

Grassroots campaign to fight for county funding for entire park system

Director of regional parks addresses Effie Yeaw Nature Center group

See page 8

Marty Relles presents 'Janey Way Memories'

See page 5

COMMUNITY CALENDAR, PAGES 20-21 • KNOW YOUR NEIGHBOR, PAGE 6 • FACES AND PLACES, PAGE 11

Inside This Edition



Celebrating city's 'Sutter Squares'

See page 6



New tiger cub meets the public

See page 9

Fourth of July sails into East Sac

Annual 41st Street Parade is a longtime neighborhood tradition

See page 5



Specializing in Sacramento's Finest Established Neighborhoods

DRE# 01447558

DRE# 01447558

Rich Cazneau

Kathryn Metcalf



www.eastsacramento.com • 454-0323



Brick Cottage!

Marble entry leads into this 3 bed, 2 updated bath home with formal dining room, living room w/fireplace, charming built-ins & wood floors thru-out. Bright & airy updated kitchen w/stainless appliances & breakfast bar. Master suite features a newly updated bathroom w/pedestal sink. Cozy front porch, nicely surrounded by cedars & shrubbery. \$489,950



McKinley Park!

Spacious Ranch style home across from McKinley Park offers 4 bed & 3.5 baths. Tastefully remodeled kitchen w/stainless appliances, quartz silestone counters, contemporary cabinetry, island counter & breakfast nook. Master suite w/ French doors opening to sophisticated courtyard, sitting area, & remodeled bath w/walk in shower. Living room w/fireplace, family room, dining room & plus a bonus room off the kitchen! \$719,950

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

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.

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

Vol. XIX • No. 13

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

Cover photo by:
 Ryan Rose

• Advertisement design • Commercial flyers • Logo development
 • Political campaigns • Brochures • Posters
 • Postcard mailers • Identity systems • Any print design

red all over
 DESIGN

Contact Ryan Vuong at 916.429.9901 or e-mail RedAllOver@valcomnews.com for more info.

Celebrated Sacto matriarch turns 95

Sacramento native Merle Cale celebrated her 95th birthday with about 300 friends and family members at the VFW Hall on Stockton Boulevard on May 29. Cale, a 1933 graduate of Sacramento High School, said that she is looking forward to celebrating her next big party as a centenarian.

- Information and photo provided by East Sacramento News writer Lance Armstrong.



Jim Plumb designed & Ken Dyer built Custom Home, steps from McKinley Park. 4 bed, 3 ba, Kit/Great Rm/Fam Room that all opens through French Doors to outside Entertaining & Dining area. The Covered Patio complete w/gas fireplace, overhead fans, flagstone deck & Alfresco Outdoor kitchen & gas grill. Saline Pool, Infinity Spa, & Waterfall. Master Suite has 2 walk-in closets, Jacuzzi tub, mounted Plasma TV, honed granite countertops, heated marble tile floor, and more... 401 35th St.....\$1,175,000

KURT CAMPBELL
 PROFESSIONAL REAL ESTATE CONSULTANT
956-5878

LYON
 REAL ESTATE
www.GoLyon.com



Your vehicle donation:
 the key to strong families
866.689.KIDS

kidshome.org SACRAMENTO CHILDREN'S HOME



Alzheimer's Aid Society
 Third Annual
Memorial 5k Run/Walk
 City of Sacramento 5k Championship

Saturday July 24, 2010

Start and finish lines at the historic
 East Lawn Memorial Park



Benefiting **ALZHEIMER'S AID SOCIETY** of Northern California
 Visit us at www.memory5k.org



ALL CARS OF INTEREST WELCOME!!!

\$49 registration with \$5 off for CAM Gearhead Members
 Mention this ad and receive an additional \$5 off

3:30pm: staging and voting at California Automobile Museum
 5pm - 6pm: car cruise through the streets of Sacramento
 6pm - 9pm: car show, awards, and entertainment in
 Midtown Sacramento

www.CalAutoMuseum.org



Seniors Eat Free!

Buy one entree at lunch, brunch or dinner and get a second entree *(of equal or lesser value)* **FREE!**



Fat City
Bar & Café

Serving Old Sacramento since 1976!

1001 Front Street ~ 446.6768

www.lovemymyats.com

*Seniors 55 and older. \$18.00 maximum value.

Must present coupon. Not valid with any other offer. Offer expires August 31, 2010.



Meet Jerry Perry

By NOAH WINN
East Sacramento News Reporter
noah@valcomnews.com

NOAH WINN: After 30-plus years of producing events especially at the Cattle Club, you have seen some pretty amazing bands blossom into mega bands. Do you have a particular favorite one?

JERRY PERRY: "What I love every two years or so there is a band that gives me a charge, like Ancient Ribbons and Low Flying Owls, that just makes me go WOW! I am so proud of Cake and Deftones [for] what they have accomplished. I knew them when they were just trying to get a show. The Groovy Goolies is one of my favorite bands. They represented rock 'n' roll so much and I have so much respect for them."

NW: Everyone loves Friday night Concerts in the Park. Great bands, great food, good people. Is there anything in the works to bring a big show with some big names but an intimate venue?

JP: "I would love to do that. It would be cool. [I'd] love to have Elvis Costello or Neil Young at the Crest or some other huge names, but it's

just a matter of money. I don't have deep pockets though. I have to be mindful of that. Sometimes you would see Cake and Deftones or Tesla at the Concert in Park. But they brought in their own sound and reached in their own pockets just to say 'thank you' to Sacramento because they were a cool enough band to do that."

NW: How do you think today's music is shaping up right now? All this "American Idol" and all the "so you think you can sing" shows has ruined our perspective of rock 'n' roll, in my opinion. What's going on?

JP: "Everything is the same as it was. If anything [that's] broken or backwards, it's commercial radio. They are far too beholden to demographics – they are chasing trends and not pioneering trends. Every radio stations' demographic is to turn to 90s rocks because that was the demographic; everybody loves chocolate doesn't mean that's all we want is chocolate. I don't think 'American Idol' has ruined rock 'n' roll. It's actually a hidden pleasure of mine. I like Crystal Bowersox – I thought she was going to win."



Local music promoter Jerry Perry.

NW: What does Sacramento need more than ever, musically?

JP: "We need all ages music club that isn't treated like a 'kiddie' club – like the Fillmore or the Warfield. I want the type of club that can serve adult beverages and can go past 10 p.m., and at the same time can accommodate adults and kids and have great music, and fun for everyone."

NW: What are your plans for the future?

JP: "I have been getting more booking jobs from local business from Hot Italian, like the Hot Lunch

Series (running every Thursday during the summer at Fremont Park). As far as the futures holds I am going to produce a Beach Boys Show and Neil Young Tribute Show, and Lou Reed Velvet Underground Show really soon so watch out for that. I want to be more of a producer; it's a lot of fun. I don't like to ride the waves; I create the waves."

To reach Jerry Perry about music event or booking your band, visit myspace.com/alivekicking or www.facebook.com/jerryperryrepresent.



Higher federal and California state taxes got you down?

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



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

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

Investment and Insurance Products: ► NOT FDIC Insured ► NO Bank Guarantee ► MAY Lose Value
Wells Fargo Advisors, LLC, Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company.
©2009 Wells Fargo Advisors, LLC. 0909-1318 [80631-v1] 09/09

Fourth of July parade is a longtime East Sacramento tradition

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

Of all the traditions of East Sacramento, perhaps one of the most interesting would have to be the 41st Street Parade, which is held each year on the Fourth of July.

Despite its somewhat primitive beginnings about 70 years ago, the parade has not only survived the test of time, but has grown by leaps and bounds; and all this without any form of advertising.

But advertising has never been a consideration for people living along the parade route, since the event was initially intended to be nothing more than a neighborhood gathering.

And with this thought in mind, it should be no surprise that despite the continual growth of the parade throughout the years, the event still retains its very fun, friendly and even a bit old-fashioned feel.

Once considered a private parade among neighborhood friends, the parade is now open to any visitors and draws people from such places as the Bay Area, Elk Grove, Citrus Heights and Vacaville.

Today, the parade route begins at 41st and M streets and heads south on 41st Street toward J Street, continues one block east to 42nd Street, and heads north on 42nd Street to M Street before returning to 41st Street and heading south again.

The parade, which begins at 11 a.m., has grown into a day-long event with the 1-hour and 15-minute-long parade, barbecues and various neighborhood fireworks shows, which begin at about 9 p.m.

When the parade started in the 1940s, the neighborhood children wore red, white and blue clothing and decorated their bicycles, which is still a tradition that can be seen at the parade this weekend. The modern version of the parade, which includes about 1,000 participants, also includes dogs, cats, wagons and a small number of decorated, motorized vehicles.

Interviewed last year about the parade, East Sacramen-



Photo courtesy "Happy Shooter" via Flickr.com
Carmichael Elks annual Fourth of July Parade will start at 11 a.m. and run along Fair Oaks Boulevard from Marconi to the Carmichael Elks Lodge at 5631 Cypress Ave.

to resident Penny (Anton) Kastanis, who grew up at 1400 41st St., said that she is pleased to see the tradition of the parade and its accompanying activities continue.

"I love traditions and it's nice to get together every 4th of July and have people come over, sit in the front yard, have donuts and coffee and

cheese and watch the parade and then have a barbecue and watch the fireworks at night," Kastanis said.

But based on the popularity of this continuously growing East Sacramento event, the neighborhood's efforts to continue the 41st Street Parade should be appreciated for many more years to come.

CROWLEY
PHOTOGRAPHY

Stephen Crowley
916-730-6184

email: scrowleyphotos@yahoo.com
web: www.wix.com/crowleyphotos/crowley

Janey Way Memories



The story of Jack Vance



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

Jack Vance moved to Janey Way early in the 1960s. He bought a house at the entrance to Janey Way next to the Ducray house. Initially his relationship with us seemed strained. He had a wife, but no children. He was sort of a recluse. When a football once rolled on to Jack's lawn, he admonished us for walking on it to retrieve the ball. This didn't sit well with us.

Then one day, things changed. As a group of us sat on the Ducrays' lawn talking loudly, Jack walked by holding two large dogs on a leash. Surprisingly, Jim Ducray stood up and intercepted Jack as he walked by.

"What kind of dogs are those?" Jim asked.
"They are American Bulldogs," said Jack, "Do you want to pet them?"

Jim knelt down and stroked the well-behaved dogs. He asked Jack if they belonged to him.

"No," said Jack, "I train dogs for a living. I also work as a judge in dog shows. I want these dogs to learn good behavior around people. That's why I walk them around the neighborhood."

Soon we all walked up to pet the beautiful dogs. They clearly enjoyed the attention we gave them.

"Sit now," Jack said to the dogs, and they sat up straight and barely moved. We spent several minutes asking Jack questions about how he trained his dogs. After that, he walked off smartly, with the dogs in tow and behaving like the well-bred animals they were.

Subsequently, our relationship with Jack Vance changed. If a ball rolled on his lawn, he picked it up and threw it back to us. When he walked his dogs of various breeds down the street, we stopped him and admired the handsome dogs. Other times, we'd just say, "Hi Jack, nice dogs."

Years later after we all moved out of the neighborhood to start our own lives, Jim Ducray bought a large purebred dog. He went back to Janey Way to ask Jack how to handle the dog. Jack gave him clear instructions on how to train the spirited young animal.

Over time, Jack had become an integral part of our neighborhood. Our parents had warmed up to him too. Unlike old Joe, who lived on the other side of the Ducray house, Jack had come to like the children of Janey Way. Though he had no children, in a way, we were all his kids. We, in turn, learned to appreciate his skill in training animals.

Jack Vance died several years ago. He had lived on Janey Way for over forty years. In his later years, his health failed him, so he required 24-hour in-home care. When he died, he left his house to the man who provided that care. That fellow and his wife continue to live on Janey Way.

I can't help but think that the relationship we developed with Jack changed him as a person. It mellowed him. He became more tolerant of other people. His dogs became a connection to the children and the parents in our neighborhood, and Janey Way turned into his last stop on the road of life. His is another inspirational Janey Way memory.

Know your neighbor

Sacramento's parks have rich history in the capital city

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

Certainly, just about anyone who has lived in Sacramento for a few years or more is quite familiar with the city's wealth in parks.

From the larger parks such as McKinley Park and William Land Park to a wide variety of smaller parks, Sacramento offers plenty of parks for leisure and entertainment.

So plentiful is the park system in the capital city that more than 200 developed parks and open spaces are available to the community and its visitors.

But despite common knowledge that Sacramentans are fortunate to have access to such public places, fewer people know the richness of the city's park history.

Undoubtedly, many of Sacramento's parks are quite old, with some of these parks having roots that date back to the days of the Gold Rush and the city's founder, John Augustus Sutter, Jr.

Helping to set the stage for the local park system, Sutter, Jr. donated 10 "squares" or "plazas" for "public use of the inhabitants."

This generous gift to the city was to be applied to such public purposes as the future incorporated authorities, from time to time, would declare and determine.

The following is a history of the "squares" donated by Sutter, Jr. to the people of Sacramento.

Cesar Chavez Plaza

The first of these "squares" to be developed was today's Cesar Chavez Plaza, located between 9th, 10th, I and J streets. The park received this name in 1997 in hon-

or of Chavez (1927-1993), the Chicano civil rights leader, who organized the United Farm Workers Union.

Known to many today as the site of a farmers market (Wednesdays, 10 a.m. to 2 p.m., May through October), a free summer concert series, community rallies or simply a leisure place to relax, this "square" has been an essential part of the city, since becoming a park in 1873.

The process of creating the plaza, which is located just south of the historic city hall building, was challenging, considering that when work began on the site in 1872, the "square" was much deeper than the nearby streets levels. The raising of many acres in this part of the city about a decade earlier as a barrier against floods had given the future park site its bowl-like appearance.

During about a five-month period, the "bowl" was filled in and by the spring of 1873, the plaza was an attractive site with Kentucky blue grass, 14-foot sidewalks and a surrounding fence.

Later improvements included an iron fountain (later replaced by the current concrete fountain in 1928), the Andrew Jackson Stevens and Cesar Chavez memorials, additional sidewalks and a variety of trees and plants.

Other unique facts about this park include that it was considered as a future site for the state Capitol building in the 1850s and an underground parking garage in the 1940s.

Marshall Park

This "square," located between 27th, 28th, I and J streets, was once used as the site for Marshall School, which was built in 1889.



The 1889 Andrew Jackson Stevens Memorial, shown in this c. 1905 photograph at City Plaza – today's Cesar Chavez Plaza – is the city's oldest monument.

When the school was demolished many years ago, a park was built in its place.

Like the school, the park, which was completed in 1908, was named in honor of James Wilson Marshall (1810-1885), the man whose 1848 discovery of gold set off the California Gold Rush and the largest mass migration of people in the history of the world.

Marshall Park also serves as home to the Ethel MacLeod Hart Multipurpose Senior Center, which is located at 912 27th St. in a large building at the center of the park.

Grant Park

Located between 21st, 22nd, B and C streets, Grant Park is a 2.6-acre recreational site with a baseball diamond, stadium lights, bleachers, a

picnic area, a playground and shade trees. But for many years, longstanding legal battles held the community away from enjoying what Sutter, Jr. had intended for "public use of the inhabitants."

This problem occurred due to a dispute by William Mesick, who had earlier acquired the "square" and some surrounding property.

Although Mesick fought the city, stating that its claim on the "square" was not valid and that he was the rightful owner of the property, the Board of Supervisors exercised its legal rights and authorized the 1862 construction of a horseracing track that by 1873 was utilized for the State Fair.

The property was converted into the Grant Playfield in 1940.

The playfield, which was later renamed Grant Park, was named in honor of Ulysses S. Grant (1822-1885), the 18th U.S. president and the commander in chief of the Union during the Civil War.

Roosevelt Park

Named after Franklin D. Roosevelt (1882-1945), the 32nd president of the United States, this park is located between 9th, 10th, P and Q streets.

This recreational site, which was formerly known as Roosevelt Playfield, consists of a softball field and a pair of basketball courts and draws enthusiasts of these sports, as well as those interested in playing soccer, jogging or simply relaxing. The site also offers a certified

See Sutter Squares, page 7

A BETTER MOVING CO.
489-3322
abettermoving.com



Enjoy Lance Armstrong's weekly history stories?

Buy his Elk Grove History book at EchoesOfYesterday.net for more tales of yesteryear.

Sutter Squares: These 'squares' make up city's historic parks

Continued from page 6

farmers market every Tuesday, from 10 a.m. to 2 p.m., from May through October.

In earlier years, the "playfield" was a popular site for tennis players and children, but the site no longer includes its historic tennis courts, nor does it offer any recreational playground equipment for children.

Prior to becoming a park, the site was home to two of the city's early schools, the Capital Primary School, which was destroyed by fire, and the Harkness Grammar School, which was named after Dr. H.W. Harkness, the first city superintendent.

Fremont Park

This park, which is located between 15th, 16th, P and Q streets, offers one of the city's newest children's playground areas, as well as a popular, shaded picnic area.

A certified farmers market, with the same schedule as Roosevelt Park, and the Chalk It Up to Sacramento! Labor Day weekend sidewalk art event, are also held at this park.

The park is named after Lt. John Charles Fremont (1813-1890), the famous explorer of the West, Civil War military officer and the first Republican candidate for the office of the president of the United States.

In 1898, this "square" received attention as a possible school site, but the idea was eventually abandoned when another school site was selected.

Muir Park

Located between 15th, 16th, B and C streets, this

park, which was formerly referred to as Muir Playfield, opened in 1923.

The park was renovated and reopened in 2007 and includes the following amenities: a soccer field, a basketball court, a children's playground, barbecues and high-quality walkways.

Historically, the playfield featured a clubhouse, basketball courts, horseshoe-pitching courts, horizontal bars and teeter-totters.

The park was named in honor of engineer, writer and naturalist John Muir (1838-1914), one of the first modern preservationists and the founder of the Sierra Club conservation organization.

Winn Park

This park, which is located between 27th, 28th, P and Q streets, bears its name in honor of Gen. Albert Maver Winn (1810-1883), the city's first mayor and the founder of the order of the Native Sons of the Golden West.

In addition to these accomplishments, Winn also contributed to the civil and military beginnings of the city, organized the first Odd Fellows lodge on the West Coast and assisted greatly in the establishment of the first Episcopal church in Sacramento.

It is believed that he was also a member of every fraternal organization in Sacramento.

Although the park, which has a large, non-public building as its centerpiece, maintains much of its general historic appearance, a variety of improvements on the site were made in 2001. These additions include a fenced

"tot lot" play area, additional walkways, picnic areas and benches.

Stanford Park

This historic "square," which is bounded by 27th, 28th, B and C streets, was originally known as the Stanford Playfield.

The park was named in honor of Leland Stanford (1824-1893), one of the most prominent individuals in Sacramento history.

Stanford, who once made his home in a 38-room mansion at 800 N St., is known for his position as one of the "Big Four" of the Central Pacific Railroad, his founding of Leland Stanford Junior University, his service as the 8th governor of California and his work as a U.S. senator.

For many years, baseball enthusiasts have enjoyed the site, which includes one of the city's most popular baseball diamonds.

Additionally, visitors of this park, which is located about 200 feet south of the site of the historic American River landing of Sutter, Jr.'s father, John A. Sutter, Sr. often take advantage of the park's picnic area.

The non-park Sutter "squares"

The final two "squares" of the Sutter grants are not used as public parks. These sites are as follows:

Alkali Playfield

This former park site, located in the Alkali Flat section of the city, between 10th and 11th streets on C Street, is the only "square" to have become a park, yet no longer retain this status.

Despite its ideal location for residents of the area, this "square" was left undeveloped until 1940, when it became known as the Alkali Play-ground.

Difficulty in developing this "square" occurred due to the fact that the railroad ran diagonally through the site. And when the tracks were removed due to the construction of a nearby trestle, the property was left with a large rock pile.

With the desire of Alkali Flat residents and the approval of the city council, construction began to convert the site into a park.

On Feb. 2, 1940, the park, which included trees, grass, swings, a teeter-totter and slides, was opened. But for about the past 30 years, the "square," which sits near the KCRA Channel 3 news building, has not been utilized as Sutter, Jr. had intended it to be used.

Memorial Auditorium

Although this "square," located between 15th, 16th, I and J streets, was never used

as a park, its benefit to the community has nonetheless been great.

The site was originally home to the Sacramento Grammar School, which was erected in 1872. The school was later renamed the Mary J. Watson School.


In 1927, the auditorium opened as a memorial to "those who made the supreme sacrifice in the service of the United States."

The 3,849-seat venue has since been the source of many memories, as it has featured a variety of events, ranging from concerts and sporting events to plays and political functions.

Fulfilling the city founder's dream

Today, as the majority of these "squares" make up some of the city's most historic parks and the dream of Sutter, Jr. is being realized, the city's Department of Parks and Recreation is carefully working to preserve the past, while looking to the future.

NANNA'S CHILD CARE CENTER



Lic# 343615965
Lic# 343615964

- Quality Begins with us • Learning through creative play & socialization
- Christian based background • 6 weeks - K
- Before and After School programs K - 3rd grade

916-737-5209

EAST SACRAMENTO

Hwy 50 exit @ 65th St. • Light Rail Station within walking distance

FUNERAL
DIRECTORY

Call Patty
(916) 429-9901
www.valcomnews.com

EAST LAWN
ANDREWS & GREILICH
MORTUARY FD136

3939 Fruitridge Road
Sacramento, CA 95820

"Ready to provide guidance at a difficult time."

916-732-2026

EAST LAWN

EAST LAWN MEMORIAL PARK

4300 Folsom Blvd.
Sacramento, CA 95819
916-732-2000
FD1242

*"Embracing a unique commitment
to Sacramento and its people"*

EAST LAWN

ELK GROVE
MEMORIAL PARK
AND MORTUARY

FD1455

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

GEORGE L. KLUMPP
CHAPEL OF FLOWERS
FD 360

2691 Riverside Boulevard
Sacramento, CA 95818

Phone: (916) 443-7917
Fax: (916) 443-7931

Family owned and operated since 1921

Harry A. Nauman & Son

 FD366

4041 Freeport Blvd
Sacramento, CA 95822
(916) 452-6157

Serving Sacramento Families since 1903.
Pre-arrangement packages available.



Lind Brothers FD1141

A FAMILY-OWNED FUNERAL HOME
AND CREMATORY SINCE 1964

4221 Manzanita Avenue
Carmichael, CA 95608
916.482.8080

Since 1927  FD Lic# 355

Nicoletti,
Culjis & Herberger
Funeral Home, Inc.

5401 Folsom Blvd • Sacramento 95819
(916) 451-7284
Pre-arrangement packages available.

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
gormleyandsons.com

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

Director of Regional Parks addresses Effie Yeaw Nature Center group Grassroots campaign to fight for county funding for entire park system

Special to the East Sacramento News

Concerned over the loss of Sacramento County funding to the Effie Yeaw Nature Center July 1, more than 40 community members came to the "Strategy Session" of the Friends of Effie Yeaw Nature Center and Preserve. Janet Baker, Regional Parks Director spoke in detail of the immediate future of the Nature Center, including the possibility of the doors temporarily closing a few weeks in July.

There have been four nonprofit groups that have expressed interest in running the Effie Yeaw Nature Center after Sacramento County announced it would no longer fund it, including the American River Natural History Association, American River Parkway Foundation, The Discovery Museum, and the County Office of Education (operators of Sly Park). The "Requests

for Proposals" were sent out in early June, documenting criteria for a successful "bid", but the consensus is that a coalition of groups would be the best-case scenario for the Nature Center's future.

Bids were due June 4 and the recommendation of the Parks Department was sent to the Board of Supervisors on June 29.

Fight for future funding

Funding for the center ceased at the end of the fiscal year, June 30, and the Sacramento County Board of Supervisors will be unable to approve the lease of the land until July 20, due to their recess. That leaves a lag time of a few weeks where the Nature Center and Preserve may close. Baker said at the meeting with Friends of Effie Yeaw Nature Center and Preserve that she is conferring with Sacramento

County Counsel to see if there is something that can be done to prevent the closure.

After listening to Baker explain the budget cuts to her department, down to .36 percent of the County General Fund before the cuts of fiscal year 2010-11, the group voted to expand their campaign. The American River Parkway's health depends on a strong county parks system to prevent overuse, according to President of Save the American River Association, Warren Truitt. Friends of Effie Yeaw Nature Center will generate e-mails to the Board of Supervisors, as well as a kids' letter writing campaign, to keep the county parks funded at last year's levels.

Getting involved

For more information on the Friends of Effie Yeaw Nature Center and Preserve, please contact Heidi Kuehner (916)335-7382.



Photo by Betty Cooper
The Effie Yeaw Nature Center experience includes plenty of bird watching opportunities.

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

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

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

FREE IN-HOME SENIOR CARE ASSESSMENT



Call us to schedule an
appointment
(916) 484-3965

Non-Medical Senior Care

Every Caregiver is insured,
background checked and
drug screened:

- New Homelife EnrichmentsSM Program
- Meal preparation
- Light housekeeping
- Transportation

We love seniors...and it shows.

YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services
are needed.

Your ad should be here.

Ad design is free.

Call 429-9901

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 MOVE MANAGERS

Moving? Feeling overwhelmed?

Let US handle all the details!
We'll reduce your stress &
ensure a smooth transition!



Call (916) 202-1297 today!

www.SacHomeTransitions.com

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

Primrose
Living With Memory Loss

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

7707 Rush River Dr. Sacto, CA 95831

Introducing: Jingga the tiger cub

Three-month-old cub explores Sac Zoo exhibit for first time

Special to the East Sacramento News

The Sacramento Zoo announces the long anticipated public debut of a female Sumatran tiger cub born March 18, 2010. The newest addition makes a grand appearance with a new name. Voting ended Wednesday, June 16 on five name choices for the young female cub. The winning name, Jingga, means orange in Indonesian. The little tiger cub already has a full coat of orange and black striped fur. The stripe pattern on tigers is like a fingerprint: no two are identical.

The cub remained behind the scenes with her mother since birth while gaining the strength and coordination to maneuver the terrain of the exhibit. Now, at three months old, the small cub explores the exhibit with curiosity and excitement.

"We are extremely pleased with the birth of our endangered female Sumatran tiger cub," said Harrison Edell, zoo curator. "The mother has been as good a parent as one could ask for," he said.

Videos and photos of the cub posted weekly on the Zoo's Web site, blog and Facebook page have garnered much excitement about the cub's introduction, and the naming poll brought in over 40,000 votes. Since tigers are solitary in the wild, mother and cub will alternate on exhibit with the father.

Sumatran tigers are critically endangered and found only on the In-

donesian island of Sumatra off the Malaysian Peninsula. Fewer than 500 Sumatran tigers are believed to exist in the wild and approximately 200 Sumatran tigers live in zoos around the world. The Zoo participates in the Tiger Species Survival Plan, coordinated by the Association of Zoos and Aquariums, which recommended the breeding of the Sacramento Zoo tigers. Species Survival Plans are cooperative breeding and conservation programs designed to maintain genetically viable populations of animals in captivity, and to organize zoo- and aquarium-based efforts to preserve the species in nature.

About the Sacramento Zoo

Open since 1927, the Sacramento Zoo is home to over 450 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. 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. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9:00 am to 4:00 pm, general admission is \$11.00; children ages 3-12 are \$7.00 and two and under are admitted free. Parking is free throughout the park or ride Regional Transit bus No. 6. For information, call 916-808-5888 or visit saczoo.com.

District 3 update

Connecting with the City Council, the community

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

Construction to begin on Sutter's Landing Park Phase II Improvements

This summer construction will begin on Phase II Improvements to Sutter's Landing Park that will include one full basketball court and one half court, three bocce courts with shade canopies, entry monuments, a new walkway, improved parking lot and staining and painting of the existing planters and flare stacks on the landfill. This project is funded solely through dedicated revenues from

the billboards on Bus-80 adjacent to Sutter's Land Park. These new features will be added to the existing 3-acre Dog Park that opened in 2009, as well as a bike trail connection, small boat and kayak access and skateboard facility completed over the last ten years.

Sutter's Landing holds a special place in the history of our City with the 1839 landing of John Sutter. However, from the early 1900s the site was used as a landfill and many areas of the park were used as landfill until 1995. The conversion of this entire landfill site to a park has been one of my top priorities on the Council.

"Super Summer Sale"

40 TO 60% OFF SELECTED GIFT ITEMS



50% OFF ALL FLORAL BOUQUETS, WRAPPED FLOWERS & PLANTS
IN STORE SPECIALS - CASH & CARRY ONLY

Relles Florist & Gifts

64 years in Sacramento with Service & Quality

2400 J Street.....(916) 441-1478

801 Howe Avenue.....(916) 920-4911

FREE PARKING

WWW.RELLESFLORIST.COM

SALE ENDS
08/31/10

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

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

YARD MAKE-OVERS/CLEAN-UPS

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.

HELP WANTED - DRIVERS

HELP WANTED DRIVERS

Drivers-Flatbed: Great benefits. Take Truck Home. Good Home time! OTR. 11 Western. CDL-A, 2 yrs. 888-880-5921 x 123 centraloregontruck.com

MUSIC INSTRUCTION

MUSIC INSTRUCTION

LEARN SAXOPHONE OR CLARINET. Jazz, pop, classic, school music, etc. Prvt. instruction in my Arden or Folsom studio. EXPERIENCED, CREDENTIALLED TEACHER/PROFESSIONAL MUSICIAN. ANY AGE/ANY LEVEL. Positive, no-pressure approach. Start from where you are & progress to where you want to go. Instrument rental available. 530 889-2310. rbalkire@comcast.net.

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

YOUR AD SHOULD BE HERE

FOR A BOX
CLASSIFIED
AD
Call MELISSA
429-9901

Check out the Home
Improvement page!



Sell your car! 429-9901

COINS WANTED

COINS!

Mint sets & proof sets
Coin Collections

Call Oleg

(916) 719-6872

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

Published by Valley Community Newspapers, Inc.

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

ARTS & ACTIVITIES

Second Saturday & More, In & Around Sacramento

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

PACIFIC FLYWAY DECOY ASSOCIATION

40th Annual Classic Wildlife Art Festival



July 10th and 11th, 2010 • 9:00am - 4:00pm
Double Tree Hotel • Sacramento, CA

Antique Decoys • Sculpture • Fine Art
Dinner Auction • Contemporary Carvings

for further information: www.pacificflyway.org

BEST in Men's Clothing
Voted 3rd in Sacramento, KCRA

SWANBERG'S

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



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



Featuring
"A Provocative Paper Show"

by Melanie Zeh

RECEPTION:
July 10th, 6-11pm
Show runs thru July

2904 Franklin Blvd.

457-5507 • www.thecoffeegarden.com

2010 SCHEDULE

Get Your Tickets Now!



S	M	T	W	T	F	S
		TAC	TAC	TAC	TAC	FRES
6	FRES	FRES	FRES		POR	POR
13	POR	RENO	RENO	RENO	RENO	SL
20	SL	SL	LV	LV	LV	TAC
27	TAC	TAC	TAC			

S	M	T	W	T	F	S
				FRES	FRES	FRES
4	RENO	RENO	RENO	POR	POR	POR
11	POR	ALL-STAR BREAK			SL	SL
18	SL	COL	COL	COL	TAC	TAC
25	TAC	TAC	COL	COL	COL	LV

S	M	T	W	T	F	S
1	LV	LV	LV	ALB	ALB	ALB
8	RR	RR	RR	RR	OMA	OMA
15	OMA	OMA	IOWA	IOWA	IOWA	SL
22	SL	SL	SL	FRES	FRES	FRES
29	FRES	LV	LV	LV	COL	COL
5	COL	COL				

ALB	Albuquerque Isotopes	OKC	Oklahoma City RedHawks	HOME GAME
COL	Colorado Springs Sky Sox	OMA	Omaha Royals	AWAY GAME
FRES	Fresno Grizzlies	POR	Portland Beavers	OFF DAY
IOWA	Iowa Cubs	RENO	Reno Aces	
LV	Las Vegas 51s	RR	Round Rock Express	
MEM	Memphis Redbirds	SL	Salt Lake Bees	
NASH	Nashville Sounds	TAC	Tacoma Rainiers	
NEW	New Orleans Zephyrs			

Ticket Office Open
M-F: 10am - 6pm • Sat: 10am - 4pm • Sun: Closed

400 Ballpark Drive
West Sacramento, CA 95691
(916) 371-4487

Catch the feeling.

\$35 OFF

Present this coupon & receive \$35 off your next custom framing order of \$100 or more (one coupon per customer)



1880 Fulton Ave
Sacramento CA 95828
(916) 482-2787
www.artisticedgeframing.com

38th Annual Courtland Pear Fair



Sunday, July 25, 2010
9:00 am - 6:00 pm

Free Admission!

Visit us at www.pearfair.com

SAFARI TOURS

A TRAVEL PROGRAM FOR ACTIVE ADULTS

GILROY GARLIC FESTIVAL - Friday, July 23, 2010 - Course # 65578

Get your taste buds ready! Trip Cost: \$70.00 pp

GRAVENSTEIN APPLE FAIR SEBASTOPOL

Saturday, August 14, 2010 - Course # 65580 - Trip Cost: \$65.00 pp

OAKLAND MUSEUM AND BERKELEY'S 4TH STREET

Wednesday, August 25, 2010 - Course # 65581 - Trip Cost: \$68.00 pp

TAKE ME OUT TO THE BALL GAME - GIANTS vs- DODGERS!

Tuesday, September 14, 2010 - Course Number # 69724 - Trip Cost: \$92.00 pp

TO SEE A COMPLETE LIST OF TOURS PLEASE VISIT

www.cityofsacramento.org/safari • 916-808-TOURS (8687)

CITY OF SACRAMENTO DEPARTMENT OF PARKS AND RECREATION

Support the arts! Support our advertisers!

Promote your art exhibit or special event here! For our affordable rates, contact Melissa @ 916 429 9901



11th annual Walk for Wishes

Late last month, hundreds of Sacramento area residents joined the Make-A-Wish Foundation of Sacramento and Northeastern California at the State Capitol to "Walk for Wishes" in their pajamas. Donations were collected from friends and family in an effort to support the Make-A-Wish Foundation and its charity efforts.



1st Annual **BANANA** Festival
 Come Join us for **A Weekend of Family Fun**
 Aug. 13th-15th and Experience the Best Banana Treats from Around the World
 Kids 11 and under are FREE Admission is only \$5.00
BananaFest.org
 Sacramento, CA
 Consumnes River College

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

- Commercial flyers
- Political campaign material
- Public service announcements
- Brochures
- Posters
- Postcard mailers

Contact Ryan Vuong at 916.429.9901 or e-mail RedAllOver@valcomnews.com for more information.

red all over
 DESIGN

A division of VALLEY COMMUNITY NEWSPAPERS, INC.

Fe Gallery
SECOND SATURDAY
 Show runs through August 3rd
 July 10th, 6-9pm
 Art Demo at 7:30pm

"The Joy of Summer" by Marlene Kidd

"Mask" by Delisse Vargas

1100 65th St • (916) 456-4455
 www.FeGallery.com

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



GUNTHER'S ICE CREAM
July: Root Bear Float

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

We Make Our Own Ice Cream
 Open Daily: Sun-Thur: 10am - 9:30pm • Fri-Sat: 10am - 10pm
70 years of business
2801 Franklin Blvd. (Corner of Franklin & 3rd Ave.)
457-6646 • www.gunthersicecream.com

Sacramento Antique Faire
 Outdoor Antique and Collectible Marketplace

Sunday, July 11th

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

U20 ART COMPLEX
 Call Kevin Santos-Coy (916) 613-4244 for more info.
 1925 U Street, Sacramento 95818

JULY/AUGUST EVENTS

- 7/8: Clinic w/ Percussionist - Carlos Caro & Etching demo w/ Patti Phare-Camp (6-9 pm)
- 7/10: 2nd Sat. 6000 sqft. Fine Art Exhibition Gallery (6-9 pm)
- 7/17: Basis Design Class w/ John Nesbitt MFA (3-5 pm)
- 8/1: Interactive Art Talk Panel Discussion (3-6 pm)

Our Commitment Is To Our Customers & Our Community Since 1957



E. Sacramento
4065 McKinley Blvd.
(916) 456-2443

Money Orders,
 Lottery & Lotto



Designed by:
 BJ's Design for You.

Prices Effective:
 June 30 thru July 6, 2010
 Limit of four (4) on all advertised specials unless
 otherwise stated.
 We Reserve The Right To Limit Quantities.

Store Hours:
 Mon Thru Sat 7 am - 9 pm
 Sunday: 8 am - 8 pm

Money Saving Free Coupons:

Western Family
 Premium Drinking Water
 24 Pack/.5 liter Bottles
 with Coupon **\$2.49**
 Without Coupon \$3.49
 Limit 2 Coupon Per Person/Family

Oscar Mayer
 Bacon
 16 oz. Selected Varieties
 with Coupon **\$2.99**
 Without Coupon \$3.99
 Limit 2 Coupon Per Person/Family

Reddi Wip
 Topping
 7 oz. Can
 with Coupon **2 For \$3**
 Without Coupon 2 for \$5
 Limit 2 Coupon Per Person/Family

Western Family
 Mixers
 1 liter Bottles Selected Varieties
 with Coupon **49¢**
 Without Coupon 79 cents
 Limit 6 Coupon Per Person/Family

\$1 a night DVD rentals!
 No Membership Required to Rent

- Fast & easy, just swipe credit card and go.
- 100s of titles to choose from.

Coming Soon! Blockbuster Videos

Rent online. Pick up at the local store.
www.blockbusterexpress.com
 What you want is waiting for you!

Compton's Markets

Invites you to Shop East Sacramento's
 #1 Neighborhood Store **Shop Local!**



Rib-Eye Steaks
6.99 Lb.
 Harris Ranch All Natural
 USDA Choice Beef Bone In

Pennywise
 California Wines
 Selected Varieties
 750 ml.
7.99 Ea.

Chicken Breast
 "Boneless, Skinless."
1.99 Lb.

Whole Seedless Watermelon
33¢ Lb.
 Cut 59¢ lb.

Beautiful, Fresh Strawberries
 1 lb. Package
2 For \$3

Western Family Briquets
 8.3 lb. Bag
3.49 Ea.

Pick-up Propane BBQ Tank Exchange
 15 lb.
 \$16.99 each

Kraft BBQ Sauce
 18 oz. Selected Varieties
99¢ Ea.

Betty Crocker Brownie Mix
 19.8-22.5 oz. Selected Varieties
2 For \$5

Montezuma Gold Tequila
 750 ml.
7.99 Ea.

Jell-O Gelatin
 .6-6 oz. Selected Varieties
4 For \$5

Mainstream Wines
 750 ml. Selected Varieties
5.99 Ea.

Vendange Wines
 1.5 Liter Selected Varieties
8.99 Ea.

U.V. Vodka
 750 ml. Selected Varieties
12.99 Ea.

Sierra Nevada Ales
 12 Pack/12 oz. Bottles
 Selected Varieties
11.99 Ea.

Jim Beam Kentucky Whiskey
 750 ml.
12.99 Ea.

Coors Or Bud Beer
 24 oz. Cans +CRV
 Selected Varieties
4 For \$5

Coors Light
 18 Pack/12 oz. Cans +CRV
11.99 Ea.

Quilted Northern Double Roll Bath Tissue
 12 Roll Pack
6.99 Ea.

Brawny Pick-A-Size Paper Towels
 6 Roll Pack
6.99 Ea.

Oscar Mayer Meat Wieners
 16 oz.
2 For \$3

Bush's Baked Beans
 28 oz.
2 For \$4

Hefty Foam Plates
 50 ct.
2 For \$5

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..... \$369,000



LUXURIOUS PAVILIONS

Stunning architectural design, open floorplans with high ceilings, hardwood floors, granite kitchen countertops, GE Monogram appliances include built-in refrigerator, stove, microwave & 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**



Luxury Single Family Home

Energy home features solar panels for inexpensive energy bills & electric car hook-up in the garage. High end finishes throughout including decor wood floors, granite counter top in kitchen and much more! Private balcony, oversized garage. Close to light rail, capital, restaurants, park and shopping. No HOA dues! 2214 Davini Lane..... \$330,000



Charming Home by McKinley Park

3brdm, 2bath lovely home. Updated kitchen with newer Maple cabinets & quartz counters. Wedgewood stove & under cabinet lighting. Remodeled baths plus a clawfoot tub. Hardwood flrs, dual pane windows, upgraded plumbing & electrical. Newer central heat/air. Spacious garage with workshop. 633 38th Street\$499,900



Great Opportunity

All brick exterior, small but efficient. 3 good sized offices plus full bath. Parking in back for 2 cars. All remodeled w/ new elec & plumbing. Perfect office space for attorney, CPA or other small business. 2200 5th St\$159,000



Lots of Space

3/4 bedrooms, 3 full bathrooms home. Kitchen is original and needs remodeling. Hardwood floors refinished and all 3 baths have been updated. Lots of potential with a little fix up work. Great location in East Sac. Attached garage. 1440 37th Street\$449,000



East Sac Home

Lovely 3 bedroom plus den. Spacious floorplan with lots of upgrades. Newer roof, newer plumbing, dual pane windows, hardwood floors, updated kitchen with new granite and glass counters. Great East Sac location close to McKinley Park. Beautiful yard and patio, 2 car garage. 75 Primrose Way.....\$394,000

Metro Square

A rare unit in one of Mid Towns most desirable communities. 3 bedrooms, 2.5 bathrooms, hardwood floors, lovely patio, walk to restaurants and shops. 822 27th Street \$379,000

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

MERCHANTS NATIONAL BANK HAD THE PERFECT RECIPE TO HELP FREEPORT BAKERY RISE.

"Merchants had the solid safety ratings, continuous ownership and reputation for service that we were looking for – we couldn't be happier."

Marlene & Walter Goetzeler
Owners, Freeport Bakery



After their bank was bought out yet again, Marlene and Walter decided it was time for a change. With a little research they found that, in addition to offering a full spectrum of free¹ services including checking, online banking, bill pay and more, Merchants National Bank is also rated one of the most secure banks in California.² A level of security that, along with a dedication to personal attention, has enabled Merchants National Bank to help community members and business owners build success on a solid foundation since 1921.

Call today for the personal attention you deserve.

MERCHANTSNATIONAL.COM • (916) 442-3883

The Merchants National Bank of Sacramento

¹Certain restrictions, limitations, and requirements apply. ²Ratings according to Bauer Financial Reports, Veribanc and Institutional Risk Analytics.



Celebrated summer school

Science program helps students from disadvantaged backgrounds

Special to the East Sacramento News

Summer is usually a quiet time for Sacramento State instructors, but a few are spending their time helping students from disadvantaged groups learn about science.

It's part of a program called Introduction to Scientific Research, which is supported by a National Institutes of Health, National Institutes of General Medical Sciences "Bridges to the Baccalaureate" grant and an National Science Foundation "Louis Stokes Alliance for Minority Participation" grant.

"We try to show them what scientists do and plant the seed that they can be scientists, too," says Hydrogeology Professor Tim Horner. "Many of the students plan to transfer to Sac State, some are

here already, and some go on to study science at other universities. Regardless of where they go, we try to show them a career in science is an option."

Horner says most of the students are from disadvantaged backgrounds, but "have been identified somewhere along the way as bright and with potential."

"Money is pretty tight for me, but every day I get here," says Robert Taylor, an American River College student who says he was homeless for a while a year ago and hitches a ride to school with other classmates because of transportation issues. It's great to see that adversities can be overcome and that there is a road for everybody."

Students attend the program eight hours daily for three weeks. Projects include learning about environmental con-



servation and studying native plants to test their anti-cancer and anti-bacterial properties. They also do field studies at the fish hatchery and the American River.

"I'm giving up three weeks working at my family's business and going to summer school for pre-calculus, but I weighed the benefits and this was a winner," says Maria Martinez, a student at Sacramento City College. "The experience has been so amazing, I never knew scientists could be so caring about me and the environment

and about everything. It really opened my eyes and made me realize this is something I definitely want to do."

The program is led by Biology Professor Juanita Barrena and Pam King, coordinator of the University's Science Education Equity program. Participating faculty include Horner, Environmental Studies Professor Michelle Stevens, Chemistry Professor Mary McCarthy-Hintz and Biology Professor Suzanne Lindgren.

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

LIVE HORSE RACING

AT THE California State Fair
Jul. 14 - Aug. 1



JULY 14 - 25

No racing 7/19 & 20

Thoroughbreds Arabian Quarter Horse & Mule Racing

is back at the
2010 California State Fair!

www.bigfun.org

LET US HELP YOU REDUCE YOUR ENERGY COSTS

A & P Exclusive Discount
\$500 off a new Heating and Air Conditioning System

A&P HEATING & COOLING

Serving East Sacramento Since 1963

NOTHING ENHANCES YOUR HOME LIKE A TRANE

256-4586



FREE IN-HOME COMFORT CONSULTATION
Financing Options Available (12/17/10)

19 Point Heating or Air Conditioning

PRECISION TUNE-UP & SAFETY INSPECTION

Expires 07/31/10

\$85⁰⁰

Reg \$129



LAKE COUNTY WINE ADVENTURE

Explore Lake County Wineries with Two Days of Wine, Food, Music, and So Much More.

WWW.LAKECOUNTRYWINERIES.ORG JULY 24TH & 25TH • 10AM TO 5PM



6th Annual Lake County Wine Adventure

Saturday & Sunday July 24 & 25, 2010 • 10am to 5pm

Tickets \$35/person until July 15th can be purchased at www.lakecountrywineries.org

Tickets \$40/person the day of the event can be purchased at any participating winery.

We promote responsible hospitality... please designate a driver.

Designated Drivers are invited to enjoy their Adventure free of charge.

Lake County Wine Adventure

Lake County Winery Association - *Wines with Altitude*

tel: 707.355.2762 | www.lakecountrywineries.org

PRIMROSE MONTHLY EDUCATIONAL SERIES

“Four Months at a Glance”

Tuesday, July 20th at 2pm

Human Trafficking

Tanya Shannon

Human Trafficking Specialist

Opening Doors, Inc.

Tuesday, August 17th at 2pm

Sutter VNA & Hospice

Barbara Torres

Sutter VNA & Hospice

Tuesday, September 21st at 2pm

Family Dynamics

Mary Gillon, Regional Director

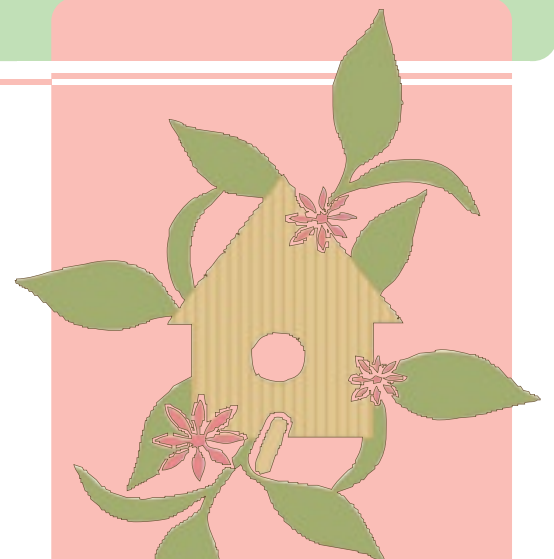
Alzheimer's Association

Tuesday, October 19th at 2pm

Behavior Management

Yvonne Spear, Program Coordinator for the

Kaiser Permanente Alzheimer's/Dementia Program



Primrose
Living With Memory Loss

7707 Rush River Drive
Sacramento, CA 95831

**Please RSVP 5 days prior to each Class:
(916) 392-3510**

LIC# 347001338; 347001342

~ Refreshments will be served ~

One-of-a-kind store

Oto's Marketplace fills unique void in Land Park, capital region

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

It has been three years since a new structure was built at 4990 Freepoint Blvd. and the community was introduced to a unique business, Oto's Marketplace.

The predecessor to this family-owned grocery business had been located in a smaller, rented structure at 5770 Freepoint Blvd. at Fruitridge Road and was known as Oto's Japan Food. But the business expanded to its new location and although it offers many of its former items, it also features a variety of newer items.

And the store's name is more fitting, since the business's focus expands beyond the realm of Japanese foods and includes Thai, Korean and Chinese foods.

The store's general manager, Russell Oto, who owns the business with his father Ted, mother Mollie, brother Michael and sister Florence, emphasized the uniqueness of the store in the capital city.

"Our store is unique to Sacramento, because it's not your average Asian grocery store," Russell said. "We specialize in quality produce, fish and meats that you won't find in any other Asian store. These include: Wagyu Kobe beef and sushi-grade fish and a complete Sake section."

One-of-a-kind store

The store also features a wide variety all-natural meat, a diverse produce section with many in-season local fruits and vegetables and a \$1.50 per item Daiso variety section.

Another attraction of Oto's is its popular take-out section, which includes Japanese-style lunches boxes with teriyaki chicken, teriyaki salmon and other fish and barbecue pork. These boxes range in price from about \$4.25 to about \$12.

Russell recommends his business to the entire community, including those who are interested in purchasing recipe items for Japanese dishes.

"If you have a Japanese recipe, we probably have all of the ingredients you would need to create your dish," Russell said. "I would also recommend coming in and checking out our store just to be adventurous, because we have so many things that you wouldn't find anywhere else."

And of course, Russell is not the only person who recommends his store to others, as many of Oto's customers enjoy sharing why they enjoy shopping at this store.

South Sacramento resident Emily Stewart said that she is one of the store's most dedicated customers.

"I love it here," Stewart said. "I come here almost every day. You can get all kinds of Japanese food over here and these are people you can trust. They are real nice. And the store tests the food that they sell and they either say, 'This is good' or 'This is not good.'"

Elk Grove resident Mai Nakamoto said that she used to place special orders with her vacationing friends until she discovered Oto's.

"There are a lot of things that you can't get (elsewhere in Sacramento), like my favorite thing here is the coconut syrup," Nakamoto said. "I used to have people load up on coconut syrup for me when they were coming back from Hawaii, but then I found they have it here. Also, my kids love the sushi and the fresh meat counter."

Customers also appreciate the business's employees, who include grocery manager Steve Jung, Aki Kushido, a produce man with more than 50 years



East Sacramento News Photo/Lance Armstrong

Oto's Marketplace at 4990 Freepoint Blvd. specializes in Japanese foods and also offers a variety of other Asian foods.

of experience, Ray Yamamoto of the sushi department, and cashiers Debbie Wong and Eri Taniguchi, who is the only employee fluent in Japanese.

Origins of Oto's

The roots of the business reach further than the family's former Freepoint Boulevard location, which was located in the Corti Bros. Cort Yard back in the days when Corti Bros. Italian grocery store had multiple locations.

Ted Oto, 83, who grew up in Walnut Grove and graduated from Courtland High School, became a butcher during the 1940s.

Russell, who graduated from Kennedy High School in 1975, said that his father began his training to become a butcher following World War II.

"Back then, (Japanese immigrants and their families) were put into internment camps," Russell said. "After that, (Ted) couldn't come back to the West Coast, so he went to Chicago and learned butchering as a trade and then (eventually) came back (to the West Coast) and started a business. So, he's a butcher as a tradesman."

This training paid off for Ted, as he operated a meat market inside Carl and Theodore Ferderer's Vina Vista Market at 5452 14th Ave. during the 1960s.

By about 1968, Ted began working at the 1912 Fruitridge Road location of the Food Center, which was under the ownership of Ted L. Kamezaki.

Inside this store, he operated his business, which he called Ted's Meats, for about the following 16 years.

In about 1985, the aforementioned Oto's Japan Foods was established and began to build its steady clientele.

Despite Oto's Japan Food's popularity, which included some customers who traveled from as far away as the Bay Area to shop at the store, Russell said that the location of the business was never exactly ideal.

"We had no identity (there) and unless people knew where we were, it was hard for people to find us," Russell said. "So, when the opportunity to purchase this land (where the current store is located) arose, we took it."

Russell said that his family had made various attempts to rent the building prior to this purchase, but was never able to make such an agreement.

The building originally housed the Land Park Station of the U.S. Post Office and by the 1970s was the site of an Elaine Powers Figure Salon.

It later became home to a Living Well Lady Fitness Center before sitting vacant until the time that the site was purchased by the Oto family.

Following various delays, the Otos began the process of constructing their own grocery store building.

The result of this endeavor was a unique business, which Russell said is attracting more customers on a daily basis.

And for Ted, whose parents, Shizuko and Shigeko Oto, emigrated from Japan in the late 1800s, the store is a dream come true.

"I always dreamed of having a store to leave behind to my kids one day and I finally have that," Ted said.

About Oto's

Oto's Marketplace is open Mondays through Saturdays from 9 a.m. to 7 p.m. and Sundays from 10 a.m. to 6 p.m.

For additional information regarding this business, call (916) 424-2398.

Your Home Improvement Guide

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

AIR CONDITIONING/HEATING

BONNEY
PLUMBING, HEATING, AIR
& ROOFER SERVICE
LIC# 696355

DON'T WAIT-BEAT THE HEAT!
Season Special
A/C Check-up-\$85.00
CALL 444-0551

- Cooling & Heating Service/Repairs
 - New Installs & Existing Replacements
 - Maintenance Programs/Agreements
 - Service on All Brands
 - High Efficiency Air Filters
 - Freon Leak Detection
- REBATES/TAX CREDITS AVAILABLE/ ALL WORK GUARANTEED / SENIOR DISCOUNTS

BATH & KITCHEN REMODEL



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

YOUR AD SHOULD BE HERE!

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

BUILDER/CONTRACTOR



"Quality our customers can count on"

- Family owned and operated
- Residential and commercial
- New construction
- Remodels and additions
- Custom framing
- Kitchen and bathrooms
- Large scale to minor projects
- Over 20 years of building exp.

**FREE
Estimates**

CA Lic# 94623

1721 2nd Street #100, Sacramento 95811 • 916-443-1800 • rnlbuilders.com

CARPET

CARPET

FHA - 100% Nylon
Long lasting wear & performance

Rolls @ 86¢/sq. ft.

Call Tony
(800) 536-6304 • (916) 453-1118
Lic# 706302

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

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

YOUR AD SHOULD BE HERE!

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

COMPUTER SERVICES

YOUR ONE CALL COMPUTER EXPERTS!™
We Come To Your Home or Business

Fastteks
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) \$25 OFF First Visit

www.fastteks.com

Some Day, Evening & Weekend Appointments Available!

CONSTRUCTION

ACCELERATED CONSTRUCTION
**NEW CONSTRUCTION
OR REPAIR
RESIDENTIAL &
COMMERCIAL**

Lic# 675212 • 916.419.9996

CONSULTING/CONSTRUCTION



FAMILY-OWNED & OPERATED SINCE 1980

Need help planning? Unsure what to do?
Consulting Service • Residential & Commercial Construction • New & Remodels
(916) 739-8933

Lic# 582819

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

CUSTOM GLASS

**SACRAMENTO
GLASS WORKS**

CUSTOM GLASS & SANDBLASTING
DESIGN • BUILD • RESTORE

LEADED GLASS REPAIR

(916) 456-0367

New Location:

2530 Mercantile Dr, Ste K • Rancho Cordova
www.sacramentoglassworks.com

CONTRACTOR/REMODELS



THE REMODEL EXPERTS! "Building your dreams!"

(916) 372-0530

Family-owned & operated; Most work done by father & sons

Serving Sacramento since 1995 • Licensed, Bonded & Insured • Lic.# 706474

- Specializing in
Kitchen/Bathroom
- Decks & Patios
- Custom Granite,
Tile & Stone
- Design/Build
- Room Additions

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

**Your services are needed! Call Melissa at (916) 429-9901
and reserve your space on the
East Sacramento News Home Improvement page**

Your Home Improvement Guide

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

EXTERIOR COATINGS/SIDING

**THE PERFECT
EXTERIOR WALL SYSTEM
FOR WOOD-SIDED HOMES**

Energy Star Rated
Let us prove it!

Call Bill (916) 612-1163 CCL # 674691

FENCING

Bob Grove
(916) 425-7435

License #:
927602

**GATEWAY
FENCE CO.**
Commercial & Residential

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

Fax (916) 429-1905



YOUR AD SHOULD BE HERE!

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

HANDYMAN

**FREEDOM
HANDYMAN SERVICES**
Free up your time from those
pesky unwanted jobs!

I 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

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

HANDYMAN

SUMMER CLEAN-UP/Yard Make-over

- 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*



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

YOUR AD SHOULD BE HERE!

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

LANDSCAPING

**Terra Bella
Gardening Maintenance**

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

- Full yard maintenance
- One time clean-up
- Sprinkler repair

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

PAINTING

Dynamic Painting D

Interior • Exterior • Residential • Commercial
Licensed • Bonded • Insured

FREE Estimates - References

JUNE SPECIAL

\$1800 - Single Story | \$2400 - Two Story

Includes labor & materials

Manny Fonseca • (916) 665-2671

Lic# 550940

PLUMBING

**BONNEY
PLUMBING, HEATING, AIR
& ROOPER SERVICE**

WE CHARGE BY THE JOB...
SO YOU KNOW THE COST
BEFORE WE START!
CALL 444-0551

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

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

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

PLUMBING

**ROONEY'S
PLUMBING**

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com
License #683668

PLUMBING

Riverside Plumbing Keith & Harry Staley

Office 442-7586 Mobile 204-4090 Full Service 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

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

Your services are needed! Call (916) 429-9901 and reserve your space on the East Sacramento News Home Improvement page

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.

JULY

Latino Dance and Culture Group

Come dance to the beat of all types of Latin music on July 13 and July 20. Featuring DJ music and delicious Mexican food. Donations of \$3 or more to enter. Held at the Ethel Hart Community Center, 915 27th St., from 6:15 p.m. to 9 p.m. Call Barbara Alarcon at (916) 400-4514 for more information.

JULY 3

Spirit of the Pocket Fourth of July parade

The annual Spirit of the Pocket parade will start at 10 p.m. and will travel down Windbridge Drive to Garcia Bend Park. Entries are now being accepted for the 2010 Pocket Parade, which will be held on July 3rd at 10 a.m. Entry forms are available online at www.cityofsacramento.org/council or call my office at 808-7338 or The Pocket News at 429-9901.

JULY 5

Computer Club meeting

The Mission Oaks Computer Club will meet on Thursday, July 8, 2010 from 1 p.m. to 3 p.m. at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "What's New at Apple," presented by Brent Sallee of MacClicks. A problem-solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our Web site at www.missionoakscomputerclub.org.

JULY 8

Computer Club meeting

The Mission Oaks Computer Club will meet on Thursday, July 8, 2010 from 1 p.m. to 3 p.m. at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "What's New at Apple," presented by Brent Sallee of MacClicks. A problem-solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our Web site at www.missionoakscomputerclub.org.

JULY 10

Jensen Garden Workday

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

JULY 10-11

40th Wildlife Art Festival

Birders of a feather will flock together as the Pacific Flyway Decoy Association presents its 40th Wildlife Art Festival, Saturday and Sunday, July 10-11, Double Tree Hotel Sacramento, 2001 Point West Way. Designed specifically for families, the event celebrates traditional wildlife artworks with contests, displays of carvings, fine art, antique decoys, sculpture and interactive kids activities. Event is July 10, from 9:00 a.m. to 4 p.m. and July 11 from 9:30 a.m. - 4 p.m. Tickets are \$5 for the weekend, children 12 and under, free. For more information, visit www.pacificflyway.org.

JULY 17

Bee Workshop

Come hear the "buzz" about native bees and their place in the urban landscape on July 17, 2010 at 9:00 a.m. at the Historic City Cemetery, 1000 Broadway. Join bee experts to identify and learn about bees at the beautiful Hamilton Square Garden in the cemetery. Park across the street from the cemetery on Broadway and walk due south. There is no charge, but donations toward the beautification of the cemetery are appreciated. Call 916-455-8166 for more information.

JULY 25

2010 Pear Fair

Always the last Sunday in July, the 38th annual Pear Fair will be Sunday, July 25, 2010 from 9 a.m. to 6 p.m. in the Sacramento River Delta town of Courtland, located just

JULY 31

Alzheimer seminar

Chinese Community Church will host a seminar on Alzheimer. Saturday July 31 from 10:30 a.m. to 12 noon. Our address is 5600 Gilgunn Way, 95822 located on Fruitridge Road between Freeport Blvd and South Land Park Dr. Everyone is welcomed. Free. For more information contact 424-8900.

AUGUST

Art show

"Pin-ups", Sacramento Fine Arts Center, August 3-14. The "Pin-ups" Show is where you will find gems of original artwork in a huge selection of unframed work pinned to the Sacramento Fine Arts Center walls. Also showing in our second gallery is the "Docents Art Show". Docents of the Sacramento Fine Arts Center get to show their stuff at this annual show honoring them. You will find award winning art by our talented docents at this all media show. 5330 B Gibbons Drive, Carmichael, CA 95608 Gallery Hours, 11 a.m.-7 p.m. Tuesdays, 11 a.m.-3 p.m. Wednesdays through Saturday. For more info: www.SacFineArts.org.

AUGUST 3

Casa Garden Restaurant

Tuesday, August 3: 11:30 a.m. wine social featuring "Three Wine Company" at the Casa Garden Restaurant, 2760 Sutterville Road. "Three Wine Company" will pour wine during hors d'oeuvres, to be followed by lunch (choice of Chicken and Spinach Crepes or Grilled Chicken and Nectarine Salad) and dessert Heavenly Raspberry Torte -- \$20 per person, including tax and gratuity. Reservations a must - call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

AUGUST 10

Casa Garden Restaurant

Tuesday, August 10: The VoCAL's musical presentation of "Malt Shop Melodies 2" at 11:15 a.m. and 1:15 p.m. seatings at Casa Garden Restaurant, 2760 Sutterville Road. Entrée choices: BBQ Beef Brisket with Garlic Roasted Potatoes or Grilled Chicken and Nectarine Salad; dessert Belgian Cream Cake -- \$20 per person, including tax and gratuity. First-come, first served group reservations by one person, one check. Reservations a must - call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

AUGUST 28

Kitten adopt-a-thon

It's "kitten season" — and Happy Tails Pet Sanctuary is partnering with Extra Space Storage to find loving, permanent homes for Sacramento's homeless kittens. The "Kitten adopt-a-thon" runs from 10 a.m. - 2 p.m. at Extra Space Storage, 3000 B St. For more information, please visit www.happy-tails.org.

Senior Lifestyles



Special Insert in
VALLEY COMMUNITY NEWSPAPERS, INC.

August 19th and August 26th, 2010

Deadline: August 5th, 2010

20,000 Copies inserted in the following newspapers:

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

Contact your Representative at (916) 429-9901

Need food for your pet and can't afford it? Consider the Pet Food Bank...

City Pet Food Bank

2127 Front Street | Tues through Sat: 8am-5pm

DONATIONS NEEDED:

Contributions of cash or food welcomed, including opened bags of food your pet didn't like!

Tax deductible monetary donations. Send checks with the notation (FOR THE FOOD BANK) to:

TEAM/ Pet Food Bank
City of Sacramento Animal Care Services
2127 Front Street • Sacramento, CA 95818

www.cityofsacramento.org/generalservices/animal-care/



Hope freedom help Healing...
Change your life
You can overcome your hurts, habits, and hang-ups.

Celebrate Recovery @ SoulWorks
Every Tuesday 6:30 - 8:30 p.m.
William Land Elementary | 2120 - 12th Street, Sacto 95818
www.Nations4jc.net | (916) 390-1309

20 minutes south of Sacramento, off Highway 160. Last year, the fair drew in more than 7,000 people. Make sure and arrive early to enjoy all the festivities. For more information, visit www.pearfair.com.

Todd Morgan and the Emblems

Todd Morgan and the Emblems are performing in the Carmichael Concerts in the Park series, July 25, from 6:30 to 8:30 p.m., at the Carmichael Park Bandshell, located at the corner of Grant Avenue and Fair Oaks Boulevard. This is a free event.

JULY 31

Alzheimer seminar

Chinese Community Church will host a seminar on Alzheimer. Saturday July 31 from 10:30 a.m. to 12 noon. Our address is 5600 Gilgunn Way, 95822 located on Fruitridge Road between Freeport Blvd and South Land Park Dr. Everyone is welcomed. Free. For more information contact 424-8900.

AUGUST

Art show

"Pin-ups", Sacramento Fine Arts Center, August 3-14. The "Pin-ups" Show is where you will find gems of original artwork in a huge selection of unframed work pinned to the Sacramento Fine Arts Center walls. Also showing in our second gallery is the "Docents Art Show". Docents of the Sacramento Fine Arts Center get to show their stuff at this annual show honoring them. You will find award winning art by our talented docents at this all media show. 5330 B Gibbons Drive, Carmichael, CA 95608 Gallery Hours, 11 a.m.-7 p.m. Tuesdays, 11 a.m.-3 p.m. Wednesdays through Saturday. For more info: www.SacFineArts.org.

AUGUST 3

Casa Garden Restaurant

Tuesday, August 3: 11:30 a.m. wine social featuring "Three Wine Company" at the Casa Garden Restaurant, 2760 Sutterville Road. "Three Wine Company" will pour wine during hors d'oeuvres, to be followed by lunch (choice of Chicken and Spinach Crepes or Grilled Chicken and Nectarine Salad) and dessert Heavenly Raspberry Torte -- \$20 per person, including tax and gratuity. Reservations a must - call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

AUGUST 10

Casa Garden Restaurant

Tuesday, August 10: The VoCAL's musical presentation of "Malt Shop Melodies 2" at 11:15 a.m. and 1:15 p.m. seatings at Casa Garden Restaurant, 2760 Sutterville Road. Entrée choices: BBQ Beef Brisket with Garlic Roasted Potatoes or Grilled Chicken and Nectarine Salad; dessert Belgian Cream Cake -- \$20 per person, including tax and gratuity. First-come, first served group reservations by one person, one check. Reservations a must - call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

AUGUST 28

Kitten adopt-a-thon

It's "kitten season" — and Happy Tails Pet Sanctuary is partnering with Extra Space Storage to find loving, permanent homes for Sacramento's homeless kittens. The "Kitten adopt-a-thon" runs from 10 a.m. - 2 p.m. at Extra Space Storage, 3000 B St. For more information, please visit www.happy-tails.org.

ONGOING

American Legion Dance

The American Legion Dance, Held on the first Friday of each month from 7 - 10 p.m. at Veterans Memorial Hall at Royer Park in Roseville, featuring ballroom, Latin, swing, and night club dances with DJ Bob Wayman. The public is invited and singles are welcome. There is a great wood dance floor, good parking, no-host bar, soft drinks, and snacks. Come dance and make new friends. The hall is located at 110 Park Drive. Cost \$8. Info: (916) 783-7267. Proceeds go to support the troops and our veterans.

Bariatric Surgery Informational Seminar

Learn all about what bariatric surgery is and is not. The seminar is held the first Saturday of the month from 10 a.m. - 12 p.m., except for July and September when the seminar will be held on the second Saturday of the month. The seminar location is Bruceville Terrace (8151 Bruceville Road) in the Multipurpose Room. For more information, please contact Rondi Crowley at 423.5909.

Food Addicts Anonymous

Food Addicts in Recovery Anonymous is a 12-step group for people struggling with obesity, food obsession, or eating disorders. There are no dues or fees, or weigh-ins. All are welcome to join them: Monday - 6:30 p.m. Greenhaven Lutheran Church Fellowship Hall, 475 Florin Rd. Sacramento; 7 p.m. Warehouse Christian Ministries, 10020 Foothills Blvd. Roseville; 7 p.m. Nevada County Contractors Assoc. - 149 Crown Point Ct., Grass Valley; Tuesday - 6:45 a.m. Southside Park Clubhouse, 2051 6th St. (btwn T & W Sts), Sacramento; 9 a.m. St. Andrew's United Methodist - 6201 Spruce Ave, Sacramento; 6:30 p.m. Kaiser Medical Center Conf Rm, 1900 Dresden, Lincoln; 7 p.m. Faith United Methodist Church - 3600 J St., Sacramento; Wednesday - 7 p.m. Davis United Methodist Church - 1620 Anderson Rd, Davis; Thursday - 9 a.m. St. Andrew's United Methodist Church - 6201 Spruce Ave, Sacramento; 6:30 pm Christ Unity Community Church - 9249 Folsom Blvd. Sacramento; 7 pm Auburn Grace Community Church, 3126 Olympic Way Rm 117, Auburn; Friday - Southside Park Clubhouse, 2051 6th St. (btwn T & W Sts), Sacramento; 7 p.m. Kaiser Facility Folsom, 2155 Iron Point Rd, Conf Rm 1, Folsom; 7 p.m. Kaiser Hospital 3700 Vaca Valley Pkwy 3rd Fl., Rm B, Vacaville; Saturday - 8 a.m. Fremont Presbyterian Church - 5770 Carlson Dr. Chapel, NE corner of campus, Sacramento; 8 a.m. St. Andrew's United Methodist - 6201 Spruce Ave, Sacramento; 8 a.m. BriarPatch Co-Op Community Market, 290 Sierra College Dr. Community Rm., Grass Valley. For more information: www.foodaddicts.org.

MONDAYS

Gray Eagles

Gray Eagles - a M/F social group sharing WW II history of military or sport aviation. Former air, ground, or carrier crew, or anyone interested will enjoy our monthly speakers. Topics include B-17s, Reno races, Fire attack A/C, Airshows. Drop by to visit - FREE. We meet the second Monday, each month at Hometown Buffet, 4300 Florin Rd. (private dining room), Sacramento, 11:30 - 1:30. See www.grayeagles.net or call Lou @ 421-0844.

Tai Chi at Hart Center

Chinese exercise combines specific movements and relaxation, 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St. Instructor, Mamie Woo. Information at 808-5462.

Hatha yoga class

Instructor Pat Shaw teaches students to align the body through breathing techniques, postures and deep relaxation, 3 to 4 p.m., Hart Senior Center, 915 27th St. Information at 808-5462. Repeats Wednesdays, Fridays.

Gray Eagles meet

Gray Eagles, a social group for men and women, hears guest speakers on air shows, flying and warbirds, 11:30 a.m. to 1 p.m., second Mondays of the month. Visitors welcome. Free, at the Hometown Buffet (private dining room), 4300 Florin Road. Information at 421-0844.

Newcomer's Buffet

The Widowed Persons Association of California invite any and all widows and widowers to attend their Newcomer's Buffet and Social at 5:30 p.m., every third Monday, at the Plaza Hof Brau, El Camino at Watt Avenue. The cost varies as the choice is from a no-host buffet menu. For more information, call 972-9722.

Toastmasters meet

Guests always welcome at Klassy Talkers Toastmasters to have fun while improving speaking and leadership skills, 7 to 8:30 p.m., Executive Airport 6151 Freeport Blvd., 95822. Information: Jan at 284-4236 or www.sacramentotoastmasters.com.

Co-Dependents Anonymous

Co-Dependents Anonymous meets, 7:30 p.m., Friends Church, Fireside Room, 41st and E streets. This 12-step group is for people whose common problem has been an inability to maintain healthy relationships. We support each other in developing fulfilling relationships. For more information, call 1-866-794-9993.

Evening Tai Chi class

Sixty-plus minute class includes Yang style Tai Chi, Chi Gong exercises, and strength training using elastic bands, 6:30 p.m., Parkside Community Church, 5700 South Land Park Drive. Open enrollment - join anytime. Cost: \$15 a month for members, \$20 for non-members. Information: 421-0492.

Girls-only karate

Karate for girls ages 7 and older, 6:30 to 7:30 p.m., Elks Lodge No. 6, Riverside Boulevard at Florin Road. Meets Mondays and Wednesdays. Information at 470-9950.

Aviator interest

Gray Eagles, a social group for men and women to shares stories of military or sport aviation -- for former air or ground crew, or anyone interested in B-17s, Reno races, and airshows. Free. Meets second Monday, 11:30 a.m. to 1 p.m., at Hometown Buffet, 4300 Florin Rd. (private dining room). Information from Lou at 421-0844.

TUESDAYS

Pastel landscapes class

Award-winning pastel artist Reif Erickson teaches a four-step process to creating art. Supplies provided for the first session and students provided with a materials list for further lessons. From 2:30 to 5 p.m., Ethel Hart Center, 915 27th St.; \$25 per lesson. Information at 808-5462.

Free Medicare counseling

Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appointments are every Tuesday with John Gallapaga, call 376-8915 to schedule an appointment. For appointments in Spanish, call Marta Erismann at 231-5110.

Women's networking

Soroptimist International of Sacramento South, a service club for business and professional women for 47 years, meets second and fourth Tuesdays, 12:15 p.m., for lunch and programs at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. Fundraising, networking, community service. Information: President Colleen Truelsen, 429-9901, email: colleen@valcomnews.com.

Barbershop Harmony

Sacramento Capitolaire Barbershop Chorus rehearsals, 7 p.m., Sierra Arden United Church of Christ, 890 Morse Ave. Open to "men who like to sing." Call Joe Samora for details, 631-9848.

Antelope Quilters Guild

Held the second Tuesday of each month from 7 p.m. to 9 p.m., the Quilters Guild invites community members to their general meeting at the Lutheran Church of Ascension, 7607 Garden Gate Dr. in Citrus Heights. For more information, call 488-8858.

WEDNESDAYS

Yoga at Parkside Church

Svaroopo Yoga is a style of Hatha Yoga that can relieve pain, reduce stress, increase strength and flexibility, help with proper alignment and posture, calm the mind, and promote personal transformation. The classes are open to everyone. Beginning Yoga is offered on Wednesday mornings from 9:15am - 11:00am and Advanced Yoga is offered on Tuesday mornings from 8:45a - 11:00am. Fees are \$52 for a series of 4 sessions. Parkside Community Church is lo-

cated at 5700 South Land Park Dr. Call 421-0492 for more information.

Wednesday Night Dance

Dance to the rhythms of the Sensible Sounds Dance Band in the community center's beautiful auditorium. Enjoy Ballroom and Line dance from Swing to Rock to Country music. Call 972-0336 for more information. \$7 per person, from 7-10 p.m. every Wednesday at the Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael.

Community sing-along

Harmonize on old hymns and folk songs, just for our own pleasure. Shower singers are welcome! Wednesdays 6:00-8:00 p.m., June 10 through August 26. Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd. Free. Information: 457-4527, daytime.

Pole walking clinic

Free pole-walking clinic sponsored by Cure Arthritis Now, every Wednesday morning -- demo poles provided for use during your first clinic. Call 208-8700 for details of times and locations. Come learn a new way to exercise and get healthy.



Gabriella's

"The New Place In Town"

*Ideal for... Wedding Receptions • Birthday Parties • Prom Parties
Family Reunions • Anniversary Parties*

2810 Redding Avenue
Sacramento, CA 95820

For information/reservations:
Contact Gail Cook at
(916) 870-8496 or
gailcook@surewest.net

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

Start your engines

Arden Arcade's Tognotti's Auto World has 63-year-old roots

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

Depending upon one's age, the sight of Tognotti's Auto World at 2509 Fulton Ave. has various meanings.

For those who were involved in auto racing when the Sacramento Raceway opened in 1964, the name conjures up memories of the old Tognotti's Speed Shop at 2018 16th St., while others remember buying Firestone tires at a later Tognotti's location at 2230 16th St. or going to the West Capital Raceway when it was under a part-Don Tognotti, part Leo Wyrsh ownership during the 1970s.

But the fact of the matter is that right here in the Arden-Arcade area, the large, warehouse-type building that goes far from unnoticed due to its size alone, has a rich history that predates its arrival about 34 years ago.



East Sacramento News Photo/Lance Armstrong

Tognotti's Auto World at 2509 Fulton Ave. is a longtime recognized landmark in the Arden-Arcade area.

Start your engines

This history began with the 1947 opening of the Shell Oil Co. Service Station at 1200 7th St. by Alfred Tognotti, who at the time resided at 1524 8th Ave.

With the continuous growth of the downtown area, Alfred moved his operations to 1301 L St., where he opened a Union Oil Station in 1956.

Six years later, Alfred took over the operations of Shell Oil Co., Inc. Service Station #662 at 1601 L St., where he operated the business for the following five years.

Many people who remember the earlier years of Tognotti auto businesses in Sacramento are very familiar with the name Don Tognotti.

The son of Alfred Tognotti, Don, who passed away at the age of 60 on Dec. 21, 2000, assisted his father during the early years of his businesses, as he described in a historical summary, which he wrote about Tognotti's a year prior to his death.

"I worked days, nights and graveyard (and) I busted tires and washed semi-trucks," Don wrote.

Don added in this historical summary that he also learned to drive in the parking lot of his father's 16th and L streets business.

At the age of 24, Don was approached by Ed Cholakian, one of Tognotti's suppliers, who strongly suggested that he fill a void in the local market by opening a specialized auto parts store, which focused on hot rod parts.

Recalling this time in his life, Don wrote in 1999, "I borrowed \$5,000

and we opened a 1,100-square-foot store at 16th and T streets, myself and one other. We called it Tognotti's Speed Shop and Auto Accessories. This was the mag wheel era (and) Tognotti's was the 'King of Wheels.'"

Get your motor running

Don led the then-new business, which also included a wholesale racing products warehouse, as its president, while his father served as vice president.

In 1966, with the success of the original Tognotti's Speed Shop, which now houses the Wah-Mei Co. Oriental food store, Don relocated the business to a much larger location, a 10,000-square-foot building at 1900 T St.

The building had previously been home to the Weaver Tractor Co., from 1941 to 1962, but had sat vacant for three years prior to the speed shop's opening at this site.

At its 19th and T streets site, which is now home to The Center for Community Health and Well Being, longtime Tognotti's employees, Stu McFarland, DuWayne Starr and Ken Tanaka began working for the company.

By the early 1970s, Tognotti's Speed Shop had grown to include three locations, as it then featured satellite stores at 7125 Franklin Blvd. in south Sacramento and another at 2703 El Camino Ave., near Fulton Avenue, in a shopping center behind Walt's Restaurant.

Additionally, in 1972, Tognotti's Tire and Brake Service, which was

managed by Olie Swanson, opened at the aforementioned address of 2230 16th St., where the Japanese Service Center is now located.

Eventually closing all of its speed shops, Tognotti's opened a new store at 2125 Arden Way at Howe Avenue in about 1975. And it was there that the name Tognotti's Auto World first appeared.

In his 1999 historical summary, Don noted that this name change was due to the fact that the store opted to offer a full scale display of merchandise, while continuing to provide expert technical advice.

In order to handle the company's tire mounting needs, a second Tognotti's tire shop opened at 1750 Fulton Ave. in 1974.

It was also around this time that Starr led the drive to launch Tognotti's Engineering, which built and sold Tognotti's Manual Transmissions. But the transmission end of this endeavor was short lived, as the transmission project was abandoned and replaced with the manufacturing of sprint cars.

Tognotti's now

Today's Tognotti's Fulton and El Camino avenues location, which was once home to a Safeway grocery store and was referred to by Don as "a grocery store for car parts" due to its recognition as "the world's largest retail and wholesale high performance center," opened in 1977.

Although Tognotti's history since this time has included many other

additions, including the opening of stores at 5354 San Juan Ave. in Fair Oaks and 5450 Sunrise Blvd. in Citrus Heights, Tognotti's Print Shop at the current Auto World site and other stores in the San Jose and Concord areas, as well as full ownership of the Sacramento Autorama and Oakland Roadster Show and a partnership in the one-mile oval Silver Crown 100 race at Cal Expo, all but its Fulton Avenue Auto World store remains.

Today, the Tognotti family-owned business is led by its president, Dean Tognotti, and his sisters Denée Lozano and Dena Stedry.

In recognition of Tognotti's history, Dean Tognotti said that he is proud of his family's longtime involvement in the community.

"We are proud of our many years in the community," said Dean. "We're a family-operated business and our employees are like extended family. Our slogan is 'performance and more since 1964' and we plan to serve the community by offering affordable custom auto parts and accessories for cars and trucks for many more years to come."

Tognotti's Auto World is open Mondays through Fridays, from 9:30 a.m. to 6:30 p.m., Saturdays from 9 a.m. to 5 p.m. and Sundays from 10 a.m. to 4 p.m.

For additional information regarding this business, call (916) 485-5072.

We are the only over 100 bed rehabilitation facility with a medicare

5 STAR RATING AND 24 HOUR RN STAFFING

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



24 HOUR SKILLED NURSING

916.483.8103

6041 Fair Oaks Blvd - Carmichael, CA 95608



"For rehabilitation services, Rosewood Rehabilitation will be our first choice. The enthusiastic manner in which Ms. Chen went about her duties was considerable. She always had a smile and a kind word as she administered pain medication to my wife, which she craved and demanded. Her attentiveness, camaraderie and demeanor always made my wife feel at ease and she placed 100% trust in Ms. Chen." John D.



BIRTHDAY PARTIES
BACK TO SCHOOL PROGRAMS
OPEN GYM
SUMMER CAMPS

1 FREE
Trial Class
 Not valid with any other offer.
 Expires 04/30/10



INTERNATIONAL GYMNASTICS CENTRE, USA

The Art of Gymnastics

ENERGETIC KIDS? GYMNASTICS
A Positive Way To Burn Energy, HAVE FUN! GET FIT!

Internationally Renown Instructors | State of the Art 15,000 SqFt. Gym
 Tiny Tot Preschool Area | Full Gymnastics Floor
 Premier rings, bars, beams | Various Trampolines | Tumble Track



FREE
T-Shirt for students
registering
before April 30



- All Ages 18 months to Adults
- Kinder Gymnastics (18 months-5 years)
- Open Gym (Sat, 12-2pm)
- Birthday Parties
- Tumbling/Cheerleading Program
- Recreational Programs
- Back To School Programs

916-372-4496 • 1260 Triangle Ct. • www.igcentre.com • gymnastics333@yahoo.com



Windermere

Dunnigan Realtors



FAB 40'S

This special 1945 cottage bungalow is one story with a master suite with private bath, plus 2 additional bedrooms with 2 more baths. The updated kitchen includes beautiful cherry cabinetry, stainless steel appliances and granite counters. The long brick driveway takes you to a spacious 2 car garage. The private backyard retreat included a wonderful water feature for a retreat atmosphere. See www.1338-42ndSt.com \$775,000

CHRIS BALESTRERI 996-2244



NEAR MCKINLEY PARK

Hardwood 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 \$649,900

COLLEEN WIFVAT 719-2324



EAST SAC COTTAGE

This cute 3 bedroom cottage is located on one of East Sacramento's rare cul-de-sac lots. Relax on your front patio overlooking the well kept neighbor homes or entertain in the lrg backyard & picnic under the vine covered pergola. Upon entering the formal LR, you will appreciate the beautiful hwdw floors, recessed lights, new crown molding, warm neutral colors & inviting fireplace. See www.5247IStreet.com \$399,900

DAVID KIRRENE 531-7495



EAST SAC WITH CHARACTER

Phenomenal East Sac Tudor located on a very quiet, tree-lined street. This home is filled with character!! Includes barrel ceilings, leaded glass windows, hardwood floors and a great fireplace. Also included is a remodeled kitchen with a Wolf range, a spacious bathroom and amazing dining room. See www.163341ststreet.isnowforsale.com \$559,000

TIM COLLOM 247-8048



OH SO CUTE!

Move right in this 4bdm 3 bath home just blocks from McKinley Park. Home includes many charming features from yester year & modern amenities like a master suite, remodeled kitchen, whole house fan, crown molding, beautiful hwdw floors. CH&A, cute original double hung windows (downstairs), LR w/brick fireplace & more. See www.409-41stStreet.com \$500,000

DAVID KIRRENE 531-7495



FAB FORTIES BEAUTY

Meticulously maintained from inside out. This home features spacious rooms, updated kitchen and baths, hardwood floors, dual pane windows and lots of charm. The kitchen boasts granite counters, center island, built-in refrigerator and beverage cooler. Beautiful hardwood floors and a wonderful stone patio. This is a must see. See www.windermereDunnigan.com \$1,099,000

PATTI PRIESS 801-0579

TONS OF CHARM

Exceptional McKinley Park 2 bedroom 1 bath. This home includes hardwood floors, dual pane windows, a completely remodeled kitchen, and a sanctuary-like backyard minutes from McKinley Park for a jog and very close to all the conveniences that downtown has to offer. See www.3109CSst.IsNowForSale.com \$369,000

TIM COLLOM 247-8048

CUTE EAST SAC

Cute house on a great street -- walk to **PENDING** Compton's Market. Hardwood floors, dual-pane windows, central heat & air. Indoor laundry w/space for office. Landscaped front w/auto sprinklers front & back. Detached garage is insulated and sheet rocked w/lots of storage. Attached room behind garage for tools, etc. Good-sized backyard. See www.windermereDunnigan.com \$349,000

MATT PETERS 541-4663

INVESTMENT OPPORTUNITY

Located near UCD Med Center & Midtown. 2bd/1ba & 1bd/1ba unit remodeled in 2008. Inside laundry room & landscaped backyard w/stamped concrete patio. Hardwood floors, granite counters in kitchen., stainless appliances, honeycomb tile in the remodeled baths & new sewer line. See www.MedCenterDuplex.com \$259,000

KARA LABELLA PARKER 716-3313

AMAZING RIVER PARK

Very well priced 3 bedroom 1.5 bath home **PENDING** remodeled kitchen, very spacious floor plan, updated bathroom, crown molding & meticulously maintained front & backyard. Also includes a large living room with a classic fireplace, Central heat and air, insulated walls, and a contemporary feel in this traditional home. Close to Sac State and the river. See www.5709MonaleeAve.IsNowForSale.com \$385,000

TIM COLLOM 247-8048



Windermere

Dunnigan Realtors

2401 American River Drive, Suite 150
484-2030

Visit Our Web Site: www.windermereDunnigan.com