

ARDEN-CARMICHAEL NEWS

— BRINGING YOU COMMUNITY NEWS FOR 25 YEARS —



Get free mulch for your yard at
**Mulch
Mayhem**
in Carmichael

See page 11

- From the Editor.....2
- Police Logs4
- Matias Bombal's Hollywood.....7
- Home Improvement Guide.....12
- Calendar14



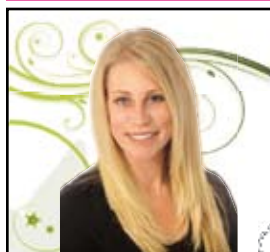
A Taste of Carmichael

■ See page 3



Faces and Places:
Record Store Day
on Arden Way

■ See page 8



Sara Raudelunas
826-1500
sara@GoLyon.com
CalBRE# 01442897

Stylish Ranch On Large Lot • 5236 Fair Oaks Blvd • \$699,000



Remodeled a couple of years ago, this home features beamed ceilings, hardwoods, spacious rooms, indoor laundry, master suite & more.



COMING SOON:

2401 Cathay Way
6025 Raymond Way
4421 Coppola Circle

PENDING:

5501 80th Street
2216 Weldon Way
2832 Verna Way

SOLD:

8552 Via Gwynn
\$566,500

LOOKING FOR NEW LISTINGS



Download my FREE mobile app on your iPhone or Android device!

Go to: CallSara.com on your device to download

List, buy or talk with Sara about your Real Estate needs. **Need advice on how to prepare your home for sale?**



Property searches, open houses,
save your favorites & more!



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.

PublisherDavid Herburger
Editor Monica Stark
Art DirectorJohn Ochoa
Graphic DesignerAnnin Greenhalgh
Advertising Director Jim O'Donnell
Advertising ExecutivesLinda Pohl, Melissa Andrews

Copyright 2016 by Valley Community Newspapers Inc. All rights reserved.
Reproduction in whole or in part without written permission is prohibited.

Vol. XXV • No. 8

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

Cover courtesy:
mkreul https://
www.flickr.com/
photos/4krichards/
Courtesy
Courtesy

FROM THE EDITOR

Hello readers! I am interested in starting a Random Acts of Kindness column. A reader of the West Sacramento News-Ledger (a publication I also edit), wrote me with the following friendly suggestion: Why not give an opportunity for members of our community to express their gratitude for receiving an act of kindness that occurred to them in our community?

We print the "police report", why not also the "Random Acts of Kindness People Report"? I think it's a great idea. It would be a great addition to the Land Park News. We can publish in our papers reminders for readers to submit their stories. If any reader is interested in submitting a similar type of piece, he or she can email letters to vnceditor@gmail.com or mail to our office address: 2709 Riverside Blvd., Sacramento, 95818.

-Monica Stark

The following are a couple of examples that were published in the Pittsburgh Post-Gazette, submitted by readers.

Thanks to a stranger, my lost keys came back to me

Last month, after one of our snowstorms, I had the misfortune of losing my house keys. I had done some errands one of which was to shop at the Giant Eagle market in Bethel Park on Route 88. It wasn't until I got home that I realized I didn't have my keys to my home. Needless to say, I was beside myself. Luckily, my son had a spare set, but I only got his by the goodness of the maintenance man who let me in his apartment to get it. After about 30 minutes, I finally got into my apartment and lo, and behold, I had a voicemail message on my home phone to call a certain merchant. When I did I was told that a lady had called this business because, on my set of keys, I had some small frequent shopper cards, the ones you give at the registers. It was the only one with a phone number on it, so this kind soul

took the time to call to see if I could be notified. She found them in the parking lot of the market. How I didn't hear them drop I'll never know. They are heavy and make noise when dropped. Maybe the snow muffled the sound. However, the merchant gave me her phone number and I called her. She was truly an agent of St. Anthony. She even agreed to meet me at a common location to pick them up. When I met her, I quickly asked for her name and address with the intention of repaying her kindness. But she just said, "That's not necessary," and politely gave me a hug and drop away!"

- Patricia Weber, Bethel Park, Pennsylvania

Also lost, and then found, at Giant Eagle

On a recent Saturday, I went to the Giant Eagle in West View. I needed a gift card and the young lady at customer service was kind enough to help me find it. I then went on my way to do my weekly grocery shopping. When I was finished, I checked out and headed for home. Halfway home, something made me look on the passenger seat for my purse, but it was not there.

I stopped the car and got out to look in the trunk, but it wasn't there either. I panicked and quickly headed back to Giant Eagle.

As I started down the aisle where I had parked, there was the young lady from customer service walking down. I stopped to ask if anyone had turned in my purse. But before I had a chance to finish my question, she turned around and had my purse in her hand. She saw the gift card and knew it was mine and came out to the parking lot to look for me. Some woman had turned it in. I think my mind has 'left the building' because this is the second time I left my purse in the grocery cart. God bless the woman who turned it in and the young lady who came out to search the parking lot for me. May they both be blessed with good luck.

- Lois Newman, Ross, Pennsylvania

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

Sara's Alterations

All kinds of professional tailoring for Men and Women

Wedding Gowns • Leather • Fur

(916) 480-2959
2380 Watt Avenue suite 350,
Country Club Plaza (Shop is inside the mall)

SENIOR HOMECARE
By Angels®

We Care Every Day, In Every Way.
Experienced senior care for total peace of mind.

Bathing Assistance • Dressing Assistance • Grooming
Medication Reminders • Errands • Shopping
Light Housekeeping • Friendly Companionship • Flexible Hourly Care
Respite Care for Families • Live-in Care

www.VisitingAngels.com/Sacramento
916.971.9333


America's Choice in Homecare.
VisitingAngels
LIVING ASSISTANCE SERVICES



Each Visiting Angels agency is independently owned and operated.

LOW DOWN PAYMENT
ON
HIGH-BALANCE LOANS

Are you looking for more home?



Fannie Mae offers down payments as low as 5% on loan amounts over \$417K, which may allow you to get just what you're looking for.

DAVID MENDOZA | NMLS #243859
Senior Loan Officer | 916.977.1227
dmendoza@guildmortgage.net | www.guildmortgage.com/officers/davidmendoza

Guild Mortgage Company is an Equal Housing Lender, NMLS 3274. Branch NMLS 1229663. Guild Mortgage Company 3626 Fair Oaks Blvd, Suite 100, Sacramento, CA 95864. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. I am authorized to conduct business in the states of California, Arizona, and Oregon. AZ BK # 0018883 AZ LO # 0926128, OR ML 176. All loans subject to underwriter approval; terms and conditions may apply. Subject to change without notice.

A Taste of Carmichael

By STEVE LIDDICK

Carmichael, CA – If fun could be measured, the perfect yardstick would be the 14th annual “Taste of Carmichael” event. Hundreds of supporters will bring their appetites and their community spirit to this year’s fundraiser on May 13th.

Attendance at the annual Kiwanis Club of Carmichael event is expected to exceed last year’s turnout. Organizers predict that about 450 to 500 people will participate.

Attendees will sample food, beer, and wine from local restaurants, micro breweries, and regional wineries in the La Sierra Community banquet hall. A raffle and silent auction will also be part of the tradition.

“Very popular local bands will provide music outside the banquet hall,” Kiwanis Club of Carmichael President Len Ohlendorf said. “Vintage Fair” will play hits of the 70s and 80s; “Todd Morgan and the Emblems” play classic rock and roll.

“Forty-three community agencies and volunteer vendors will take part,” said Kiwanis President-Elect and event co-chair Linda Martin. “Also, antique cars from the ‘Over The Hill Gang’ will be on display.

Brandon Aceves is the manager of El Papagayo Mexican Restaurant in Carmichael. “We have been participating in the event for about the past ten years,” he said. “It’s a chance

for us to give back to the community.” Aceves’ contribution will be servings of pulled pork carnitas and carnitas fajitas, all grilled at the site.

A crew from Carmichael’s Rey Azteca Restaurant will also be there. Owner Ismael Pantoja is a longtime provider of food for the event. “I see a lot of my customers there,” he said. “It’s something I enjoy doing.” Chili Verde with green sauce and Chili Colorado will be among the offerings on his menu.

Dozens of community organizations will benefit from money raised at the event at the La Sierra Community Center in Carmichael. “Kiwanis President Ohlendorf said, “Money raised will go toward numerous Kiwanis charitable efforts.” Among those benefiting from the funds raised at the tasting: the San Juan Unified School District Fine and Performing Arts program, the SJUSD Camp Winters Music Camp Scholarships, and the school district’s Youth Programs. Others include Loaves and Fishes, the Shriners Hospital for Children, area boy and girl scout troops, and many more. Beneficiaries lean heavily toward young programs and needs.

There will be lots of volunteer help to serve the needs of attendees. “Kiwanis of Carmichael has 92 members,” Len Ohlendorf said. “We estimate that approximately fifty volunteers will be there.”

The event will be held Friday, May 13, 2016 from 5:30

to 8:30 p.m. The La Sierra Community Center is located at 5325 Engle Road in Carmichael.

Taste of Carmichael tickets are \$40.00 each and may be purchased by contacting Karen Borman at bormank@aol.com or at PayPal on the Kiwanis website at www.carmichaelkiwanis.org. A complete list of benefitting organizations can also be found on the Kiwanis site.



A toast to a Taste of Carmichael. The annual fundraiser helps to support many community organizations and projects. Organizers of the event expect up to 500 paying guests to attend this year.

Hank Fisher Senior Communities

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • RESPITE SUITES

Where Quality Memory Care Meets Quality of Life



Call today to schedule a complimentary lunch and tour!
(916) 921-1970

The Chateau at River’s Edge invites you to experience The Garden Memory Care: a life-enriching residential community for loved ones with Alzheimer’s, dementia or cognitive difficulties.

- Private apartments with censored entry and exit points
- Very high staff-to-resident ratio for a wide spectrum of needs
- Immersive cognitive activities that stimulate and strengthen social skills
- Personalized care from compassionate staff trained to listen, understand and reorient residents



CHATEAU AT RIVER’S EDGE Lic. #340314013
641 Feature Drive • Sacramento, CA 95825 • (916) 921-1970

HankFisherProperties.com
Locally owned and operated for nearly 40 years.

**WORRIED?
STRESSED OUT?
DEPRESSED?**

There are answers in this book.

BUY AND READ
DIANETICS
THE MODERN SCIENCE OF MENTAL HEALTH
BY **L. RON HUBBARD**

May you never be the same again.

PRICE: \$27.00

Church of Scientology Sacramento
1007 6th Street (6th & J) Sacramento CA 95814 • (916) 319-5440
sacramento@scientology.net • www.scientology-sacramento.org

POLICE LOG

The news items below are collected from police dispatchers' notes and arrest reports. The information in them has often not been verified beyond the initial reports. All suspects are presumed innocent until proven guilty.

Reporting date: April 13
(Robbery): 1000 block of El Camino Avenue at 10:49 a.m.

The suspect entered a nearby market and robbed the business at gunpoint. The suspect fled on a bicycle after the crime. A report was generated and the investigation remains active and on-going.

Reporting date: April 14
(Robbery): 1900 block of Arden Way at 6:29 p.m.

The suspect was in the business attempting to steal a radio when he was approached by loss prevention. The suspect pushed the loss prevention officers and fled on foot. A report was generated and the investigation remains open. No arrests have been made at this time.

Reporting date: April 17
(Assault / Driving under the influence): 200 block of El Camino Ave at 5:53 p.m.

Officers were dispatched to a residence after receiving reports of a disturbance between known persons where one party was reportedly armed with a firearm. Upon arrival, officers determined the involvement of a firearm was unfounded and that the adult suspect had intentionally attempted to strike the victim with his vehicle before leaving the scene. The suspect returned to the scene and was arrested for assault, making threats and driving under the influence.

Reporting date: April 18
(Theft): 1600 block of Arden Way at 4:08 p.m.

Officers were dispatched to a report of a grab and run at a store inside the mall. Three males entered the business and stole several electronics and fled on foot. A report was generated and the investigation remains active.

Reporting date: April 20
(Shooting): 2000 block of Marconi Avenue at 12:56 a.m.

The victim was in the area when he was confronted by two unknown male suspects armed with a firearm. One of the suspects shot the victim causing a non-life threatening injury. The suspect fled in a vehicle and the victim was transported to an area hospital by another subject. Officers canvassed the area for evidence. The investigation remains active to determine the circumstances surrounding this incident.

(Robbery): 1800 block of Arden Way at 6:39 p.m.

Two females and one male suspect entered the above business location, selected miscellaneous merchandise items and exited the premises. The female suspects re-entered the business moments later and a struggle ensued with security on scene. Officers arrived and detained both female suspects who were ultimately arrested for robbery. A male subject returned and was detained by officers. A search of his vehicle revealed narcotics. The male was arrested for multiple charges.

(Burglary): 400 block of Howe Avenue at 1:32 a.m.

Officers responded to the call of a burglary in progress. A female suspect forced entry through the window of the closed business, stole merchandise and exited the store. Officers quickly arrived on scene and detained the suspect who was arrested for burglary.

(Vehicle Collision-DUI): University and Howe avenues at 4:32 p.m.

Officers responded to the call of a vehicle collision. When officers arrived on scene, they contacted the involved parties and one driver appeared intoxicated. After further investigation, the driver was arrested for suspicion of driving under the influence.

Reporting date: April 23
(Battery): 1600 block of West El Camino Avenue at 4:55 p.m.

Officers were dispatched to the area on reports of a fight between two men. Upon arriving on scene, officers located one of the two men. Officers determined that the outstanding suspect

had caused non-life-threatening injuries to the victim during the incident and fled in an unknown vehicle. The victim provided limited information and was transported to an area hospital for medical treatment.

(Traffic Collision / DUI): Forest Street and El Camino Avenue at 11:18 p.m.

Officers responded to the area on reports of a 2-vehicle collision. Upon arrival, officers suspected that alcohol may have been a factor in the collision. Officers conducted a DUI assessment upon one of the drivers and ultimately arrested her for driving under the influence.

Reporting date: April 25
(Burglary): 700 block of Arden Way at 4:31 a.m.

Officers were dispatched to a ringing alarm at a business. Upon arriving on scene, officers located evidence of a burglary. The suspects forced entry into the business and took property from inside before fleeing. A report was generated and follow-up will be conducted.

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



REAGOR PET HOSPITAL IS NOW ACCEPTING NEW CLIENTS!

\$25 off

Get Acquainted Appointment
(One coupon per family)

REAGOR PET HOSPITAL
2513 Walnut Ave, Carmichael
916-971-1551

ReagorPetHospital.com
Mon-Fri, 7:30-6pm • Sat, 8-1pm

Melissa Andrews
PHOTOGRAPHER

www.MelissaAndrews.com
melissandrews@comcast.net
(916) 447-4441

A unique and original gift for that Pet Lover in your life this holiday season! You provide a favorite photograph, I do the rest!
Acrylic Portraits starting at \$195.00 for an 8x10".



CareGivers of Land Park

Serving the elderly in our neighborhood

- Personalized Care & Services
- Meal Preparation
- Light Housework
- Grooming & Bathing Assistance
- Laundry & Linen Change
- Medication Reminders
- Appointments & Short Errands

Offering Quick Check Care Service within Land Park, Greenhaven & Pocket neighborhoods for only **\$14.95 per visit***

* Price subject to change without notice, 15 minute visits.

We are available 24 hours a day to provide care to seniors in need
Call us today!
(916) 429-3232
CareGiversofLandPark.org

The Arden-Carmichael News is looking for interns

Art, community, activism, neighborhood gossip, local events, planned development, restaurants, culture, schools, politics and neighborly do-goodery: the topics within the Arden-Carmichael area to write about are endless and I often have more story ideas than time.

If you're a student interested in writing, I would be happy to guide you through the process of writing news and feature stories. Just give me a call at 429-9901 or send me an email at editor@valcomnews.com



TERRIE HUNT, BROKER



MULTIPLE LISTING SERVICE
MLS

Presented
2012-2014 Five Star Real Estate

RIVER RIDGE REALTY

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

Preferred
Realtor with
Safe Credit Union

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

Super Crossword BIG MIX-UPS

Super Crossword BIG MIX-UPS

- | | | | | | |
|---|--|---|--|--|---|
| ACROSS | 46 Career-completion celebrations | 101 Trainers looking for pins | 8 Band of eight | 41 "This pays the rent, at least" | 86 Tabla — |
| 1 Place a call incorrectly | 51 Canadian station name | 105 Clumsy ship | 9 Sound of awe | 42 Leg part | 87 Greek vowels |
| 8 "Alley —!" | 52 Spanish arena cry | 108 Ticket details | 10 Med lead-in | 43 Sirius, say | 88 Pointed tool |
| 11 — toe in the water | 53 A — (slightly) | 109 Regular pay | 11 See 113-Across | 44 Adjutant | 89 Ted Koppel, for one |
| 15 Spat | 54 Haughtiness | 110 Stable scrap | 12 Dubliners, e.g. | 47 "Lil' ol' me?!" | 90 Area of a plot of land |
| 19 1979 Michael Caine film | 58 "So it's you!" | 111 "Along — spider ..." | 13 1990s Toyota | 48 Shade tree | 91 Petitioned |
| 20 Sergeant's inferior | 59 Bank offering for creditworthy customers | 113 With 11-Down, settled for | 14 Bar brew | 49 Artery. Abbr. | 92 Events after Lent |
| 22 Arab leader | 66 Focuses in college | 114 Takes a defensive position | 15 Bone attachments | 50 Composer Erik Satie | 97 Cheez- — (crackers) |
| 23 Had a different opinion | 68 Koochi sash | 118 New — (Enya type) | 16 Coca of comedy | 56 " — Rose" (Nat King Cole hit) | 98 Breakfast china item |
| 25 Court plea, for short | 69 Quarterback Troy | 119 Kiss | 17 Enters one following another | 57 Eyeballing | 99 Old Iranian VIP |
| 26 " — the Greek" (1964 film) | 70 Like some high-quality models | 120 Divert | 18 Iced | 59 Victimizes, with "on" | 100 Et — (and so forth) |
| 27 Average mark | 77 "I'm cold!" | 121 Actors Beatty and Sparks | 21 Like some even distributions | 61 Electrojet bit | 102 "In my dreams!" |
| 28 French department | 79 180 degrees from SSE | 122 Bodega, e.g. | 24 Eye, to Yves | 62 Heat's org. | 103 Stupor. Prefix |
| 29 Ax parts | 80 — Lingus | 123 Profs' helpers | 29 Inflated self | 64 Downcast | 104 Fowl sheds |
| 30 Mel of the old Giants | 81 Film director Kazan | 124 Any of four long pairs featured in this puzzle | 31 Walk in shallow water | 65 Anger greatly | 105 "My Cherie —" |
| 31 1954 hit song with a biblical title | 82 Formation of new areas of oceanic crust | DOWN | 32 — monde (high society) | 67 One — kind (high society) | 106 Oscar de la — |
| 35 Cyberspace letters | 89 Mane locale | 1 Seder bread | 33 Old West's Wyatt | 71 Hose hitch | 107 Casey of countdowns |
| 37 Sigh of satisfaction | 93 In the past | 2 " — the Sheriff" | 34 Hankering | 72 Lowdown | 111 Irene of "Fame" |
| 38 Lott of football | 94 Minimal tide type | 3 Terse | 35 Italian opera singer Pinza | 73 Barn hooter | 112 Awestruck |
| 39 Valued highly | 95 Sudden pain | 4 Paint crudely | 36 Debussy's "La —" | 74 Shocked reaction | 114 Trig function |
| 42 "The Thing" star Russell | 96 Oblong pastry | 5 Sitcom actress Swenson | 39 Piece of audiophile equipment, briefly | 75 Sales staffer | 115 Have chow |
| 43 Lose vigor | 98 Bards' dusks | 6 NCAA part. Abbr. | 40 Divvy up again | 76 Opp. of departure | 116 RR depot |
| 45 Ship out | 99 Weight revealer | 7 Nutlike Chinese fruit | | 81 Falco of "Oz" | 117 — Ho Lee (scientist in 2000 headlines) |

©2016 King Features Syndicate, Inc. All rights reserved.

VCA Sacramento Animal Medical Group

Dedicated & Compassionate Pet Healthcare In Your Community

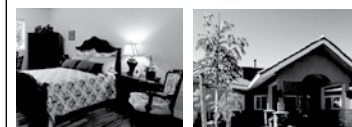


Doctors & Technical Staff On

7:00 am to Midnight
7 days a week

4990 Manzanita Ave.
Carmichael, CA 95608

(916) 331-7430
VCAsamg.com



Our new & luxurious home-like environment includes assistance with:

- Complex Physical Limitations
- Hospice • Alzheimer's / Dementia • Respite

Call today

916-706-3949

10 Country Place,
Sacramento, CA 95831
www.TheMeadowsAtCountryPlace.com

Photos by
CROWLEY

Capturing Memories for a Lifetime

Steve Crowley
916-730-6184

photosbycrowley@yahoo.com
www.photosbycrowley.com



Real Estate
Quarterly

RESERVE YOUR SPACE TODAY!

CONTACT:
LINDA POHL FOR MORE INFO
916-429-9901

Local author writes about life's struggles

By LEIGH STEPHENS

After her first essay was published by the *Los Angeles Times*, Sacramento writer Marilyn Reynolds says, "The *Times* thought I was a writer. Readers thought I was a writer. I was hooked!"

She says even with her family and a busy teaching schedule at an alternative high school in Southern California, she managed to squeeze in a creative writing class. She wrote about an early memory – the bombing of Pearl Harbor.

"I wrote about the internment of a Japanese family, a family that had been a significant part of my daily life for all of my first six years. My writing teacher encouraged me to



submit the essay to the *Los Angeles Times* op-ed editor.

"In 1982, the *Times* published my submission, complete with byline, and within a week of publication a check arrived in the mail. As wonderful as that was, the biggest thrill was hearing from readers, people who had lived through that time and had their own stories to tell."

Reynolds earned a B.A. in English from California State University, Los Angeles and later on a teaching sabbatical earned an M.S. in Reading Education from Pepperdine University.

She says, "It wasn't until I was 26, divorced with two young daughters, that I decided I needed to get educated. I needed financial stability and benefits along with a work schedule that would correspond with my children's schedules."

After her first publication in the *Los Angeles Times*, Reynolds says over the next few years she had essays published in the *San Francisco Chronicle*, the *Chicago Tribune*, *The Dallas Morning News*, *The Fresno Bee*, and *The Sacramento Bee*.

She continues, "Because I wanted to increase my ratio of published to unpublished submissions, I signed up for a 'Writing for Publications' class at a local community college. My instructor urged me to write for young adults. She insisted it was easier to get a book published than it was to get an essay published."

"As a teacher my mission was to turn my alternative school students into avid readers before they left the realm of my influence," Reynolds explains.

She had difficulty finding books that interested her students or related to their daily life. She said she put aside the textbooks and told her students, "Every day, read and write in your journals. You choose what to read; you choose what to write. Of course, I offered guidance."

Her students were termed "at risk" – those who were on the verge of dropping out of school, who were impoverished, had very low academic skills, or lived in chaotic home settings.

She says some were runaways or homeless or involved with gangs or drugs. Some were on probation, just out of juvenile hall, or pregnant.

Reynolds says, "I never once returned to school after summer break without getting news of some student's death: gang violence, drug overdose or suicide."

Her novel *Telling* (1989), which is still in print, is the story of a 12-year-old girl who is being sexually molested by a trusted neighbor. She says her readers wrote her such comments as, "Thank you for helping me know that I'm not alone," and "I gave this book to my friend to read, and she told her mom what was happening to her."

In 1994 and 1995, Reynolds won the American Library Association Best Books for Young Adults Award. In 1996, she won the South Carolina Young Adult Book Award and the American Library Association Best Books for Reluctant Readers Award. In 1996, her novel, *Too Soon for Jeff*, was adapted as an ABC Afterschool Special starring Freddie Prinze, Jr. and Jessica Alba. In 1997, this production was nominated for a Daytime Emmy for Outstanding Writing in a Children's Special.

Too Soon for Jeff describes a talented debater who stands a solid chance of winning a scholarship to the college of his dreams, but his girlfriend tells him she is pregnant and plans to keep the baby. Ready or not, Jeff is forced to accept that he must face the consequences of his actions.

Reynolds' book, *Shut Up*, tells about a single mother who had to leave her young sons with their aunt because she was called to Iraq with her National Guard Unit. The youngest son, Eddie, is sexually abused by the aunt's boyfriend. This book is a gripping and moralizing tale of

trust, betrayal and secrets that should never be kept. Reader Kia says, "This book really touched me. I cried, not because I was sad, but because this happened to me a few years ago. I feel terrible for the kid, but I'm proud he stayed strong."

In 2000, *Detour for Emmy*, was banned and removed from Dysart Unified School District in Arizona. The book is the portrayal of a 15-year-old girl who becomes pregnant. In 2005, it was listed on the American Library Association's Office for Intellectual Freedom's as one of the top 10 banned books lost.

Reynolds now speaks at teacher training workshops, education conferences, schools, and teaches at writing retreats. She continues to work with at-risk teens and incarcerated youth.

She says, "I am now living a life of mostly writing and a little teaching. I teach through 916 Ink, a Sacramento non-profit agency dedicated to increasing youth literacy through creative writing. I present a 12-week writing program at the Sacramento County Youth Detention Facility. The result of these sessions is a professionally produced anthology of the student writings. It is a joy to witness the emerging voices of those who are most generally unheard."

"I am happy to be here in Sacramento. I'm within walking distance of the American River and CSUS. I have family, a community of writers, and a close circle of friends. Not a bad life."

Professor Leigh Stephens is retired from the CSUS Communications Studies Department where she taught for 26 years. She was also a visiting professor at the University of Hawaii for 22 years. She has written more than 500 articles and is the author of several books including Twelve Steps to Clear Writing and Covering the Community.



BUSY. BUSY. BUSY. BUSY. BUSY.

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

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

Senior Services & Connections

Call Melissa (916) 429-9901

YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services are needed.

Your ad should be here. Ad design is free.

Call 429-9901

DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL
Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

Couples \$550 Singles \$495
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 •
 - Franchise 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

Matias Bombal's Hollywood

Purple Rain (1984)

The MPAA has rated this R

The sudden and to so many shocking unexpected death of the pop music icon Prince has left many modern music enthusiasts numb from yet another loss in the music industry in a year that has taken many from the world of post 1950s popular music. The Sacramento Tower Theatre offered a chance for public gathering of remembrance round Prince's first movie, 1984's "Purple Rain", from Warner Bros. for one showing only on Monday, April 25.

In this Oscar winning movie, for Prince's original music score, he plays a young musician who frustrated by home life with a difficult father (Clarence Williams III), a band that is not pleasing, completion from a rival singer (Morris Day), and the discovery of girl singer with who he falls in love (Apollonia Kotero).

The movie has grossed \$31,700,000 since 1984, and is an absolute time capsule of that decade as well as the emerging artistry of Prince, who not only achieved fame on his own well deserved merits and hard work, he also wrote many hit songs for other artists that brought them fame.

Miles Ahead:

The MPAA has rated this R

In what the studio, Sony Pictures Classics, describes as "An exploration of the life and music of Miles Davis", Don Cheadle directs himself and great actors Ewan McGregor and Michael Stuhlbarg in a visually impressive movie about the jazz legend Miles Davis. Cheadle plays Davis, "The Prince of Darkness", in a way that you would like to imagine that Davis was like; a combination of "bad-ass" musical genius, seclusion and darkness. Was he really like this? We'd like him to have been this way.

The movie is not a representation of actual history, but a way to tell a story of a legend that makes for a good movie. It is highly entertaining and stylish. It jumps from the 1970s to earlier in Davis' career and back again, with

many flashbacks. The principal story, set in the 1970s, centers around a fictional journalist, Dave Brill (Ewan McGregor) who will do anything to get an exclusive story with Davis, and literally will not go away from the musician's front door until he gets his way. At one point he actually locks the trumpet player outside of his own house, not letting him in until he gets his story.

Brill wants to know, of course, what Davis had been up to in the five years he's not made a recording. Resorting to finding drugs for Davis, the two start out in an unlikely teaming throughout the movie that takes you for a ride that offers an excellent performance from Cheadle, something not easy to do when one directs themselves.

The plot offers an elusive prize that Brill wants to obtain, an open reel magnetic audio tape that has Davis' home recordings of music he is working out. This tape that has been highly sought after by Columbia Records, eager to release it and another rival music promoter, Harper Hamilton, (Michael Stuhlbarg). Stuhlbarg is a joy to watch at any time in any movie, here as the low-life and despicable type that will stop at nothing to obtain this tape, which will have greater value if Davis is dead.

In flashback we also see the relationship of Davis and his wife, Frances Taylor (Emayatzy Corinealdi) as it devolves over the years. Frances was featured and may still be seen on the covers of a few of Davis' albums, such as "Someday My Prince Will Come" and others.

This movie is stylish and fun, with perhaps a little too much action, which results in the look and feel of a Pam Grier exploitation movie of the 1970s with much attention to that wild '70s look. The editing and transitions from one era to the next and back again are masterful and beautifully done. I was so taken by the overall look and feel of this movie that I felt that the flow of the shots and sequences just as refined as a Miles Davis

solo in exploratory jazz. I actually remarked to a colleague that the movie's cutting felt like a jazz improvisation. Possibly, if you might see it more than once, the shots would appear in an entirely different order, as if the movie improvises itself at each screening.

Stylish and colorful, a good performance from Cheadle, and excellent editing are just a few of the reasons that this highly entertaining, yet not historically accurate movie should be on your must see list.

Elvis & Nixon

The MPAA has rated this R

Bleeker Street Media offers a highly entertaining movie with "Elvis & Nixon", a fantasy dreamt-up by writers Cary Elwes (The Princess Bride) with Joey and Hana-la Sagal based on a famous photograph taken by Ollie Atkins of the king of rock and roll and president Richard M. Nixon on the occasion the two met at the white house on December 21, 1970. The black and white photo, which has the interesting distinction of being the most requested image at the National Archives, shows the unlikely duo in a grip and grin moment that seems incongruous at best.

Richard Nixon, the 37th president of the United States, in office from January 1969 through August of 1974, was likely not that thrilled to meet Elvis. This was first explored with a humorous slant in a 1997 movie called "Elvis Meets Nixon" a "mockumentary" that offers many of the small moments



explored in this new movie, even that of Elvis visiting a doughnut shop and pulling out a gun.

What makes this new movie with the very similar titles a must see is the combined forces of two of the greatest actors working in the movies today working off each other like French Apache dancers. You just savor both Michael Shannon as Elvis and Kevin Spacey as Nixon. Also in the film is Alex Pettyfer as Elvis' confidant and helper, Jerry Shilling. Shilling has Elvis' trust, and much too often must put his life aside to work in the king's shadow. Johnny Knoxville joins the cast, too, but it is Colin Hanks that has memorable screen time as White House aide Egil Krogh.

Kevin Spacey seems not to be able to do anything wrong. He is so fascinating to watch as he becomes the various roles. Here as Nixon, a role that could be easily made campy and over the top, he delivers an understated performance that is nothing short of beautiful. Michael Shannon looks nothing like Elvis Presley, but inhabits the role in such an engaging way that he captures the "feel" of what you might think it would be like to actually be in close quarters

with the legend. I'll watch Michael Shannon in any role he is in.

The movie has an excellent soundtrack, of which most noticeably absent is any selection by Elvis himself. The story is well written, engaging and most of all, fun. I would not describe this movie as a comedy, but rather a tour-de-force of fine acting that will make it impossible for you not to smile at the excellence of the work of the titled principals. Directed by Liza Johnson, with cinematography by Terry Stacey. Go see it.

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.cfcsacramento.org
Serving the community since 1921

Harry A. Nauman & Son
Dignity 4041 Freeport Blvd
Sacramento, CA 95822
FD366 (916) 452-6157
Serving Sacramento Families since 1903.
Pre-arrangement packages available.

LIND BROTHERS FD 1141
A Family Owned Funeral Home & Crematory
Celebrating 50 Years in the Community
916.482.8080

East Lawn
Memorial Parks,
Mortuaries
& Crematory
(916) 732-2000
EastLawn.com
4 Sacramento locations
serving families since 1904

send Mom some love on Mothers Day....
free Carnation Corsage with ea. order
**Carmichael
Flowers**
Full Service Florist since 1955
916 483 8511
www.carmichaelflowers.com
5905 Fair Oaks Blvd. Carmichael, CA.

Faces and Places: Record Store Day on Arden Way

Photos courtesy of Mindy Giles

“Record stores keep the human social contact alive; it brings people together. Without the independent record stores the community breaks down with everyone sitting in front of their computers.” - Ziggy Marley

Record Store Day, the annual international celebration of music, indie record stores and the geeky music lovin’ record collecting community, celebrated in tandem locally this year by two area icons, Dimple Records on Arden Way and Sacramento’s K-ZAP.

Sacramento’s K-ZAP, the iconic rock radio station, returned to the airwaves and Internet (www.k-zap.org) on July 4 of 2015 as a new listener-supported community radio station, after a 24-year absence. Dimple Records, with six stores, has been a Sacramento institution since 1974.

Station Program Director Dennis Newhall says, “Record Store Day has turned into an annual celebration of recorded music and all of its cool physical manifestations. Artists from the just-emerging to the superstars see their creations released in fascinating, limited edition packages that debut on Record Store Day.”

On hand were K-ZAP stickers featuring the legendary K-ZAP cat and Newhall said they designed a very cool commemorative T-shirt to mark to occasion.

Along with chances to win new K-ZAP and Dimple Records swag, plus free concert tickets from Swell Productions, SBL Entertainment and Abstract Entertainment, Bellygunner (an all-star Sacramento “rock of the pop sort” band) played live at Dimple on Arden Way. The band features Peggy Lanza (on keyboard and vocals), Gabriel Nelson (on guitar and vocals), Steve Randall (on guitar and vocals) Shawn Hale (on bass and vocals), and Thomas Monson (on drums and vocals). Their record, Machine Gun Built for Two, is available only in blue vinyl.



Step into backyards with the East Sacramento Garden tour

By **MONICA STARK**
 editor@valcomnews.com

Eighteen years ago, David Lubin Elementary teachers saw the need for more educational enrichment at the school. To raise funds, they created the East Sacramento Garden Tour—an effort that has been a tremendous success for students and the entire school community. The Garden Tour today is a combined effort of the David Lubin Parent Teacher Group, teachers, staff, and community partners and this year will be held on Mother's Day weekend, May 7 and 8 from 10 a.m. to 4 p.m. Seven gardens are featured on the tour along with other attractions such as a ChalkTop featuring David Lubin Elementary student's chalk art, a Tea Garden Luncheon at Sutter Lawn, food trucks, the Sweet Stop for refreshment and an artisan boutique. The Garden Tour funds the STEAM curriculum and individual opportunities for the children including the After School Academy and additional teachers' aides for small group learning.

Whether you are a gardening enthusiast, are looking for ideas for your own garden or just want a peek in someone else's backyard, the East Sac Garden Tour is a choice that will benefit local children and their education. It is also a great Mother's Day outing for the whole family (children under 12 years attend free).

Neighbor Judi Geldermann offered to share with

East Sacramento News readers about her gardens which boast roses, Hydrangeas, Jasmine, Japanese Maples, Eddie's White Wonder Dogwood, and a Southern Magnolia tree.

"The front and side gardens are all about design, color and choice. The rear garden is all about the dogs (her King Charles Spaniels), so I've chosen gravel as the ground cover, the roses and lemon trees are in tall pots (to keep thorns away from puppy eyes); the Cherry Laurel hedges are trimmed up high to avoid the dogs yanking branches, and non-toxic Rosemary on the ground which is hardy enough for trampling!"

Gardening has been one of Judi's favorite pastimes for most of her life, as she finds it "relaxing, rejuvenating and mood-lifting."

"I love wandering through nurseries whether they are local or during my travels. I find it fascinating to discover new plants," she said.

Always having possessed a green thumb, Judi says her gardening passion began when her children were very young. "We had (a third of an) acre and every inch was planted in either fruit trees, vegetables, or flowers. I could never imagine not having a garden to tend."

David Lubin is dedicated to the belief that each child will be provided opportunities to realize their future ambitions and the East Sac Garden Tour is critical to the work being done at David Lu-

bin, says principal Richard Dixon. "Our school's edible and peace gardens serve as an essential foundation for applied learning about science and other subjects. With the support of the Garden Tour, we will be able to both continue and extend this invaluable teaching and learning opportunity to our students, as well as supporting several outstanding programs that enrich the lives of our students," he says.

In addition to the shining Artist-in-Residence program, the highly regarded David Lubin After School Arts Academy, provides a variety of exciting choices that contribute to the well-rounded educational experience students receive, and this year the school was able to begin teaching music at the school. (See story about music teacher Julie Meyers at <www.valcomnews.com/?p=19138>.) Furthermore, funds raised by the Garden Tour allow the school to continue its acclaimed Language Arts Exchange program, which enables staff to work with students, in small groups, either on particular areas of need, or to engage in the



Photos courtesy Judi Geldermann

Shown here are garden decorations at Judi Geldermann's East Sacramento home.

development of intellectual independence and collaboration.

Asked what he enjoys most about the garden tour, Dixon said, he continues to be amazed at the outstanding support the school receives from those it serves. "From the stunning gardens to the charming hospitality, so many people play an important role in representing the very best of East Sacramento. I love learning about the individual homes and gardens; it feels like the Garden Tour tells the story of this neighborhood. What

I appreciate most is the East Sac Garden Tour offers our greater community an opportunity to support David Lubin while enjoying this event and its lovely gardens with friends and family."

Tickets are available online: www.davidlubingardentour.com/tickets. Tickets are also available at participating East Sacramento businesses. Visit the website for locations: www.davidlubingardentour.com. Tickets purchased through May 6 are \$20, \$25 after that date (children 12 years and younger are free).



It's Tour Time at Antelope Gardens

Take a self-guided tour of the 2 acre Antelope Gardens for ideas on creating your own River-Friendly Landscape.

Open May 2 to October 31, 2016

Monday - Friday
 & the 2nd Saturday of each month

9:00 a.m. to 3:00 p.m.

FREE Admission

7800 Antelope North Road
 Antelope

916-972-7171





College Greens

This 4 bedroom home has been embellished by the seller's improvements and upgrades. The spacious open floor plan overlooks a park-like yard that is ideal for entertaining. Close proximity to the Cabana Club and the ease of access to the American River Parkway.

8412 Moravian Court



Sam Hanly
 Broker/Owner
samhanly@comcast.net
 Office: 916-920-0964
 Cell: 916-213-9437



INTEREST REAL ESTATE
 Sam Hanly (916) 213-9437



CalBRE# 01126759



ESKATON
Transforming the Aging Experience

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

Eskaton Village Carmichael Spring & Summer Home Tours

If you are ready for more freedom, but want more than 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 at a price that's more affordable than you might think ... Come to a Home Tour at Eskaton Village Carmichael. Call for dates. Lunch is on us. Reserve your spot today.

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

Your community. Your life. Your choice.



eskaton.org

Eskaton Village Carmichael
Continuing Care Community (CCRC):
Independent Living with Services, Assisted
Living, Memory Care and Skilled Nursing
916-844-2999

License # 340313383 | COA # 202



A leading nonprofit provider of aging services in Northern California since 1968



Take a Walk on the Wildside!

Join Regional San and its partners for the 21st annual Walk on the Wildside. This FREE, family-oriented day in the country includes lively entertainment and up-close views of many wildlife species.

This free event celebrates International Migratory Bird Day and highlights local efforts in protecting and restoring native Central Valley habitats and wildlife. Visitors can enjoy tours of restored wetlands and rookeries on Regional San's Bufferlands, get up close and personal with wild animals, listen to some great blue grass music, and check out conservation exhibits.

Highlights of the event include the following:

- Wild animal presentations by Wild Things, Inc.
- Folk music by Cliff Comp-ton & Mountaintop
- Children's puppet show by Jason Adair
- Guided and self-guided tours of wetlands and riparian forests
- Wildlife viewing including one of the largest heron/egret rookeries in the County
- Environmental exhibitors
- Children's activity center, games and prizes hosted by local Girl Scouts
- Ollie Otter
- Outdoor barbecue hosted by Elk Grove High School FFA and Rotary Club

• Event and parking are free

Event directions:

From Sacramento, travel Interstate-5 South and exit at Cosumnes River Boulevard and head east. At Freeport Boulevard, turn south. Continue two miles on the river road through the town of Freeport. Turn left at the signs (just opposite Cliff's Marina) and continue until you reach the Beach Lake Picnic Area.

For more information, visit www.bufferlands.com or call 916-875-WILD. To learn more about International Migratory Bird Day, visit www.birdday.org.

Event sponsors:

Sacramento Regional County Sanitation District; U.S. Fish & Wildlife Service; California Department of Water Resources; Sacramento County Regional Parks; Friends of the Stone Lakes National Wildlife Refuge

If you go:

What: Walk on the Wildside is a FREE, outdoor festival celebrating local conservation efforts

When: Saturday, May 14 from 10 a.m. to 4 p.m.

Where: Beach Lake Park, Freeport

Who: Hosted by Regional Sanitation District

Del Paso Manor Neighborhood

Fabulous corner lot home w/pool. Perfect home for a large or extended family. Attached: either in-law quarters with a full bath and bonus room or turn into a 2nd master suite. Updated kitchen w/granite and stainless appliances. Very near to Country Club Plaza and St. Marks.

2340 Gila Way • \$398,000



LYON
REAL ESTATE
www.GoLyon.com
CalBRE# 01382218

Michelle Gallagher

541-0540

mgallagher@golyon.com
www.mgallagher.golyon.com



Get free mulch for your yard at Mulch Mayhem in Carmichael

Sacramento Suburban Water District (SSWD), Carmichael Water District and other local water providers will be holding Mulch Mayhem events on Saturday, May 14 and 21 from 9 a.m. to noon at various locations throughout the Sacramento region.

This free event is designed to help local residents get their landscapes and yards ready for the hot days of summer. Mulch slows evaporation, moderates soil temperature, and even controls weeds. As it breaks down, mulch also adds helpful nutrients to the soil.

"Adding three to four inches of mulch around plants and trees is one of the best ways people can reduce their landscape's water needs," said Greg Bundesen, SSWD's Water Conservation Supervisor. "It's estimated that by taking this simple step, people can save 30 gallons for every 1,000 square feet of yard each time they water."

Customers of SSWD, the City of West Sacramento, San Juan Water District, Placer County Water Agency, the City of Roseville, Carmichael Water District and the City of Sacramento will be able to take up to one yard of mulch (enough to fill the bed of a pick up truck) for use at their home. The mulch is available on a first-come, first-served basis while supplies last.

Street teams from JACK-FM (KQJK-FM), B92.5 (KBEB-FM) and V101 (KHYL-FM) will



Photo courtesy mkreul <https://www.flickr.com/photos/4krichards/>

also be at the locations giving away t-shirts, hats and other prizes.

Customers are encouraged to bring their own shovels, containers, tarps or other items to cover the mulch and must provide their own way to haul it away. The free mulch is for personal use only, and cannot be resold or used for commercial properties.

SSWD's event will take place at the newly reopened Antelope Gardens, located at 7800 Antelope North Rd. More information is available online at SSWD.org or at BeWaterSmart.info.

Carmichael Water District's event will be on Saturday, May 21 at the Carmichael Water District Office at 7837 Fair Oaks Blvd.

WHO SAYS WE'RE FULL?

Hundreds of new burial and cremation spaces are now available.



East Lawn Memorial Park and Crematory

4300 Folsom Blvd.,
East Sacramento, CA
(916)732-2000

East Lawn Memorial Park has been a Sacramento tradition for over 110 years. Some people think the park is full.... We are not close to being full. As a matter of fact, we have recently added hundreds of new burial spaces, cremation niches and crypts. Please call us for a park tour or attend one of our monthly free luncheon seminars.

FD136



www.EastLawn.com



IncrediblePets

Everything For a Healthy, Happy Pet

SPRING SALE



3 Days Only,
May
6th-8th

SUPER SAVINGS in All
Departments. Stock Up
on All Your Favorite Brands.



Auburn - 1775 Grass Valley Hwy.
Carmichael - 4005 Manzanita Ave.
Grass Valley - 649 Sutton Way

Roseville - 1105 Roseville Square
Greenhaven - 392 Florin Rd.
East Sacramento - 5030 Folsom Blvd.

www.incredpets.com

vip.petcare

Family Owned and Operated Since 1995!

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



CARPET CLEANING

Carpet Care Connection & Handyman Services



Residential & Commercial Carpet & Tile Cleaning
Area Rug Cleaning • Upholstery Cleaning
Stone/Tile Cleaning/Sealing • 24-hour Water Damage
30-Day NO-Hassle Guarantee

**FREE ESTIMATE-
SAME DAY
SERVICE**

Handyman services of all kinds including
drywall, plumbing roto roter

Family owned for over 30 years

(916) 370-2770

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC
Reasonable Residential &
Commercial Work since 1960

Repairs, Trouble Shooting
Custom Lighting/FREE Est.
Excellent ref from Angie's List

(916) 451-2300
Cell: 213-3740

Neil McIntire — C.S.L.# 394307

CLEANING

Prime Quality Maintenance

- Window Cleaning (inside/out/screens washed)
- Rain Gutter Cleaning
- Junk Removal & Hauling
- Yard Clean-ups
- Pressure Washing
- Hard Water Stain Removal
- Landscape Maintenance

Free Estimates
Licensed &
Insured

CSL# 996271



Call Jesse: 916-428-2940

CONSTRUCTION/HAULING



DB Haul-away

Commercial & Residential Hauling
Reliable - Dependable - Insured

Lic# 627768

Residential/Construction waste removal
Foreclosure services • Yard clean ups
Handyman services • Demo • Drop bin services



Bobby Timms • 916-402-7546 • dbhaulaway@gmail.com

YOUR AD SHOULD BE HERE!

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

CREATURE CATCHERS/REMOVAL

**CREATURE
CATCHERS**
WILDLIFE MANAGEMENT



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 Lloyd's of London



HANDYMAN

FREEDOM HANDYMAN SERVICE

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

Carpentry - Electrical - Plumbing - Demolition
Sprinklers - Sheetrock
Fix leaks of all types

Accepts All Major Credit Cards "Senior Discount"

NO JOB TOO SMALL!
Licensed and Insured #152902

Call Eric (916) 470-3488

HANDYMAN



D & H Service

Office: **916-428-5907**
Cell: **916-206-8909**

Interior and exterior painting
Fence Installation
Tile Installation
Dry Rot Repair

*25 years of
experience*

HANDYMAN

Spring Yard Clean-up Specials!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING /SHRUB REMOVAL
- 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 19 YRS*

LANDSCAPING

Living Elements Landscape

- Landscape design and installation
- Drought tolerant concepts
- Care-free designs
- Add instant curb appeal and value
- Quality materials and service

*Ask about
state rebate
program!*



916-430-3777

www.livingelements916.com

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

LAUNDRY SERVICES

THE LAUNDRY COMPANY

Full Service Laundromat

- Dry cleaning, Wash, Dry & Fold services.
- Giant washers and friendly attendants.

*Call or come by to check on the monthly specials
& Loyalty cards*



6450 FAIR OAKS BLVD, CARMICHAEL - 916-484-1180

PAINTING

COOK PAINTING

Full Service Company - Start to Finish



Freshen Up
Your Home

VCN Special

In business
since 1982

As seen on yelp

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

Specializing in custom
trim & moulding!
Color Consultants
FREE ESTIMATES

(916) 591-5056

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

FREE Estimates!

- Warranty
- Senior Discounts
- Professional & Reliable
- Interior & Exterior Painting
- Using only Kelly-Moore Paint!

McClatchy '67
(916) 725-8781

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com
License #683668

RAIN BARRELS

Paul Clark CONSTRUCTION CO. Lic # 410035

Bushman RAIN BARRELS
(from 130 to 5,050 gallons)

Residential - Commercial - Government
Rainwater Harvesting, Smart Controllers,
Micro/Drip/Sub-Surface, Native Landscaping

For 26 Years!

(916) 753-7463 • www.paulclarkconstruction.com

ROOFING/SIDING

ZIMMERMAN REROOFING

3675 R Street
Sacramento, California 95816
East Sac Specialists
454-3667
zimroof.com
License #763169 Dave Zimmerman

ROOF/GUTTER CLEANING

STAN THE MAN

GUTTER CLEANING
ROOF CLEANING
WINDOW WASHING
PRESSURE WASHING
SENIOR DISCOUNTS AVAILABLE

916-601-1030

SPRING CLEANING SPECIAL

California Moss Control

We Treat Moss, Mold, Mildew & Algae

- Patio Cleaning
- House Wash

Call Today for a FREE Quote & Sample Cleaning!

\$25 OFF Gutter Cleaning
Expires 5/31/16

\$75 OFF Roof Cleaning
Expires 5/31/16

916-709-1073 • www.NoMoss.com

TILE WORK

NIETO'S TILE & LANDSCAPING

RESIDENTIAL & COMMERCIAL

Frank Nieto (916) 480-9512

Sprinkler Systems (Install & Repair)
Fencing • Plumbing
Electrical • Painting

Concrete • Tile Installation
Granite Fabrication
Laminate/Wood Floors

NietosTile@sbcglobal.net www.nietostile.com Lic. #917883

TILE WORK

BAXTER TILE

EXPERT INSTALLATION
REMODELING & REPAIR

Ceramic • Marble • Granite
Floors • Counters • Walls

33 Years Experience • FREE Estimates
916-213-4669
License #668100

TREE & GARDENING SERVICE

Terra Bella Tree & Gardening Service
"Not your typical mow, blow & go company!"

- One Time Clean-Ups
- Tree, Bush & Hedge Removal
- Full Yard Maintenance

Family Owned • 25 years experience!

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

TRACTOR WORK

TRACTOR WORK

Lic# 571637

Tall Weeds, Blackberries Cut,
Dirt Moving, Discing, Rototilling,
Trenching, Bobcat Backhoe

Dave (916) 988-3283

Home Improvement Guide: a "Keeper" by our readers

Great exposure in these four upscale neighborhoods:
Arden-Carmichael, East Sacramento, Land Park & Pocket/Greenhaven.

Contact Melissa at 916-429-9901

CLASSIFIED ADS

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

TAX PREPARER

#1 CONCIERGE TAX PREPARER
33 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. FREE Pick-up & Delivery to those who qualify. 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 your appt. today. Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. Same low 1990 rates. www.taxirene.info • taxireneinfo@gmail.com

Sell your car in the classifieds!

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.

HANDYMAN

HOLIDAY CLEAN-UP SPECIALS!
Rain Gutter cleaning- Yard clean-up. Rain gutter cleaning, 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

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

BOOKKEEPING

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

BUSINESS SERVICES

#1 CONCIERGE BUSINESS SERVICES
Put our 33 years in Concierge Business Support Service to work for your business. We provide support in: Licensing, Business & Corp Start-ups or Closures, Basic web design, Set-up social media. Business Concierge Shopping, Marketing and much more. Please contact Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. www.taxirene.info • taxireneinfo@gmail.com

CALENDAR

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

Free trees

Sacramento Tree Foundation, in partnership with SMUD, provides free expert tree selection advice and energy saving shade trees to SMUD customers. Call the Sacramento Tree Foundation at 924-8733 or email shadetrees@sactree.com to make your appointment to receive up to 10 free shade trees.

Open Auditions for 2016-2017 Season Sacramento Youth Symphony

Sacramento Youth Symphony and Academy of Music, Michael Neumann, Artistic Director

The Sacramento Youth Symphony, now in its 60th year serving Sacramento's young musicians, announces Open Auditions for the 2016-2017 season. Expand your musical skills in one of our five orchestras or in our symphonic wind ensemble. Accepting applications for musicians age 6-21. Auditions are being held at CSUS Music Department on May 28-29 (strings only) and June 4-5 (strings, winds, brass and percussion). Ensembles include Prelude, Vivace and Academic String Orchestras, Classic and Premier Orchestras and Symphonic Wind Ensemble. Application deadline is May 6. Audition fee are: \$40. Application available at www.sacramentoyouthsymphony.org or call 916-731-5777. Financial assistance is available. Contact: Sacramento Youth Symphony, Vicki Schaevitz, at vicki@sacramentoyouthsymphony.org at 916-731-5777.

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.

APRIL

Free VA Home Buyers Workshop:

April 28: From 6 to 7 p.m. at Dunnigan Realtors, 4215 Freeport Blvd., Sacramento 95822, there will be a free workshop for veterans, service members, and their spouses regarding the process of buying a home using the VA home loan program. Mortgage

Loan Specialist, Jai Jett of Pacific National Lending will go over the eligibility requirements, process, and benefits of using the VA home loan program. Realtor Beth Sherman of Dunnigan Realtors will go over the home buying process. Reference materials will be provided to take home and any questions attendees may have are welcomed. For more information, contact either Jai Jett at JJett@PacificNationalLending.com or Beth Sherman at Beth@LiveInSac.com.

Curtis Park Home & Garden Tour

April 30: The Curtis Park Home & Garden tour will be held from 10 a.m. to 4 p.m. starting at William Curtis Park, north end. For more information visit www.sierra2.org, call 452-3005, or email info@sierra2.org

Sacramento Central YMCA Celebrates 25th Annual Healthy Kids Day

April 30: The Sacramento Central YMCA is holding a free community event to inspire more kids to keep their minds and bodies active. This year marks the 25th annual

YMCA's Healthy Kids Day, the Y's national initiative to improve health and well-being for kids and families. The two-hour event features activities such as camp games, a bounce house, potato sack races, arts and crafts, healthy snacks and related activities, giveaways and more - to motivate and teach families how to develop healthy routines at home. YMCA's Healthy Kids Day, celebrated at over 1,300 Ys across the country by over 1.2 million participants, works to get more kids moving and learning, creating habits that they continue all summer long, which is a critical time for kids' health. When kids are out of school, they can face hurdles that prevent them from reaching their full potential. Research shows that without access to out-of-school physical and learning activities, kids fall behind academically. Kids also gain weight twice as fast during summer than the school year. As spring turns to summer, Healthy Kids Day is a powerful reminder not to let children idle away their summer days. Instead, the Y hopes to focus on wowing them with their potential and make this their best summer ever by staying active and learning.

"The Y believes in the potential of all children, and we strive to help kids discover their fullest potential. A child's development is never on vacation and Healthy Kids Day is a great opportunity to educate families and motivate kids to stay active in spirit, mind and body throughout the summer," said Amanda McCarthy, Sacramento Central YMCA Executive Director.

In celebration of YMCA's Healthy Kids Day, the Y offers the following tips to help families develop healthy habits: High Five the Fruits and Veggies - Make sure kids get at least five servings a day, the minimum number nutritionists recommend to maintain healthy childhood development. And to keep kids' taste buds evolving, have everyone in the family try at least one bite of a new fruit or vegetable at least once a month. Foster an Early and Ongoing Passion for Books - Read to and with your kids. Help children read at every age and every stage of their development.

Team Up for Athletic Events - Set a family goal of great health by teaming up for community or charity events like races, walks, fun runs, bike rides, etc. Volunteer Together - Find a cause that matters to the kids. Open their eyes to a world beyond themselves and the rich rewards that come from making a difference. Make sleep a priority - Doctors recommend 10-12 hours of sleep a day for children ages 5-12 and 7-8 hours per night for adults. Sleep plays a critical role in maintaining our healthy immune system, metabolism, mood, memory, learning and other vital functions. The Sacramento Central YMCA's Healthy Kids Day takes place at our Sacramento Central YMCA at 2021 W St. from 10 a.m. to noon and features fun, active play and educational activities, such as a history mu-

See Calendar, page 15

TREE TECH SERVICES

Serving the Green Industry

A Subsidiary of Tree Technology, Inc.

RESIDENTIAL / COMMERCIAL

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

688-7979
ELK GROVE

386-1780
SACRAMENTO

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

2 CERTIFIED ARBORISTS ON STAFF
REPORTS & CONSULTATION AVAILABLE

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

SENIOR DISCOUNTS • FREE ESTIMATES

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

Super Crossword

Answers

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

OPEN AUDITIONS

2016-17 season

applications accepted through May 6
orchestra and band programs for
musicians ages 6-21 • 916-731-5777

sacramentoyouthsymphony.org

Miguel Izurieta

— EVENT LISTING SECTION —

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

Sacramento German Genealogy Society's
Spring Seminar
Sat, April 30, 8 am - 4 pm
Fair Oaks Presbyterian Church
11427 Fair Oaks Blvd, Fair Oaks
For registration details: www.sggs.us

SAVE THE DATE!
67th Sacramento High School Reunion
Class of 1949
Saturday, September 10, 2016
11 A.M. - 3 P.M.
Contacts: Joyce Cowan at
cowan_j@sbcglobal.net and
Vera Malkovich at
borka@comcast.net

Young Actors Stage presents
Les Miserables
(High School Senior Edition)
Friday, May 20 and 27 at 7
Saturday, May 21 and 28 at 2 and 7
Sunday, May 22 and 29 at 11 and 3
24th Street Theater, Sacramento
All tickets \$15, online
at youngactorsstage.com or at the door

All Saints Concerts presents . . .
"Choral Evensong and Organ Recital"
Featuring Dr. Daryl Hollinger,
Composer & Organist
Sunday, May 1, 2016 at 4:00 PM
\$10 suggested for Recital
All Saints Episcopal Church
2076 Sutterville Road, Sacramento, CA 95822
Overflow parking across Sutterville Rd. at City College

Calendar:

Continued from page 14

seum exhibit and customizable water-infusion station. Further, we will be waiving our membership joining fee and offering priority registration for our Summer Basketball League during the event. YMCA's Healthy Kids Day is made possible with the support of our event sponsor, Sutter Health. For more information, visit ymcasuperiorcal.org/SacEvents

MAY

Deadheading at dusk: Garden workshop at the Old City Cemetery

May 2: From 6 p.m. till dusk, join volunteers at the Historic City Cemetery's Rose Garden for deadheading at dusk. They will be removing spent blooms from the many rosebushes and tidying up the garden which encourages repeat blooming of the roses in the garden. Tools and training will be provided, and light refreshments will be served. This event recurs every first Monday of the month, except July 4th. The workshop is free, but donations are gratefully accepted to help support rose garden operations. The cemetery is located at 1000 Broadway. There is ample free street parking on surrounding streets, with limited parking within the cemetery. For more information, call 448-0811.

Music at noon

May 4: Free music programs, offered at Westminster Presbyterian Church at noon on Wednesdays. This week enjoy music by Chanteuses Vocal Ensemble; Chris Alford, director.

20th Annual Race for the Cure

Susan G. Komen Sacramento Valley

May 7: Komen Sacramento 2016 Race for the Cure is the enduring symbol of the fight against breast cancer. This year marks the 20th Annual Race for the Cure in the Sacramento region. Since the initial race, \$19 million has been granted to deserving local programs serving 19 counties. This year's theme, "There's a Hero in All of Us", celebrates our participants - survivors, teams, individuals and sponsors - each who help Komen Sacramento move one step closer to ending breast cancer. Join us on May 7 at Cal Expo for the 20th Annual Race for the Cure. For more information or to register for the race, visit: komensacramento.org and click Events/Race for the Cure. The event will be held at Cal Expo Fairgrounds. 9 a.m. Race Start. Questions? Call 231-3148 or email info@komensacramento.org.

Walk with NAMI to stom out the stigma of mental illness

May 7: If mental illness has affected someone you know, the National Alliance on Mental Illness (NAMI) offers help, and NAMIWalks raises funds to help them. If NAMI has already helped you, NAMIWalks is your chance to pay it forward by walking with NAMI, donating or volunteering. The 7th annual Northern California NAMIWalks will be held rain or shine, in the Village Green area of William Land Park. Check-in begins at 8 a.m. followed by family-friendly warm-up and entertainment at 9 a.m. and step-off for the 5K walk at 10 a.m. To register or donate in advance, and/or to find information about volunteer opportunities and sponsorship, please call 504-5470 or visit www.namiwalks.org/northerncalifornia.

Friends of Library Book Warehouse Sale

May 7: An ever-changing inventory of more than 100,000 "gently used" books, videos, and audio books will be offered for prices from 50 cents to \$2 at the Saturday May 7 sale at the warehouse of the Friends of the Sacramento Public Library. The warehouse is at the rear of the Friends "Book Den" store at Suite E, 8250 Belvedere Ave., just south of 14th Ave. between Power Inn and Florin-Perkins roads. Plenty of parking is available, but visitors should be careful not to park between the "No Parking" signs on the south side of Belvedere. Sale hours on Saturday will be from 9 a.m. to 4 p.m., with a preview and sale on Friday, May 6 from 5 p.m. to 8 p.m. for Friends members only (You can join at the door for \$15). Income from the sale helps pay for programs, equipment, and materials local libraries need but can't afford. With more books constantly needed, the Friends will be glad to have yours, too. See a staff member on how to donate. The book store will also be open during the sale as well as weekly on Thursdays 9 a.m. to 2 p.m. and Fridays and Saturdays from 10 a.m. to 5 p.m. Items there are priced from \$1 up. With Memorial Day coming up, books on war will be discounted at the book store by 30 to 40 percent to members. For more information, call (916) 731-8493 or go to bookden@saclib-friends.org.

Music at noon

May 11: Free music programs, offered at Westminster Presbyterian Church at noon on Wednesdays. This week enjoy music by the Sacramento Guitar Society.

"Mental Illness: It's not always what you think": Stigma Free 2016: We're All in This Together

May 14: The "Mental Illness: It's not always what you think" project is hosting a Sacramento County mental health celebration, "Stigma Free 2016," in recognition of Mental Health Month. All ages, from youth to seniors, are invited to attend this free event. The event will feature a resource fair, health screenings, live art demonstration, spoken word performances, prize drawings, selfie station and more. Stigma Free 2016: We're All in This Together will be held from 10 a.m. to 1 p.m. at the Clunie Community Center at McKinley Park, 601 Alhambra Blvd.

SCSO caps 20th season with European Masterworks and new CD release

May 14: Conductor Donald Kendrick and the SCSO plan to cap their landmark 20th season on May 14 at 8 p.m. at the Sacramento Community Center Theater with a performance featuring 3 contrasting choral orchestral works by Haydn, Vaughan Williams and Dvorak. But the celebration doesn't end there. The evening will also serve as a huge CD release party as the SCSO plans to unveil its 9th professionally mastered CD - Carmina Burana II - at this year-end performance. Haydn's Harmonies will serve as the evening's main musical fare, complemented by Vaughan Williams' An Oxford Elegy, and Dvorak's Psalm 149 on the first half of the concert. "The Harmonies will bring back so many warm memories as this was the amazing work that we featured during our first self-funded European tour to Munich, Prague, Vienna, and Budapest in 2004," says Conductor Donald Kendrick. Four outstanding soloists and narrator Phillip Rider will join the SCSO Team on stage for this performance. "A post concert reception, projected supertitle translations, and Don Kendrick's electric and educational pre-concert talk at 7 p.m. will enhance the

evening's enjoyment for our concert attendees," added SCSO Board Member Charlene Black. SCSO European Masterworks tickets are \$30 - \$45 with a 50 percent discount for students. For tickets, call the Sacramento Community Center Box Office at 808-5181 or visit sacramentochooral.com for both tickets and information.

Sacramento Peripheral Neuropathy Support Group

May 17: The Sacramento Peripheral Neuropathy Support Group will meet from 1:30 to 3:30 p.m. at Northminster Presbyterian Church at 3235 Pope Ave. For more information call 485-7723.

Music at noon

May 18: Free music programs, offered at Westminster Presbyterian Church at noon on Wednesdays. This week enjoy music by Cellist Susan Lamb Cook and Friends play more Brahms.

Locke Asian Pacific Spring Festival

May 21: Gala event featuring lion dance and martial arts, cultural entertainment, arts and crafts, vendor booths, food, silent auction, mahjong and poker tournament. Come visit the only surviving rural Chinese town in the U.S., historic Locke, 13916 Main St. Walnut Grove. 11 a.m. to 5 p.m. Cost includes free admission and free parking. Event is sponsored by the Locke Foundation. For more information, visit www.locke-foundation.org.

tion.org, call 916-776-1661 and email: lockefoundation@frontiernet.net.

Music at noon

May 25: Free music programs, offered at Westminster Presbyterian Church at noon on Wednesdays. This week enjoy music by Jazz guitarist, Doug Pauly; vocalist Meleva Steiert; And Friends!

Sacramento Asian Pacific Film Festival

May 27-28: The Sacramento Asian Pacific Cultural Village presents the 2016 Sacramento Asian Pacific Film Festival at the historic Guild Theater in Oak Park, May 27 & 28. Our mission is to celebrate and explore our diverse experiences and advance the roles of Asian and Pacific Islanders in film and new media. This year, we're celebrating the rise of Asian representation in film and television. Join us as we welcome feature guests from ABC's hit shows, Fresh Off the Boat and Dr. Ken. Actors - Hudson Yang, Albert Tsai, Peter Kwong and blogger Joz Wang will discuss the past, present and future progress of Asian representation. Event is all ages, with the possible exception of LGBTQ, and some films which will be noted with Mature Audience advisory if rating is not available.

Dates and times are as follows: Friday, May 27 from 6 to 9 p.m. and on Saturday, May 28 from noon to 9 p.m. The festival will be held at The Guild Theater, 2828 35th St., Sacramento, 95817.

2nd Annual Mother's Day Brunch

Casa Garden Restaurant & Event Venue
Sunday, May 8, 2016

9:30 a.m. - 2:00 p.m. (last seating at 1:00 p.m.)

\$30.00 per person (coffee/tea included)

\$4.00 Mimosas

\$10.00 Mimosas (unlimited)

(other beverages available for sale)

Make your reservations now for traditional buffet offerings and carving station.

One form of payment per group

2760 Sutterville Road, Sacramento • 916-452-2809



PWR!Moves® Program

Targets the symptoms of Parkinson's disease

Tuesday & Thursday 1-2 p.m.

Starts Tuesday May 3 with certified trainer Paul McCarthy at Fit4U Fitness Center

4440 Marconi (at Greenwood) Sacramento, CA 95821

\$60 per month

No membership fees

For information call (916)487-1945

CINCO DE MAYO DANCE



FREE



JOHN SKINNER BAND

Sponsored by Supervisor Susan Peters

Thursday May 5th

1:15 - 3:45 p.m.

Mission Oaks Community Center | (916) 972-0336
4701 Gibbons Dr. Carmichael, Ca 95608 | MORPD.com



Providing Quality Theatre for 39 Seasons!

CHAUTAUQUA
playhouse

Tickets online at www.cplayhouse.org
or by calling the Chautauqua box office at 916.489.7529



"Golliwoppers"
by Flora Atkins

Opens at Chautauqua Children's Theatre on April 23

Playing through May 7th

Directed by Warren Harrison

Saturdays at Noon & 2 pm
April 23, 30, & May 7th.

Tickets are \$7



"Dead Man's Cell Phone"
a comedy by Sarah Ruhl

(Contains adult situations & language)

Opens on Friday April 15

Fridays & Saturdays at 8 pm,
Sundays at 2 pm through May 15
Additional performances on
Saturday April 16 & May 14 at 2 pm.

(NO performance on Sunday, May 8 - Mother's Day)

Admission: \$20 General,
\$18 Seniors/Students
& SARTA members.

(916) 489-7529 | www.cplayhouse.org

5325 Engle Road, Ste. 110, Carmichael (in the La Sierra Community Center)

MULCH MAYHEM

FREE MULCH

Available for pick-up

Limit 1 yard per customer
(enough to fill a pick up truck)

Saturday, May 14th

Antelope Gardens – 9 a.m. to 12 p.m.

7800 Antelope North Rd. in Antelope, CA

Hosted by Sacramento Suburban Water District

Info: (916) 679-2890 or sswd.org

Saturday, May 21st

Carmichael Water District Office – 9 a.m. to 12 p.m.

7837 Fair Oaks Blvd. in Carmichael

Hosted by Carmichael Water District

Info: (916) 483-2452 or carmichaelwd.org

- ▶ Bring your own shovels, containers, tarp to cover and a method to haul away the mulch
- ▶ For personal use only; not for resale or commercial use
- ▶ First-come, first-served until supplies are gone

Mulch Conserves Water!

**Save 30 gallons for
every 1,000 square feet
each time you water**

Mulch slows evaporation, allowing water to sink into the soil, moderates soil temperature and breaks down into nutrients for plants. Be sure to add three to four inches of organic mulch (e.g., leaves and wood chips) around trees and plants for maximum benefit.



More information at BeWaterSmart.info