

ARDEN-CARMICHAEL NEWS

— BRINGING YOU COMMUNITY NEWS FOR 23 YEARS —



Neighbors discuss favorite Christmas memories at holiday tree lighting event

See page 12

- Lance Armstrong history feature..... 8
- School..... 10
- Faces and Places..... 11
- Calendar..... 17



Airport was once proposed for Fulton Avenue, Cottage way site

■ See page 8



Can horsepower and slow food supercharge the boulevard?

■ See page 4

CELEBRATE YOUR LIFESTYLE AT ESKATON VILLAGE CARMICHAEL



Life should not only be lived. It should be celebrated.

- Osho

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



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

Distribution/Subscriptions..... George Macko

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

Vol. XXIII • No. 23

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

Cover by:
Monica Stark

Other photos by:
Lance Armstrong
Anthony Catafi

Nancy Arndorfer



- Serving the Sacramento area for over 30 years
- 2002 Realtor of the Year
- 2004 SAR President

LYON
REAL ESTATE
www.GoLyon.com



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



LAW OFFICE OF
VICTOR
WAID
ESTATE PLANNING

TRUSTS • WILLS • PROBATE

777 CAMPUS COMMONS RD. STE 200
SACRAMENTO, CA 95825
(916) 923-2345
vwaid@waidlaw.com
www.myestateplansacramento.com

CTS
CAPITAL TAX
SERVICE, INC.

HAVEN'T FILED?

We provide representation
in front of the IRS and FTB
for problems related to
past year returns.

916-485-1065

www.ctssac.com

TREE TECH
SERVICES



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

688-7979
ELK GROVE

386-1780
SACRAMENTO

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

2 CERTIFIED ARBORISTS ON STAFF
REPORTS & CONSULTATION
AVAILABLE

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

SENIOR DISCOUNTS • FREE ESTIMATES

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



Carmichael Rotary gears up for annual crab feed

Every year, the Rotary Club of Carmichael participates in a number of projects for people in need. Every December, the club provides nearly a week's worth of food – and a big turkey for Christmas dinner to more than 100 families within the San Juan School District. Additionally, thousands of dollars in scholarships were raised for Del Campo high school students. Every October, they feed more than 500 Special Olympic athletes and coaches during the Northern California tournament. As students graduate from high school, the club provides thousands of dollars in scholarships. Every June, the club generates more than \$25,000 for Easter Seals through a golf tournament at Ancil Hoffman. The list goes on and on.

How does the club do that? The biggest fundraiser of the year is coming up and this one event generates nearly 75 percent of the necessary funding. On Saturday, Feb. 7, the Rotary will hold its annual crab feed fundraiser with cocktails at 6 p.m. and dinner at 7 p.m. at La Sierra Community Center. All are invited to come celebrate, eat, drink, and donate to the club's goals along with the music of the Sundance Kid, who will spin the great songs from the past and some new dance tunes. These are only a few of the things that Rotary does. The price is \$50 per person. For tickets, contact V. Iosso @vamaio@att.net. For donations for the raffle or live auction items, contact D. Thorman at dthorman@att.net.



Welcome to Eskaton Village Carmichael

Life should not only be lived,
it should be celebrated.

– Osho



We invite you to celebrate life ... at Eskaton Village Carmichael. 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 tour Eskaton Village Carmichael. Discover the choices.

Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door. Call 916-967-4014 today!

Your community. Your life. Your choice.

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

A California Nonprofit Corporation



eskaton.org

World renowned lama to speak on happiness and enlightenment

Jhado Rinpoche, one of the rising stars of Tibetan Buddhism, will speak on the steps to happiness and enlightenment Saturday, Jan. 9, 2015, 7 p.m., at the Kim Quang Temple on Alta Arden Expressway.

Born in 1954 to a nomadic family in Tibet, Jhado Rinpoche was recognized as the incarnation of the abbot of Jhado Monastery at age three.

After fleeing Tibet in 1959, Rinpoche spent several years studying in India.

In 1964, he took vows as a monk from His Holiness the Dalai Lama and was fully ordained in 1973.

For more than a decade, Rinpoche served as a teacher and abbot of the Dalai Lama's private monastery, Namgyal.

He currently is working with the International Kalachakra Network, a project of the Dalai Lama.

Rinpoche will be speaking on Lam Rim, the stages of the path to happiness and enlightenment.



Where: Kim Quang Temple, 3119 Alta Arden Expressway

When: Saturday, Jan. 9, 2015, 7 p.m.

Why: Jhado Rinpoche is one of the most highly esteemed lamas in Tibetan Buddhism. Renowned for his keen intelligence and dynamic teaching style, Rinpoche knows how to engage Western students in ways that are personally relevant to their lives.

Cost: Free, though donations are welcome.

For more information, go to www.lionsroadharmacenter.org.

If you go:

Who: Jhado Rinpoche, former abbot of Dalai Lama's private monastery; Sacramento-based Buddhist nonprofit Lion's Road Dharma Center; and local Mongolian Buddhist temple Zanabazar Dharma Center.

What: Rinpoche will be giving a talk on Lam Rim, the stages of the path to happiness and enlightenment.



Precious Paws Pet Services
BRING THIS AD To Receive \$5.00 Off One Full Service Groom Or Full Service Bath!
FurDogs.com
Located In Rosemont. Call To Schedule! (916) 679-0331



G47 GARAGE 47
— FULL SERVICE AUTO CARE —
Family owned
4701 El Camino Ave.
(916) 972-1872
www.garage47.com



Rancho Cordova Medical Clinic

- Now enrolling Medicare patients
- New medical clinic in Rancho Cordova
- Same day appointments

2890 La Loma Drive
Rancho Cordova, CA 95670

916-376-7069 • info@cordovamed.com



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
(\$150 VALUE)
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 Coupon. Expires 12/31/14

30% OFF DENTAL TREATMENT
For Non-Insured Patients Only. New Patients Only.
Valid with \$40.00 Exam and X-ray Special. Expires 12/31/14

15% OFF DENTAL TREATMENT
For New or Existing Insurance Patients.
With Coupon. Limited Time Offer. Expires 12/31/14

ORTHODONTIC TREATMENT
STARTING AT \$100 A MONTH
Normally priced \$5,000. Reduced to only \$3,500 for full comprehensive orthodontic treatment, including either conventional metal braces or invisalign depending on case/diagnostic needs. If you have dental insurance this may reduce your out of pocket patient cost. Low down payment required, in office financing based throughout length of treatment and contract. Orthodontic services provided by a general dentist. Expires 12/31/14

- General and Cosmetic Dentistry
- Digital X-Ray and Intraoral Camera
- Crowns, Veneers, Bridges and Dentures
- Cerec 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, Mellife, Premier Access and Most PPO Insurance Plans

Use your Dental Insurance Maximum before it Expires!

Se Habla Español

Hours:
Monday-Friday
8am-6pm



Can Horsepower and Slow Food Supercharge The Boulevard?

By ANTHONY CATAFI

Just last week, Dan and I met with a contractor who expressed his frustration that many of his tools had been stolen from a work site the week prior. Dan jokingly replied, "It wasn't on Del Paso Blvd. was it?" I instantly understood his quip as we had just spoken earlier about how so many people in Sacramento are reluctant to put negative perceptions and the past of The Boulevard to rest. In reality, positive en-

ergy is beginning to flow up and down this forgotten landscape. In particular, a humble little farmers market held every Saturday morning at 1409 Del Paso Blvd.

What was just a vision for over 10 years, The Arden Garden Market (AGM) is now open and slowly making progress. Against all odds, the market's founder and visionary, Dan Friedlander, has been determined to make this community market a reality. Future plans include

7-day a week permanent retail of produce, meat, cheese, bread, and other goods. The proposed site also hosts a produce distribution hub, community garden, ethnic center, and room for 200 vendors. With that in mind, my focus has been building the farmers market and creating community events that give our guests a glimpse of that future.

Growing up, I had always envisioned myself in a position to make a difference. Serving people

came naturally to me as my family hosted major holidays and entertained frequently. After seven years and two degrees at San Jose State University, I still hadn't found my way. I decided to feed my hospitality bug and flew to New York to attend The Culinary Institute of America. While I quickly realized the professional kitchen was not for me, my sense of fulfillment in serving others took me to fast casual restaurants. The work was fun for a while but it was work. In August of this year, Dan and I were introduced and I took a leap of faith naive of the challenges ahead. From seasons changing, to reluctant farmers, to not having a budget for marketing, I found myself forced to think out of the box.

This past September I was alone in the dark in my living room at 3 a.m. when "Fast Cars, Slow Food" came to me. My hands rose in the air the way they did when San Francisco took the World Series. And while hot rods and fresh produce are not your typical peas and carrots combination, perhaps it just might work to get people out to The Boulevard. The event featured our Certified Farmers Market, our Third Saturday's Vintage Market, food, live music, and of course cool cars.

While the event brought hundreds to The Boulevard, an average market day is much quieter and foot traffic is light. Some question the markets sustainability given its location, and high saturation of lower income households. To those I say great things don't come easy. In addition to providing North Sacramento residents with much needed access to fresh fruits and vegetables, this market may just be the next piece of the puzzle in bringing Del Paso Blvd. back to its feet.

Anthony Catafi is the market manager for the Arden Garden Market and will be writing a monthly column on the market.

IF YOU GO:

Arden Garden Market is a weekly market for 9 to 1 p.m. at 1409 Del Paso Blvd. This Saturday, Dec. 13, there will be a special Christmas-themed market with a breakfast with Santa. Sponsored by the Del Paso Boulevard Partnership and Bergstrom Realty, the event is a fundraiser for volunteer firefighters. Additionally at their market, there will be arts and crafts for children free of charge. The breakfast is \$7 is prepared by the volunteer firefighters. For more information, check out Arden Garden Market on Facebook.

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

At the Chateau at Carmichael Park, you feel like you're part of a family.

\$500

**Move-In
Special***



Enjoy the many benefits of living at a Hank Fisher Senior Community with this limited-time \$500 move-in special.*

*Full rent begins in second month. Offer applies to independent living apartments only. Meal plan is additional.



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.

Baby Basket Drive to benefit Arden woman and other new moms

By KRISTIN THEBAUD

Everything seemed to be working in Christine Sy's life – she was 29, newly married, working, and living in Arden Arcade. But in July, she was shocked by those two lines on the pregnancy test that meant her life would unexpectedly change. And she had no health insurance.

As she drove down the street in a frightened daze, she passed the Sacramento Life Center's Mobile Medical Clinic in the Leatherby's Family Creamery parking lot. And when she walked in the door, once again her life unexpectedly changed – this time with a flood of relief over her tense body.

"I couldn't believe how excited they were to see me," Sy said. "It wasn't like a doctor's office. They wanted to sit and chat with me. They didn't judge me for not having insurance."

Not only did they confirm Sy's pregnancy, they connected her to Health Care for Women, which gave her presumptive MediCal while the Sacramento Life Center helped her apply.

The Sacramento Life Center provided her with a free ultrasound and free prenatal vitamins. And they gave her the good news that she and her husband were expecting the boy they had begun to hope for, along with a free video of the ultrasound.

"They helped me realize there's so much joy in bringing a life into the world," Sy said. "We got so excited and immediately started making lifestyle changes in preparation to be parents."

But she teared up when she learned that she would be given a Baby Basket when Bennett River Sy arrives in early April. Filled with formula, diapers, starter clothes, pacifiers and more, Baby Baskets are given to every pregnant patient at the Sacramento Life Center when she gives birth.

As local women and teens spend the holidays preparing to become new moms in the coming year, the Sacramento Life Center is holding a Baby Basket Drive through Dec. 31 so it can continue to provide a basket of needed items to every patient who gives birth in 2015. Donations can be made online at www.saclife.org. Gifts can be made in any increment, but a donation of \$50 buys one basket.

"Our patients may come in for a pregnancy test, but they leave with a strong support system and resources," said Marie Leatherby, executive director. "We want to encourage women and teen girls and their partners that they are capable of caring for a child, and we understand the hurdles that they often face – sometimes as simple as wondering if they will be



Shown here is a baby basket which includes needed items to every patient at the Sacramento Life Center who gives birth in 2015. Donations can be made online at www.saclife.org. Gifts can be made in any increment, but a donation of \$50 buys one basket.

able to afford diapers. These Baby Baskets give new moms a boost of confidence and needed supplies."

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two mobile clinics, all providing free

services including pregnancy tests, STD tests, ultrasounds, counseling for men and women, education and resource referrals. The Sacramento Life Center also offers a school-based teen education program, a 24-hour hotline and a program for women seeking support after having an abortion.

"I've always dreamed of being a mom," Sy said. "I just thought it wasn't the right time. I'm in such a pos-

itive place in my life now. I feel like the Sacramento Life Center got me in that place. It's because of them that I'm so happy and ready to be a mom. If I have anything to tell other women, it's don't be scared. This will motivate you to be the person you wanted to be. You'll be more courageous."

To make a donation to the Baby Basket Drive, visit www.saclife.org.

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

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

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

Sacramento's first hospice house to be operated on a sliding scale

By MONICA STARK
editor@valcomnews.com

Sacramento's first hospice house will break ground on Thursday, Jan. 8 in the Walnut Avenue area. Operated by Advanced Home Health and Hospice, the \$2.9 million, 7,000-square-foot facility is planned to feature 12 beds and will be on a sliding scale.

No one will be turned away for lack of funds.

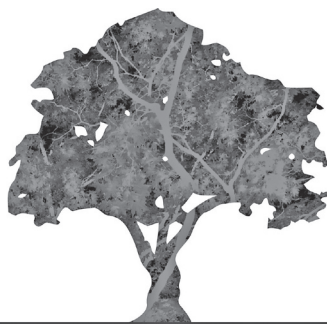
Marie Copher has worked as a hospice social worker for five years and prior to that, as an adult protective services social worker. She said she has seen first-hand the need for a facility that can accommodate people who are facing the end of their journey in life in a place that "offers safety, an appropriate high level of care, warmth and respect."

"There are many people who continue to fall through

the cracks and do not have the healthcare and/or the support they need to address their medical, physical, emotional and spiritual needs during this time in their lives. Our hospice house will provide everyone who resides in it, all those things, plus a beautiful setting to call their home during the last moments in life."

Advanced Home Health and Hospice owners, Dr. James Sehr and Angela Allen-Sehr, a registered nurse, have donated their 2.5-acre lot as it has been a longtime dream of theirs to offer this service to hospice patients. Additionally, James and Angela will be donating about 99 percent of the construction costs.

In an interview with Valley Community Newspapers, Marie said if all goes as planned, the facility will open with the first six bedrooms by next fall. Additionally, the



SEHR-ALLEN
CHARITABLE FOUNDATION

first phase will include about 20 clinical/care rotating personnel and approximately 20 peripheral personnel (housekeeping, grounds maintenance, marketing, etc.). The second phase, which is set to include six additional beds will be serviced by staff that will be added as determined at that time. "Often times the



Angela Allen-Sehr and James Sehr.

people that will need the help are people who are coming from hospitals or skilled nursing facilities where there are social workers or case managers where their job is to find a home for this person. There are certain populations that get lost in the shuffle. Lately I've gone to various places to let people know this is coming up (and to describe) what it will look like."

Dr. James Sehr, a retired orthopedic surgeon; and Angela Allen-Sehr, a registered nurse, is the heart of advanced home and hospice branch of the multifaceted business.

"She and her husband owned the land, (the hospice house) just was something they had been talking about

it, so they just decided to donate the land. They started a charitable foundation. We have fundraisers that continue to fund the home, so that we can build it. So (the land) was a complete donation on their behalf."

"The land was vacant and (Angela's) a huge animal lover. She's had goats and would just spend some time out there and she decided that would be the perfect place for the hospice house. They had already drawn up plans for the home. We have a contractor ready to go."

As a hospice and palliative care specialist, Marie often acts as the face of the Sehr-

See Hospice, page 7

5 Year FIXED RATE Home Equity Line of Credit Loan

4.25%

Initial APR

CHECK THE EL DORADO ADVANTAGE:

- ✓ FIXED RATE for 5 Years
- ✓ Local Processing & Servicing
- ✓ No Closing Costs on Qualifying Transactions
- ✓ Flexibility and Convenience
- ✓ Have Funds Available for Current and Future Needs
- ✓ Home Improvement, Debt Consolidation, College Tuition
- ✓ Interest May be Tax Deductible (Please consult your tax advisor)



EL DORADO SAVINGS BANK

Serving our local communities since 1958

www.eldoradosavingsbank.com

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

Se Habla Espanol • 800-874-9779

Member
FDIC



The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.875%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

14-1



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

BUSY. 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.

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

1311009

Hospice:

Continued from page 6

Allen Charitable Foundation, which is the back-bone for this project. She provides trainings for professionals. She talks with patients and families.

"For me, everything hospice is about education and that means education for everybody, the young and old, that they know about death and dying. It could be a very special gift to be allowed to be a part of the process at the end of someone's journey. It's truly an honor and a gift," she said.

The hospice house will benefit those who are coming from hospitals or skilled nursing facilities where there are social workers or case managers who tell them or their loved ones to find a home. But, as an expert in her field, Marie knows there are certain populations that get lost in the shuffle.

"The hospice house, therefore will accept patients from any hospice in Sacramento that needs to place a hospice patient. There's a huge need for that. There are times people who don't meet medicare (qualifications)," she said.

"All the medications, all the equipment, all the staff that comes out – medicare pays it. (Veterans Administration) also pays for veterans, so veterans will come in and they can choose to use medicare or their VA benefits. But if you don't qualify for medicare (or VA benefits), you have your private insurance pay. Some have benefits for hospice, some don't. They end up paying out of pocket. So, this house will work with people on a sliding scale. Angela's words are 'no one will be turned away.' There are plenty of people who fall through the cracks. Often people who are homeless have nowhere to go.

"They have no family, no one. So we're left with (the question), What do we do with this patient? If this person doesn't have money, where do they go? It's a huge issue. There are a lot of families that don't want to die in their own homes."

Marie said she's had patients tell her they don't want to die at home because they don't want their loved ones to remember their home that way. "This is something that quite honestly (happens frequently). We will need more than one hospice house. But James and Angela said, 'Let's do this.'"

According to Marie, the hospice home will employ staff who are able to dispense the medications that the patients need, which is a quality that is not found in all end of life facilities. Additionally, the home will have a special focus on veterans, which is something near and dear

to Angela's heart. She was born in China and she came to the United States, and she is a very proud citizen of the United States. So, she gives a lot of credit to veterans, as we all should, for her freedoms and her success. So, there's a large focus on veterans (at the hospice house)."

That said, Marie explained the importance of the training the staff will have in regard to end-of-life care for veterans. "They have special issues at the end of their lives. They have had to see and do things we have not. There are spiritual issues that need to be addressed. Many times, if there is PTSD or Alzheimer's, there could be issues of combativeness so our staff would be able to treat and respond to these behaviors and treat (them)."

In addition to the 12 bedrooms, the home will include various family meeting rooms. Each bedroom will

have a large French door that will lead out into the garden and the property grounds. The ability for each resident to have private outdoor access is another highlight Marie stressed in the interview with this publication. "A lot of times when they are facing end of life facilities, they don't get to go outside. Not only is that such an awesome benefit to have, it is also a safety issue because we can then get hospital beds in and out of the building fast. For a patient that is bedridden, we can push the bed out to the outdoors so they can enjoy the outdoors. Also, this house will accept patients' pets so they can have their loved ones at the end."

Should the need arise that no friends or family are there to accept the pets, the hospice house staff will adopt the pets, as there are plans to have a pet sanctuary on site.

www.sehrallenfoundation.com

Did you know? Questions arise surrounding death and dying

By LISA WEST
lisaw@eastlawn.com

Did you know that when someone passes away there are nearly 100 decisions that must be made within the first 48 hours? Do you want burial, cremation or entombment? To you want a traditional church funeral service or life tribute celebration? How many death certificates do you need? And did you know that if you do not have any advance funeral arrangements in place, your next of kin must take the responsibility to make all of these decisions on your behalf?

Not only will it be difficult for these decisions to be made during the grieving process, they simply may not know what you wanted. If your next of kin are your children, many funeral homes ask that they ALL agree before certain services such as cremation are carried out. This can be especially difficult if all of your children live in various parts of the country or are not easily accessible, such as those serving in the military.

If you have always taken care of your family, nurtured them, provided

for their needs, put them through college, doesn't it seem appropriate that you would take care of this important "life and death" issue so they don't have to?

Knowing that every person will eventually pass away, why do you think so many people put this off, sometimes until it is too late? After all, you've planned for your career and retirement, who better to plan for the inevitable?

There are many reasons people put it off – sometimes we just don't want to believe we are ever going to die. Another reason is cost. People are often under the misconception it is just not affordable when often the opposite is true. What may be unaffordable is if your family are left to pay the bill. But, the cost savings can be enormous if you pre-plan and if you pre-arrange, you can pay over time.

Josh Tuttle, Funeral Director and General Manager of East Lawn Mortuary and Sierra Hills Memorial Park said this, "When I meet with people and they see the numerous payment options we offer, they are surprised at how affordable our plans are. After

all, we own the property, so we regularly offer 48 to 72 months at zero interest for most gravesites, crypts, niches and cremation gardens." Tuttle continued, "But when people put off the decision, it is a far greater burden to have to come up with the full amount at the time of need."

Tuttle went on to explain that each month he conducts a free luncheon seminar which includes a short presenta-

tion and key consumer advice on advance funeral planning. "Our goal is to educate people in a no pressure atmosphere so they can be better equipped to put the plans in place that they want. Being able to give your family some direction about what your preferences are is truly a gift to them," concluded Tuttle.

Lisa West is the marketing director for East Lawn.



BUILDING A STRONGER FUTURE TOGETHER

The partnership between Comstock and Guild Mortgage brings together the *best of both brands*. Combining the best that Comstock offers in talent and service with the best that Guild offers in execution, products, systems, technology, and local platform significantly strengthens our ability to service our customers and referral partners with a new level of excellence.



Call me today to learn more
Dave Mendoza
916.977.1227 | DMendoza@GuildMortgage.net
comstock.guildmortgage.com/officers/davidmendoza



Guild Mortgage is an Equal Housing Lender; NMLS ID 3274. CA BRE Lic: 00201485. Branch NMLS ID 1229663. Dave Mendoza NMLS 1000837. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. All loans subject to underwriter approval; terms & conditions may apply. Guild Mortgage 3626 Fair Oaks Blvd, Suite 200, Sacramento, CA 95864.

FUNERAL DIRECTORY

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

GEORGE L. KLUMPP
CHAPEL OF FLOWERS FD360
2691 Riverside Boulevard
Sacramento, CA 95818
(916) 443-7917
www.cfcsSacramento.org

Serving the community since 1921

Harry A. Nauman & Son

Dignity FD366
401 Freeport Blvd
Sacramento, CA 95822
(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



East Lawn

Memorial Parks,
Mortuaries
& Crematory

(916) 732-2000

EastLawn.com
4 Sacramento locations
serving families since 1904

Airport was once proposed for Fulton Avenue, Cottage Way site

By LANCE ARMSTRONG
Lance@valcomnews.com

It may be difficult for many people today to imagine, but an airport for small planes was once envisioned for a 100-acre site east of Fulton Avenue, between Cottage Way and El Camino Avenue.

The post-World War II, north area airport plans included a 2,000-foot runway, an 800-foot runway, hangars and other structures.

According to a brief announcement in the Nov. 28, 1945 edition of The Sacramento Bee, a permit was granted for the establishment of the airport by the Sacramento County Board of Supervisors.

It was also mentioned that the permit was "subject to approval of the site by the Civil Aeronautics Authority," which was based in Santa Monica. That approval process was based on the proposed air landing site's size, location, physical characteristics and specific uses.

On the evening of Dec. 10, 1945, while that permit was pending with the CAA and the California State Aviation Project Committee was holding a session at the Hotel Senator at 1125 L St., a public meeting about the possibility of establishing an airport in the Arden area was held at Arden School at 3500 Arden Way.

In attendance at the meeting was North Sacramento resident James K. Bullock, an attorney who spoke against the project, claiming that the construction of an airport at the Fulton Avenue site would cause a decrease in property values in that area. He cited possible falling planes and aircraft noise as reasons for opposing the building of an aviation facility at that location.

During the same meeting, a vote was held in which a majority of Arden area residents opposed the plans for the establishment of the airport.

The final vote tally, which was 42 to 21, was announced by Arden District Improvement Club President Steve Williams and eventually sent to the CAA.

Only a day after the meeting at Arden School, Sacramento hosted the Western Aviation Conference at the Hotel Senator. At that event, Gov. Earl Warren gave a speech entitled, "What Aviation Means to the West."

Sacramento had previously hosted the conference on one other occasion, from Sept. 23 to 25, 1937.

On Dec. 15, 1945, The Bee reported a story out of the nation's capital that legislation was pending before Congress on a \$1 billion national airport



Photo by Lance Armstrong

Paul Blanco's Good Car Co. at 2200 Fulton Ave. is among the businesses that sit on a site that was once proposed for a small plane airport, complete with two runways, hangars and other structures.

program, which included \$24 million that would be contributed toward the construction and improvements of airports in California.

Although local and state governments would be required to match federal funding, it was expected that California would need to contribute a little more than half of the final cost – an estimated \$26 million.

The overall program featured a plan for 3,000 new airports and improvements to 1,600 existing airports.

According to the article, legislation on the long range project had already been passed "in different forms" by the Senate and the House of Representatives, and conference committees were "ironing out the differences" on various topics, including specific details about the application of funds and the speed in which the program would move forward.

Another aviation related article accompanied the article regarding the pending national airport program.

The other article presented details about local plans for landing fields, and specifically mentioned the proposed airport east of Fulton Avenue.

It was also noted in the article that request had been made for an airport in the Colonial Acres area and a small, seaplane-type landing area at Bryte Bend on the Sacramento River.

An example of the drive to increase postwar civilian flying in Sacramento County was the county's effort at that time to create a master plan showing airport locations and places where other airports could be built without traffic hazards. The purpose of having that master plan was to aid future planning commission decisions pertaining to landing field applications.

The areas recognized on the map as having been determined to be fitting locations for then future airports were Carmichael, Fair Oaks, Elk Grove, Franklin, Galt, Freeport, Glannvale, Twin Cities,

See Airport, page 9

Senior Services *and* Resources

Call Melissa (916) 429-9901

Agelong Senior Care

Reliable Service at Affordable Price

Bilingual Available

合樂之家老人看護中心

- In Home / On Site
- Meal Preparation
- Bathing & Caring

Call 929-2598

FREE IN HOME ASSESSMENT

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

LEGAL SERVICES

WILLS AND TRUSTS

Services

- Wills and Trusts
- Special Needs Trusts
- Trust Administration

Experience

- Medi-Cal - 8 Years •
- Francise Tax Board - 10 Years •
- Private Practice - 13 Years •

Free In-Home Consultation

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

SPECIAL ALZHEIMER'S LIVING

REVERE COURT

MEMORY CARE Lic. #347001338/342

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



Photo by Lance Armstrong

(above left) This portion of the Fulton Avenue auto row is part of a 100-acre site that was once considered as a possible airport location. (above right) A Goodwill donation center sits at Fulton and El Camino avenues on the northern end of the old, proposed airport site.

Airport:

Continued from page 8

Elverta, Elkhorn, Manlove, Swanston and the district adjacent to the Sacramento Signal Depot (later known as the Sacramento Army Depot).

Also shown on the map were the then-existing airports at Mather Field, McClellan Field and Municipal Airport (today's Executive Airport), as well as landing fields in Florin, Natomas and Rio Linda.

North Sacramento resident Robert O. Bowman expressed his views regarding the Fulton Avenue airport plan in a letter to the editor that was published in *The Bee* on Dec. 18, 1945.

In commenting about the aforementioned majority vote against having an airport constructed at Fulton Avenue and Cottage Way, Bowman wrote: "Apparently, the Arden-Arcade folks don't believe in postwar planning or employment."

Bowman then quoted a few words from the Nov. 15, 1945 issue of the CAA bulletin, as follows: "A total of 901,300 jobs in or created by aviation is predicted for 1955. This one business can provide about 6 per cent (sic) of all the new jobs required to achieve substantially full employment.

"In 1955, there will be 2,800,000 families who can afford both an airplane and an automobile."

On Jan. 28, 1946, *The Bee* reported that sponsors of the Arden area airport had requested that the

Sacramento County Board of Supervisors make an early ruling regarding their county permit application for the airport.

The board responded by ordering a Jan. 30, 1946 hearing on the matter.

It was mentioned in the Jan. 28, 1946 article that Bullock had told the board that he was representing 90 Arden-Arcade residents who were opponents of the airport projects.

Those residents' dream of not having an airport constructed in the area came true, as the project was eventually abandoned.

Today, the site is part of the well-known Fulton Avenue auto row, as well as several different types of businesses and residential housing.

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.

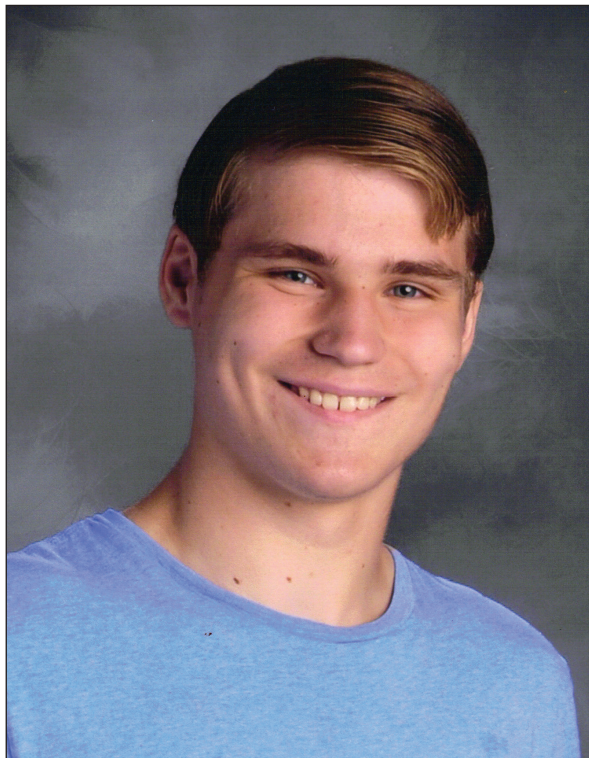


(916) 808-4420

www.sacramentostormwater.org



Man with dog—Clipart © Microsoft Media



Missing Carmichael teen

The San Juan Unified and Rio Americano High School communities are asking for the public's help in locating a freshman who has not been seen since Monday morning.

Nicholas Sheehy, 15, was last seen near his Carmichael home about 7:15 a.m. Monday. He never arrived at school, and was reported missing to the Sacramento County Sheriff's Department on Monday evening.

Nicholas' family members say this behavior is uncharacteristic, and they are extremely concerned about his safety and wellbeing. The Sheriff's Department has classified him as being at-risk.

Nicholas is 6 feet 2 inches tall, weighs 200 pounds and has brown hair and blue eyes.

Anyone with information about Nicholas' whereabouts is asked to call the Sheriff's Department at (916) 874-5115.



Bella Vista teacher named National Language Teacher of the Year

Nicole Naditz, a French language teacher at Bella Vista High School, has been named National Teacher of the Year.

Naditz was selected by the American Council on the Teaching of Foreign Languages and was presented with her award during an annual convention in San Antonio, Texas.

'I congratulate Nicole for receiving this high honor,' said State Superintendent of Public Instruction Tom Torlakson. 'As an outstanding language teacher, she is giving her students a skill that will increase their understanding of other cultures and help them succeed in our increasingly global economy.'

Anyone wishing to join us in celebrating Naditz's accomplishments may attend a reception on Thursday, Dec. 4 at 2:30 p.m. in the Bella Vista library.

Courtesy of San Juan Unified online newsletter, SJScene.



Join the Sacramento Symphonic Winds for...

"Holiday Visions"

conducted by Dr. Les Lehr

Sunday, December 14th 2013 at 2:30pm

Tickets sold at the door:
General Admission \$15; Student/Senior (65+) \$10;
Children 10 and Under Free
More info at www.SacWinds.org

Crowne Plaza Sacramento Northeast
 5321 Date Ave., Sacramento CA, 95841

(On Date just north of Madison east of I-80 interchange)

HOLIDAY FLOWERS

WHEN YOU WANT THE EXTRAORDINARY!

December 13: DIY class - Christmas Centerpiece & Holiday Decorating

Relles Florist & Gifts

68 years in Sacramento with Service & Quality
 Open Sundays
 2400 J Street
 (916) 441-1478

FREE PARKING • RELLESFLORIST.COM

American River Community Church

3300 Walnut Ave. - Carmichael
www.arconline.org 916-483-3465

COME SEE...

GOT HOPE?

A free Christmas Program about a modern family finding HOPE in an Old Story.

Sunday
DECEMBER 21ST
9:30 & 11:00 AM

Wednesday - December 24th
CHRISTMAS EVE - 5:00 PM

Crockett-Deane Ballet Company & Deane Dance Center
 Saturday, Dec. 20th, 7pm &
 Sunday, Dec. 21st, 2pm, 2014

Featuring
The Nutcracker
(one act with narration)
and Christmas Angels

Tickets at the door:
 Adults \$15
 Seniors/Students \$12
 Children \$10

The Center at Twenty Three Hundred
 2300 Sierra Blvd., Sacramento
 Questions? Contact Deane Dance Center
 916.453.0226







Faces and Places: Breakfast with Santa at Deterding Elementary

Photos by TANJA MECEY
Special to the Arden-Carmichael News

The Deterding Elementary School community enjoyed a breakfast with Santa on Saturday, Dec. 6. There are a lot of people who made this event possible, including: Jennifer and Cliff Hall for chairing this amazing event and office staff – Melanie Allen, Jill Roska, and Deana Lacey for their help. Thank you to Kris Bourdon for all of her assistance in the kitchen. Huge thanks to Ms. Weil and Mark Bonner for the trees on the stage and the décor. Thank you to Mr. Dozet for working way past First Friday so that they could prepare the room for Santa. Thanks also to high school volunteers and to parent volunteers – Michelle Easley, Beth Hatch, Julie Haubeck, Yvonne Jordan, Marii Kobayakawa, JP Maldonado, Laura McHugh, Mike McCey, Tanja McCey, Alison Ramirez, Jen Scott, Duste Sellas, Cory Smith, Wolfgang Smith, Corky Younger and to Ernie Tapia. Thank you to Santa's Elves – Lauren Easley, Katie Jordan, and Ethan McHugh. Most of all, thank you, Santa!

Good Shepherd

Christmas Eve Services
3:00 / 5:00 / 7:00
Family Celebration Classic

Christmas Day Service at 10:00 am

Lutheran Church of the Good Shepherd * 1615 Morse Ave Sac, CA 95864 * www.sactownchurch.com

JOB OPENING!

ADVERTISING SALES

Email résumé to:
kathleen@valcomnews.com

Mail or drop off:
Valley Community Newspapers
Attn: Kathleen
2709 Riverside Boulevard
Sacramento, CA 95818

NO CALLS PLEASE

 VALLEY COMMUNITY NEWSPAPERS



A Very Special Offering

Only once a year – and only in December are we making this very special offer.

No opening and closing fee when purchasing any Pre-Need cemetery property.

This offer is good at any East Lawn cemetery.

This includes gravesites and cremation niches. Also, have you seen our beautiful new cremation areas and family estates. We have unique offerings at pre-construction pricing. Don't let these opportunities pass you by. Call to make an appointment today!

EAST LAWN
Memorial Park
& Crematory
4300 Folsom Blvd.
P.O. Box 19334
Sacramento, CA 95819
Tel 916.732.2000

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

EAST LAWN
Pet Loss Center
& Sierra Hills Pet Cemetery
6700 Verner Ave.
Sacramento, CA 95841
Tel 916.732.2037

EAST LAWN
Albert Brown Mortuary
3476 Piedmont Ave.
Oakland, CA 94611
Lic. #FD-242
Tel 800.652.1873

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

EAST LAWN
Andrews & Greilich
Funeral Home
3939 Fruitridge Road
Sacramento, CA 95820
Lic. #FD-136
Tel 916.732.2026

Neighbors discuss favorite Christmas memories at holiday tree lighting event in Carmichael

Photos and story by MONICA STARK
editor@valcomnews.com

With Christmas just a few days away, the timing is right to share fond memories of this popular holiday. And at the Holiday Tree Lighting event at Carmichael Park, which included a performance by the River City Concert Band, activities for children, food trucks, a short magic show and photos with Santa Claus on Thursday, Dec. 4, the Arden-Carmichael News found several locals who were willing to share such memories.

Among these people was Steve Kelley, the Scout Master for Troop 55 (which presented the colors for the flag salute earlier that evening). He shared his most memorable experience as follows: "I would have to say one that really sticks out in my mind a long time ago (was when) I had been out of work, wondering how we were going to get presents to the kids. And, yes, there is a Santa Claus. One night, I hear some noise, I open the door and there is an envelope with money (about a couple hundred dollars) in it. I never have figured out where it came from, so there has to be a Santa Claus."

Shannon Bladow spoke of growing up in El Dorado Hills when the fire department used to come down the streets and the Grinch would follow behind. "Santa and all the elves would give out candy canes and the Grinch would come behind and steal all the kids' candy canes. I lived there for 18 years."

Hearing Shannon tell the story, Brian Bladow interjected, joking: "I would have loved to have been the Grinch."

"That's my husband," Shannon quipped.

Asked if he liked candy, Brian said, "No, I like taking candy from babies."

"He's like the Grinch," Shannon said.

But, on a more serious note, Brian said, "Every year (Christmas) is great. The first years when my kids realized what Christmas was all about -- those are my best memories."

Similarly, Jason Gedney spoke highly of quality family time over the holidays. Growing up, he spent every Christmas Eve at his grandmother's house. "The whole family got together with the cousins. It only happened a handful of times a



year, when you got together with all your cousins."

Brett Gadd, who was at the Carmichael tree lighting with his wife Ashlee and two children, said among his most memorable Christmas experiences was just last year in East Sacramento. "Last year, our friends did a hay ride. He hooked a trailer up to his truck and decorated it with lights and we drove around the East Sacramento area, Midtown, looking at people's lights and had big things of hot chocolate and stuff. We do it every year. Our trailer was jam

See Tree Lighting, page 13

Tree Lighting:

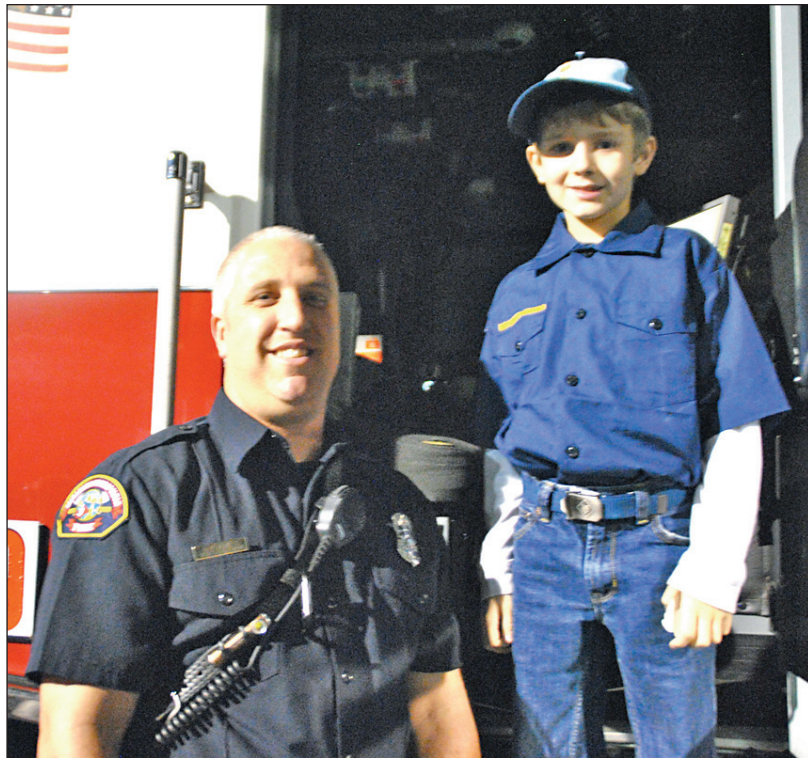
Continued from page 12

packed. Not another person could fit inside.”

River City Concert Band trumpet player Dave Herbert spoke about the joys of Christmas surrounding the traditions of his family. “Waking up Christmas morning when I was a little kid, finding that Santa had come and all the presents were out. And just that excitement in the morning, especially we had breakfast and we had to wait until breakfast was all done before we could go open the presents. Also, it is fun now as a parent, watching Christmas through their eyes. That’s very special.”

During the evening’s musical program, Keaton Reilly from Congressman Ami Bera’s office, thanked the Carmichael Recreation and Park District for throwing an amazing event. “It’s really events like this that make California 7th District and Carmichael, in particular, such a great place to live, or for me such a great place to visit. You have not only great food and entertainment, but great people, and I think this shows a sense of community that not all places have and it makes us really lucky.”

Similarly, County Supervisor Susan Peters was grateful for the night’s event as well as the good weather. “It’s amazing we got a rain free event tonight. I knew that all the parks people were probably laying awake, worrying about this. Carmichael Park is the center of activity as it should be. Tonight with the food trucks here, it’s an ongoing event that the park district does and it just makes it really festive and draws more people. So we’re just really happy you’re here. Enjoy it all.”



Carmichael magician to perform benefit show on Saturday for La Sierra Community Center

Magician Dale Lorzo will be at the La Sierra Community Center on Saturday, Dec. 13 at 1:30 p.m. It will be a fundraiser for improvement of a new stage among other things. The cost is \$10 per person. Call 485-5322 to reserve tickets. From Carmichael, Dale and his wife Elaine travel all over California, performing various types of magic. Professionally, he’s been a magician since 1970 starting as a fun hobby as a youth. “It was just a fun hobby as a kid. It was just a fun thing to learn to share with other people and add smiles. Seeing their smiles makes it all worthwhile.”

Dale has performed various acts, including floating people in the air. The one he said his wife remembers the most is the basket of sweets, which they’ll be doing on Saturday. “It’s where we have a big basket she goes in. We put sweet treats in the basket with her and big giant candy canes penetrate through her body until she finally disappears.”



Taking deliveries:

Sacramento resident hand delivers donated clothing items and more to the homeless

By MONICA STARK
editor@valcomnews.com

About eight or nine years ago, Regina King lived on the streets of Sacramento suffering from alcoholism, drug abuse and humiliation. Today, Regina, now a resident of South Land Park, is married to Gina Backovich, has a 17 month old son named Rex and is one semester into completing a masters degree in speech pathology from California State University, Sacramento. What changed from that dark time was the realization of who she wanted to be. Cognizant of resources around her, Regina was driven after a couple months of living on the streets to check into a county rehabilitation program.

But what she experienced while homeless was deep.

"There's something dehumanizing. Either people don't see you or they move away from you or they fear you. And sometimes there's reason for that and often there's not. There's definitely a sense of dehumanization."

That affect on her has been a motivating factor for her efforts over the last few years to put out a call on social media for essential winter items like warm clothing, socks, and toiletries – items that she picks up from people directly and hand delivers them to the homeless she sees during her side-street commute to and from school. By February in years past, she's taken to donating what she hasn't been able to hand deliver to the Sacramento Food Bank and Family Services.

To kick off her homeless supply drive event, she puts out a call on Facebook

to her friends and for them to let their friends know she is collecting warm items for the winter. Then she takes it right back out into the community, not anywhere specific. "It's just a matter of walking around Midtown, Downtown and whenever I just see somebody it's just me leaving it with their stuff or asking if they need anything. I keep a stack of blankets."

With a sense of humor, Regina joked when asked more about the process. "There's no organization, whatsoever, none at all. It's like, hey, you have something? I'll put it in my trunk. It's really, really, very basic."

Usually, she parks her car, scopes out the people and then hands them items she thinks they might need. "I try to judge by size and gender and try to figure what they would prefer. Like today, it's been raining and I received a big plastic poncho and I don't even know who I left it with. It was just a person wandering around over near Panera (Bread) on Howe (Avenue) and I saw where she put all her stuff."

Unlike previous years when she's put notice out in October, this year she's just getting started. As of the interview with this publication last Thursday, she had only received the aforementioned poncho and two small food packets.

Regina proceeds with the deliveries without judgment, without agenda, except that of having a bit of a human interaction. "To have human interaction and human touch is really a big deal," she said. For that reason, it's important to her to hand deliver items as opposed to donating them to the food bank ini-



Photo by Monica Stark

Regina King and her 17-month-old son Rex stand outside of their South Land Park home. Regina is starting up her annual homeless supply drive. She is currently collecting cold weather items and hygiene products.

tially. Further explaining that, she said, "one of the things about homelessness is that people get really turned off by smell or lack of cleanliness and I like to be able to touch people, touch somebody's hand or look into somebody's eyes – just human connectedness; it's incredibly important to me."

Asked about the response from homeless individuals she gets upon delivery, Regina said it has been mixed. Elaborating on her experiences, she said: "I've had a lot of people who are really distrusting and people have gotten really upset with me for coming up to them. But I've gotten to hear a lot of stories of how people got on the streets and I've gotten a lot of people who are silent. It's across the board."

Regina's efforts started in 2009 with one of her friends and has been going strong for nearly four years. "I think when I started it was just a friend who asked me, hey, do you want to help me with this? And then as time has gone on, I've noticed myself complaining

about going from my heated house to the rain, to my heated car, into the rain, into the heated building at work or at school and complaining about that. And I'll catch myself doing that. I have more than I could ever need. And I just think so many of us have so much. We go through our closets every year. I've had more jackets than I could ever know what to do with and there's people out there really in need."

Regina, a former volunteer at a residential treatment center for women coming off of drugs and alcohol, used to cook for the residents. The amount of gratitude she witnessed face-to-face "was such a big deal and I think I've been searching for that ever since. For the love of humanity, for the love of people. I think we live in a nation where homelessness shouldn't even be an issue, so the fact that it is, breaks my heart and I feel like it's something I can do and there's a lot of things I feel like I am helpless about. And, this, I feel is something."

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



BOYS & GIRLS PEE WEE BASKETBALL

1st-2nd grades / Starts 1/7
Now accepting registration

CALL 483-7826 FOR INFO

HOLIDAY TENNIS CAMP

Boys & girls, ages 9+, all levels welcome
12/29-12/31, 10am-noon

CALL 485-5322 FOR INFO



Carmichael
RECREATION AND
PARK DISTRICT

Call 916-429-9901

for information about advertising in this section.

www.valcomnews.com

VALLEY COMMUNITY NEWSPAPERS, INC.

BABY BOOMER DANCE PARTY

THE 59ers BAND



Let's get the party started!

Dancing to classic tunes that span the ages

Friday, January 23 • 7-9pm

DOOR PRIZES • REFRESHMENTS
COST: \$5 online or \$6 at the door

- Come Dance for Fun
- No Partners Needed



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



Your Home Improvement Guide

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

ADDITION SPECIALIST

LYTLE
CONSTRUCTION INC.



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

Remodeling and Design

LIC# 480492

Certified Kitchen & Bath Remodeler

- 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 • Dryrot Specialists

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

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

Free Estimates
Licensed & Insured



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 #7781 - Insured by Lloyds of London



CUSTOM CONCRETE

Omega Concrete

Serving Sacramento since 2000

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



License # 780968

(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 #152902

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

WINTER CLEAN-UPS!

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

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

Pressure wash your driveways clean! your decks, too!

Clean out your garage! Replace that old lawn!

Hard work ---not a problem!

SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 17 YRS*



HARDWOOD FLOORING

HARDWOOD FLOORING

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

Call Michael - (916) 383-8742

Lic # 544159/References Available

LANDSCAPE/HANDYMAN

LANDSCAPE MAINTENANCE

25 yrs of reliable experience

Quality work —

"By the Job or By the Hour"

- WEEKLY YARD CARE
- ONE TIME CLEAN-UP

Extensive plant knowledge

FREE Estimates! CALL 737-6589

HOUSE CLEANING

Allaway's House Cleaning

- Owner Operated • Reasonable Rates
- Satisfaction Guaranteed

Excellent References of 20 Years or More

Call Rick: (916) 832-4199

(916) 600-0172

for FREE Estimate • Licensed & Bonded



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

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
McClatchy '67
"Member BBB"

PAINTING

COOK PAINTING

Full Service Company - Start to Finish

**Freshen up
for the holidays!**

VCN Special



In business since 1982
CSL# 432951

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

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

(916) 591-5056

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING
ROOTER SERVICE

CALL 456-7777

rooneysplumbing.com

License #683668

TREE SERVICE

DON'S TREE SERVICE

ISA CERTIFIED ARBORIST WE4590A
Trimming, thinning, shaping & stump removal

Family Owned & Operated since 1967

#1 in customer satisfaction

(916) 428-4882

(916) 689-5244

www.donandsonreeservice.com

Lic# 331196

TREE SERVICE



HAMAN LANDSCAPE AND TREE

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

Terra Bella Tree Service

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

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

• 20 years experience!

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

www.terrabellagarden.com • Lic# 974388

YOUR AD HERE

Call today!

Your services
are needed.

Your ad should be here.
Ad design is free.

Call 429-9901

- EVENT LISTING SECTION -

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

Genevieve Didion Middle School INFO NIGHT

Thursday, Dec. 11 - 6:30 p.m.
Visitation Days -
Dec. 15th & 16th
& Jan. 13th & 15th

Please call to schedule
(916) 433-5039

6490 Harmon Dr., Sacto. 95831

Crockett-Deane Ballet & Deane Dance Center present

Nutcracker & Christmas Angels
Saturday, Dec. 20 - 7 p.m.
Sunday, Dec. 21 - 2 p.m.

"The Center" 2300 Sierra Blvd., Sacramento

\$15 adults; \$12 Seniors/Students; \$10 Children

(916) 453-0226

DeaneDanceCenter.com

CALL AND PLACE YOUR EVENT TODAY!

(916) 429-9901



Linda Pohl

916-429-9901

linda@valcomnews.com

www.valcomnews.com

Valley Community Newspapers

Arden-Carmichael News • East Sacramento News

Land Park News • Pocket News

California Kids

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

WINTER 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 appt. 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

CALENDAR

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

ONGOING

Stretch, strengthen and thrive

This class is designed for the needs and abilities of active older adults interested in gaining or maintaining mobility. These exercises will help participants maintain their cardiovascular health, muscular endurance, and vitality, enhancing their range of motion and increase energy with a mix of full body stretches, body weight exercises, strength training and active stretching. 8:30 to 9:30 a.m., Wednesdays and Fridays at ACC Senior Services Center, 7375 Park City Dr. Pre-registration is preferred but drop-ins are welcome. For detail, call 393-9026, ext 330, www.accsv.org

ACC presents Senior Yoga

Enjoy movements designed to maintain joint mobility, muscle strength, and flexibility. This class is gentle, easy to follow and uses the floor and chair. 10:30-11:30am Wednesdays at ACC Greenhaven Terrace, 1180 Corporate Way. Pre-registration is preferred but drop-ins are welcome. For detail, call (916) 393-9026, ext 330, www.accsv.org.

Tai Chi/CQ Gong

Learn the simplified 24-forms of Tai Chi, plus Qi gong exercises, a healing art combining movement, meditation, and visualization. Ideal for students new to Tai Chi. 9:00-10:00am, Thursdays at ACC Greenhaven Terrace, 1180 Corporate Way. Pre-registration is preferred but drop-ins are welcome. For detail, call (916) 393-9026, ext 330, www.accsv.org

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.

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 Freeport 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.

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 keng916@sbcglobal.net; or Cindy Gabriel at 916/732-6189; email cynthia.gabriel@smud.org.

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.

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 Freeport 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!

The Sacramento Capitolaire meeting

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

DECEMBER

Mission Oaks Computer Club meeting

Dec. 11: The Mission Oaks Computer Club will meet from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. The meeting will include a problem-solving clinic, led by Adam Lacey of Applications, Etc. First-time visitors are welcome. For additional information visit www.missionoakscomputerclub.org or send an email to moccc@missionoakscomputerclub.org.

Dessert and Coffee with Superintendent Banda

Dec. 11: Superintendent Banda is hosting a "Dessert and Coffee" community meeting to meet parents and other stakeholders and to gather feedback on our schools at Luther Burbank High School (3500 Florin Road) from 6 to 8 p.m. Free childcare and translation services will be provided.

Jingle Bell Run/Walk

Dec. 13: The Sacramento Jingle Bell Run/Walk® is a fun, festive event for the whole family! Put on your reindeer antlers and your running shoes and come join us for some holiday cheer at Crocker Park in downtown Sacramento. The event is fun for all and open to all ages. You can participate in the 5-K timed race or the 5-K Fun Run/Walk with holiday themed activities all along the course! Bring your friends, family, coworkers, and your furry friends, too! Crocker Park is located at 211 O St. For more information, call 368-5599 or email edahler@arthritits.org. Packet Pick-up and late registration is available at Sports Authority in Natomas, 3632 N. Freeway Blvd. From 10 a.m. to 7 p.m. Santa's Community Village (vendors) will be available from 7:30 to 8:30 a.m. Registration is from 7:30 to 8:15 a.m. Candy Cane Kids Run will be held from 8:15 to 8:25 a.m. The timed 5-K run will take place from 8:30 to 9:30 a.m. and the family fun run/walk will take place from 8:45 to 9 a.m. Awards and entertainment will follow from 9:45 to 10 a.m. Fees: 5K Run/Walk - Early Bird: \$30; Adult Registration Candy Cane Kids Fun Run is \$15.

zpizza Tap Room Lagunitas Takeover - 12 Beers of Christmas

Dec. 19: From 6 to 8 p.m., enjoy signature, artisan brick-fired pizzas, fresh salads and tasty appetizers along with discounts on all Lagunitas beers. There will be free zpizza appetizers while supplies last and free Lagunitas Mason jar for the first 60 people. 7600 Greenhaven Dr.



**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.

Local teacher furthering notoriety in the art world through Johnny Cash project

By LANCE ARMSTRONG
lance@valcomnews.com

Editor's Note: This is part one of a two-part series about local artist Adan Romo.

Adan Romo, a longtime teacher at St. Francis High School in East Sacramento, has earned much recognition as a creator of public art. And that notoriety has come through a variety of art projects, including one that is beginning to earn him widespread attention.

His latest project, and one that will become the largest artistic endeavor of his career to date, will be a series of Johnny Cash sculptures in Folsom.

Already, that high profile project, which has not yet been commenced, has drawn the attention of such publications as Rolling Stone magazine, a London-based music magazine known as Uncut, and Yahoo!'s travel research site, Yahoo! Travel.

As an indication of Adan's busy schedule as an artist, while many Americans were relaxing at home or making their way through Black Friday crowds in search of heavily discounted items on the day after Thanksgiving, Adan was being interviewed by journalists eager to hear his story.

Adan's first interview of the day was with the aforementioned Uncut magazine, and then shortly after that interview was completed, he had a meeting with the East Sacramento News.

During his interview with this publication, Adan spoke about his co-operation of an art business and his acquisition of the Johnny Cash-related art project.

"I have my own company with my father (Jesus Romo)," Adan said. "It's called Romo Studios and we've been doing public artwork now for almost 20 years now. (The business's projects include) public artwork for churches or communities or schools or monuments. And so, the opportunity came up last year for the (Cash project).

"The city of Folsom put out a call to artists to create concepts for a new project they have there, which is to create a three-mile long trail near Folsom Prison that connects all their other existing trails. And they chose to call that three-mile portion the Johnny Cash Trail.

"Then they wanted to select six different artists to create six different artworks along that trail to celebrate Johnny Cash."

After pitching his ideas for each of the six artworks, Adan was informed that he was selected to create all of the art for the project.

To have his business presented with the opportunity to create all of these works of art was certainly more than Adan had envisioned.

Adan, who will be assisted with the project by his father, spoke at length about the project that will consume many hours of his life for about five consecutive years.

"It's an exciting project," Adan said. "It was a national competition and to get all six (artwork creation opportunities) was great. I got the call, probably last spring that I had won all the sites. And then I spent the summer fine tuning my concepts and creating (three-dimensional) models of the concepts.

"(Adan presented those concepts) to the original panel that selected me to kind of make sure that everything was tight and all the details were dealt with and questions were dealt with, and it navigated to the city council and all the city entities that a project like this has to move through (in) Folsom. And then last, the Johnny Cash family has to overlook it and make sure everything works within their interests. And then by next spring we should probably be actually getting started on the project.

"They're six completely different artworks from a figurative sculpture of Johnny Cash to one that is a sculpture that looks like a ring of fire from a distance the way it's lit. But each individual flame is a guitar pick that's welded together, so there's a ring of guitar picks that looks like a ring of fire from a distance to evoke his song, 'Ring of Fire.' That will sit on top of one of the hills. That will be about 15 feet tall.

"There's another work that's a series of laser cut poles that stand individually. All the poles sit together, but as you walk around the poles at one point, the way that the poles are cut, Johnny Cash's image emerges from a particular point of view.

"Each work is completely different and diverse. They're all sculpture pieces. The largest one is about 18 feet tall. That's going to be the laser cut poles. And then there's a figurative, realistic bronze sculpture of Johnny Cash that's going to be about 7 feet tall, which is going to be sitting in front of the prison."

Adan mentioned that his father will be creating the latter named sculpture, and he added that his father "brings a lot of technical understanding, engineering to what we do."

And Adan said that like his father, he will also create one of the Johnny Cash sculptures as a solo project.



Photo by Lance Armstrong

Sacramento native Adan Romo, shown in his midtown Sacramento studio, is expected to begin working on a sculpture project for the Johnny Cash Trail in Folsom this spring. This major art project is expected to be completed in 2020.

The project will also feature a phone application created for the Johnny Cash Trail, which was opened with a ribbon cutting ceremony that was attended Johnny Cash's eldest daughter, Roseanne Cash, on Oct. 4.

In speaking about that application, Adan said, "I also created a phone app, so that as you go along the trail visiting one art site to the other, different content and music comes up, so the visitor gets to experience some of the life of Johnny Cash and his music as they move through this trail. So, the Cash family in particular really likes that (idea), as well as the city of Folsom. So it's allowing me an opportunity to not only do what I do best, which is create works of art for the public, but also incorporate some technology into it to make the experience even richer for the visitors there."

Adan also spoke about the use of the Johnny Cash name and the Cash family's support of that use for the project.

"The great part of this project is the Johnny Cash name," said Adan,

who noted that another one of Johnny Cash's daughter, Cindy Cash, was on the trail artwork selection committee. "He's so well loved. He's got so many fans that there's just been a tremendous amount of interest in the project. So, just being involved and being the lead artist on the project (is an honor).

"It's pretty unique. I mean, the city of Folsom is really the only city that could do something like this to commemorate Johnny Cash, because of his visit to Folsom Prison and because of his music that ties into Folsom. It really is part of the history of Folsom, so it makes sense that they do something like this. And the Cash family (is) usually reluctant to let their (famous relative's) name be used. They're very protective, obviously so, of the name and so they really loved the concept that the city put together and the art concepts that I put together. So, they've been extremely great to work with and it's great to have their support and their encouragement."

Exciting New World of Implant Supported Dentures

• Has the Security Of a Fixed Bridge!



• Easier to Maintain Good Oral Hygiene

There are millions of people in the US who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or ill-fitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue, and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off, and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an ill fitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing tooth.



Now there is a solution to these issues: Implants with "Snap On" Dentures!

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

**Carmichael
Dental
Group**

2 Implants With Attachments to a Denture
\$1,500 Off

8329 Fair Oaks Blvd, Ste. A • Carmichael, Ca, 95608
(916) 944-1197

www.YourCarmichaelDentist.com



STUNNING NEW HOME

Wow! Open floor plan 4 bedrooms, 4½ baths, hardwood floors, kitchen and family room combo, 14'-16' ceilings, plus 3 car garage. 2 suites plus office downstairs, 2 beds, 2 baths plus loft up. 2 homes have already sold in subdivision for over \$1,500,000, and 2 more lots are reserved. \$1,235,000

CARMAH HATCH 765-6210



NEAR ANCIL HOFFMAN

Rural feel in close-in Carmichael on .56 acre in a quiet/private location near Ancil Hoffman Park. Features include completely remodeled kitchen, custom paint, 4 bedrooms, 2½ baths and large family room. Beautiful yard, pool and waterfall. \$1,075,000

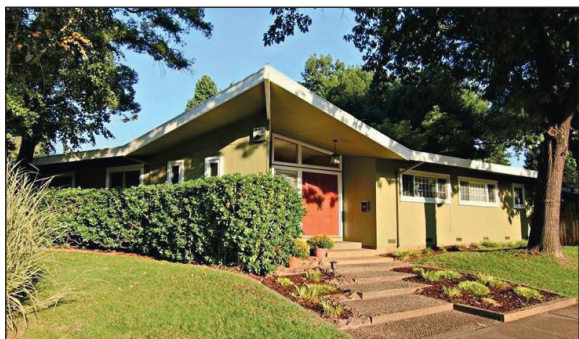
LEIGH RUTLEDGE 612-6911
BILL HAMBRICK 600-6528



WILHAGGIN

Mid-Century custom 3 bedroom 2½ bath contemporary home in Wilhaggin. Lots of glass and high ceilings are focal points for this sophisticated home. Beautifully landscaped backyard with mature trees and shrubs. Sparkling pool. Very private. \$650,000

PATTY BAETA 806-7761



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! \$659,000

JESSICA BILLER 761-6035



HUNTINGTON OAKS

Fantastic 4 bedroom home on a tree lined street! This 4 bedroom home has a spacious floor plan with a charming fireplace, a large kitchen, a 2-car garage; with a sweet backyard that is perfect for entertaining. Minutes from the freeway and this home is located on a quiet street. Simply a must see! \$300,000

TIM COLLOM 247-8048



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. \$539,950

LINDA EISENMAN 838-4338



CHARMING

Randy Parks built 3 bedroom, 2 bath home on a lovely, quiet street close to shopping and Del Paso Country Club. Amenities include random wood plank floors and dual pane windows. The kitchen with granite counters opens up to the family room, both rooms looking out onto the beautiful yard and Trex deck. \$274,900

BETH HARNEY 995-4120



GREAT LOCATION GREAT SPACE

Mariemont Avenue home over 8400 square feet with 5 or 6 bedrooms 6½ baths located on a 1½ acre parcel. Spacious rooms, each bedroom has its own bath, an amazing master bedroom suite, custom wood work, box beamed ceilings, an attached maid's quarters, RV access and a 4-car garage. \$1,999,900

ERIN STUMPF 342-1372



RANDY PARKS HOME

2 or 3 bedroom 2 bath home has an abundance of character, charm and personality. Hardwood floors, lots of dual pane windows, light and bright throughout, large park-like yard, almost 1/4 acre, large family room, brick fireplace. Spacious bonus room, remodeled bathroom, RV parking area. \$315,000

RICHARD KITOWSKI 261-0811

for current home listings, please visit:

DUNNIGANREALTORS.COM

916.484.2030

916.454.5753



Dunnigan is a different kind of Realtor.®

DUNNIGAN,
Realtors