since 1991 EAST SACRAMENTO NEWS

August 19, 2010

Your News in Your Hands

www.valcomnews.com

Doc's Place: Sacramento's first 'drive in' restaurant

Marty Relles presents 'Janey Way Memories' See page 5

COMMUNITY CALENDAR, PAGES 20–21 • KNOW YOUR NEIGHBOR, PAGE 10 • FACES AND PLACES, PAGE 22





n/1bai room with ckvard. Plu or a wine cella \$355,000





Elmhurst Ranch

s 2 bedroo updated bath, freshly \$269,950

EAST SACRAMENTO NEWS WWW.VALCOMNEWS.COM

E-mail stories & photos to: vcnnews@valcomnews.com	Vol. XIX • No. 16
East Sacramento News is published on the first and third Thursday of the month and delivered by mail and home delivery in the area bounded by Business 80 on the west, the American River on the north and east and Highway 50 on the south.	2709 Riverside Blvd. Sacramento, CA 95818
Publisher George Macko General Manager Kathleen Egan Editor Susan Laird Art Director John Ochoa Junior Designer Ryan Vuong Sales Manager Patty Colmer Advertising Executives Linda Pohl	t: (916) 429-9901 f: (916) 429-9906 Cover photo by: Tom Paniagua
Marc Harris Desiléts, Melissa Andrews Distribution/Subscriptions	
Postcard mailers Identity systems Any print design	d all over e s i g n

Classics Are Always In Demand!



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

Alumni from the winter and summer classes of 1940 at Lincoln Junior High School in Sacramento are sought by the reunion committee so the group can celebrate their 70th reunion.

Some 60 graduates attended the school, according to Herbert Yee, president of the Class of 1940.

"This might be our last reunion," he said. "There are fewer and fewer of us left."

Classmates, spouses and family members are encouraged to attend the festivities, which will be held on Sept. 18. Lunch will be served at the Macau Café in Land Park.

"We are charging only \$10 for expenses only," Yee explained. "The lunch will be paid from funds left over from previous reunions.

There will be time to share memories of "Miss Hopley, the school principal for grades one through six, and of Dr. Arthur Poster, who was our principal for the higher grades," Yee



Photo courtesy of Herbert

Do you know anyone from the Lincoln Junior High School Class of 1940? If you do, the class reunion committee wants alumni to contact them. Herbert Yee, seated, Frank Wong, standing, and the other members of the reunion committee are planning the group's 70th anniversary reunion, which will be held on Sept. 18 in Sacramento.

my basketball coach. The Japanese and the Chinese students had their own teams then."

Reservations should be sent to the Lincoln Junior High School Reunion Committee, 1301 Normandy Lane, Sacramento, CA 95822



Students learn through 'Adopt a Grandparent' program

By ELIZABETH VALENTE East Sacramento News writer

Every Thursday during the summer, a few dozen teens from the Sacramento City Unified School District (SCUSD), from incoming freshmen to seniors, volunteered at Eskaton Monroe Lodge.

The facility, located off of Freeport Blvd., is an independent living facility for active seniors. It is also part of the Adopt a Grandparent program where students spend time playing board games, performing skits and music, and leading other entertaining activities with the residents.

This is all part of the SCUSD six-week Summer of Service program. The federally funded program is designed to prepare high school students for a college education. This is the first year that participants are performing volunteer work in the local community. "We wanted to include a community service component to the program because we want these students to think about what they can do to help better their communities, and to know that they can make a difference in somebody else's life," said Zenae Scott, project lead coordinator. "When they get to college, we want them to understand the impact that their education can have in the community."

Jerist Roberts, Summer of Service site coordinator, adds that the goal is to give the teens academic, social and cultural activities to succeed in high school and overcome barriers to attain higher education.

"The program is primarily based on being a servant to the community, but we also expose out students to etiquette, how to get jobs and how to represent themselves," Roberts said.

Administrators say that not only do the children ben-

efit, the residents get to be connected with them as well. On the last day of the program, nearly 30 senior citizens were serenaded by teenagers as part of a community service project.

"Spending time with the residents here has taught me important lessons about respect, love, and doing things for other people," said Curtis Yee, 13, entering freshman at CK McClatchy High School. "We socialized with some of the seniors and even did karaoke. It was fun."

Kaitlin Ribby, 14, who will be a freshman at School of Engineering and Sciences High School starting in September, chose to be involved in the *Adopt a Grandparent* program because of her 87 year old great-grandmother.

"I wouldn't want her to be at a senior citizen home feeling alone or unwanted," Ribby said. "I want everyone at the facility to feel comfort-



WELLS FARGO

430 17th Street @ E in Midtown

(916) 446-2501 • gratefuldogdaycare.com

You'll love our safe,

comfortable

cage-free boarding

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

See Grandparents, page 8

Dr. Mar made my knee ultra-sound.

Orthopedic surgeon Timothy Mar, MD, and patient Bruce Bob, MD



Obstetrician Bruce Bob, MD, loves delivering babies at Mercy—and delivering long drives down the fairway. But his chronic knee pain was making it harder to do either. Orthopedic specialist Timothy Mar, MD, assured Dr. Bob that surgery would bring great comfort with minimal recovery time. Sure enough, six weeks after the procedure, Dr. Bob was again making the rounds with ease.

Dr. Mar is just one of the many renowned surgeons on Mercy's orthopedic team. From initial diagnosis to lasting rehabilitation, our team uses the latest advances to get patients back up to speed as quickly as possible. If your favorite activities are becoming labor intensive, we offer relief. Call 877.725.0555 today for an appointment.



Military Announcements

Army Pfc. Mark A. Bray has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

He is the son of Gary and Terri Bray of Whitney Ave., Carmichael, Calif.

Bray is a 2005 graduate of Rio Americano High School, Sacramento, Calif.

Army Pvt. **Stephen M. Bunch** has graduated from Basic Combat Training at Fort Sill, Lawton, Okla.

During the nine weeks of training, the soldier studied the Army mission and received instruction and training exercises in drill and ceremonies, Army history, core values and traditions, military courtesy, military justice, physical fitness, first aid, rifle marksmanship, weapons use, map reading and land navigation, foot marches, armed and unarmed combat, and field maneuvers and tactics.

He is the son of Steve Donnenwirth of Carmichael, Calif.

Bunch is a 2004 graduate of El Camino High School, Sacramento, Calif.

David J. Heaphy has entered Basic Cadet Training at the U.S. Air Force Academy, Colorado Springs, Colo., in preparation to enter the first academic year at the academy. The six-week, twophased orientation program must be successfully completed by the cadets prior to entering their freshman year. The training prepares men and women to meet the rigorous mental and physical challenges experienced by new cadets.

Phase one involves personal in-processing, orientation, and training in the funda-

See Military, page 5

MercyOrthopedics.org

Janey Way Memories

Swimming

at Glen Hall

Military

mentals of being a cadet. Cadet trainees are prepared to adjust from civilian to military life and disciplines, and learn proper wear of the uniform, saluting policies and procedures, drill and ceremony, marching, and living quarters standards.

During phase two, cadets train outdoors living in tents while learning to function in field conditions. Cadets apply and practice team work, cohesion and learn to deal with physically and mentally demanding situations. They complete the obstacle, confidence, assault, and leadership reaction courses, and participate in a rescue mission termed Operation Warrior.

He is the son of Angelica and David Heaphy of Glancy Drive, Carmichael, Calif.

Heaphy is a 2010 graduate of Jesuit High School, Carmichael.

Air Force Airman Michael T. Hom graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

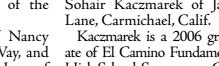
He is the son of Nancy Hom of Bay River Way, and grandson of Pearl Hom of Griggs Way, both of Sacramento, Calif.

Hom is a 2006 graduate of C.K. McClatchy High School, Sacramento.

Army Pfc. Renny K. Kaczmarek has graduated from Basic Combat Training at Fort Sill, Lawton, Okla.

He is the son of Kevin and Sohair Kaczmarek of Javan Lane, Carmichael, Calif.

Kaczmarek is a 2006 graduate of El Camino Fundamental High School, Sacramento, Calif.



Homemade Sandwiches/Salads Fountain Treats and much more Open 10a.m. - 9p.m. **4920** Folsom Boulevard 916-452-5516 Since 1989



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

Pool

In the dog days of August, when temperatures topped the century mark, the Janey Way gang sought relief from the searing heat. This was before the days of back yard swimming pools and central air conditioning, and public facilities offered the only real option. So, we jumped on our bikes and trekked two miles to Glen Hall Pool in River Park.

The city of Sacramento built Glen Hall pool on Carlson Drive adjacent to the American River in the early 1960s. It featured a neat brick covered building and a fenced, Lshaped pool. Though the pool had no heating system, summer temperatures warmed it to a crisp 75 degrees. Voilà, it offered the perfect solution to the hot summer sun.

The pool opened at 8 a.m. for swim lessons only, then closed at noon for lunch. It re-opened at 1 p.m. for afternoon swimming. So, at 12:30 p.m., on most days, we hopped on our bikes and began the long journey to the pool. We turned right on M Street, then right again on 56th Street and pedaled over to H Street. There, we stopped at Hoskins Five and Dime to fortify ourselves with nickel candy. After that, we boarded our bikes, and rode out H Street, through the railroad underpass to Carlson Way and headed up Carlson all the way to its end at the levee bordering the American River. That is where the pool stood.

After the long, hot ride there, the pool must have looked like an oasis, with its powder blue colored cement bottom filled with cool, refreshing water. We dismounted our bikes, ran into the lobby, paid our 25 cent admission, changed into our swim attire and headed straight for the water.

The pool featured a 25-yard long swimming section ranging from three feet deep on the low end to five feet deep on the high end. Adjacent to the high end, a diving pool projected out toward the levee. It included two diving boards: a low board and a high board. We did swan dives, summersaults and one and one half gainers from the low board. Off the high board, we did can openers and cannon balls. There, the splash was the thing. When you did a can opener, you jumped straight out, leaned slightly back and held your knee up to your chest with both arms. When your feet hit with water, you waited for it to careen off your back and thrust into the air. A good dive yielded a splash which rose well above the high board. A successful can opener impressed your friends and drew "ahhs" from all bystanders.

In the swim pool, we played such games as tag, hide and seek and Marco Polo. We spent most of the three hour swim session in the refreshing water, taking breaks only to sun ourselves on the cement deck or buy ten cent Cokes from the refreshment stand. By 4 p.m., we were refreshed and ready for the long trip back home - which included a stop at the malt shop on Carlson Way for a slush – a syrupy shaved ice concoction which came in flavors like cherry, lime and root beer. When we finished our slush, we jumped on our bikes and completed the long ride home.

Summers on Janey Way were long and care free, and our afternoon swims at Glen Hall Pool offered the perfect solution to the hot summer temperatures. The great times we had there are just another happy Janey Way memory.

Kevin Johnson speaks to local business leaders on the economy, needed improvements

By BENN HODAPP East Sacramento News writer benn@valcomnews.com

Sacramento Mayor Kevin Johnson visited East Sacramento's Cook Realty and the Rotary Club of East Sacramento last week to address any questions that the citizens had on their minds. At the meetings he fielded questions about tourism, Sacramento's lackluster downtown and the arena proposal among others. The overall theme of both meetings was one of improvement.

On the morning of Tuesday, Aug. 10, he addressed the workers at Cook Realty. Johnson told the realtors to have faith that the uptick in the housing market is coming. But in order to get that much needed improvement in the local economy, Johnson sees a number of things lacking in Sacramento's current state.

"I want to create a strong downtown core," he said. "I look down J, K and L streets and it's embarrassing."

The area leaves a lot to be desired both aesthetically and economically, according to Johnson. He said that in order to improve the downtown area, Sacramento needs to be able to lure big business. He proposed that the way to draw more people to Sacramento is to improve local schools.

Johnson spoke glowingly of the improvements in his childhood neigh-



Sacramento Mayor Kevin Johnson spoke to area business leaders at Cook Realty and the Rotary Club of East Sacramento last week. The overall theme of both meetings was: Sacramento can do better.

borhood of Oak Park, using it as an example of an area that has improved its school system. At the Rotary Club meeting on Thursday, he said that this November's school board elections can play a vital role in changing the school situation.

"If we can get the right people (on the school board), we can change everything," he said. According to Johnson, Sacramento will never shed its "cow town" label until these things are fixed. He

See Johnson, page 7







East Sacramento News photo/Stephen Crowley Sacramento Mayor Kevin Johnson signs a children's book that will be donated to a local branch library in his name by the Rotary Club of East Sacramento. Rotary Club President George Gomes looks on.



Frank Cook, president of Cook Realty, speaks with Sacramento Mayor Kevin Johnson about the current state of the economy and the real estate industry.

Johnson: 'We are capable of so much more'

wants Sacramento to become a "destination city" rather than just the halfway point between San Francisco and Lake Tahoe.

"Other major cities are 5-10 years ahead of us right now," he said. "Sure, we have a good quality of life and there are a lot of trees and all that, but we are capable of so much more."

He pointed to Downtown Plaza being "40 percent vacant" and that there are holes in the ground with nothing going on around them downtown. He believes strongly that a new arena/events complex can and will bring people to the capital city.

ARCO Arena has fallen into disrepair and simply does not have the power to draw big musical acts to Sacramento, according to Johnson. He stated that being the capital of one of the most powerful economies in the world and having the oldest arena in the NBA does not speak well of the city. But he knows that simply building an arena for the sake of building an arena is not the way to go about it.

"If you're going to do it, do it right," Johnson said at the meetings.

He doesn't want the complex to simply be better than ARCO Arena. He wants it to be state of the art.

"We can do big, we can do bold," he said. "It's hard to get people to see that."

The newest plan in place would have the California State Fair move from its home at Cal Expo out to the current ARCO Arena lot in Natomas; Cal Expo would then be sold and developed over several years and the new arena would sit in the railyard land downtown.

The arena, which Johnson is confident can be had in the next three years, would play a vital role in strengthening the downtown area that he calls embarrassing as it stands now.

Putting the arena on city-owned land at the railyard would cut a substantial amount of cost from a land acquisition aspect, and Johnson assured everyone in attendance that the arena will be built with the taxpayers in mind.

Much of both events was spent answering questions from the audience. The "strong mayor" question was raised at each event, which Johnson was more than happy to explain to everyone. He said that the current system of government in Sacramento does not allow the mayor to have any authority. He even referred to himself as a figurehead at one point and as a "glorified councilmember" at another.

His main concern is that there is no accountability in the way the city is run now. He said that there is no one to blame for the state of the downtown area because everyone just blames each other without any real accountability.

There are a lot of things wrong with Sacramento as it stands now, but Johnson remains confident that a turnaround is indeed possible. Whether or not Sacramento ever becomes the tourist attraction that San Francisco and Lake Tahoe are, Johnson stands firm in his assertion that we can get much better as a city.



Grandparents: Students and seniors bond, share family histories

Continued from page 3

able and know they are loved. That is what I would do if my great-grandmother was there."

Not only do the teens and residents have a good time, they learned about history as well. Students asked the seniors about their childhood and how it was to grow up in the Great Depression, or during the great wars of WWI and WWII.

"Even though we can learn a lot of the history facts in our textbooks, the books don't detail the struggles or the activities people did or had to go through back then," Ribby said. "That's why volunteering at a senior facility home like Eskaton is important, to learn more about our history from the people that lived it, before they are gone."

"They also talked about how they didn't have TV or video games and most times they hung out a lot with the family and friends playing outside, going away on family trips," Yee said. "They were a lot more active, it's so different from how we deal with things now."

"Spending time with seniors, showing interest in their lives or their hobbies, is a great act of kindness," said Noelle Yu, 17, senior at CK Mc-Clatchy. "I really like making people smile – and making a difference. It's important to help the elderly. I feel like we're doing something special for them."

For the students' work in the program, they will all receive credit points for service and an opportunity to earn a scholarship for college from the Summer Service program.

"Service learning is a key and necessary strategy to support youth development, in particular for at-risk youth, to encourage school connectedness and civic engagement, and to provide students with the tools to be successful in a changing global society," Scott said. "One lady told me she valued us kids, saying we are 'the future of the community, future of the world." I guess I never thought about it that way until she said that," Ribby said. "She made me feel more empowered."

Ribby plans to continue volunteering her time at Eskaton after school, separate from the program.

"I enjoy being with the grandparents and hearing stories of how it was back then," she said. "And I think they enjoy telling me the stories too, someone to share their memoires with."

August 21 is National Senior Citizens Day.



You & Your Teen Helping younger teens to cope when siblings leave for college

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

In my last article, I wrote to parents about how they can cope with the feelings that arise when their child leaves for college. In this article, I'm going to focus on how parents can help their younger teens cope when their siblings leave for college.

Several years ago, I counseled "John," a junior in high school. His parents brought him in because he'd left drugs on his bathroom counter and was generally dishonest. They were confused because he'd been a "perfect child" until a few weeks before.

Almost immediately, he became tearful and told me that his older brother "Dan" had just left for college. He'd been blindsided by all sorts of difficult feelings and made poor choices trying to cope. Part of what was difficult was that his parents seemed so caught up in their own feelings that they didn't seem to notice that he was also struggling.

In fairness to his parents, John didn't hang a banner over the front door telling them that he was struggling. Instead, the opposite seemed true. By the time Dan's flight touched down, John had commandeered his brother's bedroom and celebrated by having friends over for an Xbox marathon. However, underneath the bravado was a sad teen. Had his parents anticipated this, they could have done some things prior to Dan's departure.

The effects of upcoming transition can be minimized if teens spend quality time together. Instead of encouraging this, they'd allowed Dan to work all summer and stay most nights at friends' houses. Had they been aware of how much John would miss his brother, they could have encouraged the two of them to hang out more frequently.

Before departure day, it's important to talk with your younger child about what changes to expect and what issues could arise. As the new "oldest child," it's reasonable to expect him/her to be more responsible and take over some of your college-bound teen's responsibilities. At the same time, it's also reasonable to increase privileges. Had this honest dialogue occurred, it's likely that John and his parents would have begun the transition being on the same page and had an easier time adjusting.

When it's time for your teen to head to college, it's helpful for the entire family to "drop him/her off." As John's parents weren't aware of how he was feeling, Dan's father took him to school, while John and his mother stayed home. Had they gone together, John would have been able to see where Dan was living and tour the campus. This could have left him feeling more involved in Dan's experience and helped them stay more connected.

Once home, recognize that your younger teen is going to have strong feelings. Be understanding of what he/she is experiencing, while reminding him/ her that certain behaviors are unacceptable. When John's parents realized this, they were more understanding about the choices he had made, while at the same time giving him appropriate consequences. Although John wasn't happy, his behavior improved.

Furthermore, encouraged your younger child to contact his/her older sibling regularly. When they did this, John reacted by getting annoyed, as he didn't want to appear vulnerable by admitting that he missed his brother. However, when he started texting Dan frequently and keeping intouch on Facebook, John admitted to feeling better and being more of a part of what Dan was experiencing.

Although you may face some resistance, also encourage your older teen to come home regularly. Doing so will help keep the family connected (and maybe help with some homesickness.) Although he wasn't always happy to miss socializing with his friends, Dan came home four times during his freshman year, which seemed to help everybody.

When teens leave for college, families are forced to adjust, and difficulties are challenging to avoid. Just as you are likely to be struggling, keep in mind that your younger teen will also be having strong feelings. By remaining aware of this and taking steps, both prior to and after departure day, some of your younger teen's struggles should be minimized.

In my next article in this series, I'm going focus on what parents can do to help families adjust when their teens stay at home, rather than leaving for college.



Come Bottle Your Own – Labor Day Weekend Enjoy a BBQ & live music on our Crush Pad

For more information, go to: www.carvalhowines.com 35265 Willow Ave (Old Sugar Mill) • Clarksburg, CA 95612 • 916-744-1625



"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



Know your neighbor Powers turns a child's dream into celebrity news

By ELIZABETH VALENTE East Sacramento News writer

Lights. Camera. Action. Instead of going to the movies like most 12 year olds, Isabella Powers is walking the red carpet and meeting the stars featured in some of this summer's hottest movies.

The Land Park resident has been busy this summer. Not only is she hosting Isabella's Animal Show on Access Sacramento and a contributing reporter to Kids Corp, a community cable show, she's also reviewing kids movies with host Mark Allen on Mark at the Movies.

Hollywood reporter

But the fun does not stop there. The St. Francis Elementary School student is also hobnobbing with celebrities like George Lopez and Owen Wilson. She met up with the duo at the San Diego movie premiere of Marmaduke back in May.

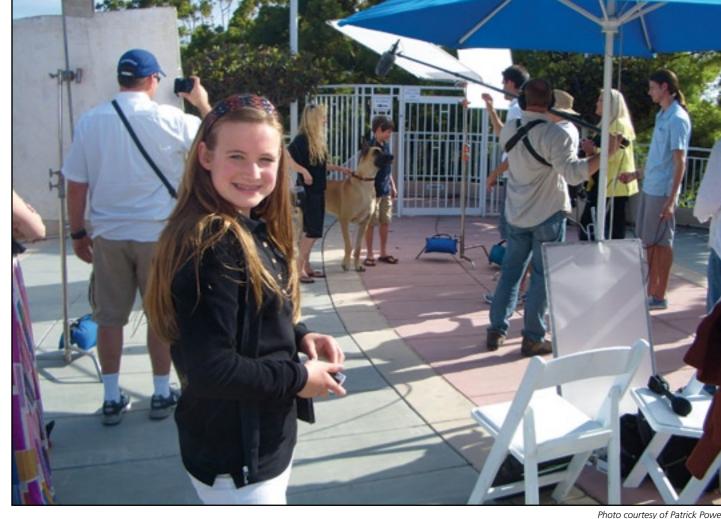
"Í was in a room with both of them and I think they were a little surprised at first to see a young kid come in," said Isabella. "But I broke the ice by mixing it up a bit from what other reporters were doing. I asked questions that kids my age would want to talk about. They had a kick with it and they ended up using my interview on Access Hollywood as well."

Next, Isabella plans to interview Salena Gomez who stars in the kids' movie, Ramona and Beezus, based on the children's novel by Beverly Cleary.

"I really like Salena Gomez, all my friends watch her and the book is something we've all read," Isabella added.

Preparation for an interview

Her preparation for interviews starts a few days in advance and is of-



Isabella Powers waits for her opportunity to interview the actors on the set of "Marmaduke." The 12 year old Sacramento resident hosts television programming on Access Sacramento and is experienced with interviewing local, national and international celebrities.

ten a "team" effort - with herself, her parents and her friend Mark Allen to come up with the right questions.

"I tend to ask questions that a kid my age would be interested in and my team helps me to understand the vision of the story that I need to get across to the viewers," she said. "My dad helps me practice interview questions and keeps me calm through all this craziness. Working with him is fun.

"She is fearless," said proud father, Patrick Powers. "Since she was two, she has been in she just goes for it."

Isabella credits her father for her "go for it" attitude. For the past 35 years, Patrick Powers has worked with many people in the hospitality industry through his public relations firm.

Learning the basics

"She has seen me in action at work and knows how to talk commercials, casted in a movie, to people," he said. "Her daycare has been real life. Two years ago, Isabella came to me and said she wanted to have her own TV show, so we took classes at Access Sacramento and learned how to write a

See Isabella, page page11





Isabella: Youthful television hostess 'just goes for it'

Continued from page 10

script, use a video camera, and edit."

The difficulties of developing "the story" came with some challenges. Editing was a learning experience for Powers. After learning a few simple steps and buying the right type of editing programs, both Powers were on tap to assemble hours of footage into a coherent story.

"We had this mold to create anything we wanted," Powers said.

Premiere Night in Sacramento

All this experience has become useful for Isabella's next upcoming project, "King Me." The 15 minute-length film is about an eleven year old girl who has an obsession with the game of checkers. Isabella stars herself in the documentary, challenging everyone from her dance teacher and banker to Sacramento Mayor Kevin Johnson.

"Mayor Johnson was great. I was interested in telling a story about [then] mayoral candidate Kevin Johnson," said Isabella, who scripted the movie when she was only nine. "After he became Mayor, I reminded him of his promise to play checkers with me, and he did." "I tend to ask questions that a kid my age would be interested in... my team helps me to understand the vision of the s tory that I need to get across to viewers."

The mini-documentary, which took a month to shoot, but hours to edit, will premiere at the downtown restaurant, *Chops* in early September.

"The Mayor will be there, along with my friends and family. It will be great, my own mini-premiere," said Isabella. "I wanted to make a film that could be compelling to other kids and let them know that anything is possible if they try."



Photo courtesy of Patrick Powers

Sacramento resident Isabella Powers, right, during a brief intermission at her interview with actor Owen Wilson. Isabella has interviewed Hollywood celebrities and local personalities, including Sacramento Mayor Kevin Johnson.

Life lessons

"I am learning how to show business works, how video and editing works," Isabella said. "I am also learning to accept the word, 'No.' Just because someone may turn me down, I know I will have many more opportunities."

Despite all this young star has accomplished, Isabella has no aspirations to pursue a media career when she grows up (not yet at least). Her dream job is to become a cardiologist.

"I know she's been having fun doing all this, and as a parent, this has been a great bonding experience," said Powers. "As parents, we have to let our kids find their own niche and support them any way we can."



Caregivers are called upon to make many care decisions as their loved one travels through the changes dementia causes.

Understanding some of the emotional and psychological challenges can help us to move forward and become more comfortable with our decision making processes and more comfortable with the plans we make.

September 21st @ 2:00pm

Presented by Mary Gillon, MPA-Alzheimer's Association

Mary is the Regional Director in the Greater Sacramento Area of the Alzheimer's Association Northern California/Northern Nevada Chapter. She has a Master's degree in Public Administration from California State University, Hayward and Bachelor's degree in Social Work from the University of California, Berkeley. Mary is responsible for delivery of services and fund development in our seven county area.

*Refreshments & Appetizers will be provided. *

Please RSVP by September 17, 2010 or contact us for more info @ (916) 392-3510



7707 Rush River Drive Sacramento, CA 95831

LIC 347001338; 347001342

Get read all over with **Red All Over**

red all over DESIGN

A Sacramento-based graphic design firm, Red All Over Design

offers an array of services to our diverse clientele from across the region.

A division of Valley Community Newspapers, Inc. (publishers of

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

Build your brand - contact us now at (916) 429-9901 to set up a

consultation session or e-mail RedAllOver@valcomnews.com for more information.





- 11 am
 – Nutrition and Exercise Presentation by: Delana Still, TLC
- 12 pm– Lunch and Entertainment by: Suggs Family Orchestra
- 1-2 pm– Tours and Raffle Prizes

Seating is Limited Please RSVP by August 17, 2010 Call (916) 392-3510 to RSVP



Primrose Day Club is a dementia specific Adult Day-Care which provides socialization, stimulation and fun in a safe and secure environment. Adult Day-care is a great environment for those diagnosed with dementia

What Day Club Offers:

- Physical and Mental Stimulation
- Daily Activity Programs
- Assistance with Active Daily Living
- Nutritiously balanced meals, snacks, and special diets
- Assistance with medication administration

PRIMROSE

Day Club Open House

Saturday, August 21, 2010

11am-2pm

Day Club Benefits:

- Safe, Secure environment to spend the day
- Enjoyable and stimulating activities
- Improvement in mental and physical health
- Enhanced or maintained level of independence
- Socialization and peer support





Primose
7707 Rush River Drive
Sacramento, CA 95831
(916) 392-3510
Living With Memory Loss
(916) 392-3510
LIC#: 347001338; 347001342





The old Sacred Heart Parish School in East Sacramento is being demolished to make way for a parking lot to support a new wing at Mercy General Hospital.

Students at Sacred Heart Parish School will pursue their studies in a brand-new, \$16 million facility this academic year. The new building is located at 856 39th Street in East Sacramento. School begins on Aug. 23.

Beautiful new building for Sacred Heart Parish School

By BENN HODAPP East Sacramento News writer benn@valcomnews.com

A new schoolyear can be both a mental and emotional transition for children. A new curriculum, new teacher and new classroom can take some getting used to. But an entirely new school? Now that is a real transition. Such is the case for the Sacred Heart Parish School at 856 39th Street in East Sacramento. But it's not just the students that will be dazzled with the new surroundings.

"It's very exciting," said Sacred Heart Principal Theresa Sparks. "The new school is absolutely beautiful."

Some of the upgraded amenities include a high school sized gym (complete with a Vermont Maple floor), surround sound in every classroom and a computer lab with 36 computers. The school is made of brick to tie in with the Sacred Heart Parish Church. Construction was done in just over a year. Seventeen homes were moved from the new school lot and building began in July 2009.

The old school site was 75 years old and was falling behind the times, according to Sparks. It was just time for a change. The demolition of the old building began on Monday, Aug. 16 and will take two months to complete, according to Sparks. The lot will be converted into a parking lot for a new wing at Mercy General Hospital.

"The old school had a lot of charm," Sparks said. "It's sad to see it go, but the new school is very exciting. I've had people tell me that it's as nice as some colleges they have seen."

In order to allow the children to get more acquainted with the new surroundings, Sacred Heart held an open house on June 5. Not everything was finished, so there were some things that the kids didn't get to see. A second open house is set for Aug. 22 from 10:30 a.m. to 12:30 p.m., when a truer experience can be had.

School starts Aug. 23 at Sacred Heart. The new \$16 million facility will house some 310 students in grades K-8. Although the new school may be a transition for some of the children who grew up attending the old one, at least the school should not be difficult to find; it lies just across the street from the old one.



Come and join the neighborhood in celebrating all that is Land Park as we celebrate our 37th Anniversary Many of the local area businesses will be joining the celebration on our "Heritage Row"

Join us as we celebrate with delicious food, good friends, classic car show, music & more!

Eskaton Monroe Lodge

3225 Freeport Blvd Sacramento, CA 95818 (Freeport Blvd & College Ave) 916.441.1015 | www.eskaton.org



Fight the Bite this Summer: West Nile virus prevention

By BENN HODAPP Land Park News Writer benn@valcomnews.com

Hot summer temperatures mean that people will be outside enjoying the pool or sitting outside in the warm air for longer periods of time. Unfortunately, warm weather also means the rapid hatching of mosquitoes that can carry the potentially deadly West Nile Virus.

After a number of dead birds and mosquitoes tested positive for West Nile in the Sacramento region earlier this month, the Sacramento-Yolo Mosquito & Vector Control District is ramping up efforts to protect citizens from the bite of the pesky insects.

As of Tuesday, July 13, plans to spray the areas where the infected samples were found were underway. According to a July 12 press release, the control district planned to spray some 37,000 acres in the South Sacramento and Elk Grove areas. While traces of West Nile Virus have yet to be discovered outside of South Sacramento and Elk Grove, the control district is stressing vigilance during the summer months for the entire Sacramento area.

Luz Maria Rodriguez, public information officer for the control district, talked about ways everyone can keep themselves as safe as possible from mosquitoes. "We recommend person-

"We recommend personal protection from mosquitoes," she said. "Lotions, sprays and powders are the best way to keep yourself safe from mosquitoes."

Rodriguez went on to say that bug-repelling candles are largely ineffective, because for them to work you have to sit directly in front of them at a close proximity. Bug zappers are also ineffective against groups of mosquitoes. Repellents that are applied to the skin are always the best way to go.

As for helping to prevent the hatching of the insects in the first place, Rodriguez explained that stagnant swimming pools are the biggest man-made culprit for the hatching of the diseasecarrying bugs. A five-gallon bucket of standing water can produce 1,000 mosquitoes in one week. Just one untreated swimming pool can produce enough mosquitoes to affect an area of one square mile, according to Rodriguez.

Getting rid of any and all standing water on personal property is the best way to ensure an area is as safe as possible from the disease. Few people know how to go about cleaning an untreated pool in order to eradicate mosquito larvae. Luckily, this is where the control district steps in.

To report an abandoned or untreated pool, visit www.fightthebite.net. There is a link that reads "Pool Program." Follow the directions there or call (800) 429-1022. Concerned citizens who wish to keep their identities private can report a pool anonymously.

Field staff from the control district will be sent to the home in question where they will determine if the pool is indeed fostering mosquito larvae. Depending on the situation, the technician will use chemicals to kill the larvae or will release mosquito fish to consume them naturally. Rodriguez said that just one of these tiny fish can eat up to 500 larvae in a single day. The inspections are done free of charge, as are requested the home inspections.

In 2009, there were 4,181 pools treated in Sacramento County, according to Rodriguez. So far this year, there have been 1,183 service requests for unkempt pools. The struggling housing market has lead to a large number of abandoned pools as well.

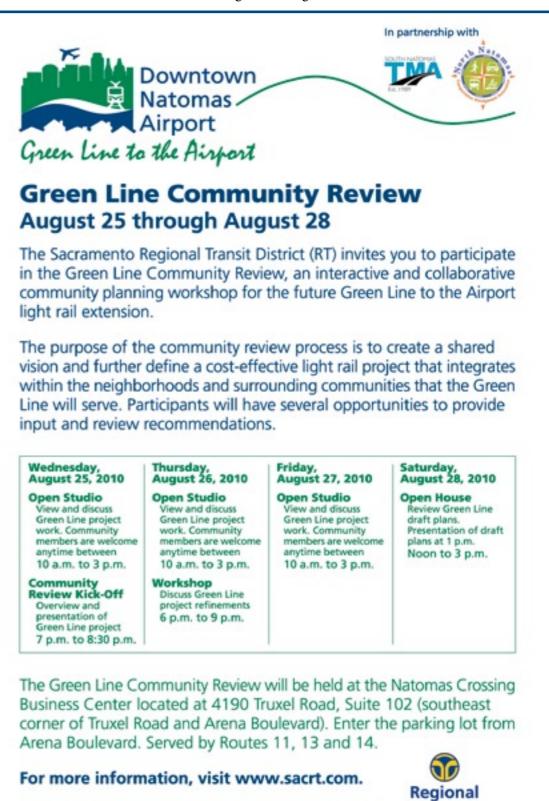
It is vital to report any abandoned home with a full, dirty pool.

Citizens can also help curb the spread of the disease by reporting any dead bird they see in the area. West Nile is a bird disease, even though it is mosquitoes that transmit the disease to humans. Birds get the virus, then mosquitoes feed on the infected birds and become carriers. Dead birds should be reported to the control district at (877) 968-2473. Another way to help is after killing a mosquito, place it in a bag so it can be studied and tested.

While West Nile is a threat to humans, Rodriguez stressed the importance of staying calm. Eighty percent of the people who contract the disease will get better on their own with no need for a hospital visit. The remaining 20 percent will get what is called West Nile Fever. Some of these people may require hospitalization. Only one in 150 people who contract West Nile will develop encephalitis which can lead to seizures, coma and, rarely, death.

Those bitten by a mosquito should simply monitor the situation and visit their doctor if serious symptoms develop. Very few mosquitoes will carry the virus, but knowing the dangers remains an important factor in eradicating the disease, according to Rodriguez.

For more information on spraying schedules as well as all things West Nile, visit the vector control's website at www.fightthebite.net. You can also contact the control district to learn about its free repellent wipes program. For example, those who are planning an outdoor activity for a large group of people (such as sports leagues) will be happy to learn that the control district offers free repellent wipes for distribution.



- Connecting Our Community to the World

Transit

Doc's Place was an East Sacramento institution

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

The year 1931 was a very notable year for construction in the United States, as the Empire State Building and the George Washington Bridge across the Hudson River were completed on the East Coast and on the West Coast, Congress granted approval for the construction of the San Francisco-Oakland Bay Bridge and construction was completed on Doc's Place root beer and hot dog stand in East Sacramento.

Sure, on a nationwide level, the construction of this East Sacramento restaurant would not even appear as a small footnote. But for Sacramentans who are old enough to remember Doc's Place at 5201 Folsom Blvd., the eatery is far from a small footnote in Sacramento history.

First area drive in

East Sacramento native Gloria (DaPrato) Tomei, for instance, responded with an upbeat, reminiscent tone to her voice when recently asked about her memories of Doc's Place.

"(Doc's Place) was an in-stitution," Tomei said. "It was (locally) famous. I first went there with my parents (Maria and Bautista DaPrato) in the late 1930s. (Doc's) was known all over East Sacramento. But let's face it, (Doc's) was the only place back then. There were no drive-ins at that time. That was probably the very first drive-in (in Sacramento). We would just walk up to the window and order. It was something like five cents for the hot dog and 10 cents for the root beer. In the evenings, we used to walk over from 48th Street to Doc's to have a hot dog and root beer floats. I remember that all of the kids on 48th Street went there, the Paolis, the Del Chiaros, the Baruffaldis, the Gaddis, we all did."

Tomei said that she also remembers the business's owner, James Robert "Doc" Campbell, and his wife, Paulette, and their daughter, Mildred Arlette Campbell (now



Doc Campbell, shown in this late 1940s photograph, opened his popular root beer and hot dog eatery, Doc's Place, at 5201 Folsom Blvd. in 1931.

Arlette Nelson, a resident of Idaho).

A family business

"I went to school with the owner's daughter from kindergarten on up," Tomei said. "Doc, himself, was a tall, skinny, very friendly man and Mrs. Campbell was a beautiful woman. Mildred always told me when we were in school that her mother was a stand-in for the movie star, Kay Francis."

Doc's son, James Robert Campbell, Jr., who goes by the name "Jim" or "Jimmy," said that this statement could possibly be true, because she did resemble Francis.

"I do remember people talking about how she resembled (Francis), but I can't confirm the point that she was actually a stand-in for (Francis)," Jim said. "It may have been true, but then again, it could have been that people said that she could have been a stand-in for Francis and then the word eventually got around that she was a stand-in."

Jim said that his father, who was born in Jamestown, Penn. in 1889, began working long before he opened Doc's Place.

"My father left home when he was very young – probably 13 years old or so – and just hustled on the road," Jim said. "He just freelanced around and later joined the Army. That's where he met my mother, over in Europe. He met her in Nice, France and then later went back and got her."

Jim said that to the best of his knowledge his parents





were married in France in 1927.

Jim added that it was also around this time that his father, who was residing in Sacramento, was working at an eatery in the West End section of the city.

"My father worked for a guy down on Front Street," Jim said. "(The business) was called Big Al's – no, actually, it was called Big Jim's – and that guy sold hot dogs and root beer. My dad, more or less, got the idea from him."

By 1930, Doc opened his own root beer and hot dog business on the bottom floor of a two-story building that was owned by a pair of sisters, named Emma and Rose Elliott, at 1600 L St.

Homemade root beer

Jim said that his father, in order to make his root beer, would purchase large quantities of sugar from the wholesale part of the Arata Bros. grocery business.

It was also during 1930 that the unique construction of Doc's Place began, as an old house that Jim said had been used as a laundry business was cut in half and half of the house that was located in a nearby field was moved closer to Folsom Boulevard, which was along the route of the old Highway 50.

During the construction of Doc's Place, much of the partial house structure, which Jim said was built sometime in the 1920s, was stripped Photos courtesy of Jim Campbell

(above) Doc's Place, which opened in 1931 and was known as "The Root Beer King," was an East Sacramento institution for three decades.

(left) Doc's Place is shown in its early years. To the right of the photograph are Doc, Paulette and Jim (in mother's arms) Campbell.

> away and replaced with new features. This construction included the placement of the marquee around the old structure's gable roof.

> Once Doc's Place was ready for business, Joe Pesce, who was Doc's good friend and his children's godfather, sold his 1922 home alongside the new eatery to Doc, so that Doc and his family could live nearby Doc's Place.

> Jim said that Doc's Place was an instant success and continued to be successful throughout its existence.

Baseball and hot dogs

He added that because baseball was so popular in

See Doc's Place, page 17

Doc's Place: Sacramento's first 'drive in' restaurant

Continued from page 16

Sacramento during the 1930s, many baseball players of this era would often place their orders in advance.

"These guys were playing (baseball) all the way from Jackson to Plymouth to Placerville and all around through the foothills and they would call my dad on the phone when they were leaving up there, telling him what time they'd be here and how many hot dogs and root beers they wanted," Jim said.

Other early customers of Doc's Place were local farmers and students of the original Kit Carson Junior High School at 1300 54th Street.

As an eatery with no inside accommodations, Doc's Place featured eight windows, where the business's guests would walk up and place their orders.

Jim said that because his father's business included a parking area, Doc's Place was undoubtedly the first drivein restaurant in the capital city.

Doc, who received this nickname due to the fact that he was also locally renowned for offering special remedies for illnesses, continued operating Doc's Place for an entire decade, Jim explained.

"My father figured that he would retire (in 1941), since he had paid off everything and had made enough money and developed enough properties to take care of himself and his family for the rest of his life," Jim said.

With this decision, Doc, who by then owned properties and buildings on all four corners of 52nd Street and Folsom Boulevard, sold his



East Sacramento News photo/Lance Armstrong Jim and Gwyn Campbell stand in front of The Shack restaurant, which is located in the same building that once housed the popular East Sacramento root beer and hot dog eatery, Doc's Place.

business to Claude S. Inman, who resided at 1472 52nd St.

Throughout the years, the business continued to prosper as Doc's Place – with the exception of one year when its name was briefly changed – under the direction of its latter owners, John J. Corsiglia (mid-1940s), Nicholas Bruno (late 1940s), George E. Lampman (1952 to about 1956), Frank P. Carlino (operated as Frank's Restaurant in 1957) and Doc's son, Jim (1959-60).

Doc's Place was closed by Jim in 1960, ending the business's nearly 30-year reign as one of the city's more popular eateries.

Returning to its earliest roots, the structure was used as a laundry business, Coin-O-Matic Laundromat, from 1963 to 1970.

After sitting vacant for a year, Holcomb's Garden Café, owned by Kenny and Ray Holcomb, opened in 1972, followed by the Cement Shoe Italian restaurant in about 1974. The Sub Shack restaurant, which was opened at this location by Ralph Neel in 1976, is today operated as The Shack by its owner, Gary Sleppy, who purchased the business in May 2005.

Jim, who continues to lives in East Sacramento with his wife, Gwyn, said that he is thankful for his father's accomplishments and appreciates what he did for his family and the community.

When asked how he would summarize his family's contributions to the East Sacramento area, Jim said, "What I would like to say is 'Mom, Dad, thanks so much for everything you've given us.""

Enjoy

Lance Armstrong's

weekly history

series?

Echoes

lesterday

ELK

GROVE

Purchase his 374-page book about the

history of Elk Grove, 1850 to present,

for only **\$25**. This award-winning book

includes more than 1,200 historic

and modern photographs.

To purchase the book, visit

www.echoesofyesterday.com

or send a check, money order or

credit card payment to:

Echoes of Yesterday PO Box 189113, Sacramento, CA 95818

Ε

L

Κ

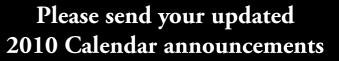
G

R

0

V

Ε



...especially if you bost monthly events! e-mail to susan@valcomnews.com

Fax to: 429-9906 Phone: 429-9901 Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818





Your Home Improvement Guide



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



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

CALENDAR

For more Calendar enteries visit www.valcomnews.com

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

August

Community sing-along

Aug. 19, 26: Harmonize on old hymns and folk songs, just for pleasure. Shower singers welcome. Free. 6 p.m. - 8 p.m. Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd., Sac. (916) 457-4527

Food Addicts Anonymous

Aug. 19, 26: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Rotary Club of East Sacramento

Aug. 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

Rotary Club of Pocket/Greenhaven

Aug. 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sutterville Heights Optimist Club

Aug. 19, 26: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

Toastmasters

Aug. 19, 26: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri. bullington@gmail.com, www.sacramentotoastmasters.com

Learn about Birds

Aug. 20: Learn about our feathered friends in the neighborhood with the Friends of Grant Park and Julie Serences of the Sacramento Audubon Society. 10 a.m.-noon. New Era Community Garden, 208 - 26th St. (between B and C streets). Tiffanie Simpson tlsimpson7@aol.com

Rotary Club of Point West

Aug. 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Aug. 20, 27: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Day Club open house

Aug. 21: Primrose: Living with Memory Loss will host an open house for its Adult Day Club, which is for seniors who live with memory impairment. Free. Seniors, fami-

ly members, caregivers and medical professionals welcome. 11 a.m. - 2 p.m. Primrose, 7707 Rush River Dr., Sac. (916) 392-3510, www.primrosealz.com

Food Addicts Anonymous

Aug. 21, 28: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

Land Park Neighborhood Backyard BBQ Bash

Aug. 21: Eskaton Monroe Lodge will celebrate its 37th anniversary by hosting a neighborhood party celebrating the Land Park neighborhood. Event features: mini-golf putput on the newly completed putting green, a classic car Show, Vic's Ice Cream, traditional BBQ food. "Heritage Row" celebrating local family-owned businesses. All welcome. 11:30 a.m.-2 p.m. 3225 Freeport Blvd (Freeport & College Ave.), Sac. (916) 441-1015

Screen on the Green

Aug. 21: "The Rookie" (G). Movie begins at sundown. East Portal Park, 1120 Rodeo Way, Sac. www.sacscreenonthegreen.com

Turtlerama

Aug. 21: Exhibit of live turtles and tortoises for the purpose of educating the public as to the care of these special creatures at home, as well as how to preserve them in the wild. Free. 11 a.m. 4 p.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. Sacramento Turtle and Tortoise Club (916) 421-1134

Urban Farm Stand

Aug. 21, 28: Soil Born Farms' newest urban agricultural project, a farm stand featuring seasonal, local and organic fruits and vegetables. Saturdays from 9 a.m.-1 p.m. www.soilborn.org

Co-Dependents Anonymous

Aug. 22, 29: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

Aug. 22, 29: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m, every Sun. \$8. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Harpsichord Recital

Aug. 22: Fundraiser for Concert Series. 5 p.m. \$10 suggested at door, \$25 for reserved seating in advance. All Saints Episcopal Church, 2076 Sutterville Rd., Sac. (916) 455-0643, www.allsaintssacramento.org.

Nature Center event

Aug. 22: Join Effie Yeaw Nature Center docent Gail Philippart for a guided tour of a replica Maidu village. Learn about the Maidu lifestyle, then take a walk through the Nature Preserve and learn about the plants and animals used for food, shelter, clothing, medicine, games and art. Best for ages eight and older. Free, but donations gladly accepted. 1:30 p.m. Effie Yeaw Nature Center, inside Ancil Hoffman County Park, California Ave. & Tarshes Dr., Carmichael. Betty Cooper (916) 489-4918 x238, www.effieyeaw.org

Co-Dependents Anonymous

Aug. 23, 30: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Free Admission Days at the Zoo

Aug. 23, 30: Bring the entire family and enjoy free admission to the Sacramento Zoo. Bring a new unwrapped school supply item for the Sacramento Zoo's Back-to-School Supply Drive. 9 a.m.-4 p.m. 3930 West Land Park Dr., Sac.

Hatha yoga

Aug. 23, 30: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

Rotary Club of South Sacramento

Aug. 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

Aug. 23, 30: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

Aug. 23, 30: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Executive Airport, 6151 Freeport Blvd., Sac. Jan (916) 284-4236, www.sacramentotoastmasters.com

Water conservation workshop

Aug. 23: Water conservation, volunteer info and training. Community volunteers needed to train as Water Conservation Ambassadors to help educate neighbors about saving water and natural resources. Part of the "Blue Thumb" program. 6 p.m.–8 p.m. Asian Community Center, 7375 Greenhaven Drive, Sac. (916) 808-1400, www.Be-WaterSmart.info

Dance Movement Therapy Classes

Aug. 24-Nov. 9: Cancer patients and survivors are invited to dance movement therapy classes taught by Nandi Szabo, a registered dance movement therapist. Free. Tuesdays. Two times available: 10:30 a.m.-12:30 p.m. or 6:30 p.m.-8:30 p.m. Sutter Cancer Center, 2800 L St., Sac. Call (916) 529-1079 or email zoefotoni@comcast.net to register.

Medicare counseling

Lovingly Maintained \$354,900

2644 17th Street

jeri.hromada@prurealty.com H&A, basement, extra rm w/pri-

Old Land Park, 1700+ sq ft, 3

bdrms, 1 ba, Living rm w/fireplc,

din rm, new roof/new paint, Cent

vate entrance.

HOME IMPROVEMENT

Need Home Improvement?

Check out the

Home Improvement Guide

in the East Sacramento News.

For Melissa for

Home Improvement

ad rates, call 429-9901.

Aug. 24, 31: Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and longterm care insurance. HICAP does not sell, endorse, or recommend insurance. Appts. every Tuesday with John Gallapaga, call (916) 376-8915 to schedule. For appts. in Spanish, call Marta Erismann at (916) 231-5110.



BOOKKEEPING

#1 BOOKKEEPER

41 DOOKNEEPER 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

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



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.

PET PORTRAITS

ORIGINAL PET PORTRAITS Original Pet Portraiture. Realistic paintings of beloved pets. Perfect gift for animal-lovers! Rea-sonable prices. Submit photograph-turn around 7-10 days. Email melissa@melissaandrews.com or call 447-444

PUPPIES FOR ADOPTION

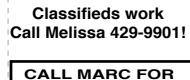
PUPPIES FOR ADOPTION

Yorkie Terrier Puppies for adoption, shots up to date, home trained, super spoiled and AKC registered. For further information contact <u>doug</u>-<u>brad1111@yahoo.com</u>

Sell your car! 429-9901

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



AD RATES Advertise in California Kids!

Serving Greater Sacramento. For more information, call Marc (916) 429-9901 Published by Valley Community Newspapers, Inc.

DRE#01324435 YOUR AD SHOULD BE HERE FOR A BOX

COLUMN A REAL

Jeri Hromada

916.761.6734

CLASSIFIED AD **Call MELISSA** 429-9901

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

Rotary Club of Arden-Arcade

Aug. 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

Aug. 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m. Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Senior Wednesday Club

Aug. 25: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Myrt (916) 348-8114

Toastmasters

Aug. 25: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

Wednesday Night Dance

Aug. 25: Dance to the rhythms of the Sensible Sounds Dance Band every Wed. Enjoy Ballroom and Line dance. Swing to rock to country music. \$7 admission. 7 p.m.-10 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336 x 228

Kitten adopt-a-thon

Aug. 28: It's "kitten season" – Happy Tails Pet Sanctuary is partnering with Extra Space Storage to find loving, permanent homes for Sacramento's homeless kittens. 10 a.m.-2 p.m. Extra Space Storage, 3000 B St., Sac. www.happytails.org

Screen on the Green

Aug. 28: "Aladdin" (G). Movie begins at sundown. Glenn Hall Park, 5415 Sandburg Dr., Sac. www.sacscreenonthegreen.com

Fairytale Town Troupers

Through Aug. 29: "A Princess of Stars aka. Sleeping Beauty in Space" presented by the Fairytale Town Troupers. Sat. & Sun. matinee performances at 12:30 p.m. and 1:30 p.m. Admission \$1 per person in addition to paid park admission. Children age 2 and under free. Fairytale Town Children's Theater, 3901 Land Park Dr., Sac. (916) 808-7462 www.fairytaletown.org

Alzheimer's & Dementia workshop

Aug. 30: Teepa Snow will lead a workshop to help families recognize the differences between dementia and forgetfulness. Free. 9 a.m.–12 noon. Aegis of Carmichael, 4050 Walnut Ave., Carmichael. RSVP to (916) 972-1313 as space is limited. www.AegisofCarmichael.com

September

Tea and Talk Book Club

Sept. 1: Adults, bring a tea cup, sip tea and discuss this month's featured book, "Zeitoun" by Dave Eggers. Free. 10 a.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. (916) 264-2920, www.saclibrary.org

Disabled American Veterans

Sept. 2, Oct. 7, Nov. 4, Dec. 2: Ray Clark Chapter No. 35 of the Disabled American Veterans. First Thursdays, 7 p.m., Veterans' Memorial Building, Carmichael Park, 5750 Grant Ave., (corner Fair Oaks Blvd. & Sue Palm Dr). All disabled veterans invited to attend. (916) 635-7608

Chalk It Up Sacramento

Sept. 4: Art, kids' creative corner, food, live music, beer garden, crafts, fun for the whole family. 10 a.m.–6 p.m. Fremont Park, 16th & Q streets, Sac. www.ChalkItUp.org

'Willy Wonka'

Sept. 5: Movie night at Fairytale Town featuring "Willy Wonka & the Chocolate Factory." Outdoor theater, lawn seating only. No outside food or beverages. Admission \$5, Fairytale Town members receive 2-for-1 admission, children ages 2 and under are free. Tickets available online, www.fairytaletown.org. 3901 Land Park Dr., Sac. (916) 808-7462

Recorder music group

Sept. 7: The Sacramento Recorder Society meets under the baton of Hanneke van Proosdij, a Bay Area early-music specialist. Newcomers welcome. 7 p.m.-9:15 p.m. Please bring your instrument, a pencil and a music stand. (916) 391-7520, www.sacrecorders.org

Wine social

Sept. 7: Wine social to benefit the Sacramento Children's Home, featuring the Michael-David family of wines. Hors d'oeuvres, lunch (choice of Chicken Cordon Bleu or Chipotle Caesar Salad with Grilled Chicken Breast) and dessert (Chocolate Cream Cake Royale). \$20 per person. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Reservations a must. (916) 452-2809

History of Sacramento's Chinatown

Sept. 8: Lawrence Tom, author of "Sacramento's Chinatown," will discuss one of the oldest Chinese communities in America and share photos. 6:30 p.m. Free event. Copies of the book will be available for signing and purchase. Ella K. McClatchy Library, 2112 22nd St., Sac. (916) 264-2920, www.saclibrary.org

囟

Referrals Plus

Sept. 8, Oct. 13, Nov. 10, Dec. 8: Women in business helping each other in our businesses. 12:15 p.m.-1:30 p.m., second Wednesdays, Primrose Sacramento, 7707 Rush River Dr., Sac. Kollen Powers (916) 691-3085, www.referralsplus.org

Mission Oaks Computer Club

Sept. 9: The Mission Oaks Computer Club will meet from 1 p.m.-3 p.m. Meeting topic will be "The Future of Newspapers," presented by Cosmo Garvin. Problem solving clinic to follow. First-time visitors welcome. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael, (916) 366-1687. www.missionoakscomputerclub.org

Sacramento Walking Sticks

Sept. 9, Oct. 14, Nov. 18, Dec. 9: The nation's largest American Volkssport Assn.-affiliated walking club. Meets second Thursdays, 7 p.m. SMUD Customer Service Center, Forestview 1 meeting room, 6301 S St., Sac. Refreshments served. If you'd like to walk three miles before the meeting, meet at 5 p.m. in front of the SMUD Customer Service Center building. Bring money for dinner after the walk. Gale at 364-5063 or www.SacramentoWalkingSticks.org

Movie Night in the Park

Sept. 10: Annual District 4 Movie Night in the Park. "Toy Story" will be the feature presentation. Bring folding chairs, blankets. Complimentary popcorn, sno-cones. No alcohol permitted. Free. Movie begins at dusk (about 7:45 p.m.). Reichmuth Park. 6135 Gloria Dr., Sac., Visit Councilmember Rob Fong's webpage at www.cityofsacramento.org

VIEW THIS PAPER ONLINE W W W . V A L C O M N E W S . C O M



Áegis of Carmichael invites you to an insightful presentation by dementia specialist, **Teepa Snow**

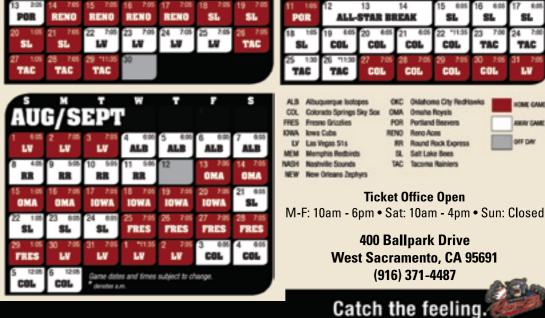
"Why Do They Do That?" **Understanding Symptoms and Behaviors** of Alzheimer's and Dementia

Monday, August 30th 9:00 a.m. - 11:30 a.m.

Please RSVP to 916-378-4533.

ASSISTED LIVING & MEMORY CARE Aegis of Carmichael 4050 Walnut Ave egisl JVI (916) 378-4533 AegisofCarmichael.com We're the people who make life better. RCFE # 3470





60

SL

TAC

SL

TAC

Faces and Places

79th annual St. Mary's Parish Festival: food, fun and faith

East Sacramento News photos by Stephen Crowley

There was something for everyone at the 79th annual St. Mary's Parish Festival on Sunday, Aug. 15 in East Sacramento. A capacity crowd enjoyed a wide variety of foods and beverages, games for all ages, crafts, face painting and more.









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



916.483.8103

Trat choice. The enthusiastic manner in which Million will be of the enthusiastic manner in which Million will be of the attentiveness, camaraderie and demaan at which which Million will be of the enterties and she placed 100% trust in Million Mi

6041 Fair Oaks Blvd - Carmichael, CA 95608

931 55th Street









EXCLUSIVE AGENT:

CA DRE LIC # 01413910

DMACKO@NORCALCOMMERCIAL.NET

DAVID MACKO

916-443-1500



916-443-1500 916-443-1556 FAX

2709 Riverside Blvd. Sacramento, CA 95818

- 1.155 sf
- Updated East Sacramento Home including kitchen & bathroom with top of the line appliances/fixtures
- Central heat & air
- Double hung wood windows
- Gleaming oak flooring throughout
- Tankless water heater
- 2 car garage
- Newer 40 year roof
- New plumbing lines, replaced sewer line
- •\$435,000

J Street East

Left on 55th

This statement with the information it contains is given with the understanding that all negotiations relating to the purchase or leasing of the property described above shall be conducted through this office. The above information while not guaranteed has been secured from sources we believe to be reliable.

Get read all over with Red All Over

A Sacramento-based graphic design firm, Red All Over Design

offers an array of services to our diverse clientele from across the region.

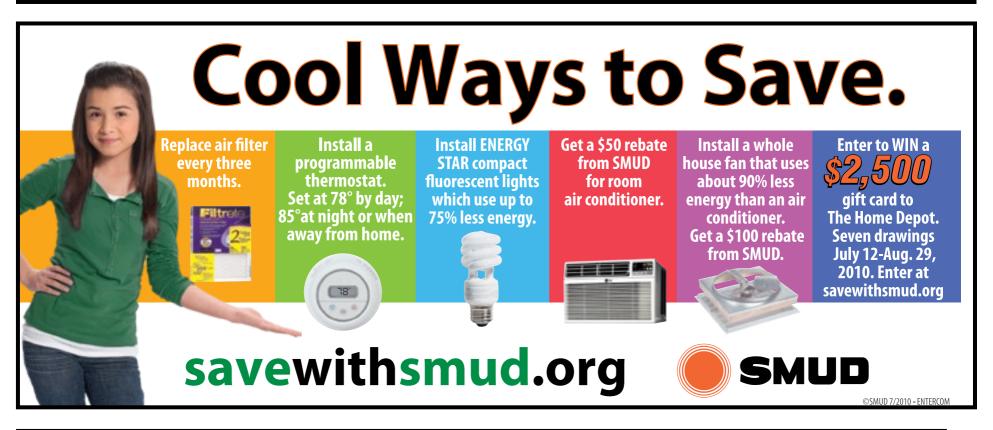
A division of Valley Community Newspapers, Inc. (publishers of

the Arden-Carmichael News, the East Sacramento News, The Land Park News, The Pocket News, California Kids! and The

Valley Shopper), Red All Over Design utilizes its experience and expertise in the newspaper industry to ensure clients receive the greatest impact in the visual medium, whether that is in advertisement design, commercial flyers, logo development, political campaigns and public service announcements.

Build your brand – contact us now at (916) 429-9901 to set up a

consultation session or e-mail RedAllOver@valcomnews.com for more information



Valley Community Newspapers, Inc.

red all over DESIGN

DUNNIGAN Realtors



RED BRICK TUDOR

Beautifully remodeled 2nd story added in 2000. New kitchen in 2006 w/granite counters, stainless appliances & hardwood floor. Lrg master w/sitting room, large closet, marble slab counter, dual sinks & jetted tub. Original charm w/coved ceilings, mahogany inlay in hardwood floors. Impeccably landscaped with citrus & palm trees. Steps to park. See www.354-34thSt.com \$845,000

COLLEEN WIFVAT 719-2324



REMODELED MEDITERRANEAN

Beautifully remodeled Mediterranean home located on magnificent 46th Street. From the large entry way with stained glass windows & hand-made wrought iron appointments to the master suite with spacious bathroom, walk-in closet and private patio, every sq ft is well-planned and loaded with charm. Don't miss this unique,

must-see home. See www.1120-46thSt.com \$1,345,000 KARA LABELLA PARKER 716-3313 DAVID KIRRENE 531-7495

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 \$639.900

COLLEEN WIFVAT 719-2324



FABULOUS FORTIES

Charming Fab Forties home w/hardwood floors, remodeled kitchen, formal living room/dining room w/ fireplace & cozy family room that opens to the kitchen and offers views of the backyard. This 3 bedroom, 2.5 bath home is well maintained and located mid-block on a beautiful East Sacramento street. Sellers are including with the sale architectural plans to expand the home. See www.1414-40thStreet.com \$725,000

KARA LABELLA PARKER 716-331



EAST SAC WITH CHARACTER

Phenomenal East Sac Tudor located on a very quiet, treelined 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 \$539,000

TIM COLLOM 247-8048

COLEGE GREENS/GLENBROOK FIXER IN GREAT LOCATION

Updated 3 bdrm charmer in established neighborhood. This home features wood flooring & fireplace. Wood Beamed ceiling in Dining Area. Located on a quiet, interior street, this home features an updated kitchen (2003) w/new appliances, gas range, countertops, backsplash & more. See www.2952LoyolaSt.com \$229.000

LINDA WOOD 802-8042

Box beamed ceiling in kitchen. Harc **PENDING** place in Living room with marble from state capitar. 2nd floor has bonus room with same level walk out

attic space. Huge basement. As is sale. Pest report available. Great potential on tree-lined street, close to hospitals, transportation & good restaurants. See www.912-45thSt.com \$525,000

COLLEEN WIFVAT 719-2324



PHENOMENAL BUNGALOW

Phenomenal Bungalow in the Fab Forties! Gourmet kitchen with stainless appliances, marble slab counters and custom cabinetry. Outstanding backyard with pool and outdoor fireplace. Large family room, hardwood floors and vintage charm in one of Sacramento's best areas! See www.1050-41st. com \$965,000

TIM COLLOM 247-8048



FAB 40'S FIXER

Fab 40's fixer w/grand architectural details, including boxed eves. Home to be sold as is. Pest report available. Enormous front porch, large entry with wide detailed crown moldings, bay window in living room, classic old-style windows, gas fireplace with built-ins on each side. Full basement, mature landscaping. Great location near restaurants, shopping and hospitals. Quiet tree-lined street. See www.1138-40thSt.com \$725,000 **COLLEEN WIFVAT 719-2324**

EAST SAC COTTAGE

This cute 3 bedroom cottage is loca **PENDING** Sacramento's rare cul-de-sac lots. Relax on your from 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 hdwd floors, recessed lights, new crown molding. See www.5247IStreet.com \$394.900

DAVID KIRRENE 531-7495



2401 American River Drive, Suite 150 484-2030

Visit Our Web Site: www.dunniganrealtors.com