

Pioneer paper started at Sutter's Fort

See page 4

Marty Relles presents
'Janey Way Memories'

See page 3

COMMUNITY CALENDAR, PAGE 17 • KNOW YOUR NEIGHBOR, PAGE 6 • FACES AND PLACES, PAGES 19

Inside This Edition



Celebrating the Chinese
Year of the Rabbit

See page 19



Cat capital?

See page 6



Ciclovia

Cycling culture could boost local economy

See page 13

welcome
TO THE AGING EXPERIENCE
home
TO ESKATON
ESKATON
Transforming the Aging Experience

Eskaton Monroe Lodge offers independent living in a tranquil, country-like retreat with all the city advantages.

Services include regular maintenance, weekly housekeeping, weekly bed linen service and complimentary scheduled transportation. Every apartment features a spectacular view – varying from the city skyline to the snowcapped mountains.

Call Today For A Complimentary Tour

Eskaton Monroe Lodge
Independent Living with Service

3225 Freeport Blvd.
Sacramento, CA 95818

916-441-1015
www.eskaton.com



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

Vol. XX • No. 4

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

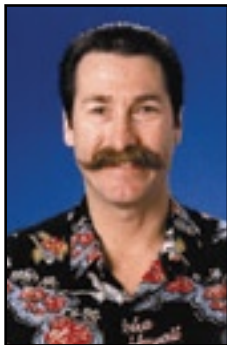
Cover photo by:
istockphoto

Other photos:
Danny Kam
Courtesy

• 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.



Classic! Elegant! Pristine! Location!

It all comes together with this beautiful, 1923 McKinley Park home. The master suite boasts a vaulted ceiling, walk-in closet and basket-weave stone floor. Cook's kitchen, done in stainless & green marble and much more!

648 Santa Ynez Way \$680,000

KURT CAMPBELL

PROFESSIONAL REAL ESTATE CONSULTANT

956-5878

LYON
REAL ESTATE
www.GoLyon.com

**DON'T GET CAUGHT
IN THE COLD!**

Avoid cold nights, extra layers
and costly utility bills!



Call Today!
256-4586
anpheating.com

Invest in a

Trane High-Efficiency XLi Home Comfort System

and receive a

10-Year Parts & Labor Warranty for only \$10

Expires 02/28/11

BEAT THE FREEZE

Heating System Tune Up

NOW ONLY \$88

(Regularly \$129)
Expires 02/28/11

Let's talk yoga

Questions to consider when choosing a yoga class or instructor

By **MARY CHAN**

East Sacramento News guest columnist

What method of yoga are you practicing? Do you know?

When students attend a new yoga class, the answer is usually "I don't know," "Just standard" or "I think hatha yoga." Many have been practicing yoga for years and still don't know nor seem to be interested in learning what method they are doing.

Many people are under the impression that all yoga is the same.

It is not.

When we buy appliances, household items, cars, televisions, computers, personal items, etc., we are interested in getting the best we can afford and the finest quality for a long life. When we seek out a professional, be it dentist, doctor, etc., we want to know about them and their credentials. We've all heard the saying, "You get what you pay for." Yoga should be treated the same way.

Yoga is popular because everyone feels good after practicing yoga regardless of the method. Still, much is to be learned as there are many methods. There are yoga instructors who were certified in three days, three weeks, three months, etc. Then there are instructors who study for five to six years for certification and study the rest of their lives.

My first encounter with yoga was at a local gym fourteen years ago. Always having been an active person, I was used to a lot of movement in whatever I did – such as ballroom dancing, walking, hiking, tennis, gym workout and swimming. So, yoga did not make much sense to me and, honestly, I did not like my first experience: standing with outstretched arms and legs and no movement. I tried a second time and I was convinced yoga was not for me.

Then I was invited to Maui to a friend's wedding where we rented an estate for a week. Across the street was a small church I visited on Sunday morning. I noticed a weekday yoga class advertised in the church bulletin. I decided to try the class, not sure why, but I was curious.

I had never experienced a traditional yoga class as this one turned out to be. There were about eight students in the class of different ages, quietly the moving in and out of poses with ease. Being given instruction and correction on body alignment and focus on breathing as we went through the poses made me alert and conscious of what I was doing. I loved it.

After the class I returned to the estate to tell my friends that I was going to become a yoga instructor.

There is a myth that yoga is a religion. Yoga is not a religion. Many associate yoga with Hinduism, but in my research I've learned that yoga is older than Hinduism. There is a spiritual side to traditional yoga which only enhances whatever spiritual or religious belief a person has.

Many doctors and chiropractors today are recommending yoga to their patients.

Two things a student should ask a yoga instructor:

First, what method of yoga do you teach, and second, are you still in training? A yoga instructor should forever be in training.

Finally, everyone interested in yoga should decide: "Do I just want to go and get a good workout?" or "Do I want to learn about good posture, body alignment, breath, anatomy and how to develop my own daily practice for a healthier and happier lifestyle?"

Yes, and still get a good workout.

Mary Chan is a certified Iyengar yoga instructor and the owner of Gen-Nih Yoga, located at 1049 Broadway, Suite 10 in Sacramento. Contact her at (916) 731-4831 or email Ma9777@aol.com

Your Favorite Neighborhood Restaurant

- * A varied menu from which to choose.
- * A local, warm bistro setting with flavors your palette will enjoy.
- * Memorable, enjoyable, affordable.

Our chefs have put together an exciting Pacific Northwest-inspired menu featuring fresh ingredients, considerate portions and colorful presentations.

3301 Folsom Boulevard
Sacramento, CA
916-455-2233
Sun-Tu 8am-10pm
Fri & Sat 8am-11pm



KNOTT'S PHARMACY

Serving East Sacramento For Over 60 Years



455-3068

www.KnottsPharmacy.com



- Room Air
- Cleaners
- Furnace Filters
- Nebulizers
- Mask-Mattress Covers

- Unique Gifts
- Hallmark Cards
- Prescription Delivery
- Revlon - Maybelline
- Dermablend
- Diabetic & Home
- Health Care Supplies

4819 J St.

EAST SACRAMENTO Chamber of Commerce

Luncheon

Wednesday, March 10th

Call for details and location.

Free Admission

(916) 452-8011

EastSacChamber@aol.com



Your Total Food Purchase
of \$30 or More

\$10.00 OFF

Daily After 4pm, with this coupon.

5723 Folsom Boulevard (Dine in & Take Out)
(916) 457-1936

Lunch: Tues.-Sat. 11 a.m.-4 p.m.
Dinner: Tues.-Sat. 4-9 p.m.; Sun. 12-9 p.m. Closed Monday.

Marty becomes an altar boy



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

During my first week of school in sixth grade at St. Mary's School, the pastor of the church came to speak to the boys in our class. He told us that the church desperately needed new altar boys to assist in the service of daily Mass. Because I was a very devout Catholic at that time, I gladly volunteered to take on this responsibility. Several of my classmates also volunteered.

Within weeks, we all began attending altar boy training sessions. One of the parish priests conducted the lessons which basically delineated the responsibilities of being an altar boy:

1. Setting up the church for Mass;
2. Assisting the priest in putting on the holy garments;
3. Serving the Mass with the priest; and
4. Tidying up the altar after the mass.

Training lasted several weeks, then the priest in charge of scheduling gradually included the new altar boys into the weekly schedule of Mass services.

St. Mary's Parish had three priests, so the Mass schedule was busy. Church policy required that each priest serve at least one Mass daily. Consequently, St. Mary's schedule included Masses at 6 a.m., 7 a.m. and 8 a.m. daily and six Masses on Sunday. That meant that each altar boy served about three Masses per week, plus extra duty serving at funerals and weddings. The boys quickly adjusted to the routine of weekly services.

As an altar boy, I learned a lot about the Catholic Church and the responsibilities of service to it. I recall two important experiences during my tenure as an altar boy which I have not easily forgotten and which to some extent have shaped my view of life.

First, about the time I entered seventh grade, the church took on a new employee, a sacristan named Bernard. He was a very devout and serious man who took on the responsibility of maintaining the church and managing the altar boys.

Bernard had high expectations for our group of servers. He expected the boys to approach life and service to the church with the same degree of piety he nurtured.

This did not work out that well with us.

We were adolescent boys with lots of other things on our minds like school, sports and – oh, yes – girls. This led to some tense moments for all of us.

I recall one incident in particular.

I was serving early Mass with my friend Lou Viani. For some reason, we ran late and thus hurried to complete the service on time. At some point in the Mass, Bernard, who was assisting us, stumbled and dropped one of the cruets (containers for the wine and water).

When I saw that, I giggled, causing Bernard to shoot a dirty look back at me. Then, after the Mass, he stormed in to the dressing room and berated me for giggling during the service. At one point, he raised his hand, as if to hit me.

Lou stepped forward, pointed his finger at the sacristan and said, "If you do that, I will tell the priest, then you'll be in big trouble."

This caused Bernard to do an immediate about face, and storm out of the room.

The experience brought tears to my eyes, but otherwise caused no lasting damage. Soon after, Bernard parted ways with St. Mary's church. I think that both he and the church realized he was not the right man for that job.

Another experience took place during the summer between seventh and eighth grades. At that time, the priests decided to take all the altar boys on

a recruiting trip to their seminary in Santa Cruz.

It proved to be a great trip.

We all gathered on a Friday afternoon and loaded on to the school bus to take a leisurely drive over to the coast. There we spent two days, living with the priest candidates at the seminary. We ate with them and attended Masses and lectures.

We learned a lot about the lives of candidates for the priesthood.

On Sunday morning, our priest took us down to a private beach below the seminary. There, we frolicked in the ocean waters and had a great time.

At one point during the morning, a group of teenage girls came to swim on the public beach across the way from ours. I remember looking over at the girls, then up at the seminary, then over at the girls again.

I decided then and there that the priesthood was not the life for me.

The summer after completing eighth grade at St. Mary's School, I dropped out of the altar boys. I was preparing to attend Christian Brothers High School at the time and I knew that I would not have the time to be an altar boy any more. Being an altar boy had been a good experience, but now it was time to move on.

Now my time as an altar boy at St. Mary's Church is just another thought-provoking Janey Way memory.

Heavy Periods?

Severe Cramps?

Enlarged Abdomen?

Frequent Urination?

Constipation/Bloating?

These symptoms are often related to **Uterine Fibroids.**

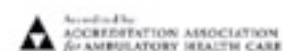


RAS now offers outpatient **Uterine Fibroid Embolization (UFE)**, a safe, minimally invasive treatment for uterine fibroids. Clinically proven to be equivalent to surgery for the relief of fibroid symptoms, UFE could help you get back to your active lifestyle in as little as two weeks.

To find out if UFE is right for you, talk to your doctor, visit www.radiological.com/ufe or schedule a consultation with one of our physicians by calling **(916) 732-7777**.

BENEFITS

- No surgery
- Outpatient procedure
- Quick recovery
- Covered by most insurance plans



Sacramento's first newspaper was printed at Sutter's Fort

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

On page two of this very newspaper that you are reading is an exceptionally significant detail that many readers overlook – a pair of “Xs” representing the 20th anniversary of this publication. And while celebrating this milestone, it is also a fine time to recognize Sacramento's first newspaper, the *Placer Times*.

Just west of the area that we know today as East Sacramento, the *Times* was established nearly 162 years ago in an adobe-like structure near the modern day corner of 28th and K streets, just outside the walls of Sutter's Fort.

Originally a weekly publication, the *Times*, which was initially published by E.C. Kemble & Co., began the distribution of its first issue on April 28, 1849.

At the time that Edward Cleveland Kemble established this pioneer newspaper, the *Times* was one of only two newspapers being published in California.

The other newspaper was Yerba Buena's (San Francisco's) *Alta California*, which began through a merger of California's first two newspapers, the *Californian* and *The California Star*.

The *Californian*, which included news in English and Spanish, was first published in Monterey on Aug. 15, 1846. The paper was relocated to San Francisco about a year later.

Predating the *Californian's* arrival in San Francisco, the *Star*, which was founded by Samuel Brannan, became San Francisco's first newspaper, as it was published for the first time in Yerba Buena on Jan. 9, 1847.

The *Californian* and the *Star*, which eventually both abandoned publication as a direct result of the Gold Rush, were later acquired by Kemble, who had arrived in Yerba Buena on July 31, 1846 as one of 238 passengers aboard a ship, known as the “Brooklyn.”

Also traveling on the ship that had left New York about six months earlier was Brannan, who was then a leader of a group of members of The



East Sacramento News photo, Lance Armstrong
Gary F. Kurutz, principal librarian at the California State Library, holds an original copy of the first issue of Sacramento's first newspaper, the *Placer Times*.

Church of Jesus Christ of Latter-day Saints.

Upon acquiring the aforementioned San Francisco newspapers, Kemble first published the papers as *The California Star* and *Californian* on Nov. 18, 1848.

By the following year, the merged newspaper became known as the *Alta California*.

Eventually leaving the *Alta California*, where he had also served as an editor, Kemble began his venture to establish a newspaper at Sutter's Fort.

According to the 1880 book, “History of Sacramento County,” type was acquired from the old *Alta* office, a Ramage press was repaired and old Spanish printing paper was

obtained, and the items were shipped to Sacramento City (the original name of Sacramento) on a small schooner known as *Dice Me Nana*.

The old press that was used to print the early issues of the *Times* has an especially noteworthy history of its own.

Prior to printing the *Times*, which was the first newspaper published in the interior of California, the press had been used by California's first printer, Augustin V. Zamorano.

The press was also well traveled, having been transported to Boston, Honolulu, Monterey, Sonoma and San Francisco before making its way to Sacramento City.

After leaving the fort, the well-used press continued its work in Stockton, Sonora, Columbia and again in Sonora, where it was destroyed in a fire.

Although the first issue of the *Times* was not rich with advertisements, it nonetheless included notable advertisements such as a notice that Captain John A. Sutter was offering a \$200 reward for the return of two horses that went missing from Sutter's Fort.

The timing of the founding of the *Times* is obviously modernly important, considering that information that was printed in this paper helps present windows into the past of the beginnings of Sacramento City and other events – both foreign and domestic – during this era.

The *Times*, which was originally printed on 13-inch by 18-inch paper and had its title cut from wood with a pocketknife, also served as a bullhorn for news of the Gold Rush.

The original price of the newspaper, which originally featured three columns of text per page, was \$10 per year, \$6 for six months, \$4 for three

See *Times*, page 5

Senior Homecare By Angels.

Select Your Caregiver.

Experienced Caregivers Thoroughly Screened.
Providing *Peace of Mind* to thousands across America each and every day!



- Up to 24 Hour Care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Medication Reminders
- Respite Care for Families
- Low Hourly Rates
- Temporary/Long Term

Free In-Home Assessment
916-971-9333

America's Choice in Homecare.
VisitingAngels
LIVING ASSISTANCE SERVICES

www.visitingangels.com/sacramento1

Loan Modification Denied?



A Short Sale
may be an
option for you.

Contact me for a
confidential consultation.

Erin Attardi

916-342-1372

SacramentoShortSaleAgent.com

Erin@ErinAttardi.com

DRE# 01706589

DUNNIGAN

Realtors

Times: Early publications provide a window to Sacramento's past

Continued from page 4

months and 25 cents for single copies.

Kemble's time with Sacramento's first newspaper was short lived, as is evident by the following words that were printed in the June 23, 1849 edition of the *Times*: "The ill health of Mr. E.C. Kemble has obliged him to retire from his post as editor of this paper. He has been succeeded in the duties as such by (T.R. Per Lee)."

Under this new editorship, the *Times* was relocated to Front Street during the following month.

Four months later, however, the *Times* was being printed on 2nd Street, between K and L streets.

In only a short period of time, the *Times* would experience many other changes, including an enlargement in its size and cost, its evolution to a tri-weekly publication on April 22, 1850 and its emergence as Sacramento's first daily newspaper on June 5, 1850.

On June 16, 1851, the *Times* was consolidated with its rival, the *Sacramento Transcript* and became known as the *Times and Transcript*.

But this merging of papers did not mark the first time that these two newspapers played a role in the creation of a local newspaper.

The original *Sacramento Union*, which was printed from 1851 to 1994 and was once recognized as the "Oldest Daily in the West," began as a result of the efforts of four *Transcript* printers.

The printers had introduced the idea of *The Union's* creation due to their frustrations with a labor dispute between the *Transcript* and the *Times*, which was founded in 1850 as Sacramento's second newspaper.

Gary F. Kurutz, principal librarian at the California State Library, said that original, existing copies of the *Times* are so rare today that the State Library may likely be one of only three places that house copies of these old newspapers.

And in stressing the importance of the existence of these rare copies, which provide valuable records of a very historic period in Sacramento and its surrounding areas, Kurutz said, "Other than such things as manuscript diaries and letters, as far as a media, (the *Times*) was it."

The *Times* was additionally important, as it planted the roots for the birth of many other Sacramento newspapers, including this very newspaper that is presently celebrating a very special birthday.



East Sacramento News photo, Lance Armstrong
California's first newspaper, *Californian*, was first published in Monterey on Aug. 15, 1846.

Please send your updated 2011 Calendar announcements

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

Fax to: 429-9906

Phone: 429-9901

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

ENJOY

Lance Armstrong's weekly history series?



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 or money order to:

Echoes of Yesterday
PO Box 189113, Sacramento, CA 95818

Name: _____
Address: _____
Phone: _____

INCOME TAX SERVICE

Land Park - East Sac



Don't fund the wars if you don't have to!



Stephen S. Percy, Esq.

Call today for your appointment

444-3090

ADULT BASEBALL

Want to play hardball again but don't know where?
You can play ball again in

THE NATIONAL ADULT BASEBALL ASSOCIATION

with over 60 existing teams in the Sacramento area.



18+, 25+, 35+, 45+ & 55+
Age Groups
Various Levels of Play
18-22 Game Season
All Star Games • Playoffs
Championships • Awards



For Info call (916) 729-3373
or visit www.sacnaba.org

NABA NOW ACCEPTING NEW PLAYERS AND TEAMS
UMPIRES ALSO WELCOME • SUNDAY GAMES

A purrrrrrr-fect idea...Designate Sacramento an official cat capital

By LANCE ARMSTRONG
East Sacramento News
lance@valcomnews.com

Editor's Note: This is the first article in a two-part series featuring cats of the Sacramento area.

Cat lovers rejoice! A movement to make Sacramento a "cat capital" begins right here.

Sure, this is an unofficial movement, but such an action has to begin somewhere.

Our city is already recognized for a variety of things, including one of its

most historic notorieties, its official designation as the "Camellia Capital of the World."

But with a tour around the Sacramento area, it is clear that we are missing the mark when it comes to honoring one of the city's most cherished animals – the cat.

Signs of the city's deep affection for cats are all around us from the names of school mascots such as the Lions of McClatchy

High, the Cougars of Kennedy High and the Panthers of Sacramento City College to cat-related statuary and details within local architecture.

A close look at the 92-year-old Central Library building at 828 I St. and across the street from the library at the 77-year-old post office, for instance, reveals images of the heads of lions.

A lion's head fountain is located behind the Julia Morgan House at 3731 T Street.

Additionally, lion statuary can be seen in such places as in front of McClatchy High and in front of a few buildings on 22nd Street, between S and V streets.

One of the more telling signs that Sacramento is already at least an unofficial "cat capital" is the fact that cat ownership is not always a residential affair.

And those who find this statement confusing are certainly not familiar with the many "shop cats" of the Sacramento area.

Among these shop cats is Ace, an 11-pound, white and gray Maine Coon cat at Ace Hardware at 4005 Manzanita Ave., Ste. 24 in Carmichael.

Harley Cowger, a sales floor employee at the hardware store, said that Ace selected the store as his home.

"(Ace) was a feral cat and he walked in here one day (about seven months ago) and hasn't decided to leave yet," Cowger said. "He has free range and he has his own little apartment out

back and he pretty much does what he wants. Customers love him and he even has his own Facebook (Web site) fans.

But Internet presence as a Sacramento cat is not exclusive to Ace, as Ming and Maggie, a pair of tuxedo cats at Fair Oaks Boulevard Nursery at 4681 Fair Oaks Blvd., also have their own pages on the Web site www.fairoaksblvdnursery.com.

In praising Ming, Candie Abke, the nursery's gift shop manager, said that Ming has excelled in customer service through greeting customers, following them around and even riding in the carts of some customers. She added that Maggie is a biter and is thus still in training.

Despite their contrasting demeanors, Ming and Maggie both receive royal treatment and sleep in a "cat palace" bed at the nursery.

East Sacramento certainly does not strike out when it comes to shop cats, as the area has at least one such cat.

Talini's Nursery and Garden Center at 5601 Folsom Blvd. is home to Caspar, one of the oldest and largest shop cats in the city.

Weighing about 18 pounds, Caspar actually appears even larger than her weight may specify. But many people who know her best say that she is also "a lot of fluff."

Talini's manager Jill Franklin recently related the story of how Caspar became a

resident of Talini's about 12 years ago.

"She was a feral cat," Franklin said. "She was a little kitten and she used to hide (behind the store). She was just too cute for anyone to resist, so we started feeding her. At first, she wouldn't let anyone touch her and she would just kind of follow us around through the plants at the nursery like a little ghost, so we named her Caspar. She (later) warmed up to us and she's been our little shop cat ever since."

Franklin added that throughout the years, Caspar has developed such a large fan club that many people stop by the nursery for the lone purpose of visiting this very popular shop cat.

"Some people come here and the first thing they ask is 'Where's the cat?' or 'Where's Caspar?' Franklin said. "They spend the whole time looking for the cat and not really wanting any plants."

But people who arrive at local businesses to simply visit shop cats is a common theme for any such store with a resident cat.

Corey Okada, a clerk at Beers Books at 915 S Street, said that Raffles, the store's cat who was named after a character in a book featuring a cat burglar, also has her own fan club.

"(Raffles) has quite the following," Okada said. "She's the perfect cat to be a store cat. She gets petted all day and doesn't mind, unlike a lot of cats. People love

See Cat Capital, page 7

Senior Homecare By Angels® Select Your Caregiver®

- Up to 24 Hour Care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Light Housekeeping
- Respite Care for Families
- Rewarding Companionship

Visiting Angels
LIVING ASSISTANCE SERVICES
(916) 422-2122

• Homemade Sandwiches/Salads • Fountain Treats and much more

Open 10 a.m. - 8 p.m.

4920 Folsom Boulevard
916-452-5516



BURR'S
Fountain
- Since 1984 -

FUNERAL DIRECTORY

www.valcomnews.com

EAST LAWN
ANDREWS & GREILICH
MORTUARY FD136

3939 Fruitridge Road
Sacramento, CA 95820

"Ready to provide guidance at a difficult time."

916-732-2026

EAST LAWN
EAST LAWN MEMORIAL PARK

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

FD1242

"Embracing a unique commitment
to Sacramento and its people"

EAST LAWN
ELK GROVE
MEMORIAL PARK
AND MORTUARY

FD1455

9189 East Stockton Blvd.
Elk Grove, CA 95624

916-732-2031

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

ODD FELLOWS LAWN
CEMETERY & MAUSOLEUM
"Service for all, regardless of Faith or Creed"
2720 Riverside Blvd
Sacramento 95818
916-443-8598
oddfellows-cmtry-sac.com
since 1905 COA46

Harry A. Nauman & Son

Dignity
FD366

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

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

Since 1927 Dignity FD Lic# 355

Dignity

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

LIST YOUR FUNERAL
SERVICE/HOME HERE

Call Patty
(916) 429-9901

Cat Capital: Our feline-rich city includes shop cats, cat mascots, statuary, Internet presence

Continued from page 6

her and come in just to see her.”

Two of the more unique shop cats in Sacramento are Ti and Teva, who roam on long leashes in the customer lounge of Black Rock Auto at 615 15th Street #A.

Black Rock Manager Mark Pflapsen said that these rescued strays have adapted to become some of the friendliest cats he has ever seen.

“They are super friendly,” Pflapsen said. “You can take either cat and push them down, roll them upside down and play mop with them and slide them around and they just love it.”

In the Land Park area, the longtime, local record store, Records at 1618 Broadway, is home to Joey, about a six-

year-old cat who also resided at the store’s previous location on the K Street Mall.

There is something about literature and cats that go well together and perhaps this is why bookstores are one of the more common businesses with shop cats.

Unfortunately, the two shop cats of one of the city’s more cat-friendly bookstores, Time Tested Books at 1114 21st Street, passed away about five years ago. But the store still shows its love for cats with its wooden cat on wheels and a wooden cat that sits above the business’s records.

With apologies to Caspar, a 23-pound cat at Rich-

See Cats, page 12

Sacramento Craft & Flea Outdoor Marketplace

Presented by the Sacramento Antique Faire

4th Sunday of every Month

COMING SOON!

Join us March 27th for Opening Day!

Handcrafted & Newly manufactured

- Jewelry
- Pottery
- Art
- Clothing
- Imports
- Toys
- Food
- Linens
- So much more!

8am-3pm “Under the freeway”
21st St. between W & X Streets

Bring this Coupon for
2 for 1 Admission

Good for 03/27/11 only

916-600-9770 • www.sacraftandflea.com

ELKS LODGE #6
Florin & RIVERSIDE

PLEASANT GROVE 15 PC JAZZ BAND

SUN. FEB 27
1:00 - 5:00 PM
DANCE

FRED MORGAN
15 PC BIG BAND

TICKETS
\$10-12
444-6138

WELLS FARGO

ADVISORS

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 [80531-v1] 09/09

Medal from the 'Great War' journeys nearly a century to recipient's family

By EARL ROGERS
East Sacramento News writer

In November 2010, a week before Thanksgiving and 92 years after the end of World War I, a medal arrived in a certified envelope addressed to a Sacramento man. He was not the one who had earned the medal; he was the son. His father, the man who earned the medal, had died some 44 years earlier. Though he never laid eyes on the medal his name was stamped along the edge. It read, *Capt. B. Rogers RAF.*

The story of this long journey begins at Stanford University in the spring of 1917, when the buzz among students centered on the big question that would alter their lives. Would America join Britain and France in the fight against Germany? On April 6, 1917, Congress voted yes; and President Woodrow Wilson signed a declaration of war.

Bogart Rogers, then a nineteen year old Stanford undergraduate,

would finish his sophomore year and return home to Los Angeles. By late August, he and four of his friends had enlisted in the Royal Flying Corp and departed for training in Canada. Of the five, Bogart would be the only one to survive the war. By January 1918, he had finished his training in Canada. Wearing his pilot wings and the uniform of a Flight Lieutenant in the Royal Flying Corps (soon to become the Royal Air Force) he embarked at Halifax on a troop ship bound for England.

Trained in England on scout planes, he was sent to France as a replacement pilot and joined a fighter squadron on the Western Front on May 2, 1918. From that day forward he fought in the desperate maelstrom of the world's first air war above the trenches of France and Germany until the end of hostilities on November 11, 1918.

During the twenty months he was out of the USA, he wrote to a girl named Isabelle Young, a Stanford history major. In one of the letters,

"It belongs with the family of the man who earned it."

he told of being awarded two medals, the Distinguished Flying Cross (British) and the Order of Michael the Brave (Rumanian). No other medals were mentioned in his letters. However, following an agreement among 14 allied nations, another medal was authorized in March 1919 for all who served in the armed forces during WWI. It would be named the Inter-Allied Victory Medal. Each medal awarded by Great Britain was officially identified with the recipient's rank, name and unit.

Because of another man's effort to deliver the medal, it passed

See Medal, page 9



Photo courtesy, Earl Rogers
RFC Capt. Bogart Rogers in Serny, France just after World War I, in March 1919. In addition to being awarded the British Distinguished Flying Cross and the Order of Michael the Brave (Rumanian), Rogers was awarded the Inter-Allied Victory Medal for his service to the Allied Powers during the Great War.

Senior Services *and* Resources

Call Melissa (916) 429-9901

BEAUTY SALON

ROSES Hair Design

Specializing in the Mature Woman since 1995

Need help getting around?
Rose can accommodate you.

(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

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

ELDERLY SERVICES



Long Term Insurance Accepted

Hospice and More
Hourly and 24 Hr. Live-In
Free Home Assessment
Liability Insured, Bonded

(916) 453-1344
4420 Del Rio Rd, Sacto. CA 95822

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**

REAL ESTATE SERVICES



FREE Real Estate Help & Advice
tailored to seniors & their families

Contact John Woodall, GRI
Seniors Real Estate Specialist
(916) 421-5421

✓ out my blog at:
aSeniorsBlog.com

LOVING COMPANIONS



Certified care
(916) 753-1491

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

YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services are needed. Your ad should be here. Ad design is free.

Call 429-9901

MEDICAL SUPPLIES



Tel/Fax: (916) 485-2500 | amdmedsupply@live.com
3108 Arden Way, Sacramento, CA 95825

SPECIAL ALZHEIMER'S LIVING



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

cas@primrosealz.com
www.primrosealz.com

(916) 392-3510

7707 Rush River Dr. Sacto, CA 95831

TRANSITION/RELOCATION



Compassionate Relocations
A Senior Transition Company

Specializing In:

- Senior Relocations and Move Management
- Downsizing
- Estate Services
- Real Estate Referrals

(916) 966-8745

www.GoCRInc.com

**CALL Melissa at
(916) 429-9901
TO ADVERTISE
YOUR SERVICE**

Medal: Great-grandson honored a family obligation to deliver award

Continued from page 8

through four generations of his family before arriving in Sacramento. His name was Bert V. Chance, a country doctor/surgeon from Indiana. Capt. Chance was a "Yank in the King's Forces," an American Physician serving with the British Expeditionary Force in the Great War. His great grandson Randy Johnson, a scientist with the Boeing Company, is the person who sought out the Rogers family and ultimately delivered the medal, because, as he writes in an email, "it belongs with the family of the man who earned it."

"The medal was just rediscovered in my unpacking of several boxes of family memorabilia," Randy Johnson writes. How his great-grandfather, Capt. Chance, came in possession of the medal can only be explained by conjecture. It is certain that Capt. Rogers and Capt. Chance were acquainted, indeed friends because of places and events mentioned in Rogers' letters and in the papers of Dr. Chance. Rogers left England for America during the last week of April 1919 without having received the medal, while Capt. Chance stayed in France for sever-

al months taking care of long term patients.

What follows is speculation. Capt Chance being an American and acquainted with Rogers was likely recruited to deliver Roger's medal when he arrived home, possibly under the assumption that a medal would be more likely to reach the recipient if mailed from America rather than from England. Doctor Chance resumed his medical practice in Windfall, Indiana where he died in 1942 at the age of 69. Why he never delivered the medal to Bogart Rogers is a mystery. Maybe he simply lost the address.

Capt. Rogers arrived in San Francisco on May 22, 1919, borrowed a car and drove to the Stanford Campus where he met with Isabelle Young, the girl he had corresponded with for almost two years. She saved every one of his 243 letters, which were published in 1996 by The University Press of Kansas in a book entitled *A Yankee Ace in the RAF*. A year after he arrived in San Francisco, Bogart and Isabelle were married in a June wedding in Albany, Oregon, Isabelle's home town.



Photos public domain

The Inter-Allied Victory Medal was awarded by Great Britain to all who served in the allied forces during the Great War. Each medal was inscribed with the recipient's rank, name and unit.

By now the reader no doubt understands that these two people were my parents. My father passed away in 1966 at the age of 69, the same age as Dr. Chance when he died 24 years earlier. My mother passed away in April 2000, one month shy of her 103rd birthday.

Of all the millions of Victory Medals that were awarded at the close of the Great War, what

makes this particular medal so distinctive, aside from being inscribed with the recipient's name, is its remarkable journey. It was a journey that began in Europe almost a century ago when Capt. Bert Chance carried the medal to America. It ended in Sacramento in the year 2010, when his great grandson honored a family obligation to deliver it to the heirs of the man who had earned it.

THE STAGES OF SENIOR CARE

March 15 @ 2:00pm

Presented by **Buck Shaw**, *Home Instead, Owner*
(Serving Sacramento, Placer, El Dorado, and Nevada Counties)

Home Instead is an in-home care agency that helps families keep their loved ones in their homes as they grow older. The caregivers provide home care to clients and their families, who desire assistance with activities of daily living that used to be simple. Buck Shaw will cover topics featured in a book, "Stages in Senior Care", written by the Home Instead founders, Paul and Lori Hogan. Featuring more than 30 sources from the most credible healthcare organizations, universities and non profit organizations. The book thoroughly explains each and every aspect of senior care, including the array of available care choices.

Refreshments & Appetizers will be provided.

Please RSVP by March 10, 2011 or contact us for more info @ (916) 392-3510

 **Primrose**
Living With Memory Loss

7707 Rush River Drive Sacramento, CA 95831

LIC 347001338; 347001342

**MERCHANTS NATIONAL BANK
HAD THE PRESCRIPTION TO HELP
CALKIN & BOUDREAUX DERMATOLOGY ASSOCIATES
BUILD A HEALTHY PRACTICE.**



"With Merchants, we're not just an account number. We have a relationship with the staff, and that makes all the difference."

Dr. Alison Boudreaux and
Dr. Jacqueline Calkin,
Calkin and Boudreaux
Dermatology Associates

When Dr. Boudreaux and Dr. Calkin opened their practice, they wanted a bank that could offer the same unparalleled, comprehensive level of service they provide for their patients. Fortunately, the doctors quickly found it at Merchants National Bank - not to mention a commitment to personal attention and a full spectrum of free services.¹

Merchants National Bank is rated one of the most secure banks in California,² giving a level of security that has made all the difference for business owners like Dr. Boudreaux and Dr. Calkin. That's Merchants - building 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

Celebrating 90 Years - A proud past. An exciting future.

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



What to do when a child is diagnosed with a serious chronic illness

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

Not long ago, my wife and I learned that our son could have an illness that would have left him with profound health problems and likely a shortened life.

After extensive and painful testing, we were relieved to learn that it isn't the case. Nonetheless, it was a terrifying couple of weeks, as we faced the possibility that our lives as parents would change drastically.

Given a few weeks' time to let my blood pressure return to normal, I've reflected on what parents can do to help themselves cope, when faced with terrifying news about their child's health.

Shock is natural and the tendency is to blame yourself or your partner and look at what you could or should have done dif-

ferently. Try your best to avoid this, as it's not going to change the news and will likely make things worse.

After the initial shock wears off and you start facing a future they you hadn't expected, it's natural to turn to your partner for support. While this is crucial, be aware that you may not get all of what your need from him or her. Your spouse is also coping with overwhelming feelings and likely has limited emotional support to provide.

Rather than draining your partner completely, turn to others for support. If you feel hesitant because you don't like feeling needy or asking for help, remember that your friends and family want to help. Your already difficult job as a parent just got exponentially more challenging, and you're going to need assistance.

This is particularly important when you and your partner hit those points of frustra-

tion and exhaustion that you have to have a break or you're going to break. Again, your family and friends want to help. Be it two hours to go to the gym or a weekend getaway, it's crucial to take advantage of their offers. If you don't get time to recharge and refresh, it'll be next to impossible to be the kind of parent you'd want to be.

It's also important to keep in mind the need to take care of yourself. When first faced with the possibility that my son could be sick, I spent way too many hours doing research on all of the ins and outs of what he could have. Although I quickly became an expert on signs, symptoms, and statistics, I neglected other aspects of my life. I kept working, but everything else fell away. For a few days, I stopped exercising, eating well and sleeping enough.

Be aware that there will probably be times when you feel that your friends and

family can't understand what you're going through, and you'll need more. When this happens, turn to online and/or in-person support groups. By sharing with others going through what you're experiencing, you'll likely feel less alone and more supported.

Despite all efforts to take care of your needs, realize that there might be times when it isn't enough. If this happens, it's often helpful to seek the support of a professional.

Having had a taste of how profoundly a terrifying diagnosis can affect individuals and relationships, I'm clear that there's no need to bear the burden alone. Although this won't change a diagnosis, taking good care of yourself by seeking the support of others can help you be the best parent possible. And this is all your child can ask.

Advertise in

California Kids!

Call Marc for more information! 916.429.9901

Arts & Crafts Faire at Cal Expo*

Opening Saturday, April 2nd & April 16th, 2011
Sacramento



VENDORS NEEDED!
Reserve your Booth Today!
www.SacSaturdayMarket.com
916-798-3819

Outdoor Year Round Arts & Crafts Market
1st and 3rd Saturday, April thru December
* FREE Parking lot E

Saturday Market
From our Hands to Yours...
Live Music • Food • Fresh Produce • Local Artists • Kids Zone • Swap Meet



Rosewood is rated 5-Stars by Medicare and ranks in the top 10% of facilities in the U.S.

6041 Fair Oaks Blvd. • Carmichael, CA 95608 | Office: 916-483-8103 • Fax: 916-352-6288

“I often wish that family members could see the genuine loving care their loved ones receive from Rosewood Rehabilitation Staffers. I could go into detail, but there are simple gestures made each day. Besides how do you quantify love? So let me simply wish that you and your families share the same love you share with us, the residents.” Lou K., resident



Rosewood

POST-ACUTE REHAB

24 HOUR SKILLED NURSING

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



Cats: Cat fever is strong in the Sacramento area

Continued from page 7

ard L. Press Fine Books at 1831 F St. #A likely holds the title of the heaviest shop cat in Sacramento.

Describing the cat, Richard L. Press, the business's owner, said, "His name is Arshile. Everybody says that it's a Maine Coon, but Maine Coons have fluffy

tails, supposedly. This is not a fluffy tail. This is a tabby, but he's a giant."

Press, who previously owned a shop cat, named Willow, said that Arshile appears quite often on a video about his store. The link for the video is www.vimeo.com/18289183.

The presence of Sacramento area cats on the Internet can also be found on the Web site, www.youtube.com. The site includes various Sacramento area feline-related videos, ranging from a collection of photographs of Clarice the cat set to the music of

Tom Jones' "What's New Pussycat" to a story of a cat that allegedly saved the life of its owner during a fire.

And from the Sacramento music scene, there is a band, called Fish Cat Fish, and a widely recognized image used by

the Deftones, one of the most popular bands to emerge from the capital city, is that of a "screaming" (actually yawning) kitten.

Cat fever even extends across the Sacramento River, as is apparent through the city of Davis' B&L Bike Shop, which is home to a shop cat, named Milo.

But perhaps no greater tribute to cats can be found west of the capital city than at West Sacramento's Raley Field, which is home to the extremely popular Sacramento River Cats Pacific Coast League baseball team and the team's mascot Dinger the cat.

The team is appropriately named when considering the many feral cats that reside along the eastern and western banks of the river.

Although many local residents are not fond of the fact that the non-baseball river cats and many alley cats of the downtown/midtown area run free with no owners, these cats provide further evidence of Sacramento's need to be officially recognized as a "cat city."

With no committee members, no committee, no official stand by this publication and no other known mention of this movement besides this informational, thought-provoking article, Sacramento's potential prominence as an official "cat city" is obviously lacking its much needed support.

But as a bit of encouragement for those who are hesitating to support this issue, the following modified quote of Mark Twain – apologies to Mr. Clemens! – should be remembered: "It's not the size of the cat lover in the fight, it's the size of the fight in the cat lover."

Despite the existence of much time before the November election, attempting to obtain official "cat city" status should be no easy endeavor.

But whatever happens, one thing is for sure – cat fever is strong in the Sacramento area.

"Taking care of the environment really matters to me. At home, I remind my family to turn off the lights and unplug our chargers."

**Mia Rangel,
SMUD Spokesperson**

the power of
innovation

SMUD and You. Together we're building a SmartSacramento®.

Cleaner. Brighter. Smarter.

Can innovation really bring a community together? Yes, it can. With the help of customer-owners, employees and community partners, SMUD is building a SmartSacramento with these future capabilities:

- More comfort, convenience and control – via SMUD's smart meter technology, being installed 2010-2011.
- Convenient charging stations for environmentally friendly vehicles at home, work and in our community.
- More energy generated from wind, solar, hydroelectric and biomass – currently 23% of SMUD's resource mix and growing.

 **SMUD**

Follow our progress at savewithsmud.org  

® A registered service mark of Sacramento Municipal Utility District.
© SMUD GAF 1141-10 7.83x10 rev 1/11

'Ciclovía' event proposed for Sacramento – cycling culture could boost economy

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

Sacramentans know that they are privy to generally good weather, moderately flat terrain and numerous local parks in which to ride bikes. But two Sacramento City Council members are behind a proposal to bring the cycling culture to parts of Sacramento that remain largely untouched by cyclists.

Joe Devlin, chief of staff for District 5 councilman Jay Schenirer, explained that while Sacramento has some avenues for cycling, there remain large areas that can and should be altered to accommodate cyclists. To bring this issue to light, Schenirer and fellow District 3 Councilman Steve Cohn are working on an event called a "ciclovía" which translates to "bike path."

The proposed event, which is still in the planning stages, would entail blocking off areas of midtown Sacramento on streets that could include J Street, Freeport Boulevard, Martin Luther King, Jr. Boulevard and Broadway Avenue. The idea would be to block off parts of these streets for a few hours on an agreed upon day in order to let bicyclists ride around in places where they normally couldn't. Ideally the event would integrate with local businesses who would bring some of their merchandise out to the streets to stimulate the local economy as well.

"East Sacramento and Land Park are great places to ride bikes," Devlin said. "It's very flat and has good weather. It's just missing a culture of cycling."

Joining in on the effort to make the event a reality is the Sacramento Area Bicycle Advocates (SABA). Because the city likely doesn't have much money to put forth for the event, members of SABA are being called upon to volunteer at the event. Devlin said that he would like to get as many volunteers as possible to work and direct traffic.

As far as where it would take place, that will not be known until the council mem-

bers find out exactly what the costs will be to put on the ciclovía event.

"It would be fun to close off Freeport or J Street and have businesses get involved," said Devlin. "These are unnatural places for lots of people to ride bikes normally."

The hope is that the street party would highlight the need for established bike lanes to be built and maintained in the midtown area. Devlin talked about historical Broadway Avenue and the fact that riding down that street on a bike would be incredibly dangerous as it is now due to the fact that it has no bike lane.

"We want to demonstrate the need to improve [cycling] pathways," he said.

As with anything in a floundering economy, some people will be skeptical of anything that costs money to produce. However, Devlin outlined some of the things that will hopefully make the costs low and the benefits high. The event would likely be on a weekend when fewer people

are on the road during the day and he said that there would not be large sections of major roads shut down.

"It's a social event," he said. "We want people to interact with (hopefully) thousands of other cyclists. It has a potential to create a long-term economic boost to businesses. It is a slight inconvenience with the possibility for big benefits."

The cycling season, which for Sacramento is a lot longer than other places around the country, is a big thing locally. Devlin hopes that putting together a place for cyclists to interact would have a positive impact on both cycling, as well as introducing cyclists to restaurants and other businesses that they simply did not have access to without a car.

For more information or to volunteer for the proposed ciclovía event, you can contact Cohn's office at (916) 808-7003 or Schenirer's office at (916) 808-7005. For more information on SABA, visit www.sacbike.org.



East Sacramento News photo, Benn Hodapp
A social cycling event, called a "ciclovía" is being proposed by Sacramento City councilmembers Jay Schenirer and Steve Cohn. The proposed event could be held in Sacramento's midtown area along J Street, or in Land Park on Broadway or Freeport Boulevard.

welcome home

transforming the aging experience...

ESKATON

Senior Residences and Services



Call today for a tour
We'll treat you to lunch!

Independent Living with Services

3225 Freeport Boulevard
Sacramento, CA 95818
916-441-1015
www.eskaton.org



EQUAL HOUSING
OPPORTUNITY

Eskaton Monroe Lodge

A Land Park Tradition

Care In The Face of Life-Limiting Illness

Rosewood Post-Acute Rehabilitation in Carmichael provides:
Sophisticated rehabilitative services including; physical therapy, occupational therapy
and speech therapy. We specialize in orthopedic, neurological and cardiac rehab.

Rosewood Post-Acute Rehab

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

6041 Fair Oaks Blvd • Carmichael, CA 95608 | Office: 916-483-8103 • Fax: 916-352-6288



Take Me Home!



Thanks to the following sponsors! A pet can be a wonderful addition to a family.
Won't you adopt one of these animals at the SPCA?

Sponsored by:

ESKATON
Senior Residences and Services

Eskaton Monroe Lodge

Independent Living with Services

3225 Freeport Blvd.
Sacramento, CA 95818

916.441.1015
www.eskaton.org



Kennedy #139738

Breed: DMH Color: Ginger Tabby/White
Gender: Male Hair: Medium
Age: 4 years
Kennedy is an absolute love. He is sweet, loves to
cuddle and be petted. He's a fairly calm and sedate cat
who likes being groomed. He has lived with and got
along well with children and other cats.

Sponsored by:

Superior
SELF STORAGE

1300 El Camino Ave
Sacramento, CA 95815
P: 916-927-1300 /// F: 916-927-3016

**OFFERING STANDARD &
CLIMATE CONTROL STORAGE**

FREE RENT!
Restrictions Apply.
Call for details.



Alabama #141490

Breed: DSH Color: Torbie
Gender: Female Hair: Short
Age: 6 months
Alabama is a fun and affectionate cat. She likes
to play and seems particularly fond of furry
toys. She is also a pretty cat with exotic
features.

Sponsored by:

**Debra's
Doghouse**

Caring, Professional grooming for a
healthier pet

FREE
Nail Clipping
with this ad

5493 Carlson Dr. #C
457-7387



Marley #140373

Breed: American Bulldog Color: Brown Bridle
Gender: Female Hair: Short
Age: 3 years
Marley is a love! This girl loves to roll over for belly rubs
and loves to snuggle up on the couch with you! She is
crate trained and gets along well with larger dogs, and
she knows sit and walks very nicely on a leash.

Sponsored by:

Senior Homecare By Angels® Select Your Caregiver®

- Up to 24 Hour Care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Light Housekeeping
- Respite Care for Families
- Rewarding Companionship

VisitingAngels.
LIVING ASSISTANCE SERVICES

(916) 422-2122



Roxy #131984

Breed: Cairn Terrier Color: Grey
Gender: Female Hair: Long
Age: 1 year, 2 months
Roxy is affectionate and friendly towards people. She is
gentle, outgoing, and confident. Roxy is best suited for
a somewhat active home. She cannot live with cats.

Sponsored by:

ROSES HAIR DESIGN

**Adopt a homeless pet.
They need love too!**

394 45th St ~ 916.457.6659
(Located @ 45th & D St)



Sadie #136690

Breed: DSH Color: Brown Tabby
Gender: Female Hair: Short
Age: 9 months
Sadie is a well rounded cat. She is a fun mix of curiosity,
playfulness and affection. She loves to play and seems partial
to toys she can chase like a laser pointer or a toy ball. She is
also an affectionate cat.

Sponsored by:

Giovanni's
OLD WORLD
Pizzeria
EST. 1988

Real Italian, Real New York
5924 S. Land Park Dr. • 393-7001
6200 Folsom Blvd. • 455-8831

FREE
Medium Pepperoni Pizza
with purchase of any large pizza



Buddy #139625

Breed: Beagle Color: Tricolor
Gender: Male Hair: Medium
Age: 4 years
Buddy is playful, outgoing, confident, and independent.
He loves to go for walks, and he stops to smell the roses
along the way. He is affectionate and attentive with
people. He is happy to sit for treats.

* For additional information on adoptions, call the SPCA at 383-7387. Adoptions occur daily and it is not guaranteed the above featured animals are still available. If they are not, the SPCA has many other loving pets available to suit you and your family. The SPCA is located at 6201 Florin-Perkins Road.

Your Home Improvement Guide

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

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

ADDITION SPECIALIST



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

Remodeling and Design

LIC# 480492

Certified Kitchen & Bath Remodeler

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

www.lytleconstruction.com



BUILDER/CONTRACTOR



BUILDERS, INC.

CA License #946423

"Quality our customers can count on"

(916) 443-1800

- Family owned & operated
- Residential & commercial
- New construction
- Remodels & additions
- Custom framing
- Kitchens & bathrooms
- Bondable and insured
- Over 20 years of building experience

1721 2nd Street, #100, Sacramento • Fax: (916) 447-7430 • rnlbuilders.com

YOUR AD SHOULD BE HERE!

Call Melissa today!
Reserve your space!

Ad design is free.

Call 429-9901

CARPET/UPHOLSTERY CLEANING

TLC CARPET CARE

Carpet & Upholstery Cleaners

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

(916)952-3831



CARPET & UPHOLSTERY CARE

Johnny on the Spot

Complete Carpet and Upholstery Care

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

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

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

Call (916) 997-7895

CLEANING

PRIME QUALITY MAINTENANCE

- RAIN GUTTER CLEANING
- Pressure Washing (house ext/walkways/all concrete areas)
- Window Cleaning (inside/out/screens washed)
- Hard Water Stain Removal
- Landscape Maintenance

Free Estimates
Licensed & Insured

Call Jesse (916) 417-4231



ELECTRICAL

Sunshine Electrical

Prompt. Dependable. Honest!

Security Lighting
Upgrades/Remodels/Repairs
Spa Electrical

FREE Estimates/Small jobs OK

(916)344-8735 or (916)752-5308
Ca License # 633853

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC

Reasonable Residential & Commercial Work since 1960

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

(916) 451-2300

Cell: 213-3740

Neil McIntire — C.S.L.# 394307

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

Winter Yard Clean-up/Hauling

- RAIN GUTTER CLEANING
- ROTOTILLING/& SOD PLACEMENT
- CONCRETE REMOVAL
- 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*



HARDWOOD FLOORING & MORE

Specializing in installing, sanding, and finishing hardwood flooring.

Also do home repairs from painting to electrical work.

Lic # 544159

Call Michael at

(916) 383-8742

HEATING/AIR CONDITIONING

BONNEY PLUMBING, HEATING, AIR & ROOFER SERVICE

DON'T BE CAUGHT IN THE COLD!

Season Special

Heating System tune-up \$85

CALL 444-0551

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

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

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

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

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

INSULATION

ALCAL - ARCADE
contracting, inc.
Lic # 815286

What's wasting your money and energy?
You're living in it.



Call Us Today For a Free
Insulation Inspection
and Estimate

OFFICE: 916-631-6557
CELL: 209-401-8424
www.alcalarcade.com

Reasons to INSULATE?

1. Save up to 20% on heating and cooling bills every month*.
2. Help you stay cooler in the summer and warmer in the winter.
3. If your home was built before 1990 or have less than 15" of insulation, it's probably under-insulated and costing you money.
4. Its easy and affordable.

*US Department of Energy figure for adequately insulating home per geographic area. Saving vary. Higher R-Value means greater insulating power.

MASONRY

BRICK & STONE

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

(916) 899-0101

CA Lic #516538/Bonded ~ References

MASTER CARPENTER



MASTER CARPENTER
35 Years Experience / We do it all!

Call 916-799-8040

FREE Estimates • Senior Discounts
C.M. Russell Inc. CA Lic.# 435800

- Fine Carpentry
- Plumbing
- Electrical
- Bath/Kitchen Remodels
- Misc household repairs of any kind
- Fences

PAINTING

COOK PAINTING

Full Service Company – Start to Finish

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

Specializing in custom trim & moulding!
Color Consultants • Free Estimates

(916) 681-4011 • www.cookpainting.com

CSL# 432951



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



All Interior/Exterior
Custom Painting

Call Bill (916) 519-1175

Ref Avail. • Owner-Operated

Fully Insured/Workers Comp/Bonded
Lic# 792971

PAINTING

DOES YOUR HOUSE NEED PAINTING?

20% OFF Any Complete
Exterior or Interior Paint Job

Call Now! Limited time offer!

Call Alex (916) 665-2671 Lic# 550950



PLUMBING

BONNEY PLUMBING, HEATING, AIR & ROOTER SERVICE

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

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

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

CALL 444-0551

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

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com

License #683668

PLUMBING

EMERGENCY

J & J PLUMBING

PLUMBING, REMODELS,
SEWER AND DRAIN WORK



ED YEARGIN
916-761-4990
916-455-9432

CONTRACTORS LICENSE # 552529
SERVING SACRAMENTO SINCE 1955

PLUMBING



Contractor Lic. # 936953 35 YRS. EXPERIENCE

ROOFING/SIDING

ZIMMERMAN REROOFING

3675 R Street
Sacramento, California 95816

East Sac Specialists

454-3667
zimroof.com

License #763169 Dave Zimmerman

ROOFING

HOPKINS ROOFING

33 years experience

Specializing in all types of
roofing & repairs

24-hour call

(916) 731-7073

License #667013

TELEPHONE SOLUTIONS



ISHTEL TELEPHONE SOLUTIONS

Business & Residential

An Affordable Alternative!

- Service Activations • Jack Installations
- Network Wiring • Repairs • Cable TV Wire Runs

Ismael "Ish" Olivo, Retired PAC. BELL Technician 32 years
(916) 402-1097

TREE SERVICE/GARDENING

Terra Bella

TREE SERVICE & CLEAN-UP

"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

YOUR AD SHOULD BE HERE!

Call today!

Your services
are needed.

Your ad should be here.
Ad design is free.

Call 429-9901

CALENDAR

For more Calendar entries visit
www.valcomnews.com

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

FEBRUARY

Tai Chi

Daily, except Sundays: Meditation, breathing, forms and various styles of Tai Chi are taught. No experience necessary. Everyone welcome. Free. 8 a.m.-9 a.m. Reichmuth Park, 6135 Gloria Dr., Sac. (601) 559-5481

'The Color of Light'

Daily, through Feb. 20: Paul Jenkins' Post-Expressionist paintings emphasizing light and color emerged during the 1950s and took their place alongside the achievements of the Abstract Expressionists and painters of the more recent Color Field movement. This exhibition features 50 examples of the artist's achievements in watercolor, as well as additional works on canvas. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

'The Vase and Beyond'

Daily, through April 10: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300 artists, this collection showcases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

'Inferno of the Innocents'

Daily, through April 24: Like a modern-day Goya, Gottfried Helnwein's monumental paintings and photographs address themes of inhumanity, violence, and the virtue of personal expression. With stark and probing psychological intensity, he critiques not only the past, but present-day veneers, jolting us from the comfort of complacency.

Big Band Dance

Feb. 17, 22, 24: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Food Addicts Anonymous

Feb. 17, 24: 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.

Living Positive with Chronic Disease group

Feb. 17, 24: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

Love your library night

Feb. 17: Surprise Celebrity Scoopers at Coldstone Ice Cream. A portion of proceeds to benefit the Robbie Waters Pocket Greenhaven Library. 6:30 p.m.-9 p.m. 1028 Florin Rd., Sac. (916) 391-1883

Rotary Club of East Sacramento

Feb. 17, 24: 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

Feb. 17, 24: 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

Feb. 17, 24: 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

Feb. 17, 24: 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

Vox Musica

Feb. 17: Vox Musica, a 12-voiced women's ensemble, will perform "Dreams of Innocence," a new work by Vox Musica director Daniel Paulson that incorporates select texts from Gottfried Helnwein's memoirs. 7 p.m. Purchase tickets at crockerartmuseum.org or the Museum Admission Desk. \$6 members; \$12 nonmembers. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Family Sleepover: Sleeping with the gods

Feb. 18, 19: Gather your family and friends, your sleeping bags, and spend the night at the Museum. Watch the action-packed adventure movie "Percy Jackson & the Olympians: The Lightning Thief" (PG, 118 minutes), go on a "Myth and Legends" treasure hunt, and paint vases in the style of ancient Greek potters. Late night snacks and a continental breakfast will be provided. Ask about discounts for groups of seven or more, including community groups and birthday parties. \$65 members; \$85 nonmembers. 6 p.m. Fri., 8 a.m. Sat. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Kiwanis Club of East Sacramento-Midtown

Feb. 18, 25: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

Rotary Club of Point West

Feb. 18, 25: 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

Feb. 18, 25: 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

African American authors discussion

Feb. 19, 26: Spirited and thought-provoking book discussions with an emphasis on African American authors. 10 a.m., Saturdays through May 14. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

Book discussion: Dashiell Hammett

Feb. 19, 26: Join this two-part discussion of the works of mystery writer Dashiell Hammett. 1 p.m. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

Family 'Engineering Days'

Feb. 19, 20: Come and celebrate the 60th anniversary of "Engineers Week." Engineers help make many aspects of life better - here's a great opportunity to share engineering fun with your kids. Kids ages 12 and under can be little engineers as they construct and launch a balloon rocket. Planetarium shows at 1 p.m. and 3 p.m. are included with admission (ages 4 and above only); live animal shows at Noon and 2 p.m. are for all ages. The 10:30 a.m. Sunday Science Cinema presentation is *The Next Frontier*. 12:30 p.m. - 4 p.m. \$6 adults, \$5 seniors & teens, \$4 children ages 12-4, free for kids under 4. Discovery Museum Science & Space Center, 3615 Auburn Blvd. Sac. (916) 808-3942

- EVENT LISTING SECTION -

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

Buddhist Church of Sacramento SPRING FOOD FESTIVAL March 13

Pre-sale Take-out only
Pre sale deadline February 27
PICKUP Sunday March 13, 11 to 1
2401 Riverside Blvd, 95818
For more information or pre-sale forms contact: Adult Buddhist Assn or Buddhist Women Assn members OR visit buddhistchurch.com or call (916) 446-0121

Arts & Crafts Faire at Raley Field Opening Saturday April 2, 2011 8 a.m. to 3 p.m.

Event 1st and 3rd Saturday
VENDORS WELCOME!
(916) 798-3819
WestSacSaturdayMarket.com

St. Michael's Actors Guild (S.M.A.G.) A COMEDY

Upcoming Play "Murder-Go-Round"
By Fred Carmichael
AUDITIONS: Tues., Feb. 22, 7 p.m.
and Wed., Feb. 23, 7 p.m.
at 2140 Mission Ave., Carmichael
Contact paulhauck@comcast.net
Show Starts, May 6th
For more information,
call the Box Office @ (916) 557-0151

Pasta Sausage Feed Friday - March 25 at Elks Lodge #6 6446 Riverside Blvd.

No Host Cocktails 6 p.m. - Dinner 7 p.m.
Huge Raffle, Music & Dancing
Tickets \$15 each for sale in Lodge Office
You may reserve a table for 10
for \$150 at time of purchase

CALL AND
PLACE YOUR
EVENT
TODAY!
429-9901

CLASSIFIED ADS

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

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



Sell your car in
the classifieds

HANDYMAN

CLEAN-UP SPECIALS!
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.

Classifieds work
Call Melissa 429-9901!

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

PET PORTRAITS

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

TAX PREPARER

#1 TAX PREPARER
28 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

BOOKKEEPING

#1 BOOKKEEPER
28 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

Mysteries revealed at 'Secrets of Sutter Street'

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

California's gold country has an attraction that is all its own. Part fact, part fiction, part "je ne sais quoi," Folsom's Historic District has a history that dates back to the Gold Rush era and even further back into antiquity when one considers the Maidu people who lived there first, thousands of years ago.

As a writer and news editor for "Folsom Life" newspaper many years ago, I had the unique privilege of learning many of Folsom's secrets. Literally, where some of the bodies are – or were – buried. Years before the restoration on Sutter Street, I got to visit the tunnels and other secret places of Folsom.

Most are off limits to the public – and with good reason. These places are seriously dangerous. And if you are fearful of spiders, snakes, close places, subterranean water, ghosts or simply bumping your head... well, you get the picture.

Recent restoration work on Sutter Street revealed the ex-

istence of one of Folsom's subterranean tunnels to the public, as well as other artifacts of the city's pioneering inhabitants.

On Feb. 19, the Folsom History Museum will share much of this history, when it unveils "Sutter Street Secrets."

"What did they find under Folsom's Sutter Street? What secrets were revealed? Come to this wonderful new exhibit at the Folsom History Museum and find out," said Melissa Pedroza, spokeswoman for the Folsom History Museum. "Last year, the City of Folsom began the Sutter Street Revitalization Project. The project had two purposes: the practical – to replace the crumbling 100 year old water/sewer infrastructure; and the cosmetic – to pretty up the street and make it more appealing."

According to Pedroza, the exhibit will display many of the artifacts uncovered during the restoration, including bottles, coins, horse shoes and tools found during the digging.

"The Museum will also play a video of the tunnel discovered under Sutter Street," Pedroza said.



Photo courtesy
This tunnel beneath Folsom's famous Sutter Street is the source of many tales of yore, including stories of smuggled alcohol during the Prohibition Era of the early 20th century. Video footage of the tunnel will be on display at the Folsom History Museum's "Secrets of Sutter Street," Feb. 19 to March 20.

"This will be the closest most of us will ever get to seeing the tunnel. It's not something to be missed."

Also included in the exhibit is a description of the whole res-

toration process (sans the many, many Historic District Restoration committee meetings that were held at Landmark Baptist Church). From the removal of the dying magnolia trees (plopped right on top of the pavement of old Highway 50) to the planting of over 100 trees along new sidewalks that incorporate Folsom's history, visitors will have an opportunity to see how much work went into this project.

"The exhibit features hundreds of photos taken during the actual process of the day and night construction," Pedroza said. "Big

trucks, backhoes, and cranes and building facades tumbling down and being built back up."

"Sutter Street Secrets" opens Feb. 19 and runs through March 20. The Folsom History Museum is located at 828 Sutter Street in Old Town Folsom. Museum hours are Tuesday through Sunday from 11 a.m. to 4 p.m. Admission is \$4 for adults, \$2 for youth and free for kids under the age of 12. Folsom Historical Society Members receive free admission. Call (916) 985-2707 or visit www.folsomhistorymuseum.org for more information.



Patti Martinez
916-447-1451
www.pattimartinez.net
DRE# 00588974



1025 V Street

2 bedroom home. Roof, dual pane windows and sewer line less than 2 years old. Garage and basement! Great property for the value.

\$189,000

SPECIAL:

\$50 Postcard or Flyer Design

Affordable Printing Available

POSTCARDS	FLYERS
250\$0.37 each	100\$1.05 each
500\$0.28 each	250\$0.68 each
1000\$0.19 each	500\$0.64 each
1500+\$0.16 each	1000+\$0.60 each

red all over

D E S I G N

Connecting the Community... One design at a time.

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
- Identity systems (business card, letterhead, envelope)

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



CELEBRATING THE CHINESE YEAR OF THE RABBIT

East Sacramento News photos by DANNY KAM

The Chinese New Year Culture Association (CNYCA) welcomed in the Chinese New Year of the Rabbit on the Sacramento State campus, Feb. 12.

The festivities included the traditional Chinese Lion Dance, cultural dance performances, martial arts, kung fu, Tai Chi, music, Chinese painting and arts, a singing contest, children's games, activities and exhibits.

The Wong Center Resident Council performed Xinjian dancing from the northwestern part of China. The Red Maple Cultural Connection performed a brilliant parasol dance. Performers from NewStar Chinese School dazzled the crowd with a singing and stomping dance. The China Moon Dance Troupe performed "The Charm of Vinegar" dance with vivid colors.

Local dignitaries were on hand, including Assemblyman Dr. Richard Pan from California's 5th District, Roger Dickerson and Vicki Beaton. Insurance Commissioner Dave Jones presented a letter of commendation to Beaton and Mayue Carlson, presidents of the Chinese New Year Culture Association. On behalf of the Sacramento County Board of Supervisors, Supervisor Jimmy Yee presented a resolution recognizing the 14th annual Chinese New Year celebration in Sacramento.

Sacramento Postmaster Al Santos and Rungfong Hsu unveiled a stamp celebrating the Chinese New Year.

According to the Chinese Zodiac, the Year of 2011 is the Year of the Golden Rabbit, which began on Feb. 3 and continues through Jan. 22, 2012. The Rabbit is considered a lucky sign, one which brings a year in which one can catch one's breath and calm one's nerves.



DUNNIGAN[®] Realtors



ULTIMATE URBAN LIVING!

Recently remodeled by Viray designs, home has modern conveniences & charm. Kitchen w/granite counters & stainless appliances. Master has 2 closets & private entrance to the garden. Upgrades incl CH&A, roof, sewer, copper plumbing, electrical, bathrooms & more. See www.1512-55thSt.com \$339,000

DAVID KIRRENE 531-7495



ELEGANT EAST SACRAMENTO

Elegant Fab 40's home located on desirable 46th Street. Well appointed w/architectural details & tasteful updating. Three full baths completely remodeled. New 2 car garage plus lift built in 2008. Sparkling pool & spa. See www.1201-46thStreet.com \$1,529,000

KARA LABELLA PARKER 716-3313



SUTTER BROWNSTONES

Unique & modern 2 year old townhome. Features stainless steel appliances, honed granite countertops, slate & hardwood flooring. Upgraded Samsung refrigerator included. Fantastic media/family room w/lots of space (30' x 13') on lower level, set up for entertainment. One car garage. 6 inches of space between townhomes. See www.SutterWalk.com \$450,000

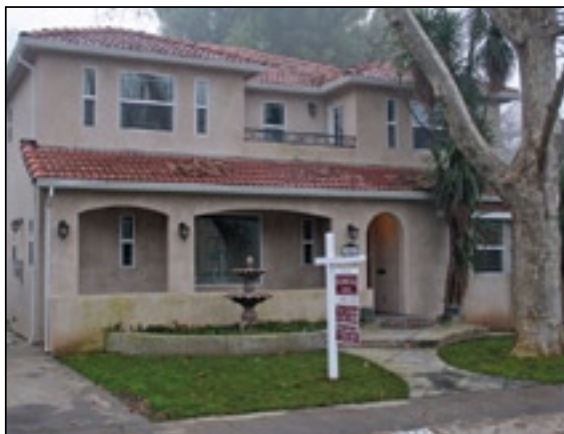
COLLEEN WIFVAT 719-2324



VINTAGE EAST SAC CHARM

Large two story home has vintage East Sac charm with nice modern amenities. The remodeled kitchen has granite counters, recessed lights and modern appliances. Other recent updates include the roof, dual paned windows, light fixtures and interior paint. The bathroom has new granite counters and a subway tile shower/tub surround. See www.600SanAntonioWay.com \$329,000

DAVID KIRRENE 531-7495



EAST SAC MEDITERRANEAN

Amazing 4 bedroom 3 bath Spanish Mediterranean in East Sacramento! This spacious home has been completely remodeled within the last few years. Four very large bedrooms, a gourmet kitchen, top of the line fixtures, laundry upstairs and downstairs, and a phenomenal master suite are all included. Simply a must see. 1721 41st Street \$749,900

TIM COLLOM 247-8048

LIBBY NEIL 539-5881



CLASSIC BRICK TUDOR

East Sacramento w/leaded glass windows. 2 bedroom, 2 bath w/ a true master suite w/bathroom & walk-in closet. Kitchen w/newer appliances including dual dishwasher. Newer CH&A. Inside laundry w/ storage. One car garage w/cabinets. See www.72246thst.isnowforsale.com \$489,900

LEIGH RUTLEDGE 612-6911

BILL HAMBRICK 600-6528

FOUR BEDROOM

Fantastic 4 bedroom 2 bath in the center of East Sacramento! Walk right down the street to Bertha Henschel park. This 4 bedroom home has refinished hardwood floors, new carpet, a large family room and a 2 car garage. Best value in East Sacramento! See www.4640brandway.epropertiesites.com \$375,000

TIM COLLOM 247-8048

LIBBY NEIL 539-5881

CHARM ABOUNDS!

Walk to the UC Davis Med Center from this adorable home! Charm abounds with built in bookshelves next to fireplace, built in scalloped hutch in dining area, updated kitchen has terra cotta tile floor, newer gas range and a breakfast area. Separate laundry room, updated bath has a pedestal sink & marble tile floor! Long time owner. See www.2367-39thSt.com \$279,000

CONNIE LANDSBERG 761-0411

PHENOMENAL EAST SAC

Quiet, tree-lined street. Filled with character. **PENDING** Quiet, tree-lined street. Filled with character, 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 \$480,000

TIM COLLOM 247-8048

LIBBY NEIL 539-5881

RED BRICK TUDOR

Beautifully remodeled 2nd story added in 2000. New kitchen in 2006 w/granite counters, stainless appliances & hardwood floor. Large 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 w/citrus & palm trees. Steps to park. See www.354-34thSt.com \$824,900

COLLEEN WIFVAT 719-2324

DUNNIGAN[®]
Realtors

2401 American River Drive, Suite 150
484-2030

Visit Our Web Site: www.dunniganrealtors.com