

Specialty midtown café is sweet treat for Sacramento vegans

Sugar Plum Vegan Cafe opened as rousing success during Second Saturday festivities

See page 10

Marty Relles presents
'Janey Way Memories'
See page 5

COMMUNITY CALENDAR, PAGES 20-21 • KNOW YOUR NEIGHBOR, PAGE 4 • FACES AND PLACES, PAGE 22

Inside This Edition



East Sac dog park is 'ruff' place

See page 8



Senior ladies bowling for friendship

See page 6

Egg-static expedition



Elmhurst Parents' Group hosts fifth annual Spring Potluck and Egg Hunt

See page 22

Specializing in Sacramento's Finest Established Neighborhoods



DRE# 01447558

DRE# 01447558

Rich Cazneaux

Kathryn Metcalf



www.eastsacramento.com • 454-0323



Magnificent 42nd Street!

1035 42nd Street

Stunningly updated 4 bed, 2 bath home has formal liv & din rms, family room & gourmet kitchen w/ granite cntrs. The master ste offers walk-in closets, a sitting room & a remodeled bath w/ jetted tub. The backyard is equipped w/ a built-in fireplace & large patio to enjoy it all!

\$929,950

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

Vol. XIX • No. 7

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
Art Director..... John Ochoa
Junior Designer..... Ryan Vuong
Sales Manager..... Patty Colmer
Advertising Executives..... Linda Pohl
Marc Harris Desilés, Melissa Andrews
Distribution/Subscriptions..... George Macko

\$30 a year subscription

Breaking news

Mayor Johnson supports selling the Kings to raise money for new Kings Arena

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

In a stunning – and somewhat unbelievable move – Sacramento Mayor Kevin Johnson has agreed to sell the Sacramento Kings basketball team in an effort to raise money to build a new Kings arena at the railyards north of downtown.

The move was announced April 1 at Sacramento City Hall in front of a crowd of shocked city residents.

“I promised the city and the voters when I was elected that I would bring a new arena to downtown, and I plan on delivering on that promise,” Johnson said. “Previous mayors have tried to build a new arena, but they were always held back by a lack of funds.”

For a number of years, the city has attempted (and failed) to craft a deal to build a new sports and entertainment complex for the Sacramento Kings. The Kings’ current home, Arco Arena off Interstate 80, is one of the most dilapidated sports venues in the NBA. Although officials with the state of California and the city have negotiated with the NBA and local developers to build an arena at the abandoned downtown railyards, talks recently began to stall and it seemed as if the Kings might be moved to a town more hos-

pitable to building a world-class sports center. Now, Johnson said, the city doesn’t have to worry about whether or not the Kings would be moving away.

“Now we know they’re going for sure,” the mayor said. “And that fact really eases my mind.”

Johnson said that the decision to sell the Kings was a difficult choice, but he was able to convince the Kings’ owners, the Maloof family, when he explained that it was likely the only way the city would be able to provide the team a new arena. The mayor said the Maloofs were originally lukewarm to the idea, but were ultimately on board when he explained the logic behind the decision.

“I said, ‘Joe, Gavin, other Maloofs, the Sacramento Kings team is our city’s most valuable asset besides the Tower Bridge – and we can’t sell the Tower Bridge because it is bolted to the ground.’ The Maloofs immediately understood,” Johnson said.

Although the Maloofs are behind the deal now, they had earlier proposed another plan to generate revenue to support arena construction.

“We had offered to buy the name of the city from Mayor Johnson,” Gavin Maloof said. “We figured we pay, like, a million bucks for the naming rights to Sacramento. I suggested we call the city ‘The Capital brought to you by the Maloofs,’

but Joe said we should call the city ‘Kings.’ I agreed.”

Fortunately, according to star Kings player Tyreke Evans, that proposal was rejected by Johnson.

“I mean come on, we would have been the ‘Kings’ Kings.’ That is the dumbest thing I ever heard,” Evans said.

Johnson said he and the Maloofs put the team up for sale on eBay last week. After a bidding war by major cities including Seattle and San Jose, the New York borough of Queens was named the winner of the online auction, paying a little over \$30 million to move the Kings to the East Coast.

Evans said he is excited by the move and plans to work hard to build fans at his new home. He is also satisfied that the new name of the team will be slightly less embarrassing than the “Kings’ Kings”

“Yeah, we are going to be the Kings of Queens,” said Evans, shaking his head. “Wow.”

The mayor said the \$30 million should arrive sometime next week.

“I asked for cash,” Johnson said. “I’ve been burnt on eBay before.”

The mayor hopes construction on the new arena could start as soon as January of next year.

“The new arena is going to be great,” Johnson said as he finished his press conference. “Oh, and by the way Sacramento, promise kept.”

If you’ve made it this far through the story and haven’t yet realized that it is a fake, let me wish you a happy April Fools Day! Please send the inevitable complaints to ryanrose@valcomnews.com. Special thanks to Mayor Kevin Johnson and the rest for being such good sports.



Beautiful McKinley Park. The 1926 charm of the home, combined with its abundant square footage make this a rare find indeed. 5 bedrooms, 2.5 baths, updated kitchen, full basement with family room, pool / spa combo, 2 car garage, spanish stylings with 'wedding cake texture', original woodwork & moldings. 569 35th Street \$939,000

KURT CAMPBELL
PROFESSIONAL REAL ESTATE CONSULTANT
956-5878



ALLIED DOORS

“Straight & True”



ALLIED DOORS WOULD LIKE TO **THANK** OUR CUSTOMERS AND THE COMMUNITY. FOR MORE THAN 40 YEARS, THE SACRAMENTO REGION HAS GRACIOUSLY PATRONIZED US. AS WE TAKE OUR BUSINESS INTO THE NEW DECADE, WE KNOW WE CAN COUNT ON YOUR CONTINUED SUPPORT.

THANK YOU, SACRAMENTO.

TAX SEASON SPECIAL
WE WILL PAY
YOUR SALES TAX

6550 BELLEAU WOOD LANE • SACRAMENTO, CA 95822
916-421-3080 • WWW.NCSALLIEDDOORS.COM

Celebrate Holy Week at TRINITY CATHEDRAL



2620 Capitol Avenue • Sacramento, CA
916-446-2513 • www.trinitycathedral.org

Tenebrae..... March 30, 7:30pm
Maundy Thursday..... April 1, 5:45pm
Good Friday Meditations..... April 2, Noon-3pm
Good Friday Liturgy April 2, 7:30pm

GREAT VIGIL OF EASTER April 3, 7:30pm
EASTER SUNDAY April 4, 7:30am, 9am, 11:15am,
12:45pm with Easter Brunch after each service

WE ARE THE ONLY MEDICARE RATED

“5-STAR” FACILITY WITH 24 HOUR RN STAFFING

(100 beds or more)

“I’m sending you a letter to thank you and the staff for the good care you are giving my father, Richard. It’s good to know he is in a safe, clean, and caring environment. Our family appreciates the special attention and efforts to take care of him. We notice how the staff talks to each other and patients with respect and tries to meet their needs in a timely manner. Keep up the good care! It shows. Very truly yours.” – Carolin K

6041 Fair Oaks Blvd • Carmichael, CA 95608



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



916.483.8103

'Painting Where the Wild Things Are'

Gala reception to benefit cash-strapped Effie Yeaw Nature Center

Special to the East Sacramento News

On Saturday, May 15, the American River Natural History Association and Carmichael's Sacramento Fine Arts Center will present an all-day fiesta of painting, topped by an evening gala with light supper, music, and a silent auction of award-winning paintings. Called, "Painting Where the Wild Things Are," this event is a fundraiser for the Effie Yeaw Nature Center, which may be forced to close its doors this summer due to budget cuts.

"Painting Where the Wild Things Are" will take place at the Effie Yeaw Na-

ture Center, located at 2850 San Lorenzo Way in Carmichael (off Tarshes Drive). The evening gala is from 5 p.m. to 9 p.m. Tickets for the gala reception are \$30.

Art competition

Prior to the big day, the Fine Arts Center will request hundreds of artists to submit paintings of the American River Parkway. Interested artists should contact the arts center at (916) 971-3713.

The submitted artworks will be judged by the nationally renowned artist Gregory Kondos, and the 70 chosen paintings will

be on display and for sale at the Fine Arts Center, located at 5330-B Gibbons Dr. in Carmichael, from April 27 to May 8. Special awards will be made to a few of the most outstanding paintings. A portion of any sales will be shared by ARNHA for the Effie Yeaw Nature Center.

On Saturday, May 15, the paintings will move to the Effie Yeaw Nature Center for the gala event and may be browsed during the day. Additionally, many more artists will be creating plein air paintings throughout the

Nature Area, and these paintings will be available through a silent auction in the evening.

Visitors may come and watch the artists at work. A children's painting program will offer families the opportunity to purchase paper, paints, and brushes, and each child's finished product may be offered for sale with proceeds split between the child and the Nature Center.

Gala with live, silent art auctions

The evening gala event will feature music, food, wine and beer, and both

silent and live art auctions. Gregory Kondos will donate a large print for live auction, and Jian Wang will donate an oil painting. ARNHA is requesting sponsorships/partnerships for "Painting Where the Wild Things Are." Sponsors and donors will be acknowledged in event publicity:

Tickets

To purchase tickets, call (916) 489-4918 or e-mail eync@saccounty.net. For more information about sponsoring this event, please e-mail Betty Cooper at cooperbe@saccounty.net.

YOUR LOCAL NETWORK OF REALTORS

Five Star Charmer



Jeanine Roza
548-5799
jroza@GoLyon.com
DRE# 01365413

Darling curb appeal. Immediately inside you will see how adorable this 2 bedroom 1 bath home is. Remodeled kitchen with nook, living room with cozy fireplace, formal dining room with built-in. Inside laundry & a large yard.
4720 7th Avenue \$264,800



Charming Midtown Victorian



Dave Philipp
212-1322
Dave@davephilipp.com
DRE# 01797195

2 bedrooms, separate laundry area, kitchen with built in compactor, wine fridge plus bonus family room. Tall windows offer lots of light. Great amount of yard space for those who want to enjoy one but not be bound to it! Maybe you really can have it all!
817 24th Street \$339,500



East Sac Home



Andy Thielen
454-3778
AThielen@GoLyon.com
DRE# 01227077

3 bed/2 bath home w/ newer roof. Sep living & family rooms, built-ins, laundry, refinished hardwood floors, 2 fireplaces. Beautifully updated kitchen opens to dining & family rooms. French doors lead to a covered patio & wood burning BBQ island.
5536 D Street \$419,000



Great Home Near Heart of Capitol



Tammy Vallejo
849-4577
tammy@realestatewithpurpose.com
DRE# 01701045

Lower-level condo has outside covered patio with view of the Crocker. Upgraded kitchen w/tile counters. New flooring throughout. Refrigerator, washer/dryer included. All furniture optional. Gated complex w/underground parking, tennis courts, pool, Jacuzzi, fitness room, BBQ area, & clubhouse.
200 P Street #A14 \$189,900



Victorian Home in Blvd Park



Liz Edmonds
838-1208
Liz@lizedmonds.com
DRE# 00595726

Bright and comfortable 2 bedroom 2 bath home. Behind white picket fence is a large front porch, cozy living room, combination kitchen & dining room all freshly painted. Master suite, with tile and jacuzzi tub. Large basement. Yard is abundant with fruit trees surrounding private patio.
416 23rd Street \$329,000



Sleeping Beauty Awakes



Jeanine Roza
548-5799
jroza@GoLyon.com
DRE# 01365413

This stunning Spanish style & extensively remodeled 4 bedroom, 2 bath, 2732 SF home is an HGTV dream and only 1 block from Curtis Park too!

2773 Curtis Way..... \$689,000



A blossoming career: East Sac Florist growing, blooming

By ELIZABETH KALFSBEEK
East Sacramento News Writer
reporter@valcomnews.com

Philip Rice made a name for himself as a premier florist at Jaki's Garden in Colusa, and after 10 years in the industry has recently opened his own shop in Sacramento, East Sac Florist.

"I love Sacramento," Rice said who was born and raised in Colusa County. "I do miss

the people of Colusa County, but am so excited to meet new people from the Sacramento area," Rice said. "I am finding East Sacramento to feel like a small town. I can already tell the community is very loyal; even after a few weeks in business, I am seeing lots of repeat business."

Rice arranges everyday floral designs and also provides wedding and event design planning, interior decorating, hol-

iday decorating and floral art. His work has earned him the title of "Designer of the Year" by the California State Floral Association in 2008-2009.

For the last two years, he has shared his floral design abilities with Fiesta Parade Floats, which took first place – the Sweepstakes Trophy – in the Tournament of Roses Parade each year.

Most recently, he was appointed as an advisor for the

California Certified Florist Program and has served as vice president of the Northern California/Nevada Teleflora educational unit.

"I work hard to understand the customer and what they want," Rice said. "I don't do recipes. Everything I make or design is unique."

A growing field

Rice found his calling as a floral designer at age four when he competed in the Colusa County Fair and took home a blue ribbon. He was also on the FFA Floriculture team in high school when he landed himself a job at Jaki's Garden.

After high school, Rice commuted from Shasta College in Redding three days per week to continue working at Jaki's. Growing up in the rural community, Rice has been inspired by his surroundings – "the abstract beauty of natural refuges, contrasting with the clean, strong lines of agricultural tapestry" – which are influential in his designs.

"My designs are usually natural in flavor with a contemporary twist," he said. "I enjoy the Northern California landscape, agriculture and colors."

Though the economy is weak, Rice felt confident enough in his ability to serve people well to start his own business.



East Sacramento News Photo/Elizabeth Kalfsbeek
Though the economy is weak, Philip Rice, the proprietor of East Sac Florist, felt confident enough in his ability to serve people well to start his own business.

"I believe that if you offer a great product at a reasonable price with good service, you can succeed," he said. "I also know that what I offer is a luxury item. That is why I started small. Luxuries are often cut first in a down economy, but I am finding that brides still want dream weddings, and people still want beautiful spaces in which to reside. My services are still in demand."

East Sac Florist is located at 5379 H St., Suite B in Sacramento. The store is open 9 a.m. to 5:30 p.m. Monday through Friday and 9 a.m. to 3 p.m. Saturday. For more information, call (916) 457-2699 or visit www.eastsacflorist.com.

Re-Elect Councilman Steve Cohn
Putting Our Neighborhoods First

Come visit us at our campaign headquarters at 6730 Folsom Blvd.
Pick up a yard sign, volunteer, or learn about Steve's vision for Sacramento.
For information call: (916) 662-5443 or visit www.stevcohn2010.com

PAID FOR BY FRIENDS OF STEVE COHN FOR CITY COUNCIL 2010 • ID# 1319668

NEW NEARBY LOCATION RIGHT IN YOUR NEIGHBORHOOD

A AUTO

Complete Auto Service & Repair
Domestic & Foreign

LAM LE, Owner

25 YEARS EXPERIENCE Auto Repair Business
including 15 YEARS SERVING EAST SACRAMENTO
from 8667 Folsom, our previous location
Factory Authorized Warranty facility

- Quick Oil Change
- Air Conditioning Full Service
- Battery / Alternator / Starter
- Brakes, Axle & Clutch
- Full Exhaust Work-
Muffler, Catalytic Converter
- Computer Diagnostics
- Radiator / Water Pump & Hoses
- Timing Belts
- Tire Repair & Balancing
- Transmission Service
- Tune-Up / Maintenance 30/60/90k

Please ask for a service you need if not mentioned above.

FIRST VISIT

15%
DISCOUNT
on Labor

Mention this ad.



6101 Folsom Blvd., Sacramento, CA 95819 • P: (916) 383-0742 • F: (916) 383-0756

Moon, animals populate Sacramento State play

Special to the East Sacramento News

A howling, dancing moon and talking animals help a woman learn more about her life and marriage in *References to Salvador Dali Make Me Hot*, playing at Sacramento State's Playwrights' Theatre. Performances are 8 p.m., April 22-24 and April 30-May 1; 2 p.m. April 25 and May 2; and 6:30 p.m. April 28-29.

Written by award-winning playwright Jose Rivera and directed by Theatre and Dance Department Professor Manuel Pickett, the play tells the story of Gabriella, a woman living in Barstow while her soldier-husband Benito serves in the Gulf War.

During a dream state, Gabriella dances with the moon while her cat strikes up a relationship with a wild coyote. "All these elements come to life and start teaching her about what she needs to do with her life," Pickett says.

References to Salvador Dali embodies magic realism, in which the world takes on a different perspective. "Those who believe this don't see reality as strictly visual, but also spiritual, taking on different forms," Pickett says.

Sophomore Roshawnda Bettencourt plays Gabriella. "She's a very complex, confused character trying to figure out what she wants in life and if she still loves her husband," Bettencourt says, adding that the magic realism allows the cast to "take something so real, bring it to the stage, play with it and have some fun with it."

The play contains strong language and adult subject matter.



Photo courtesy Sacramento State University
The "moon," Justin Temple, looks down on Benito (John Dryden), Gabriella (Roshawnda Bettencourt), and their cat (Kiara D. Pugh), in Sacramento State's production of "References to Salvador Dali Make Me Hot."

Tickets are \$8 general admission for the 6:30 p.m. performances. All other performances are \$10 for students, seniors and Sacramento State employees and \$12 general admission. Tickets are available at the University Ticket Office, (916) 278-4323 or www.tickets.com.

For more information, visit the Theatre and Dance Department at www.csus.edu/dram or call (916) 278-3569.

Pet store brings small business charm to East Sacramento

Special to the East Sacramento News

Last month, East Sacramento welcomed a new neighbor to its thriving, local business community when Incredible Pets opens at 5030 Folsom Blvd. next to Trader Joe's. The new location will be the fourth and second largest store for the growing company, with 7,400 square feet of bright, clean space carrying a large selection of pet supply brands, pet toys, pet care books, specialty pet foods and other hard-to-find merchandise.

"We are so excited to introduce our store to the East Sacramento community," said Sharon Love, co-owner of Incredible Pets. "This is exactly the type of community we love to be a part of, and we hope that anyone who owns a pet or is considering pet ownership will come see us and learn more about what we can offer."

Established in Auburn in 1995, owners Jack and Sharon Love currently own three stores (headquarters in Auburn; one location in Carmichael and one in Grass Valley) and strive to

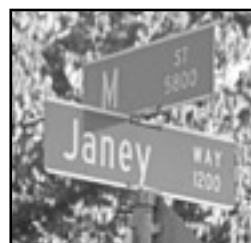
bring the wide selection of a large chain store with the friendliness and service of a neighborhood business to their customers. The East Sacramento location will be no different.

"We know how much people love their pets and we love them too. That's why we're committed to not only selling quality products, but helping people understand proper pet care," said general manager Chris D'Auria.

Incredible Pets prides itself on selling only quality, healthy birds, fish, reptiles and small animals. Incredible Pets does not sell puppies or kittens, but does support adoption and purchasing from local breeders. Incredible Pets is a long time supporter of local animal welfare and rescue groups.

Sacramento pet lovers can find their new local pet care experts at Incredible Pets seven days a week. For more information, visit www.incredpets.com, search "Incredible Pets" on Facebook to join the fan page, or come see the new East Sacramento store.

Janey Way Memories



The Mayor of Janey Way



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

The Viani family lived on the west side of Janey Way in the direction of the National Guard Armory: Lou Sr. (Big Lou), his wife Tina, Lou Jr. (Little Lou) and daughters Diana and Anna. Big Lou served in World War II under General George Patton. He participated in the invasion of Italy where he survived tough fighting in Sicily and then the Italian peninsula. Then he returned home and settled on Janey Way with his wife.

The Vianis had their first child, a boy they named Louis Jr., in 1947, the year I came into the world. When my family moved to Janey Way in 1952, Lou Jr. became my best friend. We played sports, we played in the pit (the vacated sand and gravel site located behind the houses on the east side of Janey Way) and we also spent a lot of time at the Viani house. Big Lou was in the process of landscaping his backyard and Little Lou and I watched, helped sometimes, and mostly just played. We also spent a lot of time inside the Viani house. They had one of those collections of Time/Life books called the "History of World War II." The books featured stark photos depicting the horrors of war. Pictures of war dead, demolished buildings and blank-faced looking soldiers festooned the pages. When Big Lou saw us buried in these volumes, he told of his experiences in the war. "Never gulp water from a canteen," said Big Lou, "you can choke that way," or "General Patton was the greatest general because he used the tactics of the great warrior Hannibal." Little Lou and I listened intently. Then, like all children, we went outside with our toy guns and pretended to be soldiers, not fully understanding the horrible reality of war.

In addition to these volumes about the war, Big Lou also had souvenirs from the war, including postcards showing the great sites in Italy such as St. Peter's Cathedral, the Trevi Fountain and coliseum. He also had a postcard showing Michelangelo's statue of Moses. It featured a dent just below the knee that supposedly resulted when the artist struck the sculpture and said, "Speak to me." That made an impression on me, and I said to myself, "Someday I will see it and all the other sights in Italy." Later in life, I did visit Italy and see these things.

People called Big Lou the "Mayor of Janey Way" because he seemed intimately involved in every activity that took place in our neighborhood. When he passed you on the street, he always stopped to converse and share the latest gossip from the neighborhood. All the neighbors knew and liked Big Lou. He seemed larger than life and always donned a smile and a story to share. He worked every Wednesday night calling numbers for bingo at St. Mary's church. He and my dad cooked at the church dinners, an all-day event. Every Christmas, Big Lou and Little Lou erected the nativity scene inside St. Mary's Church. Weeks before Christmas, they began this task, and during that time, the scene remained covered with sheets. On Christmas Day, the sheets disappeared, revealing a memorable depiction of the birth of Christ. We looked forward to that moment with great anticipation every year.

Big Lou, the last remaining father on Janey Way, has fallen on ill health lately; his family has placed him in a care facility. Some day soon he will pass. When that happens, a shudder will be felt across Janey Way like on the day the last shovel of dirt filled the pit and ended our childhood.

Bowling memories relived monthly by local senior ladies

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

Sacramento was once a bowling haven consisting of many more bowling alleys and bowling leagues competing throughout the city than there are today. And although bowling has declined in popularity since this time, a group of local ladies refuses to have these memories fade away.

Meeting monthly at randomly selected Sacramento area restaurants, the group, which is comprised of former, local women's bowling league members ranging from 75 to 94 years old, reminisces about their bowling memories, while celebrating one or more of its members' birthdays.

Gathering last week at the Elephant Bar restaurant, just south of the Arden Fair Mall, the women, some of who began bowling in leagues in the late 1940s, shared some of these memories for the readers of this newspaper.

Members in attendance were Peggy Gamba of the East Sacramento/midtown Sacramento area, Amy Kanemoto of Greenhaven, Louise Martin and Jean (Nakatani) Yego of Land Park, Bev Russell of Carmichael, Merle (Hendrix) Cale, Lillie (Rollerson) Reed and Inky Davis of south Sacramento, Rena Barsanti of Rancho Cordova and Kay Hill of North Highlands.

Scattered about the Sacramento area in earlier years were such bowling alleys as

the Alhambra Bowl at 1221 Alhambra Blvd., Alpine Alley at 2326 Florin Road, Capital Bowl at 1415 L St., Sacramento Bowl at 915 6th St., El Camino Bowl at 1194 El Camino Ave., El Rancho Bowl at 900 West Capitol Ave., Land Park Bowl at 5850 Freeport Blvd., North Sacramento Bowl at 1721 Del Paso Blvd., South Bowl at 5005 Stockton Blvd., and Town and Country Bowl at 2032 Fulton Ave.

A full listing of historic bowling alleys would certainly be much longer, as other bowling alleys were also located in the area.

Nonetheless, one would be hard pressed to mention a single bowling alley that has existed from the late 1940s to present that at least one person in the group could not describe.

For instance, Cale, 94, said that her favorite place to bowl was the Alhambra Bowl, which was located just north of Folsom Boulevard and included a large cocktail lounge.

"Alhambra Bowl was a really big, nice place with 16 lanes and there was a guy sitting up there (above the pins) and the pins were set up manually," Cale said. "I bowled there from 1945 to 1969 and the owner was a man, named John Bascou. I was our team's captain and we won the championship as the Barristers (team) in 1947. Three sisters and two sister-in-laws completed the team."



East Sacramento News Photo/Lance Armstrong
Members of a group of Sacramento area residents, who meet monthly to share their memories about earlier years of women's bowling in the capital area, gather outside a local eatery. They are pictured left to right: Lillie Reed, Bev Russell, Kay Hill, Rena Barsanti, Louise Martin, Peggy Gamba, Amy Kanemoto, Inky Davis, Jean Yego and Merle Cale.

Gamba, who bowled in Sacramento and other cities from 1948 to 1984, explained that participating in bowling tournaments was only a part of the reason that she enjoyed bowling.

"I bowled in many places in Sacramento such as Alhambra, Capital Bowl, Sacramento Bowl and Town and Country and I had great times going to the nationals, but it was just nice to get together with friends," Gamba said. "I really looked forward to those (bowl-

ing) nights and meeting the ladies and their husbands. And sometimes we would go out to dinner with them afterward. We just had a great time."

Perfect games, perfect friends

It is evident that the camaraderie shared by many of the bowlers at the time is something that continues today through this monthly group.

But the friendly environment that bowling created should not be confused with

how competitive the tournaments were during this time.

Inquiring about these ladies' best, all-time scores is a good way to find out how serious they took these matches.

"My best was a 697 (in a three-game series) and a 297 in a single game," said Reed, whose husband Ray also bowled in Sacramento. "I also bowled in 22 national tournaments."

Other bowlers in the group also bowled single games in

See Bowling, 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**



Bowling: 'We found that (it was) a great way out'

Continued from page 6

the high 290s, with even others bowling in the 280s.

Commenting about her single game high of 286, Yego said, "I could just never get to 300."

But bowling a perfect 300 game was something that was quite elusive for most bowlers.

One of the group's members said that a bit of Sacramento history was made when Doreen Lowry became the first female to bowl 300 in a single game at Alhambra Bowl.

Within the group, three members of the Sacramento Women's Bowling Association's Hall of Fame – Barsanti, Russell and Hill – sat at the restaurant's table. A former member of the group, the late Betty Allum, was also named to the same Hall of Fame.

Barsanti, a 1946 graduate of Sacramento High School, who was also named to the California Women's Bowling Association's Hall of Fame, related her finest moments in bowling.

"My finest moment as an individual was (winning) the California Women's Bowling Association's Queens Championship Tournament (in 1973)," Barsanti said. "The California Queen was a (double elimination, four-game match) singles event. I was also the California Queen runner-up in 1970. As a team member, four times we took the Classic Division."

Russell said that although achieving success in bowling was important, she also enjoyed promoting the city of Sacramento through her participation in the sport.

"I traveled to 28 states and representing Sacramento women all over the nation was one of the highlights of my years of bowling," Russell said.

Bowling for a good time

During these early years of bowling in Sacramento, local female bowlers were oftentimes members of the Women's

International Bowling Congress, while male bowlers often bowled in leagues of the American Bowling Congress.

But joining these organizations was not an option for non-Caucasians prior to the 1950s, explained Yego, whose father, Soichi Nakatani, was born in Japan in 1889 and came to Sacramento in 1907, and whose mother, Mary (Takagi) Nakatani, was born in San Francisco in 1903 and came to Sacramento in 1928.

"My husband was able to bowl in 1948, because he was in the service, but it wasn't until the 1950s that Asian people could be members in men's and women's bowling associations in Sacramento and we couldn't bowl in tournaments," said Yego, who was celebrating her 80th birthday with the group.

Reed, who chuckled when the topic arose of being the youngest member of the group at 75 years old, said that black bowlers were held from the association's league until 1954.

"I didn't start bowling until 1968, but my husband talked about how tough it was bowling (during these segregated times)," Reed said. "He was eventually president of the Sacramento Bowling Association in the 1980s. He was also on the board of directors and I was on the board of directors, too."

Commenting about these days of segregation, Russell said, "Nowadays you don't think of people not being able to do something because of their skin color. We definitely live in better times for that."

Hill said that newspapers played a large part in the publicity of the local bowling leagues and bowling in Sacramento, in general.

"The local newspapers would print the league scores," Hill said. "The funny part was The Bee would not print the names of our sponsors, but The Union would. (The Bee) would not

put the sponsors' names, because they said they were advertisements. They would just put our names and our scores, but they wouldn't put the name of the team we played on."

Among the sponsors during this time were: the Crystal Cream and Butter Co., Proctor and Gamble, KXOA radio station, the Palomino Room, De Vons Jewelers, Hamilton Furniture Co., Joe Freitas, Ross Relles, Arden Fair Fashion, Mandella Liquors and Delicatessen, AAA towing, the Victor Trophy Co., Paul's Men's Store and Skalisky painting contractors.

Also publicizing local bowling during the 1960s and 1970s was the Sacramento Bowling News, which was headed by its owner and editor, Bobbie Johnson.

Describing Johnson as a "lifesaver," Reed added, "She used to hold contests for the best bowlers and different things. We really missed that paper when it had to fold."

Reed, who served as the president of the Ladies (bowling) All Stars of Sacramento, said that television played a lesser role in the publicity of local bowling leagues.

"(Television) wasn't giving local bowlers much publicity, so I remember petitioning to Chan-



Photo courtesy of Kay Hill

Pictured left to right, Betty Giusti, Betty Hocking, Kay Hill, Bev Russell and Nancy Steele represented Sacramento in a 1972 national tournament in Kansas City, Mo.

nel 10 to get more coverage," Reed said. "We met with the program director, Cal Bollwinkle, in 1974 and he told us to send him the scores and some information about the bowlers. The station actually showed the scores for a while, but it didn't last long. We did get a few TV news cameras out for some of the top men and some local women bowlers did get on TV at the El Rancho Bowl in West Sacramento."

Longing for the lanes
When asked why she believes bowling has lost much of its popularity in Sacramento, Barsanti said, "I think part of it is there are so many more things for people to do (in Sacramento). When we started in the late 1940s or early 1950s, there wasn't a lot going on (in the city) and World War II had just ended. We were in that (era) when we didn't have to do a lot of really exciting things to be entertained. We found that recreational sports were a great way out and a great coming together."

But although these days are long gone and most of the members of the group no longer bowl, there is one thing that the members refuse to give up and that is their fond memories of bowling in a golden age in Sacramento.

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

LIIND BROTHERS
A FAMILY-OWNED FUNERAL HOME AND CREMATORY SINCE 1964
4221 Manzanita Avenue
Carmichael, CA 95608
916.482.8080
Since 1927 Dignity FD Lic# 355
Nicoletti, Culjis & Herberger
Funeral Home, Inc.
5401 Folsom Blvd • Sacramento 95819
(916) 451-7284
Pre-arrangement packages available.

HARRY A. NAUMAN & SON
4041 Freeport Blvd
Sacramento, CA 95822
(916) 452-6157
FD366
Serving Sacramento Families since 1903.
Pre-arrangement packages available.

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"

A BETTER MOVING CO.
489-3322
abettermoving.com



Out and about with Jeneka Sanford

East Sacramento's new dog park is 'ruff' place

By JENEKA SANFORD
East Sacramento News Writer
jeneka@valcomnews.com

If you need a good laugh, or just some comic relief, you may not have to go as far as you think. The local characters at the new midtown dog park (on the edge of East Sacramento), located just north of 28th and B streets at Sutter's Landing, has all the characters you'll ever need for some doggone good times.

There's all of the regulars: Raider - the digger; Finn - the runner; my dog, Coconut - the obsessed ball chaser; Murphy - the ball stealer; Stanley - the peacemaker; Dixie - the best buddy; Max - the grunter; and Talker - you guessed it - the talker. And this is just the tip of the iceberg as to the dazzling personalities you'll find there on any given day.

Friends of man's best friend

When we met our new friend Dixie, a black standard poodle, we learned that she was the new face of Wag Hotels, a chain of high-class pet care facilities. With the help of her wonderful family, she'd just entered the contest on a whim, and won it. So when we would run into Dixie and her cool mom, Alison, they would tell us of the latest news on Dixie's exciting social life. She'd be invited to the costume parties at Wag, or just spend a weekend there while her parents were gone and get spoiled.

"Wow, what a life," Coconut and I would say telepathically to each other.

Dixie and Alison were our best friends at the dog park, but not too long ago, they moved to Oakland. (We hear it's great there. We are hoping to get to go and visit them soon.)

Another pair of friends we recently made at the park, Jillian and Sookie, gave us a few pointers on some of the dog park's other, less-known uses. Jillian said she would bring guys to the park when she was single to see how the suiter interacted with dogs. If he was dog friendly (not just friendly to dogs but the dogs liked him, too), then he would pass the test. If not, well, you catch my drift.

Dog day afternoons

The Sutter's Landing dog park is relatively new to the area. It opened on May 23, 2009 and boasts three acres of land, doggy drinking fountains, and a couple of shade umbrellas. The small dog and big dog play areas are separated, but share a common fence. There is no grass, which the city chose to do to save money on watering. The park is built on top of the old city dump, and according to the plans (which were proudly displayed when the park opened), it was quite an engineering feat to ensure clean ground water for the dogs. The decomposed granite and recycled mulch groundcover, which makes up most of the dog park, seems to work out pretty well. Besides not having grass, the only other downside is the fact that the trees planted there are still very small, and in the sum-



Photo by Robert Ossa

Lexi, a female boxer, drinks from a canine water fountain at the Sutter's Landing dog park.

mer, it can be unbearably hot, with no shade to speak of except from the umbrellas.

Nevertheless, the park can be fun for dogs and their human friends alike. Although the point of going to the dog park is definitely for the sake of your dog, it seems to be a nice opportunity for people to relax, too. There's nothing else to do there except watch your dog romp around and have fun, so it serves as a nice way to decompress after a long day at work. We are often there at dusk, and it is a beautiful time of day there. The sun is setting, and the entire downtown skyline is visible. By Sacramento standards, it's a pretty nice view. Ask any dog and their barks will tell you: "Life is good at the dog park."



Photo by Robert Ossa

The Sutter's Landing dog park is relatively new to the area and located just north of 28th and B streets.

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

Classified ads work

HANDYMAN

SPRING 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

Advertise in California Kids!
Serving Greater Sacramento,
For more information, call Marc
(916) 429-9901

Published by Valley Community Newspapers, Inc.

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.

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.

Sell your furniture
in the classifieds!

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

ADVERTISE YOUR RENTALS

Call 429-9901

WANTED

OLD GUNS WANTED

Also want
Parker & L.C. Smith
double barrel shotguns.
Cash paid.

(916) 531-5972



Sell your car! 429-9901

CALL MELISSA AT (916) 429-9901 FOR AD RATES

EAST SACRAMENTO

March 18, 2010

Your News in Your Hands

Blossoming talent: One man's path from lawyer to artist
Leaving his law career behind, photographer Richard Turner embarks on a new life

See page

COMMUNITY CALENDAR, PAGE 18 • KNOW YOUR NEIGHBOR,

Inside This Edition

You just

YOUR NEWS IN YOUR HANDS ... NOW ONLINE

**The East Sacramento News is available at
www.valcomnews.com**

art Church is
ectural beauty
See page 6



Read original stories
Check the columnists' blogs
Download previous editions free

Connect to valcomnews.com
and connect to East Sacramento

Now open for business: Sugar Plum Vegan Cafe

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

There are several reasons people choose to go vegan. Some are driven to it due to food allergies; others do it to stay away from processed foods; and some just think it's wrong to use animals as a food source. Thanks to a new vegan cafe in midtown near East Sacramento, there might be many more vegans in our neighborhood.

The Sugar Plum Vegan Cafe opened as a rousing success on March 14 during Second Saturday festivities. Co-owner Khyem Amri said that the line was out the door with folks ready to try all manner of baked goods and other vegan delicacies.

During the nearly two weeks since it opened at 2315 K St. in

midtown, business has been good for Amri and his wife Melissa Wilhelm. Together, they hope to bring a new flavor to Sacramento cuisine culture.

The idea, however, did not materialize overnight.

Khyem and Melissa met in a farmer's market in Brentwood three and a half years ago. Melissa, who is the head chef and baker at the Sugar Plum, was there selling some of her vegan delights. Khyem still remembers his initial reaction to seeing Melissa that day.

"I had just gotten out of a relationship, so I tried to ignore what I was feeling when I saw her," Amri said. "But I couldn't ignore the fireworks."

He helped Melissa develop her business, which was a vegan food company called Jivana Vegan. They

were a natural fit as far as business went, as Melissa did all the food preparation while Khyem drove the attention-getting portion that got people to stop at their booth. Eventually they went on to sell their products in a much more lucrative Los Angeles farmers' market where they soon quadrupled their profits.

Sugar Plum in Sacramento

One of the early signs that they might have a chance at starting a restaurant was when one of Melissa's gluten-free carrot cakes took a silver medal in a culinary competition – impressive considering it was the only vegan entry. While still in Los Angeles, Melissa became pregnant with the couple's first child. The business went on hiatus and the two thought about where they wanted to raise their son. Amri, who grew up in Sacramento

and graduated from El Camino High School in 1999, suggested moving back up north.

Both have held a number of jobs since the birth of their child, but a fortuitous meeting set in motion what would one day become the Sugar Plum Vegan Cafe.

Melissa spoke at a meeting for the Sacramento Vegetarian Society and was immediately approached by an investor. They found a place in midtown that could accommodate all they needed and six months later, they were moving in.

The two-story Victorian house-turned-business was formerly a restaurant that featured Mediterranean cuisine. A temporary sign hangs above the entrance, making it difficult

See *Vegan*, page 11

ARTS & ACTIVITIES

Second Saturday & More, In & Around Sacramento

ONLY at SWANBERG'S

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

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

After your busy 2nd Saturday...

Savor one of Evan's fine dinners &

Enjoy the art of **James English Babcock**
Landscapes of Sonoma County & the Sierra Foothills (an on-going exhibit)



East Sacramento
In the 57th Antique Row
8555 57th Street, Suite C
916-452-3896
Tue-Sat: 8am-9pm, Sun: 8am-3pm

Fe Gallery "Celebrating Art, Life & Hope"

Second Saturday ART FOR MS

A Multiple Sclerosis Benefit

Hosted by former Mayor Heather Fargo

April 10, 6-9pm

Buy art thru April or at Silent Auction & Raffle on 4/10

Blacksmithing, Glass Blowing, & Portrait Demonstrations

Harpist: Pamela Pamperin

1100 65th Street
www.FeGallery.com



GUNTHER'S ICE CREAM

April: Baseball Nut



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

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

The 2010 12th Annual East Sac Garden Tour

Mother's Day Weekend

Saturday, May 8th & Sunday, May 9th 10 a.m. – 4 p.m.

- Seven beautiful gardens embellished by local designers in East Sac's 'Fabulous 40s' neighborhood
- Tea Garden buffet lunch at Sutter Lawn Tennis Club - catered by *Conals*
- Garden Boutique located at the school – hand-crafted items by local artists



Garden Tour \$20 • Tour & Luncheon \$35 • Lunch only \$15
(Garden Tour tickets required for everyone 12 & older; Luncheon tickets for all children & adults)

Purchase tickets online through May 8th.

www.eastsacgardentour.com

Benefitting the students of David Lubin Elementary School, 3535 M Street, Sacramento.

Support the arts! Support our advertisers!

Promote your art exhibit or special event here!

For our affordable rates, contact Melissa @ 916 429 9901



Chroma's April Awakenings

April 8 - May 6

Hours: Thur-Sun, 12-5

Second Saturday Reception
April 10th, 5-9pm

PLUS "Artist in Action" Irene Lester, demonstrating her techniques in developing an original pastel painting

"Vernal Pool" by Paula Cameto



CHROMA GALLERY
10030 Fair Oaks Blvd
966.6020 • www.thechromagallery.com

Vegan: 'There are a lot of excited vegans around Sacramento'

Continued from page 10

to know the café is there unless you knew beforehand.

"I think people are finding us pretty well," Wilhelm said. "We're working on a permanent sign to put out front."

Since the opening, there has been little rest for either of them, but both are quick to acknowledge that being too busy is better than not being busy enough.

Moving back up to Sacramento allowed the couple to be close to Amri's family and they saw it as an ideal place to raise a child. But they also saw it as an opportunity to open up a place in an area brimming with vegans, vegetarians and quality-conscious foodies. In fact, the Sugar Plum is the first vegan bakery in Sacramento.

So far, it looks like the cafe might have found a permanent home.

"There are a lot of excited vegans around Sacramento," Wilhelm said.

"There have been a lot of curious people coming in because they want to try a healthier way to eat."

Wilhelm went over a number of things having to do with veganism and why it may be a good idea for people to consider it as an alternative.

"Everything is fresh and organic," she said. "There are no preservatives or pesticides, so obviously that is good for your health."

The menu

While you may notice that everything on display in the front of the store is of the dessert variety, the cafe does have a lunch and dinner menu featuring panini sandwiches, salads and nachos. They also recently featured a Portobello mushroom meatloaf.

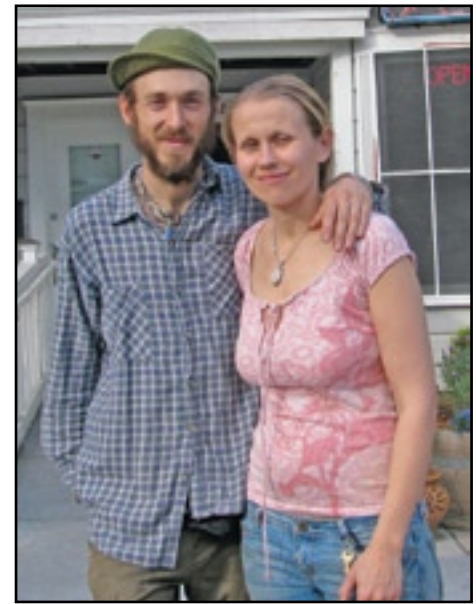
The most popular lunch/dinner item is the nachos, according to Wilhelm. It consists of corn chips topped

with black beans, olives, vegan meat alternatives, vegan cheese, avocados, salsa and vegan sour cream. A plate of them will cost you \$11, but will comfortably serve three.

As far as the dessert menu is concerned, the Sugar Plum has your sweet tooth covered. The cafe features 12 different types of dessert items ranging from cinnamon rolls to cookies, cupcakes and muffins, all made fresh daily.

Visiting the Sugar Plum

The Sugar Plum Vegan Cafe is located at 2315 K St. Business hours for the café are Mondays, closed; Tuesdays through Thursdays, 8 a.m. to 8 p.m.; Fridays, 8 a.m. to 9 p.m.; Saturdays, 10 a.m. to 10 p.m.; and Sundays, 10 a.m. to 8 p.m. For more information, call (916) 706-3302 or visit sugarplumvegan.com. Free wifi Internet access is available.



East Sacramento News Photo/Benn Hodapp
During the nearly two weeks since the Sugar Plum Vegan Cafe opened at 2315 K St. in midtown, business has been good for co-owners Khyem Amri and Melissa Wilhelm.

Safari Tours A TRAVEL PROGRAM FOR ACTIVE ADULTS
One day and overnight trips

Museum Day in Sacramento - Friday, June 11, 2010 - Course # 65574
California Museum, Casa Garden Restaurant for included lunch and the Stanford Museum. Trip Cost: \$60.00 per person

Guide Dogs for the Blind and Sausalito - Friday, June 25, 2010 - Course # 65575
Visit San Rafael for a tour of the Guide Dogs for the Blind campus. Free time in Sausalito afterward for on-your-own lunch and shopping. Trip Cost: \$56.00 per person.

GILROY GARLIC FESTIVAL! - Friday, July 23, 2010 - Course # 65576
Get your taste buds ready! Breath mints included. Meals not included. Trip Cost: \$70.00 per person

Gravenstein Apple Fair Sebastopol, CA - Saturday, August 14, 2010 - Course # 65580
Visit a merry special country fair in Sebastopol. Meals not included. Trip Cost: \$65.00 per person

OTHER UPCOMING TRIPS: RYAN - Brucato Vineyards, Ernie Rives Ranch, Bay Area Arts & Flowering - BOB - Bear Woods, Frate of Clay, California Academy of Science - JUNE - Montezuma learn the Collection of the Museum of Our Living - JULY - Pines Park

TO SEE A COMPLETE LIST OF TOURS PLEASE VISIT
www.cityofsacramento.org/safari

CITY OF SACRAMENTO DEPARTMENT OF PARKS AND RECREATION

COFFEE GARDEN

Featuring
Frank Dixon Graham
Photographer & Poet

RECEPTION:
April 10th, 8-10pm
Brian Gee - Singer, songwriter & friends
Show runs thru April

2904 Franklin Blvd.
457-5507 • www.thecoffeegarden.com

"Spring Plein Air"
Patris Studio at S12

Artists from the first annual
Capitol Plein Art Festival
April 9 - May 31, 2010
2nd Saturday Receptions: 6-10pm
April & May

www.artist-patris.com
Open by appointment.
916-397-8958
12 S Street (corner of 12th & S)

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

Art & Chocolate Studio Tour

April 24 & 25
10am-5pm Sat. & Sun.

Tour Maps Available On-line at
www.artstudiotrek.com

or join us at...
two preview events coming up soon
and pick up your free maps.

AST Pre-Trek Reception
Art Show Reception - 3rd Sat April 17, 6-9p.m.
Artful I Studio - 212 Elefa St, Roseville

UN-FRAMED Live Art Project
Come see AST artists painting a giant canvas, live to music. Sections will be available to purchase.
Sat. April 10, 1-4 at Fountains in Roseville
Roseville Parkway & Galleria Blvd.

Brundibar CHILDREN'S OPERA
Voices of hope endure through the ages

Featuring Sacramento Children's Chorus, Sacramento Youth Symphony Ensemble, and special-guest, **Elo Stein Weissberger**

In partnership with the Sacramento Opera and with support from the Jewish Community Relations Council and Central Valley Holocaust Educator's Network

Sacramento Children's CHORUS

April 8, 9 & 10, 2010, at 7:30 p.m.
April 11, 2010, at 2:00 p.m.

Hiram Johnson High School Auditorium
6879 14th Avenue, Sacramento 95820

TICKETS: \$15 general
\$10 students

(916) 451-1111 | www.sacramentochildrenschorus.org

Funded in part by the Sacramento Cultural Arts Awards Program of the Sacramento Metropolitan Arts Commission with support from the City and County of Sacramento.

Sacramento Antique Faire
Outdoor Antique and Collectible Marketplace

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

Sunday, April 11th

CAPITOL Chamber Players

Grand Conclusion for the Whole Family
Sunday, April 18, 3pm

Capitol Chamber Players
Full Spectrum Winds, Strings & Voice

Original Narrated Music written for Capitol Chamber Players

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

ROBIN'S NEST
Family Fashion Boutique

Happy Easter
All New Items for Spring-Summer!
Competitive Pricing!

New, Nearly New & Vintage
small antiques & collectibles
10% OFF with this ad

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

moveyourmoney.info

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 Estate 2009
Downtown/East Sacramento Office



TeamBlack.GoLyon.com



Erica Black
Team Administration

Kathy Pardun
247-7030
Lic# 01000106

Patricia Yochum
519-0207
Lic# 07121160

Wanda Noack
761-6748
Lic# 00946526

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 w/ coffered ceilings, built-in hutches, arched doorway, hardwood. Traditional formal living & dining rooms with bay windows. Dramatic stairway. Country kitchen, hobby room, 3 bedrooms, 2 bathrooms. Newer CH&A/water heater. 2-yr old roof. Backyard w/ citrus & lush landscaping. 2090 Canterbury Rd..... \$399,990



Remodeled Home in McKinley Park

Gourmet kitchen with all new cabinets & stainless steel appliances. Newer dual pane windows with plantation shutters, hardwood floors, new remodeled bath. Light & open floorplan. Lovely interior paint colors, large 2 car garage plus spacious yard & patio.

138 Tivoli Way \$365,000

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**



5th & V

New luxury single family homes in great downtown/midtown area. High end finishes and decor wood floors, granite kitchens. Smart energy homes plumbed for solar. Light and open floor plans, attached oversized garages, balcony patios. NO HOA dues. Priced to sell!.....\$385,000



Home in Heart of Del Dayo

Light & open floorplan, over 3150 sq ft. Well cared for & ready to upgrade to your taste. 5 bedrooms, 3 full bathrooms, huge family room with beam ceilings, master suite with doors to outside area & large walk-in closet. Extra large yard with pool & patio. 4709 Marlborough Way..... \$699,000



Swallows Nest Gated Community

Kitchen & downstairs bath remodeled w/ granite counters. Prof designed courtyard, custom Anderson Queen Ann windows, architecturally-pace for optimum sunlight. 2 master suites, 1 w/ jacuzzi tub, 3rd bed used as den. Hardwood floors to match Queen Ann windows. Inside laundry, 2 car garage. 2902 Pasatiempo Place ... \$269,000

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

Freeport Bakery is much more than a neighborhood bakery

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

der its second owners, Walter and Marlene Goetzeler.

For a quarter century, Land Park's Freeport Bakery has been a source for bringing many smiles to many faces through quality baked goods. And during this time, the bakery has expanded and attracted customers from far beyond the local neighborhood.

On a daily basis, it is not uncommon to see people at the bakery from such places as Woodland, Davis, Elk Grove, Stockton, Natomas, Roseville, Folsom and even a few from the Bay Area.

Just last month, for instance, West Sacramento resident Malia Novak was visiting the bakery, as she so often had in the past.

Novak, who discovered the bakery in 1990, shared her love for the business's quality products and services.

"I found out about the bakery through a (former) co-worker who lives off of 4th Avenue," Novak said. "I first came here for the pastries. They also did my wedding cake. It was great. It was a chocolate cake with the black chocolate on the outside and marzipan on the inside. Everybody who came to my wedding just loved (the cake). It was a beautiful cake, plus it was delicious. I would definitely recommend this bakery to others, because they're the best bakery in Sacramento and they're also reasonable."

At the time of Novak's introduction to the bakery, which is located at 2966 Freeport Blvd., the business was still in its transitional stage as it had yet to double in size un-

The right ingredients

Marlene, who was raised in Chicago, said that much effort was made to improve and expand the bakery, which she began operating with her husband 22 years ago.

"When we bought the business, there were seven employees and now we have close to 50," Marlene said. "We only used to have half the building and the other side (of the building) had a business, called The Radio Place (at 2964 Freeport Blvd.), and they sold CBs when CBs were popular."

Freeport Bakery expanded its operations within the old CB store space in 1991.

Marlene added that the offerings at the bakery have also grown immensely, since its early days when it was solely a cake and pastry business. And even the amount of cakes and pastries available at the bakery has widely expanded.

The bakery's selection of cakes, for instance, is so extensive that the cakes are featured in a foldout menu, which includes such offerings as the Chocolate Decadence (truffle-like flourless cake topped off with a generous amount of whipped cream), the Fruit Basket Cake (three layers of buttermilk cake with fresh strawberries, bananas and whipped cream) and the Seville Marnier (orange poppy seed cake drizzled with Grand Marnier, layered with chocolate whipped cream and frosted with whipped ganache).



Freeport Bakery owners Walter and Marlene Goetzeler hold one of their specialty Valentine's Day mini cakes. The bakery offers different mini cakes for various holidays.

The Goetzels also introduced bread to the bakery. These breads include: nine-grain, chala (sweet egg bread), baguettes, rolls, brioche and french breads.

The bakery also offers holiday-themed mini cakes and a variety of cookies, including chocolate chip, shortbread and triple chocolate cookies.

Marlene said that the bakery places much emphasis in using fresh, high quality ingredients and when possible, the business purchases local products.

Bakery and community

Although the Goetzels had never owned a bakery until acquiring Freeport Bakery, Walter, who was born in southern Bavaria, near the Austrian border, said that he grew up around bakeries.

"We were kind of like a bakery family," said Walter, who moved to the United States when he was 22 years old. "My grandfather was a baker, my grandmother came from the bakery (background) and they had a bakery and then I have several uncles who have bakeries in Germany. And I worked in a small bakery out in the countryside (in Germany) that was owned by my mom and my dad (Afra and Hans Goetzeler)."

Because of his love for baking, Goetzeler, who lived with

Marlene in San Diego prior to moving to Sacramento, decided he would like to own a bakery.

After failed efforts to establish a bakery in San Diego, the Goetzels discovered that Freeport Bakery was for sale while visiting with their friends in Sacramento.

Marlene recently shared her memories of acquiring Freeport Bakery.

"The bakery had been going for about three years before we came along," Marlene said. "It was owned by (Land Park native) Richard Kuchman and (his then-wife, Andrea). They started the bakery and we bought it from them. We first saw the bakery listed in the newspaper in May 1987 and by (the following) August, we owned it."

Marlene said that part of the secret to the bakery's success and longevity has been its ability to hire dedicated employees, who work at the business for many years.

Currently, Freeport Bakery has six employees who have worked at this local establishment for 15 years or more. They are: Carol Clevenger, Lien Doan, Jeannine Klock, Valentina Lapik, Ann Mueller and Elizabeth Velasco.

And naturally, with experienced workers and quality bakery goods, the business continues to attract

repeat customers on a daily basis.

Marlene said that the bakery survives off repeat customers, noting that about 70 percent of the business's customers are repeat customers.

One such customer is Land Park resident Ben Parisi, who has been purchasing pastries at the bakery since its early years.

When asked to describe why he likes the bakery, Parisi said, "The people who work here are very pleasant and they know you by name. It's in a friendly neighborhood and they have great (baked goods). I love the bear claws, definitely the bear claws, and also the blueberry bran muffins and carrot cake. And when pumpkin pie comes around, I'll go through one a week. I'm very impressed with their food and you find items here that you don't find at other places. It's just a really great bakery."

Visiting the bakery

Freeport Bakery is open Mondays through Fridays from 7 a.m. to 6:30 p.m., Saturdays from 7 a.m. to 5:30 p.m. and Sundays from 8 a.m. to 3 p.m.

For additional information about this business, call (916) 442-4256 or visit the Web site www.freeportbakery.com.

TAX RETURN PREPARATION

starting at \$65
Most non-business will meet \$65 rate

FEDERAL and STATE
(combo)

Income Tax Preparation
Tax audit Representation

Robert Bielski
Enrolled Agent
Former IRS Agent
(916) 307-9831

FAST. ACCURATE. PROFESSIONAL.

Convenient – MIDTOWN – P St. at 24th

You and your teen

Managing sibling rivalries

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

Not long ago, I got a call from the parents of two adolescent girls. They were concerned because their younger daughter's grades had slipped significantly and her friends and behavior had changed drastically. They'd suspected that she'd begun using drugs, and after careful consideration made the choice to drug test her. When she tested positive they'd confronted her, and she admitted to smoking marijuana on a regular basis.

"Audrey" was about three minutes into her first session when she started sobbing as she told me about her older sister "Nancy." She was a top student and well loved by both peers and teachers. She also had a really nice boyfriend and had never gotten in trouble for much beyond breaking curfew by a few minutes.

It was clear that Audrey felt that Nancy was her parents' favorite. When they were out with friends and family, they'd highlight Nancy's successes. Although Audrey was extremely talented artistically and won awards at school and in local art contests, they'd say next to nothing about her accomplishments. Instead, they complained about her academic struggles and how they hoped she'd focus less on art and more on her "real" schoolwork. Over time, Audrey became jealous and resentful of her sister, and furious with her parents. It was at this point that she started smoking marijuana regularly.

As much as we'd like to think rivalries between siblings end about the time they graduate from their pull-ups, it's important for parents to realize that the competitions are alive and well during adolescence. Although it's impossible to prevent sibling rivalries altogether, parents can take steps to help minimize the negative effects of the struggles.

One vital step is to strive not to compare one teen's successes to another. If we focus on the skills and accomplishments of one child and give the other the message that they should work on developing the same skills, it's a set-up for ill will to develop between them. Had Audrey's parents complimented her for her accomplishments, rather than focusing on areas in which she wasn't as talented or successful as Nancy, Audrey's struggles could have been less severe.

It's also helpful to compliment your teen in public as frequently as possible. While she might roll her eyes and look uncomfortable, she'll eat-up the positive attention. Had Audrey felt that she, too, was a star in her parents' eyes, it's likely she wouldn't have been as affected by the positive attention they'd lavished upon Nancy.

Finally, spend quality one-on-one time outside your home with each of your teens. Let them know that they can speak freely about how they're feeling, and listen openly to the feedback you receive. Should they give specific examples of how they'd like to be treated differently, consider them carefully and make changes when possible. This would give them the message that their feelings are valid and important. It would also increase the likelihood that they'd be open to hearing about your concerns and following your suggestions.

Fortunately, Audrey's parents were receptive to my guidance and took steps to change how they treated her. They focused on celebrating Audrey for her artistic talents, rather than comparing her to her Nancy and criticizing her when she didn't match-up. This helped Audrey feel better, and the relationships with both her parents and sister improved significantly. Before long, she no longer felt the need to get high, and her grades started improving steadily.

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.

Public announcement: George Shahan of River Park is organizing an adult co-ed slow pitch softball team comprised of East Sacramento residents. According to league rules, each team requires an equal number of male and female players. This is a Twilight League team that will play a one-hour game every Wednesday from 6 to 7 p.m. or 7 to 8 p.m. in May and June. Although men have been calling George to play, not enough females have come forward. If you are interested, please call George as quickly as possible at (916) 739-8874. Practice starts the second week of April.

Sacramento's
BEST 2007
2008

RIVERSIDE

CLUBHOUSE

Book Your Reservations NOW!

EASTER BRUNCH

\$19.95 Per Person including
glass of champagne

9am - 3pm EASTER SUNDAY

- Wednesday Nights -

\$1 TACOS \$2 BEERS

(5 p.m. - 8 p.m.)

BOOK YOUR 8:30PM THURSDAY

NIGHT PARTY AND RECEIVE

\$100 OFF

KIDS EAT FREE

Monday & Tuesday Nights

"Cow Menu", Up to & including 7 years old

RIVERSIDE REVISTED



Complimentary Valet
Friday Nights Only

Saturday Nights

**LATE NIGHT
HAPPY HOUR**

9 p.m. - Midnight
Discounted
Appetizers & Drinks

Breakfast Served
Saturdays & Sundays

HAPPY HOUR:
MON-THURS: 4 to 7 pm
Fri: 2 to 7 pm

2633 RIVERSIDE BOULEVARD • 916-448-9988

Tiger birth comes after baby anteater passes away

Roaring in: Sumatran tiger cub born at Sacramento Zoo

Special to the East Sacramento News

The Sacramento Zoo reports the birth of a Sumatran tiger cub, born on March 18. This is the second litter for Bahagia, the female and Castro, the male; their first litter of three male cubs was born in November 2006. Bahagia and baby appear healthy at this early point in the baby's life; the zoo is hopeful the cub will continue to thrive.

Tiger cubs are about two pounds (1 Kg) at birth, born with eyes closed and rely entirely on their mother for the first three months. Mother and baby will be inside the den, away from public view, while the baby gains strength and coordination. Castro, the male, will be on exhibit daily. A second cub sustained severe head injuries and did not survive.

"After the loss of the baby anteaters this month, the birth of the Sumatran tiger and sorrowful death of a second cub is emotional for the zoo staff," said Mary Healy, zoo director. "We are guarded at this time, but we know Baha is an experienced mother who will do her best to take care of this very

special cub especially during the important first few months of development."

The Sacramento Zoo veterinarians did perform an ultrasound on Bahagia to assess pregnancy in early December 2009, however, no cubs were apparent at the time. With a gestation of just under 100 days, it appears the tigers likely bred just after the date of the ultrasound. Animal Care staff monitors the cats' body weights regularly, but saw no significant changes in the tiger's weight or her behavior over the past months; therefore, they had no reason to suspect a pregnancy this late in the season. The veterinarians will perform follow-up health checks on the cub over the next week.

Sumatran tigers are critically endangered and found only on the Indonesian island of Sumatra off the Malaysian Peninsula. The zoo participates in the Sumatran tiger Species Survival Plan (SSP), coordinated by the Association of Zoos and Aquariums, who recommended the breeding of the Sacramento Zoo tigers.

Zoo saddened by loss of baby anteater

Sacramento Zoo reports the death of the newborn Giant anteater. The female baby was born on March 9 to Amber, the female anteater and Beata, the male. The baby was found deceased mid-morning on March 16, during a routine check. Over the past seven days, monitored via video, behavior cues showed the mother to be attentive and the baby growing stronger and holding on to her mother. The Sacramento Zoo is saddened by this loss; the cause of death is unknown at this time, and necropsy results may take one to two months.

"I couldn't be more proud of the staff here at Sacramento Zoo. The staff members who've worked so hard to ensure that this newest addition thrived have proven themselves to be dedicated, thoughtful and sensitive to the needs of the animals in our care," said Harrison Edell, zoo general curator.

The birth was marked by surprise and sorrow when a second baby born a few hours after the first died shortly after birth. The birth of two Giant anteaters is rare and has only been recorded very few times

in Zoos, with only one pair surviving to adulthood. The survival rate of newborns is increased in captivity but complications can still occur.

The first born newborn was taken to the Dr. Murray E. Fowler Veterinary Hospital when Animal Care staff determined it required medical attention. The baby was slowly warmed to a normal body temperature and hand-fed in an incubator overnight before being reintroduced to its mother. As its mother has successfully raised two other infants and was still showing maternal behaviors, the staff felt the infant had its best chance being raised by its mother. The reintroduction period over the past seven days was monitored. The observations will be used by other Zoos and researchers in the study of the species' survival in zoos and the wild.

For more information

Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. For information, call (916) 808-5888 or visit saczoo.com.

BOWEN THERAPY

BOWEN THERAPY is a hands-on, natural method of healing that exerts subtle yet profound effects on the body on all levels.

In this educational seminar, which includes hands-on demonstrations, learn how the Bowen method differs from other bodyworks.

April 20, 2010 @ 2:00pm

Presented by Lisa Bryant, M.A., SLP, ABP, NE

Lisa is a passionate wellness practitioner who has a home-based natural health practice in Elk Grove. Her medical background in brain-injury rehabilitation directly complements her current career as an Accredited Bowenwork Practitioner and Holistic Nutritionist. Lisa works with many clients who have health issues but are seeking a more holistic approach to their healthcare. Prevention and lifestyle change are highly emphasized in her work.

Refreshments & Appetizers will be provided.

Please RSVP by April 16, 2010 or contact us for more info @ (916) 392-3510

 **Primrose**
Living With Memory Loss

7707 Rush River Drive Sacramento, CA 95831

LIC 347001338; 347001342

Making a case for shopping at the Sacramento Farmers' Markets

By JENEKA SANFORD
East Sacramento News Writer
jeneka@valcomnews.com

It took traveling to Cuba and Kauai, and marveling at what the farmers' markets there had to offer to make me realize just what I might be missing back home. Sure enough, once I went to the farmers' market here in Sacramento, I never looked back.

The farmers' market is held every Sunday from 8 a.m. to noon under the freeway at 8th and X streets, and boasts a plentiful array of seasonal fruits and vegetables, as well as vendors selling freshly baked bread, eggs, cheese, flowers, tortillas, meats, poultry and seafood, and many other items.

With the price of food increasingly going up, and the local economy struggling due to the recession, the Certified Farmers' Markets of Sacramento County offer a solution to both: pay less for your groceries while supporting your local economy. But it doesn't stop there: About half of the vendors there offer

organic produce, often at a much better price than local stores. And perhaps the most convincing argument of all: eating both locally grown food and what's in season helps to cut down on carbon emissions. Produce imports and exports add a huge debt to our carbon footprint because of the amount of jet fuel it takes to keep up this endless cycle of international produce shipments. So shopping at the farmers' market means going green, too, and most people even bring their own reusable shopping bags.

At the moment, artichokes, asparagus, mushrooms, all kinds of citrus fruit, kiwis, and rainbow kale are all in season, among several other items. Produce items change by the season, but the cheese, bread, egg, olive oil and organic meat vendors are there year round.

Touring the market

On a recent Sunday morning, there with my friend Becca Popham, I asked her what she loved about it. She said, "My trip to the farmers market has

become a Sunday ritual. The variety is endless: organically raised meat, seasonal fruits and vegetables, flowers for my table, free-range eggs. My favorites right now are the many varieties of daffodils and mandarin oranges. You can even find locally made tortillas – garlic and butter tortillas are my favorite – and fresh bread. The big bonus – everything is fresh and grown or raised close to home. I love that my money goes directly to the hardworking farmers!"

Barbara Kingsolver, prolific writer and gardener extraordinaire, expounded further on this subject in her most recent book, "Animal, Vegetable, Miracle." She wrote: "Concentrating on local foods is a strategy that will keep grocery money in the neighborhood, where it gets recycled into your own school system, and local businesses. The green spaces surrounding your town stay green, and farmers who live nearby get to grow more food next year, for you."

But enough about the politics involved in this debate. Chances are, in the fast-paced lives we lead, not everyone can make it to the farmers' market every week, and most people need to supplement whatever they buy at the local supermarket, which is fine. When asking people why they shopped at the farmer's market, there was one answer that everyone had in common: the freshness of the fruits and vegetables, often picked that very morning, and the taste. Because this produce didn't have to travel or stay preserved for a long length of time, it's just fresher, and tastes better.

If you're not convinced yet, taste heirloom tomatoes in the summer time at the farmers' market, and compare it to a hothouse tomato. The hothouse tomato is mealy and flavorless. The heirloom tomato at the farmers' market tastes like sunshine. Have I convinced you yet? If not, go and see for yourself. You won't be disappointed.

Senior Services *and* Resources

Call Melissa (916) 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

IN HOME CARE

POP INS with a PLUS

Senior In-home Care Specialists

- Complete personal care
- 3 hr min to 24-hour care
- Shopping/errands
- Transportation
- LVN on staff
- Hospice

(916) 247-1019

LOVING COMPANIONS



Certified care

(916) 753-1491

*"Assisted living" in
the privacy & comfort
of your home.
Affordable rates,
1-24 hours/day
NO MINIMUM.*

SENIOR PLACEMENT

Jeanne Skondin, LVN, MBA
RCFE Licensed Administrator

Whitmore Senior
Placement &
Resource Team

916.223.8380
whitmoresenior@gmail.com
Whitmoreseniorplacement.com

- FREE Referral Service to Families
- Health & legal resources
- Independent, Assisted Living & Memory Care Placement
- Urgent placement from home, hospital or skilled nursing facility

SPECIAL ALZHEIMER'S LIVING



Day Club, Respite,
Residential, Support Groups
& Educational Classes
cas@primroselz.com
www.primroselz.com
(916) 392-3510

7707 Rush River Dr. Sacto, CA 95831

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

CALL 429-9901
TO ADVERTISE YOUR SERVICE

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

YOUR AD SHOULD BE HERE!

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

ADDITION SPECIALIST

LYTLE
CONSTRUCTION INC. 

Remodeling and Design

LIC# 480492

Certified Kitchen & Bath Remodeler

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

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

www.lytleconstruction.com



BATH & KITCHEN REMODEL

Astoria
CONSTRUCTION

The Special Attention to Detail Contractors

CSL# 870327
Family Owned / Bonded / Insured
Since 1987

General Contractors for all
your contracting needs!

**Bathroom & Kitchen
Remodeling Specialists**

Painting, Drywall, Tiles,
Crown Moulding & Baseboards

Peter & Eva Klima, *Owners*
916-220-5764 or 916-987-0707

BUILDING MATERIALS

**NEW
Kitchen
& Bath
Cabinets**

Always Available!
Not contractors'
extras or overstock!



INVENTORY ALWAYS CHANGING!

Windows & Doors! Plywood, lumber, siding, cabinets, moulding & more!
All are heavily discounted Contractors' extras or overstocked items.
We also design, build & install.

916-369-1846 • www.builderssurplusllc.com

6015 Power Inn Rd, Suite G • Sacramento 95824

OPEN TO THE PUBLIC - 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

CARPET/UPHOLSTERY CLEANING

TLC CARPET CARE

Carpet & Upholstery Cleaners

Owner Operator
Local in the Pocket
State of the art Truck Mount

(916)952-3831



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

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

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

COMPUTER SERVICES

YOUR ONE CALL COMPUTER EXPERTS!™

We Come To Your Home or Business

Fast@teks
On-Site Computer Services

- All Major Brands - Networking - Personal Training
- Virus, Spyware Removal - Data Back-Up & Recovery
- Affordable Rates - Certified Technicians

916-740-FAST (3278)
www.fastteks.com

\$25 OFF First Visit

Same Day, Evening & Weekend Appointments Available!

CUSTOM CABINETS

Aardvark Woodcraft


Excellence in woodworking

Custom cabinetry & cabinet refacing
Crown moulding & baseboards installed
www.aardvarkwoodcraft.com

Major credit cards accepted
(916) 230-3518

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

FENCING

Bob Grove
(916) 425-7435

License #:
927602

**GATEWAY
FENCE CO.**

Commercial & Residential

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

Fax (916) 429-1905

10% OFF
Spring
Special

FENCING

AESTHETIC FENCE COMPANY

HANDYMAN SERVICE

Gates, Retaining Walls, Repair Work
Fence Installments \$12.75 Ft. FREE Estimates. NO Deposit.
Retail lumber available at wholesale cost.

Phone: 916.570.3078 Cell: 916.380.0061

< unlicensed >

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

HANDYMAN

FREEDOM HANDYMAN SERVICES

Free up your time from those pesky unwanted jobs!

I specialize in all areas of Home Improvement!

-Plumbing - Carpentry - Electrical

- Yard Care - Hauling - Sprinklers

Quality work the first time, Guaranteed!

NO JOB TOO SMALL!

Call Eric

(916) 470-3488

Licensed and Insured #152902

YOUR AD SHOULD BE HERE!

Call today!

Your services are needed.

Your ad should be here.

Ad design is free.

Call 429-9901

HANDYMAN

SPRING CLEAN-UP SPECIALS!

- 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

Quality Handyman

Over 30 Years Exp., Expert in all trades

Bathroom Specialist

Plumbing & Dryrot Repairs,

Electrical/Carpentry, Appliance Repairs,

Tile, Fences, Painting, Linoleum,

Rototilling, Trenching, Etc.

(916) 485-2467

Senior Discounts, All Work Guaranteed

Lic# HB5693

HEATING/AIR CONDITIONING

BONNEY PLUMBING, HEATING, AIR & ROOTER SERVICE

DON'T BE CAUGHT IN THE COLD!

Season Special

Heating System tune-up \$85

CALL 444-0551

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

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

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

KITCHENS / BATHS / HOME REMODELING

Kustom Kitchens/Bathrooms

Design & Consultations • Serving the community since 1957

NOW'S A GOOD TIME TO REMODEL!

Mark Cohn

Certified Kitchen Designer

Lic# 193939

916.443.6778

www.KustomKitchens.com

MarkCohn@KustomKitchens.com



LANDSCAPING

ROBERTS LANDSCAPE

35 YEARS OF EXPERTISE

- Design: Plants, Hardscape, Lighting
- Garden Consultations
- Specialty Pruning: Shaping, Japanese Maples
- Irrigation Tune-Ups

CALL: 444-6458

ROBERTSLANDSCAPE.COM

Contractors Lic# 590317

LANDSCAPING

SACRAMENTO LANDSCAPE Co.

SINCE 1995

CONSULTATIONS
DESIGNS • ESTIMATES
HOMES • BUSINESSES

CALL: 832-2010

WWW.SACRAMENTOLANDSCAPE.NET
CL# 770400

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.terrabellagarden.com

Lic# 152584

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

PAINTING

BK PAINTING

All Interior/Exterior
Custom Painting

Call Bill (916) 519-1175

Ref Avail. • Owner-Operated

Fully Insured/Workers Comp/Bonded
Lic# 792971

PLUMBING

Riverside Plumbing

Keith & Harry Staley

Full Service

Office 442-7586 Mobile 204-4090

Lic# 338816 C-36

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

PLUMBING

BONNEY PLUMBING, HEATING, AIR & ROOTER SERVICE

- Toilet, faucet, sink & disposal repairs
- Installation of new plumbing fixtures
- Trenchless sewer replacement

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

CALL 444-0551

- Sewer & Drain Cleaning
- Water & gas line repair
- Water heaters

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

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com

License #683668

YOUR AD SHOULD BE HERE!

Call today!

Your services are needed.

Your ad should be here.

Ad design is free.

Call 429-9901

PLUMBING



WHEN YOU CALL TODAY!
WE COME TODAY!
Call 916-469-5934

- * \$88.00 Drain Cleaning
- * Trenchless Sewer Repair
- * FREE-Sewer Video Camera with a \$39.00 Service Call
- * Water & Gas Repair
- * Water Heater, Tankless

www.MacsPlumbing.com

Lic # 932524

ROOFING

HOPKINS ROOFING

33 years experience

Specializing in all types of
roofing & repairs

24-hour call

(916) 731-7073

License #667013

ROOFING/SIDING

ZIMMERMAN REROOFING

3675 R Street

Sacramento, California 95816

East Sac Specialists

454-3667

zimroof.com

License #763169 Dave Zimmerman

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.

APRIL

Short Story Contest

Open to ages 16 and older. \$5 entry fee. Please make checks payable to Friends of the Elk

Grove Library. Deadline for entries is 5 p.m., Saturday, April 3, 2010. Entries may be fiction or non-fiction and not longer than 1,000 words. Manuscript must be typed and double-spaced. Final word count to be written at the top of the title page. Name, address, phone number, email address and story title to be written on a 3x5 card and attached to the entry. Do not put your name on the manuscript. Winners will receive cash awards. First place-\$100 Second place-\$75 Third place-\$50. Awards will be presented at the Elk Grove Library Writer's Workshop, April 17, from 10 a.m. until 2 p.m. Submissions will not be returned. Mail or bring your manuscript to Elk Grove Library Short Story Contest, 8900 Elk Grove Blvd., Elk Grove, CA 95624.

German Language and Cultural Classes

German Language and Cultural classes for adults and children offered at

Central United Methodist Church 5265 H Street (H & 53rd) spring sessions beginning April 5, 2010. For information call 916 488-7922 or www.irmgardschlenker.com.

The Savvy Caregiver

Based on research by experts, this new 6-week course from the Alzheimer's Association will provide clinical-level training for family caregivers. The program provides over 12-hours of face-to-face training with dementia experts, a caregiver manual and CD-ROM. Six consecutive Tuesdays: April 6, 13, 20 and May 4, 11, and 18. 10 a.m. to 12 p.m., ACC Park City, 7375 Park City Dr. For a limited time, this \$75 course is being offered for free. Transportation and respite expenses can be covered by a grant. Please inquire. Pre-registration required by April 1. To register, please call Denise Davis at 916-930-9080 or e-mail at Denise.Davis@alzncorcal.org.

Easter services

Greenhaven Lutheran Church and Angels Nest Pre-school, located at 475 Florin Rd. at Gloria Drive, is holding religious Easter services on April 1, at 7 p.m. for Maundy Thursday Services; April 2, at 7 p.m. for Good Friday Service; April 4, at 10 a.m. for Easter Sunday Services; and a free Easter brunch at 8:30 a.m. For more information, call 428-8449.

APRIL 2

California Writers Club

The California Writers Club's Writer's Network meeting on April 2 at 9 a.m. at IHOP Restaurant, 2216 Sunrise Blvd. in Rancho Cordova just north of Hwy. 50 will present Elva Anson, MA, MFT, author of five books and a number of articles, speaking on "A Writing Wonderland." Guests welcome. For more information, call (916) 944-3185.

APRIL 2-3

CalPERS hosts retirement fairs

A free retirement planning fair for members of the California Public Employees Retirement System (CalPERS) is scheduled April 2-3 (Friday and Saturday) at the Sacramento Convention Center, 1400 J Street. The fair will begin both days at 9 a.m., and end at 4 p.m. on Friday, and 3 p.m. on Saturday. CalPERS members include all state and classified public school employees, and municipal employees in Sacramento, Davis, Woodland, and Folsom; employees of El Dorado, Placer, Nevada, Sutter, Yolo, and Yuba counties; and

employees of the Sacramento Municipal Utility District and the Sacramento Metropolitan Fire District. Sacramento State University employees are also CalPERS members. CalPERS members who attend the fairs will receive information on CalPERS benefits, programs, and services that help them plan for a more secure retirement. Retirees will receive information on how to better manage and preserve their retirement assets. For more information about CalPERS, visit www.calpers.ca.gov.

APRIL 3-4

Bonsai and Rock Exhibit

Bonsai Sekiyu Kai of Sacramento presents the 33rd annual show of the Bonsai and Rock Exhibit. It's taking place at the Sacramento Buddhist Church at the Betsuin Hall, 2401 Riverside Blvd. on Saturday and Sunday April 3-4. Hours are Saturday from noon to 5 p.m.; Sunday from 10 a.m. to 3:30 p.m. Demonstrations each day at 2 p.m.

APRIL 5

German Language and Cultural Classes

German Language and Cultural classes for adults and children offered at Central United Methodist Church, 5265 H St. (H & 53rd) spring sessions beginning April 5. For information call 916 488-7922 or www.irmgardschlenker.com.

APRIL 7

Poetry Reading

Held from 6:00 - 7:30 p.m. at the Sacramento Public Library, 828 I St., the Sacramento Poetry Center will hold a poetry reading in the Sacramento Room on the first Wednesday of each month. April's offering features three poet-publishers: Robert Grossklaus of Polymer Grove Press, Brad Buchanan of Roan Press and Kathy Kieth of Rattlesnake Press. They will read their poems and also talk about their local publishing ventures. Street parking is free after 6 pm. For more info: 916-264-2920 or www.saclibrary.org

APRIL 8

Computer club meeting

The Mission Oaks Computer Club will meet on Thursday, April 8, 2010 from 1:00 PM to 3:00 PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "Computer Networking", presented by Adam Lacey of Applications, Etc. Adam will lead a

problem solving clinic immediately following the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

APRIL 8-11

Brundibar, a Holocaust-Era Opera

On April 8-11, 2010, the Sacramento Children's Chorus with support from the Sacramento Opera will perform Brundibár, the internationally acclaimed 1938 children's opera. Musical accompaniment will be provided by the Sacramento Youth Symphony. The production will be held at the Hiram Johnson High School theatre, 6879 14th Ave., with four public performances and two matinee performances to accommodate school field trips. The final Sunday public performance will be held on Holocaust Remembrance Day (Yom HaShoah), April 11, 2010. The opera will be sung in English and accompanied by English super titles. Tickets are \$15 for adults and \$10 for students.

APRIL 9

Cultural Events Fair

The Cultural Events Fair takes place at McClatchy High School located on Freeport Boulevard on April 9 from 3:15 to 5:15 pm. It is a fair offered to students in the HISP Program (Humanities and International Studies program) as a way to learn about different cultures outside the classroom. There are workshops held all over the campus. They include Sushi making, Painting in Pastels, Photography, Fencing, Drumming, Acupuncture, Belly Dancing to name a few. There are between 14 and 16 workshops. Most presenters are business and professional people from the area and they do both lectures, labs and hands-on. Usually they bring colorful and interesting props such as real fencing gear, food ingredients, posters, costumes etc. The event is highly spirited and positive and very well received among the students, parents and teachers.

Carmichael Geranium Society April Meeting

Carmichael Geranium Society April Meeting is Friday April 9, 10 a.m. to noon at the Carmichael Community Clubhouse, 5750 Grant Ave. We will have an overview of how to use Geraniums in culinary recipes - visitors welcome. We will also make final plans for our May 1 annual Show and Plant Sale.



A taste of Scotland.

April 24-25, 2010
At the Yolo County Fairgrounds/Woodland

Join us for our **134th**
Sacramento Valley Scottish Games & Festival.

Featuring the United States Scottish Drum Major Championships, the returning World Champion Drum Majors from Northern Ireland, and a whole new world of Celtic culture, heavy athletics, dancers, pipers, and non-stop entertainment, food & faire!

To order tickets online,
visit: www.saccallie.org. Or call (916) 424-3661.

Real Estate Quarterly FIRST QUARTER • January - March, 2010

Call Linda at 429-9901 or e-mail her at Linda@valcomnews.com for advertising rates for this special BIO PAGE to be included in the Real Estate Quarterly.

Real Estate Quarterly
FIRST QUARTER
January-March 2010

Scheduled to run
May 6th & 13th

Deadline is April 29

Call to include your Bio!
429-9901



Richard Smith
Smith Real Estate
2709 Riverside Blvd.
916-999-9999
rsmith@smithre.com

Smith
RE

Richard has been a top-producer in his market area since entering real estate sales in 1987. From the very beginning, he specialized in the marketing of architectural and historic properties. Richard is known for his distinctive and creative marketing materials, which reflect his life-long interest in, and admiration of, architectural and historic properties. In 1991 Richard was selected to be an Estates Director in recognition of his consistent high production (about 600 career transactions) and record-breaking sales.

NOTHING ENHANCES YOUR HOME LIKE A TRANE

36 Months
No Interest (Same As Cash)
Financing

up to
\$1000*
Instant Rebate

3.9% APR

WITH 1.75% MIN
MONTHLY PAYMENT

A&P HEATING & COOLING

Utility Rebates May Apply
*With purchase of a qualifying Trane XLI System.
Subject to terms and conditions.

Serving East Sacramento Since 1963

256-4586

SAVE Up to 59%
On Your
Heating & Cooling
Energy Costs!



FREE IN-HOME COMFORT CONSULTATION

19 Point Heating or
Air Conditioning

**PRECISION TUNE-UP &
SAFETY INSPECTION**

Expires 04/30/10

\$85⁰⁰

Reg \$129

Fine Old Neighborhoods, Fine Old Homes



Paloma Begin
628-8561

PalomaBegin@gmail.com
www.PalomaBegin.com
DRE# 01254423



Bob Lystrup
628-5357

Bob.Lystrup@cbnorcal.com
www.BobLystrup.com
DRE# 00991041



Fantastic East Sacramento Location

Wonderful home located just steps from Bertha Henschel Park. Enjoy this 3 bedroom home with hardwood floors, formal dining area, central heat and air, tile roof, large backyard and a 2 car garage! If you're wanting a great East Sac home, this is it!

Offered at \$389,000

730 Alhambra Blvd, Suite 150
Sacramento, CA 95816



Your vehicle donation:
the key to strong families

866.689.KIDS

kidshome.org



SACRAMENTO CHILDREN'S HOME

welcome home

transforming the aging experience...

ESKATON®

Senior Residences and Services

Eskaton Monroe Lodge

A Land Park Tradition



Independent Living with Services

3225 Freeport Boulevard
Sacramento, CA 95818

916-441-1015

www.eskaton.org

Faces and places

Spring Potluck and Egg Hunt

The Elmhurst Parents' Group hosted their fifth annual Spring Potluck and Egg Hunt from 9:30-11:30 a.m. on Saturday, March 27, at the Coloma Community Center courtyard. The event featured egg hunts for all ages, a visit by the Easter Bunny, arts and crafts, raffle prizes and face painting.

Pictures by East Sacramento News Photographer Noah Winn.



red all over DESIGN

New offer from Valley Community Newspapers!

Valley Community Newspapers, Inc. (publishers of the Arden-Carmichael News, the East Sacramento News, The Land Park News, The Pocket News, California Kids!, The Valley Shopper and The Valley Wedding), has a new service to offer our clientele.

Red All Over Design, our in-house design department, will utilize its experience and expertise in the newspaper industry to ensure YOU, our client, receive the greatest impact in the visual medium.

Red All Over Design will help build your brand. Let us create your personal marketing package. Our design services are available for:

- Advertisement design
- Commercial flyers
- Logo development
- Political campaigns
- Public service announcements
- Brochures
- Posters
- Postcard mailers
- Identity systems (business card, letterhead, envelope)
- Any print design

Contact Ryan Vuong at 916.429.9901 or e-mail RedAllOver@valcomnews.com for more information. Invoicing available and we accept all major credit cards.

Why go elsewhere? WE CAN DO IT ALL HERE!

Valley Community Newspapers, Inc. is located at 2709 Riverside Boulevard. Learn more about us and our family-owned company at www.valcomnews.com.





Windermere

Dunnigan Realtors



PENDING!

SUTTER BROWNSTONES

Unique and modern 1 year old townhome. Features stainless steel appliances and cabinetry, honed granite countertops, slate and hardwood flooring. Media equipment including big screen TV, receiver, speakers and iPod docking station. One car garage on lower level. The ultimate in convenient living. Well located in popular Midtown, near restaurants, shops & transportation. See www.WestSutterWalk.com \$350,000

COLLEEN WIFVAT 719-2324



PENDING!

REMODELED TO PERFECTION!

Charming East Sacramento cottage with great floor plan offers hardwood floors, recessed lighting, fireplace, plus a huge cooks kitchen featuring granite counters, custom cabinets and a beautiful granite dining bar. Stunning limestone bathroom. All this plus a sunny office with French doors leading to a freshly landscaped yard. See www.675-53rdSt.com \$375,000

CAROLE GOODIN 718-0875



PENDING!

1920'S CHARMER

Sunny remodeled kitchen w/many modern amenities; granite counters, custom tile backsplash & cabinets. Remodeled bathroom, new CH&A (&ducting), upgraded to copper, added dual paned windows and beautiful refinished hardwood floors. Spacious backyard. See www.3930TStreet.com \$350,000

DAVID KIRRENE 531-7495



TONS OF CHARACTER

Fantastic brick 3 bedroom 2 bath home located in the heart of East Sacramento! This home includes hardwood floors, a remodeled kitchen, a very spacious floor plan, vintage built-ins and an office or extra room. See www.3959HStreet.IsNowForSale.com \$519,000

TIM COLLOM 247-8048



NEAR MCKINLEY PARK

Hdwd floors w/mahogany inlay. Large updated country kitchen. Dual pane windows & French doors lead to wood deck & spa. Vintage light fixtures. Custom window coverings. Quiet tree-lined street near hospitals, schools & transportation. See www.648-36thSt.com \$679,900

COLLEEN WIFVAT 719-2324



EAST SAC TUDOR

Pristine 2 bedroom 1 bath brick Tudor located on a fantastic street. Charming home combines vintage character with modern day amenities. Spacious floor plan offers hardwood floors w/walnut inlay, recessed lighting, large fireplace & more. See www.1709-47thSt.com \$449,000

TIM COLLOM 247-8048
DAVID KIRRENE 531-7495

RIVER PARK REMODEL

Fantastic 2 bedroom 1 bath River Park remodel with a very large lot. This spacious floor plan includes hardwood floors, remodeled gourmet kitchen with custom cabinets and a completely remodeled bathroom, central heat & air - Large patio that is great for entertaining. Simply a must see! See www.6320DittmarWay.IsNowForSale.com \$310,000

TIM COLLOM 247-8048

SUPER LOCATION

One of the finest East Sacramento **PENDING!** 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.epropertiesites.com \$499,000

JERRY KIRRENE 455-1001

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 \$599,000

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 \$495,000

KARA PARKER 716-3313



Windermere

Dunnigan Realtors

2401 American River Drive, Suite 150
484-2030

Visit Our Web Site: www.windermereDunnigan.com