

ARDEN-CARMICHAEL NEWS

August 8, 2013

Community News in Your Hands

www.valcomnews.com

Carmichael musician teaches kids to jam

See page 6



Introducing 'The Spyglass' gossip column ■ 3
Carmichael resident discusses work with Solar Cookers International..... ■ 10
Fresh Market to move into old Borders..■ 16



Elks to hold car show fundraiser

See page 4



Happy 75th anniversary to the Glahn's

See page 12



welcome home

ESKATON VILLAGE CARMICHAEL

Continuing Care Retirement Community

3939 Walnut Avenue | Carmichael

916-485-0220

www.eskaton.org



Pet Friendly

ESKATON.

Transforming the Aging Experience



EQUAL HOUSING OPPORTUNITY



E-mail stories & photos to: editor@valcomnews.com
Vol. XXII • No. 15
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..... Monica Stark
Art Director..... John Ochoa
Graphic Designer..... Serene Lusano
Sales Manager..... Patty Colmer
Advertising Executives:
Linda Pohl, Melissa Andrews, Jen Henry
Distribution/Subscriptions..... George Macko

Cover photo:
Courtesy

Other photos by:
Courtesy
Patty Colmer

Nextdoor.com to hold community organizing events

By BENN HODAPP

Residents all over the Sacramento area are getting a glimpse of a revolutionary tool to bring neighborhoods together in the form of a social networking site called Nextdoor.com. The company, which launched its first ever neighborhood site in San Francisco in Oct. 2011, has since spread to all 50 states in the last 22 months.

Nextdoor's website describes it as a way to "quickly get the word out about a break-in, organize Neighborhood Watch groups, track down a trustworthy babysitter, find out who does the best paint job in town, ask for help to keep an eye out for a lost dog, find a new home for an outgrown bike, or finally call that nice man down the street by his first name."

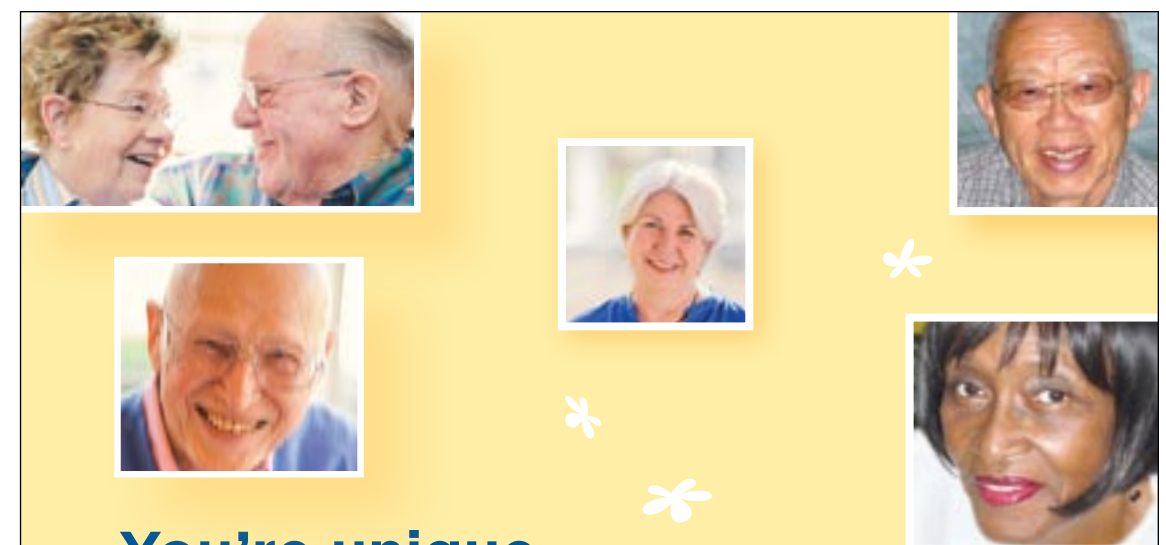
Eight community meetings have been scheduled throughout the Sacramento area to intro-

duce the site and answer any questions residents might have about it. So far there are 182 active Nextdoor neighborhood sites in the Sacramento area, according to Nextdoor's Director of Communications Kelsey Grady.

A July 25th meeting at the Clunie Community Center on Alhambra Blvd. saw roughly 60 residents in attendance to hear speakers from the Sacramento Police Department, councilmember Jay Schenirer and Nextdoor representative Laura Williams. The Sacramento Police Department has partnered with Nextdoor, something that has happened in more than 120 cities nationwide according to Grady.

Williams said in an e-mail that even people who aren't computer-savvy can still use the site thanks to Nextdoor's iPhone app, but even if

See Community, page 19



You're unique.
Your community should match.

Why are there so many smiling faces at Eskaton Village Carmichael? Because we offer more variety than any other community in the area. From cuisine to culture, and classes to clubs, our residents create a vibrant atmosphere designed to support each person's specific interests, passions and goals.

It's more than a lifestyle. It's your plan for happiness. Come for a visit and see the difference Eskaton Village Carmichael can make for you.

Your community. Your life. Your choice.

Call 1.800.574.7132 to schedule a personal appointment today.

Eskaton Village Carmichael

3939 Walnut Avenue | Carmichael, CA 95608 | www.eskaton.org

A community of
ESKATON
Transforming the Aging Experience

License #340313383 / COA #202




The Spyglass: New gossip column discusses down home happenings



By J.J. MILLUS

Just back from a musical mini-vacation to Portland, Oregon, is our "golden age" neighbor and long-time Arden resident **Dorothy McMahon**. Reporting that the annual **Portland Harbor Music Festival** was a "care-free delight," once again this summer Dorothy indulged in her love of Zydeco music, as well as the other forms presented at the festival. Since moving to a different apartment in the Arden area, we haven't seen much of her, and missed the occasional gift of persimmons, pomegranates or oranges which she hung on our front door-knob as the fruits came into season. Dorothy's secret of staying active and strong: frequent swimming outings in her van to various pools in the area. Welcome back, healthy senior lady!

Also back, this time from a four-day motorcycle and camping adventure to Alpine Lake, was our neighbor and friend **Dane Johnson**. And a great Dane (pardon the pun) he is--a big-hearted, generous fellow--a gentleman Harley-Davidson rider whose

latest good deed was to give this writer, totally out of the blue, two fantastic, expensive Hawaiian shirts from his collection. As it so happened, his winter weight-loss program had made him appear to be swimming in tropical flowers. The shirts, neatly cleaned and pressed, fit perfectly, XXL, and really elevated our mood...

Dane, a regular at the morning *kaffeeklatsch* ritual at **Peet's in Lyon Village**, had a very different report to make of his trip. Besides dealing with the pesky flies and mosquitoes, he described an incident of--what shall we call it--territorial tension? As he was just getting settled in his campsite, a "gentleman" appeared from out of the woods and suggested he leave.

"I got six families coming here and I want you to go," boldly declared the swarthy stranger.

When Dane refused, the fellow left and came back with a deer-hunting arrowhead in his hand, pointed menacingly at our friend. Still he refused, "standing his ground," as it were. On the edge of our seat, we asked what happened next, expecting some story of rough play. But no, our buddy matter-of-factly reported, the "gentleman" left and didn't return.

"He probably just found another campsite," said Dane, dryly.

"Chalk one up for steel nerves," we volunteered.

"Flyin' A-right," said our hero. "I wasn't about to give in even though, frankly, he was scaring me--which I told him."

Just call our man by his new nickname--"Steely" Dane...

August is fly season in Sacramento, but some readers say that it is unusually bad this year. Since the county and metro authorities are customarily reluctant to spray, we thought we might pass on this tip for keeping the little critters at bay. Plant basil around your home, especially near doorways, if possible. Flies hate the smell of basil and will keep away. Tell your favorite restaurant managers of this fact and let them see to it that the numerous planters and plots presently full of ornamentals and lavender (which incidentally attracts bees) are loaded instead with basil plants.

Most restaurants have patio areas, but eating *al fresco* becomes problematic when flies are fighting for a piece of your sandwich. Your restaurant owners and managers, as well as neighbors and friends, are sure to thank you for this civic good deed...

There are two real estate offices behind **Loehmann's Plaza** on Fulton Avenue and, of course, the **Lyon Village** office is located at the angle of the two rows of shops in that plaza. Make sure the powers that be in these loca-

tions and other places in Arden/Carmichael are made aware of the problem and advised of possible solutions.

We pay enough for the comestibles without having to deal with flies in our soup...

Our Spyglass "spies" report that there is great friction between wine specialty stores in the area and the trove of less expensive wines in Savemarts and Safe-ways. As one who has worked as a delivery boy for a liquor store back in the day, a furtive tear runs down our cheek when we see the incursion of corporate conglomerates into the Mom and Pop provinces which have long served our communities. Ditto for hardware stores and Home Depot...

One would guess that it's the old story of the big fish eating the little fish. Or dog eat dog. Pity, but what can one do?

Beach Hut Deli is branching out from Midtown, taking the space vacated by **Jack's**, after the latter's move a few doors east to a corner location in Loehmann's Plaza in Arden.

Insight Coffee is coming to **The Pavilions** a few blocks to the west. What used to be hops fields, walnut and orange groves are sprouting some pretty slick establishments in the great stretch and sprawl of "progress." Ain't life grand, Bonnie?

Nancy Arndorfer
• Serving the Sacramento area for over 30 years
• 2002 Realtor of the Year
• 2004 SAR President

LYON REAL ESTATE
www.GoLyon.com

(916) 838-1763 narndorfer@GoLyon.com DRE#00443547

Christ Community Preschool
Celebrating 40 Years of Exceptional Foundations For Successful Education

Visit Us Online!
www.ccpreschoolcarmichael.com
916-331-4977 5025 Manzanita Ave., Carmichael, CA 95608

Schedule A Tour Today!

gripsFastgolf
SINCE 1989

While You Wait!
Regrip • Reshaft • Repair • Custom Clubs

Take an Additional 5% OFF
LOOK FOR MONEY SAVING COUPONS AT:
WWW.GRIPFASTGOLF.COM

4819 Freepoint Blvd, Sacramento CA 95822 (916) 457-5532

Prime Arden Park

SCOTT PALMER
916-838-0313
ArdenParkRealEstate.net
BRE#01326834

Open floor plan with gourmet kitchen, beautifully landscaped backyard and much more!

4064 Cresta Way \$515,000

LYON REAL ESTATE
www.GoLyon.com

Are higher federal and California state taxes a concern?

Interested in learning more about ways to manage 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.

WELLS FARGO ADVISORS


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@wfadvisors.com
CA Insurance License #0C77273
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. 0412-3352 [80631-v1] 09/09

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



Classic car show and sock hop to benefit Carmichael Elks

By LANCE ARMSTRONG
Lance@valcomnews.com

Carmichael Elks Lodge #2103 will present a special rock 'n' roll, golden era-themed event at its building and grounds at 5631 Cypress Ave. in Carmichael on Saturday, Aug. 17 from 8 a.m. to 4 p.m.

This family-friendly gathering, which will feature a classic car show, sock hop, dance contests, a hula hoop lesson, live music, cackle contests, raffles, silent auctions, swimming, snacks and a no host bar, will be held as a fundraiser for the lodge's "beautification project."

Presented in the car show, which is intended to become an annual event, will be different makes of muscle cars, funny cars, dragsters and customized cars and trucks manufactured prior to 1976. Registration for the car show begins an hour prior to the event and the entry fee will be \$20 per automobile.

Additionally, "Kar Korral" spaces will be available for \$30 per space for those interested in selling their cars at the event.

The public is invited to attend the car show free-of-charge, and admission to the sock hop, which will begin at 8 a.m. and continue until 4 p.m., will be \$15. The latter named attraction will be held in the lodge's air conditioned ballroom.

Association Experience, a classic rock, R&B, Latino rock, salsa and blues cover band, will perform music of the 1960s and 1970s from noon to 4 p.m.

The event's founder, Carmichael Elks member Tom Ingle, who owns a 1956 Ford Thunderbird and was

once a member of the Sacramento Classic Thunderbird Club, said that lodge members, who own special interest collectors' cars or simply enjoy classic cars, in general, were instantly interested in the car show.

"A lot of excitement happened around the lodge for those members that were into cars," Ingle said.

Lodge member entries in the car show will include David Lesh's 1929 Ford Model AA flatbed, crew cab truck; Roy Iman's 1937 Ford Slantback; Michael Bradley's 1928 Whippet speedster; Don and Nancy Martin's 1963 Chevy Nova SS; and Butch and Joyce Lenzi's 1947 Ford Coupe.

Also helpful in the lodge's efforts to acquire more entries in its car show was its sponsorship of Carmichael's 4th of July parade for the past 53 years. A lot of car clubs participate in the parade on an annual basis, thus various members of those clubs were attracted to the upcoming Elks car show.

Awards, in which the winners will be determined

through audience participation judging, will be presented in 20 categories. Judging for the show will be completed by noon and awards will be presented during the sock hop.

Award winners in the car show will receive either a trophy or a plaque, depending on the level of the award.

The Carmichael business, Motor Machine Super Shop, will sponsor the trophy for the best hot rod.

Categories also include "best of show," "best engine compartment," "ladies' choice" and "kids' choice."

The owner of the automobile winning the "best of show" award will be invited to present their vehicle in a front position in next year's 4th of July parade. And if the car or truck winning that award has the ability accommodate the parade's grand marshal, then that automobile would be the lead vehicle in the parade.

A membership table will also be available at the event

Benefit: Elks Lodge hopes to increase curb appeal with beautification updates

Continued from page 4

for anyone interested in joining the local Elks lodge.

The lodge once had a membership of more than 3,000 members. Today, the lodge has about 1,350 members and its membership is growing with an average of three new members per month.

In speaking about the membership table, Ingle said, "All non-profit organizations need more members and we think that we offer great opportunities for folks to give back to their community and to our veterans through their membership in the Carmichael Elks Lodge."

Ingle recently spoke about the main objective of organizing the event.

"The Carmichael Elks are a very community active organization," Ingle said. "I'm a member of a five-year planning committee and we were drumming up things we can do to get the community involved with the Carmichael Elks Lodge. We're in the process of raising funds, so that we can increase the curb appeal of our lodge to the community. Basically, (the lodge has) a building that was started in 1959, and then we added pieces to it. So, we have this building that's all tan with no identification on it, and people going down Cypress Avenue and down Hackberry Lane, they look at our building and they don't know what it is. It looks like a mausoleum, it looks like an old folks' home. So, we want to show a better face to the community by improving the appearance of our building."

Ingle said that the lodge's \$50,000 beautification project includes plans for a memorial rock garden with boulders and artificial elks, and new partitions in the ballroom.

In discussing portions of the beautification project, Ingle said, "Our ability to host the community with these dances and everything that is expected of the Elks (are associated with these improvements). Our ballroom was built in 1981 and it needs some updating and we need some energy efficient windows in there and we need some sound dead-

ening things to take away the echo to make the dining and dancing more enjoyable, so that we can compete with other banquet halls that are in the area."

The project also includes a \$16,000 repainting of the building's exterior with three shades of tan paint.

The lounge and employee entrance doors will be painted with "fire engine red" paint as a symbolic gesture toward the lodge's status as the home of the Red Coats. In clarifying the name, "Red Coats," Ingle said, "Within the district, we're known as the Red Coats, because all of our lodge coats are red."

The car show and sock hop, Ingle explained, will not be the last of the lodge's fundraisers for its beautification project.

"In the future, we hope to stage more fundraisers for the Elks lodge beautification

project," Ingle said. "Some of the ideas (are a) Mad Hatter tea party with cocktails, small-scale RV show and swap meet for our traveling Elks' and community RVers, (and a) silent films-style, mystery theater melodrama with Dudley Do-Right and Snidely Whiplash. By the way, our well received USO show is coming up on Sept. 14, and our next parking lot sale is Sept. 7 from 9 (a.m.) to 4 (p.m.). We are still selling booth spaces on a first-come, first-served basis."

And in emphasizing the purpose of these upcoming fundraisers, Ingle added that in order to more effectively present such events, the lodge needs to have a more modern facility.

"The car show is the first step in raising funds for the beautification of our lodge for greater use of the com-

munity," Ingle said. "The whole idea of the car show and the other events that we're throwing on for the benefit of the lodge beautification project is to increase the Elks' capacity to give back to the community in that we can sponsor more deals, we can host more

deals and make (the building) safer and more enjoyable for the Carmichael and Fair Oaks community."

For additional information regarding the Carmichael Elks Classic Car Show and Sock Hop, call (916) 214-4952 or write to information@carmichaelclassic.com.

COMSTOCK MORTGAGE Local Mortgage Bankers



Whether you are interested in buying, selling or refinancing call Dave Mendoza, your trusted advisor!

Locally owned for over 20 years!

Dave Mendoza
Vice President/Certified Mortgage Planner
916-977-1227 direct
916-768-5231 cell
dmendoza@comstockmortgage.com

It's a great time to re-examine your mortgage strategy!
CALL DAVE TODAY!

WWW.COMSTOCKMORTGAGE.COM | CA D.E. LIC. #R000037 | NMLS ID #303891 | SAC 1ST MORTGAGE BILA COMSTOCKMORTGAGE

Carmichael Oaks Dental Care

- General and Cosmetic Dentistry
- Digital X-Ray and Intraoral Camera
- Crowns, Veneers, Bridges and Dentures
- Free Consultation for Braces & Invisalign
- Cerec crowns completed in as little as one appointment
- Senior Discounts

Call Today for an Appointment!
(916) 944-1120

USE YOUR DENTAL INSURANCE BEFORE IT EXPIRES

8329 Fair Oaks Blvd. Suite D, Carmichael, CA 95608
(between Manzanita Ave and San Juan Ave)
www.CarmichaelSmile.com

All services provided by General Dentists, Members of American Dental Association, California Dental Association, Sacramento District Dental Society and International Association for Orthodontics.

Participating Provider for Delta Premier, Delta PPO, Metlife, Premier Access and Many More Insurance Plans.

\$40

EXAM AND X-RAYS
(\$150 VALUE)

and 30% OFF

ANY NECESSARY DENTAL TREATMENT

Valid for new patients only. Includes comprehensive oral exam, necessary x-rays and a consultation. Only valid for non-insured patients. Restrictions apply. Not valid with any other offers. With coupon. Expires 8/31/13

\$79.99

ZOOM WHITENING

Valid for new patients with PPO dental insurance policy only. Restrictions apply. Not valid with any other offers. With coupon. Expires 8/31/13

\$500 OFF

COMPREHENSIVE ORTHODONTICS TREATMENT


Valid only for new patients with PPO Insurance Policy. Low down payments, monthly payments as low as \$100, in office financing based on treatment contract.

Thinking of Changing Banks?

✓ Check the El Dorado Advantage

- ✓ FREE VISA Debit Card
- ✓ FREE Senior Checking with Interest
- ✓ FREE Direct Payroll Deposit Checking
- ✓ FREE Internet Banking with Check Images
- ✓ FREE Online Bill Payment
- ✓ FREE Mobile Banking
- ✓ FREE Telephone Banking
- ✓ VALUE Checking
- ✓ Interest Checking
- ✓ Investors Money Market Checking

- ✓ Business Checking
- ✓ Gold Money Market Savings
- ✓ Purchase & Refinance Loans
- ✓ Fixed & Adjustable Home Equity Line of Credit Loans
- ✓ Friendly, Personal Service at No Extra Charge
- ✓ 35 ATMs at El Dorado Branches
- ✓ Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the SAFEST and STRONGEST Banks in the U.S. Since 1993



EL DORADO SAVINGS BANK

Serving our local communities for over 55 years

www.eldoradosavingsbank.com

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

Se Habla Espanol • 800-874-9779

Member FDIC



Wedding Flower Specialists

Professional Wedding Designer

Carmichael Flowers

& Vintage Home Decor

Indulge in the Exceptional

483-8511

5907 Fair Oaks Blvd Carmichael, CA.

www.carmichaelflowers.com
carmichaelflowers@aol.com



Carmichael Flowers
Sacramento's Premier FLORIST since 1955

FUNERAL DIRECTORY

Call Patty at (916) 429-9901
www.valcomnews.com



GEORGE L. KLUMPP
CHAPEL OF FLOWERS
FD 360

2691 Riverside Boulevard
Sacramento, CA 95818

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

Family owned and operated since 1921

Harry A. Nauman & Son



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

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

LIND BROTHERS

FD 1141

A Local Family-Owned Funeral Home
Serving Sacramento Since 1964

916.482.8080

Call Patty Today



916-429-9901

Carmichael Music Teacher Teaches Kids to Jam August 10 at Sacramento Banana Festival

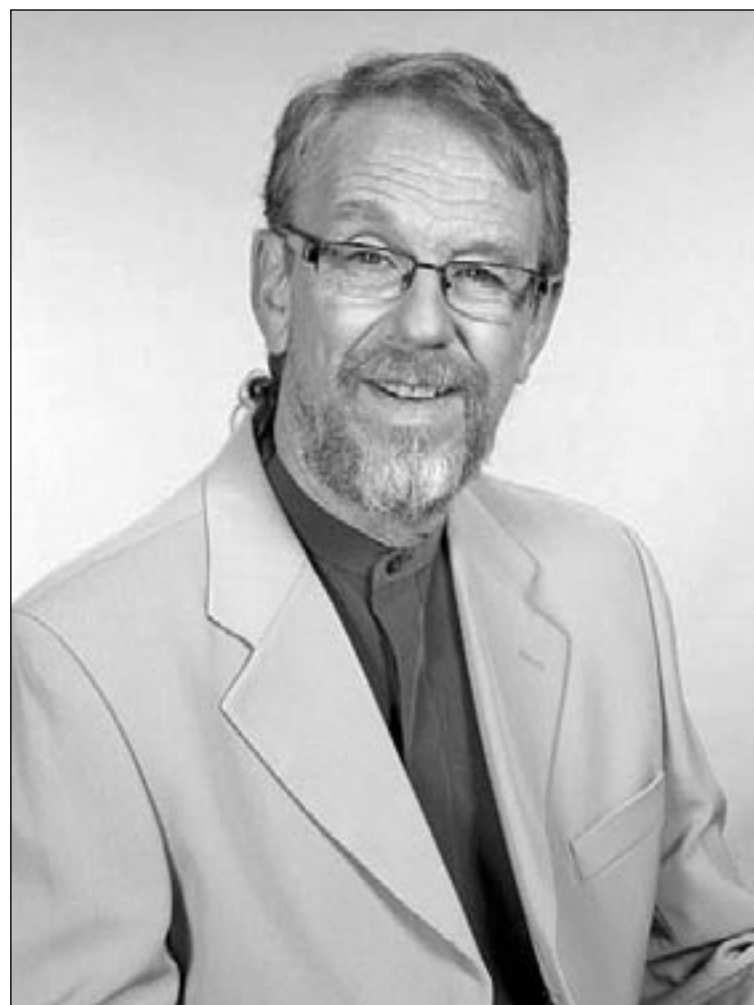
“What Music Means to Me” Jam Sessions Invite Children to Learn Through Music

Paul Morehouse, an early childhood music educator from the Carmichael area, will be hosting a children’s workshop called “What Music Means to Me Jam Session” on Saturday, August 10, at the 4th Annual Sacramento Banana Festival. The interactive children’s musical jam sessions will be held from 12:00 to 12:50 p.m. and from 4:00 to 4:50 p.m. in the festival’s Banana Jungle children’s stage area. Some 8,000 visitors are expected to attend the Sacramento Banana Festival August 10 and 11 at William Land Park, 3800 W. Land Park Drive.

The Sacramento Banana Festival is a multicultural event celebrating cultures in Asia, Africa and the Americas that use the banana as a source of food, art and culture. Entertainers will perform on three age-appropriate stages during the two-day, drug and alcohol-free festival, which also will feature a youth tal-

ent show, youth art exhibits, banana-themed cooking competitions, and educational activities and displays focused on culture, health, wellness and the environment. Festival hours are 10 a.m. to 7 p.m. on Saturday, August 10; 10 a.m. to 5 p.m. on Sunday, August 11. General admission tickets are \$5 and may be purchased online at <http://www.eventbrite.com/event/6587963777> or at the gate. Exhibitor spaces and event sponsorships are available—visit <http://bananafestival.sojarts.net> for more information.

Morehouse has worked as a professional musician since 1963 and started composing original work in 1970; he began teaching music in 1979. He currently composes music for public television and performs on saxophone and percussion with award-winning storyteller Leslie Perry. Morehouse is founder of The



See Music, page 7 Paul Morehouse.

Music: Carmichael music teacher to hold ‘Music Means Me’ workshop

Continued from page 6

Institute for the Study of Music Making Behavior, an online meeting place for individuals and institutions interested in this area of early childhood development.

Morehouse has researched developmental theory in early childhood music education since earning his Ph.D. degree more than 25 years ago. His research focuses on honoring the child’s experience of music-making rather than dismissing it, leading to the development of the “Music Means ME” program.

“Music Means ME” emerged from Morehouse’s creative and developmental work with preschool and elementary age children. The program uses music as the unifying instrument between creative thinking, language development and lit-

erary enrichment. A key aspect of the program is connecting literature a child is reading, or that is being read to him or her, and music or rhythmic sound.

Proceeds from the Banana Festival support the National Academic Youth Corps, a non-profit organization that does business as the Sojourner Truth Museum. In addition, 11 other non-profit, community-based organizations are invited to exhibit and fundraise at the festival for a nominal cost to the organizations. “The Sojourner Truth Museum launched the Banana Festival in 2010 to raise funds for programs to help area youth through the arts and celebrate the diverse cultural heritages of the Greater Sacramento region,” said festival

organizer Shonna McDaniels. “The festival has grown larger each year with a positive, healthy message that brings families together from all different parts of the city. Our fourth annual festival will be bigger and more exciting than ever.”

The Banana Festival is produced by the Sojourner Truth Museum, which provides year-round arts, educational, and health and wellness programming serving more than 15,000 at-risk youth from all communities in the Greater Sacramento area. With the assistance of volunteer artists, the organization offers a summer art camp; workshops on mural arts and a mobile mural program; an after-school needlecrafts and mentoring program for adolescent girls; volunteer opportunities for senior citizens

to encourage community involvement; a monthly Family Art Day; dance and movement classes; and HIV/AIDS awareness, drug and alcohol awareness, and gang prevention programs for youth.

Proceeds from ticket sales and exhibitor fees for the 2013 Banana Festival will also support a newly launched endeavor for the Sojourner Truth Museum. The museum recently received authorization from the Sacramento City Unified School District to move to a district-owned facility at 2118 Meadowview Road, a location it will share with an existing charter school.

For more information about the Banana Festival, visit <http://bananafestival.sojarts.net>.

Senior Services *and* Resources

Call Melissa (916) 429-9901

YOUR AD SHOULD BE HERE!

It Pays to Advertise

Your services are needed. Your ad should be here. Ad design is free.

Call 429-9901

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

Senior Care

Caring, In-Home Assistance & Companionship

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

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

IN-HOME HEALTH CARE

Care | Comfort | Choice

In Place, Where You Live

- Personal Home Care
- Skilled Home Care
- Palliative Care
- Hospice Care

Int-rim HEALTH CARE.

916-779-0811

Family-centered care.

For over 40 years, providing continuity of care through life’s transitions.

People you know • People you trust • People who care

LOVING COMPANIONS

Loving Companions Senior Services

A Proud Member of The Senior’s Choice

Certified care

(866) 312-2157

Specializing in 24/7 Live-In Service

Excellent Rates & Discounts

LEGAL SERVICES

Will/Trust/Health Directive

\$750 Complete Package

Estate and Medi-Cal Planning

Free In-Home Consultation

Tim Tyler, Ph.D., Attorney at Law 916-452-0624

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

SENIOR CARE @ HOME

Senior Home Care

Reliable Service at Affordable Price

BILINGUAL AVAILABLE

- Light housekeeping
- Meal preparation
- Bathing and caring by Certified Nurse Assistants

Call 929-2598

FREE IN HOME ASSESSMENT

SPECIAL ALZHEIMER’S LIVING

Primrose

Living With Memory Loss

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

cas@primrosealz.com
www.primrosealz.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

2012 Altima 2.5 “S” Sedan

Maita Value Price, Only 10 left at this price!

AS LOW AS \$15,488.00

Stock #N4748*, Low mileage!

(VIN.# ENDING 212030) *PREVIOUS DAILY RENTAL

MAITANISSAN THE ULTIMATE USED CAR SUPERSTORE (916) 488-5400

2820 AUBURN BLVD. SACRAMENTO, CA 95821 WWW.MAITANISSAN.COM

BECAUSE WE CARE:

- Gentle dentistry with your comfort in mind
- sedation available for your treatment
- late appointments
- payment plans - affordable dentistry

Family Dentistry with ...

CALL TODAY!
916-929-2234

FREE OFFER Flouride Varnish for Children

FREE WHITENING With Paid New Patient Exam, X-rays & Cleaning

\$1,000.00 OFF

invisalign®
The Clear Alternative to Braces

Kristen J. Adams, DDS
#2 Scripps Drive, Suite 307
Sacramento, California, 95825

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 or pet waste disposal station.



(916) 808-4120

www.sacramentostormwater.org



Man with dog—Clipart © Microsoft Media

- Daily Physician/Nurse Practitioners Oversight/Capital Medical Extended Care
- Post Acute Care
- Full Service In-House Therapy Services
- Orthopedic and Stroke Recovery Programs



Where the patient and family come first

Call today for a tour!

3529 Walnut Avenue
Carmichael, CA 95608

(916) 488-8601

WhitneyOaksCareCenter.com



Wedding • Birthday • Anniversary • Thank You
All Occasions

ON-LINE GIFT CERTIFICATES

www.hoshallscarmichael.com

(916) 485-4941
7330 Fair Oaks Blvd.
Carmichael, CA 95608



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.

Serving The Carmichael Community
Since 1916



(916) 483-2452 • www.carmichaelwd.org



Call Patty
for information
about
advertising in
this section.

916-429-9901

www.valcomnews.com
VALLEY COMMUNITY NEWSPAPERS, INC.

Where Quality Memory Care Meets Quality of Life

The Chateau at Carmichael Park invites you to discover an enriching lifestyle for loved ones with memory loss at our Memory Care Living community.

- Designed specifically for seniors with Alzheimer's disease or other forms of dementia
- A wide spectrum of personal care in a calming, supportive environment
- Individual and group activities based on each participant's needs and abilities
- Staff trained in appropriate, progressive memory-care techniques
- Secure entry/exit points and careful monitoring of residents' whereabouts
- 24-hour emergency call system
- Educational seminars and facilitated family support groups

Contact us today to find out more www.HankFisherProperties.com.

the Chateau
at Carmichael Park
7125 Fair Oaks Blvd, Carmichael
Between Engle St. and Grant Ave.
916.481.7105 Lic. #347001523



Dedicated to Preserving Your Independence



Experience the Value of True Independent Living
Deposit by 8/15/2013 and our large studio apartment is only \$1,600 a month.

All-Inclusive Living in a Large Studio Apartment with lunch and dinner in our dining room daily, all utilities except phone and cable, our large selection of social programs and events, scheduled transportation, 24/7 concierge, emergency system, weekly housekeeping and more.
(Excludes courtyard apartments)

For Complimentary Tours
(916) 486-3533
www.theatriumofcarmichael.com

(Adults 62+ years of age)



www.CarmichaelOaks.com
Carmichael Independent Living
Senior Living Oaks since 1978
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

SUMMER DANCES!

with the **Kristy Reed Dance Trio**

FIESTA PARTY!

August 14th

Refreshments included • Dance Music for All Ages!



Wednesdays, June through August, 7-9pm Cost: \$7⁰⁰
Drop-in Dance Class 6:00-7pm Cost: \$5⁰⁰

Mission Oaks Community Center
4701 Gibbons Drive Carmichael, CA 95608
972-0336 • MORPD.com



Emerson Place



Features

- Washer & Dryer in Every Unit
- Ample Parking and Lighted Carports
- 2 Bedroom, 2 bath units
- 1 Bedroom, 1.5 Bath with Den
- Fireplaces
- Modern Kitchens
- Private Patio or Balcony

Amenities

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

An Over 55 Community 916-489-0343
5120 Marconi Ave, Carmichael, CA 95608
www.milagroinvestments.com

Solar Cookers International to hold annual gathering Carmichael resident discusses work with the nonprofit and passion for energy conservation

By MONICA STARK
editor@valcomnews.com

Angelina Seda is 87 years old and lives in Kenya. Eight of her nine children have died, one is bedridden and she is raising an orphan grandchild with no money and no income. But thanks to local relief efforts from Solar Cookers International, Seda says she can eat hot food now and her life has improved for the better.

Headquartered in Sacramento, SCI facilitates humanitarian and environmentally focused partnerships around the world through a database of connections. As an umbrella organization to numerous groups that try to spread solar cooking worldwide, SCI helps facilitate partnerships.

As in Seda's case and that of other women around the world, solar cooking is about women's issues. If a woman doesn't have to spend hours a day walking to collect firewood, she could use that time growing crops for her family, or spending time with her kids, visiting her relatives or starting a business. Solar Cookers International Executive Director Julie Greene, said during an interview in the backyard of her Sacramento home.

Greene's advocacy with solar cookers began after she read a *Parade* article about SCI's involvement with a Jewish World Watch refugee camp. The inspiring article led her to buy one of the low-end SCI solar cookers, a Cook-It. With it, she did demos for her kids' classes, which among things like learning more about the organization made SCI to become her favorite nonprofit for many years.

Greene loves her job because she feels like what she does matters. "I am lucky because I get to talk to people directly. John said to me (he's our partner in Kenya), he said for you, in the States, it's for emergencies only but for us, it's a matter of life and death. I think of that almost every day," Greene said.

Greene said a lot of the work SCI does not only educates people on how to solar cook but also how to find materials, which are natural to the people's environments. "What happens if something breaks? There needs to

be enough knowledge, enough materials," she said. "And in places where there are no stores, people are always looking for cookers that could be made of local materials such as cardboard and foil," Greene said.

The array of issues solar cooking impacts spans the gamut of women's, health, poverty and the environment.

Women's issues

Besides the mere time savings a woman has for other things when cooking with the sun, their own personal safety is guarded, explained Greene.

"Women who are in refugee camps and are in a hostile environment, in some places where they leave the camps and walk 20 or 30 kilometers to collect firewood, they are raped, attacked or beaten as a warning to anyone else that they cannot take the scarce trees. 'We don't have enough for us.' It's understandable. People want to protect what little they have," she said.

Similarly, for those who live in the desert and rely on finding twigs for firewood, having thousands of refugees from the camp collecting the twigs that the local people cannot even find, this causes a lot of tension.

"So to be able to provide a woman at a refugee camp with a solar cooker means she's safe," Greene said.

Health issues

Besides helping to prepare food, the solar cookers have been used to pasteurize water.

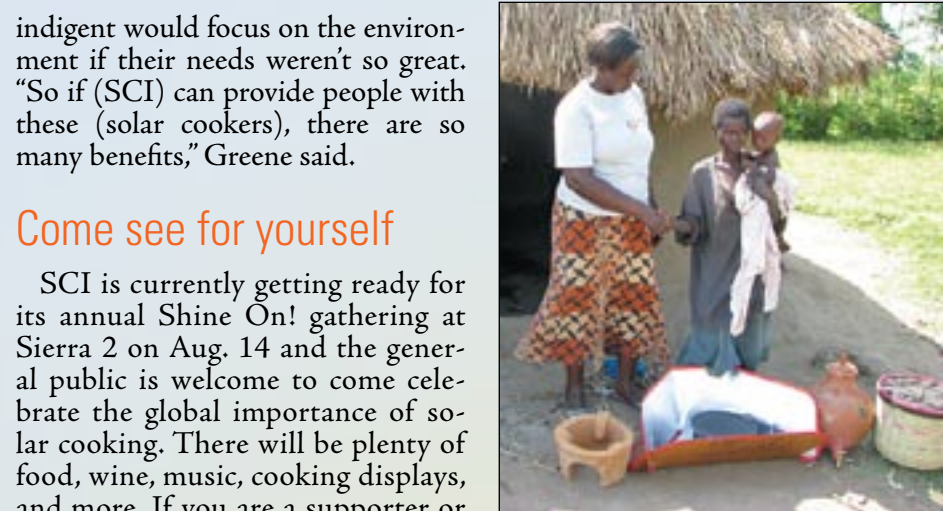
In 72 water samplings in Kenya, 52 of them had E. coli, so SCI representatives taught people how to pasteurize water in a Cook-it. "It kills Giardia. It kills cholera, Hep A and rotavirus and all these things we are really familiar with," Greene said. "We've been told the children stop complaining that their tummies hurt," she said. Many people in Kenya believe that water is a gift from God and therefore drink from swamps and streams.

Environmental issues

With depleted forests in Kenya due to increased population, many of the



Dr. Robert Metcalf, SCI Dr. Bob Metcalf of SCI brings solar cooking and water pasteurization to Tanzania



J. Amayo SCI's community-based partner organization distributes integrated cooking method tools to families near Kisumu, Kenya 2013.

indigent would focus on the environment if their needs weren't so great. "So if (SCI) can provide people with these (solar cookers), there are so many benefits," Greene said.

Come see for yourself

SCI is currently getting ready for its annual Shine On! gathering at Sierra 2 on Aug. 14 and the general public is welcome to come celebrate the global importance of solar cooking. There will be plenty of food, wine, music, cooking displays, and more. If you are a supporter or simply want to know more about the importance of solar cooking, join SCI at the Sacramento Sierra 2 Community Center on Aug. 14.

Carmichael resident Gary Hursh is a former SCI Board President and Shine On! 2013 Committee Chair.

"Shine On! is a way of saying thanks to volunteers of the organization," he said. Hursh said the office has 20 volunteers at any time. Shine On! has been held at the zoo, Sierra 2 and other various venues around town. "We invite cooks to cook solar desserts. 'It's been quite an event with about 200-250 people in attendance every year.'"

Hursh has volunteered with SCI helping to negotiate leases, contracts, any normal business activities and has advised SCI with their corporate nonprofit status. He is a former Sacramento Municipal Utility District board member who has always been interested in environmental and energy matters. He participated in the closure of Rancho Seco and has been involved in energy issues since 1975. Hursh had people who were on the board who were interested in solar cooking and I had an interest in its benefits," he said.

Hursh has cooked mainly casseroles and larger food items. "Food is much more moist and flavorful than cooking in the oven," he said. "It's like a Crock pot — it doesn't evaporate all the moisture. The meat is very tender."

Solar Cookers International is headquartered in Midtown at 1919 21st St. Suite 101

Sacramento, 95811. For more information, visit www.solarcookers.org.

IF YOU GO:

WHAT: Shine On annual SCI gathering (open to the public)

FEATURING: Dinner, wine, sun-baked desserts, Girl Scouts solar cooking display, silent auction, solar cooker sale. Monica Woods, News10 Meteorologist will MC. The event will also feature Julie Greene and Allart Ligtenberg, inventors of Trekkers' Cooker backpack used at the summit of Mt. Everest

WHERE: Sierra 2, 2791 24th St., Sacramento, 95818

CONTACT: 452-3005

WHEN: Wednesday, Aug. 14, 5:30 – 8 p.m.

Solar advice from Sacramento novice and experts from SCI

Local novice

Sacramento resident Ilsa Hess has been solar cooking on and off for 20 years. Using a variety of cookers, including the dashboard of her VW Beetle, she's tried making everything from cornbread to muffins, steamed vegetables, and chili.

She remembered watching a wacky morning show years ago where they would cook turkeys in cars. "They actually did it in an old Cadillac. That sucker cooked! It's so hot out there ... I don't know why it's taken so long to get this together," she says. But on a hot July day, she put out two mason jars filled with half a russet potato each on her car's dashboard between a reflective car sunshade and the window. She put the thermometer in the jar. Before she closed the door, the thermometer read between 70-75 degrees Fahrenheit. Within a few minutes after shutting the door, it read 100. A few hours later, she went out to check on the progress. The heat was holding steady at 175 degrees no matter how hot it got outside. "The potato was still cooking!" she said.

Talk about free energy!

Hess said out of all the cookers she has tried, her favorite remains the fold-up Cook-it, which you can get through Solar Cookers International. A friend of hers let her borrow a big box cooker. "I tried to cook muffins, but they released a lot of moisture. I thought it would be the god of all cooking gods. But it's so heavy and I was blowing my back out. For what it's doing, it's not that awesome."

With the Cook-it, she has found that if it's hot enough outside, by noon her food can be all done.

While SCI recommends black enamel pans, Hess said the glass jars work well for her because she can actually see when something is done.

Solar cooking definitely has a learning curve. Different factors like the time of day and the wind can be an issue, she said.

Sometimes when cooking vegetables in a solar cooker, she has noticed the flavor change. "It will dry out and taste weird," she said. But when cooking chili, that's something that needs to cook for a long time. "It could sit there and simmer all day ... It's hard to boil a large pot of water. You can combat that by separating the beans into multiple jars to help get things moving and presoaking the beans helps."

For the interested, Hess recommends beginners purchase a solar cooking cookbook.

"Someone has done all the trial and error!"

As a vegan, she has gotten a vegan solar cooking cookbook, but she said the recipes were fancier than she wanted. "It was hippie wheat germ! I don't make that. Wheat germ almond crust pie — that just sounds nasty."

So Hess went rogue and started making her own personal cookbook. Here are some of her recipes:

Solar Chili

- 1 14oz can diced tomatoes
- 2 cans water
- 1 medium bell pepper cut into 1/2 inch cubes
- 1/2 cup corn (optional)
- 2 tsp salt
- 1/4 cup chili powder
- 1 Tbs cumin
- 2 tsp coriander
- 1 tsp red pepper flakes
- 1 tsp oregano
- 1/2 tsp cayenne pepper



- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 cup ketchup
- 1 cup of your favorite beans, drained (either dried beans pre-soaked overnight or canned)

Open can of diced tomatoes and put into a very large canning jar. Refill the empty can of tomatoes with water and put in a total of two cans of water. Add all other ingredients. Shake vigorously.

Place in a solar oven and cook for at least 4 hours in high sun (between 10am and 2pm). You can leave the chili in the cooker all day since it will not burn. Be aware that the longer the chili cooks, the softer the beans will become.

The key to steaming veggies is to not let them overcook. It will make them taste weird. I just wanted to steam the yellow squash and it came out perfect! Just put the food on the dash and the thermometer already says 100 degrees! I've been checking the temp and it's staying at a solid 175 even with the reflectors behind the jars. Two of the jars have chunks from one big russet potato and the third is dried mano coba beans and water. Looks like they are cooking well!

Rosemary potatoes

- 5 small potatoes (any kind)
- 1 tsp olive oil
- 1 TBS dried rosemary

Wash potatoes being sure to scrub away any dirt. It's okay if the potatoes are still damp. Put all potatoes into a very large canning jar. Add olive oil then rosemary. Put on the lid of the jar and shake to combine.

Place the canning jar into a solar cooker and cook for at least 3 hours in high sun (from 10am to 2pm). It is okay to cook for longer, but be aware the potatoes will start to become very soft and may fall apart a little bit.

The experts

If you are interested in trying solar cooking for the first time yourself, you may be wondering whether

it is best to build your own solar cooker, or to buy a finished solar cooker commercially. Take a look at how solar cookers work to help understand the principles of solar cooking. Building your own solar cooker can be fairly easy and inexpensive way to go. Various types of solar cookers that are available to build are listed at build a solar cooker off the website, <www.solarcookers.org>. You will find information there comparing the advantages and disadvantages of each style of cooker. There are also many solar cookers available commercially. Commercial cookers are typically well made, and waterproof. The location of the retailer will be important to consider to avoid high shipping costs.

Once you have decided on a cooker, you will need to find appropriate cookware. Thin-walled dark enameled metal cook pots work well. They are good at heating up quickly. Cast iron pots also work, and are typically preheated in the solar cooker before cooking. The advantage of the heavier pots is that they will help maintain an even cooking temperature if the sun is occasionally blocked by clouds, but most solar cooks seem to use the enamel pots. Because dark cooking pots work the best in solar cookers, it is important to remember to use a nontoxic paint for the exterior cook pot surface if you choose to darken your own pots.

Consider the type of foods you will be preparing in your cooker. Solar panel cookers and solar box cookers are simple to use, and are best at baking and slow cooking, similar to crockpot cooking. Parabolic solar cookers will require frequent re-orientation to the sun, but have the ability to fry foods and cook food on a griddle. Cooking guidelines will explain the best way to prepare specific food types. There are also many recipes of proven approaches to great dishes, but basically, most any recipe will work with the right solar cooker, by simply allowing for more cooking time. Most solar cooks will advise to not add much extra liquid when cooking, as you might do with traditional stovetop cooking. The natural juices of the food are retained when solar cooking.

Courtesy of www.solarcookers.org

Happy 75th Anniversary Aubrey and Lucile Glahn

August 6 marked the 75th wedding anniversary of Aubrey & Lucile Glahn. "Aub" & "Cile" met at a baseball game in 1935 in Ft. Collins, CO.

Aub would often walk across town with his accordion to serenade Cile. With a few family members and a couple of friends present, they were married on August 6, 1938 on Aub's 21st birthday. The church parsonage was quarantined because the pastor's children were ill, and so they were married in the church. Following the ceremony they went on to a dance. Aub had his own dance band and was playing for a dance that evening. They didn't tell anyone they had just been married because in those days people often chivareed a newly married couple. Lucile danced with others as Aub played the saxophone or clarinet on stage. She was often asked why she was so "gussied" up for the evening.

When the war broke out Aub was deferred because he worked for an ice cream company making milk products. Cile was grateful he was able to remain home. Their only child, Janet, was born in 1942.



The Glahns in 1938.

Lucile says that Aub made \$12 per week and had every other Sunday afternoon off from work. Aub gave her \$5 each week for groceries, and she was often able to return \$2 to him. A \$2 bill was passed back and forth for weeks until she finally put it in her wallet, and it has remained there for 70 years!



Photo by Patty Colmer
Before and after shots of the Glahns who are still very much in love and taking care of each other. Mrs. Glahn just turned 98 years old last month.

In 2007 they moved to Sacramento to be near their daughter, her husband, Mark, four grandchildren and their spouses, and four great grandchildren. They left the home where they had lived for 64 years. They had purchased that home for \$2,350. They had been honored by the city of Ft. Collins a few years earlier for being the longest residents in that particular area of the city. They currently live at Carmichael Oaks Senior Living. They are able

to attend family events and can now participate in holidays and birthday celebrations. A celebration of their 75th anniversary was held on Sunday, August 4th at the home of their daughter, Janet, and her husband, Mark. Another celebration was held at Carmichael Oaks Senior Living on August 6th. Few people are able to celebrate 75 years of marriage and the family is excited to be a part of this event.

Linda Pohl
916-429-9901
linda@valcomnews.com
www.valcomnews.com

Valley Community Newspapers
Arden-Carmichael News • East Sacramento News
Land Park News • Pocket News
California Kids



Hoshall's SALON & SPA
hair face body
916.485.4941
7330 Fair Oaks Blvd.
Carmichael, CA 95608
hoshallscarmichael.com

AUGUST SPA SAVINGS!
One Hour Swedish Massage **\$59** (reg. \$80)
Exclusive Facial **\$69** (reg. \$89)
MONDAY, TUESDAY AND WEDNESDAYS
Good thru August 31, 2013. Not valid with any other offer.

WILLS and TRUSTS
*Protect Those You Care For;
Protect Your Children and Loved
Ones if Something Happens to You*

GL Gilberto Lopez, Jr. Estate Planning Attorney
(916) 665-1122 • www.gjlawoffice.com
8031 Freeport Blvd., Sacramento, 95832
Also experienced in Trust Administration & Personal Injury Auto Accidents

A BETTER MOVING.COM
(916) 489-3322

LOCAL & WORLDWIDE MOVING & STORAGE

RAY STONE INDEPENDENT SENIOR LIVING COMMUNITIES

Worry less ... Smile more!

- FREE WiFi
- Studio, 1 & 2 Bedroom Apartments
- All-Inclusive Rent
- Delicious Meals Served Daily
- Weekly Housekeeping
- Scheduled Transportation
- Emergency Alert System
- Full Recreation Programs

Move to Winding Commons waterside living, and enjoy FREE WiFi in your apartment home! Winding Commons is proud to be the first independent senior living community in the greater Sacramento area to provide residents free wireless internet connection in the privacy of their homes.

Join us for "Live Active, Live Well Week" September 24-28 — a week of fun activities for body and mind. Our chef will create healthy snacks to keep you in shape. Opening ceremonies are on Tuesday, and medals will be awarded at closing ceremonies on Saturday. Call (916) 485-0100 for details.

Come tour Winding Commons. Make sure to ask about our "free stay package."



WINDING COMMONS
(916) 485-0100
6017 Winding Way, Carmichael



RayStoneSeniors.com

Interview: From LSD to OMG, this will make you LOL

By GREG BROWN
greg@valcomnews.com

Nationally known political comedian Will Durst will be performing an all-new show called "BoomerRaging, from LSD to OMG" at the Sierra II Center in Curtis Park. It's a tribute to the history, growth, achievements, joys, and the looming doom of the Baby Boom Generation in today's youth obsessed society. One of the segments is, "Hey you punks, get off my wireless router!"

The show is Friday Aug. 23, 7 p.m. at the 24th Street Theater. There will be complimentary drinks from 6 to 6:30

p.m. before the show. Tickets are \$20 in advance. Tickets may be purchased securely online at <http://humortimes.brownpapertickets.com>. And order over the phone at 455-1217.

I spoke with Will Durst over the Internet. I was going to do the Q and A via text message but my thumbs gave out. Here's it is:

The title of your one-man show is From LSD To OMG, which made me LOL. What is the drug of choice of the Baby Boomers these days?

That's the great thing. We Baby Boomers are still doing

lots of drugs- only now there's a co-pay.

Who's attending your show? Is it all baby boomers or are the Gen X or Generation Z's also attending?

It's just a funny, funny show. I'd say we're getting about 80 percent Baby Boomers and 20 percent others. Including Millennials and Gen Xers, and the Greatest Generation.

What do you think next Generation should be called?

Lucky. The Survivors. Enforced Mutators. Gill People.

What topics are you riffing on in the show?

A. The big 3. Sex, drugs and politics. Bunch of other stuff. Pretty inspirational. Some nostalgia. But not a soupcon of regret.

In your one-man show you use an overhead projector. It's like an old-fashioned power point presentation with jokes!

Yes. That's the point. There's something warm and fuzzy and comforting about an overhead projector. And in perhaps too apt an analogy, 3M stopped making them last year. Cue the Jaws music.

How are the Baby Boomers coping with all this modern technology?

Baby Boomers are technologically limber. We are organic spores of the Space Race. Transistors, television, Tupperware, we were there for all of it. The fork with the built in calorie alarm. That was us. The only problem now, is the pace of change. Change keeps changing so changingly. You got to run twice as fast just to stay in the same place. And our knees ain't what they used to be.

What first caught my eye about your one-man show at the Sierra 2 Center was complimentary drinks.

Huh? What? Oh yeah, that's right — as much Ensure and Metamucil as you can put down.

Like the song says, What a drag it is getting old....what's so funny about losing bone density?



Hey, those creaks in my bones keep me alert while driving. And my knees are better at predicting the weather than the guy on TV.

Tweeting or Facebooking?
Yes. Indeed. You bet. Both. But it's frustrating. Finally figure out MySpace and it's over. "Soooo 2007." That's why I know Facebook is doomed. Because I'm on it. And my aunt is on it. No, no. My Aunt.

What are your thoughts on former NBA star turned politician Mayor Kevin Johnson?
Go KJ. Keep those Kings in the 916.

Rand Paul.
He's no Ron Paul.

Jerry Brown.
Was governor at the age of 36. And again at 72. So we're going to have to go through this every 36 years. He'll be 108, just a head in a jar, but running again on the platform of "experience."

The Royal baby.
Feel bad for Harry who dropped to 4th in line of

succession. 3 accidents are just so much harder to arrange than 2. Of course, everybody living in the same house helps.

Do you have a favorite comedian?
Yes, Leonard Alfred Schneider.

What publications/websites do you read to get all your topical information?
Politico. NY Times. San Francisco Chronicle. ABC's The Note. USA Today. The Examiner. The Week.

What do you think of Sacramento?
Love the Sacratomato. Could live there in a minute if it weren't for a little thing you call August. Me and triple digits- not a match- the board goes back. An inveterate fog lover.

Where was your first onstage experience?
Can't remember. But I do know that at the age of 5, my mother says I asked her where I could go to go to school to learn to become a comedian. And have been at it ever since.

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 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

BRICK/STONEMWORK

CALL JOHN (916) 449-8055

Fireplaces • ALL Tile Work • Brick & Stone Walkways
Patios • Repair Work • Planter Boxes
Barbeques • Retaining Walls • Outdoor Kitchens

HOUSE OF STONE
Masonry Contractors

BRICK • BLOCK • STONE • TILE Lic # 588971

YOUR AD HERE

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

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

CLEAN UP/GARDEN MAINTENANCE

Terra Bella
GARDENING MAINTENANCE & SPRING CLEAN-UP
"Not your typical mow, blow & go company!"

- Full yard maintenance
- One time clean-up
- Gutter cleaning
- Tree Trimming
- Stump Grinding

Call Randy (916) 454-3430 or 802-9897
www.terrabellagarden.com • Lic# 152584

DECKS!

HOUSE OF STONE
General Contractor
I build & repair decks!
Lic#588971
(916) 449-8055

CONTRACTOR

Complete Home Remodeling

Garry Construction
General Building Contractor - Residential & Commercial
Office (916) 486-1871 ~ Cell (916) 835-1735

Kitchens, Bathrooms, Additions, Plumbing, Concrete
Exterior Work/Painting, Flooring, Decks, Roofing, Fencing

GarryConstruction.webs.com

Celebrating our 25th Year Anniversary! **FREE ESTIMATES!** Lic# 558941

CREATURE CATCHERS/REMOVAL

Creature Catchers Wildlife Management
"If it walks or flies, we'll remove it"

Humane and non-toxic solutions for both animals & man
Dead Animal Location/Removal • Exclusion Work
Live Trapping • Humane Removal • Repair
Skunks • Fox • Raccoon • Opossum • Squirrels
Mice/Rats • Birds/Bats (bat elimination)

CreatureCatchers.org 530 885-PEST(7378)
California State Trapping License #7381 - Issued by Dept. of Fish & Wildlife

ELECTRICIAN

Metcalfe Electric

Commercial
Residential
License #699500

David Fischer
916-456-6862
FAX 916-456-4441
metcalfelectric@me.com

HANDYMAN

SUMMER CLEAN-UPS!

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

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 16 YRS*

Call LESTER (916) 838-1247
Lic#128758/Ref

YOUR AD HERE

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

HANDYMAN

RELIABLE HANDYMAN SERVICE
916-806-7879

Craftsmanship at an affordable price

CARPENTRY • ELECTRICAL • PLUMBING • ALL REPAIRS
DOORS • WINDOWS • MOLDING • CEILING FANS • MUCH MORE

Serving The Sacramento Valley With Honest Reliable Service
For Over 15 Years
License #993312

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

HOME INSPECTIONS

Pre-Listing Inspections • Mold, Lead & Asbestos Testing
• Home Energy Audits

Pre-Purchasing Inspections • Thermal Imaging Inspections

Serving the Greater Sacramento Area for over 7 years (NACHI07041201)

Ask us about our Thermal Imaging Inspection!
SAVE \$25 BY SCHEDULING YOUR INSPECTION ON OUR WEBSITE

Call Jeff at 916-202-1353 | www.fullcirclehomeinspections.com

YOUR AD HERE

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

LANDSCAPING

Gill Landscaping CA Lic# 963450

Professional Service • Professional Results

- Full Landscape Installation
- New Irrigation Installation
- Full Concrete/Cement Work
- Old Landscape Removal
- Landscape Maintenance
- Fence Installation/Repair
- Sprinkler Repair

Great Value - Over 10 years experience - FREE onsite estimate
(916) 856-0308 GillLandscaping@hotmail.com

Community Worship

Carmichael Seventh Day Adventist Church

4600 Winding Way, Sacramento, CA 95841 • 487-8684
www.carmsda.org
Saturday Worship Service 10:45am; Sabbath School 9:45am
All are welcome!

Unity of Sacramento

9249 Folsom Blvd. • 368-3950
www.unityofsacramento.com

Sunday Services:
Contemplative Service 9am • Meditation Service 10:15am
Contemporary Service 11:00am • Children's classes 11:00am

Call (916) 429-9901 to advertise your church services in this paper!

The beginning of a "savingful" relationship.

Stephanie Stogel, Agent
Insurance Lic#: DC34763
6130 Fair Oaks Blvd, Suite E
www.stephaniestogel.com
Bus: 916-485-4444 Fax: 916-485-5629

So how do you really know your "bargain" insurance isn't going to cost you big if you have an accident? Talk to someone who knows: me. I can help you make sure you have the coverage you need while saving you money in the process.

GET TO A BETTER STATE. CALL ME TODAY.

State Farm

1101234 State Farm, Home Office, Bloomington, IL

Fresh Market fills in the old Borders on Fair Oaks

The Fresh Market, a 30-year-old North Carolina-based specialty grocery retailer, will be filling in the old Borders on Fair Oaks Boulevard by fall. The company launched its West Coast expansion in the Sacramento area in October 2012, with the opening of its store in the Rocky Ridge Town Center at 2030 Douglas Boulevard in Roseville.

The company hosted two interview days in Sacramento on Aug. 6-7 at the Courtyard Sacramento, Cal Expo Center.

"We have enjoyed a warm welcome in Roseville, where we opened our first California store this past fall," said Randy Kelley, senior vice president of real estate and development for The Fresh Market. "We are excited about our continued expansion in California, and in the greater Sacramento area in particular, and we look forward to providing customers in the Fair Oaks and Elk Grove

communities with the same quality products and excellent customer service that our shoppers experience in other markets."

The company has plans for continued expansion across the U.S., including several California sites currently in development in Palo Alto, Santa Barbara and Laguna Hills.

Founded in 1982, The Fresh Market, Inc. (NASDAQ: TFM) is a specialty grocery retailer focused on providing high-quality products in a unique and inviting atmosphere with a high level of customer service. The company currently operates 129 stores in 25 states, primarily located in the Southeast, Midwest, Mid-Atlantic, Northeast and West Coast, with plans for continued expansion throughout the country. The Fresh Market is an equal opportunity employer. For more information, please visit www.thefreshmarket.com.



Photo by Monica Stark

CALENDAR

Send your event announcement for consideration to: editor@valcomnews.com at least two weeks prior to publication.

AUGUST

Rotary Club of Pocket/Greenhaven

Aug. 8: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

The Mission Oaks Computer Club meeting

Aug. 8: The next meeting will be from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. Ken Spencer from EmpowerMac will present information and answer questions relating to Apple products. A problem-solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

ACC to hold 'Maximizing Your Memory' discussion

Aug. 8: Learn how to tell the difference between normal memory loss and dementia and learn tips and strategies for improving memory from 2:30 to 4 p.m. at Asian Community Center, 7375 Park City Drive, Sacramento. Cost is free and must pre-register. Paula Tardio (800) 272-3900, paula.tardio@alz.org www.accsv.org/

Bi-Polar Anonymous

Aug. 9: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Kiwanis Club of East Sacramento-Midtown

Aug. 9: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/ Membership info: 916-761-0984, volunteers always welcome!

Cat & the Fiddle Music Festival

Aug. 9, 10, 11: Daytime concerts start at 11 a.m. Evening concerts start at 6 p.m. Hey diddle diddle! Celebrate music and fun in the summer sun with a three-day music festival at Fairytale Town. Mumbo Gumbo, the Keri Carr Band, Joy and Madness, and more will take to the Mother Goose Stage for live evening concerts. Evening concert tickets are \$15 for adults and \$10 for children. Three-night combo tickets are \$30 for adults and \$20 for children. Children's concerts featuring the Raytones, Two in Tune: Sacramento Opera and Philharmonic, and more will take place Saturday and Sunday beginning at 11 a.m. and are free with paid park admission. Visit www.fairytaletown.org for the full festival lineup and ticket information. For more information, visit www.fairytaletown.org or call (916) 808-7462. Sponsored by the River Cats Foundation and Capital Public Radio

Screen on the Green at Glenn Hall Park

Aug. 10: Movie begins at sundown (approximately 8:15 p.m.)

South Sacramento Rotary mixer

Aug. 10: South Sacramento Rotary mixer at the residence of rotary member Nancy Coblen, located at 6386 Havenside Dr., 95831. The mixer goes from 6:30 to 8 p.m. For more information, call 393-2459, 447-9851.

Fire Station 43 Open House

Aug. 10: The Sacramento Fire Department will be hosting Fire Station Open House from 2 to 4 p.m., located at 4201 Centro Rd. You are invited to bring your family and friends to visit with firefighters, take a tour of the fire station, and more! For more information, call 808-1011.

Second Saturday at Old Sugar Mill

Aug. 10: Old Sugar Mill is partnering with the downtowngrid association to bring Second Saturday to the Old Sugar Mill from noon to 5 p.m. There will be installation receptions, hands on demonstrations, and an Artist in the Round Curation. Old Sugar Mill is located at 35265 Willow Ave. Clarksburg, California 95612

Music in Carmichael Park

Aug. 10: Roni & the Flight, R&B, classic rock and dance from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Friends of the River Banks present Dragons and Damsels

Aug. 10: Friends of the River Banks present Dragons and Damsels with Greg Kareofelas. Greg is wonderfully knowledgeable and fun. He will bring live specimens of our local dragonflies, then we'll take nets to the river and try to catch our own (catch, identify, release). This is one of our best annual gatherings—we always have a great time and learn lots. Kids love this event! Starts at 9:30 a.m. at Sutter's Landing.

Music in Carmichael Park

Aug. 11: Todd Morgan and the Emblems, 50s Rock n' Roll and 30s Jazz from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Northminster summer music series presents The Dixie Minsters

Aug. 11: The Dixie Minsters—Northminster's own resident Dixieland band, playing many Dixie standards, will play during the worship service at 9:55 a.m. and a short concert on the patio at 11 a.m. during fellowship at Northminster Presbyterian Church, located at 3235 Pope Avenue. Refreshments will be available. For more information, call (916) 487-5192 or visit northminsteronline.org.

Town Hall meeting on 'The Grove', an East Tahoe Park development proposal

Aug. 12: Campus Crest is proposing to build a housing development called "The Grove". Plans have been submitted to the City for the 600-bed, multi-story apartment complex just across Redding from The Element student housing (former names being Jefferson Commons and The Verge). Councilmember Kevin McCarty will hold the meeting regarding the project at the Coloma Community Center, 4623 T St. at 6 p.m.

Rotary Clubs of Arden-Arcade, Carmichael

Aug. 13: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6:30 p.m., Ancil Hoffman Golf Club. www.rotary.org.

Soroptimist International of Sacramento North meeting

Aug. 13: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

East Sac Rotary

Aug. 14: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotrary.com.

Rotary Club of Pocket/Greenhaven

Aug. 15: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Bi-Polar Anonymous

Aug. 16: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Kiwanis Club of East Sacramento-Midtown

Aug. 16: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/ Membership info: 916-761-0984, volunteers always welcome!

Family Campout at Fairytale Town

Aug. 16, 5:30 p.m. through Saturday, Aug. 17, 7 a.m. Spend the night at Humpty Dumpty's house. This exciting overnight adventure includes a theater performance, arts and crafts activities, a scavenger hunt, bedtime stories and a sing-along. Wake up the next morning under Fairytale Town's canopy of trees to a light continental breakfast. Prices range from \$25-\$30 per person and

include all activities. Member discounts are available. For more information, visit www.fairytaletown.org or call (916) 808-7462.

Fire Station 13 Open House

Aug. 17: The Sacramento Fire Department will be hosting Fire Station Open House from 2 to 4 p.m., located at 1100 43rd Ave. You are invited to bring your family and friends to visit with firefighters, take a tour of the fire station, and more! For more information, call 808-1011.

Meet the author "The Dhance: A Caregiver's Search for Meaning"

Aug. 17: "The Dhance: A Caregiver's Search For Meaning" is real-life experience in becoming a caregiver when crisis threatens in your own life. Find comfort, support and how important spiritual belief is when death knocks on the door. North Highlands/Anelope Library, 4325 Anelope Rd. from 1 to 2:30 p.m. inside the Community Meeting Room.

Your Home Improvement Guide

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

PAINTING

COOK PAINTING
Full Service Company - Start to Finish

- Custom Painting
- Super clean, neat & fast
- Interior/Exterior
- Cabinets

Specializing in custom trim & moulding!
Color Consultants • Free Estimates

Freshen up for Summer!
VCN Special

In business since 1982
CSL# 432951

(916) 591-5056

PAINTING

GARY'S PAINTING
CUSTOM RESIDENTIAL
INTERIOR & EXTERIOR OVER 20
YEARS EXPERIENCE WITH PRIDE
EXCELLENT REFERENCES

725-8781

Contractors Lic. # 734323
McClatchy '67

PLUMBING

MIDTOWN PLUMBING Licensed
Plumbing Contractor
Since 1973

Reasonable Residential Work • Repairs • Re-Pipes
Sewers • Water Heaters • Drains • Disposals Etc.

916-393-2109 Cell 275-8236
CSL # 284755 • Fully Bonded & Insured • Accepts all major credit cards

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

SEWER/PLUMBING

Affordable Trenchless & Pipe Lining
(A complete trenchless company)
Sewer Inspections — Hydro Jetting
Trenchless Sewer Replacement
Sewer Repairs — Pipe Lining

"We're #1 in the #2 business!"

Lic # 754886 **(916) 488-1215** www.Ydig.com

TREE SERVICE

DON'S TREE SERVICE
ISA CERTIFIED ARBORIST WE4590A

Trimming, thinning, shaping & stump removal
Family Owned & Operated since 1967

#1 in customer satisfaction
(916) 428-4882
(916) 689-5244
www.donandsontreeservice.com
Lic# 331196

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

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.

SUMMER 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.

GUITAR LESSONS

Beginner to advanced
\$10 half hour
\$20 hour
(916) 335-9741
Freddiebbalbert1@yahoo.com

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 www.MelissaAndrews.com Stop by Valley Community Newspapers, you can meet Melissa and see her artwork in our office at 2709 Riverside Blvd.



List your auto for sale in the classified ads

BOOKKEEPING

#1 BOOKKEEPER
30 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info

Classified ads work!

TAX PREPARER

#1 TAX PREPARER
30 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

Sell your furniture in the classifieds!

SACRAMENTO CHILDREN'S CHORUS

CALLING ALL *Singers* AUDITIONS AUGUST 2013

Do you LOVE TO SING or know someone who does?
SIGN UP TODAY - openings available in five choirs, grades 2-12.

Information: (916) 646-1141
www.sacramentochildrenchorus.org

Enhancing Children's Lives ... Inspiring Audiences

"OH MR. SOUSA!"
a new musical bio celebrating the life of John Philip Sousa "The March King!"

love! laughter! marches! waltzes! ragtime! comedy! opera!

"Strike up the band...The timing is right [for] 'Oh Mr Sousa!'"
www.ohmrsousa.com

Saturday, September 7th, 2013 • 8:00pm
Harris Center-Three Stages at Folsom Lake College
for tickets please call **916.608.6888**

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

688-7979
ELK GROVE

386-1780
SACRAMENTO

1-800-821-TRIM (TOLL FREE)
Thorough Clean-Up Prompt Friendly Service
www.TreeTechServices.com

4 CERTIFIED ARBORISTS ON STAFF
REPORTS & CONSULTATION AVAILABLE

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

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

SENIOR DISCOUNTS • FREE ESTIMATES

VALLEY COMMUNITY NEWSPAPERS, INC.
Community News In Your Hands

California Kids!
East Sacramento News
The Pocket News
Arden-Carmichael News
The Land Park News
Lions' Pride
Arden's Oenophile

CONTACT A SALES REPRESENTATIVE TO ADVERTISE IN OUR NEWSPAPERS!
2709 Riverside Boulevard, Sacramento, CA 95818
916.429.9901 | www.valcomnews.com

Senior Homecare By Angels®

916.971.9333
www.visitingangels.com/sacramento

Errands • Shopping
Light Housekeeping • Meal Preparation
Friendly Companionship • Flexible Hourly Care
Respite Care for Families • Live-in Care

America's Choice in Homecare.
Visiting Angels
LIVING ASSISTANCE SERVICES

Each Visiting Angels agency is independently owned and operated.

CALENDAR

Music in Carmichael Park

Aug. 18: Capitol Pops Concert Band, 50-piece concert band, from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Rotary Clubs of Arden-Arcade, Carmichael

Aug. 20: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Soroptimist International of Sacramento North meeting

Aug. 20: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

ACC to hold 'How to Improve and Keep Track of Your Exercise' discussion

Aug. 20: Discover the four types of exercise that your body needs and learn three different ways to improve your exercise routine in order to keep it fun and give you the most benefits from 10-11 a.m. at the Asian Community Center, 7375 Park City Drive, Sacramento. Cost is \$8/\$10 at door, and must pre-register. Contact Anna Su at (916) 393-9026 Ext. 330.

East Sac Rotary

Aug. 21: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotrary.com.

ACC to hold 'Qi Gong Movements & Meditation'

Aug. 21: Learn simple sitting and standing movements and meditations to unblock the flow of energy to your body and awaken body and soul from 1:30 to 3 p.m. at the Asian Community Center, 7375 Park City Drive, Sacramento. Cost is \$15/\$20 at door, and must pre-register. Contact Anna Su at (916) 393-9026 Ext. 330.

ACC to hold outreach event

Aug. 21: Introduction to ACC - Learn about the Asian Community Center programs and services and opportunities for outreach from 4 to 5 p.m. at Asian Community Center, 7375 Park City Drive, Sacramento. Cost is free and must pre-register. Contact Anna Su at (916) 393-9026 Ext. 330.

Neighborhood Watch Training: Start Your Own NW

Aug. 21: Training starts at 6:30 p.m., 5770 Freepoint Blvd.

Food trucks at Carmichael Park

Aug. 21: From 5 to 9 p.m., enjoy food from various food trucks at Carmichael Park, 5750 Grant Ave.

Rotary Club of Pocket/Greenhaven

Aug. 22: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

ACC to hold Memoir Writing Workshop - A Shovel to Dig Roots

Aug. 22: In this workshop, Award-winning author and speaker, Frances Kakugawa will help you find that shovel and pen to start digging and writing. August 22, Thursday, 10-11:30am at the Asian Community Center, 7375 Park City Drive, Sacramento. Cost is \$10 and must pre-register. Contact Anna Su at (916) 393-9026 Ext. 330.

ACC to hold 'Everything You Wanted to Know About Telephone Fraud' event

Aug. 22: Learn the different types of fraud and how to prevent them. We will also discuss ways to save money on your phone bill (bring a copy of a recent bill for review). The event goes from 2:30-3:30 p.m. at Asian Community Center, 7375 Park City Dr., Sacramento. Cost is free and must pre-register. Contact Anna Su at (916) 393-9026 Ext. 330.

Kiwanis Club of East Sacramento-Midtown

Aug. 22: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr / 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

Gala opening reception with wine and hors d'oeuvres:

Aug. 23: Art at Casa Gardens, featuring creations by David Lobenberg [acrylic watercolor landscape] and Henry Evans [botanical linocut] - from 5 to 7:30 p.m. at the Casa Garden Restaurant, 2760 Sutterville Road, Sacramento; 916-452-2809. Come talk with David Lobenberg and Marsha Evans. Tickets \$20 each available at www.casagardenrestaurant.org.

Bi-Polar Anonymous

Aug. 23: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

The Humor Times presents Will Durst

Aug. 23: The Humor Times presents national touring comedian and five-time Emmy nominee Will Durst, in an exclusive Sacramento engagement with his all-new show, "Boomeraging from LSD to OMG." The one-night-only event will take place at 7 p.m. at the Sierra II 24th Street Theatre, 2791 24th Street, Sacramento. Tickets (which include complimentary drinks), are \$20 (or \$25 preferred seating) in advance, or \$25/\$30 at the door. They may be purchased online through Brown Paper Tickets <<http://humortimes.brownpapertickets.com/>>. More info: 455-1217, info@humortimes.com

Music in Carmichael Park

Aug. 24: The Count, 60s-90s Classic Rock (with a little soul) from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Jackie Greene Live at Fairytale Town

Aug. 24: Gates open 6:30 p.m. Concert starts 8 p.m. Sacramento favorite Jackie Greene returns to Fairytale Town for a fifth annual benefit concert. Taking place on the park's Mother Goose Stage, the outdoor concert supports Fairytale Town's education programs and park improvements. Ticket prices are \$35 in August. For concert rules and restrictions, please visit www.fairytaletown.org or call (916) 808-7462.

City of Elk Grove Multicultural Festival

Aug. 24: The City of Elk Grove is again hosting the annual Multicultural Festival at Elk Grove Regional Park from 10 a.m. to 6 p.m. This event is Elk Grove's premier community-wide celebration of diversity. More than 5,000 participants are expected to attend the popular event, which features ethnic foods, entertainment, music and fashion shows representing Elk Grove's diverse community. <http://www.elkgrovecity.org/multicultural-festival/>

Fire Station 15 Open House

Aug. 24: The Sacramento Fire Department will be hosting Fire Station Open House from 2 to 4 p.m., located at 1591 Newborough Dr. You are invited to bring your family and friends to visit with firefighters, take a tour of the fire station, and more! For more information, call 808-1011.

Music in Carmichael Park

Aug. 25: River City Concert Band, 50-piece concert band, from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Curtis Fest and Music in the Park/ Curtis Park

Aug. 25: Curtis Fest, 10 a.m. - 4 p.m. followed by music in the Park/Curtis Park, 6-8 p.m.

Get Your Motor Runnin' and Support Shelter Animals!

Aug. 25: TEAM (Teaching Everyone Animals Matter) and car enthusiast group EuroSunday will host the first-ever Wheels For Wags - a celebration of cool cars and even cooler Shelter animals - from 8 to 10:30 a.m., to benefit the Sacramento County Animal Shelter. This free family-friendly and dog-friendly event will feature rare, exotic and vintage cars from around the Sacramento area. Attendees can also tour the Shelter and win prizes in a fabulous raffle, with all proceeds benefiting Shelter animals. Attendees that bring a donation of dog or cat food will receive three free raffle tickets! 3839 Bradshaw Road (between Highway 50 and Kiefer) in Sacramento. For more information on Wheels for Wags 2013, contact TEAM at 916-876-PETS, email contact@sacanimalshelter.org, or visit www.sacanimalshelter.org, or check out EuroSunday at EuroSunday.net or Facebook.com/EuroSunday.

Rotary Clubs of Arden-Arcade, Carmichael

Aug. 27: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6:30 p.m., Ancil Hoffman Golf Club. www.rotary.org

East Sac Rotary

Aug. 28: Meets at 6 p.m., Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotrary.com.

Community:

Continued from page 2

someone is not a member of the site they can still benefit. And for elder folks who maybe don't have a computer or a cell phone?

"Nextdoor is a great way to organize a group of neighbors to visit/check up on the elderly in their community," Williams said.

While some people may look at a website as just a roadblock keeping people from conversing face-to-face in an ever-growing digital climate, Williams said that the company works to ensure that the opposite is true.

"I describe Nextdoor as the ice breaker in getting to know your neighbors. Today it can be uncomfortable (if not downright impossible) to meet your neighbors face-to-face. We drive into our garages and lock all of our gates, fences and doors, which makes it difficult to even knock on the door to say hello," she said. "Nextdoor allows you to introduce yourself in a comfortable, safe setting. You can see your neighbor, know their name and a little bit about them before actually meeting."

People who join Nextdoor will be privy to a free, exclusive, password-protected website that is only available to the people in your neighborhood. After the verification process to make sure that you do in-

deed live in the correct area, you are free to post anything you like, whether it be a flier for a barbecue, try to sell a car, or just get to know the neighbors you've never met.

Altogether, Nextdoor has amassed a staggering 16,518 neighborhood websites across the country, with more than 50 popping up every day, according to Grady. To find out if Nextdoor is available in your area (or if a website already exists in it) go to www.Nextdoor.com and simply put in your e-mail and street addresses and you will be prompted from there about what to do next.

Three more community meetings are scheduled for August. All are welcome to come and ask questions and listen to the presentations given by the Sac PD and Nextdoor representatives. The dates of the meetings are as follows: August 14th at the Coloma Community Center at 4623 T St.; August 15th at the Hagginwood Community Center at 3712 Marysville Blvd.; August 22nd at Historic City Hall, Hearing Room HCHR201 at 915 I St.

All meetings run from 6:30-8 p.m.

For more information about the website, or to sign up, go to www.Nextdoor.com.



In your neighborhood, but where?

Photo by RACHEL HUDSON

This island near the Howe Avenue bridge over the American River has a lot of clam shells! This photographer walked across the river to get there as the water was only knee deep.

RESERVE YOUR SPACE IN THE UPCOMING California Kids!

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

PLEASE Recycle
this paper

Carmichael Dental Group

Implant Center in Carmichael!

\$2,000 OFF 2 Implants with 2 Attachments to Upper or Lower Denture
Limited time offer, terms and conditions may apply.

\$900 OFF Single Implant with Crown
Limited time offer, terms and conditions may apply.

Affordable Dentures Starting at \$600 per arch
Limited time offer, terms and conditions may apply.

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



TUSCAN STYLE

Over 4700 sq. ft. home built 2005 on .72 acres with pool! 5 bedrooms with two master bedroom suites and two family rooms, 4½ baths. Gourmet kitchen family room combo. Private lush backyard has pool and outside covered room perfect for watching TV. \$1,445,000

CARMAH HATCH 765-6210



CUSTOM CARMICHAEL

Gorgeous home on private lane in Carmichael ... features 4 bedrooms, 4½ baths, 4-car garage, library, 2 offices with built-ins, floating entry staircase to 2nd floor. Updated gourmet kitchen and master bath, 3 fireplaces, wet bar and game room; beautiful grounds with a Private Garden. \$1,575,000

PATTY BAETA 806-7761



PENDING

ARDEN PARK VISTA

A charming walkway takes you into the front courtyard and water feature of this 3 bedroom, 2 bath home. Craftsman style kitchen with stainless steel appliances and granite counters, hardwood, travertine tile, and wine closet. And pool, hot tub, outdoor covered BBQ area with TV. \$479,000

CHRIS BALESTRARI 996-2244



FABULOUS CARMICHAEL

Meadowood inspired remodel, 4 or 5 bedrooms, 3 full baths and 2 half baths, 3199 sf on a beautiful half acre plus lot!! From hardwood floors to beamed ceilings, gourmet kitchen to the master suite there has been no expense spared. Fantastic yard, pool, decks and outside fireplaces! \$1,389,000

**SUE BALDO 541-3706
LIBBY NEIL 539-5881**



PRIME ARDEN OAKS

Fabulous location on nearly one acre, 3 or 4 bedrooms, 2½ baths; rebuilt in 2007. Two separate bedroom wings, hardwood floors, French doors and lots of glass.. Beautiful, private, treed acre with pool, cabana area and koi pond; plus 2 bedroom Guest House, horse stalls and cross fencing. \$1,150,000

PATTY BAETA 806-7761



BEAUTIFUL ITALIAN STYLE

Beautiful Italian-style home on almost 2 acres! The home has 10' ceilings, hardwood floors, custom Marvin French doors and windows, a gourmet kitchen open to the family room and a huge yard with patios and sparkling pool and spa. This is truly a one-of-a-kind property! \$1,325,000

CARMAH HATCH 765-6210



LARCHMONT WHITNEY

Large home in pristine, move-in-ready condition. Interior and exterior painted 1 year ago. Carpet less than 1 year old. Dual pane windows, whole house fan, skylights. Great floor plan with separate large family room and den; 4 bedrooms 2½ baths. Open kitchen and 2-car garage with drive through. \$349,900

JAY FEAGLES 204-7756



SWEEPING RIVER VIEWS

Endless possibilities for this huge home overlooking the San Juan Rapids. 4 bedrooms 3 baths with a potential for 2 more bedrooms, over 4300 square feet of living space! You'll love the river views and the sound of the San Juan Rapids. .7ac cul-de-sac amazing private lot. Lots of room for pool or expansion. \$890,000

CARMAH HATCH 765-6210



PENDING

CLASSIC SIERRA OAKS

Charming single story home has been updated with attention to detail. Enjoy the main house with 4 bedrooms, 3 bathrooms, hardwood floors & 2 fireplaces. French doors open to the breathtaking backyard oasis with covered patio, large pool, separate spa, built-in BBQ and guest house. \$995,000

CONNIE PEEL 718-9470

for current home listings, please visit:

DUNNIGANREALTORS.COM

916.484.2030

916.454.5753



Dunnigan is a different kind of Realtor.®

DUNNIGAN,
Realtors