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June 21, 2012

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Storytellers enjoy sharing their tales with younger generations

See page 14

Marty Relles presents
'Janey Way Memories'

See page 8

COMMUNITY CALENDAR, PAGES 17, 20-21 • KNOW YOUR NEIGHBORS, PAGE 6 • FACES AND PLACES, PAGE 10

Inside This Edition



G-7 makes an impact
See page 2



Dusk at McKinley Park
See page 10



EARLY 50'S HOME **One-of-a-kind in River Park**

See page 6

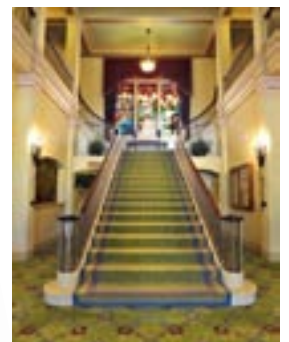


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Local high school group, G-7, makes an impact locally and abroad

Special to East Sacramento News

Earlier this month, six local high school seniors: Cat Brown, Corinne Friend, Emily Pons, Kate Costa, Missy Rhie (not pictured) and Sara Chierazi (not pictured) presented Cristo Rey High School with a check for over \$3,800. Cristo Rey is a unique high school that provides an affordable Catholic, college preparatory education to students from low-income families in Sacramento.

The group goes by the official name of the G-7. It was formed four years ago while the girls were still in the eighth grade with the following mission: to create opportunities of hope, promote the well-being of others and be ambassadors of good will as well as agents of change.

Raising funds to help others has been a constant for the G-7. However, they have shown an understanding of the need for assistance both at home and outside the country. More importantly, they have taken the initiative to put their mission into action.

Last August, the group traveled to the tiny rural community of Los Platanos in Argentina. Located about 45 miles outside of Buenos Aires, the village is quite poor. The goal of this visit was to assist The Maria Ward School, a remarkable institution operated by Catholic Nuns. It lacks many of the essentials needed to operate a school for children ages 3 to 18. While bunking with lo-



Photo courtesy, Vince Friend
The G-7 team presenting their check to President of Cristo Rey High School, Sister Eileen Enright, RSM.

cal host families for one week, the girls taught English, PE and Math classes, volunteered at a retirement home and assisted with various repair jobs for the K-12th grade school.

In addition to donating their time and energy, the G-7 team also came bearing gifts. Their fundraising efforts prior to arrival allowed them to donate 12 brand new I-Pads along with a check for \$5,000 to help with the school's upkeep. Sister Mary, the school principal, summed up the G-7's efforts this way: "These girls are truly a blessing. Their friendship, kindness and dedication to helping others will not be forgotten." For their part, the girls all came back with stories of new friends, cultural challenges and memories that will last a lifetime.

To learn more about the G-7 and to make donations, please visit: www.global7.webs.com.

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'Fab '40s 5K Run/Walk' through East Sac to benefit Alzheimer's Association

Special to East Sacramento News

Walk or run to fund research for a cure to Alzheimer's disease next month. There is still time to sign up for the Fifth annual 'Fab '40s 5K Run/Walk' to be held on Saturday, July 14.

Friends, family and neighbors are invited to participate in this special event to raise funding for the Alzheimer's Association of Northern California.

The course will start and finish in beautiful East Lawn Memorial Park, travels up 43rd Street, turns right at M Street and loops just east of East Portal Park.

This year's event will be extra special, because of the recent dedication of the Alzheimer's Memorial Wall at East Lawn. The first of its kind in the nation, the Wall is a place where families can inscribe the name of a loved-one as a lasting tribute to those who are suffering from this terrible disease.

The Memorial Wall features the inscription, "Never Alone, Never Forgotten." The Wall features a grandmother holding the hand of a grandson.

Visit www.Fab40s5k.org for more details. East Lawn Memorial Park is located at 43rd Street and Folsom Boulevard in East Sacramento.



Photo courtesy
NEVER ALONE. NEVER FORGOTTEN. The 5th annual Fab '40s 5K Run/Walk' will be held at East Lawn Memorial Park to raise funds for the Alzheimer's Association of Northern California. The event will feature the recently dedicated "Wall of Honor," which memorializes those who have passed away from this disease, or who suffer from it.

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TRS provides recreational programs for the "Best People in the World"

By CORRIE PELC
East Sacramento News writer
corrie@valcomnews.com

Since 1975, the County of Sacramento Regional Parks Department's Therapeutic Recreation Services (TRS) has been providing community-based recreation programs for people with disabilities. Last year alone, TRS served more than 6,400 participants through 142 recreational programs, from classes to overnight trips.

"There's a lot of people in our area that have disabilities and don't necessarily have the means or the knowledge to access programs or have an active recreation and leisure lifestyle, and so that's where we come in," explains Jenn Wilson, recreation specialist therapeutic with TRS. "For our (participants), maybe they don't have transportation, they don't quite know how to figure out what movies are playing, or they don't have someone to go with. So we provide that normal, everyday activity for a group of people that wouldn't normally do it."

Variety of Programs

Although TRS caters to individuals with all disabilities, Wilson says generally their participants have developmental disabilities, and their programs are normally for ages 14 and up.

In regards to their programs, Wilson says they offer a wide variety of recreational opportunities. "The things you would want to do in your free time is what we offer our participants to do in their free time," she added.

For example, some programs are run on a monthly basis, such as TRS' Friday night dance. Other activities include taking in Broadway shows, such as "Wicked" and "Grease," horseback riding, hiking, or attending a River Cats or Kings game. TRS also holds day trips to destinations like Santa Cruz and San Francisco, and even longer overnight trips to New York City, San Antonio, Boston and Chicago.

"I just think we're really unique - there's not a lot of programs like ours in the area that's for sure and in the state really, so we're pretty lucky that we get to do what we do for the best people in the world," Wilson said.

Hidden Therapy

Although fun is obviously part of these activities, that's not the only takeaway participants have, Wilson said. "(We) use recreation as a tool to enhance quality of life and to provide learning opportunities, so everything we do has hidden therapeutic components," she added.

For example, Wilson says when a group is on a day trip to Santa Cruz, those individuals will be learning things like money management, social skills, and socially appropriate behavior in public.

"We encourage independence," Wilson explained. "If we're at the Boardwalk, everyone's getting their own dinner. We're going to stand there and make sure they order their own food, they get their money out of their wallet, and they pay for it. We're there to help them as needed, but they're adults and we want them to be as independent as possible, so everything has a learning opportunity."

Eppie's Great Race

So how is TRS funded? Wilson said they do receive some funds from Sacramento County and they charge fees for their various recreation programs. However, she says some of the programs cannot pay for themselves as they would be too expensive to charge and people would not come.

One way TRS is able to continue offering its programs is through Eppie's Great Race, for which TRS has been the major benefactor since 1980, says Anita Fitzhugh, spokesperson for Eppie's Great Race. She said over the years, the Race has raised about \$970,000 to benefit TRS.

According to Fitzhugh, on Tuesday, June 12, TRS was presented with a total of \$40,000 from last year's Eppie's Great Race - \$20,000

will go towards TRS' overall programs, while the other \$20,000 will be used to modify a van to make it wheelchair accessible.

"As county budgets are what they are these days, this type of money and donation has become even more important ... for TRS and all the wonderful services that they provide," Fitzhugh added.

For those that wish to participate in this year's race, Fitzhugh said the 39th Annual Eppie's Great Race and US Bank Kids Duathlon will take place on Saturday, July 21. To register and for further information, visit www.eppies-greatrace.org.

Pathways to Recreation

Additionally, TRS also receives funding throughout the year from Pathways to Recreation - a nonprofit formed about four years ago by Sacramento County staff and active stakeholders, says current Chair Jill Ritzman.

"We feel very strongly that we need to get these folks out in the community and socializing, riding public transportation systems, and going to community events, and oftentimes they need help in doing that," she explains. "With the budget cuts our programs were diminishing, so we formed this nonprofit so that we could raise money in the community to help support Therapeutic Recreation Services."

Ritzman says Pathways fundraises throughout the year through mailed solicitations, special events, and gifts they have received. The funds are used in a variety of ways for TRS, such as providing scholarships for individuals to attend recreation programs or initiate and fund new programs.

For example, she said Pathways was able to pay some costs associated with a photography class, plus purchase easy-to-use cameras for participants to use. And for a cooking class that taught how to cook nutritious meals, Pathways decided to do something special. "Oftentimes those cli-



Photo courtesy, Therapeutic Recreation Services

ents didn't have measuring spoons and those kinds of basic cooking supplies at home, so we bought the supplies and each one of the participants walked away with a grocery bag full of really basic cooking supplies," she said.

Community Support

In addition to the support it receives through Eppie's Great Race and Pathways to Recreation, Wilson says TRS is also in need of support from the community, both in donations and volunteer hours.

TRS currently operates with 20 staff and volunteers

to man all their programs, and she said they would be lost without their volunteers. She invites those interested in fill out the volunteer application on their website, www.msa2.saccounty.net/parks/trs, and give them a call so they can set them up with an orientation session.

"I started here 17 years ago as a volunteer for a college course and never left, and that's just what happens," Wilson added. "People fall in love with our participants and what we do and that's what we want."

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Know your neighbor

Early 1950s home is a one-of-a-kind structure in River Park

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

During a recent interview with this publication, River Park resident Hinda Westphal spoke about how unique her home was when it was completed in the early 1950s. And the house continues to be the only one of its kind in the neighborhood.

Although just about anyone randomly passing by her house would probably not recognize the home as a one-of-a-kind structure in the area, Hinda emphasized that there is no other house like her house in River Park.

Unique house

"Our house was unique, because it was the first and the only home like ours that was ever built in River Park," Hinda said. "It was so different that when it was being built, people stood on the sidewalk and laughed. They thought we were crazy to build a house like we were building."

The Westphals' 1,750-square-foot River Park home was built in the Or-

chard Terrace subdivision – which was located northeast of Carlson Drive, within the remains of an old black walnut orchard – for Hinda and her husband, Frederick, and her children, Fred, Jr. and Carl.

Prior to moving into their home on April 1, 1954, the Westphals had resided in Hollywood Park.

The long commute

Frederick, who was among the original professors at Sacramento State College – today's Sacramento State University – experienced an inconvenient situation in 1953.

In that year, the college, which had previously been located on the Sacramento Junior College (presently Sacramento City College) campus, relocated to its present site.

As a result of this relocation, Frederick, who was a full-time professor and held the position of the chairman of the music department at the college, had a 45-minute commute to the new school site each day, since the local freeways had not yet been built.

Furthermore, at that time, the Westphals only had one automobile – a 1941 four-



The Westphal house in River Park was constructed from 1953 to 1954 from prefabricated materials from Loxide Structures, Inc. in Tacoma, Wash.

door Plymouth that Frederick had purchased from his uncle, who was an automobile dealer in Arkansas.

The lot is purchased

In order to eliminate Frederick's long, daily commutes to the new campus, the Westphals purchased a corner lot in River Park for \$1,030, just a short distance from the college.

Unlike today, the area during the 1950s had a rural appearance with much open land. River Park itself had only been annexed into the city in 1946.

Hinda said that she remembers seeing River Park when it was far from being built out.

She also recalled the mostly barren, 242-acre site of Sacramento State during its early years.

Building the home wasn't that simple

After acquiring their River Park property, the Westphals opted to have a non-traditional house constructed on their lot using prefabricated building materials from Loxide Structures, Inc. in Tacoma, Washington.

But the family quickly discovered that having their home built in River Park was far from a simple endeavor.

"We had to have special federal, state, county and city government approv-

als after the plans were designed with a heating and air conditioning unit," Hinda recalled. "It was one of the first heating and air conditioning systems installed in a private home in Sacramento. Nobody would give us permission to build the house with the heating and air conditioning unit inside the house. A man who lived in Sacramento who was in the building trade back in Washington, D.C. (saw) letters in a newspaper back there from us asking for help. And he came out here. He told us what to do to get it approved, so it got approved. For three years after the house was built, the contractors (Jim Lewis and John Bristow) were given the privilege to bring potential customers into our house to see the unit and how it operated."

As previously mentioned, the Westphal family house itself was a one-of-a-kind structure for River Park. After being manufactured at the Loxide plant in Tacoma, the materials for the Westphals' home were shipped by train to Sacramento.

In recalling the day that the materials arrived in Sacramento, Hinda said, "We all went over to the train tracks (just west of the H Street Bridge and River Park) at 5 o'clock in the

morning and unloaded the materials off of two boxcars and placed them onto trucks and Lewis and Bristow hauled them back to the property. (The materials) were divided into sections of which boxes had windows and which boxes had flooring, (etc.).

Everything was cut and everything was marked. My husband and I and Lewis and Bristow employees unloaded (the materials) and workers put up the garage that same day. We then placed the other materials inside the garage and left some other materials (to be used the next day) outside the garage and covered them with tarps."

About a week later, the outer siding of the house was completed. The entire house was built in about 11 months.

Hinda said that under the direction of Lewis and Bristow, both her and her husband took part in various projects of the actual construction of the house, which was custom designed by Robert Seither.

Details of the construction

In explaining details about the construction of the home, Hinda said, "The house went together in pieces and had about 7-inch-

Home: We opted for a non-traditional house

Continued from page 6

wide by 2-inch-deep, vertical, red cedar boards. The vertical boards are all the same size, but every other vertical board is indented and nailed to the backside of the front vertical board, creating a board and batt effect – 5 inches in back and 7 inches in front. We all put up the walls and you just mashed them in with a hard rubber-headed hammer. The exterior walls will never fall down and are very earthquake proof. The interior walls have sheetrock.

The outer wood, vertical corners of the house weighed over 250 pounds, so it took two of us to get them up to the foundation flat where it was going to be nailed. And you would have to hold them while the other guys came in and pinned them in place. Oh, it was a job. It really was. The original gutters were solid cedar and I caulked them on the inside personally and covered them with a waterproof paint."

One of the more unique aspects about the house is that no nails can be seen on the outside of its exterior walls.

Additionally, the house was built with 40-inch overhangs as a way of cooling the home during the warmer months of the year. Hinda said that her house stays so cool that she has yet to use her air conditioning this year.

Altogether the home, which was completed for \$18,000, has four bedrooms, two bathrooms, a living room, a dining room, a kitchen and Frederick's soundproof office, which was also used for music rehearsals.

A feature of the office was its Philippine mahogany plywood paneling, which was leftover from the construction of Town and Country Village. The paneling was also used in the home's dining and living rooms.

A secondary front door located to the south of the main front door of the house allowed music students and others to enter the office



The Westphal family is shown in their front yard in River Park in this 1954 photograph. They are Hinda, her husband, Frederick, and their children, Fred, Jr. (above stop sign) and Carl. A neighborhood child, Julie Kaeser, stands in the background.



Hinda Westphal points to the board and batt method that was used in the construction of her home.

without going through the main front door.

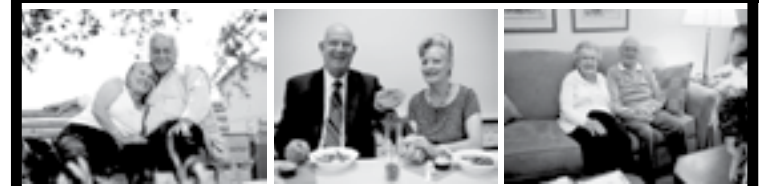
Another reason that the office was constructed, however, was to serve as possible permanent living quarters for Frederick's parents during their most senior years.

"We were never, not ever, going to let somebody take and put either set of our parents in a nursing

home-type environment or a retirement apartment or building," Hinda said.

In summarizing her unique River Park house, which was accompanied by a detached garage, Hinda said, "It's a very unique house and it's absolutely wonderful. We would never sell it and we would never move out. I intend to stay here for the rest of my life."

Senior Lifestyles



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Boating on Folsom Lake



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

Around 1960, my Uncle Bill Tuttle purchased a beautiful, mahogany Chris-Craft speed boat. Soon after, he invited all the extended Relles-Petta family to a picnic on Folsom Lake to see and ride in the new boat.

So, one bright Sunday morning, in early summer, my whole family jumped into our 1957 Chevy station wagon and headed out to Folsom Lake. This dates back to before the completion of the Highway 50 freeway. Back then, to get to Folsom Lake, we first rode out Folsom Blvd. to the old town of Folsom. From there, we took the old Folsom bridge across the American River, and then proceeded around the lake to Doug-

las Blvd. There, we turned right, and drove into Granite Bay State Park.

Once in the park, we disembarked in the parking lot and headed down to the beach where we saw the whole family settled in around a group of picnic tables. Soon, we brought our things including fried chicken, potato salad, macaroni salad, cookies and sodas down to where the family had settled in. Then, all the kids ran down to the lake to swim, while our parents organized a picnic.

Not long after we arrived, Uncle Bill rode up in the handsome new boat and anchored near the end of the beach. Then, all the family gathered around the boat, admiring its shiny mahogany hull and tucked vinyl seats.

Later, Bill took each family for a ride around the lake. I remember

getting in the boat, putting on a life jacket, and then speeding out to the middle of the lake. Once there, Bill anchored the boat, and let us jump into the lake. Two things about that experience stick out in my mind:

1. How cold the water was.
2. How crystal clear it was.

It seemed you could see all the way down to the bottom of the lake.

Eventually, we returned to dry land and resumed swimming and picnicking with our family. What a great day that was. We ate picnic food, drank sodas and played all day with our cousins. To a child, what could be more fun?

Toward the end of the day, Uncle Bill took my father and my uncle's Ross and Vito out again in the boat. Not long after, the boat sped by the beach towing a water skier. It was my father. I am sure this was the first time he ever tried water-skiing, but there he was, skiing like a veteran. I was proud of my dad as this reminded me of what a good athlete he was.



At the end of the day, exhausted and happy, we jumped into the car and headed back to Sacramento.

Several other times that Summer, we went on other family excursions to Folsom Lake.

Eventually though, uncle Bill sold his boat, and our days of boating on Folsom Lake came to an end. Now those days are just another nautical, Janey Way Memory.

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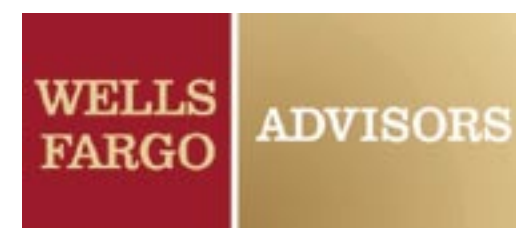


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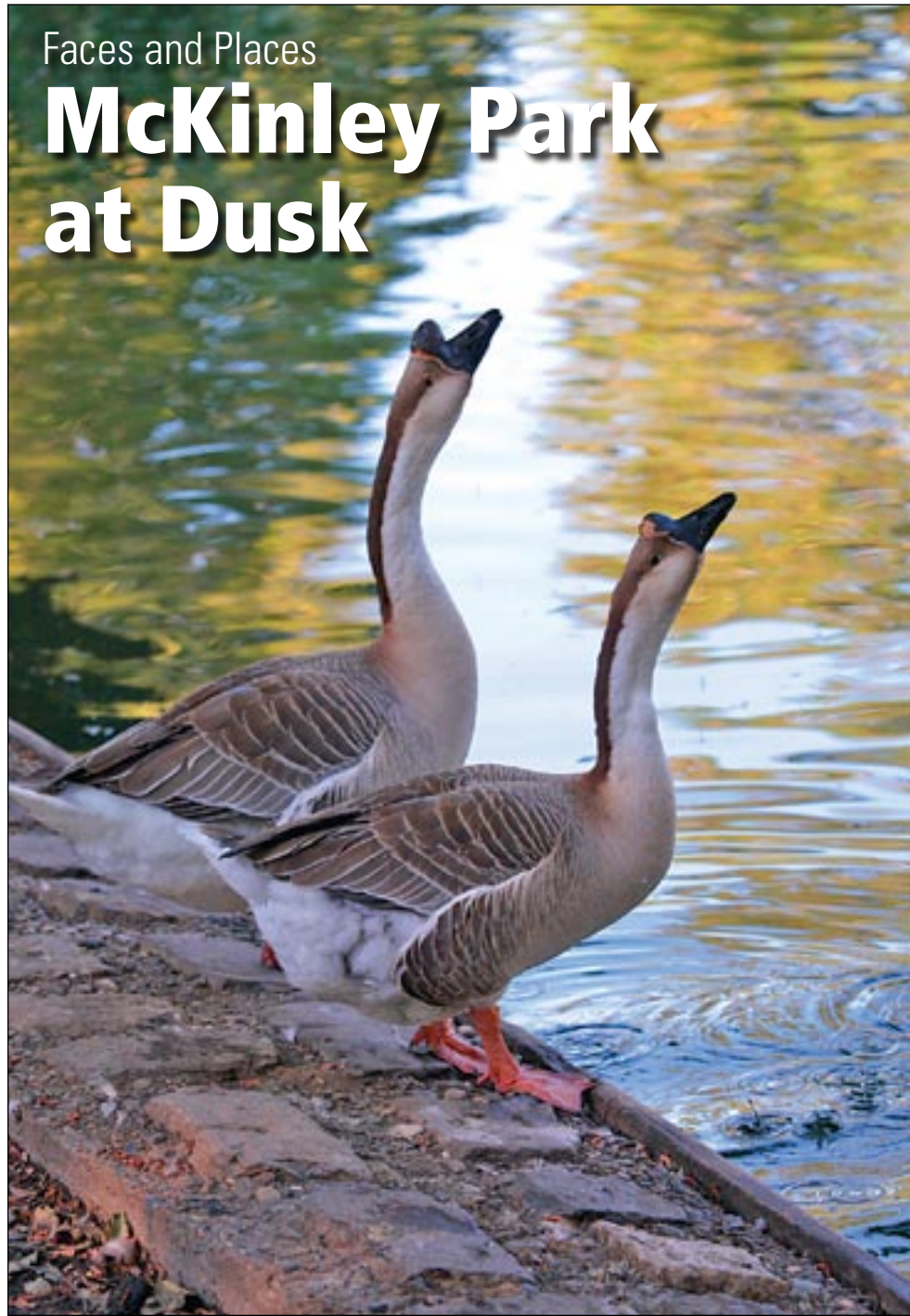
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To view Joseph's website, simply scan the code with your smartphone.



Faces and Places

McKinley Park at Dusk



Photos by STEPHEN CROWLEY
East Sacramento News photographer
stephen@valcomnews.com

Summer is officially here and McKinley Park is a wonderful place to visit in the cool evenings. Take a leisurely stroll around the large pond and you're sure to see the resident wildlife in this lovely park.

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Sacramento Zoo

EVENTS

Twilight Thursdays - Thursday, June 28: Zoo open until 8 p.m.

Enjoy a warm summer night at the Zoo with extended hours on Twilight Thursday. The Zoo is open from 9 a.m. to 8 p.m. for your family to enjoy. Dinner specials, live music and activities start at 5 p.m. Regular daily admission rates apply.

Family Overnight Safari - Friday and Saturday, June 29, 5:30 p.m. to 9 a.m.

This fun-filled educational evening will guide you through all that the nighttime Zoo has to offer. The camp-out is designed for small groups and families of 2 or more people. This is a perfect opportunity to see animal behaviors you may not have seen before. Dinner and breakfast are provided! For more information, or to make reservations, visit saczoo.org.

King of Feasts - Saturday, June 23, 6 to 9 p.m.

Enjoy this unique gourmet food and wine luau featuring live entertainment, Polynesian dancers, local celebrities and a silent auction. Enjoy foods from dozens of the finest Sacramento area restaurants and bakeries.

Sample premium California wines, beers and spirits in the relaxed and lush setting of the Sacramento Zoo. Please note that this is an adults-only event. Zoo closes early at 1:30 p.m. Parking is free and available throughout the park. For more information, call (916) 808-5888 or visit saczoo.org.

Sacramento Zoo - Wildly Inspiring!

Open since 1927, the Sacramento Zoo is home to over 140 native, rare and endangered species and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9 a.m. to 4 p.m., general admission is \$11.25; children ages 2 to 11 are \$7.25 and one and under are admitted free. Parking is free throughout the park or ride Regional Transit bus #6. For information, call (916) 808-5888 or visit saczoo.org.

Spend the Night at Humpty Dumpty's House

Families are invited to spend the night at Humpty Dumpty's house this summer. Fairytale Town will host three Family Campouts at the park this year: Saturday, June 30; Friday, July 20; and Friday, August 10.

This exciting overnight adventure includes a theater performance by Puppet Art Theater Company, arts and crafts activities, a scavenger hunt, bedtime stories and a sing-along. Families will camp in tents on the Mother Goose Lawn and wake up the next morning under the park's canopy of trees to a light continental breakfast.

Prices range from \$20 to \$30 per person and include all activities. Member discounts are available.

Fairytale Town is located at 3901 Land Park Drive, Sacramento. For more information, visit www.fairytaletown.org or call (916) 808-7462.

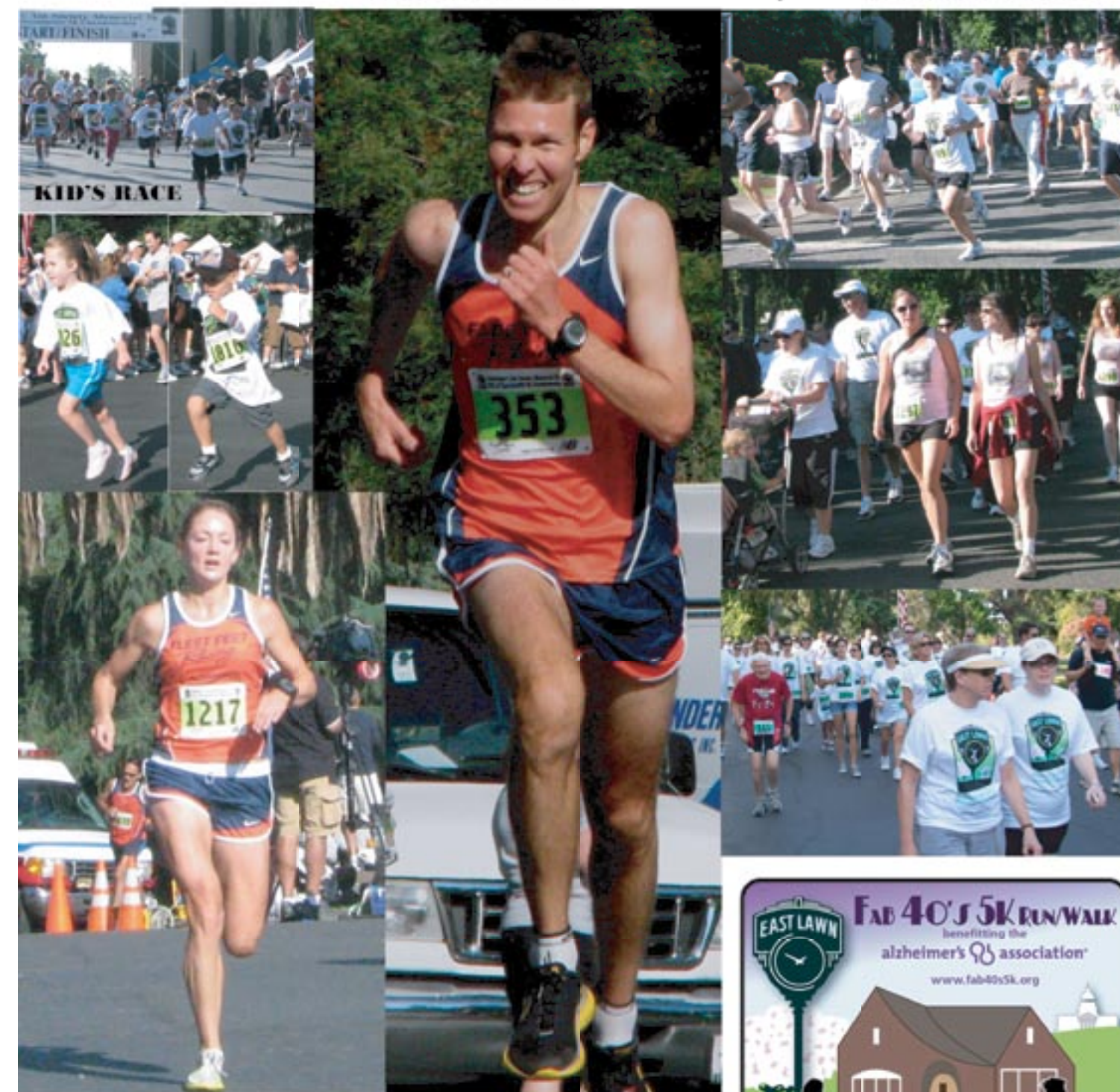


Fab 40's 5k Run/Walk

Benefitting the Alzheimer's Association
City of Sacramento 5k Championship

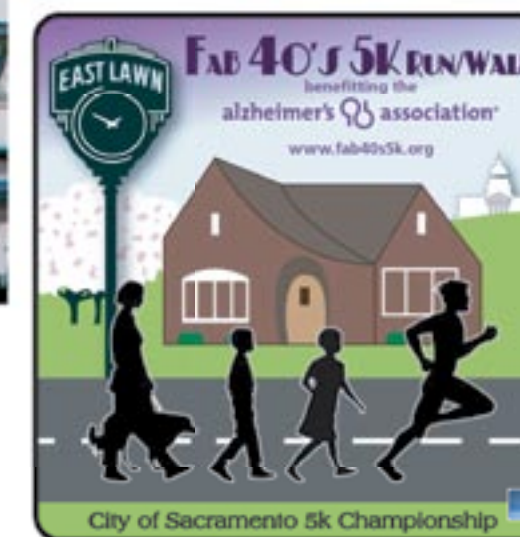
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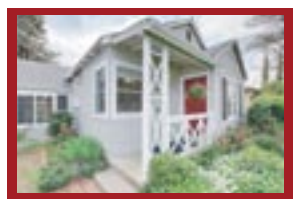
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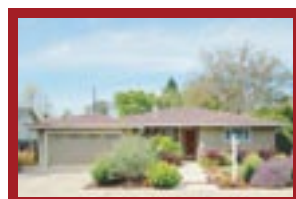


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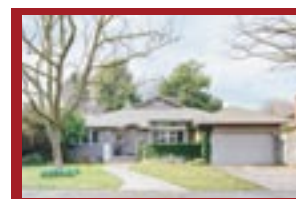
4308 E St East Sac
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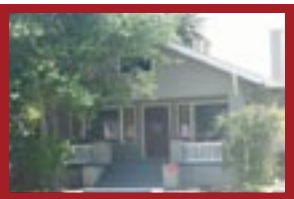
5328 Caleb Way River Park
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100% of list price



1140 57th St
\$475,000
Great house, large lot



116 Ada Way River Park
Sold in 6 days
for 98.5% of list price



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1321 40th St
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Storytellers enjoy sharing their tales with younger generations

By SALLY KING
East Sacramento News writer
sally@valcomnews.com

It was a warm Saturday morning and the little girl with dark brown hair, wearing a bright pink dress said to her mom smugly:

"I know this story."
And the little girl settled herself on the floor, leaning slightly against her mother's arm to listen to the storyteller finish the tale about "The Little Red House With No Doors and No Windows and a Star Inside."

Terry Chekon of the Sacramento Storytellers Guild held her young audience captive at the Effie Yeaw Nature Center in Carmichael as she told the tale of the *Little Red House*. At the end of the story came the surprise Chekon had promised at the beginning of the story. Chekon had brought a shiny red apple and she sliced it just right to show the star inside to the children and parents surrounding her.

In addition to Chekon, Lawrence Greyson, Gail Ryall and Ken Tomasik also told some enchanting tales for the group of children and parents who had gathered at the Center on a recent Saturday morning.

Sacramento Storytellers Guild

The Sacramento Storytellers Guild was started in 1987 by a group of eight retired teachers and librarians. The group used to meet at Luna's Café on 16th Street in Sacramento. They eventually ended up at the Eskaton Monroe Lodge (Senior Citizen's Residence), located at 3225 Freepoint Blvd. They meet monthly every third Saturday to discuss stories and ideas.

Storytelling Association

They are part of a larger group known as The Storytelling Association of California, a 501(c)(3) nonprofit organization. It is a regional voice for story listeners and storytellers in California, reminding the local and national community of the power and the joy of storytelling.

Chekon, a Greenhaven-Pocket resident since 1975, said she loves Halloween because it gives her an excuse to tell scary stories without getting into too much trouble.

"I attended library school in 1963," Chekon said. "I learned if you wanted to be a children's librarian, you better learn how to tell children's stories."

Ryall also attended library school in 1963. She said telling stories to children was the best part of her job. She also enjoys sharing labor stories with adults and has traveled across the country sharing her stories.

Summer reading

Tomasik has been telling stories for the past 30 years.

"My favorite time of year is summer reading," Tomasik said. "This is when I get the chance to tell the most stories as soon as school is out."

Tomasik encourages people of all ages to check out their local library and the many summer reading programs available.

Greyson, who is legally blind, has been telling stories since he was a young boy. His professional storytelling began in 1996.

"I had many operations on my eyes as a child," Greyson said. "I couldn't read or watch TV, so I would tell stories to my roommates in the hospital about the doctors and nurses."

Greyson had a friend with the same eye problems he had and they would spend hours on the phone telling each other stories.

Theater of the mind

Greyson said he likes telling stories where the kids can use their imagination. He might say in a story someone had a balloon. He does not say a red balloon or a blue balloon because he wants his audience to decide on the color of the balloon.

Greyson grew up in Sacramento. His dad was the librarian at City College for 31 years and his mom was an English teacher. In addition to telling children's stories, Greyson also tells stories at two local hospitals twice a month. Greyson plans out his hospital visits.

"Sometimes it takes me three to four hours picking out a story," Greyson said. "Then I have to do the research and rehearse the stories to get the timing down."

Greyson tries to tell four to five short vignettes that last from five to seven minutes. It keeps the interest going and creates a change of pace and scenery, keeping it lively. He often shares memories of past events such as the assassination of President John F. Kennedy.

Touching hearts, memories

"I try to touch their hearts and bring back memories," Greyson said. "I get paid for it, but I also get paid in their joy."

Even though Greyson is not able to see the folks he shares his stories with, he feels their intensesness, their excitement of hearing the stories brings him to life and this brings him happiness.

An ancient tradition

Greyson feels it is important for children to listen to stories of the past. He said children need time away from TV and computers to listen to their elders, because people 80 years old or older are going to be known as the last generation of people who lived without modern conveniences.

"Listen to their tales, how they rode to school on horseback, had to go down to the creek to get the water," Greyson says. "That era will never happen again."

Greyson encourages folks to join the storytellers. The group provides workshops on occasion and people of all ages are welcome.

"Everyone has a story to tell," Greyson says. "The joy of storytelling, at least for a short time, takes the person out of what they are worried about and gives them a chance to relax and use their imagination; it's like giving them a happy pill."

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Editor steps down

Life transitions, the art of living simply and the importance of 'The Present Moment'

By **SUSAN LAIRD**
East Sacramento News editor emeritus
slaird@handywriting.com

There are stages in all of our lives: a time to be born, a time to die. Between those two points in time, there is the "stuff" life is made of: childhood, the school, high school and college years, family life, friends, growing older. The list goes on and on.

I'm now at the "sandwich" stage of life. Much as I wish this was about delicatessen delicacies, it's not. The Sand-

wich Generation, loosely defined, is that group of people who are still raising a family (or supporting kids in college) while taking on the additional responsibility of caring for aging parents.

My mom, a healthy widow of 72 years of age, was struck by a condition called "transverse myelitis" on April 25. This auto-immune disorder attacks the spinal cord. Only 100 people per year are affected nationwide. There is no known cause. Within 24

hours, Mom was a quadriplegic.

And my entire family's life was changed.

The good news is: Mom has every reason to learn how to walk again in the next 12 to 18 months. She's regained much of the use of her arms. Hands and feet are slower. The central nervous system, I'm told, is the slowest part of the human body to heal itself.

The challenging news is: things have to change for each family member.

I am stepping down from my position as editor of this newspaper because Mom will need 24-hour care for many months. I'll be the caregiver, taking care of physical needs, making the rounds with doctors and therapists and taking care of anything else that needs taking care of as Mom recovers.

My daughter got two jobs at Seton Hall University to supplement her merit scholarship and she is looking into other options to take care of the balance of her tuition.

My husband is taking care of Mom's house for the next year or so, because Mom really wants to go home eventually. And we don't want her to lose her home.

Mom, for her part, is a real saint. She wishes that she wasn't putting us in this situation, and she is doing all she can to work hard in her physical and occupational therapy sessions to re-learn how to do the very things we each take for granted. She prays for others – a lot.

Will this be a rough time? Sure. I wouldn't wish this on anyone.

Will this be a blessing in our family? Absolutely. Blessings are pouring out in abundance.

The initial blessing was: "We still have Mom." We have a second chance to appreciate each other and to say the things that need to be said.

The second blessing, for me, has been the emptying out of my house as I prepare to welcome Mom in for her 12 to 24 month rehab period.

I always knew I had too much "stuff." I wasn't a hoarder, but I simply would put things off for another day.

I put off a lot.

Well, that day has come... and as I've gone through



Photo courtesy, Susan Laird
SANDWICH GENERATION. Generations that cared for their children often need to be cared for by their children and grandchildren. Susan Laird, the toddler in this photo from 1967, is stepping down from her post as editor at Land Park News so she can care for her mom, who is recovering from transverse myelitis.

boxes and boxes of ephemera, I've had to ask myself, "Why did I keep all this? I don't need any of it."

Mahatma Gandhi taught, "Live simply, so others may simply live." I have a greater appreciation for the beauty – the art – of simplicity and what is truly needed in life. I plan to continue to simplify my life as much as possible. It's an on-going lesson I'm learning.

Finally, the greatest blessing is the support of a worldwide community of friends. Through local churches, Rotary clubs, the Sacramento area and social media, friends and strangers have shared their love, wisdom, prayers and support for ideas and resources. I had no idea we were so rich in the quality of our friends. It is a humbling realization. We are blessed.

The past is the past. The future is something we can only prepare for, and it is promised to no one.

What matters most is how we handle the "Present Moment." Today.

As the Romans said, "Carpe Diem" – Seize the Day. Hug your family. Do a good deed for a stranger. Pray. And appreciate the beauty and true wealth that surround you.



Photo Courtesy Lou Coppola

Swing Masters Big Band coming to the Elk's

Special to East Sacramento News

Trombonist and bandleader Bob Fry and his Swing Masters will be performing at the 11th Anniversary Ball presented by the Nor Cal Big Band Preservation Society at the Sacramento Elks Lodge #6, Sunday, June 24, from 2 to 5 p.m.

Enjoy ballroom dance hits of the 30's through the 70's, including an array of swing, foxtrot, waltz, rhumba, bossa nova and chachas. Key soloists beside Fry are sax players Warner Seargent and Jason Galbrath, lead trumpet Jim Buntin, plus vocalists Rubi Lee and Chuck Lockhart.

Fry's fabulous career spans four decades, that included directing stage and big bands in

Washington D.C. and on board ships and bases around the world.

The unique society, one of two in the U.S. has members in ten counties, with attendees in the hundreds over the past eleven years.

Key supporters are it's Gold Card members (\$22 yearly dues). singles and couples are welcome, with four mixers during the three sets plus snacks at 3 p.m. and door prizes at 4 p.m. Regular tickets are \$12, groups of ten \$11 and Gold Card holders \$10 each.

Doors open at 12:45 p.m. with D.J. Dancing from 1 p.m.

Elk's Lodge #6 is located at 6446 Riverside Boulevard. The event is co sponsored by Avalon Hearing Air Centers. For more information, call (916) 444-6138.

CALENDAR

For more Calendar entries visit
www.valcomnews.com

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

JUNE

Bilingual Toastmasters

June 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

Capitol Mall Farmer's Market

June 21, 28: Capitol Mall Farmer's Market. Every Thursday, May-Sept. 10 a.m.-1:30 p.m. 6th St. & Capitol Mall, Sac. www.california-grown.com

East End State Capitol Park Farmer's Market

June 21, 28: East End State Capitol Park Farmer's Market. Every Thursday, June-Sept. 10 a.m.-1:30 p.m. 15th & L streets, Sac. www.california-grown.com

Florin Sears Store Farmer's Market

June 21, 28: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

Food Addicts Anonymous

June 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

June 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 Pocket/Greenhaven

June 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freepoint Blvd., Sac. Kelly Byam (916) 684-6854.

See more Calendar, page 20

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CALENDAR

For more Calendar entries visit
www.valcomnews.com

Continued from page 17

Sacramento Downtown Plaza

Farmer's Market

June 21, 28: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

Sutterville Heights Optimist Club

June 21, 28: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

'Arsenic and Old Lace'

June 22, 23, 24, 29, July 1, 6, 7, 8, 13, 14, 15, 20, 21, 22: It's murder most funny as the homicidal Brewster sisters relieve the loneliness of old men by inviting them for a nice glass of elderberry wine. \$19-\$21. Chautauqua Playhouse, 5325 Engle Rd., Carmichael (916) 489-7529 www.cplayhouse.org

Ballroom Dances

June 22, 26, 29: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Kiwanis Club of East Sacramento-Midtown

June 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.eastsacmidtownkiwanis.com

Rotary Club of Point West

June 22, 29: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Double Tree Hotel, 2001 Point West Way, Sac. www.pointwestrotary.com

Sacramento Kaiser Farmer's Market

June 22, 29: Sacramento Kaiser Farmer's Market. Every Friday, June-Nov. 9:30 a.m. - 1 p.m. 2025 Morse Ave., Sac. www.sierrafresh.com

Saint Rose of Lima Park Farmer's Market

June 22, 29: St. Rose of Lima Park Farmer's Market. Every Friday, June-Sept. 10 a.m. - 1:30 p.m. 7th & K streets, Sac. www.MarketLocations.com

Soroptimists of Sacramento

June 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

Fire Station 7 open house

June 23: Come visit Fire Station 7 at 6500 Wyndham Dr., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Food Addicts Anonymous

June 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.

Blood Drive

June 24: Save a life - give blood. 9 a.m.-1:30 p.m. Walk-ins welcome. Please eat & drink plenty of fluids, bring photo ID. BloodSource Bloodmobile, 6441 Riverside Blvd., Sac. Tony (916) 205-3630 anneynot@aol.com

Carmichael Farmer's Market

June 24, July 1, 8, 15, 22, 29: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

Co-Dependents Anonymous

June 24, July 1, 8, 15, 22, 29: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

June 24, July 1, 8, 15, 22, 29: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m., every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Elks Lodge No. 6 Open House

June 24: The best kept secret in Sacramento, affectionately known as Elks Lodge No. 6 will hold its first open house. 11 a.m.-4 p.m. Tours, rental and athletic facilities. Come see what its all about. Free. 6446 Riverside Blvd., Sac. (916) 422-6666, www.elk6.com, www.sacramentoelks.com

Families Anonymous

June 24, July 1, 8, 15, 22, 29: Meet with other parents who are dealing with a daughter or son who is experiencing mental, emotional or addition problems. Meets every Sunday without fail. 3 p.m. Del Norte Swimming and Tennis Club, 3040 Beccera Way, Sac. Jane (916) 402-2465

Nor Cal Big Bands Preservation Society Dance

June 24: Enjoy dancing to the sounds of the big bands of the early and mid-20th

century. 1 p.m.-5 p.m. Singles and couples of all ages are welcome. Special talent at 1 p.m. Snacks at 3 p.m. Prizes at 4 p.m. Dance hosts available. Regular admission \$12, \$11 per person in groups of 10 or more and \$10 for Nor Cal Big Band Gold Card Society members. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

State Parking Lot Farmer's Market

June 24, July 1, 8, 15, 22, 29: State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.-noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

Sunday Support for the Widowed

June 17, 24: 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

Hatha yoga

June 25, July 2, 9, 16, 23, 30: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

Nicotine Anonymous

June 25, July 2, 9, 16, 23, 30: 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

Rotary Club of South Sacramento

June 25, July 2, 9, 16, 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

June 25, July 2, 9, 16, 23, 30: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

June 25, July 2, 9, 16, 23, 30: 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

Fremont Park Farmer's Market

June 26, July 3, 10, 17, 24, 31: Fremont Park Farmer's Market. Every Tuesday, May-Sept. 10 a.m.-2 p.m. 16th & P streets, Sac. www.california-grown.com

Roosevelt Park Farmer's Market

June 26, July 3, 10, 17, 24, 31: Roosevelt Park Farmer's Market. Every Tuesday, May-Sept. 10 a.m.-2 p.m. 9th & P streets, Sac. www.california-grown.com

Rotary Club of Arden-Arcade

June 26, July 3, 10, 17, 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

June 26, July 3, 10, 17, 24, 31: 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

Upholstery class

June 26, 27, July 10, 11, 17, 18, 24, 25, 31: 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

Chavez Plaza Farmer's Market

June 27, July 4, 11, 18, 25: Chavez Plaza Farmer's Market. Every Wednesday, May-Oct. 10 a.m.-2 p.m. 10th & J streets, Sac. www.california-grown.com

Co-Dependents Anonymous

June 27, July 11, 18, 25: 12-Step group for those who struggle to maintain healthy relationships. Meets Wednesdays. 7 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Elk Grove Regional Park Farmer's Market

June 27, July 4, 11, 18, 25: Elk Grove Regional Park Farmer's Market. Every Wednesday, May-Aug. 4 p.m.-7 p.m. Elk Grove & Florin roads, Elk Grove. www.california-grown.com

Rotary Club of East Sacramento

June 27, July 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon-1:15 p.m., every Wed. Ewan's Kitchen, 855 57th St., Sac. (in the 57th St. Antique Mall) www.rotary.org

Senior Wednesday Club

June 27, July 11, 18, 25: The Senior Wednesday Club meets to chat, play bridge, pinochle 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

June 27, July 11, 18, 25: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

Fire Station 6 open house

June 30: Come visit Fire Station 6 at 3301 Martin Luther King Blvd., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

July

POWERtalk International

July 3, 7: Want to improve your public speaking and presentation skills? POWERtalk International, a nonprofit public speaking organization, provides coaching in leadership skills, sales presentation, interviewing, confidence building and more. Meets First Tuesdays of the month 10 a.m.-1 p.m. and First Saturdays of the Month 12 noon-3 p.m. Aviators Restaurant, 6151 Freeport Blvd., Sac. Liz Richardson (916) 208-9163, erichardson1202@yahoo.com www.powertalkinternational.com

Movies in the Park

July 6: "Puss in Boots." Bring a blanket, lawn chair & flashlight. Free. Movie begins at sunset. Gibbons Park, 4701 Gibbons Dr., Carmichael. (916) 485-5322

Fire Station 11 open house

July 7: Come visit Fire Station 11 at 785 Florin Rd., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Land Park Volunteer Corps

July 7: Got work gloves and a "let's get down to business" attitude? Then the Land Park Volunteer Corps is for you! Come join members of the community as we maintain, improve and beautify lovely William Land Park. First Saturday of every month, March - Nov. Free. 8 a.m. meet behind Fairytale Town, 8:25 a.m.-11 a.m., work on projects as assigned. Light breakfast, lunch provided by local businesses. (916) 718-3030 ckpinsac@aol.com

Pancake Breakfast

July 7, Aug. 4: Two light, delicious, warm pancakes, a tasty patty of sausage, Log Cabin syrup, tea and coffee, all for only \$3/person! 8:30 a.m.-10 a.m. Every First Saturday of the Month. Benefits the Wednesday Club. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Crochet Guild

July 11, Aug. 8: 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. Karoly (916) 457-4044

Referrals Plus

July 11, Aug. 8: 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

Carmichael Geranium Society

July 13: Come to the monthly meeting of the Carmichael Geranium Society. Guests welcome. Meets every Second Friday of the month, 10 a.m.-12 noon. No mtg. in Aug. Carmichael Park Community Clubhouse, 5750 Grant Ave., Carmichael. Jean (916) 481-2076



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Seating is limited to 30 attendees per seminar

St. Francis Community Hall

6700 Verner Avenue, Sacramento, CA 95841

(I-80 @ Greenback)

Reservations Required RSVP to Lisa West @ (916) 732-2020

"Surviving in Our Toxic World"

Documentary filmmaker Deborah J. Whitman, of Environmental Voices, will show a 40 minute documentary film - "Sky Lines" followed by a discussion of how you can survive in our toxic world.

Thursday, July 26 - 7 to 9 p.m

Robbie Water's Pocket-Greenhaven Library Meeting Room
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PENDING

CENTENNIAL LADY

Built by the Mellor Family (1914) under the canopy of a majestic Valley Oak, this historic East Sac beauty is 3 bedrooms and 3 baths. Remodeling in 2006 added modern amenities, yet kept all of the original charm. Park-like backyard and oversized 2 car garage backing to a well-kept alley. See: visualtour.com/shownp.asp?t=2771415 \$725,000

DAVID KIRRENE 531-7495



EAST SACRAMENTO CHARMER

Pottery Barn darling in East Sac. 2 bedroom home with new kitchen in 2006, new bath in 2011. New gutters and outside paint in 2009. Entire interior recently painted including all woodwork. Central heat and air conditioning, living room fireplace. Sewer line has been replaced as well. You will love this one! See: 132460thstreet.eproperty.com \$339,000

LEIGH RUTLEDGE 612-6911 • BILL HAMBRICK 600-6528



MCKINLEY PARK HOME

Amazing 3 bedroom 2 bath McKinley Park home with a full guest quarters! This home has been completely remodeled and maintained for your enjoyment. Features include an updated kitchen and completely remodeled baths, gleaming hardwood floors, a very spacious floorplan, and a private sanctuary for a backyard; and guest quarters. See: [440-39th St.](http://440-39th.St) \$599,000

TIM COLLOM 247-8048



RIVER PARK

This fantastic River Park 3 bedroom 2 bath home has been completely remodeled for your enjoyment. The seller has spared no expense with a newer roof, remodeled kitchen, completely landscaped front and back, insulation, dual pane windows and a very large laundry room. Freshly painted and a turnkey property for the buyer that wants to move right in! See: [5241 Moddison Ave](http://5241.Moddison.Ave) \$399,000

TIM COLLOM 247-8048



PENDING

SPACIOUS LUXURY

Fab 40's 5 bedroom 3 bath home featuring big kitchen, formal dining room, breakfast nook, living room with 11' ceiling, large bedrooms and lots of storage. Large backyard and patio with gas plumbed for a BBQ, 11x13' bonus room behind the 2-car garage. \$1,195,000

NATHAN SHERMAN 969-7379

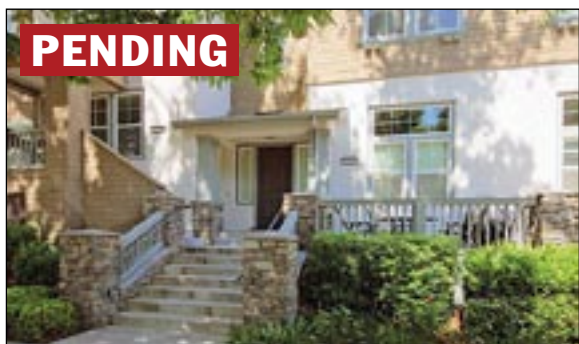


PENDING

FANTASTIC TIVOLI WAY

Lovely 2 bedroom house, just minutes away from McKinley Park!!! Features include a gourmet kitchen with high end stainless steel appliances, hardwood floors, dual pane windows, a charming fireplace, central heat and air, and built in surround sound. As you walk out into the fully landscaped backyard you will notice a saltwater pool that is perfect for the summer. \$337,500

TIM COLLOM 247-8048



PENDING

DOWNTOWN LIVING

Fantastic townhouse in the heart of Midtown in the Village at Washington Park. 3 bedroom home with a great open layout that is perfect for entertaining. 2½ baths and 2-car attached garage. This townhouse includes high ceilings, a gourmet kitchen, large bedrooms, and a large master suite. Superb location just minutes to downtown offices, shops and restaurants. \$249,000

TIM COLLOM 247-8048 • LIBBY NEIL 539-5881



PENDING

EAST SAC BUNGALOW

Very well priced 3 bedroom vintage Bungalow. This home features an updated kitchen with granite countertops, an updated bathroom, a very spacious floor plan, and a classic fireplace. And, a very large lot offers more potential! Call today to see. \$249,000

TIM COLLOM 247-8048



PENDING

CUTE EAST SACRAMENTO

Cute...cute...cute, move-in ready! This home features 2 bedrooms, a newer kitchen and bathroom, wonderful paint selection and lots of storage; all adding to the appeal of this home. The detached one-car garage has gobs of built-in storage. And the yard! Imagine yourself with your friends in this wonderful backyard complete with flowers and fruit trees. \$275,000

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