

## Take action to 'Fight the Bite' this summer

See page 8

Marty Relles presents  
'Janey Way Memories'  
See page 4

COMMUNITY CALENDAR, PAGES 17-20 • KNOW YOUR NEIGHBOR, PAGE 23 • FACES AND PLACES, PAGE 22

### Inside This Edition



College Greens Swim Team is 46 years old

See page 14



Turtlerama is July 16

See page 2



See page 23

## Edwards and Associates

PEOPLE YOU TRUST, SERVICE YOU DESERVE

**TYLER EDWARDS**  
916-538-4883

Tyler@HomeinSac.com  
DRE# 01199472

**J. TODD LOHSE**  
DRE# 01842008

**ANNA NIEMANN**  
DRE# 01845698



3(4) bedroom, 3.5 bath, 3049 square feet.  
2211 11th Street, Sacramento 95818



4 bedrooms, 2.5 baths, pool/spa, covered patio w/ koi pond.  
4713 Melvin Drive, Carmichael 95608

Email or Call for FREE bank owned and short sale listings. Investor looking for good properties...Call Us!





E-mail stories & photos to: [vcnnews@valcomnews.com](mailto: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 Desilés, Melissa Andrews  
**Distribution/Subscriptions**..... George Macko

Vol. XX • No. 13

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

**Cover photo by:**  
 Elizabeth Valente

**Other photos:**  
 Courtesy  
 File

• 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](mailto:RedAllOver@valcomnews.com) for more info.



Valley Community Newspapers file photo  
 Turtles swimming outside of the newly renovated Belle Cooledge Library. Did you get fooled? The turtle in the foreground is made of stone.

# Amazing, educational and off-beat, Annual Turtlerama is July 16

By MARC MALONEY  
 East Sacramento News writer

Turtles and tortoises and terrapins, oh my! The shelled, slow-footed Chelonians will serve as the stars of the annual Turtlerama event put on by the membership of the Sacramento Turtle and Tortoise Club. This year's event will take place from 11 a.m. until 4 p.m. Saturday, July 14, at Belle Cooledge Library, located at South Land Park Drive and Fruitridge Road. The free event will include live turtles and tortoises, educational displays, and turtle adoption opportunities.

Felice Rood, founder and president of the Sacramento Turtle and Tortoise Club,

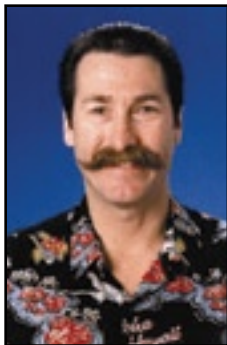
is the driving force for the annual event, which marks its thirtieth anniversary this year.

"I created it back in 1981 after rescuing turtles in the area before that," she said recently by phone. "The people who'd bring rescue turtles to me encouraged me to start a club, and now here it is, 30 years later."

As the organizer of a successful event that has lasted for three decades, Rood said she knows what works and has no problem with trying to keep the event's vibe the same year after year.

"We'll have all kinds of educational information provided by our club members,

See Turtlerama, page 3



**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 \$599,999

**KURT CAMPBELL**

PROFESSIONAL REAL ESTATE CONSULTANT

**956-5878**

**LYON**  
 REAL ESTATE  
[www.GoLyon.com](http://www.GoLyon.com)

**Now Open for Dinner!**

Come in and try our **New Bacon Wrapped Hot Dog!** Delicious!

Best Hot Dogs in the Greater Sacramento Area • Celebrating 40 years in business!



**Vegetarian Friendly**

**The Wienery**

715 56th Street (corner of 56th and H St. in East Sac)

916-455-0497 • [thewienerysacramento.com](http://thewienerysacramento.com)

Summer Hours: Monday - Saturday 11am - 4pm

Advertise in

**California Kids!**

Call Marc for more information! 916.429.9901

**Take The Journey Of A Lifetime...**

With a college career at

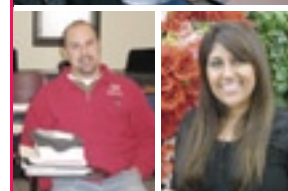
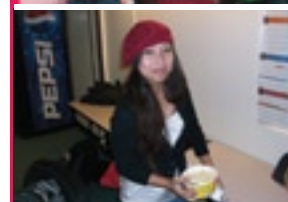


- **Develop Your Spirituality**
- **Learn Practical Skills**  
 Become a better worker in your church  
 Explore a career in the ministry
- **AA and BA degree programs with an emphasis in:**  
 Ministry, Education, Music, Counseling and more!

**We've grown! Visit our New Campus!**  
**Fall Quarter classes begin August 2011**

**www.EPIC.edu**  
**916-348-4689**

**4330 Auburn Boulevard**  
**Sacramento, CA 95841**



**Advertise Online**

Have your ad seen by many instantly. With thousands visiting our website daily, your ad will get tons of exposure.

**Fast, Easy & Affordable.**  
 Call 429.9901 for more info & rates.



**VALLEY COMMUNITY NEWSPAPERS, INC.**

is online at

**www.valcomnews.com**





Valley Community Newspapers file photo

Leland Lee, age 6 at the time, examined the tortoise exhibit inside the Belle Coolegge Library's meeting room at last year's Turtlerama.

## Turtlerama: Popular event is held only once a year

Continued from page 2

"I'll have tons of displays, and all the animals will be outside," she said. "It's always taken place right there at the Belle Coolegge Library. We never change things; everything stays the same because it's so popular the way it is."

A sense of permanence is also one of the things that Rood most appreciates about turtles and tortoises.

"I like that prehistoric look they have to them," she said with a chuckle. "I used to live in Dayton, Ohio, and my kids started bringing home box turtles all the time. Then one day, they walked in with this gigantic tortoise and my heart just started to sing and it hasn't stopped singing since then."

One such gigantic Greek Tortoise, known as "Jim the Jerk" (it's an affectionate nickname, Rood swears), will be one of the show's featured attractions. The cranky old male just last year helped to father quintuplets after a lifetime of less than amorous behavior around plenty of females.

Rood dedicates herself to educating people about turtles and proper tur-

tle ownership, emphasizing that owing a tortoise or turtle is a long-term commitment.

"Not all people know or realize that, and so they get something little for a pet and then they're caught off-guard when it grows into something huge," she said. "That's when they have to call me."

Another point Rood stresses is that pet turtles need natural habitats.

"I always say aquariums are for fish and artificial light is for plants," she said, the tension in her voice evident as she recalled cases she has seen where a turtle's growth was limited to the point of deformity by being kept in an undersized glass tank.

Rood expects the show to draw a good crowd to Belle Coolegge Library; she said mails about 850 newsletters four times a year to the membership of the Sacramento Turtle and Tortoise Club, with mailers going as far away as New York, Florida, and even the United Kingdom.

For more information about the Sacramento Turtle and Tortoise Club and Turtlerama, visit [www.turtlebunker.com](http://www.turtlebunker.com).

WWW.VALCOMNEWS.COM

DO YOU WANT BIG FIRM REPRESENTATION AT REASONABLE RATES?

LAW OFFICES OF ELIZABETH N. NIEMI

Family Law, Mediation, Appeals



1430 Alhambra Blvd., Ste 100  
Sacramento, CA 95816

(916) 452-5500

(916) 452-8585

[www.niemilaw.com](http://www.niemilaw.com)

[elizabeth.niemi@yahoo.com](mailto:elizabeth.niemi@yahoo.com)

July is  
**bonus month!**

Bring this ad for  
**DOUBLE PUNCHES**

this 'n' that

THRIFT & GIFT

on your  
**Frequent Shopper's Card**

Receive \$20 in punches for every \$10 you spend.

We also have a FREE gift for supporting  
People Reaching Out and This 'N' That Thrift & Gift

2590 21st Street • 916-457-1877

Hours: Sunday noon to 4 • Tuesday - Saturday 10 to 6 • Closed Monday

**SAFE & SAVE CLEANERS**



UNDER NEW OWNERSHIP

All Cleaning Done On-Site. We Also Do Draperies, Rugs & Alterations!

**\$3.50**

Dry Cleaning Most Garment

Safe & Save Cleaners

4751 J St., East Sacramento • (916) 451-1100

**\$1.50**

Laundered Shirt

Safe & Save Cleaners

4751 J St., East Sacramento • (916) 451-1100

**\$6.95**

Regular Hem

Safe & Save Cleaners

4751 J St., East Sacramento • (916) 451-1100

**\$19.95**

Comforter's Add \$10 for dry cleaning

Safe & Save Cleaners

4751 J St., East Sacramento • (916) 451-1100

Dry Cleaning & Tailoring, Friendly Service, Great Deals!

4751 J Street, Sacramento - (916) 451-1100

Hours: Mon-Fri 7am-7pm, Sat 9am-5pm

## Rosewood Post-Acute Care Your Transition To Home

"Rosewood was a nice, friendly and well organized place to get well. The physical therapy and occupational therapy teams were very helpful. I specifically enjoyed working with Gail. The food was great. The nurses and nurses aids treated me well. My room was comfortable and nicely decorated. It made me feel at home. I enjoyed socializing with the other patients as well. I would recommend Rosewood to others looking for 5 star medical care." — Previous Patient, Sacramento, California

6041 Fair Oaks Blvd • Carmichael, CA 95608



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

**Rosewood**  
REHABILITATION  
24 HOUR PLACEMENT ASSISTANCE

916.483.8103



# Cruising on an active, busy K Street

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

Back in the 1950s and '60s Sacramento seemed a much different place.

Its population totaled only about 150,000. The downtown area featured no tall buildings. The Sacramento Convention Center did not exist, so all of the main streets ran one-way up to, or down from, Front Street on the Sacramento River.

On Saturday nights, kids did things like going to drive-in movies, enjoying rock and roll at high school dances or pulling in for a burger and a shake at their local drive-in restaurant.

And, oh yes, they headed downtown to cruise K Street.

During those times, K Street was a really happening place: a one-way street cutting right up the middle of the sleepy Cap-

itol city. So, every Saturday night, teenagers drove their cars – some hot, some not – down to K Street to cruise.

This made for a scene right out of "American Graffiti." You saw every kind of car: shiny blue and white 1957 Chevrolets, fast, red Ford convertibles, hot rod model A's, and maybe even my 1963 Volkswagen beetle.

People cruised K Street for a lot of different reasons.

The guys with the cool cars wanted to show off their rides. They sped from one light to the next. Then, as their engines idled, they revved them up loudly. The noisier, the better. When the light turned from red to green, they peeled out leaving a line of rubber on the street. Sometimes they raced other cars from one light to the next.

Fortunately, with lights on almost every street, you couldn't get going too

fast, so accidents rarely occurred.

The police, however, had different ideas about how much noise cars should make or how fast they should go. Drivers always ran the risk of getting a ticket for exhibition of speed or just making too much noise.

This seemed to have little effect on the cruisers.

Another reason for cruising K street was to meet, or to pick up girls.

I did that pretty often, usually cruising in my VW with my friend Jim Ducray. He seemed to have a way with words that attracted the girls. When we did meet some girls, we got them to follow us back to Janey Way, or to some older friend's apartment or maybe even over to the Mel's Drive-in on 19th and J Street.

It was all pretty harmless fun. This was before the "sexual revolution," and



Photo courtesy

*Cruising on K Street in Sacramento was a popular pastime for teens coming of age during the 1950s and '60s. Marty Relles recalls the weekly ritual, which is now just a Sacramento memory now that the street is closed to vehicular traffic.*

hey, we were only in our teens.

It was a lot more innocent time.

Whatever your reason was for cruising K Street, you almost always had good time. Sometimes fights took place, but the police were there to settle disputes quickly. You never heard of guns being fired. The really bad boys might occasionally flash a switch-blade knife, but stabbings too, rarely happened.

These days, times have changed a lot in Sacramento.

It has grown to nearly 500,000 residents: almost a big city. Kids have a lot more things to do: going to River Cats games, attending rock concerts, or seeing movies at a multi-theatre complex.

Back in the old days, we had to make a lot of our own fun. Now the days of swinging and swaying on lower K have become just another Janey Way memory.

# welcome home

TO THE AGING EXPERIENCE

# home

TO ESKATON



**ESKATON**  
Transforming the Aging Experience

Surrounded by three acres of beautiful trees and just minutes from downtown Sacramento, Eskaton Monroe Lodge offers independent living in a tranquil, country-like retreat with all the city advantages. Situated in Sacramento's historic Land Park neighborhood, Eskaton Monroe Lodge is an elegant six-story building that includes 100 private apartments, spacious lounges and large rooms for community programs and events. 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.

Eskaton Monroe Lodge is easily accessible from I-5, Highway 99 and Capital City Freeway. Public transportation is just steps away. Shopping, restaurants, churches, medical facilities and cultural opportunities are all within easy reach. Nearby, Sacramento City College offers many cultural and educational opportunities as well.

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

## Advertise in California Kids!

FREE Monthly Publication by VALLEY COMMUNITY NEWSPAPERS, INC.

### Coming Soon SUMMER GUIDE

Runs March - August  
Summer Guide focuses on education, camps, sports, getaways, entertainment, amusement parks and more.

Call Marc for more information!  
**916.429.9901**



# East Sacramento's Third annual 38th Street Blood Drive is July 21

Special to East Sacramento News

An important party will be held in East Sacramento on July 21, and it is a party that organizers hope many in the community can attend. This special event is the Third annual 38th Street Blood Drive in East Sacramento.

"Last year, we collected 43 pints of blood," said Alice McAuliffe, one of the organizers of the event. "This is turning into a wonderful East Sacramento tradition."

The drive will be held in front of 1141 38th Street in

East Sacramento, from 3 p.m. to 7 p.m. on July 21.

"We'll have tents and tables on the front lawn and two bloodmobiles parked on the street," McAuliffe said. "As usual, we'll be grilling sausages and pouring our favorite beverages."

To facilitate things moving smoothly, potential blood donors are asked to schedule an appointment. This can be done by contacting McAuliffe at (916) 451-5507 or emailing her at [alicemcauliffe@sbcglobal.net](mailto:alicemcauliffe@sbcglobal.net). Leave

your name, phone number and a preferred time for donating. Appointments will be filled in 15 minute intervals.

Anyone who is 17 years old or older can donate blood. Those who are 16 years old can donate with parental permission, using a form available on the [www.bloodsource.org](http://www.bloodsource.org) website.

Remember to bring photo identification and to drink plenty of fluids before coming to donate blood. If you have any questions about el-

igibility, call (800) 995-4420 and ask for the "Nurse of the Day."

McAuliffe knows that blood donations make a difference, which is why she organizes this event every year. Lives are extended and saved by the selfless giving of blood donors who will never know the names of the people they have helped.

"We hold this in memory of my wonderful mom," McAuliffe said. "(She) lived years longer as a result of numerous blood transfusions."



Photo courtesy, Sacramento Public Library  
Adults can experience "Harmony Henna with Jackie Robbins" at the McKinley Library on Saturday, July 9.

## Experience 'Harmony Henna' at the McKinley Library

Special to East Sacramento News

Experience the look of tattoos without the discomfort at "Harmony Henna with Jackie Robbins" at the McKinley Library on Saturday, July 9 from 1 p.m. to 2:30 p.m.

Henna is a temporary and safe expression of one's joy and individuality. Experienced henna artist Jackie Robbins will provide free henna tattoos and will talk about the history and cultural relevance of henna. This adult program is part of the Sacramento Library's Summer Reading Program, and is free.

The McKinley Library is located in the north wing of the Clunie Clubhouse in lovely McKinley Park, at 601 Alhambra Blvd. in Sacramento. For more information, call (916) 264-2700 or visit [www.saclibrary.org](http://www.saclibrary.org).

## El Dorado Savings Bank has **MOVED** and **IMPROVED** in East Sacramento

Our 58th & Folsom branch has relocated to **5500 Folsom Boulevard** to better serve your banking needs.

- ✓ 100% Larger Customer Service Area
- ✓ 24 Hour ATM
- ✓ Safe Deposit Boxes
- ✓ Lots of Free Parking
- ✓ Great Access



*Come in and meet our friendly, experienced staff and see for yourself why El Dorado Savings Bank is one of the most respected names in the financial services industry.*

**SAFE—STRONG—SECURE**



# EL DORADO SAVINGS BANK

*Serving our local communities for over 53 years*

**2 Great Locations in East Sacramento**

5500 Folsom Blvd. • 452-2613  
4768 J Street • 454-4800

Member  
**FDIC**

[www.eldoradosavingsbank.com](http://www.eldoradosavingsbank.com)





# Pioneer cemetery once sat at the site of East Sacramento's Sutter Middle School

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

*Editor's Note: This is part one of a two-part series regarding the history of East Sacramento's former New Helvetia Cemetery.*

When it comes to local history, many longtime Sacramentans can proudly tell those of younger generations how they remember when East Sacramento's Sutter Middle School, which is located south of McKinley Park at the corner of Alhambra Boulevard and J Street, was the site of a city park. But few people today can recall seeing the site during its pre-park years.

It is somewhat ironic that the only evidence at this site relating to this earlier era is a tombstone-like marker, which describes the property's former existence as a pioneer cemetery, which included many large markers.

Indeed, a full-fledged cemetery, complete with stone and wooden headstones and large monuments, once covered the site where the school grounds are located today, as is evident by the information provided on the non-cemetery marker – which sits along the fence line of the school's Alhambra Boulevard side – as well as a variety of historical documentations.

The fact that the cemetery was established in the 1840s as the burial plot of Sutter's Fort is sufficient enough in-

formation for one who has at least a general understanding of Sacramento's roots to realize that the school sits on one of the city's most historic sites.

Referred to in some references as being initially called the "Sutter Fort Burying Ground," this former, private 20-acre cemetery, which was renamed the New Helvetia Cemetery in 1850 in recognition of its location within Captain John Sutter's Mexican land grant by the same name, became the burial place of deceased pioneers of the area.

According to an article in the Nov. 12, 1873 edition of *The Sacramento Union*, after some confusion as to who was the first person to be buried at the cemetery, it was deter-



East Sacramento News photo, Lance Armstrong

Sutter Middle School at the corner at Alhambra Boulevard and J Street was once the site of a pioneer cemetery.

mined that this notoriety belonged to Major Cloud, a paymaster in the United States Army, who died in July or August 1847 – a day after falling off his horse about a half-mile southeast of Sutter's Fort.

Also significant in the cemetery's history was the existence of a burial site that included the remains of many of the victims who died during the city's cholera epidemic of 1850.

In the northeast corner of the cemetery was property designated for Chinese burials.

This area was divided into four, 50-foot by 50-foot sections, two of which were surrounded by iron fences and the other two with wooden fences. And in each lot was a furnace for burning clothing and property of the deceased and incense.

The cemetery was purchased from Sutter by Dr. R.H. McDonald in 1850, and

seven years later, it was sold to J.W. Reeves.

During Reeves' ownership of the New Helvetia Cemetery, in 1860, it was reported by *The Union* that the cemetery had totaled 420 interments.

Reeves later deeded the cemetery to the city of Sacramento for use as a public cemetery.

In 1885, the cemetery was overhauled, as very large trees that were believed to detract from the beauty of the burial grounds were removed, smaller trees were trimmed, weeds were cut down, driveways were improved and aging redwood markers were refurbished.

A year after the cemetery's major facelift, however, the *Sacramento Record-Union* reported that the writing on many redwood markers had been "obliterated by the rains

See Cemetery, page 7



## BECK'S

### SHOE EMPORIUM

WOLVERINE




Teva

CATERPILLAR




CROCS

Timberland




Clarks

**Sacramento**  
5663 Stockton Boulevard · (916) 453-1719  
@ the intersection of Fruitridge & Stockton Blvd.

**\$12** BeckShoes.com **\$12**

# \$12 BECK'S BUCKS

Expiration Date 07/15/11

Regular priced purchase of \$75 or more. One Beck's Buck per customer per purchase



new balance




## Get Your Local News NOW! →

Subscribe online for fast news updates. All you need is an e-mail.  
(Located on lower right side of webpage)

SUBSCRIBE FOR E-MAIL ALERTS

Sign up to receive the latest local news and regional updates from Valley Community Newspapers!

Enter your email address:

Delivered by FeedBurner

VALLEY COMMUNITY NEWSPAPERS, INC.

is online at

www.valcomnews.com



# Cemetery: First cemetery occupant was buried in 1847, after fall from horse

Continued from page 6

of succeeding winters" and in one corner of the property, headboards "blackened with age" stood so close together that they had the appearance of a "stubble field" – a field where plant material such hay has been cut and left with short stubble.

On May 12, 1887, the *Record-Union* described the cemetery as being under the management of Nicholas Mohns, who was reported to have prided himself in "keeping everything scrupulously neat."

During the same time, Mohns, who resided at 2830 O St., was also in charge of the Jewish cemetery, which was established on the opposite side of J Street in 1850.

Although there is no complete record of the interments of the New Helvetia Cemetery in existence, various records reveal the names of those who were buried at the cemetery.

For instance, preserved in the 1909 "Souvenir History of the First Methodist Episcopal Church" – a book written for the 60th anniversary of the church – is a biography of the Rev. Elijah Merchant, a pioneer preacher and pastor whose ashes were placed in the New Helvetia Cemetery 153 years ago.

A rare photograph from the cemetery appears in the book and features Merchant's old headstone, which was engraved with the words: "Elijah Merchant, member of the Cala Conference, Died at Los Angeles, Oct. 26, 1857, aged 28 years, I have fought a good fight."

The book also notes that the ashes of other preachers who participated in the

annual "California Conference," which was referred to on Merchant's headstone, were consecrated within the same plot at the cemetery.

Additionally, the 1909 First M.E. Church book refers to a then-current and now historical part of the cemetery's history, the possible removal of the cemetery.

Due to flooding during the cemetery's early years and eventual development in the area, discussions regarding the abandonment and potential elimination of the cemetery continuously resurfaced.

The cemetery officially operated until 1912, despite the fact that the city had previously discouraged any future burials at this cemetery and suggested that many of the existing remains at this site be relocated.

In the midst of the well-publicized efforts to transform the cemetery into a park, the city purchased the Chinese portion of the cemetery for \$3,020 in 1917 and the Chinese remains were removed.

Work to eliminate tombstones from the old cemetery for a future park resulted in only 15 tombstones being present at the site in early July 1918.

Although the park plan was approved by the city's park board in January 1920, efforts to replace the site's monuments with small markers was a lengthy process, as nine graves still had monuments on them as late as July 1922.

The remaining tombstones were eventually removed and



East Sacramento News photo, Lance Armstrong

Sutter Middle School was built on the former site of an historic Sacramento cemetery.

the park became known as Helvetia Park.

However, the fact that most of the graves were still located at the park was not entirely lost, as the park remained a cemetery, included markers,

and many of the city's annual directories listed the site as Helvetia Cemetery Park.

The site remained a park until the early 1950s, and in the mid-1950s, the remains of 5,235 people were

removed from the park and relocated to other local cemeteries, in anticipation of the construction of Sutter Junior High School – presently Sutter Middle School – at 3150 I St.



## Serving East Sacramento Since 1984






**COMPLETE FULL SERVICE AUTO REPAIR CENTER**

**YOUR LOCAL CAR CARE SPECIALIST**

**2 Year/24,000 mile warranty\***  
exceeding industry standards

**NEW CUSTOMERS RECEIVE 10% OFF ON FIRST VISIT**

**AAA, SMUD, Seniors Recieve 10% Off\***

**SMOG INSPECTION**  
\*FREE Retest with Cal-Tech Repair!

Give Us a Call and Pamper Your Car

# 456-0903

1018 - 64th St. At Elvas Ave.

Google us: Cal Tech Automotive

\*On most repairs. Up to \$200 off.

## FUNERAL DIRECTORY



Call (916) 429-9901

Patty Colmer

www.valcomnews.com

EAST LAWN  
ANDREWS & GREILICH  
MORTUARY FD136

3939 Fruitridge Road  
Sacramento, CA 95820

916-732-2026

*"Ready to provide guidance at a difficult time."*

EAST LAWN  
EAST LAWN MEMORIAL PARK

4300 Folsom Blvd.  
Sacramento, CA 95819

916-732-2000

FD1242

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

EAST LAWN  
ELK GROVE  
MEMORIAL PARK  
AND MORTUARY

FD1455

9189 East Stockton Blvd.  
Elk Grove, CA 95624

916-732-2031

GEORGE L. KLUMPP  
CHAPEL OF FLOWERS

FD 360

2691 Riverside Boulevard  
Sacramento, CA 95818

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

*Family owned and operated since 1921*

Harry A. Nauman & Son

FD366

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

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

Since 1927



FD Lic# 355

Nicoletti,  
Culjis & Herberger  
Funeral Home, Inc.

5401 Folsom Blvd • Sacramento 95819  
(916) 451-7284

*Pre-arrangement packages available.*



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

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



**FIGHT the BITE!**

**Summer barbecues, bathing suits, boating...the buzz of mosquitoes**

Special to East Sacramento News

With the warm weather upon us, the buzzing of mosquitoes is everywhere. Late rains and hot temperatures create the ideal conditions for mosquitoes to breed. Mosquitoes are not only annoying, but they can also transmit serious diseases like West Nile virus.

You can prevent mosquitoes and protect yourself from bites by following these tips:

- Mosquitoes need water to live; they especially like water that is dirty and not moving. Drain all sources of water around your home that may become a fertile breeding ground for mosquitoes.
- At least once a week, walk around your property and check around your yard for any containers that may collect water. Empty all buckets, flower pots, children's toys, cans or wheel barrows.

- If you are going to enjoy the outdoors around dawn and dusk when mosquitoes are most active, dress appropriately in pants and a light long sleeved shirt to prevent mosquitoes from biting you.
- Any time you're outdoors when mosquitoes are out; protect your skin from mosquito bites by using an effective insect repellent. There are many varieties of repellent including lotions, sprays, oils, towelettes, etc. Repellents have various active ingredients such as DEET, Picaridin, Oil of Lemon Eucalyptus, and IR3535 (from the AVON products). The most important thing to look for in a repellent is the percentage of the active ingredient which can range from five percent and up. The more active ingredient it contains, the longer it will keep you protected and will need to re-apply less often. For example, if a repellent has seven per-

cent of the active ingredient, this will provide approximately two to three hours of protection. You may also consider the activity you will be engaging in. For example, an everyday walk to the park will require a lower percentage of the active ingredient however if you are going camping where there are other biting insects, a stronger repellent will be necessary.

- Do not over water your lawn and utilize yard waste containers for grass clippings and other debris.
- Change water in pet dishes and bird baths frequently.
- Stock ornamental ponds, fountains and animal water troughs with mosquito fish.
- Dispose of old tires in your back yard.
- Keep hot tubs or spas clean or covered.
- Run the filter and skimmer in your swimming pool to keep it



Photo courtesy, Sacramento-Yolo Mosquito Vector Control District  
Don't get "munched" this summer – take every precaution to keep mosquitoes from spreading disease. Drain standing water on your property, maintain (or report) neglected pools and wear mosquito repellent.

clean. If you cannot maintain your pool, free mosquito fish are available. Report any neglected pools to the Sacramento-Yolo Mosquito Control District.

To report any mosquito problems or request a service, please call (800) 429-1022 or visit [www.FIGHTtheBITE.net](http://www.FIGHTtheBITE.net)

# 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  
1337 Howe Ave., Ste. 103  
Sacto 95825

**ELDERLY SERVICES**



**COMFORT ZONE**  
Senior Care - Home Services, Inc.

Long Term Insurance Accepted

Hourly and Live-In  
24 Hour Care and Bathing Service  
Appointments

**(916) 453-1344**

4030 South Land Park Drive

**FRIENDLY VISITORS PROGRAM**

*In-Home Respite for Family Caregivers*

AmeriCorps trained and screened volunteers provide companionship, activities, and socialization to support seniors or adults with disabilities. Donations support program.

Call **916.393.9026, ext. 323**

**Asian Community Center**

[www.accsv.org](http://www.accsv.org)

**YOUR AD SHOULD BE HERE!**

**Call Melissa today!**

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

Call **429-9901**

**HELP AT HOME**

**HELP AT HOME Senior Care**

Caring, In-Home Assistance & Companionship

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

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

**IN HOME CARE**

**Fiji Angel Care**

Home Care 24/7  
Hospice welcome  
Live-in-Live-out-Hourly

Call Now! **(916) 753-2144**

License & Liability

**LOVING COMPANIONS**



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

*Affordable rates, 1-24 hours/day*

**NO MINIMUM.**

Certified care  
**(916) 753-1491**

**MEDICAL SUPPLIES**



**Medical Supply**

*Sales • Rental • Installation • Delivery*



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

**SPECIAL ALZHEIMER'S LIVING**

**Primrose**  
*Living With Memory Loss*

Day Club, Respite, Residential, Support Groups & Educational Classes  
[cas@primrosealz.com](mailto:cas@primrosealz.com)  
[www.primrosealz.com](http://www.primrosealz.com)

**(916) 392-3510**

7707 Rush River Dr. Sacto, CA 95831

**YOUR SERVICES ARE NEEDED**

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



# Sacramento Zoo celebrates 27th annual Ice Cream Safari

What's your favorite ice cream flavor? Cookies and cream, mint chip, strawberry, pralines and cream? Now you don't have to choose, you can have them all. Some 400 volunteers will scoop 10 flavors of Baskin Robbins ice cream in cups, cones, sundaes and floats for one evening. It's the Sacramento Zoo's 27th annual Ice Cream Safari, Saturday July 23 from 4 p.m. to 8 p.m.

Have a brain-freezing good time with delicious all-you-can-eat ice cream, all-you-can-drink soft drinks, popsicles, live entertainment and face painting. Additional food and raffle tickets will be available for purchase.

Zoo volunteers are prepared to scoop nearly 1,000 gallons of ice cream in 10 different flavors at this one-of-a-kind ice cream extravaganza. See what flavor awaits as you stroll past the flamingos, lions, tigers and giraffes.

Presale tickets for this popular fundraiser are \$17 for general admission and \$13 for children (ages 2-11); children one and under are free. Or purchase your tickets at the door the day of the event; \$20 for adults; \$15 children (ages 2-11). Tickets are available at the Zoo, online at [www.saczoo.org](http://www.saczoo.org) or at (916) 808-5888.

Open since 1927, the Sacramento Zoo is home to over 450 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in Sacramento's William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society.

This Sacramento treasure inspires conservation awareness through education and recreation. The zoo is open daily from 9 a.m. to 4 p.m. General admission is \$11; children ages 2-11 are \$7 and children ages one and under are admitted free. Parking is free throughout the park.

# 'Stuffed Animal World Tour' coming to Central Library

Special to East Sacramento News

Does your teddy want to take a trip? Does your walrus want to wander the world?

On Sunday, July 17, from 3 p.m. to 4 p.m., children are invited to bring a plush companion to the library and wish it "Bon Voyage!" Their friend will be set to travel the world in style.

This unique school-age children's program at the Central Library will give children a sense of adventure, as their beloved stuffed animal takes a "trip" and travels.

On Sunday, July 24, the stuffed animals will be ready to pick up and will bring back exciting stories to tell.

One word of caution: bring stuffed animals that have "agreed" to travel. Some stuffed animals can experience separation anxiety if such an event is "sprung" on them as a surprise. Ask your child to consult his or her stuffed friends to select the best candidate for travel.

The Central Library is located at 828 I Street in Sacramento. For more information, call (916) 264-2700 or visit [www.saclibrary.org](http://www.saclibrary.org).

## Is your energy usage through the roof?

With the all new Home Performance Program, a SMUD qualified energy professional will conduct a complete assessment of your home using state-of-the-art technology to evaluate your entire home's energy systems-including windows, insulation, central heating and air, lighting, appliances, and more.

You will receive a report and recommendations for energy and money saving upgrades to improve your home's overall performance and comfort.

Rebates, tax incentives and financing options are available for a limited time only. Visit [SMUD.org/homeperformance](http://SMUD.org/homeperformance) to sign up for our \$99 energy assessment offer.

- 1 CALL OR CLICK**  
For more details, call 1-888-742-7683 press \*18 or visit [SMUD.org/homeperformance](http://SMUD.org/homeperformance)
- 2 CONNECT**  
Get an energy assessment from a SMUD qualified energy professional
- 3 COMPLETE**  
Choose your upgrade options and begin saving today



© 2011 Sacramento Municipal Utility District 0669-11 7.8x10





# ARTS & ACTIVITIES

Second Saturday & More, In & Around Sacramento



## Quilters Pride

sacramento fine arts center

July 12 - August 6, 2011

5330B Gibbons Drive Carmichael

11am - 7pm Tues  
11am - 3pm Wed-Sun

Sunflower, by Paula Henley

Featuring...  
**Art by Betty Wihelm**  
"It's a Betty"

RECEPTION:  
July 9th, 6-11pm  
Show runs thru July

Music!

2904 Franklin Blvd.



457-5507

www.thecoffeegarden.com

## 7th Annual Sacramento Japanese Film Festival

July 8-10, 2011

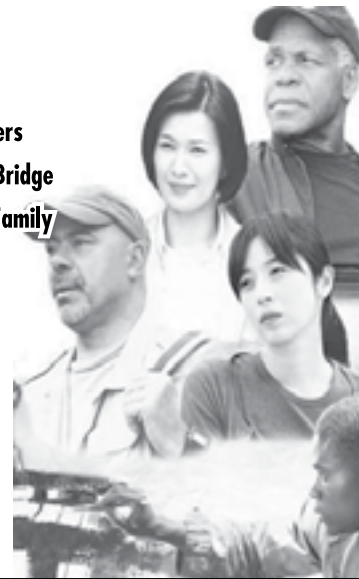
Crest Theatre • 1013 K Street

July 8, 8:00 PM Dear Doctor  
July 9, 1:00 PM Still Walking  
July 9, 3:30 PM Tokyo Godfathers  
July 9, 7:00 PM The Harimaya Bridge  
July 10, 1:00 PM One Big Hapa Family  
July 10, 2:15 PM Seven Samurai

All Festival Pass \$30  
Single Tickets \$10

www.sacjapanesefilmfestival.net

Public Parking Lot,  
10th & I Streets



## "Collections"

Friday, July 22nd – Sunday, July 24th

Boyd's Bears, Disney, Dolls, Old & New, Snow Globes, Amish, Art, Plates, Stieff, Winnie the Pooh, Puppets, and much, much more!



American Cancer Society DISCOVERY SHOP  
2744 Marconi Avenue • (916) 484-0227  
Mon-Fri: 10-6, Sat: 10-5, Sun: 12-5

## GUNTHER'S ICE CREAM

### July: Blueberry Cheesecake



Come See Our Murals!

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

We Make Our Own Ice Cream

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

70 years of business

2801 Franklin Blvd. (Corner of Franklin & 3rd Ave.)

457-6646 • www.gunthersicecream.com

## SAFARI TOURS

A TRAVEL PROGRAM FOR ACTIVE ADULTS  
ONE DAY & OVERNIGHT TRIPS

Shop the Great Mall of Milpitas 8/20/11 (Sat.) Course # 87176

Explore new shopping turf! Neiman Marcus Last Call, Coach, H&M, DKNY, Lane Bryant Outlet, Saks Fifth Avenue OFF 5TH, St. John Knits Outlet, Abercrombie & Fitch Outlet, bebe Outlet, Hollister Outlet, Victoria's Secret, American Eagle Outfitters, and Kohl's are just some of the retailers. There are 13 restaurants to choose from when you get hungry. We'll have a mystery stop on the way home that is sure to please! Trip includes: Transport, Refreshments, Arden, Camellia and South Hills pick ups. Deadline 8/5/11

Trip Cost: \$50.00 per person

Call 808-8697 For more info  
www.cityofsacramento.org/safari

CITY OF SACRAMENTO DEPARTMENT OF PARKS AND RECREATION



All I really need to know,  
I learned from baseball.

#3 Share everything.

S	M	T	W	T	F	S
3 8:00 TUC						1 1:00 TUC
10	11	12	13	14 7:00 FRES	15 7:00 FRES	16 7:00 FRES
17 1:00 FRES	18	19	20	21	22 7:00 RENO	23 7:00 RENO
24 7:00 RENO	25 7:00 RENO	26	27	28	29	30 7:00 COL
31 7:00 COL						

Catch the feeling.

For the complete game schedule and promotions visit rivercats.com. Tickets available at the Railey Field Ticket Office or ticketmaster.com. Call 916.371.HITS (4487) for information on season tickets, suites, and hospitality areas.



# Fab 40's "Un-Run for Understanding"

An Alzheimer's Awareness Day



**Saturday, July 9, 2011**  
**Location: East Lawn Memorial Park,**  
**43rd St. and Folsom Boulevard**  
**Time: 9:00 AM - Noon**

## Calendar of Events:

9 AM - Welcome, and a light breakfast.

9:30 AM - Panel discussion featuring Hospice Care, a Neurologist, family members who have cared for a person with Alzheimer's disease and family members who are dealing currently with Alzheimer's disease, and an Elder Law Attorney.

10:30 AM - Unveiling of the "Wall of Honor." A place where people can create an inscription in honor of or in memory of a family member who has suffered from Alzheimer's disease.

10:45 AM - Untimed one-mile walk within East Lawn.

11:30 AM - Free luncheon.

There will be a variety of children's activities and a photo booth for your family's memories.

*We will be having a kid's race as well!*

There will be many vendors at the event to answer any questions you may have.

Visit our website at: [www.fab40s5k.org](http://www.fab40s5k.org) for details

# Fe Gallery

Featured artists  
**L. Nunes, Paula Barkley &  
 Steven Florman**

Second Saturday Reception  
**July 9, 6-9pm**

Exhibit runs July 9 - August 4

*I Love Bugs Too*  
 by L. Nunes



Eye by Steven Florman



1100 65th St • (916) 456-4455  
[www.FeGallery.com](http://www.FeGallery.com)

# 39th Annual Courtland Pear Fair



**Sunday, July 31, 2011**  
**9:00 am - 6:00 pm**

**Free Admission!**

Visit us at [www.pearfair.com](http://www.pearfair.com)

# PINKY STAR

Making Every Event Memorable

COME JOIN THE FUN!

CHEVY'S, HOWE & HURLEY  
 TUES & SUN NIGHTS • 5-8PM

VIENTOS

POCKET/GREENHAVEN  
 KIDS EAT FREE NIGHT  
 MONDAY - 5PM

TEL: (530) 613-6360

[www.pinkystartheclown.com](http://www.pinkystartheclown.com)

- Balloon Animals
- Face Painting
- Magic Shows
- Easter Bunny
- ★ ★ ★ ★ ★
- Birthday Parties
- Grand Openings
- Company Picnics
- Fairs & Festivals
- School Shows & Carnivals



## PACIFIC FLYWAY DECOY ASSOCIATION

# 41<sup>st</sup> Annual Classic Wildlife Art Festival



July 16<sup>th</sup> and 17<sup>th</sup>, 2011 • 9:00am - 4:00pm  
 Double Tree Hotel • Sacramento, CA

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

for further information: [www.pacificflyway.org](http://www.pacificflyway.org)

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

## SWANBERG'S

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



2316 J St. • 447-MAUI  
[www.swanbergsformen.com](http://www.swanbergsformen.com)

## Sacramento Soccer Academy, Ages 3-18

Join us for Fun and Education

- Summer Camps  
 July 11 - 14, July 18 - 21, July 25 - 28
- Soccer League  
 Starts June 11 - July 30
- 8 Week Soccer Sessions  
 Starts Aug. 6, ends Sept. 24  
 Starts Oct. 1, ends Nov. 19

FREE T-Shirt  
 Picture  
 Certificate



For more information: [www.sacramentosoccerus.net](http://www.sacramentosoccerus.net) • 916-452-4820

# FREE LIVE MUSIC ON THE PATIO



**SATURDAY'S 8 PM - 10 PM**

JULY 9: THE BRIAN DOUGHERTY BAND

JULY 16: THE BRIAN DOUGERTY BAND

JULY 23: THE LOOSE ACOUSTIC TRIO



2376 Fair Oaks Blvd.  
 482-0708 • [Ettore.com](http://Ettore.com)

## SACRAMENTO Craft and Flea

OUTDOOR MARKETPLACE

Handcrafted and Newly  
 Manufactured Goods.

Jewelry • Pottery • Arts & Crafts  
 Clothing • Imports

Every 4th Sunday



SACRAMENTO  
*Antique Faire*  
 ANTIQUES AND  
 COLLECTIBLES

**2nd Sunday  
 of every month**

**21st Street between W & X**  
 (under the freeway)

**FOOD! FREE PARKING! \$3 admission, under 16 FREE!**

**916.600.9770 • [SacAntiqueFaire.com](http://SacAntiqueFaire.com) • [SacCraftandFlea.com](http://SacCraftandFlea.com)**

**Support the arts! Support our advertisers!**

Promote your art exhibit or special event here!

For our affordable rates, contact Melissa @ 916 429 9901





onstead &  
black  
REAL ESTATE GROUP

**TEAM BLACK**

Top Producing Agent in the  
East Sacramento, Downtown Area.

Over 100 Years Experience | Short Sale Certified



**Patricia Yochum**  
519-0207  
Lic# 01721160

**Wanda Noack**  
761-6748  
Lic# 00946526

**Annette Black**  
826-6902  
Lic# 00802727

**Jim Pardun**  
710-4421

**Michael Onstead**  
601-5699  
Lic# 01222608

**Rene'e Liddie**  
613-9885  
Lic# 01152399

**Diane Berry**  
698-7288  
Lic# 00794641

**Kathy Pardun**  
247-7030  
Lic# 01000106

**4% DOWN FINANCING**



**LUXURIOUS PAVILIONS**

Stunning architectural design, open floorplans with high ceilings, hardwood floors, granite kitchen countertops, GE Monogram appliances include built-in refrigerator, stove, microwave & wine cabinet. Designer fixtures & tile in all baths. Beautiful patios with fireplaces in each home. Exceptional clubhouse with full kitchen, meeting rooms, workout gym, pool/spa & BBQ area. You will not find more luxurious homes for this price in this location! ..... Starting at \$499,000



**NEW SINGLE STORY HOMES**

Custom Contemporary Homes on Fair Oaks cul-de-sac with much attention to Energy Conservation. 4-Car Attached Garage! 4 bedrooms, 2 bathrooms. Gourmet Kitchen, open spacious floor plan with breakfast nook and formal dining. Lovely backyard with oak trees. 10 foot ceilings, rounded corners, beautiful master suite. Tile roof. One of 8 homes in Rustic Oaks development. Many, many custom features, too many to list. Long-time local builder Sierra Mills Company..... Starting at \$350,000

**LIVE LIFE.  
LIVE TAPESTRI SQUARE.**

Words cannot describe the quality and character of this beautiful new brownstone style home within the Tapestri Square Community. This is the last Highland plan available on tree lined T Street. Some of the features are Andersen wood windows, granite countertops, open floor plan, 2 large decks with gas & water, GE stainless steel appliances including fridge, washer & dryer, large master walk-in closet. Ask about our many energy-saving green features. Beautiful tree lined Midtown location! 2012 T Street.....\$595,000



**Wonderful Natomas Home**

A regular sale! No banks involved. Lovely 1 story home with open great room floorplan. 4 bedrooms & 2 bathrooms. High ceilings, neutral paint colors, pretty yard with covered patio. Attached garage with workshop. Wonderful Natomas location by school, park, shopping and restaurants. A great buy! 361 Connor Circle.....\$247,000



**Lovely Victorian**

Located near all the new development at R Street corridor. 2 Bedrooms, 1 bathroom. Wood floors, lots of charming details. Huge basement with plumbing. Zoned commercial but currently used as a residence. Lot goes back to the alley, and has plenty of room for parking. 2021 S Street...\$289,000



**Desirable Pocket/Greenhaven Home**

Attractive 3 bedroom, 2.5 bath home. Recently updated with new carpet, vinyl flooring, light fixtures & freshly painted interior. Tiled entry leads to formal living & dining room. Kitchen has plenty of cabinets for storage. Family room has an inviting fireplace and overlooks a nice sized backyard with a sparkling pool. 129 Fortado Circle.....\$299,000

East Sacramento/Downtown Office | [Annette.Black@cbnorcal.com](mailto:Annette.Black@cbnorcal.com)





# MICHAEL DEPHILIPPIS FINANCIAL ADVISOR EDWARD JONES

**July 19th @ 2:00pm**

*“Financial Advice for your Future”*

*Michael will be discussing how individuals, through planning can: lower their taxable income, never outlive their income, assist transferring of wealth to multiple generations... all while protecting wealth from Rising Interest Rates and Inflation.*

*\*Refreshments & Appetizers will be provided.\**

Please RSVP by July 12, 2011. You can contact us for more info @ (916) 392-3510

 **Primrose**  
Living With Memory Loss

7707 Rush River Drive Sacramento, CA 95831

LIC 347001338; 347001342

**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 [80631-v1] 09/09



# College Greens Gators a founding team in the Sacramento Suburban Swim League

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

It's not whether you win or lose; it's how you play the game. There is no "I" in team. It's not the size of the dog in the fight, it's the size of the fight in the dog. These are some of the mottoes that could apply to the College Greens Gators recreational swim team in East Sacramento.

The Gators, founded in 1965, are the smallest team in the eight-team Sacramento Suburban Swim League. And while the relatively small size of the team may keep the Gators from scoring as many points as the larger squads, the 162 members at College Greens (roughly half of which reside in East Sacramento, the oth-

ers come from Arden and the surrounding area) continue to thrive in the water while setting different goals beyond just winning and losing.

"This year the team is much better," said Coach Pat Daniels. "There are more things in place to improve the team."

Daniels, who is in his second year as coach of the Gators, said that the team has been able to retain more swimmers than in past years. The team has had problems in the past with members quitting the team.

The Gators may not pose a significant threat to the teams with 300-400 members, but Daniels has implemented ways for his swimmers to be successful.

"What we take away (from competition) is individual im-



Photo courtesy, College Greens Swim Team  
There is no "I" in TEAM. The College Greens Gators focus on individual achievement and personal best times. But that doesn't mean that they don't have a strong bond as a team. Friendships made on the team can last a lifetime. Left to right, Alice Urkov, Anne-Marie Barbour, Poppy Ruyak, Taylor Monette, Annabella Roller.

provement," he said. "We may also shoot to score a certain amount of points in a certain age group."

He also said that he and swimmers will set goal times rather than worry about the competition.

"If we reach our goal times, it will result in scoring points."

He also posts the "Top 10" times in the previous year's championship meet in different events so that the kids have something to shoot for that they can see.

Daniels swam in the very same league when he was a

child (for the El Dorado Hills Tazmanian Devils, nicknamed the "Taz") before moving on to swim for the Sierra Marlins Swim Team (SMST) year round when he was 14. He went on to swim at Oak Ridge High School and for two years at UC Davis.

After each team faces off head to head with the other seven team in the league, the season ends with a league championship meet at Sierra College that includes all eight teams competing together. With less than half of the members of some of the other teams, the Gators

simply cannot score enough points to come out on top as a team, but that doesn't mean that the team is without gifted swimmers.

One such swimmer, whom Daniels said consistently wins her races, is 15-year-old Morgan McClure. McClure, who recently finished her freshman year at Rio Americano High School, has been in the water since she was only four years old. She learned how to swim with the Gators up until the age of eight. She com-

See Gators, page 15

**ALLIED DOORS** "Straight & True"

PHONE (916) 421-3080  
FAX (916) 421-4835  
WWW.NCSALLIEDDOORS.COM

COMMERCIAL & RESIDENTIAL  
DOORS, MILLWORK, HARDWARE  
"PRE-FIT SPECIALTY"

CHECK OUT OUR SHOWROOM  
OPEN M-F 7 TO 5 AND SOME SAT. 10 TO 2

6550 BELLEAU WOOD LANE • SACRAMENTO, CA 95822

**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

**RAYMOND R. BENITEZ, D.D.S. INC.**  
EXCELLENCE IN DENTISTRY  
A BEAUTIFUL SMILE IS THE ULTIMATE ACCESSORY

Digital X-Rays – Dental Implants  
Sedation – Smile Makeovers  
Professional Dental Cleaning  
Fillings and Crowns (Non-Metal)  
The Most Friendly Caring Staff – Start to Finish  
Professional Teeth Whitening (In-office & take home)

**New Patients Receive Free Teeth Whitening for Life!**  
A one time fee of only \$99 to make custom whitening trays – Valued at \$350!  
Some restrictions apply, call for more details.

2650 21<sup>st</sup> Street • Suite 4 • Sacramento  
www.raybenitezdds.com  
**CALL: 916-452-3587**  
Most Dental Insurance Companies Accepted





Photo courtesy, College Greens Swim Team  
 Jared Hook, a member of the College Greens Swim Team, strives for a personal "best" in the 25 yard breaststroke event.



Photo courtesy, College Greens Swim Team  
 College Greens swimmer Taylor Monette.



Photo courtesy, College Greens Swim Team  
 College Greens Gators Jane Gregory and Megan Schirmer wait for their events to be posted at a recent swim meet.

# Gators: Swimming runs in the family – moms, dads former Gators

Continued from page 14

peted with the Arden Hills Swim Team, a USA Swimming team, from ages eight to 14 and is now in her second year back with the Gators.

McClure still holds four all-time team records in her age group from when she was eight years old and younger and holds six records in the 13-14 age group.

While she may very well be one of the best swimmers on the team (if not the best), McClure is quick to push away

any praise heaped in her direction.

"I just go to practice and work hard," she said. "I guess I have some natural ability, but (success) comes from training."

She also enjoys the social aspect and family atmosphere of the College Greens Swim and Racquet Club where the team practices.

"It's a really nice community. Everyone is friendly and no one is ever left out," she said. "I've

made a lot of friends in my time here as well."

McClure's mother Linda was a member of the Gators from ages of 10 to 18. Linda said she moved to Sacramento when she was nine or ten and swam all the way up until the age cut-off at 18. She also remarked on the family vibe at the club and that it has a nice community atmosphere.

The team does a few fundraisers throughout the year in order to pay for some team ex-

penses, according to team president Tom Monette.

"We have an adult social for the parents as well as a Swim-a-thon where kids swim as many laps as they can in a certain amount of time and there are pledges made per lap," he said.

This year's Swim-a-thon took place on July 6.

Many of the current team members have parents and siblings who swam for the team years ago. The Gators are made

up of seven different age levels (6 and under, 7-8, 9-10, 11-12, 13-14, 15-16 and 17-18).

For information on the College Greens Swim Team, visit [www.leaguelineup.com/collegeregreens](http://www.leaguelineup.com/collegeregreens). The club is located at 2707 Notre Dame Dr. in Sacramento. The other teams in the league are the Broadstone Barracudas, El Dorado Hills Taz, Folsom Sea Otters, Granite Bay Gators, Loomis Dolphins, Park Terrace Penguins and Sierra Sharks.



Rosewood is rated 5-Stars by Medicare and ranks in the top 10% of facilities in the U.S.  
 Voted "BEST OF THE BEST" for Skilled Nursing by U.S. NEWS & WORLD REPORT – 2011

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

"This letter is in regards to the care your center is giving my mother, Frances. I would like to take this opportunity to let you know that my family and I are extremely happy in which your staff addresses my mother's needs, both physically and mentally. I especially wanted to thank you personally for your help with my mom's situation when I was away for a few weeks taking care of my in-laws. It's always difficult to take care of things when I can't be on-site right then and there, but you make all the difference in the world in helping diffuse that situation quickly and efficiently. In closing, I would like to say that I am grateful my mother resides at Rosewood Rehabilitation and am thankful you and your staff truly have compassion and concern for all your residents. If there is EVER anything I can do to help you with anything in the future, please don't hesitate to contact me. Thank you again!" Katherine J.



24 HOUR PLACEMENT ASSISTANCE

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





**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

**W**hen 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.<sup>1</sup>

Merchants National Bank is rated one of the most secure banks in California,<sup>2</sup> 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.*

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





# 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.

## REUNIONS

### JFK High '69, '70, '71

**July 16:** The John F. Kennedy High School combined reunion for the classes of 1969, 1970 and 1971 is rapidly approaching! We are in need of contact information so we can spread the word to as many of our old friends and classmates as possible. For more information please send your email address and/or phone number to: jfkreunion69-70-71@hotmail.com or call (916) 475-3816

### JFK High Class of 1981

**Aug. 6:** The John F. Kennedy High School Class of 1981 will celebrate its 30th Reunion. \$75/person. 6 p.m. to 11:30 p.m. Valley High Country Club, 9595 Franklin Blvd., Elk Grove. Visit www.johnkennedyclassof81.com for more information.

## ONGOING

### 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

### Meaning and Medium

**Through July 10:** This exhibition explores the diversity of media in art, including photography, painting, sculpture, and mixed media. Pieces on display include work from various Sacramento-area high schools. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

### 'Bytes of Reality'

**Through July 17:** Southern California artist Daniel Douke responds to everyday experience by rendering the transient packaging of consumer products – particularly the box. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

### The Photosynthetic Restaurant

**Through July 17:** Gourmet Sunlight for Plants as Catered by Jonathon Keats, a conceptual artist, fabulist, and critic, has developed a gourmet cuisine for the world's first photosynthetic restaurant, set in the floral plantings in front of the historic Art Gallery building of the Crocker Art Museum. 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

### 'Defending the Caveman'

**Through Sept. 11:** Broadway's smash comedy about the sexes, written by Rob Becker. Call for times, prices. The Cosmopolitan Cabaret, 10th and K streets., Sac. (916) 557-1999 www.CosmopolitanCabaret.com

### Landscapes from the Age of Impressionism

**Through Sept. 18:** This exhibition of approximately 40 paintings includes many of the finest examples of mid-19th through early 20th-century French and American landscapes from the collection of the Brooklyn Museum. These works form a broad survey

of landscape painting as practiced by leading French artists such as Gustave Courbet and Claude Monet, as well as their most significant American followers, including Childe Hassam and John Singer Sargent. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

### Transcending Vision: American Impressionism, 1870–1940

**Through Sept. 25:** "Transcending Vision" traces the development of Impressionism in the United States and the growth of a truly American style of painting. The exhibition includes works by more than 75 prominent American artists including George Bellows, George Inness, Childe Hassam, Ernest Lawson, Lilla Cabot Perry and Julian Alden Weir. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

### Gardens and Grandeur: Porcelains and Paintings by Franz A. Bischoff

**Through Oct. 23:** After beginning his career as a china painter in Bavaria, Franz A. Bischoff immigrated to the United States in 1885 to become one of the foremost porcelain painters of his day. He won numerous awards and earned the title "King of the Rose Painters." "Gardens and Grandeur" features approximately 40 examples of Bischoff's work, including porcelains, still lifes, and landscapes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

## JULY

### Bilingual Toastmasters

**July 7, 14, 21, 28:** Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/ Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

### Food Addicts Anonymous

**July 7, 14, 21, 28:** 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

**July 7, 14, 21, 28:** 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. Free. Meets Thursdays. 5:30 p.m. – 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

### Rotary Club of East Sacramento

**July 7, 14, 21, 28:** 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

**July 7, 14, 21, 28:** 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

**July 7, 14, 21, 28:** 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

### Kiwanis Club of East Sacramento–Midtown

**July 8, 15, 22, 29:** 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.east-sacmidtownkiwanis.com

### Rotary Club of Point West

**July 8, 15, 22, 29:** Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way., Sac. www.pointwestrotary.com

### Soroptimists of Sacramento

**July 8, 15, 22, 29:** 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

### Food Addicts Anonymous

**July 9, 16, 23, 30:** 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.

### Co-Dependents Anonymous

**July 10, 17, 24, 31:** 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

**July 10, 17, 24, 31:** 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. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

### Sunday Support for the Widowed

**July 10, 17, 24, 31:** The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine – holidays included. 3 p.m.–5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

### Taste of East Sacramento

**July 10:** Come enjoy this fabulous wine-and-dine event, which benefits the Pops in the Park concerts. 5 p.m.–7 p.m. Tickets \$30 in advance of June 30, \$40 at the door. Sheperd Garden and Art Center, 3330 McKinley Blvd., Sac. (916) 452-8011, eastsacchamber@aol.com

### Co-Dependents Anonymous

**July 11, 18, 25:** 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.

### Hatha yoga

**July 11, 18, 25:** 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

**July 11, 18, 25:** 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

**July 11, 18, 25:** 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

**July 11, 18, 25:** Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.–8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

### 'Quilters Pride'

**July 12 – Aug. 6:** "Quilters Pride" is an exhibition of works by the Monday Morning Quilters of the Northminster Presbyterian Church. Gallery hours: 11 a.m.–7 p.m. Tuesday, 11 a.m.–3 p.m. Wednesday through Saturday. Sacramento Fine Arts Center, 5330B Gibbons Dr., Carmichael. (916) 971-3713

### 'The Producers'

**July 12–17:** Down-on-his-luck Broadway producer Max Bialystock and accountant Leo Bloom sing and dance their way through the biggest show-biz scam in history. Call for times, prices. Music Circus. (916) 557-1999 www.SacramentoMusicCircus.com

### Rotary Club of Arden-Arcade

**July 12, 19, 26:** 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

**July 12, 19, 26:** Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

See more page Calendar, page 20

**A BETTER MOVING.COM**  
(916) 729-0339  
LOCAL & WORLDWIDE MOVING & STORAGE

**INTERNATIONAL DEPRESSION GLASS CLUB**  
Presents our **81st Semi-annual**  
**CHINA • GLASS • POTTERY SHOW & SALE**  
Benefiting Sacramento Alzheimer's Association & Sacramento Public Libraries

**Judy Lang**  
Show Chair  
(530) 274-0911

**Gordon Boggs**  
(916) 456-2280  
glbglass@comcast.net

**Scottish Rite Temple • 6151 "H" Street • Sacto, CA**  
Capitol City Freeway (Business I-80) From Auburn Take "E" or "J" Street exit to "H"; From Stockton, S.F. take "H" Street exit; left on Carlson Drive.

Saturday, August 6th, 2011  
10:00am – 5:00pm  
Sunday, August 7th, 2011  
11:00am – 4:00pm

Hourly \$20 Drawings on Saturday (11:00 to 4:00) and **Two \$50 Grand Prize Drawings** on Sunday 12:00 pm – 3:00 pm  
You Must Be Present to Win  
Admission: \$5 Saturday (good for both days)  
**\$1 off with this Ad**  
Miracle Glass Repair • Library Booth  
Food Available • Free Parking • Air Conditioning



# 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](http://www.lytleconstruction.com)

### YOUR AD SHOULD BE HERE!

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

### AIR CONDITIONING

Your East Sacramento neighbor for over 30 years!



Since 1980 • CA License #582046

**(916) 452-2477**

[www.garickac.com](http://www.garickac.com)

Installation • Maintenance • Repair

- Heating • Cooling
- Indoor Air Quality
- Duct Inspections

WE SERVICE ALL BRANDS!



**FREE**  
Replacement  
Estimates

### YOUR AD SHOULD BE HERE!

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

### AIR CONDITIONING/HEATING



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

REBATES/TAX CREDITS AVAILABLE/ ALL WORK GUARANTEED / SENIOR DISCOUNTS

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

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

### 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](http://www.johnnyonthespots.com) for more info, coupons and specials.

**Call (916) 997-7895**

### CARPET/FLOORING MASTER

"Looking for Old-Fashioned Service with a Smile?"

**Coleman & Sons Flooring**

- Great prices
- Quality materials
- Superior installation
- Repairs



**Samuel Coleman, Owner**  
(916) 459-8813 • [sdlcoleman@yahoo.com](mailto:sdlcoleman@yahoo.com)

License #873101 Bonded & Insured

### CLEANING

**PROFESSIONAL**

Free Estimates  
Licensed & Insured

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

Prime Quality  
Maintenance



**Call Jesse (916) 417-4231**

### YOUR AD SHOULD BE HERE!

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

### YOUR AD SHOULD BE HERE!

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

### CLEANING

**A+ PRO CLEANING**  
**House Cleaning & Janitorial Services**

- one time, weekly, monthly
- move-in/move-out
- after construction or re-modeling

*Good is not enough, extraordinary is our mission!*  
*If there is something to Clean, WE CAN CLEAN IT!*

Call Now! (916) 290-9347 • [service@aplusproclean.com](mailto:service@aplusproclean.com)  
Licensed • Insured • Free Estimates

### CONTRACTOR/REMODELS



THE REMODEL EXPERTS! "Building your dreams!"

**(916) 372-0530**

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

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

**DESIGN/BUILD**

- Additions, conversions, renovations
- Kitchens & baths
- Patios, pergolas & decks

[HartiganConstruction.com](http://HartiganConstruction.com)

# CALL 429-9901 TO ADVERTISE YOUR SERVICE



# Your Home Improvement Guide

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

## 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**  
 Carbon Monoxide Detector  
 Installation  
 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

**Summer Clean-up SPECIALS**  
 • RAIN GUTTER CLEANING  
 • ROTOTILLING/& SOD PLACEMENT  
 • CONCRETE REMOVAL  
 • HAULING/SPRINKLER REPAIR  
 • 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 14 YRS\***

## HARDWOOD FLOORING

### BELLO HARDWOOD FLOORING



*Quality European Craftsmanship*

Installation • Refinishing  
 Sand & Finish • Laminate

**(916) 835-1557**

Owner operated • Bonded & Insured

Lic #889307

**10% OFF LABOR**

## HARDWOOD FLOORING & MORE

### Hardwood Flooring

Specializing in installing,  
 sanding, and finishing  
 hardwood flooring.

Also do home repairs from  
 painting to electrical work.

Call Mike - (916) 383-8742

Lic # 544159/Ref. Available

## LANDSCAPING



### INNOVATIVE LANDSCAPE CONSULTING

Functional Outdoor Environments  
 From Concept to Installation

**John Carson (916) 687-1375**

ilconsulting@frontier.com | Cal Poly, SLO 1986 | CL# 949008

## LANDSCAPING

### SMOOT LANDSCAPING

CUSTOM LANDSCAPES & DESIGN

**916.454.1300**

www.smootlandscaping.com

Lic #633224

## MASONRY

### BRICK & STONE

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

**(916) 899-0101**

CA Lic# 516538

Bonded • References



## PAINTING

Mom Says...

"Times Are Tough -  
 Lower Your Prices!"

OK Mom... Here We Go...

**SPRING SAVINGS  
 \$400 OFF**

Interior/Exterior Paint Job  
 (Minimum \$2,500 purchase)

*Jett Painting*



**916-683-1957**

**916-947-5387**

Bonded • Lic# 525750

## 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

## PLUMBING

**ROONEY'S  
 PLUMBING**  
 FULL SERVICE PLUMBING  
**456-7777**

rooneysplumbing.com

License #683668

## YOUR AD SHOULD BE HERE!

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

## PLUMBING

### BONNEY PLUMBING, HEATING, AIR & ROOTER SERVICE

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

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

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

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

## PLUMBING

### 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

## ROOFING/SIDING

### ZIMMERMAN REROOFING

3675 R Street  
 Sacramento, California 95816  
 East Sac Specialists  
**454-3667**  
 zimroof.com

License #763169 Dave Zimmerman

## TREE SERVICE

### DON'S TREE SERVICE

ISA CERTIFIED ARBORIST WE4590A  
 Trimming, thinning, shaping & stump removal  
 Family Owned & Operated since 1967

#1 in customer satisfaction

**(916) 428-4882**

**(916) 689-5244**

www.donandsonreeservice.com

Lic# 331196

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



# CALENDAR

For more Calendar entries visit  
[www.valcomnews.com](http://www.valcomnews.com)

## Upholstery class

**July 12, 13, 19, 20, 26, 27:** Learn how to upholster! All types: furniture, auto, boat. Adult ed class taught by an upholstery professional. Tuesdays, 11 a.m.-3 p.m., Wednesdays, 9 a.m.-1 p.m. \$45 for four weeks. McClaskey Adult Center, 5241 J St., Sac. Jerry Prettyman (916) 806-2172

## Crochet Guild

**July 13, Aug. 10, Sept. 14:** Crocheters of all levels of ability and all ages are invited to join the Sacramento Crochet Guild. Learn new crochet techniques, exhibit at State Fair, do charity work. Mentoring program. Show and tell. Mini classes. Library and newsletter available. Club member of the Crochet Guild of America. Meets the second Wednesday of the month at 6:30 p.m. Seniors: \$6/yr. Enter from parking lot. Church of the Cross, 45th & H sts., Sac. Karolyn (916) 457-4044

## Nicotine Anonymous

**July 13, 20, 27:** Nicotine Anonymous meeting. Meets every Monday, 5:30 p.m.-6:30 p.m. Westminster Presbyterian Church, 1300 N St., Sac. Brandi Bowman (916) 984-3501

## Referrals Plus

**July 13, Aug. 10, Sept. 14:** Referrals Plus, a women's networking group, helps women in business with connections, resources, promotions and ideas. We meet the 2nd Wed. of every month. 12:15 p.m. for meeting/luncheon in Greenhaven area. RSVP required. [www.referralsplus.org](http://www.referralsplus.org)

## Senior Wednesday Club

**July 13, 20, 27:** The Senior Wednesday Club meets to chat, play bridge, pinocle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

## Toastmasters

**July 13, 20, 27:** 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

## Volkssport walking

**July 14:** Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65t St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or [nussb@surewest.net](mailto:nussb@surewest.net). Also [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

## Reunion JFK High '69, '70, '71

**July 16:** The John F. Kennedy High School combined reunion for the classes of 1969, 1970, and 1971 is rapidly approaching! We are in need of contact information so we can spread the word to as many of our old friends and classmates as possible. Please send your email address and/or contact information so you can add to the invitation list. Please send contact information and or questions to: [jfkreunion69-70-71@hotmail.com](mailto:jfkreunion69-70-71@hotmail.com). Hyatt Regency, Grand Ball Room, 1209 L St., Sac. (916) 421-4316

## Knitting and Nattering

**July 18:** Do you have knitting projects you need to finish? Do you enjoy a little conversation with your knitting? Join the knitting group at the Arden-Dimick Library. Meets the first Monday of the month from 6:30 p.m. to 8 p.m. and the third Monday of the month from 4 p.m. to 5:30 p.m. (except for Monday holidays). Learn some new tricks and share your knowledge with others. All ages and skill levels welcome. 891 Watt Ave., Sac. [www.saclibrary.org](http://www.saclibrary.org)

## Christian Women's Connection

**July 19:** Monthly luncheon. \$16. Feature: "Putting it All Together" - building a lasting wardrobe without breaking the budget. Guest speaker: Karan Gleddie. Reservations required by July 13. Carmichael Elks Lodge, 5631 Cypress, Carmichael. Fran (916) 332-1461, Sharon (916) 361-1642 or [SacCWC@aol.com](mailto:SacCWC@aol.com)

## 'Oliver!'

**July 19-24:** Dramatic musical adaptation of Charles Dickens' novel about the orphan who dared to ask for more. Call for times, prices. Music Circus. (916) 557-1999 [www.SacramentoMusicCircus.com](http://www.SacramentoMusicCircus.com)

## Genealogical Assn. of Sac

**July 20:** Genealogical finds and discoveries with the Genealogical Assn. of Sacramento. New faces welcome, and help to track down ancestors. Meets on third Wednesdays, 1 p.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. Melanie Howard (916) 383-1221

## 'Anything Goes'

**July 26-31:** A British nobleman, a sheltered heiress, a Wall Street stockbroker, a bombastic nightclub singer and Public Enemy No. 13 are all aboard a luxury ocean liner in Cole Porter's madcap tap-dancing musical comedy classic. Call for times, prices. Music Circus. (916) 557-1999 [www.SacramentoMusicCircus.com](http://www.SacramentoMusicCircus.com)

## Spare the Water Sacramento workshop

**July 30, Aug. 27, Oct. 22:** Water Conservation can help you save water and money. Learn how to save water and money in and around your home. Free conservation tips and tools. Learn about rebates, more. Attendance at these workshops also waives fines for water conservation violations. 8:30 a.m.-10:30 a.m. Workshops on June 25 and Aug. 27 will also contain Water Conservation Ambassador Training. City of Sacramento Department of Utilities Water Conservation Office, 2260 Glen Ellen Circle, Sac. [www.sparesacwater.org](http://www.sparesacwater.org)

## Ice Cream Safari

**July 23:** Join Sacramento Zoo's 27th annual Ice Cream Safari! Have a brain-freezing good time with delicious all-you-can-eat ice cream, all-you-can-drink soft drinks, popcicles, live entertainment and face painting. Additional food and raffle tickets will be available for purchase. 4 p.m.-8

p.m. Presale tickets for this popular fundraiser are \$17 for general admission and \$13 for children (2-11); children one and under are free. Or purchase your tickets at the door the day of the event; \$20 for adults; \$15 children (2-11). Tickets are available at the Zoo, online at [saczo.org](http://saczo.org) or at (916) 808-5888.

## AUGUST

### 'Camelot'

**Aug. 2-7:** Arthur, Guenevere, Lancelot and Merlin come alive in Lerner and Loewe's inspiring musical of love, intrigue, idealism and magic in ancient England. Call for times, prices. Music Circus. (916) 557-1999 [www.SacramentoMusicCircus.com](http://www.SacramentoMusicCircus.com)

### Tea and Talk Book Club

**Aug. 3:** The Sacramento Public Library invites adults to bring their tea cups and discuss "The Glass Castle" by Jeannette Walls. 10 a.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. (916) 264-2920 [www.saclibrary.org](http://www.saclibrary.org)

### Screen on the Green

**Aug. 6:** "Despicable Me." Sundown. Stanford Park, 205 27th St., Sac. [www.sacscreenthegreen.com](http://www.sacscreenthegreen.com)

### 'Annie Get Your Gun'

**Aug. 9-14:** There's no business like show business, especially in Buffalo Bill's Wild West Show. Music by Irving Berlin. Call for times, prices. Music Circus. (916) 557-1999 [www.SacramentoMusicCircus.com](http://www.SacramentoMusicCircus.com)

### Volkssport walking

**Aug. 11:** Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65t St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or [nussb@surewest.net](mailto:nussb@surewest.net). Also [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

### Screen on the Green

**Aug. 13:** "Shrek Forever." Sundown. Hagginwood School Soccer Field, 1418 Palo Verde Ave., Sac. [www.sacscreenthegreen.com](http://www.sacscreenthegreen.com)

## 'I Do! I Do!'

**Aug. 16-21:** Wedding night jitters, family, mid-life crises and quarrels. Fifty years of love and marriage are at the center of this musical. Call for times, prices. Music Circus. (916) 557-1999 [www.SacramentoMusicCircus.com](http://www.SacramentoMusicCircus.com)

## Genealogical Assn. of Sac

**Aug. 17:** Genealogical finds and discoveries with the Genealogical Assn. of Sacramento. New faces welcome, and help to track down ancestors. Meets on third Wednesdays, 1 p.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. Melanie Howard (916) 383-1221

## East Sac Art, Wine & Food Tasting Classic

**Aug. 20:** Enjoy delicious wine and food tastings plus art displays, live music and silent auction. Benefits NeighborWorks Sacramento Region. \$40/person, \$50/door. 5 p.m.-9 p.m. Sutter Lawn Tennis Club, 3951 N St., Sac. Tickets available at NeighborWorks Sacramento, 2400 Alhambra Blvd. or [www.nwsac.org](http://www.nwsac.org). Blanca Gutierrez (916) 452-5356 x216 [blanca@nwsac.org](mailto:blanca@nwsac.org)

## Screen on the Green

**Aug. 20:** "Secretariat." Sundown. East Portal Park, 1120 Rodeo Way, Sac. [www.sacscreenthegreen.com](http://www.sacscreenthegreen.com)

## 'Miss Saigon'

**Aug. 23-28:** A classic love story in one of the most stunning theatrical spectacles of all time. Call for times, prices. Music Circus. (916) 557-1999 [www.SacramentoMusicCircus.com](http://www.SacramentoMusicCircus.com)

## Screen on the Green

**Aug. 27:** "Toy Story (1995)." Sundown. Glenn Hall Park, 5415 Sandburg Dr., Sac. [www.sacscreenthegreen.com](http://www.sacscreenthegreen.com)

## SEPTEMBER

### Tea and Talk Book Club

**Sept. 7:** The Sacramento Public Library invites adults to bring their tea cups and discuss "Cutting for Stone" by Abraham Verghese. 10 a.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. (916) 264-2920 [www.saclibrary.org](http://www.saclibrary.org)

# CLASSIFIED ADS

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

## 1986 OLDS CUTLESS CIERA

**GRANDMA'S CLASSIC**  
Oldsmobile Cutless Ciera for sale. 82,300 mi., good condition, \$2800 cash. Call (916) 600-3904.

## HANDYMAN

**SUMMER 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.

## 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.

## HANDYMAN SPECIALIZING IN FLOORING

Install, sand & finish hardwood flooring. Also, home repairs from painting to electrical work. Call Mike at (916) 383-8742. Lic#544159

## 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](mailto:melissa@melissaandrews.com) or call 447-4441.

## PRODUCE

**PRODUCE**  
Cherries, peaches, apricots, tomatoes, melons in season @ The Farm, 14th Street at Elkhorn Blvd. Open 9-6, Sunday thru Friday. Closed Saturday.

## John F. Kennedy High School Reunion - Class of 1971

Welcomes classes 1969 & 1970 to join this semi-formal event to celebrate 40+ years of memories.

Sat., July 16, 6 p.m. to Sun., 17th, 1 a.m.

Hyatt Regency, Grand Ball Room  
1209 L Street, Sacramento, CA  
\$75 per/payable to JFK Class of 1971  
Mail to: Curtis Yew, 840 Klein Way  
Sacramento, CA 95831  
Contact: [yewcpa@pacbell.net](mailto:yewcpa@pacbell.net)

Check out the  
**Home Improvement Guide**  
in the *East Sacramento News*.  
Call 429-9901.

## 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](http://www.taxirene.info)

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

## 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](http://www.taxirene.info)

## ADVERTISE YOUR RENTALS

Call 429-9901



DUETTE® ARCHITELLA® HONEYCOMB SHADES

KEEP THE SUNLIGHT.  
LOSE THE  
HIGH ENERGY BILLS.



Discover Duette® Architella®  
Honeycomb Shades

This patented honeycomb-within-a-honeycomb innovation puts three layers of insulating air at your window. Call today to learn more. And reduce energy loss at the window up to 50%\*.

Now at incredible values!

HOT AND BRIGHT

WARM AND INVITING



**Budget  
Blinds®**

a style for every point of view®

**916-691-2322**

Find us online at [www.budgetblinds.com/elkgrove](http://www.budgetblinds.com/elkgrove)

Monday thru Friday 8 to 5, Saturday 9 to 1  
CA license #897700



**HunterDouglas**

\*For tax credit details and restrictions and a list of qualifying products, ask a salesperson or visit [hunterdouglas.com/taxcredit](http://hunterdouglas.com/taxcredit). Hunter Douglas and its dealers are not tax advisers. The tax credit for 2011 is subject to a limitation based in part on the amount of Section 25C credits taken in prior year. It is recommended that you consult your tax advisor regarding your individual tax situation and your ability to claim this tax credit.

© 2011 Hunter Douglas® Registered trademark of Hunter Douglas.

22823

# California Kids!

## SUMMER GUIDE



**Runs MARCH - AUGUST**

Summer Guide focuses on education, camps, sports, getaways, entertainment, amusement parks and more.

Call MARC to place your ad on the popular "Summer Guide" pages in *California Kids!*  
**(916) 429-9901**

California Kids! is an event and activities guide for active families. It is published once a month by Valley Community Newspapers Inc.



# Fathers celebrate Father's Day with the fathers at Raley Field

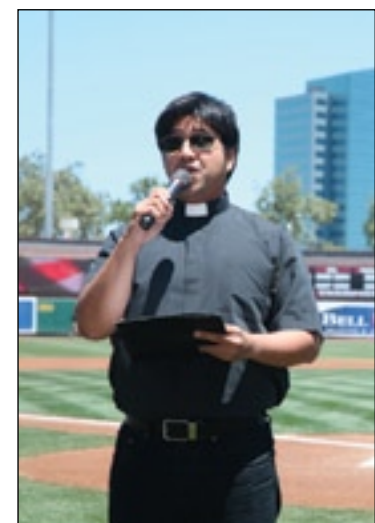
Story by SUSAN LAIRD  
East Sacramento News editor  
Photos by STEPHEN CROWLEY  
East Sacramento News photographer

In "Field of Dreams" there is an iconic scene at the conclusion of the film where the main character reaches the end of his journey...and the whole purpose of it was to re-connect with his father by playing "catch."

On Father's Day, June 19, dads were invited onto the playing field at Raley Field to connect and play catch with another type of "father" – Bishop Jaime Soto and other priests from the Diocese of Sacramento. Even Father Joe Turnullo, chaplain at St. Francis High School, was present to shake hands with Dinger, the team mascot.

The "Father to Father" catch was held prior to the 1 p.m. game versus the Fresno Grizzlies, with Bishop Soto blessing all the dads on the field. He later threw out the first pitch of the game.

The River Cats eventually lost the game to the Grizzlies, 4 – 2, but split the series at two games apiece.





A fabulous Fourth

# East Sac residents share annual holiday traditions

By ELIZABETH VALENTE  
East Sacramento News writer  
elizabeth@valcomnews.com

Ask anyone who attends and participates in the annual 4th of July parade in East Sacramento and they'll all say, "It looks like a Norman Rockwell painting come to life." Children, adults, even dogs – decked out in red, white and blue – walked, biked, rode in floats and even in military humvees down 41st and J Streets in celebration of America's 235th birthday.

For Nancy and Todd McMullen, the annual parade is all about the three F's: friends, family and fun. This was the couple's sixth year attending the parade, but the first for their 21 month year old son Connor.

"Everyone is dressed in patriotic clothes, waving flags, having a great time," Nancy said. "Very nostalgic."

Everywhere one looked there were ribbons, flags, lights and wagons, all decorated in colors and stars in celebration of Independence Day. The parade began at 11 a.m. with Staff Sgt. Steve Trapp signing the national anthem and the local Boy Scout troop leading off with Pledge of Allegiance.

## Military tribute

With a mic in hand, East Sac. resident Brigadier General Jack Hagan addressed hundreds of participants stating that the parade is dedicated to all the families on the block for holding on to traditions and to the men and women who continue to serve in the military. For the past nine years he and his family have invited fellow Marines, families and single soldiers to their home to celebrate the Fourth of July. This year a group from the 270th Military Police Company, stationed out of 58th street, joined Brigadier General Hagan at his home, along with two special Marines. His sons, both Captains in the Marine Corp, were home after serving overseas.

"One son was in Afghanistan and one was in Iraq," said Brigadier General Hagan. "This parade has been going on for more than 80 years and I can only describe it as a slice of Norman Rockwell, Americana. It's a great day."

"By inviting Marines and other military personnel to an event like this it honors our past and present," said Kristina Robinson, an MP in the 270th Police Company.

## Traditions

Along with homemade floats, hand held flags, the local fire engine, and families laughing and singing along to "America," the neighborhood celebration wouldn't be traditional without a potluck picnic. For more than 30 years Mary Carboni has celebrated with family and friends the traditional 'picnic' in front of her J St. home.

"We've had a few interruptions, but we're pretty good about having it every year," said Carboni. "My husband and I do the hotdogs while friends bring shared potluck which consists of everything from apple pie to burgers and corn."

## New Generation

"My kids have grown up knowing this parade since the '70s," said Peter Detwiler. "Now it's time for my one-year old grandson Colin to be in it. It's a great little family fun thing to do and like his dad, I hope he creates lots of memories."



East Sacramento News photos by Elizabeth Valente and George Macko

## Kids and Adults 4th of July Fun Run

In East Sac the 4<sup>th</sup> of July festivities started at 7:45am as more than 500 people gathered at River Park for the annual 4th of July Fun Run sponsored by the Buffalo Chips Running Club.

"This is the 36th annual run and it's a unique race because it's free and a community event that brings out people of all ages and running capacity," explained Ed Randolph, president and sponsor of Buffalo Chips Running Club. "It's become a long standing tradition in this neighborhood."

Before the adults sprinted their way through a five mile run that wound its way through River Park ending near Glenn Hall Park, more than 100 school age kids under the age of ten participated in a half-mile run. Andrew Christensen, 8, came in second place. His motivation was to "run faster than the boy in front of me."

"This event allows kids to stay active and motivate them to do the best that they can," said dad, Richard Christensen. "It's also an activity that we can do together as a family."



# DUNNIGAN<sup>®</sup>

## Realtors



### GREAT BLOCK NEAR FAB 40'S.

Fantastic Family home w/5 bdrms. Remodeled w/2nd story addition in 2003. Gourmet kitchen w/granite counters, stainless appliances, Wolf oven & range, bamboo floor. Family room adjoins kitchen w/fireplace, built in entertainment center, TV, audio, video components included in sale. See [www.924-45thSt.com](http://www.924-45thSt.com) \$899,000

**COLLEEN WIFVAT 719-2324**



### GUEST QUARTERS

Amazing 3 bedroom 2 bath McKinley Park home which includes a full guest quarters! This home has been completely remodeled and maintained for your enjoyment. This home includes an updated kitchen and completely remodeled baths, pristine hardwood floors, a very spacious floor plan, and a private sanctuary for a backyard. See [440-39th Street](http://440-39thStreet.com) \$629,000

**TIM COLLOM 247-8048**



### DUTCH COLONIAL TUDOR

Fab 40's in East Sac. Wonderful Dutch Colonial Tudor home. Architectural charm throughout. Rich hardwood floors, spacious bedrooms, formal living room and dining room, newly remodeled bath, den bonus room in attic and more. The charming kitchen with white cabinetry and stainless steel appliances. See [www.106243rdstreet.eproperties.com](http://www.106243rdstreet.eproperties.com) \$935,000

**CHRIS BALESTRETI 9962244**



### MCKINLEY PARK BUNGALOW

Charming, remodeled & spacious McKinley Park Bungalow! 2011 kitchen remodel, w/black honed granite counters, subway tile backsplash, all new stainless appliances (including refrigerator), sink/hood & all new cabinet hardware. Covered front porch. Master suite w/large bath, walk-in closet & balcony. See [www.529-38thStreet.com](http://www.529-38thStreet.com) \$549,000

**KARA PARKER 716-3313**



### GREAT NEIGHBORHOOD

This 2 story doll house has storybook charm. The cozy living room has hardwood floors, a fireplace flanked by built in shelves & recessed lights. The galley style kitchen is updated w/granite counters & newer cabinets w/adjoining nook overlooking the front garden. See [www.1704-50thSt.com](http://www.1704-50thSt.com) \$379,900

**DAVID KIRRENE 531-7495**



### RIVER PARK

River Park at its best! This recently remodeled three bedroom home includes a newer roof, newer central heat and air, pristine hardwood floors, and completely remodeled kitchen/bathroom w/stainless steel appliances, granite counters and travertine floors. A must see. See [www.5301monaleeave.epropertiesites.com](http://www.5301monaleeave.epropertiesites.com) \$369,000

**TIM COLLOM 247-8048**



### 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](http://www.1201-46thStreet.com) \$1,499,000

**KARA LABELLA PARKER 716-3313**



### SPANISH MEDITERRANEAN

Amazing 4 bedroom 3 bath in East Sacramento! Completely remodeled within the last few years. Four very large bedrooms, a gourmet kitchen, top of the line fixtures, laundry upstairs & downstairs. See [www.172141ststreet.epropertiesites.com](http://www.172141ststreet.epropertiesites.com) \$575,000

**TIM COLLOM 247-8048**  
**LIBBY NEIL 539-5881**



### RED BRICK TUDOR

Remodeled red brick Tudor. 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. See [www.354-34thStreet.com](http://www.354-34thStreet.com) \$799,900

**COLLEEN WIFVAT 719-2324**

**2401 American River Drive, Suite 150 | 484-2030**  
**4215 Freeport Blvd. | 916.454.5753 | [www.dunniganrealtors.com](http://www.dunniganrealtors.com)**