket prices slashed

Pre-sale admission to the fair and its attractions has been slashed from 13 to 87 percent, depending on what packages are purchased. Discounts are available until July 13. Then, regular admission rates will apply.

A pre-sale “Poppy Pack” includes admission for four, tickets for four rides and one parking pass. It retails for \$39.95, a savings of 43 percent. Poppy Packs are available online at [bigfun.org](http://bigfun.org). They are not available at the gate.

The best buy for fair lovers is the State Fair Season Pass, which is discounted 87 percent to \$29.99 per person. The season pass is a new creation, and includes admission to Raging Waters during the run of the fair.

Those who love the rides on the Midway can purchase an Unlimited Rides Wristband that is valid on most rides for \$28, a pre-fair savings of 20 percent.

Pre-sale discounts on general admission for youth (\$6), seniors (\$8) and adults (\$10) are good until the day before the fair. On opening day, admission will go up an additional \$2 for all categories.

Tickets can be purchased at [www.bigfun.org](http://www.bigfun.org).



Photo courtesy of California State Fair  
Poppy the Bear is the mascot of the California State Fair, and is a big hit with children of all ages.

## Read 2 Ride

Kids in the eighth grade and younger who read two books and fill out an online form (available at [tinyurl.com/2f7phcu](http://tinyurl.com/2f7phcu)) will receive tickets for two free rides at the fair. Children should bring their completed forms to the main gate. Avid readers will want to know that they can only redeem one form per day.

## Cheap(er) eats

Here's news: all food at the State Fair will be 25 percent less than last summer. This should make the decision-making easier for those who can't decide between choosing a traditional corndog or a deep-fried Twinkie on a stick. Families on a budget may be able to treat the kids a little more easily, too.

## Scaly things are cool

Reptiles are definitely “in” at the State Fair this year, as two new exhibits are unveiled: a “Days of the Dinosaur Exhibit” and an all-new “Jungle and Reptile Adventure.” These exhibits are family-friendly, fun and educational.

The indoor dinosaur exhibit is impressive – it will feature more than a dozen life-sized dinosaur robots. There will be skeleton replicas, hands-on activities and more. For a preview of the exhibit, visit YouTube at [tinyurl.com/2aryv23](http://tinyurl.com/2aryv23). Admission to this amazing exhibit is free to fair visitors – a great value by itself alone.

The outdoor “Jungle and Reptile Adventure” will be located in the Floriculture tent. It will feature a variety of birds, amphib-

ians and reptiles – including colonies of alligators and large tortoises.

## Big Fun

The standard favorites are all there for those who love the fair: the agricultural exhibits, the farm animals, the racing horses and dachshunds, the arts and cultural exhibits, the rides on the Midway, the contests of skill, the vendors hawking amazing products and more. It may be wild, wacky and fun...but that's what summer fairs and family outings are for. This summer's California State Fair promises to make some wonderful memories. And that's priceless.



Photo courtesy of California State Fair  
Big eats for less: Food and beverages will be discounted by 25 percent at this year's California State Fair.



Photo courtesy of California State Fair  
Kids and critters: The California State Fair highlights the state's number one industry: agriculture. Young people who are involved in programs such as 4-H and Future Farmers of America will show the animals they have raised this year at the fair.

## 157th California State Fair

### July 14 - Aug. 1

#### Exhibit Hours:

Monday - Thursday: Noon to 10 p.m.

Friday - Sunday: 10 a.m. to 10 p.m.

#### Midway Hours:

Monday - Thursday: 2 p.m. to 11 p.m.

Friday - Sunday: 10 a.m. to midnight

#### Raging Waters:

Monday - Friday: 11 a.m. to 6 p.m.

Weekends: 11 a.m. to 7 p.m.

#### Discount Prices:

General: \$10

Senior (ages 62+): \$8

Youth (ages 5-12): \$6

Child (ages 0-4): Free

**Poppy Pak: \$39.95**

Includes 4 Admissions, 4 Rides & 1 Parking Pass. Not available at the gate. (presale only)

### State Fair Season Pass: \$29.99

Also valid for admission to Raging Waters Waterpark from 7/14-8/1. (online only)

### Unlimited Ride Wristband: \$28

Valid on most rides until 11pm. All height & safety requirements apply. Not recommended for children under 3 years old.

### Regular Admission:

General: \$12

Senior (ages 62+): \$10

Youth (ages 5-12): \$8

Child (ages 0-4): Free





Faces and places  
**Scenes  
of Fourth  
of July in  
Carmichael**

The Carmichael Elks held their annual Independence Day Parade July 4. Hundreds attended the event, filling Carmichael in a sea of red, white and blue.

Photos by  
**BILL  
CONDRA**





# 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.



**(916) 808-4H2O**

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



Man with dog—Clipart © Microsoft Media

## 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

*the Chateau*  
at Carmichael Park

CALL Suzanne Today (916) 481-7105

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



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

**Move In for Just \$500!**  
Full Rent Starts the Second Month





# Sacramento's parks have rich history in the capital city

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

Certainly, just about anyone who has lived in Sacramento for a few years or more is quite familiar with the city's wealth in parks.

From the larger parks such as McKinley Park and William Land Park to a wide variety of smaller parks, Sacramento offers plenty of parks for leisure and entertainment.

So plentiful is the park system in the capital city that more than 200 developed parks and open spaces are available to the community and its visitors.

But despite common knowledge that Sacramentans are fortunate to have access to such public places, fewer people know the richness of the city's park history.

Undoubtedly, many of Sacramento's parks are quite old, with some of these parks having roots that date back to the days of the Gold Rush and the city's founder, John Augustus Sutter, Jr.

Helping to set the stage for the local park system, Sutter, Jr. donated 10 "squares" or "plazas" for "public use of the inhabitants."

This generous gift to the city was to be applied to such public purposes as the future incorporated authorities, from time to time, would declare and determine.

The following is a history of the "squares" donated by Sutter, Jr. to the people of Sacramento.

## Cesar Chavez Plaza

The first of these "squares" to be developed was today's Cesar Chavez Plaza, located between 9th, 10th, I and J streets. The park received this name in 1997 in honor of Chavez (1927-1993), the Chicano civil rights leader, who organized the United Farm Workers Union.

Known to many today as the site of a farmers market (Wednesdays, 10 a.m. to 2 p.m., May through October), a free summer concert series, community rallies or simply a leisure place to relax, this "square" has been an essential part of the city, since becoming a park in 1873.

The process of creating the plaza, which is located just south of the historic city hall building, was challenging, considering that when work began on the site in 1872, the "square" was much deeper than the nearby streets levels. The raising of many acres in this part of the city about a decade earlier as a barrier against floods had given the future park site its bowl-like appearance.

During about a five-month period, the "bowl" was filled in and by the spring of 1873, the plaza was an attractive site with Kentucky blue grass, 14-foot sidewalks and a surrounding fence.



Photo courtesy of the Lance Armstrong Collection

The 1889 Andrew Jackson Stevens Memorial, shown in this c. 1905 photograph at City Plaza – today's Cesar Chavez Plaza – is the city's oldest monument.

Later improvements included an iron fountain (later replaced by the current concrete fountain in 1928), the Andrew Jackson Stevens and Cesar Chavez memorials, additional sidewalks and a variety of trees and plants.

Other unique facts about this park include that it was considered as a fu-

ture site for the state Capitol building in the 1850s and an underground parking garage in the 1940s.

## Marshall Park

This "square," located between 27th, 28th, I and J streets, was once used

See Sutter Squares, page 15

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

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

**Rosewood Rehabilitation**

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



**Rosewood**  
REHABILITATION

24 HOUR SKILLED NURSING

**916.483.8103**

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



"For rehabilitation services, Rosewood Rehabilitation will be our first choice. The enthusiastic manner in which Ms. Chen went about her duties was considerable. She always had a smile and a kind word as she administered pain medication to my wife, which she craved and demanded. Her attentiveness, camaraderie and demeanor always made my wife feel at ease and she placed 100% trust in Ms. Chen." John D.



# Sutter Squares: These 'squares' make up city's historic parks

Continued from page 14

as the site for Marshall School, which was built in 1889.

When the school was demolished many years ago, a park was built in its place.

Like the school, the park, which was completed in 1908, was named in honor of James Wilson Marshall (1810-1885), the man whose 1848 discovery of gold set off the California Gold Rush and the largest mass migration of people in the history of the world.

Marshall Park also serves as home to the Ethel MacLeod Hart Multipurpose Senior Center, which is located at 912 27th St. in a large building at the center of the park.

## Grant Park

Located between 21st, 22nd, B and C streets, Grant Park is a 2.6-acre recreational site with a baseball diamond, stadium lights, bleachers, a picnic area, a playground and shade trees. But for many years, longstanding legal battles held the community away from enjoying what Sutter, Jr. had intended for "public use of the inhabitants."

This problem occurred due to a dispute by William Mesick, who had earlier acquired the "square" and some surrounding property.

Although Mesick fought the city, stating that its claim on the "square" was not valid and that he was the rightful owner of the property, the Board of Supervisors exercised its legal rights and authorized the 1862 construction of a horseracing track that by 1873 was utilized for the State Fair.

The property was converted into the Grant Playfield in 1940.

The playfield, which was later renamed Grant Park, was named in honor of Ulysses S. Grant (1822-1885), the 18th U.S. president and the commander in chief of the Union during the Civil War.

## Roosevelt Park

Named after Franklin D. Roosevelt (1882-1945), the 32nd president of the United States, this park is located between 9th, 10th, P and Q streets.

This recreational site, which was formerly known as Roosevelt Playfield, consists of a softball field and a pair of basketball courts and draws enthusiasts of these sports,

as well as those interested in playing soccer, jogging or simply relaxing. The site also offers a certified farmers market every Tuesday, from 10 a.m. to 2 p.m., from May through October.

In earlier years, the "playfield" was a popular site for tennis players and children, but the site no longer includes its historic tennis courts, nor does it offer any recreational playground equipment for children.

Prior to becoming a park, the site was home to two of the city's early schools, the Capital Primary School, which was destroyed by fire, and the Harkness Grammar School, which was named after Dr. H.W. Harkness, the first city superintendent.

## Fremont Park

This park, which is located between 15th, 16th, P and Q streets, offers one of the city's newest children's playground areas, as well as a popular, shaded picnic area.

A certified farmers market, with the same schedule as Roosevelt Park, and the Chalk It Up to Sacramento! Labor Day weekend sidewalk art event, are also held at this park.

The park is named after Lt. John Charles Fremont (1813-1890), the famous explorer of the West, Civil War military officer and the first Republican candidate for the office of the president of the United States.

In 1898, this "square" received attention as a possible school site, but the idea was eventually abandoned when another school site was selected.

## Muir Park

Located between 15th, 16th, B and C streets, this park, which was formerly referred to as Muir Playfield, opened in 1923.

The park was renovated and reopened in 2007 and includes the following amenities: a soccer field, a basketball court, a children's playground, barbecues and high-quality walkways.

Historically, the playfield featured a clubhouse, basketball courts, horseshoe-pitching courts, horizontal bars and teeter-totters.

The park was named in honor of engineer, writer and naturalist John Muir (1838-1914), one of the first modern preservationists and the founder of the Sierra Club conservation organization.

## Winn Park

This park, which is located between 27th, 28th, P and Q streets, bears its name in honor of Gen. Albert Maver Winn (1810-1883), the city's first mayor and the founder of the order of the Native Sons of the Golden West.

In addition to these accomplishments, Winn also contributed to the civil and military beginnings of the city, organized the first Odd Fellows lodge on the West Coast and assisted greatly in the establishment of the first Episcopal church in Sacramento.

It is believed that he was also a member of every fraternal organization in Sacramento.

Although the park, which has a large, non-public building as its centerpiece, maintains much of its general historic appearance, a variety of improvements on the site were made in 2001. These additions include a fenced "tot lot" play area, additional walkways, picnic areas and benches.

## Stanford Park

This historic "square," which is bounded by 27th, 28th, B and

C streets, was originally known as the Stanford Playfield.

The park was named in honor of Leland Stanford (1824-1893), one of the most prominent individuals in Sacramento history.

Stanford, who once made his home in a 38-room mansion at 800 N St., is known for his position as one of the "Big Four" of the Central Pacific Railroad, his founding of Leland Stanford Junior University, his service as the 8th governor of California and his work as a U.S. senator.

For many years, baseball enthusiasts have enjoyed the site, which includes one of the city's most popular baseball diamonds.

Additionally, visitors of this park, which is located about 200 feet south of the site of the historic American River landing of Sutter, Jr.'s father, John A. Sutter, Sr. often take advantage of the park's picnic area.

## The non-park Sutter "squares"

The final two "squares" of the Sutter grants are not used as public parks. These sites are as follows:

## Alkali Playfield

This former park site, located in the Alkali Flat section of the city, between 10th and 11th streets on C Street, is the only "square" to have become a park, yet no longer retain this status.

Despite its ideal location for residents of the area, this "square" was left undeveloped until 1940, when it became known as the Alkali Playground.

Difficulty in developing this "square" occurred due to the fact that the railroad ran diagonally through the site. And when the tracks were removed due to the construction of a nearby trestle, the property was left with a large rock pile.

With the desire of Alkali Flat residents and the approval of the city council, construction began to convert the site into a park.

On Feb. 2, 1940, the park, which included trees, grass, swings, a teeter-totter and slides, was opened. But for about the past 30 years, the "square," which sits near the KCRA Channel 3 news building, has not been utilized as Sutter, Jr. had intended it to be used.



## 2010 SCHEDULE

### Get Your Tickets Now!

S	M	T	W	T	F	S
<b>JUNE</b>						
		TAC	TAC	TAC	TAC	FRES
6 7:05	7 7:05	8 7:05	9	10 7:05	11 7:05	12 7:05
FRES	FRES	FRES		POR	POR	POR
13 2:05	14 7:05	15 7:05	16 7:05	17 7:05	18 7:05	19 7:05
POR	RENO	RENO	RENO	RENO	SL	SL
20 1:05	21 7:05	22 7:05	23 7:05	24 7:05	25 7:05	26 7:05
SL	SL	LV	LV	LV	LV	TAC
27 1:05	28 7:05	29 11:35	30			
TAC	TAC	TAC				
<b>JULY</b>						
					FRES	FRES
4 6:35	5 1:05	6 7:05	7 1:05	8 7:05	9 7:05	10 7:05
RENO	RENO	RENO	RENO	POR	POR	POR
11 1:05	12	13	14	15 6:05	16 6:05	17 6:05
POR	ALL-STAR BREAK			SL	SL	SL
18 1:05	19 6:05	20 6:05	21 6:05	22 11:35	23 7:05	24 7:05
SL	COL	COL	COL	COL	TAC	TAC
25 1:30	26 11:30	27 7:05	28 7:05	29 7:05	30 7:05	31 7:05
TAC	TAC	COL	COL	COL	COL	LV

S	M	T	W	T	F	S
<b>AUG/SEPT</b>						
1 1:05	2 7:05	3 7:05	4 6:05	5 6:05	6 6:05	7 6:05
LV	LV	LV	ALB	ALB	ALB	ALB
8 6:05	9 6:05	10 6:05	11 6:05	12	13 7:05	14 7:05
RR	RR	RR	RR		OMA	OMA
15 1:05	16 7:05	17 7:05	18 7:05	19 7:05	20 7:05	21 6:05
OMA	OMA	IOWA	IOWA	IOWA	IOWA	SL
22 1:05	23 6:05	24 6:05	25 7:05	26 7:05	27 7:05	28 7:05
SL	SL	SL	FRES	FRES	FRES	FRES
29 1:05	30 7:05	31 7:05	1 11:35	2 7:05	3 6:05	4 6:05
FRES	LV	LV	LV	LV	COL	COL
5 12:05	6 12:05					
COL	COL					

ALB Albuquerque Isotopes	OMA Omaha Royals	OKC Oklahoma City RedHawks	HOME GAME
COL Colorado Springs Sky Sox	POR Portland Beavers	RENO Reno Aces	AWAY GAME
FRES Fresno Grizzlies	RR Round Rock Express	SL Salt Lake Bees	OFF DAY
IOWA Iowa Cubs	TAC Tacoma Rainiers		
LV Las Vegas 51s			
MEM Memphis Redbirds			
NASH Nashville Sounds			
NEW New Orleans Zephyrs			

**Ticket Office Open**  
 M-F: 10am - 6pm • Sat: 10am - 4pm • Sun: Closed

**400 Ballpark Drive**  
**West Sacramento, CA 95691**  
**(916) 371-4487**





Effie Yeaw Nature Center finds new caretakers

# American River Natural History Association to run 'gem of Carmichael'

By PETER HAYES  
Associate ARNHA Board Member  
Special to the Arden-Carmichael News

American River Natural History Association members will soon kick off a spirited new fundraising campaign to invigorate their takeover of the beloved Effie Yeaw Nature Center.

Meanwhile, newly elected members of ARNHA's Effie Yeaw Nature Center Advisory Committee pressed negotiations with county parks officials on a long-term lease to operate the center and its 78-acre preserve after it was formally cut loose July 3. Sacramento County, facing a budget crisis, had requested proposals from nonprofit groups to run the Effie Yeaw Nature Center, located at 2850 San Lorenzo Way in Carmichael, and only ARNHA

stepped up to prevent the 34-year-old center from closing.

ARNHA's proposed 2010-11 budget for EYNC listed anticipated expenditures at \$307,000 including costs for 7.25 full-time-equivalent employees. Revenue to balance expenses will be an ongoing endeavor from now on. ARNHA normally has given between \$40,000 and \$60,000 annually back to the county, and President Larry Washington made it clear that, while no longer giving to the county, ARNHA must embark on an accelerated fundraising campaign to significantly augment that amount in order to sustain and improve the center's programs.

The question of funding is central to ongoing ne-

gotiations between the Effie Yeaw Nature Center Advisory Committee and Sacramento County for a long-term lease, but parks officials have ruled out any help.

ARNHA past president Greg Voelm, who led the ARNHA effort to win county support of ARNHA operation of the nature center, indicated in a June 29 article in the Sacramento Bee that at this point its only offer is nothing at all. It is possible that an appeal directly to the Sacramento County Board of Supervisors could result in some transitional funding.

Negotiating for ARNHA with the county are the Effie Yeaw Nature Center Advisory Committee's Chair, Greg Voelm, members Carol Doersch, Noah Baygell,



Arden-Carmichael News Photo/Lance Armstrong

The Effie Yeaw Nature Center is located on the same site that former Kindergarten teacher Effie Yeaw took her students to learn about local, cultural and natural history during the 1950s and 1960s. Due to Sacramento County budget cuts, the American River Natural History Association will now operate the Effie Yeaw Nature Center.

Betsy Weiland, and Lou Heinrich. Also representing ARNHA is newly-designated Nature Center Executive Director Marilee Flannery, who has served as the director of the Effie Yeaw Nature Center under county management. Other Advisory Committee members are David Wade and Liz Williamson.

The committee was nominated by ARNHA past president Carol Doersch, who authored most of the 15-page ARNHA proposal to the county, during a talk concerning the new operation of the Nature Center at the June 23 meeting of the ARNHA Board. Doersch said the committee would play a "collegial" role, reporting to and requesting major funding from the ARNHA Board of Directors to operate the center, and have

"a close and supportive relationship with the executive director."

"It will develop, in cooperation with staff, policies that will further enhance the image of ARNHA and the Effie Yeaw Nature Center as a competent, well-run organization – that maintains a unique sense of joy and camaraderie in our work together," she added.

Doersch also told the board that ARNHA was seeking help from three other nonprofits, the American River Parkway Foundation, the Sacramento County Office of Education, and the Discovery Museum, to help support the operations of the Effie Yeaw Nature Center.

"We hope they will work with us in an advisory capacity and eventually in mutually beneficial programs and financial ventures," she said.

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

**Saturday July 24, 2010**  
Start and finish lines at the historic  
East Lawn Memorial Park

*Benefiting ALZHEIMER'S AID SOCIETY of Northern California*  
**Visit us at [www.memory5k.org](http://www.memory5k.org)**

**Please send your updated  
2010 Calendar announcements**

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

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



# Dachshunds will have their day at California State Fair

By Maxwell von Crumpmeister  
Guest Canine Columnist

Eleven years ago, the California State Fair started up a new event, called the Dachshund Derby. The purpose of this event is to provide humans with great entertainment and to highlight the fact that we dachshunds don't think we are big dogs...we know we are big dogs.

My human mom, Susan, asked me to write this article, because I have firsthand knowledge of the Dachshund Derby – even if this keyboard is a challenge for my tiny paws.

I ran in the Dachshund Derby every year for the last six years. I loved my racing career. Even though I am retired now (by something my humans call "mild arthritis"), I never tire of the sights and sounds of the racetrack at Cal Expo. There is something thrilling about the thunder of tiny paws, the cheer of the crowd and the T-R-E-A-T-S at the finish line.

Sixty-four wiener dogs of every shape – well, every long and short shape – and size will run in eight races on Saturday, July 17 at the fair's Miller Lite Grandstand, starting just before 2 p.m.

The races are run "smallest to largest." So, the smallest mini dachshunds will run in the first race. The second through the seventh races will run dogs from mini to "schmini" to standard dachshund size, right up until the eighth race, when the largest dogs will run.

After all eight "heats" are run, the winners from each heat will compete in the final race, the Grand Championship.

Between each dachshund race, the fair will run thoroughbred horse races. I think it is funny seeing a human riding on a horse's back, going fast.

Speaking of fast, dachshund racing is all about fast. And focus. I've seen many a race lost by a nose distracted by the scent of food on a stick. Hey, we're hounds after all.

My friend, Frank, won the Grand Championship three years ago. He has finished first in his "heat" for the last five years. We raced in the championship together, and let me tell you, I've never seen a more focused dog. Frank lives with his mom, Heidi Clark. Frank is nearly blind. When I asked him his secret, he told me, "Experience, my friend. And use your nose. My human has bacon in her pocket. Works for me."



Photo courtesy of California State Fair  
The thunder of tiny paws will be heard on July 17 at Cal Expo, when the California State Fair celebrates the 11th annual Dachshund Derby. Downtown Beans leads the pack. Maxwell von Crumpmeister trails in third by a tail.

I admit, running a straight line to my Dad was a challenge for me. The first year I was in the Derby, I ran around the starting box to my human sister. After all, good dogs aren't supposed to run away from their humans, are they?

I realized that there was a human family member across the field at that thing called "the finish line" the next year. Even though I was the last dog in my heat, my family made a great fuss over me. All for going over a ribbon. Imagine.

The third year, I knew my job. I ran like the wind, my tiny ears bobbing in the breeze, my athletic little body flexing like a greyhound. I focused on Dad and the bell he was ringing. I was running in second to Downtown Beans, when Beans suddenly became distracted by a cameraman...and veered off course. To my great astonishment, I won my heat – and \$25. You can see my big moment at [tinyurl.com/nbv3vo](http://tinyurl.com/nbv3vo).

Frank blew all the other dogs away that year, with his keen nose and twinkling toes. Truly, the Fastest Wiener in the West.

Dachshunds are wonderful, but to be just, all dogs are great dogs. The California State Fair knows this. That's why the fair is once again partnering with Blue Buffalo Foundation for Cancer Research as the 11th annual Dachshund Derby's signature charity. Cancer is seen in about 1,100 of every 100,000 dogs who get regular checkups by a veterinarian. Cures for canine cancer may eventually lead to cures for humans, too.

We dachshunds think this help to the canine kingdom is much needed, so we encourage dog lovers everywhere to come to the races. Purchase an "I picked a Wiener" blue ribbon at the races for \$1 and support the cause.

There will be lots of dog lovers on hand at the fair on July 17 at 1:30 p.m., and it's really a lot of fun. So come to the fair and cheer your favorite canines on. You know you want to.

## CLASSIFIED ADS

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

### AFFORDABLE CARPET CLEANING

**CLEAN BRITE**  
CLEAN BRITE AFFORDABLE CARPET CLEANING. Our Dual Process (shampoo, scrub plus hot water extraction) leaves your carpets clean, germ & order FREE. Also removes flea eggs. Licensed & insured. Call 224-6063.

### BOOKKEEPING

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

Classified ads work!

### 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, tree & shrub removal, clean-up, general labor, fence repairs, planting, light tree trimming, odd jobs & more. LICENSED. References available. Call Les at 838-1247. Ask about the specials for seniors.

PLEASE RECYCLE your  
Arden Carmichael News

### 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.

### HELP WANTED - DRIVERS

**DRIVERS WANTED**  
Drivers-Flatbed: Great benefits. Take Truck Home. Good Home time! OTR. 11 Western or all 48. CDL-A, 2 yrs. 888-880-5921 x 123 or 117

### PET PORTRAITS

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

### SALON FURNITURE

**SALON FURNITURE**  
Full salon in pristine condition. Furniture only—all custom made. 4 black wood stations incl. front desk, all w/river rock granite tops; 4 blk leather chairs; 2 blk acrylic sinks w/leather chairs; 2 dryers w/leather chairs; 4 full length framed mirrors. Everything less than 3 yrs old. \$7,500 OBO. Call (916) 498-0218.

### TAX PREPARER

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

### COINS WANTED

**COINS!**  
Mint sets & proof sets  
Coin Collections

Call Oleg  
(916) 719-6872



Sell your car fast in  
the classifieds!

Call Melissa at 429-9901 for advertising information



# Your Home Improvement Guide

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

## AIR CONDITIONING/HEATING

**BONNEY**  
PLUMBING, HEATING, AIR  
& ROOTER SERVICE  
LIC# 696355

**DON'T WAIT—BEAT THE HEAT!**  
Season Special  
A/C Check-up—\$85.00  
CALL 444-0551

- Cooling & Heating Service/Repairs
  - New Installs & Existing Replacements
  - Maintenance Programs/Agreements
  - Service on All Brands
  - High Efficiency Air Filters
  - Freon Leak Detection
- REBATES/TAX CREDITS AVAILABLE/ ALL WORK GUARANTEED / SENIOR DISCOUNTS

## YOUR AD SHOULD BE HERE!

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

## BATH & KITCHEN REMODEL



The Special Attention to Detail Contractors

CSL# 870327  
Family Owned / Bonded / Insured  
Since 1987

General Contractors for all  
your contracting needs!

**Bathroom & Kitchen  
Remodeling Specialists**

Painting, Drywall, Tiles,  
Crown Moulding & Baseboards

Peter & Eva Klima, Owners  
916-220-5764 or 916-987-0707

## BATHTUB REFINISHING

**ADX**

**Bathtub Refinishing**  
Tub, Showers, Sinks, Counters and  
Tile Repair & Refinishing

*"One Day Remodel!"*  
Fully licensed, bonded & insured  
Senior Discounts  
FREE Estimates

Art Bailey Lic #857507  
(916) 813-9418 • adxrefinishing.com

## BUILDER/CONTRACTOR

**RL**  
BUILDERS, INC.

CA Lic# 946423

1721 2nd Street #100, Sacramento 95811 • 916-443-1800 • rnlbuilders.com

*"Quality our customers can count on"*

- Family owned and operated
- Residential and commercial
- New construction
- Remodels and additions
- Custom framing
- Kitchen and bathrooms
- Large scale to minor projects
- Over 20 years of building exp.

**FREE  
Estimates**

## CARPET

**CARPET**

FHA - 100% Nylon  
Long lasting wear & performance  
Rolls @ 86¢/sq. ft.

Call Tony  
(800) 536-6304 • (916) 453-1118  
Lic# 706302

## CARPET/ UPHOLSTERY CLEANING

**TLC CARPET CARE**

Carpet & Upholstery Cleaners

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

(916)952-3831



## CARPET & UPHOLSTERY CARE

**Johnny on the Spot**

Complete Carpet and Upholstery Care

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

- I.I.C.R.C. Master Cleaner
- Stain Removal Experts
- Carpet Repairs & Restretching
- Pet Urine Removal

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

Call (916) 997-7895

## CONSTRUCTION

**Griffin Construction**

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

Staying small to serve you better.  
Local references  
Lic # 510423

Call (916) 714-1606

## CLEANING

**PROFESSIONAL** Free Estimates  
Licensed & Insured

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

Prime Quality  
Maintenance



Call Jesse (916) 417-4231

## COMPUTER SERVICES

**YOUR ONE CALL COMPUTER EXPERTS!™**

*We Come To Your Home or Business*

**FastTek's**  
On-Site Computer Services

- All Major Brands • Networking • Personal Training
- Virus, Spyware Removal • Data Back-Up & Recovery
- Affordable Rates • Certified Technicians

**916-740-FAST (3278) \$25 OFF First Visit**

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

Some Day, Evening & Weekend Appointments Available!

## CONSTRUCTION

ACCELERATED CONSTRUCTION  
**NEW CONSTRUCTION  
OR REPAIR  
RESIDENTIAL &  
COMMERCIAL**

Lic# 675212 • 916.419.9996

## CONSULTING/CONSTRUCTION

**COOKBROS**  
CONSTRUCTION, INC.

FAMILY-OWNED & OPERATED SINCE 1980

**Need help planning? Unsure what to do?**

Consulting Service • Residential & Commercial Construction • New & Remodels

(916) 739-8933 • [cookbros@surewest.net](mailto:cookbros@surewest.net) Lic# 582819

## CONTRACTOR/REMODELS

**HARTIGAN**  
CONSTRUCTION, INC.  
GENERAL CONTRACTOR

THE REMODEL EXPERTS! "Building your dreams!"

(916) 372-0530

Family-owned & operated; Most work done by father & sons

Serving Sacramento since 1995 • Licensed, Bonded & Insured • Lic.# 706474

- Specializing in  
Kitchen/Bathroom
- Decks & Patios
- Custom Granite,  
Tile & Stone
- Flooring
- Room Additions

## ELECTRICAL CONTRACTOR

**CAPITOL ELECTRIC**  
Since 1960 in Sac area  
Reasonable

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

(916) 451-2300

Cell: 213-3740

Neil McIntire — C.S.L.# 394307

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



# Your Home Improvement Guide

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

## EXTERIOR COATINGS/SIDING

**THE PERFECT  
EXTERIOR WALL SYSTEM  
FOR WOOD-SIDED HOMES**

Energy Star Rated  
**Let us prove it!**

Call Bill (916) 612-1163

CCL # 674691

## FENCING

Bob Grove  
(916) 425-7435

License #:  
927602

**GATEWAY  
FENCE CO.**

Commercial & Residential

Gateway-Fence.com  
bob@gateway-fence.com

Fax (916) 429-1905

**10% OFF  
Special**

## HANDYMAN

**FREEDOM  
HANDYMAN SERVICES**  
Free up your time from those pesky unwanted jobs!

I specialize in all areas of Home Improvement!  
-Plumbing - Carpentry - Electrical  
- Yard Care - Hauling - Sprinklers  
Quality work the first time, Guaranteed!  
**NO JOB TOO SMALL!**

Call Eric  
**(916) 470-3488**

Licensed and Insured #152902

## YOUR AD SHOULD BE HERE!

**Call today!**

Your services  
are needed.

Your ad should be here.  
Ad design is free.

Call 429-9901

## HANDYMAN

**CLEAN-UP SPECIALS!/Yard Makeovers**

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

Call LESTER  
(916) 838-1247

Lic#128758/Ref

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

Hard work ---not a problem!  
SPECIALS FOR SENIORS/\*SERVING THE AREA FOR OVER 10 YRS\*



## LANDSCAPING

**SACRAMENTO  
LANDSCAPE CO.**

SINCE 1995

CONSULTATIONS  
DESIGNS · ESTIMATES  
HOMES · BUSINESSES

CALL: 832-2010  
WWW.SACRAMENTOLANDSCAPE.NET  
CL# 770400

## LANDSCAPING

**ROBERTS LANDSCAPE**

35 YEARS OF EXPERTISE

- Design: Plants, Hardscape, Lighting
- Garden Consultations
- Specialty Pruning: Shaping, Japanese Maples
- Irrigation Tune-Ups

CALL: 444-6458  
ROBERTSLANDSCAPE.COM  
Contractors Lic# 590317

## LANDSCAPING

**Terra Bella  
Gardening Maintenance**

"Not your typical mow, blow & go company!"

- Full yard maintenance
- One time clean-up
- Sprinkler repair

Call Randy (916) 454-3430 or 802-9897

www.terrabellagarden.com  
Lic# 152584

## PAINTING

**GARY'S PAINTING**

CUSTOM RESIDENTIAL  
INTERIOR & EXTERIOR OVER 20  
YEARS EXPERIENCE WITH PRIDE

EXCELLENT REFERENCES

**725-8781**

Contractors Lic. # 734323  
McClatchy '67

## PAINTING

**BK  
PAINTING**

All Interior/Exterior  
Custom Painting

Call Bill (916) 519-1175

Ref Avail. • Owner-Operated

Fully Insured/Workers Comp/Bonded  
Lic# 792971

## YOUR AD SHOULD BE HERE!

**Call today!**

Your services  
are needed.

Your ad should be here.  
Ad design is free.

Call 429-9901

## YOUR AD SHOULD BE HERE!

**Call today!**

Your services  
are needed.

Your ad should be here.  
Ad design is free.

Call 429-9901

## PAINTING

**Dynamic Painting D**

Interior • Exterior • Residential • Commercial  
Licensed • Bonded • Insured

FREE Estimates - References

**10% Discount**

Any Interior or Exterior Paint Job

Manny Fonseca • (916) 665-2671

DynamicPaintingofSacramento.com

Lic# 550940

## PLUMBING

**Riverside Plumbing** Keith & Harry Staley  
Full Service  
Lic# 338816 C-36

Office 442-7586 Mobile 204-4090

Located on corner of 7th and Riverside Boulevard

**25% Discount for all new customers with this ad, good until 07/31**

(discount applies to labor only)

Water Heater Disposal Faucets  
Sewer & Drain Cleaning/Video Camera Inspections

WE SPECIALIZE IN

•Copper repipe •Sewer and water line replacements •Gas lines - installed

## PLUMBING

**BONNEY  
PLUMBING, HEATING, AIR  
& ROOPER SERVICE**

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

CALL 444-0551

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

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

## PLUMBING

**ROONEY'S  
PLUMBING**

FULL SERVICE PLUMBING

**456-7777**

rooneysplumbing.com

License #683668

## ROOFING

**HOPKINS ROOFING**

33 years experience

Specializing in all types of  
roofing & repairs

24-hour call

**(916) 731-7073**

License #667013

## YOUR AD SHOULD BE HERE!

**Call today!**

Your services  
are needed.

Your ad should be here.  
Ad design is free.

Call 429-9901

**Your services are needed!**

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



# Tower Records founder Russ Solomon to be honored at new Dimple Records Land Park location July 17

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

Land Park and other city residents have been noticing something quite different about the corner of 16th Street and Broadway lately, as the upper, front portion of a certain very famous record store building has for the first time in 45 years been painted something other than a combination of yellow and red.

As signs of an end and a beginning, the building, which once housed a landmark location of Russ Solomon's legendary Sacramento-based business, Tower Records, and until recently, his later business, R5 Records, is being replaced by another well-known Sacramento area-based business, Dimple Records.

On the last day of R5 Records' existence last month, Solomon was present to see the closure of the store, which marked the end of an era for his nearly 70 years in the recorded music selling business. Solomon started out in the record-selling business by offering 78 rpm records for sale in his fa-

ther's drugstore in the Tower Theatre building.

Also present on R5 Records' last day was John Radakovitz, who is very well acquainted with Solomon.

### Blending two brands

In late 1965, as Solomon was expanding Tower Records, which relocated from the Tower Theatre building to its longtime 16th Street and Broadway location and eventually became an international success, Radakovitz was supplying records through the Pasadena-based wholesale/retail record business, Canterbury Records, which had established a northern branch store managed by Robert Garcia at 1715 Arden Way in the then-less than a decade-old Arden Fair Mall.

As a record distributor at the time, Radakovitz, 65, said that among the many places where he delivered records was Tower Records stores.

Since this time, both Solomon and Radakovitz had continued to work in the recorded music-selling



Arden-Carmichael News Photo/Lance Armstrong  
Dimple Records owner John Radakovitz shows off his business's newest store site at 16th Street and Broadway.

business, with the exception of the past month, since Solomon closed R5 Records.

Radakovitz's longtime connection to Solomon was far from the only reason that he paid a visit to the store on its closing day.

Instead, as the owner of Dimple Records, Radakovitz was stopping by the store due his personal connection to the building, which would become home to his sev-

See Dimple, page 21



**Taking pleasure in your own spacious apartment with a full kitchen, lots of storage, and a private patio or balcony. Strolling through a park-like setting enhanced by sparkling fountains and quiet ponds, or just sitting and enjoying the soothing surroundings. Enjoying fine dining, served to you at your table, twice daily, in our beautiful Cypress Inn dining room.**

**Maintaining your active lifestyle by participating in the many recreational activities available including: plays, concerts, movies, craft classes, day trips, card groups and, of course, an all time favorite — bingo.**

**Medical appointments are no problem with our friendly scheduled bus service to nearby doctor's offices, hospitals, and pharmacies.**

**Grocery shopping is within walking distance, but if you don't want to walk, our bus will take you grocery shopping every week.**

**We'll also take you to the bank and to a local shopping mall each week.**

**The Atrium of Carmichael is also located near public transportation routes, and the Mission Oaks Senior Center is nearby.**

**Free laundry facilities**

**On-site, full service beauty salon serving both men and women**

**Comfortable lounge area equipped with big-screen TV**



**For Complimentary Tours  
(916) 486-3533**

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

**The Atrium of Carmichael**  
5757 Cypress Avenue  
Carmichael, CA 95608



# Dimple: 'Wear something cool and come on down and see what's happening'

Continued from page 20

enth store in the greater Sacramento area.

Radakovitz's road to owning these stores began with his three-year involvement with Canterbury Records.

Following his time with Canterbury Records, Radakovitz was hired as a distributor by the Emeryville-based wholesale record business, Pic-A-Tune, to work at the company's Del Paso Boulevard store.

Around the time when Pic-A-Tune was purchased by United Artists in 1974, Radakovitz began his own wholesale record company, called River City Record Distributors, and his own retail store, called Cordova Records. Both operations were located in Rancho Cordova.

After only a year of operating his Rancho Cordova businesses, Radakovitz ended these endeavors and moved to Roseville, where he opened the first of his Dimple stores at 1701 Santa Clara Drive, off Douglas Boulevard.

After about 18 years of heading the Roseville store, Radakovitz expanded his business to include a second store at 313 E. Bidwell St. in Folsom, a third store at 2433 Arden Way in about 1996 and a fourth store at 6099 San Juan Avenue in Citrus Heights about two years later.

Dimple also opened a store at 9692 Elk Grove-Florin Road in Elk Grove in about 2005 and following the late 2006 closure of Tower stores, Radakovitz closed the San Juan Avenue Dimple store and in March 2007 opened a store in the old Tower Records building at 7830 Macy Plaza Drive in Citrus Heights.

Dimple – a name given to the store by Radakovitz because music brings smiles to the faces of many people – also opened a store in another old Tower Records site at 212 F St. in Davis in the summer of 2007.

## History in Land Park

Radakovitz, whose wife Dilyn and sons Ollie and Andrew also work for Dimple, said that acquiring the Land Park store was in a way a fulfillment of a personal dream.

"I kind of always wanted this store," Radakovitz said. "I would have preferred this store more than probably any of them, just because of where it's located."

And because of the Land Park store's location in a historical sense, Radakovitz said that he felt that the store's opening, which will be held on July 17 from noon to 4 p.m., presented the perfect opportunity to honor Solomon.

"I thought that it would be kind of a nice event for Russ to say somewhat of a farewell to the community, at least in regards to music," Radakovitz said. "There are going to be a whole lot of former Tower people (present) on that day (and) there will be a lot of record company executives. It's not so much as a Dimple grand opening, although we will open our doors and we're not going to turn down anyone who wants to buy something, but we're going to dedicate this location to Russ in that our plans are to unveil a painting of him, which will be permanently placed prominently in the store with a plaque (which will include such wording as) '1941 to 2010, this site dedicated to the founder of Tower (Records).'"

The event, which will be emceed by longtime rock music fan and radio announcer Dennis Newhall, will also include a food vendor, a large cake, live music by the Bathtub Gins from noon to 3 p.m. and an appearance by Solomon from 1 to 3 p.m., during which time Radakovitz will play his guitar and sing a country music-style song about Solomon that he wrote.

When asked if he would give a sneak preview to the song's lyrics, Radakovitz provided the following words: "I've sold records for most of my life, didn't even have to think twice. There was

music and I sold it everywhere. Now I'm listening, not selling, that music so dear."

Humbly commenting about his own upcoming celebration at the store, Solomon, who will turn 86 in about two months, said, "It's a little much I think, but it's fine and anything I can do to help (Dimple) open up is great with me. I think they're really nice people and I'm very happy that they are taking over the store down there."

Since the Solomon-honoring event will mark only a soft opening for Dimple's Land Park store, Radakovitz said that the store will also hold a separate grand opening at a later time.

But in the meantime, the store will begin its venture in the old 16th Street and Broadway Tower Records site, as it honors Solomon on this special day.

In being that Solomon brought so many "dimples" to local music lovers through his record stores, Radakovitz encourages the community to pay tribute to a man who is considered by many to be an icon of the capital city.

"Wear something cool and come on down and see what's happening on this fun day," Radakovitz said. "Everybody's welcome, so hear some music and have a good time while we honor Russ, the father of retail music – that's what I call him!"

**LIVE HORSE RACING**

**AT THE California State Fair Jul. 14 - Aug. 1**

**Thoroughbreds Arabian Quarter Horse & Mule Racing**  
is back at the  
2010 California State Fair!

**www.bigfun.org**



# CALENDAR

For more Calendar entries visit  
[www.valcomnews.com](http://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](mailto:ryanrose@valcomnews.com). Deadline is one week before publication. Priority is given to events that are in the community and/or of little or no cost. There is no guarantee that events submitted will appear in the calendar. To ensure placement within the newspaper, please call 429.9901 to place an advertisement.

## JULY

### Latino Dance and Culture Group

Come dance to the beat of all types of Latin music on July 13 and July 20. Featuring DJ music and delicious Mexican food. Donations of \$3 or more to 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.

## JULY 8

### Computer Club meeting

The Mission Oaks Computer Club will meet on Thursday, July 8, 2010 from 1 p.m. to 3 p.m. at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "What's New at Apple," presented by Brent Sallee of MacClicks. A problem-solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our Web site at [www.missionoakscomputerclub.org](http://www.missionoakscomputerclub.org).

## JULY 10-11

### 40th Wildlife Art Festival

Birders of a feather will flock together as the Pacific Flyway Decoy Association presents its 40th Wildlife Art Festival, Saturday and Sunday, July 10-11, Double Tree Hotel Sacramento, 2001 Point West Way. Designed specifically for families, the event celebrates traditional wildlife artworks with contests, displays of carvings, fine art, antique decoys, sculpture and interactive kids activities. Event is July 10, from 9:00 a.m. to 4 p.m. and July 11 from 9:30 a.m. - 4 p.m. Tickets are \$5 for the weekend, children 12 and under, free. For more information, visit [www.pacificflyway.org](http://www.pacificflyway.org).

## PACIFIC FLYWAY DECOY ASSOCIATION

### 40<sup>th</sup> Annual *Classic* Wildlife Art Festival



July 10<sup>th</sup> and 11<sup>th</sup>, 2010 • 9:00am - 4:00pm  
Double Tree Hotel • Sacramento, CA

Antique Decoys • Sculpture • Fine Art  
Dinner Auction • Contemporary Carvings

for further information: [www.pacificflyway.org](http://www.pacificflyway.org)

## JULY 17

### Bee Workshop

Come hear the "buzz" about native bees and their place in the urban landscape on July 17, 2010 at 9:00 a.m. at the Historic City Cemetery, 1000 Broadway. Join bee experts to identify and learn about bees at the beautiful Hamilton Square Garden in the cemetery. Park across the street from the cemetery on Broadway and walk due south. There is no charge, but donations toward the beautification of the cemetery are appreciated. Call 916-455-8166 for more information.

### Baseball and beer tour

Sacramento's love affair with America's favorite past-time traces its roots to the early days of the city. Find out how it all began on this Saturday morning tour at the Sacramento Historic City Cemetery! The tour commences at 10 a.m. from the Cemetery's main gate at Broadway and 10th Street. Visitors may park across the street from the 10th Street Gate and meet at the cemetery entrance. Held under the auspices of the City of Sacramento Division of History & Science, the Old City Cemetery Committee, Inc. presents this tour as a public service. For tour information please call (916) 448-0811. Tours are free though donations for the restoration of the cemetery are greatly needed and appreciated.

### Free E-waste drive

Looking for a way to get rid of all that outdated equipment piling up around the house at no cost to you? Northminster Presbyterian Church, located at 3235 Pope Avenue, offers one an opportunity to do so in its fundraising drive (to update its computer equipment). The drive will be on Saturday, July 17, 9 a.m. - 1 p.m. Items can be dropped off easily at the church. Please call if you need an item picked up. For further information call 487-5192.

## JULY 25

### 2010 Pear Fair

Always the last Sunday in July, the 38th annual Pear Fair will be Sunday, July 25, 2010 from 9 a.m. to 6 p.m. in the Sacramento River Delta town of Courtland, located just 20 minutes south of Sacramento, off Highway 160. Last year, the fair drew in more than 7,000 people. Make sure and arrive early to enjoy all the festivities. For more information, visit [www.pearfair.com](http://www.pearfair.com).

### Todd Morgan and the Emblems

Todd Morgan and the Emblems are performing in the Carmichael Concerts in the Park series, July 25, from 6:30 to 8:30 p.m., at the Carmichael Park Bandshell, located the corner of Grant Avenue and Fair Oaks Boulevard. This is a free event.

## JULY 31

### Alzheimer seminar

Chinese Community Church will host a seminar on Alzheimer. Saturday July 31 from 10:30 a.m. to 12 noon. Our address is 5600 Gilgunn Way, 95822 located on Fruitridge Road between Freeport Blvd and South Land Park Dr. Everyone is welcomed. Free. For more information contact 424-8900.

## AUGUST

### Art show

"Pin-ups", Sacramento Fine Arts Center, August 3-14. The "Pin-ups" Show is where you will find gems of original artwork in a huge selection of unframed work pinned to the Sacramento Fine Arts Center walls. Also showing in our second gallery is the "Docents Art Show". Docents of the Sacramento Fine Arts Center get to show their stuff at this annual show honoring them. You will find award winning art by our talented docents at this all media show. 5330 B Gibbons Drive, Carmichael, CA 95608 Gallery Hours, 11 a.m.-7 p.m. Tuesdays, 11 a.m.-3 p.m. Wednesdays through Saturday. For more info: [www.SacFineArts.org](http://www.SacFineArts.org).

## AUGUST 3

### Casa Garden Restaurant

Tuesday, August 3: 11:30 a.m. wine social featuring "Three Wine Company" at the Casa Garden Restaurant, 2760 Sutterville Road. "Three Wine Company" will pour wine during hors d'oeuvres, to be followed by lunch (choice of Chicken and Spinach Crepes or Grilled Chicken and Nectarine Salad) and dessert Heavenly Raspberry Torte -- \$20 per person, including tax and gratuity. Reservations a must - call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

## AUGUST 10

### Casa Garden Restaurant

Tuesday, August 10: The VoCALs' musical presentation of "Malt Shop Melodies 2" at 11:15 a.m. and 1:15 p.m. seatings at Casa Garden Restaurant, 2760 Sutterville Road. Entrée choices: BBQ Beef Brisket with Garlic Roasted Potatoes or Grilled Chicken and Nectarine Salad; dessert Belgian Cream Cake -- \$20 per person, including tax and gratuity. First-come, first served group reservations by one person, one check. Reservations a must - call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

## AUGUST 28

### Kitten adopt-a-thon

It's "kitten season" — and Happy Tails Pet Sanctuary is partnering with Extra Space Storage to find loving, permanent homes for Sacramento's homeless kittens. The "Kitten adopt-a-thon" runs from 10 a.m. - 2 p.m. at Extra Space Storage, 3000 B St. For more information, please visit [www.happytails.org](http://www.happytails.org).

## ONGOING

### American Legion Dance

The American Legion Dance, Held on the first Friday of each month from 7 - 10 p.m. at Veterans Memorial Hall at Royer Park in Roseville, featuring ballroom, Latin, swing, and night club dances with DJ Bob Wayman. The public is invited and singles are welcome. There is a great wood dance floor, good parking, no-host bar, soft drinks, and snacks. Come dance and make new friends. The hall is located at 110 Park Drive. Cost \$8. Info: (916) 783-7267. Proceeds go to support the troops and our veterans.

### Bariatric Surgery Informational Seminar

Learn all about what bariatric surgery is and is not. The seminar is held the first Saturday of the month from 10 a.m. - 12 p.m., except for July and September when the seminar will be held on the second Saturday of the month. The seminar location is Bruceville Terrace (8151 Bruceville Road) in the Multipurpose Room. For more information, please contact Rondi Crowley at 423.5909.

## Food Addicts Anonymous

Food Addicts in Recovery Anonymous is a 12-step group for people struggling with obesity, food obsession, or eating disorders. There are no dues or fees, or weigh-ins. All are welcome to join them: Monday - 6:30 p.m. Greenhaven Lutheran Church Fellowship Hall, 475 Florin Rd. Sacramento; 7 p.m. Warehouse Christian Ministries, 10020 Foothills Blvd. Roseville; 7 p.m. Nevada County Contractors Assoc. - 149 Crown Point Ct., Grass Valley; Tuesday - 6:45 a.m. Southside Park Clubhouse, 2051 6th St. (btwn T & W Sts), Sacramento; 9 a.m. St. Andrew's United Methodist - 6201 Spruce Ave, Sacramento; 6:30 p.m. Kaiser Medical Center Conf Rm, 1900 Dresden, Lincoln; 7 p.m. Faith United Methodist Church - 3600 J St., Sacramento; Wednesday - 7 p.m. Davis United Methodist Church - 1620 Anderson Rd, Davis; Thursday - 9 a.m. St. Andrew's United Methodist Church - 6201 Spruce Ave, Sacramento; 6:30 pm Christ Unity Community Church - 9249 Folsom Blvd. Sacramento; 7 pm Auburn Grace Community Church, 3126 Olympic Way Rm 117, Auburn; Friday - Southside Park Clubhouse, 2051 6th St. (btwn T & W Sts), Sacramento; 7 p.m. Kaiser Facility Folsom, 2155 Iron Point Rd, Conf Rm 1, Folsom; 7 p.m. Kaiser Hospital 3700 Vaca Valley Pkwy 3rd FL, Rm B, Vacaville; Saturday - 8 a.m. Fremont Presbyterian Church - 5770 Carlson Dr. Chapel, NE corner of campus, Sacramento; 8 a.m. St. Andrew's United Methodist - 6201 Spruce Ave, Sacramento; 8 a.m. BriarPatch Co-Op Community Market, 290 Sierra College Dr. Community Rm., Grass Valley. For more information: [www.foodaddicts.org](http://www.foodaddicts.org).

## MONDAYS

### Gray Eagles

Gray Eagles- a M/F social group sharing WW II history of military or sport aviation. Former air, ground, or carrier crew, or anyone interested will enjoy our monthly speakers. Topics include B-17s, Reno races, Fire attack A/C, Airshows. Drop by to visit- FREE. We meet the second Monday, each month at Hometown Buffet, 4300 Florin Rd. (private dining room), Sacramento, 11:30 - 1:30. See [www.grayeagles.net](http://www.grayeagles.net) or call Lou @ 421-0844.

### Tai Chi at Hart Center

Chinese exercise combines specific movements and relaxation, 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St. Instructor, Mamie Woo. Information at 808-5462.

### Hatha yoga class

Instructor Pat Shaw teaches students to align the body through breathing techniques, postures and deep relaxation, 3 to 4 p.m., Hart Senior Center, 915 27th St. Information at 808-5462. Repeats Wednesdays, Fridays.

### Gray Eagles meet

Gray Eagles, a social group for men and women, hears guest speakers on air shows, flying and warbirds, 11:30 a.m. to 1 p.m., second Mondays of the month. Visitors welcome. Free, at the Hometown Buffet (private dining room), 4300 Florin Road. Information at 421-0844.

### Newcomer's Buffet

The Widowed Persons Association of California invite any and all widows and widowers to attend their Newcomer's Buffet and Social at 5:30 p.m., every third Monday, at the Plaza Hof Brau, El Camino at Watt Avenue. The cost varies as the choice is from a no-host buffet menu. For more information, call 972-9722.



### Toastmasters meet

Guests always welcome at Klassy Talkers Toastmasters to have fun while improving speaking and leadership skills, 7 to 8:30 p.m., Executive Airport 6151 Freepoint Blvd., 95822. Information: Jan at 284-4236 or www.sacramentotoastmasters.com.

### Co-Dependents Anonymous

Co-Dependents Anonymous meets, 7:30 p.m., Friends Church, Fireside Room, 41st and E streets. This 12-step group is for people whose common problem has been an inability to maintain healthy relationships. We support each other in developing fulfilling relationships. For more information, call 1-866-794-9993.

### Evening Tai Chi class

Sixty-plus minute class includes Yang style Tai Chi, Chi Gong exercises, and strength training using elastic bands, 6:30 p.m., Parkside Community Church, 5700 South Land Park Drive. Open enrollment - join anytime. Cost: \$15 a month for members, \$20 for non-members. Information: 421-0492.

### Girls-only karate

Karate for girls ages 7 and older, 6:30 to 7:30 p.m., Elks Lodge No. 6, Riverside Boulevard at Florin Road. Meets Mondays and Wednesdays. Information at 470-9950.

### Aviator interest

Gray Eagles, a social group for men and women to share stories of military or sport aviation -- for former air or ground crew, or anyone interested in B-17s, Reno races, and airshows. Free. Meets second Monday, 11:30 a.m. to 1 p.m., at Hometown Buffet, 4300 Florin Rd. (private dining room). Information from Lou at 421-0844.

## TUESDAYS

### Pastel landscapes class

Award-winning pastel artist Reif Erickson teaches a four-step process to creating art. Supplies provided for the first session and students provided with a materials list for further lessons. From 2:30 to 5 p.m., Ethel Hart Center, 915 27th St.; \$25 per lesson. Information at 808-5462.

### Free Medicare counseling

Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appointments are every Tuesday with John Gallapaga, call 376-8915 to schedule an appointment. For appointments in Spanish, call Marta Erisman at 231-5110.

### Women's networking

Soroptimist International of Sacramento South, a service club for business and professional women for 47 years, meets second and fourth Tuesdays, 12:15 p.m., for lunch and programs at Aviators Restaurant, Executive Airport, 6151 Freepoint Blvd. Fund-raising, networking, community service. Information: President Colleen Truelsen, 429-9901, email: colleen@valcomnews.com.

### Barbershop Harmony

Sacramento Capitolaire Barbershop Chorus rehearsals, 7 p.m., Sierra Arden United Church of Christ, 890 Morse Ave. Open to "men who like to sing." Call Joe Samora for details, 631-9848.

### Antelope Quilters Guild

Held the second Tuesday of each month from 7 p.m. to 9 p.m., the Quilters Guild invites community members to their general meeting at the Lutheran Church of Ascension, 7607 Garden Gate Dr. in Citrus Heights. For more information, call 488-8858.

## WEDNESDAYS

### Yoga at Parkside Church

Svaroopa Yoga is a style of Hatha Yoga that can relieve pain, reduce stress, increase strength and flexibility, help with proper alignment and posture, calm the mind, and promote personal transformation. The classes are open to everyone. Beginning Yoga is offered on Wednesday mornings from 9:15am - 11:00am and Advanced Yoga is offered on Tuesday mornings from 8:45a - 11:00am. Fees are \$52 for a series of 4 sessions. Parkside Community Church is located at 5700 South Land Park Dr. Call 421-0492 for more information.

### Wednesday Night Dance

Dance to the rhythms of the Sensible Sounds Dance Band in the community center's beautiful auditorium. Enjoy Ballroom and Line dance from Swing to Rock to Country music. Call 972-0336 for more information. \$7 per person, from 7-10 p.m. every Wednesday at the Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael.

### Community sing-along

Harmonize on old hymns and folk songs, just for our own pleasure.

Shower singers are welcome! Wednesdays 6:00-8:00 p.m., June 10 through August 26. Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd. Free. Information: 457-4527, daytime.

### Pole walking clinic

Free pole-walking clinic sponsored by Cure Arthritis Now, every Wednesday morning -- demo poles provided for use during your first clinic. Call 208-8700 for details of times and locations. Come learn a new way to exercise and get healthy.

### Chair yoga at Hart

Yoga instructor Par Shaw leads chair yoga with exercises aimed to keep older adults strong, limber and relaxed, 1:45 to 2:45 p.m., Hart Senior Center, 915 27th St. Information at 808-5462.

### Toastmasters Club

River City Speakers Toastmasters Club meets at noon at Coco's Restaurant, 1830 Arden Way. All area business people invited to hone their speaking skills; meeting ends at 1:15 p.m. Information: 747-8282.

### Co-Dependents Anonymous

Co-Dependents Anonymous meets, 7 p.m., Friends Church, Fireside Room, 41st and E streets. This 12-step group is for people whose common problem has been an inability to maintain healthy relationships. We support each other in developing fulfilling relationships. For more information, call 1-866-794-9993.

### Free dessert for seniors

The Senior Wednesday Club meets to chat, play bridge, pinocle or bingo, 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Drive, Carmichael. Bring a brown-bag lunch -- free coffee, tea and dessert. Information from Myrt at 348-8114.

### Memory Seminar

Merrill Gardens is offering a "Memory Enhancement" seminar from 2:30 to 4 p.m. at 6350 Riverside Blvd. This is an ongoing series the second Wednesday of every month. Refreshments will be served.

### Businesswomen's network

Referrals Plus, a networking group of businesswomen, meets, 12:15 to 1:30 p.m., in the Pocket area. Information and reservations with Chris, 492-6278. Website: www.referralsplus.

### Dance at Mission Oaks

The Sensible Sounds Dance Band plays everything from rock to swing to country, 7 to 10 p.m., Mission Oaks Community Center, 4701 Gibbons Drive. Cost is \$7 per person. Information at 972-0336 x 228.

### Alzheimer's support

Alzheimer's support group meets, 2:30 p.m., third Wednesdays each month, Primrose, 7077 Rush River Drive, for families and friends struggling with Alzheimer's disease. Caregiving strategies, education, resource information, and a shoulder to lean on. Facilitator: Kim Winters, BSG, M. Ed. Information at 392-3510.

### Lewy Body Dementia support

Lewy Body Dementia support group is tailored for caregivers and loved ones diagnosed with Lewy Body Dementia, 2:30 to 4:30 p.m., fourth Wednesdays, Primrose, 7707 Rush River Drive. Facilitator: Kim Winters, BSG, M.ED. Information at 392-3510.

# SPECIAL: \$50 Postcard or Flyer Design

Affordable Printing Available

## POSTCARDS

100 .....	\$ .50 each
250 .....	\$ .37 each
500 .....	\$ .28 each
1000 .....	\$ .19 each
1500+ .....	\$ .16 each

## FLYERS

50 .....	\$1.34 each
100 .....	\$1.05 each
250 .....	\$ .68 each
500 .....	\$ .64 each
1000+ .....	\$ .60 each

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

- Commercial flyers
- Political campaign material
- Public service announcements
- Brochures
- Posters
- Postcard mailers
- Identity systems (business card, letterhead, envelope)
- Any print design

Contact Ryan Vuong at 916.429.9901 or e-mail RedAllOver@valcomnews.com for more information.

# red all over DESIGN

A division of VALLEY COMMUNITY NEWSPAPERS

PUBLISHERS OF: Arden-Carmichael News, East Sacramento News, The Land Park News, The Pocket News, California Kids!, and The Valley Shopper





# Windermere

## Dunnigan Realtors



### MADDOX RANCH

Updated home in sought after Maddox Ranch. Lovely master suite w/gorgeous bath & sitting area w/fireplace. Gas heat, dual pane windows & new appliances. Fabulous garden in backyard w/ zucchini & tomatoes. A real pleasure to show. See [www.4724OliveOakWay.com](http://www.4724OliveOakWay.com) \$363,000

**ANN WORTHINGTON 425-7715**



### COUNTRY CHARM IN THE CITY

A short walk to Del Paso Country Club, this vintage California Ranch w/ private, lush, garden setting, pool, majestic oak trees & comes w/an already approved building lot. Just under an acre, this one-of-kind home has modern kitchen & baths. See [www.2795LacyLn.com](http://www.2795LacyLn.com) \$1,199,000

**LIBBY NEIL 539-5881**



### SPACIOUS ARDEN OAKS

Wonderful custom built with LR, FR, DR and huge game room. High beamed ceilings. Sitting room off master with fireplace. Unbelievable amount of storage and custom cabinets. Four-car tandem garage, guest house with small kitchen and bath. See [www.3530WindingCreek.com](http://www.3530WindingCreek.com) \$1,195,000

**LEIGH RUTLEDGE 612-6911**

**BILL HAMBRICK 600-6528**



### ARDEN PARK

Spacious ranch home w/4 beds/2.5 baths + bonus family room Formal living room/dining room has hardwood floors. Fabulous master suite has his & her walk-in closets & spacious master bath. Charming kitchen w/granite & SS appliances adjoins a sunroom. See [www.LaGoletaWay.com](http://www.LaGoletaWay.com) \$789,000

**CHRIS BALESTRERI 996-2244**

**LIBBY NEIL 539-5881**



### 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](http://www.5090KeaneDr.com) \$669,000

**ROZ LEVY WEINTRAUB 952-6602**



### 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](http://www.4010WindingCreek.com) \$1,175,000

**LEIGH RUTLEDGE 612-6911**

**BILL HAMBRICK 600-6528**

### DEL DAYO RIVIERA

Drive by and fall in love! 4 bedrooms 3 full baths and large backyard! This home oozes charm and has been well-cared for by the owners. Windows, roof and appliances all replaced within the last 2 1/2 years. Great location - close to the American River Parkway. This is a home that you will treasure for years! See [www.1510GaryWay.com](http://www.1510GaryWay.com) \$475,000 PENDING

**CARMAH HATCH 765-6210**

### 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.2779WissemannDr.com](http://www.2779WissemannDr.com) \$269,000

**LINDA WOOD 802-8042**

### 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](http://www.6254SilvertonWay.view24hours.com) \$244,500

**PATTI PRIESS 801-0579**

### 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](http://www.7610NortheastCir.com) \$287,500

**ANN WORTHINGTON 425-7715**



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

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