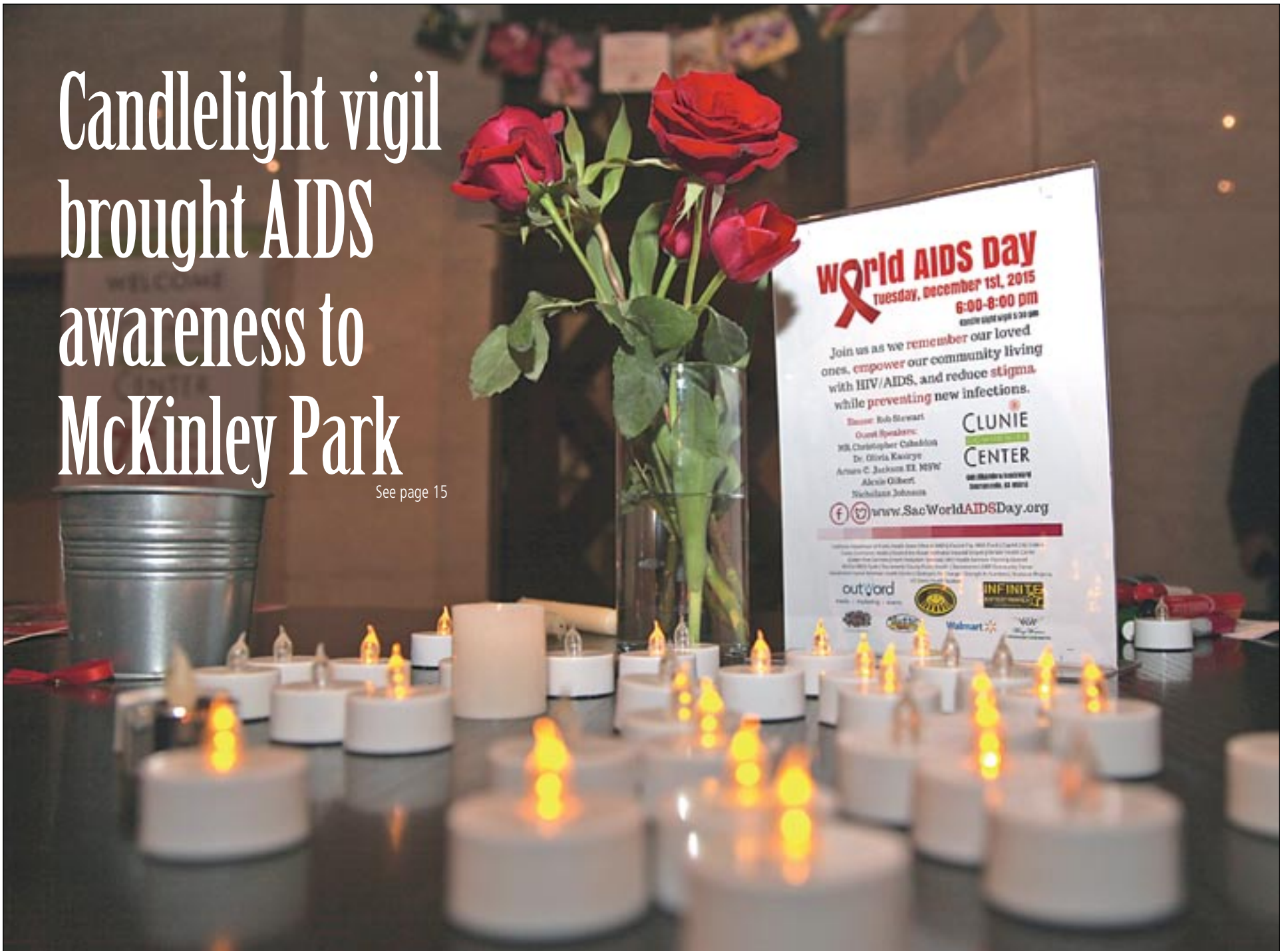


EAST SACRAMENTO NEWS

— BRINGING YOU COMMUNITY NEWS FOR 25 YEARS —

Candlelight vigil brought AIDS awareness to McKinley Park

See page 15



- Door-to-Door 4
- Janey Way Memories 11
- Home Improvement Guide 12
- Calendar 13
- Classifieds 14

Newspapers are in their blood:
Meet the new publisher of the East Sacramento News

■ See page 2



Meet the folks behind Miller Meats

■ See page 8



Top Listing Agent - December



Angela Adams
916.761.9505
CalBRE# 01257698

Top Selling Agent - December



Scott Mercer
916.216.0571
CalBRE# 01317971

#1
RE/MAX Gold
Midtown
916.277.8155
2014 Capitol Ave. Sacramento, CA 95811

Buy • Sell • Invest



Meg Heede
916.803.1628
Meg@MegHeede.com • CalBRE# 00766891

Coming Soon!
Colonial Village Charmer
3 bed, 1 bath across from park and Earl Warren School. Call/text agent
Tyler Edwards • 916.606.5710
CalBRE# 01199472

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

Vol. XXV • No. 2

East Sacramento News is published on the first and third Thursday of the month 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.....David Herburger
Editor.....Monica Stark
Art Director.....John Ochoa
Graphic Designer.....Annin Greenhalgh
Advertising Director.....Jim O'Donnell
Advertising Executives.....Linda Pohl, Melissa Andrews

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

Cover photos:
Stephen Crowley
Staff
Corky Oakes

Copyright 2016 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Newspapers are in his blood:

Meet the new publisher of Valley Community Newspapers

By **MONICA STARK**
editor@valcomnews.com

Growing up attending “every event under the sun” while his father Roy carried a camera around his neck and his mom Mary spent days writing about local news, the last thing David Herburger thought he’d pursue was working in the newspaper business. Roy first put David to work at age 7 delivering newspapers and now the son brings Dad into the office.

Every morning after Roy Herburger is dressed to the nines, David drives him over to where Herburger Publications began half of its newspaper operations – The Galt Herald, the small town’s official newspaper since 1901. There, Roy, now age 85, despite suffering from Parkinson’s and losing his eyesight, continues writing Roy’s Comments, a weekly local happenings column in print since 1959. “As long as his fingers are in the right place, he’ll be typing out the column,” David said. Mary, 83, continues to add to the Herald’s sister publication, the Elk Grove Citizen with announcements of life’s three big events: “hatchings, matchings, and dispatchings,” though she said these days it’s mostly been the latter that she writes about.

Roy and Mary divorced in 1980 but have continued coming to work every day. The Elk Grove Unified School District named a school after the older Herburger: Roy Herburger Elementary. There’s also a park named after him and one named after Mom, called Mary Hull Lewis Park. Roy, Mary and David have all sat on numerous boards, and on Friday, Jan. 8, the Elk Grove Chamber of Commerce named David chair of the board of directors at its annual gala.

Publishers of the Elk Grove Citizen, Laguna Citizen, The Galt Herald, and The River Valley Times, and the printers of various publications through its commercial department which prints newspapers and other publications for schools, community groups and local



Shown sitting, Roy Herburger, with his son, David Herburger inside Roy’s office at the Galt Herald. As of Jan. 4, Herburger Publications owns Valley Community Newspapers.

businesses, Herburger acquired Valley Community Newspapers as of the first of the year.

Purchased from the Mackos, George and Kathleen, Valley Community Newspapers continues its family-owned, community-based coverage with a publishing company whose CEO, Roy, and its General Manager, David, has been involved with VCN for many years as its printer. Ready to retire, George ensured VCN staff a place of continuous employment by selling to the Herburger family. In 2015 after the surprising death of the West Sacramento News-Ledger’s publisher and editor Steve Marschke at age 51, the Mackos purchased that publication, keeping it

See Herburger, page 9



Looking for a GETAWAY?

Purchase a second home!

LET US LEND YOU A HAND
Guild Mortgage Company offers multiple financing options to fit your needs so that you’re able to purchase that perfect getaway spot for you and your family.



DAVID MENDOZA | NMLS #243859
Senior Loan Officer | 916.977.1227
dmendoza@guildmortgage.net | www.guildmortgage.com/officers/davidmendoza

Guild Mortgage Company is an Equal Housing Lender; NMLS 3274. Branch NMLS 1229663. Guild Mortgage Company 3626 Fair Oaks Blvd. Suite 100, Sacramento, CA 95864. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. I am authorized to conduct business in the states of California, Arizona, and Oregon. AZ BK # 0018883 AZ LO # 0926128, OR ML 176. All loans subject to underwriter approval; terms and conditions may apply. Subject to change without notice.

East Sacramento area school highlights of 2015

By **ELLEN COCHRANE**
SCUSD School board trustee for Area 2



The new year holds much promise for the Sacramento City Unified School District, as well as many challenges. It seems that better economic times will offer a boost to the districts finances. However, the responsibilities of the district are complex and urgent and will require every new penny gained from taxes and a careful spending of resources. I consider votes on the budget to be one of the most important parts of my job.

When you contact elected officials you should hear back from them, promptly. The feeling that you’re yelling down a well is thoroughly unacceptable. One simple first year goal was to respond quickly to every constituent contact, via email, letter, phone or in person. So it goes for 2016, if you need anything SCUSD related—Call me! (916) 457-2725.

At the beginning of last year retired teachers faced a crisis with health care when changes were abruptly made without a board vote. Under board direction the district has returned retirees’ health benefits as they were at the beginning 2015. Our retired teachers are secure.

Teachers will enter into contract negotiations this year. I support a fair raise in teachers’ salaries and retention of solid

health care benefits. While this raise may seem extraordinary, it will bring SCUSD teachers into parity with surrounding districts, which pay significantly higher salaries. Last year we started the school year with more than 80 unfilled credential positions. We cannot attract and retain new teachers unless we can compete with other districts. This spring, I will participate in university visits (with district personnel) to promote the job openings in SCUSD. If you know of anyone who is interested in a teaching career, let me know!

Summer school of yore is no more, and most activity and elective courses are gone. Even credit recovery is not always available; however, SCUSD does have a bright spot. Visions 2000 Foundation’s College Prep Math & Reading Academy at Sac State is committed to addressing the critical needs and interests of students in the public school system. It is a model of summer school intervention that works with and supports SCUSD. In the dearth of summer school opportunities, it’s a bright light. One of my goals this year is to begin reinstating summer school programs.

Broader district endeavors include the 5 Year Strategic Plan, Local Control Spending, Restorative Justice, and contract negotiations. If you have any specif-

See School board, page 13

Updated In East Sac



5400 C Street • \$499,000

2 bedroom, 1 bathroom + Home Office and Family Room, ch/a, hardwoods, fireplace, remodeled kitchen and bath, lots of storage, nice rear yard.



KURT CAMPBELL
PROFESSIONAL REAL ESTATE CONSULTANT
956-5878



Enjoy Life at Pioneer Tower

A 55+ Community



Come tour our newly remodeled, downtown facility featuring:
Spacious 1-bedroom apartments with complete kitchens, new appliances, walk-in showers, large closets, balconies, lovely views

We pay utilities, offer free transportation to shopping, medical appointments, and fun excursions to local area points of interest

- Active residents association with a variety of social activities
- On-site Service Coordinator
- 24-hour maintenance, compassionate, caring staff
- Small pets welcome
- Rental Assistance Programs for income-qualified applicants

We Pay Utilities!

Active Senior Living Retirement Community

515 P St., Sacramento
(916) 442-2907

www.rhf.org

SENIOR HOMECARE

By Angels®

We Care Every Day, In Every Way.
Experienced senior care for total peace of mind.

Bathing Assistance • Dressing Assistance • Grooming
Medication Reminders • Errands • Shopping
Light Housekeeping • Friendly Companionship • Flexible Hourly Care
Respite Care for Families • Live-in Care

www.VisitingAngels.com/Sacramento

916.971.9333



Each Visiting Angels agency is independently owned and operated.

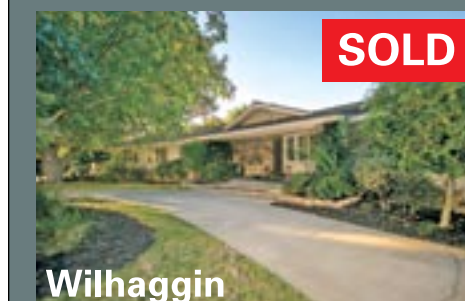
Do you have a story?
Tell it to us.
Call Monica Stark at 916-429-9901



FINALLY, A 46TH STREET HOME !

Located on arguably one of East Sacramento's most prestigious streets, this 2 Master Suite Bedroom/3 Bath home has a large formal living room with fireplace and a traditional dining room. The cozy Kitchen/Family combo has a fireplace and breakfast nook that looks out onto the lush backyard with pool. This home has been immaculately maintained over the years.

\$1,100,000



Wilhaggin



Land Park



Charming East Sacramento Cottage!

This 2 Bed/1 Bath has a newly remodeled kitchen & bathroom and all new hardwood floors throughout. The living room is bright with a large floor to ceiling fireplace and period stained artglass. Kitchen has been updated with glass tile backsplash, granite countertops and all new cabinets and appliances. Both bedrooms have french doors leading out to the backyard pool.

\$489,950



Style & Quality throughout this East Land Park

Style & charm throughout this 4 Bedroom/3 Bath home in a newer neighborhood of East Land Park. This quality, custom built Tim Lewis home features dramatic 10 foot ceilings, extensive use of windows, kitchen/family room combo with large center island and breakfast nook, granite counters & fireplace. Additional large family/game room at top of stairs. Great yard with built-in pool and separate spa!

\$499,950



Spacious Living!

This sprawling 4 Bed/2.5 Bath home in Elk Grove is move-in ready! The Living/Dining Room combo is spacious and light. The Family room has a cozy river rock fireplace that is so inviting. The Master suite is separate from the other bedrooms and has a door to the outside covered patio, while the master bathroom has granite throughout, glass block windows, jetted tub and a walk-in closet.

\$499,950



454-0323
www.EastSac.com

CalBRE# 01447558



Text **KWRich** to 87778 for a free mobile KW app.





**Door
— to —
Door**
with PAT LYNCH

Brand You

Everybody knows that cattle are branded. Some cowboy presses a sizzling hot poker into the cow's hide, sings it with a logo that marks it as the property of the ranch. This cannot be a good experience for the cow. It makes an agonized sound and smoke rises from it. When I was a child I saw this done in a movie and came away appalled. If I ever

had a ranch, I vowed, I would not burn cows with a branding iron. I would spray paint their tails or something.

Later I came to understand branding as advertising, as identification and promotion if inanimate products. For example, General Motors branded itself as patriotic, and GM bigwigs said, "What's good for General Motors is

good for the America." Coco Cola had a secret ingredient and was the "real thing," unlike its synthetic competitors. This was around the birth of the infamous Brand X, a weak, false, inferior product that could not stand comparison with Colgate or Kellogg's. Corporations proclaimed their products were the best, Number One, chosen first by more doctors, dentists, housewives, discerning rich people ("Pardon me, do you have any Grey Poupon?"), mechanics, gardeners, children, chefs, TV addicts, smokers, drinkers, hair dressers, drivers, fast food junkies, pain relief seekers and so on adown a litany of suffering consumers whose lives would improve if they chose these brands.

Then a friend, an East Sacramento neighborhood activist, went off to one of those mandatory work Self Actualization thingies. She thought she might pick up tips that would help her improve ways to protect the good quality of this neighborhood. To her surprise, guest speakers enjoined her to adopt certain mechanical behaviors that would win her jobs, promotions, and overall advance her

personal trajectory through life. She was further surprised to learn that she too was a product that needed branding. "You need to market your brand," the speaker said.

At first it was disconcerting to realize that she was like a bowl of cereal, that they were all bowls of cereal, and the cereal that got itself into the most attractive package would be the one purchased, hired, elected.

Then came the Elevator Pitch. Suppose you find yourself on an elevator with a "target" CEO of a marvelous company. There are certain words you can use on a four fight elevator ride that will establish your brand, and make the CEO realize he/she needs to hire Brand You. Those words are Offer, Skills, Help, Strategize, Increase, Familiarize, Believe, Potential, Optimize and Profit. My friend sat in stupefied silence. But many others wrote down the words. If you Google "personal branding" you'll find similar lists of "magic" elevator words on countless marketing blogs, but you'll have to pay to see them.

My poor friend, an authentic person who innocently assumed that education and tal-

ent were the keys to career advancement, does not usually chat with strangers in elevators, and has never lurked in a lobby waiting for a "target" CEO to press the UP button. She thinks of this as stalking. When she returned from her actualization seminar she said the whole thing seemed staged and superficial.

"Come," I said. I opened the laptop and showed her the Internet world of Reputation Management Consultants (yes, the spin doctors of yesteryear are now your personal Reputation managers). I also showed her a site that promised to show how to construct "Your Own Brand Ecosystem."

"My brand ecosystem?" she said. "Ecosystem? What the holy hell?"

"Swearing is bad for your brand," I said. I toured her through a maze of Internet promotion. Online branding experts advised that we "build brand identity" by calculating how we want to be perceived by others and using certain language, gestures and expressions that enhance that perception. Here are some of the sug-

See, Door-to-Door, page 5

The Clothing Hang-Up Boutique

1015 2nd Street, Sacramento, CA 95814
Old Town Sacramento
(916) 970-5943
Dorcy E. Kramer - Owner
www.TheClothingHang-UpBoutique.net

Tom Leonard | 834-1681
Tom.Leonard@CBNorcal.com
CalBRE#01714895

Classic 1918 Bungalow in Elmhurst

4th Generation East Sacramentan

COLDWELL BANKER
RESIDENTIAL BROKERAGE

1901 49th Street | \$549,000
This home boasts over 1,900 sq. ft., 5 beds & 3 full baths.

1864 52nd Street | \$332,000

5341 T Street | \$566,000

96 Coloma Way | \$469,000

New Construction

New Listing!
1139 58th Street | \$839,000

This beautiful home has 4 bedrooms, 3 bathrooms and a home office.

Door-to-door

Continued from page 4

gestions: "Create a logo"--(yes, a personal logo, as though you were a candidate running for office, and in essence you are); "Create a color palette" and stick to three colors (for your outfits, your business cards, your personal stationary); and, "Create all of your physical deliverables." I knew this one would put her over the edge so I hastened to explain: it meant, maintain contemporary grooming standards and manufacture a confident walk, a ready smile, an attentive facial expression, a poised pose. Physical deliverables. In better words, look as tall as you can. She rolled her eyes and I hit her with the last one: "Establish a unique tone of voice."

"What?" she said. "I have to fake my voice too? That's insane. That's—"

"You should have repeated my name twice in that last sentence," I said. "You're supposed to say the name of the person you're talking to multiple times throughout the conversation. To establish intimacy."

"What the holy h—"

Pat, do I have to fake my voice too? Pat, that's insane. Pat, that's...whatever. There should have been at least three Pats in your sentence. And you shouldn't have said, insane. Don't use strong or pointed language. You should have said, "Pat, I'm not comfortable with manufacturing an artificial tone of voice."

"This is all so phony and horrible," she said.

"This is all so phony and horrible, Pat. And don't say phony. And don't say horrible."

"I already have a core identity," she said. "I had it when I was six."

Ignoring her, I continued to read aloud because I was about to blast her into the branding stratosphere where her cerebral cortex would implode into bitty fragments of disbelief. "Stick to your brand in everything," I read. "Even texting phone mes-

sages. If you use punctuation in your texts they seem less sincere."

"What?" she whispered.

"Yes. No punctuation. No grammar. Smile continually. Don't worry if you sound like an illiterate. Keep saying the name of the person you're talking to, and make appropriate physical contact by lightly but repeatedly tapping his or her forearm. Hug when you meet, hug when you part. Hugging is critical. Double-hug when people are looking. Bond, bond, bond. No swearing. No intensity. No pointed language. No opinions. Be positive about everything. Unremittingly positive. And always have your physical deliverables in tip-top form. Got it?"

"How is any of this going to help me help the neighborhood?"

"It isn't. But this is the way to brand yourself for advancement in the political and corporate world."

SOROPTIMIST INTERNATIONAL SACRAMENTO SOUTH PRESENTS:
WINTER CRAB FEST 2016
SATURDAY, FEBRUARY 6TH, 2016

SAINT MARY'S GIOVANNI HALL
1333 58TH ST (58TH AND M STREET)
6 PM. DOORS OPEN - 7 PM. DINNER

ADVANCED TICKET SALES ONLY - \$50
CALL: (916) 427-6751
SISACRAMENTOSOUTH@SOROPTIMIST.NET

SILENT & LIVE AUCTION
DESSERT AUCTION

ALL YOU CAN EAT CRAB!

BUYING Vinyl Records

CD's, Cassettes, Reel to Reel Tapes, Autographs, Rock & Roll Collectibles

TOP PRICES PAID
FOR YOUR GENTLY USED & NEW VINYL

CALL TODAY!
(916) 442-5344
(916) 505-5191

ROCK . BLUES
SOUL . JAZZ
REGGAE . PUNK
COUNTRY . FOLK
DISNEY . METAL

1104 R Street #140 . Sacramento, CA . 95811

Please RSVP 916-392-3510

REVERE COURT www.RevereCourt.com

MEMORY CARE

FREE MONTHLY FINANCIAL SEMINAR
Learn how to prepare for your financial future of the financial future for your loved ones in our monthly evening series
Thursday, January 28th at 5:30pm
"Points Of Life"
Speaker: Richard Wexler
A conversation for life with families and professionals
These conversations will address issues such as legal and financial, an understanding of care, the cost of care, the process of the end of life.
Join the conversation!
Dinner Included

MONTHLY EDUCATIONAL SEMINAR
Information about Brain Health, Nutrition, Exercise, Lifestyle, Sleep, Respite, Support Groups, and taking care of You!
Tuesday, February 16 At 2 PM
"Say It Like It Is"
Caring for a loved one by helping them bathe, groom, eat and remember is not something most of us anticipated. For many of us, there is a feeling of living for two people, and we can find ourselves short-tempered or resentful and then feeling guilty and ashamed. In the midst of caring for others, it is easy to lose sight of how our lives are affected by daily exposure to those in need. The emotional, spiritual and physical repercussions of caring for others are real. We will explore ways to deal with guilt and self-criticism, as well as find ways to lighten up, laugh and let go. Through honest dialogue, we will explore love, loss, surrender, acceptance and joy
Presented by Julie Interrante, MA
Space Limited, Please RSVP By February 12th
Free Refreshments

CHC CHANCELLOR HEALTHCARE, LLC

Residential License #: 347001338
Day Club License #: 347001342

7707 Rush River Drive, Sacramento, CA 95831

Firefighters and civilians recognized for extreme heroism

Story by MONICA STARK
editor@valcomnews.com
Photo by STEPHEN CROWLEY
stephen@valcomnews.com



Recognizing acts of extreme heroism, the Sacramento Fire Department held a special awards ceremony on Dec. 11, 2015 at the Elks Lodge, No. 6. Emceed by KCRA's Kellie DeMarco and awards given to firefighters and civilians by Chief Walt White, the day's event recognized those who continue to make a difference in this great city. Local 522 Honor Guard and Sacramento Fire Pipes and Drums presented the colors and Pioneer Mutual Hook and Ladder displayed their historic fire engines and other equipment. Rachel Sprague sang the National Anthem and Chaplain Kevin Snider provided the invocation.

Recognizing some of the citizens that have acted bravely in the face of danger or who have given back to their community, the fire department recognized the following members of the **Community Emergency Response Team: Judy Johnson, Betty Omotunde, Linda Panattoni and Robert Ross.** CERT, first developed in 1985, is a team of volunteers sponsored by the SFD in fulfilling its mission.

The **Commendation for Outstanding effort** was awarded to **Teichert employees Rick Flint and Will Johnson** who pulled their construction water truck into the driveway of a home on fire, and stretched a hose line from it and extinguished the fire.

On Feb. 21, 2014, **Stephen Saldana**, while performing his duties as a maintenance worker at California Fitness in North Natomas, saved one of the patrons that was drowning in the swimming pool. Saldana received the **Commendation of Outstanding Effort.**

On June 26, 2013, in a completely unrelated incident as the previous recipients, **the staff of the North Natomas branch of California Family Fitness** worked together and removed a drowning victim from the swimming pool, performed CPR, delivered defibrillation with an AED unit and guid-

ed emergency crews to the patient's side. They received the **Commendation of Outstanding Effort.**

On Sept. 12, 2015, **Gregory Anderson and Christian Castaneda**, while traveling down San Juan Road, witnessed a vehicular accident. Realizing the driver of a pickup ended up trapped in a canal and could not escape, Anderson and Castaneda stripped off their clothes and swam to the sinking truck. They lifted him onto the roof of the truck and awaited help from the fire department. The chief presented to Anderson and Castaneda the **Commendation of Outstanding Merit.**

The **Certificate of Appreciation** was awarded to **Engineer Aaron Dean** for his lead role with the program "Every 15 Minutes".

Firefighter **Sharon McIntyre** was awarded the **certificate of appreciation** for her years of hard work and dedication to serving as medical director of the Kops-n-Kids program, which reaches students age 8 to 12.

Firefighter **Monica Wilouza** was awarded the **armed service award** as a veteran of overseas service who continues to serve in transporting wounded veterans from overseas to stateside hospitals.

On Sept. 1, 2014, the Sacramento Urban Search & Rescue Team, California Task Force-7, was deployed to Oso, Washington in response to mudslides and was tasked with providing emergency search and rescue operations for

those souls presumed lost in the slide. The Chief presented to each team member of the **Urban Search and Rescue Team the Oso Washington Deployment Ribbon** and a citation.

While vacationing with his family in Hawaii, firefighter **David Carlson** found an unconscious 4 year old that had been pulled from the bottom of the pool by his father. Carlson began CPR and monitored the child until the fire department arrived. For saving a life under special and unique circumstances while off duty, the chief presented Carlson with the **Outstanding Service Award.**

On July 19, 2013, Engine Company 20 and Medic 20, under the command of Captain Irvine, were dispatched to a vehicle versus pedestrian who was found unconscious with multiple injuries, including major head trauma. They provided advanced life support care that continued until arrival at the hospital. The Chief presented to Captain John Irvine, engineer Billy Schneider, firefighters Zack Heyde, Fergus Johnson, Shayne Marshall and Aaron Peterson of Engine Company 20 and Medic 20 the **Outstanding Service Award** for their actions.

On Sept. 19, 2013, then-Captain Chad Augustin (current battalion chief) and firefighter Paul Januario entered a burning apartment to search for reported victims trapped inside. They located a live victim and removed him to safety. Once outside, they began ad-

vanced life support before loading him onto an ambulance. For their heroism, **Augustin and Januario** received the **Outstanding Service Award.**

Captain **Jason Hemler** of Engine Company 12 and Firefighter **Ryan Gardner** of Truck Company 6 received the **Outstanding Service Award** after responding to a structure fire that had a victim unconscious in the bathroom and a second victim in the rear of the house.

On April 4, 2015, while on duty **fire investigators David Fowler and Zack Nokes** had their fire department radio on when they heard a call for a violent crime with a child burned. They contacted the Sacramento Police Department patrol sergeant and advised of their availability and offered their help. They began processing evidence of a child being intentionally burned with gasoline by her mother. The fire investigators played a key role in the police department's and district attorney's ability to prosecute the mother for attempted murder. **Fowler and Nokes** received the **Outstanding Service Award.**

On Sept. 9, 2015, firefighters **Nick Pershing and Eric Pohl** were returning to the fire station when they saw a man choking and striking his girlfriend, without hesitation they pulled their ambulance close to the incident. They then jumped out and diverted the attacker's attention long enough for an ar-

See Heroes, page 15

Pump Up the Volume

Hip-hop exhibit now at Sac State



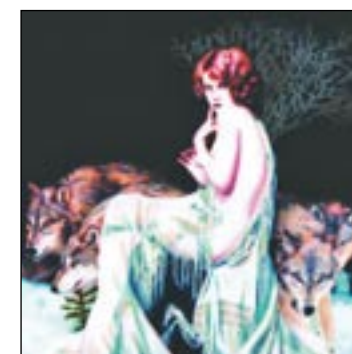
Jane Dickson's "Bambaataa"

Celebrate the history and global success of hip-hop with "Pump Up the Volume," a free art exhibit by Jane Dickson and Joe Lewis in Sacramento State's Robert Else Gallery, Jan 27-Feb. 26. It explores the genre's reach from the Bronx to Soweto to Dallas, and BMW to ballet. Works range from paintings to photos to text. Regular gallery hours are noon-4:30 p.m., Monday through Friday. For more information, contact: 278-6166.

FE Gallery

Join FE Gallery for their Second Saturday art show and table-top sale, benefiting Short Center North. Enjoy original art featuring the works of artists such as Alaric Barca, Kainan Becker, Jeanne Dentzel, Judy Jacobs, Rachael McPherson, and Linda Nunes.

According to her artist statement, McPherson says she uses "acrylics, oils, and occasional spray paint to make creations that are slightly skewed and a little strange. My paintings are personal reflections on the past and the repetition of life. They are jumbled creations of mistakes, choices made, emotions felt, wonders and worries. They're selfish, and yet they are open and wanting. Some of my ladies silently beckon viewers to behold them while others scream for you to look and see what trouble they're up to. Each Ophelia of mine is encapsulated in her own fantasy world and hopes that you will find something in her worth keeping."



"Tell the Wolves" by Rachel McPherson.

Gallery hours

Second Saturday Hours Front Gallery & Metal Shop, 6 to 9 p.m. Monthly daytime hours, Monday through Friday from 8:30 a.m. to 4 p.m. (Closed for lunch some days from 11 a.m. to noon) Most first, third and fourth Saturdays open from noon to 3 p.m. Back Gallery & Middle Metal Studio by request Monday through Friday, 9 a.m. to 4 p.m. Most first, third and fourth Saturdays, 10 a.m. to 2 p.m.

EAST SACRAMENTO BUSINESSES

EAST SACRAMENTO
Chamber of Commerce

February Luncheon

Wednesday, February 10th, 12-1:30pm
Clunie Community Center

February Mixer

Thursday, February 18th, 6-8pm
Location TBA

(916) 947-9403
EastSacChamber@aol.com
www.EastSacChamber.org



Your Total Food Purchase
of \$40 or More
\$10.00 OFF
Daily After 4pm, with this coupon.

5723 Folsom Boulevard (Dine in & Take Out)
(916) 457-1936
Lunch: Tues.-Sat. 11 a.m.-4 p.m.
Dinner: Tues.-Sat. 4-9 p.m.; Sun. 12-9 p.m. Closed Monday.

Affordable placement for
Chamber members & small
businesses
(Call 916-429-9901)

Your Favorite
Neighborhood Restaurant

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

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

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



Enriching the Lives of Others



Residents enjoy an active, engaging lifestyle that promotes wellness and independence.

Whether short-term, following an illness or injury, or permanent, our assisted living and memory care programs utilize professional nursing staff to help determine your specific needs. Around the clock caregiver staff are here to provide services when you need or want them - allowing you to devote your energies to a life well lived!

GREENHAVEN ESTATES
Assisted Living & Memory Care
Lic# 347005239

7548 Greenhaven Drive
Sacramento, CA 95831

greenhavenassistedliving.com • (916) 427-8887

East Sac River Park Elmhurst



Real Estate

Knowledge

Experience

Certainty

Janet Gatejen

916.420.8418

URBAN HOUND PROPERTIES

DONATES 5% OF ALL OF
COMMISSIONS TO



kw

BRE #00895397

Meet the folks behind Miller Meats

By CORKY OAKES

Shank, shoulder, sirloin, riblets and legs. Sausages, porterhouse, spare ribs, tenderloin, chuck, patties and skirt steak. What do these have in common? They describe the by-products of whole animal butchery. Eric Miller and Matt Azevedo of V. Miller Meats recently opened their specialty whole animal butcher shop in East Sacramento. One of only about thirty across the United States, the pair believe that Sacramento is an excellent location because of the rapidly expanding specialty eateries, farmers markets, local farms and culinary shops in the Sacramento area.

A chef for the last 18 years (most recently at Mulvaney's), Miller says, "All through my time as a chef, the butchery aspect of going from animal to plate was really cool." After Mulvaney's, Miller taught butchery classes at Cordon

Bleu. Realizing how much he enjoyed it, he knew it was time for a change. While visiting his brother-in-law in New York, the two visited a highly-touted local cafe. "The bacon was amazing!" exclaimed Miller. He asked the server where the bacon came from and was told there was a butcher shop next store. "Most people, when they visit New York, want to see the Statue of Liberty. I spent five days in butcher shops."

Matt Azevedo, also a chef (most recently at Chez Panisse in Berkeley), met Miller while teaching at Cordon Bleu. Azevedo's interest in whole animal butchery began during his time as chef at Chez Panisse.

Miller says that he and Azevedo noticed a "disconnect" between area residents buying fresh produce at the many local farmers markets but then buying non-local, sometimes frozen meat from out of state. The non-local meat purchasing puzzled them when they knew there was a "plethora of fantastic meat farms" around the area. This realization was one of the drivers in exploring the feasibility of opening a whole animal butcher shop.

"Long before we had a business plan or location or even knew what we were doing, we sought out local farms. We got to know the farmers. We were breaking bread with them," says Miller. It was critically important that a certain criterion be met. "100% of our meats and chicken are from local farms. Our beef is 100% grass fed and grass finished. Our chickens and lamb are pasture raised. Our pork sees very little confinement, feeding on vegetable matter. They are well taken care of." This criterion sets his shop apart from what Miller acknowledges as some of the "really good meat markets" in



Shown here is the inside of V. Miller Meats.

Photo by Corky Oakes

Sacramento. Drawn to farmers who "care for the animals and care for the land," Stemple Creek Farms (Marin County), Rancho Llano Seco (Chico), Pasture 42 (Capay Valley), Skvelark Ranch (Capay Valley), and Chowdown Farms (Yolo County) are among the farms that met V. Miller's high standards.

Miller says "10 to 15 years ago the 'farm to fork' thing started. I'd hear that a restaurant offered 'farm to table' eating. It cracked me up because that's what a chef does. It's nothing new, it's what you do. It has always been that way only now it has a label. Every restaurant seeks the best vegetables and meats. The way to get the freshest and have the most control over your supply is to buy locally." His opinion is that when the food is fresh and local, a chef needs to do very little to enhance it.

The shop's clientele, observes Miller, "strive for qual-

ity in what they eat. They are looking for transparency in what they eat. All of our stuff is local. Customers can see us at work in the shop."

There is no doubt that this butcher shop is reminiscent of a time when people shopped at individual stores for their meat, bakery goods, dry goods and hardware. Miller knows the shop is "old school" and is happy for it. "The advent of the supermarket presented one-stop shopping. It changed a lot of things. It changed butchery and the way people eat. If you go into a grocery store today there are only five to seven cuts. Everything else goes into the grinder. Many specialty cuts are not available. The craft was dying."

When it comes to craft expertise, Miller shared some stories. "I had a customer request a whole beef tenderloin. I asked what he needed it for and the customer said he was making beef jerky. I recommended a scotch tender. A few days later the customer returned saying he had made the best beef jerky ever!" Over the holidays, prime rib roasts were in high demand. Miller said that when the supply ran out, he redirected customers to whole beef tenderloin, whole strip loins, bone-in strip loins and chuck roasts. These redirects frequently re-

sulted in solutions that better suited the customer's needs.

While Miller's focus is on butchery, Azevedo's passions are charcuterie, prepared foods and sausage-making. In addition to a variety of sausages, prepared meats (deli), sauces (check out the "Sunday Sauce"), stocks and broths, Azevedo plans to offer pastrami beginning February 2016.

Looking to the future, Miller hopes he and Azevedo will participate in the 2016 Bridge Dinner. In 2015 Miller and Azevedo supplied meats and prepared them. The dinner, also known as the "Farm-to-Fork Gala", marks the grand finale of the Farm-to-Fork celebration in Sacramento. Proceeds from the tickets go directly to fund the free Farm-to-Fork Festival and other related program events throughout the year. Says Miller, "That dinner is such a cool collection of chefs."

The "rock" V. Miller Meats stands on can be summarized in one sentence. "It's okay to eat less meat. Just eat better meat."

V. Miller Meats is located at 4801 Folsom Blvd, Suite 2. Hours are Tuesday-Friday 10 a.m. to 7 p.m., Saturday 11 a.m. to 6 p.m., and Sunday 11 a.m. to 4 p.m. For more information visit www.millermcats.com or call 916-400-4127.

Herburger:

Continued from page 2

alive. Kathleen continues her work there as that weekly publication's general manager.

In an interview about Herburger's acquisition, David, excited about the purchase, said when opportunity knocks, he always opens the door; and quoting the great Milton Berle, he added, "If opportunity doesn't knock, build a door ... The Mackos have been very gracious and they gave us the opportunity. We've been doing the commercial work (for VCN) and it seemed like a natural fit to ensure the longevity of all the newspapers involved. It's the new normal. We have to be smarter about how we put things together and it's a good fit with our organization. We're all local, all the time. Our goal is to maintain local, community journalism. Someone needs to be out there covering the news, a professional staff that's out there that's ready to intercede when things come up. It's a calling more than anything else."

David started his college education at the University of the Pacific but Stockton was too far from his one and only love, Debra Davidson, a special education teacher for the EGUSD. Rather than getting on the typical newspaper track, he moved back home and majored instead in business from Sacramento State University during which time he "was doing the books for Dad and Mom was still writing." David and Debra have three adult children, none of whom have pursued journalism, but who each have careers that take a certain calling. One son's a lawyer; the other, a student at the maritime academy; and the daughter studies nursing.

While he now sees the experience from a parents' perspective, as a kid, David didn't necessarily enjoy attending every event under the sun. "I felt like I was being taken to places when I wanted to play baseball. On a weekend, Dad would say, 'David: Quit drawing. We are going to the Western Festival.' ... When we got to the events, Dad would hand me a dollar. I would throw the dime into the jar and get a plas-

tic monkey. At the time, I didn't realize how important it all was."

Realizing the connections he's made throughout his life because of the newspaper business, David says often people ask for the newspapers' support of an event and soon after he becomes a part of it. "I think the key to it all -- and I am discovering it -- being in the newspaper business opens a lot doors. People reach out to you for a fundraiser and soon you are involved in that very event."

Around since 1959, Roy and Mary created Herburger Publications when they bought the Citizen and the Galt Herald, starting the company with themselves and six others. "Dad was publisher, editor, writer, photographer, pressman. Mom was writer, bookkeeper and she was in the community and a mom at the same time," David said.

Currently there are 49 on staff, which includes the recent acquisition. At its height, the company had 74 on staff. "We haven't rehired anyone unless there was an opening," David said. One such writer, who has graced the pages at Valley Community Newspapers as its historian, Lance Armstrong, made headlines for his return to the Elk Grove Citizen last fall. Lance previously worked there as the Lifestyle Editor and today he covers local politics. Since he worked there the first time, the Lifestyle Editor's hours have been reduced and other staffing changes have been made.

"The Great Recession has been the perfect storm between the financial collapse and we were at a tipping point with the changes in media because of the Internet and the digital age. Bringing those together was a dramatic blow," David said. "But in the last year, we've seen greater interest. People are discovering that the new and shiny stuff isn't so shiny and we are starting to see things coming back."

Over at the Citizen Mary has also continued her About Town section about local happenings and she does a lot of publicity for organizations she belongs to, including the Strauss Festival, the Elk Grove Historical Society and the Soropti-

mists in Elk Grove. She also writes a column called Glance Back that draws upon files from years past. Asked if she is happy having Herburger take on VCN, Mary said, "As long as David is, that's just fine. Of course, I think he will make a wonderful boss." She said as long as she maintains good health and David has a place for her to work, she said anything she could do to help him out, she will. She said the Elk Grove Citizen has changed quite a lot from Herburger Publications' acquisition in 1959. "We would put in everything ... So and so celebrated his fifth birthday and we'd list all the guests. You don't find anything like that in the paper. We've grown and changed with the times, especially since Elk Grove incorporated as a city. (Editor) Cameron Macdonald runs the cop logs. Lance does city hall, city beat."

David brings with him Jim O'Donnell as the advertising director overseeing VCN accounts. Excited to be a part of VCN, Jim said, "I'm super excited to have Valley Community Newspapers as part of our newspaper group. Local community news and local advertising is what we do, and VCN is a nice fit. It's (going to be) great to be able to offer our advertisers (both current and new) increased exposure and increased value. Coming from the corporate newspaper world, I thought I would stay (at Herburger Publications) for a year or two, and now I've been here 15 years! It's a true testament to a nicely run family business and how well the Herburgers treat their employees. We have a slogan we use - 'Locally Owned, Locally Concerned and Locally Involved.' It's more than a slogan; it's how we live."

David may be a business major but he is competent with the English language and even sits on the board of directors for the California Newspapers Publishers Association.

As for his backup plan, David said, "I can't see much of anything else at this point. I've been doing this for 50 years now. I've done a short stint cleaning carpets at the Elk Grove Convalescent Hospital ... I can clean carpets," he said, looking down at the floor.

A brief history of Valley Community Newspapers

By LANCE ARMSTRONG

According to unpublished material by Lance Armstrong, VCN's former history writer (who works for Herburger at the Elk Grove Citizen covering local politics), the history of what became VCN began in 1992 with the creation of the Pocket News, which was established by Ken Mandler, who is best known as the founder and former, long-time proprietor of the Capitol Weekly newspaper, and his then-wife, Pat Clark. The Pocket News was first published in February 1992 under the direction of Clark, who served as the paper's original editor. Pocket News was followed by the creation of the Land Park News, then, in order of their founding, the East Sacramento News, the Laguna Times, the Arden News and the Carmichael News. There is no longer a Laguna Times and the Arden News and the Carmichael News combined to become known as the Arden-Carmichael News. The business underwent an ownership change in mid-1995. It was then that George Macko and Steve Chanecka purchased the business, which at the time was located in the South Hills Shopping Center at 5962 South Land Park Drive. Macko, who is a native of Scranton, Pennsylvania and a 1963 graduate of the University of Scranton, bought out Chanecka's interest in the business, which was relocated to 312 Florin Road in 2001 and has been located at its current address of 2709 Riverside Blvd. since February 2006. Macko owned VCN with his wife, Kathleen Egan, until the end of last year.

FUNERAL DIRECTORY
Call Melissa at (916) 429-9901
www.valcomnews.com

GEORGE L. KLUMPP
CHAPEL OF FLOWERS
2691 Riverside Boulevard
Sacramento, CA 95818
(916) 443-7917
www.cfcsacramento.org
Serving the community since 1921

Harry A. Nauman & Son
Dignity
4041 Freeport Blvd
Sacramento, CA 95822
(916) 452-6157
FD366
Serving Sacramento Families since 1903.
Pre-arrangement packages available.

LIND BROTHERS FD 1141
A Family Owned Funeral Home & Crematory
Celebrating 50 Years in the Community
916.482.8080

East Lawn
Memorial Parks, Mortuaries & Crematory
(916) 732-2000
EastLawn.com
4 Sacramento locations serving families since 1904

Martial Arts Training for the Whole Family
2 weeks for \$39 (including uniform)
Kick Start Your Family Fun!
916-373-9789
atasouthport.com
3170 Jefferson Blvd. #120
West Sacramento, CA 95691

Please send your updated Calendar announcements
...especially if you host monthly events!
e-mail to editor@valcomnews.com
Fax to: 429-9906
Phone: 429-9901
Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818

Debbie Towne
(916) 532-2652
DLTowne@surewest.net
CalBRE# 01305405
SAR Masters Club
Coldwell Banker - Diamond Elite

TOP 10 FAQs for Home Buyers
What if my offer on a home is rejected?
For this answer and a free list of the Top 10 Questions Contact Debbie!

COLDWELL BANKER



kw
Lachlan J.K. MacIntyre
471-9571
 LachlanHomes.com
Working for you in East Sac and beyond!
 www.LachlanMacIntyre.Realtor
 Lachlan.MacIntyre@Cbnorcal.com

CalBRE# 01925831



CUSTOM FIRESIDE
 SINCE 1968

SACRAMENTO
 5545 Auburn Blvd.
 (at Garfield)
916-331-2423


ELK GROVE
 9097 Elk Grove Blvd.
 Elk Grove, CA 95624
916-714-4423

LOWEST PRICES!
Call For End Of Season Specials!

Indoor • Outdoor • Mantels
Family Owned & Operated

CustomFireside.com Mon-Sat: 9am-5:30pm

CROWN PRECIOUS METALS



We Pay Cash For GOLD & SILVER

Mon-Fri: 10am-5pm
 Sat: 10am-4pm

- Independently Owned & Operated
- Honest & Friendly
- 30 Years Experience

3245 Folsom Blvd.
 (on Folsom between 32nd & 34th)
 Sacramento, CA 95816
(916) 456-6227

CareGivers of Land Park
Serving the elderly in our neighborhood

- Personalized Care & Services
- Meal Preparation
- Light Housework
- Grooming & Bathing Assistance
- Laundry & Linen Change
- Medication Reminders
- Appointments & Short Errands

Offering Quick Check Care Service within Land Park, Greenhaven & Pocket neighborhoods for only \$14.95 per visit*

* Price subject to change without notice, 15 minute visits.

We are available 24 hours a day to provide care to seniors in need
Call us today!
(916) 429-3232
 CareGiversofLandPark.org

PUZZLE PLUS

To participate on this page, call (916) 429-9901 for information

The Crossword by Margie E. Burke

1	2	3	4	5	6	7	8	9	10	11	12	13	
14						15				16			
17						18				19			
20				21				22	23				
	24	25						26					
27	28					29	30						
31						32				33	34	35	
36				37	38			39					
41						42				43		44	
				45					46	47			
48	49	50						51	52				
53								54			55	56	57
58						59	60				61		
62						63							
65						66							
						67							

Copyright 2016 by The Puzzle Syndicate

<p>ACROSS</p> <p>1 Worsted fabric 6 Out, in a way 10 Insult, slangily 14 Codeine source 15 Capitol feature 16 Furniture wood 17 Like a novel character 19 Broadcast 20 Air hero 21 Icky stuff 22 Cut with a scalpel 24 Examine closely 26 Overshoe 27 Bordeaux product 29 Time being 31 Bound along 32 The Joker, to Batman 36 ___ Maria 37 Grocery carrier 39 "___ we there yet?" 40 Giant syllable 41 Place for an axon 44 Time out? 45 Duck 46 Certain shark 48 One way to run 51 Declare with confidence 53 Stagger a bit 54 Bassoon, e.g. 55 Babysitter's handful 58 Be sore 59 Butcher block preserver 62 Phobos, to Mars 63 Coffee choice</p>	<p>DOWN</p> <p>1 Chesterfield, for one 2 "Beowulf," e.g. 3 Calligrapher's supply 4 Kind of feeling 5 Asylum seeker 6 Fernando's farewell 7 Library item 8 Big bird 9 Fashion bigwig</p>	<p>10 Biological classification 11 Calculus calculation 12 Biscotto 13 Taxi feature 18 Plug 23 Bead material 25 It comes before long 27 Tartan sporters 28 Tennis term 30 Like an oxeye window 32 Got gray 33 More convincingly, in legalese 34 Winter coating</p>	<p>35 Calendar span 37 Cut at an angle 38 Ivory tower milieu 42 Plant that has a "lemon" variety 43 Trainee 44 Surly sort 46 Computerophile 47 Calm 48 Alligator abode 49 Winter warmer 50 Dislike, and then some 52 Down-and-dirty 56 Hit alternative 57 Connive 60 Diamonds, to hoods 61 Bagel add-on</p>
--	--	--	--

See answers, page 13

COOK REALTY

THE HOUSE "SOLD" NAME IN YOUR NEIGHBORHOOD

TREY BONETTI, Broker
 CalBRE# 00999899

- REAL ESTATE SCHOOL
- PROPERTY MANAGEMENT
- RELOCATION SERVICES

www.cookrealty.net
(916) 451-6702



4305 Freeport Blvd
 Sacramento, CA

"my best friend!"

Publish a photo of your family pet and tell us why they are so special to you.

\$45 FULL COLOR PHOTO OF YOUR BEST FRIEND!

CONTACT STEVE FOR DETAILS • 429-9901 • STEVE@VALCOMNEWS.COM



Meet the Editor!
 of Valley Community Newspapers

Come down to LaBou by the Zoo
 Every 1st and 3rd Friday at 10 am

Speak with the Editor of Valley Community Newspapers and share story ideas

VALLEY COMMUNITY NEWSPAPERS
 La Bou Bakery & Café
 4400 Del Rio Road, Sacramento

CROWN PRECIOUS METALS

We Pay Cash For GOLD & SILVER

Mon-Fri: 10am-5pm
 Sat: 10am-4pm

- Independently Owned & Operated
- Honest & Friendly
- 30 Years Experience

3245 Folsom Blvd.
 (on Folsom between 32nd & 34th)
 Sacramento, CA 95816
(916) 456-6227

The Meadows at Country Place



Committed to providing the highest quality, personalized care with dignity & utmost respect.

- Complex Physical Limitations
- Hospice • Alzheimer's / Dementia • Respite

Call today
916-706-3949

10 Country Place,
 Sacramento, CA 95831
 www.TheMeadowsAtCountryPlace.com
 RCFE LIC# 347004702

Melissa Andrews
 capturing love on canvas

www.MelissaAndrews.com
 melissandrews@comcast.net
(916) 447-4441

A unique and original gift for that Pet Lover in your life this holiday season! You provide a favorite photograph, I do the rest!
 Acrylic Portraits starting at \$195.00 for an 8x10".

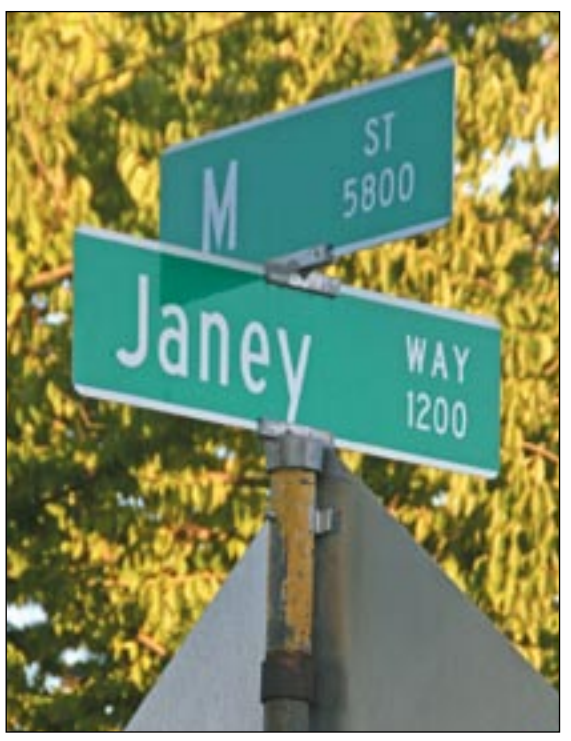


Janey Way Memories:

A Beautiful Blue Bike



By MARTY RELLES
 marty@valcomnews.com



As we grow up, life occasionally gives us lessons to live by. I remember one in particular from when I was growing up on Janey Way. I had just turned 12 years old and began to make my way in the world.

At that time, my older friend Gary Costamagna had a paper route and needed some help folding the papers for delivery and sometimes actually doing the route for him when he was sick or on vacation. I had a small, old bike then and carrying the big load of papers for Gary's route wasn't easy.

My dad noticed me struggling one day and must have filed the thought, because come Christmas day I found a bright red Roadmaster 26-inch bike under the Christmas tree. I loved it. It made me feel about six inches taller. Delivering the papers seemed so much easier.

Things went well, and soon after, I earned a paper route of my own. Unfortunately, it was located on 51st and 52nd streets about seven blocks from my house. But, I still had my new red bike and it handled the full load of papers easily. Then, in the early fall, things went awry. One Saturday afternoon we went out of town to see a college football game. That day I carelessly left my new bike standing in our driveway.

When we returned from the game that day, it was gone. I looked all over and could not find it. Eventually, I asked around, and someone said they saw it in the pit (the vacated sand and gravel plant located behind our house). In my excitement, I ran out through our backyard and into the pit. Sadly, when I discovered the bike, it was ruined, bent completely out of shape. I had to borrow a bike to deliver my papers the rest of that week.

Dad wanted to help, but new bikes are expensive. So, he went down to his workplace at the Sacramento Police Department, into the

unclaimed bike locker, and found an old, ugly bike that no one would ever claim. He brought it home to me and said: "Here Marty; this is the best I can do for you for the time being).

When I rode it on the block, the kids laughed. I laughed too; it looked pretty bad. But it worked fine, and I had no problem delivering my papers. I soon forgot about the fact it looked so ugly.

Soon Christmas came again, and when I walked into the living room that morning I discovered a beautiful blue Schwinn bicycle. It looked like a new Cadillac: shiny, and blue and sleek. I loved it, and I took good care of it. I washed it often, maintained it well, and kept it in the garage when we were away. No-one dared to take my new blue Schwinn. It was the last bicycle of my childhood. Soon, I was driving cars instead.

These days I still ride bicycles: fast, sleek road racing bikes. I don't deliver newspapers now, but rather ride swiftly along the American River bike trail. I love a good bike ride.

Now, the time when I delivered papers on my beautiful, blue Schwinn bike is just another happy Janey Way memory.

Community Worship
Faith United Methodist Church

3600 J Street • 452-7637 • www.faithumcsacramento.org
 Bible Study: Sunday at 9:15am, Tuesday at 10:00am • Sunday Worship: 11:00am
 (Communion on 1st & 3rd Sunday) • Fijian Language Worship: Sunday 1:00pm


Call (916) 429-9901 to advertise your church services in this paper!

25 Minute Educational Presentation and a Free Luncheon



East Lawn Funeral Homes, Cemeteries & Crematory

Reservations Required
 Please RSVP for the day of your choice.
 Seating is limited to 30 attendees per seminar.



This is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veterans' benefits, cremation, and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

FREE LUNCHEON SEMINARS

<p>Sierra Hills Memorial Park 5757 Greenback Lane, Sacramento, CA 95841 RSVP: (916) 732-2020 or on-line at www.EastLawn.com Wed, January 27 @ 11:30 a.m. Wed, March 23 @ 11:30 a.m.</p>	<p>East Lawn Memorial Park & Crematory 4300 Folsom Blvd., Sacramento, CA 95819 RSVP: (916) 732-2000 or on-line at www.EastLawn.com Friday, February 5 @ 11:30 a.m. Friday, April 8 @ 11:30 a.m.</p>	<p>Andrews & Greilich Funeral Home FD136 3939 Fruitridge Road, Sacramento, CA 95820 RSVP: (916) 732-2026 or on-line at www.EastLawn.com This presentation will be in English and Spanish Wed, February 17 @ 11:30 a.m. Wed, April 13 @ 11:30 a.m.</p>
---	---	--

www.EastLawn.com

Senior Services & Connections

Call Melissa (916) 429-9901

YOUR AD SHOULD BE HERE!

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

DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL
 Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

Couples \$550 Singles \$495
 Lynda K. Knight (916) 214-1215
 1337 Howe Ave., Ste. 103
 Sacto 95825

LEGAL SERVICES

WILLS AND TRUSTS

Services: Will and Trusts, Special Needs Trusts, Trust Administration

Experience: More Than 30 Years
 Practice: Life Events - 10 Years
 Estate Practice - 13 Years

Free In-Home Consultation
 Tim Tyler, Ph.D., Attorney at Law 916-452-0624

SPECIAL ALZHEIMER'S LIVING

REVERE COURT
 MEMORY CARE Lic. #34700138342

Day Club, Respite, Residential, Support Groups & Educational Classes
 casey.s@chancellorhealthcare.com
 www.reverecourt.com
(916) 392-3510
 7707 Rush River Dr. Sacto, CA 95831

Your Home Improvement Guide

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

**Our Readers Need Your Service!
It Pays to Advertise!**

Contact Melissa at 916-429-9901

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
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

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

CLEANING

Prime Quality Maintenance

- Rain Gutter Cleaning
- Window Cleaning (inside/out/screens washed)
- Pressure Washing (all surface areas)
- Hard Water Stain Removal
- Landscape Maintenance

Free Estimates Licensed & Insured

CSL# 996271

Call Jesse: 916-428-2940

CREATURE CATCHERS/REMOVAL

CREATURE CATCHERS
WILDLIFE MANAGEMENT

Creature Catchers Wildlife Management
"If it walks or flies, we'll remove it!"

Humane and non-toxic solutions for both animals & man

Dead Animal Location/Removal • Exclusion Work
Live Trapping • Humane Removal • Repair
Skunks • Fox • Raccoon • Opossum • Squirrels
Mice/Rats • Birds/Bats (bat elimination)

CreatureCatchers.org 530 885-PEST(7378)

FORKLIFTS NEW/USED

90 Arden Way
SacramentoLift.com

YOUR AD SHOULD BE HERE!

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

HANDYMAN

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement!
Quality work the first time, guaranteed!

Carpentry - Electrical - Plumbing - Demolition
Sprinklers - Sheetrock
Fix leaks of all types

Accepts All Major Credit Cards "Senior Discount!"
NO JOB TOO SMALL!
Licensed and Insured 2132902

Call Eric (916) 470-3488

HANDYMAN

Winter Yard Clean-up Specials!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING /SHRUB REMOVAL
- 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 18 YRS*

HANDYMAN Lic# 627768

- Gutter Cleaning
- Garage Clean-outs
- Waste Removal
- Foreclosure Services
- Yard Clean Ups
- Handyman Services
- Demo

Bobby Timms • 916-402-7546
dbhaulaway@gmail.com

HARDWOOD FLOORING

Hardwood Flooring
Specializing in installing, sanding and finishing hardwood flooring or repair and refurbish your current floors.

Call Michael - (916) 383-8742
Lic# 544159/References Available

HARDWOOD FLOORS

Restore Your Floor

Hardwood Flooring
Installation - Repair - Refinishing
Sanding - Custom Staining

(916) 235-3557 - FREE Estimates
www.SacramentoHardwood.com

A family tradition since 1957
Lic # 794448

4 papers, 1 low price!
Advertise your service in this section, today!
Call 429-9901

PAINTING

SOVEREIGN PAINTING
Quality craftsmanship 3rd Generation Painter with over 30-years experience

(916) 422-4416
sacramento, California 95816
sovereignpaintingco.com
sovereignpaint@yahoo.com

Dan Sovereign, Interior & Exterior Painting
Lic.# 484215
Better Business Bureau Member

PAINTING

GARY'S PAINTING

Warranty
Senior Discounts
Professional & Reliable
Interior & Exterior Painting
Using only Kelly-Moore Paint!

FREE Estimates!

McCluskey '67
(916) 725-8781

PAINTING

COOK PAINTING
Full Service Company - Start to Finish

Freshen Up Your Home
VCN Special

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

Specializing in custom trim & moulding!
Color Consultants
FREE ESTIMATES

In business since 1982
As seen on yelp

(916) 591-5056

PLUMBING

ROONEY'S PLUMBING
FULL SERVICE PLUMBING

456-7777
rooneysplumbing.com
License #683668

School board:

Continued from page 3

ic questions about these major issues feel free to contact me.

Area two highlights

Caleb Greenwood Elementary—Caleb continues to develop its International Baccalaureate (IB) program, which was authorized as a Primary Years Program in the spring of 2015. The school is part of the kindergarten-through-12th grade International Baccalaureate track for Kit Carson Middle School.

David Lubin Elementary—The students, teachers and parents are two years into developing a full STEAM program. Congratulations to the school.

Phoebe Hearst Elementary—This no-boundary school is gearing up for open enrollment. All parents have the ability to apply, but spaces are limited.

Tahoe Elementary—Tahoe neighborhood school is in the process of program reassessment. With a strong neighborhood association, new principal, dedicated staff and parents the new year will bring many new ideas for the community to consider.

Theodore Judah Elementary—Ground will break for a new stick-built building this year. This is one of the first non-portable district additions in many years. The school boundary now includes McKinley Village. I advocated unsuccessfully for additional school crossing signage on Elvas Avenue at 40th Street, but will continue to request the safety features.

Thomas Jefferson Elementary—Thanks to the efforts of the College Glen Neighborhood Association, a McClaskey Adult School extension joined the campus. Several classes have already started!

Sutter Middle School—Known in the neighborhood as the 'pride of the city,' new leadership carries on the school tradition of rigorous core and GATE classes.

Kit Carson—The campus will undergo a major renovation in 2015. Now a 7-10th grade school, the application process for a full IB program is underway. In two academic years the school will be 7-12.

Hiram Johnson High School—In March, the campus opened The Community Health Center, which will serve students and the neighborhood. The space includes examination rooms for wellness checkups and dental exams to be provided by WellSpace Health staff.

Old Marshall—This faded lady on 28th and G streets needs re-purposing. I am opposed to selling the property. Eventually, we will need property

for schools in midtown. In the meantime, I believe that the building should be renovated into subsidized apartments for teachers. The district faces a critical teacher shortage and this is one way to attract young teachers.

Warren McClaskey Adult Center—One of its unique school programs is a print shop. Any organi-

zation, or individual interested in services should stop on by to receive excellent product from proud student employees.

The views and opinions expressed in this blog are those of Ellen Cochrane and do not necessarily reflect the official policy or position of the Sacramento City Unified School District.

Solution to Crossword:

S	E	R	G	E	A	B	E	D	S	L	A	M
O	P	I	U	M	D	O	M	E	P	I	N	E
F	I	C	T	I	T	I	O	U	S	E	M	I
A	C	E	G	O	O	K	I	N	C	I	S	E
P	E	R	U	S	E	G	A	I	T	E	R	
C	L	A	R	E	T	N	O	N	C	E		
L	O	P	E	A	D	V	E	R	S	A	R	Y
A	V	E	B	A	G	A	R	E	F	I	E	
N	E	R	V	E	C	E	L	L	C	O	M	A
E	V	A	D	E	U	S	U	R	E	R		
S	C	A	R	E	D	A	S	S	E	R	T	
W	O	B	B	L	E	R	E	E	D	I	M	P
A	C	H	E	M	I	N	E	R	A	L	O	I
M	O	O	N	I	C	E	D	T	O	R	S	O
P	A	R	A	A	E	R	Y	E	X	I	S	T

Your Home Improvement Guide

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

PLUMBING

FIRST CHOICE PLUMBING
Cultureship • Integrity • Tradition

Harvey Sanchez
(916) 849-0767
Lic #1008897

Kitchen & Sewer Main Specialists

Re-pipes - Tankless Water Heaters

RACKS & SHELVING

Rack Man!
Forklifts Shelving
Pallet Rack
New & Used
AWESOME!!!!

SACRAMENTO RACK AND SHELVING
(916) 444-7225

ROOF/GUTTER CLEANING

STAN THE MAN

GUTTER CLEANING
ROOF CLEANING
WINDOW WASHING
PRESSURE WASHING
SENIOR DISCOUNTS AVAILABLE

916-601-1030

ROOFING/SIDING

ZIMMERMAN REROOFING
3675 R Street
Sacramento, California 95816
East Sac Specialists
454-3667
zimroof.com
License #763169 Dave Zimmerman

TILE WORK

NIETO'S
TILE & LANDSCAPING
RESIDENTIAL & COMMERCIAL

Frank Nieto (916) 480-9512

Sprinkler Systems (Install & Repair)
Fencing • Plumbing
Electrical • Painting

Concrete • Tile Installation
Granite Fabrication
Laminate/Wood Floors

NietosTile@sbcglobal.net www.nietostile.com Lic. #917883

TILE WORK

BAXTER TILE
EXPERT INSTALLATION
REMODELING & REPAIR

Ceramic • Marble • Granite
Floors • Counters • Walls

33 Years Experience • FREE Estimates
916-213-4669
License #668100

TREE & GARDENING SERVICE

Terra Bella Tree & Gardening Service
"Not your typical mow, blow & go company!"

- One Time Clean-Ups
- Tree, Bush & Hedge Removal
- Full Yard Maintenance

Family Owned • 25 years experience!
Call Randy (916) 454-3430 or 802-9897
www.terrabellagarden.com • Lic# 152584

TREE SERVICE

LAKE COUNTY TREE SERVICE INC.

Serving Sacramento County
Emergency services available
Licensed and Insured
Lic #1006278

Call (707)349-1894 for FREE estimates

Your services are needed!

Call (916) 429-9901 and reserve your space in this section, today!



ADORABLE EAST SACRAMENTO

Relax on the front porch of this cute 1920's cottage and watch the world go by! 2 bedroom home with unique floors and sunny remodeled kitchen and breakfast nook. Be sure not to miss the large studio or office off the garage (a great "man-cave") with half bath.
\$399,000

DAVID KIRRENE 531-7495



RIVER PARK

Spacious 4 bedroom 2½ baths with 2006 upstairs addition featuring large master retreat with balcony and separate office. Spacious family room, laundry area and half bath all tucked away at back of house. Casual dining with built-ins, updated kitchen. Covered patio and well-manicured yard.
\$529,000

STEPAHIE GALLAGHER 342-2288



PENDING

ELEGANT FABULOUS FORTIES

Beautifully maintained and updated home in the quintessential East Sacramento neighborhood. 3054 square feet with 3 bedrooms 2½ baths. High ceilings and spacious rooms with rich crown moldings and a great floor plan. A home with this size and charm is a rare find! \$1,295,000

**DAVID KIRRENE 531-7495
JERRY KIRRENE 455-1001**



PENDING

TAHOE PARK

Enjoy this 2 bedroom home, over 1000 sq ft, home. Lovingly updated and maintained including updated kitchen with corian, updated bath, dual pane windows, central heat and air, hardwood floors, recessed lighting and fireplace. Covered patio and citrus trees. Don't miss this one!
\$299,000

PATRICK VOGELI 207-4515



SOLD

METICULOUSLY MAINTAINED

River Park 3 bedroom 2 bath, many upgrades including kitchen Corian counters, tile flooring, tile baths, recessed lighting, re-finished hardwood floors and on-demand hot water. Detached 2-car garage fully insulated with epoxy floor! Cute backyard with covered patio.
\$499,000

STEPHANIE GALLAGHER 342-2288



PENDING

UPDATED TAHOE PARK

Completely updated 2 bedroom that's move in ready! Newer roof, siding, CH&A, wiring/electrical panel, kitchen, SS appliances, bathroom, dual pane windows, blinds, bamboo & tile flooring. All updated in the past 9 years. Big back yard with raised beds and sprinklers/drip systems, perfecting your outdoor spaces. \$239,900

NATHAN SHERMAN 969-7379



PENDING

HEART OF MIDTOWN

Immaculate 2 bedrooms 2½ baths, vaulted ceilings and beautiful natural light. Warm and cozy from the moment you walk in the front door. Maple hardwood flooring throughout, master suite with walk-in closet, 1-car garage, remote gas fireplace, new redwood fence, newer HVAC. Fabulous urban living!
\$499,900

JAMIE RICH 612-4000



PENDING

MIDTOWN

Cute 1920's bungalow on tree-shaded Midtown street just blocks from shops and Midtown nightlife. This three bedroom two bath charmer has many great features. The remodeled kitchen overlooks the formal dining room and cozy living room with crown molding, built in cabinets, and inviting fireplace.
\$419,000

DAVID KIRRENE 531-7495



SOLD

BRIDGEWAY TOWER

Enjoy the best of downtown living in a completely remodeled Bridgeway Tower condo with stunning kitchen and baths. 2nd bedroom, a formal dining room. Living, dining and bedroom access full length balcony through walls of glass. This is one of the highly sought after north facing units.
\$475,000

NATHAN SHERMAN 969-7379

for current home listings, please visit:

DUNNIGANREALTORS.COM

916.484.2030

916.454.5753



Dunnigan is a different kind of Realtor.®

DUNNIGAN,
Realtors