

since 1991

# ARDEN-CARMICHAEL NEWS

May 24, 2012

Community News in Your Hands

www.valcomnews.com

## New facility to open for boxing, mixed martial arts training

See page 16

Community rallies to support wounded K9

See page 2

COMMUNITY CALENDAR, PAGES 20-21 • KNOW YOUR NEIGHBOR, PAGE 14 • FACES AND PLACES, PAGE 22, 23

### Inside This Edition



Community movie night under the stars  
See page 23

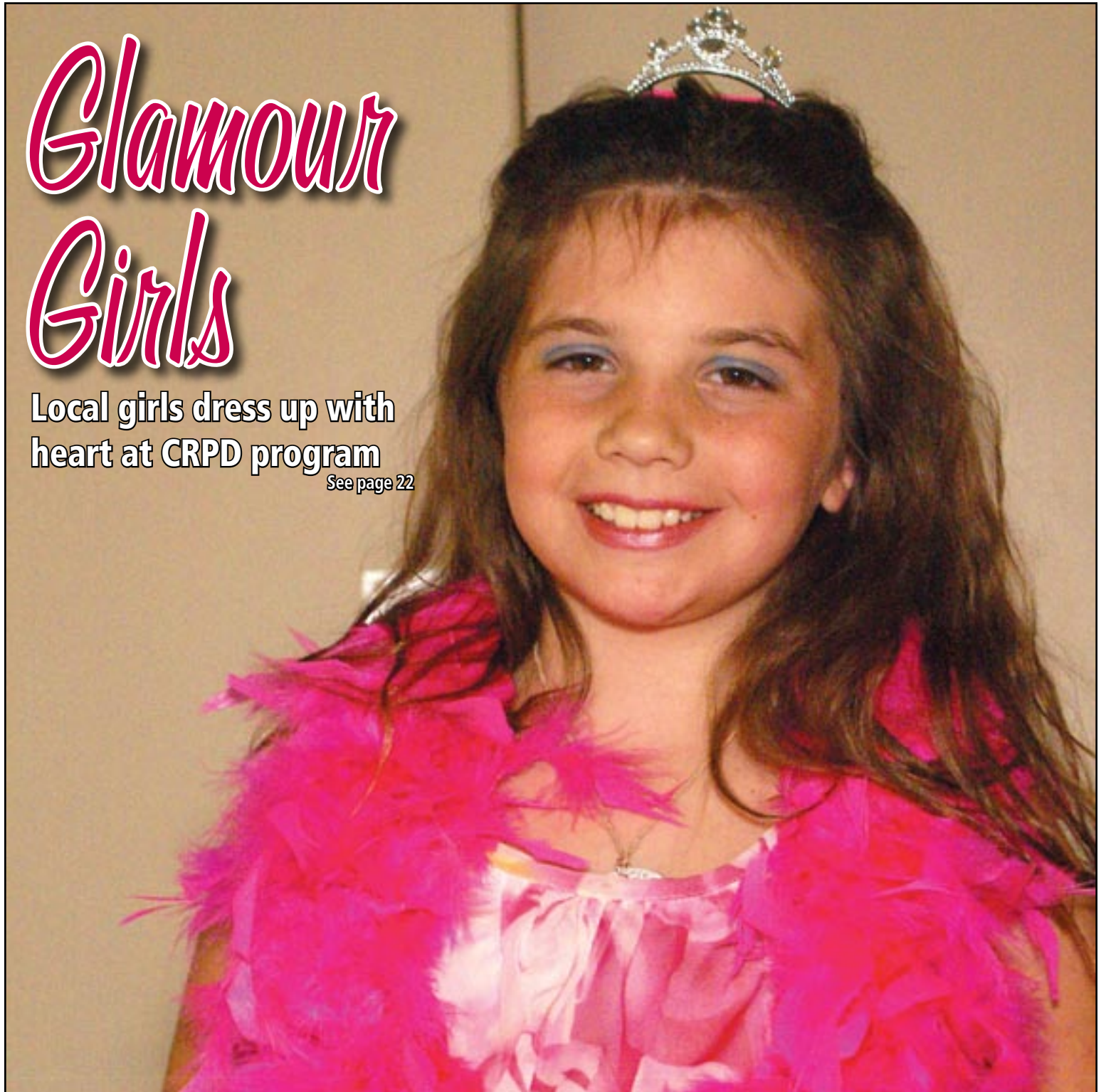


104 years young  
See page 14

# Glamour Girls

Local girls dress up with heart at CRPD program

See page 22



**CMAITA NISSAN**  
**USED CAR SUPERSTORE**

**(916) 488-5400**

**2820 AUBURN BLVD. SACRAMENTO, CA 95821 WWW.NISSANOFSAACRAMENTO.COM**

**OVER 400 USED VEHICLES AVAILABLE!!**

E-mail stories & photos to: [vcnnews@valcomnews.com](mailto:vcnnews@valcomnews.com)  
Vol. XXI • No. 10  
2709 Riverside Blvd.  
Sacramento, CA 95818  
t: (916) 429-9901  
f: (916) 429-9906

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**..... Susan Laird  
**Art Director**..... John Ochoa  
**Junior Designer**..... Serene Lusano  
**Sales Manager**..... Patty Colmer  
**Advertising Executives:**  
Linda Pohl, Melissa Andrews, Jen Henry  
**Distribution/Subscriptions**..... George Macko

**Cover photo by:**  
Bill Condray

**Other photos by:**  
Bill Condray  
Courtesy

# Community rallies to support of wounded Sacramento K9

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

The Sacramento community is rallying to the side of a Sacramento K9 that was seriously wounded in the line of duty on Friday, May 18. K9 Bodie suffered one gunshot wound to the jaw and another to the right front paw when pursuing a car theft suspect in Sacramento's Land Park.

The incident was the result of an earlier stolen car pursuit by the Sacramento Police Department. Soon, the abandoned vehicle was found off Riverside Boulevard and police surrounded the area. K9 Officer Randy Van Dusen and K9 Bodie came upon the fleeing couple.

"A short foot pursuit ensued and the male suspect fired rounds at the canine, striking the canine," said Sgt. Andrew Pettit with the Sacramento Police. "Fearing for the safety of himself and the other people around, the canine handler fired rounds at the suspect."

The incident ended with the death of the male suspect, 33-year old Lucus. J. Webb of Chico. The female suspect, 28-year old Leslie McCulley, taken into custody.

Shaken parents picked up their children at Crocker Elementary on Friday afternoon, grateful to Bodie, his partner and the Sacramento Police Department that their children were kept safe from the danger that came all-too-close to the school.

Van Dusen immediately took the dog to the VCA Animal Hospital in Rancho Cordova, where Bodie underwent two surgeries – the second one was to stop bleeding. He was listed in serious condition, but by Tuesday, May 22, Bod-

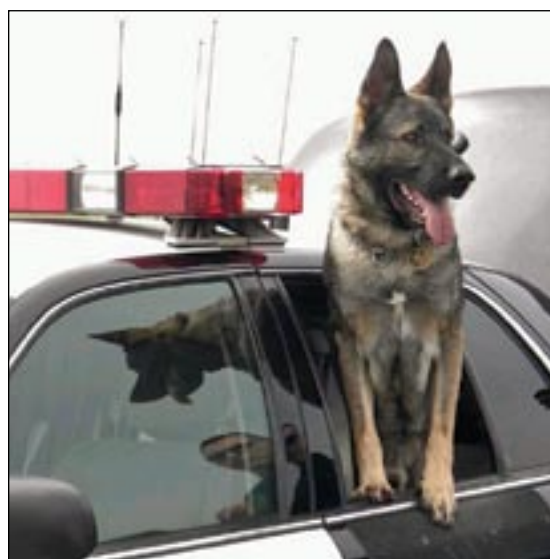


Photo courtesy, Sacramento Police Canine Association  
K9 BODIE was wounded in the line of duty while he and his handler were pursuing two car theft suspects on May 18.

ie was upgraded from "stable" to "fair" condition. The dog underwent multiple blood transfusions over the weekend, but his blood count is now near normal, so he should not require any further transfusions, according to the Sacramento Police Canine Association's Facebook Webpage. Bodie faces future surgeries to deal with shrapnel and bone fragments in his face and paw, as well as significant repair to his damaged tongue.

Bodie was able to get out into the sunshine for a brief period of time on Sunday. With the support of his handler, who has not left his side, the dog is rallying.

In a statement released on Facebook on May 23, Van Dusen said, "I want to thank everyone

See K9, page 5

**COMSTOCK MORTGAGE** Local Mortgage Bankers

**DO YOU OWE MORE THAN YOUR HOME IS WORTH...  
...and want to take advantage of the historically low interest rates?  
NOW IS THE TIME TO REDUCE YOUR PAYMENT OR TERM!**

Call to see if you are eligible today!

**Dave Mendoza**  
Vice President/Certified Mortgage Planner  
916-977-1227 direct  
916-768-5231 cell  
[dmendoza@comstockmortgage.com](mailto:dmendoza@comstockmortgage.com)

*If anyone you know is purchasing a home, have them call me today!*

**CALL DAVE TODAY!**

WWW.COMSTOCKMORTGAGE.COM | CA DRE Lic. #01988877 | NMLS ID #303091 | SAC RTT MORTGAGE ONA COMSTOCK MORTGAGE

**DO YOU NEED HELP CARING FOR A LOVED ONE?**

**Right at Home**  
In Home Care & Assistance

If you need help caring for a loved one, you are not alone. Right at Home provides in home caregiving and assistance for hundreds of families across Sacramento just like yours. We can help you too. The best care focuses on improving the quality of life - and is the perfect choice for someone who wants to remain independent, but has challenges with everyday activities of daily living.

**Companion Care • Personal Care •  
Memory Care (Alzheimer's) • Supportive  
Hospice Care • Transportation**

*Flexible Schedules including hourly, part time/respite (adult in home day care) 12 or 24 hour live in care.*

Call Right at Home Today for a Free Consultation and Free In Home Care Assessment

**916-779-0601**  
[www.RightAtHome.net/rivercity](http://www.RightAtHome.net/rivercity)

YOUR NEIGHBORHOOD,  
YOUR DOCTOR.

**Mercy Medical Group just became one great doctor better.**

You'd go out of your way to get great healthcare for you and your family. Good thing you don't need to. A. John Tarrar, MD, family medicine, is just one of the many great Mercy Medical Group doctors who practice right in your neighborhood.

Learn more about all our great doctors and facilities at [mymercymedgroup.org](http://mymercymedgroup.org). To schedule an appointment with Dr. Tarrar at our Fair Oaks office, call 916.536.2420.

**Mercy Medical Group**  
A service of CHW Medical Foundation

Are higher federal and California state taxes a concern?



Interested in learning more about how you may be able to reduce your portfolio's tax burden? Call or e-mail me for a no-obligation report on strategies designed to help you reduce the taxes you owe on your investments.



**Joseph F. Eschleman, CIMA®**  
Managing Director - Investment Officer  
400 Capitol Mall • Wells Fargo Center Suite 1700 • Sacramento, CA 95814  
916-491-6327 • 800-877-7783  
[joseph.f.eschleman@wfsadvisors.com](mailto:joseph.f.eschleman@wfsadvisors.com)  
CA Insurance License #0C77273  
[www.josephfeschleman.com](http://www.josephfeschleman.com)

Wells Fargo Advisors is not a legal or tax advisor. However, we will be glad to work with you, your accountant, tax advisor, or lawyer to help meet your financial goals.

Investment and Insurance Products • NOT FDIC Insured • NO Bank Guarantee • MAY Lose Value  
Wells Fargo Advisors, LLC. Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company.  
©Wells Fargo Advisors, LLC. 1111-2173 [80631-v1] 09/09

## It's Tour Time at Antelope Garden

Take a self-guided tour of the 2 acre Antelope Garden for ideas on how to create your own water efficient landscape.



**Open May 1 –  
October 31, 2012**

**Monday – Friday  
2nd & 4th Saturdays  
9:00 am – 3:00 pm**



**7800 Antelope North Road, Antelope**  
**Free Admission**

# THE CARMICHAEL CHAMBER OF COMMERCE

"There's No Business Like OUR Business"

6825 Fair Oaks Blvd. #100, Carmichael • www.carmichaelchamber.com • 481-1002

EVERY 4TH TUESDAY OF THE MONTH:  
Luncheon – Cypress Baptist Church • 5709 Cypress Avenue, starts at 11:30 a.m.



Call Patty  
for information about advertising  
in this section.  
**916-429-9901**

[www.valcomnews.com](http://www.valcomnews.com)  
VALLEY COMMUNITY NEWSPAPERS, INC.

Serving The Carmichael Community  
Since 1916



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

## A Senior Independent Retirement Community with many amenities



- Fine Dining • On-Site/Local Activities
- Big Screen TV • Laundry Facilities
- Medical Appointments – Our Bus Service
- Grocery Shopping
- Bank and Local Shopping
- Full Beauty Salon (Men & Women)

The Place You'll Love To Call Home.



For Complimentary Tours  
(916) 486-3533  
[www.theatriumofcarmichael.com](http://www.theatriumofcarmichael.com)

## Father Daughter Dance

FRIDAY, JUNE 15TH, 2012  
7:00-9:00PM

D.J. MUSIC, GAMES, PRIZES  
AND REFRESHMENTS

\$5.00  
PER PERSON

MISSION OAKS COMMUNITY CENTER  
4701 GIBBONS DRIVE, CARMICHAEL  
(916) 972-0336

## SUMMER YOUTH CAMPS

All ages!  
REGISTER NOW FOR  
SUMMER CAMP AT:  
[WWW.MORPD.COM](http://WWW.MORPD.COM)



# K9: Community members donating to Sacramento Police K9 Association

Continued from page 2

for all the support and well wishes for Bodie!!! I've spent every day and night with him on his bed since Friday and the improvement I've seen him make is amazing!! Tonight when I walked in out kennel he wagged his tail non stop and jumped up on me to put his paws on my shoulder and lick my face! That's a long way from driving him to the vet with lights and sirens and begging him to hold on. He truly saved my life in that back yard that day and I can't thank him enough! Please keep Bodie in your thoughts for a speedy recovery. We're looking forward to being out there catching bad guys soon!!"



Photo courtesy, Sacramento Police Canine Association  
WOUNDED SACRAMENTO POLICE K9 BODIE is steadily improving. He is now listed in fair condition at a Rancho Cordova veterinary hospital.

Bodie's medical expenses may run between \$20,000 and \$25,000. Offers to help with the K9's medical expenses are coming in from the community, as are offers to purchase a new K9 for the department. A trained dog, K9 Echo, was purchased for the Sacramento Police Department by the Rotary Club of East Sacramento for \$10,000 earlier this year.

K9 teams from both the Sacramento Police Department and the Sacramento County Sheriff often work together to keep the community safe.

Those who wish to make a donation for Bodie's care can do so by visiting [www.spdk9.org](http://www.spdk9.org). Donations can also be mailed to Sacramento Police K9 Association, 550 Bercut Drive, Sacramento, CA 95811. Checks should be made out to the Sacramento Police K9 Association.

"I want to thank everyone for all the support and well wishes for Bodie!!! I've spent every day and night with him on his bed since Friday and the improvement I've seen him make is amazing!! Tonight when I walked in out kennel he wagged his tail non stop and jumped up on me to put his paws on my shoulder and lick my face! That's a long way from driving him to the vet with lights and sirens and begging him to hold on. He truly saved my life in that back yard that day and I can't thank him enough! Please keep Bodie in your thoughts for a speedy recovery. We're looking forward to being out there catching bad guys soon!!"

Sacramento Police K9 Officer Randy Van Dusen



When "That will never happen to me" happens.

Stephanie Slagel CLU, Agent  
Insurance Lic#: OC34763  
6130 Fair Oaks Blvd, Suite E  
Bus: 916-485-4444 Fax: 916-485-5629  
[www.stephanieslagel.com](http://www.stephanieslagel.com)

I'm ready to help.

There's never a good time for an accident to happen. But when it does, you can count on me to be there quickly so you can get your life back to normal.  
**GET TO A BETTER STATE™.**  
CALL ME TODAY.



1101204 State Farm, Home Office, Bloomington, IL

# Got News?

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

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

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

SAVE \$1500 or more!  
Call for Details.

Ask about our complimentary lunch and tour

Now also offering - Assisted Living & Memory Care  
8350 Fair Oaks Blvd. • Carmichael, CA 95608  
(916) 877-7633

**Emerson Place**

**Designer Comfort**

- 2 Bedroom 2 Bath Units
- 1 Bedroom 1 1/2 Bath w/Den
- Fireplaces
- Central Heat & Air
- Modern Kitchens
- Garbage Disposal & Dishwasher
- Wet Bars
- Washer & Dryer in Every Unit
- Private Patio or Balcony
- Ample Parking & Lighted Carports

**Amenities**

- Community Clubhouse
- Pool & Spa
- On-Site Management
- Near Public Transportation
- Flexible Leasing
- Gated Complex
- Shopping Nearby
- FREE High Speed Internet

**A Senior Living Community 916-489-0343**  
5120 Marconi Ave, Carmichael, CA 95608  
[www.milagroinvestments.com](http://www.milagroinvestments.com)

**Advertise Your Company Online!**

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

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



Visit [www.MyMotherMySon.com](http://www.MyMotherMySon.com)  
for the newly published memoir of Aegis Living's founder and CEO, Dwayne Clark. *My Mother, My Son* is the story of his family's journey through his mother's Alzheimer's.

## The Quintessential Road Trip

When we were kids, Mom and Dad would pack us up for the annual vacation trek. Dad would say, "Mystery and adventure awaits us at every turn," and off we'd go for weeks of car camping, nature walks, and fireside meals.

Times were simpler then.

I know from juggling career, and kids, and aging parents – it's not that easy to unplug from all of my responsibilities and take a time out.

If you are caring for a parent, full or part time, you deserve a break.

It's important for caregivers to recharge and reconnect with your spouse, kids and friends – slow down, breathe.

Aegis Living is the trusted senior living company, known for the finest care and the most delicious and nutritious cuisine, all in loving environments where seniors enjoy planned activities and socializing all day.

Short-term stays and respite programs can be custom made to your family's needs. These stays allow caregivers the break they need.

To plan a short term respite stay call the Aegis Living near you.

ASSISTED LIVING & MEMORY CARE

**Aegis Living**

We're the people who make life better.

Aegis of Carmichael  
4050 Walnut Ave.  
Carmichael, CA 95608  
916-529-4224  
[AegisofCarmichael.com](http://AegisofCarmichael.com)

# Summer reading fun for all ages at the Sacramento Public Library

Special to Arden-Carmichael News

The Sacramento Public Library invites everyone to Dream Big READ!, by participating in the library's 2012 Summer Reading program.

The Dream Big READ! theme will be incorporated into more than 500 entertaining and educational programs for pre-readers, school-age kids, teens, adults, and families. The free programs will range from story times to crafts,

music, dance, book clubs and other activities at all 28 Sacramento Public Library locations (visit [saclibrary.org](http://saclibrary.org) and click on Events for a complete listing).

"While Dream Big READ! makes reading fun for everyone, parents and teachers especially appreciate that children's participation in Summer Reading programs can prevent a decline in reading achievement scores from the spring to the fall," said Rivkah K. Sass,

Sacramento Public Library director. "Sacramento Public Library's program also offers some great incentives for getting involved – a free book or book bag for everyone who finishes, plus the chance to win an iPad or \$100 Target gift card in our grand prize drawing."

Starting June 1, library patrons can either sign up to participate in Summer Reading online at [www.saclibrary.org](http://www.saclibrary.org) or at their neighborhood

Sacramento Public Library branch. A branch-wide kick-off party will be held at the Central Library (at 828 I Street in Sacramento) on Sunday, June 3, from 1 p.m. to 3 p.m. There will be free activities for kids and families, including costumed book characters, face painting, balloon art, henna tattoos, a juggling demonstration, and craft activities. Metered street parking is free on Sunday.

Hot off the press...

## Sac Library's I Street Press offers self-publishing and print-on-demand

By CORRIE PELC  
Arden-Carmichael News writer  
[corrie@valcomnews.com](mailto:corrie@valcomnews.com)

Have a story in you that you're dying to get out and printed in a book? Or are you dying to get your hands on an out-of-print classic?

Then the Sacramento Public Library's I Street Press – A Community Writing & Publishing Center will be able to help you out.

"The idea is to help people in Sacramento who have stories to get those stories published and out," explained Gerald Ward, librarian and head of the I Street Press for Sacramento Public Library. "It's a way of encouraging people to

write, to become more literate, to tell people what their lives are like and what they want to say."

### Espresso book machine

Launched approximately five months ago at the Central Library on I Street in downtown Sacramento, the centerpiece of I Street Press is the \$185,000 Espresso Book Machine (EBM), for which the purchase was made possible through a grant from the California State Library, according to Ward.

The EBM is a manufactured by Xerox and features a high-capacity copy ma-



MORE THAN A COPIER, this special printing press at the Sacramento Public Library's I Street Press is able to re-create rare and out-of-print volumes, as well as print one-of-a-kind publications by local authors.

See Press, page 13

# Take Me Home!

Thanks to the following sponsors! A pet can be a wonderful addition to a family. Won't you adopt one of these animals at the SPCA?

Sponsored by:

**VCA Sacramento Animal Medical Group**  
Dedicated & Compassionate Pet Healthcare In Your Community

**Jinxy** #1564268  
Breed: DSH/Mix Color: Black & White  
Gender: Female Hair: Short  
Age: 3 year 1 month  
This petite girl is as soft as silk! She is a lovebug who loves to knead and purr on a warm lap. She likes string toys, but her favorite past time is napping on a lap.

4990 Manzanita Ave. (916) 331-7430  
Carmichael, CA 95608

Sponsored by:

**EAST LAWN PET LOSS CENTER**

**Jenni** #15967967  
Breed: Terrier/Parson Russell Mix Color: White & brown  
Gender: Female Hair: Short  
Age: 11 years  
Jenni is a peppy outgoing friendly gal who loves to walk and play. She has lots of energy and really enjoys exploring the world with her nose.

• 24 Hour Pick-Up Service  
• Burials and Cremations

**LEAVE A MEMORY ABOUT YOUR BELOVED PET**  
6700 Verner Avenue  
Sacramento 95841  
(916) 732-2037  
[www.eastlawnpets.com](http://www.eastlawnpets.com)

Sponsored by:

**Carmichael Senior Living Oaks**  
www.carmichaeloaks.com

**Pickle** #15935065  
Breed: Terrier/Staffordshire Mix Color: Black & white  
Gender: Female Hair: Short  
Age: 2 years 1 month  
Pickle is a sweet gentle playful girl who loves to take walks and explore the world. She loves to play! Pickle seems a little reserved but with love and affection she warms up and then let the kisses begin.

The Lifestyle You Deserve  
• Three Chef Prepared Meals • Elegant Dining  
• Many Apartment Styles/Sizes to Choose From  
• Fun, Friendly Atmosphere • Exciting Activities & Events  
• Now also offering - Assisted Living & Memory Care

8350 Fair Oaks Blvd. - Carmichael, CA 95608  
(916) 944-2323

Sponsored by:

**ESKATON**  
Transforming the Aging Experience

**Ginger** #14755164  
Breed: DMH/Mix Color: Butterscotch  
Gender: Female Hair: Short  
Age: 1 year 7 months  
Ginger is an active and curious girl. She loves to carry on conversations with you and never hesitates to ask for a game of ball. Ginger has a very soft, butterscotch-colored coat and wide, inquiring eyes.

**Eskaton Monroe Lodge**  
Independent Living with Services  
3225 Freeport Blvd.  
Sacramento, CA 95818  
916.441.1015  
[www.eskaton.org](http://www.eskaton.org)

Sponsored by:

**Because of Dogs**  
Canine Care and Owner Education

**Josie** #14786528  
Breed: Amer. Staffordshire Terrier Color: White & brown  
Gender: Female Hair: Short  
Age: 1 year 8 months  
Josie is a happy, young girl. She's independent but enjoys going on walks where she loves to take in the sights to satisfy her curiosity about the world.

Individual & Small Group Classes  
Family-Style, Home Boarding  
Call Carol at 916-488-7819  
[www.becauseofdogs.com](http://www.becauseofdogs.com)

Sponsored by:

**THE Atrium OF CARMICHAEL**  
A Senior Living Community

**Byron** #15967429  
Breed: Swiss Mountain Dog/Hound Color: White & black  
Gender: Male Hair: Short  
Age: 11 months  
Byron is a big puppy with a lot of puppy enthusiasm. He is an outgoing guy who is looking for an experienced owner to share his life with. He loves to explore and sniff his way through the world.

**For complimentary Tours**  
(916) 486-3533  
[theatriumofcarmichael.com](http://theatriumofcarmichael.com)  
5757 Cypress Avenue  
Carmichael, CA 95608

\* For additional information on adoptions, call the SPCA at 383-7387. Adoptions occur daily and it is not guaranteed the above featured animals are still available. If they are not, the SPCA has many other loving pets available to suit you and your family. The SPCA is located at 6201 Florin-Perkins Road.

**PLEASE RECYCLE THIS PAPER**

**Carmichael Flowers**  
Sacramento's Premier Local Florist since 1955

Bridal flowers are our specialty (916) 483-8511

5907 Fair Oaks Blvd., Carmichael - Frontier Village Center  
11395 Folsom Blvd #150, Rancho Cordova - The Market Place

- Event & Wedding Floral Specialists
- Sympathy Funeral Flowers & Plants
- Wristlet & Bout Specials

**PLEASE ADOPT!**

Two very nice male cats. Neutered, vaccinated, dewormed, litter box trained - indoor/outdoor cats. Abandoned by neighbors. They don't have to stay together. Can be adopted separately. CALL:  
**(916) 215-9496**

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

<b>ANDREWS &amp; GREILICH MORTUARY</b> 3939 Fruitridge Road Sacramento, CA 95820 916-732-2026 "Ready to provide guidance at a difficult time."	<b>EAST LAWN</b> EAST LAWN MEMORIAL PARK 4300 Folsom Blvd. Sacramento, CA 95819 916-732-2000 "Compassion and Integrity Since 1904."
<b>ELK GROVE MEMORIAL PARK AND MORTUARY</b> 9189 East Stockton Blvd. Elk Grove, CA 95624 916-732-2031	<b>EAST LAWN SIERRA HILLS MEMORIAL PARK AND EAST LAWN MORTUARY</b> 5757 Greenback Lane Sacramento, CA 95841 916-732-2020 "Knowing that professional guidance is always by your side"
<b>GEORGE L. KLUMPP CHAPEL OF FLOWERS</b> 2691 Riverside Boulevard Sacramento, CA 95818 Phone: (916) 443-7917 Fax: (916) 443-7931 Family owned and operated since 1921	<b>Harry A. Nauman &amp; Son</b> 4041 Freeport Blvd Sacramento, CA 95822 (916) 452-6157 Serving Sacramento Families since 1903. Pre-arrangement packages available.
<b>LIND BROTHERS</b> A Local Family-Owned Funeral Home Serving Sacramento Since 1964 916.482.8080	<b>Call Patty Today</b> 916-492-9901

# 'Girls On the Run' Local organization provides afterschool prevention program for young girls

By **CORRIE PELC**  
Land Park News writer  
corrie@valcomnews.com

More than 250 girls in the third through eighth grades in Sacramento area schools participated in the spring 2012 session of Girls On the Run – a nonprofit program that strives to educate and prepare girls for a lifetime of self-respect and healthy living. "Girls On the Run is an afterschool prevention program for girls in the third through eighth grade and it addresses

issues that pre-teen girls are just starting to think about and face, things like positive body image," explained Kristen Condie, council director of Girls On the Run of Greater Sacramento.

Condie said this is the time in a girl's life where they are beginning to feel self-conscious as they are beginning to be influenced by topics they hear through the media, at school, or even from their parents. "We really focus a



Photo courtesy, Girls On the Run  
See Run, page 9 **READY TO RUN.** Girls On the Run team from Theodore Judah Elementary in East Sacramento on race day of their 5K.

# Run: Program empowers girls to work together to build self-esteem, social skills

Continued from page 8

lot on how everybody is great just the way they are," she added.

"These are the grades that are merging into adolescence and they're starting to encounter changes in their bodies, in their relationships with their friends, they're encountering new social topics that they might not have thought about," added Corrie Buckmaster, principal of Theodore Judah Elementary in East Sacramento, which has been hosting Girls On the Run programs for the last three years. "It gives them an arena to talk together, to work together on positive self-esteem, good social skills and those types of things so when they encounter these topics that are common in adolescence, they'll have some background and support."

## Ready...

According to Condie, Girls On the Run offers two programs – Girls On the Run for third through fifth grades, and Girls On Track for sixth through eighth grades. "The Girls On Track curriculum is a little more mature – they deal with things like boys, dating and internet safety," she explained.

Both programs consist of two 12-week sessions during the year – fall and spring – with three levels of curriculum. The first section teaches the girls to look inward and talks about values and being healthy. The second section addresses teamwork, while the final section has the girls take on a community service project. And the entire session ends with the girls running a 5K.

Darcy Foran Williams decided to bring Girls On Track to Sierra Oaks K-8 school in the Arden area as she saw the need for such a program for her two middle school-aged daughters and their classmates. "It's a difficult age for a lot of girls and I just saw a need that there would be some positive energy, and we had a very good experience with it," she said.

## Set...

So where does running fit into the picture? Condie said the Girls On the Run program uses running as a tool to help build self-esteem and work on the lessons the girls are taught through the curriculum.

"And as you know when you're healthy and fit, and when you're outside moving around and being active, you just automatically feel better about yourself," she added. "We try to combine all of that."

"I like that they encourage everyone to be part of it and it's not based on skill – it's just participation and really just motivating the girls to do their best," said Eric Duarte, a sixth grade teacher at Pony Express Elementary who coached Girls On the Run at her school for the first time this year. "I felt like the program really encouraged girls no matter what their size was or their skill level was."

Williams said the running portion of the program helps the girls channel their energy in a positive way.

"I saw girls that were kind of down, kind of tired, kind of negative throughout the day, but once we got



Photo courtesy, Girls On the Run  
**WARMING UP.** Participants for the Spring Girls On the Run 5K held April 28 warm up for their race.

there and got out running, their atmosphere would completely change," she explained. "It totally turned their mood around because it was a good, fun peer group, it was a positive experience they looked forward to."

Condie has seen the program have a positive influence on parents as well.

"We have so many amazing stories of parents who have decided to run their first 5K because their daughter was training for her first 5K," she said. "It's really neat to see them cross the finish line together and for the girls to feel like, 'Wow. Because of me, my mom did this and my dad did this, too.'"

## Go!

Condie said Girls On the Run of Greater Sacramento is beginning to prepare for the fall 2012 session,

which normally runs from September to December. They hope to provide the program in up to 25 schools in the Sacramento area next year, an increase over the 19 that participated this year.

If a parent would like to place his or her daughter in a Girls On the Run program but their daughter's school does not currently have one, they can register for a program at a different school, Condie said. She advises parents to visit [www.gotrsac.org](http://www.gotrsac.org) for the most up-to-date list of confirmed schools for the fall 2012 session.

For parents seeking to see a program started at their local school, Condie said once a parent or teacher receives a principal's approval, the organization will work with them to train volunteer coaches and give them all the tools they need.

# Senior Services *and* Resources

Call Melissa (916) 429-9901

## ASSISTED PLACEMENT



Specializing in finding the proper assisted living or board and care for your loved one.

**Placing People First**  
Since 2004  
888.980.9880  
[www.lifetimesolutions.org](http://www.lifetimesolutions.org)

## DOCUMENT PREP SERVICES

### LIVING TRUST/LIVING WILL

Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

Couples \$495 Singles \$450  
Lynda K. Knight (916) 214-1215  
1337 Howe Ave., Ste. 103  
Sacto 95825

## HELP AT HOME

### HELP AT HOME

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**

## IN HOME CARE & ASSISTANCE

### Right At Home

In Home Care & Assistance

- Companion Care • Personal Care
- Memory Care (Alzheimer's)
- Supportive Hospice Care

- Transportation

Flexible schedules including hourly, part time/respite(adult in home day care) 12 or 24 hour live in care.  
Call Right at Home today for a Free Consultation  
**(916) 779-0601**  
[www.RightAtHome.net/rivercity](http://www.RightAtHome.net/rivercity)

## LOVING COMPANIONS



Specializing in 24/7 Live-In Service

Excellent Rates & Discounts

Certified care  
**(866) 312-2157**

## MEDICAL SUPPLIES

### AMD Medical Supply



Visit our website – [amdmedsupply.com](http://amdmedsupply.com)  
Tel/Fax: (916) 485-2500  
3108 Arden Way, Sacramento, CA 95825

Now Accepting Medicare

## REAL ESTATE SERVICES

### Moving On?

FREE Real Estate Help & Advice tailored to seniors & their families

Contact **John Woodall, GRI**  
Seniors Real Estate Specialist  
**(916) 421-5421**

✓out my blog at:  
[aSeniorsBlog.com](http://aSeniorsBlog.com)

## SPECIAL ALZHEIMER'S LIVING



Day Club, Respite, Residential, Support Groups & Educational Classes  
[cas@primroselz.com](mailto:cas@primroselz.com)  
[www.primroselz.com](http://www.primroselz.com)  
**(916) 392-3510**

7707 Rush River Dr. Sacto, CA 95831

## YOUR SERVICES ARE NEEDED

CALL Melissa TODAY  
TO PLACE YOUR AD

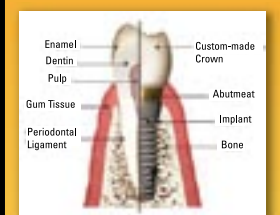
**(916) 429-9901**

# Carmichael Dental Group



## Implant Center in Carmichael!

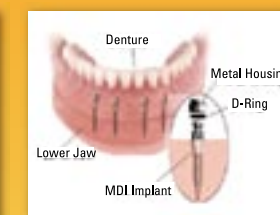
**FREE Consultation & X-Ray**  
**A \$220 Value!**  
Please present coupon.



Single Implant



Multiple Implants



Mini Implant



Combination Implants and Dentures

**8329 Fair Oaks Blvd., Ste B • Carmichael, CA 95608**  
**(916) 944-7700 • [www.carmichaelCADentist.com](http://www.carmichaelCADentist.com)**

## 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 Rate
- Temporary/Long Term

**916-971-9333**

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

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

# Sam's Hof Brau part of a proud Sacramento history

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

*Editor's Note: This is part one of a two-part history series about Sam's Hof Brau and other restaurants that were founded in Sacramento by the late Sam Gordon.*

Undoubtedly one of Sacramento's longtime institutions is Sam's Hof Brau at 2500 Watt Ave., near El Camino Avenue. The restaurant, which reached its 50th year mark in January, is the last of a popular chain of restaurants that was owned by the late Sacramento resident Sam Gordon.

When he opened his Watt Avenue restaurant in January 1962, Gordon had already established four other Sacramento restaurants.

## Sam's Hof Brau at 17th and J streets

The first of these restaurants, Sam's Hof Brau at 1630 J St. — the present location of Hamburger Patties and the former location of Hamburger Mary's — was opened in 1955.

Sacramento County Supervisor Jimmie Yee said that he was a regular patron of the original Sam's Hof Brau during its earlier years.

"I used to go down there after work," Yee recalled. "I worked in the area on Tuesdays and Thursdays until 10 o'clock at night and Sam's was open late. I would get a hot pastrami sandwich and bring it home and split it with my wife."

During its latter years, this restaurant became a popular blues music night spot.

Although the original Sam's Hof Brau was closed in 1993, a few of its features remain, including a neon sign with a bow-tie-wearing chef holding a platter with a large ham.

## Sam's Original Ranch Wagon

Gordon's second Sacramento restaurant was the very unique Sam's Original Ranch Wagon at 1817 Broadway.

This restaurant, which opened in August 1956, was housed in the old Le Marché grocery store building.

Although the building was constructed with a French design in 1929, when the Broadway restaurant opened, it had a much different appearance.

After being remodeled in seven months by the Cal Central Construction Co. of Sacramento at a cost of more than \$100,000, the building had a Gold Rush era/Old West appearance, which was enhanced by a Buck Davis-designed covered wagon on its roof, hitching posts, wooden wagon wheels and a replica of a Western-attired man holding a sign bearing the business's name. The latter feature was taller than the building itself.

Inside, guests were greeted by a red and gold scheme, redwood wall paneling, carpets with branding iron and Pony Express patterns, wallpaper reminiscent of early San Francisco dance halls, gold pan lamp and candelabra fixtures, calfskin lampshades, cattle horns, ox yokes and wrought iron chairs.

The décor also included several murals, which were painted by the notable California painters, George Mathis of Nevada City and Robert C. Rishell of Oakland.



THE LAST OF A PROUD CHAIN. The longtime Sacramento institution, Sam's Hof Brau, opened in January 1962. The restaurant is locally famous for its "fresh quality meats roasted daily."

Mathis' highly detailed murals featured an 1852 scene at Sutter's Mill and a traditional chuck wagon meal.

Mathis, who was considered an authority on Western history, also designed the restaurant's Western-themed placemats.

Rishell's mural, which was located in the Bonanza Room, featured a scene from an Old West gambling card room and dance hall.

Another artistic feature of the restaurant was a separate Sutter's Mill scene, which was painted on plastic by A.C. Elliot of Santa Ana. The piece portrayed James Marshall's 1848 gold discovery.

Gordon, who was known as an avid collector, used his restaurants to display many of his collectibles.

Among his more valuable collectibles on display at the Broadway restaurant were hundreds of 19th century firearms, which in the 1950s were valued at more than \$10,000.

In addition to the Bonanza Room was another dining room, the Ranch Wagon Room. Together these rooms had a seating capacity of 150.

The restaurant also had a cocktail lounge, called the Gold Discovery Room, which was open until 2 o'clock every morning.

In this room was a circular seating area, which was located below the main floor, and a fountain and fireplace.

The only part of the business that did not have a Western theme was a section of the cocktail lounge that had a 19th century drawing room appear-

See Hof Brau, page 11

# Hof Brau: Lavish fixtures, murals and other décor a part of Gordon's restaurants

Continued from page 10

ance. The room included a gold-colored sofa, bright red wallpaper and a crystal lighting fixture.

The restaurant, which was originally managed by Joe Yarrin and included casually-dressed, jean-wearing wait service. It was an "all-you-can-eat" establishment that featured U.S. choice prime rib every night.

## Sam's Downtown Hof Brau

Gordon's third Sacramento restaurant, Sam's Downtown Hof Brau at 815 L St., opened in September 1957.

In preparation for the opening of this Bavarian-style business, its building was remodeled to give it an Old World atmosphere.

Features of the restaurant included a large custom-built bar that was made in Sacramento, hand-carved woodwork and leaded glass lamps.

As he did for Sam's Original Ranch Wagon, Rishell produced mural work for the L Street eatery.

The restaurant, which included booths, rugged tables and tall stools, featured three major sections.

Two of these sections were a dining room with a seating capacity of 180 and a bar. These sections were located on the first floor.

On the second floor was the Stein Room, which had a seating capacity of 200.

The Stein Room was used for men-only luncheons, dinners and parties.

## Sam's Rancho Villa

On Jan. 15, 1960 at 11:30 a.m., another Gordon-owned eatery was opened in the north area.



SERVICE WITH A SMILE. Sam's Hof Brau meat carver Paul Flanders, a resident of the Arden area, cuts a slice of meat at this longtime popular restaurant at Watt and El Camino avenues.



ARTWORK. This image of a ham on a platter is among the various food-related artworks on the exterior of the restaurant building.

The restaurant, which was known as Sam's Rancho Villa, was located at 2380 Fair Oaks Blvd., west of Fulton Avenue.

It was designed by John O'Shana of San Francisco and decorated by O'Shana and Gordon.

With the opening of Sam's Rancho Villa, Sam's Ranch Wagon assistant manager Harry Davis became the manager of this then-new restaurant, and Grover Thompson became the chef.

The business featured its Candlelight, Continental and Venetian dining rooms and the Capri and Eden Rock cocktail lounges.

The dining rooms had a combined seating capacity of 193, and the cocktail lounges, which included red velvet-flocked wallpaper and gold-patterned, acoustical ceilings, accommodated an additional 170 people.

Additionally, a large waiting room, known as the Galleria, was also located within the restaurant. The room had an illuminated water fountain at its center and on its walls were various oil paintings.

Other paintings, some of which were periodically changed, hung

throughout the restaurant. These paintings were valued at about \$35,000.

The restaurant, which had both a continental and contemporary appearance, also included many antiques, a red and gold color scheme, walnut paneling and natural stone features.

In the women's bathroom were 24-carat gold plated wash basins and other fixtures.

Like Gordon's Broadway business, Sam's Rancho Villa was also a buffet-style eatery.

## Bischoffs'

**MEDICAL SUPPLIES**

House of Service Since 1931  
Sales • Service • Rentals • Parts  
[www.bischoffsmedicalsupplies.com](http://www.bischoffsmedicalsupplies.com)

**Lightweight Walkers**  
starting at  
**\$129.99**

**All Scooters**  
starting at  
**\$799.99**

**Bath & Safety Benches**  
**15% OFF**

**Flex-A-Bed**  
Luxury Adjustable Beds  
**15% OFF**

**15% OFF COUPON**

**SACRAMENTO 2590 Alta Arden Expressway**  
HOURS: mon-fri 9-6 • sat 10-4 • sunday closed  
916-974-1100 (On Alta Arden across from Target)  
OFFER EXPIRES 6-30-12

**Support Stockings mediven**  
1-2 Pairs **10% OFF**  
3 Pair or more **15% OFF**  
1-2 Pairs **15% OFF**  
3 Pair or more **20% OFF**  
Stock up TODAY!

WWW.VALCOMNEWS.COM

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

**RESIDENTIAL / COMMERCIAL**

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

**688-7979**  
ELK GROVE

**386-1780**  
SACRAMENTO

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

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

Please Join Us for a Special

# MEMORIAL DAY PROGRAM

To Our Men & Women In Uniform ...  
Past, Present and Future

**Monday, May 28<sup>th</sup> 2012 11:00 am**

**East Lawn Memorial Park**

**4300 Folsom Blvd., Sacramento, CA 95819**

**916-732-2020**

## ECLECTIC ANTIQUES & GIFTS

Open Daily 10-5  
Except Monday

Fine oak, mahogany & walnut furniture,  
silver, jewelry, accent pieces and one of a kind antiques.

(916) 453-9085

855 57th Street, Ste E  
Sacramento, CA 95819

10 Arden-Carmichael News • May 24, 2012 • www.valcomnews.com

Valley Community Newspapers, Inc.

Valley Community Newspapers, Inc.

www.valcomnews.com • May 24, 2012 • Arden-Carmichael News 11

# No clogs. No leaks. No cleaning. That's Byers.

Our no-clog guarantee is the cornerstone of our company and our personal promise to you. It's simple and straightforward – no exclusions and no fine print.

If it clogs, we'll clean it. No questions asked.

Call us today, and find out why thousands of Northern California homeowners love their Byers' LeafGuard gutters and recommend us to family and friends.

- Guaranteed to NEVER clog for as long as you own your home, or we'll clean it for FREE.
- The *only* seamless, one-piece leaf protection gutter system.
- A patented system, *not* an add-on screen or cover.
- Heavy-duty, rustproof aluminum.
- 10 beautiful colors, plus 20 oz. copper.



**OLD GUTTER BUYBACK!**  
**SAVE \$200**  
For every 100 feet of your old gutters  
Expires 5/31/12

Water rolls in. Everything else rolls right off.

**Call for a free consultation  
and no-obligation estimate  
800-977-5323**

**Guaranteed Clog-Free**  
**Byers'**  
ENGLERT  
**LeafGuard®**  
**Gutter Systems**

Learn more at [ByersLeafGuard.com](http://ByersLeafGuard.com)



"He's a smart young man!"

"Learned it all from you, Dad..."

\*Discount not valid with any other offer. CA license 518784

## Press: Ability to print rare, out-of-print books adds to 'Library of the Future'

Continued from page 7

chine/printer on one side, an Epson color cover printer on the other, and then a machine in between them both that binds the book pages and cover together to produce a quality paperback.

For those looking to have their book published, the Library has a publishing guide available for download on their website, [www.saclibrary.org](http://www.saclibrary.org), that includes information on how the book's files need to be set up to ensure the book prints correctly. Ward said there are also publishing assistants at the Library that can help answer formatting questions.

"If someone wants to get their book published and they come in to the library with a flash drive with the files on it and the files are great, then I can upload the files and have the book printed within 20 minutes," Ward added.

So how much will printing your own book set you back? Ward said it depends on which package you choose and how many you are printing. For example, he said if you are only printing a few books there is a \$25 set-up fee, a \$10 fee per book, and then a fee of two cents per page.

### Great books

The EBM is not just for printing new books, but is also for print-

ing hard-to-find or out-of-print books and documents that someone may want a printed copy of.

Ward said through an electronic network of EBMs throughout the world, he can find these books to order for patrons and print on the EBM in Sacramento.

"We have a catalog of about 3.5 million books that can be printed through that catalog – books that are out of print, the classics, genealogy, government documents," he explained. "You name it, we can get to it, mostly all copyright free."

The pricing for these books can be a bit more expensive and it all depends on the exact book or document you are looking for and what the original publisher is charging for it, Ward said.

### Learn the ropes

The third part of the I Street Press Center is all about learning, such as through a number of free classes offered at various Sacramento Public Library branches on topics pertaining to book publishing.

"We have a group of people that have graciously committed to doing writing classes, everything from marketing, how to put the book's structure together, how to organize the

*'We have a catalog of about 3.5 million books that can be printed through (a) catalog – books that are out of print, the classics, genealogy, government documents. You name it, we can get to it, mostly copyright free.'*

**–Gerald Ward**

*Sacramento Public Library librarian and head of I St. Press*

book, the legal side of the book, how to find your customers, how to edit – just about everything and anything," he added.

### The 'Library of the Future'

Although still in its beginning stages, Ward said he will be looking at the possibility of expanding the distribution process of the EBM past Sacramento, both nationally and even internationally.

And as for what the I Street Press and its technology mean for the future of the Sacramento Public Library,

Ward said this is the library moving to the future.

"Instead of just as the library used to be – buying books, librarians reviewing books, beefing up the collections so that people could come in and use them – we are moving into a place where the library is now reaching out to those that maybe will not come into the library, but can still get the information they need, can still get the books that they want to read whether in paper format or electronic," he explained. "So this is part of that process of the library of the future."

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

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

**SOLUTION: SCOOP THE POOP!**  
Pick up pet waste, then toss it in the trash.



**(916) 808-4120**  
[www.sacramentostormwater.org](http://www.sacramentostormwater.org)



Man with dog—Clipart © Microsoft Media

**DREAM BIG READ!**  
SUMMER READING  
2012

SACRAMENTO PUBLIC LIBRARY INVITES YOU TO

JUNE 1 THROUGH AUGUST 15

- Cool programs
- Exciting events
- Great books

Earn Summer Reading prizes and be entered to win a grand prize.

**You could win:**

- iPad for adults, teens, and kids
- \$100 Target gift cards for pre-readers

**Kick Off Celebration Fun for the whole family!**  
Sunday, June 3  
1 - 3 p.m. · Central Library  
828 I Street, Sacramento

Sign up online at [saclibrary.org](http://saclibrary.org) or at any Sacramento Public Library location. Don't miss out!

SACRAMENTO PUBLIC LIBRARY



104 YEARS YOUNG, Eva Jackson (second from left) recently celebrated her birthday with friends. She credits her many years to a positive attitude and love of humor.

## Know your neighbor Carmichael resident celebrates 104th Birthday

Special to Arden-Carmichael News

Eva Jackson celebrated her 104th birthday surrounded by her friends and family at her home in Aegis of Carmichael, an assisted living community. She was serenaded by Rick Bezeemer on his accordion and presented with 104 birthday wishes.

Cody Stark of Good Day Sacramento also came out to mark the festivities for their morning news program.

Eva was born in 1908 in North Dakota. She was the middle child of 12 children. She lived most of her adult life in Sacramento. Eva had many occupations, including a career as a cannery worker, as a salesgirl for Weinstocks and as an employee in a shoe repair shop. She meticulously kept her home and enjoyed working in her flower garden.

Her proudest achievements were her two sons, Ronald, who passed away in 2010, and Jacob. Both of them became Sacramento police officers. Eva has four grandchildren and six great-grandchildren.

Eva enjoys visiting with her sisters and reminiscing. She really enjoys playing Rummy with her family and listening to the Three Tenors.

She has a zest for lively conversation and loves to laugh. When asked what the key to living a long life, Eva replied, "My laughing and my kidding. I love to laugh and joke!"



KNOW THE SIGNS OF STROKE. Stroke survivor Dave Gonsalves spoke on the importance of knowing how to tell when someone is having a stroke. His wife's quick thinking 10 years ago saved his life.

## Stroke survivor and business owner honored at gala event

Special to Arden-Carmichael News

Stroke survivor Dave Gonsalves was honored at the First annual American Stroke Association Premier Gala on May 11. The event, hosted at Atria El Camino Gardens, kicked off a celebration of life and Stroke Awareness Month.

Gonsalves, a stroke survivor of 10 years, is the owner of DGH Inc, Delta Homes in Sacramento. He was selected by a committee as the first recipient of this year's prestigious award.

In his heart warming acceptance speech, Gonsalves recognized his high school sweetheart and wife of 35 years, Jo, for recognizing the signs of stroke that he was exhibiting at the Roseville Galleria and for her swift action in taking him to Mercy San Juan Medical Center. He credits her actions for his being alive today.

He went on to praise the medical team at Mercy San Juan for their outstanding medical care at

the time of his stroke and assisting in recovery. It was not an easy recovery, but he credits his family for their love and support that helped him make it through.

The American Stroke Association took the opportunity to have physicians from Dignity Health-care to speak on stroke awareness and the role that The American Stroke Association has in bringing awareness and prevention.

A much-anticipated comprehensive Stroke Resource Guide was made available to community partners, acute care hospitals, and stroke resource centers throughout the Sacramento Region to point interested parties to resources in the community on this important topic.

**RESERVE YOUR SPACE**  
IN THE UPCOMING

# California Kids!

Be Seen by Over 100,000 Readers Each Month.  
CALL JEN AT (916) 429-9901 TODAY!

**YOUR AD IN 4 PAPERS FOR 1 PRICE**

**Real Estate Quarterly**

- East Sacramento News
- Arden-Carmichael News
- Pocket News
- Land Park News

Contact Linda Pohl for more information  
Ad deadline June 7th Reserve your space today! 916-429-9901

**HASTIE'S**  
Capitol Sand & Gravel

We have the supplies you need with prices you'll love.

## Spring SPECIALS

- Gravel
- Blended Soils
- Decorative Rock
- Topsoil
- Bark
- Compost
- Sand

VEGGIE MIX (TOP SOIL & COMPOST).....	\$32.00 YD	SHREDDED CEDAR.....	\$32.50 YD
PREMIUM ORGANIC COMPOST.....	\$29.50 YD	DRAIN ROCK 3/4" X 1 1/2".....	\$34.00 YD
PLAYGROUND FIBER (CERTIFIED).....	\$36.50 YD	COBBLES 2 X 6.....	\$48.00 YD
FILL SAND (CLEAN WASHED).....	\$28.00 YD	RED LAVA 3/8", 3/4", 1 1/2".....	\$40.00 YD
SALT & PEPPER 5/8" OR 3/4".....	\$49.50 YD	RUSSIAN CHOCOLATE 3/4" CRUSHED (SACRAMENTO LOCATION ONLY)	\$39.00 YD

Prices Good Through April 30, 2012. Cannot be used in conjunction with any other offers.

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

Buy 4 yards of material and get **FREE LOCAL DELIVERY**  
(Call for details)

**CALL 1-800-TOP SOIL**  
\*From 916 and 530 area codes

Sacramento 9350 Jackson Rd. 361-2760  
Roseville 700 Berry St. 772-7900  
West Sacramento 3222 West Capitol Ave. 374-9935  
Marysville 4709 Skyway Dr. (530) 749-9000

**Got News?**

e-mail [susan@valcomnews.com](mailto:susan@valcomnews.com)  
or call 916-429-9901

**Please Recycle this Paper, Thank You!**

**My Yard Is River-Friendly  
Yours Can Be Too!**

**Did you know...**  
60% of household water use is used outdoors – lower your water bill by checking your sprinklers monthly for leaks and misdirected sprinkler heads.

For more water saving tips, visit [riverfriendly.org](http://riverfriendly.org)

*Bride to be – your day starts with your hair "dresser," choose wisely.*

VIP Hair, Makeup, Nails

# Hoshall's

SALON & SPA

For more information regarding Bridal package, call **916.485.4941** to talk to our Bridal Coordinator.

7330 Fair Oaks Blvd., Suite 1  
Carmichael, CA 95608  
[www.HoshallsCarmichael.com](http://www.HoshallsCarmichael.com)



# Boxing, mixed martial arts come to Carmichael

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

One of the fastest growing sports in the country is mixed martial arts (MMA). According to many, MMA has overtaken boxing as the preferred fighting sport. People in the Arden-Carmichael area, however, can choose to participate in either at the brand new California Boxing & MMA training facility in Carmichael.

The gym, located at 6422-34 Fair Oaks Blvd., is awaiting final inspection before it can have its grand opening event. In the meantime, however, people interested in training can do so. Gilbert Zaragoza, former professional boxer and owner of the new gym, discussed the process of turning the vacant building into a world-class training facility.

## 'Perfect facility'

"I was actually looking at a lot across the street from here in the Sam's Furniture lot, but it would have taken a lot of renovation to get it where we needed it," Zaragoza said. "Then I heard of this space here and I came in and looked and it was perfect. We didn't have to do anything as far as renovation goes." The facility has been a dream of Zaragoza's for more than four years and it has finally become a reality for the Bella Vista High School grad. His goal is to open up the

world of MMA and boxing to an area that doesn't have a training facility in the vicinity.

"We cater to everyone," Zaragoza said. "We teach technique as well as strength and conditioning for people of all ages and skill levels."

## Beginners welcome

He said that prior knowledge of the sports is not a prerequisite for joining the gym. "Just come in with a willingness to learn," he said.

The thing that has surprised Zaragoza the most is the number of parents coming in showing interest in signing up their young kids for classes.

One success story involves a kid who was having trouble in school, according to Zaragoza. The child's father made a deal with his son that he could work out at the gym only after he finished his schoolwork. Since making the deal the child has seen marked improvements at school and he shows up every day enthusiastic about learning at the gym.

"We've gotten a lot of positive feedback about our kids programs so far," Zaragoza said.

"One of the main reservations that parents have for their kids is that they're going to get punched in the face in the classes and that's not the case," said strength and conditioning instructor Ryan Canup. "They're not going to come in and



Arden-Carmichael News photo, Benn Hodapp

ATHLETES looking to expand their skills in either boxing or mixed martial arts will soon have a new facility to practice in.

get beat up, they're going to come in and learn the technique and how to train."

## Family atmosphere

"It's a family atmosphere when the kids come in," Zaragoza said. "We make sure that everyone behaves around the kids and that there's no swearing or anything like that. We want this to be a fun and safe place for kids to come and learn about the sport."

There are even families training together at the facility.

"Eventually, of course we would love to train a champion here, either in boxing or MMA, but being here and helping people and doing something positive is the thing we're most happy about," said Zaragoza.

## Pros excited too

As for the training, the gym has five professional strength and conditioning and fighting instructors. The gym is not just a place for kids, however, and experienced fighters have shown excitement about the gym's opening. The gym's jiu-jitsu trainer is a professional from Brazil and was described as "world class" by Canup.

The gym features a boxing ring, numerous heavy and speed bags, weight benches, exercise bikes, fighting dummies, wrestling mats and pretty much anything else one would need in order to practice their craft.

Zaragoza began boxing at the age of 14 after falling in love with

the sport early in his childhood. In 2005 he was a contestant on the reality show "The Next Great Champ" which was hosted by boxing legend Oscar de la Hoya. Zaragoza finished in third place on the show. Now 37, Zaragoza wants to impart his knowledge and passion onto the next generation.

"I'm still really passionate about the sport of boxing," he said. "MMA is huge now, though, so I wanted to open a gym that caters to both sports."

## High school coaches interested

Local high schools El Camino and Jesuit have shown interest in having members of their wrestling teams train at the gym in order to get better at their craft. Zaragoza and Canup pointed out that strength and conditioning training can help a player of any sport from baseball to football, so one doesn't even have to have an interest in boxing or MMA in order to take advantage of the facility.

A grand opening deal is ongoing where people can get unlimited access to the gym for \$80 per month. The regular rate will go up to \$130 per month, but those who sign up for the special offer will only pay \$80 per month for as long as they hold their membership.

The gym is open Monday through Friday from 6 a.m. to 10 p.m. and Saturday from 9 a.m. to 1 p.m. For more information you can visit the California Boxing & MMA Facebook Page or by calling the gym at (916) 222-4649.

# Let the sun shine in!

Photos by **STEPHEN CROWLEY**  
Arden-Carmichael News photographer  
stephen@valcomnews.com

The students, staff and faculty at St. Francis High School celebrated the blessing of newly-installed solar panels on the campus at a special event on May 3.

Father David Suwalsky, S.J., president of Jesuit High School, blessed the panels. Jesuit High alum Kelly Brothers was master of ceremonies. Paul Lau spoke on behalf of SMUD.

The 309.3 KW photovoltaic (PV) system, consisting of 1,316 panels on the rooftops of seven campus buildings is projected to produce 30.6 percent of the high school's currently electricity requirements – saving \$1 million over the next 25 years.

Jesuit High School is installing a similar solar energy system that will be completed this year.

Aerial photo courtesy, St. Francis High School



# CLASSIFIED ADS

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

## COMPUTERS

**GOT COMPUTER PROBLEMS?**  
Pocket Computer Technician. I do on-site visits in the Pocket area. \$45/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161

## EMPLOYMENT/DRIVERS

**DRIVERS**  
Drivers: Gross \$4,100 month, 100% Paid Benefits, get paid weekly & take truck home! CDL-A, 1 YRS OTR Exp. 1-888-880-5921

## HANDYMAN

**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.

## SPRING CLEAN-UP SPECIALS!

**EMERGENCY SERVICES**, tool 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.

## 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@melissandrews.com or call 447-4441. See website at MelissaAndrews.com.

## Sell your car in the classifieds!



## ADVERTISE YOUR RENTALS

Call 429-9901

## BOOKKEEPING

**#1 BOOKKEEPER**  
29 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 apt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info

## TAX PREPARER

**#1 TAX PREPARER**  
29 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, Nevada (775) 410-3422. Same low 1990 rates. www.taxirene.info

Advertise in California Kids! Serving Greater Sacramento For more information, call Jen at (916) 429-9901  
Published by Valley Community Newspapers, Inc. A monthly publication of activities, mazes, word search, party ideas, travel, book reports, and a lot more!

## FOR A BOX CLASSIFIED AD

Call MELISSA 429-9901

Place your ad today! Call Melissa 429-9901

# Real Estate Quarterly

YOUR AD IN 4 PAPERS FOR 1 PRICE

- East Sacramento News
- Arden-Carmichael News
- Pocket News
- Land Park News

Ad deadline June 7th

Reserve your space today!

Contact Linda Pohl for more information 916-429-9901

PLEASE RECYCLE THIS PAPER

# Your Home Improvement Guide

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

## AIR CONDITIONING & HEATING

**BEYOND PROS. WE'RE HEROES!**

**AIR CONDITIONING TUNE-UP** with this ad **\$59.00**

**Huft** HEATING AND AIR CONDITIONING, INC. Service • Sales • Installation

916-686-2626 HuftHeroes.com

© 2012 Huft Heating & Air Conditioning, Inc. | License # 81133

## YOUR AD SHOULD BE HERE!

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

# Your Home Improvement Guide

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

## Our Readers Need Your Service! It Pays to Advertise!

Contact Melissa at 916-429-9901

### ADVERTISE HERE

Call Melissa today!  
Your ad should be here.  
Ad design is free.  
Call (916) 429-9901

### HANDYMAN

**Spring Yard Makeovers**

- RAIN GUTTER CLEANING
- ROTTING/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 15 YRS\***

### HARDWOOD FLOORING

**Hardwood Flooring**  
Specializing in installing, sanding, and finishing hardwood flooring or repair and refurbish your current floors.

Call Michael – (916) 383-8742  
Lic # 544159/References Available

### ADDITIONS/RENOVATIONS

**HARTIGAN CONSTRUCTION INC.**  
GENERAL CONTRACTOR

THE REMODEL EXPERTS! "Building your dreams!"  
(916) 372-0530  
Free estimates - Small jobs welcome  
Serving Sacramento since 1995 • Licensed, Bonded & Insured • Lead Certified • Lic.# 706474

**DESIGN/BUILD**

- Additions, conversions, renovations
- Kitchens & baths
- Electrical & plumbing
- Decks & pergolas

HartiganConstruction.com

### ADVERTISE HERE

Call Melissa today!  
Your ad should be here.  
Ad design is free.  
Call (916) 429-9901

### ADDITION SPECIALIST

**LYTLE CONSTRUCTION INC.**  
Remodeling and Design  
LIC# 480492

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

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

**FREE Consultation**  
916-422-6639

Certified Kitchen & Bath Remodeler

www.lytleconstruction.com

### 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

### CLEANING

**PRIME QUALITY MAINTENANCE**

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

Free Estimates  
Licensed & Insured

Call Jesse (916) 417-4231

### CLEANING

**The Cleaning Brothers**  
"We Treat Your Home Like It's Our Own"

Commercial & Residential Services:

- Pressure Washing
- Gutter Cleaning (Starting at \$75)
- Window Cleaning
- Solar Panel Cleaning
- Pool/Spa Draining

Free Estimates! Call Now! (916) 402-8390  
www.TheCleaningBrothersCo.com  
Licensed & Insured

### HANDYMAN

**FREEDOM HANDYMAN SERVICES**

I specialize in all areas of Home Improvement!  
Carpentry – Electrical  
Sprinklers – Plumbing  
Drains & Mainline

Quality work the first time, Guaranteed!  
NO JOB TOO SMALL!  
Call Eric (916) 470-3488  
Licensed and Insured #152902

### PAINTING

**BK PAINTING**

All Interior/Exterior Custom Painting

Call Bill (916) 519-1175  
References Available • 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

### PAINTING

**GARY'S PAINTING**

CUSTOM RESIDENTIAL  
INTERIOR & EXTERIOR OVER  
20 YEARS EXPERIENCE WITH PRIDE  
EXCELLENT REFERENCES

725-8781  
Contractors Lic. # 734323  
McClatchy '67

### ELECTRICAL

**Sunshine Electrical**  
Residential Specialist  
Security Lighting  
Upgrades/Remodels/Repairs  
Spa Electrical  
FREE Estimates/Small jobs OK  
(916)344-8735 or (916)752-5308  
Ca License # 633853 (Liability Insured)

### YOUR AD SHOULD BE HERE!

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

### ELECTRICAL CONTRACTOR

**CAPITOL ELECTRIC**  
Reasonable Residential & Commercial Work since 1960  
Repairs, Trouble Shooting  
Custom Lighting/FREE Est.  
Excellent ref from Angie's List

(916) 451-2300  
Cell: 213-3740  
Neil McIntire — C.S.L.# 394307

### GLAZIER/GLASS WORK

**TOUCH OF GLASS**  
We'll beat any price!  
Commercial & Residential

REPAIR & INSTALLATION  
Replace broken windows, etching, shower doors, mirrors, patio doors

916.456.2420  
www.touchofglass916.com  
Glazier Lic# 812600 • Over 20 years!

### ADVERTISE HERE

Call Melissa today!  
Your ad should be here.  
Ad design is free.  
Call (916) 429-9901

### PLUMBING

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

### ROOFING

**HOPKINS ROOFING**  
34 years experience  
Specializing in all types of roofing & repairs  
Dry rot repairs • Senior discount

(916) 731-7073  
24-hour service • 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

### TREE SERVICE

**DON'S TREE SERVICE**  
ISA CERTIFIED ARBORIST #64590A  
Trimming, thinning, shaping & stump removal  
Family Owned & Operated since 1967  
#1 in customer satisfaction  
(916) 428-4882  
(916) 689-5244  
www.donandsonreeservice.com  
Lic# 331196

### YOUR AD SHOULD BE HERE!

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

# Home Improvement Guide: a "Keeper" by our readers

Great exposure in these four upscale neighborhoods:  
Arden-Carmichael, East Sacramento, Land Park & Pocket/Greenhaven.

Contact Melissa at 916-429-9901

# YOUR SERVICES ARE NEEDED

CALL Melissa TODAY  
TO PLACE YOUR AD  
(916) 429-9901



Faces and places

# 'GLAMOUR GIRLS' show real beauty of heart



By BILL CONDRAY  
Arden-Carmichael News writer & photographer  
bill@valcomnews.com

Local girls between the ages of nine and 12 participated in a "Glamour Girl Party" held by the Carmichael Recreation and Park District on May 11.

The event, which was really a youth program through the rec and park district, featured makeovers by "Once Upon a Princess." The girls were encouraged to wear their "most fashion-forward outfit." Accessories were provided to complete the look.

There were crafts, a karaoke machine and refreshments.

After practicing their best "red carpet runway walks," the girls strutted down the runway to the applause of the parents. To add to the realism, each girl was formally announced and they all moved to music and choreography with their new found glamour.

One of the girls had a birthday that day, so after each girl received her Certificates of Participation, the happy group sang "Happy Birthday" to her, which culminated the evening.



## Senior Lifestyles

Special Insert in  
**VALLEY COMMUNITY NEWSPAPERS, INC.**  
Arden-Carmichael News, East Sacramento News,  
The Land Park News, and The Pocket News.

**YOUR AD IN 4 PAPERS FOR 1 PRICE**

1/8 page	Black/White \$70	Full Color \$80
1/4 page	Black/White \$100	Full Color \$125
1/2 page	Black/White \$200	Full Color \$225
Full page	Black/White \$300	Full Color \$350

Contact your Representative at (916) 429-9901

Faces and places

# Jan Park Movie Night a **HUGE** success

By BILL CONDRAY  
Arden-Carmichael News writer & photographer  
bill@valcomnews.com

Family groups came in good numbers – up to 300 people, in fact - for the showing of "Dolphin Tale" at Jan Park on Friday, May 18.

The movie was hosted by the Carmichael Parks Department and put on by Brent Finger of Showtime Productions.

Cypress Avenue Baptist Church provided free refreshments. Attendees were encouraged to bring jackets, blankets, folding chairs and refreshments if they desired.

"Dolphin Tale" is a true story about an injured dolphin that was found. It was in poor health and was cared for and its health regained. The movie also centered on the relationship between a boy and a dolphin named Winter. It took three attempts to fix the dolphin with a prosthetic tail.

All in attendance seemed to enjoy the show. The next free movie night sponsored by the Carmichael Park District and featuring Disney-Pixar's "Up," will start at dusk in Carmichael Park on Friday, June 8.



**GRADUATION =**  
*A Time of Accomplishment and Acknowledgement*

**LEIS, BOUQUETS AND MORE**  
IN STORE SPECIALS: 20%-30% OFF - CASH & CARRY ONLY

**Relles Florist & Gifts**  
66 years in Sacramento with Service & Quality

2400 J Street      801 Howe Avenue  
(916) 441-1478      (916) 920-4911

FREE PARKING • RELLESFLORIST.COM

**Real Estate Quarterly**

**YOUR AD IN 4 PAPERS FOR 1 PRICE**

Ad deadline June 7th

- East Sacramento News
- Arden-Carmichael News
- Pocket News
- Land Park News

**Reserve your space today!**

Contact Linda Pohl for more information **916-429-9901**

**PLAY BALL!**

**MEMORIAL DAY WEEKEND**  
Fri, 5/25 - Mon, 5/28  
at Raley Field  
Sacramento River Cats vs. Reno Aces

**Catch the feeling.** **rivercats.com**  
Triple-A Affiliate For tickets call 371.4487(HITS)

Fri, 5/25: Wine in the Park Ticket Package, \$25  
Sat, 5/26: Showdown Hoedown Pre-game Block Party @ 4 p.m.  
Sun, 5/27: Run, Bike, Swim Night Collapsible Water Bottle Giveaway (at 2,500 fans)  
Mon, 5/28: Military Appreciation Day presented by U.S. Army

Logos for Fireworks, Seniors, and other sponsors.

Mr. Dunnigan, who is 98, still stops by every day. An office is kept for him as a sign of respect and affection. Although operation of the firm has long since transitioned, the firm he founded in 1951 continues to bear the imprint of his simple approach: 'We are in the people business.'



In an age where businesses come and go, having a guiding legacy is one of the reasons why Dunnigan is a different kind of Realtor.®

*for current home listings, please visit:*

DUNNIGANREALTORS.COM

916.484.2030

916.454.5753



DUNNIGAN,  
Realtors

SACRAMENTO • LAND PARK • SIERRA OAKS • EAST SACRAMENTO • CARMICHAEL • WEST SACRAMENTO • GREENHAVEN