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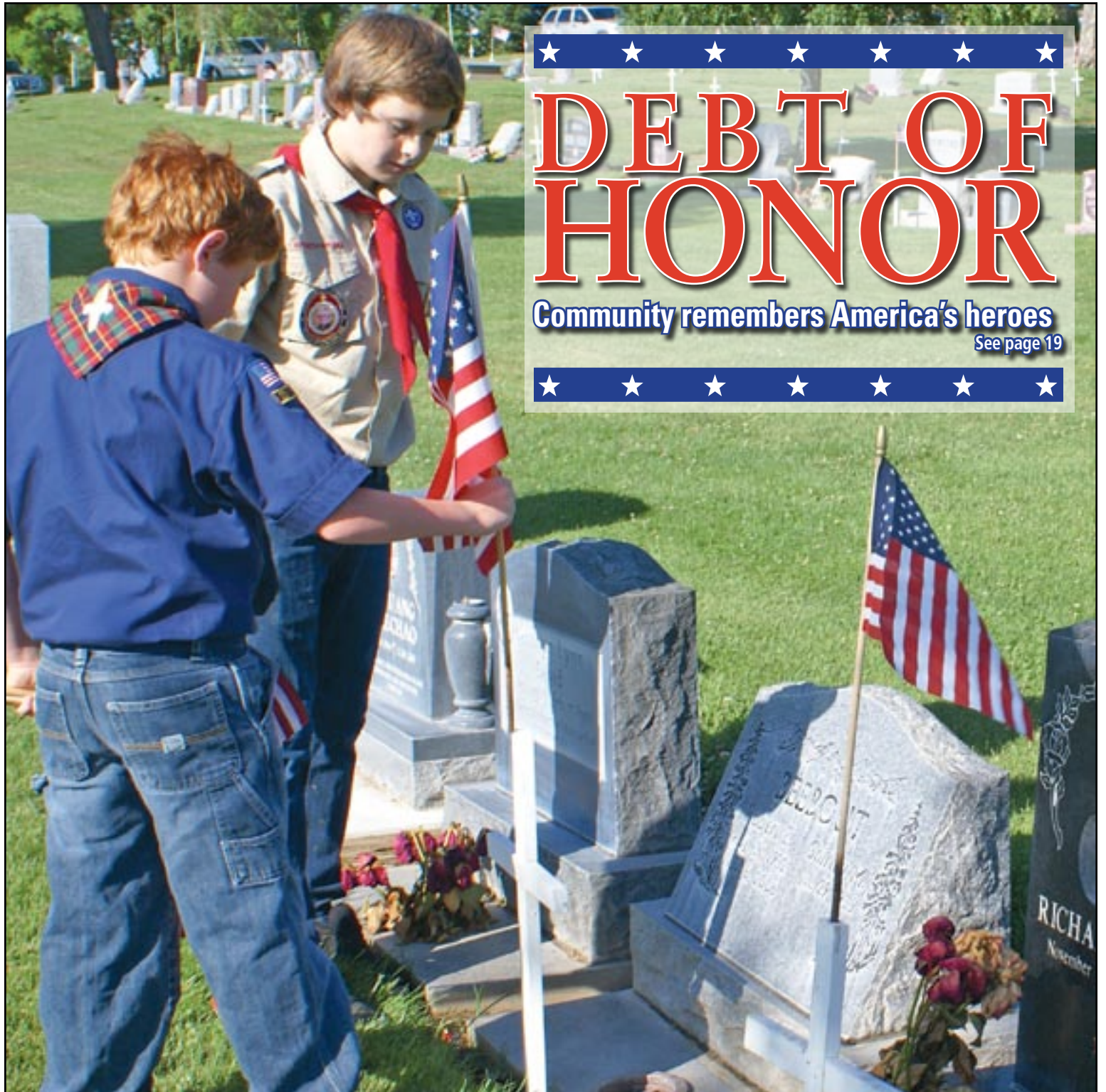
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# West Nile Virus activity increases in Sacramento County

Special to Arden-Carmichael News

The Sacramento-Yolo Mosquito & Vector Control District announced on June 4 that further evidence of West Nile virus activity has been detected throughout Sacramento County as 32 new mosquito samples and four birds have tested positive for the disease.

The birds and mosquito samples have been collected from different areas in Sacramento County but especially focused in communities near Gerber and Calvine roads.

"We're very concerned about the level of intense activity we're seeing this season," said David Brown, district manager. "While it's not uncommon to find widespread areas with dead birds and mosquito samples in August, finding virus activity in June is certainly earlier than anything we've seen in recent years and we urge residents to take these early indications seriously."

West Nile virus activity was also detected last week in the city of Davis in Yolo County as dead birds and mosquito samples also tested positive.

The increased activity comes as the region recently received a late rain storm which created even more aquatic sites capable of producing mosquitoes.

"The excess water will increase mosquito habitats. Now more than ever we need everyone to do their part and drain mosquito breeding sources in their back yard," said Brown. "As the warming trend continues for the remainder of the week, the virus will likely amplify and the risk of human transmission will increase."

In response to the recent findings, the District has started ground fogging around areas where positive mosquitoes and birds have been found.



Photo courtesy, Sacramento-Yolo Mosquito & Vector Control District  
IT'S MOSQUITO SEASON. It's time to drain standing puddles of water around properties and to clean up green swimming pools to prevent mosquitoes from breeding and spreading West Nile Virus.

For current information about any treatments planned, visit [www.FIGHTtheBITE.net](http://www.FIGHTtheBITE.net). Residents may also subscribe to receive email notifications for mosquito treatments by zip code. To sign up go to Spray Notifications on the website.

## 2012 West Nile virus activity update:

Level 2 – Sacramento County: 23 dead birds and 42 mosquito samples have tested positive for West Nile virus to date.

Level 2 – Yolo County: 2 dead birds and 2 mosquito samples has tested positive for West Nile virus to date.

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Special to Arden-Carmichael News

Summer is here!  
That means that it's time to eat lots of delicious ice cream, sign up for the new summer reading program, and have fun at the Arden-Dimick Library's annual Ice Cream Social Kickoff on Tuesday, June 19 at 4 p.m.

The library may even have a special celebrity reader, reading one of her favorite books! Don't miss it. The Arden-Dimick Library is located at 891 Watt Avenue in Sacramento. For more information, call (916) 264-2700 or visit [www.saclibrary.org](http://www.saclibrary.org).

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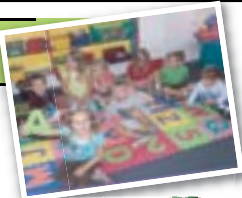
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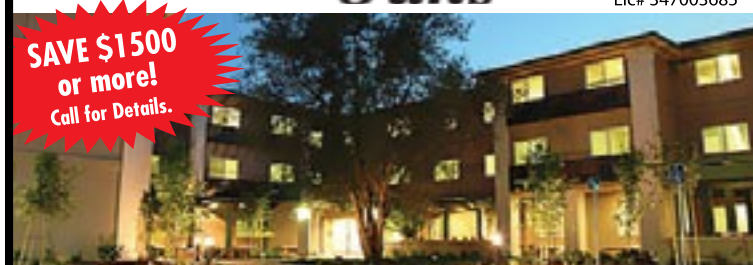
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## 'Man, Woman & Students of the Year' breaks local fundraising records

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

The "Man, Woman & Students of the Year" campaign for the Leukemia & Lymphoma Society broke three local fundraising records during the 2012 campaign.

Kris Vogt and his team raised \$108,449, setting a record in Sacramento and earning him the title of "Man of the Year."  
Prakashni Shandil raised \$17,336 and received the title of "Woman of the Year."

Students Brooke Carroll and Annie Sompayra raised \$24,362 and were designated "Students of the Year."

Delbert Stapp ran a highly visible campaign, reaching out to thousands of individuals in the community. He received the "Man of the Year" runner-up award, the Extraordinary Fundraising Achievement Research Grant (awarded at \$50K) and the Bobby Dean Award for exemplary commitment to the mission of the LLS.

The \$50K research grant will be awarded to a top cancer researcher to further his or her

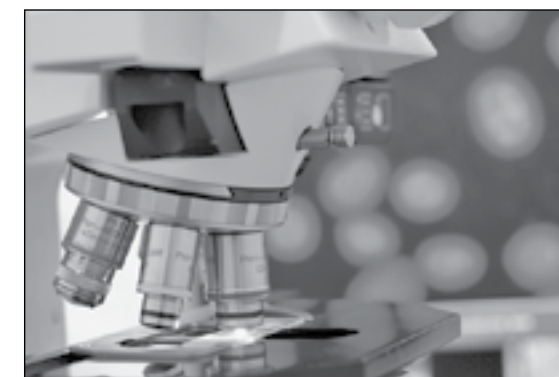


Photo iStockphoto  
RECORD CAMPAIGN. The "Man, Woman & Students of the Year" campaign for the Leukemia & Lymphoma Society raised \$360,000 for blood cancer research and patient services in just 10 short weeks.

work in defeating blood cancers. The grant will be awarded in honor of Gloria Torres, a 12-year leukemia survivor and "Team Delbert" member.

Altogether, the "Man, Woman & Students of the Year" campaign raised \$360,000 for blood cancer research and patient services in just 10 short weeks.



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# Sam's Hof Brau continues longtime traditions at Watt, El Camino avenues

By LANCE ARMSTRONG  
 Arden-Carmichael News writer  
[lance@valcomnews.com](mailto:lance@valcomnews.com)

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

As presented in the first part of this series, local restaurateur Sam Gordon (1907-1998) established four restaurants in the Sacramento area from 1955 to 1960. And with the popularity of these eateries, he continued to open other local restaurants.

## Sam's Plaza Hof Brau

His next dining establishment, Sam's Plaza Hof Brau at 2500 Watt Ave. at El Camino Avenue, opened in January 1962.

In its Jan. 21, 1962 edition, *The Sacramento Union* noted that the restaurant had "opened to the public last week."

The announcement was accompanied by a few details regarding the then-new Sam's Plaza Hof Brau and a photograph of Gordon standing alongside a tall, wooden American Indian statue.

The carved statue was part of the décor of the restaurant, which was mainly designed with a "Gay 1890s" theme and had 6,000 square feet of floor space.



AREA ICON. Sam's Hof Brau at 2500 Watt Ave. is the last remaining Sam Gordon-founded eatery in Sacramento.

Other decorations placed in the restaurant were old signs, paintings and stained glass from a collection in Scottsdale, Ariz. and solid brass, gas lanterns from the grand ballroom of the old Union Hotel in Saratoga Springs, N.Y. The lanterns had since been converted for electrical use.

The restaurant also opened with its 1890 Room, a banquet room with a safe from the Western Hotel, which was located at 209-219 K St. and owned by William Land, who willed the funds for today's William Land Park. The banquet room was built to accommodate 60 to 90 patrons

and the remainder of the restaurant seated 180 guests.

More than 100 photographs and etchings of early Sacramento and nearly life-sized paintings of Lillian Russell and Diamond Jim Brady were hung on the walls.

One of the more notable decorations at the restaurant is a large painting of the 1869 "golden spike" celebration, which ceremoniously marked the completion of the first Transcontinental Railroad.

But beyond its unique, inviting décor, Sam's built its positive reputation through its entrées featuring fresh meats such as roast beef, roast turkey, prime rib, corned beef, baked ham and pastrami.

And of course, these meats can always be used to make this eatery's signature "Sam'wiches."

## Special hof brau memories

Tom Tolley, who grew up in Carmichael and was a 1968 graduate of Del Campo High School, was one of this restaurant's earliest diners.

"Sam's Hof Brau was always a favorite," Tom said. "In 1962, my folks (Walter and Norma Tolley) and I first visited Sac-

# Sam's: Always a great local place for roast beef 'Sam'wiches'

Continued from page 6

ramento and ate at Sam's on Watt and El Camino (avenues). I found it hard to believe that such a cool restaurant was right next door to such a fabulous bookstore and record store — the two Towers. Even Los Angeles and the San Fernando Valley, where I lived, couldn't match that sort of arrangement. We moved to Sacramento two years later and my dad and I would eat there. When Sam's celebrated their 25th anniversary, they rolled prices back to match their opening menu for about a week — a roast beef sandwich for around 65 cents — and the lines were out the door. Even though I was working at a quality restaurant — Coral Reef — I ate there almost every day during that week. Sam's is still a destination where I have lunch with friends or when I happen to be out that way. The one thing I miss is being able to buy a new book or album before or after lunch. The changes to Sam's have not been drastic over the years and I can still load up on free pickles."

David Spieth, 60, who graduated from El Camino High School in 1970, also shared his memories about the Watt and El Camino avenues restaurant.

"Sam's Hof Brau was always a neat place to eat roast beef sandwiches,"

Spieth said. "And, of course, if you wanted a taste of turkey, they always had one turning in the window. It was always dark and cozy and had a lot of privacy when you ate. It was a place where you could take your girlfriend or friends and family. And it was close to the Country Club (Lanes) bowling alley, where I used to bowl. (It was) next to Tower Records, where you could always get your vinyl or tapes. (The area has) changed a lot. The bowling alley and Sam's Hof Brau are the only original places left."

Carmichael resident Pete Lennarz, who owned the Watt Avenue hof brau for about 16 years, said that he began leasing the Watt Avenue building from Gordon in 1991.

Lennarz added that since the Denny's restaurant corporation owned Sam's eateries at that time, he simply shortened his business's name to Plaza Hof Brau to avoid any conflict with Denny's.

In 2007, the restaurant was purchased from Lennarz by the Hof Brau Restaurant Group, which included several Mikuni restaurants partners. And since 2009, this hof brau has operated under the name, Sam's Hof Brau.

Among the earlier events held at the restaurant under its then-new ownership was a 50th anniversary celebration on May 18, 2009.

To eliminate any confusion regarding the timing of this event, it should be recognized that upon acquiring the hof brau, these owners were incorrectly informed that this Watt Avenue business had been established in 1959.

It was not until the publication of the first part of this article series (see May 24 edition of this paper at [www.valcomnews.com](http://www.valcomnews.com)) that the ownership learned that the event was unfortunately held three years prior to the restaurant's actual anniversary.

## Sam's Big Top

Less than two months following the opening of Sam's Plaza Hof Brau, construction began on Gordon's sixth Sacramento area restaurant — Sam's Big Top at 1101 16th St. The business was opened to the public in October 1962.

The location was an ideal place for this circus-themed eatery, since Sacramentoans had routinely dined at the popular Stan's Drive-In at the same site.

This Sam's restaurant, which was originally managed by Art Davis, featured 24-hour booth and counter service and seating for 100 guests.

Another Sam's Big Top later opened at 2721 El Camino Ave. at Sandringham Road, but was operating as a Denny's by 1970.

## Sam's expanded outside Sacto

Many Sacramentoans also have fond memories of Sam's Town entertainment center and restaurant, which operated off Highway 50 in Cameron Park from 1963 to 2000.

Additional Sam's Hof Braus were opened outside the capital city, including in Auburn (Placer County), Oakland, Portland and Los Angeles.

## A Sacramento tradition continues

Certainly the days are long gone when Sam's restaurants could be spotted in different parts of the Sacramento area.

But fortunately the last remaining Gordon-founded eatery in the city, Sam's Hof Brau at Watt and El Camino avenues, continues to carry forth its tradition of serving "fresh, stick-to-your-ribs food at piggy bank prices."

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Know your neighborhood

## Preserve Sutter Jensen looks to raise \$50,000 by end of year for park

By CORRIE PELC  
Arden-Carmichael News writer  
corrie@valcomnews.com

A group of concerned Carmichael citizens is hoping to raise \$50,000 by the end of the year to help the Carmichael Recreation & Parks District (CRPD) develop and create Sutter-Jensen Community Park.

"We're trying to build community here – that's kind of the thrust of what this is all about, to have parks so that we can have little community gatherings there and keep it really nice and keep the neighborhoods nicer," said Sandy Helland, co-chair of the Preserve Sutter Jensen Committee.

### Making a plan

Helland said Preserve Sutter Jensen began about four years ago when the CRPD began looking to develop the Sutter Avenue park site.

According to Jack Harrison, district administrator for CRPD, a master plan was developed for Sutter

Park, but there was no way to fund the development of the park. Because of that, the District developed two options – one that called for selling some of the land, and one that did not.

"Because the neighbors decided they could generate volunteer services or cash, the Board voted to give them a timeframe to try and raise the money, and if they were able to raise the money then we would not move forward with the selling of the land," he explained. "So our position was we preferred not to sell any of it, and they preferred we didn't sell any of it, so we agreed to work together and try to build the park without selling any land."

### Phase 1

Currently the Preserve Sutter Jensen Committee is raising money for Phase 1 of the master plan, which includes a trail that would run through



Photo courtesy, Dave Merrick and Preserve Sutter Jensen

A NEW PARK to bring neighbors together and keep neighborhoods nice, Sutter Jensen Community Park is following a Master Plan that involves the local community and the Carmichael Recreation and Park District. Phase 1 of the plan will cost about \$130,000. Of that amount, Preserve Sutter Jensen needs to raise \$50,000 in both cash and services by the end of 2012. The District will fund the remainder.

See Sutter Jensen, page 10

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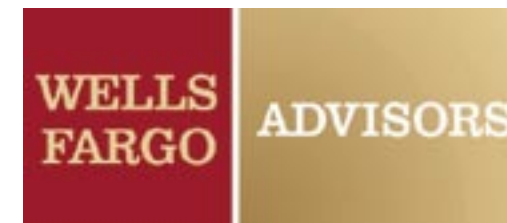
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To view Joseph's website, simply scan the code with your smartphone.



## Sutter Jensen: Objective is to promote local community gatherings, keep neighborhoods nice

Continued from page 8

and connect the Sutter park site to the Charles C. Jensen Botanical Garden, Harrison said.

"One of the reasons we want the trail to go through there is so that the people from this neighborhood, all the people from Sutter Avenue and all on this side of Fair Oaks Boulevard at least, could go over to the Jensen Garden safely," Helland explained. "And also it's really dangerous walking on the streets around here because there's no sidewalks."

Additionally, Harrison said Phase 1 also includes an improved entrance to the Community Garden and an improved parking lot on the Sutter side of the property.

"We need to improve the entrance so it's more safe for people to go in there and park at the Garden," Helland added. "And there is a parking lot, there's ground we use for parking, but it's not paved or anything."

### Raising money

Harrison said Phase 1 will cost about \$130,000. Of that amount, Preserve Sutter Jensen needs to

raise \$50,000 in both cash and services by the end of 2012, and Harrison said the District will fund the remainder.

According to Riki Merrick, fundraising chair of the Preserve Sutter Jensen Committee, the group has been busy fundraising through the use of volunteer "street captains" for streets in the local neighborhood.

"They're just walking around with some flyers and information about the park and talking to neighbors and trying to get donations that way," Merrick explained.

Another major fundraising campaign is selling bricks that will be placed in Sutter-Jensen Community Park. "For a donation of \$125 or more you can have a brick in the park with your name on it or whatever else you want on it - you could make it in memory of your pet or you could make it in memory of a friend," Merrick said.

### Art in the Park

Preserve Sutter Jensen is also using events to raise funds. Helland said

the group had its first Art in the Park event in April, which was such a success they will be holding another one on July 7 from 9 a.m. to 1 p.m.

Merrick said for both events the group worked with David Peterson from the Sacramento Fine Arts Center at the La Sierra Community Center, who holds plein air painting events on Saturdays, and was able to help them bring in artists for the event. "The idea behind the Art in the Park is that the artists come and paint or whatever other art they want, ... and people can buy them throughout the day," Merrick said.

For paintings that do not sell, Helland said the group works with local businesses to hang the remaining paintings to try to continue to sell them.

Additionally Helland said there will also be live music and food, plus they are working on adding children's activities as well.

### Get involved

Right now Merrick said Preserve Sutter Jensen has raised about \$43,000 in

cash and services towards their \$50,000 goal. To help them reach their goal, she asks the community's support by purchasing a brick.

"And if you can't afford a brick by yourself, maybe go in together with some friends and everybody pitch in a couple of dollars, get up to \$125 and put a brick in the park for your bridge club or sports team or in memory of somebody that you would like to honor with a brick in the park," she said.

Helland said community members can also get involved by joining the Preserve Sutter Jensen Committee, which normally meets on Thursday evenings.

"We would love to have more people come and show interest in it," she said. "And we need more people to become street captains to ask people on their street if they want to participate in things and make donations. And we'd love it if somebody knew grant writing and wanted to help with that."

For more information on Preserve Sutter Jensen, visit [www.preservesutterjensen.org](http://www.preservesutterjensen.org).



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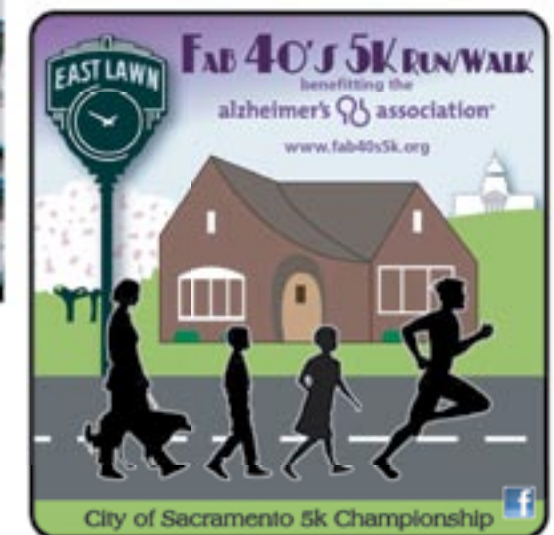
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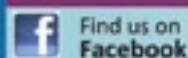
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# Life transitions, the art of living simply and the importance of 'The Present Moment'

By **SUSAN LAIRD**  
Arden-Carmichael News editor emeritus  
slaird@handywriting.com

There are stages in all of our lives: a time to be born, a time to die. Between those two points in time, there is the "stuff" life is made of: childhood, the school, high school and college years, family life, friends, growing older. The list goes on and on.

I'm now at the "sandwich" stage of life. Much as I wish this was about delicatessen delicacies, it's not. The Sandwich Generation, loosely defined, is that group of people who are still raising a family (or supporting kids in college) while taking on the additional responsibility of caring for aging parents.

My mom, a healthy widow of 72 years of age, was struck by a condition called "transverse myelitis" on April 25. This auto-immune disorder attacks the spinal cord. Only 100 people per year are affected nationwide. There is no known cause. Within 24 hours, Mom was a quadriplegic.

And my entire family's life was changed.

The good news is: Mom has every reason to learn how to walk again in the next 12 to 18 months. She's regained much of the use of her arms. Hands and feet are slower. The central nervous system, I'm told, is the slowest part of the human body to heal itself.

The challenging news is: things have to change for each family member.

I am stepping down from my position as editor of this newspaper, because Mom will need 24-hour care for many months. I'll be the caregiver, taking care of physical needs, making the rounds with doctors and therapists and taking care of anything else that needs taking care of as Mom recovers.

My daughter got two jobs at Seton Hall University to supplement her merit scholarship and she is looking into other options to take care of the balance of her tuition.

My husband is taking care of Mom's house for the next year or so, because Mom really wants to go home eventually. And we don't want her to lose her home.

Mom, for her part, is a real saint. She wishes that she wasn't putting us in this situation, and she is doing all she can to work hard in her physical and occupational therapy sessions to re-learn how to do the very things we each take for granted. She prays for others – a lot.

Will this be a rough time? Sure. I wouldn't wish this on anyone.

Will this be a blessing in our family? Absolutely. Blessings are pouring out in abundance.

The initial blessing was: "We still have Mom." We have a second chance to appreciate each other and to say the things that need to be said.

The second blessing, for me, has been the emptying out of my house as I prepare to welcome Mom in for her 12 to 24 month rehab period.

I always knew I had too much "stuff." I wasn't a hoarder, but I simply would put things off for another day.

I put off a lot.

Well, that day has come...and as I've gone through boxes and boxes of ephemera, I've had to ask myself, "Why did I keep all this? I don't need any of it."

Mahatma Gandhi taught, "Live simply, so others may simply live." I have a greater appreciation for the beauty – the art – of simplicity and what is truly needed in life. I plan to continue to simplify my life as much as possible. It's an on-going lesson I'm learning.

Finally, the greatest blessing is the support of a worldwide community of friends. Through local



Photo courtesy, Susan Laird

**SANDWICH GENERATION.** Generations that cared for their children often need to be cared for by their children and grandchildren. Susan Laird, the toddler in this photo from 1967, is stepping down from her post as editor at Land Park News so she can care for her mom, who is recovering from transverse myelitis.

churches, Rotary clubs, the Sacramento area and social media, friends and strangers have shared their love, wisdom, prayers and support for ideas and resources. I had no idea we were so rich in the quality of our friends. It is a humbling realization. We are blessed.

The past is the past.

The future is something we can only prepare for, and it is promised to no one.

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Restore the Roar:

# C.K. McClatchy High School 'Athletic Hall of Fame' to induct first group of alumni

Special to Arden-Carmichael News

In recognition of McClatchy High School's 75 years in serving Sacramento's youth, Restore the Roar is pleased to announce the establishment of the C. K. McClatchy High School Athletic Hall of Fame.

The 2012 class of inductees includes the outstanding Lion athletes of the first 25 years of the school (1937-1962). A 75 Year celebration dinner honoring these inductees will be held Sept. 20 at the Elks Lodge No. 6 on Riverside Boulevard.

There are 48 athletes and two coaches included in this distinguished class.

The inductees include four of the top 100 Sacramento area high school football players identified by the Sacramento Bee in 2000, a Ladies Professional Golf Association (LPGA) member and a Professional Golf Association (PGA) member, and a participant in the 1960 and 1964 Winter Olympics.

The two coaches selected are the legendary Jack Mauger (track) and George Bican (football).

Restore the Roar will also recognize the following athletic teams as part of the CKM Hall of fame ceremony: the undefeated 1944 and 1947 Lion football teams; the 1951-1952 baseball teams that carried a 40 game win-

streak including an undefeated 1951 season; the 1958 baseball team that won the conference championship and posted an 18-1 record; and the 1959-60 Cross Country teams that won back-to-back Sac-Joaquin Section Titles.

The CKM Hall of Fame will include not only those athletes, coaches and teams who compiled an outstanding athletic record while at McClatchy, but also those athletes who established an outstanding athletic record in sports for which there was no opportunity to compete while at McClatchy. A committee sought nominations from alumni and the public, researched school and local newspaper files and interviewed many alumni and observers to compile the class.

The committee included alumni and former faculty members Jim Coombs ('57) and Mike Nishio ('63), Rod Hollander and Jan Olmsted, and alumni Bob Sertich ('67), Mike Ricci ('69) and Rod Kunisaki ('75).

Bob Sertich, who initiated the effort, said, "It will be exactly one year from the first meeting of the committee until we recognize these outstanding athletes in September. The committee put in many hours and many votes to identify the best athletes from the first 25 years of the school."

During its research and discussions, the committee found many family names popped up often in the early years of the school including: Geremia, Stathos, Rose and Thomas. Also, it was more often than not that an athlete was a multi-sport athlete, something that is not so common today.

UC Berkeley was a big benefactor among these athletes with the following playing for Cal's Football team: John Pappa, Herb Jackson, Doug Graham, Steve Radich and Tom Relles. The committee believes that the most extraordinary accomplishment in the first 25 years was the win streak by the 1951 and 1952 baseball teams of 40 games. The 1951 team went undefeated with a 22-0 record and the 1952 team continued to win 18 more in a row for a streak or 40 wins. It is hard to believe that any high school team in Sacramento, or anywhere can match that streak.

According to Jim Coombs, "The committee work was a labor of love and awe. Many of the inductees are the same athletes whom I idolized as a child growing up in Land Park. I watched these athletes compete at McClatchy, Land Park and Hughes Stadium."

Coombs has an eye for talent, as he spent 40 years as a high school and collegiate basketball official in addi-

tion to his duties as McClatchy faculty member and coach.

Former McClatchy Athletic Director Mike Nishio said, "These athletes set the foundation for a strong and enduring athletic program at McClatchy. The current Lion athletes continue to uphold the tradition by remaining on top of the Metro League in many sports every year."

Sertich adds one final comment, "We are saddened that we did not get this put together before we lost some of these legends such as Fred Wristen, Tony and Frank Geremia, Herb Jackson and several others. At least now they become a formal part of the McClatchy athletic tradition."

Restore the Roar is still attempting to locate some of the inductees and members of the outstanding teams being recognized. If you are on the inductee list or were a member of one of the recognized teams and have not been contacted, please call Bob Sertich at (916) 441-0657 or Jim Coombs at (916) 422-9082.

The inductees and teams will also be recognized at the McClatchy Football Game at Hughes Stadium on Sept. 21. Restore the Roar is seeking sponsors for the event. The public is welcome. For reservations for any of these events, visit [www.restoretheroar.org](http://www.restoretheroar.org), e-mail [golions@restoretheroar.org](mailto:golions@restoretheroar.org), or call Jim Coombs or Bob Sertich.

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# CALENDAR

For more Calendar entries visit  
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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

## JUNE

**Bilingual Toastmasters**  
June 14, 21, 28: Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

**Capitol Mall Farmer's Market**  
June 14, 21, 28: Capitol Mall Farmer's Market. Every Thursday, May-Sept. 10 a.m.-1:30 p.m. 6th St. & Capitol Mall, Sac. www.california-grown.com

**East End State Capitol Park Farmer's Market**  
June 14, 21, 28: East End State Capitol Park Farmer's Market. Every Thursday, June-Sept. 10 a.m.-1:30 p.m. 15th & L streets, Sac. www.california-grown.com

**Florin Sears Store Farmer's Market**  
June 14, 21, 28: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

**Food Addicts Anonymous**  
June 14, 21, 28: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

**Living Positive with Chronic Disease group**  
June 14, 21, 28: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best

**St. Michael's Indoor Yard Sale is Back!**



**Best prices in town!!**

Collectibles • Jewelry • Art • Silver • China  
Decorator Items • Books • Linens  
Kitchen Items • Toys • Sports  
Clothing for All Ages and MUCH MORE!

Saturday, June 16<sup>th</sup>, 8am - 2:30pm

St. Michael's Episcopal Church  
2140 Mission Ave, Carmichael  
(El Camino & Cottage)

practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

**Rotary Club of Pocket/Greenhaven**  
June 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freepoint Blvd., Sac. Kelly Byam (916) 684-6854.

**Sacramento Downtown Plaza Farmer's Market**  
June 14, 21, 28: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

**Sutterville Heights Optimist Club**  
June 14, 21, 28: Come enjoy community speakers and community projects for youth. 12 noon, every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

Continued on page 18

# CLASSIFIED ADS

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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.

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Mark 10:27

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**THE NEW CHRISTY MINSTRELS**  
IN CONCERT  
Directed by Randy Sparks  
Saturday July 28th & Sunday July 29th  
Gates open at 6:30 pm  
Veterans Memorial Amphitheater, Old Fair Oaks

**TWO nights!**

General Admission \$20.00 Purchase tickets NOW online at [FairOaksTheatreFestival.com](http://FairOaksTheatreFestival.com)  
To benefit the Festival Theater Renovation Campaign, and the New Christy Minstrel Foundation, which supports school music education programs through free concerts and making sheet music available to students.

# CALENDAR

For more Calendar entries visit  
[www.valcomnews.com](http://www.valcomnews.com)

Continued from page 17

## Ballroom Dances

**June 15, 19, 22, 26, 29:** Enjoy dancing to a live band every Tuesday and Friday, 1:15 p.m.–3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

## Kiwanis Club of East Sacramento-Midtown

**June 15, 22, 29:** Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m.–8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 [www.eastsacmidtownkiwanis.com](http://www.eastsacmidtownkiwanis.com)

## Rotary Club of Point West

**June 15, 22, 29:** Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Double Tree Hotel, 2001 Point West Way, Sac. [www.pointwestrotary.com](http://www.pointwestrotary.com)

## Sacramento Kaiser Farmer's Market

**June 15, 22, 29:** Sacramento Kaiser Farmer's Market. Every Friday, June–Nov. 9:30 a.m.–1 p.m. 2025 Morse Ave., Sac. [www.sierrafresh.com](http://www.sierrafresh.com)

## Saint Rose of Lima Park Farmer's Market

**June 15, 22, 29:** St. Rose of Lima Park Farmer's Market. Every Friday, June–Sept. 10 a.m.–1:30 p.m. 7th & K streets, Sac. [www.MarketLocations.com](http://www.MarketLocations.com)

## Soroptimists of Sacramento

**June 15, 22, 29:** Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.–12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

## Fire Station 20 open house

**June 16:** Come visit Fire Station 20 at 2512 Rio Linda Blvd., Sac. Free. 2 p.m.–5 p.m. Presentations at 3 p.m. (916) 808-1347

## Food Addicts Anonymous

**June 16, 23, 30:** 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

## Carmichael Farmer's Market

**June 17, 24:** Carmichael Farmer's Market. 8 a.m.–1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. [www.bemoneysmartusa.org](http://www.bemoneysmartusa.org)

## Co-Dependents Anonymous

**June 17, 24:** 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac. (866) 794-9993.

## Community Sunday breakfast

**June 17, 24:** Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.–11 a.m., every Sun. \$9. Elks Lodge No. 6, 6446 River-side Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. [www.elks6.com](http://www.elks6.com)

## Families Anonymous

**June 17, 24:** Meet with other parents who are dealing with a daughter or son who is experiencing mental, emotional or addiction problems. Meets every Sunday without fail. 3 p.m. Del Norte Swimming and Tennis Club, 3040 Beccera Way, Sac. June (916) 402-2465

## State Parking Lot Farmer's Market

**June 17, 24:** State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.–noon. 8th & W streets, under Highway 50, Sac. [www.california-grown.com](http://www.california-grown.com)

## Sunday Support for the Widowed

**June 17, 24:** The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine – holidays included. 3 p.m.–5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

## Hatha yoga

**June 18, 25:** Align the body through breathing techniques, postures and deep relaxation. 3 p.m.–4 p.m. Hart Senior Center, 915 27th St., Sac. (916) 808-5462. Meets every Mon. Repeats Wed., Fri.

## Nicotine Anonymous

**June 18, 25:** Nicotine Anonymous meeting. Meets every Monday, 5:30 p.m.–6:30 p.m. Westminster Presbyterian Church, 1300 N St., Sac. Brandi Bowman (916) 984-3501

## Rotary Club of South Sacramento

**June 18, 25:** Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. [www.rotary.org](http://www.rotary.org)

## Tai Chi & Chi Keung

**June 18, 25:** Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

## Toastmasters

**June 18, 25:** Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.–8:30 p.m. Mondays. Executive Airport, 6151 Freepoint Blvd., Sac. Ann Owens (916) 601-4652 [www.klassytalkers.freetoasthost.org](http://www.klassytalkers.freetoasthost.org)

## Christian Women's Connection

**June 19:** Monthly luncheon. \$17. Feature: Inspiring women to look and feel beautiful. Dress Barn has the fashions for summer that can lead you into fall. Guest speaker: Carol Kohler will speak on living with peace and contentment despite bad choices and the bitter consequences of AIDS in her family. 11:30 a.m. to 1 p.m. Socializing at 11:15 a.m. Lunch at 11:30 a.m. Reservations required by June 13. Childcare available by advance reservation only. Sacramento Christian Women's Connection, affiliated with Stonecroft Ministries. Carmichael Elks Lodge, 5631 Cypress, Carmichael. Fran (916) 332-1461, Sharon (916) 361-1642 or [SacCWC@aol.com](mailto:SacCWC@aol.com)

## Fremont Park Farmer's Market

**June 19, 26:** Fremont Park Farmer's Market. Every Tuesday, May–Sept. 10 a.m.–2 p.m. 16th & P streets, Sac. [www.california-grown.com](http://www.california-grown.com)

## Roosevelt Park Farmer's Market

**June 19, 26:** Roosevelt Park Farmer's Market. Every Tuesday, May–Sept. 10 a.m.–2 p.m. 9th & P streets, Sac. [www.california-grown.com](http://www.california-grown.com)

## Rotary Club of Arden-Arcade

**June 19, 26:** Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, [www.ardenarcaderotary.org](http://www.ardenarcaderotary.org)

## Rotary Club of Carmichael

**June 19, 26:** Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues. Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. [www.rotary.org](http://www.rotary.org)



## Faces and places

# Remembering America's heroes on Memorial Day

By **BILL CONDRAY**  
Arden-Carmichael News writer & photographer  
[bill@valcomnews.com](mailto:bill@valcomnews.com)

Freedom is not free. Many Americans have given their lives to defend this essential right in all parts of the world.

Memorial Day 2012 began early in the morning at many cemeteries, with the placing of crosses and flags on veterans' graves in remembrance of these men and women and their service to their country.

Before placing the crosses and flags on the graves, a Remembrance Ceremony was held by the Veterans of Foreign Wars, which closed with a prayer for those who have served their country. This tradition is to remind participants to honor and carry the tradition forward.

Cub Scouts, Boy Scouts, Scout Leaders from Carmichael and the surrounding area, Sea Cadets, Army ROTC and volunteers helped at East Lawn and Calvary Catholic cemeteries by placing the Crosses and Flags on the veteran's graves.



*Senior Lifestyles*

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

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Contact your Representative at (916) 429-9901

**Father's Day**  
Sunday, June 17  
Game Time: 1:05 p.m.

BBQ Tool Set Giveaway  
(1st 2,500 Fans)

Win a chance to have your dad's name painted on the warning track or throw out the first pitch by purchasing the Baseball & BBQ ticket package. For more info go to [rivercats.com/specialoffers](http://rivercats.com/specialoffers).

## – EVENT LISTING SECTION –

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.  
Call (916) 429-9901 for rates.

**FREE LUNCHEON SEMINAR**  
"The Privilege of Planning"

Presenter: Josh Tuttle  
General Manager  
East Lawn Mortuary &  
Sierra Hills Memorial Park  
Funeral Director Lic#3435

Friday, June 29 – 11:30 a.m. to 12:30 p.m.  
Seating is limited to 30 attendees per seminar

**St. Francis Community Hall**  
6700 Verner Avenue, Sacramento, CA 95841  
(I-80 @ Greenback)

30-minute presentation followed by a question and answer period. Reservations Required RSVP to Lisa West @ (916) 732-2020

**CALL AND PLACE YOUR EVENT TODAY!**  
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**Northern California Art by Fire Annual June Show & Sale**  
Featuring a diverse selection of original, functional, decorative, and wearable clay, metal, and glass art.  
Additional information and pictures available at [www.artbyfire.org](http://www.artbyfire.org) or contact us at [artists@artbyfire.org](mailto:artists@artbyfire.org)

**Saturday, June 16, 2012 — 10 a.m. to 4 p.m.**  
**Shepard Garden & Art Center – 3330 McKinley Blvd.**  
Free admission. Easy parking in the charming location of McKinley Park.



**WONDERFUL ARDEN PARK**

Remodeled 4 bedroom 3 bath home with over 2400 sq. ft. The great room kitchen/family room includes a gourmet kitchen with gas cooktop, custom cabinets, and dining bar. The stacked stone fireplace and media wall make this a fabulous family area. Pool. See: [www.990CastecDrive.com](http://www.990CastecDrive.com) \$529,000

**CHRIS BALESTRERI 996-2244**



**SPACIOUS ARDEN OAKS**

Wonderful Arden Oaks property located on 1½ acres of trees, floral gardens and fountains. Features separate guest quarters, large formal dining room, and patio area with fireplace, 2 office areas in addition to 5 bedrooms, 4 fireplaces and 4 HVAC units. See: [3910windingcreekroad.ePropTour.com](http://3910windingcreekroad.ePropTour.com) \$1,790,000

**PATTY BAETA 806-7761**



**SIERRA OAKS CONTEMPORARY**

Immaculate 3 bedroom 2½ bath Streg featuring custom kitchen cabinets by Poggenpohl. Modern feel throughout, with new roof in '04, newer pool equipment, dual pane windows, custom garage doors, laminate flooring lovely pool by the covered patio. \$545,000

**MIKE PUENTE 395-4727**



**ARDEN OAKS**

Classic 3 bedroom 2bath home with pool on a large lot in a great location. Gleaming wide-plank wood floors, and many other updates. Large backyard features sparkling pool, covered patio and a deck off the Master bedroom. See: [1940rolling-hillsroad.ePropTour.com](http://1940rolling-hillsroad.ePropTour.com) \$489,000

**PATTI PRIESS 801-0579**



**SIERRA OAKS**

Wonderful family home, 3 bedrooms 2 baths in a desirable Sierra Oaks location. Many updates; features include granite kitchen counters, hardwood floors, family room fireplace, master suite, dual pane windows, newer roof, newer HVAC system and whole house fan. \$595,000

**PATTY BAETA 806-7761**



**SPACIOUS DEL DAYO**

Delightful 3 or 4 bedroom, 3 bath home on .86 acre lot., Spacious and open floor plan, large kitchen and breakfast nook, master suite with cozy fireplace and outside access. Pool and pool house with changing room and bathroom. \$899,900

**LIBBY NEIL 539-5881**



**SIERRA OAKS VISTA**

Custom 2 story home in very private setting on park-like grounds. Grand home with huge rooms, high ceilings and wide hallways. 4 bedrooms, 5 full baths and 2 half baths; most bedrooms have baths. Tennis, pool, spa & pavilion with fireplace. See: [www.3101adamsroad.ePropertysites.com](http://www.3101adamsroad.ePropertysites.com) \$1,599,000

**PATTY BAETA 806-7761**



**ON A PRIVATE LANE**

Custom 3 bedroom, 2½ bath Tutor style home on private lane off Fair Oaks Blvd. Large master suite with a walk-in closet on 1st floor. Upstairs, 2 bedrooms and a bath, plus loft/study. On almost 1/2 of an acre in a park-like setting. See [www.5242fair Oaks Blvd.view24hours.com](http://www.5242fair Oaks Blvd.view24hours.com) \$424,000

**LIBBY NEIL 539-5881 • MONA GERGEN 247-9555**



**QUIET CARMICHAEL**

Sharp single story 3 bedroom home with pool on a quiet cul-de-sac. Very recent remodel, shows well. Kitchen remodel 2010, great backyard with pool, perfect for entertaining. Dual pane windows throughout and tankless water heater, Two shared fireplaces. \$342,500

**MIKE PUENTE 395-4727**

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