

'Hatching' a plan: Life, liberty and farm fresh eggs?

Local organization working to overturn current law barring urban chicken raising

See page 5

Marty Relles presents
'Janey Way Memories'
See page 5

COMMUNITY CALENDAR, PAGES 22-23 • KNOW YOUR NEIGHBOR, PAGE 6 • FACES AND PLACES, PAGE 10

Inside This Edition



Roots run deep for
Orthodox church

See page 6



Special Section:
The Valley Wedding

See insert



Day at the museum

Free admission during the
12th annual Museum Day See page 10

Specializing in Sacramento's Finest Established Neighborhoods



DRE# 01447558

Rich
Cazneaux



DRE# 01447558

Kathryn
Metcalf

www.eastsacramento.com • 454-0323



1451 37th Street

Entertainer's delight!
Surprisingly spacious 2 bdrm,
updated kitchen w/granite
counters & built in hutch. Large
formal dining room, living room
w/frplc & picture window,
bathroom w/dual sinks,
hardwood floors. Huge backyard
w/pool and patio. \$419,950

E-mail stories & photos to: vcnnews@valcomnews.com

Vol. XIX • No. 3

East Sacramento News is published on the first and third Thursday of the month and delivered by mail and home delivery in the area bounded by Business 80 on the west, the American River on the north and east and Highway 50 on the south.

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

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Ryan Rose
Production Manager..... John Ochoa
Graphic Artist..... Ryan Vuong
Sales Manager..... Patty Colmer
Advertising Executives..... Linda Pohl
Marc Harris Desilés, Melissa Andrews
Distribution/Subscriptions..... George Macko

\$30 a year subscription

Johnson's strong mayor plan dead – for now

By RYAN ROSE
East Sacramento News Editor
ryanrose@valcomnews.com

Sacramento Mayor Kevin Johnson's plan to reorganize Sacramento city government into a strong-mayor system is in free fall. Late last month, Judge Loren McMaster of Sacramento County issued his final ruling that officially removes the Sacramento Charter Reform Initiative from the June 8 ballot.

According to the judge's Jan. 21 ruling, the initiative, which Mayor Johnson has been advocating since his 2008 election, was not an amendment to the Sacramento City Charter, but a revision of the charter itself. It is against California law to make wide-sweeping changes to a city's charter through the initiative process.

Sacramentans for Accountable Government, the citizen group behind getting the charter reform initiative on the ballot, immediately responded to the ruling, vowing that the verdict was the start of a protracted legal fight to keep the measure on the June ballot.

"This is nothing more than a legal hurdle in our path to modernizing Sacramento's governance structure," the group said in an e-mail statement. "One judge's ruling will not silence the 50,000 voters who signed a petition to put the strong mayor initiative on the ballot."

Changing the city charter

Ultimately, the Sacramento Charter Reform Initiative would grant Mayor Johnson and all future Sacramento mayors the power to run the city government directly as a chief executive. Called a strong-mayor system, the city council would work as a delib-

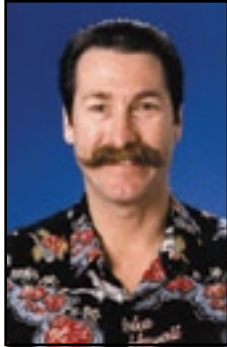
erative, legislative, oversight body and the mayor would act as the executive of the city government, with the power to hire and fire employees and conduct the city's day-to-day business.

Most cities with a population of 400,000 or more (San Francisco, Fresno, Oakland, Los Angeles, San Diego) have this system; only San Jose does not. According to publicly available population data, the city of Sacramento's population was 463,794 in 2007.

Currently, the Sacramento City Charter authorizes a council-manager governing system; such systems, employed by the vast majority of California cities, provide for public representation and oversight on a city council as the city's day-to-day business is run by a city manager. In the current system, the responsibility of Sacramento's mayor is mainly as an at-large councilmember that chairs City Council meetings. Although the role comes with a large cache of political power, the mayor alone has no real authority over the inner-workings of the city government.

Johnson believes that changing the City Charter would help him accomplish the goals he spoke of during his 2008 election run.

"During my first months at City Hall, I am hearing residents that demand more action from their government. In these tough times, you want less red tape. A greater vision. More emphasis on public safety, economic development, and our schools," wrote Johnson in an online statement to Sacramento residents. "You rightly deserve a Mayor and Council that reflects your views, and will make the decisions to move Sacramento to the next level as the world-class city it deserves to be."



Meticulously maintained home situated on a beautiful tree-lined street in one of Sacramento's most desirable neighborhoods. 3 large bedrooms with nicely sized closets & 2 updated bathrooms. Kitchen features separate cook-top & oven. 4124 McKinley Blvd.....\$449,000

KURT CAMPBELL
PROFESSIONAL REAL ESTATE CONSULTANT
956-5878

LYON
REAL ESTATE
www.GoLyon.com

Valentine's
Day
Special

**BATHS
ONLY \$20**

Sunday, February 14th, 8am - 6pm
*Call for appointment



Caring, Professional grooming for a healthier pet

Debra's Doghouse

5493 Carlson Dr. #C • 916-457-7387



- Parent Participation morning program
- Children can attend on a schedule of your choosing from 2-5 days per week
- Co-op membership with regular family events & meetings
- Serving families in Sacramento and Surrounding areas for 60 years
- Children from 2.9 years to 6 years accepted
- Children are not required to be fully potty-trained

Tiny Tots Preschool
celebrates 61 years!
1949 ~ 2010

Play.
Learn.
Grow.

1949 Bell Street • Sacramento, CA 95628
School: 916 925 6673 • Membership: 916-289-2321
tinytotspreschool.org

Please send your updated
2010 Calendar announcements

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

Fax to: 429-9906
Phone: 429-9901

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



Higher federal and California state taxes got you down?

Interested in learning more about how to reduce your portfolio's tax burden? Call or e-mail me for a no-obligation report on strategies to reduce the taxes you owe on your investments.



Joseph F. Eschleman, CIMA®
Managing Director - Investment Officer
980 9th St. • US Bank Plaza • Suite 2500 • Sacramento, CA 95814
916-491-6327 • 800-877-7783
joseph.f.eschleman@wfadvisors.com
CA Insurance License #0C77285

Wells Fargo Advisors is not a legal or tax advisor. However, we will be glad to work with you, your accountant, tax advisor or lawyer to help you meet your financial goals.

Investment and Insurance Products: ► NOT FDIC Insured ► NO Bank Guarantee ► MAY Lose Value

Wells Fargo Advisors, LLC, Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company.
©2009 Wells Fargo Advisors, LLC. 0909-1318 [80631-1] 09/09

A diverse lineup at the 13th annual Jewish Film Fest

By **BENN HODAPP**
East Sacramento News Writer
benn@valcomnews.com

The 13th annual Sacramento Jewish Film Festival kicks off this weekend at the Crest Theatre with four films from all over the world. But don't let the name fool you, all are welcome to enjoy the works of Jewish filmmakers from four different regions of the globe.

The idea for the festival was born out of a partnership forged between co-founders Sid Garcia Heberger and Margie Park. The two met 15 years ago while working on a film for the Sacramento Festival of Cinema. They planned to do it again the following year, but it coincided with the Jewish High Holidays and they couldn't participate. Heberger and Park decided to come up with their own festival, one that brings to light some things about the Jewish culture.

Thirteen years in and the festival is stronger than ever before.

"We have about 2,000 loyal followers of the festival," Heberger said.

Heberger said that she expects each night of the two-night event to draw anywhere from 500-700 people, but it wasn't always so well-attended.

"The first year was 1997," Heberger said. "We had maybe 200 people that year."

The Crest seats 975, and each year there are a few more people occupying them.

As for the films themselves, Heberger explained the process by which they are selected.

"We have a number of film companies who submit their films to us," she said. "This year we received somewhere between 40 and 50 submissions."

Heberger and Park screen the films and come up with the decisions for which films make the cut. Heberger explained that normally the selection process whittles down the field to about four or five, depending on the year.

This year there were four selected; each from a different

country (Argentina, Germany, Israel and U.S.).

The festival opens on Saturday night with screenings of the films "Camera Obscura" at 7 p.m. and "A Matter of Size" at 9:15 p.m. The proceedings wrap up Sunday afternoon with "Yoo-Hoo Mrs. Goldberg" at noon and "Max Minsky and Me" at 2:15 p.m. On both days there will be an intermission with complimentary coffee and cookies where patrons can mingle.

"Camera Obscura" is described as a visual and romantic story set in a colony of Argentine Jewish immigrants; "A Matter of Size" is a comedy that centers around an Israeli chef who finds happiness pursuing a passion for sumo wrestling; "Yoo-Hoo Mrs. Goldberg" is a humorous and provocative documentary about Jewish television pioneer Gertrude Berg; and "Max Minsky and Me" is a coming-of-age tale about a 12-year-old girl who dreams of being a star basketball player so she can meet her crush in another country.

"All the films this year are amazing," Heberger said. "But if I had to choose a favorite I would probably say that I like 'A Matter of Size' the best."

"They really are four outstanding films," Park said. "This year we had a lot of very strong submissions. But we went with four that are really happy and positive films."

There is a reason that the four selected films are light and funny, according to Park.

"There's so many sad things going on in the world right now," she said. "How about a little bit of happiness?"

Not only is the 13th year set to be perhaps the most successful yet, but being able to have it at a genuine Sacramento landmark is special in itself.

"We feel very blessed to be able to have the festival at the Crest Theatre," Park said. "We literally couldn't do it without them."

Tickets can be ordered at the Crest Theatre or at tickets.com. Single movie passes are \$10 general admission and \$8.50 seniors. A one-day pass is \$18

general admission, \$16 seniors and an all-festival pass is \$34 general admission and \$30 seniors. Admission includes three hours of validated parking at the Sacramento City Garage at 10th and L streets.

For more information regarding the festival, call the Crest Theatre at (916) 442-7378.



Photo courtesy Menemsha Films
Shaul Azar, Dvir Benedek, Itzik Cohen, Shmulik Cohen and Togo Igawa in "A Matter of Size."

When Quality Matters...

And you want flowers that look great and last, come to the professionals.

Valentine Gifts and Decorations

Celebrating 63 Years In Sacramento
With Service And Quality

Voted Best Florist of Sacramento by
the Readers of Sacramento Magazine
and Sacramento News & Review!

Special In Store
Cash & Carry Prices
30-50% OFF
Floral Arrangements,
fresh Flowers & Plants

2400 J Street 441-1478
801 Howe Ave. 920-4911
Free Parking • rellesflorist.com

Relles Florist & Gifts

Valentine's Day
is February 14.

We have flowers
& gifts



Do you have a story? Tell it to us.

Call Ryan Rose at 916-429-9901

You're invited to the Around the World with AAA Travel Fair



Come join AAA Sacramento as we take you "Around the World with AAA" at our 2010 Travel Fair.

- When:** Saturday, February 6
Where: AAA Sacramento Power Inn
15 Bicentennial Circle
Sacramento, CA 95826
Time: 1 PM – 3:30 PM
- Light refreshments and door prizes
 - Vendor presentations
 - Show specials
 - Non-Members welcome to attend



Enjoy exciting presentations from our travel partners: Carnival Cruise Lines, Tauck Tours, Pleasant Holidays, Uniworld, Disney Destinations; Holland America Line, AAA Sojourns, Princess Cruises, Royal Caribbean and Celebrity Cruises.

CST 1003968-80 Registration as a seller of travel does not constitute approval by the State of California.

County supervisor urges residents to report road problems caused by storms

Special to the East Sacramento News
vcnnews@valcomnews.com

Winter weather storms can cause challenges for motorists so Supervisor Susan Peters is urging drivers to report all problems to the Sacramento County Department of Transportation regarding any obstacles or conditions putting travelers at risk on roadways in the unincorporated area portion of Sacramento County that are maintained by SACDOT.

"SACDOT is prepared this winter to provide quick response to roadway maintenance incidents that may result from mild to severe weather conditions, said Peters. "While SACDOT crews provide year round 24/7 response for weather related incidents, Sacramento County can still use the assistance of residents--especially during bad weather conditions--to report problems affecting local roadways."

The winter storm season usually can impact County roadways with a number of problems like fallen trees or branches,

flooded streets, plugged storm drains, inoperative traffic signal lights, down street signs, non-working street lights, etc.

Problems can be reported to SACDOT's Customer Service Center by either calling 916-875-5171 or faxing 916-875-5773. Online reporting also is available via e-services at sacdot.com.

For the convenience of County residents a special "Winter Road Maintenance" section has been added to the Department of Transportation's website sacdot.com discussing weather related roadway issues including departmental response procedures for clearing debris from roadways, dealing with flooded streets, and clarifying responsibility for trees or branches that fall on private property.

"Having residents assist us by reporting problems this winter will help keep our roadways clear, functional and safe which is important to everyone travelling in a storm regardless of their mode of transportation," added Peters.

HOARDING

Compulsive hoarding, which may affect up to 2 million people in the United States, is found in people with many diseases, including anorexia, schizophrenia, OCD, Alzheimer's disease and dementia.

February 16 @ 2:00pm

**Presented by
Dr. Robin Zasio, Psy. D., LCSW**

Robin is a Licensed Clinical Psychologist and Licensed Clinical Social Worker. She has been specializing in treating anxiety and related disorders for the past 14 years. Owner and Director of The Anxiety Treatment Center, and The Cognitive Behavior Therapy Center, both in Sacramento.

She is also featured on the popular A&E show "Hoarders."

Refreshments & Appetizers will be provided

Please RSVP by February 11, 2010 or contact us for more information @ (916) 392-3510

 **Primrose**
Living With Memory Loss

7707 Rush River Drive Sacramento, CA 95831

LIC 347001338; 347001342

EAT, CLUCK fight for egg rights

'Hatching' a plan for urban chicken raising in Sacto

By **BENN HODAPP**
East Sacramento News Writer
benn@valcomnews.com

With all the squawking about urban chicken ownership and whether it should be allowed, one local organization has stepped up to try to overturn the current city and county laws barring neighborhood chicken raising.

The Environment and Agriculture Taskforce (EAT) Sacramento, calls itself "a network of residents and organizations dedicated to increasing food access and food security" according to its Web site. The first order of business for the EAT Sacramento team has been to tackle the subject of urban chicken keeping. The organization's position is that government should not be able to tell people where they can and cannot get their eggs.

Borne of this stance was the Campaign to Legalize Urban Chicken Keeping (CLUCK), which was put in charge of the chicken issue by EAT Sacramento.

But why is urban chicken keeping even against the law in the first place?

"I have a suspicion that owning chickens was seen as unfashionable when the law was passed," said Abi Crouch, coordinator of CLUCK. For a city that might have been trying to kick the "cow town" label, Crouch thinks that getting rid of backyard chickens was seen as a good first step by lawmakers.

It seems chickens have been sitting ducks for local lawmakers for at least 20 years: A 1989 city law added chickens to a ban preventing livestock from being kept as pets, and a Sacramento County law made it illegal for urban homeowners to have chickens on their property unless they had more than 10,000 square feet of property.

"A lot of people who own chickens don't even know that it's against the law," Crouch said. "I think it's pretty ridiculous that people are allowed to have dogs and cats but not chickens. Dogs and cats don't put food on the table."



Photo courtesy
A 1989 city law added chickens to a ban preventing livestock from being kept as pets, and a Sacramento County law made it illegal for urban homeowners to have chickens on their property unless they had more than 10,000 square feet of property.

Opponents of the plan argue that keeping chickens could lead to outbreaks of bird flu and other diseases. Crouch addressed these concerns.

"Bird flu happens in large flocks in factory farms," she said. She added that she is not aware of any cases of bird flu originating from a small group of chickens kept outdoors.

In order to keep the worries about bird-borne illnesses to a minimum, CLUCK plans to ask for a cap on how many chickens someone can own, likely limiting the number to eight.

Crouch worries that because of the law, some people will bring their chickens indoors to guard against being caught. This could exacerbate the likelihood of bird flu cases. Crouch spoke of cases of bird flu being traced back to families who shared a home with their chickens.

As far as CLUCK is concerned, overturning the various laws preventing chicken ownership would allow people to keep their birds outside to prevent sickness. And while the group advocates chicken ownership on a small scale, they also stand firmly behind mandatory chicken coops for those who own chickens.

Other less serious concerns about keeping the birds include noise complaints.

"There is a stigma about chickens that they make noise all day, every day," Crouch said. "Hens are generally pretty quiet. They tend to make some noise when

they lay an egg, but they usually calm down after a few minutes. Roosters crow all day long; they're the real noisy ones."

Roosters are not part of the campaign and CLUCK does not advocate the keeping of roosters. They don't aid in the egg-producing process and are often extremely loud and sometimes aggressive.

The goal of the organization is to reach out to Sacramento City Council members and other political leaders to try to state their case for those who want to own chickens not just for egg production, but also as pets. And while this issue may not seem like a big deal on the surface to most people, Crouch warns that the law affects more people than one might think.

If all goes as planned, Crouch hopes to have the issue resolved by the beginning of the summer.

EAT Sacramento is an organization meant to aid in bringing healthier local food on a government level to those in the area. It has more than 100 members, some of which have been designated to serve as members of CLUCK. CLUCK meets on the third Tuesday of each month at Coffee Garden at 2904 Franklin Blvd. at 6 p.m. The organization welcomes help from anyone interested.

For more information about EAT Sacramento or CLUCK, they can be reached at 916-551-1883 or by e-mail at info@EATSacramento.org.

Janey Way Memories



Is there a doctor in the house?



By **MARTY RELLES**
East Sacramento News Columnist
marty@valcomnews.com

The Costamagna family lived across the street from our house on Janey Way: Dom Costamagna, his wife Leda and their boys Gary and Jim. Dom worked as a field supervisor for Pacific Gas and Electric. He was the kind of guy who could fix anything. If your hot water heater broke, Dom came over and fixed it. If your toilet clogged, Dom helped you un-clog it.

Dom fixed people, too. When one of the kids on the block fell and scraped a shin or cut a hand, Dom came with his big first aid box and repaired the damage. He always seemed to be there for us. I remember one incident in particular. One summer evening, we played tag on the lawn in front of St. Mary's Church in East Sacramento. The cement pathway around the lawn formed the border for the game. One boy chased another until he made the tag. When a boy chased my brother Terry diagonally across the lawn, Terry, who was a little clumsy, fell. He landed on the sharp edge of an exposed sprinkler head. Blood gushed out of his knee and Terry began to cry. He got up to walk home which only opened the wound further. The boys pushed Terry back down to the ground and one boy yelled, "Someone get Dom Costamagna!" A few minutes later, Dom came around the front of the church carrying his first aid box. He walked over to the melee and knelt down by Terry who still cried loudly. "Don't worry Terry," Dom said, "I'll fix you up."

Dom took out a bottle of hydrogen peroxide and poured it over the wound. He wiped it dry with a clean white cloth. He then tightly taped a piece of gauze over the wound to stop the bleeding. Then, he slid one arm under Terry's legs and one arm around his shoulder, picked him up and carried him back to Janey Way. We followed behind him carrying the first aid box. When he got home, he put Terry in the front of his car, sat down in the driver's seat beside him, started the engine and drove off.

As he headed off, he said, "Someone tell Martin (our dad) I'm taking Terry to the hospital emergency room."

I ran home immediately to tell mom. She called dad, who was on duty at the Sacramento Police Department. When dad got the message, he met Dom and Terry at the hospital.

Terry came home late that night with over 20 stitches in his damaged knee. Thanks to Dom, he healed quickly. Sadly, Dom passed away a few years ago. I stood up at the funeral and related the story of how Dom cared for my little brother. As people wiped a tear from their eye, they smiled. Like all the fathers on Janey Way, Dom looked after all the children on the block. With their loving care, we survived and prospered. All of our fathers, save one, have passed on now, but we have not forgotten what they did for us.

Church opened at East Sacramento site in 1951

Greek Orthodox Church has long history in the capital city

By LANCE ARMSTRONG
East Sacramento News Writer
lance@valcomnews.com

The Greek Orthodox Church of the Annunciation has a rich history in the capital city, including nearly 60 years in East Sacramento.

Many East Sacramentans are familiar with the large, Byzantine-style church and its accompanying Hellenic Center at the northeast corner of Alhambra Boulevard and F Street, across from McKinley Park. But the church's history in Sacramento predates this historic site.

But taking a step back prior to the church's establishment in Sacramento, county records indicate that Greeks had a presence in the city as early as 1890.

From 1910 to 1920, no more than 50 Greek families resided in the Sacramento area. And of these families, the majority of the men were employed by the Southern Pacific and Western Pacific railroads.

Although there was no Greek church in the city during this time, the Holy Trinity Greek Orthodox Church – the mother church of Greek orthodoxy in the West at the time – served as a relatively nearby active presence for the church.

Also during this era, liturgy was occasionally celebrated in Sacramento through clergy of San Francisco and later Los Angeles, with the first of these liturgies being held at Red Men's Hall at 716 I St.

Constructing a church

The first official step toward establishing a Greek orthodox church in Sacramento occurred with a Jan. 18, 1920 meeting, which was held at the Pythian Castle at 831 I St.

Tom Mantis, president of Elpis, a then-6-year-old, independent Greek fraternal organization in Sacramento, initiated the meeting, which was designed to organize the Greek Orthodox Community of Sacramento.

By Dec. 20, 1920, the community had been formed and members of its first board of trustees were elected.

The following year, the first Greek Orthodox Church of the Annunciation was constructed at 620 N St.

The first liturgy in the new church was held on Dec. 25, 1921, under the direction of Father Sardounis.

A Greek school was established at the N Street site in a two-story Victorian in the mid-1920s.

The school, which was held following classes at local elementary and middle schools, was located on the ground floor of the building.

East Sacramento resident Penny (Anton) Kastanis recalled attending the school during the late 1940s.

"The school had desks that we sat at like in a regular school room and the classes were quite often taught by the priest or the priest's wife," Penny said. "Father Econome was one of my teachers. We all had books that we would purchase and they were all in Greek. They were like a first grade book with things like the alphabet, stories and poetry."

The priests of the church resided on the second floor of the school building.

Additionally, the second floor of the school building was home to Nicholas Terzakis, the church's caretaker during the 1920s.

Penny said that she continues to remain friends with former students of the school and added that the site of the original church and the school was very much "the center of both religious and



East Sacramento News Photo/Lance Armstrong

The Greek Orthodox Church of the Annunciation has been a part of East Sacramento since its opening in 1951.

social activities for the Greeks of Sacramento."

Helen (Sady) Psihopaidas said that she remembers a unique aspect of the old N Street church.

"They had singing birds on both sides of (the nave of) the church," Psihopaidas said. "They were hanging in regular-sized bird cages and there were about five on each side of the room. It was quite a unique sight."

Penny, who also remembers the birds, said that the birds, which she suspects were canaries, were covered during liturgies, so that they would not interrupt the chanting, singing and other parts of the liturgies.

Parish and parishioners

With the founding of the church in Sacramento, a popular annual Greek picnic was established in 1922.

By the early 1930s, the event, which was held at Helvetia Park in West Sacramento and included food, games and a beauty queen contest, was drawing about 2,000 Greek-Americans from Sacramento and beyond.

Another Greek event was the Greek Independence Day ceremonies, which honored the Greeks' freedom, as a result of the 1820s war that eliminated the Turkish control of their land.

In Sacramento, the event was celebrated every March 25 with special liturgies, banquets and dancing.

During World War II, members of the church supported the Greek War Relief and the Red Cross.

An article in the Dec. 9, 1940 issue of The Sacramento Bee, for instance, showed

See Greek, page 7

CAR TECH AUTO

(916) 737-8841

5613 Elvas Avenue, Sacramento



- Complete Repair on American, Japanese & European Vehicles
- Friendly, Courteous & Honest Service
- Serving East Sacramento since 1989
- Free Pick Up & Delivery

10% Senior Discount On Labor



Greek: 'We've been here for a long time and have grown a lot'

Continued from page 6

that by this time, Greeks in the Sacramento area had raised as much as \$10,000 to assist war victims in their native land.

Eventually, the old N Street church became inadequate to meet the needs of the growing parish and efforts were made to establish a new church building and recreation hall, known as the Hellenic Center, on property that the church purchased across from McKinley Park.

In 1949, George E. Johnson, who many longtime Sacramento residents remember for his Del Prado Restaurant, organized a fundraising drive, which resulted in the collection of about \$48,000.

The Hellenic Center, which is located to the south of the Alhambra Boulevard church, was the church's first building constructed at the site.

Shortly after its construction, this building, which has hosted many events throughout its history, was temporarily used for church liturgies and the offices of the priests.

Charting growth

The new church was completed in the fall of 1951 and held its first liturgy in the building with its pastor, Father Nicholas Karas.

New church offices were also constructed along N Street in the 1950s.

Many of the icons and other important pieces from the original church were placed in the new church.

These pieces included various paintings that are still located in the church today.

Overall, the cost of the land and its buildings was \$318,211.

A plan to build a church in South Natomas fell short in 1993 and the property was subsequently sold.

Through this sale, the property's former owner, Angelo Tsakopoulos gifted the church \$1.1 million, which was used to purchase the remainder of the block at the Alhambra Boulevard site.

Prior to this purchase, the church owned half the block.

Expanding and exploring

Currently, members are split between the options of demolishing the present church building and constructing a new church in its place or building a new church on an 8-acre site in the 48-acre McKinley Vil-

lage development, just east of the current church.

Terry Kastanis, the parish's librarian who met Penny at the Alhambra Boulevard church and married her a year later in 1961, said that no matter what its members decide, the current economy has the new church project on hold. However, the church did move forward with a plan to construct a preschool and childcare center at the church site. The center is now open and operating 7 a.m. to 6 p.m., Monday through Friday. For more infor-

mation on the preschool, call Annette Chavez (916) 231-9173.

Undoubtedly, the Greek community is not only known for its historic East Sacramento church complex, but also for its Greek Festival, which is held each year at the Sacramento Convention Center.

This year's edition of the festival, which is the city's third largest drawing event, will be held September 3 through 5.

Eugene Fotos, 77, who was raised in East Sacramento and attended both locations of the church, said that he is proud of

the church's long history in the capital city.

"We've been here for a long time and have grown a lot since we were on N Street," said Fotos, whose nephew, Father James Retelas, is the current pastor at the church. "We used to have about 40 people come to the church on N Street and now we get about 200 on average and sometimes about 300. I look at it as a big family and you don't have to be of Greek descent. We welcome everybody."

Get read all over with Red All Over

A Sacramento-based graphic design firm, Red All Over Design offers an array of services to our diverse clientele from across the region.

A division of Valley Community Newspapers, Inc. (publishers of the Arden-Carmichael News, the East Sacramento News, The Land Park News, The Pocket News, California Kids! and The Valley Shopper), Red All Over Design utilizes its experience and expertise in the newspaper industry to ensure clients receive the greatest impact in the visual medium, whether that is in advertisement design, commercial flyers, logo development, political campaigns and public service announcements.

Build your brand – contact us now at (916) 429-9901 to set up a consultation session or e-mail RedAllOver@valcomnews.com for more information.

red all over
DESIGN

FUNERAL DIRECTORY

www.valcomnews.com

EAST LAWN
ANDREWS & GREILICH
MORTUARY FD136

3939 Fruitridge Road
Sacramento, CA 95820

"Ready to provide guidance at a difficult time."
916-732-2026

EAST LAWN

EAST LAWN MEMORIAL PARK
4300 Folsom Blvd.
Sacramento, CA 95819
916-732-2000
FD1242

"Embracing a unique commitment
to Sacramento and its people"

EAST LAWN
ELK GROVE
MEMORIAL PARK
AND MORTUARY
FD1455

9189 East Stockton Blvd.
Elk Grove, CA 95624
916-732-2031

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 FD1141
A FAMILY-OWNED FUNERAL HOME
AND CREMATORY SINCE 1964
4221 Manzanita Avenue
Carmichael, CA 95608
916.482.8080

SIERRA HILLS
MEMORIAL PARK AND
EAST LAWN MORTUARY

5757 Greenback Lane
Sacramento, CA 95841

916-732-2020 • 916-331-9800

"Knowing that professional guidance
is always by your side" FD1242

WF Gormley and Sons
Funeral Home

2015 Capitol Avenue
Sacramento, CA 95811
(916) 443-6513

• immediate arrangements • online pre-planning
• complete funeral/cremation services FD134

LIST YOUR FUNERAL
SERVICE/HOME HERE

Call Patty
(916) 429-9901

The art of ramen alive in Sacramento: Shoki Ramen House

By SUSAN LAIRD
East Sacramento News Writer
susan@valcomnews.com

Tucked into a little, unassuming building in a Curtis Park neighborhood is one of the precious gems that make Sacramento a culinary treasure.

The Shoki Ramen House boasts an authentic Japanese chef who is not only talented and well trained – he is innovative as well.

Yasushi Ueyama started his culinary career in Japan. His intended career path was to become a dietician, but he discovered that he loved the food industry more.

“My husband was going to be a nutritionist,” said Kathy Ueyama. “Then he opened a restaurant in Japan and it was a success.”

Kathy grew up in a military family. Her mother was Japanese, her father was Canadian. Her parents were posted all over the world, eventually retiring from Mather Air Force Base. She travelled to Japan to learn more about her heritage. That’s when she met Yasushi and the rest, as they say, is history.

“We came back to the United States and opened up a new place in Folsom,” she said. “It was a hard start. Business is different in the U.S., and it was also at the height of the sushi boom. American customers had only one concept of Japanese food. Yasushi wanted to prepare food that is healthy for people, and not all sushi is as healthy as people think it is. And, he had discovered that his heart is in ramen.”

The Ueyamas decided to focus entirely on ramen, and moved their business to Sacramento.

Ramen in Japan is very salty, and typically only the noodles are consumed. The broth is too salty to be consumed most of the time. Yasushi wanted to use his nutritional and food chemistry education, his restaurant experience and his personal experience to create a new kind of Japanese ramen that is a healthier option. His concept was that everyone, from babies to senior citizens, could enjoy his ramen.

Yasushi’s “magnificent obsession” has taken the craft of ramen making to an art in this one-of-a-kind Sacramento enterprise.

After much experimentation, he created several ramens that are healthy, delicious and nutritious. Yasushi spends hours working with the finest ingredients, custom blending flavors for his specialty broths.

Recipe like no other

At Shoki Ramen House, the broth for the ramen is made entirely from scratch, from the finest ingredients available. No cans are used. No MSG or preservatives are added to enhance the flavor of the broth.

Yasushi spends six to eight hours each day, carefully crafting broths: one is made from meat and vegetables; another is “ocean” based and is made from fish, kelp and other ingredients harvested from the sea. A third broth is created from blending the two. He has also created something unique in Japanese cuisine: a vegetarian/vegan broth.

“In Japan, you won’t find vegetarians or vegans as a rule,” Kathy said.



East Sacramento News Photo/Tom Paniagua
Ramen noodles must be properly prepared and then massaged by hand to achieve their full potential. Here, Yasushi Ueyama works the noodles to perfection.

See Ramen, page 9

Senior Services *and* Resources

Call Melissa (916) 429-9901

e-mail ryanrose@valcomnews.com
or call 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

ASSISTED LIVING/MEMORY CARE

Aegis of Carmichael

4050 Walnut Avenue
Carmichael, CA 95608

*We're the people who
make life better.*

Lic #347001686
(916) 972-1313

www.aegisliving.com

BEAUTY SALON

ROSES Hair Design

*Specializing in the Mature
Woman since 1995*

Shampoo/Set \$18.00

**Perms – \$58.00
(all included)**

(916) 457-6659

394 – 45th St (45th & D Street)

DOCUMENT PREP SERVICES

**LIVING TRUST/LIVING WILL
Legal Document Prep Services:**

- Trust • Will
- Powers of Attorney
- Residential Deed

10% off SENIOR SPECIAL

Couples \$495 Singles \$450
Lynda K. Knight (916) 214-1215
641 Fulton Ave. #100, Sacto 95825

HELP AT HOME

HELP AT HOME

Senior Care

Caring, In-Home Assistance & Companionship

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

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

LOVING COMPANIONS



Certified care

(916) 753-1491

*“Assisted living” in
the privacy & comfort
of your home.*

*Affordable rates,
1-24 hours/day*

NO MINIMUM.

SPECIAL ALZHEIMER’S LIVING

† Primrose
Living With Memory Loss

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

cas@primrosealz.com
www.primrosealz.com

(916) 392-3510

7707 Rush River Dr. Sacto, CA 95831

YOUR AD SHOULD BE HERE!

Call Melissa today!

**Your services
are needed.**

**Your ad should be here.
Ad design is free.**

Call 429-9901

ELDERLY CARE

Woods Retreat

Residential Care Facility
for the Elderly now accepting
applications for residents.
Let us care for your loved ones.

State Lic #340306720

Owner-operated (916) 421-5845

Ramen: 'Balance and harmony of all the ingredients is very important'

Continued from page 8

"We've found that people here request it. In Japan, ramen is usually pork or meat based. Don't assume that all ramen is vegetarian or vegan, because it isn't. We recommend that vegetarians and vegans let us know their preference when they order, so we can meet their needs."

When creating the broths, Yasushi carefully removes the unhealthy fats by skimming them off the surface. This leaves only healthy, flavorful oils in the end product.

Noodles are a key component of ramen. What many ramen lovers may not realize is that the thickness of the noodle can change the subtle flavors of the ramen.

"Thin noodles go well with the Shoyu Ramen," Kathy said. "It is a soy sauce based broth. Thicker noodles go best with a spicy ramen, such as the Tan Tan Men Ramen. The balance and harmony of all the ingredients is very important."

Ramen bowls at Shoki Ramen House come in three sizes: small, regular and large. The ramen is to be consumed on site, right at the restaurant. In fact, in Japan, it is considered polite – and culturally appropriate – to slurp your ramen and run. It is the ultimate "fast food" because the fresh noodles must be consumed before they become soggy. This is also why Shoki Ramen House is not able to offer "take out."

"We encourage people to enjoy their ramen quickly," Kathy said. "Because there is often a line at the door, filled with people waiting for their turn."

On the menu

There are five basic ramen bowls offered at Shoki Ramen House. All can be customized, so feel free to ask for recommendations. Each bowl is a work of art, crafted for the individual.

The Shoyu Ramen is crafted with a high quality soy sauce imported from Japan. It is topped with one slice of Chashu (pork imported from Denmark), spinach, menma (bamboo shoots), green onions and one wafer of seaweed. (Small \$5.90, Regular \$6.90, Large \$8.90).

Shio Ramen uses a special sea salt imported from Japan. It is also topped with one slice of Chashu, spinach, menma, green onions and one wafer of seaweed. (Small \$5.90, Regular \$6.90, Large \$8.90).

Tan Tan Men Ramen is a spicy soy sauce based broth with Shoki original minced beef with goma (sesame seeds). It is topped with spinach, menma, green onions and one wafer of seaweed. It is available in a variety of spiciness levels, from mild to super spicy. The Ueyamas recommend that beginners start with mild and work their way up. (Small \$6.90, Regular \$7.90, Large \$9.90).

"Remember, we can always make your ramen spicier, but we can't make it milder once it's made," Kathy said. "It isn't possible to 'un-do' a spicy ramen."

Tsuke Men Ramen is chilled ramen noodles served with warm soy sauce based broth on the side. The dipping broth is slightly spicy. As with all Shoki Ramen House dishes, the spiciness can be adjusted, just tell your server. It is also topped with one slice of Chashu, spinach, menma, green onions and one wafer of seaweed.

Shoki Ramen House's specialty Soy Milk Ramen is a hearty, filling and satisfying dish. It features a noodle of Yasushi's own creation: a whole-wheat noodle.

"This is a ramen noodle of Yasushi's own creation," Kathy said. "It goes well with all of our broths. He has it made to his specifications at a company in San Jose."

The Soy Milk Ramen features a soy sauce based broth that uses soy milk produced locally by the Sacramento Tofu Company. The broth is about 80 percent soy. It is also topped with one slice of

Chashu, spinach, menma, green onions and one wafer of seaweed. Sesame oil is served on the side. (Regular size only, \$7.90).

The little Curtis Park restaurant is developing quite a following for its tasty and healthful cuisine. In fact, many of Shoki Ramen House's customers are from the medical field.

"They appreciate the effort he puts into sharing healthy foods," Kathy said.

What's next for this ramen master and noodle innovator?

"Yasushi's next goal is to find a way to create a noodle that can do 'to gos'" Kathy said. "He is also a sake sommelier, so a larger location with more seating would be nice in the future, so he could focus on ramen and sake. This is America, and anything is possible here."



Japanese ramen delights are created in the kitchen of this tiny Curtis Park restaurant. Shoki Ramen House may well be one of the most unique ramen restaurants in the country.

To get to Shoki Ramen House

Shoki Ramen House is located at 2675 24th Street in the Curtis Park neighborhood of Sacramento. Hours are Monday 5:30 p.m. to 9 p.m. (dinner only); Tuesday

through Friday 11 a.m. to 2 p.m. (lunch) and 5:30 p.m. to 9 p.m. (dinner); Saturday 12 noon to 3 p.m. (lunch) and 5 p.m. to 9 p.m. (dinner); and closed on Sunday. For additional information, call (916) 454-2411.

PRaise YOUR SCHOLAR-ATHLETE



SAMPLE

Sam Casio is Student of the Month



Sam Casio was selected as Student of the Month for January at New Haven Elementary School. A second grader in Mrs. Hinton's class, Sam hopes to one day become a doctor like his father. Mom and Dad love you so much.

SAMPLE

Rachel Wins Big



Rachel Avila played a significant role in her Tee Ball team win on Sunday, Jan. 17. Being a good teammate and strong hitter, Rachel hit a homerun in the third inning and scored in two runs. Mom, Dad, Grandpa Richard and Grandma Margo are so proud.

A BETTER MOVING CO.
489-3322
abettermoving.com



Take time to learn something new during 'Free Museum Day'

By **SUSAN LAIRD**
East Sacramento News Writer
susan@valcomnews.com

February is the month for thinking about quality of life. Just consider: people are thinking about their loved ones for Valentine's Day, are buying tickets to community crab feeds that benefit local charities, and so much more. There is another activity available to everyone that directly impacts the high quality of life that citizens of the Sacramento region enjoy: Free Museum Day on the first Saturday of the month.

Free Museum Day on Feb. 6 is just that: a day to enjoy free admission to the many museums in Sacramento and throughout the region.

Think about taking a few moments or an afternoon to slow down and enjoy a brief "escape" to a local museum, such as the Crocker Art Museum. Spending

a quiet hour or two in a museum can be relaxing, informative – and as stimulating as you choose it to be.

Museums are nonprofit and educational institutions that make a unique contribution to our community by interpreting and preserving the things of this world, according to the California Museum Association.

There is a museum for every taste and interest. There are art and natural history museums, science and technology centers, historical societies and museums, botanical gardens, zoos, children's museums and much more.

There are 1,300 museums in California. We are fortunate to be within less than an hour's drive of many fine museums in the region. Sacramento abounds with great



Photo courtesy Orin Zebest

The California State Railroad Museum, located at 111 I St., is a complex of historic facilities and unique attractions.

See Musiem, page 11

ARTS & ACTIVITIES

Second Saturday & More, In & Around Sacramento

Blue Wing Art Gallery Presents: "Flash" The Ink Addiction Exhibit

Artist Reception: Friday, Feb 5th, 6pm - 9pm
Show Exhibit Dates: February 5th - 26th

Featured Artist: George Streng, *Photography*
Jeff Musser, *Paintings & Drawings*
Gorgeous George, *Tattoo Art on Paper*
Carol Abbe, *Collage*
Adrianna Frostad, *Mixed Media*

Blue Wing Art Gallery & Custom Framing
405 Main St. Woodland, Ca 95695
Tel: (530)566-9498 - gen.info@bluwinggallery.com

"Strands of Love"
a Valentine exhibit by Sonya Schumacher

3-D hanging heart tiles,
each an aspect of Love

Reception: Sat. February 13th, 2-5pm

SCHUMACHER CERAMICS
36530 Riverview Dr., Clarksburg
(916) 744-1062

Hours: Sat & Sun 11am-5pm
Order your own permanent keepsake heart tile now. \$15 incl 2 lines of text.

ONLY at SWANBERG'S

- Hawaiian Shirts
- Baseball Shirts
- Neighborhood Shirts
- Reef Sandals

2316 J Street • 447-MAUI
www.swanbergsformen.com

GUNTHER'S ICE CREAM

February: Coffee Toffee

- Malts, Floats, Sundaes & Shakes
- Sandwiches/Soups
- Real Fruit Freezes
- Ice Cream Cakes & Pies
- Ice Cream Socials

We Make Our Own Ice Cream

Open Daily: Sun-Thur: 10am - 9:30pm • Fri-Sat: 10am - 10pm

70 years of business

2801 Franklin Blvd. (Corner of Franklin & 3rd Ave.)
457-6646 • www.gunthersicecream.com

Colors of the Wind
Art Show & Sale

Sat., March 20, 10am - 6pm
Sun., March 21, 10am - 2pm

Artists of Timber Creek
7050 Del Web Blvd., Roseville
(910) 771-7855 • Free entrance

Signature Painting by Donna Grah

Fe Gallery

Second Saturday
Artist Reception
February 13
6-9pm

1100 65th St.
Sac, CA 95819
916 456 4455

Metal Demo
at 7:30pm

Guest Artists:
Rich Small & Larry Stark
www.FeGallery.com

New ArtWorks Gallery

"Photo: Art & Images"
Featuring local photographer
NORMAN ANDRUS

February 3-28, 2010
Reception: February 13, 5-9pm

"Winter Windows" by Norman Andrus

10239 Fair Oaks Blvd. #4D (in Fair Oaks Village)
(916) 962-7362
www.thenewartworksgallery.com

Capitol Chamber Players

Romantic Songs and Strings
Sunday, February 14, 3pm

Rona Commins, soprano
Jim Gentry, baritone
Elizabeth Collins, piano
Maquette Kuper, flute
Robert Bloch, violin
Julian Woodruff, viola
Rejean Anderson, cello

Congregation B'nai Israel
3600 Riverside Blvd. Sacramento

Ticket Prices at the door:
\$18 general, \$12 senior, \$7 student

For further information, call (530) 756-7380 • www.capitolchamberplayers.org

Support the arts!

Support our advertisers!

Promote your art exhibit or special event here!

For our affordable rates, contact Melissa @ 916 429 9901

Museum: 'Museums offer us the invaluable opportunity to refresh, relax, recharge'

Continued from page 10

museums. There are too many to mention – for a full listing, visit www.sacmuseums.org to discover and learn more. The California Museum in Sacramento is acting as the hub for this month's event, and will be hosting buses as well as selling box lunches for hungry visitors.

Here are a few that are just in our backyard:

The Aerospace Museum of California houses a unique collection of 40 military and civilian aircraft, and much more. There are 15 restored engines on display. Visitors are encouraged to use the educational programs, and enjoy the Air Force and Coast Guard art collections. Visitors can see aircraft from a fully restored 1932 Curtiss-Wright "speed wing" biplane to an A-10 Warthog and engines including models from pre-World War I, the first jet engine, and a J-58 jet engine that powered the SR-71 Blackbird to three times the speed of sound. Their Aerospace Learning Center allows visitors to fly non-motion flight simulators or ride in a motion-ride simulator. The museum is located on the campus of the former McClellan Air Force Base, at 3200 Freedom Park Drive in Sacramento.

The California Museum focuses on the unique industries and people who have made our state the great place that it is.

It creates unique educational programs and exhibits and hosts cultural events. It is a place children, adults and visitors from around the globe can be inspired by this great state's rich history and stories of its innovative people. All visitors are encouraged to make their own mark on history. The museum is located at 1020 O Street in Sacramento.

The California State Capitol Museum is located in the state capitol building. The building serves as both a museum and the state's working seat of government. Visitors to the Capitol can at once experience California's rich history and witness the making of history through the modern lawmaking process. The museum is located at 1315 10th Street in Sacramento.

The California State Indian Museum displays exhibits illustrating the cultures of the state's first inhabitants. California's prehistoric population, one of the largest and most diverse in the Western hemisphere, was made up of over 150 distinct tribal groups who spoke at least sixty-four different languages. California Indian population estimates, before the arrival of the first Europeans, were at least 500,000 people. The museum is located at 2618 K Street in Sacramento.

The California State Military Museum does not glory in war. Rather, its in-

tent is to remind this and future generations of the sacrifices made by previous generations to keep our state and nation free. Californians have a long and proud tradition of service that stretches back over two centuries when Alta California was a Spanish colony and later a Mexican province. Since joining the Union, California has provided more of its citizens to our common defense than any other state. The museum is located at 1119 2nd Street in Old Sacramento.

The California State Railroad Museum is a complex of historic facilities and unique attractions. Widely regarded as North America's most popular railroad museum, there is something here for everyone. Throughout the year, visitors experience lavishly restored trains, engaging exhibits, and unique special events. The museum is located at the corner of Second and I streets in Old Sacramento.

The Crocker Art Museum is the first public art museum founded in the West. Established in 1885, it remains the leading art institution for the California Capital Region and Central Valley. The Museum, which is housed in one of the finest examples of Victorian Italianate architecture in the United States, offers a diverse spectrum of special exhibitions, events and programs to augment its collections of California, European

and Asian artworks, and International Ceramics. The museum is located at 216 O Street in Sacramento.

The Discovery Museum Science & Space Center encourages the learning of history, science and space. It has two facilities on one location: the Challenger Learning Center and the Science and Space Center. Have you ever wanted to explore space? Do your children dream of being astronauts? This may be the place for you. The museum is located at 3615 Auburn Boulevard in Sacramento.

Sutter's Fort State Historic Park and Museum chronicles the adventures, trials and tribulations of an 1839 Swiss immigrant named John Sutter, who received a 48,000-acre land grant in the Sacramento Valley from the Mexican government. He used the land to create a flourishing agricultural empire and named it New Helvetia (New Switzerland). This empire established Sacramento's earliest settlement and the first non-Indian settlement in California's Central Valley. Sutter's Fort is located at 2701 L Street in Sacramento.

Museums, in addition to being the stewards of our cultural and natural heritage, offer each of us the invaluable opportunity to refresh, relax, recharge and renew. As the old adage goes, "You've got to pour into yourself before you can pour yourself out for others."



Introducing Georgia Rounds
"Curtis Park Remembered"
RECEPTION:
February 13th, 6-11pm
Music by Ziggy, Zelda & Friends
Show runs thru February
2904 Franklin Blvd.
457-5507 • www.thecoffeegarden.com

Concert at
First Christian Church
Singer/Songwriter, Dan Paul
plus "Celebration"
Sat., February 27, 7pm
Everyone Welcome!
Suggested donation: \$10 for adults
\$5 for 21 and younger
3901 Folsom Blvd.
452-7661
Benefiting Disciples of Christ regional ministries in N. California

Sacramento Antique Faire
Outdoor Antique and Collectible Marketplace
Sunday, Feb. 14th
SECOND SUNDAY of every month
6:30am - 3:00pm
Admission is \$3.00
300 Vendors
Children under 16 are FREE
Loads of free parking & delicious food!
21st Street between W and X Streets
(916) 600-9770 • www.antiquefaire.com

friends of the sacramento
philharmonic
Invite you to attend a Victorian tea
Select teas paired with delicate sandwiches, scones & desserts!
Live music & silent auction
Sunday, February 21, 2010
Two seatings: 12 noon & 3pm
Vizcaya, 2019 21st Street
(at U Street)
For information call (916) 557-9289 or (916) 955-4040
Tickets \$40. SAVE! Groups of 10 for \$35 each
Proceeds benefit the Sacramento Philharmonic Orchestra & the Music in the School programs.



SACRAMENTO BEER WEEK
SacramentoBeerWeek.com
February 22-28, 2010
CHEERS!

SAFARI TOURS A TRAVEL PROGRAM FOR ACTIVE ADULTS
Please join us for our 2010 TRAVEL FAIR!
Thursday, February 18, 2010 - 10 am to 12 pm
Hear about all of the great trips we are planning for the new year!
Refreshments - Coffee - Prizes
Coloma Community Center - 4623 T Street, Sac, CA
Enjoy and Explore! Leave the driving to us!
TO SEE A COMPLETE LIST OF TOURS PLEASE VISIT
www.cityofsacramento.org/safari
CITY OF SACRAMENTO DEPARTMENT OF PARKS AND RECREATION

The Brickhouse
Gallery & Art Center
Call or Visit Our Website
Spaces For Rent
Art Gallery • Private Art Studios
Event Venue & Display Areas
ART SHOWS
2837 36th St. • Sacramento 95817
457-2502
brickhouseoakpark.com



ROBIN'S NEST
fashion boutique etc.
Happy Valentine's Day!
"We specialize in New & Nearly New clothing for the ENTIRE FAMILY!"
Good Quality Used Clothing Starting at \$1.00
3230 Broadway • 736-3952
robinsnestclothingetc.com

The Merchants National Bank



of Sacramento

- Relationship Banking Since 1921 -

***Rock Solid YESTERDAY, Rock Solid TODAY
& Rock Solid TOMORROW***

Are you seeking a safe haven for your money in these tumultuous financial times? Then it's important to have a bank with a solid financial foundation. That's where Merchants National Bank comes in. Merchants National Bank has served Sacramento since 1921 and continues to uphold the standards of service, stability and values that have made it one of the safest banks in the nation. Merchants National Bank was rock solid yesterday and continues to be today. Member FDIC, Equal Housing Lender.

Call or Visit us today FOR ALL YOUR BANKING NEEDS

1015 7th Street • Sacramento, CA 95814

916.442.3883

www.merchantsnational.com

Bauer Financial
5 Star Rating



Member
FDIC
1090-C



Loans subject to
credit approval.



Veribanc Inc. Blue Ribbon Bank

SACRAMENTO SAFE, SECURE and STABLE

TEAM BLACK

...working together for you!

#1 Selling Agent/Team for Lyon Real Estates 2008
Downtown/East Sacrament Office



TeamBlack.GoLyon.com



Wanda Noack
761-6748
Lic# 00946526

Kathy Pardun
247-7030
Lic# 01000106

Patricia Yochum
519-0207
Lic# 07121160

Diane Berry
698-7288
Lic# 00794641

Annette Black
552-7203
Lic# 00802727

Linda Petersen
217-1431
Lic# 01334922

NEW CITY LIVING • L STREET LOFTS



Bringing a new view to city living, the L Street Lofts offer beautiful new residences that are located in the heart of Midtown Sacramento, and minutes from Downtown Sacramento. With new homeowners, businesses and cultural activities springing up throughout the Downtown and Midtown Sacramento neighborhoods, you'll find as many amenities outside your doorstep as in...all within walking distance.

\$315,000 to \$1,300,000



Architectural Beauty

1948 Tudor with coffered ceilings, built-in hutches, plaster walls, arched doorway, hardwood. Traditional formal living & dining rooms with bay windows. Dramatic stairway. Large country kitchen, hobby room, 3 barge bedrooms, 2 full bathrooms. Newer CH&A/water heater. 2-yr old roof. Big backyard w/ citrus & lush landscaping \$399,990

4 Halfplexes in Greenhaven/Pocket Area

2 bedrooms, 2 bathrooms.
Priced \$159,000 - \$169,000

- 40 Bingham - PENDING
- 7341 Durfee - PENDING
- 814 Portugal - PENDING
- 753 Melonie

LUXURIOUS PAVILIONS



Stunning architectural design, open floorplans w/ high ceilings, hardwood floors, granite kitchen, GE Monogram appliances include built-in refrig, stove, micro & wine cabinet. Designer fixtures & tile in all baths. Beautiful patios with fireplaces in each home. Exceptional clubhouse with full kitchen, meeting rooms, workout gym, pool/spa & BBQ area. You will not find more luxurious homes for this price in this location!Starting at **\$525,000**



Wonderful Fourplex in Midtown

Very attractive fourplex in great midtown location. Large lot extends to alley and there are 4 garages in back. Owners unit is 2 bed, 2 bath. 3 one bed, 1 bath units. Sewer line was recently replaced. 2510 P St..... \$475,000



Desirable South Land Park

Lovely home shows pride of ownership. The tiled entry welcomes you to the formal living and dining room. The kitchen opens to a separate eating area with plenty of cabinets. The family room with a fireplace overlooks a nice size backyard which is beautifully landscaped and features a sparkling pool. 1301 San Clemente Way..... \$350,000



Lovely 3-Story Apartment Building

6 Spacious units. Each unit has front entrance and rear entrance so seller rents them as 2 bedrooms. High coved ceilings, hardwood floors, lots of old world charm. Large lot, extends to the alley. 2 Garages, lots of space for parking. Great downtown location, 1 block to county courthouse, offices & restaurants. 1421 G St..... \$799,900

Team Experience...Team Excellence...working for you!

ESKATON
Senior Residences and Services



Eskaton Monroe Lodge
A Land Park Tradition

Eskaton Monroe Lodge is an elegantly appointed six-story building featuring 100 private apartments, emergency pull cords in each apartment, shuttle van service, and a full-service dining room. We also feature a broad range of activities and spacious lounges on every floor for our residents use.

Eskaton Monroe Lodge is your answer to an active and independent lifestyle.

Eskaton Monroe Lodge
Independent Living with Services
3225 Freeport Blvd.
Sacramento, CA 95818
916-441-1015 | www.eskaton.org



District 3 update

Connecting with the City Council, the community

By **STEVE COHN**
Sacramento City Councilmember
Special to the East Sacramento News

In January's edition of the East Sacramento News, I summarized what we were able to accomplish in 2009 despite the worst recession since WWII. This month, I want to share with you my goals for 2010. I am meeting this month with District 3 neighborhood leaders to hear about their priorities and, of course, I would also like to hear directly from you. Visit my Web site at www.cityof-sacramento.org to take our D3 survey.

The top priority in 2010 will be the very difficult task of balancing the city's budget in the face of continued sales and property tax revenue declines and the state's efforts to steal local revenue to balance the state budget. With that in mind, I am supporting an initiative on the November 2010 ballot to prevent the state from taking away local taxes that are dedicated to transportation and public safety. It will also be critical for the city to partner with the private sector and other agencies to take full advantage of federal stimulus and job bill to create as many local jobs as possible through public works and other programs.

Here are some of the many projects, programs and ideas I will be working to achieve in 2010 despite the gloomy economy:

- With \$6 million grant from President's High Speed Rail fund, we should be on track for Groundbreaking on track relocation/ expansion of Sacramento Valley Station.
- Start of construction on museums, shops and housing in Railyards and Township 9, first phase of more than 15,000 housing units in Central City (30,000 new residents).
- Open RT Green Line Light Rail Extension to Richards Blvd.
- Develop funding plan to implement RT Transit Action Plan.
- Grand opening of the Crocker Art Museum expansion
- Design competition for Sacramento's signature street, Capitol Mall.
- Complete next phase of Sutter's Landing Park, with bocce, basketball courts and enhanced landscaping.
- Partner with Sac State to update plan to build campus village and clean tech center.
- Partner with community stakeholders to complete new elementary school, replacement housing, and new pla-

See Update, page 15

LAMINATE FLOORING - CARPETS - LINOLEUM - TILE - HARDWOOD FLOORS - DRAPERIES - WALLPAPER

Waldo Bowers
FLOOR COVERING INC.

- Sand and Finish
- Carpet
- Area Rugs
- Wallpaper
- Hardwood Flooring
- Ceramic Tile
- Laminates

Carpet & Floor Coverings

Visit Our **NEW Showroom**
at our **NEW LOCATION**

2300 BROADWAY

451-0114

"Professional Installation - FREE Estimates"

BBB MasterCard VISA DISCOVER LIC# 522078

SACRAMENTO'S OLDEST FLOOR COVERING CENTER

LAMINATE FLOORING - CARPETS - LINOLEUM

Update: Priorities include expanding Sutter's Landing Park

Continued from page 14

zas/landscaping next to Mercy Hospital.

- + Install neighborhood traffic management measures for neighborhoods surrounding the Mercy/SHPS project, Crescent Park near Folsom Blvd. and Sunshine Tract in North Sacramento.
- + Attract solar PV farm to Sutter's Landing Park.
- + Resurface McKinley Park tennis courts.
- + Adopt McKinley Park Rose Garden Master Plan.
- + Construct new park/playground in Ben Ali neighborhood at Plover School.
- + Adopt park plan for 19th and Q Streets.
- + Adopt names for Central City Alleys.

+ Construct alley activation pilot between L and Capitol, 17th and 19th Streets.

- + Install new street lighting in Midtown.
- + Adopt 65th St. transportation circulation plan.
- + Complete two-way conversion on J Street (between 30th-Alhambra).
- + Establish quiet zones on city's remaining 14 railroad crossings.
- + Complete construction of Alhambra and Stockton Mixed Use Residential Project.
- + Complete Responsible Hospitality Process by adopting strategies to enhance the nighttime economy, public safety and quality of life of residents.
- + Partner with SCUSD to adopt plan to open new elementary school in Midtown and keep open other neighborhood schools.

+ Develop solution for Sac High/ "Consent Decree".

- + Open VIBE afterschool lounge in Central City.
- + Complete K Street streetscape on 700/800 blocks.
- + Sponsor French Film Festival, Jewish Film Festival and Jewish Heritage Festival.
- + Stage 15th Annual Pops in the Park concert series and 6th Annual Screen on the Green movie series.
- + Meet city's Sustainability Master Plan goals.
- + Expand volunteer containerized green waste program citywide.
- + Adopt balanced budget that doesn't compromise public safety or quality of life.
- + Adopt financing plans for new Studio for the Performing Arts at 14th

and H, Capital Unity Center at 16th and N, and new B Street and Children's Theater on Capitol Ave.

- + Make substantial progress on Folsom Dam and levee improvements needed to achieve 200-year flood protection on Sacramento and American Rivers.
- + Increase number of police officers.
- + Phase out brownout of city fire stations.
- + Adopt Swanston LRT Station Transit Village Plan.
- + Partner with UCDCM, Midtown Business Association and neighbors to start ZipCar Car Sharing program.
- + Partner with East Portal Bocce Club to resurface bocce courts.

If you have any questions or comments, please contact me at (916) 808-7003 or at scohn@cityofsacramento.org.

More Than Therapy, More Than Rehabilitation, We Get You Back On Track.

"When my husband Alfred was admitted to Rosewood Rehabilitation, we couldn't get over the way the nurses took care of him as soon as he was assigned a room. We were both relieved because we were under heavy stress before arriving at Rosewood Rehabilitation. My husband has now progressed and we're very satisfied with the care he's receiving. With much thanks." — Agnes H.

6041 Fair Oaks Blvd • Carmichael, CA 95608



Rosewood Rehabilitation
Providing Courteous 24-Hour Skilled Nursing Care & Sophisticated Rehabilitative Services



916.483.8103

—SAY—
"I love you"
FROM HEAD TO TOE
WITH A MASSAGE ENVY
GIFT CARD



PERFECTLY AFFORDABLE GIFTS START AT JUST **\$49**

Massage Envy
SPA™



Perfectly HEALTHY. *Perfectly* CONVENIENT. *Perfectly* PRICED.

With professional therapists and estheticians, convenient locations, and late night and weekend hours, a healthy escape will be waiting when your sweetheart needs it most.

MIDTOWN | 1901 S Street, Suite 101
19th and S Streets | (916) 447-ENVY (3689)

Franchises Available | MassageEnvy.com | Convenient Hours. Open 7 days: M-F 8am-10pm, Sat 8am-8pm, Sun 10am-6pm

Rates and services may vary by location. ©2010 Massage Envy Franchising, LLC.



Photo courtesy Tom Myers Photography

Tom Myers, a nationally renowned commercial stock photographer and author, has published a book documenting Sacramento's rich history through postcards dated from 1905-1925.



Photo courtesy Tom Myers Photography

The ladies pictured on the right of this postcard with their fancy ground-length dresses are grateful that the city, at the time, employed street sweepers to clean-up after horse drawn carriages and wagons. Fashion has never been very practical. The postcard is postmarked April 1909, but the photograph is c. 1900. The electric streetcars appeared in 1895.

Postcards from the past

Land Park photographer leaves a permanent mark in history

By **ELIZABETH VALENTE**
East Sacramento News Writer
reporter@valcomnews.com

Tom Myers' love for history and photographs is shaping into something fantastic – for him and the Greater Sacramento Area.

Myers, a nationally renowned commercial stock photographer and author, has pub-

lished a book documenting Sacramento's rich history through postcards dated from 1905-1925. "Postcard History Series: Sacramento" from Arcadia Publishing, features 213 historical black-and-white postcard/photographs.

This book would be the publisher's 19th title documenting the history of the Sacramento area.

"Tom is an ideal author for a pictorial history in the fact that he's an experienced photographer whose work is already highly respected by locals," said Teresa Simmons, publicist for Arcadia Publishing.

It took Myers six years to collect the rare, decades-old postcards. He has more than 600 vin-

See Postcards, page 17

R.S.V.P.

Join Mercy for Heart to Heart a health event made just for you and your heart

Mercy is celebrating National Heart Month with fun and informative events focusing on the unique heart and health issues of women. Join us as we discuss cardiovascular health with Mercy Heart & Vascular Institute specialists and physicians. There will be blood pressure, cholesterol and other screenings, delicious hors d'oeuvres, wine tasting, a culinary show with Executive Chef Randall Selland and the chance for a little retail therapy at our marketplace expo. Plus win a VIP lunch with Randall Selland at Ella Restaurant and Bar.

Heart to Heart

Thursday, February 18 – 5:30 p.m.

\$10 per person – Arden Hills Country Club, Sacramento

Space is limited, so advanced registration is required.

Register online at mercyheartsacramento.org or call us at 916.851.2110.



Mercy General
Hospital

MERCY HEART & VASCULAR INSTITUTE

Postcards: 'It's important to remember'

Continued from page 16

tage cards bundled in a black binder he keeps in his Land Park office. His new book, brings to life the history of the city's early years showcasing postcards such as symmetrical rows of historic buildings off of K Street, acres of undeveloped land, Sacramento bathhouses, McKinley Park, early farmers and even the fashion line of the time. Almost all the postcards he features in the book have writings on the back. He describes the writings as a form of "story telling."

"Postcards were cheaper to use than it was to make a phone call back in the early 1900s. The mailman would make four deliveries a day, explains Myers. One card from 1913 reads, 'I'll be in late tonight on the "L" train. Meet me around 6 p.m.'

"That would be mailed around ten in the morning and the person would get the postcard by the afternoon and show up in the evening."

Myers knew the postcards were special the moment he saw them – a feeling, he jokes, that is often shared by collectors such as himself. He has spent hundreds of dollars amass-

ing his collection, countless hours reviewing old blue prints at the library, walking up and down the busy streets of Sacramento, but nothing compares to the expense he endured learning how to "Google."

"I learned how to Google because of this book," joked Myers. "I hate the computer, but I like to Google."

At 84, Myers continues to work out of his home which he has turned into a photography museum. Along with his wife Sally and son Jeff, all photographers, Myers continues to live and breathe what he loves to do: photography. For more than 45 years his stock photos depicting everything from the California agriculture to the deserts of New Mexico, have appeared in National Geographic, Newsweek, National Wildlife, hundreds of educational books and magazines, and Hallmark cards.

He has more than 600,000 slides all cataloged in banker-made cabinets out of his home in Land Park.

"The slides we have are different from what the photo agencies have. We have more natural ap-

pearing scenes," he said. "Some slides start at \$1,500 and go up from there."

Myers first venture of documenting history was when he was shipped to Korea in the 1940's. There he took snapshots of his combat engineer unit, the 45th Infantry Division. "I always had a camera around my neck, not for the Army, just for me. I took photos of tanks hitting mines, military personnel in camps, and the unique scenery. It's just so easy to forget what came before us, but it's important to remember. Everything we face today, we have faced before."

Those 600 "permanent" photos of the Korean War he took now sit in an archive at the Smithsonian in Washington D.C. Myers started taking photos with a manual 35mm Canon, 45 years later, he is still using a Canon, but to help keep up with the times, he's using a digital.

Myers will be signing his new book, "Postcard History Series: Sacramento" at The Shack off of Folsom Boulevard on January 30 from 4-7 p.m.

Tell Us...

Your Athletes' Glories

Youth sports news helps encourage, recognize and reward positive performance.

Share their accomplishments.

e-mail write-ups, press releases, announcements and photos to editor:

Ryan Rose
ryanrose@valcomnews.com

Phone: 429-9901

Fax: 429-9906

Produced by Feld Entertainment

Disney ON ICE
PRESENTS
WORLDS OF FANTASY

See Tiana, Disney's newest princess! Plus a dazzling display of gorgeous gowns. Free to all ticket holders. Arrive up to one hour early.

We've Iced The Price. Tickets Starting At Just \$14!

FEB. 10 - 15 ARCO ARENA

Wed. FEB. 10 • 7:00 PM	Thu. FEB. 11	Fri. FEB. 12	Sat. FEB. 13	Sun. FEB. 14	Mon. FEB. 15
OPENING NIGHT	FEB. 11	FEB. 12	FEB. 13	FEB. 14	FEB. 15
Buy One Ticket, Get One FREE! *	11:00 AM 7:00 PM	11:00 AM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	11:00 AM 1:00 PM 5:00 PM	12 NOON 4:00 PM

*Excludes Front Row and VIP seats. No double discounts.

Buy tickets at Ticketmaster.com, ARCO Arena Box Office or call 1-800-745-3000

FEB. 18 - 21 STOCKTON ARENA

Thu. FEB. 18 • 7:00 PM	Fri. FEB. 19	Sat. FEB. 20	Sun. FEB. 21
OPENING NIGHT	FEB. 19	FEB. 20	FEB. 21
Buy One Ticket, Get One FREE! *	7:00 PM	11:00 AM 3:00 PM 7:00 PM	1:00 PM 6:00 PM

*Excludes Front Row and VIP seats. No double discounts.

Buy tickets at StocktonTickets.com, Stockton Arena Box Office or call (209) 373-1700

Ticket Prices: \$14 - \$17 - \$23 - \$38 VIP - \$62 Front Row
Limited number of Front Row and VIP seats available. Call or go online for details.
(Service charges, facility and handling fees may apply)

www.disneyonice.com

My Best Friend

featured on our monthly
PETS LOVERS section
in one of our area newspapers

Arden/Carmichael News • East Sacramento News
Land Park News • Pocket News

Send your favorite pet's photo and a brief description.

Valley Community Newspapers

2709 Riverside Boulevard, Sacramento, CA 95818

(916) 429-9901

Your Home Improvement Guide

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

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

BUILDING MATERIALS



INVENTORY ALWAYS CHANGING!
Windows & Doors! Plywood, lumber, siding, cabinets, molding & more!
All are heavily discounted Contractors' extras or overstocked items.
916-369-1846 • www.builderssurplusllc.com
6015 Power Inn Rd, Suite G • Sacramento 95824
Hours: Mon-Fri 9-5, Sat 9:30-4, Closed Sunday

YOUR AD SHOULD BE HERE!

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

BUILDING MATERIALS & FENCING

AESTHETIC FENCE COMPANY
HANDYMAN SERVICE

**AFFORDABLE FENCE
LUMBER & SUPPLIES**

Gates, Retaining Walls, Repair Work
Fence Installments \$12.75 Ft.
FREE Estimates. NO Deposit.

Retail lumber available at wholesale cost.
Redwood • Cedar • Pressure Treated
Premium Grade

Phone: 916.570.3078 • Cell: 916.380.0061

CONSTRUCTION

Griffin Construction
• New Construction
• Remodeling & Room Additions
• Demolition & Removal of Old Unwanted Existing Garage & Replace with New Single/Double Larger Garage or Shop.
Staying small to serve you better.
Local references
Lic # 510423
Call (916) 402-7463

CARPET & UPHOLSTERY CARE

Johnny on the Spot

Complete Carpet and Upholstery Care

"Our cleaning is the most thorough you have ever had, or we will clean it again free. If you are still not pleased, we will refund your money."

- I.I.C.R.C. Master Cleaner
- Stain Removal Experts
- Carpet Repairs & Restretching
- Pet Urine Removal

Visit our website at www.johnnyonthespots.com for more info, coupons and specials.

Call (916) 997-7895

CLEANING

PROFESSIONAL

Free Estimates
Licensed & Insured

- WINDOW CLEANING (inside/out/screens washed)
- Pressure Washing (house ext/walkways/all concrete areas)
- Rain Gutter Cleaning
- Hard Water Stain Removal

Prime Quality
Maintenance



Call Jesse (916) 417-4231

CUSTOM WOODWORKING

ZCGordon
Fine Woodworking

www.zcgordon.com
916.451.9962

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC

Since 1960 in Sac area

Reasonable

Res. & Commercial work

Repairs, Trouble Shooting
Custom Lighting/Free Est.

(916) 451-2300

Cell: 213-3740

Neil McIntire — C.S.L.# 394307

GENERAL CONTRACTOR

HandyHand Service

Custom Design
Remodel and Repair

Call (916) 606-6810

Quality work-No extra cost

Manda

General Contractor Lic # 908157

GUTTER CLEANING

**GUTTER
CLEANING**

Licensed & Insured
Senior Discounts

James Brothers Services

(916) 236-8940

Lic# 630547

FENCING

Bob Grove
(916) 425-7435

License #:
927602

**GATEWAY
FENCE CO.**

Commercial & Residential

Gateway-Fence.com
bob@gateway-fence.com

Fax (916) 429-1905

5% OFF
Winter
Special

HANDYMAN

WINTER STORM CLEAN-UP/emergency services avail.

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

Call LESTER
(916) 838-1247

Lic#128758/Ref



Pressure wash your driveways clean! your decks, too!
Clean out your garage! Replace that old lawn!

Hard work ---not a problem!

SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 10 YRS*

HANDYMAN

Reliable Handyman

Doors • Molding • Windows
Cabinets • Electrical
• Plumbing
Water Heaters • Disposals
All repairs
15 Years Experience



Call (916) 806-7879

YOUR AD SHOULD BE HERE!

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

HANDYMAN

**FREEDOM
HANDYMAN SERVICES**
Free up your time from those pesky unwanted jobs. I do odd jobs, plumbing, carpentry, security door installation, light fixtures & fans, recaulking of tubs, hauling
NO JOB TOO SMALL!
Call Eric
(916)470-3488

Your Home Improvement Guide

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

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

HEATING/AIR CONDITIONING

BONNEY
PLUMBING, HEATING, AIR
& ROOTER SERVICE

- Heating & Cooling Service/Repairs
- New Installs & Existing Replacements
- Maintenance Programs/Agreements

DON'T BE CAUGHT IN THE COLD!
Season Special

Heating System tune-up \$85

CALL 444-0551

- Service on All Brands
- High Efficiency Air Filters
- Freon Leak Detection

FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

LANDSCAPING

FREE WINTER FERTILIZATION WITH SIGN UP (a \$75 value)



- free estimates & competitive prices
- specializing in lawn service & maintenance
- commercial & residential
- sprinkler system maintenance & repair
- one time clean-ups

Alfredo Lopez/Owner • 916-752-2710

License# 1002231

LANDSCAPING

**SACRAMENTO
LANDSCAPE Co.**

SINCE 1995

CONSULTATIONS
DESIGNS · ESTIMATES
HOMES · BUSINESSES

CALL: 832-2010

WWW.SACRAMENTOLANDSCAPE.NET
CL# 770400

LANDSCAPING

ROBERTS LANDSCAPE
CUSTOM LANDSCAPE

AND DESIGN

- *Sprinklers *Decks
 - *Concrete *Masonry
- Experienced with
Old Garden Renovation

Call: 444-6458

License # 590317

LANDSCAPING

Terra Bella
Gardening Maintenance
Get ready for Spring!

- Full yard maintenance
- One time clean-up

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

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

www.terrabelलगarden.com
Lic# 152584

MASONRY

BRICK & STONE

Cultured Stone, Block,
Walls, Patios, Walks,
FREE Estimates

(916) 899-0101

CA Lic #516538 ~ References

PLUMBING

Riverside Plumbing

Keith & Harry Staley
Full Service
Lic# 338816 C-36

Office 442-7586 Mobile 204-4090

Located on corner of 7th and Riverside Boulevard

25% Discount for all new customers with this ad, good until 07/31

(discount applies to labor only)

Water Heater Disposal Faucets
Sewer & Drain Cleaning/Video Camera Inspections

WE SPECIALIZE IN

•Copper repipe •Sewer and water line replacements •Gas lines - installed

PAINTING

GARY'S PAINTING

CUSTOM RESIDENTIAL
INTERIOR & EXTERIOR OVER 20
YEARS EXPERIENCE WITH PRIDE
EXCELLENT REFERENCES

725-8781

Contractors Lic. # 734323
McClatchy '67

PAINTING

SOVEREIGN PAINTING

Quality craftsmanship
3rd Generation Painter
with over 30-years experience
(916) 422-4416

Dan Sovereign
Interior & Exterior Painting

Lic.#484215

PLUMBING

BONNEY
PLUMBING, HEATING, AIR
& ROOTER SERVICE

WE CHARGE BY THE JOB...
SO YOU KNOW THE COST
BEFORE WE START!

CALL 444-0551

- Toilet, faucet, sink & disposal repairs
- Installation of new plumbing fixtures
- Trenchless sewer replacement
- Sewer & Drain Cleaning
- Water & gas line repair
- Water heaters

FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

PLUMBING

**PLUMBING \$30/HR
HANDYMAN BIDS**

Complete remodeling & repair.
No job too small!
20 years experience
Will beat any roofer price.

(916) 521-5858

Alfaro Plumbing Lic# 785801

PLUMBING

**ROONEY'S
PLUMBING**

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com

License #683668

PLUMBING

Straightline Plumbing

We'll beat any written estimate!
We charge by the job,
not by the hour!

COMPLETE Plumbing 
service & repair Lic # 713823

Call Don @ (916) 481-3836

STUCCO

JK & Sons *A Perfect Patch*

For All Your Stucco Needs

Small or Large jobs — We do it all

- Custom colors • Pop-outs ~ All shapes & sizes
- All textures • Smooth • Imperfect Smooth
- Light skip • Heavy skip • Sand finish

* We also rent scaffolding.*

License #578647

Call Today (916) 962-2892 or 712-0831

REMODEL CONTRACTOR

All Range, Inc.



Free Estimates, WE DO IT ALL!

Kitchens & Bath Remodels,
Dry-rot repairs, Roofs, ADA, etc.
916-240-7700 or 916-320-2534

Lic# 930998

YOUR AD SHOULD BE HERE!

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

ROOFING/SIDING

ZIMMERMAN
REROOFING

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

Your services are needed!
Call Melissa at (916) 429-9901

Pieces of the past

Cal Expo has long, rich history in Arden area

By LANCE ARMSTRONG
East Sacramento News Writer
lance@valcomnews.com

With the January 14 news that the National Basketball Association and the owners of the Sacramento Kings are backing a proposal featuring a three-way land swap that would include a new sports and entertainment complex on the city's portion of the historic downtown rail yard and a new fairgrounds at the site of Arco Arena, the timing is right to take a trip down memory lane to when Cal Expo became a part of the community.

It has been 41 years since the opening of Cal Expo, which as part of the proposed land swap would be sold at market value and be redeveloped.

The road to the creation of Cal Expo began with the state's 1948 purchase of 1,000 undeveloped acres, which would partially be used as the site of the new fairgrounds.

It was not until the early 1960s, however, that funds were allocated and more specific planning began for the construction of the Cal Expo fair site, which would replace the Stockton Boulevard fair site, which opened in 1909.



Cal Expo is shown in this photograph, taken in 1968, the year the State Fair was first held at this site.

Photo courtesy of the Lance Armstrong Collection

One-of-a-kind events

One of the most notable events leading to the opening of Cal Expo occurred prior to the 1967 California State Fair, which was the last State Fair held at the old fairgrounds.

On May 22, 1967, the new, 630-acre fair site was dedicated by then-

Gov. Ronald Reagan during a 25-minute ceremony, which began at 2 p.m. on a platform at the base of the American River levee.

The ceremony, which was held on a very hot day, in which temperatures reached 106 degrees on the platform

and 103 degrees in the shade, drew 300 people, including various state officials and other distinguished guests.

During his brief speech, Reagan told the crowd that Cal Expo would represent "the best of the past, in which the State Fair (would) preserve a slice of

Americana; and it (would) be a window into the future."

California Sen. Albert Rodda, who authored the legislation for Cal Expo in 1963, also spoke at the ceremony.

See Cal Expo, page 21

CLASSIFIED ADS

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

BOOKKEEPING

#1 BOOKKEEPER

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

COMPUTER SERVICE

GOT COMPUTER PROBLEMS?

Pocket Computer Technician. I do on-site visits in the Pocket area. \$35/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161

GARDENING SERVICE

SPI GARDENING SERVICE

Winter Clean-up Special! Complete yard maintenance, monthly services OR one-time cleanups. Gutter cleaning, sprinkler repair, & pressure washing. FREE estimates & senior discounts. Work done by owner. Lic# 631205. Call Bob (916) 391-5234 or 212-5234..

HANDYMAN

WINTER CLEAN-UP!

Rain gutter's cleaned, concrete removal, sod placement, rototilling, pressure washing/power spray, yard work, hauling, painting, tree & shrub removal, general labor, fence repair, odd jobs & more. References available. Licensed. Call Les at 838-1247.

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

HOUSEKEEPING

EXPERIENCED HOUSEKEEPER

Experienced housekeeper looking to add new clients. Honest, dependable, reliable & very picky about how I clean your home. I clean your home the way YOU want me to. Affordable rates. Ref. available. Contact Sharon @ 916 451-4014.

Check out the Home Improvement Guide in the East Sacramento News.

Call 429-9901.

PET PORTRAITS

ORIGINAL PET PORTRAITS

Original Pet Portraiture. Realistic paintings of beloved pets. Perfect gift for animal-lovers! Reasonable prices. Submit photograph—turn around 7-10 days. Email melissa@melissaandrews.com or call 447-4441.

ROOMMATE WANTED

ROOMMATE WANTED

1 unf. room, full/prvt bath, in a furnished custom duplex in Pocket/Greenhaven area. Rent \$595 plus 1/3 of SMUD & PGE. All amenities. Private pool. Cable/internet access/security paid. Call Kimberly 717-5604.

TAX PREPARER

#1 TAX PREPARER

26 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820. Same low 1990 rates. www.taxirene.info



Sell your car! 429-9901

HOUSING

Florin Gardens page 8
Cooperative, Inc.

Gated · Pool · Basketball Court · Playground
On-site Laundry & BBQ Area

- Section 8 Available - Must meet HUD Requirements

1 BR-\$621 • 2 BR-\$708 • 3 BR-\$825

(916) 422-4242

6951 24th St, Sacramento 95822

Accepting applications from 1/25/10 - 3/31/10

CALIFORNIA KIDS!

Advertise in California Kids!
Family Fun Guide!!!
Serving Greater Sacramento,

For more information, call Marc
at (916) 429-9901

Published by Valley Community Newspapers, Inc.

East Sacramento News would like to hear from you!

Do you have an interesting story to tell?

Unusual hobby, collection or job? Maybe it's your 100th birthday! Did your child win a special award that needs to be recognized? Do you have fun/unusual photos you would like to share with the readers?

Do you know someone who deserves recognition for volunteering?

We want to hear from you.

Mail to:

East Sacramento News
2709 Riverside Blvd.
Sacramento, CA 95818

or:

ryanrose@valcomnews.com

Cal Expo: 'I still love the buildings up there at the Expo Center'

Continued from page 20

ny, saying, "I am confident of (Cal Expo's) success. The state is ready for it and it cannot fail. We are providing an exposition that will show all heritage, spirit and culture of the state of California."

The event culminated as Reagan, with his wife Nancy at his side, unveiled a dedicatory, bronze plaque, which read: "California Exposition. 'To serve the needs of the people of California.' Dedicated May 22, 1967. Ronald Reagan, governor."

While Ronald and Nancy Reagan remained standing next to the plaque, a crane lowered a large, heavy, outline map of the state of California toward a concrete base. Ronald Reagan then helped lower it onto the base, which was created with sand from all 58 California counties.

Above the Reagans and other attendees, fireworks were launched, aerial rockets exploded and small American flags attached to little parachutes made their way to the ground.

The ceremony also included performances by the University of California, Davis band.

Developing the grounds

With only a year prior to the opening of Cal Expo, the race began to have the grounds and its buildings completed in time for the 1968 State Fair.

Throughout 1967 and up until the opening of Cal Expo, local media provided those living in the region with information about the future and continual status of the site.

Prior to the construction of Cal Expo, for instance, The Sacramento Bee showed an artist's rendition of the future fairgrounds' nine-acre, \$3.8 million complex, which was designed by the San Francisco firm, Wurster, Bernardi and Emmons, and would consist of "modernistic" buildings with changing exhibits depicting the state's rich culture and heritage.

As the grounds continued to develop, The Bee and other news media presented views of the future fairgrounds, which also included a variety of water features.

Built at a cost of \$33 million, Cal Expo was eventual-

ly completed in time for the opening of the 1968 State Fair.

Although many people were saddened to see the old fairgrounds close, nonetheless much excitement surrounded the opening of the new fairgrounds, which featured its aforementioned eight-building Exposition Center, its three-building Exhibits Complex, a spacious grandstand with permanent seating for 7,000 overlooking a one-mile race track, an outdoor arena and a midway and concessions area.

The fair, which also features the Raging Waters water park, a permanent monorail system, the Sept. 11 Memorial Park and its iconic water tower, was officially opened by Ronald Reagan at its Cal Expo site on August 26, 1968.

Cal Expo memories

Since its opening, Cal Expo has been home to the creation of many memories.

Artist Ann Ragland Bowns of Citrus Heights said that she has loved Cal Expo since she first visited the fairgrounds in 1968.

"I was an art demonstrator there (at the 1968 State Fair)," Bowns said. "I love the (Cal Expo) fair and I still love the buildings up there at the Expo Center. The water features are one of the most spectacular and enjoyable things at (Cal Expo) and I also like to look at the farm animals."

Greg Kinder, a deputy manager for the State Fair, said that during his youth "a lot of times (going to the fair at Cal Expo) was the highlight of the summer."

Cal Expo, which has been home to a wide variety of other events, ranging from the Sacramento County Fair, the Sacramento Jazz Jubilee and the Sacramento Autorama to the Governor's Inaugural Ball, concerts and many horseracing events, continues to serve the community.

But after four decades of providing many fond memories for many people in the region and throughout the state, Cal Expo remains in limbo.

Meanwhile, efforts to provide a larger and more improved State Fair continue.

In an attempt to increase the fair's attendance, during an Oct. 9, 2009 meeting, the California Exposition and State Fair Board of Directors voted to have the fair open in July, beginning with the 2010 fair.

Influencing the board's decision was the fact that since 2003, many California schools had begun their school years prior to Labor Day - the day that had traditionally become the final day of the fair each year. Of additional concern to the board was the fact that this trend was scheduled to increase with the vast majority of the schools within the fair's target geographic area in 2010.

The fair board also recognized state employee furloughs as another reason for decreased attendance in 2009.

Cal Expo will host its 42nd State Fair from July 14 to August 1.

As for the possibility of a relocation of the fairgrounds or perhaps a re-vamping of the current fairgrounds, only time will tell.

Continue reading the Arden-Carmichael News for the latest on the land swap-Sacramento Kings arena deal involving Cal Expo, Arco Arena and the Sacramento downtown railyards.



East Sacramento News Photo/Lance Armstrong
The Cal Expo water tower is a longtime iconic landmark of the fairgrounds.

Elementary. Secondary - Mathematics - English - Science - Business - Social Science + more!!!

Wanted:
Motivated individuals with a baccalaureate degree to become skilled, California credentialed elementary or secondary teachers.
In just one year, earn your California Teaching Credential.
New classes start in June.

Start a Rewarding Career TEACH!

Teacher Education Institute

A Fully Accredited Teacher Credential Program With San Francisco State University

For Information Contact:
Teacher Education Institute
(916) 525-1765
www.egusd.net/tei

Elementary. Secondary - Mathematics - English - Science - Business - Social Science + more!!!

LOOKING FOR A JOB?

Let your community know about you.

120,000 pairs of eyes will see your ad
Reach the RIGHT employer

HIRE ME

ARTIST - 10 years experience in graphic and mechanical drawing. Local, will work days, salary negotiable. Call xxx-xxxx, ask for xxxxxxxx.

BUSINESS ASSOCIATE - 8 years exp. in social work. Bilingual, Excel, secretary skills. Call xxx-xxxx after 6pm.

FINANCE BACKGROUND - willing to travel. Banking, mortgage and trusts experience. Salary neg. Local preferred. Call xxx-xxxx.

Place a 3-5 line job wanted ad for \$40 a month in all our newspapers:

- Arden-Carmichael News
- East Sacramento News
- The Land Park News
- The Pocket News

Call today (916) 429-9901
Ask for employment wanted

Your resume will also be posted on our Web site: www.valcomnews.com

CALENDAR

For more Calendar entries visit
www.valcomnews.com

GET IN THE CALENDAR

Is your club, group, church, school, or organization having an upcoming event? Let us know. Send information about your event—including date, time, location, a brief description, cost (if any), and contact information—to Calendar, c/o Valley Community Newspapers, 2709 Riverside

Blvd., Sacramento, CA 95818, or e-mail ryanrose@valcomnews.com. Deadline is one week before publication. Priority is given to events that are in the community and/or of little or no cost. There is no guarantee that events submitted will appear in the calendar. To ensure placement within the newspaper, please call 429.9901 to place an advertisement.

FEBRUARY

Jo Anne Marquardt art show

The Unitarian Universalist Society of Sacramento presents an exhibition of the artwork of Land Park resident Jo Anne Marquardt Jan. 22 to Mar. 21, 2010 at the UUSS Auditorium located at 2425 Sierra Blvd, Sacramento. An opening reception will be held on Friday, Jan. 22 from 5:30 to 7:00 p.m. This event is free. For more information visit www.uuss.org.

Pocket girls softball

Register now through March 1 for the 2010 season or sign-up at player evalua-

tions, Jan. 30 at 9 a.m. at Carolyn Wenzel, 6870 Greenhaven Dr. or visit www.pocket-girlssoftball.com. For girls ages 4 ½ to 16.

FEBRUARY 4

Growth Exhibition Opening at

Sacramento State

The reception of local photographer Andri Tambunan's Growth photo exhibition at Sacramento State University Union Gallery on Thursday, Feb. 4, from 6 p.m. to 10 p.m. Also, he will be debuting my book that summarized my travels and experience consisting of photographs, journal entries, quotes, candid pics, etc. The actual exhibition runs from January 25-February 25 so drop by and see it in person if you are in the area. Bring the flier or its print out as a parking pass. The exhibition could also be viewed on my NEW Web site www.andritambunan.com.

FEBRUARY 5

Organic Gardening

On February 5, 2010, the Organic Gardening Club of Sacramento County will meet at the Carmichael Park Administration Building, Room 1, 5750 Grant Avenue, Carmichael, at 10 a.m. The program, "Gardening Potpourri" will be presented by Candace Schuncke, Fair Oaks Horticulture Center. Call 916-635-6724 for information.

FEBRUARY 6

School crab feed

St. John the Evangelist School presents its 27th Annual Crab Feed Dinner on Saturday, February 6th from 6pm to midnight. No host bar from 6pm to 7pm, 7pm to 9pm is dinner and raffle and from 9pm to midnight is dancing. Tickets are \$39 per person and can be purchased in the school office at 5701 Locust Avenue, Carmichael. Dinner includes salad, pasta, crab and dessert. All proceeds go to the school for yearly expenses. Call 481-8845 for more information.

Military Widows

The Society of Military Widows, Sacramento Chapter No. 5, will meet on February 6, 2010, at the Lions Gate at McClellan Park at 11:30 a.m. for lunch. Guest speaker, Coast Guard Commander, Pete Schichtel, will present information and slides about the Coast Guard's duty. Call 916-635-6724 for information.

Rotary Wine Fest

Pocket-Greenhaven-Carvalho Winery Rotary Wine Fest is Saturday, Feb. 6 from 6:30 p.m. to 9 p.m. Donation of \$30 for entrance.

Local producers will be presenting their best wines with hors d'oeuvres and music and a raffle and auction to benefit rotary projects. Wine tasting in a unique and elegant setting at the Old Sugar Mill, 35265 Willow Ave. in Clarksburg, Calif. For ticket information, call (916) 421.5381 or footej@comcast.net.

Jensen Garden workday volunteers

Friends of the Jensen Botanical Garden hold garden work days one Saturday of every month from 9AM to 1PM. The next workday is Saturday, February 6, 2010. Bring work gloves, hand pruners and your lunch. Come join with other volunteers to keep the garden beautiful all year. Next workdays in 2010 are 3/6, 4/10, 5/8, 6/5, 7/10, 8/7, 9/11, 10/9, 11/6, 12/4. The Jensen Garden is located at 8520 Fair Oaks Blvd. in Carmichael. For more info: Tracy Kerth (916) 485-5322 ex23 or e-mail tracy@carmichael-park.com.

Alzheimer's and Dementia Support Group

Families and people with Alzheimer's Disease or a related dementia will benefit by learning how to live with memory loss, meeting with others in similar situations, working with compassionate professional facilitators. On Saturday, February 6, from 10:00-11:30 a.m., at the Asian Community Center (ACC), 7375 Park City Dr. Event is free of charge. For more information and to register contact: Susan Sarinas, 393-9026 Ext. 339, ssarinas@accsv.org. Pre-registration required. Meeting will be cancelled automatically if there are no registrations.

FEBRUARY 6-7

Jewish Film Festival

Humor Abounds at the 13th Annual Sacramento Jewish Film Festival, Saturday February 6 and Sunday February 7, 2010. It all happens at the Historic Crest Theatre 1013 K Street. Advance tickets are on sale now at the Crest Box Office and tickets.com. Tickets are \$10 general admission, \$8.50 for seniors, students and Friends of the Festival. Festival passes are \$34 general, \$30 for seniors, students and Friends of the Festival. Saturday and Sunday Day passes are \$18.00, \$16.00 for seniors, students and Friends of the Festival. For additional information go to www.thecrest.com, www.sacjff.org or by calling 916-442-7378.

FEBRUARY 9

Gray Panthers meeting

Pending state and federal health legislation will be the topic of the February 9th



Mercy General Hospital in 1925, Original J Street Entrance

"Our name is *Mercy*;
our spirit is *Compassion*."

— Sr. Catherine McAuley, Foundress of the Sisters of Mercy, 1831

Since 1925, Mercy General Hospital and the Sisters of Mercy have fulfilled a ministry of healing through high-quality, affordable healthcare to the community.

You are invited to our 85th Birthday Celebration. Help us honor our past, celebrate our daily excellence and embrace a future of compassionate care.

If you were born at Mercy General, please let us know, we have a special surprise for you at this event! Please let us know your birthdate when you RSVP.

Date:
February 11, 2010

Time:
2:00 p.m. - 3:00 p.m.

Location:
Mercy General Hospital
Main Auditorium
Lower Level -
North Elevators
4001 J Street, Sacramento

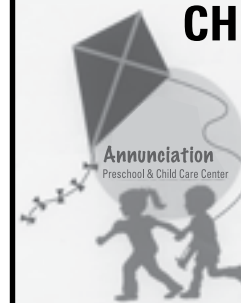
RSVP:
mghevents@chw.edu or
Chona Lawless at
916.453.4453

Free validated parking
available in the parking
garage.



MERCY GENERAL HOSPITAL
mercygeneral.org

NEW TO EAST SAC! ANNUNCIATION PRESCHOOL & CHILD CARE CENTER



QUALITY CARE!

- Creative Curriculum
- Secure environment
- Accessible from all freeways
- Open 7am - 6pm (M-F)

For
Children
2-5 years

3022 F Street • (916) 231-9173
(located at the Greek Orthodox Church)

License #343616139

meeting of the Gray Panthers of Sacramento. Specialists in the health field, as well as members of the audience, will express their views on this subject. The meeting, which is open to the public, will be held at 1 PM at the Hart Senior Center, 915 27th Street, Sacramento (between I and J Streets). Further information can be obtained by calling (916) 921-5008.

FEBRUARY 10

Genealogical society meeting

Root Cellar – Sacramento Genealogical Society - General Membership meeting, Wednesday February 10, 2010, 7pm – 8:30pm, Citrus Heights Community Clubhouse 6921 Sylvan Road, Citrus Heights. Bring a family treasure to "Show and Tell" with host Glenda Lloyd. Free, visitors welcome. Contact Sammie Hudgens (916) 481-4930 or www.rootcellar.org.

Quality of life meeting

The Arden Arcade Incorporation Committee Presents: A Quality of Life Community Round Table, 7:00 p.m., Wednesday February 10, 2010, Cornerstone Church, 3245 Cottage Way, Sacramento, CA 95825.

FEBRUARY 11

Computer club meeting

The Mission Oaks Computer Club will meet on Thursday, February 11, 2010 from 1:00 p.m. to 3:00 p.m. at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The meeting topic will be "Using Online Bill Paying Systems." A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our Web site at www.missionoakscomputerclub.org.

California Citizens for Health Freedom

Sponsored by California Citizens for Health Freedom, a free lecture on "Body Signs, Swine Flu and You" will be presented by Jim McAfee, Th.M., C.C.N., 7 - 9 p.m. at the SMUD Auditorium (the old SMUD Building), 6201 S Street, Sacramento. Call 916-635-6724 for information.

Parks and Rec meeting

The Carmichael Recreation and Park District is developing a Recreation Master Plan to guide our programs. We would like the communities input to determine the types of activities and programs that are needed to meet the recreation interests of our district. There are two community workshops scheduled for your convenience. Recreation Master Plan Community Workshop, Thursday, February 11 at 6 p.m. La Sierra Community Center, 5325 Engle Rd, Carmichael, CA 95608.

FEBRUARY 12

Carmichael Geranium Society meeting

Carmichael Geranium Society February meeting - 2/12/10, Carmichael Community Clubhouse at 5759 Grant Avenue, Carmichael. Robin Parer will show us how to grow angel and pansy face pelargoniums visitors welcome - no fee.

FEBRUARY 13

Coca-Cola Memorabilia Sale

Coca-Cola Memorabilia Sale from 11a.m. to 2p.m. at Red Lion Hotel at Arden, 1401 Arden Way, Sacramento CA The Great Get

Together Chapter of the Coca Cola Collectors Club will be holding a Memorabilia Sale as a part of its 32nd Annual Convention. Entrance is free. For more information, contact: Mel Munson, Convention Chairperson, Telephone: 530 662 8840, E Mail: mmunson@pacbell.net

FEBRUARY 14

Concert at All Saints

Matthew Walsh, Organist and Maria Caswell, Violinist, in Concert at All Saints Episcopal Church, 2076 Sutterville Rd., Sacramento, on Sunday, February 14, 2010 at 4:00 PM. Music by Rheinberger, Bach and others, with \$10 donation. For more information, visit www.allsaintssacramento.org or call 455-0643.

All Saints concert

Feb. 14, Sunday, 4:00 PM All Saints Episcopal Church, 2076 Sutterville Rd., Sacramento. \$10 suggested. Matthew Walsh, Organist, assisted by Maria Caswell, Violinist. In addition to organ literature by Bach Alain and others, the duo will perform four seldom heard pieces for organ and violin by Josef Rheinberger, 19c. German composer. Walsh, a faculty member at Holy Names University in the Bay Area, has a long history as a cathedral organist, most recently in Chicago. Ms. Caswell performs on both baroque and modern violins and is a member of the American Bach Soloists. You can get more information from our church's website: www.allsaintssacramento.org or from Matthew Walsh at stellarsky@sbcglobal.net or the builder of our organ, Scott Nelson at 916-399-9752.

Mardi Gras Sunday

Northminster Presbyterian Church will present a special worship service on Sunday, February 14, at 9:55 a.m., featuring the acclaimed Dixieland Minsters performing traditional Dixieland jazz. Following the service, a free Mardi Gras luncheon of Jambalaya beans and rice, and "red velvet" cake will be served. Northminster is located at 3235 Pope Avenue, between Watt and Fulton Avenues. For more information call (916) 487-5192 or visit northminsteronline.org.

FEBRUARY 15

American Heritage Day

American Heritage Day event at 10 a.m. to 2 p.m., 8201 Greenback Lane, Fair Oaks. The 8th Annual American Heritage Day will be held at Mt. Vernon Memorial Park. This event brings history to life for children with hands on/re-enactment performances. Families can enjoy over 17 different performances and continuous free entertainment. For more information, call (916) 969-1251.

FEBRUARY 18

What Do I Do with All This Stuff?

Event is Thursday, February 18, 2010 from 10 a.m. to 11:30 a.m. Carmichael Park Clubhouse, 5750 Grant Ave, Carmichael. FREE class, but must pre-register by calling 485-5322. Start 2010 with a clean-sweep! Surrounded by clutter? Need to organize years of belongings, mementos and paper? This class will help you begin the task of sorting and disposing of clutter to help keep things manageable.

FEBRUARY 20

Crab feed for Children's home

Sacramento Children's Home Guild to hold "Down By the Sea" Crab Feed, Saturday,

February 20, 2010, at the Folsom Community Center, 52 Natoma Street, Folsom, CA 95630. Tickets are \$45. For reservations, call 916-698-1150.

Boy Scouts Recycle E-Waste

When: Saturday, Feb 20, 2010, 9 a.m. to 1 p.m. Where: Arcade Wesleyan Church, 3532 Whitney Ave., Sacramento (near corner of Whitney & Sunset Ave.) They can take: TVs (including flat screens), laptops, monitors, VCRs, stereos, disk drives, PDAs, Zip drives, computer mice, printers & copiers, scanners & faxes, telephones, video game consoles, small appliances (such as blenders, mixers toasters, vacuum and carpet cleaners). CEAR shreds all computer disk and hard drives to protect your privacy. We can't take: Large appliances. Questions? Want to arrange a pick-up (if you've got big items or you're a business)? Contact: pony-express@surewest.net.

FEBRUARY 24

Los Ninos Service League

The Los Ninos Service League is holding its next recruitment drive for volunteers to work within our organization. We would greatly appreciate it if you would post the following notice in your next upcoming publication. Thank you in advance for your continued support of the Casa Garden Restaurant and Sacramento Children's Home. Want to give back to our community and have fun too? Become a volunteer in the dining room, kitchen, or garden at the Casa Garden Restaurant. The restaurant, located in the Curtis Park neighborhood, has been raising funds for the Sacramento Children's Home since 1974. For more information about being a volunteer, please join us at our restaurant on February 24, 2010, 9:30 a.m., at 2760 Sutterville Road, Sacramento, CA 95820. Please RSVP by calling (916) 452-2809, as we look forward to meeting you.

Embroiderer's Guild of America

Embroiderer's Guild of America, 7 p.m. Wednesday, February 24, 2010, SMUD Building, 6301 S Street. "Petite Project" from National EGA. (A bookmark). Visitors welcome. (916) 961-3558

FEBRUARY 26

Crab feed

South Sacramento Rotary invites you to attend its 28th Annual Crab Feed and Silent Auction, Friday, February 26 at 6 p.m. The event will be at the Elks Lodge No. 6, 6446 Riverside Blvd. All proceeds go to support schools/charities in the community. Call (916) 428-0311 or (916) 396-7244 for tickets. Tickets: \$40.

All Saints concert

Feb. 26, Friday, at 7:30PM at St. John's Lutheran Church, 1700 L Street, Sacramento, \$10 suggested. The Sacramento Chapter of the American Guild of Organists joins with St. John's Lutheran Church in presenting the famous Wanamaker Grand Court Organists, Peter Richard Conte. Known for his orchestral transcriptions played on the organ, Conte performs at the Macy's store in Philadelphia 2 times daily. That organ is the largest fully functioning organ in the world. Conte's performance in Sacramento will include a silent movie "The Kid" (Charlie Chaplin). More information about Conte is available from his management association: www.concertartists.com. Information about the organ at St. John's is available from me, including picture.

You and your teen

Parenting and your past

By STEVE DEBENEDETTI-EMANUEL
East Sacramento News Family Columnist
steve@rivercitycounseling.com

Growing up, my father talked once in a while about his college days in Milwaukee. He helped pay his way through school by working at a brewery where the happy hours were free, started at break times, and continued after work. Were there times when he drank too much and rolled home in a particularly giddy mood? Probably, but in the end your guess is as good as mine.

I can remember wanting to ask more questions, particularly after I started bending and breaking rules as a teen. But I never did because of some sort of unspoken rule that it wasn't OK to ask him such personal questions. The line was clear: parents were parents and kids were kids.

We all know that times have changed. Teens have 24-hour access to information, including as many juicy details as they can stomach. If they're getting daily updates on Tiger's sexual escapades, then it's not a leap for them to want to know all there is to know about their parents' pasts. In fact, many teens believe that the Freedom of Information Act was written with them in mind.

Keep in mind that your teens are curious and want your guidance, and it's your job to do your best to prepare them for adulthood and making responsible decisions. It's appropriate to share information about your past, but you need to think about what and why you share. As you consider how to respond, there are several thoughts to keep in mind.

Be aware that we all have events from our past that feel uncomfortable or shameful. If you're hesitant or not ready to answer their questions, by all means don't. Tell your teens that they're asking good questions, but you're not going to answer them. Then hold firm and don't give in to their persistent questioning.

It's also important to answer only the question that's asked. Anticipating and answering questions that haven't been asked can have unintended consequences. If your daughter asks you if you ever knew anybody who got pregnant by accident, answer briefly and then wait patiently for her next question. If you get anxious and keep talking, you could blurt out information like, "Yeah, it happened to a friend and she dropped out of high school. I'm worried that this is going to happen to you, too."

By making this assumption, you'd miss a valuable opportunity to help your daughter. Perhaps her concerns are really about her friend, and you've both drawn an incorrect conclusion and missed an opportunity to provide important information. And if she is pregnant, she's going to need ongoing support, not negative predictions for her future.

Finally, be clear on why you're answering questions. If you share personal information as a way of opening up a dialogue and teaching a lesson, do so carefully. However, if you're answering and finding yourself enjoying the memories, rather than focusing on what you hope your teen will learn, stop. Your teens are asking because they're curious and want to learn from your experiences. They're really not interested in your "glory days."

Looking back, I wonder if I might have made different choices had I known more about what my father did and the mistakes he made. I'll never know, but I am aware that today's parents have many opportunities to share valuable information and influence their teen's choices. Just be clear on what and why you're sharing.

Steve DeBenedetti-Emanuel is a licensed marriage and family therapist based in the Sacramento area. Steve's columns appear periodically in the Valley Community Newspapers. Ask Steve your questions – e-mail him at steve@rivercitycounseling.com.



Windermere

Dunnigan Realtors



FANTASTIC EAST SAC

Fantastic 5 bedroom 3 bath on a very large lot with a pool on one of the best streets in East Sacramento. This home features a large formal dining room, a spacious kitchen, a very large bedroom upstairs and a completely landscaped yard with wonderful fruit trees. See www.1719-38thSt.com \$625,000

TIM COLLOM 247-8048



COMPLETELY REDONE

Don't let the outside fool you. 4 bedrooms and 3 baths with over 2400sq.ft., including a full basement under garage that would make a great wine cellar or use your imagination to create your own perfect use. Plenty of storage. Large master bedroom & bath with private patio. Designer colors TOO! See www.windermereDunnigan.com \$645,000

LISA HAVARD 698-3323



CHARMING COTTAGE

3 bed, 2 bath w/master suite - French doors fill this home w/light. Spacious living room - formal dining room features original leaded glass hutch - remodeled kitchen w/granite counters - French doors open to a lovely patio. See www.4127HSt.View24Hours.com \$369,900

CAROLE GOODIN 718-0875



SUPER LOCATION

One of the finest East Sacramento streets. Just painted on inside and beautiful random plank floors refinished. Extra large living room great for entertaining. Open family room. Home has great 1930's architectural features. See www.478PicoWay.epproperty.com \$499,000

JERRY KIRRENE 455-1001



PENDING!

NEAR EAST PORTAL PARK

Charming East Sacramento home in a vibrant location with grocery stores, restaurants and nursery down the street. The bike route on M Street gets you downtown or to the American River Trail system. You can't go wrong with this charming 3 bedroom 2 bath home with a nice large backyard. Comes with a new roof and new interior paint. See www.1309-56thSt.com \$339,900

DAVID KIRRENE 531-7495



EAST SAC DUPLEX

Fantastic duplex in the heart of East Sacramento. Perfect for owner occupancy. Each side has its own yard and a quaint porch. 2 bedrooms, 1 bath on each side. Right off of M Street!! See www.windermereDunnigan.com \$319,000

TIM COLLOM 247-8048

PROPERTY TO DEVELOP

Build 7 Midtown single family town homes near McKinley Park! Tentative Subdivision Map approved to subdivide two lots (003-0153-007 & 008 extended to 7/20/12. Floor, site & elevation plans available. Approved design includes private drive; garages; 5 detached units of 1,500sf; 2 attached units of 1,639sf; balconies; private yards. See www.2816DStreet.com \$512,000

KARA PARKER 716-3313

EL DORADO HILLS

Original owners have loved this gorgeous home that shows like a model. Tons of upgrades include tile counters & floors, designer paint colors, beautifully landscaped backyard w/play area or dog run. Four bedrooms w/bonus room or could be five bedrooms, three full baths. www.5110GarlandaDr.View24Hours.com \$399,950

LIBBY NEIL 539-5881

SERRANO

Beautiful 3 bedroom home with open floor plan on one level with gorgeous backyard and pool. Large family room kitchen combo w/stainless appliances, granite counters and double French doors leading to the patio. Master suite includes jetted tub. See www.5060tesoroway.view24hours.com \$539,000

LIBBY NEIL 539-5881

ROUNDTREE CONDO

Gated community with pool and clubhouse plus covered parking. 2 Story unit with 3 Bedrooms and 1.5 bathrooms. Fireplace in living room. Unit is sold as is and needs your updating touches to make it a great home. See www.302RoundtreeCt.com \$99,000

RON ROBERTS 808-0118



Windermere

Dunnigan Realtors

2401 American River Drive, Suite 150
484-2030

Visit Our Web Site: www.windermereDunnigan.com