

ARDEN-CARMICHAEL NEWS

— BRINGING YOU COMMUNITY NEWS FOR 23 YEARS —



FAIR-THEMED FUNDRAISER AT LOCAL STORAGE FACILITY

See page 12

- Arts.....2
- Lance Armstrong history feature.....7
- Calendar.....19
- School.....23



Sacramento's Healing
Arts Festival to return
to Arden area

■ See page 5



Martin "Wonder Rabbit"
Ashley recalls his radio
years, more

■ See page 7

Top Producing Agent for Sacramento's #1 Real Estate Company



Annette Black
826-6902
Lic# 00802727



Kathy Pardun
247-7030
Lic# 01000106



Diane Berry
698-7288
Lic# 00794641



Wanda Noack
761-6748
Lic# 00946526



Rene'e Liddie
613-9885
Lic# 01152399



John Woodall
421-5421
Lic# 01232653

TEAM BLACK

LYON
REAL ESTATE
www.GoLyon.com

E-mail stories & photos to: editor@valcomnews.com
Arden-Carmichael News is published on the second and fourth Thursdays of the month. Newspapers are available in stands throughout the area.

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Monica Stark
Art Director..... John Ochoa
Graphic Designer..... Ryan Wunn
Advertising Executives:
Linda Pohl, Melissa Andrews, Lynda Montgomery
Distribution/Subscriptions..... George Macko

Vol. XXIII • No. 20
2709 Riverside Blvd.
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover by:
Monica Stark

Other photos by:
Courtesy
Lance Armstrong

Copyright 2014 by Valley Community Newspapers Inc. All rights reserved.
Reproduction in whole or in part without written permission is prohibited.

Carmichael holiday arts and craft show now taking entries

The entry period is open for the Sacramento Fine Arts Center Annual Holiday Arts and Craft Show to be held Saturday, Dec. 6 from 10 a.m. to 7 p.m. This year the show will be a one-day event in December. Sacramento Fine Arts Center will work to bring its members and the public to this fun event and late-in-the-year shopping opportunity. The arts and craft show will be held in conjunction with the San Juan Unified K-12 art exhibit. There will be food, refreshments, and live music in the evening. The gift shop will be open all. Entry forms are available at www.sacfinearts.org. Click "Call to Artists." The show chair is Peggy Colombo, and can be reached via email at, peggycolombo1@gmail.com.

"Final decisions will be made later this year. The grant requests matching funds to establish a club, patterned after NCA but serving members aged 20-35. It covers fiscal years 2015-2017. Awards will be announced in January 2015.

"Thanks go to Larry Klink, SFAC 1st Vice President, who headed the effort. And to the grant committee members: Susan Landi, Marie Dixon, Pam Rhodes. These folks worked hard and diligently to prepare, edit and submit the grant application, dozens of pages with exhibits. "Elsewhere in this newsletter are the upcoming events at SFAC in the fall. It's an exciting time! We are an active art organization, serving our community through thousands of volunteer hours.

Thanks to our staff, David Peterson and Sharon Drysdale, who keep the ship afloat and cruising."

In other news, at the "Race for the Arts" at William Land Park on Aug. 23, Richard Turner won third place in the 75-80 years old category for the 5-kilometer race. Richard was running with sponsorship for Sacramento Fine Arts Center!

SEAC may get a grant! From Richard Turner, president of SFAC:

"We applied for a grant through the competition sponsored by the Sacramento Metropolitan Arts Commission. The competition was not limited to art organizations, but included all types of non-profits in the Sacramento area. We placed just behind Crocker and La Raza!

Nancy Arndorfer

Serving the Sacramento area for over 30 years

2002 Realtor of the Year

2004 SAR President

LYON REAL ESTATE
www.GoLyon.com

THE MASTERS CLUB
OUTSTANDING LIFE MEMBER

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

Send us your updated event announcements.

E-mail us, editor@valcomnews.com

INTEGRAL FINANCIAL MANAGEMENT

Transforming Financial Vision Into Reality

"The sooner you start investing, the more time your money has to grow".
—E. Howard Rudd

E. Howard Rudd: President & CEO
Registered Investment Advisor • Life Insurance Agent • Registered Tax Preparer
(916) 773-9330 • Howard@ehrudd.com

2390 Professional Dr. Roseville, CA 95661

TREE TECH SERVICES

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

RESIDENTIAL / COMMERCIAL

- Trimming/Pruning/Shaping
- Crown Reduction
- Tree Preservation
- Tree Removal
- Stump Grinding & Chipping
- Lawn Maintenance
- Aphid Control
- Plant Healthcare

688-7979 ELK GROVE **386-1780 SACRAMENTO**

Thorough Clean-Up Prompt Friendly Service
www.TreeTechServices.com

2 CERTIFIED ARBORISTS ON STAFF
REPORTS & CONSULTATION AVAILABLE

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

W.Comp - PL/PD CTR. LIC# 653636 VISA

SENIOR DISCOUNTS • FREE ESTIMATES

eskaton.org

CONTINUING CARE RETIREMENT COMMUNITY

Come to a Fall Home Tour!
Lunch is on us.
Reserve your spot today.

Discover the magic
of the Eskaton Village Carmichael lifestyle

If you are ready for more freedom, but want more than a month-to-month rental ... If you want spacious apartment or cottage living and the assurance of staying in your community should your health needs change ... If you want luxury, comfort and service in a gated retirement community ... Come to a Fall Home Tour at Eskaton Village Carmichael.

Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door.

Call 916-967-4014 for tour dates or to schedule a personal tour.

ESKATON
Transforming the Aging Experience

Eskaton Village Carmichael
Continuing Care Community (CCRC): Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
3939 Walnut Avenue Carmichael, CA 95608

916-967-4014
License # 340313383 | COA # 202

eskaton.org

eskaton.org
A California Nonprofit Corporation

Pet Friendly

Equal Housing Opportunity



Get back into the BEAT!

Atrial Fibrillation Community Forum

Atrial fibrillation (Afib) affects 2.7 million Americans, and while it can be controlled through medical management, sometimes surgical intervention may be needed. As medicine evolves we are relying less on pharmaceuticals and more on interventional treatments and minimally invasive surgery. Learn about your options for Afib management at our free community forum.

Afib 101: Richard P. Ericson, M.D., Cardiologist

Interventional Treatment: Thomas Tadros, M.D., Electrophysiologist

Minimally Invasive Surgery: James Longoria, M.D., Cardiovascular Surgeon

Where?

Sutter Cancer Center, First Floor Conference Rooms
2800 L St., Sacramento, CA 95816
Free Parking Garage: 29th St. between K & L Streets

When?

Thursday, November 6, 2014
5:30-7:30 p.m.

Register Now!
Seating is limited.
(916) 781-4035

checksutterfirst.org/heart

Sutter Health
Sutter Heart & Vascular Institute
We Plus You

ValleyCrest
Tree Care Services
A California Company Since 1949 - CA Lic. #863659

We specialize in commercial & large residential tree pruning, removals & stump grinding. We have the knowledge, equipment & experience to handle high risk & complicated trees & have the proper licenses & insurance to protect our clients. ISA Certified Arborists on staff.

Free Estimates
Direct: 916-496-0934 • Office: 916-381-2800 • www.treecareservices.com

Do you want to ADVERTISE?
Call today for ad rates. 916-429-9901

Got News?
e-mail editor@valcomnews.com or call 429-9901.

Thank you Linda & Bill, Fanning Realty!

Thanks also to Phyllis Sylvia and Cindy Viramontes of Placer Title for closing my escrow in less than 30 days. Thanks to their help, it made leaving my home of 48 years less painful. The Arden Arcade area has provided our family with good times and many happy memories.

Are you looking for a place to share your musical talents in the music ministry of a church?

Come join us at Northminster Presbyterian Church with its rich tradition in music excellence with our Chancel Choir, Bells, and Orchestra. We are looking for choir and praise team singers and instrumentalists to be a part of our team.

Chancel Choir rehearses: Thursdays 7:00-8:30pm and Sundays at 9:15am. Worship is at 10:00 am Sundays.

For more information, please contact Florida Stringer, Chancel Choir Director, at 916-487-5192 or email: floridastringer.npc@gmail.com

Psalm 100:1
Make a joyful noise unto the Lord

Northminster Presbyterian Church
Pastor Jack F. McNary
3235 Pope Ave, Sacramento, 916-487-5192
www.northminsteronline.org

HARVEST FESTIVAL
Original Art & Craft Show
Three days of Shopping, Entertainment & Prizes!

Sacramento Cal Expo Pavilion
1600 Exposition Blvd.
Nov. 21-23
Fri. & Sat. 10am-6pm; Sun. 10am-5pm

Celebrate the Holidays early and view more than 24,000 Holiday gift ideas! Shop hundreds of artisans exhibiting handmade in America original art, fine crafts, holiday ornaments, jewelry, specialty food items and more.

Enjoy all-day stage and strolling entertainment, a Kidzone, Child ID booth and more. Save \$2 on one admission ticket for each unexpired canned food item donated to Elk Grove Community Food Bank.

SAVE \$2.00
on One Adult or Senior Admission with this coupon
www.harvestfestival.com • 800-346-1212

Hank Fisher Senior Communities
INDEPENDENT • ASSISTED LIVING • MEMORY CARE • MEMORY DAY PROGRAM

Where Quality Memory Care Meets Quality of Life

Residential memory care and memory day program available for seniors with Alzheimer's disease and other forms of dementia.

Call today to schedule a tour (916) 481-7105

THE CHATEAU AT CARMICHAEL PARK Lic. #347001523
7125 Fair Oaks Blvd. • Carmichael, CA 95608 • (916) 481-7105
HankFisherProperties.com • Locally owned and operated for over 35 years.

Sacramento's Healing Arts Festival to return to Arden area

By MONICA STARK
editor@valcomnews.com

The Healing Arts Festival, one of Sacramento's longest running metaphysical expos, is returning to Sacramento on Sunday, Nov. 9 from 10 a.m. to 5 p.m. at the Hilton Sacramento Arden West location.

Geared toward anyone interested in holistic or metaphysical information, spiritual guidance, new age products and free information/lectures, the festival is free-of-charge to attendees.

In Sacramento for more than 17 years now, The Healing Arts Festival was started by Bobbi Branson at the Sacramento Inn.

Sharon Sampsel, the current owner of the Healing Arts Festival, discussed with the Arden-Carmichael News some details about it and her interest in the alternative lifestyle as a renown psychic: "The festival has) been featured on Good Day Sacramento several times and (we) have found that our attendees are everyone from the very young to the old hippies that love this type of lifestyle. Many times, whole families come in together just to see their favorite psychic and let their children play with the pretty rocks. We are a fun place to hang out at on a Sunday.

"As a metaphysical festival, our goal is to provide a celebration of life bringing you in touch with new thoughts, new energy, new solutions by bringing together the experts in holistic alternatives. And, my personal goal is to provide the 'Best of the Best of Everything Metaphysical' for those wishing to explore their spiritual paths. In short, I bring the healers, psychics, artists, crystal workers, speakers, etc. under one roof for everyone who is seeking."

"The difference between my show and all of the others is that I am not seeking to earn a living off the festival. I bought the Healing Arts Festival two years ago because of all of the problems and abuses that were going on in Northern California's metaphysical community. I wanted to provide a place for good alternative practitioners and readers could do good work with respect and integrity. We are an unregulated industry. Therefore, we are always

vulnerable to questionable and unethical people and practitioners. One of the biggest problems good psychics and other practitioners have is finding a good place to do their work. I wanted to provide that good place for the practitioners as well as those who seek us out."

While Sampsel doesn't charge anyone to come in and look around at the festival, she does ask for donations to whatever charity she is sponsoring at the current show. Last February, it was for the SPCA. This time they are fundraising for the Sacramento Food Bank. Additionally, she is working on a way for visitors to buy a turkey coupon from a local grocery store at the festival, but as of press time, she is "still working out the kinks." But, she is accepting non perishable food and cash for the food bank and will be giving those who make a donation a \$5 coupon to be used with the practitioner of their choice.

In addition to this being a free event and fundraiser, Sampsel said HAF always gives a vendor table away to some organization in the Sacramento community. "I have sponsored HPI (the paranormal investigative group that works for free) and The Yoga Seed Collective (a non profit yoga studio that has been featured in this publication before). Additionally, this year the festival will be sponsoring the Ananda Church of Self Realization."

A professional psychic with more than 25 years of experi-

ence, Sampsel travels all over the United States giving readings and lectures at the biggest expos in the country. "This is how I make my living, so I must be pretty good at it," she jokes.

Sampsel also works from home, many times taking phone calls from the East Coast at 6 a.m. With two-award winning radio shows and several 5-star ratings, she tells folks, "all this means is that I'm pretty good at it. I am known for my quick wit, and fast reading style. I don't pull any punches. It is often said that if you want to know the truth, just ask Sharon. I am considered one of California's top psychics and have appeared many times on television, radio and in print."

On a personal note, she said she never wanted to be a professional psychic. In fact, most of the time, she said she can't believe she does this kind of work. "My friends tell me that I am their alternative lifestyle friend because outside of being a psychic, we are all just so normal."

Sampsel hails from a fundamentalist Christian home in Atlanta, a typical upbringing in the Bible Belt of the 1950s and 60s. Interesting enough, though Sampsel's family is supportive of her lifestyle. "They just love and accept me. I think this is why I can do what I do. Everyone in my family is psychic and sees things. It is funny at our family get-togethers when after a few beers my brothers start complaining about the ghost

showing up and how much they don't like it."

Sampsel became involved with psychics and new-age interests when she was going through a divorce. Wanting to learn how to meditate, Sampsel said she doesn't know who was more surprised - herself or her teacher that first day, but as soon as she got grounded and dialed-in, everything opened up and her life changed completely.

Describing her style, Sampsel said: "I personally think it is funny that God made me psychic and asked me to do this work because I am so bluntly honest that my readings aren't like your typical love and light readings. I don't look for your angels unless you ask me to. I look at things like your job, is your mate cheating on you, or why is your neighbor stealing your newspaper. I give readings, answering the questions you want answered and I do it in a straight

forward way that you can understand. I read people from all of the world. Many of them just want advise on their next business step. One very successful venture capitalist out of San Francisco keeps asking me if I am reading his mind, or did my wife tell you that? It is very cute. But he keeps calling me back."

If you go:
What: Healing Arts Festival
When: Sunday, Nov. 9 from 10 a.m. to 5 p.m.
Cost: Free entry, free parking. Free speakers all day. With every donation to the Food Bank, get a \$5 off coupon toward your favorite practitioner
Location: Hilton Sacramento Arden West, 200 Harvard St. (Arden West and Business 80)

CASH PAID FOR DIABETIC TEST STRIPS
Do you have extra diabetic test strips left over that you do not need?
Sell them to us for CASH! We will get them to someone who can use them!
One Touch Ultra Blue, Freestyle Lite, Bayer Contour, Accu Chek and most other brands bought.

WE PAY UP TO \$25 PER BOX CASH ON THE SPOT
(prices vary depending on brand, quantity and expiration date)
We offer **FAST PICKUP** at a location that is conveniently located near you.
Boxes must be unopened and unexpired.
For Prompt Attention Please Call Rachel at: **(916) 505-4673**

BUSY. BUSY. BUSY. BUSY.

Life insurance shouldn't wait.
Even though life is busy, take a moment to reflect on what's most important. For peace of mind, protect your family with State Farm® life insurance. **We put the life back in life insurance.™** CALL ME TODAY.

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

State Farm
State Farm Life Insurance Company (Not licensed in MA, NY or WI)
State Farm Life and Accident Assurance Company (Licensed in NY and WI)
1311009
Bloomington, IL

Comstock Local Mortgage Bankers

WE NOW HAVE RENOVATION LOANS TO FINANCE YOUR HOME & IMPROVEMENTS WITH ONE LOW INTEREST RATE!

CALL TO START REMODELING YOUR HOME!

Dave Mendoza
Vice President/Control 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 | NMLS ID #243899 | SAC EST MORTGAGE DBA COMSTOCK MORTGAGE



REAGOR PET HOSPITAL IS NOW ACCEPTING NEW CLIENTS!

\$25 off
Get Acquainted Appointment
(One coupon per family)

REAGOR PET HOSPITAL
2513 Walnut Ave, Carmichael
916-971-1551
ReagorPetHospital.com
Mon-Fri, 7:30-6pm • Sat, 8-1pm



- On-site X-ray & EKG
- On-site Lab & Six Exam Rooms
- Trauma Bay and Procedures Room
- Comfortable Waiting Room
- Plenty of Free Parking

URGENT CARE

7200 S. Land Park Drive, Ste. 100
Sacramento, CA 95831
(916) 422-9110
www.sacurgentcare.com
Open 9 AM to 9 PM • 365 Days a Year
No Appointments Needed

St. Philomene

Join us for our Parish Festival: October 4-5, 2014

Preparing students with 21st century skills along with Gospel values and the teachings of Jesus Christ.

Accepting New Students for the 2014-15 School Year

2320 El Camino Avenue, Sacramento, CA 95821
(916) 489-1506
www.stphilomene.org

In Carmichael
EL CAMINO SMOG & REPAIR
Full Auto Diagnostic Service & Repair
Foreign & Domestic

10% OFF Labor (with coupon)

482-SMOG (7664)
ElCaminoSmogRepair@sbcglobal.net
5101 El Camino Ave, Carmichael

TERRIE HUNT, BROKER

RIVER RIDGE REALTY
OFFICE: (916) 988-8880
DIRECT: (916) 663-6300
WWW.RIVERRIDGEREALTY.NET
CALBRE# 01213387

"The Most Important Thing About A Home Are The People In It"

PUZZLE PLUS

To participate on this page, call (916) 429-9901 for information

The Crossword by Margie E. Burke

ACROSS

1 Meter reading
5 Flu symptom
9 Month of showers
14 Desktop symbol
15 Cafeteria item
16 Bouquet tosser
17 Flip out
18 Flooring material
19 Hosiery thread
20 Doggedness
22 One who takes down the quarterback
23 Mix and mingle
25 Dance or dip
28 Mourning band
29 Brand of jeans
32 Bring to life
34 Tango move
35 Indian royal
36 Radioactive element

DOWN

1 Solidarity symbol
2 Teen affliction
3 Reddish horse
4 Pawn capture
5 Storage spot
6 Movie rater
7 Flag raiser
8 Check out
9 All lit up
10 Sticker figure
11 Classic game played on a map

12 Not moving
13 Unwelcome look
21 Raccoon's kin
22 Nursed, as a drink
24 Put down, as tiles
25 Diver's gear
26 Collection
27 Tenant's contract
29 Procrastinator's word
30 VCR button
31 Terra firma
33 Memorial tribute
35 "Get Ready" singer of the 70's

37 Dole out
39 Sermon source
42 Risk calculator
45 Like some regions
46 Emotional obstacle
48 Scenic outlook
49 Point a finger at
50 One of a bear trio
51 Final words?
52 Bringing up the rear
54 Take a chance
55 At any time
56 Monopoly card
58 Gangster's gun

Copyright 2014 by The Puzzle Syndicate

62 Grove growth
63 Fragrant oil
64 Blood classification
65 Grazing group

12 Not moving
13 Unwelcome look
21 Raccoon's kin
22 Nursed, as a drink
24 Put down, as tiles
25 Diver's gear
26 Collection
27 Tenant's contract
29 Procrastinator's word
30 VCR button
31 Terra firma
33 Memorial tribute
35 "Get Ready" singer of the 70's

37 Dole out
39 Sermon source
42 Risk calculator
45 Like some regions
46 Emotional obstacle
48 Scenic outlook
49 Point a finger at
50 One of a bear trio
51 Final words?
52 Bringing up the rear
54 Take a chance
55 At any time
56 Monopoly card
58 Gangster's gun

See Solution, page 14

REVERE COURT
MEMORY CARE
"DEMENTIA CARE AT ITS BEST"

Revere Court Day Club program is designed for those who need assistance and supervision while their family members are at work or are in need of a respite for a day

- THE DAY CLUB SERVICES INCLUDE THE FOLLOWING:**
- Stimulating daily activity program
 - Assistance with ADLs
 - Nutritiously balanced meals, snacks and special diets
 - Assistance with medication administration

(916) 392-3510
www.reverecourt.com

7707 Rush River Drive, Sacramento, CA 95831
Lic. #347001338/342

THE SALVATION ARMY

DID YOU KNOW WE PICK-UP DONATIONS FOR FREE?

1-800-SA-TRUCK
OR VISIT WWW.SATRUCK.ORG

#DOINGTHEMOSTGOOD

Andrews & Greilich Funeral Home

Traditional Funeral Services & Cremations
Advanced Planning & Support Services
Honoring the Catholic Funeral Plan™

3939 Fruitridge Rd, Sacramento, CA
(916) 732-2026

Victor Sanchez, Habla Espanol
EastLawn.com
Contact Ginger Brown, Manager

It's Time to Paint!

SAVE \$500!

CALL FOR YOUR FREE ESTIMATE TODAY!
on any complete exterior / interior paint job (not valid with any other offer)

(916) 424-4008

Family owned and operated Since 1987

Martin 'Wonder Rabbit' Ashley recalls his radio years, more

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is the seventh article in a series about the history of broadcasting in the Sacramento area. This series was inspired by readers' positive responses to previous articles about local television history in this publication and several requests to feature histories of local radio stations.

Sacramento native Martin Ashley, who was known to many radio listeners as the "Wonder Rabbit" during his years as a disc jockey, met with this publication last week to share some of his memories.

After responding to several basic preliminary questions, Ashley, 67, was asked to discuss how he became interested in working in radio.

"Actually, I wasn't interested in radio," Ashley said. "I got interested in electronics. When I was about 10, 11 or 12, I started fooling with batteries and lights and putting lights on (his) bicycle. But then, of course, (his) parents wouldn't let (him) ride (his) bicycle after dark, even though I (had) a light and no other kids had lights. And then people would bring me things to look at to see if I could repair them. And oftentimes they would say, 'If you can't repair it, just throw it away.' So, I would tear it apart. So, I got interested in electronics."

And with that interest, Ashley became a member of Joseph Bonheim Elementary School's audio-visual squad.

Ashley continued gaining experience in electronics during his years attending Peter Lassen Junior High School, which was located at 5022 58th St.

While Ashley was a student at Lassen, science teacher Carl Holtz gave him a special exception to study audio-visual in the seventh grade, despite the fact that seventh graders were not typically allowed to participate in that class.

After leaving Lassen, Ashley attended Hiram W. Johnson High School, where he met electronics teacher Eugene J. Houghton.

Ashley recalled that Houghton recognized that he had an aptitude toward electronics.

"[Houghton noticed] that the electronics class was far too simple for me, because I was beyond that," Ashley said. "So, what he had me do in the electronics class was instead of working with crystal radios and the beginning electronics stuff, he would have me fix the projectors for the sound system and rewire microphones and stuff like that."

It was also during his teenage years when Ashley was involved in local theater productions.

Ashley said that it was not acting that drew his attention to theater, but instead the sound system and lighting.

But Ashley added that he did end up doing a little acting on stage.

"I did some acting, what we call walk-ons," Ashley said. "These were walk-on parts. I was also the voice of the president in one of the Music Circus performances (of) 'Li'l Abner.' But primarily, my interest was how the lights work and the dimmers and the sound systems and the microphones and things like that."

When Ashley was about 14 years old, he took an interest in the operation of radio stations.

As a result, he talked a friend's mother into driving him to the soon-to-be-on-the-air radio station, KJAY



Martin "Wonder Rabbit" Ashley works behind a microphone at the Capitol Radio Studio.

Photo by Lance Armstrong

1430 AM, to inquire if the station needed assistance with their wiring.

Although Ashley did not acquire work at KJAY, he said that the visit led to him visiting the Federal Communications Commission in San Francisco and acquiring his FCC third-class broadcast license.

After obtaining his license, Ashley would sit in radio station lobbies to study how disc jockeys operated on the job.

Ashley would eventually imitate the typical voice of a disc jockey while delivering

the morning bulletin at Johnson High.

And when he was a junior at that school in 1964, he emceed the senior ball at the Memorial Auditorium.

After graduating from Johnson in 1965, Ashley attended Sacramento City College and ran projectors on film days at Sacramento area library branches.

In about October 1965, Ashley went to KXOA at 800 Leisure Lane in search of his first radio job.

During that visit, Ashley learned that KXOA would

See Broadcast, page 8

VALLEY COMMUNITY NEWSPAPERS, INC.
Community News In Your Hands

California Kids
Arden-Carmichael News
East Sacramento News
Lions
The Pocket News

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

FUNERAL DIRECTORY

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

GEORGE L. KLUMPP
CHAPEL OF FLOWERS #3000
2691 Riverside Boulevard
Sacramento, CA 95818
(916) 443-7917
www.cfcsSacramento.org

Serving the community since 1921

Harry A. Nauman & Son

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

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

LIND BROTHERS FD 1141
A Family Owned Funeral Home & Crematory
Celebrating 50 Years in the Community

916.482.8080

Release White Doves
"A unique and loving tribute."
Since 1991

(916) 443-2165
www.whitebird.com

You will be pleased to know our doves fly home quickly and safely and are not harmed in any way.

Broadcast:

Continued from page 7

no longer simulcast on its FM station, and an FM staff would have to be developed.

Ashley was eventually hired as KXOA-FM's 9 p.m. to midnight shift disc jockey, and he would later work the 6 to 10 a.m. shift.

In August 1967, Ashley was drafted into the Army and sent to El Paso, Texas.

Later that year, after he completed his basic training, Ashley obtained a job at El Paso's first television station, KROD-TV Channel 4.

In recalling his busy schedule at that time, Ashley said, "I was in the Army from approximately 6 a.m. until approximately 6 p.m. I would then grab a bite to eat, go to the television station, work there until 1 o'clock in the morning and come back to the base."

Ashley switched from KROD-TV to KROD 600 AM radio in 1968, and later that year, he left KROD to become a disc jockey for El Paso's then-number one radio station, KELP 920 AM.

Former KXOA disc jockey, Johnny Hyde, who was then working at KROY, called Ashley in July 1969 and asked him to return to Sacramento to work for KROY.

A month later, Ashley was out of the Army and employed as KROY's weekend and public service director.

Only about two months later, Ashley was working as KROY's midnight to 6 [a.m.] shift disc jockey.

As for the golden question of how he became known as the "Wonder Rabbit," Ashley explained that the name evolved from his own joke when he signed his name, 'Wonder Boy,' on a flip card on the control room door at KROY.

"Bob Sherwood (who was then working as KROY's program director) crossed out 'Boy' and put 'Rabbit,'" Ashley recalled. "So, I walk in the control room to drop off some stuff and (Sherwood) says, 'Oh, by the way, Wonder Rabbit is going to be on the air tomorrow night at 7 o'clock.' Well, 7 o'clock comes and it was a Saturday night. I'll never forget it. All of a sudden, the phone is lighting up. And I'm on the air as Martin Ashley and they wanted to talk to Wonder Rabbit."

Ashley was transferred from the midnight to 6 a.m. shift to the noon to 3 p.m. shift in the early 1970s.

In recalling that time in KROY's history, Ashley said, "This was top 40, with mega numbers."

The next career move for Ashley came in March 1974, when he left KROY to work for KNDE, where he would remain for the following 10 months.

And in speaking about yet another stop in his employment

journey, Ashley said, "In December of 1975, I went on syndication. I got hooked up with a syndicating company out of Roseville called Concept Productions. They had two or three formats that they supplied to small radio stations throughout the country, and one of them was top 40, or by that time it was called CHR—contemporary hit radio. And so, I did the Wonder Rabbit Show, the morning shift for over 13 years."

In continuing to speak about his career in radio, Ashley said, "My career was also doing all these other things. I was chief engineer at KROY-AM, when it was FM and then it went AM and then it sold and it was KENZ, and then it was KSAC (FM). Then they sold in the early 1990s and KROY (FM) became KSEG, 'The Eagle.' And I was chief engineer at the time. And I had a recording studio in the same building. It just goes on and on. I worked for the Eagle. I worked for KROY three different times on air under three different owners. And the last one, when I was on the air in 1989 or 1990, they had me on Sunday nights doing (a program called) 'The Wonder Rabbit Oldies' or something."

Ashley, who also has a lot of on-air camera experience in television, explained that he continues to work behind a microphone in a radio station environment.



Photo by Lance Armstrong
Martin Ashley left commercial radio in 2004 and presently works at the Capitol Radio Studio in the state Capitol.

"In 2004, I transitioned to here (at the state Capitol) and finally left commercial radio behind," Ashley said. "Here is what we call the Capitol Radio Studio. It is a bipartisan studio for legislative purposes, primarily members of the legislature, senators, being Democrats or Republicans, and we also occasionally do airchecks for Assembly Republicans, because they have no facility. There are other facilities, but not in the Capitol itself for radio. We do interviews where we call sound bites for radio stations. We have equipment that is effectively a radio studio, with microphones and consoles and CD players and electronic editors and stuff like that, where the members can come in. We can connect up to their local station in their

district, be it Palmdale or Los Angeles or Arcadia, or wherever their district is (located). And they can be interviewed by their local host. We do public service announcements with members on West Nile virus and back to school safety and all kinds of stuff like that. Occasionally, a member will ask for us to record his speech in a hearing or on the floor itself. We do lots of things that are all legislative, nothing commercial here at all.

"We do everything that a radio station does, except for the fact that you can't pick it up on a car radio. Otherwise, I'm still doing what I did back in 1967."

And in summarizing his many years in radio, Ashley said, "I'm very proud of my entire career and I wouldn't have changed it for the world."

Arden-area breakfast raises awareness of need for affordable housing for minimum wage workers

We don't think people who work as receptionists, sales clerks or veterinary techs are poverty-stricken and need affordable housing, but....

People need to earn \$20.62 per hour, or \$42,920 annually, to afford a two-bedroom apartment in Sacramento.

If you are a single mother making minimum wage, you need to work 2.6 full-time jobs to rent a two-bedroom apartment for yourself and your child.

And yet people like the ones above—who make minimum wage—keep the economy running for everyone.

Local nonprofit Mutual Housing California provides affordable apartments for more than 3,000 people who work minimum wage jobs.

Nearly half of its residents are children.

Without these low-cost apartments, these families struggling to earn a living could end up homeless.

To raise money for its communities in Sacramento and Yolo counties, Mutual Housing is holding its annual fundraising breakfast Thursday, November 11, 2014 from 8 a.m. to 9 a.m. at the Doubletree Hotel in Sacramento.

The one-hour event shows how difficult it is to pay for decent housing in the local area if you aren't middle class. It showcases personal stories of Mutual Housing families—and the communities that allow them to work toward the same dream of security and safety that everyone else has.

Founded in 1988, Mutual Housing California also

offers leadership training and mentoring as well as educational programs, community-building activities and services for residents and neighbors.

Programs include financial classes, computer training and after-school activities.

Scheduled to open in March 2015, Mutual Housing's latest community of 62 apartments in Woodland for agricultural workers and their families will be the first zero-net energy affordable housing specifically for food laborers in Northern California.

RSVP to Yuesen Yuen at yuesen@mutualhousing.com for the event. For more information on Mutual Housing California, visit www.mutualhousing.com.

If you go:

WHAT: Building up Breakfast to introduce people to this local nonprofit

WHEN: Thursday, Nov. 11 from 8 to 9 a.m.

WHERE: Doubletree Hotel, 2001 Point West Way

WHY: Despite the ups and downs of the economy as well as the closure of redevelopment agencies, this local nonprofit continues to develop, operate and advocate for sustainable rental housing for the diversity of the region's households.

Information from Out of Reach, 2014, the National Low-Income Housing Coalition's annual report, can be found online at http://nlihc.org/sites/default/files/oor/2014-OOR-CA_0.pdf



Free Community Event

VETERAN'S DAY CONCERT

Featuring the Valley Choral Society performing both patriotic and spiritual music and a special tribute to Veterans

Saturday, November 8, 2014
2:00 p.m.

East Lawn Sierra Hills Memorial Park Chapel
5757 Greenback Lane, Sacramento, CA 95841

Featuring Valley Choral Society

A special gift will be presented to each Veteran

Refreshments will be served following the concert.
For more information, call Lisa West (916)732-2020

Senior Services and Resources

Call Melissa (916) 429-9901

ATTENTION!

REDUCE TAXES ON YOUR SOCIAL SECURITY BENEFITS
Up to 85% of your Social Security benefits could be taxable!

Learn how to reduce or eliminate taxes on your social security; take advantage of a myriad of tax benefits.

TO RECEIVE FREE INFORMATION THAT COULD REDUCE TAXES ON YOUR SOCIAL SECURITY BENEFITS,

CALL: 916-231-0729

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

LEGAL SERVICES

WILLS AND TRUSTS

Services: Wills and Trusts, Special Needs Trusts, Trust Administration

Experiences: Medi-Cal - 8 Years, Franchise Tax Board - 10 Years, Private Practice - 13 Years

Free In-Home Consultation
Tara Tyler, Ph.D., Attorney at Law 916-452-0624

SPECIAL ALZHEIMER'S LIVING

REVERE COURT
MEMORY CARE Lic: #347001338/542

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

casey.s@chancellorhealthcare.com
www.reverecourt.com
(916) 392-3510
7707 Rush River Dr. Sacto, CA 95831

NURSING SUPERVISED HOME CARE

Harmony Home Health
Nursing Supervised Home Care

Personal Care
At Home or Away

Now Hiring Experienced Caregivers

Dementia • Parkinson's • Stroke • Hospice • Grooming
Bathing • Drive to Errands • Light Housekeeping • Meals

(916) 233-1002 • HarmonyCaringServices.com

HIT THE ROAD, SAIL THE SEAS, SOAR THE SKIES, GUILT FREE!

Wags n Whiskers

"Your furry family members are in good hands"

Call today for availability
Arial Montague
(916) 728-0286
wagsnwhiskers2014@yahoo.com

Lic #GEN-06994

LOCAL BUSINESS BRIEFS

For a small fee you can place your business announcement on the Local Business Briefs page.

Call your representative today
(916) 429-9901

Publishers of:
Arden-Carmichael News • East Sac News
Land Park News • Pocket News



Tanya Plescia

Tanya Plescia to perform piano solo at all-Russian music concert in Arden area

Tanya Plescia, local concert pianist and founder of Sacramento Piano Conservatory, Steven Thompson, professor of music at American River College (ARC), conductor, and the American River College Symphony Orchestra present a concert of all-Russian music with a Prokofiev piano solo by Plescia.

Recognized for her renditions of Hungarian and East European composers' music, Plescia often is invited to give concerts across the nation. She appears in Los Angeles, Washington, D.C., Portland and San Francisco.

She also has been part of the Crocker Museum of Art Sunday Concert series.

A pianist since age 4, Plescia has a bachelor's degree in humanities as well as a second degree in piano performance.

Conducted by ARC music professor Steven Thompson, Plescia will play a striking interpretation of Prokofiev's famous First Concerto as part of their all-Russian program, proper title—Prokofiev Piano Concerto No. 1 in D-flat major, opus 10.

The concert, to be held Oct. 29 at 7:30 p.m. and again on Nov. 1 at 7:30 p.m. at American River College, will feature Alexander Borodin's "In the Steppes of Central Asia" and the Modest Mussorgsky (Maurice Ravel version) of "Pictures at an Exhibition".

People from all walks of life make up the 75-piece ARC Symphony Orchestra.

Doctors, lawyers, psychologists, authors, teachers, business executives, domestic engineers, retired professionals and students all bring a love of music—and many hours of practice—to each performance.

For more information, call American River College from 8 a.m. to 5 p.m. Monday through Friday at 484-8433 or visit <http://sacpiano.com/>.

Tickets are \$10. Proceeds go to the ARC music department program.

Tickets are available at www.brownpapertickets.com or the ARC Theater box office one hour prior to the event. American River College Theater is located at 4700 College Oak Dr., Sacramento.

Face Behind the Business

Capital Tax Service



CTS
CAPITAL TAX
SERVICE, INC.

TAX PROBLEMS?
Representation for you
with the IRS!
Let us call off the dogs.

Richard Yaffee E.A.

(916) 485-1065
www.ctssac.com

Call 916.429.9901 to
reserve your spot today!

Ed Corominas

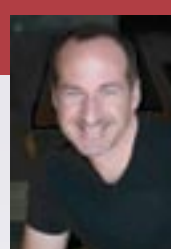
For All Your
Real Estate Needs,
Discover the Difference!



Spacious & Spectacular Custom Residence
This home is located in a wonderful area of Carmichael, situated on top a gentle hillside overlooking the 1/2 acre grounds w/ built in pool and seasonal creek. This home boast new hardwood floors, tile & carpeting with 4-5 bedrooms & 4 baths. Wonderful floor plan perfect for entertaining & large families. A Bonus Room or Private Casita on the lower level of home. This stylish, unique home offers a beautiful setting, privacy and the room that one desires. 3313 sq. ft. 2239 Seabler Place \$675,000



Irresistible Stunning Remodel
This beautiful custom home was just completed, 4 bdrm, 3 bath one of a kind, has the finest in finishes. Beautiful hardwood floors, crown moulding, cased windows, custom cabinets, fixtures & finishes. Enormous great room w/dream kitchen features a professional range, stainless appliances, Quartz counters custom cabinets. Wonderful Master suite w/gracious bath & huge closet. Imperfect smooth walls, smooth stucco & pool. 2725 sq. ft. 2124 Claremont Road \$825,000



Ed Corominas
Ed@EdCorominas.com
www.EdCorominas.com
(916) 599-9389
CalBRE# 01095218

LYON
REAL ESTATE

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

Carmichael Oaks Dental Care

CALL TODAY FOR AN APPOINTMENT!

(916) 944-1120

www.carmichaelsmile.com
8329 Fair Oaks Blvd. Ste D • Carmichael 95608
(Between Manzanita Ave & San Juan Ave)

\$40⁰⁰ EXAM AND X-RAYS
(STANDARD)

Valid for new patients only. Includes comprehensive oral exam, necessary x-rays and a consultation. Your insurance may reduce the cost to zero. Restrictions apply. With Certain Insurances. 9/30/14

30% OFF DENTAL TREATMENT

For Non-Insured Patients Only. New Patients Only. Valid with \$40.00 Exam and X-ray Special. Expires 9/30/14

15% OFF DENTAL TREATMENT

For New or Existing Insurance Patients. With Certain Insurances. Limited Time Offer. Expires 9/30/14

ORTHODONTIC TREATMENT STARTING AT \$100 A MONTH

Normally priced \$5,000. Reduced to only \$1,000 for full comprehensive orthodontic treatment, including other conventional metal braces or invisalign depending on case/diagnostic needs. If you have dental insurance this may reduce your out of pocket patient cost. See down payment required, in office financing based throughout length of treatment and contract. Orthodontic services provided by a general dentist. Expires 9/30/14

- General and Cosmetic Dentistry
- Digital X-Ray and Intraoral Camera
- Crowns, Veneers, Bridges and Dentures
- Carec Crowns In As Little As One Appointment
- Free Consultation For Braces & Invisalign
- Emergency Appointment Available

- Participating Provider for Delta Premier
- Participating Provider for Delta PPO, MetLife, Premier Access and Most PPO Insurance Plans

Use your Dental Insurance Maximum before it Expires!

Se Habla Español

Hours:
Monday-Friday
8am-6pm

If you're new to the area or have ever experienced an incomplete dental evaluation in the past, then today is the day to make a positive change. Trust your smile to the experienced care at Carmichael Oaks Dental Care!

Our community is fortunate to have two exceptional dentists (Dr. Angel Soto and Dr. Carla Gutierrez) dedicated to providing the best that dentistry has to offer. Dr. Soto, Dr. Gutierrez and their friendly staff will provide you with a comfortable and relaxing dental experience. Many of their patients are referred by other happy patients, so they have every reason to be confident that you will be in good hands. If you've had a history of severe dental problems, Carmichael Oaks Dental Care can help. They have all the skill, experience and advanced technology to turn your smile into a masterpiece. Their services include beautiful crowns, natural colored fillings, cosmetic bondings, porcelain veneers, dentures, bridges, dental implants, CEREC® CAD/CAM restorations, teeth whitening and much more. The staff at Carmichael Oaks Dental not only cares about their patients, they also are doing their part for our planet and future generations by going green. They've made an investment to reduce their carbon footprint by purchasing digital x-rays and operating a paperless office. If you're looking for a dental practice devoted to restoring and enhancing the natural beauty of your smile using conservative, state-of-the-art procedures that will result in a beautiful, healthy and long lasting smile that you will be proud of, as well as a dental office that is sensitive and understanding to your needs, then Carmichael Oaks Dental is the place for you!



Fair-themed fundraiser at a local storage facility

Photos and story by MONICA STARK
 editor@valcomnews.com

It appeared that the work of a fairy godmother was over at the Armor Mini Storage facility on Auburn Boulevard because for one night, a section of empty storage units were filled with tried and true carnival games, transforming the space into a county-fair themed party (without any scary carnies).

High school and college age students picked up guests from their parking spaces and shuttled them to the fair by way of golf carts, as others worked the barbecue, cooking up tri-tip and shredded chicken sliders.

"The tri tip's got a little heat to it, not bad, but it just kind of warms up at the end. So you're like, 'ooh look at that,'" Don Hall explained as the meat was cooking on a warm Saturday evening in September.

Don and his wife, Marie, are the founders of BeMoneySmartUSA, a non-profit in Carmichael that offers free financial literacy training for youth and employment opportunities through their farmers' markets. Those students who were found working the county fair were actually helping to generate funds for the latest program to get off the ground, Veterans Build Your Own Micro Business Academy, a veterans' micro-franchise operation through BeMoneySmart USA.

With nearly 200 well-fed folks grazing on 25 pounds of tri-tip and 20 pounds of chicken, not to mention slices of Papa Murphy's Pizza and fruit cups, folks hopefully had a good time, playing games and learning about the BeMoneySmart USA program for veterans.

Janessa Lucero, a second year student at Sierra College and Michael Murr-Conley, a student at George Washington Carver in Rancho Cordo-

va, were among the young volunteers, chauffeuring folks around to their cars by golf cart. Asked if they were having a good time at the fundraiser, the following exchange ensued:

"I love driving the golf cart," Janessa said.

"I love watching her drive the golf cart," Michael said.

Michael said he works for a variety of vendors and can be seen Saturdays at Sundays at Carmichael Park. "I've done sign dancing."

Meanwhile, Janessa said she works inside the BeMoneySmart office, organizing the farmers' markets for their Wednesday, Thursday, Friday, Saturday and Sunday markets. "I know with BeMoneySmart USA, we're really involved with the Fair Oaks and the Carmichael chambers (of commerce). We're trying to get a lot of fundraisers going, especially for us, this

See *Carnival*, page 12

Carnival:

Continued from page 12

is for us and we are trying to get our veterans' program started."

Reilly Nycum, a St. Francis High School student, with the help of BeMoneySmart USA sells fruits and vegetables for Rodriguez Ranch at various farmers' markets. Describing how she got set up with the Rodriguez Ranch, Nycum said: "I just got put on with them one day. They send out a schedule every week and you get put with a vendor and I've been working with them for a while."

Similarly, Chris Navarro, a kinesiology student at American River College, said he met Don and Marie a few years ago while working a summer job for BeMoneySmart USA. "They helped me get a job with another booth there - Cultured Kitchen. It's vegan and all natural food...I love to cook. I was very lucky to help Don cook. Tonight, I am Don's sous chef so to speak."

Piping in, Don jokingly had a different perspective he wanted to share: "I'm the one who is the sous chef. He's the one doing all the work."

Taking a few minutes to discuss the veterans' program with this publication, Don said: "We know that veterans have a hard time transitioning from the military life into civilian life. At Sierra College, there are 800 veterans using the GI Bill. These are all guys and gals trying to improve their lives, but one of the difficulties in a GI Bill is it pays for your college education, but not necessarily everything else you need in your life. So, these guys run a little short on money.

"So, we created a micro-franchise, a micro-business where they can step into and everything has been done for them. It has the product - they can choose from one of five of our existing farmers' markets. They can go, 'I want to sell veggie chips. It's easy. It's healthy. I like it.'

"And, so when they step in, they don't just step into that product. All the marketing is done. We have a business coach that will be

behind them to help them out. They get an account. They get an attorney. They get a Be Money Smart, and everybody around them to help them with the different aspects of their life, so their business can stay focused and get done. So it's pre-done."

The veteran's program is expected to roll out Jan. 20 with five veterans - that is, five businesses - that will participate in a 12-month educational program.

Explaining how the educational aspect of the program will proceed, Marie said, "Between now and that date, we are going to do a vetting process. We'll start with a bigger group and then narrow it down to the five that are ready."

Fundraiser sponsors included: Armor Mini Storage, Wagner Plumbing, the Carmichael Chamber of Commerce, Assemblyman Ken Cooley, Carmichael Rotary, Edward Jones financial advisor Carroll Webb, and Bauer's Car Wash.

For more information, see www.bemoneysmartusa.org

**We Care Every Day
In Every Way.**

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

916.971.9333

www.VisitingAngels.com/Sacramento

America's Choice in Homecare.
VisitingAngels
LIVING ASSISTANCE SERVICES

Each Visiting Angels agency is independently owned and operated.



#iCANHELP program targets cyberbullies

Kim Karr stood in front of a mass of Arcade Middle School students and asked them to do something a little scary: come up to the front of the room and talk about something personal.

One girl approached the microphone and spoke to another student. "You are the best friend I could ever wish for."

A boy came up next, and turned toward his teacher. "I'm sorry for what I did in class the day before."

The #iCANHELP program uses school assemblies, social media campaigns and student leadership trainings to educate children on the negative impact of cyberbullying, and their power to fight it.

"It's not that hard to give someone a compliment," said Karr, #iCANHELP's co-founder and a teacher in Contra Costa County.

"We need to make sure we never make a permanent decision with temporary emotions. Think before you post or send a text," she told the students.

Later, she asked the students to crumple up one piece of paper for every time they'd been insulted or called names. Crinkling sounds followed.

Kids holding up crumpled balls of paper at iCANHELP assembly Karr then told students to open up the paper balls if they had ever received a compliment. Most — not all — of the students were able to flatten out their paper.

Those who did not received a shower of hugs and compliments from their peers until every paper was flat.

"This world is messed up. We need to do something about it. Here is a perfect example of what you can do," Karr said. "You can start helping people out."

Karr travels throughout California spreading that message, and she believes the fight against bullying is not a losing battle. In fact, bullying may even be the underdog.

"We need to have that confidence. We need to speak up and say something," she said.

For information on #iCANHELP, visit their official website.

Home Care ASSISTANCE
1-866-4-LiveIn®

Not All Home Care is Alike

Home Care Assistance's mission is to Change the Way the World Ages

At Home Care Assistance of Sacramento we are "raising the bar" in the care we provide AND the respect we extend to our staff.

- We refer to our caregivers as Care Partners because they are truly valued partners in this business.
- We are the only senior care company with a Home Care University to continue to develop the skills of our staff. We also offer culinary training with an emphasis on nutrition to improve our care partners' skills and ultimately our clients' meals.

SAVE \$500
on any complete exterior re-paint job (not valid with any other offer)

SAVE \$500!
CALL FOR YOUR FREE ESTIMATE TODAY!
(916) 424-4008

PAINTRITE
Family owned and operated since 1987

Solution to Crossword:

F	A	R	E	A	C	H	E	A	P	R	I	L		
I	C	O	N	T	R	A	Y	B	R	I	D	E		
S	N	A	P	T	I	L	E	L	I	S	L	E		
T	E	N	A	C	I	T	Y	S	A	C	K	E	R	
S	O	C	I	A	L	I	Z	E						
S	A	L	S	A	C	R	A	P	E	L	E	E		
C	R	E	A	T	E	D	I	P	R	A	J	A		
U	R	A	N	I	U	M	D	E	B	A	T	E	R	
B	A	S	T	L	E	A	D	I	R	E	C	T		
A	Y	E		N	O	T	C	H	B	E	R	T	H	
				V	E	G	E	T	A	B	L	E		
P	O	L	I	T	Y		U	N	L	E	A	D	E	D
A	B	A	S	H		G	A	G	A	R	A	V	E	
P	I	S	T	E		A	R	U	M	T	R	E	E	
A	T	T	A	R		T	Y	P	E		H	E	R	D

PLEASE Recycle this paper

Bullying prevention tips

The prevention of bullying has received even greater attention as the ways to bully continue to expand. Multiple offices in San Juan Unified including Safe Schools and Prevention Programs work together and support school communities to combat bullying at its source.

person being bullied usually knows who is doing the bullying. Indirect acts are behind someone's back and sneaky, the person being bullied may not know who is doing the bullying.

Physical acts, hazing, threats, intimidation, verbal abuse, and taunting. Examples of indirect acts of bullying include: Making faces, obscene gestures, exclusion, rumors and cyberbullying.

Examples of direct acts of bullying include: Source: www.sanjuan.edu

If you see it, report it.

We need your help to stop bullying and harassment. Tell a teacher or the principal at your school. You can also send a text message to (916) 243-5552, call (916) 979-8477 or report it online.

Bullying Prevention Resources

San Juan Unified offers bullying prevention resources for educators, parents and students including a lending library.

What is Bullying?

San Juan Unified follows the Olweus definition: Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.

Bullying has four components: A specific type of aggression, verbal, physical and psychological. It is a behavior that is intended to harm or disturb and is carried out repeatedly and over time.

An imbalance of power between the bully and victim which can be physical or psychological.

What is Cyberbullying?

Cyberbullying is the use of modern communication technologies, such as but not limited to e-mail, instant messaging, chatrooms, web sites, social media/networks, text messaging used to intentionally embarrass, humiliate, threaten or intimidate an individual or group in an attempt to gain power and control.

Examples of acts used to bully: Bullying can take two forms. Direct acts are usually face-to-face and the

Please send your updated
Calendar announcements

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

Fax to: 429-9906
Phone: 429-9901

Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818

The lives we touch inspire us

When Azadeh was diagnosed with cancer at age 7, doctors in her native Iran cautioned that her chances of survival were minimal.

Still her mother brought her halfway around the world to UC Davis, where four years of treatments and surgeries took their toll on her body and her childhood, but ultimately reversed the disease.

Azadeh might have turned away from her grueling past. Instead she chose to embrace it. Today, as a volunteer for support programs at UC Davis Comprehensive Cancer Center, she helps other young people facing similar cancer challenges. Here, she offers others not only access to practical resources, but also something more profound: a survivor's understanding and empathy.

To learn more about Azadeh's enduring strength and the region's one National Cancer Institute-designated comprehensive cancer center, visit cancer.ucdavis.edu

One team. One choice.
One UC Davis.



THE REGION'S **One** NCI-DESIGNATED COMPREHENSIVE CANCER CENTER

UCDAVIS
COMPREHENSIVE
CANCER CENTER

ARDEN & CARMICHAEL BUSINESSES

Affordable placement for chamber members and small businesses! Call 916-429-9901

CARMICHAEL CHAMBER MEETS EVERY 4TH TUESDAY OF THE MONTH

LUNCHEON
Cypress Baptist Church
5709 Cypress Avenue
starts at 11:30 a.m.
916-481-1002
www.carmichaelchamber.com

Howl-o-ween Fest for Dogs

October 26, 12-3pm at Carmichael Park
\$7/dog, Tricks/Treats/Games/And More

Wall of Honor Event • November 1, 10am
Patriots Park, 6825 Palm Avenue in Fair Oaks
All members will be recognized

Call 916-429-9901

for information about advertising in this section.
www.valcomnews.com
VALLEY COMMUNITY NEWSPAPERS, INC.

Day at the Races

Motorcoach Trip, Thursday, January 15, 2015

Golden Gate Fields, Berkley
Rain or shine, you're inside!
Lunch at the Turf Club



Cost: \$100/person
Register by December 15, 2014
Depart 10am and return 5pm

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



Rio Americano moves forward after shooting threat

Rio Americano and San Juan Unified officials contacted the Sacramento County Sheriff's Department on Friday after graffiti was discovered in a campus bathroom indicating there would be a shooting on campus Wednesday, Oct. 22, according to a statement from the sheriff's department. Later, an additional note was discovered in the same location indicating the date of the threatened shooting had been changed to Tuesday, Oct. 21.

The sheriff's department began an investigation into the threat and, according to standard procedure for threats of this nature, notified the Regional Terrorism Threat Assessment Center, run by the Department of Homeland Security. As a result, the FBI is assisting in the investigation.

Two Safe Schools officers were on campus on Tuesday and Wednesday, along with school officials, to for and report any suspicious activity on campus, and the school community is asked to do the same. Suspicious activity can be reported to the sheriff's department dispatch at 874-5115 and any life-threatening situation should be immediately reported to 911.

Principal Brian T. Ginter said a threat was made Friday toward the high school, but Safe Schools had done a threat assessment on this situation and felt there is no evidence that it was a credible threat. "With that being said, we are still taking

it seriously and have extra police presence on campus all this week. Police presence does not mean something bad has happened, it is just a precaution."

Ginter stated that part of the concern school officials have is all of the talk on social media that is creating extra concern from parents and students. He asked parents and the community to monitor what is being posted on any sites they might have control over so this does not cause extra stress.

Ginter stated released a statement on the school website regarding ongoing details about how the school will be handling the situation. "Wednesday morning started with students arriving to school and getting to class in a timely fashion. Absences are higher than normal, but that was expected today. We have had some calls from parents that think we are on a lockdown, but that is not the case. We are moving through today (Wednesday) as we did on Monday and Tuesday with officers present. We will continue this pattern through this week."

The following statement was posted on Tuesday:

"I want to update all of you as to where we are at with the threat incident on campus. A question came to me this morning about the threat assessment and what goes into making a determination that a threat is credible or not credible. Highly trained and qualified officers in this area do interviews around the

threat, assess the situation, do background checks, and searches if necessary. After their process is done a determination is made and acted upon.

"For us, whether the officers determine the threat is credible or not, we move forward as if it were and take precautions necessary to ensure student and staff safety. In this case we have extra officers on campus throughout the day, additional district staff on campus and our adults are making themselves more visible.

"Threats of this nature are crimes whether credible or not. We continue to support the investigation being conducted by Sacramento County Sheriffs with FBI assistance so those responsible can be held accountable for disrupting the school environment. We will continue to take this incident seriously and work to get our school environment back to normal."

The following was posted as the weekly bulletin for the school:

Week at a Glance: Week of October 20, 2014 is a block week.

Monday: Regular day all periods meet. Extra presence of officers on campus because of threat made Friday, Oct. 17.

Tuesday: Block day periods 1, 3, 5 meet. Extended leadership meeting in the office conference room at 3 p.m. Extra presence of officers on campus because of threat made Friday, Oct. 17.

Wednesday: Block day periods 2, 4, 6 meet. Ex-

tra presence of officers on campus because of threat made Friday, Oct. 17.

Thursday: 1:35 p.m. dismissal all periods meet, Collaboration - Extra presence of officers on campus because of threat made Friday, Oct. 17.

Friday: Regular day all periods meet. Extra presence of officers on campus because of threat made Friday, Oct. 17.



Brian Ginter, principal at Rio Americano

Got News?

e-mail editor@valcomnews.com or call 429-9901.

RESERVE YOUR SPACE IN THE UPCOMING California Kids!

CALL (916) 429-9901 TODAY!

Save up to 80% with LED lighting.

New ENERGY STAR® LEDs use up to 80% less energy and last up to 35 times longer than incandescents.

smud.org/lighting

SMUD
Powering forward. Together.

SAVAGE WORKOUTS AND SACRAMENTO FOOD BANK & FAMILY SERVICES PRESENTS

Push-ups to feed the Hungry

Come watch Maria Tobar attempt to break the Women's World Record for most push-ups in an hour and most push-ups in 24 hours!

Wed. Nov. 26, 2014, 7 a.m.

If you would like to donate, visit gofundme.com/pushups4thehungry for more information.

All proceeds go to the Sacramento Food Bank & Family Services.

SPONSORED BY: SAVAGE WORKOUTS, CAPITAL TOWERS

CLASSIFIED ADS

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

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.

List your auto for sale in the classified ads

SUMMER CLEAN-UP SPECIALS!
EMERGENCY SERVICES, too! Sod, sprinklers, hauling, concrete removal (Patio, borders, etc.), gutters cleaned, pressure washing, painting, tree & shrub removal, clean-up, general labor, fence repairs, planting, light tree trimming, hauling, and more. LICENSED. References available. Call Les at 838-1247. Ask about the specials for seniors.

Sell your furniture fast in the classifieds!

BOOKKEEPING
#1 BOOKKEEPER
31 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 appl. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info • taxireneinfo@gmail.com

FOR A BOX CLASSIFIED AD
Call MELISSA
429-9901

TAX PREPARER
#1 TAX PREPARER
31 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 • Taxireneinfo@gmail.com

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

www.lytleconstruction.com

YOUR AD HERE

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

Call 429-9901

BUILDERS

GOODRUM BUILDERS
GENERAL CONTRACTORS SINCE 1979
For All Your Design/New Construction & Home Renovation Needs

- CUSTOM HOMES • KITCHEN/BATH REMODELS • ADDITIONS
- FULL TEAR-DOWNS • ROOFS • CONCRETE
- FIRE/FLOOD DAMAGE REPAIR • ADA ACCESSIBLE ALTERATIONS

CALL NOW FOR FREE ESTIMATE: (916) 441-4800
*Highly Competitive Rates • CA Lic #794864 • Accepts All Major Credit Cards

CABINETS - KITCHEN & BATH

Sac City Cabinets Formerly Builders Surplus

Kitchen & Bath Cabinets & Design Center
FREE Estimates • Call: 916-369-1846 • www.saccitycabinets.com

Hours: Tues-Fri, 9am-5pm • Sat, 9:30am-4pm • Closed Sun & Mon
6015 Power Inn Rd. Ste K • Sacramento, CA 95824 • Email: saccitycabinets@yahoo.com

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
Free Estimates Licensed & Insured

- Rain Gutter Cleaning
- Window Cleaning (inside/out/screens washed)
- Pressure Washing (all surface areas)
- Hard Water Stain Removal
- Landscape Maintenance

Call Jesse: 916-428-2940

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 #7701 - issued by Lloyds of London

CUSTOM CONCRETE

Omega Concrete
Serving Sacramento since 2000

Color Stamped Concrete
Concrete Removal
Pool Decks... and MORE!

(916) 284-4982

HANDYMAN

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement!
Quality work the first time, guaranteed!

Carpentry - Electrical - Plumbing - Demolition
Sprinklers - Sheetrock

Accepts All Major Credit Cards
"Senior Discount"

NO JOB TOO SMALL!
Licensed and Insured #15292

Call Eric (916) 470-3488

YOUR AD HERE

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

Call 429-9901

HANDYMAN

FALL 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 17 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

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

PAINTING

SAVE \$500!
CALL FOR YOUR FREE ESTIMATE TODAY!
on any complete exterior / interior paint job (not valid with any other offer)

(916) 424-4008

PAINTING

SOVEREIGN PAINTING
Quality craftsmanship 3rd Generation Painter
with over 30-years experience

(916) 422-4416
sovereignpaintingco.com
sovereignpaint@yahoo.com

Dan Sovereign, Interior & Exterior Painting
Lic.# 484215
Better Business Bureau Member

PAINTING

COOK PAINTING
Full Service Company - Start to Finish

Freshen up for the holidays!
VCN Special

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

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

(916) 591-5056
In business since 1982
CSL# 432951

CALENDAR

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

ONGOING

"Stretch, Strengthen, and Thrive" at ACC:

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility, 5-6 p.m. Mondays and Wednesdays. \$5 per class if pre-paid; drop-in fee is \$6. ACC Senior Services Center, 7375 Park City Dr., 393-9026 x330, www.accsv.org.

Easy Tai Chi at ACC

Learn 24-form Yang Style Tai Chi at a slower pace. Experience the gentle flow and treat your whole body to a fun and relaxing workout. \$16 per month or \$5 Drop-in class. For schedule call 393-9026, ext 330, www.accsv.org. ACC is located at 7375 Park City Dr.

Senior Fitness at St. Anthony's

Senior Fitness meets Monday, Wednesday and Friday at 9:45 a.m. at St. Anthony's Memorial Hall at 660 Florin Road. Cost is \$2 per class. Do not have to belong to the church. Class incorporates dya bands, small hand weights, balls, and rubber bands plus cardio. Chair and standing exercises for flexibility, strength and balance accompanied by music of "the good ol' days." Participants do not have to get down on the floor! Paula has a Masters in Exercise Physiology and has been in the fitness business over 25 years. Equipment supplied if needed.

Senior Yoga at ACC

This class is designed to maintain joint mobility, muscle strength and flexibility. A yoga mat is required. \$25 per month or \$6 drop-in class. For schedule call 393-9026, ext. 330, www.accsv.org

Taiko for fun at ACC

Learn the history and basics of Taiko which refer to the various Japanese drums. Wear comfortable clothing. \$16 per month or \$5 drop-in class. For schedule call 393-9026, ext 330, www.accsv.org. ACC is located at 7375 Park City Dr.

Free Young Adult Bereavement Counseling:

The UC Davis Hospice Program and UC Davis Children's Hospital Bereavement Program will offer an eight-week Young Adult Bereavement Art Group for individuals 17 to 24 who are coping with the recent loss of a loved one. The sessions will be held on eight consecutive Monday evenings from Sept. 29 through Nov. 17. Each session will be held from 6 p.m. to 7:30 p.m. at the UC Davis Home Care Services Building, 3630 Business Dr., Suite F.

Stretch, Strengthen, and Thrive!

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility. The class consists of a mix of full body stretches, body weight exercises, strength training, and active stretching. 5:00-6:00 p.m. Mondays and Wednesdays. \$5 per class if pre-paid. Pre-registration and pre-payment is preferred, but drop-ins are welcome at a rate of \$6 per class. Held at ACC Senior Services Center, 7375 Park City Dr., Sacramento, 393-9026 x330, www.accsv.org.

Community Skill Exchange (time bank) monthly potluck/meeting

On the second Thursday of the month, monthly meetings will be held at the Sacramento Food Bank and Family Services. Information presentation and questions will be discussed between 5:30 and 6 p.m. Interested new friends encouraged to attend. Potluck and sharing is 6:15- 7:30 p.m. Members and past friends welcome. Please

bring a dish to share and be prepared to record ingredients before serving. 3333 3rd Ave., Oak Park. Community Room (Big Blue Door on 34th Street)

Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs, 808-5888. Your wheelchair can be a tax deductible donation, and four zoo tickets will be offered as a thank you.

Support group for alienated grandparents

Meeting is the last Friday of each month at 2717 Cottage Way, suite 4. Meeting is at noon. 761-9121.

Tai Chi at Hart Senior Center

Focuses on low impact form of ancient Chinese exercise, combining slow movements with relaxation. Mondays, 10:30 - 11:30 a.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Try it once for free! Stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$23 for five classes.

Zumba for Seniors at Hart Senior Center

Zumba for Seniors incorporates physical exercise and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba, and much more. Tuesdays 9:30-10:30am and Fridays 3 to 4 p.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Sacramento (27th and J streets). Try it once for free! For more information or to register, stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$20 for five classes; \$40 for 10 classes.

Active Yoga at Hart Senior Center

Increase your strength and flexibility, improve balance, and enhance the ability to relax and release stress. Classes are Mondays and Wednesdays, 2:30 p.m. - 3:30 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th St. For more information or to register, stop by the Hart Senior Center front desk or call 808-5462. Cost: \$35 for five classes or \$70 for 10 classes. Try the class once for free and see if Active Yoga is right for you.

Singers with Hart

Experienced and beginning singers age 50 and above are welcome. New sessions start every nine weeks and are held at the Hart Senior Center, 915 27th Street, Sacramento (27th and J streets). Pre-registration is required. For more information, visit the Hart Senior Center front desk or contact (916) 808-5462. Cost: \$15.

Run with a Recruiter

Every Friday at 6 a.m., the public is invited to join the Sacramento Police Department. This provides a unique opportunity for potential police candidates and those in the hiring process to run together.

Emotions Anonymous

Meets regularly Tuesdays, Thursdays, and Saturdays. Meeting information is available at www.emotionsanonymous.org. Free 12-step program/support group for those who desire to become well emotionally healthy. Acquire a new way of life, sharing experiences, and learning to live with unsolved emotional problems. Meets Tuesday 6:30 - 7:30 p.m. Parkside Community Church 5700 South Land Park Dr.; Tuesday 6:30 - 7:30 p.m., Sierra Arden Church of Christ, 890 Morse Ave (at Northrup), Room F-4. Thursday 7 - 8:30 p.m. at Church of the Good Shepherd, 1615 Morse Ave. (at Arden Way) left of choir room. An optional newcomer orientation occurs on Saturdays from 1 to 1:30 p.m. at Wellness Recovery Center, 9719 Lincoln Dr. Ste. 300. Also on Saturday from 1:30 to 2:30 p.m., there will be a topic for discussion at WRC, 9719 Lincoln Dr., Ste. 300.

Mahogany Urban Poetry Series - Queen Sheba - poetry readings

Each Wednesday from 8-11 p.m. at Queen Sheba in Sacramento, local talent makes it way to the restaurant for weekly open-mic events. \$3-\$5. 1704 Broadway.

Youth Connections Unlimited announces fundraising campaign

Did you know that one Sacramento organization can reduce recidivism for crimes committed by youths by up to 70 percent? Youth Connections Unlimited has been

providing mentoring and other services to incarcerated and probationary youth for over ten years that gives youth tools for staying outside the juvenile justice system. YCU works with the Sacramento County Probation Department with a focus on re-entry mentoring and preventative programming with a commitment to the principles of Restorative Justice. The support youth get from YCU and its volunteers gives hope to Sacramento County youth, make communities safer and save taxpayers money. For more information, call David Taft at 835-1147 or visit <http://www.sacycu.com>

Brain Gymnasium

Exercise your mind and have some fun at this on-going Brain Gymnasium class! Inviting all seniors to Eskaton Monroe Lodge, 3225 Freepoint Boulevard, 9:20 a.m. Thursdays. \$6 per class. Call 441-1015 for more information.

Women with Good Spirits monthly meeting

Each second Tuesday of the month at Revolution Wines at 6:30 p.m., Women With Good Spirits invites a community non-profit to present on its mission work. The presenter will start their presentation promptly at 7:15 p.m. and will last 15-20 minutes with an open question and answer forum after. RSVP is appreciated as well as a \$5+ donation per person that will go directly to the non-profit presenting that month. 2831 S St. Visit www.womenwithgoodspirits.com or find the group on Facebook.

Your social security questions answered at Hart Senior Center

Meet with a Social Security Administration representative every third Thursday of each month at the Hart Senior Center and learn general information about Social Security, Supplemental Security Income (S.S.I) as well as retirement, disability, and survivors benefits. Make an appointment at the Hart Senior Center, 915 27th Street (J and 27th streets) or call 808-5462. Cost: Free.

See more Calendar, page 20

Your Home Improvement Guide

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

PAINTING

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

725-8781
Contractors Lic. # 734323
McCaichy '67
"Member BBB"

PLUMBING

ROONEY'S PLUMBING
FULL SERVICE PLUMBING
ROOTER SERVICE

CALL 456-7777
rooneysplumbing.com
License #683668

TREE SERVICE

LHT
Trimming, thinning, shaping
& stump removal.
Experts on large & dangerous trees.

Lic# 723469
Licensed & Insured • 35 years in business
24 hour emergency service

916-451-9377 • hamantreeservice.com

TREE SERVICE

DON'S TREE SERVICE
USA CERTIFIED ARBORIST WE4510A
Trimming, thinning, shaping & stump removal

Family Owned & Operated since 1967
#1 in customer satisfaction
(916) 428-4882
(916) 689-5244
www.donandsonreeservice.com
Lic# 331196

TREE SERVICE

Terra Bella Tree Service
"We care about your trees & your property!"

- Tree Trimming
- Tree Removal
- Stump Grinding
- Clean Ups!

• 20 years experience!

Call Randy (916) 454-3430 or 802-9897
www.earthlabelaguard.com • Lic# 373368

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

CALENDAR

The Community Housing and Services Coalition monthly meetings

Originally created by the Sacramento Community Services Planning Council, the Community Housing Coalition (CHC) was created as a vehicle to provide information and educate community leaders and decision makers regarding housing for low income, disabled and older adults. CHSC monthly meetings are free and open to the public; they are held from 9:30 to 11 a.m. on the last Tuesday of each month (except December) at the Sacramento Sheriff's South Area Office Community Room at 7000 65th Street, Sacramento (the Sacramento County Voters Registrar Building). At each meeting a guest speaker is invited to attend and give a 30-minute presentation with 10 minutes for Q&A. Speakers are selected for their expertise and knowledge in their respective fields, and agencies/organizations. The speakers are encouraged to provide handouts, fliers, and other informational materials to the 15 to 30 attendees. If you have any questions, please contact either: Alex Eng at 424-1374; email xeng916@sbcglobal.net; or Cindy Gabriel at 916/732-6189; email cynthia.gabriel@smud.org.

Gentle Qi Gong

Learn powerful relaxation techniques reduce stress, reduce physical pain and emotional suffering, lower blood pressure, increase immune response and improve balance. Inviting all seniors to Eskaton Monroe Lodge, 3225 Freepoint Boulevard, 3 to 4 p.m., Wednesdays. \$7 per class. Call 441-1015 for more information.

Kiwanis Club of East Sacramento-Midtown

Visitors Welcome, weekly breakfast meeting on Fridays at 7 a.m. 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 St. www.eastsacmidtownkiwanis.com. Meeting/Membership info: 761-0984, volunteers always welcome!

Food trucks at Carmichael Park

Every first Thursday of the month from 5 to 8 p.m. (July will be held on July 10) food trucks hit Carmichael Park, 5750 Grant Road.

The Sacramento Capitolaire meeting

A men's Barbershop Harmony group, meets every Tuesday night at 7 p.m. at Pilgrim Hall (Sierra Arden United Church of Christ), 890 Morse Ave., Sacramento. Info: www.capitolaires.org, call 888-0877-9806, or email info@capitolaires.org

Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group meets at Aviator's Restaurant, 6151 Freeport Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m.

OCTOBER

'Gala at the Garden'

Oct. 24: Support programs of the Sacramento Children's Home by attending the "Gala at the Garden." The event features fine wines, hors d'oeuvres, and the first opportunity to shop the "Casa Arts Boutique." Tickets for the Friday Gala are available at www.casagardenrestaurant.org. OR, visit the "Boutique" on Saturday, Oct. 25 (there is no entry fee) with added opportunity to enjoy lunch at noon (reservations required) - book your lunch reservation now by calling 452-2809 (full menu details on website). Events are at the Casa Garden Restaurant, 2760 Sutterville Road, Sacramento. Enjoy a unique shopping experience with one-of-a-kind gifts created by talented artisans. Shop today for their tomorrow.

Walk4Literacy

Oct. 25: Walk begins at McClatchy Park and ends at The Sacramento Convention Center.

Registration begins at 7 a.m., walk begins at 8 a.m. The 4-mile Walk4Literacy takes folks through Oak Park, Curtis Park, Land Park, downtown, and past the Capitol, to the Sacramento Convention Center, the venue for the first Capital City Book Festival. Book-inspired costumes are encouraged. All funds support children's literacy nonprofits in the greater Sacramento region. It's an event presented by Teaching For America, the Sacramento Public Library Foundation, and 916Ink.

Lego Mania at McClatchy (Family/All Ages)

Oct. 25: Like building with Legos? Join us for our monthly Lego free play afternoon, which starts at 2 p.m. Legos Duplos and Lego building books will be provided. McClatchy Library is located at 2112 22nd St.

The International Poet: Writing Across Continents (Adult)

Oct. 25: Read and write poetry in international styles! Poet and editor Frank Dixon Graham will show us poetry from around the world in this eight week series. Attend one session or all eight. This week's class - The Shakespearean Sonnet. We read some of Shakespeare's sonnets and discuss the structure of this form. We look into the period that shaped Shakespeare's world. Who was Shakespeare? We may attempt to write a sonnet. Session starts at 10:30 a.m. at the McKinley Library, 601 Alhambra Blvd.

One Book One Film Series at Pocket Library (Adult)

Oct. 25: Starts at 1 p.m., TBA. Robbie Waters Pocket-Greenhaven Library is located at 7335 Gloria Dr.

SF Squared Book Club at McKinley (Book Club)

Oct. 25: Starting at 1 p.m. at the McKinley Library, 601 Alhambra Blvd., join the book club for a discussion of the science fiction novel "The Martian" by Andy Weir.

Elmhurst annual fall pancake breakfast

Oct. 25: Come meet your neighbors and enjoy some delicious pancakes! Be sure to wear your Halloween costume! Coloma Community Center Auditorium from 9:30 to 11 a.m.

Sacramento Century (bike ride)

Oct. 25: Organized by the Rotary Club of Sacramento, this ride takes you through the scenic Delta region with a 20-mile, 30-mile, 60-mile and 100-mile option. The ride starts and ends at Capitol Mall with Century riders offered a ferry ride across the river. There are rest stops along the way with nutritious food and drink. Costs are as follows: \$65 for the century, \$55 for the 60-mile, \$45 for the 30-mile and \$25 for the 20-mile ride. Register at SacramentoCentury.com

Pumpkin Carving Dinner

Oct. 27: Evan's Kitchen will be hosting a special pumpkin carving dinner. Each guest receives one large pumpkin, one carving kit, one candle, and one dinner buffet (house salad, fresh fruit, mac and cheese, spaghetti with meat or marinara sauce, sauteed vegetables, sour cream mashed potatoes, grilled tri-tip with burgundy mushroom sauce and house baked pumpkin pie. Fun starts at 5 p.m. 57th St, Sacramento, CA 95819.

Preschool Storytime at McClatchy (Early Childhood (0-5))

Oct. 28: Books, songs, stories and fun, starting at 10 a.m. Everyone is welcome to "stay and play" time with our great toys. Looking forward to seeing you there! McClatchy Library is located at 2112 22nd St.

Follow-up Session for SAT/ACT Practice Test - Pocket Library (Teen)

Oct. 29: This is the follow up session to the practice SAT/ACT test (held on Saturday, Oct. 18). Students that took the practice test will receive their test results and get feedback on their scores. This free program is provided courtesy of Kaplan Test Prep and Admissions. Session starts at 5 p.m. at Robbie Waters Pocket-Greenhaven Library, located at 7335 Gloria Dr.

Baby Storytime at Belle Cooledge Library (Early Childhood (0-5))

Oct. 28: Join us for nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. This program is for children up to about 18

months old or until they are ready for toddler storytime. Each child must be accompanied by a participating adult. Following the program, babies and their caregivers are invited to stay and play with activity learning toys. Fun starts at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Dr.

Noni's Knit-Wits (Adult)

Oct. 28: Every Tuesday, enjoy a relaxing afternoon of knitting with fellow yarn enthusiasts. Anyone interested in knitting and crocheting, even beginners, are welcome to join in. This is not an instructional class, but assistance is available. Bring your own supplies and a project to work on. Knitting starts at 1:30 p.m. at the Belle Cooledge Library, 5600 South Land Park Dr.

Read to a Dog at Belle Cooledge Library (School Age (6-12))

Oct. 28: Read to a Dog is a fun and proven method for boosting a child's reading skills by reading to a trained therapy dog and adult volunteer. Children may bring their own books to read to these furry friends, or they may borrow a book from the library's collection. Join us in our community room for this wonderful program, starting at 6:30 p.m. Belle Cooledge Library is located at 5600 South Land Park Dr.

4th Annual Sacramento Community Book Discussion Forum

Oct. 28: There will be free admission, open to the public and enjoy refreshments. Share your viewpoints as we discuss: "Understanding the Gifted Traits of Autistic Persons" based on the book Thinking in Pictures: My Life with Autism by acclaimed researcher of animal behavior, professor, inventor and best-selling author, Temple Grandin. The special event is presented by the Sac Cultural Hub Media Foundation in partnership with UC Davis Office of Campus Community relations and the California Crossroads Forum. For questions about the Community Book Discussion, call (916) 234-3589 or Mother Rose at (916) 737-3333, taking place on Tues-10/28 from 5:30 pm to 7:30 pm at Underground Books, 2814 35th Street

See Calendar, page 21

Calendar:

Continued from page 20

in Oak Park - Sacramento. Mark your calendars and RSVP online at: <http://2014sacbookdiscussion.eventbrite.com>.

Sing Along with Mr. Cooper at Belle Cooledge Library (Family/All Ages)

Oct. 29: Starting at 4 p.m., join neighborhood favorite Mr. Cooper for 30 minutes of music time and freeze dancing for ages 3 to 7. Belle Cooledge Library is located at 5600 South Land Park Dr.

Advanced ESL Conversation (Adult)

Oct. 29: Starting at 5 p.m., Toni Chapralis will lead a conversation group for advanced ESL learners. Toni Chapralis formerly taught at the Fremont School for Adults. Teens and adults are welcome to attend this session scheduled at the McClatchy Library, 2112 22nd St.

Science Storytime for Toddlers and Preschoolers at Belle Cooledge Library (Early Childhood (0-5))

Oct. 30: On the last Thursday of every month, starting at 10 a.m., we trade storybooks for lab coats! All toddlers and pre-

schoolers are invited to join the fun of art and science crafts emphasizing process based learning that will engage creativity and expand curiosity. Come make a mess with us, starting at 10 a.m., Belle Cooledge Library, 5600 South Land Park Dr.

Voter forum to provide info on ballot measures

Oct. 30: Graduate students in the Public Policy and Administration program at Sacramento State will host a non-partisan voter information forum from 11:30 a.m. to 1 p.m. Thursday, Oct. 30, at the University's Alumni Center. The forum is designed to promote greater understanding of the November ballot propositions. The event is free and open to the public, and free pizza and beverages will be provided to the first 100 attendees. Professor Mary Kirlin, chair of Sacramento State's Department of Public Policy and Administration (PPA), will serve as panel moderator. Kirlin has held several local and state government positions, including serving as chief of staff for the state superintendent of public instruction. PPA graduate students will provide brief summaries of the ballot measures, followed by a panel discussion. Panelists will include:

• Professor Edward Lascher, Department of Public Policy and Administration, Sacramento State. His specialty is the policy process, legislative politics and the impact of institutional structures on policy outcomes. He previously taught at Harvard University and worked for two California state agencies.

Continued on page 22



Craft Faire

Saturday, November 1st
9am - 3pm • FREE



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



REAGOR PET HOSPITAL IS NOW ACCEPTING NEW CLIENTS!

Whether you're looking for a new veterinarian or are seeking a second opinion on a medical problem for your pet, the staff and veterinarians at Reagor Pet Hospital would be honored to help.

We vow to listen closely to your concerns. We do comprehensive physical exams for every appointment. Our goal is to have both you and your pet as relaxed as possible as we strive to treat your pets like they are our own.

If a friend, relative or another veterinarian has referred you to our practice, you can count on us to work closely with you to resolve your pet's medical issue. Please bring a copy your pet's previous treatments so we don't waste time or money repeating methods that have already been tried. We can help you get access to any previous medical records if needed. Our team is always available to answer your questions and respond to your concerns.

Call today and schedule a "get acquainted" appointment for you and your pet. Please Clip the coupon below to receive your discounted exam.

\$25 off
Get Acquainted Appointment
(One coupon per family)

Reagor Pet Hospital
2513 Walnut Ave, Carmichael
916-971-1551
ReagorPetHospital.com
Mon-Fri, 7:30-6pm • Sat, 8-1pm

- EVENT LISTING SECTION -

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

Sacramento Suburban Kiwanis presents
23rd Annual Beaujolais Plus Wine Tasting and Silent Art Auction
Sunday, November 2, 2014
Dante Club, 2330 Fair Oaks Blvd.
A reservation of 10 tickets may reserve a table
(916) 972-7337
Proceeds benefit the Kiwanis Family House and other Community Service Projects



Holiday Craft Faire
Saturday, November 1
9 a.m. - 3 p.m.
Mission Oaks
Community Center
4701 Gibbons Drive,
Carmichael
972-0336
MORPD.COM

3rd Annual Gala at the Garden
Casa Arts Boutique
benefiting the Sacramento Children's Home
Friday, October 24, 5 - 8 p.m.
Enjoy fine wines, hors d'oeuvres, AND the first opportunity to shop
OR visit the
"Arts Boutique" on Sat., October 25, 10 a.m. - 4 p.m. (no entry fee)
Tickets for the Friday Gala are available at www.casagardenrestaurant.org
Enjoy a unique shopping experience!
Casa Garden Restaurant, 2760 Sutterville Road

All Saints Concert Series
Sunday, November 2, 2014 at 4:00 PM
Choral Evening for All Saints Sunday
Organ Recital follows, by Jack Miller
Donation of \$10 suggested for recital
Overflow parking across Sutterville Rd.
at Gate College
All Saints Episcopal Church
100 Sutterville Road, Sacramento, CA 95822



**CALL AND PLACE
YOUR EVENT
TODAY!**
(916) 429-9901



Free Concert

*Join the Sacramento Youth Symphony
in Saluting our Veterans*

Tuesday, November 11th at 6pm

Featuring: Sacramento Youth Symphony Premier Orchestra, City of Sacramento Pipe Band, & Local young emerging composer Isaac Smith

RSVP for your free tickets at: www.SacramentoYouthSymphony.org or at the Community Center Theater box office

Community Center Theatre, 1301 L St
For more information about our events, visit our website or find us on Facebook and Twitter



Holiday Magic
Starts November 7, 2014

Friday: 10am-6pm • Saturday: 10am-5pm
Sunday: 10am-5pm

Christmas decor, Christmas trees, lights, ornaments, china, silver, linens, gift items and much more.

2708 Marconi Ave, Sacramento CA, 95821
916.484.0227
cancer.org/discovery



Sacramento's
Healing Arts Festival

Welcome to the Healing Arts Festival!

November 9, 2014 • 916-451-4014

Free entry • Free parking

This is a fundraiser for the Sacramento Food Bank.
Location: Hilton Sacramento Arden West
200 Harvard Street (Arden West & I-80), Sacramento, CA 95815

10am-5pm

www.HealingArtsFestival.com
With every donation get a \$5 off coupon

Save the Date

Celebrating and honoring those that have served and are continuing to serve."

4th Annual VETERANS DAY PARADE

FREE Tuesday, November 11, 2014
Parade begins at 11:00 am
Capitol Mall
(Between 3rd & 9th Streets)

FREE

Program at West Steps of State Capitol
Immediately following the parade
(37th Street between I & N Streets)

Info Booths • Children Activities • Food Trucks • Band Contest

Interested being a vendor or participating in the parade?
Apply now! Deadline is October 24th, 2014
For more information contact (916) 808-6789 or
email sacvetparade@cityofsacramento.org



Please send your updated
Calendar announcements

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

Fax to: 429-9906
Phone: 429-9901

Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818

CALENDAR

•James P. Mayer, president and CEO, California Forward, a bipartisan public interest effort to bolster democracy and improve the performance of government in California. He previously served as the executive director of the Little Hoover Commission and the New California Network. He also worked as a senior writer for The Sacramento Bee.

•Jennifer S. Pae, project manager of Voter Service and Education, League of Women

Voters. She studied at the University of California, San Diego, where she was the first Asian American woman to serve as student body president. She also has held numerous civic engagement positions, including project director for PowerPAC and chief of staff for 18MillionRising.org.

•Kevin Riggs, senior vice president, Randle Communications. He oversees the firm's strategic communications, media relations and business development initiatives. Previously, Riggs worked for Sacramento's NBC affiliate KCRATV, serving as an anchor and political reporter. Recognized as one of California's top political journalists, Riggs received many accolades during his 40-year career, including an Emmy.

nature songs, a musical salute to Bob Hope and Robin Williams plus a patriotic sing-along during the family-friendly concert. The River City Concert Band is made up of 50 volunteer musicians and is under the direction of Tom Seaton. Show goes from 2 to 3 p.m. Central Library Galleria, 828 I St. Free and open to the public. For more information, call: 264-2920.

Elks Annual Holiday Arts and Crafts Fair

Nov. 8: The annual holiday arts and crafts fair at the Sacramento Elks Lodge, with more than 70 crafters and artisans of handmade crafts and unique gifts, will be held from 9 to 3 at the Sacramento Elks Lodge No. 6, 6446 Riverside Blvd. Free admission, free drawings to benefit local community scholarships and charities. Stay to indulge with friends and family at the Elks Bistro and Bakery for a fun day of shopping and getting acquainted with Sacramento area's special artists, authors and crafters. The Benevolent Protective Order of Elks volunteers are involved with many local children's programs and charities for disabled children. Call Mary-Jo at 691-3059 for more information on this worthwhile and fun event.

NOVEMBER

River City Concert Band to perform at Central Library

Nov. 2: The Sacramento Public Library presents a USO-style concert with the River City Concert Band. Hear big band sig-

For Veteran's Only

FREE LUNCHEON with a 20-minute presentation



Join us to learn about
the burial benefits
you've earned
through the VA.



Choose One Of These Luncheon Seminars

Fri., November 14, 2014
11:30 am to 12:30 pm

EAST LAWN
Sierra Hills Memorial Park
& East Lawn Mortuary
5757 Greenback Lane
Sacramento, CA 95841
Lic. #FD-1242
Tel 916.732.2020

Tues., November 18, 2014
11:30 am to 12:30 pm

EAST LAWN
Elk Grove
Memorial Park & Mortuary
9189 E. Stockton Blvd.
Elk Grove, CA 95624
Lic. #FD-1455
Tel 916.732.2031

RSVP by phone to the location of your choice
or by email to LisaW@eastlawn.com

Seating is limited to 30 attendees per seminar - RSVP today and reserve your seat.

*Flowers Make the
Fall Season Brighter*

Do-it-yourself Wedding Parties and D.I.Y. Classes
Fall Centerpiece Class - November 22nd

Relles Florist & Gifts

Full Service Florist Since 1946
2400 J St • (916) 441-1478
M-F 8am-5:30pm • Sat 9am-3pm • Sun 10am-2pm
FREE PARKING
www.RellesFlorist.com

Voted Best Florist by
Sacramento Magazine Readers

Local Roots FOOD TOURS

Savor. Learn. Explore. Connect.

Are you a foodie?!

Join us...

Urban Art, Food & Libations Tour

Thursdays, Fridays & Saturdays throughout the year

Approximately 3.5 hours with a walking distance under 3 miles - all flat terrain. Group size limited to 14 or less to keep the experience small and intimate. Special dietary needs can be met with prior notice.

Three additional tours available . . .
Origins of Sacramento Food & History Tour
Gourmet on K Culinary Tour
Murphy's Food & Wine Tour

**USE PROMO
CODE FLAVOR
FOR \$5 OFF
ANY ADULT
TICKET**

**Purchase Tickets
Online at:
Local-Food-Tours.com
OR by Phone at:
800 407 8918**



Arden-Arcade students learn safe routes to school

Walk to School Walk west down Berkshire Way and you'll notice a smattering of orange paw prints painted onto sidewalks and streets.

It's not a public art exhibit; it's a tool to help children walk to school safely.

Students at Thomas Edison Language Institute joined more than 4,000 other schools in celebrating International Walk to School Day on Oct. 8.

Edison has partnered with WALKSacramento, a local non-profit group, to help promote safe routes for more than 150 students who walk or bike to school each day.

"We have a lot of young kids walking over, without sidewalks and on busy streets. WALKSacramento has been fabulous as a partner," said Edison Principal Todd Lindeman.

Students gathered at Detering Park bright and early to form a "walking school bus" led by Lindeman and Dr. Ronald Chapman, director of the California Department of Public Health.

"For me, it's about kids getting physical activity during the day whenever they can," Chapman said.

WALKSacramento painted about 100 tiger paw prints along common routes to school from nearby apartment complexes. They're designed to keep kids on safe routes and on the correct side of the street.

"We knew where to go," said 9-year-old David Thompson. "We just followed them."

The group weaved its way through nearby streets, pausing at intersections and taking cues from crossing guards. When they arrived at school, students received prizes including reflective zipper pulls and slap bracelets.

"Everyone had a lot of fun today and got a lot of great exercise," said WALKSacramento's Emily Gerhart.

Here are some tips from WALKSacramento:
Stop at the curb. Look left, right and left again before crossing. Keep looking as you cross.

Walk on sidewalks or paths. If there are no sidewalks, face traffic and stay left.

Cross at crosswalks or at intersections. Use signals when they are there.

Make eye contact with drivers before crossing in front of them. Watch for cars that are turning or backing up.

Source: www.sanjuan.edu





DEL PASO COUNTRY CLUB

Sophisticated home full of elegant charm! 3 bedroom 2½ bath property features a gourmet kitchen, spa-like master retreat, formal living and dining rooms, plus a light bright family room. This well configured living space opens to an expansive rear yard with a beautiful pool! \$769,000

TERRY O'CALLAGHAN 616-6622



WONDERFUL SIERRA OAKS

You can feel the love! Such a great family home. 3 bedroom 2½ bath, lovingly maintained by the original owners. Fantastic floor plan and location. Spacious rooms and a front patio where you can mingle with the neighbors or have a quiet moment ...delightful! \$525,000

TIM COLLOM 247-8048
SHEILA VAN NOY 505-5395



QUIET CARMICHAEL STREET

This 3 bedroom 2½ bath home features a wonderful floor plan, large living room, formal dining room, lots of interior storage and a pool. Remodeled kitchen has beautiful cabinets and counter tops with stainless steel appliances and an island. \$385,000

LEIGH RUTLEDGE 612-6911
BILL HAMBRICK 600-6528



FABULOUS DEL DAYO

3 bedrooms plus den, 3 baths, pool with pool house and Koi pond on a 1/3 acre corner lot. Bright kitchen with breakfast nook, large open family room with copper fireplace, oversized garage, wine fridge, wet bar, spacious laundry room. Great house for entertaining. Fantastic neighborhood! \$679,000

JESSICA BILLER 761-6035



ARDEN PARK TURN-KEY

Drive right off Watt Avenue and into Paradise! Beautiful landscaping and a home with built-in pool on .6 acres that's been almost completely rebuilt - new framing in most of the walls, new electrical, new plumbing, and the fit and finish is elegant and comfortable. 6-car garage with full bath. Arden Park schools. \$549,000

LINDA EISENMAN 838-4338



FABULOUS IN CAMPUS COMMONS

Elegance and good taste abound in this 3 bedroom, 2½ bath townhome. Meticulously remodeled and updated with new kitchen cabinets, appliances and marble counters. Tasteful colors throughout, beautiful hardwood floors and new carpet. Excellent location with lowest HOA dues in Campus Commons. \$350,000

CONNIE PEEL 718-9470



MOVE IN READY

Ranch style 3 bedroom, 2 bath with granite kitchen, stainless steel appliances, new cabinets. Updated tile/granite baths, new hardwood/tile floors, new dual pane windows and gorgeous new wood deck. Orange, avocado, cherry, mandarin and persimmon trees. \$349,900

DIANA LOCKE 346-3286



EAST RANCH

3 bedroom 2½ bath condominium has a spacious master suite with lots of closet space. Open floor plan includes the dining room, vaulted ceilings and contemporary feel. The kitchen has a separate dining area which opens to a family room. Fantastic wrap around porch and 2-car attached garage. \$364,000

BETH HARNEY 995-4120



QUIET CARMICHAEL

Adorable house tucked away in Carmichael. 4 bedrooms, 2½ baths, updated kitchen with granite counters, new laminate flooring in family room, fresh interior paint. New windows across front of house, kitchen and slider. Nice backyard and patio. Move-in ready! \$325,000

PATTI PRIESS 801-0579

for current home listings, please visit:

DUNNIGANREALTORS.COM

916.484.2030

916.454.5753



Dunnigan is a different kind of Realtor.®

DUNNIGAN,
Realtors