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RIVER CITY CHORALE IS GEARING UP FOR HOLIDAY CONCERT

See page 4

- Crossword Puzzle 7
- Matias Bombal's Hollywood 8
- Faces and Places 11
- Classifieds 13
- Calendar 14



Sac Fine Arts donated supplies to Valley Fire victims

■ See page 9








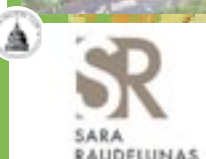
Chautauqua Playhouse presents "The Prisoner of Second Avenue"

■ See page 10



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2709 Riverside Blvd.
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906
Cover by:
Courtney
Other photos by:
Courtney
Warren Harrison

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Meet your local embalmer: Cody Bartlett

By MONICA STARK
editor@valcomnews.com

There used to be a time when those who worked at East Lawn's mortuaries acted as both embalmers and funeral directors, but times have changed and more recently the business has switched to centralized embalming out of the Greenback Lane location. Serving three East Lawn mortuaries, two local embalmers manage to do all the embalming for the company. Valley Community Newspapers spoke with one of them, embalmer Cody Bartlett, and about his work experience and his caring for bodies as a purpose in life that he feels so strongly about.

"I know that to someone who doesn't do it, it might seem odd or overwhelming or even unimaginable," he says about his work as an embalmer. "To me, it's not that way at all. To me, I love what I do. I feel like I am giving back to my community. It's where I fit. I am an embalmer. It's not just what I do, it's who I am."

That self identification wasn't realized until he actually started getting to know his co-workers at East Lawn and a humanizing thing happened, fulfilling his curiosity about those who work in a funeral home. "People always think we walk around in this dark building and we always resemble Riff Raff from the 'Rocky Horror Picture Show', but it's not that way at all," he said. "I found we are people just like anyone else. We just happen to work in an industry that's a little mysterious because we live in a death-denying society."

Asked by friends and family the same questions - Have you seen any ghosts? And, do the bodies ever sit up? - Cody is sorry to say "no" on both accounts. "I guess my day-to-day is so normal to me."

The moments that are most unforgettable, to Cody, are those that show his expertise in embalming. "When a family is concerned about seeing an open casket and then once a family member sees the body and says it looks so good that they definitely want to see open casket" -- those are the times, he said, that are the most memorable.



Our culture's veiled taboo around death and also the fact that most people haven't had to arrange a funeral, surely is going to evoke a certain emotion when visiting a funeral home, but to Cody and others in the field, they try to make that experience as positive as possible.

To ensure that high level expectation, Cody said professionalism, being an ethical person and most importantly being empathetic are required characteristics for an embalmer. "If you don't you probably won't be very good in this industry and if you're not (good), you won't last. You have to put yourself into this breathing person's shoes and understand what they must be going through and help them through the process. It's not a self-serve place. We have to guide them through that process."

Cody grew up in Nevada City and after he graduated Nevada Union High School in 1997, he moved to Kauai where he obtained his associates of arts degree from a community college. "I wasn't entirely focused at that time. I

See Embalmer, page 3

Embalmer:

Continued from page 2

was 18. I got an AA in liberal arts. It was broad spectrum. Then, I moved back here in 2000-2001. That's when I started as carpenter."

While at Nevada Union High School, Cody decided to apply to a mortuary just due to his curiosity, but without accomplishment. "I was curious about who or what kind of people worked there, but I didn't get the job, then I kind of forgot about it."

So, he was a carpenter for a bit until his daughter was born, and then was a stay-at-home dad, while his wife worked to support the family. But, when it came time for his little girl to go to preschool, he realized he needed to get back to work. It was then his interest in the mortuary industry came back around, even though he did not realize at the time necessarily how fortunate he was to land a steady position. "I applied here at East Lawn and got the job." He started with "transfers" and cleaning the funeral home. "I just worked my way up and went to mortuary college (at American River College) and finished that. I got my national and state license in embalming and have enjoyed it ever since."

Curious thing about his classmates at ARC was that unfortunately for many of them they

weren't able to land as easily as Cody. "Not too many got jobs unless they had a job before they started (the mortuary program). It can be difficult to find work in Sacramento because of the mortuary school. I was pretty fortunate to randomly toddle into a mortuary just because I was curious. I didn't realize what a competitive industry it is (in Sacramento)," he said.

While the competitive nature of the industry may seem ironic, the truth is there are only two mortuary schools in all of California, the one at ARC and one in Cypress, which is located near Anaheim.

When he first told his family of his plans to go into the mortuary business, he said his parents thought it was an elaborate joke, but after they saw how passionate he was about this kind of work, their minds changed. "Now they think it's great and they understand my point of view of doing this work and where I fit in serving this community."

While he has spent most of his career thus far at East Lawn, for fewer than 2 years between 2013 and 2014, Cody had the opportunity to work for the body donation program at UC Davis, which had him embalm cadavers for the medical school and apply tissues for researchers.

At UCD, they had the standard operating procedure of how to embalm. No cosmetics were done. As Cody

puts it, "It's much more utilitarian. Here, at the funeral home, I'm able to use all of my embalming knowledge."

The lack of creativity that went into the work as an embalmer at UCD was the very reason he returned to East Lawn. "Work (at UCD) was very monotonous. I like the challenges and flow of work at the funeral home because I am able to use my knowledge better and serve my community more than at the university."

His dedication does not go unnoticed. Evidently, those in his field respect him tremendously. As Lisa West, marketing director for East Lawn said, "Cody is a gem. Everyone at East Lawn loves to work with Cody because he is so knowledgeable and willing to share his knowledge with others. He is very generous with his time and an extremely empathetic and compassionate person. He treats the deceased with enormous respect and dignity."

Outside of work and time spent with his family, Cody enjoys gardening and practicing Brazilian jiu jitsu. Having participated in martial arts since he was 8 years old, he started jiu jitsu in 2001, when he moved back from Hawaii. Currently, he assists in teaching the art at Carnage Mixed Martial Arts in Orangevale. Cody also enjoys gardening and has an impressive year round vegetable garden.



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Holiday Music, Close to Home

"I'll Be Home for Christmas" brings warm memories for most of us of the very best part of the holiday season: getting together with family-- if only in our dreams. The River City Chorale wants to help you begin the holiday season by offering a selection of Christmas favorites, both sacred and secular, popular and classical. From "It's the Most Wonderful Time of the Year" through medleys of traditional carols to "Gloria in Excelsis Deo" by Memley and the exquisitely beautiful "O Nata Lux" by Forbes, there will be something for everyone. Added just this year will be a brass ensemble, and, as always, the accompaniment of the talented members of the River City Orchestra and pianist, Kathleen Earl Midgley.

There will be three different dates and venues to choose from: Friday, Dec. 4, 7:30 p.m. at the First Baptist Church of Fair Oaks; Saturday, Dec. 5, 7:30 p.m. at the Faith Presbyterian Church in South Sacramento; and Sunday, Dec. 6, 4 p.m. at St. Mark's Lutheran Church in Citrus Heights. As you can see, you don't have to drive downtown or pay for expensive parking to experience one of these fine performances. And parking is always free!

The River City Chorale, 60 voices strong, has been providing a very eclectic selection of music to Sacramento for 38 years, featuring classical, jazz, Broadway, folk, etc. The chorale performs three times a year; in addition to the Christmas concert, there is the ever-popular winter Cabaret and the spring concert in May. Richard Morrissey has been the Musical Director of the River City Chorale for a number of years and brings a wealth of teaching and performing experience to the group.

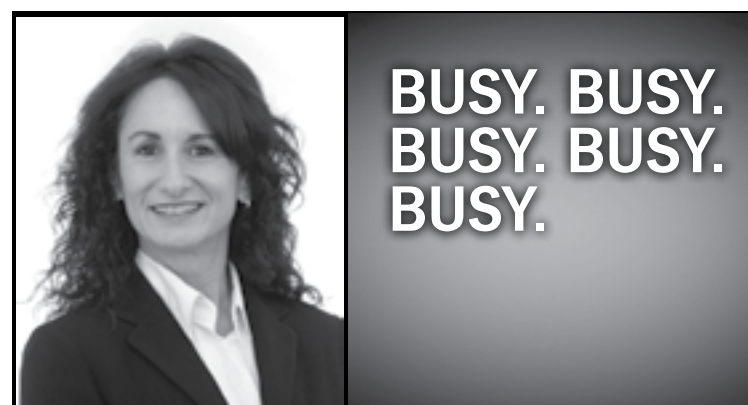
Visit www.RiverCityChorale.org or call 916-331-5810 to order tickets. Season ticket holders receive a 20 percent discount on what is already a very affordable rate -- three concerts for \$44.



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UC Davis Children's Hospital hosted Spirit of Children Halloween Party

Spirit of Children, the charitable arm of Spirit Halloween, made hospitals less scary for children and their families on Tuesday, Oct. 13 as UC Davis Children's Hospital hosted a Halloween party for pediatric patients; bringing costumes, a visit from Saban's Power Rangers, decorations and more. Spirit of Children helps raise funds year-round for Child Life departments in hospitals across the United States and Canada. Founded in 2006, the program has raised more than \$22 million with a goal of \$6.7 million more in 2015. This Halloween, Spirit of Children will host 86 Halloween events nationwide, bringing smiles to children across the country and raising awareness for the philanthropic initiative.



Photo courtesy
Bringing Halloween cheer to pediatric patients.

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In the kitchen and on stage with Sacramento Gabriel "Gabe" Levan Aiello

By MONICA STARK
editor@valcomnews.com

In the face of a world filled with corn syrup, sugary sodas and preservatives, neighbor Gabriel "Gabe" Levan Aiello goes old school, back to a time when pharmacy soda fountains had drinks to help with people's ailments.

Gabe pops into Valley Community Newspapers for the interview a little sweaty, as he had just biked from his employer, Preservation & Co. He opens up his bag, puts a plastic cup on the table (he managed to find space on it despite the clutter) and stirs ice, seltzer and a ginger-based liquid concoction together, making a most deliciously healthy soda he calls ginger beer. Opaque in color, the drink has only three ingredients as its base: ginger, lime

and brown sugar. As he talks about old timey cures for ailments, he speaks on how the combination of ingredients he uses rehydrates the system. "It'll boost you. Molasses, honey and maple syrups. They have a no-crash phenomenon," he says. And Gabe stays true, keeping the ingredients simple and healthy.

According to WebMD, ginger is commonly used to treat various types of "stomach problems," including motion sickness, morning sickness, colic, upset stomach, gas, diarrhea, nausea caused by cancer treatment, nausea and vomiting after surgery, as well as loss of appetite.

Rewind to a year ago; Gabe was on the hunt for healthy, preservative-free sodas, but he couldn't find any, so he decided to make his own and found he was quite good at it. From ginger-molasses switchel to a sesame-mandarin soda, his list of drinks continues to grow as does his passion and his following.

Currently, he's been producing the beverages out of his own home near Sacramento High School and out of his work, Preservation & Co., but he's been running an IndieGoGo campaign for his line of drinks, which he calls Burly Beverages, so that it can facilitate the purchase of logo and branding materials, equipment, ingredients, and the first round of bottles.

As he explains on burly-beverages.com, "This campaign will assist Burly Beverages in obtaining all of the necessary licensing and permitting required to operate this sort of business."

A humbling experience is watching to see who has contributed to his campaign, noting that some of those people have included some he hasn't heard from in years, like old classmates from junior high and his parents' church friends leaving messages, saying they were proud of him. "I didn't expect those feelings, then you see who it is and you're like, 'whoa, this is so cool.' It's so personal."

Though the campaign ended, folks can contribute to that page. "The deadline (was) to set a goal. Even if don't reach the goal, I still get mon-

ey, though some percentage gets taken out."

With a thick red beard and a well-built stature, Gabe's appearance is an obvious inspiration for the name of the line of drinks. But the term burly, he said, is one he wants to redefine. "Beard plus curly equals burly, but I want to stay away from the masculine. (Burly) is how I am viewed. I like the name (Burly Beverages). It's catchy and it fits my look. A lot of people want me to put my face on the labels." Continuing, he jokes, "What if there's a rainbow behind it?"

Having worked previously at Sun & Soil Juice Company, 1912 P St., he beefed up his knowledge on health foods, kombucha, cold press juice, all of which piqued his curiosity further. Why wasn't there a market for healthy drinks (that weren't juices)? At Preservation & Co., naturally he's learned about preserved foods and shrubs, you know the soft drinks that were popular during America's colonial era, made by mixing a vinegared syrup with spirits, water, or carbonated water.

Sharing some tidbits of advice on how to mix his beverages with alcohol, if that's your fancy, he recommends the following pairings: Black grape with gin. "The booze dilutes vinegar, but vinegar washes out the alcohol flavor. As a soda, it's real grape flavor with molasses." Then there's the lemon jalapeno. "It's good as margarita mix or alone. Some use vodka or gin."

As he's been creating new drinks from his home kitchen and at Preservation & Co., these types of concoctions have been taking off locally at Hock Farm (the Paragary restaurant, located at 1415 L St., that was named after John Sutter's farm), Shady Lady Saloon, 1409 R St.; and The Mill coffee shop, 1827 I St.

Meatless Mondays

Gabe's popular beverages are hitting street fairs, friends' cupboards, and pop-up Meatless Monday dinners at Old Ironsides, where he serves about 150 people one night a month a creative dish for \$5 and where diners can purchase his sodas, which if they are so



Photo by Aaron Stewart
Neighbor Gabe Aiello seems to do it all - he's a pickle packing, music creating, soda inventing, Meatless Monday chef who is shown standing in good company. To the left of him is his father, Pat Aiello and to his right, is his partner Meg Myers.

inclined, can mix with alcoholic beverages from the bar.

The day prior to Meatless Monday dinners, which are held every second Monday of the month, Gabe gets all the food prepped, so that all he needs to do is warm it in the ovens at Preservation & Co. and then head over to the bar.

As his beverage inventions grow over time, so do his Meatless Monday meal offerings. "I've always been interested in flavor combinations, and cooking. Even stuff I do at Meatless Mondays is unique."

In what grew in attendance from about four friends in his apartment to about 130 people packing Old Ironsides, Gabe's most recent Meatless Monday featured lasagna fagioli, grilled Romaine heart salad (on top of a vegan cheesy puree) and a signature cocktail menu with pear-ginger shrub (which could be mixed with whiskey, bourbon or vodka), and a watermelon-lime shrub (which could be mixed with tequila, rum or vodka).

Talking about the early incarnations of the dinner event, Gabe said friends started bringing friends, and shortly Meatless Mondays got "too crazy with 30 people in my apartment. So different friends would host. We'd go to my friend Ben's; my friend Lauren's... I would prepare the food, and ask for donations. The group then grew to 50 people, then 60 people. Some people wouldn't bring money and I wasn't breaking even. I've always been committed to it, but I wanted to make back at least what I was spending. I started yelling on Facebook that I need an accurate headcount."

As the popularity for Gabe's Meatless Mondays

grew, the need for a larger venue became necessary and because he knew of Old Ironsides' Monday dinners, he asked the owner for one Monday a month. "I told him I could guarantee at least 75 people would be there. He said, sure let's try it out. The first time we had 65 people, then 85 people, last time 115 people."

Because in the past he has ended up cooking about a third more meals than he's sold, he said he brings the leftovers back to Preservation and sells them the next day. Even then, he's had to throw some food away. "It's stuff I can't bring to Loaves and Fishes, so I'm just trying to undercut slightly."

A regular to the Meatless Monday dinners, since its near inception, diner James Wade said he really enjoys Gabe's vegan cooking even though he eats meat regularly. "Gabe makes delicious food; it doesn't matter if it has meat in it. Especially since we are in a drought, for once a month you can stand not to eat meat."

Completely genuine about his love for animals and about the health of those he feeds, Gabe encourages - by example - learning about the food people eat. "I try to help people understand where food comes from, not just for personal health but for the health of the planet. If all Sacramentans stopped eating meat on one Monday a month, it could have a huge impact on the cattle industry." Especially during a drought, Gabe talks about the amount of water that a cow drinks each day to survive - not to mention the

See Aiello, page 11

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The Crossword by Margie E. Burke

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- ACROSS**
- Soothing stuff
 - Monastery head
 - After the hour
 - "O" in old radio lingo
 - Blush
 - "___ bitten, twice shy"
 - Urban blight
 - Close-knit group
 - Bank transaction
 - Place to find thyme
 - Like some hands
 - Rosy-cheeked
 - Just say yes
 - ___ oil
 - Hardly handsome
 - Stomping ground
 - Mall binge
 - Farm sound
 - Basket material
 - Deck (out)
 - ___ squash
 - Soaked
 - Circumvent
 - Area of South Africa
 - Bad look
 - How some things are chopped
 - Emphasize
 - Time on the job
 - Bone-dry
 - Like some assets
 - Drawn-out
 - Two-door
 - Caked deposit
 - Church niche
 - St. Anthony, notably
 - Secure, as a contract
 - Big game
 - Admittance
 - Irritable
 - Shrek, e.g.
 - Part of TMNT
 - Aetna offering
 - Positive terminal
 - Massage target
 - Article of faith
 - Eucalyptuses
 - Making a big profit, with "up"
 - Third place
 - "___ on Down the Road"
 - Exec
 - Advocate
 - Antares, for one
 - Detachable container
 - Bit of dust
 - Grad student's grilling
 - The "O" in S.R.O.
 - Hymn of praise
 - Bliester
 - Accountant's book
 - Fancy duds
 - Rabbit food
 - Figure of speech
 - Dentist's direction
 - Dwarf
 - Spy, at times
 - "High" time
 - Actor Pitt
 - Air bag?
 - Christian Science founder

See Answers, page 8

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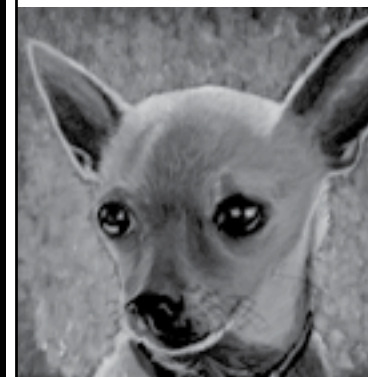
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Matias Bombal's Hollywood

Bridge of Spies
The MPAA has rated this PG-13

DreamworksSKG and Twentieth Century Fox offer Steven Spielberg's cloak and dagger, cold war, real life saga "Bridge of Spies". The former insurance attorney James B. Donovan (Tom Hanks), whose career of remarkable international negotiation skills began with a tenuous exchange of prisoners is brought to life in this movie. The head of the firm where Donovan works, Thomas Watters, Jr. (Alan Alda) recruits Donovan for a thankless job; de-

fending a KGB intelligence officer, Rudolf Abel (Mark Rylance), recently captured by the CIA in New York City. The pragmatic painter Abel had been sending US military secrets to Russia. Donovan did not relish the assignment, but his firm had no idea that he would then do his job to the very best of his ability, with due diligence of making sure that the clearly guilty man was given every opportunity allowed by the law in the United States. His colleagues are stunned that he would perform the task so altruistically, since the ac-



Cold Counselor: Tom Hanks is James Donovan in "Bridge of Spies" - Twentieth Century Fox/Dreamworks SKG

cused was clearly an enemy of the USA. Donovan clung to the ideals established into law in the Constitution of the United States. The movie depicts, according to the screenplay by Ethan and Joel Coen (with Matt Charman), how hated he becomes, and that his life is in danger. Riding the elevated train in the city, passengers stare at him with a scowl as they look up and see him, after having just

seen his photo in the evening editions. He successfully, and quite surprisingly arranges for a long imprisonment rather than a death sentence for Abel when he argues to the Supreme Court that it would be wise to keep him in case of the future need to possibly trade him back to the USSR in case a U.S. citizen or soldier is captured by Russia. That very opportunity presents itself when U-2 spy plane pilot Francis G. Powers (Austin Stowell) is shot down over Soviet soil.

Donvan is asked to negotiate a trade of the two men, secretly, on his own, as the U.S. government will not officially sanction his acting on the behalf of the USA. True to his pursuit of justice and love of country, he accepts the risk and is sent to Berlin, where he is to "unofficially" meet with Russian leaders to negotiate the trade, while shadowed by the CIA. It becomes more complicated when Donvan

notes that a U.S. citizen in East Berlin, Frederic Pryor (Will Rogers) is also captured by the German police trying to escape to West Berlin, so he wants to land two for one.

This movie is an excellent example of Hollywood at its best at every level. Great writing, Spielberg's ability to make images so memorable that they linger in our mind, great photography by Janusz Kaminski and a good score by Thomas Newman, are all superlative throughout. This movie reminded me much of the feel of Martin Ritt's movie version of John Le Carre's "The Spy Who Came In from the Cold" of 1965. Hanks is effective in this, his fourth film with Spielberg, and great to see Alan Alda on the screen, even so briefly. Many of the locations are the actual places in New York, Germany and Poland. This will make for an excellent time at the movies, put it on your list of pictures to see.



Solution to Crossword:

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Robinhoods benefit set for Oct. 29 at the Museum of Rock and Roll

A lost election bet over the presidential race in 1964 provided the stakes that gave rise to the creation of the "4 Robinhoods." It brought four Sacramento pals together to create a charitable organization. Back in the day, this merry quartet of buddies – Kenny Cayocca, Mark Cohn, Cecil Finegold and Lou Morris – became famous as community fixers. They gave away medicine, clothing, food and threw big parties for needy youngsters and their families. They staged major events, bringing celebrities to town to raise major money to fund their unceasing efforts.

So, with a sincere appreciation for their deeds past, a revitalized group of Sacramento citizens has formed to continue the legacy of the "4 Robinhoods." In fact, they have already completed an urgently needed community project and more away.

All are projects which require community support and funding. As in all past endeavors, there is an intent to be project specific, a quick response team, receiving and considering requests for help, then moving swiftly toward responding to the need. And, as the work is completed, then moving on to the next project, all with no administrative costs nor overhead. Every penny raised goes to the recipient.

On Thursday, Oct. 29 at 7:30 p.m., the two surviving Robinhoods (Mark Cohn and Kenny Cayocca) and the new board of directors will gather to introduce themselves, as well as

their current projects, to friends and supporters. It will be an evening of wonderful desserts, some fine wines, and music provided by Sacramento's own Roger Smith, the famed keyboardist with the acclaimed band, Tower of Power. He will be joined by the band's bassist, Raymond McKinley and drummer Brian Collier from Santana.

Event-goers will mingle at one of Sacramento's best kept secrets, the Museum of Rock and Radio, located at 911 20th St. Being there is a wildly visual step back in time, back to the rock eras of the 1960s, '70s and '80s, the museum's walls are adorned with more than 600 concert posters, as well as many other exhibits of the celebrated instruments and paraphernalia of the time. Donors include: Bill Tucker of Tucker Media Group, Ettore Ravazzolo of Ettore's European Bakery and Restaurant, Darrell Corti of Corti Brothers, Gary Frasinetti of Frasinetti Winery, Becki DeKoning Tyner of Folsom's Chocolate Architect, Michael Fahn, Roger Smith, Raymond McKinley and Brian Collier.

To help the organization with more projects and to grow financial resources so that community service can continue, donations of \$50 per person at the door (no credit cards, checks OK) is requested.

For more information, contact Michael Ubaldi at 265-4555.



Photo courtesy

Sac Fine Arts donated art supplies to Valley Fire victims

Assisting Women's Wisdom in collecting children's art supplies needed for after-school programs in areas affected by the Valley Fire in Lake County. Local artist David Peterson hands off art supplies donated by Sacramento Fine Arts to Helen Plener to go to Lake County.

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Fair Oaks Boulevard Improvement Project

Supervisor Susan Peters and the Sacramento County Department of Transportation hosted a groundbreaking event to celebrate construction startup for Phase 2 of the Fair Oaks Boulevard Improvement Project (Landis Avenue to Shirley Avenue). This current project is the next phase of efforts to turn a portion of Fair Oaks Boulevard into a "main street" district for Carmichael.

According to Supervisor Peters, "Fair Oaks Boulevard is the main street for Carmichael's 72,000 residents and the Phase 2 improvements will complement the work completed earlier that transformed the Marconi Avenue intersection. Phase 2 will advance the boulevard's vibrant commercial and residential uses supporting the "main street" vision that will significantly improve the appearance of the corridor with underground utilities as well as improve capacity, safety and mobility for all modes of travel: vehicles, bicyclists, pedestrians and transit."

The Phase 2 improvement project includes:

- Bicycle lanes, landscaped medians, and separated sidewalks with landscaping along Fair Oaks Boulevard from Landis Avenue to Shirley Avenue.

- Modification to the existing signals at the intersections of Fair Oaks Boulevard/Grant Avenue and Fair Oaks Boulevard/Engle Road.
- A new traffic signal at the intersection of Fair Oaks Boulevard and Landis Avenue.
- Installation of sidewalks on the south side of Grant Avenue adjacent to Carmichael Park.
- Replacement of overhead utilities with underground facilities on Fair Oaks Boulevard within the project limits.
- New traffic signal interconnects to provide congestion relief.

A first phase project was completed in 2013, and provided "complete street" improvements at the Fair Oaks Boulevard and Marconi Avenue intersection including: curb, gutter, sidewalk, and bicycle lane improvements; landscaping/streetscape amenities including a community identifying obelisk; traffic signal modifications and upgrades; and improved street lighting.

Teichert Construction is the contractor for the Phase 2 project. This \$6.5 million project is being funded by the Federal Regional Surface Transportation Program, the State Transportation Improvement Program and development fees.



Fran Wittmann, Richard Spierto, Hazel Johnson, Dale Reinhard, Kate Muris, Stephen Kauffman



Stephen Kauffman, Kate Muris

Photos by Warren Harrison-Chautauqua Playhouse

Chautauqua Playhouse presents "The Prisoner of Second Avenue"

Chautauqua Playhouse will present Neil Simon's "The Prisoner of Second Avenue", a comedy, beginning on October 16 at the Playhouse. The show will run on Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. through Nov. 15, with an additional matinee at 2 p.m. on Nov. 14. The performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$20 general, \$18 seniors/students and SARTA members. Premium seating is an additional dollar.

THE PRISONER OF SECOND AVENUE - Mel Edison is a well-paid executive of a high-end Manhattan firm, which has suddenly hit the skids, and he gets the ax. His wife Edna takes a job to tide them over, then she too is sacked. Compounded by the air-pollution killing his plants, and with the walls of the apartment being paper-thin, allowing him a constant earful of his neighbors private lives, things can't seem to get any worse...Then he's robbed, and his psychiatrist dies with \$23,000 of his money. Mel does the only thing left for him to do-he has a nervous breakdown and it's the best thing that ever happened to him...

The direction is by Janelle Kauffman, set design by Rodger Hoopman, with the lighting design by Don Myers. The cast includes Stephen Kauffman, Kate Muris, Hazel Johnson, Richard Spierto, Dale Reinhard and Fran Wittmann.

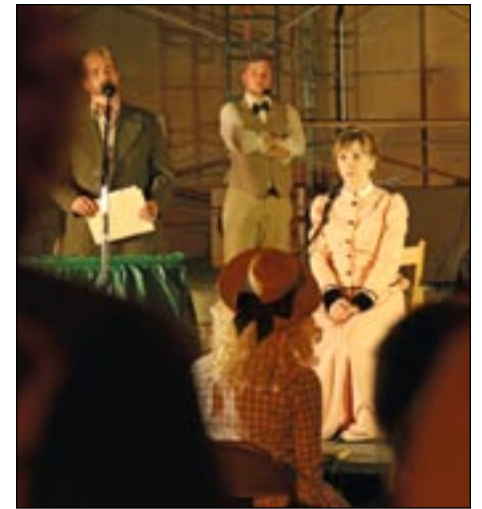
Information and tickets are available through the Chautauqua Playhouse website: www.cplayhouse.org or call the box office at (916) 489-7529, during business hours.



Faces and Places: Lantern Tours at the Old City Cemetery

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

Shown here are photos from opening night of the Lantern Tours at the Old City Cemetery in Sacramento. If you missed opening weekend and want to embark on a lantern led walking tour through Sacramento's past at the Sacramento City Cemetery, you can on Friday or Saturday! Guests experience stories of murder, death by spirits, death by duel or morphine, and even men impersonating women - all this while encountering other unexpected visitors from beyond. Stories will be told by our eternal residents. Hurry, tickets sell out fast... for more information please visit www.oldcitycemetery.com.



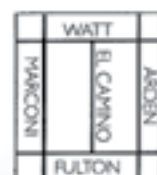
Let's do the mash!

Let's get the party started! The Mission Oaks Community Center is the place to be on Friday, Oct. 30, starting with a Monster Mash from 1:15 to 3:45 p.m. and a Baby Boomer Halloween Bash from 7 to 9 p.m., featuring live music from The 59ers Band. Come dance for fun; no partners needed. Baby Boomers, the cost is \$5 online or \$6 at the door. The Monster Mash is \$7 per person. Both events feature a dance party and costume contest. The Monster Mash also features treats and prizes. The Mission Oaks Community Center is located 4701 Gibbons Drive.



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Aiello:

Continued from page 6

amount of water needed to grow the food the animal eats.

Backed by facts, his thoughtfulness and passion toward animals is contagious. He's not a vegetarian (anymore - he was for a bit), but the Meatless Mondays event has truly grown, perhaps because of his love for animals, but most definitely for his meticulous cooking techniques. Earlier this summer, he made homemade veggie sausage, baked beans and fresh cucumber salad, again for \$5 a plate.

Giving much credit to his innate talent pairing and mixing flavors, he said, "Mom was an early child educator; she minored in nutrition and was always cooking well-balanced meals. Sometimes, she blended nutrition (into our food). She was sneaky." She grew up Mormon, meanwhile his dad, Sicilian Catholic. Marrying the two, they became Methodist. Despite their differences growing up, they came from culinary backgrounds with a good working knowledge of food. "I couldn't say who the better cook is."

Longtime friend of Gabe's, Tom Lake, has had the good fortune of being able to enjoy their home cooking and subsequently Gabe's. Like James, Tom has experienced the low-key Meatless Mon-

days at Gabe's house as well as the busy Old I monthly events. "I had a little nostalgia of how it used to be. But I am so happy for (Gabe) that it has gotten this big. It's really important to him. He wanted it to get bigger and it has. He nurtured it to where it is today." Speaking about the vibe of Meatless Mondays, Tom continued, "it's young at heart and hip with the times. It fits with the atmosphere downtown. It's definitely a grassroots thing."

Even though he didn't learn to cook until after he left the nest, Gabe continues to eat ramen and burritos if he's cooking just for himself. But when there's an audience involved, be it big or small, he creates meals that are well-balanced nutritiously and look appetizing.

As was mentioned prior about Preservation & Co.'s willingness to let their employee use space to make beverages, owner Jason Poole (who people in the biz refer to as the "brine boss") has encouraged Gabe and other small businesses to follow their dreams. "It's interesting what's happening," Gabe says. "He is nurturing small businesses and getting them off the ground. He doesn't see it as competition. He embraces it and helps others move forward."

From jarring jams, jellies and "pickles" (think outside the box here: cayenne carrot sticks, hefeweizen bread & butter chips, and hickory Brussels sprouts are just a few examples) to bottling citrus

rosemary salt and "Hellfire Sriracha," the most sought after items at the store time and again, Gabe said, are the various Bloody Mary mixes, which within a week, they make anywhere between 3- to 20-gallon batches. "I never worked at a place like this, a factory. It's small time but it's really cool. Now we're making 500 jars of balsamic beets. We're trying to get ahead, trying to have backstop." Gabe said customers like Whole Foods, The Natural Foods Co-op, Nugget Markets, bars and hotels are amongst the regulars to purchase in bulk.

While food culture continues to embrace craft *this* and craft *that*, people in the music scene sometimes complain there is no music scene (TBD is an obvious exception); but for Gabe who is involved with both - he's the lead guitarist for local band Drop Dead Red - complainers shouldn't complain if they're sitting idly. "We can't complain if we are not helping it move forward."

As you can imagine by now Gabe is a doer, a mover and a shaker and so goes his involvement as lead guitarist with Drop Dead Red, which he has been a part of for 2 and a half years. Joining songstress Carly DuHain, Tony Ledesma, Joseph Castro, and Brittany Vanessa, Gabe said the band is rising to new heights since last summer's performance at the Friday night Concerts in the Park downtown where on open-

ing night the band was the opening act, playing in front of about 6,000 people. "We played our best show. We were getting so much energy; we were pushing energy back. It was a circular motion of energy. Ever since then, we've been having to turn down shows, because if you play more than one show a month, people stop coming."

The band will be opening for country singer Deana Carter, who will be playing at the Theatre DeVille in Vacaville on Friday, Oct. 23. Asked to downsize to a trio, Drop Dead Red instilled a fear of being upstaged at that show, Gabe said.

The band recently won the Battle of the Bands at midtown bar, Pour House. Sponsored by Jack Daniels, the winners of the battle get sponsorship by the Tennessee whiskey company, a website, a photo shoot and a video shoot. "We're now getting to know our Jack Daniels' rep. They are excited to have us. Our sound will fit their brand. Carly is so powerful and commanding; she deserves the recognition. It seems like, why did it take so long? But now that it is happening, it's going, going, going."

And that pretty much sums it all up. Gabe is going, going, going too: food-wise, beverage-wise, and music-wise. Luckily, for Sacramento, he's rooted here and our community can enjoy the passion one neighbor puts into everything he does.

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Rain Gutter cleaning- Concrete removal (Patio, driveways, borders, etc.) Yard clean-up, pressure washing/power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. 18 yrs. exp. Specials for seniors. Licensed

FOR A BOX CLASSIFIED AD

Call Melissa

429-9901

BOOKKEEPING

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

CASH PAID FOR DIABETIC TEST STRIPS

We pay up to \$30 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

TAX PREPARER

#1 TAX PREPARER
32 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 apt. today. Irene Senst (916) 640-3820, Nevada (775) 410-3422. Same low 1990 rates. www.taxirene.info • taxireneinfo@gmail.com

Holiday Magic 

Starts November 6th at 10:00

Come join in the magic of the season, Christmas decorations, Christmas trees, lights, ornaments, china, silver, linens, Dept. 56, gift items and much more.

2708 Marconi Ave., Sacramento, CA. 95821
916.484.0227
 Fri. 10:00-6:00 Sat.-Sun. 10:00-5:00

 **Discovery Shop**
 Unique Quality Resale Experience™ cancer.org/discovery | 1.800.227.2345

BOO-SEUM

Sunday, October 25
 12pm - 4pm

Trunk-or-Treating Very Scary Haunted House

Two kids in costume free, per paid adult (\$8)
 CalAutoMuseum.org

Calautomuseum.org or call (916)442-6802

Twenty-fourth Annual
Beaujolais Plus
 Wine Tasting and Silent Art Auction

Sponsored by The Kiwanis Club of Sacramento Suburban

Festivities include fine art, award winning wines, live music and dinner by Jackson Catering & Events

Sunday, Nov. 8, 4:00-7:00pm
 Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael
 \$40.00 a ticket | An order of 10 tickets may reserve a table
 For information/tickets call (916) 972-7337
 Proceeds benefit: The Kiwanis Family House Just for Kids, Easter Seals and other Kiwanis Projects.

CALENDAR

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

Non-Profit Organization is Seeking Local Host Families for High School Exchange Students
 ASSE International Student Exchange Programs (ASSE), in cooperation with your community high school, is looking for local families to host boys and girls between the ages of 15 to 18 from a variety of countries: Norway, Denmark, Spain, Italy, Japan, to name a few. ASSE students are enthusiastic and excited to experience American culture while they practice their English. They also love to share their own culture and language with their host families. Host families welcome these students into their family, not as a guest, but as a family member, giving everyone involved a rich cultural experience. The exchange students have pocket money for personal expenses and full health, accident and liability insurance. ASSE students are selected based on academics and personality, and host families can choose their student from a wide variety of backgrounds, countries and personal interests. To become an ASSE Host Family or to find out how to become involved with ASSE in your community, please call 1-800-733-2773 or go to www.host.asse.com to begin your host family application. Students are eager to learn about their American host family, so begin the process of welcoming your new son or daughter today!

The Sacramento Traditional Jazz Society (STJS) monthly music event
 Every second Sunday of the month, STJS has music at the Elks Lodge No. 6, 6446 Riverside Blvd., from noon to 5 p.m. Each month STJS has a different band, there is three different rooms to listen to music. Nominal fee for members is \$8; non-member price is \$10.

Rotary Club South meeting
 The Rotary Club of South Sacramento meets at noon for lunch every Thursday at Iron Grill, located at 2422 13th St. (Broadway and 13th Street). Rotary is one of the largest service organizations in the world dedicated to community service both locally, and internationally. Please call JR Springer at 425-9195 for additional information.

Beginning tai chi gong
 These exercises use the principle of chi flowing properly throughout the body to maintain the equilibrium of yin and yang. Regular practice of these forms will develop better balance and flexibility, gain strength, promote deep relaxation, and improve health. This beginning class will also learn the 24 Yang Style Tai Chi and Yi Jing, a traditional Health Qi Gong. Pre-registration and prepayment required or \$7 drop-in fee at the door. Class will be held on Tuesdays from 4:00-5:00 pm at ACC Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, www.accs.org.

OCTOBER
Stalking/harassment workshop
 Oct. 22: This workshop will go over what is stalking behavior, what to do if you are a victim and how to respond. The presentation will also cover crime victim right in California. Free of charge. Pre-registration is required. Class will be held from 10 to 11 a.m. at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, www.accs.org.

Judah Harvest Festival
 Oct. 23: The annual Theodore Judah Elementary Harvest Festival is scheduled from 4:30 to 7:30 p.m., at the back of the school's campus. This is an exception-

al event for families and you don't need to have a student at Judah to attend. Festivities include carnival-type booths created by each class, back by popular demand are food trucks, a pumpkin carving contest, an incredible cakewalk, a photo booth and pony rides. Harvest Festival wristband for unlimited carnival booths (not good for food, cake walk or pony rides) or individual tickets can be purchased in advance or the day of the event. Money raised from the Harvest Festival goes directly back to Theodore Judah Elementary teachers and will be used for supplies and field trips. Check the Judah PTA website at www.theodorejudahpta.org or download the school new app on your Smartphone for more information and to purchase tickets.

Dark dangers safety and self defense free clinic
 Oct. 23: Robinson's Taekwondo offers a free clinic on personal safety and self-defense just for women. Women are especially vulnerable as they are exposed to danger as they pick up and drop off family members in school or shopping mall parking lots. Registration is required at <http://www.robinsonstkd.com> or call 1-888-249-7853 for more information regarding time and location.

Sharing the Heart of Yogananda Meditation - The Path of Happiness
 Oct. 23: From 7-8:30 p.m., find peace, happiness, healing and reduce stress at this free event. Scottish Rite Masonic Center, 6151 H St. Ananda ministers, Nyaswami Nirma-la and Dharmadas, present a talk sharing the many physical, mental and spiritual benefits of meditation as taught by Yoga Master, Paramhansa Yogananda. These events are the first of Ananda's world-wide initiative, Sharing the Hear of Yogananda, in the Greater Sacramento Area which will focus on Yogananda's teachings on yoga, health, and meditation. These free programs are offered as a service to help others learn how to lead a healthier and happier life.

Sharing the Heart of Yogananda Meditation - The Path of Happiness
 Oct. 24: From 2 to 4 p.m., find peace, happiness, healing and reduce stress at this free event. at Sunlight of the Spirit, 2314 J St. Ananda ministers, Nyaswami Nirma-la and Dharmadas, present a talk sharing the many physical, mental and spiritual benefits of meditation as taught by Yoga Master, Paramhansa Yogananda. These events are the first of Ananda's world-wide initiative, Sharing the Hear of Yogananda, in the Greater Sacramento Area which will focus on Yogananda's teachings on yoga, health, and meditation. The free program is offered as a service to help others learn how to lead a healthier and happier life.

Ghost Tours at the Sacramento History Museum
 Oct. 23 and 24: Visitors to Old Sacramento can journey back in time to hear ghostly tales and spooky stories as they walk through the history-rich streets and re-live 19th century lore. Entertaining yet knowledgeable tour guides will take daring and inquisitive guests through Old Sacramento's infamous locales to experience a bit of the dark side of California's history. For more, go to www.sachistorymuseum.org, 101 I St.

Lantern Tours at the Sacramento City Cemetery
 Oct. 23 and 24: Embark on a lantern led walking tour through Sacramento's past at the Sacramento City Cemetery! Guests ex-

Calendar:

Continued from page 14
 perience stories of murder, death by spirits, death by duel or morphine, and even men impersonating women – all this while encountering other unexpected visitors from beyond. Stories will be told by our eternal residents. Hurry, tickets sell out fast...for more information please visit www.oldcity-cemetery.com, 1000 Broadway

The Haunted Fort at Sutter's Fort State Historic Park
 Oct. 23 and 24: For those interested in a ghoulishly unique experience, check out the sixth annual "The Haunted Fort" at Sutter's Fort State Historic Park (SHP). Once again, the historic site will offer a special Halloween program based in fact but with a decidedly creepy twist. Daring visitors will go on guided lantern-lit tours through the darkened rooms and hear unusual and intriguing tales of how some of California's early pioneers perished throughout history. For more, visit www.suttersfort.org

29th Annual Safe & Super Halloween: Pirates at Fairytale Town
 Oct. 23, 24 and 25: Avast ye! Join yer favorite pirates for three nights of trick-or-treating and family fun from 5 to 9 p.m.! Davy Jones, Jack Sparrow and the cursed treasure take center stage. Duels, games, 17 candy stations, hands-on activities, a costume parade and more pirate shenanigans await! Tickets go on sale September 1. Advance tickets are \$7-\$10 per person. Beginning Oct. 23, tickets are \$12 per person. Puppets show tickets are \$1 for members and \$2 for nonmembers. For more information, visit fairytaletown.org or call 808-7462. Sponsored by Smile Business Products. Fairytale Town is located at 3901 Land Park Drive.

Fire Station 56 Open House
 Oct. 24: Fire Station 56, located at 3720 47th Ave., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

George Sakellariou in concert
 Oct. 24: The Sacramento Guitar Society presents old-world master guitarist, George Sakellariou, and up and coming classical guitarist, Jon Mendle on Saturday, October 24, 7:30 p.m. at Harris Center for the Arts at Folsom Lake College. For details, see www.HarrisCenter.net or 916-608-6888 or www.sacramento-guitar-society.org.

Tuner Car Show at the California Automobile Museum
 Oct. 24: California Automobile Museum is breaking into the world of modern cars and

HOLIDAY CRAFT FAIRE

Saturday, November 7
 9am-3pm

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

modern modifications. In partnership with local car clubs, NorCalSTclub and Nor-Cal S2K, the real world of the tuners will be on show from 8 a.m. to noon! This show is FREE for spectators. All registered cars will be eligible to win in one of the following categories. Judging will be done by ballot, with trophies presented and prize money available for Best In Show and the Runner Up! Visit Calautomuseum.org or call (916) 442-6802 for more information.

53rd Season second concert
 Oct. 24: Starting at 7:30 p.m., the Camellia Symphony Orchestra will present its 53rd Season second concert at Sacramento City College Performing Arts Center, 3835 Freeport Blvd., Sacramento, CA 95822. There will be a pre-concert lecture at 6:45 p.m. with Maestro Christian Baldini. Guest vocalist will be opera singer Carrie Hennessey. Tickets are \$30 general, \$28 for seniors 65 and older; \$15 for students and \$8 for children 12 and under. They're available by calling 929-6655 www.camelliasymphony.org.

One For The Cure
 Oct. 24: From 6 to 9 p.m., the Sandwich Spot Land Park is hosting its first annual breast cancer awareness fundraiser to support The Breast Cancer Research Foundation. Join The Sandwich Spot, along with Moski Hair Lounge and Espresso Metro for an evening filled with great food, live music and fun. Presale tickets available at The Sandwich Spot Land Park, Moski Hair Lounge and Espresso Metro, \$5 per person or 5 for \$20.

On Church Campus; safe & wholesome fun for families!
FREE. Rain or Shine! Everyone welcome!

Inflatable Jump House • Games & Prizes • Crafts • Popcorn & Food
 Cake Walk • Face Painting • Door Prizes • Haunted House

St Mark's United Methodist Church • 2391 St. Marks Way, Sacramento
 (916) 483-7848 • stmarks.com

HARVEST FESTIVAL
 Original Art & Craft Show

Three days of Shopping, Entertainment & Prizes!

Nov. 20-22
Sacramento
 Cal Expo Pavilion
 1600 Exposition Blvd.
 Fri. & Sat. 10am-6pm; Sun. 10am-5pm

Holiday shopping at its best with 24,000 gifts of American handmade arts & crafts. You're sure to find something for everyone while enjoying all-day entertainment, a kiddzone and more.

Save \$2 by donating a non-perishable, unexpired food item to Elk Grove Food Bank Services.

www.harvestfestival.com • 800-346-1111

SAVE \$2.00
 on One Adult or Senior Admission with this coupon
 Cannot be combined with other discounts.

State Indian Museum to Present "Native Two Spirits" Gender Diversity Film & Discussion
 Oct. 24: In celebration of national LGBT History Month, California State Parks and the State Indian Museum are proud to present a special showing of the award-winning "Native Two Spirits" documentary about gender diversity. Following the documentary showing at 11 a.m., there will be a thoughtful discussion with Perry Two Feathers Tripp (Pomo/Yurok/Tolowa), Cultural Competency Expert for Smith River Rancheria, at noon. The film is a true and tragic story Fred Martinez, nádleehí, a male-bodied person with a feminine nature, which is considered a special gift in ancient Navajo culture. The follow-up discussion will include the topic of the "Two-Spirit" experience in America today. The documentary showing and discussion are free and included with normal Museum admission: \$5 for adults,

\$3 for youths (ages 6-17) and free for kids five and under. For more information about State Indian Museum, please call 916-324-0971 or visit www.parks.ca.gov/indianmuseum or www.cihfoundation.org.

"Spookomotive" Train Rides at the Railroad Museum
 Oct. 24, 25: All aboard for some Halloween fun Old Sacramento style! California State Parks and the California State Railroad Museum are proud to offer diesel-powered "Spookomotive" train rides aboard a whimsically decorated train crawling with spiders, cobwebs and cornstalks while staffed with an entertaining "skeleton crew." Also, discounted "combo" Halloween-themed train rides and river cruises are offered twice per day. 125 I St. For more, visit www.csrnf.org

BABY BOOMER HALLOWEEN BASH

Rock & Roll 60's, 70's and 80's Dance Band

Come Dance for Fun
No Partners needed

FRIDAY
OCTOBER 30TH
7-9PM

The 59ers Band

Cost: \$5 online or \$6 at the door

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

CITY OF SACRAMENTO
 presents

5th Annual VETERANS DAY PARADE
 "Let's Step It Up For Our Veterans"

Wednesday, November 11, 2015
Capitol Mall (between 3rd & 9th Streets)
Parade Begins at 11:00 a.m.
Program at West Steps of State Capitol
 (following the conclusion of the parade)

FREE

"Celebrating and Honoring Those That Have Served and Continue to Serve."

- Information Booths
- Band Contest
- Children Activities
- Food Trucks
- Activities Until 2:30 p.m.

For more information please call (916) 808-6789 or email sacvetparade@cityofsacramento.org.

CITY OF SACRAMENTO
 Neighborhood Services



Annette Black
826-6902
Lic# 00802727



Kathy Pardun
247-7030
Lic# 01000106



Diane Berry
698-7288
Lic# 00794641



Wanda Noack
761-6748
Lic# 00946526



Rene'e Liddie
613-9885
Lic# 01152399



John Woodall
421-5421
Lic# 01232653

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



OWN PRIVATE LAKE

This sophisticated home rests sprawling park like grounds offering privacy and special lake views. Featuring an elegant staircase, vaulted wood beam ceiling, hand scraped wood floors & windows peering out to the pool. With eye catching fireplaces, open living spaces and a gourmet kitchen boasting high end appliances. Lease option available.

8414 Lakehaven Ct. - \$1,349,000



PAVILIONS

One of the best locations inside Pavilions. Quiet and secluded, every window has views of trees and every closet has been professional organized. Many, many updates. Surround sound and television will stay. Beautiful hardwood floors and decorator paint colors all make this unit spectacular! This is the Cortona model with ground floor entry and living area.

2430 Pavilions Place Ln - \$525,000



SIERRA OAKS

This open & spacious home features hardwood flrs, Anderson dual pane windows, cedar siding, french sliding door off dining rm, sunroom, downstairs bdrm & full bath, plus many other fine details. Perfect for year round entertaining! Enjoy warm summer days in the meticulously landscaped private backyard w/large swimming pool, cabana & pool house.

401 Hopkins Rd - \$899,900

Downtown Plaza? So yesterday! Meet Downtown Commons



John Woodall blogging at Sactown Urban Update

The Sacramento Kings and JMA Ventures LLC Are re-branding the former staid and uninspired Downtown Plaza as they build a new entertainment and retail center. The brand projects a new vitality and energy and gives us a glimpse of great new experiences soon to be found in Downtown.

[And while the current focus of "the Commons" is a 6 block Downtown district, local leaders expect the brand to eventually come to include Midtown too.]

Designed as a destination for locals and travelers alike, it will be where friends and families will hang out and visitors from around the world experience Sacramento at its best. They aim to make Sacramento the next Great American City and the common ground will be Downtown Commons or "DoCo".

Visit SactownUrbanUpdate.blogspot.com for more Downtown/Midtown news!



OPEN FLOOR PLAN

Beautiful new construction in prestigious location. Approx. 3500 sq ft with 5 bed 3 1/2 bath and 2 offices. Gourmet kitchen with state of the art appliances, even a built-in steamer oven! Large yard with room for pool. Oversized 4 car garage. Fabulous master with balcony.

1106 Stewart Rd - \$869,000